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Dilworth Quarterly

March 2020

Don't Miss

When is the next DCA Meeting and Social?
Find out on page 3.

Fun times had by all at the Dilworth Ladies Holiday Party. **Page 4.**

Dilworth Elementary Kids showcase their science knowledge.
See on page 7.

In the mood for Peruvian food? **Find out where on page 14.**

On a mission to serve those in need. **Find out who on page 17.**

Registration for classes at Tom Sykes is going on now! **See page 26.**

Dilworth youth: need to advertise your skill as a plant, baby or dog sitter this summer? **See how on page 31.**

A Letter from the Principal of Dilworth Elementary School, Rebecca Crawford

As 2020 begins, Dilworth Elementary is halfway through its school year! We are off to an incredible start, still flying high from the extraordinary academic growth and community building achieved during the 2018-2019 school year. We have been intentional in our



Son Day Bowling

strategic planning to ensure the momentum continues into this new decade and beyond. Teachers have been busy learning new ways to reach our students with exceptional needs and implementing our district's recently released literacy curriculum, EL Education. Data continues to be a focus as we look for ways to stretch and grow all of our students. In addition to our special area focuses of art, music, Spanish, media, and physical education, we introduced chess to our second graders and clubs for our fifth graders to broaden their exposure to more areas of interest.

Molly Alridge joined us as Assistant Principal of our Sedgefield Campus. Molly brings a wealth of knowledge as a former kindergarten and first grade teacher. Most recently, she served as a reading specialist and assistant principal in Cabarrus County for the past five years. Please help me in welcoming Molly to our Dragon family.

Thanks to the incredible support of our Dilworth parents and community partners, our PTA raised more than \$130,000 last year! These generous and much appreciated funds continue to provide opportunities to enrich our students'

experiences, make improvements to our campuses, and offer professional development for our teachers. One exciting addition to our Latta Campus is a science lab. The lab will help students and teachers engage in more hands-on experiments. These

experiences will provide concrete examples of science in action and support all of our students' background information in addition to fostering a love and appreciation of science. Facility enhancements include a shade for the back playground at the Sedgefield Campus and water hydration stations for both campuses.

The second half of the school year brings many exciting events for our students and families such as Culture Night, Career Day, a dance, a bowling outing, a parent education session called "Kids' Brains and Screens," the art showcases, and a book fair. We also have trips to Charleston, Raleigh and the Children's Theatre planned. On May 1, we look forward to welcoming our rising kindergartners to our Beginners' Day event. Spread the word to friends and neighbors who plan to attend Dilworth in the fall. We would love to see everyone there to learn more about our school!

Thank you so much for your continued support. It is truly a great time to be a Dragon. ■

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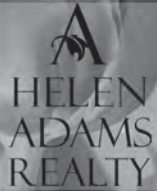


Table of Contents

- 4 Dilworth Cares
- 7 Our Kids
- 9 Land Use
- 10 Home & Garden
- 12 Neighborhood Environment
- 13 Shake and Shimmy
- 14 Dilworth Eats
- 17 Neighbors to Know
- 18 Historic District Commission
- 26 Tom Sykes Rec Center Spring Programs
- 31 And Finally...

Deadline for Next Issue:

Ads: April 15

If you are interested in advertising in the Quarterly, email Mary Beth Sensabaugh at msensabaugh@carolina.rr.com. Rates and sizes can be found on dilworthonline.org.

Copy: April 26

Copy and ads received after the deadline may be held for a later issue.



The Dilworth Quarterly is written by volunteers and proudly printed on 30% reused and 100% recycled paper. It is published under the direction of the DCA and is mailed 4 times a year to over 4500 households and businesses in the Dilworth community. While we make every reasonable effort to verify the integrity of our advertisers, we do not endorse products or services unless specifically stated.

From the President

Call To Action

While considering what to include in this letter, I thought back to the concerns raised by our neighbors in 2019. To over simplify, change was at the heart of it all. We are all aware of the effects of Charlotte's growth, efforts being made to ameliorate it, as well as attempts to capitalize on it. Don't forget that "Change is the only constant in life" (Heraclitus). I say this not to dismiss your discomfort or minimize the gravity that some changes bring, but to encourage you on two fronts.

First, know that the DCA is here to act in defense of, and advocate for, the fabric of Dilworth. We rely on you to be our eyes and ears in order to effectively address community concerns. Related to that, we are introducing the Call to Action e-newsletter. It will provide accurate and timely information focused specifically on issues affecting Dilworth. Additionally, our Neighborhood Environment Committee has been re-established with a focus on issues like noise, lighting, greenspaces, and safety. Our Pedestrian Safety Task Force has big plans as well.

That brings me to the second front. You. The DCA has 15 volunteer board members working to meet the needs of thousands of households. We want to empower you to make a difference. Yes, we need help on a variety of committees. However, that is not my only ask. This is a call to action during a time of rapid change.

We can't stop change, but we can act to modify it and welcome it on our terms. To do so effectively, Dilworth needs a large collection of people who are well informed on the issues and understand how best to engage with City Council. Mass email campaigns go to Spam; emails from concerned and informed citizens get attention. Dilworth resident and Mayor Pro Tem, Julie Eiselt, will offer a workshop to discuss how we can stand up for Dilworth and get results. (Workshop date is to be determined, but you can check www.dilworthonline.org or, if you haven't already, sign up for the Dilworth Express (under the Communications tab on the website) to stay informed.

Now for the rest of the ask. Sign up for the Call to Action e-newsletter, join an action committee, attend the workshop. We are stronger together.



Valerie Preston
DCA President

With that, I'd like to welcome our new DCA Board members: **Chris Carter, Stacey Hartley, and Cindy Zakary**. Many thanks to our veterans for all the time and energy and dedication you give to this community: **Courtenay Buchan, Ellen Citarella, Mathew Demetriades, John Gresham, Dana Jodice, Sis Kaplan, Franklin Keathley, Nathan Leehman, Liz Lewis, Fran Miller, Missy Owen, and Officer Gilliland**.

I look forward to another dynamic and productive year!

To sign up for the Call to Action e-newsletter, send an email to express@dilworthonline.org and write "Call to Action" in the subject line. ■

Calling All Young Entrepreneurs

It's that time again! The June issue of the *Dilworth Quarterly* will feature the popular *Summer Connections*. If you are a student who is looking for part time work, this is your opportunity to advertise your specialty for free.



Submissions MUST be received by Sunday April 19.
See page 31 for more details.

Come Out to The Next Dilworth Community Association Quarterly Meeting & Social

6:30 PM

Wednesday, April 1 • Morehead Inn
Cash Bar Available

Check www.dilworthonline.org for details

All DCA meetings are open to the public the first Wednesday of the month at the Tom Sykes Center (lower level) at 6:30 PM with time allotted for Q & A.

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| Valerie Preston | Fran Miller | |

Home Tour Committee

Mathew Demetriades and Dana Jodice
2020 Home Tour Co-Chairpersons

DCA Board Meetings

Stay tuned via Dilworth Express

All DCA meetings are open to the public the first Wednesday of the month at the Tom Sykes Center (lower level) at 6:30 PM with time allotted for Q & A.

Dilworth Quarterly Staff

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Dana Jodice

Franklin Keathley

Cindy Kochanek

Janie Levinson

Liz Lewis

Laurel Nakkas

Tymeire Springs

Robin Wahler

Dilworth Cares

By Janie Levinson

Dilworth Ladies Holiday Party Recap

The 21st annual Dilworth Ladies' Holiday Party was a huge success with all of the proceeds going to support Dilworth Elementary School. What began as a simple collection of toys for children at Christmas time over 20 years ago has now evolved into a fundraiser that supports our Dilworth Cares nonprofit partner. This year the party raised over \$4,400, and a good time was had by all. It was a great opportunity to visit with friends as well as meet new neighbors all while supporting our community school.

Many thanks to Marcy Basrawala, Meredith Doty, Liz Porter, and Nicole Wagner who were our event planners. Tom Holley of Crazy Jane's graciously donated his beautiful showroom as our venue. Party food sponsors were Bad Daddy's Burger Bar, Ed's Tavern, Kid Cashew, and Leroy Fox. Musician Michael Byrnes provided live entertainment for us while the 'Dilworth Ladies' Men' served beverages throughout the evening.

Over 100 attended and bid on our fabulous raffle and silent

auction items that our Dilworth Cares Committee helped source. This year we even had a vasectomy as one of our silent auction items! Donations were contributed by: Charlotte Hornets, Doc Porter's Distillery, Tom Doty, Bonterra, Webb Orthodontics, Dr. Zane Basrawala, babysitting provided by the Basrawala kids, Charlie on Park (jewelry by Amber Brown), Massage Heights, Infinity Medspa, Charlotte Plastic Surgery, Stretch Lab, Burn Boot Camp, and Nancy Williams Photography.

Thank you, WONDERFUL Dilworth neighbors for all your support so that we are able to continue giving back! We are in the final months of our two-year partnership with Dilworth Elementary. On Wednesday, January 15, Valerie Preston presented Principal Becky Crawford our check for \$12,235.60, which also included funds from the Home Tour as well as the Art Collective. ■



Courtenay Buchan and Julie Nofsinger (top) and Dilworth Cares volunteers



Save the Date for the Charlotte ART Collective SPRING ART SHOW which brings fine arts/crafts to the Dilworth area on Saturday, April 25 from 10 am to 4pm at Avondale Church, 2821 Park Road. The show features top, local artists: glass art, original paintings and prints, mixed media, jewelry, fiber art, hand-made purses, felt hats, functionally decorative pottery, intriguing photography, wood arts, book arts, soothing hand milled soaps, and whimsical sculptures. It supports Dilworth Cares through a raffle of a "Basketful of Art" with proceeds going to the designated non-profit, Dilworth Elementary School. It's one of the best high-end art and craft shows around and it's not to be missed! It's an art show – NOT just a craft show.

DILWORTH ELEMENTARY

2018-2020 recipient of Dilworth Cares



Molly Frank, Liz Porter and Nicole Wagner (L), Melissa Lanning, Meredith Doty and Betsy Browder (C), Marcy and Zane Basrawala (R)

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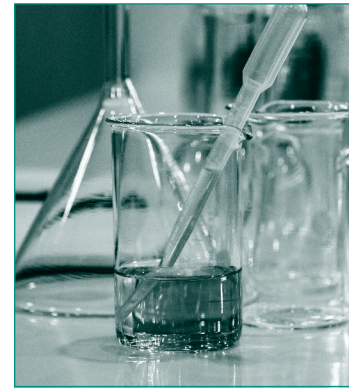
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Our Kids

The School Science Fair, in Their Words

By Breiten Brown and Tymeire Springs

Have you ever been to an Elementary School Science Fair? Maybe you are thinking about students building volcanoes but you won't see that at the Dilworth School Science Fair. Volcanoes are not real projects because they are not testable and you can't follow the Scientific Method. We all know that volcanoes erupt so there is no surprise there!



Breiten Brown (L) and Tymeire Springs write about their experience at the Elementary School Science Fair.

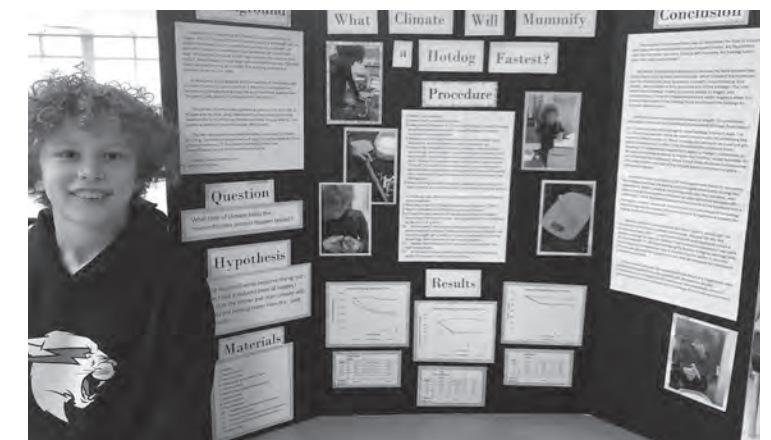
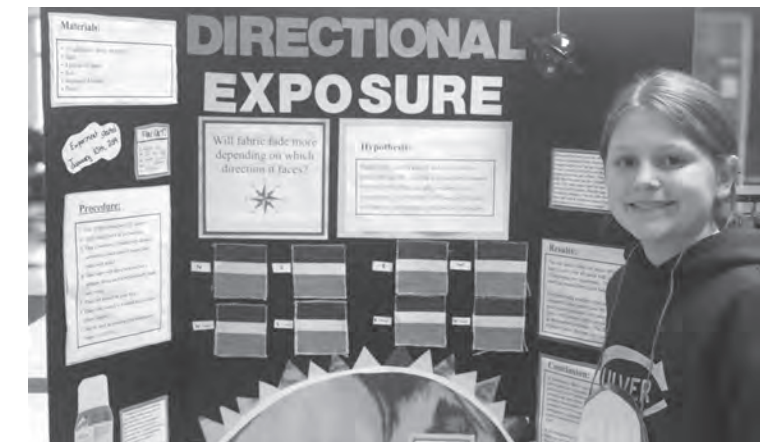
Every year in January, Dilworth 5th graders participate in a school wide Science Fair. It is A LOT of work! Our teachers prepared us by teaching the steps for following the scientific method and we worked on several labs to help us get ready.

Deciding on the question we wanted to experiment with was overwhelming because of all the choices. We knew we would be working hard and we also wanted our projects to be fun. One of the challenges we faced was trying to keep each trial the same so that the results would be accurate. This took several days and a lot of patience. Some students had big spills and other obstacles that made them have to start over. A few others waited until the last minute and this did not work out for them.

The BIG day came on January 10, 2020. All of our projects, 125 of them, were set up in the gym and ready to be judged. We felt exposed and very nervous. Our parents came first and wandered around looking at all the projects and then the judges arrived. Some were teachers that we knew but many others were volunteers

and we did not know them. This was really nerve-wrecking. The click of their shoes on the gym floor as they walked towards us was intimidating. Our palms were sweaty and we had to remind ourselves, "we got this". Once we got a few words out, we were fine. We were prepared, we had practiced the day before and we understood what we were talking about. Our teachers encouraged us and helped us through the challenges along the way. They believed in us!

In the end, we had a great time, learned a lot and feel very proud of ourselves. ■



Maren Weiers (top) and Townes Romine stand by their science presentations.

What does *home* mean to you?



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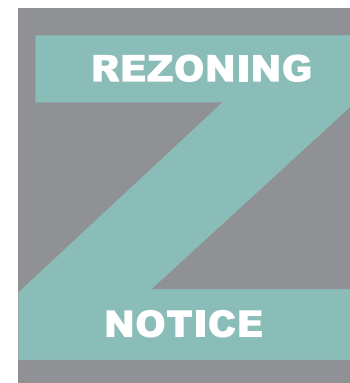


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Land Use

What's the Deal With the TOD Rezoning?

By Ellen Citarella

What is it?

Last November, the City Council approved a rezoning which impacted 1500 parcels along the Blue Line light rail corridor. Approximately 40 parcels in our historic district along the western edge of Dilworth were changed from office or business zoning to Transit Oriented Development Neighborhood Center (TOD-NC). Another 60 parcels not in the historic district were rezoned to TOD Urban Center (TOD-UC). Although the Urban Center designation is a more intense TOD zoning allowing heights up to 130 feet (300 with the bonus), we were comfortable with the density and height given their location closer to the South Boulevard edge. TOD-NC implements new design standards as well with building heights from 65 feet up to 100 feet under certain circumstances. Overall, the new zoning removed restrictions on height and density in our historic district populated by 1900 era grand old homes and bungalows currently used for small businesses, office space and residential. Suddenly a bungalow built in 1900 could find itself sitting next to a 100 foot tall building.

The recommended area for TOD rezoning for the Dilworth parcels was determined by the boundaries of the South End Transit Station Area Plan developed in 2005. This plan defined the policy for three transit station areas along the western edge of Dilworth and the result of the rezoning is a zoning district which is incompatible with our historic structures. The consequence of this action will add pressure to demolish and replace existing structures despite being listed on the National Register of Historic Places inventory. Sadly, per NC Statute the Historic District Commission cannot prevent or deny the demolition of properties. In 2018 there were 78 demolitions in Dilworth according to the Charlotte/Mecklenburg Quality of Life Explorer website.

What happened?

The Dilworth Land Use committee met with City planners last July to discuss concerns related to TOD in the historic district. Together we made some changes to parcels slated for rezoning, including changing the originally proposed zoning of 16 parcels in

historic district from the most intense TOD-UC zoning to TOD-NC. In a further discussion we were able to have four bungalows on East Worthington removed from the rezoning map completely. Just before the rezoning vote we requested that 14 additional parcels be removed from the TOD rezoning. Unfortunately that request fell on deaf ears so our concerns for historic preservation have essentially landed in the laps of the HDC staff and the volunteer group of Historic District Commissioners. The HDC is an already overburdened group charged with assuring that development and renovation occurs in a manner that is consistent with the character of the neighborhood.

What does it mean going forward?

Edward Dilworth Latta created what was in essence Charlotte's first transit oriented development in the 1880s when the trolley ran down South Boulevard, creating Dilworth, the city's oldest street car suburb. Over one hundred years later we are fortunate to have such easy access to the light rail providing transit from Pineville to UNCC. The accompanying rail trail has not only revitalized an area once strewn with old abandoned warehouses but created a constantly changing linear urban park where we can walk, run, shop, eat and drink. As wonderful as this growth is it cannot come at the expense of the historic area created from Latta's original vision. We will keep a watchful eye on the fragile edges of Dilworth to ensure that our historic neighborhood remains intact.

Traffic Calming Pedestrian Improvements Coming to Dilworth

By Franklin Keathley

The 2019 DCA Community Survey placed "being a pedestrian

continued on page 22



Home & Garden

Container Pot Gardening 101

By Nikki Campo with Robin Wahler

Confession: I have a stack of cheap, used container pots in my garage. More than once, I've ridden a wave of ambition, cobbling together what I thought would be a great looking pot of flowers or herbs only to have the plants wither and die on my porch. I have sighed, resorted to last ditch effort watering, and eventually, conceded defeat. I dump the plants, then stack the pots. I imagine I'll be better next time.

For this edition of Home & Garden, I caught up with Robin Wahler to talk about the basics of container pots. Robin has spent the last 36 years designing and building classical gardens in Charlotte. He knows everything there is to know about gardening, including how to do it in a pot. Here's what I learned.



First, find the right pot.

Heavy pots, once filled, are hard to move. Opt for fiber glass or other lightweight material you can move. I asked Mr. Wahler about terra cotta, and he advised caution since the material can decay over time if not periodically emptied, cleaned and dried completely.

Look for a pot with an 18-24" diameter opening at a minimum, but consider going wider. Mr. Wahler threw out the idea of findin

an eye-catching wide (four feet!) and shallow pot. Position it where it can stay a while, and grab some succulents or mini boxwoods to plant in it. Voila! You have a beautiful landscape, even in the smallest outdoor space.

Don't like succulents? Plant some basil or lettuce for clipping, or flowers and greens to enjoy or even to clip for bouquets.

Then, find the right spot.

The front porch can be a great home for decorative pots. Try to place the plants where they'll get several good hours of sunlight. If you're going for backyard décor, consider placing several pots in a row, or one in each corner of your yard or around a small patio.

Mr. Wahler said, "Have a yard that lacks definition? Define it." One of many ways to do this, with relative ease and low cost, is with potted plants.

Get a good potting mix.

The right soil feeds plants and encourages strong root systems. The wrong soil does neither. The health of your potted garden depends on getting this relatively easy step right. Look for potting soil, which is porous and contains the nutrients your plants need. Garden soil compacts, making airflow around your plants' root systems tricky. If you'll be planting succulents and cacti, look for the potting mix made for those plants.

Know how and when to water.

Although Charlotte heat can mean we need to water our potted plants daily, too much water, Mr. Wahler warns, is worse than not enough. So how do we know how much water a plant needs? It varies by plant, so he advises to check the plant's tag if there is one, ask a gardener (or your old friend, Google), and touch the soil. If you poke down an inch and it's still moist, wait another day and check again. How much direct sun or shade or wind your plant gets will impact how often you water.

Get going!

Early March is a fine time to get your pots ready. Ask your gardener if you have questions or your neighbor whose pots always look good. You can always stop by Campbell's or Rountree and ask for help too.



My mom used to cut lilies from her flower gardens and make bouquets for our kitchen table. She also clipped and arranged for neighbors, friends, and sometimes, the cashier at her local grocer. This spring, I'm thinking I might try my own cutting flower garden in a pot. Why not? If I succeed, I might have fresh cut bouquets to enjoy or gift. If I fail, well, I can always add the empty pot to the stack in my garage. ■

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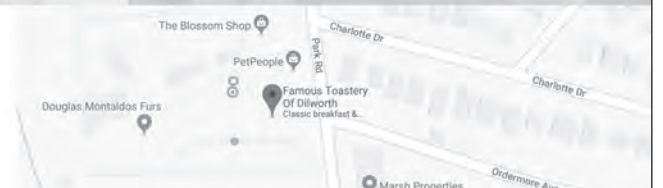
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Neighborhood Environment

Rooting for Trees

By Liz Lewis

Dilworth's tree scene changed a lot this past quarter. Thanks to the DCA's Tree Canopy Committee and the generosity of neighbors, the December fundraiser for planting more street trees* in Dilworth got us off to a good start. With contributions from over 100 neighbors, we were able to work with the City of Charlotte and plant 23 good sized street trees throughout Dilworth. On top of that, the City planted 65 street trees in the neighborhood, which combined to add a total of 88 new trees to our canopy this year.

You can, and will, see more trees marked for removal (the dreaded orange dots on the trunk signify trees the City of



One of the street trees being planted in Dilworth.

Charlotte will take down), or taken out because of age or development over the coming years. We are working to mitigate the impact to Dilworth's tree canopy by planting more trees.

One generation plants the trees; another gets the shade.

– Chinese proverb.

The Tree Canopy Committee has big plans for 2020. We will be:

- Communicating throughout the year about things residents can do to care for and support new and existing trees.
- Looking into working with TreesCharlotte to host a neighborhood tree store (low cost trees you can plant in your yard).
- Developing a partnering activity with TreesCharlotte and the Myers Park neighborhood to do a joint volunteer tree planting event.
- Reviewing and revising the Dilworth Street Tree Master Plan.
- Holding another fundraiser later in the year so we can plant even more trees - note that again, 100% of the money raised will go to planting street trees throughout Dilworth.
- Continuing to work with the City to replant new shade trees wherever possible.

continued on page 29

Shake and Shimmy

By Tom Ferber

My wife and I have developed a routine to make a note in our phone whenever we see or hear of a restaurant opening that piques our interest. A couple of times a month we have a conversation that goes something like "...where do you want to go; I don't know, where do you want to go; I don't know, do you feel like steak, Italian, hamburgers; what do you feel like; we could stay in or we could go out...." And before we revert to having cereal for dinner because our indecision has made us impatient and ravenously hungry, we rely on our list to give us the sage guidance and direction we need.

We also benefit when we take a staycation and put some focus on clearing the list. We always find a new place or two that will go into the regular rotation. During our last self-proclaimed restaurant week we made a new discovery though, not all restaurant tables are even, and by not even I mean some rock back and forth like a seesaw and make eating a meal a challenge. Those days can be put behind you though with this guide to table balancing.

Most people start with the put your foot on one corner method. You get some good short term satisfaction out of this but the long term (like getting past your appetizers) success is questionable. It is always a crowd pleaser when you forget your

left foot is the key to your balanced meal, not in the food pyramid kind of way, literally the table balanced kind of way. Nothing like watching that long stemmed glass of red wine topple into your spouse's lap as you cut into the 16 oz. strip steak and have to adjust your foot for better leverage. "Whoopsie, my bad, could you pass the salt. I'll ask for club soda when the server comes back, could I have the pepper too?"

There is the ever popular shake and shimmy. You sit on opposite sides of the table and randomly knock it around in the hope of finding the position where it will achieve some kind of table level equilibrium. At one point in time, the table had to be OK, and if you could just find that spot again, oh the sweet success, it would be a story for the ages. Your mind wanders and you think about the plaque they'll hang in the restaurant with your picture and the date on it to commemorate your induction into the Balanced Table Sherpa Society. So you randomly knock the table around, maybe a little tap here or there for starters. That one side is fi ed but now the other corner is the problem. Maybe it's the floo . Yeah, it's defini ely the floo . What if you rotate it clockwise, no counter-clockwise, push it towards me, now turn it. By now you may have reached a table whacking crescendo. Your plaque fantasies have given way to the other patrons and servers whispering to each other and pointing in your direction. Success has escaped you for now. Maybe next time table 32, maybe next time.

continued on page 15



Join Us This Easter at Dilworth Church

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9 a.m. at the Loft
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Pio Pio Enjoys Loyal Customer Support

By Laurel Nakkas

For Pio Pio owner Brian Connaughton, visiting Dilworth for the first time nearly 15 years ago felt deeply familiar, an instant reminder of home. Having been born and raised in Springfield Massachusetts, a city not far from Boston, Connaughton was accustomed to a walkable, urban landscape, an area with character comprised of distinctive shops, charming boutiques and friendly, family-owned restaurants. In the early 2000s, Connaughton, his wife, Vivian, and his mother-in-law, Gloria Yallico, had already seen great success in Orlando, Florida, with their Peruvian-Colombian rotisserie chicken restaurant, Pio Pio, and they were just about to move back to Brian's Massachusetts home to launch a new location. However, that was before Connaughton's fateful trip to Dilworth by invitation of a friend. He says he instantly fell in love with the similarities Dilworth shared with his northern home.

"I knew Dilworth was where I wanted to put our main store because of the area, the people, the vibe, the culture. It just seemed like that was a fitting spot," said Connaughton.

It is a decision that's more than paid off. Pio Pio has seen steady success for years, with May 2020 marking its 12th year in the Dilworth Gardens shopping center. It has also expanded outside of Dilworth with a location in Ballantyne, open for five years now, and one in Blakeney that opened just weeks ago.

"Pio Pio," which from Spanish translates to "chick chick," or the sound a chicken makes, uses a chicken logo that Connaughton's wife, Vivian, designed when she was just 7 years old. Vivian's mother, Gloria Yallico, is the original founder and mastermind behind Pio Pio, and Connaughton says her recipes are a core reason for its continued success.

Yallico, a native of Colombia, created every recipe that's used in their restaurants, aiming to give customers comfort food that is more like a home-cooked meal versus the processed food that is often eaten out. The majority of the recipes are Colombian, with ingredients like saffron rice, plantains, yuca and avocado prevalent throughout the menu.



"We really care about quality, good food. We try to make everything as fresh as we can...we don't cheat on anything," said Connaughton. "We'll do everything from scratch."

Connaughton notes that this care to avoid shortcuts is what sets their restaurant apart from similar rotisserie-style concepts in Charlotte. This includes everything from chopping their own lettuce to creating the chicken broth from scratch to using fresh chicken that marinates for more than 24 hours in a rub that is handmade.

And if it weren't for the loyalty of those customers, Pio Pio likely would not still be in its original Dilworth location or have survived at all. During the economic crisis around 2008, Connaughton says Pio Pio was one of the only remaining businesses in the shopping center. He watched as business after business had to shut its doors. But thanks to the loyalty of customers and the community, his family's business didn't even flinch.

"We didn't struggle at all. We just kept growing and growing and growing," said Connaughton. "And I think that's just because of the community, you know. The neighborhood, Dilworth, the people, the word of mouth. I think that was the savior.... Thankfully, we have a good group, our followers are very loyal. Our customer base has been awesome."

If you have yet to try Pio Pio, Connaughton has one bit of advice for you: "Who doesn't like chicken, right? Who doesn't like rotisserie chicken? We have different things. But, anyone, if they haven't tried this before, they have to try the rotisserie chicken. I think that's the winner, every day." ■

Next up, the sugar packet method. Generally speaking, you now have between 2 and 28 varieties of sweeteners on the table at any given time. That multi color packet assortment will challenge you to make a conscious choice between plain sugar, sugar in the raw, a sugar-like granular substance made from chemicals, some super sugar made from plants that only grow in a rainforest in the Amazon, brown sugar in the raw, pink sugar, pink sugar in the raw from the rainforest....anyway, you pile a few of those packets up, strategically place them under the problem leg and you may get a decent surface to eat your burger from. Or not.

Which brings us to the origami solution. If you fold a napkin or piece of paper enough times, you could hit the sweet spot from trial and error. You may need 2 folds or maybe 5. Are the napkins single ply or 2 ply. You think for a second, will they will notice if I don't give them back the menu and use that. You start doing the folding calculus in your head. They told me I wouldn't need math after I finished school. Does pi factor into the equation, are fractions involved. I thought we were eating dinner, no one told me math would be involved. Now my brain hurts and I'm hungry. And forget cloth napkins, you can't really wad one of those up and stick it under your table. Plus, did you know it's practically impossible to fold a piece of paper more than 7 times.

The final option is a shout out to the local restaurant owners,



our extensive research says you'll get your biggest success from asking the server. Our testing showed that most nailed it like they had graduate degrees in table balancing. Like a table leveling ninja, when the server pops out that plastic wedge thingy (it's called a wobble stopper) and places it strategically under the problem corner, a flat and even dining surface was ours for the taking every time. Alexa, order me a box of wobble stoppers. I'm coming for you table 32. Victory will be mine. ■



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Making A Difference

Meet Marie Brown of the Charlotte Community Health Clinic

By Nikki Campo



Marie Brown with patient.

Have you ever heard of Charlotte Community Health Clinic? Marie Brown is hoping you answered yes. I caught up with Marie to understand the clinic's mission for Charlotte.

DQ: How long have you, Marie, lived in Dilworth?

MB: We've lived in Dilworth since moving to Charlotte in 2017. We LOVE it! Particularly walking to Latta Park and brunch at People's Market or

Sunflour Bakery.

DQ: What is CCHC, in one sentence?

MB: Charlotte Community Health Clinic is a health institution dedicated to providing high-quality, patient-centered healthcare to ALL seeking care.

DQ: Before we jump into the details of CCHC, could you rewind back to younger Marie? Have you always been passionate about healthcare?

MB: I have always been passionate about service. I was very involved in my church service group and would spend my high school and college summers working abroad, doing a variety of projects, from home construction to helping run health clinics. I knew I wanted to do something that involved helping others and found healthcare to be the best avenue.

DQ: What was your family like? Do you come from a line of people with similar passions or professions?

MB: I am one of four. Dedication to others and service was a core value of my family's growing up. I actually come from a long line of lawyers. I was the first in my family to go into a healthcare profession.

DQ: What does "good healthcare" look like to you?

MB: In a perfect world, healthcare is all-encompassing. It involves what you eat, how you exercise, how you spend your day.

continued on page 25



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IT'S A SELLER'S MARKET IN DILWORTH and 2020 is the perfect time to list your home. Low inventory and high demand means homes are staying on the market for fewer days and in many cases, selling above asking price. Our neighborhood saw record transactions in 2019 and we expect even more activity this Spring.

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Historic District Commission

Alternative Materials Series: Longevity and Sustainability Considerations

By Cindy Kochanek

Traditional materials such as wood, metal, and masonry have been around for years and their compatibility, or in some cases incompatibility, are well known. Many alternative materials or non-traditional materials are newer products which can mean that there is some uncertainty as to how these materials will age or respond to certain variables. There are many aspects to consider regarding alternative materials including whether they are compatible with existing, traditional materials, their durability, and their ability to handle weather extremes. Will they cause damage to the existing, adjacent materials if they have different expansion and contraction rates? Do they require special care or installation?

Constant exposure to moisture can cause some alternative materials to absorb that moisture causing the material to swell and fail, thus these materials cannot come in continuous contact with roofs, decks and other areas where moisture may settle. Some plastic and vinyl materials may become brittle in cold weather or soften and warp in heat. Another consideration for alternative materials is expansion and contraction rates. Similar to when a hard mortar mix is used on older, softer bricks and it forces water through the brick causing spalling, different

expansion and contraction rates between wood and adjacent alternative materials can cause problems including damage to the wood and water infiltration. If traditional and alternative materials are used in conjunction with each other, care should be taken to address the difference in material properties like creating a barrier between them.

Longevity is another consideration; some newer materials will require replacement much sooner than traditional or historic materials, thus sending more materials to the landfill. A wood window that has been in a 1920's Bungalow since it was constructed is 100 years old and does not need to be replaced if it is painted shut, or if a pulley doesn't work, or a piece of the window is rotted. An older wood window was assembled in pieces and those pieces can be replaced individually, paint can be cut away or abated and pulleys, stiles, sills and rails can be replaced. A new alternative material window is typically constructed as continuous unit, therefore an individual rail or stile is not replaceable, but an entire sash or window would need to be replaced, depending on the issue. If energy efficiency is a concern, while most air loss does not occur in the doors and windows of a structure but in the roof and walls, a good storm window over an existing historic window that is in good repair and has been properly weather-

stripped is just as efficient as a new replacement window. Keeping existing materials in place keeps them out of landfills and thus is a greener solution.

This article is the third and last article in the series addressing alternative materials. Feel free to contact HDC staff if you have any questions on specific alternative materials or any other questions or concerns regarding the historic district. For those readers that own property within the Dilworth Local Historic District, deadline changes have occurred for 2020 for projects requiring full commission review. Please visit the HDC website at charlottenc.gov/planning/HistoricDistricts for more information. HDC staff can be reached via phone at 704-336-2205 or email at charlottehdc@charlottenc.gov.

Please note HDC Application + Plans deadline change! Deadlines are the first Wednesday of each month, one month prior to the HDC meeting. A full and complete application must be received to be slated on an Agenda, including: Accela application, complete checklist, plans and presentation, and any applicable fees. For more information, please visit: <https://charlottenc.gov/planning/HistoricDistricts/Pages/Certificates-of-Appropriateness.aspx> ■

Did You Know?

In 1902, Dilworth's first fair, complete with a \$4,500 merry-go-round, opened. The park theater hosted a crowd of 5,000 people for horse races and exhibitions including livestock, farm implements, and operating looms. The race track shown here was located on the south side of East Boulevard, about where Park Road and Dilworth Road West are today. - excerpted from "Dilworth: The First 100 Years" by Tom Bradbury. Book available at Paper Skyscraper.







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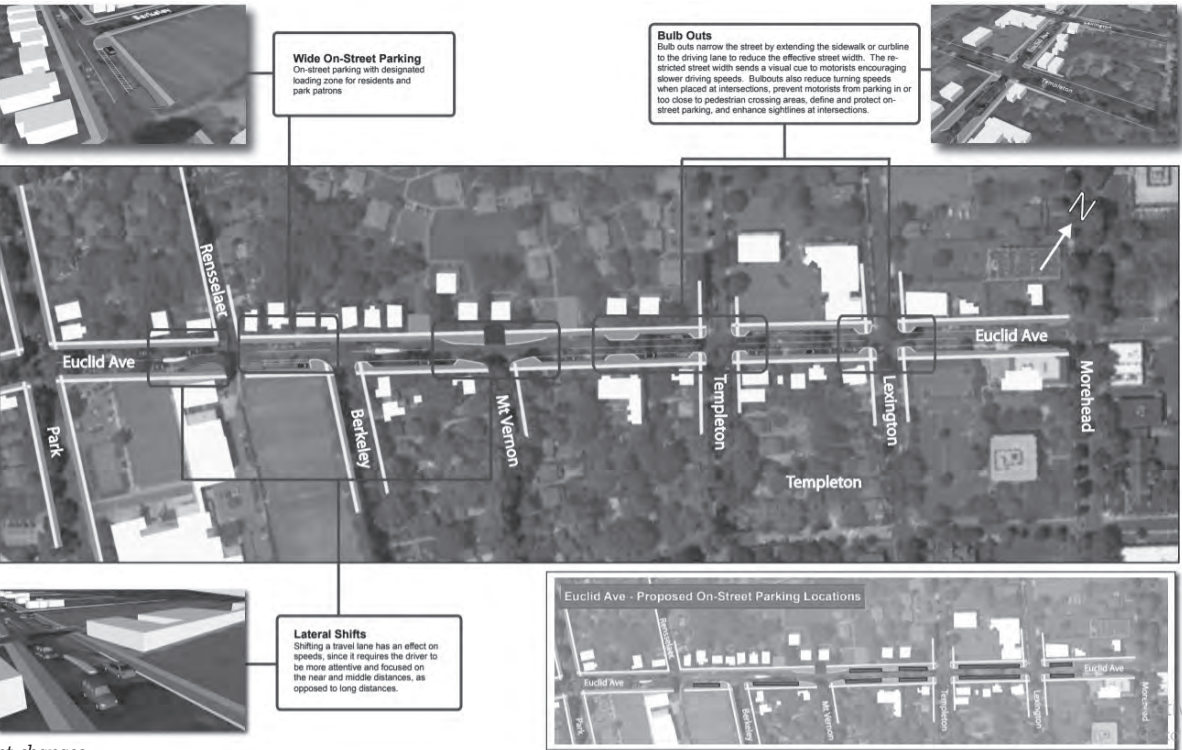


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Euclid Avenue street changes.

DCA Land Use community discussions will be part of the regular agenda at the DCA meeting on the first Wednesday of the month. Please email landuse@dilworthonline.org for additional information.



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and bike friendly neighborhood” as the top concern for Dilworth residents. The DCA continues to work with the city, who over the next two years will add on-street parking, rapid flashing beacons, pedestrian refuge islands and other traffic calming measures throughout the neighborhood.

Here are some of the more notable changes intended to reduce speeding and enhance public safety as the city’s population and ensuing traffic continue to grow.

Kenilworth and Scott Ave.

Funding has been approved for Pedestrian Rectangular Rapid Flashing Beacons (RRFB’s), ADA ramps and a marked crosswalk at both Lattimore St and Scott Ave and Lattimore St and Kenilworth Ave. If you have ever dared to cross either street, this will be a major improvement from what is currently a high-stakes game of frogger to get from the Historic District to Freedom Park.

After a recent walk-through with DCA Land Use, CDOT has also added additional signage to try to prevent inadvertent wrong way traffic entering Scott and Kenilworth Ave. The sidewalks along Scott, Hemlock and Kenilworth around the substation will all be improved during the coming year and a road diet will be implemented on Kenilworth between Hemlock and Ordermore.

Euclid Ave.

The City will finaly implement changes recommended in the 2011 Euclid Avenue traffic calming study. As Stormwater Services finishes its project, CDOT will work with them to add bulb-outs, a road diet, on street parking, and lateral shifts between Park Avenue and Morehead Street. These changes are expected to slow traffic and enhance walkability on a street whose last speed study clocked an average of over 38mph. The changes will also provide additional parking for Latta Park, residents and those working in South End or using light rail.


Park Rd.

CDOT will soon begin the installation of two pedestrian refuge islands on Park Road between Ordermore and Ideal Way with completion expected later this summer. The project, initiated by neighbors working through the Charlotte Walks program, has been fully designed and funding has been approved.

Please also note that the speed limit was recently changed to 25mph from Ideal Way to McDonald Ave. and the green phase of the traffic signal at Ideal Way has been reduced to require more vehicle stops at the light (allowing more opportunities for pedestrians to cross.)

This spring, the DCA will bring together neighbors for a Pedestrian Safety Taskforce to better identify problem streets and intersections. The group will then work with CDOT and city officials to find workable solutions to further enhance Dilworth’s pedestrian environment. ■


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Neighbors to Know

continued from page 17

Healthcare that is preventative and patient-centered helps conquer the problem before it exists. It is having access to a health care professional you trust, when you need care and regardless of income or insurance status.

DQ: What was your path to CCHC?

MB: I went to Boston College for my undergraduate degree, where I was inspired by a few professors to go into Nursing. From there, I worked at Georgetown Hospital in a cardiac unit and then went on to work for an NGO in Cusco, Peru to get some public health experience and learn Spanish. I earned master's degrees in nursing and public health from Johns Hopkins University. I had the opportunity there to do work in Haiti and research in South Africa. Upon graduation, I worked as a Family Nurse Practitioner at a large community health network in Chicago for six years, before moving to Charlotte in 2017. Since then, I have been at CCHC working as the Assistant Medical Director.

DQ: What services does CCHC offer?

MB: We offer primary care, women's health and pediatrics. We have two behavioral health providers and a dentist at our Wilkinson Boulevard clinic. We have specialized programs offering: PrEP, treatment for Hepatitis C, care for the formerly incarcerated,

and medication-assisted therapy for those addicted to opioids. We are hoping to roll out our telehealth program in 2020.

DQ: What "hole" or gap does CCHC exist to fill in healthcare in Charlotte?

MB: There is a huge gap in patients who can afford insurance and those who are eligible for Medicaid. Many of my patients are church pastors or self-business owners, who cannot afford to pay over \$200/month for insurance. There are few places in Charlotte that care for the uninsured, therefore we absorb majority of that population. This makes us, unfortunately, often in financial turmoil as a business.

DQ: Tell me about the start of CCHC.

MB: It was started in 2000 by a group of committed individuals as a free clinic. Unable to sustain itself financially, our board made the decision to move us towards the federally-qualified health clinic model in 2016. We now accept insurance, which helps us to be able to continue to service majority uninsured population.

DQ: Can you share a story of a patient at CCHC?

MB: I have a patient who works in a school cafeteria here in Charlotte. She has no insurance and cannot afford any. She saw me for the first time two years ago. Upon routine screening, we found that she had uterine cancer. Through the wonderful

continued on page 29

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Tom Sykes Rec Center Programs

Spring Calendar

March - June 2019

Pre-registration* is required for all programs. You can register online at www.parkandrec.com, by calling Tom Sykes Recreation Center at 980/314-1113 or by stopping by the center. For more information about all of Tom Sykes Recreation Center programs contact TomSykesRecreationCenter@MecklenburgCountyNC.gov

SPECIAL EVENTS

Easter Bunny Egg Hunt & Brunch

Come and join us for a fun afternoon with an egg hunt! We will make some Easter arts & crafts and meet the Easter bunny. An afternoon snack will be provided for parents and preschoolers. For more information, email the TomSykesRecreationCenter@MecklenburgCountyNC.gov or 980.314.1113.

When: April 11th

Time: 10AM - 11:30 AM

Cost: \$6 per individual

PRESCHOOL PROGRAMS

Music Together of Charlotte

Music Together is children and their grownups joyfully sharing songs, rhymes, movement, and instrument play, both in music class and in their

daily lives. A pioneer in early childhood music and movement education, Music Together offers classes in which parents and caregivers actively participate.

When: Mon.- Sat.

Ages: 8 months-5yrs

Contact: musictogetherofcharlotte@gmail.com

AFTER SCHOOL PROGRAMS

When: Monday - Friday Time: 3:00 - 6:00 pm

Ages: 5-12 Cost: \$7 per class or \$12 per class

Registration for Spring Afterschool Programs: February 1st

You do not have to attend Dilworth or Sedgfield School to participate - all are welcome!

CMS School Day Out and Early Release Days

School Day Out- \$30.00 per child (9am-6pm)

Day Camp - Please call for specific dates

Early Release Day- \$15.00 per child (12pm-6pm)

Camp - Please call for specific dates

CAMP PROGRAMS 2020

Registration open NOW!

TOM SYKES TRADITIONAL SPRING BREAK CAMP:

A five day, camp for youth during the spring break week. Camp consists of sports, team building activities, crafts and agility courses.

Days: April 13th - 17th

Time: 8:30am-5:30pm Ages: 5-12 Pricing: \$30.00 per day

SPRING BREAK NATURE CAMP:

Embark on off-trail adventures to discover nature and develop outdoor skills through hiking, fishing, geocaching, and much more! Put those skills to the test with an exciting adventure at Crowder's Mountain State Park.

Days: April 13th - 16th

Time: 8:00am-6:00pm Ages: 5-12 Pricing: \$100.00

SPRING BREAK VOLLEYBALL CAMP:

Come spend your Spring Break at Tom Sykes Recreation Center! Work with our staff and other players to develop your volleyball skills. All skill levels welcome to attend. Camp runs from 9-5PM with early drop off at 8:30AM. Pack a lunch and athletic wear and enjoy a great time while getting a fit too!

Days: April 13th - 15th

Time: 9:00am-5:00pm Ages: 12-15 Pricing: \$75.00

CAMP SYKES SUMMER CAMP:

Days: Monday - Friday

Time: 7:30am-6:00pm Ages: 5-12 Pricing: \$100 per week

Registration for Summer Camp: February 10th at 9am

Themes:

Art Week: June 22 - June 26

Performing Arts Week: June 29 - July 3

Fitness Week: July 6 - July 10

Science Week: July 13 - July 17

Sports Week: July 20 - July 24

Water Week: July 27 - July 31

Builders Week: August 3 - August 7

Nature Week: August 10 - August 14

NATURE ADVENTURE CAMP:

Discover the wonders of nature this summer! Nature Adventure Camp will allow your child's curiosity to be put into action. Explore trails and play games as you experience nature through fishing, geocaching, canoeing and much more. Each week's adventure will conclude with a field trip to a different local state park. Be ready for days packed with new sights, sounds and experiences. Six Week session starting Jun.29th - Aug.7th

Days: Monday - Friday

Time: 7:30am - 6:00pm Ages: 5-12 Pricing: \$170.00 per week

YOUTH PROGRAMS

Youth Track & Field

Track and Field is organized based on the number of participants registered within an age division within the county. Participants will be provided instruction locally and compete in five countywide, recreational meets.

Ages: 5-12yrs

Pricing: \$65.00

Registration: Feb 1st- 28th

Season: Practices begins in March

Indoor Fun Soccer

Instructional league. Learn the basics of the sport and have FUN! Six game season. Games will be played at various recreation centers.

Ages: 3-8yrs

Pricing: \$45.00

Registration: Feb 1st- 28th

Season: Practices begins in March

Basketball Lessons - Private/Group Lessons

Whether your player(s) is new to the game or is looking to work on specific skills and techniques to enhance their basketball game, private and group lessons at Tom Sykes Recreation Center will help them achieve the goals they set! Call 980-314-1113 to schedule an appointment today!

Ages: 5-17yr

Pricing: \$10.00/hr

Youth Volleyball - Private/Group Lessons

Whether your player(s) is new to the game or is looking to work on specific skills and techniques to enhance their volleyball game, private

and group lessons at Tom Sykes Recreation Center will help them achieve the goals they set!

Call 980-314-1113 to schedule an appointment today! *Availability based on gym schedule as well as coach*

Ages: 8-17yr

Pricing: \$10.00/hr

ADULT / SENIOR PROGRAMS

Senior Basketball

Join us every Monday night where we gather to shoot some hoops freely or play a half court pickup game!

Ages: 55+

Pricing: \$1.00

When: Mondays 5:45pm - 7:00pm

continued on page 29

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Tom Sykes

continued from page 27

ALL AGE PROGRAMS

Biking Lessons

Get rid of those training wheels! Whether you are a child or an adult, experienced or a complete beginner, we can help you to accomplish your personal goals. Thinking about getting into road biking? Let our certified cycling instructor show you the safest way to maneuver the streets. How about mountain biking? Allow us to help you improve your skills to make your trail rides safer and a lot more fun. Please call 980-314-1113 to schedule a lesson!

Pricing: Free

Music: Piano Lessons

Piano lessons available for all ages and skill levels!

When: Monday and Wednesday

Time: Beginning at 4:30pm

Pricing: Half Hour Lesson - \$23

Contact: Amouel Brackett at amouel@aol.com or 704-965-1235. ■

Neighborhood

continued from page 12

For those interested in being a part of the Committee, check out Dilworth's website (dilworthonline.org) and see when the next meeting will be - the group typically meets on a Wednesday at 6:30 pm at the Tom Sykes Rec Center once every other month or so.

* "Street trees" are the trees in the planting strip between sidewalks and the street, the public right-of-way. These trees are managed by the City of Charlotte. City Arborists are responsible for the street trees - for trimming the trees, removing diseased/damaged trees, and for selecting and planting new trees. ■

Neighbors to Know

continued from page 25

partnership we have with CareRing, we were able to get her hooked up to specialty care and treatment. She is currently undergoing treatment and very grateful for the care we provided.

DQ: What has worked well so far at CCHC? What are your dreams and goals for the next several years?

MB: We have an incredible team of dedicated, motivated, intelligent individuals, from our medical assistants to our leadership team. Goals for the next few years are to become financially stable and continue our mission of providing healthcare to all.

DQ: Who should come for an appointment?

MB: Anyone!! We want more insured patients so we can continue to serve our uninsured population. We accept all insurances and

have wonderful providers.

DQ: Anything else you'd like to share about yourself?

MB: I love studying health policy and have dreams that our country will prioritize forming a health care system that find balance between affordability and high-quality care for all.

DQ: A question that you can answer as seriously or as silly as you like: What's saving your life right now?

MB: The weekends - balancing full time work with a 15-month-old at home means crazy weeks.

For questions or to learn more, please contact Marie at Marie.brown@cchc-clt.org or visit www.charlottecommunityhealthclinic.org. ■



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...and finally

Calling All Young Entrepreneurs

The June issue of the *Dilworth Quarterly* will feature the popular *Summer Connections*. If you are a student who is looking for part time work, this is your opportunity to advertise your specialty for free. Your 70-85 word submission should include your **name, age, the service you are offering** and **how you can be reached**. If you want, you can also include any other selling points (experience, pricing, where you go to school, etc).



To submit your ad:

- Sign up for the weekly *Dilworth Express* emails. Visit www.DilworthOnline.org, click on the "Register Here" button under "Dilworth Express" and populate the email address, first name, last name, phone number, and address fields. When the *Dilworth Express* announces submissions – reply to the address given

or

- Email your submission to Nikki Campo at nikki.campo@gmail.com.

Be sure to put in the SUBJECT LINE: DILWORTH QUARTERLY - Summer Connections

Submissions **MUST** be received by Sunday April 19.

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