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heart to heart  
TO heart

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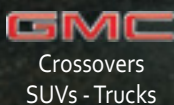
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**Forbes** Full page interview  
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# from the publisher

**SOME PEOPLE COME INTO OUR LIVES** and leave imprints on our hearts, and we are never the same. Neana Phillips left her heartprints on mine. Admittedly, I didn't spend a whole lot of time with Neana (though I certainly regret that now). Yet the lasting impression she made on me in the moments we did have together caused me to weep with anguish the day she passed away. Like a rare, precious diamond that sends out light in every direction, Neana's loving heart illuminated kindness and compassion to anyone who crossed her path, and I knew that I—and everyone who knew her—would miss her brightness in our lives.

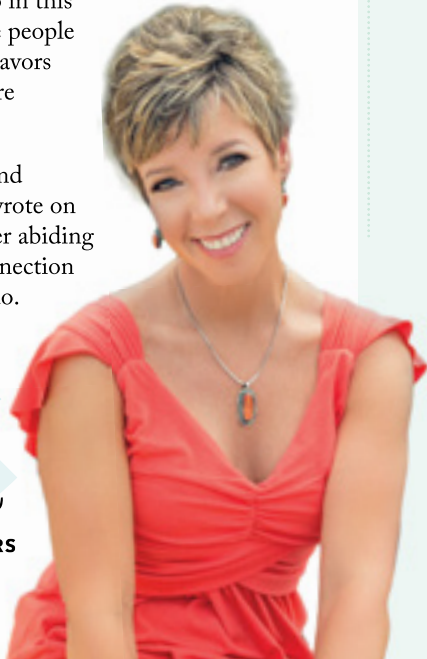
Neana knew instinctively how to connect with others heart to heart, whether they were old friends or complete strangers. And once a connection was made, she let you know with conviction that from that moment on, you were loved. In fact, she told me she loved me the first day we met. Not accustomed to such declarations from folks I barely knew, I looked over each of my shoulders to see whom she was speaking to. I hesitate to admit this now, but because no one else was there, the thought that I might be conversing with a whack-a-doodle crossed my mind. But as I turned back to face her, she shone with a love so pure that it radiated from her eyes, her smile, and her very being. Neana wasn't a whack-a-doodle, she was simply shining her light on my life, and in turn, helping me to recognize the light within myself.

But that's just what Neana did—she saw the light in others and she treated them as if that is all she could see. Her certainty of your luminescence was quite contagious; in no time, she had you believing that you too shone as if you had a floodlight pointed directly at you. I am certain I am not the only one that Neana impacted this way—the standing-room-only crowd at her funeral attests to the fact that her love enlarged and enlightened everyone around her.

I left Neana's service pondering the heartprints that I am making. What kind of impressions will I leave behind? Whose life will my words and my actions still be touching when I'm no longer here to act, to speak, or to touch? Since Neana's passing, I've come to realize that Maya Angelo was spot on when she said that it's not what you do in this world that will leave a mark, it's how you make people feel. I've also begun to doubt whether the endeavors and commitments that consume my life now are making any real, meaningful imprints at all.

The good news, though, is that Neana's light and love live on. They live on in the messages she wrote on my heart, and the hearts of so many others. Her abiding example reminds me that there is magic in connection and power in love—and that I've got work to do. Not the kind of work that typically consumes my life, but work that matters...work that will touch people's hearts. Thank you, Neana. Rest in peace sweet friend. 

**Dana**  
DANA NIETERS  
PUBLISHER



## team



PUBLISHER  
**DANA NIETERS**  
dana@lakenormanwoman.com



EDITOR  
**LESLIE OGLE**  
leslie@lakenormanwoman.com



SENIOR ACCOUNT  
EXECUTIVE  
**STEPHANIE SULLIVAN**  
stephanie@lakenormanwoman.com



ACCOUNT EXECUTIVE  
**MICHELE SCHUERMAN**  
michele@lakenormanwoman.com



ART DIRECTOR  
**CHELSEA BREN**  
chelsea@lakenormanwoman.com

DISTRIBUTION MANAGED BY CAROLINA CONSULT, LLC

### FEBRUARY CONTRIBUTORS:

*Cyndy Etlar; Michelle Love;  
Kathy McLeod; Dori Rice*

### CONTACT US:

**704.895.6168**

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**Lori Sumner, PA-C**  
Iredell Family Medicine  
544 Brawley School Road  
Mooresville, NC 28117  
704-360-5190



**Eva Imperial, MD**  
Iredell Primary Care  
for Women  
114 Gateway Blvd., Suite B  
Mooresville, NC 28117  
980-435-0406



**Andrea Colvin, NP**  
Stout Internal Medicine  
& Wellness  
444 Williamson Rd., Suite B  
Mooresville, NC 28117  
704-360-9310



**Elmer (Sam) Stout, MD**  
Stout Internal Medicine  
& Wellness  
444 Williamson Rd., Suite B  
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**Lewis J. Tondo, MD**  
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*andie taylor*

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# *andie* TAYLOR

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➔ **ON FARM LIVING:** My husband grew up on a farm on the eastern shore of Maryland. One day, while visiting his sister who lived on 26 acres there, he said, "Why don't we have this?" I was perfectly content in our renovated Dilworth home, but realized that it would be a gift to provide a slower pace for our kids. We found a tranquil piece of ground in Maiden. Some 13 years later, we raise Welsh Black Mountain sheep, bees, chickens, and four happy dogs. There's nothing better than sitting in our screened porch in the evening with a nice glass of wine, looking over our pond, watching the dogs run through the yard, listening to the sound of our children laughing, and holding my husband's hand – these things bring peace to my heart.

➔ **ON HOME & HEART:** My passion for real estate began at an early age, as my military family moved many times. I would pour over the MLS sheets comparing homes, school districts, and all the details to help my parents make the best decision. I remember several agents who took the time to make sure that my brother, sister, and I were settled into our new environment with as little stress as possible. This is the experience that I strive to provide to each of my clients – the same level of dedication to making sure that all involved are well cared for and treated like family.

➔ **ON BEING FIT:** I have a real passion for fitness, and getting others to learn the benefits of good health and wellness. I enjoy various classes from Burn Boot Camp to yoga. Fit Realty also provides scholarships to local schools for those entering college, and we sponsor numerous local youth sports teams as well as 5k and 10k runs. All of these things make for a life filled with gratitude and love ... and I carry that attitude into business and working with my clients.

➔ **ON GLOBETROTTING:** I have been fortunate enough to have traveled throughout my life and have learned that it's not always about the destination, but about the memories that are made. Ireland was a fantastic trip; a trip to the Columbia River Gorge in Washington state for my son's 18th birthday was absolutely mind blowing; Saint Kitts in the Caribbean for my daughter's 18th birthday was a great mother-daughter bonding trip; Saint Martin with my husband and good friends always provides special memories; and I hope to go to Africa one day! 🌍

*Andie Taylor is the owner/broker-in-charge of Fit Realty in Denver. You may reach Andie at 704-957-5564 or visit [www.fitrealtygroup.com](http://www.fitrealtygroup.com).*



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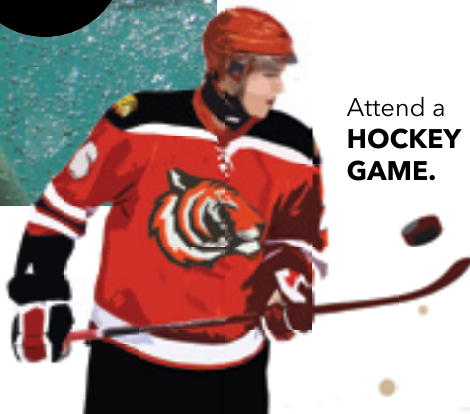
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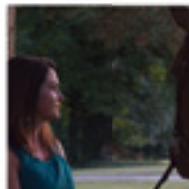
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## HAVE YOU HAD A CHANGE OF HEART in home décor?!

WRITER KATHY MCLEOD PHOTOGRAPHER TIFFANY RINGWALD

The start of a new year often sparks motivation to make changes, including changes to your home. And anytime you are dealing with change, there is a lot of emotion involved. This is especially true when the change affects where you live. For most of us, our home is our haven, our happy place, our escape. It is a place where we welcome family and friends and experience the joys of everyday living. What they say is true: *“Home is where your heart is.”*

Making changes to your home can be both exciting and overwhelming at the same time. As with any change, planning is essential—whether using a design professional to help or tackling a project yourself. Here are just a few of the questions we discuss with clients when getting started that you may find helpful:



*Kathy McLeod is the owner and principal designer of RES Interiors, serving the Charlotte and Lake Norman area. As a member of the Interior Design Society, Kathy has expertise in both new construction and renovation for residential clients. For more information, visit [www.resinteriors.com](http://www.resinteriors.com) or call 704.500.9198.*



### What are the most significant changes you are looking to make and why?

Most people can rattle off things they want to change, but understanding the *why* is what really sparks the creative process of change. For example, you may want a new sofa and chairs. Are they worn out? If so, how long have you had them and how did they hold up? Do you still like the color and the style? How would you rate their comfort? Do you currently have enough seating in the room? Answers to questions like these will increase the likelihood that you are happy with the end result.

### How will adjacent rooms or spaces affect these changes?

Discussing rooms beyond those that are included in the current project does not necessarily lead to “scope creep.” It is just a practical consideration that needs to be part of the planning process. For example, if you are going to update a guest bathroom, are you planning on keeping the adjacent bedroom “as is”? If so, for how long? How will the finishes of the new bathroom work with the existing bedroom? Will this bathroom solely be used by guests? The goal here is to ensure the change is not made in a vacuum, but rather fits into a broader context.

### What elements do you want to keep or preserve?

Equally important to understanding what will be new and different is defining what you want to preserve—whether it is a specific piece of furniture or artwork, or maybe the basic functionality of the room. For example, your goal may be to update your dining room to accommodate more people. Would you consider keeping but refinishing the existing table? What about painting the buffet? Do we keep all the existing side chairs or buy new? Factoring in what will remain is as important as considering what will change. 🍷



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Dual Board Certified in OB/GYN  
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Alyssa Jastrzebski,  
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**LKN TOWN:**  
MOORESVILLE

**HOUSEHOLD:** HUSBAND,  
ROBERT; FUR-BABIES: CAT,  
FINN; DOG, TUCKER

**What do you “heart” most about your job?**

I have 17 years of experience coordinating the right injectables, fillers, and other cosmetic services to achieve beautiful and natural results ... I love making people feel good about themselves. I am so inspired by my patients—their trust in me and their own courage to make a change. Nothing feels better than when one of my patients walks out of the door with a smile on their face, eager to return for their next visit.

**What stepping stones brought you to your current position?**

I started off working as an operating room nurse for an open heart surgical team in Durham and then transitioned into private practice specializing in plastic surgery. I have worked in “plastics” since 1998 and have been a nurse injector since 2000. I worked in both neuro ICU and as an ER trauma nurse in a level-one hospital in Dallas, Texas, for many years and became certified as a trauma nurse instructor.

**How do you connect heart-to-heart?**

A provider is only as good as the team on which she plays, and I am blessed to be part of the most talented and supportive group in the area! We are family, and we are all dedicated to our patients and our continued education in this ever-changing industry. We all feel that you have to be ahead or you are behind—be patient and willing to adapt; learn from those around you, and practice your art (no matter what it might be) with love, kindness, and humility.

michelle  
caamano

*i am an LKNwoman because...*

“While my husband’s job brought us to the Lake Norman area, it is truly home for us now! The people are so friendly ... and we love the outdoors, so the proximity to both the beach and the mountains, as well as all the lake activities, make it ideal for us.”

*Michelle Caamano, RN, BSN, is a cosmetic nurse injector with Piedmont HealthCare’s Mooresville Dermatology Center. You can reach Michelle and the staff of MDC at 704.235.1827 or by visiting [www.mooresvilledermcenter.com](http://www.mooresvilledermcenter.com). They are located at 128 Medical Park Road, Suite 201, in Mooresville.*

**What’s on tap for tomorrow?**

I would love to travel more in the future, especially abroad. I once traveled to an under-privileged country where I spent two weeks giving medical care to those in need ... it was a very humbling experience and one I’d like to repeat.





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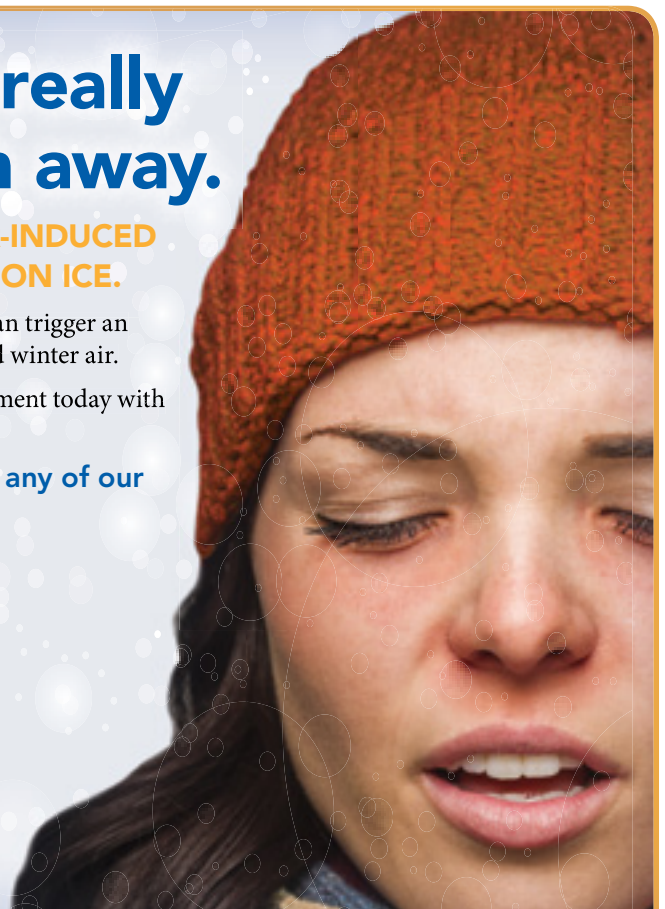
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# heart HEALTH realities

*Know Your Risks, Ladies!*

**DID YOU KNOW THAT HEART DISEASE** is the leading cause of death for women in the United States? In fact, numbers boil down to about one in every four female deaths. Although heart disease is sometimes thought of as a “man’s disease,” approximately the same number of women and men die each year of heart disease in the U.S. Some conditions and lifestyle choices increase a person’s chance for heart disease—diabetes, obesity, poor diet, lack of physical activity, excessive alcohol use, and smoking. But even if you live a healthy lifestyle and have no family history, it is important to keep the following in mind and discuss *everything* with your physician—

**Keep your numbers in check.**

Be sure to see your doctor regarding your blood pressure, cholesterol, blood sugar, and Body Mass Index (BMI). These are important numbers to monitor.

**Know your risk factors.**

Risk factors you should diligently manage include high blood pressure, high blood cholesterol, exercise, weight management, and diabetes. Risk factors out of your control are age, gender, heredity, race, and previous stroke or heart attack.

**Warning signs can be tricky for women.**

The more common symptoms include chest discomfort that lasts more than a few minutes or that goes away and comes back; discomfort in one or both arms, back, neck, jaw, or stomach; shortness of breath with or without chest pain; and other signs such as breaking out in a cold sweat, nausea, or lightheadedness.

**Know the warning signs of stroke.**

Symptoms include numbness or weakness of face, arm, or leg—especially on one side of the body; sudden confusion or trouble speaking; difficulty seeing or focusing; trouble walking, dizziness, or loss of balance/coordination; severe headache with no known cause. 🗣️

*For more information on heart disease in women, visit the American Heart Association at [www.heart.org](http://www.heart.org).*



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**SHE'S MY HERO:**

# Melanie Suddreth Huss

**REASON FOR NOMINATION:**

As the elementary education director for Lincoln County Schools, Melanie leads 13 principals with grace, honesty, and determination. Melanie's efforts and talents often go unrecognized, yet her position is so important.

**LKN TOWN:**

Denver/Lincoln County

**NOMINATED BY:**

Shanti A. Clancy, co-worker and friend



*She knows the way, goes the way, and shows the way:* Melanie inspires us to be the best leaders we can be in our schools. When I'm in a tough spot, I often ask myself, "What would Melanie do?!"



Melanie with coworker, Kim Davis

*She's got our backs:* As a school principal on her team, I know that when I need help, an opinion, or just plain honest feedback, I can go to Melanie.



*She walks the walk:* Melanie is willing to do anything she asks us to do, even if it means getting into a first-grade classroom to help the teacher assess students during time crunches.

*She gives us her very best:* Melanie takes initiative to get to know all of us on a personal level and shows concern with all aspects of our lives. In addition, she is a lifelong learner and her new ideas and inspiration bring zest to all of us in our meetings.

**WHO'S YOUR HERO?** If you have an LKNWoman hero in your life, tell us all about her. Email Dana at [dana@lakenormanwoman.com](mailto:dana@lakenormanwoman.com) with *My Hero* in the subject line.

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# ... and the beat goes on ...

YOUR BLOOD PRESSURE & HEART HEALTH!

According to the American Heart Association (AHA), about one in three American adults have high blood pressure, and more than 20 percent of those folks are unaware of it. While most often associated with heart attacks and strokes, hypertension also damages everything from kidneys to brain function—even your eyesight, sleep, and bone mass! Additionally, at age 65 and older, women are more likely than men to get high blood pressure. And while high blood pressure is not directly related to gender, throughout a woman’s life, health issues such as pregnancy, birth control, and menopause can increase the risk of developing high blood pressure. Keep your blood pressure in check by knowing what the numbers mean. 

LOW	NORMAL	HIGH
<i>below</i> <b>90</b>	<i>under</i> <b>120</b>	<i>higher than</i> <b>140</b>
<b>60</b> mm HG	<b>80</b> mm HG	<b>90</b> mm HG

Blood pressure readings are measured as millimeters of mercury which is abbreviated as “mm Hg.”

**THE top #**

Systolic pressure refers to the amount of pressure in your arteries during contraction of your heart muscle.

Typically, more attention is given to the systolic blood pressure as a major risk factor for cardiovascular disease for women over 50.



**THE bottom #**

Diastolic pressure refers to your blood pressure when your heart muscle is between beats.

**A low reading is considered to be below 90/60, but this varies as some doctors don’t consider it low until symptoms (such as dizziness, fainting, nausea, or fatigue) are present.**

Women may experience low blood pressure more often than men due to pregnancy, hormonal changes, or thyroid issues (women are five to eight times more likely than men to have thyroid problems).

Women have an increased risk of developing high blood pressure if they are

**20lbs**

or more overweight, have a family history of high blood pressure, or have reached menopause. Other risk factors include high cholesterol, diabetes, and physical inactivity.

The best remedy is a healthy lifestyle including exercising, eating right, maintaining a healthy weight, limiting alcohol, managing stress, and reducing your sodium.

For more information on blood pressure and other heart issues, contact the American Heart Association at [www.heart.org](http://www.heart.org).



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# THE *heart* OF THE *DEAL!*



**W**hen you were growing up, were you told that you could do anything you wanted? Me too. Did you interpret those words to mean, "You can bust through the door to the old boys' club and become mega-successful in a male-dominated business"? Me neither. But Whitney Ketner and Megan Brown did. These two women, business partners, and co-owners of CARmazon in Salisbury, prove that your elementary teacher was right: you really can do anything, even the impossible.



# STRONG FAMILIES + STRONG CAREERS = STRONG WOMEN,

AND FOR BOTH MEGAN AND WHITNEY,  
FAMILY IS THE FOUNDATION.

When Whitney was 29 and Megan was 31, opportunity came knocking in the form of a windfall from a real estate sale and an opportunity to lease a state-of-the-art, five-million-dollar facility. The friends made a bold decision: to open a woman-run car dealership.

They have been turning a profit since day one. A trip to their dealership reveals why ... they make sales the right way. "We would rather be respected for doing the right thing than just being 'liked,'" says Whitney. The roots of their trustworthiness run deep. In conversation with both women, you sense the early lessons that formed them. Strong families + strong careers = strong women, and for both Megan and Whitney, family is the foundation.

Though her family roots are in North Carolina, thanks to her father's Navy career, Megan was born in London. She attended school in the Lake Norman area where she met her high-school-sweetheart-turned-husband with whom she now has two kids. Her husband probably fell for her the same way you will, upon hearing her explain her work ethic: "The Southern

small-town life instilled in me the sense of community and caring for your neighbors."

Whitney's guiding principles are just as idyllic. The values she practices daily are around faith, friendship, and the value of a dollar. She's happily married with three kids.

Perhaps we can understand how she balances parenting with entrepreneurship by studying her childhood pursuits, which included—take a deep breath, now—playing soccer, basketball, and softball; participating in student council and SADD (Students Against Drunk Driving), and spending ten years as a Girl Scout, wherein she earned the rare and coveted Silver Award.

The path that led these women to CARmazon's success began early. When Megan was in high school, she waited tables after volleyball practice; at age 21, she was managing the customer service department of an upscale salon in Charlotte. From there she served as the operations director for her family business, representing the company at national trade shows. It was in this role that she gained her knowledge on



running a business and developed her reputation for being a hard worker who is passionate about customer service.

Whitney, meanwhile, worked part time at a wealth management firm while studying medicine. She credits that work with teaching her valuable skills in wealth management, investing, and market stability. She went on to manage the daily operations of a radiology firm before partnering with Megan to subvert the dominant paradigm.

When you meet these women you love them, just like their customers






do (think hundreds of reviews averaging 4.6 stars), because they say things like this: “We felt we could do so much more in our youth, so we sat down to discuss a vision for being successful business owners as women. The automotive industry was a no brainer, since it is such a male-dominated field.”

Today they dominate by drawing on typically female strengths such as collaboration, respect for others, and an eye toward taking small steps to reach big goals. In describing their greatest business challenges, they are honest, saying almost in unison, “We have challenges we deal with daily and problem solving has to be fast.” Then the dynamic duo quickly pivots to their greatest resource and acknowledges it accordingly: “Not many decisions are made without input from management. We *greatly* value their experience and knowledge.”

Their model is profitable. In their first fiscal year they pulled nearly \$20 million in revenue. “For us, customer retention is *huge*. We not only price aggressively and provide a quality product, but we make it about the experience. We are here to make a life-long customer, not just a sale.”

So, if you need a car, or a job, or a role model, do yourself a favor. Roll up to CARmazon and ask for Megan or Whitney. Consider it a field trip to relearn that lesson from grade school: if you want to do it, and you’re willing to work for it, it’s 100% possible. CARmazon’s success is tangible proof. 

**TODAY THEY DOMINATE BY DRAWING ON TYPICALLY FEMALE STRENGTHS SUCH AS COLLABORATION, RESPECT FOR OTHERS, AND AN EYE TOWARD TAKING SMALL STEPS TO REACH BIG GOALS.**

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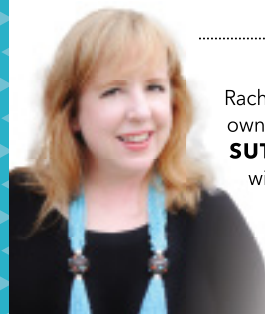
**MARY KAY CHANDLER** of G Brokerage Commercial Real Estate and **CAROLINE BOSI** of South Lake Women's Healthcare received the President's Award from the Executive Women of Lake Norman for

outstanding service to the organization at the group's annual awards luncheon in December.



**BONNIE GOETHALS** of Charlotte, founder and CEO of SunMuffs®, took her daughter's product to the 2018 Walmart Open Call in Bentonville, Arkansas, and landed a deal with the world's largest retailer. Available in stores now.

**TAMMI MURPHY** of Blarney Stone Marketing & Design received the Outstanding Board Member Award from the Executive Women of Lake Norman at the group's annual awards luncheon in December.



Rachel Sutherland Communications, owned by Mooresville resident **RACHEL SUTHERLAND**, was recently presented with a Crown Award by The Charlotte Chapter of the Public Relations Society of America.

**CONNECT WITH US!**



Whether you are a woman on the move, looking for events, new businesses in the area, or are willing to contribute your opinion, follow us by visiting [www.facebook.com/lakenormanwoman](http://www.facebook.com/lakenormanwoman) or e-mail [leslie@lakenormanwoman.com](mailto:leslie@lakenormanwoman.com).

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# calendar

5 THINGS AN LKN *W*OMAN SHOULD DO IN **FEBRUARY**



Danielle Angell Photography

## 1 **SATURDAY, FEB. 9 ELEVATE ROCK SCHOOL "FUTURE OF ROCK 2019"**

This huge concert features more than 25 student bands and musicians of all skill levels and ranging in age from 3-18. The show consists of three 1.5-hour sets and is both free and open to the public.

FREE / 4:30pm-9pm  
Rocky Mount United Methodist Church /  
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**More information:**  
<https://elevaterockschool.com/>



## 2 **FEB. 7 & 21 SAVVY WOMEN ARE PREPARED!**

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<http://financialservicesinc.ubs.com/team/thestonergroup/>



## 4 **SATURDAY, FEB. 16 44TH ANNUAL IREDELL HEART BALL**

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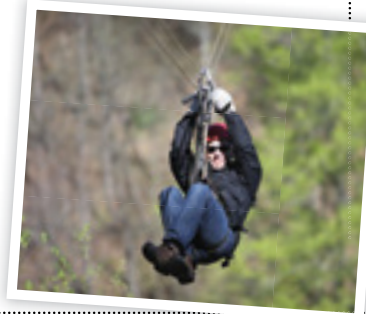
**More Information:**  
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## 3 **THURSDAY, FEB. 14 VALENTINE'S EDITION ZIPLINE AND DINE**

This one-of-a-kind date night takes you through a bird's-eye perspective of the USNWC as you fly on a 1,625-foot zipline before continuing onto the high ropes! After a short hike back to River's Edge, you'll be greeted with a chef-inspired and created dinner.

\$75 per person / 6pm start time  
U.S. National Whitewater Center / 5000  
Whitewater Center Parkway / Charlotte

**For more information or to register:**  
<https://usnwc.org>



## 5 **MONDAY, FEB. 25 BIZWOMEN MENTORING MONDAY**

One of 43 events across the country. Attendees will choose from 30+ influential women mentors in the business community for one-on-one, seven-minute conversations. It's fast, fun, and fulfilling as everyone gets the chance to meet new people and gain new insights. Registration deadline is Feb. 15.

\$42 / 3:30-5:30  
Charlotte Business Journal

**For more information or to register:**  
<https://tinyurl.com/ydybwbuw>



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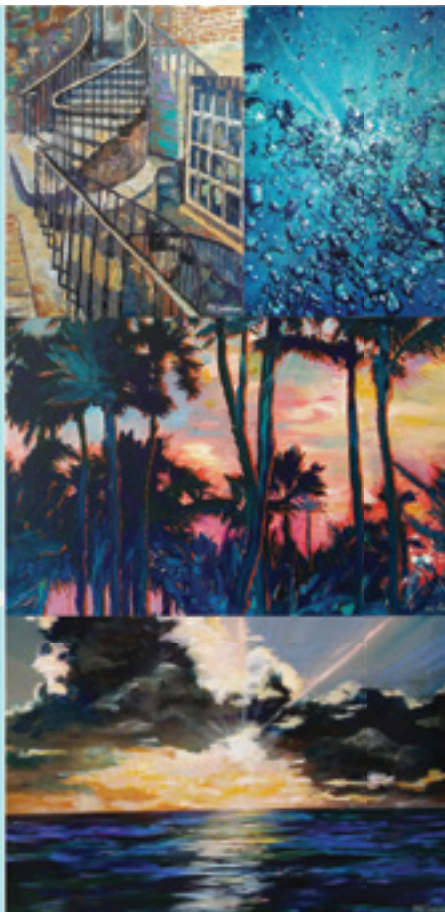
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Who knows, you just might find yourself in next month's

"SCENE WITH **LAKE NORMAN WOMAN!**"

View more *Scene* photos on our Facebook page at:

**Lake Norman Woman**



LKNW's Stephanie with Thomas McIlveen, director of business development and marketing at North Carolina Weight & Wellness, at their ribbon cutting and open house celebration in October



Starr Miller of StarrMiller Interior Design, Inc. and Maureen Roberge were honored in December for being the "Biggest Sponsors" of the Executive Women of Lake Norman.



Nicole Filion-Ashline of Metro Woodcrafter of NC, Denise Williams of Truliant Federal Credit Union, and LKNW's Dana Nieters at a December holiday lunch



LKNW's Stephanie and Karrie Bell Allan of Wildtree, Inc., an organic food company



The ladies from Hope House and LKNW's Dana Nieters at the Executive Women of Lake Norman's annual holiday luncheon where the group presented Hope House with a \$6,000 check.



LKNW's Stephanie with Eileen Stoner of UBS Financial Services, Inc.—The Stoner Group at the "Savvy Women Are Prepared for the Holidays" gathering in December



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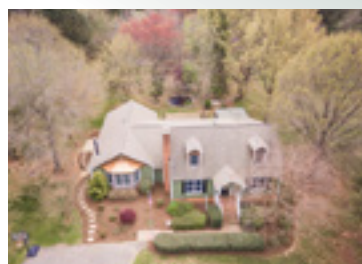
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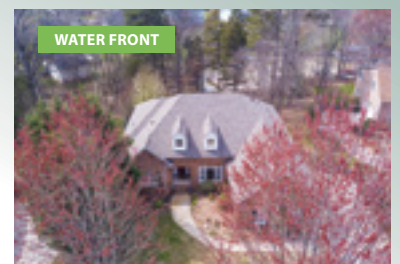
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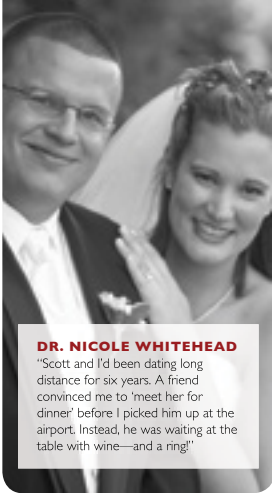


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# memorable moments

Dr. Ryan Whalen and his wife, Brooke, rock the **FEBRUARY 2018** cover.



**DR. NICOLE WHITEHEAD**  
 "Scott and I'd been dating long distance for six years. A friend convinced me to 'meet her for dinner' before I picked him up at the airport. Instead, he was waiting at the table with wine—and a ring!"

**FEBRUARY 2017**  
 Dr. Nicole Whitehead shared her engagement story with LKNW readers

**FEBRUARY 2015**  
 What a friend of Julie Mills said about her big 'ol heart:

"She is a loving, giving soul. I am proud to be her friend. She gives her whole heart, like everything else in her life."



Julie Mills, February 2015

**FEBRUARY 2013**  
 24-year-old burn survivor and heart disease patient, Siara, shared her powerful and inspiring story.



"He (Mike, Jodie's husband) asked me out the first day he met me. Before long, I saw he was the one for me; he has the same ideals and mindset. He has been an amazing partner in business and life—and in the kitchen!"

**FEBRUARY 2016** On Finding "The One": Jodie Silver

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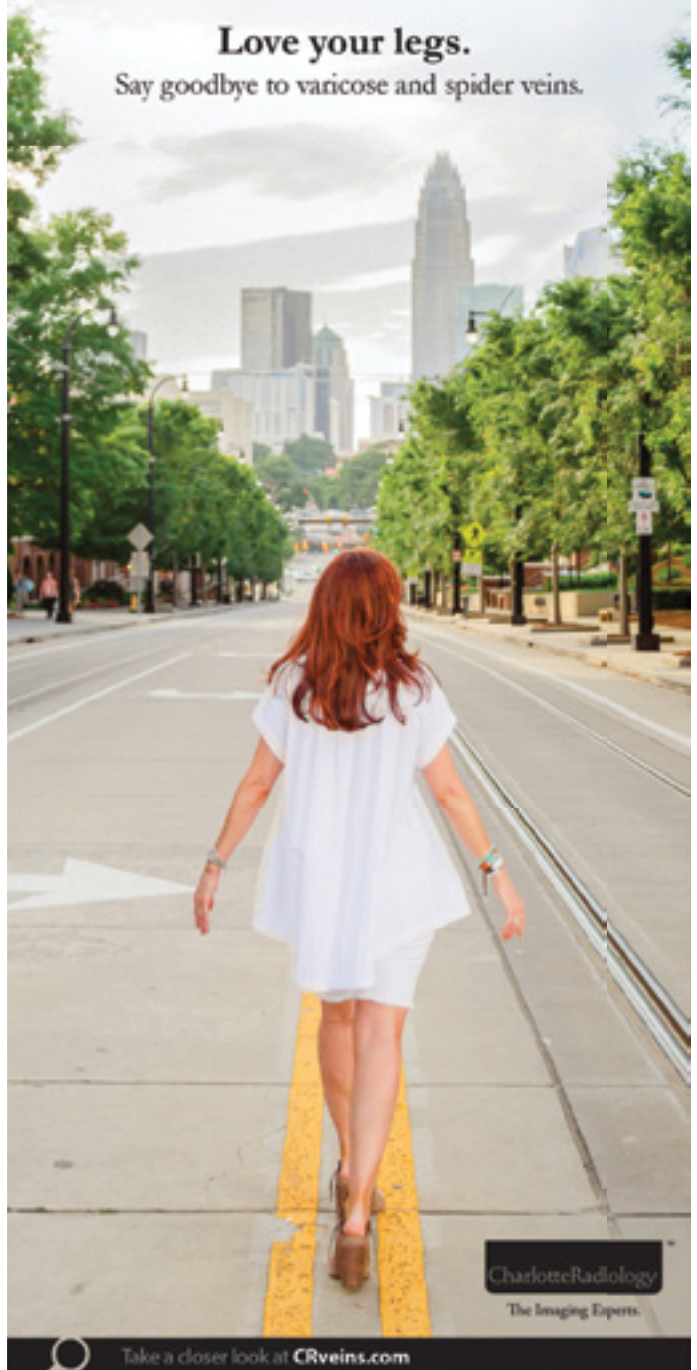
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**NATUROPATHIC PHYSICIAN**, Lora Hurley, of Hurley Hyperbaric & Wellness Center in Kannapolis, grew up in High Point and graduated from Clayton College of Natural Medicine. “I became a naturopath early in life,” the good doctor describes, “and the inspiration for my career choice started with the way my parents raised me.”

Dr. Hurley comes from a long-standing Irish family who rarely relied on traditional medicine. She grew up eating wild game

and food that was homegrown. “We always used time-honored principles of naturopathy,” she says, “like using heat, water, food, light, and herbs to assist the body in healing itself.” After contracting viral meningitis 25 years ago, Dr. Hurley opened Hurley Wellness Center in an effort to help others. “I thought I was going to die,” she admits, “but thankfully I survived with no ill effects.”


Lora and her husband, Doyle, met 32 years ago, and it was love at first sight. “We have been married for 20 years,” she smiles, “and I am also pleased to say that I am happily married after all this time!” The two fell in love and dated for a short time before Doyle went off to college in California. Years later, their paths crossed again, and the two have been together ever since. The couple lives at and runs Celtic Frost Herbs Farm in Locust, where they organically produce hundreds of herbs, heirloom vegetables, and flowering plants annually. The couple also enjoys spending time with their 3-year-old grandchildren, Maddox and Pierce. “They bring me so much happiness, and it’s a joy to be able to play with them,” she adds. “It makes me feel young again!”

With a deep passion for natural healthcare and wellness education, Dr. Hurley thrives on sharing her knowledge.

“My drive in life is to help as many people and animals as I can, and inspire others to do the same,” she explains. Her approach to treating her patients is to seek out the reason for the problem then make changes to the root cause. “I believe that I can help anyone with the quality of their lives if they truly apply the principles I teach them,” she adds. Knowledge is power, and she believes the knowledge she imparts is capable of changing



lives. “I want to be truly inspirational to others,” she continues. “The hardest lesson I have ever had to learn was to put my own health first and do what I ask others to do.”

Proud that she has been able to help thousands of people and animals, Dr. Hurley also takes pride in her education. A double board-certified naturopathic physician through the American Naturopathic Medical Certification Board and the American Naturopathic Certification Board, she treats patients in her state-of-the-art clinic with hyperbaric oxygen therapy, as well as dozens of other therapies that incorporate elements of nature. 



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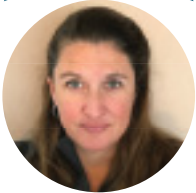


# february gardening

## I N N O R T H C A R O L I N A

WRITER DORI RICE

LKNexpert



*Dori Rice is the vice president at Ace Hardware and Garden Center located at 20510 N. Main Street in Cornelius. They can be reach at 704-892-7651 or at [www.acehardware.com](http://www.acehardware.com).*

**g**ardening in February is hoping and prepping for a beautiful spring. Most of the tasks that you need to accomplish help to set up your garden for success. We are in Zone 7, and although February can offer some warm, sunny days, resist the urge to start planting spring and summer annuals outside. However, though it is mainly gray and cold, there are many things that you can do to assure a gorgeous and fruitful garden in spring.

On those warm, sunny days start turning your garden beds—dig them up and flip the soil over in large chunks. No need to break up the chunks just yet ... just turning the soil will break it up so it will be easier for the plants you choose to spread their roots. At this time too, you can add fertilizer to the beds. That can be organic matter, such as composts, or slow-release fertilizers, such as milorganite. Either way, you are adding more nutrients to the soil, making it ready to feed those plants.

Speaking of planting, cold weather vegetables are ready to be planted later in February. Vegetables such as lettuces, spinach, cabbage, carrots, onions, and radishes can all usually handle the colder temperatures of early spring. You can also use this time to start seeds inside. Pick a nice sunny window and start herbs, vegetables, and flowers in small peat pots. By mid-April, they should be big enough to move outside, or at least replant into larger pots.

Those plants that are already outside could use a bit of care too. Making sure to keep up with your mulch around your beds is a constant chore. Also, using a slow fertilizer on your shrubs and trees is a great idea right now. Your plants are getting ready to have a growth spurt in the spring, and the fertilizer helps them along with those processes. Be sure to work your slow fertilizer into the soil around the plants with a small rake or cultivator. Pruning those shrubs and trees at this time of year is recommended as well. Roses, crepe myrtles, and many other shrubs could use some trimming before their sap gets too high in the branches. Please do some research on your particular shrub BEFORE you start pruning. Too little pruning is preferable to too much.

February is also a great time to prevent problems before they start. Using dormant horticulture oils on your ornamental plants to rid them of beetles and such helps keep your plants healthy and strong. Also, preventing the dreaded crabgrass now, by using a pre-emergent on your lawn, will give your grass a chance to grow thick without competition. Be careful not to seed your lawn for a good six weeks AFTER you use a pre-emergent, or it will prevent all that new seed from sprouting as well.

So, even though the skies are gray and the weather is chilly, February is a time to dream and plan for the green and warmth of spring. Happy gardening! 🌱

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Toby Keith may lament he's not "as good as I once was," and John Cougar Mellencamp may want to "hold on to 16," or at least that's what they say in their songs, but the women of Lake Norman are proof that life just keeps getting better and better. With life experience comes wisdom, and we're asking area women to share what they've learned on the topics of lifestyle, attitude, beauty, self-confidence, relationships, and, yes, getting older.



MEET:

**Nancy**  
BEARD

**AGE:** 61

**YOUR OCCUPATION & TITLE:** United Church Homes and Services Foundation President

**LKN TOWN:** Stanley

**WHAT'S THE ONE SKILL EVERY WOMAN SHOULD HAVE?**

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**WHAT ADVICE WOULD YOU GIVE THE YOUNGER YOU?**

Enjoy the people in your life during the time that they are part of your life. Not all people are meant to be in your life forever.

**HOW DO YOU KNOW WHEN IT'S TIME TO WALK AWAY?**

When you get caught up in the drama.

**WHAT DID YOU LEARN FROM YOUR MOM?**

That life can be simple and still enjoyable.

**WHAT IS THE ONE THING YOU HOPE YOUR CHILDREN LEARN FROM YOU?**

That my love for them is forever and ever.



**WHAT ADVENTURE CHANGED YOUR LIFE?**

A sailing trip to the British Virgin Islands that involved a big storm in a small boat. From that experience, I learned that life is precious and to be enjoyed to the fullest.

**WHAT IS SOMETHING YOU WISH YOU WOULD HAVE DONE DIFFERENTLY WHEN YOU WERE 25?**

I wish I would have loved myself as I was rather than allowing negative feelings of never being enough for others. ♡

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{ YOU TAKE THE PEACOCK.  
I'LL STICK WITH MY *dove.*

**I TRUCKED WITH THE HOT GUYS WHEN I WAS YOUNGER**, the cruisey type who sloe-eye scanned the gym between grunting chest press sets. Somehow it felt like a feather in my cap to be seen with Captain GQ. Those cheekbones! Those butt cheeks! That perfectly gelled-up hair! And he chose me! But I never got my feather, because I was never actually seen with him. Our “relationship” was on his terms, and his terms involved deserted stairwells and three-letter midnight text messages: U up?


A skinnier version was the long-haired bike messenger, the one who came by and left folded, penciled poems with my boss when I wasn't looking. He was so in the cool kids' club, he went by just his first name. Like Madonna. Like Prince. Like Cher. And he had the stylized look to match: a single braid, tied with a bit of leather cording, and John Lennon eyeglasses. There were no feathering opportunities for me there. One-name was his own special feather.

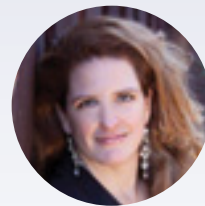
I moved on to the semi-homely gift giver, the guy ever-eager to spend money on me. Stuff, fancy dinners out! A new cell phone! An FTD delivery! Swoon, right? Sure, if you like eating cardboard. The gifts were fancy frosting covering a substanceless base. We had nothing to talk about, nothing to laugh about, nothing in common but the city

we lived in and the fact that we both liked to eat. The dinners and presents were a bribe to keep me around, a feather in his cap. I realized I don't sit well on top of some guy's head. Next!

Next, it turns out, was last. Sixteen years ago, I met a man. Two days later, I knew he was the one. He has no gellied hair swoops; he doesn't send me flowers. He also doesn't gym, or daredevil a single gear bike through city traffic, or clamp-arm me through overpriced restaurants. He's a saver, not a spender. He's a homebody, not a gadfly. He's a worker, not a chillaxer.

On Valentine's Day, I probably won't be visited by FTD. I definitely won't get a Tiffany box with diamonds inside. What I'll get instead is chewy conversation. Nonstop laughs. Hugs

whenever I want them. And a luscious, cooked-with-love vegetarian dinner, even though he's a carnivore. So I don't get a fancy feather, and I don't have to be a feather. I've got the whole just-right bird. 



*Cyndy Etler is an award-winning author and board-certified life coach. As a coach, she helps young adults (and youthful*

*adults!) figure out what they truly want, then guides and supports them as they go get it. Her work has been featured in The Charlotte Observer, Newsday, The Progressive, NPR, She Knows, and CBS' The Doctors, among others. Connect with her at [www.theteenlifecoach.com](http://www.theteenlifecoach.com).*

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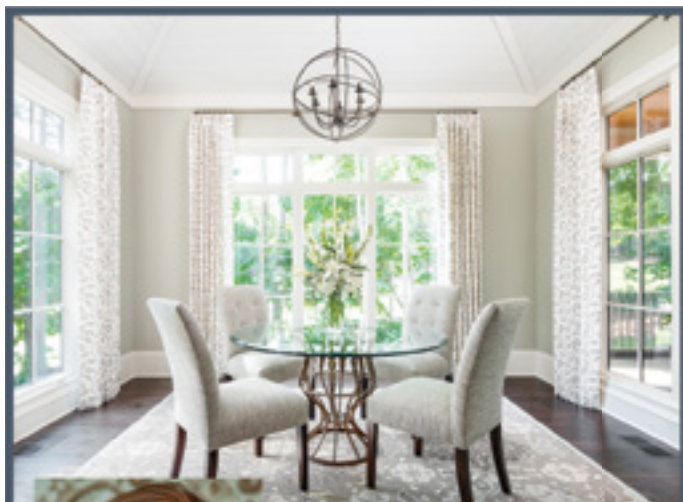
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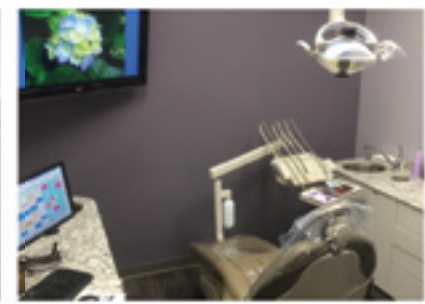




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You will find that our passion for real estate, fueled by our commitment to you, is a perfect match!

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- RECEIVE UNSURPASSED SELLER REPRESENTATION – NEVER DUAL
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2019 Jeep Compass *Now* **\$289**/mo.\*



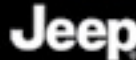
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ALL PAYMENTS ARE 10K MILE/YEAR LEASES. 2019 JEEP COMPASS LATTITUDE 40: 36 MO LEASE, \$2999 DOWN, \$26,940 MSRP, \$1000 CONQUEST CASH; 2019 JEEP CHEROKEE LIMITED 40: 42 MO LEASE, \$2999 DOWN, \$32,445 MSRP, \$3250 LEASE CASH, \$3000 RETURNING LEASE CASH; 2019 JEEP WRANGLER JL SPORT: 48 MO LEASE, \$2999 DOWN, \$29,440 MSRP; 2019 JEEP GRAND CHEROKEE LAREDO 40: 36 MO LEASE, \$2999 DOWN, \$32,940 MSRP, \$2000 LEASE CASH, \$1000 RETURNING LEASE CASH. ALL ARE WITH APPROVED CREDIT, ALL REBATES TO DEALER, PLUS TAX, TAG, MANUFACTURER AND DEALER FEES. OFFERS SUBJECT TO CHANGE WITHOUT NOTICE. PHOTOS FOR ILLUSTRATION ONLY. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.



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