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Dilworth Quarterly

March 2018

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Don't Miss

New! Improved!
 Quarterly! DCA Meeting
 and Social! **See page 2.**

These neighbors have
 Dilworth's best interest
 at heart. **See page 4.**

Find out just what
 ingredients go into
 making a great party.
Go to page 11.

What's the future of
 South End? **Find out on
 page 23.**

No it's not a scene from
 a movie; it's the spring
 migration. **Read about it
 page 19.**

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

Summer may be four
 months away, but
 registration for classes
 at Tom Sykes started in
 February! **See page 23.**

Canine Acupuncture 101

By Nancy Partridge

I've had a dog for as long as I can remember, stretching back to my childhood with Duchess, a devoted German shepherd. Dogs were free to roam around outside in those days, and Duchess would meet me at the bus stop every single day after school. I remember wondering how she knew what time to head over to that bus stop. But I knew for sure that she would always be there.

Our dogs are part of the family. They give us so much, and we want them to be healthy and happy. According to the American Pet Products Association, we spent \$66.75 billion on our pets in 2016, with \$15.95 billion of that going to vet care. In fact, total U.S. pet industry expenditures have gone up every year since the APPA started collecting data in 1997. The Bureau of Labor Statistics, which tracks average annual household spending on a range of expenses, found that in 2011 "...households spent more on their pets annually than they spent on alcohol, landline phone bills, or men and boys clothing." Clearly, we're crazy about our pets and want to take good care of them.

The same study noted that veterinary care has seen a rise in a host of advanced testing procedures, such as MRIs and CAT scans, as well as additional options for surgery. At the same time, it looks like more and more vets are offering alternative health care options, integrating ancient techniques such as acupuncture or homeopathy into their



Rico Partridge

traditional storehouse of treatments. Acupuncture for pets may sound like hocus-pocus. However, people are becoming more knowledgeable about alternative healthcare options for themselves. In fact, almost a third of Americans seek out "complementary and alternative medicine" to

enhance their own medical care, according to studies by the Centers for Disease Control. At the same time, more people want their pets to have similar choices. Luckily, it's not an either/or scenario. As it turns out, alternative treatments such as acupuncture can be used alone or in conjunction with traditional veterinary medicine. We can have it all.

What is Acupuncture, Exactly?

Many of us have heard of acupuncture, but may not know exactly what it is. First of all, know this: it's been around for a long time. Christina Matern, author of *Acupuncture for Dogs and Cats: A Pocket Atlas*, states that the technique, for both human and veterinary practice, goes back to China during the Zhou dynasty (11th century to 476 BCE). It is used all over the world today to treat a wide range of conditions. Simply put, according to the website Wag!, "acupuncture is the practice of inserting needles into a patients' body to directly manipulate pressure points" in order to stimulate the production and release of bodily chemicals that block out pain and act as anti-inflammatories. In more esoteric terms, it

continued on page 28

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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 29

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



Michael Baker
DCA President

It Takes a Village

Early in 2017 Courtney Leehman, the president of the Dilworth Community Association, asked me if I would take over as president elect in 2018. Initially I agreed to do so with great excitement. But as the year progressed and 2018 became closer and closer I had moments of angst and panic. I thought: How can I successively take on the role of DCA president? Do I know enough about the neighborhood? Have I been involved enough to lead in a successful manner?

It was through many conversations and emails I realized that the Dilworth Community Association is a well oiled machine, made up of many knowledgeable, passionate board members and neighbors. It is those people that have made Dilworth the most desirable neighborhood in the city.

The things we take for granted as we make our way through our neighborhood are the result of people coming together to make the community we have. For example the community garden was conceived by my neighbor on Charlotte Drive who simply wanted to grow a garden, but was hindered by our wonderful tree canopy. By partnering with other neighbors, her initial vision became a beautiful oasis, transforming an ugly vacant lot into 36 garden plots and a site to host community events. Another example of the neighborhood working together is Dilworth Cares. The ladies who

comprise Dilworth Cares, the philanthropic arm of the Dilworth Community Association, have raised over \$100,000 for local charities such as Pats Place, Freedom School Partners and the Dilworth Soup Kitchen. Dilworth Cares accepts applications from nonprofits right in our very own neighborhood. Once a recipient has been chosen for a two year cycle, that nonprofit receives all of the funds raised from the events Dilworth Cares sponsors year round in our neighborhood (see info for The Dilworth Ladies Spring Party below).

Another very essential group in Dilworth is the Land-Use Committee. Residents and visitors alike fall in love with the charm and look of our streets and architecture of the homes. Much of Dilworth's appeal is due to a dedicated commitment to keeping its distinctive identity. It is because of the passion of this committee that our neighborhood has retained its historic architecture, while ensuring the livability of our neighborhood for the future.

So you see I'm not on this journey alone, I come with an army of people who love and serve our community. My question to you for 2018 as a resident of this wonderful neighborhood is: What will be your role in supporting where we live, eat, drink and play?

I encourage you to reach out to a board member or sign up for a committee. Be a volunteer for the Home Tour or Jubilee. Or participate in a Latta Park Initiative, another example of volunteers working to enhance a beautiful park in the middle of Dilworth.

At the end of the day, we should all be able to ask ourselves what we have done to make our neighborhood be a better place? ■

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Courtenay Leehman
Treasurer

Courtenay Leehman
Past President

Keely Edwards
Secretary

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Community Garden

Mathew Demetriades
Communications

Sis Kaplan
Land Use

Cindy Miller
Dilworth Cares

Aaron Newlander
Land Use

Lilly Young
Dilworth Cares

Term Expires 2019

John Gresham
Land Use

Paul Gagnier
Neighborhood Environment

Liz Lewis
Communications

Julie Nofsinger
Community Garden

Amanda Pipkin Anderson
Communications

Valerie Preston
Home Tour

Home Tour Committee

Valerie Preston
2018 Home Tour Chairperson

**DCA Board meets in the
on the first Wednesday of
each month at 7 p.m.**

Dilworth Quarterly Staff

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<https://www.eventbrite.com/e/dilworth-ladies-spring-party-tickets-42804044048>

Making A Difference

Meet Your DCA Board

By Mathew Demetriades

Amanda Anderson

- Dilworth Resident since 2012
- DCA Board Member since 2014
- Part of the DCA Communications Committee handling the DCA website and Facebook page

Michael Baker

- Dilworth resident since 2009
- DCA Board Member since 2015

- Founding board member of the Dilworth Community Garden
- DCA President 2018

Mathew Demetriades

- Dilworth resident since 2006
- DCA Board Member since 2013
- Past Secretary (2014) and President of DCA (2016)
- Past Editor of the *Dilworth Express*
- Editor of the *Dilworth Quarterly*

Keely Monroe Edwards

- Dilworth resident since 2012
- DCA Board Member since 2015
- Past Secretary (2017)
- Serves on the Home Tour Committee

Paul Gagnier

- Dilworth resident since 2016
- DCA Board Member since 2017
- Member of the Latta Park initiative and Latta Tree Banding project

Officer J.R. Gilliland

- Community Coordinator since 2007
- Thinks of Dilworth as his backyard

John Gresham

- Dilworth resident since 1974
- Past President of DCA (1976)
- DCA Board Member 1990s and since 2013
- Land Use Committee member

Betty Hunter

- Dilworth resident since 1986
- DCA Board Member since 2013
- DCA Treasurer (2015 – 2017)

Sis Kaplan

- Dilworth resident since 2004
- DCA Board Member since 2012
- DCA Land Use and Home Tour Committee Member

Courtenay Leehman

- Dilworth resident since 2013
- DCA Board Member since 2014
- Dilworth Home Tour Chairperson (2015 and 2016)
- Past President of DCA (2017)

Liz Lewis

- Dilworth resident since 2016
- DCA Board Member since 2017
- Current Editor of the Dilworth Express

Cindy Miller

- Dilworth resident since 2008
- DCA Board Member since 2015
- DCA Home Tour Committee Member

Aaron Newlander

- Born in Dilworth and resident since 1972
- DCA Board Member since 2013
- DCA Land Use Committee Member

Julie Nofsinger

- Dilworth resident since 1994
- DCA Board Member since 2015
- Founder, President of the Dilworth Community Garden

Valerie Preston

- Dilworth resident since 2015
- DCA Board Member since 2017
- DCA Home Tour Volunteer Coordinator (2016)
- DCA Home Tour Chairperson (2017 and 2018)

Jill Walker

- Dilworth resident since 1984
- DCA Board Member for over five years
- Chairperson of the DCA Land Use Committee (2015 to 2017)
- Dilworth Home Tour Volunteer

Lilly Young

- Dilworth resident since 2015
- DCA Board Member since 2016
- Dilworth Cares Member ■



Pictured Left to right: Mathew Demetriades, John Gresham, Julie Nofsinger, Lilly Young, Sis Kaplan, Valerie Preston, Keely Monroe Edwards, Courtenay Leehman, Liz Lewis, Paul Gagnier, Jill Walker, Betty Hunter, Michael Baker

Not pictured: Amanda Anderson, Officer J. R. Gilliland, Cindy Miller, Aaron Newlander

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The What? The Who? The DCA

By Valerie Preston

DCA? Many residents have never heard of the Dilworth Community Association. Others struggle to describe our purpose. That's okay. In fact, that's great. That means we're doing what we need to do to keep Dilworth, well, Dilworth. Think about why you live here. Think about why you love it. That was the original vision and the DCA works to sustain a modern version of that vision. Let me tell you the story.

Charlotte's first suburban community was launched in 1891 by Edward Dilworth Latta. Dilworth's history is interesting and colorful, but let's skip ahead. Over 125 years after the grand opening, the Dilworth community endures but we are no longer suburban. We have survived periods of magnificence, decline, and revitalization. We remain an oasis of homes sheltered by majestic trees within walking distance of parks, shops, and restaurants.

Growth, by definition, brings change. The outcome of change depends largely on what drives it and how the momentum is managed. As Charlotte began to grow, the South Boulevard industrial corridor boomed, and Dilworth expanded. Over the years, business began to stretch beyond the center city and families started to move farther away. South Boulevard, once an idyllic avenue of grand houses, local shops, and churches, became unrecognizable. Homes and buildings were abandoned or fell into disrepair and Dilworth wasn't immune to the blight.

By the 1960's, it was thought that Dilworth would suffer the same fate as South Boulevard. Realtors assumed the community was on track to become a commercial district and thus undesirable for families. It was hard to ignore the pockets of blight and number of houses in various stages of decay. At that time, zoning laws were rudimentary. For the most part, zoning districts fell into one of three categories: residential, business, or industrial. Dilworth needed an ordinance to protect it from the encroaching commercialization and busy thoroughfares. The best the city could do was create a business zoned border around the residential area. The business zone allowed for office space and apartments.

In response to the state of the neighborhood, the Dilworth Community Development Association was organized. Local business leaders and neighbors teamed up to fight the deterioration of Dilworth and prevent any more incompatible land use. One of their victories was replacing a dilapidated building on South Boulevard with what would be known as Strawn Village on Euclid and Mt. Vernon. Shortly afterward, the DCDA ceased meeting. Interestingly, that same site has been the subject of recent extensive collaborations between the neighborhood association, developers, and city officials.

Around 1970, a new trend hit Dilworth. A diverse younger generation looking for urban living and a more eclectic

lifestyle moved in. There was a growing interest in renovating older homes. These young people added a new energy to the neighborhood. Unfortunately, the "generation gap" led to misunderstandings and tensions between longtime residents and new comers.

To restore community, the DCDA was revived in 1971. Old and new residents met to mend fences and join forces to address the state of Dilworth. In those early days of the DCDA, committees focused on blighted properties, property values, attracting new homeowners, and repairing the community reputation. The first annual Jubilee was held by the DCDA in 1973 to celebrate the evolution of the Dilworth community,

Revitalization had begun. By now, Dilworth's boundaries ran from South Blvd. to Freedom Park to Morehead St. to Ideal Way. The DCDA went into action to rehabilitate and protect the neighborhood by fighting for better enforcement of housing codes, modern zoning ordinances, and appropriate land use. Particular interest was paid to the history of the neighborhood and its structures. In 1983 Dilworth was designated and protected as a local historical district. In 1987, Dilworth was added to the National Registry of Historic Places with 1,025 structures designated as historically significant.

What is the DCA? The DCA is just the DCDA without the D for development. The DCDA did most of the dirty work; the DCA is ever vigilant to maintain the integrity of our community, not just the structures and trees, but the community itself. This involves a lot of behind the scenes actions like rezoning petitions and negotiations concerning traffic, land use, and infill development. Members meet with city government, developers, and industry leaders in an effort to protect our neighborhood from situations like over commercialization, high density development, and unwieldy traffic patterns. Most recently, an enormous effort has been made to get Duke Energy to modify the expansion of the Scott St. substation to better mesh with the neighborhood.

More obviously to most neighbors, the DCA helps maintain and beautify our public spaces. The Express and Dilworth Quarterly publications are means to support and inform our community. The DCA hosts events like the Jubilee, Spring Party, Triple B at Triple C, and the Home Tour. The goal is to unite and celebrate our neighborhood.

Unlike any other Charlotte neighborhood association, the DCA has a committee focused on in depth support of local charities. The Dilworth Cares committee selects a local charity every two years. Proceeds from events like the Triple B at Triple C and Dilworth Home Tour are donated to that charity.

You get the idea. If you want to learn more or do more, come talk to us. Meetings are open to everyone and posted in the Express. I hope to meet you soon. ■

Dilworth Cares

By Lisa Elis

Dilworth Cares...and is Thankful!

We are in the final stretch of two wonderful years of partnership with the Dilworth Soup Kitchen, the recipient of the 2016-18 Dilworth Cares Campaign. As most of you know, the Dilworth Soup Kitchen provides a hot restaurant-quality meal to weekly guests in a warm and friendly environment. For more information see <https://dilworthsoupkitchen.org> ...there's plenty to do and plenty of new friends to enjoy!

How has the Dilworth community been able to support the Dilworth Soup Kitchen?

1. Your own Dilworth Community Association Board decided back in 2009 to create a committee of neighbors interested in broadening our impact in the neighborhood by sharing our time, treasure and talents with local non-profit agencies.
2. This committee, known as Dilworth Cares, was founded by



Left to right: Janie Levinson, Marcy Basrawala, Michael Baker, Suzanne Sigmon, Catherine Robert and Bob Beach.

long-time Dilworth resident and DCA Board member Nancy Kramer. The Dilworth Cares Committee manages the Biennial Care Campaign by reviewing applications, conducting a lengthy interview process, and finally selecting one agency as the Care Campaign Recipient for the two-year campaign cycle. We aim to raise awareness and funds to support the agency's mission.

3. The Dilworth Community Association has agreed to donate a portion of the annual Dilworth Home Tour ticket sales to the current Care Campaign Recipient. To our knowledge, Dilworth is the only local community that has a charitable arm committed to the regular support of other non-profits.
4. The "Merry Ladies of Dilworth" Christmas party has traditionally included a fundraising element that supports the chosen agency. This fundraising activity dates back to the early 90's (before the Dilworth Cares committee existed) and has ranged from toy drives to silent auctions to raffles. It's fair to say that this annual event generates both funds and fun for all involved!
5. The artists of the Charlotte Art Collective generously donate a basket of unique art to a raffle benefitting the chosen agency. They have done this consistently for many years during both their Spring and Fall shows.
6. Many of our wonderful neighborhood businesses provide donations for Dilworth Cares fundraising events, including food, services, gift certificates, and unique gifts. It is the support of these generous businesses that makes our



no requirements,
no charge,
just come and eat.

2016-2018 recipient of Dilworth Cares

The Dilworth Cares Committee is open to new members!

If you would like to join us in serving our community through the Biennial Care Campaign, please contact Anne Gildea at Dilworthcares@gmail.com. Our committee (currently 13 participants) meets one Wednesday morning per month for approximately 90 minutes. We would love to have you join us!

fundraising efforts so successful!

Now that we've given you a brief overview of how your Dilworth neighborhood gives back to those in need, let us take a second to say thanks (in no particular order!)

Thank You...Dilworth Community Association, for continuing the commitment to support the Dilworth Cares Biennial Care Campaign.

Thank You...Charlotte Art Collective, for donating your beautiful art to our raffle and allowing us to participate in your Spring and Fall Art Shows.

Thank You...Cindy Miller, for coordinating a great Spring Party for Dilworth women, where proceeds in 2017 benefitted the Dilworth Soup Kitchen.

Thank You...Marcy Basrawala for heading up the annual "Merry Ladies of Dilworth Christmas party" and throwing a super-fun party which once again included the Dilworth Cares Charity Raffle.

Thank you...to all the local businesses that donated items to our 2017 Holiday Raffle:

- | | |
|----------------------------------|-----------------------------------|
| Abstract Canine Dog Training | J. McLaughlin |
| Babalu | K-9 Playland, Doggie Daycare |
| Blackhawk Hardware | Kimpton Hotel |
| Charlotte Plastic Surgery | Laura Crane, Hair Stylist @ Tribe |
| Circa Interiors | Massage Heights |
| Crazy Jane's Interior Design | Morrison Smith Jewelers |
| Dressler's Restaurant | Rooster's |
| Foxcroft Wine | Sassy Nails |
| Hilliard Studio Method | |
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And, of course, thank you...to YOU, fellow Dilworth neighbors, for continuing to be a generous community that gives with a heart for the needs of those around us. We love Dilworth! ■

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Dilworth Ladies Holiday Party Recap



By Marcy Basrawala

The 19th Annual Dilworth Ladies Holiday Party was a great success this year. Special thanks to Tom Holley of Crazy Janes for providing the beautiful setting to host the party free-of-charge. Michael Byrnes, who was a long-time resident of Dilworth until recently, made the trip from out of town to play live music all night long. Several members of Dilworth Cares, were able to secure donations from local businesses for the evening's raffle.

Not only is the raffle essential for our fundraising efforts, but adds an element of excitement to the night. Many thanks to the participating businesses including Charlotte Plastic Surgery, Blackhawk Hardware, Dresslers, Morrison Smith Jewelers, Kimpton Hotel, Laura Crane Hair Salon, K-9 Playland, The Hilliard Studio, Massage Heights, Circa Interiors and Antiques, Abstract Canine, Sally Harris, J McLaughlin, Isabella Fine Linens & Design, Foxcroft Wine Bar, and Sassy Nails. The "Taste of Dilworth" was back by popular demand which included food donated by Babalu Tapas & Tacos, Bad Daddy's Burger Bar, Dilworth Neighborhood Grille and Kid Cashew. The party would not be complete without our favorite "Dilworth Ladies Men" who donate their time and very special talents of serving the ladies of Dilworth food and cocktails all evening. With the help of so many people in the community, the party raised over \$5000 for the Dilworth Soup Kitchen!

The money raised was used to purchase some much needed supplies for the Dilworth Soup Kitchen, and the remaining funds were presented to them in the form of a check on January 8th.

The DSK often gets food donations, but rarely cash donations. These funds will go a long way to help buy and repair the kitchen equipment that is so essential for them to feed the homeless in our community each week.

It is with my utmost thanks to all those who participated to make this year's party a big hit including Liz Burgess, Cindy Miller, Jennie Harper and Courtenay Leeman. It is a busy time of year



and it takes a lot of time and effort to pull this party together. To know that the money raised helps those in need in our community makes it all worthwhile. I look forward to an even more successful holiday bash next year!

To view and purchase 2017 Dilworth Ladies Holiday Party Photos, go to nwilliamsphoto.pixieset.com. Select **2017 Dilworth Ladies Holiday Party**. Enter password: **DLHP17** ■



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Market Data for Zip Code 28203 – December 2017 Final MLS Data

Market Profile & Trends Overview	Month	LM	L3M	PYM	LY	YTD	PriorYTD	PriorYear
Median List Price of all Current Listings	\$912,000	-5%		59%				
Average List Price of all Current Listings	\$888,668	-4%		31%				
December Median Sales Price	\$906,000	53%	45%	22%	71%	\$576,225	8%	9%
December Average Sales Price	\$872,020	38%	19%	19%	42%	\$656,688	7%	7%
Total Properties Currently for Sale (Inventory)	22	-21%		-12%				
December Number of Properties Sold	12	-25%		-14%		156	-4%	
December Average Days on Market (Solds)	52	79%	30%	41%	6%	42	-14%	-14%
Asking Price per Square Foot (based on New Listings)	\$282	-10%	-9%	14%	2%	\$300	8%	9%
December Sold Price per Square Foot	\$301	3%	2%	9%	14%	\$282	6%	6%
December Month's Supply of Inventory	1.8	5%	-23%	3%	-35%	2.4	-14%	-14%
December Sale Price vs List Price Ratio	96.0%	0.5%	0%	1%	-0.8%	96.2%	-1.0%	-1.0%



Dilworth Community Garden

Wintering Over with the DC Garden



By Julie Nofsinger

We gardeners might take a break from working IN the garden over the winter but not ON the garden. We plan work days, garden parties, compost sales, and plot holder education events. The Dilworth Community Garden consists of 36 plots and plot holders and is led by six dedicated volunteers, including some new faces. Do you know who makes your Garden grow?

Julie Nofsinger, founder and President of the DCG. I love the way the garden is new again every year. Welcoming new plot holders and learning what personality they will bring to their plots and to the entire garden is what makes it fun for me.

Sherry Watts is Vice President and a founding member of The Dilworth Community Garden. Sherry has lived on Charlotte Drive for over 25 years and jumped at the chance to create a garden in the community she loves.

Michael Baker, a founding member of the garden, has just taken on the role of Maintenance Manager and we couldn't run The Garden without him. Fallen trees and bunny holes are no match for Michael! He loves being able to walk down to the

garden for a salad loaded lettuce, peppers, cucumbers and his all-time favorite: tomatoes.

Marlene Marti is a new addition to The DCG leadership. Marlene has just taken on the role of communications chair. Marlene keeps all of the gardeners up to date on events and happenings at the garden. Check out our Facebook page and you can stay up to date too!

Matt Knox is our treasurer and also a founding member of The Garden. As a 30-year Dilworth resident, Matt is nearly a founding member of Dilworth too! Help co-plot holder Kay Chelena plant those tomatoes and cukes for your salad, Matt!

We also welcome **Cortney Molino** as our new Membership Chair. Cortney is from rural Norwood, NC. She and her husband Dan both grew up in families with vegetable gardens. In fact, visit their plot and you can find some heirloom vegetables grown from seeds saved over more than 40 years of family gardening! Email Cortney if you know someone who wants to join our gardening family. Spring is just around the corner! dilworthcommunitygarden@dilworthonline.org.



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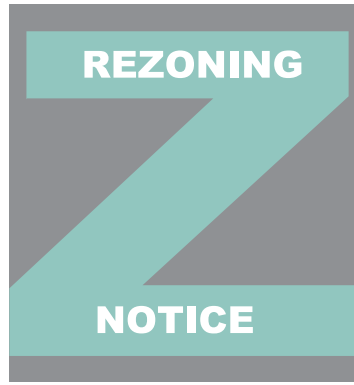
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Land Use

What's Land Use Up To?

By Jill Walker

The Land Use Committee exists to protect the built environment here in Dilworth. Please do not read "protect" to mean oppose development. That is not the purview of this committee. What is its purview is to insure that whatever development does occur, occurs in a manner that enhances the surrounding neighborhood. And that always involves a very wide range of issues that need to be studied, understood, and considered in terms of their impact on streetscape, trees, traffic flow, noise, and any other factors that might have a negative impact on the neighborhood.

In 2017 this committee met every month to hash out a variety of land use matters. Each member of this committee has contributed his or her time, energy, and focus to try and resolve a problem, improve a situation or oppose an intolerable proposition. Current members are Ellen Citarella, John Gresham, Sis Kaplan, Craig Lewis, Alyssa Nelson, Aaron Newlander and myself. Here, in no particular order, are some of the highlights of this committee's involvement in the past year:

Ed's Tavern - the outdoor expansion of this property, located in the Dilworth Historic District, has created a legacy of issues, with the most egregious being the constant infliction of noise on surrounding neighbors. The LU Committee continues to work through this problem and understand just what level of noise is allowed through the new standards in our city's ordinance called, no joke, "Eating, Drinking, and Entertainment Establishments" (or EDEE for short).

331 East Boulevard - the new owners have a demolition permit on this structure that expires in April. This means that unless someone finds a way to preserve this 1925 quadruplex that is on the National Register of Historic Places, it will meet the same fate as the Magic Maze. Those buildings on East Boulevard really are worth preserving!

Kenilworth Commons Parking Lot Expansion - not a lot of success with this one. Edens and Avant are particularly hard to deal with. Non-communicative and autonomous. We're still not sure their parking lot follows the city's PED ordinance.

CDOT Stormwater Romany Road Project - this is ongoing. The city continues to wait for information from CHS before it can begin any kind of work on this stormwater project. We have met with the Stormwater group to understand the process and will bring it to the neighborhood as soon as their plans are firmed up. This project will impact the section of Latta Park that is west of Dilworth Road.

Alleys in Dilworth - if you haven't read the January 2017 *Dilworth Quarterly* then you missed Ellen Citarella's outstanding article on the history and legality of our Dilworth alleys. Alleys were defined in their original deeds in perpetuity so that everyone can use them for vehicular access to the rear of their lots. You cannot park in alleys - they're not yours! Here is an example of the verbiage in a deed with an alley:
"Reserving, however, an alleyway ten (10) feet wide and extending across the rear of the above described lot, for the perpetual use of any and all owners and occupants of any lot located in said square, in common with the party of the second part, his heirs and assigns for purpose of ingress, egress and regress in consideration of which a corresponding right or easement is hereby granted to the party of the second part, his heirs and assigns, to the use of any other alleyway in said square."

Atherton Mill House - the house at 2005 Cleveland Avenue, the last remaining house from Atherton Mill village has been saved AND purchased! This house would have been demolished because, believe it or not, current zoning code prohibited restoration of the front porch. Pressure from LU to force a text amendment to the zoning code allowed for the porch to be returned to the house and the rest is "history".

Historic District Guidelines Updated - more consistent,

more clear, more detailed. And you can (and should) read them here: <http://www.charmeck.org/Planning/HDC/DesignGuidelines.pdf>

Dilworth South - actually consumed most of 2016 and half of 2017. This is the huge parcel between Euclid, Marshall and Atherton. The developer, Grandfather Homes, drastically changed their plans based on input from the LU Committee. The project is far superior in every way. The original project had duplexes that faced the street sideways! And LU was able to develop an agreement with the developer to plant some very substantial trees for the neighbors to replace in some way the substantial tree loss from the project.

Lexington Avenue homeowner help - these homeowners were unable to sell their home due to their original (early 1900's) house encroaching on the city's right-of-way. LU helped them get city council approval for a request for abandonment of this small piece of property so they could proceed with their home sale.

Duke Energy Substation - LU is poised to embark on a third year of "discussions" with various representatives of Duke Energy. And we continue to hold out for a gobsmacking beautiful resolution to hiding that hideous mass of imposing metal. We really do! ■

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The Future of South End

By Megan Liddle Gude, Director of Historic South End with Charlotte Center City Partners

Over the past decade, South End has grown up and changed from a predominantly commercial and industrial area on Dilworth's doorstep into a creative design district and vibrant urban neighborhood. Ten years ago there were fewer than 3,000 people living in South End; and today there are nearly 10,000 residents and more residential construction underway. There are new restaurants and shops opening every week, and thousands of people who use the Rail Trail and light rail line every day.

In the context of this renaissance, driven by proximity to the light rail and Uptown, Charlotte Center City Partners and the Charlotte-Mecklenburg Planning Department have spent the past year crafting a new South End Vision Plan for the future of the neighborhood and this part of our city.

After months of interviews with residents, business owners, property owners, developers, and public input meetings at the Design Center of the Carolinas and Triple C Brewery, we now have a working draft of a plan that will guide the development of South End for the next decade and beyond.

Our vision is to make South End a premier walkable, urban district supported by vibrant neighborhoods, built on transit,

and fueled with energy and innovation from some of Charlotte's most diverse and creative people.

You can read the whole draft plan on the Historic South End website here: <https://historicsouthend.com/live/south-end-vision-plan/>

The plan calls for a mix of uses, density around transit stations, better pedestrian and bike connections across South Boulevard and South Tryon Street, and development standards that include ground-floor retail on signature streets throughout the neighborhood.

There are 10 Top Initiatives that will jump start the work outlined in the Vision Plan:

1. Continue the expansion of the Rail Trail
2. Convert South Boulevard from a principal arterial that favors cars to a main street that favors pedestrians, bicyclists, and transit
3. Implement new building design regulations to ensure a high quality and continuous public realm
4. Attract a regionally significant cultural facility
5. Preserve affordability to encourage entrepreneurship
6. Construct an urban neighborhood park

continued on page 23

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Neighborhood Environment

The Year of the Bird

By Ruth Anne Grisson

As this issue of the *Dilworth Quarterly* appears on front porches, millions of birds in the tropics are getting restless. They're feeling the urge to make the arduous journey from their winter homes to their breeding grounds across North America. Migrants will trickle into Latta Park in the coming weeks, building to a peak in late April.

For me, the highlight occurs on the day I'm greeted by a haunting, flute-like melody. *Ee-o-lay!* I stop. *Ee-o-lay!* I'm transported from the grind of daily life. *Ee-o-lay!* The song of the woodthrush is transcendent, holding the promise of something beyond our physical world. It brings to mind a quote from the *Phaedrus*: "The natural property of a wing is to raise that which is heavy and carry it aloft to the region where the gods dwell."

Mecklenburg Audubon members flock to the park during spring migration. A few recently shared some thoughts on what makes birding in Latta so special. (This year, Audubon and other conservation organizations will honor the 100th anniversary of the Migratory Bird Treaty Act with "The Year of the Bird" campaign. The goal is to celebrate birds and call attention to the challenges they face.)

Former president, Ken Kneidel, is a self-proclaimed numbers guy. He's struck by the fact that Latta Park (32 acres) has recorded 137 different bird species, the same number as McDowell Nature Preserve (1132 acres), which is 35 times larger. He appreciates that birders don't have to "traipse for miles" and that the upland trails make it easy to scan the tree canopy farther downslope.

For Taylor Piephoff, who writes a weekly column for the *Observer*, it's all about the creek. "The sound of running water... lures bright warblers, orioles, tanagers and grosbeaks down from their normal treetop foraging areas." He adds that vegetation along the creek provides cover and makes birds feel comfortable descending from the canopy.

Christie Benoit is taken with Latta's proximity to Charlotte's skyscrapers uptown. She believes we need to do all we can to improve bird habitat, whether we own a large farm or a suburban backyard. A stalwart volunteer at our workdays, she understands

that native birds need native vegetation to sustain them.

Many neotropical migrants, including the woodthrush, are suffering steep population declines. Our restoration efforts can help these birds survive. Tiny but mighty, Latta Park provides exhausted birds a place to rest and refuel. Some will nest in the park or other parts of the Piedmont, but many will continue their journey to places farther north or higher in elevation.

In our focus on migrating birds, however, we shouldn't forget about our permanent residents. Nancy Nicholson, co-leader of the Latta Park project, relishes "the regular glimpses of our wonderful barred owls" as she chats with neighbors. Like many in Dilworth, she hears their calls from her porch. *Who cooks for you? Who cooks for you all?* The birds of Latta Park help us create a sense of community. ■

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Merchant News

By Mary Beth Sensabaugh

Crema Espresso Bar and Café

Located where Dilworth Coffee previously was in Kenilworth Commons, Crema Espresso Bar and Café aims to provide the community with fantastic locally owned and operated customer service, the highest quality coffee from the best local roasters, scratch made Eastern European style pastries and desserts, and numerous unique crepe options to the Dilworth community. Owned and operated by mother/daughter duo Alexis Botero and Elena Mizrahi, our goal is to bring back the community focused service which only a small locally driven coffee-shop can provide. All of our menu items are crafted with care, and made from scratch, so that only the highest quality products are available. We hope to serve the community for a long time and bring the love back to the neighborhood. Please visit us at CremaEspressoNC.com for our full menu and hours.

The Nail Bar at Courtyard Shopping Center

Expect a warm welcome into our modern retrieve from the hustle and bustle of your work week. Enjoy a sip and a soak by yourself, with a friend, or with a group! Whether it's for 15 minutes or 3 hours, let our experts take you into their caring hands and provide you with a full range of hand and foot care. Our services include manicures, pedicures, SNS powder or liquid gel, pink & white, acrylic, waxing and eyelash extensions. Make a new friend at our manicure bar or nestle down in comfy oversized state of the art massage chairs for a soothing pedicure. Walk-ins are always welcome. Ask about private parties and special packages for bridal, corporate and social events.

We are located at 2400 Park Road, Suite J and open Monday through Saturday, 9:30 am - 7:00 pm. Call 980/430-3530 or visit www.thecynailbar.com. And remember...you are beautiful.

The Rogue Irish Pub & Kitchen

A modern-meets-rustic take on a traditional Irish pub, is now open at 1315 East Boulevard. Whether it's a signature frozen Irish coffee you crave or a house-made shepherd's pie, The Rogue offers gastropub-quality fare with a personal touch

from proprietor, Jackie McHugh, originally from county Donegal, Ireland. Open Monday through Friday, 11 am to 2 am, Saturdays and Sundays, 10 am to 2 am, with brunch served from 10 am to 2 pm on weekends. Drop by for a pint or a bite – or both! 980/949-8021; www.therogueclt.com.

One Hott Mamma

Calling all Mamma's! Charlotte's only maternity boutique is now open in Dilworth. One Hott Mamma offers both new and consigned maternity and nursing clothes for both work and leisure. Voted Best Maternity Store for 3 years and featured in *The Bump Magazine*. Stay true to your personal style with brands ranging from Gap and Pink Blush to A Pea in the Pod, Paige, and AG. Now accepting Spring/Summer consignment during business hours—no appointment necessary. Please bring items freshly washed, wrinkle free, neatly folded and completely free of all animal hair. More info can be found at www.onehottmamma.com. Hours: Tuesday-Friday 10 am-5 pm and Saturday 11 am-5 pm. Located at 316 East Blvd. (Next to Thai Taste and Paper Skyscraper.) Spot our "now open" stork. Parking is located behind the building. 980/939-1690.

Fisher P.A.

Emily Fisher, CPA is the Principal and Business Advisor of Fisher, P.A. Recently, the firm's corporate office relocated to 1108 East Boulevard. Emily holds this neighborhood close to her heart as she raised her daughter on Cleveland Avenue and she relishes any opportunity to support our community.

The Fisher, P.A. team has decades of experience in preparing individual and corporate tax returns and is committed to helping clients implement tax-saving strategies. Recently, Stephanie Baker, CPA joined the firm with over 10 years of accounting experience. Previously, Stephanie served as a Controller for several businesses, as well as worked for a Fortune 500 company in the Corporate Accounting Consolidations group. As the Director of Business Advisory Services, Stephanie will guide you in every facet from financial growth opportunities, to business technology integration to high-level strategic consulting.



Kid Cashew: The New Kid on the Street

By Sis Kaplan

Kid Cashew is kind of the new kid on the street, that is on East Boulevard. The restaurant opened in the fall of 2016 and has been going strong ever since. It's location, 1608 East Blvd, is known to Charlotte old timers as Wad's. Wad's Soda Shop was famous for everything from its chili hot dogs and its pimento cheese sandwiches to its milk shakes. Wad's closed in 1995. Today in that location is a very very different establishment, Kid Cashew owned by two well knowns in the restaurant business and one newer guy in the business.

The primary owner is Martin Sprock a native North Carolinian, a respected and well known figure in the restaurant business. Martin has Ru Ru's, Leroy Fox and other successful establishments around town. The menu was spearheaded by Giorgio Bakatsias of Georges Brasserie fame as well as other fine restaurants in the region. Asam Mehdi is the new young guy in the mix. Asam told me Giorgio brought in a master in Feng Shui from Japan to be sure the design was well balanced. Evidently that meant putting in a lot of new windows and delayed the opening for a bit.

My first question was where in the world did the name come from? Well, it isn't too complicated. Giorgio who grew up in Greece, had a goat named Cashew and Martin knew a butcher by the name of Kid. I think it is a terrific name, but you know Martin and Giorgio are two very creative people to put that together. Kid Cashew has good vibes, it is friendly and fun. Some of the best sellers on the menu are the Lamb Burger, the wood fired octopus, the super grain salad, the mac and cheese and the brussel sprouts. Every time I am there at least someone at the table orders mac and cheese. I am envious because I have Celiac disease and can't join the fun. However, it along with 300 East are both restaurants on East Boulevard with plenty of gluten free options. It is a good option for lunch, dinner or a snack later in the evening. Many think, and I agree, sitting outside on a nice day is the best place to be in the restaurant. You can see the walkers on East Boulevard but are far enough away from the street.

My daughter Leslie Schlernitzauer and her husband, my favorite son-in-law, Bruce Schlernitzauer own Porcupine Provisions a catering company in Charlotte which is located right down the street from Kid Cashew and they told me, "Kid Cashew is a great addition to the neighborhood. There is something for everyone to eat". Leslie, the wine expert of the twosome says the wine list has great options from all kinds of places. Bruce, my favorite chef, says, "the combinations are clever and tasty". They both agree the menu is great for sharing and a quick bite as well. Leslie says, "We go often and think you should too". ■

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South End

continued from page 17

7. Construct a new transit station at Publix/ Iverson Way
8. Require greater densities at the station areas
9. Manage parking as a district
10. Embed art into everything

The South End Vision Plan will be submitted to Charlotte City Council for review and approval this spring.

We would love to know what you think! If you have thoughts about the draft vision plan and the future of South End, you can e-mail project managers Klint Mullis with Charlotte Center City Partners (kmullis@charlottecentercity.org) and Monica Holmes with the City of Charlotte (monica.holmes@charlottenc.gov).

City Council will also hold a hearing to accept comments on the vision plan; those dates will be shared in the Historic South End newsletter as soon as they are set. (You can subscribe at HistoricSouthEnd.com).

See you soon around the neighborhood!

Send me an e-mail at: mgude@charlottecentercity.org ■

Tom Sykes Rec Center Programs

Spring Calendar

March 2018

Preregistration 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

Easter Bunny Brunch

Bring your camera and meet the Easter Bunny while enjoying festive snacks. Make several Easter crafts and participate in various games and an egg hunt! **Register today. Limited spots available!**

When: March 24 Time: 10:30am-12:30pm
Ages: 2-12 Cost: \$6 per child

SPRING BREAK CAMPS

Registration for camps going on now!

Youth 'N Motion Camp

A five-day camp for youth during the week of Spring Break consisting of multiple sports and games, team building activities, agility courses and a Tom Sykes field day!

When: April 2 - April 6 Time: 9 am-5 pm
Ages: 6-12 Cost: \$30.00 per day

Volleyball Spring Break Camp

Work with our experienced volleyball staff, visit with former collegiate players, and develop your volleyball skills with your peers! All skill levels are welcome to attend. Pack a lunch and athletic wear, and come prepared to enjoy the challenges and rewards in learning volleyball.

When: April 2 - April 6 Time: 9 am-5 pm
Ages: 8-15 Cost: \$80 for the week

YOUTH SPORTS

Start Smart Baseball

Tom Sykes Start Smart Baseball is designed to provide the fundamentals of baseball in a recreational setting. Participants will learn the rules of baseball and the techniques used for hitting, pitching, grounding a ball and throwing in a game like setting.

When: April 25 - May 30, Wednesdays Time: 2:30- 5 pm
Ages: 7-9 Cost: \$65

Youth Track & Field

Events include the 100-meter dash, 400-meter dash, 4x100 meter dash, long jump, and softball throw.

When: March - dates TBD, Saturdays Ages: 5-14
Cost: \$65 (includes a uniform and trophy)

Indoor Fun Soccer (Futsal)

Learn the basics of the sport and have FUN! Practice will be Tuesday or Thursday night beginning mid-March.

When: Practice begins mid-March, games on Saturdays (6 game season)
Ages: 3-4, 5-6, 7-8
Cost: \$45, includes a uniform & participation medal

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

Creative Movement

There's never a better time for your child to explore their bodies and the amazing things they are capable of doing than right now. We will use music, games, and traditional intro-to-movement exercises in these 45 minute classes.

When: March 6 - April 10, Mondays Time: 1- 1:45 pm
Ages: 2-5 Cost: \$60

AFTER SCHOOL PROGRAMS

When: Mon., Tues., Thurs., Fri. Time: 2:45-5:00 pm
Ages: 5-10 Cost: \$6 per class

Gardening: Mondays (March - April)

Do you have a green thumb? Get ready to learn the basics of gardening! This course is designed to give each child the appreciation and knowledge that comes with growing flowers and food.

Health & Nutrition: Mondays (April- May)

This course aims at defining, in clear and simple terms, what it means to live a healthy lifestyle. With a focus on healthy eating and fitness, we discover how easy it can be to apply these terms to our everyday choices. Of course, we're Tom Sykes so there will always be many fun activities to keep you moving!

Fort Building: Tuesdays (March - April)

Using teamwork and engineering skills, participants will design a template for their forts and build them together with materials gathered from around the facility. Focus on different aspects of architectural design will be explored each week in a thrillingly explorative setting!

Young Authors: Tuesdays (April - May)

Interested in reading and writing? Come be a Young Author! We will discuss and explore different genres of literature including poetry and prose, screen writing, short stories, and biographies among others. We will even explore how these texts can inspire other art forms to create new works.

Natural Explorers: Thursdays (March - April)

Come explore the natural world! Participants will explore the big and small elements of nature as they follow through the "Natural Explorers" handbook and discover the environment around them.

Lights! Camera! Action: Thursdays (April-May)

Participants will study the Theatre Arts through exploring short plays, music, dance, prop building, puppet shows, and learning sound effects! Participants will perform a play for family and friends

Free Play Fridays: Fridays (All Fridays)

Come enjoy a fantastic Friday! Participants will have a wide variety of activities to choose from and our staff will have a specialized activity that will vary week to week incorporating several skill sets and new discoveries.

continued on page 26

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**SUMMER CAMPS
Registration open NOW!**

When: Monday June 1 –Friday August 10
Time: 8 am-5 pm Age: 5-12 Years
Cost: \$80.00

**Week 1: June 18- June 22
Say "Yes" to the Mess Art Week**

This is the quintessential arts and crafts week! A literal hodgepodge of activities and mediums that include crayons, pottery, clay, duct tape, the sky is the limit! We'll use all the good crafty verbs guaranteed to inspire: Sketching, blending, carving, molding, sculpting, pasting, painting!

**Week 2: June 25- June 29
Hut, Hut! SYKE! Sports Week**

Sports week will offer a variety of traditional sports. Discipline, Sportsmanship, and Integrity are some character development traits that will be presented in this fun and positive environment. Camps are designed for all ability levels (no experience necessary).

**Week 3: July 2- July 6
H2O + Sun = Fun! Swim Week**

Jump into this week for unique swimming experiences with pool games and splash parks. Our daily activities will include classes on basic first aid and water safety skills. We will also learn pool and splash ground safety, and proper pool and park etiquette. There will be plenty of splashing and having a blast too! Don't forget your sunscreen and bathing suit!

**Week 4: July 9- July 13
Around the World in 5 Days Culture Week**

Get your passport stamped! We will travel around the world visiting different cultures, countries, and customs through games, crafts and food. Track where we are traveling daily and celebrate international diversity and how it exists coherently in our Nation and World.

**Week 5: July 16- July 20
So you think you can Act? Theatre Week**

Calling all superstars! It's time to step into the spotlight and showcase your talents. Through skits, games, dance, music and creative arts your child will discover their inner diva (or divo) while we ham it up all week long. Enter our Tom Sykes Talent Show and show us the Next Big Thing!

**Week 6: July 23- July 27
Melody Mayhem! Music Week**

Rock out to this: Melody Mayhem! Campers will have a chance to explore the many genres of music and dance our pop-culture history has to offer. Learning the classics as well as the most modern and funky styles of beats, jams and dance fads will be supplemented with historical relevance and cultural evolution.

**Week 7: July 30- August 3
Summer Safari Animal Week**

Come take a walk on the WILD side! Participants will have fun engaging in the natural habitats of animals through everyday summer camp experiments and hands on activities. Get up close and personal with some of your favorite mammals, birds, reptiles and amphibians!

**Week 8: August 6- August 10
Under Construction! Builders Week**

Your creative builder will have a chance to test their best building techniques building LEGO and KNEX projects and use their imaginations to build their own projects. Campers will learn hands on techniques that will allow them to become creative thinkers, problem solvers and effectively work in organized teams.

YOUTH PROGRAMS

Volleyball Private or Group Lessons

Whether your player(s) is new to the game or is looking to work on specific skills, we will help them achieve the goals they set! Call 980-314-1113 to schedule an appointment today!
Ages: 8-17 Cost: \$10.00/hr

Play the Day Away (Out of School Days)

Come and join the staff at Tom Sykes as we spend the day playing games, doing arts and crafts, sports, gym activities, and just having fun! Occurs on most CMS school day outs.
When: March 29, March 30, Time: 9 am-5p m
Cost: \$30 per day

ADULT PROGRAMS

Counted Cross Stitch

Learn about the fun and relaxing craft of counted cross stitch! This class will learn the basics of this craft while working on a beginners stitching kit! Registration in February, check with center for available spots
When: Tuesday evenings Cost: \$10.00

ALL AGE PROGRAMS

Music: Piano Lessons

Piano lessons available for all ages and skill levels!
When: Monday and Wednesday Time: Beginning at 4:30 pm
Cost: Half Hour Lesson - \$23
Contact: Amouel Brackett at amouel@aol.com or 704/965-1235

Private Dance Lessons

A chance to focus on individual interests in the world of dance and movement in small groups ranging from 1-6people
When: Based on availability – Call to schedule an appointment today!
Cost: \$10.00/hr

Bike Initiative

Coming Soon to Tom Sykes Recreation Center we will have bike programs dedicated to instructional - learning how to ride a bike, bike and traffic safety as well as group bike riding! For more information, please contact Tom Sykes Recreation Center at 980/314-1113 ■

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The International Veterinary Acupuncture Society (IVAS) states that the technique "...bridges a gap between medicine and surgery," used when medications are not working, or surgery is not possible, especially in the Western world. (In China, it is often the primary treatment before conventional medicines are prescribed.) Acupuncture can be used to help

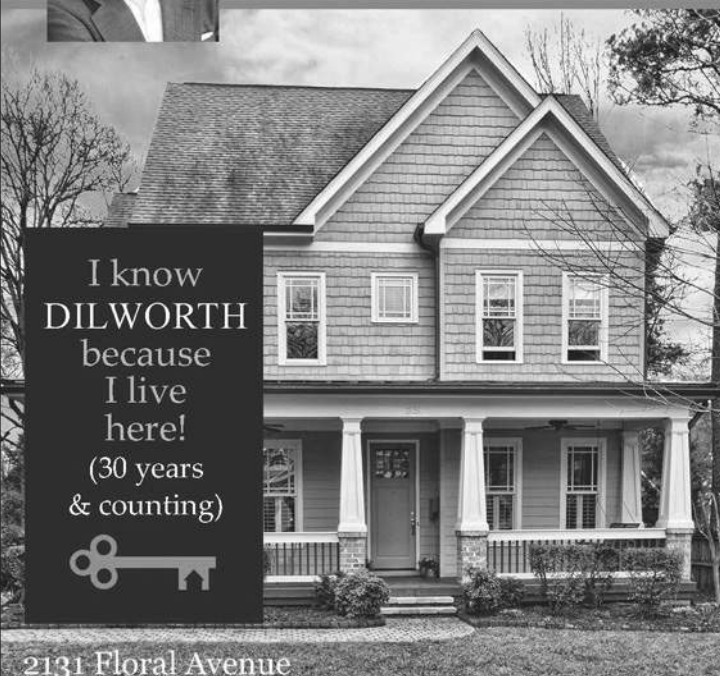
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treat arthritis, joint pain, and infection. Other applications include movement or growth disorders, respiratory problems, digestive troubles, and cardiovascular issues. It's a pretty big list of applications. And since it's doesn't interact with pharmaceuticals, it can serve to strengthen and support other ongoing treatments.

Anyone offering veterinary acupuncture will have had some sort of specialized training. For example, the IVAS, located in Fort Collins, Colorado, offers post-doctoral courses in Veterinary Acupuncture here and abroad. Your vet's website bio section will typically describe the type of training they've received. Vets who are certified and trained in the specialty are often also knowledgeable in the use of western and Chinese herbal medicine.

With such extensive training, you might expect acupuncture treatments to be expensive. However, some pet insurance policies will cover alternative care such as acupuncture. Healthy Paws Pet Insurance states that the treatments "just need to be performed by a licensed veterinarian..." and you're good to go.

But Do Dogs Like It?

It may surprise you, but most dogs really will sit still for an acupuncture session. Some vets offer home visits, if your pet needs to feel extra comfortable and secure. Whether at home or the office, the doctor eases the dog into it, starting with a few needles, and continuing as the dog relaxes. Many dogs even fall asleep during treatment!

This is what happened when my own dog had an at-home acupuncture treatment. Dr. Dixon sat on the floor with us, and my dog lay down comfortably on a little blanket. I didn't know what to expect, and the doctor explained everything step-by-step. First we went over Rico's medical history and particulars. Then, talking in soothing tones, Dr. Dixon took out a bevy of super-thin acupuncture needles and inserted one at a time, slowly and gently, at various points: on a paw, along his back, etc. (The specific points will change according to where the energy needs to be unblocked.) After about ten minutes, there was a big yawn, and Rico's whole body relaxed. Then, sure enough, he fell asleep. On doctor's orders, we took it easy for the next few hours.

After just that one treatment his respiratory symptoms were much relieved. Once is not usually enough, however. It seems most vets recommend having such sessions once or twice a week for a month or so. After that, the frequency of further treatments will depend on your dog's particular needs.

Just for fun, here's a little glimpse into the heart and mind of one of our local vets: former Dilworth resident Dr. James Schacht of Charlotte Natural Animal Clinic.

Q Why did you become a doctor of veterinary medicine?

I knew I always wanted to be a vet growing up. No one in my family was in the profession but it just resonated with me that it was something that I wanted to do. It was a little intimidating when I learned how much time and commitment is involved with going to vet school. Once I got to college and took the pre-vet

courses, I really loved the material and decided to go for it!!

Q What would you have liked to do if you hadn't become a veterinarian?

A I considered meteorology as a career for a time. I thought being a "weatherman" on TV would be fun. I also thought for a time about doing sports broadcasting.

Q What part of your work do you enjoy most?

A I really enjoy meeting all kinds of people who have the common bond of loving their animal friends and wanting the best for them. I also really enjoy watching chronically ill patients improve with holistic care.

Q How did you get started in veterinary acupuncture?

A I had learned about a group called the International Veterinary Acupuncture Society that provided training to vets. In 1994 the course was offered in Atlanta so it was close enough that I could drive there the 5 required times.

Q What kind of training is involved?

A The IVAS course is very rigorous and required much classroom time to learn the basics of Traditional Chinese Medicine (TCM) and then practical work on live dogs and cats and horses where you learn where the specific acupuncture points are located. At the end of the course there was a day long written test as well as a practical exam. Once you passed that, you had to start working on actual patients in your practice and write the cases up and submit them to IVAS for review. Once they were accepted then you were a certified veterinary acupuncturist.

Q How would you define the major difference between holistic or integrative and traditional veterinary care?

A Conventional medicine is basically a one-size fits all approach to medicine. You pursue a diagnosis and for the most part every patient then gets the same treatment based on the diagnosis. Holistic care individualizes the treatment to the individual patient and tries to tailor a plan that is best for that patient. It usually involves homeopathy, acupuncture, herbs and supplements, and nutrition depending on what is going on.

Q What is a common misconception people have about veterinary acupuncture?

A I think most people never considered that acupuncture can be used on animals. The thought just never occurred to them. I think another misconception is that it will be painful to have acupuncture done. That just is not the case. There can be trigger points that cause a temporary spasm when needled, but for the most part dogs accept acupuncture readily.

Q Can any animal be treated with acupuncture?

A In theory, yes. I do mostly dogs, and horses do quite well with acupuncture. Cats can be done but they are more of a challenge due to their sensitivity to having anything in their

Here is a list of facilities and practitioners who offer veterinary acupuncture in our area:

Charlotte Natural Animal Clinic

Holistic Veterinary Medicine
 2123 E 7th St, Charlotte
<http://charlottenaturalanimal.com/>

"Charlotte's only veterinary clinic devoted solely to natural, holistic care for animals. Founded in 2012 by Dr. James Schacht, CNAC is the realization of a 25 year dream to provide a place for high quality, holistic care for pets."

In addition to acupuncture for chronic joint disease and invertebrate disc problems, the Clinic offers parasite screening and flea control, nutritional consultation and homeopathic counseling, and an online shop for medications and supplies, as well as full laboratory capabilities.



Meridian Mobile Veterinary Care

In-home acupuncture, hospice, and euthanasia.
 Charlotte
<http://www.meridianmobilevet.com/>

Dr. Butchko will come to your home to administer her special brand of pet care. Focused on but not limited to animals with chronic conditions or those who are close to the end of life, she provides holistic veterinary care aimed to give your pet maximum comfort and peace. Dr. Butchko believes that Eastern medical therapies, such as acupuncture and herbs, support the patient as a whole and can greatly enhance the efficacy of more traditional therapies. She also offers hospice care with support and guidance for families with aging or chronically ill pets. Her supportive ambience simply flows through her website.



Shay Shay Veterinary Mobile

<http://shayshayvet.com/>

Dr. Morgan Dixon is both a Certified Veterinary Acupuncturist, and a Certified Pet Loss Grief Companion. She offers two options; she'll come to your home, or you can visit her at Independence Veterinary Clinic. Helping pets in the Charlotte area since 2008, Her practice focuses on both acupuncture and herbal therapy for all ages with a "special passion for aging pets."

continued on page 30

skin or hair. They immediately want to groom the needles out.

Q What makes a good candidate for canine acupuncture?

A Generally a dog that can be restrained with minimal effort and will allow the needles to be placed without an exaggerated reaction is a good candidate. Highly anxious or fractious dogs do not do as well.

Q Are there any nutritional considerations? Is weight a concern?

A Part of TCM or holistic care is proper nutrition for the patient. Nutrition is the foundation for good health. Highly processed commercial food just doesn't do the job. Obese animals are at much higher risk for many issues, especially joint disease.

Q What are the major benefits of veterinary acupuncture?

A In my practice I typically treat dogs with joint disease (arthritis) and disc disease. Acupuncture is amazing in treating ruptured discs (intervertebral disc disease). Almost always surgery can be avoided if acupuncture is done early enough. I have seen many paralyzed dogs walk normally again after a few acupuncture treatments.

Q Are there any side-effects?

A Nothing major. Some dogs will be sleepy and sluggish for a day or two after acupuncture. This can happen in older dogs.

Q What is the most challenging part of the process?

A Normally it is getting the dog to be still long enough to do the treatment. Most dogs relax quite a bit when the needle are placed and with their owner present most of the time it is not a problem.

Q Can acupuncture treat emotional or behavioral issues?

A It can. It is used a lot in human medicine to help kick addictions and for depression. I usually use homeopathy for behavioral issues but acupuncture can be used as well.

Q What is the most exciting change you've seen in veterinary medicine over the last few years?

A I think just more acceptance in general of holistic modalities. Most people and vets at least have an open mind about it.

Q Who was your most memorable canine patient?

A I had a canine patient years ago that was completely paralyzed due to a ruptured disc. The dog had surgery and the surgery was unsuccessful, as the dog could not walk after the surgery. We did several months of acupuncture on the dog and finally one day he began to walk again and was fine the rest of his life! That one was special as there was so little hope for the little dog ever walking again.



Nancy Partridge is a freelance writer who specializes in arts and culture. You can reach her at nancypartridge1@gmail.com. ■

...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 Mathew Demetriades at mathesond2002@yahoo.com. **Be sure to put in the SUBJECT LINE: DILWORTH QUARTERLY - Summer Connections**

Submissions **MUST** be received by Sunday April 24.



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