

tice specializing in plastic, reconstructive and cosmetic surgery and serves patients throughout the Carolinas. Additionally, Criswell and Criswell offers a full-service esthetician practice along with spa services. The husband and wife surgical team is licensed to perform surgery at all Carolinas Medical Center and Novant Hospital locations. The practice is located in Ballantyne Commons East.

Marcy Saele Joins Ballantyne Magazine as Account Representative

Marcy comes to the magazine with over 10 years of sales and recruitment experience. She came to Charlotte five years ago with Johnson & Wales University to help break ground and open the Charlotte Campus from working in recruitment for the University in Providence. Having a strong interest in marketing and advertising, Marcy moved on to sell advertising for a local upscale children's publication soon after her son was born.



Marcy Saele

She has absolutely no desire to leave the industry, "It fascinates me to work with all of the different abilities and talents it takes to produce a magazine. It is a fast-paced public relations industry that does not fall too far from my childhood, so maybe this is why I love it so much" she says.

Brixham Green Wins Building of the Year

Brixham Green One, a 101,000-square-foot five-story, Class A office building located in Ballantyne Corporate Park, was awarded the 2008-2009 Office Building of the Year (TOBY) Award by the Building and Office Management Association in the

South Mecklenburg Presbyterian Church Fall Festival

Ten-year-old Julie King, a 4th-grader at Elon Park Elementary School, enjoys the slide at the recent Fall Festival at South Mecklenburg Presbyterian Church. This is the 6th year the church, at the corner of Bryant Farms and Blakeney Heath Roads, has hosted this free event for the community. Julie is the daughter of Rachel and Lee King. The family recently moved to Charlotte from Knoxville, Tenn. The Kings have two other daughters, Katy, 14, and Sarah, 12. Photo by Julie Legge.



100,000-249,999 square feet category.

Built in 1999, the Brixham Green One building is managed by The Bissell Companies, Inc. which owns and manages over 3 million square feet of office space in Ballantyne and SouthPark. The TOBY award recognized the Brixham Green One building's excellence in office building management and operations in specific categories of building size or type. Judging was based on community impact, tenant/employee relations programs, energy management systems, accessibility for disabled people, emergency evacuation procedures and building personnel training programs. A team of expert industry professionals also conducted a comprehensive building inspection.

Apex Performance Partners with The Wounded Warrior Project

Apex Performance, based in Ballantyne Corporate Park, has been working with the Wounded Warrior Project, a non-profit organization based in

Jacksonville, Florida, with the mission to honor and empower wounded warriors. The organization aims to raise veteran awareness and help severely injured service members transition to become successful and productive citizens by providing unique, direct programs and services to meet the needs of wounded warriors.

Through the TRACK program, one of thirteen programs offered through the Wounded Warrior Project, each warrior receives vocational training through an externship with local companies. In the year-long program, each warrior also participates in peak performance mental skills training provided through a partnership with Apex Performance. This training teaches the warriors to perform at their best by learning to control their emotional, mental, and physiological responses to stress and pressure. The warriors learn how to gain control and self-regulate by practicing and then applying these specific mental skills techniques in every aspect of their daily lives. In the end, these skills become life skills and become a part of everything the warriors do including

school, work and personal relationships.

When warriors get injured and sustain a Traumatic Brain injury (TBI) or Post Traumatic Stress Disorder (PTSD), there are several symptoms commonly displayed. These behavioral changes include having quick emotional reactions, a decreased filter when speaking, increased anger or frustration, and decreased attention control or memory recall. Working memory is often impaired. Depending on the severity of the injury, these symptoms can present immediately after the injury has occurred, or many months later. Many warriors describe a sense of being lost, of loss of control of their own thoughts and emotions, feeling at the mercy of their injury.

Birthday Blessings Raises \$4,500 at Golf Tournament

Birthday Blessings raised approximately \$4,500 to benefit local homeless children through a golf tournament held in Locust. Ballantyne-based Learning Express and Schramm Dentistry were sponsors. Birthday Blessings benefits local homeless children.

For more information about Birthday Blessings, visit www.birthdayblessings.org.

Local Doctor Part of Best Doctors

Dr. Felmont F. Eaves, III, was one of the physicians at Charlotte Plastic Surgery who was named one of the Best Doctors in America for 2009-2010. The designation is a result of a survey of more than 45,000 physicians.

Room 18 Opens in Blakeney Crossing

Room 18 Asian Sushi Bar is now open at Blakeney Crossing. The Ballantyne sister to Room 112 Sushi Bar uptown, this tenth Charlotte restaurant by the Chen family features a sleek interior and great Asian fusion cuisine.

Noted...

A State Employees' Credit Union office is scheduled to open at the corner of Ardrey Kell at Marvin Road. A Charlotte Metro Credit Union is coming soon near Cedar Walk (Ardrey Kell at Marvin Road)...Thomas Harris, a real estate professional with five years' experience, has joined the sales team at Weichert, Realtors Rebhan and Associates.