WINE WEALTH & TEA

OCT/NOV 2026

THE HEALING JOURNEY: LIFE AFTER SURGERY

VOTE : MAKE YOUR VOICE MATTER

ADHD AWARENESS MONTH & WORLD MENTAL HEALTH DAY: FINDING TREATMENT

BREAST CANCER AWARENESS MONTH

SEASONAL DEPRESSION: HOW TO SUPPORT OTHERS

WINE SEASON: USE YOUR VOICE

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WINES



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Editor's Message

WELCOME TO WINE WEALTH & TEA MAGAZINE

As we step into a new season, I'm excited to reconnect with you through another edition of Wine, Wealth & Tea Magazine. I hope you've enjoyed your summer, made meaningful memories, and found time to relax, recharge, and reconnect with yourself.

Fall reminds us that change is a natural part of life. Just as the seasons shift, we, too, deserve opportunities to pause, reflect, and make room for growth. This is a time to refresh our minds, bodies, and souls while embracing new perspectives and renewed purpose. Whether this season brings new opportunities, personal challenges, or a chance to begin again, I encourage you to make space for your well-being and continue moving forward.

For me, this new chapter is especially meaningful. Over the past few months, I stepped away from the magazine to focus on my health. Although taking that time was necessary, it also reminded me of the importance of listening to our bodies, prioritizing our well-being, and appreciating the people who stand beside us when we need them most.

I want to express my sincere gratitude to everyone who continued to support me and the magazine during my absence. Your messages, encouragement, patience, and kindness have meant more than you know. Thank you for allowing me the time to focus on my health while continuing to believe in the vision behind this publication. I'm grateful to be back and look forward to sharing more stories, information, and perspectives with you.

Since its beginning, Wine, Wealth & Tea Magazine has been committed to bringing meaningful information and conversations to people around the world, one magazine at a time. Our pages explore health, sports, politics, local businesses, travel, lifestyle, culture, entrepreneurship, and so much more. We strive to provide readers with content that informs, inspires, encourages discovery, and connects people through shared experiences and diverse perspectives.



Our mission, however, has always extended beyond the pages of a magazine. We are committed to creating space for conversations that matter, particularly for those who have felt overlooked, unheard, or excluded. Everyone has a story worth telling, and every community has voices that deserve to be recognized. Whether we are highlighting a small business, exploring an important issue, sharing information that can improve someone's life, or introducing readers to a new perspective, our goal is to make a meaningful impact.

As you explore this month's edition, I also encourage you to revisit our previous issues and reflect on the purpose that continues to guide our work. Each edition represents our commitment to informing, inspiring, and connecting our readers while shining a light on the people, ideas, and experiences that shape our communities.

And we need your continued support to keep that mission moving forward. If a story resonates with you, share it. If you know a local business that deserves recognition or someone whose experiences could educate or inspire others, let us know. Every share introduces our publication to a new reader and helps expand the conversations we are working to create. Together, we can continue building a community where information is accessible, perspectives are valued, and more people have the opportunity to be heard. As we move through this season, let's remember that growth often begins with a willingness to reflect, learn, and embrace change. Whether you are focusing on your health, pursuing a new opportunity, building a business, exploring the world, or simply finding your footing, I hope this edition offers something meaningful for your journey.

Thank you for your continued support, your patience, and your belief in Wine, Wealth & Tea Magazine. I'm excited about what lies ahead and look forward to continuing this journey with you.

Pour yourself something you enjoy, settle in, and explore this month's stories, perspectives, and conversations.

Here's to a new season, renewed purpose, and making room for every voice.

With gratitude,

Chrissy Doles

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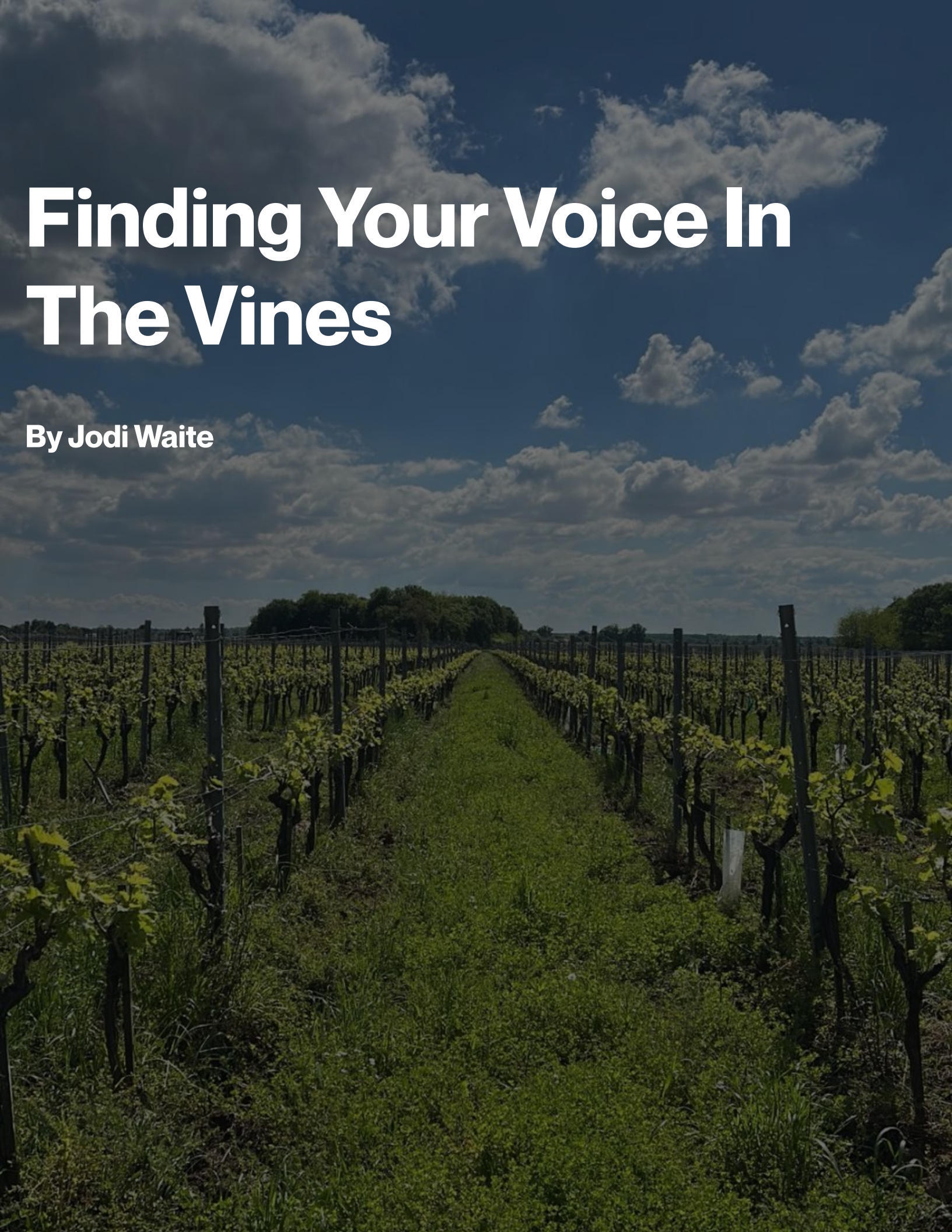
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Finding Your Voice In The Vines

By Jodi Waite





Body

Who Has a Voice?

Many people are wondering what it takes to be heard. The wine and spirits industry is no different, and like most industries, it is being forced to change. Some large corporations have bought up smaller houses and producers, and in doing so they have decided that the smaller person does not have a voice. The CEOs and C-suite executives are the ones whose voices matter. Companies like Gallo have bought and partnered with producers, which has changed the trajectory of those producers' lives, yet in my experience, the quality has diminished. Companies like Constellation and Treasury have sold off large parts of their portfolios to chase what is in right now: THC drinks, low- and no-alcohol options, and similar products.

To me, that shows that the ones who have been constant and true no longer have a voice. They must fend for themselves or find another supplier to carry their products so they can keep going and keep being heard. Some smaller producers are also working with influencers and enthusiasts who may not know much about wine but are cute, gimmicky, and good at getting people to buy. What part of the producer's voice was sold in that trade? Mind you, every person has value in the wine industry, and I am not diminishing the work influencers and enthusiasts do. But they are not who I am talking about. I am talking about the producers, the growers, the farmers, and the lifelong family members who carry a legacy from generation to generation. Do they still have a voice? Do wine professionals? And if so, how are those voices being heard, and what can we do to support them?

The Shift in How Wine Is Sold.

Let's start with how wine is being sold, or not sold. This includes spirits, because like any other industry, wine and spirits are affected by geopolitical conflicts and decisions.
Wine is no longer being purchased at the rate it once was. Growers have been pulling vines, and excess grapes have been discarded or left unharvested. That is not a failure of quality; it is a failure of purchasing. Leaving fruit on the vine invites pests, vermin, rot, and other undesirable consequences.
Are producers being heard when they ask for change or support? One request they have made repeatedly is to limit how much bulk wine from abroad is sold here in the United States. The bulk wine industry is huge, and as a consequence, many homegrown wines are too expensive for the average consumer. Why spend a lot when you can buy bulk wine from European nations at a fraction of the cost? Most wines from abroad are absolutely fantastic, but that does not solve the problem at home.

Has there been a shift in Amerikkka to limit bulk wine from overseas? No. Producers have been disregarded by the powers that be because of the low cost and because of wealthy, influential, geopolitical relationships that remain intact. Has the competition helped American wine? No. Consumption of American wine has declined. There has been a shift in bulk imports, but not because producers' voices were heard. Tariffs and geopolitics have made bulk wine less affordable, and professionals are reluctant to deal with the Amerikkkan government. The change came from cost, not from listening.

Use Your Voice. Do Not Be Afraid.

There is a need to speak up!

....Can the Average Wine Lover Afford the Vineyard?

Are consumers being encouraged to buy American wine? That is a complicated question.
A typical visit to Napa Valley or any well-known wine country can cost at least $1,500, and that is just for tastings: $300 here, $200 there, $150 somewhere else. It does not include food, hotel, flights, gas, or the bottles you fall in love with. Meanwhile, wineries are sitting on surplus fruit and heavy overhead, and they need to make money.
So can the average wine lover afford to travel to Napa Valley, enjoy it, and buy during these topsy-turvy times? In short, no. In long form, for the wealthy and well-off, absolutely. For people entering the wine industry, working in it, or trying to buy homegrown, it is expensive, and it is one of the first things cut when budgets tighten.
Has there been relief for the wineries, and for consumers who want to experience the beauty, the art, the chemistry, and the love you see in someone who is truly in their craft? Slightly.
Wineries in other parts of Amerikkka have created membership programs where people buy wine monthly and save money. Smaller producers in North Carolina, Texas, Michigan, New Mexico, parts of California including Sonoma County, Oregon, and Washington are hosting events, both to give consumers something to do and to move their wine so it does not sit in the winery or on a shelf. Consumers have been heard on this point: they want something to do that does not break the bank, and wineries have responded with experiences for people who enjoy more than just wine. What has not changed is the price of the wine itself.

What Else Is Helping These Voices Be Heard?
Enter stage right. Please draw the curtains back, everyone, and applaud! The wine professional, the wine influencer, and the wine enthusiast have come together to create voices on online platforms.

This matters because it is not all gimmick. The difference is between someone who amplifies a producer's story and someone who flattens it. When it is done well, this collaboration has been extremely helpful: it builds relationships with vineyards, supports education and visibility, and lets people create their own streams of income. Creatives are making videos with private chefs, drinking around town, even writing fiction. Netflix sitcoms are highlighting life in hospitality, and more films speak to togetherness over a nice bottle of wine or a gorgeous pour of spirits.
We cannot underestimate social media and the volume that wine professionals can reach. They need ways to call attention to their work, and to vineyards most people could never afford to visit. Social media, literature, art, museums, and other creative outlets have been a lifeline, a platform for welcoming new people to drink wine, to visit a winery, or even to step away from the $3 bottle of Barefoot. Barefoot is a staple and an NFL sponsor, but we are choosing smaller producers who are not made by the big players, and whose wines have stories we want to tell.
Using your voice to build a platform that is uplifting, fun, creative, and welcoming will always bring a new member into the wine or spirits club.

So... Who Really Has a Voice?

There is a need to speak up and to keep pushing forward toward whatever you envision for this industry. That might mean smaller producers buying land to make their own wines instead of selling to the larger houses. It might mean working with bulk wine producers on private labels to create something of your own. It means not letting geopolitics and societal pressure dictate what you consume, how, and where. Create your own lane to enjoy what you love, always in moderation and always with a smile.
When we work together, we form a quilt of many fabrics, woven into something beautiful and unique. We cannot let geopolitics, or stories about Gen Z not drinking and millennials drinking too much, stop us from making and enjoying quality products. Wine and spirits give food and celebration a home, whatever the occasion.

Use your voice. Don't be afraid. The wine industry will prosper, and the spirits industry is not going anywhere. All we need to do is come together, support smaller producers, and push back on regulations that are not made with us in mind.

How You Can Help

A voice needs an audience. Here are four ways to be one:
Support local vineyards, wineries, and specialty bottle shops. Here in Charlotte, North Carolina, we have several places that focus on smaller houses. Every bottle you buy from them goes to a family, not a boardroom.
Research before you buy. A few minutes of reading about who made the wine and how they make it lets your dollars reach the smaller houses and businesses doing the work.
Step out of your box. Try the grape you can't pronounce, the region you've never heard of, the spirit your friends skip. New experiences are how small producers find new fans.
Enjoy wine, spirits, and cuisine with people who enhance your life. The best bottle is the one shared with the right company, and that is what keeps these traditions alive.
Cheers to that.

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JANUARY 4–24, 2027



Dr. Tramaine Bailey, DNM
Founder, Healing While Living

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OPTIONAL ADD-ONS

- One-on-one consultation with a nutritionist
- One-on-one consultation with a life coach therapist
- Herbal remedies
- Supplements

REGISTRATION OPENS NOVEMBER 2026

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FALL TRAVELS
Where to Go in Autumn 2026: From Colorful Mountain Escapes to International Adventures

By Chrissy Doles

2026

There is something special about fall. The air begins to cool, the leaves transform into beautiful shades of gold, orange, and red, and the world seems to invite us to slow down, take a breath, and experience something new. For some, autumn means cozy weekends at home, warm drinks, and family gatherings. For others, it is the perfect opportunity to pack a bag, plan a holiday getaway, and explore the beauty waiting just beyond familiar surroundings.

As we move deeper into the fall season, it is the perfect time to think about where your next adventure might take you. Whether you are dreaming of a scenic mountain drive, a charming historic town, a peaceful international escape, or a destination filled with culture and unforgettable food, fall offers something for every kind of traveler.

This October, Wine, Wealth & Tea Magazine is taking you on a journey through some of the most inviting fall destinations for 2026. From the colorful landscapes of the northeastern United States to the vibrant autumn gardens of Japan, these destinations offer opportunities to reconnect with nature, explore new cultures, and create memories that last long after the season ends.

So, whether you are planning a quick weekend away, a holiday vacation, or a trip you have been dreaming about for years, let these destinations inspire your next journey.

TOP U.S. FALL DESTINATIONS

1. The Adirondacks, New York: A Front-Row Seat to Fall

The Adirondacks are a dream destination for travelers who want to experience autumn in all its natural beauty. With expansive forests, mountain views, sparkling lakes, and charming small towns, this region offers the kind of scenery that makes you want to put your phone down and simply take it all in.

Lake Placid is a wonderful starting point. Known for its Olympic history and mountain-town atmosphere, it offers opportunities to enjoy local dining, outdoor activities, and peaceful walks along Mirror Lake. Scenic drives along Route 86 provide opportunities to admire the changing foliage, while nearby hiking trails offer breathtaking views for those who want a closer connection to nature.

Best for: Couples, families, photographers, and outdoor enthusiasts.

When to visit: Late September through mid-October is often the best window for fall foliage, although peak color varies by elevation and weather.

Travel tip: Check regional foliage reports before booking. If you want to experience the Adirondacks at their most colorful, flexibility with your travel dates can make all the difference.

2. Asheville and the Great Smoky Mountains: Autumn in Our Own Backyard

For those of us in North Carolina and the surrounding region, a spectacular fall getaway may be closer than we think. Asheville and the surrounding Blue Ridge Mountains offer an ideal combination of mountain scenery, local culture, excellent food, and opportunities to explore the outdoors.

The Blue Ridge Parkway is a major attraction during autumn, with winding roads, scenic overlooks, and views of mountains stretching into the distance. Areas around Mount Pisgah provide opportunities for hiking and photography, while Asheville's arts scene, independent shops, restaurants, and craft breweries offer plenty to enjoy after a day outdoors.

The nearby Great Smoky Mountains National Park adds another layer of adventure, with forested trails, mountain overlooks, and opportunities to spot wildlife. Visitors should remember that fall color changes with elevation, meaning some areas may reach their peak before others.

Best for: Weekend travelers, nature lovers, food enthusiasts, and families.

When to visit: October through early November, depending on elevation and local weather conditions.

Travel tip: Weekends can be busy during peak foliage season. Consider traveling during the week, and check road conditions before heading out, especially if your plans include the Blue Ridge Parkway.



3. New England: The Classic Fall Experience

When people picture an autumn getaway, New England often comes to mind. Think winding country roads, historic towns, covered bridges, farm stands, apple orchards, and hillsides covered in brilliant fall colors.
Vermont, Maine, and New Hampshire each offer a different experience. Vermont is known for its rural landscapes and charming villages. New Hampshire offers mountain scenery and dramatic drives through the White Mountains. Maine combines colorful inland forests with coastal towns, where visitors can enjoy fresh seafood and views of the Atlantic.
Travelers can spend their days exploring small towns, visiting local markets, stopping at family-owned farms, or simply enjoying the drive. For those who appreciate photography, the region provides countless opportunities to capture the beauty of the season.
Best for: Road trips, romantic escapes, families, and travelers who appreciate small-town charm.
When to visit: Late September through October, with timing dependent on the state and elevation.
Travel tip: Book accommodations early if you plan to visit during peak foliage weekends. Prices and availability can change quickly during the most popular weeks.

4. Savannah, Georgia, and Charleston, South Carolina: History with a Little Halloween Magic
Not every fall vacation has to revolve around mountain views and changing leaves. For travelers who enjoy history, architecture, Southern hospitality, and a little spooky-season excitement, Savannah and Charleston offer a memorable alternative.
Savannah's historic squares, moss-draped oak trees, waterfront attractions, and centuries-old architecture create a distinctive atmosphere. During October, ghost tours and historic storytelling experiences add an extra layer of intrigue for those who enjoy the mysterious side of travel.
Charleston offers its own blend of history and coastal charm, with beautiful historic homes, waterfront views, boutique shopping, and a celebrated food scene. The milder autumn weather can make exploring on foot more comfortable than during the heat of summer.
Best for: Couples, friends' getaways, history lovers, and travelers seeking culture with a seasonal twist.

When to visit: October and November, when temperatures are often more comfortable for exploring.
Travel tip: Reserve popular tours and restaurants in advance if you are traveling around Halloween or during a special event weekend.

TOP INTERNATIONAL FALL DESTINATIONS

5. Kyoto, Japan: A World of Red, Gold, and Tradition

For travelers ready to venture beyond the United States, Kyoto offers an extraordinary autumn experience. Known for its historic temples, traditional architecture, carefully maintained gardens, and deep cultural heritage, the city becomes especially captivating when its maple trees begin to change color.

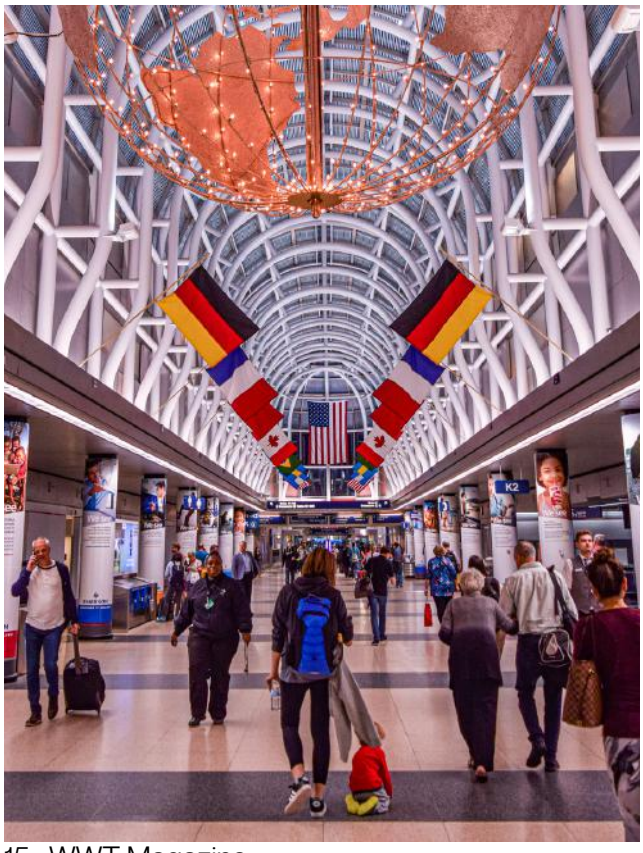
Places such as Eikando Temple are celebrated for their autumn foliage, while other temples, gardens, and historic streets offer opportunities to experience the season at a slower pace. Visitors can explore traditional tea culture, enjoy Japanese cuisine, browse local shops, and discover the details that make Kyoto such a distinctive destination.

Autumn is also an appealing time to experience Japan's seasonal food traditions. Travelers visiting later in the season may find special regional dishes and seafood offerings, depending on the location and availability.

Best for: Culture enthusiasts, couples, photographers, and travelers seeking a meaningful international experience.

When to visit: Late October through November can offer beautiful fall scenery, with peak color often occurring later than in many parts of the United States.

Travel tip: Autumn is a popular travel season in Kyoto. Research accommodation prices, transportation options, and temple schedules before booking, and expect popular locations to attract crowds during peak foliage periods.



6. Italy: Fall Flavors, Wine Country, and Coastal Beauty

Italy is a destination that invites visitors to slow down and enjoy the experience. In autumn, travelers can explore historic towns, sample seasonal dishes, visit vineyards, and discover a different side of the country as the busy summer season winds down.

For wine lovers, the countryside offers a special attraction. Depending on the region and harvest schedule, fall can provide opportunities to learn about winemaking, visit vineyards, and enjoy tastings surrounded by beautiful landscapes. Tuscany and other established wine regions are particularly appealing for travelers interested in food, wine, and rural scenery.

Sicily offers a different kind of escape, combining ancient history, coastal landscapes, local markets, and distinctive regional cuisine. Travelers may find pleasant temperatures for sightseeing, although conditions vary throughout the island.

Best for: Wine enthusiasts, food lovers, couples, and travelers who appreciate history and beautiful scenery.

When to visit: September through November, with October often offering a balance of milder weather and fewer summer crowds.

Travel tip: Harvest activities and vineyard visits vary by location and year. Contact wineries directly to confirm tours and tastings, and compare airfare and accommodation costs before finalizing your itinerary.

7. Santander, Spain: A Coastal Escape with Culture

For travelers looking for something a little different, Santander, on Spain's northern coast, offers a blend of seaside scenery, architecture, food, and cultural experiences.

Unlike Spain's more familiar southern destinations, Santander has a cooler Atlantic climate and a landscape shaped by beaches, green hills, and coastal views. Visitors can explore the city's waterfront, enjoy regional cuisine, and discover its cultural attractions while experiencing a different side of Spanish life

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The city's setting makes it appealing to travelers who enjoy combining urban exploration with time outdoors. Autumn can also bring a more relaxed atmosphere than the height of summer, although the region is known for changeable weather and occasional rain.

Best for: Culture seekers, food enthusiasts, coastal travelers, and those looking beyond Europe's most heavily visited cities.

When to visit: September and October can be good choices for milder conditions, while November may bring cooler temperatures and more rain.

Travel tip: Check current museum exhibitions and opening schedules before your trip, and plan a mix of indoor and outdoor activities to accommodate the northern Spanish climate.

TRAVEL SMART: MAKE YOUR FALL GETAWAY COUNT

A memorable vacation does not have to mean an extravagant price tag. With a little planning, you can enjoy the beauty of the season while keeping your travel goals and budget in balance.

Before booking, compare airfare, hotel rates, rental cars, and transportation costs. Traveling midweek or adjusting your dates by a few days may open up more affordable options. If you are planning a road trip, calculate fuel costs and parking fees alongside your accommodations.

It is also worth considering what kind of experience matters most to you. Are you looking for rest and relaxation? An opportunity to explore a new culture? Quality time with family? Or perhaps a chance to reconnect with yourself after a busy year? Your answer can help determine which destination makes the most sense.

For international travel, review passport validity, entry requirements, travel insurance options, and local transportation before departure. For domestic trips, check seasonal road closures, weather conditions, and park advisories. And wherever you go, leave a little room in your itinerary for the unexpected discoveries that often become the best part of a vacation.

Remember that prices and seasonal conditions change. The destinations featured here are intended to inspire your planning; research current rates and local conditions before making reservations.

THE LAST SIP: TAKE THE TRIP

Sometimes, we become so focused on work, responsibilities, family, and the demands of everyday life that we forget the importance of stepping away. Travel gives us the opportunity to see the world through a different lens. It reminds us that beauty exists in the places we have yet to visit, the people we have yet to meet, and the experiences we have not yet allowed ourselves to enjoy.

Fall is an invitation to pause, explore, and make room for something new. That experience might be a weekend drive through the Blue Ridge Mountains, a historic getaway in Savannah, a glass of wine in the Italian countryside, or a walk beneath the brilliant maple trees of Kyoto.

You do not have to travel across the world to find inspiration, and you do not have to wait for the perfect moment to start planning. Choose a destination that speaks to you, set a realistic budget, and begin creating an experience worth remembering.

As always, keep moving forward. There is still so much of the world waiting for you to discover.

Wine, Wealth & Tea Magazine Lifestyle, culture, and so much more.



Photo by Michael Grant on Unsplash

Breast Cancer Awareness



Photo by National Cancer Institute on Unsplash

PERSONAL ESSAY / BREAST CANCER AWARENESS

The Fight That Never Died

A family story of breast cancer, courage, and faith

By Dr. Tramaine Bailey, DNM

We've heard the statistics year after year. Breast cancer has touched so many women and families, including mine. Imagine sitting in a room with eight other women and wondering which of you might one day face that diagnosis.

I remember my mother picking up the phone and crying after learning that one of my aunts had breast cancer. As I grew older, I learned that breast cancer had taken seven aunts from our family. I also remember a cousin struggling with her doctor's recommendation to remove her breasts.

At a young age, I couldn't understand why a woman might have to lose part of her body to live. Why remove what God had given her to nourish her babies? I didn't yet understand the medical reasons. I only knew that women I loved were dying.



Those experiences were part of what led me to become a natural medicine doctor. I watched one aunt live for 17 years after her diagnosis while using natural remedies. Her experience stayed with me, though I know every woman's diagnosis and treatment decisions are different.

I've seen women face surgery, chemotherapy, radiation, and many difficult decisions. I take no credit for anyone's journey. My faith tells me that God is with us through every battle.

And in every woman I've known who faced breast cancer, I saw a fight within her that never died. Even when we lost someone we loved, that courage remained.

We may never have every answer. But as women, we can listen to our bodies, pay attention when something changes, and seek care. Through it all, I believe in the strength of prayer, faith, and the support we give one another.

"I saw a fight within her that never died."



Healing Journey After Major Surgery

Chrissy Doles

Photo by Jonathan Borba

Sometimes, healing the body is only the beginning. The real journey starts when you finally have the time to sit with yourself.

In life, we have moments when we need to heal. And during those moments, you often find yourself going on a journey into a place you never thought you would be. For me, that journey began after a total hip replacement surgery, and suddenly, my life looked very different.
I thought I had everything I wanted and needed. But someone said to me that in these moments of stillness, I would find myself and discover my strength. She was right.
I found something in those days and weeks of sitting alone on the sofa, looking up at the ceiling. It became a moment of redefining my life. It felt as though someone had reached over and pressed a big reset button on my back. This journey of dependence made me seek out ways to find my independence again.
I remember the first day after surgery when I finally got up and stood for the first time. It was a feeling unlike anything I had ever experienced. In that moment, I realized I was not going to get through this alone. See, as an adult, I had learned how to get through so many things on my own mentally. Breakups, divorce, parenting, career changes, and all the other things life throws at you.
I had figured out how to keep moving forward, even when things were difficult. But this was different. I could not simply think my way through it or convince myself that I was okay. I needed help, and I needed to accept that needing help did not make me any less capable.
And in the moments I had to myself, that is where the real healing began.
I thought about everything. The wrong financial decisions I had made. The idea of marriage at my age and what that might look like for me. And, of course, the one thing we all eventually think about as we get older: death.

I thought about death more times than I could count. What would it mean for my family? What kind of legacy would I leave behind? What would people remember about me, and would the things I had worked so hard to build continue beyond me?
Those were not easy questions to sit with, but I found myself asking them anyway.
I also started learning how to forgive myself for things I had not dared to think about in years. With every moment of physical pain, I allowed myself a moment to release some of the emotional pain I had been carrying. It was as though my body had forced me to slow down long enough for my mind to catch up.
And in those quiet moments, a lot of things that once seemed important no longer mattered as much.
I did not care whether the love of my life understood me or whether we would ever figure things out. I did not care about keeping up with everything happening in the world when I could barely enjoy the things right in front of me. What I did care about was my daughter. I wanted her to have someone to look up to, and I knew I needed to get my emotions in a better place than they had ever been.





Again, I had always thought I was doing a good job of keeping my life in order. I had responsibilities, goals, plans, and expectations for myself. But this experience made me sit down and have some real conversations with myself about my decisions and choices, whether they had been right or wrong.
I thought about the friendships I had walked away from and the ones I wished I could have back. I thought about the things I had allowed to take up space in my life and the things I had neglected along the way. I considered what I wanted my future to look like and whether the life I had been working so hard to build was still the life I wanted.

There is something about going through surgery that pulls back the curtain on life. It gives you an understanding that, sometimes, only time and experience can provide. When your body forces you to stop, you begin to see things you may have overlooked while you were busy doing everything else. I am still recovering and rebuilding, both my mind and my body. And I want anyone going through their own healing journey to understand something: Be kind to yourself.
Healing takes you to a mental place that no one else can pull you out of, and sometimes, no one else can fully understand. People can offer support, encouragement, and love, but they cannot experience your journey for you.

There are days when I feel like people might think I am overthinking this whole process. But I am not. When you are used to being in control of your life, and suddenly you cannot do something as simple as put your own socks on, it humbles you in ways you cannot explain until you experience it yourself. You begin to understand just how much you took for granted. The little things are no longer so little, and independence becomes something you appreciate in an entirely different way.
I also see more clearly the things that matter. I appreciate the moments I steal away with my family and friends, away from social media and the noise of the world. I have become more intentional about what I share, what I keep to myself, and where I choose to place my energy.
You would be surprised how much I keep to myself now. Not because I have nothing to say, but because I have discovered that there is peace in not sharing everything. There is freedom in allowing some moments to belong only to you. Everything does not need an audience, an explanation, or an outside opinion.

Sometimes, you just need to live, learn, heal, and keep moving forward.
I am grateful for this healing journey, both for the physical healing of my hip and for the mental reconstruction that has come with it. I would never pretend that every day has been easy, because it has not. There are still things I am working through, questions I am answering, and parts of myself I am learning to understand all over again.

But I am learning to give myself grace. I am learning that strength does not always look like pushing through. Sometimes, strength looks like sitting still, accepting help, facing your truth, and allowing yourself the time you need to become whole again.
This journey has reminded me that life is not just about what we accomplish, what we own, who we love, or how much we can handle on our own. It is also about who we become when everything slows down and we finally have to face ourselves.

And as I continue to heal, I know one thing for certain: I still have so much more to give.
I am rebuilding. I am rediscovering myself. I am moving forward with a different perspective, a little more patience, and a greater appreciation for the life I have.

I have so much more to give, and I am just getting started.

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Awareness Leads to Action

By Kathleen Long - Coached by Kath LLC



Did you know that October is ADHD Awareness Month, and World Mental Health Day, is October 10th? I didn't know much or truly understand ADHD or the importance of Mental Health until a few years ago. At 40, I was diagnosed with anxiety and at 41, I was diagnosed with ADHD. Twenty years into my career as a classroom teacher, my brain and body slowed down and something clicked. Teachers and students and their families need way more support, information and advocacy. Think back to when you were a student or even now as a parent or guardian. Have you heard things or even said things like, "You just need to try harder", "You are so sensitive", "Why can't you sit still?" or "Everyone has ADHD." Do you or your child struggle with emotional regulation, organization, task completion or difficulty with peer or family relationships?

As I learned more about ADHD, Anxiety and emotional dysregulation, I began to understand myself and my former students with so much more compassion and clarity. That awareness helped lead me from the classroom to founding Coached by Kath LLC, where I support and advocate for adults, children, teens, and families through ADHD and Emotional Intelligence Life Coaching. As we go through the month of October, I challenge you to become more aware of yourself, your current mental, physical and emotional health. For anyone thinking, "What can I do right now?"

Here are three things to try to reset the mind and body.

1. Reduce the after school/after work load. Most of us keep it together throughout the day and then can unravel at home after hours of trying not to mess up, feel embarrassed, or stand out. Allow time for you and/or your child to decompress before expecting conversation, chores, tasks or homework

2. Regulate before requiring more. Mindfulness, movement and hydration became staples in my life and classroom. A water break, a few quiet moments, movement and a few deep breaths created space for both the adults and children to regroup before the next task or activity. (This is beneficial any time of day!)

3. Reassess current situations.
Ask: What is working? What is not working? When do struggles occur? What support can we try? When will we check in again? Awareness can open the door to better understanding, honest conversations, useful strategies, and evaluations by qualified healthcare professionals. Input is important!

Want to learn more about ADHD and Mental Health? Here are a few resources:
CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder)

https://chadd.org/
Inattentive ADHD Coalition & Find the ADHD Girls https://www.iadhd.org/ & https://findtheadhdgirls.org/
ADDitude Magazine
https://additudemag.com/
National Alliance on Mental Illness NAMI
https://www.nami.org/ or locally at NAMI Charlotte
https://www.naminavigatorcharlotte.org/



ADHD & EMOTIONAL INTELLIGENCE LIFE COACHING

Coached BY Kath

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The Local : Small Businesses Shaping Our Communities

By Chrissy Doles

Photo by Zoe Richardson

Local Business Support: Mr. Charles Chicken & Fish

Nearly Two Decades of Good Food, Good Vibes, and Community

It's a Saturday afternoon, and you're craving something that tastes home-cooked, but you don't feel like doing the cooking yourself. You take a drive into the inner city of Charlotte, North Carolina, and just past the highway overpass of I-277, you'll find a restaurant serving up comfort food, good music, and a welcoming atmosphere. Welcome to Mr. Charles Chicken & Fish!

While the sit-down restaurant at 413 Dalton Avenue opened in 2023, the story behind this family-owned business goes back much further. Mr. Charles Chicken & Fish first opened its doors in Charlotte in 2006, making it a longstanding part of the community. The business was founded by Michael Rhynes Sr., his best friend, Corwin Alexander, and Corwin's father, Charles Alexander, whose name lives on through the restaurant. What began as a small, old-school, greasy-spoon-style shop at the corner of Statesville and Atando avenues has grown into a business with a presence throughout the city.

I first discovered Mr. Charles Chicken & Fish before it became the sit-down restaurant we know today. If you travel down Statesville Road to the original location at 3100 Statesville Avenue, you'll find the connected corner featuring Mr. Charles Barbershop and the Chicken & Fish carryout.

Back then, I would visit during the workweek, call in my order, and be greeted by the always-friendly people on the other end of the phone. So, you can imagine my surprise when the business expanded into a sit-down dining experience at its Dalton Avenue location. Seeing a business that I had known for its carryout service grow into a place where people could sit down, relax, and enjoy themselves was exciting.

And that growth speaks to something worth celebrating: a local business that has continued to evolve while maintaining its connection to the community.

Walk through the doors of the Dalton Avenue location, and you'll immediately notice the atmosphere. Good music fills the air, and the smell of freshly fried chicken lets you know you're in the right place. On most nights, the restaurant is filled with people gathered around the bar, watching sports, enjoying drinks, and catching up with friends.

It's become a highlight at the end of a long workweek. Whether you're dressed casually or showing up with that grown-and-sexy look, there's room for you to enjoy yourself. One thing is for sure: you're going to want to eat!

Let's talk about the food.

From the savory candied yams to the creamy macaroni and cheese, there is plenty to enjoy. But if you ask me, the fried fish is a must-try! It's seasoned just right, and you can request it extra crispy if that's how you like it. Order a dinner, and you can enjoy it with a roll or cornbread and hushpuppies.

And let's be honest: With prices increasing just about everywhere, finding a good meal that doesn't break the bank is becoming more difficult. Mr. Charles Chicken & Fish offers portions that, in my experience, make the price worthwhile. You can enjoy a satisfying meal without feeling like you've spent your entire evening's budget on dinner.

In recent months, new businesses have entered the area offering some of the same types of food. However, in my personal opinion, the atmosphere, food, and pricing at Mr. Charles Chicken & Fish make it stand out. It's more than just a place to grab a plate; it's a place where people gather, connect, and enjoy themselves.

On some occasions, you may even catch live music, giving you another reason to sit back, enjoy your drink, and savor that fried fish.

What I appreciate most is seeing a business with such a long history in Charlotte continue to grow. Since 2006, Mr. Charles Chicken & Fish has gone from a small neighborhood carryout to a dining destination where people can gather, enjoy a meal, and spend time with friends.

The diverse mix of customers tells its own story. People from different backgrounds come together over good food, good music, and good conversation. That's what local businesses can bring to a neighborhood: a place where people feel welcome and have something in common, even if it's just a good meal.

Of course, parking can be a challenge, especially when the restaurant is busy. But sometimes, the places worth visiting require a little patience, and I'm willing to say this one is worth the wait or the walk.

So, the next time you're looking for a place to eat, gather with friends, or simply enjoy some good old-fashioned comfort food, consider stopping by Mr. Charles Chicken & Fish. Whether you visit the original Statesville Avenue location for carryout or head to Dalton Avenue for the sit-down experience, you're supporting a business with deep roots in the Charlotte community.





Supporting local businesses means supporting the people, families, and communities that help make Charlotte what it is today.

Mr. Charles Chicken & Fish is a reminder that some of our community's most meaningful businesses aren't overnight success stories. They're built over time, through relationships, consistency, and the people who keep coming back.

Stop by, try the food, and experience the atmosphere for yourself. Because sometimes, all you need is a good plate of food, a little music, and a place where everybody can come together.
Keep Moving Forward.



Beating the Holiday Blues: A Little Kindness Goes a Long Way

By Yvette C

As the last quarter of the year settles in, we all find ourselves searching for that part-time job, the great costume, the perfect meal, the ideal gift, and, of course, the perfect picture to post on social media. Between Halloween, Thanksgiving, and Christmas, there is always something to prepare for, somewhere to go, or somebody to shop for. Before we know it, we have entered what I like to call the *Hallo-Thanks-Mas* season!



However, not everyone has the same relationship with the holidays. While some people look forward to family gatherings, festive decorations, and holiday traditions, others find this time of year emotionally exhausting. For some, the holidays bring feelings of loneliness, anxiety, sadness, and pressure to be happy when they simply are not feeling it.

And let's be honest: sometimes the pressure to make the holidays look good can be just as exhausting as trying to make them feel good.
There is a medical reason some people experience changes in their mood during certain seasons. Seasonal Affective Disorder (SAD) is a type of depression associated with seasonal changes. It most commonly begins in the fall or winter and improves during the spring and summer. Although researchers continue to study its causes, reduced daylight is believed to play a role in the changes some people experience in their mood, sleep, and energy levels. Symptoms may include low energy, daytime fatigue, oversleeping, changes in appetite, cravings for carbohydrates, and weight gain. Some people may also experience difficulty concentrating, lose interest in activities they once enjoyed, or withdraw from friends and family.



While SAD is a recognized medical condition, not everyone who struggles during the holidays has seasonal depression. Grief, financial pressure, family conflict, and loneliness can also make this time of year difficult. Whatever the reason, we should never assume that everyone is experiencing the holidays the same way we are.

Sometimes, the hardest part of the holidays is feeling like you are supposed to be happy when you are struggling just to get through the day.

The thought of gathering with people can be overwhelming, especially when you feel like you have not accomplished enough throughout the year. Everywhere you look, somebody is celebrating a promotion, buying a new house, taking a vacation, or showing off the perfect family picture. Meanwhile, you may be trying to figure out how to pay your bills, cope with the loss of a loved one, or simply find the energy to get out of bed.
Please remember that social media is a snapshot of someone's life, not the full story. You do not have to compete with someone else's highlight reel, and you do not have to prove that you had a successful year to deserve a peaceful holiday season. Sometimes, making it through the year is an accomplishment all by itself.

A Little Kindness Can Change Someone's Season

I have always believed that one of the best things we can do during the holiday season is find ways to help those around us. We spend so much time thinking about what we need to buy, where we need to go, and what we need to accomplish that we can forget to check on the people around us.

This year, let's be a little more intentional. Ask your friends what their holiday plans are. Not just the people you know have somewhere to go, but the ones who may be spending the holidays alone. Think about the friend who lives far away from family, the neighbor who recently lost a spouse, the coworker who has been unusually quiet, or the person who always shows up for everyone else but rarely has anyone show up for them.

Sometimes, a simple invitation can make all the difference.

You do not have to plan an elaborate dinner or spend hundreds of dollars to make someone feel included. You could invite a friend over for coffee, organize a small movie night, have a potluck dinner, or ask everyone to bring their favorite dessert. You could even start a holiday tradition that has nothing to do with spending money. Remember when we used to sit around playing board games, telling stories, and laughing until our stomachs hurt? When the highlight of a gathering was the company rather than the decorations, the expensive gifts, or the perfectly coordinated outfits? Maybe it is time to bring some of that back! Put the phones down for a little while. Pull out the old games. Make a pot of coffee or hot chocolate, grab some inexpensive snacks, and spend time enjoying one another. You may discover that the memories you make mean more than anything you could have purchased.
And if someone declines your invitation, do not automatically assume they do not want to be around you. Sometimes people need space, and sometimes they are dealing with things they are not ready to discuss. Let them know the invitation remains open and that you are available when they are ready. Inclusion is not about forcing people to participate. It is about making sure they know they have a place if they want one.





Let's Talk About the Cost of the Holidays

We also cannot ignore the financial pressure that comes with this time of year. Between groceries, gifts, travel, decorations, and higher everyday expenses, creating an enjoyable holiday experience can feel increasingly difficult.

For families already trying to stretch their budgets, the holidays can bring more stress than excitement. Parents may worry about disappointing their children, adults may feel obligated to exchange gifts with friends and relatives, and people may spend money they do not have simply because they do not want to feel left out.

But who decided that love had to come with a price tag?

This year, let's get creative. Handmade gifts, homemade treats, handwritten letters, and personalized photo albums can be meaningful alternatives to expensive presents. Consider giving someone a gift card for coffee, gas, or groceries. Offer to babysit for a friend who needs a break, help an older neighbor decorate, or prepare a meal for someone who has been going through a difficult time.

You could even organize a gift exchange with a modest spending limit so everyone can participate without feeling pressured.

The goal is not to see who can spend the most money. It is to find thoughtful ways to show people that they matter.

And if your budget does not allow for gifts this year, that is okay, too. You are not required to go into debt to prove that you care about someone.

Let's give ourselves permission to enjoy the holidays without creating financial problems that follow us into the new year.

Give Yourself Permission to Feel

While we are busy checking on others, we must remember to check on ourselves.
If you are grieving someone you lost, give yourself permission to acknowledge that loss. The holidays can bring back memories, traditions, and empty seats at the table that are difficult to ignore. You may find yourself missing someone more than usual, even if you have been managing well throughout the year.
If you are dealing with a major life change, struggling financially, or feeling overwhelmed by everything happening around you, you do not have to pretend everything is fine just because it is the holiday season.
It is okay to establish boundaries. It is okay to decline an invitation. It is okay to change a tradition that no longer serves you. And it is okay to create new traditions that reflect where you are in life today.
Try to spend time with people who make you feel comfortable being yourself. Get outside during daylight when possible, take a walk, listen to music, or make time for activities you enjoy. Give yourself permission to rest without feeling guilty about what you have not accomplished.

And please remember that you do not have to navigate persistent sadness alone. If your feelings are affecting your daily life, consider speaking with a healthcare professional or mental health provider. Seasonal depression and other forms of depression are treatable, and asking for help is a sign of taking care of yourself, not a sign of weakness.

If you or someone you know is struggling, there are resources available. In the United States, you can call or text **988** to reach the Suicide & Crisis Lifeline for free, confidential support, 24 hours a day. You can also reach out to a trusted healthcare professional, local community organization, or faith community for additional support.
Sometimes, the first step toward feeling better is simply letting someone know that you are not okay.

Let's Make This Season Mean Something Different
As we move through the final months of the year, I challenge all of us to be more intentional about how we treat one another. We may not know what someone is carrying, what they are grieving, or what it took for them to get through the day. A little patience can go a long way. A phone call can brighten someone's afternoon. An invitation can remind someone that they have not been forgotten. And a little laughter can provide a much-needed break from the things weighing on our minds.
We cannot solve every problem someone faces, and we cannot make every holiday perfect. But we can create opportunities for connection, offer kindness without expecting anything in return, and remind the people around us that they matter. So, if your holiday plans include a big family dinner, enjoy it. If you are traveling to see loved ones, travel safely. If you are celebrating with friends, make some memories. And if your plans involve staying home, putting on your favorite pajamas, wrapping yourself in your best blanket, and wearing your coziest socks, enjoy that, too!

You do not have to attend every event, buy every gift, or make every moment picture-perfect. Sometimes, the best thing you can do for yourself is slow down, breathe, and appreciate the little things.
Let's find our way back to the moments that bring genuine laughter, meaningful connection, and a little peace to our lives. Let's be thoughtful with our money, generous with our time, and mindful of the people who may need a little extra love this season.

And above all, let's remember that we are not required to have a perfect year to end it with gratitude.
From Halloween to Thanksgiving to Christmas, let's make this season about more than costumes, food, gifts, and pictures. Let's make it about people.

Until next time, surround yourself with people who make you feel good, grab that favorite blanket, put on those cozy socks, and keep moving forward.

Happy Hallo-Thanks-Mas!

2026

Entrepreneur of the Month

Drew Fleet



Drew Fleet: E.O.T.M

Our very own Drew Fleet is the Entrepreneur of the Month, and I could not be more excited to celebrate him! Drew is one of the most amazingly talented guys I know. His love for the arts started at a very young age, and I should know because Drew is my brother.

As a child, I can remember watching him fall into the worlds of anime and video games. He would draw on just about any canvas he could find. Luckily, that canvas was never a wall in our house! Our mom indulged his curiosity, encouraged his interest in characters, and allowed his imagination to develop. Even as a child, Drew had something different about him. He could see things in a way that others might not, and he had a natural ability to turn what he imagined in his mind into something others could see.

That gift continued to grow as he got older, eventually leading him to pursue his passion for art at an art institution in Atlanta, Georgia. While earning his degree was an important milestone, the journey did not suddenly become easy. Having talent is one thing, but finding the right opportunities and the right space for a creative mind like Drew's is another. Sometimes, the world does not immediately recognize what you bring to the table. Sometimes, you have to keep creating, keep learning, and keep believing in your abilities even when the opportunities do not come as quickly as you would like. Drew continued to do just that.

Over the years, I began working with Drew on small projects, and what started with illustrations gradually grew into something much bigger. His skills expanded into web design, graphic design, and other creative projects. Today, he serves as the Creative Director of Wine, Wealth & Tea Magazine, and I honestly cannot imagine this publication without him. If you have enjoyed the pages of this magazine, the advertisements, the layout, or the way each article comes together visually, then you have experienced Drew's work firsthand.

I would have to say that Drew is one of the biggest reasons you enjoy each and every page. The way he styles, designs, and edits the magazine each month is absolutely amazing. I have never been more proud or more confident when handing over my editorial content and trusting him to add those final touches.

As Editor-in-Chief, I may have the vision for the stories we want to tell, but Drew has a special ability to take that vision and bring it to life. He looks beyond the words on the page. He considers the message, the feeling, the colors, the images, and the overall experience we want our readers to have.

Sometimes, I share an idea with him, and he will spend hours thinking through how to bring it together. Other times, inspiration comes from a painting, another project, or an idea we discussed weeks earlier. His creative process does not always follow a schedule, and sometimes that means working through the nights and days to get everything just right.

And trust me, when it comes to creativity, Drew has a mind of his own!

One of the things I appreciate most about working with him is that he does not simply put something together to say the job is done. He takes the time to think about the details and how everything connects. He understands that design is more than making something look good. It is about telling a story, communicating a message, and creating something that connects with the person looking at it.

That is what makes his work special.

Drew is also able to help bring people's dreams to reality through advertising and graphic design. He understands that every business has a story, and he works to give that story a visual identity. For a small business owner trying to get noticed, that personal touch can make all the difference.

We are living in a time when technology is rapidly changing the creative industry. Artificial intelligence has introduced new tools and possibilities, and the conversation about what the future holds for artists and designers continues to grow. While these tools can serve a purpose, I believe there is something special about working with a real artist who listens to your ideas, understands your vision, and puts their own thought, experience, and creativity into the finished product. Drew brings that personal touch to his work. He maintains his artistic identity while continuing to study the great artists of the past and explore the possibilities of the future. He respects the foundation of art while remaining open to new techniques, technologies, and applications.

That balance is important. The industry may change, the tools may evolve, and the expectations may shift, but the ability to think creatively and communicate through art will always have value.

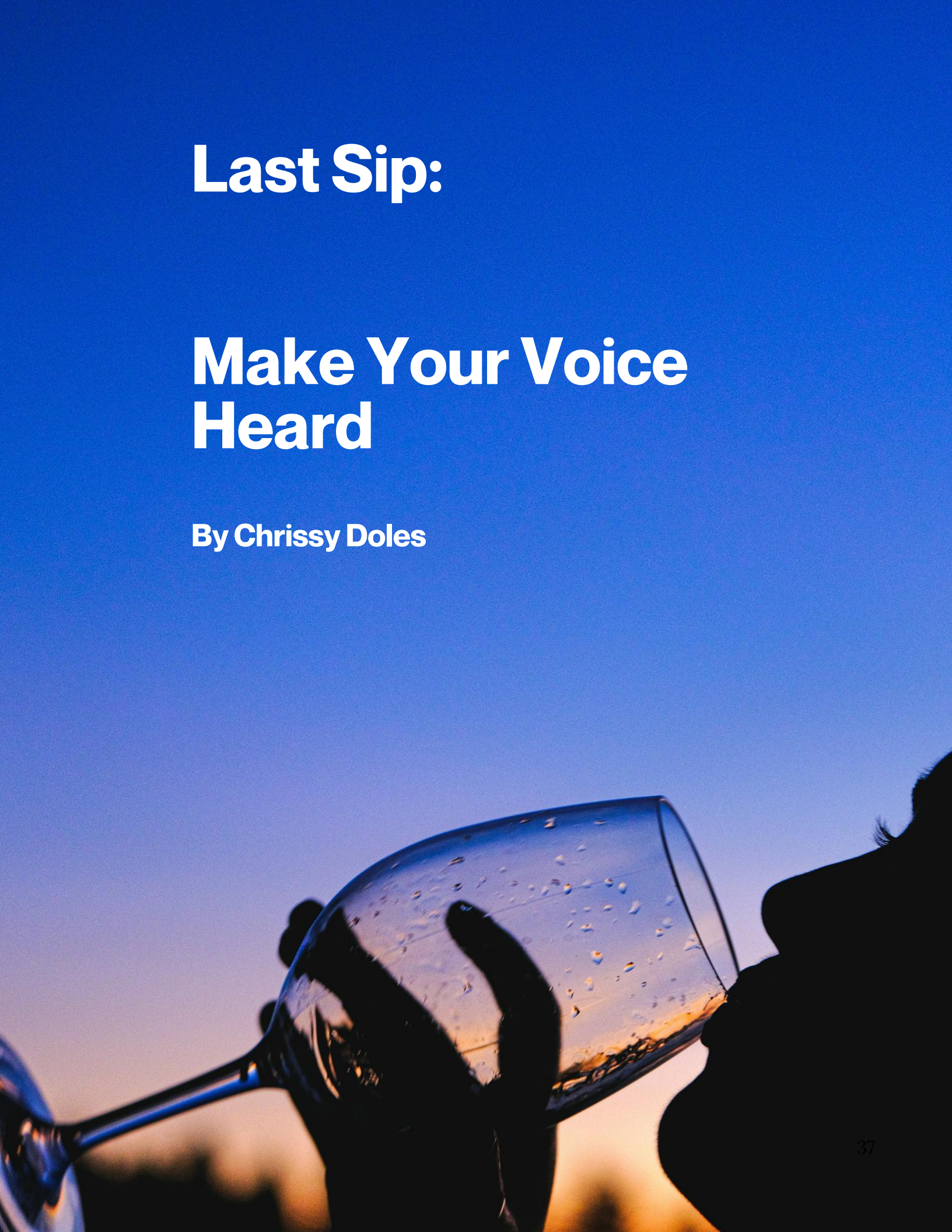
And that is exactly what I see in Drew.
As his sister, I have had the privilege of watching his journey from a little boy drawing characters and exploring his imagination to a professional artist helping bring an entire publication to life. I have seen the passion, the dedication, and the work that go into what he does. I have also seen how much more there is for him to accomplish. It is one thing to recognize talent in someone you admire, but it is another to watch that talent continue to develop over time. I am proud of the artist he has become, the work he produces, and the creative direction he brings to Wine, Wealth & Tea Magazine. This month, I want to take the time to honor and thank Drew Fleet for being a true artist who creates outside the box and reminds us that creativity has no limits. Drew, thank you for helping bring my vision to life, for the countless hours you put into this publication, and for sharing your gift with our readers. Your work does not go unnoticed, and I am excited to see where your talent takes you next.
And for our readers, if you have enjoyed this publication thus far, just imagine how far we have yet to go!

Connect With Drew Fleet
Drew Fleet is a freelance graphic designer and creative professional whose work extends beyond traditional design. Whether you are looking for illustration, graphic design, web design, or creative support to help bring your business vision to life, Drew is ready to put his artistic eye to work.
Interested in working with Drew? Reach out directly at **drewfleetart@gmail.com.**
Because sometimes, all a great idea needs is the right artist to bring it to life.
Keep Moving Forward!

Last Sip:

Make Your Voice Heard

By Chrissy Doles



LAST SIP

Your Vote, Your Voice, Your Future

What can I say? Right now, our country is spending on us in ways some of us never imagined. It is hard to believe that our votes are what the whole world is waiting on, but here we are. And this is exactly why we need to understand that our votes matter.
Voting is not just another line to stand in or another moment of your day wasted. It is a decision that could shape the next two years of our lives and beyond. It is about where we stand as a nation in wars that seem to have no end. It is about whether children will eat at school, whether a mother can receive the healthcare she needs to continue raising her children, and whether working families can afford to keep the lights on, put gas in the car, and food on the table.
Let's be honest. Voting has carried a complicated history in communities of color and among those who have been economically disadvantaged. For generations, access to the ballot has been challenged, and the voices of certain communities have been overlooked or deliberately suppressed. So I have to ask: How do we continue to cast votes when so many of the issues affecting our daily lives seem to fall by the wayside? How do we keep supporting systems when we are still waiting to see our interests represented?
I cannot tell anyone who to vote for, and I will never tell you what your priorities should be. But I will tell you this: Your voice matters, and this is not the time to sit quietly. Our children are watching us. They are looking to us for guidance, even when we don't realize it. What are we teaching them about responsibility, accountability, and standing up for what we believe in if we refuse to participate in the decisions that will shape their future?

Our faith has been used against us. Our cultural differences have been used to divide us. Meanwhile, many of us are simply trying to make it through the week. We want to afford the gas it takes to get to work. We want relief from being taxed on nearly everything while watching the wealthy and well-connected enjoy luxuries most of us can only dream about. We want accountability when lives are lost in our streets, including when government actions or decisions are involved. We want to know that the people making decisions about our lives understand what those decisions actually mean for the people living them.
Is that really too much to ask?

I think it's time we take a step back, take a breath, and look at the bigger picture. Beyond the political parties, the campaign promises, the social media arguments, and the noise, there are real people living with the consequences of these decisions every single day. And whether we agree on everything or not, we all have a stake in what happens next.

So, as we prepare to head to the polls this Tuesday, I ask you to take one last sip and really think about the box you choose to check. Think about your household, your community, your children, your future, and the issues that matter most to you. Do your research. Ask the hard questions. Look beyond the headlines and the campaign slogans. And when you make your decision, make sure your voice is heard.
Tuesday is the day. After that, we will see what comes next.

But one thing is certain: We cannot keep saying we want change while refusing to participate in the process that helps determine it.

Until then, stay vocal, stay informed, and keep moving forward.
Sip to that.

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NOVEMBER 3RD

Your vote is more than just a check mark — it's your power, your voice, and your future.

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Who will fight for your community.

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PROTECT YOUR RIGHTS
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Be prepared.
Be the change.



VOTE ON NOVEMBER 3RD

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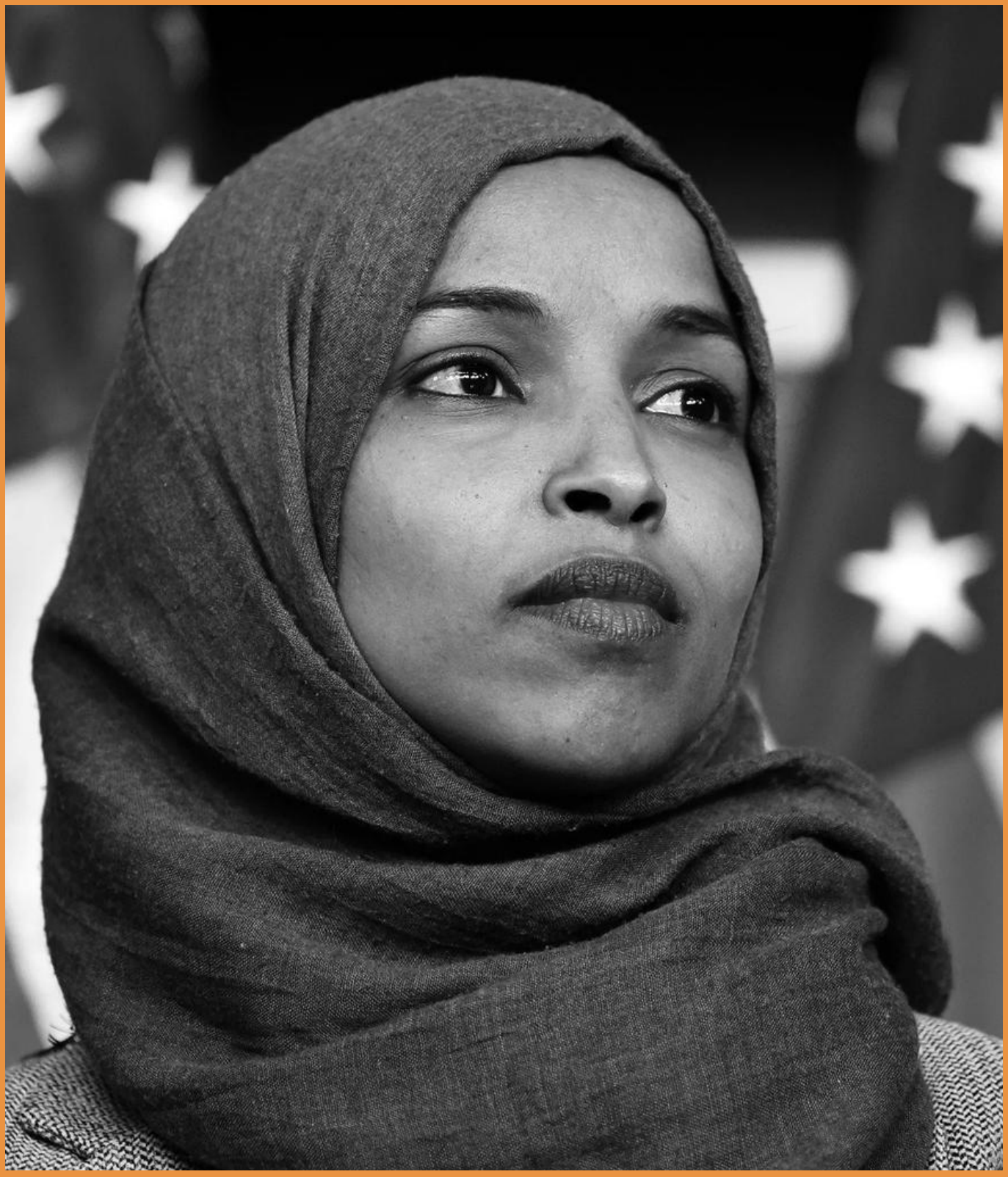


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