

PATHS TO WELLNESS

Tips for finding a better balance in your life, 1G



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TAPPING THE BRAKES



As thousands flock to Lake Norman's 'paradise,' current residents want to curb the rapid development **Page 4A**

KHADEJH NIKOUYEH knikouyeh@charlotteobserver.com / MELISSA MELVIN-RODRIGUEZ mrodriguez@charlotteobserver.com (inset)

A construction crew works on the East West Connector in Mooresville on Sept. 13. INSET: Laura Grasso poses for a portrait at the intersection of Williamson Road and Hwy 150, where congestion worsens with more development.

When Helene crippled NC's small mountain communities, neighbors became lifelines

BY JULIA COIN
jcoin@charlotteobserver.com

A week after Hurricane Helene brought once-in-a-century flooding to Appalachia, mountain folk pepper the cracked roads that few outsiders have navigated. They carry Pampers and Spam, water and protein bars they grabbed from the longstanding community centers — churches, fire departments, restaurants — that are now survival centers.

Disaster relief workers are in the

sludgy streets, too, looking down at their frozen phone screens. Maps don't load here. Cell towers are down or overwhelmed.

Two men wearing blue and red search and rescue shirts stop in front of mangled driveways to ask for directions. They're met with first names and a finger pointing down the road.

Jimmy, up on the mountain, might need some food.

Someone should probably check on

SEE NEIGHBORS, 13A



JULIA COIN jcoin@charlotteobserver.com

Logan Brown (not pictured) and his family narrowly escaped seven feet of mud through the back door of their Western North Carolina home on Sept. 27. A week later, they returned to salvage what they could.



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(Saturday night low and Sunday high)



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