



spring 2010

# ECA

## Board 2010

**Nancy Albert**

*newsletter*  
704 779 0932  
noalbert@carolina.rr.com

**Kara Gooding**

*cankerworm/trees*  
704 604 5660  
Kara\_gooding@hotmail.com

**Beth Haenni**

*social*  
704 332 7992  
beth.haenni@gmail.com

**Dana Inge**

*crime*  
704 968 3234  
kayak1010@hotmail.com

**Terry Lett**

*block captain/advertising*  
704 377 0052  
terryp.lett@gmail.com

**Amanda Loftus**

*race*  
704 608 9089  
aemloftus@yahoo.com

**Matt Nurkin**

*ECA president*  
704 617 8610  
mnurkin@cogdellspencer.com

**Maya Packard**

*social*  
704 334 2196  
mpackard@carolina.rr.com

**Ruffin Pearce**

*vice president*  
704 331 4989  
rpearce@wcsr.com

**Susan Plott**

*treasurer*  
704 575 2259  
splott@carolina.rr.com

**Todd Rubenson**

*secretary*  
704 386 4401  
todd.rubenson@bankofamerica.com

**Melanie Sizemore**

*zoning*  
704 335 0909  
msizemore@realindex.com

**Peter Tart**

*zoning*  
704 372 4147  
petart@carolina.rr.com

**Roxie Towns**

*zoning/beautification*  
704 342 1000

**Amy Williams**

*social*  
704 491 8240  
awill@catocorp.com



## JOIN THE ECA

You can tell how high a society is by how much of its garbage is recycled.

– Dhyani Ywahoo,  
Native American

Sometimes I feel discriminated against, but it does not make me angry. It merely astonishes me. How can any deny themselves the pleasure of my company? It's beyond me.

– Zora Neale Hurston



## A touch of home

letter from Lisa M. Breitenbach

Hello Ms Albert,

I am a long time Elizabeth neighborhood resident. I have been less than able to participate in Elizabeth Neighborhood activities because of deployments to Iraq. This is currently my fourth. My mother belongs to the ECA and sent me the Winter 09 issue. I wanted to let you know, first of all, how nice it is to have this touch of home, and secondly, how much I am enjoying the picture of the rose garden which was used for the centerfold. I have it hanging in my office.

Thank you so much.

Lisa

Lisa M Breitenbach  
COL MC  
Camp Victory, Iraq  
BH Consultant  
USF-I Psychiatric Consultant

## 2nd Annual Elizabeth Recycles Day

by Craig Miller

Last year's 1st Elizabeth Recycles Day was a great success, and many of you who stopped by asked if we would do it again. The answer is yes! The 2nd annual event will be held on Saturday, April 24th from 9-12 in the parking lot in upper Independence Park. The goal of the event is to make it easier for Elizabeth residents to recycle items that aren't picked up in municipal recycling bins, thus keeping those items from being thrown out or piling up at our homes. Items that you may bring include household hazardous waste (paint, pesticides, cleaners, solvents, fuel, antifreeze, etc. used oil, hangers (in good condition), electronic equipment (TVs, computers, DVD players, etc.), cell phones, compact fluorescent lights, eyeglasses. Also ink cartridges, plastic

# OK once again...

deadline summer 2010:

## May. 15th

### editorial content:

noalbert@carolina.rr.com

### advertising:

terryp.lett@gmail.com

### full page ad

size: 6.53" x 7.53"  
(1306 x 1506 pixels)

### half page ad

size: 6.53" x 3.715"  
(1306 x 743 pixels)

### quarter page ad

size: 3.205" x 3.715"  
(641 x 743 pixels)

### biz card ad

size: 3.205" x 1.8065"  
(641 x 361 pixels)

### classified ad

1 column wide, 4 lines deep  
with 1 line bold, 3 regular

specs: full size b&w jpeg or pdf,  
200 dpi, NO WORD DOCS!  
to shivita@mac.com

Ad placement is at  
the designer's  
discretion.



bottle caps, blankets and throws as well as arts & crafts supplies (fabric, yarn, buttons, magazines, etc.)

Many of the items will be brought to local businesses and organizations to be reused. Last year, cell phones went to the Cell Phones for Soldiers program, eyeglasses were given to the Lions Club to be re-distributed, arts and crafts supplies were given to a local art teacher, blankets were given to an animal rescue organization, and hangers were given to our neighborhood 2001 Cleaners. The remaining items were brought to a local recycling center. In all, over 4 pick-up truck loads of items were collected. That's a whole lot of stuff diverted from our local landfill!

To help out with this event, please contact Craig Miller at (704) 351-5472. Volunteers will be needed to help collect and sort items, load items on trucks and to deliver items to various destinations. Anyone who has a truck or cargo van that can help out would be greatly appreciated.

.....  
[www.visibletrash.net](http://www.visibletrash.net)  
.....

**Elizabeth and Vine**  
*letter from Mark Leonard*

---

Nancy:

Greetings and kudos for your outstanding work with

the Elizabeth Community newsletter. This is a letter I've been meaning to write for some time, as I have an intriguing community offer.

What I have to discuss is inspired by page 14 of the winter edition. The tree that fell upon the Greenway Avenue home is one I'd often contemplated addressing in much the manner I'm about to propose. I could foresee that inevitable distress was about to manifest were not prompt action taken.

I am a frequent walker throughout our neighborhoods – perhaps you've even seen me, as I tend to keep to the street itself – and one who much appreciates the tree canopy that is so a part of our Elizabeth existences. It is one of our valued treasures.

What I've also noticed is how commonly our trees are left to fend for themselves against the encroaching death posed by strangling vines. These very vines undermined the health of the tree that collapsed that Greenway home.

I hasten to add I am not a professional landscaper nor a contractor of any sort. In fact, I am a longtime high school English teacher who is presently unemployed. But I am eager to invest my time and energies in assuring no more of our trees fall victim to the vines.

I'd like to make myself available to any and all who have vine-endangered trees in their yards, as it is not a difficult task to sever those vines from their origins. I am willing to perform this service for whatever the homeowner thinks fair, be it



photo: Nancy Albert

barter, baked goods, cooking, cash installments, whatever. I'm primarily motivated by the threat these vines pose and would, frankly, go happily about attending to them were it not trespassing to do so.

These vines not only damage the trees, but also brick homes, as they can destroy the mortar bonding the construction. This is precisely the time of year to get after the vines, since they are most evident with leaves absent.

Clipping the vines does not guarantee they will not return, but the operation I'd perform would allow the homeowner to attain a handle upon the situation, where after maintenance should be simple. And the homeowners should similarly not expect that the vines will be entirely removed from their trees, as they would wither and die over time.

I am a responsible and concerned neighbor; I have the time, skills, energy, inclination, the appetite for working outdoors and a commitment to my surroundings. Perhaps I will make some friends, affordably help my neighbors, constructively fill my days and possibly defray some unavoidable living expenses, while preserving the health of our marvelous trees.

Wishing the best for you, yours and all things Elizabeth, I am...

Mark Leonard

## Countdown to the 2010 Elizabeth 8K

by Amanda Loftus

The 2010 Elizabeth 8K Presented by Presbyterian Orthopaedic Hospital will hit the streets on Saturday, April 17. We are very proud to host Charlotte's oldest 8K road race, and this year marks its 24th edition. Runners and walkers are delighted year after year with the scenic course through the Elizabeth neighborhood as well as the hospitality of our community. Proceeds from the race benefit the beautification of our common areas and the replenishment of trees, and this is one of our neighborhood's largest annual fundraisers.

We are counting on strong participation from our Elizabeth neighbors to make this year a success. The event has something for everyone – an 8K timed race for the competitive sorts, a 3K untimed run/walk for the casual participants, and the Liz Kids' Fun Run for the little ones who don't want to miss out on the action.

The fun begins at 8:00 am at the Hawthorne Recreation Center at 300 Hawthorne Lane. Post-race refreshments, awards, and Elizabeth's own Elvis will all lend to the festive atmosphere of the morning. In addition, this year's post-race activities will include live music from Chris English and the North Americans, adult yoga sessions



led by 8th Street Studio, kid's yoga led by Launch Your Kid, chair massage by Breathe Organic Massage, and beer – for the adults, of course!

Be in prime racing form by fueling up at Nothing But Noodles, our race meal headquarters. Show your bib number or registration confirmation and receive 25% off your entire purchase. Discount is valid April 11 – 17 and cannot be combined with another offer.

To register for the race, please use the flyer enclosed in your newsletter or visit [www.elizabeth8k.com](http://www.elizabeth8k.com). In-person registration is available on Thursday, April 15 and Friday, April 16 from 12:00 – 6:30 pm at Charlotte Running Company on East Boulevard and on race day from 6:45 – 7:45 am (cash or check only, please).

If running or walking isn't your thing, please come out and stand along the course route to cheer on your neighbors and show the participants Elizabeth's true community

spirit. The course map can be found on the event website. We also need many volunteers on race day. Please e-mail Cheryl Brown at [cbrinker\\_7@hotmail.com](mailto:cbrinker_7@hotmail.com) or download the volunteer sign-up form from the Contact Us page of [www.elizabeth8k.com](http://www.elizabeth8k.com) if you can assist.

The race is grateful to presenting sponsor Presbyterian Orthopaedic Hospital and core sponsors Fitness Together, Hawthorne's Pizza, Loco Lime, and Nothing But Noodles.

Mark your calendars for April 17, and come be a part of our annual tradition!

## **Easter Eggs A Go-Go**

*by Shelley Misiaveg*

It's that time of year again! The annual Elizabeth Mad Hatter Easter Egg Hunt will be on March 27, 2010 at 10:30am in Upper Independence Park.

The rain date is March 28, 2010 at 3:30 pm. Please join us for this fun event and be sure to wear your hats and bring your Easter basket along! This year we'll be hosting a pet food drive, so please bring pet food along with you to the hunt. If you're interested in volunteering, please contact Shelley Misiaveg ([spanglershelley@hotmail.com](mailto:spanglershelley@hotmail.com)). For any questions with the pet food drive please contact Barbie ([leachb@carolina.rr.com](mailto:leachb@carolina.rr.com)). Hope to see you there!

## **Yard Yak: guerilla gardening in Elizabeth**

*by Kay Minor a.k.a. Gardenbelle*

Sometime in the Fall of 2000, I planted a pittosporum in my neighbors' backyard. No one lived there, as the house was for sale, but my shady lot was full and I hadn't the sunlight to support such a shrub. It thrived. Sneaking over to water wasn't necessary: the hose cleared the fence. My hope was to inspire future owners.

Following a rumored bidding war, new owners did move in. A large concrete pad was installed next to the new pittosporum, along with matching chain link fence and dog igloo. Soon after, 12 cases of Tab were delivered onto

the sweet front porch. In short order, my new neighbor was convinced that my husband had attention deficit, and insisted I take her forthcoming booklet-plus-free video on said subject. Alas, she moved away too. By this time, a lacy evergreen screen seemed a good idea.

So as the locks were changed between residents, opportunity did knock. Again, I did the sneaky thing and planted a pink fall blooming camellia sasanqua along their fence line.

The upwardly mobile couple who moved in next were equally disinterested in gardening. Lightening struck the 100-year-old tulip poplar in their backyard and over the three years following I watched in slow



photo: Nancy Albert

motion horror as it died. Worse still was how unconcerned my neighbors were. A few consults with tree experts, words like hazardous and one threatened registered letter later, the dead tree was removed.

Grief aside, sunshine reigned. The pittosporum reached for the sky, the pink camellia sasanqua bloomed.

Moving along, literally, home owners number 4 were by far the easiest on the eye. Architect and Interior Designer, a match made in bungalow heaven. Fresh paint inside and out, plus a custom screen door improved their love nest. The garden languished.

One afternoon, I spied an older fellow spraying the front lawn. Tea in hand, I moseyed over to introduce myself. He beamed like an infomercial – holding a large yellow can of “WEED KILLER” (in bold red letters). My attention was focused on the less bold letters underneath which read in black “DO NOT USE ON LAWNS”. He had just sterilized his son’s front lawn for a year.

Frantic calls ensued. Charcoal was spread. The best course of action was to replace the entire front lawn with new soil. Sidewalks buckled under the weight of removing tainted soil – and sidewalks re-poured the next week. Fresh soil to 8 inches covered every square inch. Grass grew as embarrassment faded.

The happy couple became pregnant and found the modern house of their dreams. Two owners later, I was blessed with the neighbor of my dreams, a smart and funny landscape architect. Our gardens merge like a set of bookends, property lines blurred. Now a small tree, the pittosporum blooms every summer, towering well above the wooden fence, it’s orange blossom fragrance wafting towards our backyard.

### **Why participate in the 2010 census?**

*by Melanie Sizemore*

In March, the U.S. Census Bureau will mail 2010 Census questionnaires to households throughout the nation. The census is a count of everyone living in the United States and, since 1790, has been conducted every 10 years.

The 2010 Census forms are the shortest in history and only have 10 easy questions. The census form asks general questions about each household. Where you reside on April 1, 2010 is where you need to be counted. You can view the census form online at [2010.census.gov](http://2010.census.gov) or at [charmack.org/census](http://charmack.org/census). Your responses are protected by law (Title 13, U.S. Code) and the Census Bureau cannot share answers with anyone or any other government agency including the IRS, FBI, ICE or CIA.

Filling out and mailing back

your census form is one of the easiest ways you can help improve the quality of life in your community. As a result of the 2000 Census, North Carolina gained a seat in the House of Representatives. An accurate census response rate not only increases the chances of better representation, but it also affects how more than \$400 billion each year in federal and state funding will be allocated to communities - that adds up to more than \$4 trillion over a 10-year period.

In the 2000 Census, Mecklenburg County had a return rate of only 68 percent. In 2010, we’re hoping that every resident fills out and returns their census forms, because if you live here, you count! You can visit the web site [charmack.org/census](http://charmack.org/census) for more information about the 2010 Census, including resources outlining what is at stake for our community and how you can get involved with local efforts.

If the 2010 Census questionnaires are not mailed back by April 1, a census taker will follow-up in person. Don’t be alarmed if you see a census taker in your neighborhood. Census takers are people from your community who have been hired by the Census Bureau to make sure your neighborhood is represented as accurately as possible. A census taker’s primary responsibility is to collect census information

from residences that didn't mail back the 2010 Census questionnaire. They will be visiting households and neighborhoods from April through July 2010.

**A census taker:**

- Will only ask questions that appear on the census form.
- Will have an official government ID badge marked with their name.
- May carry a binder containing the addresses that didn't mail back a completed census form.
- Will leave a door hanger for residents if they are not at home when he or she visits.

**A census taker will not:**

- Ask for your social security number.
- Ask to enter your home.
- Visit your home before April or after July 2010.

**If a census taker visits you, here's what you should do:**

- Ask to see their ID. All census workers carry official government badges marked with their name.
- Remember: a census taker will never ask to enter your home.
- Call the Charlotte Region Census Center (704-936-5300) to confirm they are employed by the Census Bureau.
- Answer the census form questions for your entire household.

**Avon Walk for Breast Cancer**

*by Caitlen Nellis*

Join us at an upcoming introduction meetings and learn everything you need to know about the Avon Walk for Breast Cancer. Please RSVP for a meeting by emailing [info.charlotte@avonwalk.org](mailto:info.charlotte@avonwalk.org) or call 704.377.3144. For more information please go to [www.avonwalk.org/charlotte](http://www.avonwalk.org/charlotte).

**Adopting a pet**

*by Frances D'Amato*

Most of us know the joy a pet may bring to a home, but few of us realize the responsibility and the long-term commitment. When considering adoption both are important. A pet becomes a member of the family and reflects the health of the family members. Pets comfort children after

classmates have been unkind. They also support adults through illnesses and other hard times. So when a pet dies, we mourn.

After a bit, the morning turns to longing for another cuddly furry companion. For me this took place in October of last year. My Siamese cat Elizabeth died on August first and after missing her I decided it was time to look for another cat.

I called Dr. Marty Davis at Monroe Road Animal Hospital, to ask if she had any kittens she was holding for adoption. She said yes, she had ten.

My sister and I went to look. There was a big Bengal cat, 2 black cats, 2 tabbies that were brother and sister, three male siblings one was an orange tabby and two calicos.

Sir Purr, a longhaired black cat,



photo by Frances D'Amato

rested along the side of the door not too interested in the frenzy that surrounded us. The Bengal cat was majestic but I felt he might be too big a cat for me. Then I spotted the tiniest of all the kittens, She was grey and had black tiger stripes with a white underbelly and paws. She came near and I scooped her up. She immediately purred and as I looked at all the cats, I noticed a tabby with white underside that I found out was her brother. I was tempted to take both but knew I'd be a better mom to one cat in my small place with my limited amount of time.

When I went to sign the adoption papers I found out Jeselle was born on August first, Elizabeth's death date. I knew she was right for me and she had been a joy.

Adopting dogs is an experience that two of my friends have had. Both had an older dog and wanted a younger one so they sought out the websites for their breeds and found perfect second dogs.

We are lucky to have the Humane Society website, [www.humanesocietyofcharlotte.org](http://www.humanesocietyofcharlotte.org), where you can survey the animals available before even going to the shelter. As spring approaches and nature offers an opportunity for rebirth, do consider adopting a pet that will provide unconditional love for many years.

## **The mosquito invasion of 2010 – what you need to know, what you can do**

*by Thomas Fenig*

One the few things the current economic climate has not impacted is the proliferation of bothersome and potentially dangerous mosquitoes.

The mosquito challenge is magnified because more people are spending quality time at home. North Carolina – with our beautiful trees and lush landscaping – is the perfect outdoor setting except for one big challenge: mosquitoes – lots of them! In fact with the record rainfall of 2009, mosquitoes will definitely be far more active in 2010 than in years past.

### **Mosquitoes 101**

Mosquito is Spanish for “little fly.” There are 160 types of mosquitoes in North America and over 2,700 species world wide. Some species some are more active at dawn or dusk while others feed all day long.

Only female mosquitoes bite. They extract blood from their host (people, pets, birds, etc.) to facilitate reproduction. The itch is caused by an anti-coagulant injected with each bite.

Mosquitoes must feed on plants to gather sugar for survival.

The CDC-Center for Disease Control-reports that 1% of mosquitoes transmits the West Nile virus. While most people have little to no symptoms,

others become extremely ill.

Heartworm disease is transmitted by mosquitoes and if not treated early, it can be fatal to dogs and, in rare instances, cats as well.

Fidgety people, females, those with blond hair and those who wear dark clothing are more attractive to mosquitoes.

Mosquito eggs can remain dormant for years and will develop once water is introduced.

### **Steps You Can Take**

1. Clean your gutters – with our heavy tree cover, gutters collect debris often resulting in standing water, creating the perfect mosquito setting. Tyler Kirk, owner of local window and gutter cleaning company Labor Panes sums it up best: “Gutters are easy to forget about because unless you go outside during a down pour you won't know they are clogged. It's best to clean gutters twice yearly so they drain properly.”

2. Eliminate standing water anywhere on your property. This includes low areas – even those you cannot easily see such as under a deck or porch.

3. Clean up you yard of any yard debris including broken branches, leaves and plant clippings to name a few examples. Toys, tires, plant pots – anything that can collect water should be covered or stored inside.

4. Your bird bath may be your mosquito's best friend so drain and refill weekly.

5. Don't over-irrigate – especially in natural areas. Ben Whitehouse of Whitehouse Landscaping, who operates a full service landscape company, suggests only weekly watering of established natural areas in the summer.

*Thomas Fenig is with Mosquito Squad (www.MosquitoSquad.com), a mosquito management company serving Charlotte, Chapel Hill and Durham. He is a licensed mosquito control specialist and is also certified in Public Health by the state of North Carolina.*



### **Wednesday worship and lunch series**

*by Lawrence David Sander, J.D.*

*"I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God's holy Word."*

*—The Book of Common Prayer, Episcopal Church, p. 265 (1979)*

Prepare for Easter with our Elizabeth neighbors by

attending one or more of the Elizabeth Communities of Faith programs. Each Wednesday at 12 pm, an ecumenical worship service will be followed, at 12:40 pm, by an optional \$5 lunch of soup from neighborhood restaurants, with all proceeds benefitting Friendship Trays and the Community Culinary School of Charlotte.

This year's venue is Caldwell Memorial Presbyterian Church, 1609 E. 5th Street, next to Elizabeth Traditional Elementary. Free parking is available behind the church on Park Dr., as well as the lot across from the front of the church on E. 5th St.

### **March 3**

Hawthorne Lane United Methodist Church and Rev. Andrew Brown will lead the service, Anderson's will provide a vegetarian soup.

### **March 10**

Presbyterian Healthcare Chaplaincy Services and Chaplain Darryl Jefferson will lead the service, Crisp will provide the soup.

### **March 17 (St. Patrick's Day)**

St. John's Baptist Church (Cooperative Baptist Fellowship) will lead the service, Carpe Diem will provide the soup.

### **March 24**

St. Martin's Episcopal Church and Rev. Sally Brower, Ph.D., will lead the service,

Community Culinary School of Charlotte will provide a vegetarian soup.

### **March 31 (during Holy Week and Passover)**

Caldwell Memorial Presbyterian Church and Veronica Rogers, Intern in Ministry, will lead the service, Common House will provide the soup.

Friendship Trays provides meals on wheels in Mecklenburg County. Community Culinary School of Charlotte, Inc., is a private, not-for-profit organization that provides training and job search assistance in the food service industry for people who are chronically unemployed or underemployed. Students from the culinary school will help serve the lunches.

### **Sensoria at CPCC**

*by Lorraine Blahnik*

What started out as ArtsFest at CPCC in 2007 has evolved into Sensoria, a celebration of the arts.

During this week-long event your senses will be heightened as we bring the very best in literature, music, visual arts, history, culture (and food!) to Central Piedmont Community College's beautiful Central Campus.

Join arts enthusiasts from across the region and discover the very essence of the Sensoria experience – cultural enrichment and community

engagement. Throughout the week you'll learn more about CPCC's outstanding programs, meet artists and scholars, and find value in the works of our artisans and exhibitors.

The event culminates with the celebration's signature event, Sensoria Saturday, on April 17. This special all-day event promises something for everyone, including fantastic fare from some of the city's finest local restaurants, live concerts, hands-on art activities for the kids and more. Don't miss what is becoming one of Charlotte's finest celebrations of the arts: Sensoria.

We're proud to announce that this year we'll be partnering with Charlotte Clean & Green for a day of fun.

**Sharon Dowell**  
by *Center of the Earth*

# CTE GALLERY

Sharon Dowell is interested in the documentation of memory and place and strives to find beauty in often overlooked structures and spaces. She incorporates the energy, the tension, and the emotions felt in the environment, from that instant when her feet were planted on the street, in a field, or on the edge of a balcony.

At times, commentaries on the changing environment and political or social references surface in the work.

Passing by the Elizabeth water tower on a regular basis, Sharon was captivated with the filtering of light through the trees underneath the structure. Water towers tend to be thought of as eyesores, but they are structures that often evoke nostalgia. Since exhibiting the

Her work is included in the collections of the Ritz Carlton-Charlotte, The Federal Reserve Bank, Renaissance Hotel-DC, Fidelity Investments, and Duke Energy, among others.

In 2009, she created a mural on Central Avenue through the Arts and Science Council and is currently working on public art for the Charlotte CATS Transit Blue Line light rail extension. She was also awarded



painting at Center of the Earth, countless viewers have shared their childhood stories about the water tower and the history of the Elizabeth neighborhood with Sharon.

Dowell has exhibited nationally, including Christies New York, The Society of Illustrators Museum, Duke University, and The Tampa Museum of Art.

an NES Artist Residency in Skagastrond, Iceland for the summer of 2010. Dowell graduated with a BFA degree from UNC Charlotte.

[www.centeroftheearth.com](http://www.centeroftheearth.com)

[www.sharondowell.com](http://www.sharondowell.com)

[www.weirdcharlotte.com/sharondowell.html](http://www.weirdcharlotte.com/sharondowell.html)

## Spring shopping

by Nikki Sawyer Moore

As I write this, it is hard to believe that spring will be here soon. Frigid nights and cold, windy days have me thinking that my winter hibernation will never end. I find myself watching the ground for the first green of tulips, praying for warmer temperatures, and eagerly awaiting the return of the farmers' markets to Charlotte.

To be fair, many of the farmers' markets in Charlotte are now open year round albeit on a slightly less regular schedule. Unfortunately, I don't find winter produce, like kale and collards, to be quite as enticing as the harvest of spring and summer. Plump blueberries, sticky okra, and brilliant red tomatoes make my mouth water just thinking about them and nothing compares to the bounty of the markets during the spring and summer months.

Living in Elizabeth, we are fortunate to be surrounded by some of Charlotte's best farmers' markets. They offer delicious produce at great prices and give us the opportunity to meet the people who grow our food and interact with our neighbors. The markets are also family-friendly and I promise that the possibility of your child eating his green beans is much higher if he actually picked them out!

So get out your shopping bags and circle Saturday, April 3rd on your calendar. It marks the start of the outdoor shopping season here in Charlotte and with this list of conveniently located markets you'll have a house full of fresh produce in no time. Happy shopping!

### **Kings Road Farmers' Market**

938 South Kings (S. Kings Dr. and E. Morehead Street)

Tuesdays and Fridays 6 am to 6 pm, Sat. 7 am to 3 pm.

While not all the fruits and vegetables sold at the Kings Road Farmers' Market are locally produced, this local market is always busy and offers a large variety of fruits and vegetables, as well as seafood, baked goods, and plants.

### **Center City Green Market**

The Square on the corner of Trade and Tryon

Tuesday – Friday 10 am to 4 pm, Saturdays 8 am to 1 pm.

For those working uptown, this market is as convenient as it gets. Previously located across from Reid's on 7th Street, this market moved to its new location last year and expanded its hours from one day a week to five.

### **Charlotte Tailgate Market**

The Charlotte Tailgate Market is local growers only and is open on Tuesday evenings from 4 pm to 7 pm, and

Saturday mornings 9 am to 1 pm. Located at 100 West Park Avenue (the corner of Camden Road and West Park Avenue) in Historic South End.

[www.charlottetailgatemarket.com](http://www.charlottetailgatemarket.com)

### **Matthews Community Farmers' Market**

188 North Trade Street, Matthews, NC 28105

Saturdays 7:15 am to noon

[www.matthewsfarmersmarket.com](http://www.matthewsfarmersmarket.com)

Yes, this market requires a bit of a drive, but it's worth the trip. The Matthews market is the largest producers-only farmers' market in Mecklenburg County and features cooking demonstrations from local chefs as well as fresh produce, baked goods, meats, and cheeses.

And if vegetables aren't your thing, check out the Common Market Meat Club. Grateful Growers sells their pasture-raised pork as well as beef from Gilcrest Natural Farm via email with pick-up taking place at the Common Market (2007 Commonwealth Ave). Simply email your order to Grateful Growers by noon on Saturday for pick-up at the Common Market from 5 pm Wednesday to noon on Friday. For more details, go to [www.ggfarm.com/our-amazing-products/food-buying-clubs/](http://www.ggfarm.com/our-amazing-products/food-buying-clubs/).

.....  
[www.commonmarketisgood.com](http://www.commonmarketisgood.com)  
.....

Central Piedmont Community College presents  
**SENSORIA**



a celebration of the arts

2010

*save the date*  
*April 12 - 17*

Join Central Piedmont Community College for a week-long celebration of the arts.



*music*



*culture*



*history*



*literature*



*visual arts*

For up-to-date information, visit <http://sensoria.cpc.edu>.

Georges Bizet  
**Carmen**  
Seduction can be deadly



Starring Denyce Graves as Carmen (photo courtesy of Washington National Opera)

Single Tickets starting at \$16. Call 704.372.1000  
Special Group Rates: 704.332.7177 x 209

**BELK THEATER**

**March 13, 2010** | Saturday - 8pm

**March 14, 2010** | Sunday - 2pm

**March 18, 2010** | Thursday - 7:30pm

**March 20, 2010** | Saturday - 8pm

Presenting Sponsor: Time Warner Cable



**OPERA  
CAROLINA**  
operacarolina.org

WWW.CMC-MERCY.ORG



## CMC-Mercy Seminar Series

You are invited to attend our free wellness seminars in the CMC-Mercy auditorium, located at 2001 Vail Ave. A light dinner will be served at 6 p.m. Lectures begin at 6:30 p.m. To register for these events, please call 704-512-3820.

**Tuesday, March 9 – *Vitamins and Supplements***

CMC pharmacist Kim DeRhodes, RPh, discusses the truth about vitamins and supplements and how to determine which ones are right for you.

**Tuesday, March 30 – *Women and Sleep Disorders***

Urvi Desai, MD, from Carolinas Sleep Services discusses common disorders such as sleep apnea and insomnia. Learn what treatments are available to help you get a better night's sleep.

**Tuesday, April 13 – *Memory Loss and Aging***

Darlyne Menscer, MD, from the Department of Family Medicine discusses what every adult over 55 needs to know about memory loss. Learn about prevention and how to recognize memory loss in relatives.

**Tuesday, May 11 – *Wound Care and Hyperbaric Management***

Rick Zollinger, MD, FACS, from Carolinas Wound Care Center discusses the basics of good wound care, who would be a good candidate and the benefits of hyperbaric management.



Carolinas Medical Center  
Mercy

*Uncompromising Excellence. Commitment to Care.*



## James Young CPA, PLLC

2600-F  
Central Avenue  
(at the corner of  
Morningside)

p 704.370.2780

f 704.370.0531

jamesyoungcpa@  
man.com

Website:  
www.1040.com/  
jyoungcpa

Facebook:  
James Young CPA  
PLLC

Come see us —  
we're in the neighborhood.

We'll prepare your individual or  
business tax returns and help you  
with your future tax planning.  
Come into our office, or prepare  
your taxes on our Website at  
[www.1040.com/jyoungcpa](http://www.1040.com/jyoungcpa).

**Where It All Adds Up.**



*Fast, Friendly and Courteous Service*

# Sir Speedy

PRINTING • COPYING • DIGITAL NETWORK

Printing • Typesetting • High Speed Copying  
• Self Service Copiers • Binding • Notary  
Public • Invitations • Laminating • Resumes  
• Business Cards • Full Color Copies •  
Pads • Rubber Stamps • Transparencies •  
Carbonless Forms • Labels • Fax Services  
• Wedding Programs • Door Hangers •  
Much Much More!

**301 North Caswell Road**

*(Corner of 5th Street- Across from Mercy and Presbyterian Hospitals)*

**(704) 375-8349 / FAX (704) 342-1066**

[ss7533@earthlink.net](mailto:ss7533@earthlink.net)

*Monday-Friday 8:30 - 5:30*

## MOSQUITOSQUAD®

*the mosquito eliminator*

- Special Event Sprays
- Seasonal Barrier Spray Program
- Automatic Mistng Systems
- Free Estimates

### 704.821.0805

[MosquitoSquad.com](http://MosquitoSquad.com)

**NO BUGS. NO BITES. NO KIDDING.**



# WE ARE NOT A GIMMICK.

PRIVATE TRAINING GETS  
RESULTS. GIMMICKS DON'T.

That's why there's Fitness Together. Here, you'll get a workout designed for you and you alone. You'll get a certified personal trainer who will push you just hard enough to get the results you've been looking for. And you'll do it all in the privacy of our studio. At Fitness Together, we are about one client, one trainer and one goal.

We are certainly not a gimmick and we think it's time you found out why.

[www.fitnessstogethercharlotte.com](http://www.fitnessstogethercharlotte.com)



One personal  
training session

**FREE**

Offer expires June 30, 2019  
New Clients Only

1318 Central Ave  
Suite E2  
Charlotte, NC  
28205

Call  
**704.333.2999**  
to get started.



Client 1 Trainer 1 Goal

ASK ABOUT OUR SENIOR DISCOUNTS!

### 417 N Laurel Avenue

\$ 390,000  
2 bedrooms/2 baths



This is one fabulous house, inside and out! Renovated with craftsmanship style and flair. Charming, livable, open floor plan. Arts and Crafts touches. Gunite sink, zodiac counter tops, oversized slate & tumbled marble shower, jotted tub, large laundry/mudroom. Complete renovation in 2008. Beautiful finishes.

### 1507 E 8th Street

\$305,000  
2 bedrooms/1 bath



Adorable bungalow sits up from beautiful 8th Street. Overlook tree lined street while you relax on the porch swing. Living area features original hardwood floors, brick surround fireplace, and two sets of French doors onto wrap around porch. Updated kitchen with white cabinets. Low maintenance yard. Close to uptown. Great condo alternative! Walk to amenities on 7th and Elizabeth Avenue.

### 542 Lamar Avenue

\$950,000  
5bedrooms/4 baths



Dynamite 5 bedroom in walkable Elizabeth. All the bells and whistles; gracious formal areas, open den and kitchen with easy access to fenced yard. Large upstairs den. Light and bright, beautiful landscaping, double garage. A joy for living and entertaining.



ROXIE TOWNS  
REALTOR®/BROKER  
JANE TOWNS  
REALTOR®/BROKER  
ROXIE CELL:  
704.608.3212  
JANE CELL  
704.651.8400

DICKENS  
ASSOCIATES  
MITCHENER



1427 East 10th Street  
Charlotte, NC 28204  
704-347-2626

Visit our website to view our menu.  
[www.intermezzopizzeria.com](http://www.intermezzopizzeria.com)

**\$3.00 OFF**  
**Any 16" Pizza**  
(Take-out Only)

INTERMEZZO PIZZERIA & CAFÉ  
1427 East 10th Street  
Charlotte, NC 28204  
704-347-2626  
[www.intermezzopizzeria.com](http://www.intermezzopizzeria.com)

Please present coupon at time of purchase.

[www.cmc-mercy.org](http://www.cmc-mercy.org)



## Recognized by J.D. Power and Associates for Excellence in Emergency Service

For a third consecutive year, Carolinas Medical Center-Mercy was recognized by J.D. Power and Associates for providing an "Outstanding Patient Experience" in emergency services. Our uncompromising excellence and commitment to care give you more of everything. It's who we are at CMC-Mercy.



*"Outstanding Patient Experience"*



Carolinas Medical Center  
Mercy

*Uncompromising Excellence. Commitment to Care.*

2001 Vail Ave. • Charlotte, NC 28207  
704-304-5000

# H&S ROOFING COMPANY

*Put Our 70 Years Of Experience On Your Roof!*



**Experts in all types of roofing:  
Shingles, Slate, Tile & Cedar**

Roofing Repairs • Carpentry Repairs • Seamless Gutters  
Gutter Covers • Commercial Flat & Low Slope Roof Systems



**Ask about our Lifetime Labor Warranty**  
(704) 334-9934 • [www.hsroofing.com](http://www.hsroofing.com)

**70**  
YEARS  
1939-2009

**FREE Roof Evaluation for Repair or Replacement. (Normally a \$55 fee)**

**TWO GREAT  
HOMES,  
TWO GREAT  
PRICES!**

*Your neighborhood realtor*



**DIANA WATSON**  
NC/SC BROKER, CRS, GRI  
(704) 996-9776  
[dwatson@helenadamsrealty.com](mailto:dwatson@helenadamsrealty.com)  
[DianaSellsCharlotte.com](http://DianaSellsCharlotte.com)



**2333 KENMORE AVE.**  
Offered at \$450,000



**2409 KENMORE AVE.**  
Offered at \$520,000

**HELEN  
ADAMS  
REALTY**

HELLENADAMSREALTY.COM 2301 RANDOLPH RD., CHARLOTTE, NC 28207 (704) 375-8398

# TIMBERLINE Homes

We are a custom home builder based in the Elizabeth area.

Our projects utilize sustainable building practices and place an emphasis on benefiting the homeowner and the neighborhood in the long run.

Give us a call if you are thinking about building a new home or renovating your existing place.

**704.634.7862**

[TimberlineHomesofNC.com](http://TimberlineHomesofNC.com)

## FINE LANDSCAPE PLANNING & GARDEN DESIGN

Residential  
Estate



**Solow  
Design  
Group, Inc.**

Rick Solow, ASLA  
2008 Chesterfield Avenue  
Charlotte, North Carolina 28205  
[solowdesigngroup@hotmail.com](mailto:solowdesigngroup@hotmail.com)  
**704.334.2986**

## *clean carpet is just the beginning*

it's also about creating a healthy environment for your family

The green option - The new option

For a free estimate, call 704.846.0888.  
Newsletter special: Clean two upholstered  
pieces or Oriental rugs and the 3rd is 50% off.\*  
[www.TheCleanerPerspective.com](http://www.TheCleanerPerspective.com)

 **the cleaner  
PERSPECTIVE™**

your specialist for cleaning and  
restoring fine carpets, upholstery,  
and oriental rugs





## Relief is around the corner at your neighborhood Porch Swing Spa

- **Infrared Saunas** - Reduce inflammation, improve circulation, cleanse and detoxify or jump-start your metabolism
- **Massage** - Thai, Swedish, neuromuscular, or deep tissue massage, and reflexology releases. Featuring Frank Miller (LMBT #5514), 2009 BSB Award winner for certified Thai massage.

Porch Swing Spa | 2030 East 7th St. | Charlotte, NC 28204 | 704-376-8811

[www.ThePorchSwingSpa.com](http://www.ThePorchSwingSpa.com)

8th Street Studio is blooming with  
opportunities for you to  
grow this Spring.



Bring in this ad for  
\$5 off a single Yoga  
or Pilates class or  
\$10 off a series.  
Offer valid through  
August 1st.

8<sup>th</sup> Street Studio  
Yoga Center Pilates

1948 East 8th St.  
Charlotte, NC 28204  
(704) 373-4289  
[www.8thstreetstudio.com](http://www.8thstreetstudio.com)

**Foxcroft East**  
Racquet & Swim Club

"Home of the Gators"



Year-round tennis  
programs for all ages and  
abilities.

Competitive, recreational  
youth swim and dive  
teams. Our 2009 Gators  
swim team was League  
Division III and All-Star  
Champion!

6 lane 25 meter swimming  
pool with diving well,  
Blue Monster slide and  
roped shallow area for  
beginner swimmers.  
Separate wading pool  
with water feature for the  
little ones.

Social programs, camps  
and members-only events.

Convenient South Park  
location in walking  
distance of shops,  
restaurants and services.

Come join other  
Elizabeth neighbors in  
our welcoming family  
atmosphere!

**Early-bird special:  
no waitlist fee  
if you join by  
March 31, 2010**

[www.feresc.com](http://www.feresc.com)

704 366 0116 - 7701 Fairview Road - [membership@feresc.org](mailto:membership@feresc.org)

Charlotte, NC  
**Charlotte Rolfig.com**

Beth Burgin

NC BMT #1552, Certified Rolfer®  
Structurally Integrative Bodywork

704.301.5174



Kathy's  
Custom Painting  
704.933.7960

Interior and Exterior  
Commercial and Residential

Specializing in Historic Restoration

Trim and Millwork  
Refinishing

# St. John's Baptist Church Weekday School

St. John's Baptist Church Weekday School is for families with children six months to five years of age. We provide a safe and loving learning opportunity. We're convenient to uptown and surrounding neighborhoods. Climb on board and discover the "best kept secret" for your preschooler!

Summer & Fall 2010 Registration begins February 2010!

- **SUMMER SESSION** for ages 6 months - 5 years, 7 week program, June - August.
- **FALL PROGRAM** for ages 6 months - 5 years old.
- **DAILY CARE PROGRAMS** available: Drop in Day for ages 6 mos. - 5 years, and Fun Friday for ages toddler - 5. Drop in program is also open to children who are not enrolled in our Weekday School. We meet or exceed the NC State staff child ratios.

Open Houses: 10:30 - 11:30 a.m. on February 24, March 4, March 16, and April 14.

For more information, please contact our director, Lydia Garza Olmsted, at 704.333.5428, ext. 39.



300 Hawthorne Lane, Charlotte, NC 28204 • 704.333.5428  
e-mail: [weekdayschool@stjohnsbaptistchurch.org](mailto:weekdayschool@stjohnsbaptistchurch.org)



a. thompson  
DESIGN  
[www.a-thompsondesign.com](http://www.a-thompsondesign.com)

Adrienne Thompson  
1933 E 6th Street  
Charlotte, NC 28204  
(704) 405-7914

Landscape Consultation

Landscape Design

Installation Coordination

# 15% off

Pounds of Coffee on Wednesdays



**CENTRAL**  
COFFEE CO.

**Central Coffee Company**

719 Louise Avenue, Charlotte, NC 28204  
704.335.7288

Espresso  
Iced Drinks  
Pastries  
Gifts  
Free WiFi

We want to be your neighborhood coffee shop!

*Bringing New Life to Charlotte's Oldest Neighborhoods*



Emily Zarbatany  
704-564-2693  
[emily@hmproperties.com](mailto:emily@hmproperties.com)



[www.hmproperties.com](http://www.hmproperties.com)

704-552-9292

# LIZLINX

Under the Water Tower  
[www.eliza-blog.blogspot.com](http://www.eliza-blog.blogspot.com)

Elizabeth Community Association  
[www.elizabethcommunity.com](http://www.elizabethcommunity.com)

