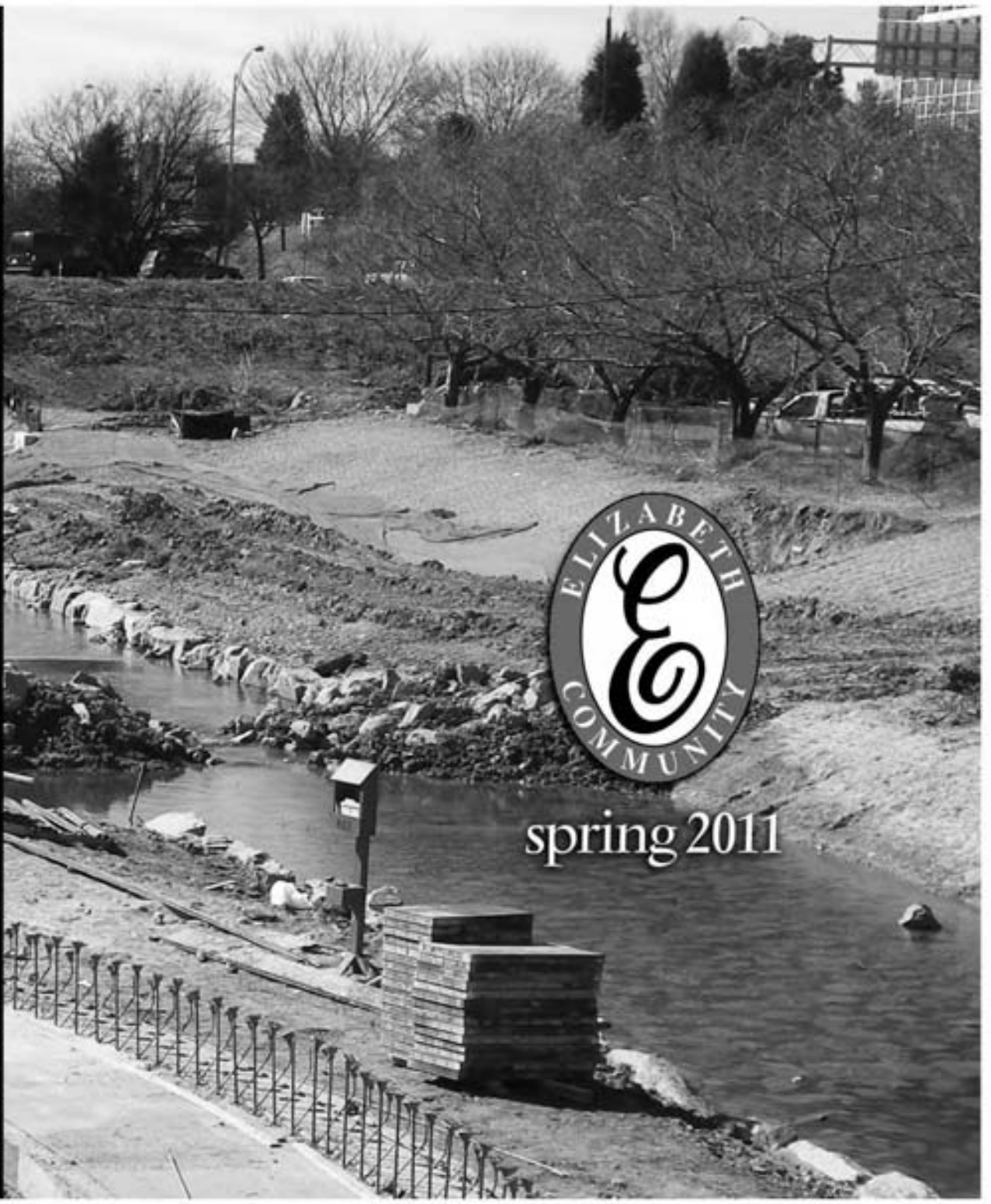




spring 2011





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**JOIN THE ECA**

I know up on the top you  
 are seeing great sights, but  
 down at the bottom we, too,  
 should have rights.

– Dr. Seuss  
 from "Yertle the Turtle"



My dog is worried about the  
 economy because Alpo is  
 up to 99 cents a can. That's  
 almost \$7.00 in dog money.

– Joe Weinstein

race photo: Amanda Loftus / cover photo and photo p3: Nancy Albert

**New life along Elizabeth Avenue**

by Nancy Albert

Two years after long months of construction dealt a serious blow to the businesses along Elizabeth Avenue there are signs of fresh life. One of the oddest is seeing the Gold Rush Trolley drive down the street, above the tracks whose installation prolonged the construction time, on the route that the actual trolley, if it is ever built, will follow. Supported by the City of Charlotte, Johnson C. Smith University and CPCC, the trolley's Red Line travels from CPCC's Central Campus to locales in uptown Charlotte and onto Johnson C. Smith. The free service runs Monday through Friday, at 12-minute intervals. All of the vehicles are ADA accessible and equipped with bike racks. On a recent day

many students could be seen boarding.

City Delicatessen has just opened in the spot occupied by Leo's for many years and the Crown Station Coffee Shop and Pub is about to open right next door.

Perhaps most encouraging is the move just announced by the RedSky Gallery which is relocating from its present site in Dilworth. They will be celebrating the opening of their new space at 1523 Elizabeth Avenue, Suite 120, with an exhibition of ceramics by Andrew Linton and Alice DeLisle, and paintings by Lisa Creed. The opening reception will take place on Friday, March 25 from 6-8:30 pm. The show will run through May 10 and all are invited.

There are still far too many empty lots and vacant buildings along Elizabeth, but we



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welcome these new neighbors and encourage everyone to continue supporting our old friends; Carpe Diem, Custom Shop, 1900 Mexican, the Elizabeth Creamery, Cuisine Malaya and Nothing But Noodles. They survived through very difficult times; let's hope an Elizabeth Avenue renaissance is on the way.

## Countdown to the 2011 Elizabeth 8K

by Amanda Loftus

The 2011 Elizabeth 8K Presented by Presbyterian Orthopaedic Hospital and Hawthorne's Pizza will hit the streets on Saturday, April 9. We are very proud to host Charlotte's oldest 8K road race, and this year marks its 25th 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 am at the Hawthorne Recreation Center

at 345 Hawthorne Lane. Pre-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, massage by TruMassage Bodywork and beer (for the adults, of course)!

To register for the race, please use the flyer enclosed in your newsletter or visit elizabeth8k.com. In-person registration is available on Thursday, April 7 and Friday, April 8 from noon to 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 or download the volunteer sign-up form from the volunteer page of elizabeth8k.com if you can assist.

The race is grateful to presenting sponsor Presbyterian Orthopaedic Hospital and Hawthorne's Pizza and core sponsors Kickstand and Loco Lime.

Mark your calendars for April 9, and come be a part of our 25th anniversary race!

photo: Amanda Loftus

photo: Nancy Albert



## Work on the Greenway continues

by Nancy Albert

The area just across from where I work in CPCC's Overcash building has been a regular beehive of activity for the past several months. Bulldozers and cement mixers, mounds of earth, heaps of stones, dredging

equipment; Little Sugar Creek greenway is growing again.

According to the Charlotte Observer (01-09-11) three blocks of paved trail will extend the greenway path from its current end at the Metropolitan complex near Charlotteowne Ave. and connect to E. 7th St. near CPCC's Culinary Arts

building. Construction is expected to be complete by year's end. When finally done, it will be possible to walk the greenway from the Park Road shopping center, through Freedom Park and along King's Drive.

Little Sugar Creek was once among the most polluted creeks in the state. Mecklenburg County Storm Water Services has been restoring nine sections of the creek. To improve water quality, the focus is on uncapping some sections and reshaping creek paths and banks. Planners say this section of the \$5.7 million project, which was funded with a 2004 Mecklenburg County bond package and a state transportation grant, will turn a stretch of badly neglected stream near CPCC into a place for enjoying nature. Already on a recent walk I was able to spot a handsome great blue heron standing in the creek bed, unperturbed by passersby.

The trail will have underpasses at Charlottetowne Avenue, 3rd and 4th Streets and connect to existing sidewalks. Construction plans also include the four-acre Elizabeth Park. Its centerpiece will be the statue "The Spirit of Mecklenburg," which graced the cover of our ECA Fall 2010 newsletter. It honors Captain James Jack who made an historic horseback ride to deliver the Mecklenburg Declaration of Independence to Philadelphia in 1775. Other

planned features include paved walkways, parking areas and a circular lawn elevated by stone retaining walls, with wooden bench swings along the edges.

At present the area is a jumble of mud and construction equipment, but I look forward to what should be an appealing addition to our Elizabeth neighborhood and another excuse for all of us to get out and walk.

### **Yard Yak**

*by Kay Minor*

In late January I drove to Trader Joe's and bought some flowers for my mom and mother-in-law. The floral display was vibrant to the eye but my mission was for the nose. It didn't take long.

Stock, to most people, means investment. In the plant world, it's a clove scented flower in shades of pink, purple and white. Columnar shaped like snap dragons, the blossoms open from the base leaving tight green buds at the top. Cool weather plants, you can find them in garden centers early, alongside the low growing Primrose. Sometimes I buy potted Hyacinths and mini Daffodils, then replant them in a shallow vessel for the table. It will last for about two weeks (if you keep your house as cold as I do) then you can take the bulbs outdoors to plant. Always leave the strap shaped leaves until they yellow, then remove.

Some of my favorite winter blooming shrubs are scented. Mahonia Winter Sun's beautiful yellow fireworks shaped bloom is citrus-like. Crysanthis is soft yellow and sweeter, with nodding clusters on bare stems. Evergreen Sweetbox's arching form has delicate, feathery, honey scented flowers and it loves the shade. Undoubtedly, the most powerful of cold weather blooming shrubs is Daphne Odora Yeah, it's finicky, but well worth a try. Buy the smallest available in groups of three and plant them in different locations. One will live.

So the next time you shop for flowers, in the grocery store or garden center, go for a sense of smell. It's the one sense most tied to our memory, and at 56 I'll use all the help I can get.

### **Volunteers needed**

*by Beth Haenni*

Are you new to Elizabeth and looking for a way to meet lots and lots of people? Or are you an Elizabeth long-timer who would like to jump back into things?

We have two important and fun annual events coming up that need leadership & committee help. We always love our "old stand-by" volunteers, and we are also really hoping for some new Elizabeth faces, too!

(1) Annual Easter Egg Hunt at Independence Park. Saturday, April 2. This annual event has become a favorite across

Charlotte; neighbors from Plaza Midwood, Dilworth, Chantilly and Eastover count on us to host the city's BEST egg hunt for all ages – walkers/toddlers through older kids. Leadership involves coordinating the petting zoo, pony rides, hosting the easter egg stuffing party ahead of time, and coordinating the volunteer team.



*photo: Amanda Loftus*

Shelley Misiaveg has led this terrific event the past few years and would be happy answer any questions: shelley.misiaveg@gmail.com

(2) Annual Progressive Dinner. Saturday, April 30. Each year, about 175 neighbors come together for this fabulous "adult" evening of drinks, delicious dinner, and great company. Leadership involves coordinating the dinner host houses, appetizer and dessert houses, signing up guests via email rsvp, and recipe/meal selection.

Beth Haenni & Amy Williams have led this the past few years. They will happily answer any questions and will certainly provide much support & guidance for this leadership job & committee: beth.haenni@gmail.com

To make possible these important annual Elizabeth events, we rely on our great volunteers. We really hope you will consider stepping up to lead or volunteer for these events. Please email me with your interest and contact information!



### **HoodieCharlotte.com set to launch this spring**

*by Kathryn Listwa*

HoodieCharlotte.com will officially launch this spring – with the Elizabeth/Chantilly area as one of its major news zones! The site will cover local news and events, and collect information that illustrates the personality and history of individual neighborhoods around Center City Charlotte. Residents are encouraged to contribute to the site, and to submit any neighborhood information (both current and historical) that might help enhance the site as a community resource.

Please contact kathy@hoodiecharlotte.com with comments, questions or suggestions for Hoodie Elizabeth/Chantilly.

### **Welcome Spring**

*by Frances L. D'Amato*

The days are getting longer: Every day the sun rises earlier and sets a few minutes later. After this winter's cold weather with the added inconvenience of snow and sleet, we all look for the first signs of spring.

The groundhog in Pennsylvania signaled an early spring, I promise it will eventually come to Charlotte as well. The crocus will peak their heads through the cold earth followed by the daffodils, and tulips. The cherry, pear and dogwood trees will display their blooms making way for our beautiful azalea bushes. Sunny days and warm walking weather will invite us to spend more time in our gardens. I will look forward to Mom's pushing strollers with young children pointing to the blooms. Perhaps the Moms and/or Dads will stop at a bench in Independence Park and allow the young ones to play on the grass. Dogs will lead their owners for a frolic as they walk along our sidewalks. Neighbors will meet as we are all out walking and enjoying the beauty of our neighborhood. Our emotions will lift as we see more of each other.

Maybe some of you will join

me in the mornings for Tai Chi in the center of Independence Park. Our moving meditation will celebrate the warmer weather and increasing sunshine.

Many of us will be preparing to participate in our annual progressive dinner a sure sign that it is time for neighborhood parties and just meeting neighbors over the back fence.

When April 2, 2011, dawns near, children will delight in our ECA Easter Egg Hunt at Independence Park.

This annual event has become a favorite across Charlotte; neighbors from Plaza Midwood, Dilworth, Chantilly and Eastover count on us to host the city's BEST egg hunt for all ages. Young walkers/toddlers through older kids will be hunting for the hidden eggs while the rest of us watch and cheer.

For many of us the job of the egg hunt means volunteering to coordinate the petting zoo, pony rides, plan and host the Easter egg stuffing. Shelly Misiaveg will coordinate the whole volunteer team. Shelley has led this terrific event the past few years so plan to volunteer to help her with this wonderful community event. Shelly would be happy answer any questions: shelley.misiaveg@gmail.com

After the cold hard winter we have had this year let's really celebrate spring!

## Tree planting update

by Russell Crandall and Rick Solow, ECA Tree Committee

We hope you've noticed the newly planted trees that popped up around our neighborhood this month. These trees purchased by residents of Elizabeth and subsidized by the ECA, bring the total to over 60 trees planted over the past four years. We're excited about another robust year for planting in our ongoing effort to replenish our threatened shade trees. We were especially delighted to hear that the City of Charlotte intends to plant almost 80 trees in Elizabeth right of ways, which marks the first City-sponsored tree planting effort in our neighborhood in several years. We're also greatly appreciative to everyone who has made the annual Elizabeth 8K Race such a smashing success. Dedicated to our trees, race revenues will fund 30 new trees for our public spaces this year. In total, we're hoping to see upwards of 120 trees go in before April! As always, please consider registering for the 8K race scheduled for April or make a donation to the ECA reserved for tree planting.

## Sensoria 2011

by Melissa Vrana, CPCC

CPCC's annual Spring Literary Festival, founded in 1993, has expanded over the years into a weeklong series of events showcasing the very best of



the college's arts programs and collaborations with the Charlotte community. We invite you to join arts enthusiasts from across the region to discover the very essence of the Sensoria experience – cultural enrichment and community engagement.

This year's event begins on Saturday, April 8th with a performance of Verdi's Requiem by the CPCC Opera. CPCC is truly fortunate to be one of the few community colleges to provide an Opera program. Requiem will be conducted by Alan Yamamoto, recently the Resident Conductor of the Charlotte Symphony Orchestra. During the same weekend, CPCC's Drama department will perform the poignant and hilarious Almost Maine.

Other highlights of the festival

include a photographic exhibit, Families of Abraham, documenting the lives of families from different faiths which was originally exhibited at the Levine Museum of the New South. It includes photographs shot by CPCC's photography instructor, Byron Baldwin. Continuing with the emphasis on visual art and cultural collaborations the CPCC Art and Music departments and Bechtler Museum of Modern Art are teaming up to present an exhibition of late 20-21st Century art loaned by the Bechtler and a multi-media presentation of the art set to 21st century orchestral music. One of the composers is CPCC's own Dr. Craig Bove who's work will be played by an ensemble including Tanja Bechtler and Rosemary Furniss. And in celebration of CPCC's videography program, the annual Film People awards will bring together a panel of industry professionals in an academy award style presentation.

Sensoria culminates with its signature event – Sensoria Saturday on April 16th. 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. We are proud to announce that this year we will be partnering with Charlotte

photo: Britta Crandall

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Hawthorne Lane. – four new floors which was originally exhibited

at the Levine Museum of the New South. It includes photographs shot by CPCC's photography instructor, Byron Baldwin. Continuing with the emphasis on visual art and cultural collaborations the CPCC Art and Music departments and Bechtler Museum of Modern Art are teaming up to present an exhibition of late 20-21st Century art loaned by the Bechtler and a multi-media presentation of the art set to 21st century orchestral music. One of the composers is CPCC's own Dr. Craig Bove



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photo this page and centerfold: Nancy Albert

## ECA MEMBERSHIP FORM 2011 [www.elizabethcommunity.com](http://www.elizabethcommunity.com)

\$20 per household or business       \$10 seniors (65 and older)

Annual membership fees are based on the calendar year. Complete this form legibly, please. Return form and check, payable to ECA, to the address below.

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\_\_\_\_\_ How many years have you lived in / had a business in Elizabeth?

\_\_\_\_\_ primary telephone number

\_\_\_\_\_ e-mail address adult 1

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\_\_\_\_\_ e-mail address adult 2

please use my e-mail address for:  crime watch  social events  LizBiz promos  do not e-mail

\_\_\_\_\_ first name(s) and age(s) of children at home

YES! I want to become more involved in my community. Please sign me up for the following committee(s):

beautification / trees  Big E road race  block captain  crime watch

homes tour  membership  traffic  website / newsletter

social (check all that apply):  easter egg hunt  holiday party  progressive dinner

I'm interested in discussing becoming a board member: please contact me. (The board is elected at the annual meeting in the fall. Interested persons are invited to attend the monthly board meetings throughout 2011.)

I'm interested in special projects and my area(s) of expertise are:

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### 6 – 7:30 p.m., Tuesday, March 1 – *Stop the Aging Process*

Thirty percent of aging is genetic while 70 percent is attributed to lifestyle. Renee Gilmore, MD, from Total Touch Chiropractic Wellness Center discusses how to change your life by changing your body mass index, food choices and more.

### 6 – 7:30 p.m., Tuesday, April 5 – *Lowering Stress for a Healthier Life*

Psychotherapist and hypnotherapist Barbara Birge, PhD, LPC, describes how our bodies and minds can benefit from lowered stress. Learn simple techniques for knowing what triggers stress, how to prevent it and how to manage stress with self-hypnosis.

### Noon – 1:30 p.m., Wednesday, April 13 – *Function Follows Fitness*

As inactive people grow older they lose strength, mobility and balance, and it becomes tougher to accomplish daily living activities. ACE certified personal trainer Jen Frank discusses the benefits of functional fitness programs for older adults.

### 6 – 7:30 p.m., Tuesday, May 3 – *Successful Aging*

Sindy McCrystle, ANP-C, MSN, director of CMC-Mercy's Senior Services, discusses successful aging, what is normal and what is not.



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