



Commonwealth Park

EST. 1939

NEIGHBORHOOD MEETING

Tuesday, April 8 @ 7pm

WTVI Conference Room, 3242 Commonwealth Ave.

We need your support!

**Help us continue to make
Commonwealth Park the best place to live!**

Become a member today!

Commonwealth Park Neighborhood Association Membership Form

Annual dues are only \$20.00 per household and are helpful in neighborhood improvements. Please send a check in today!!
Make checks payable & send to: Commonwealth Park Neighborhood Association, PO Box 18833, Charlotte, NC 28218
or pay online at commonwealthpark.org using PayPal

Name: _____

Address: _____

Email: _____

Check here if you would like to be contacted to volunteer on a committee or be a part of our neighborhood watch team. A neighbor will contact you shortly!

**Please note, to reduce our carbon footprint there
will only be an annual hardcopy newsletter printed.**

Visit

www.commonwealthpark.org

and stay connected.

Charlotte Inn Update

By Matt Hickey, Carolyn Drive

After months of work, the demolition of the Charlotte Inn is complete! The last piece of heavy equipment has been removed, and the site has been covered with grass seed and straw.

The Charlotte Inn closed in April after it and the other properties were acquired by the City and County, bringing a successful conclusion to a campaign for its closure by neighbors and by the Charlotte-Mecklenburg Police. Starting in September, workers from Empire Dismantlement Corporation began work to demolish first the IHOP and Comfort Inn, and then moved across the creek to tear down the Charlotte Inn. After asbestos materials were removed, deconstruction began to move at a rapid pace in mid-fall. By December, grass was growing on the old Comfort Inn site, while equipment filled in the swimming pool on the other side.

The properties were acquired for \$2.26 million. Demolition costs were around \$700,000. Among the purposes stated by the City were to eliminate flood hazards, the future need to replace a sewer line running along the creek, and creating "open space" in the neighborhood.

The City has prepared a plan for planting the site with trees and shrubs, including plantings that will help separate the site from Independence Boulevard. Plans are also moving forward to abandon the end of Waterman Avenue, where it meets the freeway, and to petition NCDOT to close off this street end. The City's plan for reforesting most of the site includes planting over a thousand large-tree seedlings, including hardwoods and maples as well as evergreen trees. Around the perimeter, flowering shrubs and native smaller trees such as Beautyberry and Dogwood will be planted. Closer to Waterman Avenue, some open space with grass is planned for the use of the neighbors.

The City is opening bidding for the landscaping work, and expects to begin planting before April, with some plants to be purchased and others to be donated by Trees Charlotte, a public-private partnership organization that aims to increase the City's tree canopy. The process of closing the end of Waterman Avenue may take longer, and will need support from neighbors to ensure it keeps moving forward.

The Briar Creek Sewer System Improvement Project

Charlotte-Mecklenburg Utility Department (CMUD) is adding sewer pipes along Briar Creek from the Sugar Creek Wastewater Treatment Plant (Tyvola and Park roads) to Harris Boulevard. This project will enhance system performance, provide increased sewer capacity for present and future needs, and protect the water quality in Briar Creek.

Phase 1 - Complete

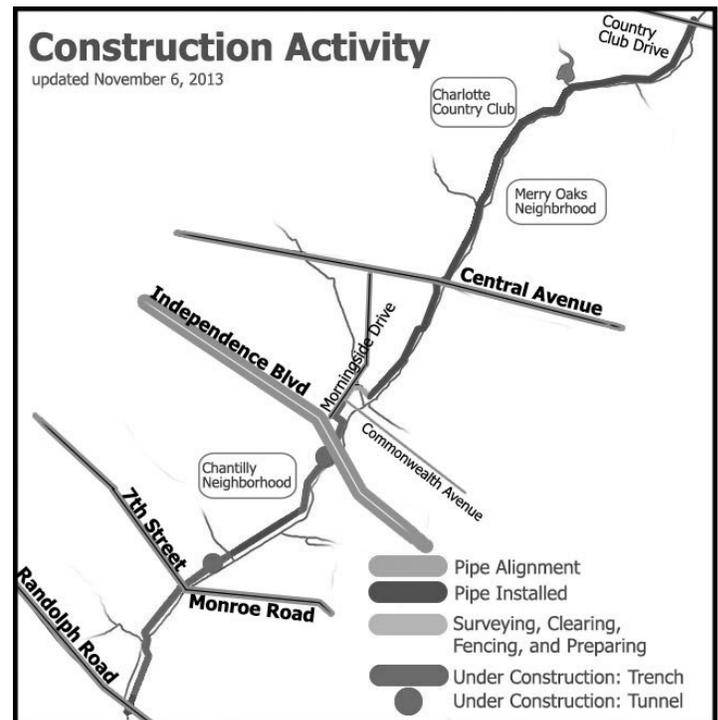
- Between Tyvola Road and Randolph Road.
- Began Aug. 2007 and in service summer 2011.

Phase 2 - Construction Started March 2012

- Between Randolph Road and Country Club Dr.
- Eastover Medical Park Construction
- Morningside Road Closure
- March 2014 Newsletter
- Last public meeting was at Chantilly Montessori School on March 28.

Phase 3 - In Design

- Between Country Club Dr. and Harris Blvd.
- This project is being designed.
- No construction schedule yet.



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www.commonwealthpark.org**

Things are Changing

By Brian Green, Commonwealth Ave.

Our neighborhood has seen some pretty awesome changes for the better this past year. New restaurants have moved in, the Morningside Village is moving forward, and we got rid of the Charlotte Inn. Things have really been on an upswing for us. Then, November elections came and went, and a very important measure was put to Charlotte Residents that can have a profound effect on our neighborhood. That measure was around the School Bonds. Having that measure pass also holds some more potentially awesome news for our neighborhood. With the passage of those School Bonds, we ensured that Oakhurst will reopen, and it has the potential to unite our neighborhood into a school that we can have a very active hand in developing with some other positive, downstream implications as well.

As I mentioned, Oakhurst is set to reopen, but it will do so as a Science, Technology, Engineering, Arts, and Math School (Also known as STEAM). What hasn't been determined yet is whether it will open as a Full or Partial Magnet? We really want it to open as a Partial Magnet so this can be our neighborhood school versus being another school that's really awesome, that we have to hope our neighborhood kids can get into. Having it as our neighborhood school will also help property values and neighborhood stability. Currently, most of our neighborhood is zoned for Billingsville Elementary. Unfortunately, Billingsville is not only one of the worst performing schools in CMS, it's also one of the worst in the state. Faced with that scenario, should magnet lotteries fail, the choices boil down to Private School or moving. Moving, more than not, will be the option chosen by most. That, just doesn't lead to neighborhood stability. Faced with this, it is why our opportunity to shape Oakhurst as our neighborhood school becomes so important. We can work with CMS to create a top notch school for our neighborhood and eliminate the need for some of the decisions I've mentioned.

I also mentioned how this can help things further on. Well, getting Oakhurst as our neighborhood school will also help us to get mapped into McClintock Middle School, and their STEAM program versus being mapped to Eastway Middle School. McClintock is a brand new school (They tore down the old one) with a Principal and faculty that has been rated the top in CMS. These types of changes would allow for 9 years (K-9) of positive school change for our neighborhood. That's 9 years extra for our neighborhood to grow, our kids to go to school together, play together, and yet another win for our neighborhood.

Now what about those that are already in other schools that they love. Well, you don't have to give those schools up. CMS is talking about, even before the Oakhurst option, of eliminating the transportation for those schools that are not magnets, but they will allow those children to continue at those schools.

So, what do we need from you. It's actually pretty simple. We just need you to fill out the survey in this newsletter so we can have as much accurate info as possible in talks with CMS. When I say us, I'm mentioning our neighborhood, Chantilly, Morningside, Oakhurst, and Echo Hills. If you'd like to help, we'd love to have you. The more voices we have, the better our message, and the better our chances with CMS. If you'd like to help, or have more questions, just e-mail Brian Green (ne14usc@gmail.com). Or, please fill out the survey to help out in that way.

East Side Neighborhood KID CENSUS

**Help us improve our school zoning
for Chantilly, Commonwealth
Morningside, Commonwealth Park,
Echo Hills, and Oakhurst.**

This is a very important issue that will help raise our property values and bring more stability and great neighbors into these neighborhoods.

Even if your child is already in school, please take five minutes and fill out the kid census online. We will present the findings to the CMS school board in the next few weeks.

THREE WAYS TO TAKE THE SURVEY

- 1 Scan this code with a QR Code Reader on your Smartphone.
- 2 Or type this link into your browser:
<http://tinyurl.com/clt-eastside-kid-census>
- 3 Or email Amy Hawn Nelson at amyhawnnelson@gmail.com to email you the link or to answer any questions.



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Protect Yourself With Sauerkraut

People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of many chronic diseases. Eating a diet rich in fruits and vegetables reduces your risk for stroke, coronary heart disease and other cardiovascular diseases that are caused mainly from eating a high meat based processed food diet.

Eating a diet rich in fruits and vegetables reduces your risk for type 2 diabetes, protects against certain cancers, such as mouth, stomach, and colon-rectum cancer and can reduce the risk of developing kidney stones and may help to decrease bone loss. The list of health benefits go on and on.

One of the oldest secrets to good health can be included in your diet and can help offset the harmful effects of eating The Standard American Diet (SAD). Including Sauerkraut in your diet has numerous health benefits that go back centuries. One of the benefits of sauerkraut is the boost it gives to your immune system. Packed with vitamins and minerals, sauerkraut has been used as a lay immune booster for centuries. Sauerkraut contains phytochemicals which are created during the fermentation process. These naturally occurring, beneficial by products of sauerkraut help boost the immune system which leads to a decrease in a number of health problems. The common cold, the flu, skin problems, weight gain and tainted blood are all fixed by a healthy functioning immune system. The most recent evidence of sauerkraut's status as a Superfood

is found in numerous studies on the cruciferous wonder's cancer fighting properties. The results of a study published in the Journal of Agricultural and Food Chemistry concluded that sauerkraut is a cancer inhibitor. The study discovered that the fermentation of cabbage produced a substance which prevents cancer growth, particularly in the breast, colon, lung and liver. The researchers

found that during the fermentation process enzymes are released that protects the body. The University of New Mexico published a study linking sauerkraut consumption by adolescent females to a reduced risk for breast cancer. Earlier studies indicate sauerkraut may reduce the risk for other forms of cancer including lung, colon, prostate, and liver. A recent study

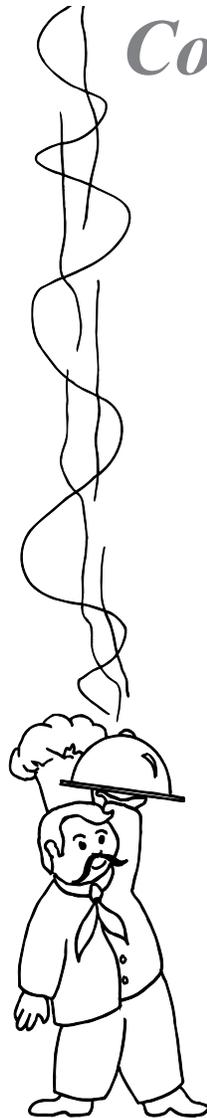
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Commonwealth Cookin'

Butternut Squash Tortilla Soup

1 large red onion, chopped
 1 jalapeño pepper, seeded and chopped 2 tablespoons olive oil
 4 garlic cloves, minced
 1 tablespoon ground cumin
 1 tablespoon tomato paste
 1 (2-lb.) butternut squash, peeled and cut into 1/2-inch cubes 1 (14.5-oz.) can petite diced tomatoes, drained
 6 cups chicken broth
 2 cups fresh cilantro leaves
 Toppings: tortilla chips or strips, shredded cooked chicken, crumbled feta cheese or queso fresco (fresh Mexican cheese), diced avocado, and sour cream
 Lime wedges

Sauté onion and jalapeño pepper in hot olive oil in a large Dutch oven over medium heat 5 minutes or until tender. Add mince garlic, cumin, and tomato paste; sauté 2 minutes. Add butternut squash and diced tomatoes. Cook, stirring often, 10 minutes. Add chicken broth, and bring to a boil. Reduce heat to low, and simmer, stirring occasionally, 20 minutes or until squash is tender. Stir in cilantro. Remove from heat, and spoon into bowls. Top with tortilla chips or strips, shredded cooked chicken, crumbled feta cheese or queso fresco (fresh Mexican cheese), diced avocado, and sour cream. Serve with lime wedges.



Protect Yourself With Sauerkraut

Continued from page 4

by the American Center for Cancer Research has found that sauerkraut has a profound effect in preventing and healing breast cancer. Eating sauerkraut is a great way to protect the balance of bacteria in your gastrointestinal tract. Sauerkraut is one of the few foods that contain the healthful bacteria which helps your digestive system in the following ways: boosts the immune system by increasing antibodies that fight infectious disease help inhibit pathogenic organisms including E.coli, salmonella and unhealthy

overgrowth of candida (yeast). Sauerkraut creates antioxidants that scavenge free radicals. It also neutralizes the toxins found in many foods. Many sources say raw fermented foods are beneficial to the digestive system by increasing the healthy flora in the intestinal tract or creating the type of environment for them to flourish. Many people take probiotics to add healthy bacteria to their digestive system. Sauerkraut is a prebiotic which feeds the good bacteria already there. A great informative video to watch about

how important our gut bacteria are to our health is at the website www.AmericanParasite.com. Benefits of sauerkraut have been recognized for generations. Sauerkraut is simple and easy to make. The internet is full of recipes and YouTube videos show how easy it is to make. Now you know one of Nature's little secrets to good health.

NEIGHBORHOOD MEETING

Tuesday, April 8 @ 7pm

WTVI Conference Room
3242 Commonwealth Ave.

Topics:

- Commonwealth Forest Plans (Old Charlotte Inn site)
- Budget Review
- New Commonwealth Business Park initiative
- Upcoming events for 2014

Seek and Find

By Lou Galanty, Pinecrest Ave.

T	H	O	M	A	S	S	H	T	R	O	N
I	A	B	M	C	L	O	E	D	O	L	H
A	T	J	A	O	T	B	N	E	U	S	P
S	E	A	L	S	S	E	R	T	A	L	E
T	N	A	T	M	H	Q	Y	D	A	O	R
E	M	I	L	Y	L	E	U	R	J	P	C
T	L	C	E	D	W	A	R	D	A	C	Y
S	P	R	B	F	L	E	S	E	I	D	S
E	O	T	L	M	N	A	E	N	E	O	C
M	A	Y	K	N	A	R	C	B	O	G	R
A	L	E	O	I	H	P	B	L	X	H	I
J	T	R	O	C	K	Y	D	A	L	I	M

Do you know Thomas' friends??

Find the following words – left to right, right to left, up and down or diagonally

- | | | | | |
|--------|--------|--------|--------|-------|
| THOMAS | PERCY | CRANKY | DASH | JAMES |
| ROCKY | DIESEL | HENRY | EDWARD | EMILY |
| BASH | | | | |

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"(I) have used Doug innumerable times over the past decade: on our own residence, rentals, and as a contractor for my clients. Am always pleased; Doug always performs with true integrity."

Ted C.

Doug Sheridan and Sheridan Mechanical Contracting have done fantastic work for our family. ... I highly recommend Doug for electrical and HVAC work."

Amy M.

"they took extra time to reorganize/shorten piping and installed a wall outlet in a good position without additional cost. The work they performed was clean and of quality."

Ernesto R.

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- Aerating & seeding
- Fertilizing & liming
- Hedges trimmed
- Minor tree work, pruning
- Gutters cleaned
- Garden tilling
- Whole house/apartment/garage/shed clean-out
- Decks-build new, cleaned, stained, repaired
- Wooden fences- build new, cleaned, stained, repaired
- Garden/utility sheds constructed
- Crawl space vapor barrier installed
- Foundation vents (automatic) installed
- Foundation repairs

Place your ad in the next Commonwealth Park newsletter!
Business Card Size—\$35 1/4 Page—\$60 1/2 Page—\$120
Discount packages available!
Contact Lori Pope @ lori.pope@studiodisplays.com

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