

edarfield



un

Your Source for What's News in *Your* Neighborhood

January 2009

Recycling in Cedarfield

Recycling is good for our community and it is free to do. Each household should have at least one recycling container. If you do not or if your container is damaged, just call Waste Management at 800/927-8362 and ask for one or if you need more than one, ask for an additional container. Recycling reduces pollution, reduces landfills, saves energy, conserves natural resources and creates jobs in our state. If you care about the environment, then take a moment and recycle your aluminum cans, newspapers, plastic containers and such. With 1,000 homes in Cedarfield, every little bit adds up to a WHOLE BUNCH!

Recycling collection is handled by Waste Management and will be collected once a week on Tuesday. Recycling must be curbside by 7:00 a.m. on your collection day. Items that can be recycled include:

- **Metal Cans** (aluminum or steel), including soft drink, beer & food cans. Rinse out cans.
- **#1 & #2 Plastic Containers:** including soft drink, liquor bottles, milk jugs and detergent bottles.
- **Glass Bottles & Jars:** Clear, green and brown glass is acceptable. Remove caps & lids and rinse out.
- **Newspapers, Magazines, Catalogs, Phone Books, Junk Mail & White Paper:** When recycling these items, please separate them from other recyclables by placing them in a paper bag and stacking them beneath or beside your recycling bin.
- **Cardboard Boxes:** Must be broken down into 2' L x 3' W x 2' H bundles.

Recycling that does not meet the above criteria will be tagged as non-compliant. If the resident makes household garbage conform, it will be collected at the next regularly scheduled pick-up. Residents can also drop off recyclables at the [North Mecklenburg Recycling Center and Yard Waste](#) located at 12300 N. Statesville Road. Contact the Center for more information at (704) 875-1563

CI Annual Board Meeting January 12th

Please Join your neighbors and board members for the Annual Board Meeting on January 12th at 7pm at Huntersville Town Hall.

CII Annual Board Meeting January 14th

Join your neighbors and board members for the CII Annual Board meeting on January 14th at 7pm and the North County Regional Li-

**Deadline for the February 2009 Issue is:
January 20th**

Issue 53

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**Happy
New Year!**

Have Anything to Share?
Put it in the newsletter!
Contact:
Catherine Greenberg
E-Mail:
catherine@
thegreenbergs.us

Cedarfield 1 Board Meeting Minutes – December 8, 2008

Attendees: CI Board Members – Curtis Hopkins, Lisa Fitzgerald-Hundt, Laura Russell, Greg DeBruhl & Susan Renckens.

Minutes: Minutes from the November 10th Board Meeting were approved.

Treasurer's Report: Funds were moved from the reserve account to finish out the remainder of 2008. Board voted to place a lien on a property on Cedar River Road for non payment of homeowner dues.

Old Business: Until more email addresses are compiled the Cedarfield Sun will continue to be delivered in paper form. Mar-quee signs and no soliciting signs will be ordered in the first quarter. Roof quotes for the pool were discussed and a contract for the work will be decided upon after the first of the year.

Architectural Committee: Stacy Harris has resigned from her position on the arc committee. Thank you Stacy so much for your time in the past.

Pool Committee: The pool has been winterized; a pool cover was purchased and installed for the baby pool. Thanks Curtis!

Crime Watch Committee: Meeting was held Thursday Dec. 4th @ Killington's in Rosedale. Some streets still need street captains. No meeting for January.

Social Committee: Nothing to report.

Landscape Report: All debris has been removed and the tree work is finished.



New Business: Board is considering a form listing credential requirements for vendors who perform work for the Cedarfield.\

Resident Concerns: None

Thank you Kevin Sweeny for making sure the Christmas lights stay on throughout the holiday season. Your hard work does not go unnoticed!

Meeting adjourned at 8:05. The next meeting will be the annual meeting held at the Huntersville Town Hall on January 12th 2009 @ 7:00 PM – residents are encouraged to attend.

January 2009

SUN	MON	TUE	WED	THU	FRI	SAT
				1 	2	3
4	5	6	7	8 <i>Baby Sitter Co Op Meeting 7pm</i>	9	10
11	12 <i>CI BOD Meeting 7pm</i>	13	14 <i>CII BOD Meeting 7pm</i>	15	16	17
18	19 	20 <i>Newsletter Deadline</i>	21	22	23 CMS Teacher Work Day	24
25	26	27	28	29	30	31



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Cedarfield Resident

Call at

704-948-6829

704-975-1381

704-900-9627

Calls returned promptly



Neighbor 2 Neighbor

Cedarfield homeowner is looking for donations of clothing and or used furniture to a local charity. will pick up and deliver.
704-942-7632

For sale: Nordheimer upright piano purchased new in 1992. Gently used - recently tuned. Best offer over \$900. Terms: cash only. Contact Avery Henline @ 704-948-0813.

For Sale: Proform Crosswalk Treadmill w/Accusmart Motivational Fitness Monitor and incline adjust for uphill walking/jogging. \$200
704/948-7874.



After Holiday Sale - New and Gently Used Color Printers, CRT Monitors, Mini-TV's, Premium Luggage, Vacuums, Exercise Stepper, Space Heaters, Prof. Paper Cutter. Send E-Mail to w8isk1@aol.com for complete list (over 50 items) with asking prices.

YOUNG ENTREPRENEURS

BABY, PET or HOUSE-SITTING: Responsible 16 year old will gladly care for your most prized possessions. Call Alyssa Bernard today at 704-875-0550 if you are looking for a baby-sitter, pet-sitter, mother's helper, house-sitter or assistance with any other task you might require! Exp'd, imaginative, great with kids and babies, certified Red Cross Babysitting Course, and references available. Don't delay, call me today!

BABY-SITTING/PET-SITTING- I am a responsible, hard-working, fun 16 year old junior at Southlake Christian Academy who loves kids and animals! I have Certified Red Cross babysitting course, worked in my church nursery and had lots of experience with kids ages 2 and up. I am good with kids and pets. Also will house-sit. Call Samantha Bisese at 704-948-4432.

Baby-sitting/Pet-sitting- Responsible and reliable 15 year old 9th grader at Southlake Christian Academy, references available, fun and entertaining. Will baby-sit kids 8 and under. Has worked in nurseries, very comfortable with infants and toddlers. Also very good with pets. References available also, experienced with dogs, cats, fish, turtles, and rodents. Will pet-sit in your house. Please call Taylor at (704) 948-9405. Negotiable prices.

Need yard work this fall? Call long time Cedarfield Resident, Reasonable Rates - Paul Renckens - 704-654-7250.

LAWN CARE BY RYAN - Reliable, dependable and hardworking Cedarfield teen will care for your lawn or other yard work weekly, while you're on vacation or just about any time...Reasonable rates...Call 704-948-6256.

WANT PIANO LESSONS?- My name is Samantha Bisese. I am sixteen years old and I have taken piano lessons for 10 years now. I have been teaching for 2 years and I love it! I am fun, creative and very responsible. Lessons are \$6 for half an hour and twice as much for a full hour. Call 704-948-4432.

BABYSITTING My name is Shezeen Ali, and I'm a 16 year old at North Meck High school. I am a Red Cross certified babysitter/certified in CPR, and have taken care of children of all ages from infants to toddlers. I am also willing to babysit for you at anytime! Feel free to call me at 704 728 8389

MATURE, RESPONSIBLE & ENERGETIC 10 year old Looking for odd jobs: Dog Walking, Mothers Helper, Or any other jobs I can help you with. Call: Maddi Chelko @ (704)-875-1227 **LOOKING FORWARD TO WORKING FOR YOU!!!!**

Need a helper or petsitter? I am a 13 year old student from Bradley Middle School looking for an occupation. I can take care of any pet, clean any room, or help anybody around the house. Please call Emma Rubel at 704-948-0017.

Lawn mowing, pet sitting, and dog walking. all at a low price
hard working and dependable 13 year old with a good attitude is looking to raise money to go to canada to meet family. Just call Dillon at 704-948-5211. If you get the answering machine please leave a message for Dillon and leave your number.

Quentin & John's Lawn service
Edging, weed-eating, blowing and mowing. Call 980 428 4274 for Quentin or 704 706 4292 for John.

Lawn Moving: Hard Working, Dependable 12 Year old will mow your lawn. Please call Wells at 704-875-9152 to set up your service now!

Sitters who also pick up before you get home! Hire the responsible team of Claire Malia (12) and Savannah DeKemper (13) who have completed the babysitting certification program. As a team you'll have peace of mind and no mess to come home to! 704-875-0226; leave a message.

CII has a new Blog Site. Just go to the CII website at www.cedarfield2.org and click on the blog. Register your email address and you'll automatically be updated with any important or urgent information concerning Cedarfield. Please join today!!!



Editor's

Blog

Hmmm...

Well, here it is, January in the year of our Lord Two Thousand and nine! Good Golly Miss Molly, how does the time fly so fast?!!! My daughter, who was only 3 years old yesterday, just completed Driver's Education over the Christmas break. Now, I ask you...how is this possible?!

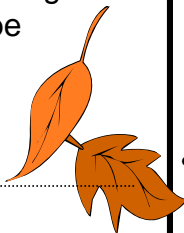
I put the article on the front page regarding recycling. I do this every January, because it seems like a great time to commit to doing something good for our planet and our children...and their children. Recycling is FREE and so easy to do. Try not to throw away aluminum and metal cans, plastic milk and juice containers, soda bottles, newspapers, etc... It seems such a shame for those things to be filling up our landfills. In 2009, try filling one extra recycling container per month. Can you imagine? With about 1,000 homes, that is 12,000 containers per year that don't go into our landfills, from Cedarfield alone!

If you would like to adopt a pet into your family this year, please contact officer Kenny Russell with the Cornelius Police Department first. He always has animals who need good homes and they are free. If you don't see the right pet for you there, then contact one of the many pet adoption sites in our immediate area. Please don't buy a dog or cat when there are so many who need homes. Millions of amazing companion animals are killed each year because they are homeless. Rescued animals make amazing pets!
Www.petfinders.com



Announcements...Announcements...Announcements!

FYI, now that leaves are starting to fall, starting November 1st, Waste Management will only collect up to 20 bags of leaves. Bags must be clear and no larger than 25 gallons.



C1 is not quite ready to go completely green yet. Please get your street captain your email address if you want to continue to receive the Cedarfield Sun on-line or if you still want a paper copy, let a board member know today!!!

- **If you have potholes** or other road problems on your street, please call the Town of Huntersville at (704)875-6541 to report the problem. The Town will make the necessary repairs.
- **If a streetlight near your home has burned out** or is cycling, please call Energy United directly at (704)892-0278. Please give them the number on the pole that needs repairing.
- **Stork and Bear signs** are still available. If you are interested in using one, please contact Lettie Radley @ 704/947-8970

facebook

CII on the net! In order to promote community awareness and, more importantly, the ability to connect with friends and neighbors, Cedarfield II has created it's very own Facebook Group! Please join today to keep up with timely events, breaking news and your community! Login to your Facebook and type "Cedarfield II" on the search engine for groups at the top right hand corner.

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www.spring-green.com

FREE ESTIMATES

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Covenant Reminders

PLEASE!!

If you live in CI you can obtain a copy of your CC&Rs by going to www.cedarfieldplantation.com or calling Hawthorne Mgmt Co at 704/377-0114. CII Residents may contact Hawthorne Mgmt Co. at 704/377-0114 or go to www.cedarfield2.org.

Exterior Maintenance:

Article VI: The Owner shall maintain the grounds and the improvements situated on each lot, including but not limited to, plantings, landscaping and lawns, at all times, in a neat and attractive manner satisfactory to the BOD of the Association. PLEASE REMEMBER THAT THIS MEANS YOU NEED TO MAINTAIN YOUR LAWN. WEEDS ARE NOT CONSIDERED LAWN. PLEASE TRY TO MAINTAIN

YOUR YARD AND EDGE YOUR DRIVEWAY, CURBS AND SIDEWALKS.

Parking cars on the street or lawns is prohibited...



CI Article VII, Declarations and Restrictions & CII Page 3, Section 10 states:

[v]ehicles, . . . , commercial vehicles of any kind *operated by a member of the household* occupying the dwelling on lot, and any boats and boat trailers shall not be parked on the street or within the front or side street setback lines. If you are having an event where parking will be necessary, please contact a board member to let them know so you will not receive a violation letter.

I am looking for a new editor for the SUN!

Here's what the job entails.

About 6 full hours of computer work each month. You'll need some sort of newsletter program, currently I use Publisher. You'll need to send a monthly reminder to board members and advertisers regarding deadlines. You'll need to email invoices to advertisers and collect payments to be mailed to Hawthorne Mgmt. You'll need to seek articles for the cover page and try to maintain a balance between advertising and editorial. Maintain the integrity of the newsletter by ensuring that it contains information that will help this community. The newsletter is uploaded to the printer monthly and you need to pick it up and deliver to the CI & CII point persons who volunteer to distribute it. The BOD covers all expenses (although they are minimal). catherine@thegreenbergs.us if you are interested.



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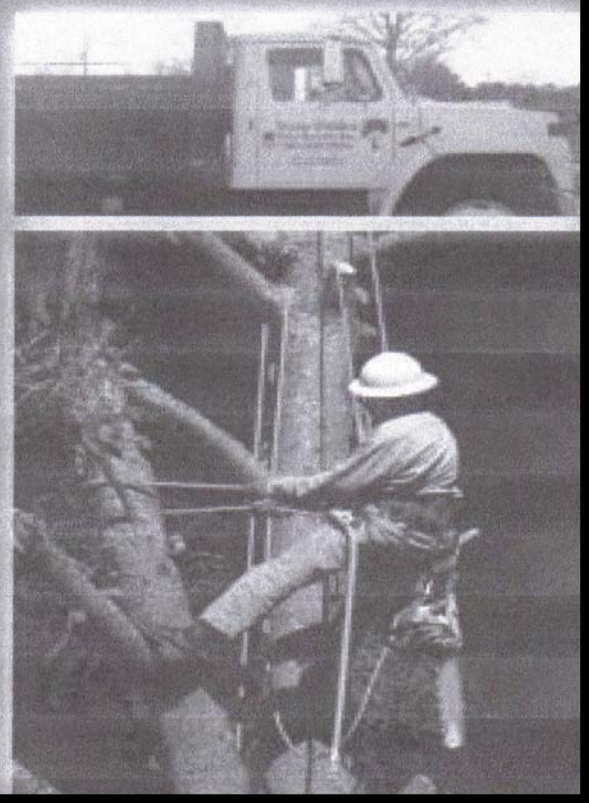
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CEDARFIELD | Neighborhood Crime Watch
www.cedarfieldplantation.com



FOR EMERGENCY DIAL
911



To Report Suspicious Sightings or Behavior
Call HUNTERSVILLE POLICE Non-Emergency

704-892-7773

CEDARFIELD | RESIDENTS

**Don't Forget To Display Your
Vehicle Identification Tag in your Rear
Car Window Lower Left Hand Corner**

Crime Watch Chair:	Randy Cole	(704) 996-2292	rruehealthinc@hotmail.com
Crime Watch Co-Chair:	Greg DeBruhl	(704) 274-9429	IGDeBruhl@carolina.rr.com
President CI HOA:	Curtis Hopkins	(704) 516-5006	chopkins@advanceamerica.net
V.P. CI HOA:	Lisa Fitzgerald-Hundt	(704) 875-2141	lisahundt@yahoo.com
Treasurer CI HOA:	Laura Russell	(704) 947-8621	ncrussells@bellsouth.net
Secretary CI HOA:	Susan Renckens	(704) 906-7488	rsoda5@bellsouth.net
Officer CI HOA:	Beth Caber	(704) 957-7769	bcaber@carolina.rr.com

CI Block Captain Meeting
Thursday, September 4 at 7:00pm CI Pool

Bringing Families Together ~ Keeping Cedarfield Safe!



Where's my SERVICE?

- Why did the technician arrive 2 hours late?
- Why were my flowers trampled on?
- Why was the bill much higher than the estimate?
- Why did the final touch-up work never get done?

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Refreshingly different handymen!

The CII Annual Meeting
 is scheduled for
 January 14th at 7pm
 at the North County
 Regional Library.
 All CII residents are

Just a reminder that Christmas lights and décor need to be removed from your house by mid-January. The Christmas lights in Cedarfield are always award-winningly beautiful in December...but by mid-January, they are just an eyesore. Thanks for all you do to keep Cedarfield beautiful!



The holidays may be over but we're still paying for them!



Take \$10 off each massage or gift certificate for the entire month of January, because every little bit helps...

1 hour massage (normally \$60), now only \$50

½ hour massage (normally \$40), now only \$30

(Cannot be combined with other discounts)

Deep Tissue/Relaxation Massage

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Licensed Massage Therapist

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ari.raine@yahoo.com

(704) 502-8846

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The Farm Bureau Insurance Companies provide great protection for your car or truck, plus prompt personal service for your convenience. Let's compare rates. For Auto coverage, as well as Home, Life, and Health Insurance, call for a free, no-obligation review.

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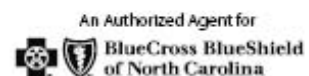
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 North Carolina Farm Bureau Mutual Insurance Co. • Farm Bureau Insurance of North Carolina, Inc. • Southern Farm Bureau Life Insurance Co., Jackson, MS

Happy New Year!

By: Becky Johnson, CFP, CLU

2008 will prove to be one of the most challenging years on record. Those who move forward and ultimately achieve success will be classified as “Empowered Reinventors.” This is a term coined from a Retirement Mindscape study* that studied the stages of retirement. People who boldly reinvent themselves can both take advantage of current conditions and position themselves for betterment in the future. What can we learn from the experience of these “Empowered Reinventors?”

Sift through the rubble of your investment portfolio and make sure you have an allocation strategy in place that matches your tolerance and capacity for risk. Your capacity for risk reduces when you have other risks such as job uncertainty.

Increase your retirement savings any way you can. Historically saving money during market meltdowns has been very rewarding. Be diversified and include a broad array of fund choices to reduce your risk. Look at your company’s 401-K webpage for educational information and options and/or talk to your financial advisor.

Saving money and teaching your kids how to do the same. Americans have failed miserably in teaching money skills to children. A great web page to help both you and your children with financial education is: <http://www.sorted.org.nz/life-stages/kids-and-money> There are a number of articles and a kids money personality profile test.

Take advantage of benefits at work. Increase life insurance and disability. Check to see what benefits are portable in case of a layoff.

Ask for help. Look for support groups if you’re laid off.

Create or update your life goals through a Dream> Plan> Track© process. A financial planner or life coach can help here.

Have a great and “Empowered” 2009!

*New Retirement Mindscape study, conducted in August 2005 by Ameriprise Financial in conjunction with Age Wave and Harris Interactive.

This column is for informational purposes only. The information may not be suitable for every situation and should not be relied on without the advice of your tax, legal and/or financial advisors. Neither Ameriprise Financial nor its financial advisors provide tax or legal advice. Consult with qualified tax and legal advisors about your tax and legal situation. This column was prepared by Ameriprise Financial.

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Cedarfield Baby Sitting Co-op/Exchange

Did you know that Cedarfield has a Baby Sitting Co-op/Exchange? The Co-Op is a group of neighbors who utilize a coupon exchange system, instead of money, for watching each other’s children. This is used most often by, but not limited to, stay-at-home moms during the day. This gives those moms a chance to volunteer at an older child’s school, go to the doctor, hairdresser, do the family shopping in peace...so many things that many of us without small children take for granted.

All members have been screened so that you know your children are safe, and if you join, you also will have to partake in that screening process. Remember, the co-op president is just looking out for your children’s best interest and that of all the other children, not looking to see how clean your house is! For more information, please come to one of our meetings (2nd Thursday of each month at 7pm). Call for details: Brantley Averkamp 704/947-1393 or email to bgaverkamp@carolina.rr.com subject: **Baby Sitting Co-op**

**Playgroups
are suspended
during the
winter months.
See you in the
spring!**



News from your Neighborhood Realtor.....

Happy New Year!

January 1, 2009 brings an official end to 2008. As we turn the calendar, we also turn the corner on the residential real estate business! There were many events in 2008 that stand out and will long be remembered. Some of these events were good, some not so good, and some were great learning experiences for me as a professional and you as a consumer.

2008 brought an end to the expectation that every borrower is credit worthy and if you had a pulse, you could get a mortgage. Sub-prime programs are gone. No-doc, stated assets, stated income and "Alt-A" programs are very rare. This has chased many buyers that are not credit worthy away from the housing market. That's a good thing. However, it has also chased many self-employed, credit-worthy buyers out of the market due to their inability to document earnings. That's a bad thing.

2008 brought an end to the seller's market we had experienced from 2004 – 2007. Clearly, we are over-supplied in many areas and price points creating a buyer's market in most areas. With excess inventory in most areas, there could be pressure on prices. Our region will fair FAR BETTER than other areas of the country experiencing 30% depreciation. I do not foresee that in our market.

My forecast for 2009 anticipates a return to stability. Builders have put a halt to nearly all new construction. This will allow the resale home supply to balance against demand towards the end of the year. Sales will begin a trend back toward "normal" levels. I do not anticipate the hay day activity we experienced in 2004 – 2006 to return any time soon. Personally, I believe a stable market is better for long-term health in the housing market, so this is a good thing.

It's important to keep up with your real estate assets and values. If you are interested in a report that can be e-mailed to you monthly and provides a summary of all active homes and recent sales in Cedarfield, please e-mail me at laquetta.mahoney@allentate.com. This awesome tool has received rave reviews from several clients already receiving it monthly.

Best wishes for a very healthy and safe 2009.

Laquetta (La-kwee-tuh) Mahoney
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CEDARFIELD SERVICES

CF2 Resident has pick-up truck and will do light to medium hauling and/or demolition for you. Pick up of appliances, furniture, yard waste removal and alike. Won't fit in your car? Give me a call. Reasonable and Reliable. Contact Bill Lech @ (704)875-9050. Thank you.

INTERIOR PAINTING: Cedarfield resident with 20+ years interior painting experience. Available for all interior painting projects. Free Estimates! Insured. Local Cedarfield references available upon request. Call - Sher Jenkins at 704-947-1307.

LICENSED MASSAGE THERAPIST with home studio in Cedarfield offering deep tissue, stress relief & pregnancy massage at below spa rates. 30, 60 & 90 minute sessions available. Give yourself a break from everyday stress. Contact Ariana @704/502-8846 or email me at ari.rain@yahoo.com for more info and rates.

COOKIES, COOKIES, COOKIES! Do you have something to celebrate? Do you need something unique to give to a friend, family member, or co-worker? Need to get out of the dog house? :) I can help. I make specialty decorated cookies that are sure to satisfy any sweet tooth. I can also provide gluten-free and dairy-free decorated cookies. Contact Eva Rumble at (704) 948-0740 or evarumble@carolina.rr.com.

Ready to look, feel and perform better? Health and Fitness Training...Try it free for one hour! I will show you how you can improve your health and fitness levels in the least amount of time possible. I promise you will not be bored, I make fitness fun! Email me at GetFitz@yahoo.com schedule assessment and training introduction. Boot camp avail. Torre

PROTECT YOUR MEMORIES NOW!!! Your video, silent film, photos and slides transferred to DVD. I'll set your digital photos to a music in a slideshow! Reasonable prices with lots of options. Call Daniel at 704-875-9487 or e-mail dmhill59@bellsouth.net. www.easydvdmemories.com

Thirty-One Gifts! Check out all the wonderful products we have to offer... purses, totes, blankets, jewelry, stationary, etc. The best part is that all of the monogramming and personalization is FREE! Great gifts for birthdays, baby showers, bridal parties, graduation, end of the year teacher gifts. Perfect for any occasion. Earn free items when you host a show! For more information, contact Brantley Averkamp at 704-947-1393 or bgaverkamp@carolina.rr.com

Experienced pet sitter in Cedarfield: I offer animal care, as well, as the "At Home" look while your away or at work. \$10.00 per visit regardless of the number of pets. Very professional and dependable. References available upon request. Please call Dawn at 704-464-6135. or 704-819-1518 cell ordesver@carolina.rr.com

State licensed home based child care has openings for school-age, & pre-school age children. Summer/school great activities planned for all age groups. Reasonable rates. CPR/First-aid cert. Over 15 years experienced. Contact Debbie (704) 947-2324

FUNDRAISERS: Need a fundraiser for your organization or club? Consider Cookie Dough Works! Our gourmet cookie dough, gourmet pretzels, smoothies, and other delights are sure to be a hit. For more information contact our North Carolina Representative, Calvin, a 14 year resident of Cedarfield II. 704.875.9404.

Does your Computer Needs a Tune-Up?: STS, Inc. is a home based business available in Cedarfield II with over 15 years experience in the Corporate environment. We service computer installation and upgrades; virus and spyware removal; backup and recovery; security software and firewall configuration; data transfer; high-speed configuration; wireless networking; audio video installation and configuration; training and more... Call Bill Akins at 704-501-6371 or email at ststech@bellsouth.net.

Stampin' Up/Scrapbooking! I am a Stampin' Up demonstrator and live in Cedarfield I. I'm available to be a creative coach, give you fun project ideas, share special offers, and, of course, teach you about fantastic stamping products. If your interested in hosting a party, placing an order or would like to attend a Stamp Camp. Please email me at brandy@coxgp.com. I look forward to helping you unleash your creativity!

PRICELESS DESIGNS Do you need a special gift for the Holidays? Or a new piece of jewelry for yourself? If so contact me I have special Swarovski crystal designs and very unique pieces. All hand made using sterling silver, so they will last forever. Please call me if interested, Jessica Price Cpriceless@att.net or 704-912-2097

MATH TUTOR: Teacher with 14 Years of High School Math teaching experience available for tutoring. Algebra I to Calculus and other higher levels of math. Cedarfield resident. Contact Danny at 704.579.0991 or scurlock-dan22@yahoo.com.

DONATIONS of clothing, furniture or home accessories may be picked up by a CF2 homeowner and delivered to the Crisis Assist Ministries. Call after a garage sale, before moving or anytime whenever available. 704-942-7632.

The Pampered Chef: Join the CEDARFIELD COOKING CLUB! Meet once a month & prepare an Appetizer, Main Dish & Dessert. Cost \$16/month. Receive a \$165+ Pampered Chef Shopping Spree when it's your turn to buy the groceries. Call me for details. Jane Magariner 704-464-0340 jane.pchef@gmail.com OR www.pamperedchef.biz/jane

2009

Happy New Year Everyone !!!

2009

The holidays have come and gone; but the holiday feasts have left a lasting impression on the waistlines. It is that time of year once again; that we take the oath, to shed the unwanted holiday and winter pounds. Let me help you succeed in your New Years Resolution . Whether you need help dropping those fabulous holiday five, toning that midsection, or just want to be a healthier YOU!

It's your year to **COMMIT 2 B FIT!!!**



New Years Specials

- *1 FREE Fitness Consultation w/ AD
- *1 FREE Body Assessment w/ AD
- *1 FREE Personal Training Session w/ purchase of gym membership/AD
- *1 FREE Personal Training Session w/ purchase of a personal training package/AD
- *1 FREE week gym membership with purchase of 1 personal training session/AD
- ***BOGO** for you and 1 Friend to share up to 10 sessions (Purchase for yourself at regular price and a friend can train with you for FREE !) w/AD

For more information about personal training , gym memberships, or would like to schedule an appointment, please contact Neely below:

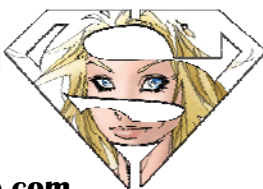
SBG Fitness/Elite Fitness

**15903 Old Statesville Road
Huntersville, NC 28073**

Www.elitefitnessnc.com

Email: superbuffgirl@yahoo.com

704-654-8325



2009 New Years Package a \$700.00 value for only \$500.00 (\$200 savings)

Includes: 10 Personal Training Sessions (10 Hours - 5 weeks), 1 Personal Training and Nutrition Journal, 2 body assessments, 1 fitness consultation, 1 week gym membership, online support, and all the motivation you can handle!

About Me...

- *12+ years of Health and Fitness experience
- *NETA/ISSA Certified Personal Trainer
- *Current NPC National Figure Competitor
- *Compassionate, understanding, and patient listener here to meet your needs.
- *Now offering training for individuals, couples, small groups, competitive athletes, and figure/bodybuilding posing clinics.
- *Specializing in weight-loss, toning, sculpting, bodybuilding, nutrition, and supplementation.

Cedarfield Services...continued

PICTURES FOR THE HOLIDAYS!!! Cedarfield photographer is available for holiday portraits in your home. Families, adults, children, babies, and pets. Great rates on Christmas cards, prints, and portrait packages. Also available for general photography sessions in your home or on location. Please contact Bethany at 304-290-7753 or email at bethany-phalen@yahoo.com

Are you ready to commit to a positive change in your life? Consider hiring a personal life coach. I've helped people move into new careers, become better managers or simply tackle day-to-day situations that they had not been able to work through alone. Once you've experienced coaching, you'll immediately see the value. Curious? Contact Cedarfield resident and certified life coach, Renee DeKemper, renee.dekemper@netzero.com for a free sample coaching session.

APPOINTMENTS PLUS is a local transportation company that offers rides to and from Charlotte-Douglas Airport. Rate is \$40. We will also take you to doctor app'ts, etc. Please call 704.875.0795

ANYONE INTERESTED IN STARTING/JOINING A NEIGHBORHOOD WORKOUT GROUP THIS YEAR? if so email me at getfitz@yahoo.com. Its FREE and FUN. Success is greater with group support!

Who to Contact in Cedarfield

Questions?

Concerns?

Requests?

Cedarfield I

Curtis Hopkins, President 704/875-8120
Lisa Fitzgerald-Hundt, VP 704/875-2141
Susan Renckens, Secretary 704/948-3999
Laura Russell, Treasurer 704-947-8621
Greg DeBruhl 704-274-9429
David Hamilton, ARC Committee
Stacy Harris, ARC 704-947-1322

Hawthorne Management, Property Management
Company 704/377-0114

C-I Website www.cedarfieldplantation.com

Cedarfield II

Dwayne Greene, President 704/575-1897
Bob Pearson, V.P. 704/948-0532
Jacques Shepherd
Kim Lever-Green (ARC) 704/575-3558
(kim.lever@lpl.com)
Ray Kudlak, Secretary 704/992-0852

Hawthorne Management, Property Management
Company 704/377-0114

CII Website www.cedarfield2.org

Resolve to one
act of random
kindness per
week in 2009!

To advertise contact Catherine@thegreenbergs.us

Reach almost 1800 readers each month for as little as \$20
advertising in the Cedarfield Sun!*

Display Advertising Rates:

\$20 per issue for 1/6 page \$60 per issue for 1/2 page
\$30 per issue for 1/4 page \$120 per issue for full page

(*All ads must be paid for in advance, 35% discount applies for residents of Cedarfield with a home-based business.)

Cedarfield Sun
c/o Hawthorne Management
PO Box 11906
Charlotte, NC 28220

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