

Nona's Sweets

The Aroma Alone Satisfies

There's nothing like lovin' from the oven to bring fond memories and one family knows that better than anyone. Nona's Sweets Bakers & Chocolatiers in the Terraces at University Place came out of a true Italian kitchen. 'Nonna' means grandmother in Italian and it was in her nonna's kitchen that owner Jo-Ann Morlando fell in love with baking.

When the aroma spread demand went up so she and husband Nick opened the bakery. Now they

share their joy with daughter Dominica Clementi and daughter-in-law Anne Morlando. The couple does most of the baking while the girls dazzle with their decorating.

Nona's Sweets will satisfy every dessert dream—especially if you long for traditional Italian specialties. To hear Dominica describe even one of the tasty pastries makes the mouth water: "Our sfogliatelle is crispy Italian pastry on the outside...inside is moist ricotta cheese with a hint

of orange." Other irresistible treats include pasticciotti, cannoli, pizzelle, napoleon and cassada cake.

Anne and Dominica love decorating wedding and party cakes so much that they offer cake decorating parties. Guests enjoy piping out posies to perfection and children's birthday parties have never been so fun!

Need to send a personal or corporate gift? Don't forget



Nona's Sweets
 9601 N. Tryon St., Suite H
 704.717.6144
 8AM-6PM Mon.-Fri • 10AM-2PM Sat.
www.nonassweets.com

Nona's Sweets. Who wouldn't love a stroll down memory lane with a basket of chocolates, cookies and fudge?

Charlotte Personal Fitness

Down the Fairway or the Aisle- Fitness is key

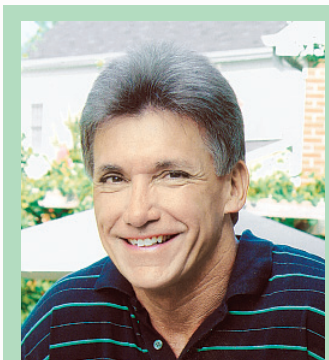
If you recently hobbled off the golf course take heart. 53% of male and 45% of female amateur golfers suffer from chronic back pain. Keeping us fit on the fairway motivates Steve Glocke of Charlotte Personal Fitness, "Why has golf technology improved drastically over the years but our handicaps haven't? Something is missing – sports specific fitness."

Steve hopes that if you won't get healthy for yourself you'll do it for your golf game. A lifetime golfer, Steve has a personal interest in helping golfers improve their swing mechanics which means lower scores. But his primary passion is health and fitness for everyone, not just golfers.

Steve works one-on-one with each client and notes that very few fall off the fitness wagon. Successful clients can thank Steve's commitment to their improved health through physical training, nutrition assessment and healthy lifestyle counseling. No need to join a health club; clients meet

Steve in his professional gym located in the University area. Though many certifications hanging on the wall highlight his success, Steve prefers pointing out his clients' achievements. "In March I had a client who came in with a goal of fitting into her wedding dress by August 5," he shares. "Three weeks before the wedding she had to buy a new dress – a smaller one!"

Call now for a free fitness assessment and golf swing analysis.



Charlotte Personal Fitness Training
 704-516-6741
 Call for an appointment

OSP5779581

Hair Classics

Clients look to Hair Classics Salon for the latest styles and the most up-to-date cutting and color techniques for looking their very best. And they are so pleased Hair Classics was voted the number one salon in University City Magazine's "Best of" contest two years in a row.

Rhonda Brown, owner and stylist who works three days a week, says she feels very fortunate to have ten talented stylists in her salon. Three of those stylists are part of the most elite group of colorists in the nation; they are members of the America Board of Certified Colorists. In addition, her daughter Monica Krusemark, also a stylist in the salon, is a national educator with the ESBI International Artistic Team.

Monica loves working with her mother. "She has been such an inspiration to me," says Monica. "She strives for perfection and because of her high standards, I try harder. She has always supported me in my decision to follow her footsteps. I have her to thank for my success". In return, Rhonda is blessed to have such a successful and rewarding

business she can share with her staff and daughter.

The atmosphere in the salon demonstrates that everyone is working together as a team. "I do feel like we're all part of a family," says Rhonda. "We strive to maintain the highest-quality service and excellent customer satisfaction."

Last year, Hair Classics held a National Day of Thanks for service men, women and their families. The salon's thank you was a free hair cut. They plan for another National Military Day of Thanks in December and again in the spring. "We want to give back to the community," Rhonda says.



Hair Classics Salon
 3020-G Prosperity Church Road
 Mallard Creek Shopping Center
 704-548-1878
 10AM-8PM Mon.-Thurs.
 10AM-7PM Fri. & 9AM-4PM Sat.

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