

**Mazel Tov & Congratulations**

## Cary Bernstein Recognized as One of Mecklenburg's 50 Most Influential Women

For seven years, *The Mecklenburg Times* has selected the area's 50 Most Influential Women. This year, Cary Bernstein was included in the prestigious group.

Through Spay Neuter Charlotte, the organization Bernstein founded in 2010, she has made a difference in the lives of more than 27,000 dogs and cats, and saved thousands more of their potential offspring from the possibility of death by euthanasia. Bernstein decided to start the foundation after chairing the board of the Humane Society of Charlotte and learning the magnitude of the problem of unwanted or stray animals in the Charlotte area. Spay Neuter Charlotte also provides low-cost health care for pets whose owners can't afford a private veterinarian.

The editors of *The Mecklenburg Times* asked her what led her to start Spay Neuter Charlotte and when the program started. Bernstein responded: "I founded Spay

Neuter Charlotte out of a concern about how our community treats homeless dogs and cats. Until recently, the City of Charlotte was euthanizing 15,000 healthy dogs and cats each year because there wasn't enough room at the shelters to keep them. In addition to increasing pet adoptions, the most effective way to address the problem is providing affordable and accessible spay-neuter services to control animal reproduction. That realization led me to found Spay Neuter Charlotte, a non-profit organization affiliated with the Humane Alliance, one of the preeminent spay-neuter programs in the country. We have grown to be a \$1.2 million organization with 25 employees. We have fixed 27,000 dogs and cats and provided basic medical care to 10,000 patients. We have two clinics, in NODA and in Pineville, and are exploring the possibility for a third in Mooresville."

When asked what inspires her,



Cary Bernstein (photo courtesy Spay Neuter Charlotte)

she answered: "I am fortunate to have had the opportunity to make a real difference in animal welfare, an issue of great importance to me and this community. I love what I do and know how fortunate I am to have the opportunity to work every day for a cause that I believe in. My greatest inspirations are the amazing clients we serve and the amazing staff I work

with every day."

Bernstein was asked how she defines "satisfaction," and she said, "To me satisfaction is the tremendous amount of confidence I have in our staff, knowing that every day we are providing exemplary medical services and cus-

tomers care to our patients and clients while at the same time making a true impact on the number of homeless animals in our community."

Bernstein's responses reprinted with permission from *The Mecklenburg Times*. ✪

## Charlotte's Adam Flitton Competing for World Beauty Fashion and Fitness Title

By Beth Cherryman

A 28-year-old man originally from Carpenders Park competed for the World Beauty Fashion and Fitness title in the O2 London.

Adam Flitton, a former pupil of Frithwood School in Northwood, took up cheerleading when his family moved to Charlotte, NC, in 1992 and received scholarships for college due to his success.

Mum Cherie, 56, said her son often gets mistaken for Channing Tatum when he's out and about.

She said: "He's done a lot of competitions in America, but he finds it hard to get to the top because some competitors used steroids."

"He's very dedicated and he perseveres."

"We moved to America when he was five. He never would have done cheerleading in England, but he competed in World Team America."

"Even now he works in the school system teaching children gymnastics."

"He's got a good chance in this competition, he recently got first place at a similar competition in the States."

The Flittons moved across the pond in the early 90s after Adam's dad John, now 61, a jewelry engraver, accepted a job in Charlotte.

Adam, who hopes the competition will help his modelling ca-

reer, will take part in other World Beauty Fashion and Fitness in Las Vegas and New York.

The 28-year-old has given special advice to Cherie to help her slim down.

Cherie said: "I've lost more than 67 pounds through Adam helping me with my meal plans and him making me an exercise program for the gym."

"With his help I hope to continue this year and lose another 50 pounds."



Adam Flitton (yes, girls, he's Jewish)

Adam came in 10th out of 40 and is returning to London in November for the WBFF Pro Am competition.

The Flittons are members of the LJCC, where Adam works in the fitness center, and are members of Temple Beth El. ✪

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