

FEATURE

2018

Wake County

Local Business is Our Business

FIRST UP THIS YEAR:
MANHATTAN CAFE
SHEON THE STYLIST
BB CLEANING

ON THE
GRAND STAND:



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FEATURE
Magazine

Publisher's
Note

TIME TO SHINE

Greetings! As the publisher and founder of *Feature* magazine, I am pleased to introduce a publication created to give a voice to those businesses who are ready to shine. Businesses will find their products and services showcased in a way that has never been available before and consumers will have the opportunity to discover so much more of what Raleigh has to offer.

Every issue will boast information, reviews, news, and events focused on small businesses and entrepreneurs. Online at www.featuremagazine.net you will find even more information including forums of opinions and juicy tidbits from fellow locals.

It is time that we connect together as a community to support the success of our thriving local economy. Businesses are invited to partner with *Feature* magazine to showcase all they have to offer the public. Consumers are encouraged to open their hearts, minds, and weekend plans to the established businesses and up-and-coming entrepreneurs found in these pages. After all, these businesses are made up of regular people just trying to make a great life for themselves and their families. So let's work together and keep Raleigh an amazing place to be.



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sheon
PERSONAL STYLIST



"I love style and fashion, and I've studied how to make every body shape, size and style look good." – Sheon Wilson

SHEON THE STYLIST
(919) 641- 0173
www.sheonthestylist.com

Beer, Bourbon and BBQ Festival



This festival was all about the booze. From Maker's Mark to Raleigh Rum Company, there was something for everyone. If beer is more your speed, they had it all from the well known Guinness, to the locally known D9 Brewing Company. Let's not forget to have a little something to soak it all up, of course. From the traditional brisket and pulled pork sandwiches provided by City Barbecue of Garner to the unique bourbon bacon cupcake from Buzzy Bakes mobile bakery of Cary, even the sweet tooth gets catered to. We even found spreadable bacon jam, courtesy of none other than The Bacon Jams, an online company selling at festivals all over the East Coast. Okay, so we didn't try the bacon jam... maybe next time!

Once we got our fill from all the beer, bourbon, meats and sweets, there was an awesome array of local vendors ready for action. One of them was Porch Fly Supply Co. of Raleigh, offering shirts, hats, and candles to name a few. Our favorite was the t-shirt saying, "Whiskey's for Closers." If you have not yet been, it is



definitely a great experience that is worth your time. If you missed it this year, don't worry, they'll be back around next year! ♦



MANHATTAN CAFÉ



MANHATTAN CAFÉ
(919) 833-6105
320 S. Wilmington St.
Raleigh, NC
www.manhattancafenc.com

Advertised as downtown Raleigh's hidden gem, there could not be a truer statement. The gem part for sure! Nestled in the Hudson building on Wilmington street (across the street from The Edison Lofts), the small Manhattan Cafe is making a BIG name for itself with the downtown Raleigh crowd. It is becoming a usual expectation to see a line out the door during the noon hour of hungry lunch patrons looking to get their MC fix. But, don't let the lines scare you off. The team at the Cafe is well aware of the time people are allotted for lunch and make quick work of getting you in and out. "Everything we do here depends on our ability to handle volume without the quality of our product or service suffering," says Casey Vorbeck, one of the three brothers who own and operate the cafe.

The success that Manhattan Cafe is seeing has not always been the status quo for that location. The Cafe has been operating in downtown since 2008. The Vorbeck brothers bought it from a



previous owner in 2014 and haven't looked back since. "We saw a great location in a growing downtown community that had all the tools to be successful, but wasn't reaching its potential," Casey said. When the brothers took over MC they were doing 80 transactions a day which they have blossomed into over 400 transactions and another 100 plus in off-site catering daily. "The main goal was



to actually be a part of the community, providing a place where people can come and take their mind off work for 30 minutes at a time," oldest brother Nate stated. Your mind will wander there for sure, with graffiti and murals wall to wall, good music and great people watching!

THE MENU

The menu is consistent with a traditional New York Deli with more to offer. Ask them what is their most popular sandwich, they say which one? The Prosciutto de Parma is a big hit with loads of thin sliced Prosciutto, fresh mozzarella and basil. Fresh made deli sandwiches like the Smoked Turkey and French Brie and the Roast Beef and Cheddar are packed with meat! Their top selling hot sandwich is the Cajun Chicken Panini. How can it not be with the slogan of 'Don't be a weenie, try the Cajun chicken panini'. Philly Friday is a tradition with a lot of downtown offices. That's where they offer their Philly Cheesteak w/ fries for 6.99. Along with

the deli and grill selections they offer a made to order Pasta Bar and salad bar.

"Our menu is diverse enough to where the entire office can find something they are craving." The brothers noted surprisingly that daily almost half the customers go the healthy route and take advantage of the LARGE made for you salad bar.

CATERING

The catering side of the operation is the next avenue the brothers are expanding. "We are finding a big demand for our catering services through the Triangle", Casey explained. Corporate catering is their go to. Breakfast and lunch to the offices and business in the area. "When you think of business lunch catering more than one national chain comes to mind. Being family owned we have the ability to adapt and change to the customers' current and future needs. It's always nice to be able to talk to someone that has an invested interest in their well-being." You can currently find their catering menu and order through their website. ♦

SHEON THE STYLIST



What will you wear today? It's a question you have to answer, and you want the answer to suit you personally and professionally. You want your visual resume to say good things about you.

For me, style is an opportunity. Since I have to get dressed, I figure I might as well wear clothes that are functional and fashionable. I use the art and science of dressing well to tell a little bit of my story: I'm a professional who is creative, smart, up to date and appreciates beauty. My clothes let me convey that without saying a word.

How we look affects how people perceive us and even how we feel about ourselves. Just as a manicured lawn and shiny car say good things about their owners, a put-together look says you care about yourself and are worth time and effort. It speaks to your value.

If your visual resume needs work, a makeover from a professional stylist could be just the thing to transform your look and outlook. You might want a dramatic change, or just a few tweaks to get

your style on track. It might be just what you need to update your image and show your authentic self.

As a professional stylist, I'll give you the tools and the courage to transform your image.

ABOUT SHEON

I love style and fashion, and I've studied how to make every body shape, size and style look good. It's my passion.

My personal style has evolved over the years as I've used color, shape, pattern and texture to introduce new looks to my wardrobe and keep



Warm, saturated colors suit me best. Having my color analysis done changed my outlook. Now I use "Color Me Beautiful" to find clients' best look.



When I personal-shop, I do makeovers that suit my clients' lifestyle. I give their everyday look a refresh, and get them ready for every occasion.



clothes evolved, my style matured, and I looked and felt better in my clothes. Other people who noticed my confidence asked for advice on how to do the same for themselves.

things interesting.

I started by deciding to wear one eye-catching item every day to make getting dressed fun. I took risks - blood-red tights and miniskirt - and learned about what worked - sheath dresses. I learned to minimize figure flaws and play up my best features.

As my taste in

My first client, a petite professional who wanted to sparkle at a special family event, launched my career as a personal stylist.

That successful styling assignment led to others, and in 2008 I launched my makeover feature in The News & Observer, Refresh Your Style. I've made over dozens of N&O readers who were tired of their same old routine. I shopped with them, picked new outfits and usually provided free hair and makeup appointments. That changed their outlooks. Some makeover recipients bought the clothes I recommended, and I arranged for many to get their outfits free.

I'm certified in color analysis, and I've been fascinated to see how color theory can help me dress better and wear more attractive makeup.

Now my passion for fashion and style can benefit you. There's no need to suffer alone while you try to figure out style for yourself.

Together, we'll shop with purpose, find what works for you, and stop wasting your money on clothes you don't wear. You'll have a consistent, attractive style that turns heads for all the right reasons. ♦

BB CLEANING

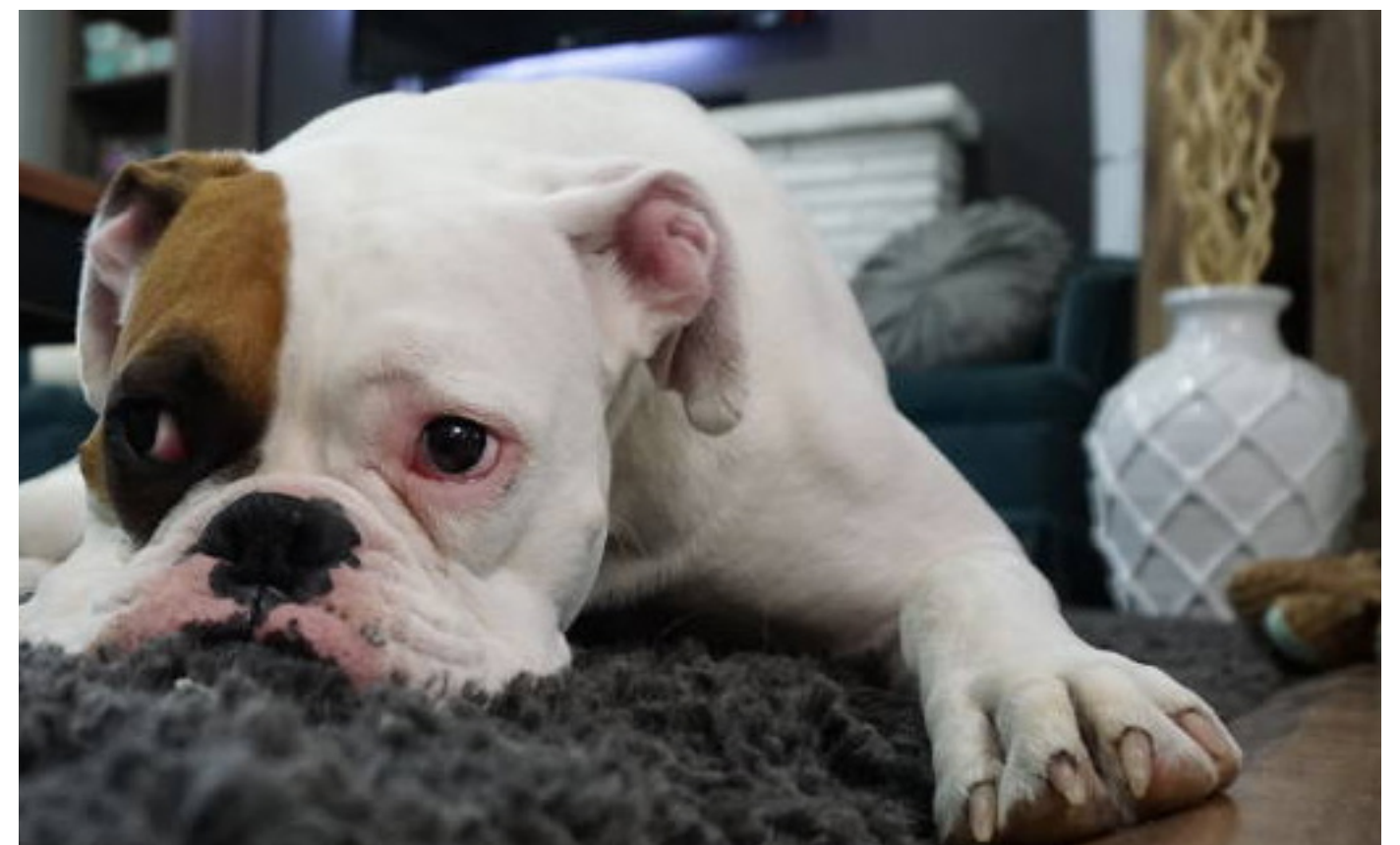


Getting your home or office carpets expertly cleaned is one of the most effective things you can easily do to promptly enhance the general appearance of your space. Our technicians are expertly educated and geared up to return your carpeting to its initial sanitation. Over the course of time, carpets can build up bio contaminants, unstable natural substances, asbestos fibers, allergens, chemical contaminants, outside toxins, pesticides, irritants, oil, sand, food particles, germs, and a host of other products that leave it looking rough.

Our technician is IICRC certified, and we are fully insured. We use the latest technology truck-mount equipment for stream cleaning. This removes the most contaminants and requires less dry time.

We clean carpets, oriental rugs, and upholstery. BB Cleaning is a small family owned and operated carpet cleaning business. We believe in quality work with quality equipment. We enjoy staying small, as it gives us the ability to take great personal

care of our customers. We have over 20 years in the cleaning industry, and enjoy making our customers happy, seeing their place shine! ♦



ALEXANDER'S MEDITERRANEAN CUISINE



ALEXANDER'S MEDITERRANEAN CUISINE

(919) 779-1183

263 Timber Drive

Garner, NC 27529

www.alexanderscuisine.com

Alexander's Mediterranean Cuisine is a concept whose time has come; tasty, frankly traditional, reasonably priced Greek food in a setting comfortable and friendly. The storefront, with its picture window, is a cheerful, clean place, tabletops and large panoramic photos of Greek fishing boats and harbors a great place than relax and dine, tables and booths are available, people picking up carryout orders; and there's no liquor, but Beer and wine is available. In terms of ambiance, definitely at the restaurant level. The food, is unquestionably restaurant quality, and fine value. Greek food at its best is straightforward and unfussy, with a premium on fresh ingredients.

Alexander's Mediterranean Cuisine delivers that, with a menu centers around such standards as mous-saka, and some grilled fish, Gyro platters, Our Signature Lemon Risotto with Chicken or Shrimp, and Alexander's Lamb Shank. Mediterranean appetizers are always a delight, and the ones served here are no exception!

Ahh...the delicious flavors of Greece! Vacation at home and experience Alexander's Mediterranean Cuisine through the authentic dishes prepared by Chef/Owner Nik Badawy. Centrally located in Garner, NC, Alexander's is an easy drive from all locations of Raleigh, Clayton, Cary, Fuquay-Varina and Smithfield.

The Greek diet is traditionally very healthy. One Wall Street Journal article attests to the fact..."The Mediterranean diet is rich in vegetables and mono-unsaturated fats like olive oil, and low in animal fats." You can read more about the benefits of a Mediterranean diet here.

Entrees cover a range of seafood, chicken and beef in addition to traditional Greek specialties such as Moussaka, Souvlaki and Shrimp Alexander. Our signature dishes are Lamb Shank (baked with potatoes, carrots, and celery in tomato wine sauce) and Rack of Lamb (grilled and served with roasted potatoes, vegetables, and mint jelly sauce). Superb meals unmatched anywhere in the Triangle. Our



customers say it best... "If you're looking for authentic Greek and Mediterranean food, you can't do better than Alexander's Mediterranean Cuisine!"

For a taste of the Mediterranean right here in Garner and the Triangle, we invite you to join us for a delightful, fine dining experience.

At Alexander's Mediterranean Cuisine, you can enjoy a wonderful selection of wines with your meal. Greek red wine offerings such as mavrodaphne and foundi naousseia are sure to please. Also available are excellent, Greek white wines such as the Loukatos Retsina or Muscat.

As for hearty fare, Alexander's serves only the finest lamb! Our lamb is sure to please the most discriminating palate. Choose from our mouth watering Alexander Lamb Shank baked with potatoes, carrots and celery in tomato wine sauce; Lamb Souvlaki grilled and marinated with garlic, fresh herbs and served over mixed vegetables; chicken kabob over rice; or our exquisite Rack of Lamb served with roasted potatoes, vegetables and mint jelly sauce.

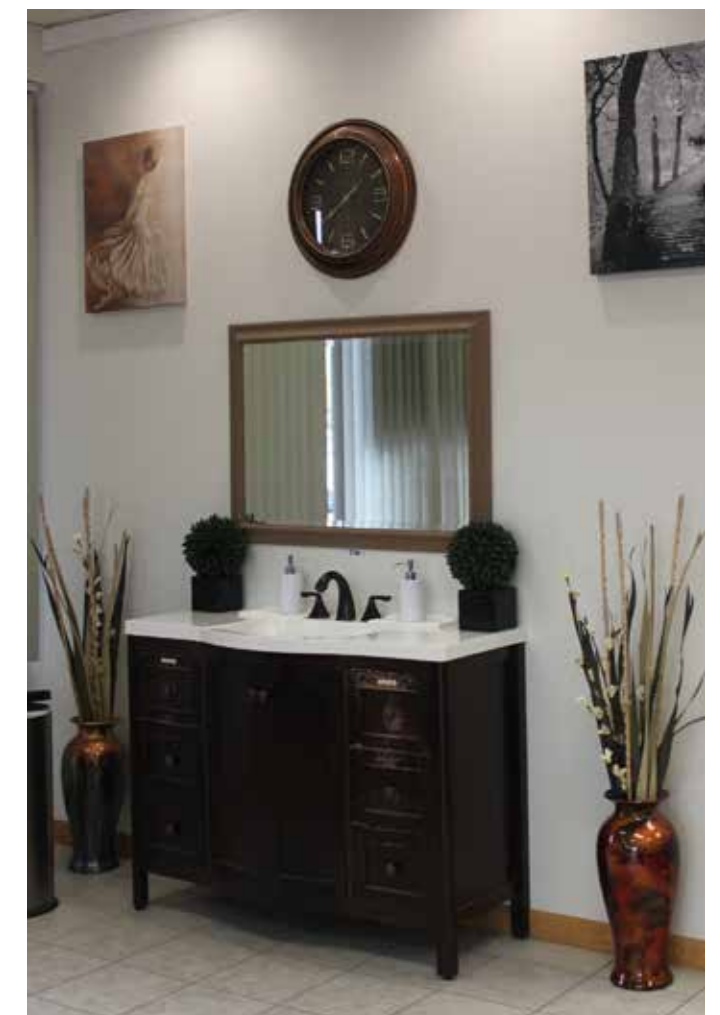
Our dishes are prepared daily with the freshest of ingredients by Chef/Owner Nik Badawy. You will certainly be satisfied not only in taste, but in portion size as well. ♦



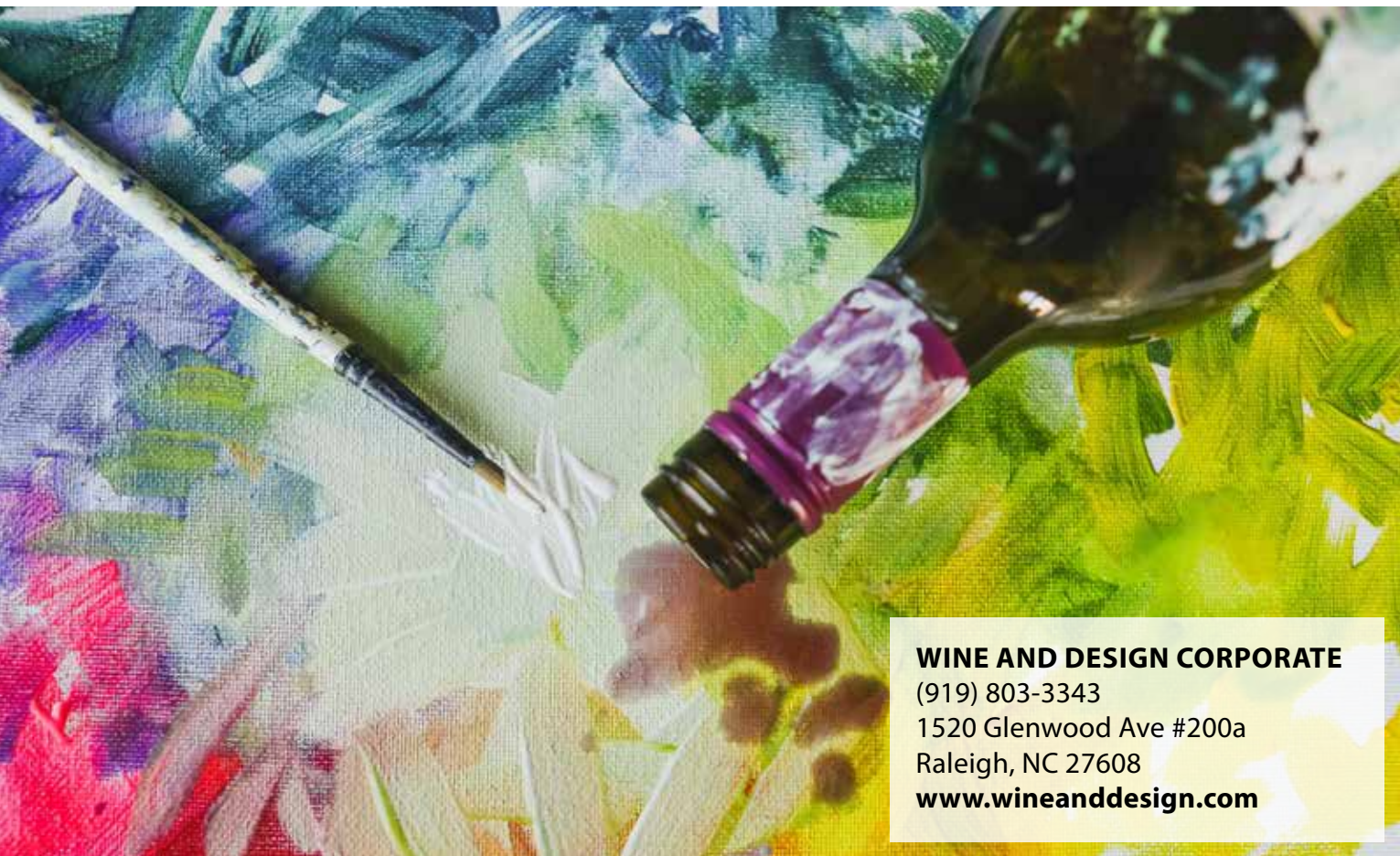
AJ NAILS



*W*e are a family-owned nail salon, originally hailing from Syracuse, NY. We purchased our business from a lovely older couple named Alex and Jane, who had resided at this location for over 15 years. In order to show our gratitude towards Alex and Jane for helping us achieve our dream of running our own business, we decided to honor them by keeping the name, AJ Nails. Two years after our initial start up, our business has been booming due to the dedication we put into building strong relationships with our customers. So please, come and visit our nail salon and experience the modern yet inviting atmosphere of AJ Nails. ♦



WINE AND DESIGN CORPORATE



WINE AND DESIGN CORPORATE
(919) 803-3343
1520 Glenwood Ave #200a
Raleigh, NC 27608
www.wineanddesign.com

What's better than toasting to a good time with friends? To us, not much. Wine & Design is a fun way to create memories and masterpieces. Bring your friends or significant other and enjoy a glass of wine during one of our two-hour classes. We'll provide the glasses, canvases, and paintbrushes as a local artist guides you through the evening, stroke-by-stroke.

Wine & Design is the perfect place to unwind and have fun. We offer a range of affordable private and public paint and sip parties for all ages, groups and talents. From girls nights out to birthday parties, work events to date nights, Wine & Design has you covered.

OUR HISTORY

In the midst of fast-paced careers in sales, Harriet Mills and Emmy Preiss took a weekend beach



trip that changed their lives. Looking for a fun and unique girls' night out, the group of friends stumbled into a paint and sip studio and took a class. Harriet and Emmy created more than a painting that night; their experience sparked the idea to quit their corporate jobs and launch a brand that would allow them and others to create a fun and family-focused business.

After returning home from the trip, Harriet and Emmy immediately began working to create the Wine & Design brand that exists today. After two years of operating a studio in Raleigh, NC, the two realized their dream to help other entrepreneurial women and men combine their family values with their career aspirations by launching the first franchise.

WHO IS HARRIET MILLS

In 2010, Harriet Mills had a young child, had been laid off from her job as a sales representative for Vietri, and was opening the doors to Wine and Design, Raleigh, N.C.'s first painting party studio. Mills was inspired to launch Wine & Design after going to Charleston, S.C. on a girls' weekend and visiting a paint and sip studio there.

"I call it my brushstroke of luck," Mills said. "It hit me that this concept of group painting for fun is a largely untapped business opportunity. I didn't create a masterpiece painting on my Charleston trip, but I eventually created a master plan that would make this business take off."

Having previously worked in finance and special events, Maggie was considering pursuing an MBA when Wine & Design founder Harriet Mills persuaded her to join the company's leadership team.

Thanks to Harriet's unrelenting drive, innate business instincts, and marketing savvy, she and her team have grown Wine & Design to 77 franchise locations nationwide that offer everything from children's parties to corporate team building events. Harriet focuses on marketing, product development and growth.

Harriet was honored with the Triangle Business Journal's 40 Under 40 Award in 2016, and she has created a scholarship for high school graduates in her hometown of Whiteville, N.C. who study art or business in college. When Harriet's not working, she enjoys escaping to the North Carolina coast with her husband and three children.



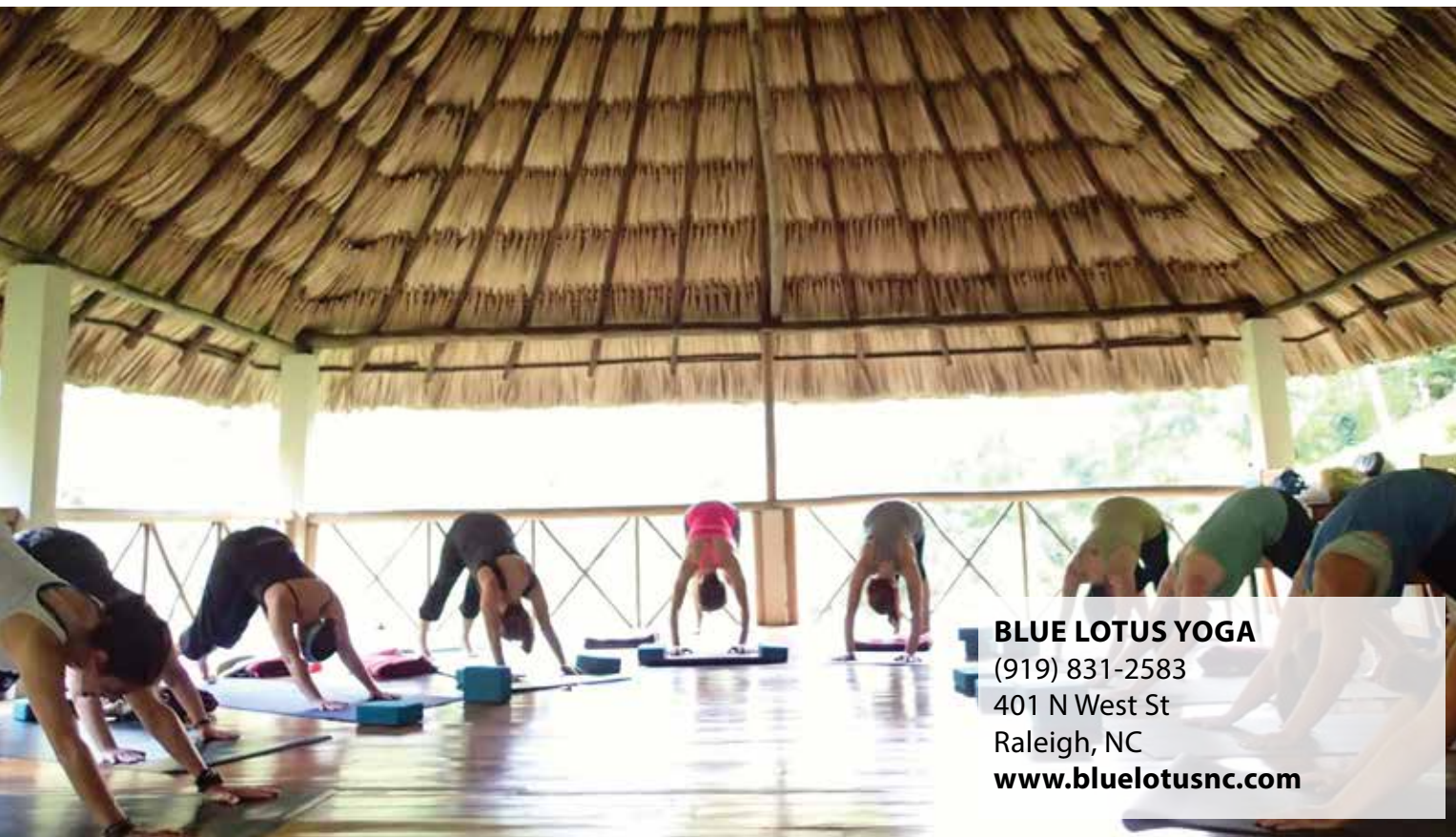
FRANCHISE WITH US

Not only is Wine & Design part of one of the fastest growing franchise trends, but our brand and our annual sales are growing as well. Starting your own Wine & Design franchise assures you are part of a strong and financially healthy industry and organization.

We started with a single franchise operator in 2011, and have grown to 71 franchise locations in 5 years! Our 35-47% annual sales revenue is also growing at a pace that is above average.

With our low start up fees and aggressive growth goals, we are poised to hit 100 franchise locations in 2017. ♦

BLUE LOTUS YOGA



Blue lotus yoga & movement arts is downtown Raleigh's urban sanctuary for yoga.

Since 2007, we have offered a full schedule of classes for students of all levels and ages. We offer Yoga Alliance registered 200-hour and 300-hour (bridge to 500-hour certification) yoga teacher training programs, as well as a range of additional workshops. A full line of yoga apparel, gifts, books, CDs and props from socially conscious, ecologically responsible businesses is available in our blue boutique.

Explore the Mind-Body relationship through movement and breath, all are welcome as we uncover new ways of being in our body and the world.

OUR MISSION

It is our intention to lovingly welcome you as you are, and to provide a space that nurtures and supports you on your journey.

We are dedicated to creating true community, helping all of us to better connect with ourselves and those around us.

In our urban sanctuary, we challenge each individual to be fully present, and invite you to uncover a new way of being in your body and the world.

As you open your heart, you will receive everything you need. We welcome you.

WHAT IS THE MEANING OF BLUE LOTUS?

In Eastern traditions, the blue lotus signifies wisdom and the victory of the spirit over the senses. In Alfred Lord Tennyson's poem, *Song of the Lotos-Eaters*, the blue lotus symbolizes that which urges us to seek new experiences.

Because the lotus grows from mud and finds its way through purifying water to open to the sunlight, the flower also is seen as a metaphor for the path of the individual toward enlightenment, ultimately representing the highest aspiration — seeking enlightenment for the sake of others.



GREEN SPACE

One of the central ethical teachings of yoga is ahimsa, practicing non-violence — doing the least amount of harm. At blue lotus, it also means treading lightly on the Earth. That's why it was so important to us to create a "green" yoga studio. We felt it was an organic part of the practice, and we jumped at the opportunity to lead by example the much-needed paradigm shift toward environmental sensitivity.

When we opened our doors in February 2007, blue lotus was not only the first yoga studio in downtown Raleigh, but it also was the area's first green yoga studio, as recognized by the California-based Green Yoga Association. The association fosters ecological consciousness, reverence and action in the yoga community, and recognizes studios that minimize their environmental impact.

As a member of the association's Program Pilot, we contribute to their Green Studios Handbook to guide other yoga studios to implement green business practices and increase environmental awareness in their students and communities.

BOUTIQUE

Peruse our selection of clothes, props (including eco-friendly mats), books, candles, and all the rest on your next visit. The blue lotus boutique is open 30 minutes prior to the start of each class, as well as after each class.

It is our intention to get good stuff from good people who do good things. That's good karma in action. As part of our own karma yoga, blue lotus donates a percentage of all product sales to Raleigh non-profit organizations each year. ♦



JIM HALLENBECK FINE ART



Jim Hallenbeck grew up in Catskill, NY. After majoring in Fine Arts at SUNY Plattsburgh, he transferred to Florida International University of Miami where he earned a BS in Art Education in December 1979. Jim was hired by IBM in September 1979 in Boca Raton, FL and transferred to Raleigh, NC in 1999. He retired from IBM as a Vice President in September 2014 and worked at Lenovo through January 2015. Through the years during his IBM career he continued to paint as time allowed. Jim Hallenbeck is now beginning to pursue his life long dream of being an artist and beginning February 2015 he has devoted himself to his artistic journey full time. The paintings include primarily landscapes, city scenes, and local Raleigh landmarks. Jim teaches art (K - 5th grade and adult classes) part-time at Champion Learning Academy in Morrisville, N.C. Jim is a creative member of 311 Gallery in Raleigh, NC.

Statement: My art has largely been of landscapes, cityscapes, and, at times, the people cap-

tured in these scenes. My approach in painting is to represent each subject realistically, while at the same time to accentuate its bright colors. I find my approach to painting to be one of deep introspection complete with a wide range of emotions - inner peace, happiness, honesty, and truth. In turn, I hope to communicate something to the viewer, to trigger an emotion, or to spark a memory that resonates on a very unique personal level. ♦



CARY TUTOR - LAUREL ARCHER



CARY TUTOR - LAUREL ARCHER
919-798-6493
Cary, NC
www.carytutor.com

Our goal is simple: To create learning success stories, one student at a time.

Since we opened our doors in 2010, Cary Tutor has been helping students, young and old, to fulfill their potential. We do this through personalized instruction and helping adult students achieve more success in their profession, especially through private Accent Reduction & American Pronunciation classes.

We believe that every student, whether struggling to read phonics, or preparing for that all-important college prep course, has the ability to learn at their own pace and learning style.

Private, customized instruction gives each person a chance to work one-on-one with a caring professional who will create a learning plan to make success possible! Services offered: reading and math (Elementary), literature and writing (MS & HS), English as a second language (ESL), SAT/ACT Prep

(English), beginning to intermediate French, writing and editing (upon request).

WHO IS LAUREL ARCHER

Declared by Top Female Executives on July 26, 2016, “Laurel Archer is an expert on English as a Second Language (ESL), Laurel Archer founded Cary Tutor, a tutoring, test prep and ESL center for children and adults in North Carolina. In addition to serving as the owner, she is responsible for working with students of all ages and professionals from all over the world, including Russia, Africa, India, China and Martinique.

Ms. Archer is fluent in English and French, and has completed advanced ESL classes in order to prepare her for her career. In addition to ESL and French tutoring, Cary Tutor offers a variety of educational services, including elementary reading and math, middle school and high school literature and

writing, and SAT/ACT prep. Ever committed to her students’ education and development, Ms. Archer also has hosted “meet-ups” for former students and non-students, where they can practice ESL conversation and social skills.

She is proud of the work she has done to help students of all ages better their study and language skills. Additionally, Ms. Archer is inspired by the work her professional students do in order to better their English language and pronunciation skills. Every time one of her students succeeds, she feels it as her own personal success as well.”

TESTIMONIALS

“I’m so thankful you were a part of my journey in the USA. I can’t say enough good things about you. I’ve been fortunate enough to meet you and to have you as my ESL teacher.

You’re an amazing teacher with the kindest heart! You have a very unique way of teaching, that motivates and engages the students. You inspire learners to embrace the English language. I know your enthusiasm and the love you show for your ESL students. This is the big part of why I like your lessons so much!

The foundation you have provided through your gentle guidance and unwavering support gives me the faith that I’ll continue to grow and meet the challenges of my future. You’ve been a huge encouragement to me, helping me to build confidence in myself.” —Tarcila F, Cary, NC

“I’ve been working with Laurel for about a year. My goal was to improve my spoken English for making professional presentations. English is my third language. We work online, doing a range of exercises and projects from phrase lists to reading poetry. Laurel helps me to identify learning goals specific to me and to each task, such as working on individual sounds that give me trouble and stressing key terms in a conference presentation.

Laurel is always supportive, friendly, and warm during lessons, which helps me to stop worrying about my shortcomings and focus on improvement.



We laugh a lot; while reaching the learning goals, each lesson also feels joyful, like a little party. I’ve noticed a marked improvement in the clarity of my presentations.” — Maria D., Cary, NC

“Laurel Archer is a fabulous tutor. She knows how to connect with teens and how to teach them skills in ways they will actually remember. She’s super kind and has a great laugh. It was so much less painful going to class because she was my tutor and it was actually enjoyable. I was a bit of a challenge to tutor but she was very patient and understanding of my struggles and learning disability.” — Shelby D., Cary, NC

“Laurel is a capable and experienced tutor. She is especially skilled in teaching children for whom English is a second language, or who may be having difficulty coming from a home where English is not spoken well. She is patient and has a great variety of materials that she draws upon depending on the student’s need.” — Greg Tarsa, College Nannies and Tutors, Cary, NC ♦

CHAIR MOVE 2 MUSIC



CHAIR MOVE2MUSIC
919-749-3004
Raleigh, NC
www.ChairMove2Music.com

While seated and listening to music from the 1920's through the 1960's, Lisa leads her class through a series of fun and functional movements and stretches designed to increase flexibility, strength, balance and coordination. The class consists of a warm up/stretch routine, then faster and more intense moves to activate all major muscle groups, then a cool down and stretch routine. The music is an integral part of the program. It is entertaining and nostalgic, and provides a fun backdrop for the creation and execution of the movements which are all performed to the music's rhythm. Chair Move2Music class can be taught at any level, from those with physical and mental limitations to those requiring a more rigorous workout. Lisa gives attention to each individual, allowing

her to teach to a multilevel class of low to high functioning students. Her goal is that her energy and encouragement will motivate and inspire her students to become as physically and socially active as possible.

WHO IS LISA LOFCHIE?

Lisa Lofchie is originally from the Boston area, and lived in Arizona and Florida before moving to Raleigh, NC in June 1999. She has been working with senior adults as a companion/caregiver for both an agency and as an independent contractor since her move to Raleigh.

Lisa has been intently practicing alignment-based yoga for over 30 years and since moving to Raleigh has also been involved in cardio and muscle toning classes.



Through her own fitness practice she realized that she was more motivated to exercise while listening to music she enjoyed. This inspired her, in March of 2012, to create Chair Move2Music for senior adults. Lisa has her Senior Fitness and Yoga Fitness certifications through Interactive Fitness Trainers of America and her CPR certification from the American Heart Association.

WHERE CAN I FIND CLASSES?

Class locations are always changing, below are some of the facilities where classes are currently being held: Capital Oaks, Magnolia Glen Morningside Assisted, Living Independence Village of Olde, Raleigh Sunrise of Cary, Brighton Gardens of Raleigh, new classes are added frequently, please call for more information. ♦



TRIANGLE CHIROPRACTIC AND REHABILITATION CENTER

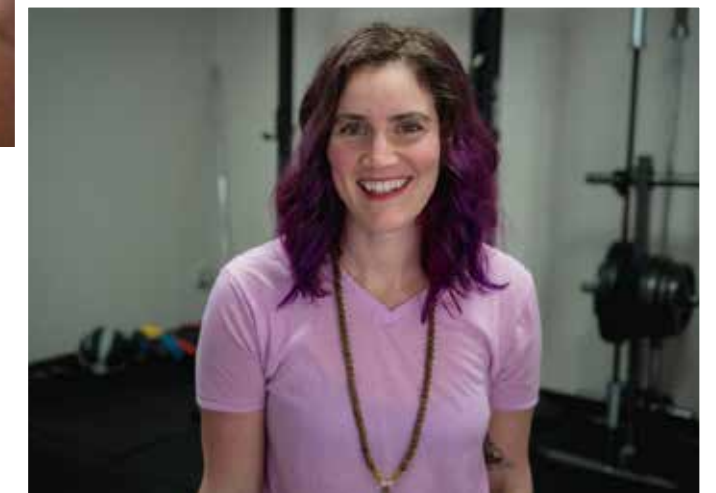


Triangle CRC
(919) 792-8682
4817 Hargrove Rd. Suite 105
Raleigh, NC 27616
www.trianglecrc.com

Looking for the best chiropractor in Raleigh? Triangle Chiropractic and Rehabilitation Center is a one-of-a kind center of chiropractic in North Raleigh. Only here will you find the best and most researched manual therapies mixed with patient-centered treatment plans in longer appointment times. No more feeling rushed in your visits or run through the mill like another number. Your local chiropractic visits are 15 minutes long, and typically consists of chiropractic adjusting, various other manual therapies, and exercises. As a patient, you get to participate in your health care rather than just accept it! Whatever the cause of your pain, Dr. Mumma will help you make changes in your body – and in your life – to decrease your pain and improve your overall function.

ABOUT OUR DOCTORS

Dr. Lindsay Mumma, considered one of the best chiropractors in Raleigh NC, received her BA from



Kent State University in Kent, OH, and her Doctor of Chiropractic (DC) from Palmer College of Chiropractic in Davenport, IA. Dr. Mackenzie Smith graduated with her DC from New York Chiropractic College. In addition to the academic requirements of the DC program, our doctors have also completed continuing education courses in areas such as rehabilitation, developmental kinesiology, pediatrics, pregnancy, pelvic floor, nutrition, pain management, sports injuries, TMJ disorder treatment, disc pain and neurology. Drs. Mumma and Smith have taken courses through various manual therapy venues including the Motion Palpation Institute, Active Release Technique, Graston Technique, the McKenzie Institute, and the Prague School of Rehabilitation and Manual Medicine.

Also located within triangle chiropractic and rehabilitation center, you will find the following additional services:

- BIRTHFIT NC – offering childbirth education courses, prenatal fitness training, postpartum rehabilitation, and postpartum fitness training
- Licensed Massage Therapist Emily Horn – specializing in functional movement through DNS, as well as prenatal and postpartum massage ♦

SNAP KICK MARTIAL ARTS, LLC.



SNAP KICK MARTIAL ARTS, LLC.
(919) 772-1414
1411 Aversboro Road, Suite 201
Garner, NC 27529
www.garnerkarate.com

Where our mission to “transform lives and build tomorrow’s leaders” has impacted both young and old to become champions in the martial arts and in life.

We place emphasis on bringing out the positive attributes of our students, and help them to develop high levels of discipline, confidence, gain self-esteem and achieve higher goals.

Our Black Belt Martial Arts Leadership Academy emphasizes discipline and the value of persevering through challenges until goals are reached. We believe in following a high standard of values to bring out the good in our students and improve their quality of life.

Our instructors have spent many years devoted to their training, studying the Martial Arts, and transforming and empowering lives, and have attained a level of expertise to qualify them not only as instructors and educators but also as mentors.

OUR INSTRUCTORS

Each of our instructors go through on-going training and instruction in the martial arts, new and inno-

vative teaching techniques and are all CPR and first aid certified so that they can be complete not lacking anything when it comes to providing elite training in the martial arts, character development and safety.

Vernard Williams, Jr. - Chief Instructor

Sensei Vernard Williams, Jr. is chief martial arts instructor at Snap Kick Martial Arts. He has been training in the martial arts for more than 25 years and holds a fifth degree black belt in Karate, a first degree black belt in Jujitsu and is also ranked in Judo, a certified Krav Maga instructor and has been instructing and coaching children and adults for more than 10 years. In 2011 Sensei Williams was inducted into the American Martial Arts Alliance “Hall of Fame” and the same year won the “Karate Instructor of The Year” award.

“Our concern is not only that our students achieve success in the martial arts but also in life!” said Sensei Williams, Our instructors understand that not all students will learn and grow at the same pace and for this reason each student is taught as an individual.



Each instructor strives to not only assist in the development of the students’ character but also strives to perfect their own. Our entire staff understands that they are role models both inside and outside of the school.” ♦



CHISEL STUDIO



Turn to us for personal fitness training in Raleigh, NC if gyms aren't for you, and you're having a hard time sticking to an exercise regimen on your own. What can you do to achieve your fitness goals? Join us at Chisel Studio. We offer personal training programs in Raleigh, NC.

You'll be matched with a personal trainer who will give you the one-on-one attention you deserve. They'll get to know your fitness level and movement patterns to come up with a workout plan for you. We offer every client their first consultation/session free.

We believe personal training programs should be as unique as each individual client. Our trainers are committed to helping you reach your fitness goals and improve your quality of life. We assist you and motivate you every step of the way to succeed in achieving fitness and wellness.

PERSONALIZED ONE-ON-ONE TRAINING

Privacy is a big deal for many of our clients. We are focused on providing the privacy and one on one



attention of a personal training studio by offering smaller group training classes every day to give a more personalized approach to group training. Our smaller groups are limited to 8-12 people max per class. This gives clients the ability to be trained in a small group environment without the higher cost of personal training.

Many of our personal training clients take part in our small group classes to speed up their results by training with all the trainers. Allowing for more variety and intensity in their training.

Also, we are currently the only studio in Raleigh with Bungee Adrenaline Flo classes which are a total blast and a total body workout. Our other classes are specialized training such as Tuesday's Chest Back Abs and Wednesday's Butt Legs Abs.

Independent trainers are also welcome to use the studio as a convenient location to meet with their clients. Contact info@chiselstudio.com today for more information or to arrange your first appointment. ♦



MARK STEWARD TEAM



First-time home buyers who work with us often have the same question: Should we or shouldn't we get a first-time home buyer loan?

In fact, there are a number of advantages and disadvantages attached to this type of loan.

So today, we thought we would take a few moments to share with you what you can expect from getting this type of loan as a first-time home buyer. That way, when it comes time for you to decide how you're going to finance your first home, you'll have all of the information you need right at your fingertips.

FIRST-TIME HOME BUYER LOANS 101

A first-time home buyer loan offers financial assistance to qualified buyers by utilizing a variety of methods:

- Very low down payments or none at all
- Subsidized interest costs
- Grants
- Forgive loans
- Defer payments

Generally speaking, the best candidates for this type of loan are home buyers who have never owned a home, although those who have not owned a home in more than three years may also qualify.

With these types of loans, certain restrictions may apply in order to qualify. Thus, it's important to research beforehand whether you meet those restrictions.

First-time home buyers should also be aware of the specific restrictions attached to using the loan. These may or may not include:

- Being prohibited from buying homes in higher price ranges
- Being required to make the newly purchased home your primary residence
- Being prohibited from renting the home to others

These types of loans are certainly great for those buyers who otherwise might not be able to purchase the home. But there are some disadvantages to this type of loan.



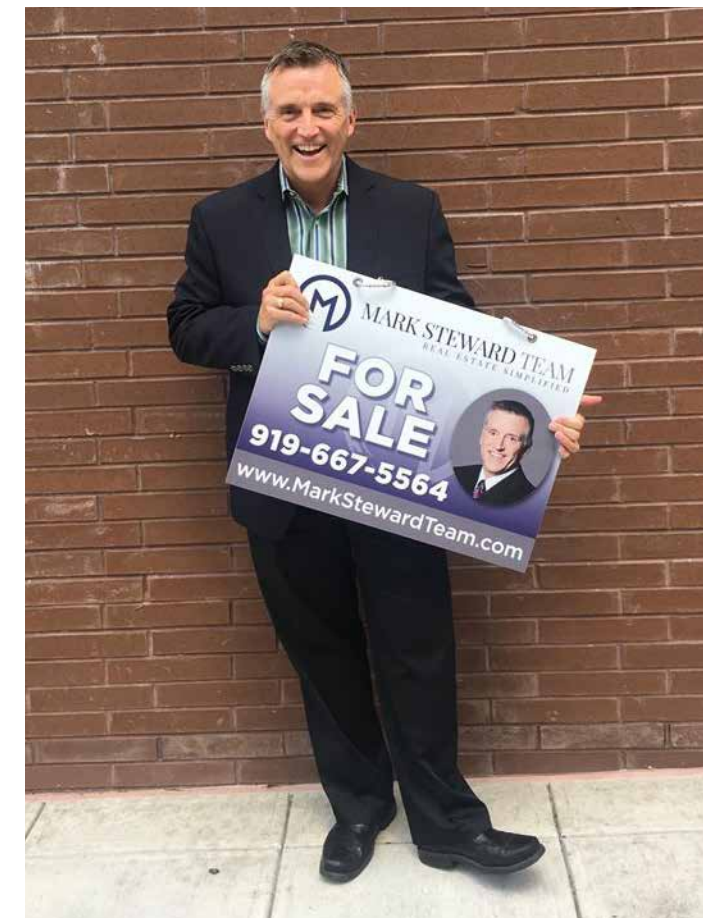
Some of those drawbacks include:

- Buyers are limited to the type of home they want by price range
- Buyers may not be eligible for certain program benefits if they sell their home before a predetermined time limit.
- Buyers may have a limited number of loan types to choose from.
- Buyers may have to pay for recapture taxes in exchange for benefits they receive through the program

For these reasons and more, some first-time home buyers may find it just as beneficial to get a traditional loan, although this should be considered on a case by case basis.

We'll help you through your first home buying experience. We offer free homebuyer assistance with no hidden transaction fees! List your home from \$999 (see website for details).

Contact us today to learn even more valuable information that is sure to help you as a first-time home buyer. We are glad to offer you our expert assistance, which includes straight-forward advice and user-friendly resources. ♦



CATIE ROSE PHOTOGRAPHY



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www.catierosephotography.com

You love your images. You want to be able to look back on them, years down the road and remember exactly who you were at this moment in time, I know the feeling.

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YOUR IDEAL PORTRAIT EXPERIENCE

You want someone to help tell the story of your family in a fun, relaxed, gently-led process that highlights the love, joy, & connection you feel for each other.

Imagine, relaxing on the sofa, slowly turning the pages of your heirloom album with your children... or their children. Pulling prints from their pretty box and remembering the happy memories you made together. Looking up and seeing the smiling faces of your loved ones on the wall.



WHAT KIND OF PORTRAIT ARTIST DO YOU WANT?

Catie Rose Photography is a full-service portrait studio, and I specialize in guiding families through every part of the portrait process from planning to delivery of your artwork.

SO LOVE. LAUGH. PLAY. SMILE. RELAX.

You enjoy the moment while I take care of everything else.

When you sit snuggled on the sofa with your kids or grandchildren, everyone pointing out their favorite expressions and details on the pages of your family albums as you talk and laugh...

When you see your adult children one day admire longingly the photos on the wall...

When you smile, seeing the faces of your loved ones playing, hugging, walking together, you'll be glad you took the time to have your story told! ♦

OAK & DAGGER PUBLIC HOUSE



Oak & Dagger Public House
(919) 945-9382
18 Seaboard Avenue #150
Raleigh, NC 27604
www.oakanddagger.beer

Oak & Dagger Public House opened in September of 2016 in Raleigh, North Carolina. Bringing a new type of brewpub to the Triangle, Oak & Dagger serves up homemade brews along with a full lunch and dinner menu of elevated pub favorites. Our beer and food menus pair perfectly with one another and many of our food items have Oak & Dagger beer as an ingredient.

We fashion ourselves a public house because we want to harken back to the days when the local pub was the social center of the community. It is more than just beer and food, it is about the atmosphere, the entire social experience. Stop by today for some amazing beer, delicious food and a good time.

From hand crafted brews to house made ingredients, Oak & Dagger Public House offers more than what you have come to expect from the traditional brewery. We are rooted in the timeless traditions of brewpubs that have come before us, providing distinctive beers and delicious meals to the wonderful people who live and work in our community.



SO WHAT IS A 'BREW PUB'?

A Brewpub is a combination of two things; a brewery and a restaurant. Unlike the standard brewhouse and neighborhood diner, the brewpub is more than a place to grab a drink and a bite to eat. It is a hub for the community it resides in. Much like the taverns of times come and gone, the brewpub is a place for gathering around the table with family for a good meal. It's a place to meet up with friends for a round of beers after another long day on the job. At its heart, the brewpub is where glasses get lifted, good times are always on tap, and one can find themselves a home away from home.

WHO IS OAK & DAGGER?

Our team is comprised of industry veterans who share a common goal: Providing the best there is to offer to the city of Raleigh. From master brewers to seasoned chefs, the O&D team is a growing collaboration of men and women dedicated to their crafts.

PETE MCCABE, President & Brewmaster

"Why a brewpub? I like making beer. I like drinking beer. I like talking about beer. A brewpub affords me all these opportunities."

JAMIE MCPETERS, Sales & Operations Director

"Why a brewpub? I like drinking beer. I like drinking free beer. A brewpub affords me all these opportunities." ♦



C.A.R. IMPERIAR DESIGNS



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C.A.R. Imperiar Designs specialize and design handcraft jewelry. My collection is one of a kind. I put my heart and soul in every design. C.A.R. Imperiar Designs collection includes custom designed earrings, necklaces and bracelets, in either Agate Beads, Jasper Beads, Amethyst Beads, Swarovski Crystals, Faceted Glass Beads, Tiger Eye, Black Tourmaline, and Onyx. Each necklace and bracelet has a high standard of personality, style, and class for women and men.

REFLECTION CHARMS

With a selection of pieces, you will find flawless handcraft bracelets. The designs is to define your sense of style. Search, explore, and shop my web-site for high quality exotic bracelets, attractive and sparkling wrist rings, and exclusive men bracelets. Reflection Charm features stunning designs and gorgeous beads from all around the world. A well-defined, exclusive, signature mark only made for you.



Every piece of pearl, crystal, and gemstones you wear displays character, personality, and quality. Wrist n Wring represent the glory of fashion you bring to the world.

TESTIMONIALS

I am so overwhelmed with your bracelets. You are bless with a gift. Your work is outstanding. The Fashion Show was a blast. Thank You for allowing my models to use your collection. — *LaTree Owner of Latree Designs n Production*

Charmaine, your work is awesome. I love your style, and designs. — *Yvette from Wake Med* ♦



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Courtesy visitRaleigh.com/Garrett Poulos

AUGUST 4, 2018

2018 NC Japan Summer Festival
@ North Carolina State Fairgrounds - Raleigh
www.ncjapanfest.org

AUGUST 11, 2018

11th Annual Carolina Music Awards
@ A.J. Fletcher Opera Theater at Duke Energy
Center for the Performing Arts - Raleigh
www.carolinamusicawards.com

SEPTEMBER 1 - 2, 2018

**African American Cultural Festival of
Raleigh and Wake County**
@ City Plaza - Raleigh
www.aacfestival.org

SEPTEMBER 8, 2018

Beericana Craft Beer and Music Festival
@ Jefferson L. Sugg Farm at Bass Lake - Holly Springs
www.beericana.com

OCTOBER 11- 21, 2018

2018 N.C. State Fair
North Carolina State Fairgrounds - Raleigh
www.ncstatefair.org

NOVEMBER 17, 2018

74th Annual Raleigh Christmas Parade
Corner of Hillsborough St. at Saint Mary's St. - Raleigh
grma.org/christmas-parade

DECEMBER 2, 2018

Rudolph's Food Truck Rodeo
Knightdale Station Park - Knightdale
www.knightdalenc.gov/departments/parks-recreation-and-cultural-programs/festivals-and-events/christmas-1st-avenue

NOVEMBER 23, 2018 - JANUARY 13, 2019

North Carolina Chinese Lantern Festival-Cary
North Carolina State Fairgrounds - Raleigh
boothamphitheatre.com/nc-chinese-lantern-festival-cary



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