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New Businesses in the West End

Have you noticed the cute colorful cottage with the red roof on West End Blvd, near the corner of Manly? Well it is home to Thrive, a medicinal herb, supplement and lifestyle shop which opened in January 2010.

Thrive features an array of Nature's Sunshine vitamins, minerals, Chinese and Ayurvedic herbs/ combinations, single herbs, children's supplements and more. The shop also has eco-friendly/ organic soaps, skincare, candles and home accessories. Thrive has organic culinary herbs supplied by Nathan Pitts of Shore Farm Organics. Lizzie Smith (Lizzie's Herb Shop) has been in the industry for over 20 years, and suggested to Kim Vicars, Thrive owner, the need for a shop in Winston-Salem, that offers the community a personalized and an informed approach to the alternative ways of healing. Kim had practiced and studied alternative medicine for years and was therefore a perfect fit with her extensive background in health and fitness. (Kim has been a certified Pilates instructor since 2003).

Thrive features a device called "The Compass," which is a tool using cutting edge technology and ancient wisdom. It was created to help pinpoint what exact supplements your body is calling for to help bring balance and harmony to all body systems. Whether it's weight loss, low energy, high cholesterol/ blood pressure, stress, insomnia, etc. Whatever ails you, Thrive can help *without* the need of a prescription.

Thrive is located at 361 West End Boulevard. Shop hours are:
Tuesday- Friday 11:00-6:30; Saturday 9:30-1:00.
(336) 331-3369



Weclome to the West End!

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The West End Association Web Site
The West End Neighborhood Web site even better. Please visit www.historicwestend.org for information about our neighborhood's history, maps, links and membership information.
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The West Ender

By and For the West End Neighborhood

May 2010

<http://www.historicwestend.org>



*Upcoming
Events*

May
May 1—Susan G Komen Race for the Cure
May 5— HRC mtg 4pm
May 9—Mother's Day
AFAS—every Sunday free events on Trade St.
May 22— Salute! Wine Festival downtown
May 31—Memorial Day

June-
June 20—Father's Day

IN THIS ISSUE

- Salute! NC Wine Festival
- Homes Tour News
- Owls in the West End
- West End Garden Club—become a member!
- A/Perture Cinema special events in May
- Dash fireworks schedule
- New Businesses in West End

BB&T Presents Salute! The North Carolina Wine Celebration

One of the premier celebrations of wine in North Carolina, Salute! uncorks in the streets of Downtown Winston-Salem, with over 30 North Carolina wineries offering tastings of and the opportunity to purchase of their harvest. Voted a "Top 20 Event in the Southeast" by the Southeast Tourism Society, Salute! offers a total experience that highlights the fast-growing North Carolina wine industry in a fun and festive setting. Delicious food selections, musical entertainment, and the new "North Carolina Food & Wine University," an interactive and fun educational area combine to be definite crowd-pleasers.

Salute! Wine Festival is May 21-22, 2010 12pm-6pm, and is a rain or shine event on Fourth St downtown.

Tickets can be preordered for \$20, or at the event for \$25 (which includes wine glass!) and are available at the following locations—

- Lowes Foods —www.lowesfoods.com
- BB&T branches
- City Beverage (915 Burke St, Winston Salem) www.citybeverage.com
- Whole Foods (41 Miller St, Winston-Salem) www.wholefoods.com
- Total Wine

(Information courtesy of www.salutencwine.com)



HRC MTG—5/5
The Historic Resources Commission will meet at 4pm on May 5th in the 5th floor Public Meeting Room in the Stuard Municipal Building on 100 E. First St.

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HOMES TOUR NEWS!

If you've driven along West Fourth Street lately (between 1st and the Hawthorne Gallery, then you've probably noticed that the property at 1244 West Fourth Street is a hive of activity.

The George Jenkins house, built in 1917, is undergoing an extensive restoration. Modern siding was removed to expose its beautiful original wood exterior. The current owner, Eric Alspaugh, is converting it from an illegal four-plex to its original (and legal) duplex status. The apartment on the second floor still contains much of its historic charm. Mr. Alspaugh is using the details on this floor to guide the restoration of the first floor, which was dramatically altered over the years.

Mr. Alspaugh has kindly agreed to have the property on the house tour in December. This promises to be one of the most dramatic "before and afters" we've seen in the West End in recent years!

If you would like to volunteer to be part of this years tour, please contact Clare Fader at clarefader@gmail.com . We look forward to hearing from you!

OWLS IN THE WEST END

The resident West End owls are busy in our Pilot View/Carolina Avenue neighborhood, feeding on rodents, raising their young, and hooting loudly, These are the Barred Owls-strix varia-as distinct from the Barn Owl--tyto alba. Barred Owls enjoy the cover of a few large cedars and one giant fir tree on the corner of Pilot View. Their "Cook-Cook-Cook-for youuuu" call is interspersed with short barks and sounds almost human.

Gerry Osborne thought she'd been hearing nearby children playing and joking. Due to soft comb-like feather edges, these large birds fly and hunt silently, which enables them to hear the rustlings of their prey in the dark. Julie Edelson watched one fly directly over Aaron's head so quietly he didn't hear or see it. In daylight they will perch by a branch, compress their feathers, close their eyes. and look a lot like tree bark. However, at night, they fluff out and look fat again.

-Ann Listokin, west ender



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West End Garden Club — Become a Member!

The West End Garden Club was started in 1991 by the late Chris Yarborough and was the first garden club to have both male and female members. They are responsible for the Vinca Gardens at Grace Court and welcome anyone interested in gardening to contact them for more information. The west end garden club meets on the third Thursday of the month from September through May and membership dues are \$20.00 a year. Membership is not restricted to West End residents and is open to anyone interested.

Contact Garden Club Secretary Renee Foley @ prf2711@aol.com for more information.

-Becky Sparrow



A/PERTURE Cinema—Special Events

- **Blood into Wine**— To help celebrate the Salute! Wine Festival, a/perture will be screening Blood into Wine, a film about a wine enthusiast and his vision of building a world class wine region on the Verde Valley's craggy slopes. Tickets are \$8.50 . Advanced tickets avail. May 1 and can be purchased during regular box office hours. Showings—Friday, May 21 @ 5:40pm and 8pm, Saturday, May 22 @ 11am.
- **And We Will Dance**— A film that shines the spotlight on dance at the University of North Carolina School of the Arts. It will show Monday, May 24 @ 8pm and all tickets are \$6.50. Tickets on dale during regular box office hours starting May 17.

Winston-Salem Dash Home Schedule (May)

May 7th 7pm
May 8th 7pm
May 9th 2pm

May 17th-May 18th 7pm
May 19th 12pm noon
May 20th-22nd 7pm

Fireworks follow each Friday night game.

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