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Smart

Prints

CELEBRATING
LOCAL BUSINESSES
BECAUSE, WELL,
WE'RE ONE OF THEM.

At Mensh Insurance, we love our clients, our town, our neighbors and our friends. We want to thank all of you in the Triad community, who have recommended us to friends in lots of other communities.



THE BEST TIME
TO BUY LIFE
INSURANCE IS
WHEN YOU'RE IN
THE MIDDLE OF
LIFE.

call for a quote.

Hometown Home Runs: The Best of Winston-Salem

BY DANNY MENSCH FOR MENSCH INSURANCE, WITH THE HELP OF A FEW "KNOW IT ALL" FRIENDS

We've created this list of some of our favorite people, places and things to do for folks who are new to the Winston-Salem area. Of course, if you're a longtime Triad resident, you can see if we've missed any of your local favorites. This list is not meant to be exclusive by any means (in fact, we ran out of room after seven pages). If you have some ideas for our 2011 list, please let me know at danny@menshinsurance.com. Thanks, and enjoy!

the basics

Phone

AT&T (Home Service)

www.att.com

Time Warner Cable (Digital Phone)

(336) 785-3390

1410 Trademart Boulevard
Winston-Salem, NC 27127-5646

Time Warner is now offering a deal on cable+Internet+home phone service if you want to go that route. They've also opened up a new service desk at Hanes Mall, which is very convenient.

cable

Time Warner Cable

(336) 785-3390

1410 Trademart Boulevard
Winston-Salem, NC 27127-5646
www.timewarnercable.com

Water

City/County Utilities

Winston-Salem/Forsyth County Utilities

(336) 727-8000

Suite 357, City Hall
101 North Main Street
Winston-Salem, NC 27101
citylink@cityofws.org

You can order your city trash cans plus your "yard carts" from City/County Utilities. You can opt to have your trash picked up for you, or you can volunteer for "curbside pick-up," which means you simply

walk your city-approved trash can down to the curb.

Power

Duke Energy

1-800-777-9898

P.O. Box 70516

Charlotte, NC 28272-0516

<http://www.duke-energy.com/north-carolina/service.asp>

cell Phones

Winston-Salem has offices for most cell phone carriers including:

Verizon Wireless

AT&T

AT&T does have a couple of black holes in the Buena Vista area of Winston-Salem. But if you've got to have an iPhone, it's going to be fine, if a little spotty at times.

Internet Service

Time Warner Cable (Road Runner)

(336) 785-3390

1410 Trademart Boulevard
Winston-Salem, NC 27127-5646

extraordinary eats

Diamondback Grill (Dinner/Sports Bar)

Kimberly and Murphy Gregg, owners

(336) 722-0006

751 North Avalon Road
Winston-Salem, NC 27104
www.diamondbackgrill.com

The Diamondback is a local favorite, and it's located on a quiet street in one of Winston's old neighborhoods. Known for great crab cakes, delicious dinner specials and a popular sports bar. The Diamondback is a wonderful mix of a laid-back atmosphere, great music, big TVs and fine dining. Dinner specials nightly. On Tuesday nights, kids can eat for just \$2.00.

The Loop (Dinner/Pizza Place--Chain)

Chris and Kris Cox, owners

320 South Stratford Road, Winston-Salem, NC 27104
(336) 703-9882

The Loop is one of Winston's hot spots for families. The menu includes pizza, sandwiches, tasty salads and ice cream shakes.

Village Tavern (Multiple Locations)

(336) 724-0102
102 Reynolda Village
Winston-Salem, NC 27106

The Village Tavern is an institution for Winston locals and Wake students. The Tavern is tucked away in Reynolda Village, and you can see only the back from Reynolda Road. Great homemade chips (served with ranch dressing), very consistent food, pro servers and a lively atmosphere.

The Carving Board (Lunch, Dinner, Takeout)

Anita Wright, Krista Ackert and Alex Lawson, owners
(336) 748-9118
318 South Stratford Road
Winston-Salem, NC 27103

You'll usually find a line out the door at this popular lunch spot. Watch out--this place is highly addictive, and it's easy to fall in love with their delicious food.

Mozelle's Fresh Southern Bistro (Dinner and Lunch)

(336) 306-5122
878 W 4th St
Winston-Salem, NC 27101
www.mozelles.com

Mozelle's is a tiny restaurant but its charm, delicious food and great waitstaff make it a fresh new favorite. Try the tomato pie with a glass of white wine. The chocolate cake at lunch is just divine.

Noma (Dinner/Great for preheater for shows at Stevens Center)

(336) 703-5112
321 West 4th Street
Winston-Salem, NC 27101
www.noma-ws.com

Noma is perfectly located for a quick bite to eat or a drink before any event at the Stevens Center.

Five Guys Burgers and Fries (Lunch and Dinner)

(336) 760-2660
3273 Robinhood Rd
Winston-Salem, NC 27106

Several locations in Winston-Salem. Very casual. They have a couple of tables and chairs outside, which is nice on a sunny day.

Ryan's (Upscale Steak House)

(336) 724-6132
719 Coliseum Dr
Winston-Salem, NC 27106

Ryan's is a popular local spot for business dinners and celebrations. They have beautiful steaks, a very professional

waitstaff, an extensive wine list and a cozy bar with a fireplace. High dollar, but worth it.

1703 Restaurant

Molly and Joe Curran, owners
(336) 725-5767
1703 Robinhood Rd
Winston Salem, NC 27104

Owners Joe Curran and his wife, Molly, are wonderful and the food here is upscale and delicious. Great caterer for when you have a big party.

Sweet Potatoes

(336) 727-4844
529 North Trade Street
Winston-Salem, NC 27101
www.sweetpotatoesrestaurant.com

Sweet Potatoes is wonderful for an intimate dinner downtown. Great southern specialties, martinis and a great wine list.

Carriage House Restaurant

Chris Berry, John Stabolitis and George Stabolitis, owners
1409-G S Stratford Road
Winston - Salem, NC 27103
(336) 765-8082
www.thecarriagehouserestaurant.com

The Carriage House has a strong local following who love the hearty food and comfortable atmosphere.

Brixx Pizza (Chain)

Winn and Carolyn Fuller, owners
Shoppes on Little Creek
1295 Creekshire Way
Winston-Salem, N.C. 27103

Brixx has terrific pizza and is a popular pick on the weekends with shoppers around the Hanes Mall Boulevard area.

Mellow Mushroom Pizza

(336) 245-2820
314 West 4th Street
Winston Salem, NC 27101-2840
www.mellowmushroom.com

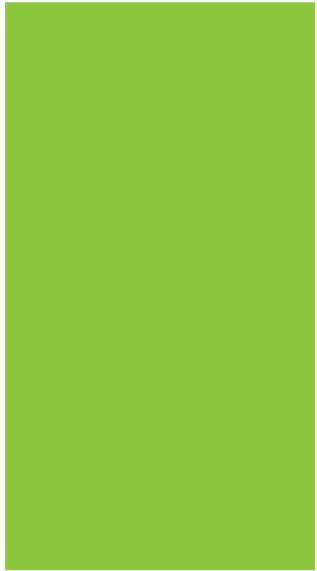
The Mellow Mushroom has incredible pizza and a cook atmosphere. The hummus and salads are delicious too. This is a fun place to go if you want to head downtown.

Great Takeout

Mr. Lu's

(336) 727-4490
109 South Stratford Road
Winston-Salem, NC 27104

There's no seating at Mr. Lu's, but they do have great Chinese takeout.



NO ONE THINKS
THEY NEED
MORE DISABILITY
INSURANCE UNTIL
THEY ACTUALLY
NEED IT.

Are you covered?

ethnic finds

Indian

Nawab Indian Cuisine

(336) 725-3949
129 South Stratford Road
Winston-Salem, NC 27104

Nawab offers incredible Indian cuisine for dine in or takeout. Try the vegetable marsala and naan bread. Very delicious.

Greek

Olive Tree

(336) 723-4224
580 South Stratford Road
Winston-Salem, NC 27103

This is a popular local Greek restaurant that's open for lunch and dinner. They have a great menu full of healthy options. They don't take credit cards, but they do have a cash machine right inside.

Grecian Corner

(336) 722-6937
101 Eden Terrace Northwest
Winston-Salem, NC 27103-2617
www.greciancorner.com

Grecian Corner is a tiny, freestanding restaurant near Baptist that serves up wonderful Greek food. Try the Greek salad with homemade dressing or the authentic chicken souvlaki dinner. Just delicious!

Mexican

La Caretta (Several Locations)

(336) 724-9800
151 South Stratford Road
Winston-Salem, NC 27104

For Mexican food for big, fun crowds, La Caretta is the choice of many locals. Great margaritas, free chips and salsa and big tables keep fans coming back.

Japanese

Arigato Japanese Steak and Seafood House

(336) 765-7798
2995 Bethesda Place
Winston-Salem, NC 27103

Arigato is always popular and the parking lot stays packed. Chefs prepare delicious Japanese-style dishes tableside. Kids love this place, too.

best for breakfast

Midtown Café and the Dessertery

(336) 724-9800

151 South Stratford Road
Winston-Salem, NC 27104

By far the best breakfast in Winston-Salem. The huge breakfast menu includes pancakes, waffles, eggs, toast, real Southern grits, bacon and every other breakfast item you can think of. Cute kids' menu with "Bears in the Snow." Waitstaff is excellent and professional. Lots of locals show up here every Sunday.

great groceries

Fresh Market

(336) 760-2519
3285 Robinhood Road
Winston-Salem, NC 27106

Fresh Market has always been a mecca for food lovers. Beautiful produce, fresh meats, freshly baked pastry, roasted chicken and ribs, a huge array of freshly prepared foods and a full-time sushi chef make this a great place to shop.

Whole Foods

(336) 722-9233
41 Miller Street
Winston-Salem, NC 27104

The Whole Foods in Winston-Salem is usually packed and that's no surprise. They have beautiful produce, poultry, meats, seafood and prepared foods. Pick up a big salad or choose a hot dinner. Great selection of homeopathic medicine, vitamins, organic foods and more.

Online Ordering Services

Lowe's (Several Locations)

Harris Teeter (Several Locations)

treats

Mayberry's Ice Cream (Multiple Locations)

(336) 724-3682
50 Miller Street, Suite A
Winston-Salem, NC 27104

Winston-Salem does have a Ben & Jerry's and a wonderful Blue Ridge Ice Cream shop, but nothing beats this old-fashioned restaurant that serves a couple of delicious ice cream scoops in a glass bowl with two vanilla wafers tucked in on each side.

Krispy Kreme (Several Locations in Winston)

(336) 724-2484
259 South Stratford Road
Winston-Salem, NC 27103
www.krispykreme.com

There's simply nothing better than a "hot now" doughnut straight off the line. The location above is the "main" Winston location and the very first. Krispy Kreme has some wonderful seasonal doughnuts but you do have to order them in advance.



DON'T
UNDERSTAND LONG
TERM CARE?
IT WON'T TAKE
LONG TO TELL YOU
ABOUT IT.

Just ask.

Golden Apple

(336) 768-1505
3458 Robinhood Road
Winston-Salem, NC 27106

The Golden Apple has a wonderful collection of gifts, freshly roasted coffee, some prepared foods and a little area for lunch. Great for an afternoon when you have a little time to relax. Try the freshly made cookies.

Dewey's Bakery

(336) 725-8321
262 South Stratford Road
Winston-Salem, NC
www.deweys.com

Sweetie's

(336) 723-4264
114 Reynolda Village
Winston-Salem, NC 27106-5131
www.sweetieswinstonsalem.com

Sweetie's offers delicious chocolate, candies and other treats. They also create whimsical candy arrangements that are really fun. They have a wonderful "patriot box" program that sends candies to soldiers.

Juice Shop

(336) 721-0444
308 South Stratford Road
Winston-Salem, NC

Try the Strawberry Splash on a hot day. Big servings. Try a little protein powder for a midday boost!

pets and vets

Best Doggie Day Care

Carolina Pet Place
Anne and Chris Dunn, Owners
(336) 766-4447
2645 Neudorf Road
Clemmons, NC

Ruff Housing

(336) 765-7833
336 Witt Street
Winston-Salem, NC 27104

One of the coolest doggie play places around. Great service, beautiful facility. Incredibly clean boarding facility. Dogs can play inside and out. Worth the price for happy dogs! Owners are retired businesspeople who started the business because they love dogs!

Best Vets

Animal Hospital West
(336) 765-2511

412 Jonestown Road
Winston-Salem, NC 27104
www.ahw.bz

Note from Danny: this is one of the longstanding vet offices in Winston-Salem. Our family has been to this office on Jonestown Road for everything from puppy care to boarding to end of life. There are no more compassionate pet doctors anywhere.

Winston-Salem Veterinary Hospital

(336) 767-2193
5400 Indiana Avenue
Winston-Salem, NC 27106
whospital@bellsouth.net
www.winstonvet.com

Dr. Hoffman and Dr. Schill at Winston-Salem Veterinary Hospital are wonderful and love pets! This is a full-service veterinary clinic with a kind, professional staff.

professionals

Financial Advisors

Pat Crowley

Wells Fargo Advisors

336-727-4216
380 Knollwood Street
Winston-Salem, NC 27103
Patrick.crowley@wellsfargoadvisors.com

Note from Danny: Pat Crowley has been a financial advisor and professional for nearly two decades. His experience includes branch management with global leader UBS and personal production with Wachovia and Wells Fargo Advisors. Pat handles all aspects of the planning spectrum from retirement plans to loans, insurance and other specific investment strategies, depending upon the client or business needs. Pat has been a great friend and business partner to Mensh Insurance for many years.

Law

Spilman, Thomas, Battle Law

From Danny: Jeff Patton, Ted Shipley and Jill Benson handle all aspects of law for individuals and business clients. They are located in the Oakwood building off Stratford Road. Their services range from estate plans to litigation, business and employment contracts and more. Let them know we sent ya!

Will Joyner

Kilpatrick Stockton

(336) 607-7342
1001 West 4th Street
Winston-Salem, NC 27101-2400

Note from Danny: Will Joyner is one of the leaders in our community and has done terrific work for Mensh Insurance

WE DON'T HAVE
A LOT OF PUSHY
SALES PEOPLE AT
MENSH INSURANCE.

They scare us,
too.



and many other businesses throughout our region and the country. Will is particularly adept at handling business buy-sell agreements and large transactions.

Mortgage

Mike Dew

Dew Mortgage

4400 Silas Creek Parkway
Winston-Salem, NC 27104

Note from Danny: Mike can do anything in the world of home mortgages. He is independent and has access to all the top products and banks in the market. He is on top of rate changes and new programs on a daily basis.

home

Nursery

L.A. Reynolds Garden Showplace

(336) 945-3776

4400 Styers Ferry Road
Winston-Salem, NC
www.lareynolds.com

L.A. Reynolds is a very popular nursery off Country Club Road. Great plant selection, knowledgeable staff and a fun place to visit on a sunny weekend in the spring and summer. They have several events with free hot dogs and lemonade. They also offer free gardening classes. Check their website for more information.

Yard care

Scott Hayes

Hayes Landscaping

336-399-0828

3450 Clemmons Road, Suite 7
Clemmons, NC 27102

Note from Danny: Scott and his partners take care of everything from mowing, fertilizing, needles, mulching, pruning and just about anything else outside your home that you can imagine.

construction

West End Construction

(336) 724-3003

461 West End Boulevard
Winston Salem, NC 27101-1120

West End Construction has earned an excellent reputation for remodeling and new home construction. Their crew is terrific and they not only show up to do your big project, they will come help you afterwards with all the little fixes you need around the house.

exercise, spa & beauty

Exercise

Metabolic Effect...www.metabolicsffect.com

Jade & Keoni Teta, owners

Metabolic Effect Inc.
2522 Reynolda Road
Winston-Salem, NC 27106
Phone: 877 88 ME FIT ext 81
Fax: 877-886-3348

contactme@metabolicsffect.com
www.metabolicsffect.com

Note from Danny: This is the premier exercise and lifestyle management group in the Triad!

YMCA

(336) 721-2100

William G. White, Jr. Family YMCA
775 West End Boulevard
Winston-Salem, NC 27101

The YMCA is the most popular fitness facility in town. Great child care and pool. There's also a new YMCA location over on Robinhood Road and another new YWCA (with a terrific STAR swim program for kids) downtown.

Fleet Feet Sports

(336) 722-8477

1204-A Reynolda Road
Winston-Salem, NC 27104
staff@fleetfeetwinston-salem.com

Fleet Feet Sports Winston-Salem is a specialized running shoe store that is doing an incredible job motivating, training and helping educate beginner, intermediate and advanced runners. The staff is full of energy and is incredibly supportive. Most of the running events in the afternoons are free.

Your Pilates Place

(336) 659-0030

5019 Country Club Road
Winston-Salem, NC 27104

Your Pilates Place has a clean facility with ample pilates equipment. It's conveniently located on Country Club Road. The staff is very flexible. Private sessions and group classes are available. Group sessions can be booked online.

Hairdressers

Ego Hour Hair Designers (Multiple Locations)

(336) 768-1700

602 South Stratford Road
Winston-Salem, NC 27103

Ego Hour has several locations in the Winston-Salem area and has a great reputation around town with many locals for great cuts and color.



Don't UNDERSTAND THE FIRST THING ABOUT INSURANCE?
Call Danny (first thing in the morning)

Men's Barbershops

Mt. Tabor Barber and Style Shop

(336) 765-5691
3504 Polo Road
Winston-Salem, NC 27106

Popular barbershop and a local tradition.

**electronics, computers
and appliances**

PC Repair

Kevin McGovern

(336) 308-9563
(843) 608-9563

For reliable PC repair and help with your Mac, you can count on Kevin McGovern.

Mac Help and Training

Computer Tree

1760 Jonestown Road
Winston-Salem, NC 27103-6993
www.computertree.com

Need a Mac class? Call Computer Tree. This small computer company offers excellent training, service and Mac repair. They can also sell you a brand-new Mac.

Repair

Convenient Appliance

(336) 765-3730
4018 Country Club Road
Winston-Salem, NC 27104
www.letstalkservice.com

For broken appliances and service calls, Convenient Appliance is the place to call. Friendly, professional service people provide top-notch service.

shopping

Hanes Mall

Thruway

Some favorites: Ann Taylor Loft, Borders, Van Davis Salon, Juice Shop (for great smoothies), Digits (great nail place)

Reynolda Village

Some favorites: Karen Gray Designs, Belle Maison, Ring Masters, Gazebo and All Through the House. J. McLaughlin just moved in as well. The Village Tavern as well as a small, cute little needlepoint shop are also located here. Be sure to stop by Reynolda House and Reynolda Gardens while you're there.

cell Phones

Verizon Wireless (Several Locations)

AT&T (Several Locations)

Best Place to Buy BOOKS

Borders

Barnes & Noble

consignment Shops

etc.

(336) 659-7786
690 Jonestown Road, Suite 600
Winston-Salem, NC 27103

Etc. has developed a big business of consignment clothing, books and some household items on consignment.

Snob Shop

(336) 724-2547
465 West End Boulevard
Winston-Salem, NC 27101

Another local consignment shop that takes clothing and other household items.

Fine Stationery

Noteworthy

(336) 794-2530
4944 Martin View Lane
Winston-Salem, NC 27104
www.noteworthyinc.com

Noteworthy has a nice collection of gifts, stationery and invitations.

celebrations

Flowers

Reggie's Flower Shoppe

Reggie Walser, owner
(336) 764-4223
6156 Old US Highway 52
Welcome, NC 27374

Reggie's Flower Shoppe is located in Welcome, North Carolina, but Reggie's is still one of the top picks for local residents (and brides all over North Carolina) who love beautiful flowers.

Bo-Ty Florist

(336) 765-7272
3002 Trenwest Drive
Winston-Salem, NC 27103

Bo-Ty just celebrated its 60th anniversary in Winston-Salem. This is a popular florist for all occasions.

Minglewood Florist

(336) 725-5364



REMINDING
FRIENDS, FAMILY,
NEIGHBORS (AND
ANYONE ELSE
WHO WILL LISTEN)
ABOUT THE
IMPORTANCE OF
INSURANCE SINCE
1968.

Well, we do love
our business.

1100 Reynolda Road
Winston-Salem, NC 27104

Margie Imus, owner of Minglewood, got her start arranging native flowers from her organic farm. Her creations became so popular that she's opened her own shop.

Cakes

Dewey's Bakery

(336) 725-8321
262 South Stratford Road
Winston-Salem, NC

www.deweys.com

Dewey's is known for their cakes and cake squares, particularly their signature "pink lemonade cake," which is available only in the spring and summer. They do a great job with all types of cakes for birthdays, weddings, etc.

Jewelry

Windsor Jewelers

(336) 721-1768
526 South Stratford Road
Winston-Salem, NC 27103-1807

Windsor Jewelers has a beautiful new showroom right on Stratford Road. They specialize in diamonds, upscale jewelry and watches.

Schiffman's Jewelers

(336) 725-1911
137 South Stratford Road
Winston-Salem, NC 27104
www.schiffmans.com

Schiffman's has a great selection of china, gold and silver jewelry and some diamonds. They also have a great collection of crystal and a good seasonal collection around Christmas.

Ring Masters

(336) 722-2218
101 Reynolda Village
Winston-Salem, NC 27106

Ring Masters has a beautiful selection of diamonds and jewelry. The new location at Reynolda Village is very convenient and you can park right in front. The staff is helpful and they do a great job with appraisals as well.

Camel Pawn

(336) 723-1057
422 North Liberty Street
Winston-Salem, NC 27101-3800

A pawn shop recommended as a jewelry store? Why, yes! In fact, many Winston locals recommend Camel Pawn for jewelry shopping.

12 Things To Do in Winston-Salem

1. Head to Salem Lake and take a bike ride all the way around.
2. Explore Reynolda Village and see the cherry trees in Reynolda Garden in the spring.
3. Eat a Krispy Kreme original glazed doughnut when it's "hot now."
4. Take a walk in God's Acre.
5. Eat a piece of pink lemonade cake at Dewey's.
6. Run (and eat doughnuts) in the Matt Gfeller Fun Run.
7. Go to the Dixie Classic Fair in October
8. Go buy fresh veggies in the summer at the Downtown Farmer's Market.
9. Go see the Demon Deacons in the new football stadium.
10. Split a Strawberry Splash smoothie with a friend at the Juice Shop on a really hot day.
11. Check out the Winston-Salem Dash in their brand new baseball stadium.
12. See a performance by the UNC School of the Arts at the Stevens Center

WHY IS HAVING
INSURANCE SO
IMPORTANT?

ASK THE PEOPLE
WHO DIDN'T HAVE
IT WHEN THEY
REALLY NEEDED IT.

