

# qnotes

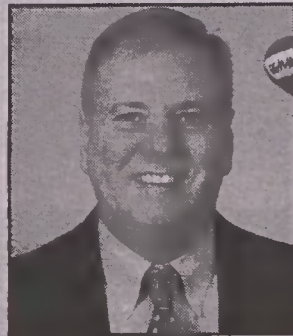
arts. entertainment. news. views.

# community conexions

space starting at \$22:  
call qnotes for details  
704.531.9988

# qnotes

arts. entertainment. news. views.



## RE/MAX

### Capital Realty at Five Points

Independently Owned & Operated

## TOM HAWKINS

Broker, CRS, GRI, ABR

Your Real Estate Agent for life!

1520 Glenwood Avenue Raleigh, NC 27608

Office: 919-828-1830 • Cell: 919-306-1022

Toll Free: 800-828-8108

email: tomhawkins@remax.net

web: TomHawkinsSellsHomes.com



## Buchanan Home Repairs

Repairs & Remodeling

Clifford Buchanan  
Owner

Charlotte, NC

704-900-4830

## EDDIE GASKE

PERSONAL VACATION PLANNER

## America's Vacation Center



Travel

Representative

11527 QUIET PINE CT | CHARLOTTE | NC | 28273

PHONE (866) 558-1005

EMAIL Eddie.Gaske@AmericasVacationCenter.com

WEB www.AVCTravel.com/EddieGaske

\* An independently Owned and Operated Affiliate

CS18 2014664-10



## ALLISON/COBBLE MAINTENANCE

specializing in historic  
and rental property renovations

*If it's rolled - we can fix it!*

servicing the Charlotte area  
for over 25 years

Call Jim at 704-309-6051  
or Rita at 704-309-6050

## Rosedale

INFECTIOUS DISEASES

Frederick A. Cruickshank, MD

Rosedale Infectious Diseases

103 Commerce Center Drive

Suite 103

Huntersville, NC 28078

Tel: 704-948-8582

Fax: 704-948-8572

Mailing Address:

P.O. Box 2785

Huntersville, NC 28070

www.rosedaleidcenter.com

Specializing in HIV/AIDS and general infectious diseases

Kimball Jane Sargent, MSN, APRN-BC  
Counseling & Consulting for the GBLTI Community



## diverse solutions

3410 Hillsborough St.  
Raleigh, NC 27607

E-mail: kjsargent@nc.rr.com

Phone: (919) 838-0804

Fax: (919) 838-1219

Web site: genderjourney.com

# FoodStaff®

QUALITY HOSPITALITY PERSONNEL

DENISE HALL  
General Manager

Always accepting qualified applicants!

ph (704) 333-2000

fax (704) 333-2018

1300 Baxter St., Ste. 109  
Charlotte, NC 28204

foodstaffclt@earthlink.net

# Psychotherapy

For the Gay, Lesbian,  
Bisexual & Transgender Communities

Mike Katz, Ph.D.

Licensed Psychologist

(919) 781-0852

Raleigh, NC

Insurance/Sliding Scale

Fear, Loneliness,  
Coming Out, HIV,  
Sexual Concerns,  
Relationship Problems,  
Addiction

Family and Mental Counseling,  
Children, Adolescent, and Adult Therapy,  
Psychological Testing,  
Substance Abuse,  
Women's Issues,  
Adult Psychiatry Medication,  
Crisis Intervention,  
Trauma Specialists,  
Parenting Skills,  
Anger Management,  
Meditation,  
Anxiety/Depression

"Come feel better with us!"

## Haymount Institute

Licensed and Professional Staff  
For Mental Health and Emotional Well-Being

Immediate Appointments Available

Two Locations to Serve You

806 Hay St., Fayetteville, NC 28305

Office: (910) 860-7008

131 W. Edinborough Ave., Raeford, NC 28376

Office: (910) 848-1222

Or refer to our Website: www.haymountinstitute.com



## Armin's Catering

By the Landing

Armin Desch  
Owner

15901 NC Hwy. 73 Huntersville, NC 28078

Phone: 704.947.1670 Fax: 704.947.1675

armincat@bellsouth.net www.arminscatering.com



## Jennifer Mayo, MA, LPC

Psychotherapy

Hypnosis

EMDR

819 Broad Street  
Durham, NC 27705

(919) 286-3136

By Appointment Only



## NIKKEN

INDEPENDENT

WELLNESS

CONSULTANT

Geoffrey Avery-Foy

112 Brandywine Dr.

Raleigh, NC 27607

919-593-2975

## Your Home Can Make You Healthier and Wealthier.

Sound far-fetched?

It's possible!

And you can make it happen —  
without renovating, remodeling,  
or relocating.

Find out how you can live in a  
Nikken Wellness Home — and  
what it can do for you.  
Just contact Nikken or your  
Independent Wellness Consultant.

# MANSCAP

BODY  
WAXING

MIKE THOMAS

704-400-2434

CABBERMIKE.COM

## Relax...

to a  
therapeutic or erotic body rub  
given by attractive, experienced  
professionals.

704.651.6899 or 704.492.3417

4 hands available, by longest couple doing so.



## Life-Fit: Personal Training & Yoga

John Magers

ACE Certified Personal Trainer  
YogaFit Certified Yoga Instructor  
Centrally located Private Studio  
Or in Your Own Home

Fitness That Fits Your Life!  
jmage@carolina.rr.com

704-579-0897  
www.Life-Fit.biz