

NORTH HILLS

A LIFESTYLE UPDATE FROM KANE REALTY CORPORATION

JANUARY / FEBRUARY 2009

LIVE AT NORTH HILLS

HOW WOULD YOU SPEND \$10,000 AT NORTH HILLS?

Kane Residential is offering a \$10,000 North Hills gift card to buyers who purchase and close on a home at Ramblewood at North Hills by February 28th, 2009. The North Hills gift card is redeemable for home furnishings, a new wardrobe, audio equipment, groceries, spa treatments, dining out and more!

Visit Ramblewood at North Hills Monday through Saturday 11 a.m.-5 p.m. and Sundays from 1-5 p.m. for a personal tour of our fully furnished model and a glimpse of our other low-maintenance town homes, stacked flats and single-family garden homes. Stacked flat prices begin in the \$280,000's, townhomes begin in the \$400,000's and our garden homes are custom priced from the \$900,000's.

Call Anne Simons and Ihrie O'Bryant at 919.833.KANE (5263) or visit www.LiveatNorthHills.com for more details, directions and to schedule your private appointment.



RAMBLEWOOD
AT NORTH HILLS

THE CARDINAL SETS NEW STANDARDS FOR SENIOR LIVING

THE CARDINAL  AT NORTH HILLS



Residents in the Raleigh area will soon have an additional location for continuing care services, with the opening of The Cardinal at North Hills. The Cardinal will provide residents with a full continuum of options to suit their level of medical need.

As you age, your needs may change. When you first retire, you feel comfortable living at home alone, but over time you may need a little more attention. A continuing care retirement community (CCRC) offers a supportive environment that adjusts to your needs.

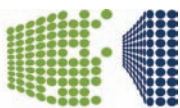
The Cardinal is unique for this area, region and state, differentiated by our partnership with Duke University Health System, the beautiful location of our community is in the middle of a 100-acre, mixed-use neighborhood and our financial model that combines a 90 percent refundable entrance fee with 50 percent share of any appreciation in residence value.

The Cardinal will offer a variety of independent living options, including one and two-bedroom floor plans ranging up to 2,500 square feet. In addition to spacious accommodations, residents will have access to a variety of services and amenities, including on-site care from Duke physicians.

Think CCRC might be right for you or a loved one? For more information about The Cardinal at North Hills, visit thecardinalatnorthhills.com or call 919.781.2021.

WORK AT NORTH HILLS

HOSTED SOLUTIONS WINS FAST 50 AWARD



Hosted Solutions

For the fifth consecutive year, Hosted Solutions, an office tenant at North Hills, has received the Triangle Business Journal's Fast 50 award, ranking Hosted Solutions as one of the fastest growing privately-held businesses in the Triangle. Hosted Solutions, a premier data center and managed services provider, is headquartered in Raleigh with several data centers located along the East Coast. Hosted Solutions' client list includes many blue chip customers. For more information about Hosted Solutions, visit www.hostedsolutions.com.

NORTH  HILLS

LIVE | WORK | SHOP | DINE | PLAY | STAY | RENEW

SHOP AT NORTH HILLS



MCKENZIE TRIBE ARRIVES AT NORTH HILLS!

MCKENZIE TRIBE
M E N S W E A R

An exciting new store for men's clothing has opened at North Hills. Come see French oiled leathers, suede trimmed Italian wool and cashmere sport coats, colorful shirts and knits and top quality khaki pants at McKenzie Tribe. Known for its famous fitted jeans, McKenzie Tribe's clothes are all made for a gentleman and designed for distinction. Visit their new store beside JC Penney or call 510.5467 for more details.

KITCHEN & BATH GALLERIES SHOWROOM NOW OPEN

Whether you're planning to build a new house or remodel your current home, Kitchen & Bath Galleries can help turn your dreams into reality. Kitchen & Bath Galleries is the region's premiere full-service design showroom, specializing in creating beautiful and functional kitchens and bathrooms. The galleries' team of specialists can guide you throughout the entire process, providing assistance with design, installation, remodeling services, cabinetry, countertops, tile and stone, hardware, plumbing fixtures, and kitchen accessories. Stop in the new North Hills location Mon-Sat from 10 a.m.-7 p.m. to tour the stunning array of kitchen and bath displays and vignettes, plus the large selection of appliances. Located between Yves Delorme and Highsmith Home. To find out more about Kitchen & Bath Galleries, call 600.6200 or visit www.kandbgalleries.com.

Kitchen
& Bath Galleries

SLEEP TO LIVE OPENS NEW CONCEPT STORE AT NORTH HILLS

Sleep to Live, not your typical mattress store, opened recently at North Hills and carries the high-end mattress name brand Kingsdown mattresses. The new store at North Hills is one of the stores testing a new concept for other Sleep to Live stores in the future, selling the "science" of better sleep. Computer stations are located throughout the store to help customers select a mattress based on sleep positions, heights, weights and pressure points. While other stores only give you the chance to lie down before making a decision, Sleep to Live gives detailed feedback that pinpoints your ideal sleep surface. For more information about Sleep to Live, visit the new store at North Hills located by Mura and JC Penney, visit their website at www.sleepolive.com or call 227.0005.

Sleep to Live

VISIT PREMIER INTERIORS BY BOYLES' NEW LOCATION

Premier Interiors by Boyles is now open in a new location next to J.Alane's. Step inside to find talented design assistance coupled with access to the myriad of fine, name-brand furnishings carried by Boyles Distinctive Furniture. Names like E.J. Victor, Ferguson Copeland, Habersham, Henredon, Maitland Smith, Marge Carson and Sherrill, and more are available at Boyles' discount prices and delivered with signature white-glove service. If you're seeking design assistance with rugs, flooring, interior and exterior paint color selection, fabrics, lighting, accessories, window treatments or bedding, Premier Interiors by Boyles can help. Whatever your need, stop in and get Boyles to help execute your next interior design project. Visit www.premierinteriorsbyboyles.com or call 781.6701 for more information.



Charlotte's

787.7113

GENA CHANDLER AND CHARLOTTE'S TANKS & TEES FOR CHARITY

gena chandler
881.9480

This Valentine's Day, Gena Chandler and Charlotte's will be selling their famous tanks and tees to benefit the National Students of AMF (Ailing Mothers and Fathers) Support Network. AMF is a national organization started by David Fajgenbaum, brother of Gena Combs, co-owner of Gena Chandler. It supports college students coping with the illness or death of a loved one by helping students to start chapters of "Students of AMF," which include a Support Group as well as a Service Group open to all students interested in service projects which fight back against terminal illness.

There are currently 24 chapters on college campuses nationwide. "AMF" is also David and Gena's Mom's initials, Anne Marie Fajgenbaum, who died of a brain tumor while David was in college. Between 35-48% of college students have grieved the death of a loved one in the last 2 years, but few reveal what they are going through. Students of AMF chapters across the country try to address this while keeping David's mother's memory alive by helping others in a similar situation. Check out www.StudentsofAMF.org to learn more about this organization and be sure to stop in to Charlotte's or Gena Chandler starting February 1st to pick up a trendy t-shirt and support a great cause.

Charlotte's
&
gena chandler
♥
AMF

KANE
REALTY CORPORATION


RENAISSANCE
RALEIGH HOTEL AT NORTH HILLS

THE LASSITER
NORTH HILLS


THE CARDINAL
AT NORTH HILLS

www.WORKATNORTHHILLS.COM

DINE AT NORTH HILLS



FOR HEALTHY EATING, VISIT BONEFISH GRILL

Reviewed by Nutritionist Katherine Andrew, MPH, RD, LDN

Are you wanting a healthy start for the New Year? Bonefish Grill's use of fresh seafood, grilled options and simple sauces makes healthy dining at North Hills an easy fit. Heart-healthy seafood is flown in daily, bringing the freshest product right to your table. Go for the grilled fish options like fresh salmon or tuna, both full of healthy omega 3 fatty acids, or scallops or trout, both lower fat options. Pair your choice with the fresh mango salsa for a boost of vitamin A and C or the Chimichurri sauce for a low fat boost of flavor. Many entrees come with a choice of side, including steamed vegetables, green beans, or steamed broccoli – all of which are fiber and nutrient rich choices. Bonefish Grill at North Hills was the winner for North Hill's first Iron Chef Competition last year.

Best Healthy Bets:

- Appetizers: Mussels Josephine, Ahi Tuna Sashimi
- Salads: Grilled Salmon & Asparagus Salad, Bonefish House Salad, Florida Cobb Salad
- Fish: Wood Grilled Fish or Shellfish with Mango Salsa, Chimichurri or Pan Asian sauce
- Entrees: Chicken Portabella Pasta, Filet Mignon or NY Strip
- Sides: Herbed Jasmine Rice, Steamed Vegetable Medley, Haricot Verts, or Steamed Broccoli

For more information about Bonefish Grill or to view their menu, visit www.bonefishgrill.com.

PLAY AT NORTH HILLS

DENIM AND DIAMONDS EVENT AT RENAISSANCE HOTEL

The Raleigh Kiwanis Clubs and Young Advocates are hosting this year's 4th annual Denim and Diamonds Event to raise funds for the Wake County Boys & Girls Clubs on February 26th. The evening will be held at The Renaissance Raleigh Hotel at North Hills and will be an elegant affair including food, wine and beer, music and dancing and a silent and live auction. So come dressed in your best denim for a casual, but elegant evening to benefit this local charity. For more information or to purchase tickets, visit www.denimanddiamonds.org or www.wakebgc.org.

FITNESS FOR 2009 AT NORTH HILLS

Start off 2009 with a beautiful body. For those who wish to get their body into shape or for those who have succeeded in that goal and want to continue that success, visit US Fitness Products or Gold's Gym located in North Hills.



US Fitness Products is currently offering 0% financing on all 2009 fitness models. This financing offer is one of their most popular promotions every year and allows someone to get the results they want immediately, and pay for the equipment that helped them get their results later with no finance charges. This promotion will run through mid-January. Call 845.3400 for more details.

Gold's Gym would like to help you get started in style by offering a two-for-one enrollment special. So grab a friend or spouse and head to Gold's to get fit and bring in the new year with a new body and renewed vigor and vitality. Call 787.1665 for more details.

TOP PICKS FOR JANUARY & FEBRUARY

Was your New Year's resolution to get in shape? Body Pump at Gold's Gym will give you a great cardio and strength training workout.



Hobo International is a line of leather handbags and accessories carried at Certain Things, Mephisto and Tyler House. The line can be found in a variety of shapes, sizes and colors.



REI's top selling fleece is Mountain Hardwear's Monkey Man and Woman. It is incredibly soft, lightweight and has a higher warmth to weight ratio than other fleece jackets.

On February 14th be sure to pick up a bottle of Champagne. Total Wine recommends Robert Moncuit Grand Cru Brut (\$39.99).



Alexis Bittar's Lucite collection is the hottest line of jewelry in town. Each piece is hand sculpted and painted in his NYC studio. His pieces can be found at Elaine Miller and Gena Chandler.

The Liquid Olympian smoothie mixed with a wheatgrass shot from Keva Juice.

STAY AT NORTH HILLS

RENAISSANCE RALEIGH HOTEL AT NORTH HILLS IS OPEN!



Welcome to the newest hotel in Raleigh. The Renaissance brand prides itself on creating luxurious hotel properties that are unique while maintaining the qualities that make Renaissance one of the largest and most impressive hotel brands in the world. For more information about Renaissance Raleigh Hotel or to book a reservation, please call 747.1893 or visit www.renaissancenorthhills.com.



Hotel amenities include:

- Valet parking and valet dry-cleaning services
- Access to Gold's Gym and its indoor swimming pool
- Adjoining Natural Body Spa and Shoppe, a European-style spa
- Direct access to North Hills' boutiques, specialty shops, dining and entertainment
- 8,500 square feet of meeting space
- Ballroom available for banquets and receptions
- On-site event management team and catering services
- Room service
- Flights, an eclectic restaurant serving breakfast, lunch and dinner
- 37" flat-screen TVs in every room
- 20" LCDTVs in every guest bathroom
- High-speed Internet access

RENEW AT NORTH HILLS

TIPS FOR STAYING HEALTHY DURING THE WINTER MONTHS



Immune systems weaken during the winter so take action now to boost your immunity. Laura Dalton, owner of GNC, recommends taking Vitamin C, Zinc and a strong multivitamin that includes a B-complex. Echinacea, elderberry and/or astragalus are herbs Dalton recommends to safely bolster your immune system. In fact, she gives her children 1-tsp of elderberry extract every day and they love it.

At the first sign of a cold bombard your body with immune boosters. Dalton recommends 2000 mg of buffered Vitamin C three times a day and 1 zinc lozenge every 3 hours, not to exceed 100mg a day. Wellness Formula, a product sold at GNC, is full of immune boosters that will help wipe out any infection that comes along.

And don't forget to take care of your skin during the winter months. Going in and out of the hot and cold is tough on skin. Be sure to drink plenty of water, even though you're not sweating in the hot sun, your skin is still losing moisture. GNC carries omega-3 essential fatty acids, which, according to Dalton, are great for your skin, good for your immune system and for you mood. She also recommends applying vitamin E oil after you shower or bath. This will hold in moisture and help with healing. Have a question? Call 787.0462 for more information.

KANE REALTY CORPORATION NEWS AT NORTH HILLS

NORTH HILLS HONORED WITH GREEN AWARD FOR GREEN LAND DEVELOPMENT

North Hills was a recipient of the 2008 Triangle Business Journal Green Award for Green Land Development. The TBJ Green Awards honors those in the Triangle who have made efforts to incorporate environmentally sustainable practices into their businesses and their communities and have shown others how to strengthen the environmental health of our region. North Hills won the Green award with features such as a central location with connectivity to reduce vehicle dependence and encourage walking, more green space to enjoy, retaining walls and conduit to save trees. Even demolition of the old buildings went towards salvage and reuse materials. North Hills continues to use smart growth and new urbanism principles to make our community more sustainable.

North Hills, a mixed-use multi-block district known as Raleigh's Midtown, is the recipient of numerous awards and accolades for its pedestrian-friendly and sustainable design which has made it one of America's premier in-fill developments. Centrally located at the corner of one of Raleigh's main thoroughfares and the I-440 Beltline, North Hills is a one-hundred acre destination of sophisticated living, luxury hotel rooms, class A office space, a continuing care retirement community, green space, a 14-screen movie complex and entertainment venues, premier dining, salons and day spas, high-end boutiques, national retail, and a state-of-the-art 60,000 square foot athletic club.

