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MEDIA ALERT-

HENRY'S CHEF TO APPEAR ON WECT'S CAROLINA IN THE MORNING

Jason Ivady, Henry's Restaurant executive chef and general manager, will appear Thursday, August 13th at 5:50am on WECT's "Carolina in the Morning" television program with Bob Townsend. This is the first of a series of cooking segments that Chef Jason will be doing on the NBC affiliate's #1 rated morning show.

The first episode features a demonstration of how to prepare the delicious *Watermelon and Feta Summer Salad* from the repertoire of Chef Jason. Podcasts of this appearance and the recipe for this seasonal specialty will be available beginning August 14th on www.wect.com and www.henrysrestaurant.com.

Located at 2508 Independence Blvd. in Barclay Commons, Henry's is a casual American restaurant in the heart of Wilmington. Featuring Chef Jason's daily blackboard specials, Henry's offers a wide selection of lunch and dinner selections in an elegant Craftsman-style atmosphere. Outdoor patio dining is available and the private Pine Room accommodates business and social functions for up to 30 people. A local favorite, Henry's is celebrating its 10th anniversary in 2009.

LM Restaurants is the parent company of a variety of award-winning restaurants on the east coast (www.lmrest.com). **Carolina Ale House**, celebrating 10 years of business in 2009, boasts eleven locations (six locations in the Triangle, a location in Terminal 2 of RDU International Airport, two locations South Carolina, two in South Florida and one currently in development in Wilmington, NC.) Additional locations are in the works, including one in Greenville, SC and a rooftop concept in downtown Raleigh, NC. **Taverna Agora** (Raleigh, NC) is an authentic Greek restaurant and bar; **Bentley's at Crossroads** (Cary, NC) is a casually elegant steak and seafood concept located in Crossroads Plaza. **The Oceanic** (Wrightsville Beach, NC) offers fresh seafood and panoramic beachfront dining; **Eddie Romanelli's** (Wilmington and Leland, NC) offers American Italian cuisine. **Henry's** (Wilmington, NC) is a casual American restaurant and **Bluewater** (Wrightsville Beach, NC) is a picturesque waterfront grill situated on the Intracoastal Waterway. In addition to its restaurants, LM Restaurants also manages **AQ Catering & Events** (Wilmington, NC).

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