

Media Contacts:
Maria I. Hernandez
Director of Development
Tammy Lynn Center for Developmental Disabilities
919.755.2667
mhernandez@tammylynncenter.org

Brian Van Norman
Articulon
919.232.5008
brian@articulon.com

Restaurant Competition Judges Announced for *A Toast to the Triangle*[™]
25th Annual Event Supports Tammy Lynn Memorial Foundation

RALEIGH, N.C. (January 22, 2010)—Mary Freeman, president and CEO of the Tammy Lynn Center for Developmental Disabilities (www.tammylynncenter.org), has announced the restaurant competition judges for the 25th annual *A Toast to the Triangle*[™] (www.atoasttothetriangle.org). The fundraiser will be held on Sunday, March 7, 2010 at the North Carolina State University McKimmon Center in Raleigh.

The Toast offers guests samples from nearly 40 of the Triangle's finest restaurants and caterers. To compliment the food offerings, fine wine and specialty beer purveyors will provide samples of regional, national and international beverages. A highlight of the event is a friendly competition among the restaurants. Six "Best in Show" awards are given each year: *People's Choice Award, Best Visual Theme, Best First Course, Best Entrée, Best Dessert and Best Presentation.*

All of the guests have an opportunity to vote for their favorite restaurant to win the *People's Choice Award*. The remaining awards will be voted on by a panel of local judges. This year's judges include:

Steve and Diane Abourisk

Steve and Diane are owners of A Baker's Dozen, a European-style bakery located in the Celebration at Six Forks Shopping Center. They have extensive experience in the hospitality industry, including restaurants, catering, wholesale and retail operations.

Sheri Castle

Sheri is a food writer, cooking instructor, recipe developer and tester. Her recipes, cooking tips and articles have been published in *Better Homes and Gardens, Fine Cooking, Cooks Illustrated, Edible Low Country, Edible Memphis* and *Edible Atlanta*. (www.sheri-inc.com)

Zak Coolbaugh

Zak is executive chef at Nina's Ristorante. He has worked at many fine dining restaurants in North Carolina, South Carolina and England. (www.ninasrestaurant.com)

Kristen and Steve Daniels

ABC 11 newscaster, Steve Daniels and his wife Kristen have traveled the world experiencing the flavors and culinary arts in countries that include Vietnam, China, Thailand, France, Italy and Brazil. Kristen applies what she has learned in the family's kitchen experimenting with new flavors and maintaining her own herb garden.

Steven Greco

Steven is a consultant for International Gourmet Foods' Southeast N.C. division. He started his culinary career in Hawaii working with top island chefs on the blending of flavors, textures and presentation of international dishes. (www.igf-inc.com)

Mark Horney

Mark is a sales manager for Turner Wine Imports, specializing in small-production, hand-made wines from around the globe. (www.turnerwineimports.com)

Jason Munyon

Jason is the current Sous Chef at Nina's Ristorante. He is a graduate of Culinary Arts from the Art Institute of Charlotte. (www.ninasrestaurant.com)

Janet Novak

Janet is a wine demonstrator for Mutual Distributing. She has 10 years of experience in grocery chain management. (www.mutualdistributing.com)

Kathy Pahlunak

Kathy is the owner of Dinners at Home. The business provides clients with a full-service kitchen and all the ingredients needed to prepare multiple family meals in the time it takes to go to the grocery store. Also offered are cooking classes and pre-assembled meals available for immediate pick up. (www.dinnersathome.net)

Alicia Ross

Alicia is co-author of *Desperation Dinners*, a nationally syndicated newspaper column. She and her writing partner help readers prepare delicious, healthy, home-cooked meals in a hurry. Their recipes are published on their Web site and blog, *Kitchen Scoop*, and in their three cookbooks. (www.kitchenscoop.com)

"To have so many respected judges in our competition is a true testament to our cause," says Freeman. "We greatly appreciate these community members' service to our organization."

The *Toast* raises funds for the Tammy Lynn Memorial Foundation, Inc., which in turn supports the following programs and services of the Tammy Lynn Center for Developmental Disabilities: Community Residential, Early Childhood Intervention, Respite Care, and non-Medicaid Day Services. More than 1,200 guests attended the 2009 *Toast*, helping raise \$191,000 for the Center's programs and services.

Additional toast information is available at www.atoasttothetriangle.org.

About *A Toast to the Triangle*:

A Toast to the Triangle was first held on April 6, 1986 at Carolina Place. Approximately \$6,000 was raised to build residential facilities at the Tammy Lynn Center. Since then, the event has been held annually to raise funds for the Tammy Lynn Memorial Foundation, Inc., which in turn supports the following programs and services of the Tammy Lynn Center for Developmental Disabilities: Community Residential, Early Childhood Intervention, Respite Care, and non-Medicaid Day Services. The event offers an astonishing array of culinary splendor from nearly 40 of the Triangle's finest restaurants, caterers and purveyors of fine wines and specialty beers. Attracting more than 1,200 people, last year's event raised more than \$191,000 for the Center's programs and services. To learn more about this event, please visit www.atoasttothetriangle.org.

About the Tammy Lynn Memorial Foundation, Inc.:

The Tammy Lynn Memorial Foundation, Inc., founded in 1969, supports the following programs and services of the Tammy Lynn Center for Developmental Disabilities: Community Residential, Early Childhood Intervention, Respite Care and non-Medicaid Day Services. For more information, please visit www.tammylynncenter.org.

About the Tammy Lynn Center:

Located on a nine-acre campus near North Carolina State University in Raleigh, the Tammy Lynn Center for Developmental Disabilities (TLCDD) offers educational, residential and family support services to children and adults with special needs. Founded in 1969, the center remains committed to providing the individuals it serves with the opportunity to maximize their abilities and potential in a loving, nurturing environment. TLCDD is owned by the Tammy Lynn Memorial Foundation, Inc. and is independently operated by TLC Operations, Inc. Both corporations are under the parent company Tammy Lynn Center, Inc. All organizations are nonprofit entities 510(c)(3), and contributions are tax deductible. Visit www.tammylynncenter.org.

###