

MUSIC CALENDAR



THE LOVE LANGUAGE  
Cat's Cradle  
Saturday, Jan. 15

THURSDAY JAN 6

General Store Cafe: Jazzbeau. 7pm

Local 506: Wintersiege, Arachina-tron, Stokes The Flame. 9pm. \$5

Nightlight: Chuck Johnson, Ezekial Graves, Savage Knights, neill Prewitt. 9:30pm. \$5

FRIDAY JAN 7

The Cave: LATE: Rootzie, Foul Mojo

General Store Cafe: Diali Keba Cissokho. 8pm

Jack Sprat Cafe and Bar: Ease, SkyBlew, Tuscon, Lazurus, Azon Blaze, Drigue London. 8pm

Local 506: Supreme Fiction, DJAngo Haskins, Big Fat Gap, Semi-Formal, Mary Johnson Rockers,

Wylie Hunter and The Cazdore, Birds and Arrows, The Tomahawks. 9pm. \$8

Nightlight: Embarassing Fruits, Wesley Wolfe, Wood Ear. 10pm. \$5

Open Eye Cafe: Beside the Fire. 8pm

SATURDAY JAN 8

ArtsCenter: Jonathan Byrd, Dromedary. 8:30pm. \$14/16

Cats Cradle: Acoustic Syndicate, Acoustic Manner. 9:30pm. \$12/14

The Cave: EARLY: The Tell Tale Hearts LATE: Thee Dirtybeat

General Store Cafe: Gypsy Jazz. 8pm

Internationalist Books: Jake Hughto. 11:30am

Local 506: Mayflies USA, North Elementary, The Library. 9:30pm. \$6

Nightlight: Butterflies, Ladycop, Filthy Bird. 10pm. \$5

Open Eye Cafe: Erin Brown. 8pm

University Mall: Keith Henderson. 2pm

SUNDAY JAN 9

The Cave: LATE: The Sour Notes, Lake Isle

Local 506: Stella Lively, Fan Modine, Tripp, This Year's Model, Wylie Hunter and The Cazadores, Luego, Stranger Spirits, Approaching April. 8pm. \$5

MONDAY JAN 10

The Cave: LATE: Ladycop, Junior Astronomers

Jack Sprat Cafe and Bar: Mike Blair. 9pm

TUESDAY JAN 11

The Cave: LATE: The Riff, The Fooligans

Flying Burrito: Tim Stanbaugh and Friends. 8:30pm

WEDNESDAY JAN 12

Cats Cradle: The Walkmen, Lower Dens. 9pm. \$15/17

The Cave: LATE: Ascetic Parade, The Departures

Local 506: The Ghost of a Saber Tooth Tiger, Julianna Barwick. 9pm. \$15

Nightlight: Jason Ajemain, Hush Arbors

THURSDAY JAN 13

Local 506: Hadwynn, Jack The Radio, Jess Ray and the Ray Tag Army, Wind and Willow. 8:30pm. \$6

Nightlight: Ami Dang, Art Department

FRIDAY JAN 14

ArtsCenter: Mangum and Company Shout Band. 8pm. \$12/14

MOVIES

We suggest you call for exact show times

CAROLINA THEATRE OF DURHAM

309 W. Morgan St., 560-3030

Black Swan, nightly at 7 & 9:10 p.m., Sat & Sun Matinees at 2 & 4:10 p.m.; True Grit, nightly at 7:15 & 9:30 p.m., Sat & Sun Matinees at 2:15 & 4:30 p.m.; I Love You, Phillip Morris, nightly at 7:25 & 9:20 p.m., Sat & Sun Matinees at 2:25 & 4:20 p.m. (NO Screenings on WED)

CHELSEA THEATER

Timberlyne, 1129 Weaver Dairy Road, 968-3005

Black Swan; The King's Speech; White Material

The CAROLINA THEATRE DURHAM'S HISTORIC MOVIE PALACE FILM SCHEDULE JAN 7-13

BLACK SWAN Nightly at 7 & 9:10pm Sat & Sun Matinees at 2 & 4:10pm

TRUE GRIT Nightly at 7:15 & 9:30pm Sat & Sun Matinees at 2:15 & 4:30pm

I LOVE YOU PHILLIP MORRIS Nightly at 7:25 & 9:20pm Sat & Sun Matinees at 2:25 & 4:20pm (NO screenings on WED)

309 WEST MORGAN ST. DOWNTOWN DURHAM CAROLINATHEATRE.ORG ~ 919.560.3030



THE LUMINA

Southern Village, 932-9000

Little Fockers; True Grit; Tron: Legacy; The Chronicles of Narnia: The Voyage of the Dawn Treader; Season of the Witch

TIMBERLYNE 6

120 Banks Drive, 933-8600

Little Fockers; True Grit; The Tourist; Gulliver's Travels; Season of the Witch; Country Strong

THE VARSITY

123 E. Franklin St., 967-8865

Unstoppable; Secretariat; Life As We Know It

Modern Fossil

Unique Home Decor Bedding Furniture Clothing New & Vintage Jewelry

919.932.7977

103 W Weaver St Carrboro

British Isles

9 days/8 nights on the Queen Mary II Escorted by Grand American Tours Leaving Sept. 12, 2011

Price includes airfare from RDU

For more information, contact local group leader

Cliff Larsen at 919-260-0746 (Call before noon please.)

Still a few spots left! First come first served!

CUSTOM MAID LLC

EST. 1992

Kelsea Parker 919-357-7236

Quality, detailed cleaning with your preferences in mind.

Trustworthy, reliable, own equipment, great rates.

Long-term original clients since 1992

Service above and beyond "the basics"

Clean house + happiness guaranteed!

Edward Jones

MAKING SENSE OF INVESTING

- Investments
- Retirement Planning Services
- Education Savings
- Financial Assessments
- Free Portfolio Reviews

Member SIPC

Dan Ryon Financial Advisor

205 West Main Street, Suite 101 Carrboro, NC 27510 Bus. 919-933-3191

CAT'S CRADLE

WE 1/12 THE WALKMEN

FR 1/14 ABBEY ROAD LIVE

WE 1/12 THE GHOST OF A SABER TOOTH TIGER LOCAL 506

SA 1/15 THE LOVE LANGUAGE

TU 1/18 AGAINST ME!

WE 1/12 THE GHOST OF A SABER TOOTH TIGER LOCAL 506

TU 1/18 AGAINST ME!

SA 1/8 ACOUSTIC SYNDICATE W/ACOUSTIC MANNER\*\*(\$12/\$14)

WE 1/12 THE WALKMEN W/LOWER DENS\*\*(\$15/\$17)

FR 1/14 ABBEY ROAD LIVE (BEATLES TRIBUTE)\*\*(\$10/\$12)

SA 1/15 THE LOVE LANGUAGE\*\*(\$10/\$12)

TU 1/18 AGAINST ME! W/CHEAP GIRLS AND FENCES\*\*(\$12/\$14)

FR 1/21 1999: A TRIBUTE TO THE ARTIST(PRINCE TRIBUTE)\*\*(\$10/\$12)

SA 1/22 AND SU 1/23 YO LA TENGO W/WILLIAM TYLER \*\*(\$20) EACH NIGHT

TH 1/27 ALEJANDRO ESCOBEDO AND THE SENSITIVE BOYS, JOLIE HOLLAND AND KYP MALONE (OF TV ON THE RADIO) \*\*(\$18/\$20)

FR 1/28 COSMIC CHARLIE (GRATEFUL DEAD TRIBUTE)\*\*(\$10/\$12)

SA 1/29 BEST COAST/WAVVES W/NO JOY\*\*(\$16)

TU 2/1 LISSIE\*\*(\$12/\$15)

FR 2/4 WHO'S BAD?\*\* MICHAEL JACKSON TRIBUTE

SA 2/5 BOB MARLEY BIRTHDAY CELEBRATION MICKEY MILLS AND STEEL, DJ RAS J AND MORE\*\*(\$12/\$15)

TH 2/10\*\*(\$14/\$16) TAPES N TAPES W/OBERHOFER

MO 2/14 YANN TIERSEN W/SHANNON WRIGHT\*\*(\$18/\$20)

TH 2/17 PLAIN WHITE Ts W/PARACHUTE AND MIGGS\*\*(\$18/\$20)

SA 2/19 ROONEY W/EISLEY\*\*(\$15/\$17)

SU 2/20 THE BUDOS BAND\*\*(\$12/\$15)

TH 2/24 PIETASTERS\*\*(\$12/\$14)

FR 2/25 LOS AMIGOS INVISIBLES\*\*(\$15/\$17)

SA 2/26 "IF NOT FOR YOU" A 40TH ANNIVERSARY TRIBUTE TO GEORGE HARRISON'S ALL THINGS MUST PASS\*\*(\$10/\$12)

SU 2/27 THE GET UP KIDS\*\*(\$18/\$22) W/MINIATURE TIGERS AND BRIAN BONZ

SA 3/5 GREG BROWN W/BO RAMSEY\*\*(\$28/\$30)

SA 3/12 ROCKY VOTOLATO/ MATT POND\*\*(\$10/\$12)

SA 4/2 THE PAINS OF BEING PURE AT HEART W/TWIN SHADOW \*\*(\$12/\$14)ON SALE FRI 1/7

TH 4/7 DESTROYER W/THE WAR ON DRUGS \*\*(\$13/\$15)ON SALE FRI 1/7

ALSO PRESENTING

LOCAL 506 (CHAPEL HILL)

WE 1/12 THE GHOST OF A SABER TOOTH TIGER (SEAN LENNON AND CHARLOTTE KEMP MUHL)

TH 1/27 THE MOONDOGGIES

SA 1/29 FRONTIER RUCKUS

FR 2/25 JOHNATHAN RICHMAN

FR 3/4 PARLOTONES

MO 3/7 TENNIS W/LA SERA AND HOLIDAY SHORES

FR 3/18 MICHAEL SHOWALTER

NIGHTLIGHT (CHAPEL HILL)

TU 1/18 RIVER CITY EXPANSION

DISCO RODEO (RALEIGH)

TH 1/27/11 GIRL TALK \$25 TIX AVAILABLE @ ETIX.COM

CATSCRADLE.COM ★ 919.967.9053 ★ 300 E. MAIN STREET

\*\*ASTERISKS DENOTE ADVANCE TICKETS @ SCHOOLKIDS RECORDS IN RALEIGH, CD ALLEY IN CHAPEL HILL ORDER TIX ONLINE AT ETIX.COM ★ WE SERVE CAROLINA BREWERY BEER ON TAP!★ WE ARE A NON-SMOKING CLUB

move eat live breathe sleep whole health optimum

Twelve weeks that will give you the tools you need to reshape, rethink and reimagine your body and your health.

A comprehensive program providing ongoing medical support as you learn/relearn how to be, feel and stay fit. Optimum is ideal for weight loss, and helps address the underlying causes of many common ailments, such as diabetes, high blood pressure, arthritis, and others. Begin your journey: sign up for Optimum today. Call 919.969.1414 or visit havenmedical.com for additional details, pricing, and scheduling.

- Four one-on-one doctor visits to tailor the program to your needs, including a Health Risk Assessment & Plan.
- Weekly classes on stress reduction, nutrition, hormonal balance, pain management, hypnotherapy & more.
- Comprehensive pre & post program labs, including CMP, CBC, cholesterol & thyroid panels, vit D, etc.
- Online support, personalized health notebooks, weekly weigh-ins, daily emails w/recipes and more.
- Weekly sessions with a personal trainer emphasizing natural movement and mindful exercise.
- Body composition analyses (BMI/metabolic rate/fat/water/lean muscle mass).
- Medical foods & additional supplements /vitamins/omega 3's etc.

optimum whole health

Free informational meeting about the Optimum Health Program, Jan 19, at 7PM. Space is limited, please call Haven at 919•969•1414 for a reservation.

Sonia Rapaport, MD, DBIHM, MFA

Haven Medical is a holistic family medical practice offering a unique blend of western & complementary medicine, including gynecological & pediatric care. Currently accepting new patients.

121 S. Estes Dr. Suite 205-D Chapel Hill, NC 27514 919-969-1414 www.havenmedical.com

Health is a process; it begins with listening