



Photos by Dana Towns The Paper

Antebellum Chef and Owner Nicholas St. Clair prepares for dinner service in his kitchen. The Flowery Branch restaurant makes it on Top 10 Diner's Choice list as it nears its one-year anniversary.

Antebellum — 1 year later

Fans appreciate restaurant's fare

BY DANA TOWNS
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According to Antebellum restaurant owner Nicholas St. Clair, "Once you have the fried green tomato, you fall into the spell of what our restaurant is."

Anticipating its first anniversary in June, St. Clair describes the restaurant's atmosphere as southern, contemporary and fun. He credits his first job as the reason for wanting to go into the restaurant business.

"I just kind of fell into this profession," said St. Clair. "My mom got me my first job as a dishwasher ... I really wanted to play football. I realized that wasn't going to happen, so I let that go."

Moving from the West Coast to the South in order to be closer to his wife's family who live in Atlanta, the St. Clairs decided to go into the restaurant business in a smaller town in order to escape the hustle and bustle of the city. "We said we would either move back to the West Coast or open a restaurant."

After searching for available spaces to open the restaurant both in-state and out-of-state, they settled on Flowery Branch taking over what used to be the Flowery Branch Yacht Club, which St. Clair said was already a good restaurant. After a little cleaning and re-decorating, the restaurant was ready to open. "We decided to take a shot. It was scary, but it was now or never."

In its first year, Antebellum has been named one of the top 50 restaurants in Georgia by the Atlanta Journal & Constitution for 2013. It is also currently on real-time restaurant reservation network Open Table's Top 10 Diner's Choice list for Atlanta. "Being successful is the biggest achievement," said St. Clair. "To know that if you work really, really, really hard at something, you succeed. All the press has been really cool."

The restaurateur said that he now encourages patrons to call ahead and make reservations to make sure that a

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Nicholas St. Clair, Antebellum chef and owner



table is available due to the large crowds that come for dinner.

"To have reached success so soon is a little shocking," he said. St. Clair credits his success to his experience and his team. "Try to work it yourself if you have experience; hire a good chef and hire a good front of the house." He attributes the majority of his success to the fact that he had previous experience in the food industry and knew what kind of team he wanted in order to make his

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Nothing says Southern like sweet tea in a Mason jar. Antebellum serves its signature fried chicken every Thursday.



West Hall HOSA team heads to nationals

BY LISA LASKEY
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A team of West Hall High School Health Occupations students will be spending a bit of summer break on call, as they compete in the HOSA national competition in Nashville, Tennessee.

"We will be leaving for competition on June 26," said health sciences' teach

State-level medal winners who will be attending the national HOSA competition June 26 in Tennessee. From left to right: Cassie Kornstadt, Lucas Hernandez and Yennifer Clarin with Joseph Trackett, on shoulders. For The Paper

Deborah King. "The students are excited and the next month they will be studying a lot. It is an honor to be able to go on this journey with them."

King, who teaches the courses that have led her students to nationals more than once, loves these kids and "watching them start this high school journey and see them mature and become passionate about their education."

"So much of the time we see students struggle to find their place in the world. Nothing is more exciting as a teacher than watching the light go on for these students," she said.

HOSA was established in 1975 in six states and became nationally recognized in 1976. Its purpose is to develop leadership and technical health occupations

skill through its programming. The organization holds a variety of competitions each year designed to recognize superior students.

It is considered a career-tech program said King. And, according to Department of Labor statistics, the job outlook for medical and health-related careers is positive.

When a student enters the HOSA program at West Hall, explained King, they follow a foundation track then specialize later. "We have several classes," she said, including an introduction to health care sciences, anatomy and physiology and general medicine. "After that they do Pathway testing; it's a national test

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