



TRIANGLE Downtowner MAGAZINE

ISSUE 126 • THE TRIANGLE'S FAVORITE MAGAZINE FOR LOCAL DINING, EVENTS, ART, HISTORY, WINE, AND MORE • WWW.WELOVEDOWNTOWN.COM

WHISKEY KITCHEN

Our Food Editor Brian Adornetto visits one of the busiest new spots in downtown Raleigh with chef Jonathan Botta and general manager Jeff Mickel

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ON THE COVER: Chef Jonathan Botta and General Manager Jeff Mickel helm the new Whiskey Kitchen in downtown Raleigh. Photo by Crash S. Gregg

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WHISKEY KITCHEN

BY BRIAN ADORNETTO, FOOD EDITOR • PHOTOS BY CRASH S. GREGG

Overlooking Nash Square, Whiskey Kitchen's gorgeous 90-seat patio entices with its terrific downtown views and beer garden vibe. However, snagging the first available table in this killer courtyard without exploring any farther would mean missing out on the striking interior of this establishment—and on most of Whiskey Kitchen's unique character.

On the far side of the patio's glass-paneled garage door, an enormous hipped skylight distributes natural light throughout Whiskey Kitchen's spacious dining room. You'll find long tables, an energetic open kitchen, a lively granite-topped bar area – behind it a stunning hand-painted mural by local artist Taylor White – intimate cocktail tables, and, in a nook to the far left, a quieter lounge area complete with cozy couches, easy chairs, and coffee tables. This comfortable setting makes it easy to visit this stylish spot on a half-dozen occasions while enjoying a different experience each time based on where you choose to sit.

Explaining the rationale behind the unusual design, co-owner and general manager Jeff Mickel says, "We wanted to create a space that could be 'your place.' A meeting place, a dinner-with-Mom place, a start-the-night-here place. A wind-down or get weird place. No hostesses. No reservations. You seat yourself in whichever space fits your mood; you make it your own."

Mickel learned the basics of the restaurant industry working in the kitchen and front of the house for Club

Corp and Culinaire, but most will recognize him from the Flying Saucer, where he served as general manager for more than twelve years. Mickel met Michael Thor, who would become Whiskey Kitchen's co-owner and co-executive chef, about ten years ago, and the two quickly struck up a friendship. Realizing that they would make a good team professionally, they began

developing ideas for what eventually became Whiskey Kitchen. In late 2014, after a year of brainstorming and planning, having created what they felt was a blueprint for something special, they left their jobs and committed to their dream full time.

Thor, a Pittsburgh native, is a restaurant veteran, having cooked at the National Historic Landmark





The three head-on shrimp in the Shrimp & Corn dish were marinated in chermoula, chargrilled, and positioned in a bowl of creamed corn. The sweet, tangy, smoky corn was seasoned with thyme, enriched with buttermilk, studded with diced country ham, and garnished with microgreens.

Claudio's in Long Island, New York, as well as at Tripps and at Posh Nosh Catering in Raleigh, where for three years he served as the director of operations. Currently, Thor is in Atlanta, recovering from a severe spinal cord injury he sustained during a 2015 motorcycle accident. His co-executive chef at Whiskey Kitchen is Jonathan Botta, a Boone native raised in Winston-Salem, who grew up working in the restaurant business with his father and brother. Botta worked alongside Scott Howell, Ashely Christensen, and Ed Mitchell before taking over as head chef for Posh Nosh Catering under Thor. After he left for New York City, he served as the chef de cuisine at Duck's Eatery, opened Smoke Show – a popup/private event concept – and cofounded Harry and Ida's Meat and Supply Company.

Rounding out Whiskey Kitchen's brain trust are its manager Martin Wheeler and "master of spirits" Johnny Berry. Wheeler, a Kentucky native who moved to Raleigh five years ago, most recently curated Standard Foods' beer program, during which time he also developed a passion for spirits and wine. Berry, who is responsible for the whiskey and cocktail program, is a seasoned bar professional who has been voted "Best Bartender in the Triangle" by area publications.

But Whiskey Kitchen provides much more than only brown spirits. In addition to a full range of cocktails, the bar also offers a dozen rotating craft beers on draft and roughly forty more in bottles, as well as a thoughtfully assembled wine list featuring two dozen by-the-glass options and more than twenty others by the bottle.

In the kitchen, the chefs experiment with traditional southern cuisine while adding unexpected ingredients and flavors, such as smoke and char. Their Cracklin Biscuits (\$6) are a prime example: two classic buttermilk biscuits piled with super-crisp pork cracklins and served with smoked whipped cream. The dish integrates crunchy, flaky, and billowy textures with buttery, smoky, and salty flavors. Also under the Small Plates heading are the Fried Cauliflower (\$8) and the Shrimp & Corn (\$10). After a dip in the fryer, the nugget-sized cauliflower florets are tossed with sunflower seed pesto and dusted with shaved pecorino cheese. We found these a great bar snack—crisp, slightly salty, and emphatically

savory. Ask for your pesto on the side, though; by the time we ate our way to the bottom, the cauliflower had become soggy from the sauce. The three head-on shrimp were marinated in chermoula (a bright, herby, spice-heavy North African sauce), chargrilled, and positioned in a bowl of creamed corn. The sweet, tangy, smoky corn was seasoned with thyme, enriched with buttermilk, studded with diced country ham, and garnished with microgreens.



On top of the Pork Shank Pot Pie was huge cured and smoked pork shank which rested on a crumbly, smoked thyme speckled biscuit top. Below it hid a lush gravy that coated a medley of rutabaga, parsnips, celery, onions, carrots, and butterbeans.

For our main course, we chose the Charred Wedge (\$11) and Lamb Burger (\$12) from the Plates section and the Shellfish Platter (\$40) and Pork Shank Pot Pie (\$28) from the Platter section. The substantial wedge salad was loaded with smoky goodness. Creamy avocado, crunchy radishes, and tender Boston bibb lettuce were charred then sprinkled with crumbled bacon, whole basil leaves, and sunflower seeds, all served with a creamer of ginger–poppy seed dressing. It was another tasty example of the kitchen's adeptness at mixing and matching textures and flavors. Lemony, juicy, and slightly spicy, the stellar lamb burger rested on a grilled bun and was schmearred with Vesta (an all-natural preservative-free hot dry rub that's made entirely by hand in Raleigh) spiced aioli and topped with melted Shepard's Blend cheese, a thick slice of German Johnson tomato, and thin ribbons of basil and mint. To accompany the burger, we opted for the Wedge Taters. These

golden-brown steak fries were crisp on the outside and creamy on the inside. The plate's final touch was a fluted metal ramekin filled with Whiskey Kitchen's superb smoked ketchup. Don't make the rookie mistake of dumping this on the delicious lamb burger and ruining its wonderful balance of flavor, though: this inspired condiment is for the Taters. The massive Shellfish Platter can easily feed three people—four if you start with a few small plates. Loaded with unpeeled head-on shrimp, clams, corn, and red creamer potatoes and accompanied by charred lemons, crostini, and drawn butter, it was a cross between a low-country boil and a clambake. The platter, seasoned with bay leaves, parsley, dill, and Old Bay, recalled summer suppers at the beach. The huge cured and smoked pork shank, resting on a crumbly, smoked thyme speckled biscuit top, would make even Fred Flintstone's mouth water. Below it hid a lush gravy that coated a medley of rutabaga, parsnips, celery, onions, carrots, and butterbeans. The hearty pot pie was a comforting preview of winter delicacies.

The kitchen's penchant for challenging the boundaries of southern food continued into their desserts. Whiskey Kitchen gave the Pennsylvania Dutch >>>



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Served on a burnished wooden plank with a tiny jar of charred pineapple compote, the Sour Cream Pound Cake was topped with lemon-scented sour cream, its sweet-tart compote sprinkled with fresh thyme.

specialty Shoo-fly Pie (\$6) a southern twist by loading it with pecans. Deep, dark, sweet, salty, and nutty, the rich filling was baked in a magnificently flaky crust and drizzled with salted bourbon caramel. This shoo-fly/pecan pie mashup was brilliant. The Ice Cream Sandwich (\$6) consisted of two freshly baked cornmeal cookies bookending a disc of house-smoked homemade peach ice cream. Unfortunately, the strong flavors of smoke, corn, and salt overpowered the subtle taste of peaches. Served on a burnished wooden plank with a tiny jar of charred pineapple compote, the Sour Cream Pound Cake (\$8) was topped with lemon-scented sour cream, its sweet-tart compote sprinkled with fresh thyme. Delicate and moist, the golden mini-cake provided a delightfully bright, citrusy finish.

Whiskey Kitchen offers inspired and cheffed-up southern food in a versatile setting. Whether it's bourbon in the lounge to decompress, cocktails at the bar to kick off the night, appetizers and beer with friends on the patio, date night wining and dining at an intimate table, or an important lunch meeting, Whiskey Kitchen is the place to be. 🍷



Brian Adornetto is a food writer, culinary instructor, and professionally trained chef. His business, Love at First Bite, specializes in private cooking classes and intimate dinners. For more information, please visit www.loveatfirstbite.net. Contact Brian at brian@welovedowntown.com.

Whiskey Kitchen

201 W. Martin St.
Raleigh, NC 27601
919.803.3181
<http://whiskey.kitchen>

Hours of Operation

11am - 2am daily

Cuisine: Southern with a twist

Atmosphere: Modern industrial workshop

Price: \$\$

Service: Friendly and relaxed

Wine List: Global with a heavy California presence

Dress: Casual

Noise Level: Moderate to high

Reservations: Not taken

Parking: Street

Features: Gluten-free and vegetarian options; Seasonal menu with monthly tweaks; Seat yourself dining room; Full bar with an extensive wine list; Bar dining; Patio dining; Free Wi-Fi; TVs; All major credit cards accepted.

Downtowner Tips: Whiskey Kitchen does not take reservations, so plan accordingly. The kitchen is happy to accommodate dietary restrictions and food allergies upon request.



From the Publisher



Winter has arrived and is steadily upon us (but seems to disappear every few days and is replaced with ridiculously warmer weather as we have grown to expect here in NC) and with it the holidays and time for family and friends. We hope you'll keep local charities in mind for gift-giving ideas this

season and make a donation in someone's name rather than buying a present they probably don't really need. It's a much greater gift to help a member of our own community who might be down on their luck and need a bit of assistance, especially during the cold and dangerous winter months. There's a great list of nonprofits in Raleigh available online

at <http://greatnonprofits.org/city/raleigh/NC>, and Durham at <http://greatnonprofits.org/city/durham/NC>. All the Triangle cities are listed as well. We hope you'll find one or two that mean something to you and would be worth your time to make a donation in your giftee's names. Give the gift that gives to others and everyone wins.

New Year's Eve is only a few weeks away and if you're still looking for something fun to do, check downtown Raleigh's First Night Raleigh (www.firstnightraleigh.com). This year, the Downtowner is once again proud to be the media sponsor for the amazing Ferris Wheel that will tower 90 feet over Fayetteville Street. Visit the First Night website for a complete list of live performances, rides, events, food vendors, parade info, countdown to midnight acorn drop, and more. We're looking forward to a spectacular 2017 with you, our awesome readers. We thank you for being here with us and we're honored to have joined you for another year.

Cheers!

Crash

Crash Gregg

Publisher, Triangle Downtowner Magazine

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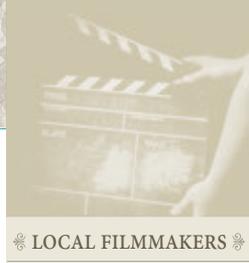
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LOCAL FILMMAKERS – WITH PATRICK SHANAHAN



INTERVIEWED BY CRASH S. GREGG

Crash: We're here with Patrick Shanahan for our second column on local filmmakers in the Triangle area of North Carolina. Patrick, tell us a little about your take on the film industry and some of the projects you've been involved with.

Patrick: There's a real dichotomy that exists in North Carolina's film industry. There's the side that makes motion pictures, documentaries and television. Then there's the video world. It's not so cut and dry as that, but filmmakers tend to go to one or the other. The "North Carolina Film Industry" that is talked about politically, and that truly effects our State economy and local businesses really exists in Wilmington. The heavy hitters are definitely still LA, New York, Austin, Louisiana really... and Atlanta now, more than ever. There's not nearly as many narrative film makers in North Carolina as there were before we lost the tax credit.

I started a film collective about a decade ago called "Minds of the Independent Screen", which was this high, lofty idea of "Hey, we can all get together and try to make movies ourselves." I had just come out of film school and was shooting on 16mm, and none of these guys had even seen that before. So it became a crash course. We shot film after film, but eventually, one by one, we all went our separate ways. I learned so much during that process. Every script got better. Every film looked better. The sound got better, the lighting got better. We really put ourselves through our own grad school, in a way, and it was a ton of fun and it was good while we were in our twenties. But as we move into our thirties, there are really only three of us now from our team; Beau Vorous, Robbie Opperman and myself. We mentor film students from UNCW as well, but it's the three of us at the core and we've rebranded as Denim Buffalo; a production company. Right now, we're doing music videos and commercials in between our motion picture work, and we have some really big plans for the future.

I think part of being an independent filmmaker today, and chasing narrative work, is that you've got to be a little bit crazy and not really think normally or realistically. There's a lot of let downs and rejection along the way. The three feature films I've released in the last several years were all serious labors of love. The first, *The Carolinian*, was a Reconstruction Era film. I figured I would do this epic feature film about a Confederate deserter that had made a deal with the devil to stay alive. I wanted to shoot it from the mountains to the coast in order to showcase our beautiful state. The film was way larger than we could handle back then and it was a lovely disaster; but it wasn't a wash. I learned so much on that production. Next was *Empirica*. It was an Americana road film. We drove all the way across country with three cars including a beat up '57 Chevy. We shot all day and night, when we weren't driving. It was raw passion for the film that kept us going. It wasn't permitted or sanctioned; we just went and did it. There were eight of us working on it and we shot it all on film rather than digitally. Though we shot numerous short films in between, our most recent endeavor and third large production was *The No Hand King* documentary. It's the story about Rodney Hines, a local Raleigh legend who shattered the old world record riding a wheelie on a bicycle

using no hands. The previous record was 272 feet. Rodney rode 16 miles down Highway 12 in the Outer Banks in 100-degree weather. Really, as great as that day was, the true story is about Rodney and the film is a testament to his life and all the hardships he's overcome throughout the years.

We did two private Raleigh screenings at the Rialto and found a lot of love with this film. *The No Hand King* is on the festival circuit now and we have our fingers crossed for Full Frame Film Festival in Durham in April, but that's a huge event and on a level all its own. Even Scorsese shows at Full Frame.

Crash: What's next on your plate?

Patrick: We're shooting a film in Spain this summer called *Toro*. It's the sort of low-budget indie film that I love to do. It takes place during the San Fermin Festival in Pamplona and opens with the running of the bulls. It's really a beautiful story and I'm very excited about shooting out of the country for the first time. It's going to be very under the radar. We don't plan on informing Spain that we're there to shoot. We're just going to film it on the streets like a documentary, and for the set work we can really craft some beautiful shots. So, it'll be a hybrid film when all is said and done.

Then next fall, we'll be shooting *The Hounds of Dixie*, which I'm really thrilled about. I'm working with a seasoned team from the industry in Wilmington and we've got a great production lined up for that film; including several Raleigh filmmakers. It's a film I've been dreaming about my entire life. It's the one film that, if I ever had the budget, I said would be the one to put Raleigh on the map, and put me on the map. The next year is going to be very exciting for our team and for NC filmmaking all around, I believe.

Crash: So, other than more tax incentives or grants, what do you think is needed to help rebuild – or merely to build anew – the film industry here in North Carolina?

Patrick: We have serious local talent. David Hambridge for



instance, Kent Willard and the Summit Collective, I mean, the list of great people here goes on and on. I want us to grow as a network. I've always had this idea for a central North Carolina Film Studio. The name just rolled off my tongue one day and I've been thinking about it ever since. The idea is to facilitate productions across North Carolina. Starting from inception, pre-production, all the way through to distribution. Back in the 1920s and 30s, Hollywood did this with the big studios and brought everything in-house. It was vertically integrated, which was eventually done away with. It's essentially the same idea, but instead of being purely for profitable reasons, it would also be to help keep talented people here in North Carolina; to keep them from leaving for New York or LA or Atlanta; where a lot of NC filming has gone. A common argument against film incentives is that the jobs generated are temporary, so this concept creates a more concrete, long term structure for filmmakers here in the state. It would boost our economy, foster so much growth and expansion, and help nurture people who are new in the industry. I'd love to see a centralized facility where experienced filmmakers and producers could work with and mentor new graduates, new filmmakers, and the like. It's as much an incubator as it is a production studio. We'd get so much back in return from intrastate spending, job creation, and tourism. Most of our efforts in the NC Industry are to bring large productions to our state, and we do have a great grants program now, but

I'm interested in building the Industry here, from within.

I've lived in New York, and spent time in LA, but my home is here in NC. I love the people here, and I love all the local businesses and all the food, and I like seeing Raleigh's transition and being a part of it. No way I could have walked away from that.

Crash: That sound like something that would truly foster a new generation of filmmakers and attract a lot of the talent lost in recent years. Where would you build your Film Studio?

Patrick: It has to be in the Triangle. I'm thinking of building it in Durham, which is still near Raleigh, close to the Umstead, and the Airport. Of course my first thought was Raleigh, because that's where my heart is and where our film office for Denim Buffalo is now. I love Raleigh to death, but Durham is forward thinking and what's happened in Durham has been inspiring. That city is incredible. I love Durham. And we already have Full Frame Film Festival right in the middle of it, so it makes a lot of sense. The great thing about the Triangle, as everyone knows, is you're right between the mountains and the coast: perfect for access to film locations. Also, Wilmington, that's the other brilliant thing. With Screen Gems already there, we don't need to build massive sound stages at our studio. We would love to partner with their facility because it's world class and we're lucky to have it in North Carolina. The Studio here would be more of a hub for pre- and post-production with

a massive team of production hands and professionals to generate work on everything from television programming to large motion pictures.

I also believe that state and local government could get behind it, though I see it driven by the private sector. There is money to be made in the film industry, both for the state, cities, and for those willing and excited to be involved as producers and financiers. It could be something inspiring that's never been seen here before and could completely change the whole dynamic of filmmaking in North Carolina. It's a large idea and now is the time. Losing the tax credit did affect so many filmmakers, especially in Wilmington. Filmmakers leave our state every day to follow the work. I was fortunate to not be sideswiped like so many were, but as we grow, we too are starting to feel the effects, and we are applying for and receiving grant money from the state now. So, I see a void and know we can band together to fill it.

To learn more about Patrick's production company, Denim Buffalo, and to view trailers and photos from some of his recent works, visit www.facebook.com/denimbuffalo.



PHOTO BY DAVE GILL PHOTOGRAPHY

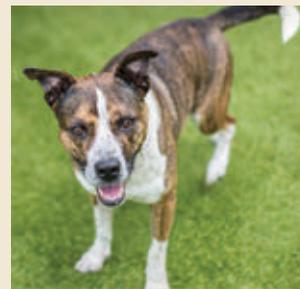


This is the first of a monthly column highlighting some of the dogs and cats who have called the SPCA of Wake County home for far too long. Since the SPCA is a no-kill shelter, their adoptable pets stay with them as long as it takes them to find a home. This means that when the shelter is full, there's no available space for new pets. Some of these wonderful animals are older or have traits that require special attention or medications but want and need to be loved all the same. We hope you'll consider giving one of these (and the many other) long-timers a place to call home where they can feel safe and be cared for. Visit the SPCA of Wake County for more overlooked pets who could use a new family. You can also visit www.spcawake.org/longtimers or call 919.772.2326.



Sassafras If you want a feline companion, but are worried about taking on too much with your busy schedule, Sassafras could be just the low-maintenance kitty you need! Unlike young kittens, Sassafras would be content to hold down the fort while her human is at work. She doesn't ask for much and she prefers to come to you when she's ready for a few head rubs. She's an independent lady who will let you know when she's had enough and requests that you listen to her signals. In her ideal home, Sassy would be the only cat living with a cat-savvy human (or two) who can respect her space. Her adoption fee is currently waived as she has now been waiting for a home for a year. You can read her full profile at www.spcawake.org/adopt. (Photo McCormick & Moore)

Taco Put on your running shoes, because here's Taco! This handsome guy is all energy and would love to be someone's new jogging partner. Training for a 5K? Great! Training for a 10K? Taco hasn't done that before, but he'd sure like to try! He's still young, so obedience classes are probably a good plan, but keeping him busy and learning is just what Taco wants. Do you want to give dog agility or dog obedience a try? Want to explore all the parks and trail in NC? Taco is game for just about anything! Just give him enough to do and teach him what's expected of him and he'll be a happy dog! You can read his full profile at www.spcawake.org/adopt. (Photo Tara Lynn).



This space is donated to the SPCA of Wake County by Triangle Downtowner Magazine because we love our furry friends.

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Comfort Foods, Comfort Wines

BY LIZ OLIVIERI

over-shadowed by the flavor. Pair a medium-bodied Barbera, like the one from Cantine Vallana in the Alta Piedmont, and you have a match.

Another soup that makes a reappearance come Winter is French Onion. With all the viscosity in the broth along with the bread and funky gruyere cheese, there's a lot going on in this soup and there's not many wines that would work, besides Gamay. Pick up a Cru Beaujolais, like the Domaine de la Chapelle des Bois from Morgon, and you'll be getting it

right. The slight fruitiness, yet delicate structure of this wine will stick to the broth and the cheese, and it won't get lost in your meal. This wine is a great, lighter bodied red to have around the house this time of year.

Chili is one of those foods that you don't even want to think about in July because it starts making you sweat, but the minute the leaves change color we're all about it. Beef chili with beans, tomato, peppers, onions and lots of chili seasoning is delicious when paired with Zinfandel. Although many write this wine off as one that's 'too sweet,' that hint of baked fruit and peppery spice all come together to match the little bit of sweet and little bit of spice in your chili. Look for one from California, and if you're a little gun shy about trying a Zin for the first time, go with Hobo Wine Company's from Anderson Valley. It's got all of the elements and bold spice of most Zins, but it's not as heavy as some can be, making it a bit more approachable for your first taste of what this robust grape has to offer.

For a vegetarian chili, you won't need something as spicy and full-bodied. Even though it's winter, don't forget about rosés! Caparsa's Sangiovese Rosado out of Tuscany is a great match for veggies in general, and it has enough depth of flavor to stand up to a chili loaded with beans, potatoes, and other hearty ingredients.

Just like chili, braising meat sounds awful in August, but it is one of those 'stick to your ribs' dishes that deserves the perfect wine. There's a handful of those

"a-ha" pairings out there – lobster and Chardonnay, foie gras and Sauternes, potato chips and Champagne (trust me) – and when you taste one you know it. Amarone and braised short ribs is one of those timeless pairings. This red blend from its namesake region in Valpolicella, Italy is big, rich, full of ripe fruit, but also mouth-watering and tannic and goes perfect with your fall-off-the-bone roast. Try the Alpha Zeta 'A' – an organic project from a team of winemakers that is dry, balanced and full of savory spice and blue fruit and a delicious modern take on a classic wine.

The last and possibly the most comforting food that I can imagine is macaroni and cheese. A mix of sharp cheeses with a gooey center and a crusted top layer, there's nothing that screams 'I need something good and warm and delicious in my life' like mac and cheese. With all of that salty cheese, you're going to need something with a hint of sweetness. Try a Feinherb style Riesling. These variations have found that delicate balance between sweetness and acidity to give the perception of fruit, without the cloying sugar, and are crisp, refreshing, and cut through the weight of a packed bowl of mac and cheese. If you're going gourmet, like our favorite Raleigh staple from Poole's, then try renowned producer Selbach-Oster's from Mosel, Germany. Finally, if you're cooking straight out of the box, then skip the Riesling and go with a glass of some Prosecco, because what's more comforting than bubbles?

Whether you're looking for a cozy night in or cooking a special dinner for company, we all need a little more comfort food this time of year. As it gets darker and colder, there's nothing that quite warms you up like some good home cooked meals. And finding the right wine to go along-side your favorite dish may even lead to finding a new favorite for the season. 🍷



Liz is the part of The Raleigh Wine Shop team, located at 126 Glenwood Avenue in Raleigh and is glad to help with recommendations for any wine needs you might have. All wines mentioned in this article are conveniently found at

The RWS. You can reach Liz at liz@theraleighwineshop.com.

As we hunker down for the colder weather and dig out our sweaters and extra blankets from the bowels of our closets, our mind and our bellies also start to search for warmth. It's those 'can't live without' comfort foods that we're drawn to on chilly nights that warm you up from head to toe. And what's better than a giant bowl of soup or a hearty pasta dish to get rid of that chill in your bones, but a delicious wine to pair? Sometimes heavier foods can be intimidating to find the right pairing for fear of overkill – there is, after all, such thing as too much heat. So here's a few key pairings to get you through the winter months ahead with some of our favorite go-to comfort meals.

First, we'll start with a winter classic – soup. There are so many different kinds out there and it seems that there are endless possibilities for what you can throw into your crockpot with some broth and call it a night, but there's two classics that always bring a sense of nostalgia while hitting the spot. First, classic tomato soup and grilled cheese. Whether it's the Kraft singles and white bread or an artisanal blend of gourmet cheeses on brioche, there's no better combo than these two – until you add the wine. Tomatoes and wine made from the Barbera grape, native to Piedmont Italy, go together wonderfully, and there's no exception for when those tomatoes are in your soup. The relative acidity in these wines matches the tomato and will cut through the density of the soup and the cheese without being

Around Town News in the Triangle

We love hearing about local growth and sharing it with our readers. Overhear juicy news about a new locally owned restaurant, bar, retail shop, or business opening in downtown Raleigh or across the Triangle? Send us your news@welovedowntown.com and clue us in. To say “Thanks Ya’ll,” we’ll pick a couple of random tipsters each month to win a free t-shirt.

The Around Town News is sponsored by our publisher Crash S. Gregg, who is also a commercial and residential real estate agent with Century 21. If you’re interested in finding commercial space for sale or lease in the downtown Raleigh/inside the beltline area, or buying/selling a home, please give him a call at 919.828.8888, and he’ll be glad to give you a hand.

To keep up with news between issues as well as lots of event and food photos, be sure to follow us on our social media pages: Facebook www.facebook.com/triangledowntowner, Instagram www.instagram.com/triangledowntowner, and Twitter www.twitter.com/welovedowntown.



We’re 11! November marked the 11th year anniversary of the *Downtowner*. It doesn’t seem like it’s been that long, but we’ve been privileged to entertain our readers with all the great restaurants, businesses, charities, events, and more throughout downtown Raleigh and all across the Triangle. We’re looking forward to the next 11 years with all of you. Without our awesome loyal readers, we could have not archived all we have. To that, we say a heartfelt Thank You! New to the *Downtowner* or miss a few issues? You can read back issues online all the way back to 2006 at www.WeLoveDowntown.com.



Congrats to Katrina Belk on the 5th anniversary of jazz club **C. Grace**, one of the shining spots in the Glenwood South area. www.cgracebar.com

Our favorite hair salon (and one of our favorite advertisers), **Tesoro Hair Design**, turns 6 this fall. If you need an awesome guy’s haircut, or women’s cut or color, be sure to call Maurizio at Tesoro, 919.896.7206.



The long-awaited **Crawford & Son** has finally opened on Person Street. Congrats to Scott Crawford on all the hard work and we’re looking forward to featuring your restaurant in the next

issue of the *Downtowner*! www.crawfordandson-restaurant.com

Congrats to Darren Nigel and Mike Ruiz who are celebrating **London Bridge Pub**’s 5-year mark, and also to Annie Britton Nice who partnered with Darren to re-open the much-loved **Tir na nOg Irish Pub** right next door to



London Bridge. Who knew the English and the Irish could get along so well! www.london-bridgepub.com

www.tnnirishpub.com

Craft Habit has opened a pop-up shop at 17 E. Martin Street, an empty space owned by LM Restaurants.



Owners Sarah Ferguson and Taylor Lee say the pop-up location will offer craft supplies and classes in this location until early January, and then will move to a permanent location in downtown Raleigh. A few of Craft Habit’s classes include Kiln Enameling, Needle Felting, Russian Snake Bracelet Beadweaving, and Pom Pom Wreathmaking. Visit www.crafthabitraleigh.com for more details.

Amorina, an Italian dessertery, has opened in a street level retail space below the Edison Lofts at 137 Davie Street. They offer gelato, crepes, hot drinks, and more. www.amorino.com/us

The Outpost is now open in the old Mo’s Diner space across from the northeast corner of Moore Square. They offer coffees, smoothies, and “tiki cocktails.” They’re open daily from 7pm to 2am. The Outpost is owned by the same folks as Proof in Five Points. www.facebook.com/theoutpostraleigh



It’s time for ice skating! The **ice rink at City Plaza** in downtown Raleigh will be open until the end of January.

Admission is \$10 and includes skates. Visit their website for nightly specials and upcoming events, www.raleighicerink.com.

The sweetshop, **Anisette**, recently opened near Five Points and is the tasty creation of Videri’s head confectioner, Nicole Groth. Tarts, macarons, pies, cakes, cookies, scones, candies, and meringues are all on the menu. Anisette is located at 209 Bickett Boulevard. More at www.instagram.com/sweetanisette



The Cardinal will open soon (if not already by the time you read this) at 713 North West Street across from the old Flythe Cyclery space. Owner Jason



Howard says The Cardinal will be a laid-back, non-pre-tentious type of place, and will offer inside seating and covered porch with a view of downtown, as well as hot

dogs, micro- and macro-brews, and an offering of spirits. More at thecardinalbar.com.

Royale Raleigh is now open in the old Battistella’s space in City Market. The concept was created by Will Jeffers, Chef Jeffrey Seizer and Jesse Bardyn, and is a French and European inspired bistro. Royale is open Mon-Thur 5pm-11pm and Fri/Sat 5pm-2am.



Congratulations to **Ira David Wood III** on the 42nd year of his production, **A Christmas Carol**, at Theatre in the Park. He is joined by his son, Ira David Wood IV, and many of the usual cast of characters. Tickets can be purchased at www.theatreinthepark.com.

Brothers Jih Ho and Shawn Chang are opening **City Market Sushi** soon. Originally from Korea, they moved to Greensboro in the early 90s, opening Sushi Republic, then Sushi Lulu in North Hills. Food will include sushi, sliders, Japanese hamburgers, and other fare. The ambience will be casual with prices that corroborate that feel. More at www.citymarketsushi.net.



A late congrats to tech company **Cloudgenix**, who moved into the second story space previously occupied by Revolver Consignment, who moved down to the street level.

And congratulations to entrepreneur **Scott Moody** and **K4Connect** crew for their recent move to a larger headquarters in Raleigh.



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The Torched Gin Fizz is made with the incredible Mother Earth gin from Kinston and comes topped with a bruleed wedge of grapefruit and sprig of thyme that smells like summer in a glass.



The Sesame Shrimp Toast is not your average dim sum!

BY CHRISTY GRIFFITH • PHOTOS BY CRASH S. GREGG

Some Raleigh residents may remember this space as the old Varsity Theater, others a McDonald's, and a younger generation may have stepped foot inside to save a few dollars buying a used textbook. The space at 2420 Hillsborough Street may have tried on a few different identities for size, but its current incarnation, the H-Street Kitchen, is nothing short of an exercise in good taste. (Full disclosure: I am a State grad and operate under the assumption that I am an expert in really good taste.)

On the evening we visited, the lighted marquee, original to the building since the theater's debut in 1941, reads *Schlitz Happens*. It's a nod to the apparent fondness of malt liquor in old black and white photos perused by the team at the new State-themed eatery, brought to you by Gary Bryant and Jeff Brock, two NC State grads who I'm sure operate under the assumption that they are also experts in really good taste. Judging by my experience at H-Street Kitchen, I'd agree that their assumption is correct.

The better part of a year was spent renovating the space, General Manager Eric Harris tells us. When the plaster walls were sandblasted, original brick was

uncovered that had been covered for seventy-five years. (That's almost as long as you can let a McDonald's hamburger sit out at room temperature before it gets moldy.) Now the newly-exposed brick overlooks the open kitchen and if you can get a seat upstairs, you'll have a great view of the H-Street team preparing your food. You can do this while sipping on craft beer, Heavyweight Chardonnay and Cabernet wines on tap, handcrafted cocktails, or even a Schlitz.

Since I'm a bona fide expert in good taste, may I suggest saving the malt liquor for another time and opting for one of the real liquor drinks? The 1983 (\$10) is one of the smoothest takes on an Old Fashioned I've had. The small oak barrels lining the bar that age the components of the drink add another dimension that is decidedly absent in the classic Don Draper version. The Cosmo Kramer (\$9) fuses a cosmopolitan with a mojito, something the folks at H-Street Kitchen imagined may happen if everyone's favorite Seinfeld character were actually tending bar and asked to make one of the standards. My absolute favorite out of the lot was the Torched Gin Fizz (\$10), made with

the incredible Mother Earth gin from Kinston. Any gin drink made with Mother Earth gin would be an instant homerun, but this version comes topped with a bruleed wedge of grapefruit and sprig of thyme that smells like summer in a glass. I've heard they won't take it off the menu for the winter if you keep ordering it, so please keep ordering it. As a personal favor. I don't ask much!

We all know what happens if you give a mouse a cookie, but if you give a Christy a cocktail, she's going to order everything on the menu. Go ahead and get the Sesame Shrimp Toast (\$8.50); it's not your average dim sum. Eat all of it right then and there without worry about calories because every last one is worth it. Also, the toast points will turn soggy in a to-go container in your fridge, so put it in nature's to-go container: your belly. Do it fast so you don't have to share.

You may want to order a dish of Peas and Mushrooms (\$5), an unusual snack offering but unusually good. Instead of overcooked veggies drowning in butter, you get a far more interesting dish of sweet and tender peas and sautéed baby bellas kissed with shallot, miso, and sherry.



What if we told you that you could order a pizza that comes guised as a salad? Well, you can. It's called the Greek Salad on Grilled Everything Bread!



The Big Peppa is a pepper crusted smashed burger, meaning that as soon as it hits that hot screaming hot griddle, it's smashed down to maximize the sear so you're left with a deep crust all over. It comes with roasted red peppers and pepper jelly in addition to fried pimiento cheese.

(For the record, I don't have anything against drowning veggies in butter. My waistline does, unfortunately.)

What if I told you that you could order a pizza that comes guised as a salad? WELL, YOU CAN. It's called the Greek Salad on Grilled Everything Bread (\$9.50) and it's perfect for someone whose hips want salad and lips want pizza. Harris said the idea came from when he saw people putting their salad on top of a pizza. So H-Street was all like, hey, might as well give the people what they want and BAM: salad pizza! I didn't know it was even possible to make a salad this awesome, but then again, I didn't even know it was possible to order a salad with pizza.

Hey vegetarians, I have fancier option for you if you want something besides salad pizza – go for the Seared Spinach

Cakes (\$13). They come atop a warm lentil salad, providing lots of pops of textural contrast to the savory cakes. Roasted grape tomatoes burst with concentrated tomatoey-goodness, a nice foil for the creamy broiled feta cheese that tops the whole dish. Dip everything into the shallow pool of tzatziki on the plate and try not to look so smug that you herbivores are allowed to eat something this great.

Apologies, carnivores, I haven't forgotten about you. The Steak Frites (\$15) is a hanger steak grilled medium-rare, obviously the only real way to cook steak, sliced and served with a thick bodied mushroom bordelaise that is perfect to run your accompanying [incredible] French fries through. This is a good dish to pair with the 1983, but only after you've ordered at least one Torched Gin Fizz for me.

In the mood to go forkless? You can get plenty of meat in between two slices of bread. The Big Peppa (\$9.50) is a pepper-crusted smashed burger, meaning that as soon as it hits that hot screaming hot griddle, it's smashed down to maximize the sear so you're left with a deep crust all over. This particular burger comes with roasted red peppers and pepper jelly in addition to a disc of fried pimiento cheese. I had mine with a side of housemade potato chips, and these aren't the kind of chips you ask for a side of ranch with. These deserve to go straight from plate to mouth, do not pass go, do not collect white sauce. Lightly seasoned with salt and just the barest hints of vinegar powder, you'll understand as soon as one hits your tongue. >>>



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The Pan-Roasted Carolina Trout will be changing according to season, but we were lucky enough to try it atop a butternut squash puree with roasted root vegetables and an almondine sauce. Let's just say it was incredibly delicious!



The Seared Spinach Cakes come atop a warm lentil salad, providing lots of pops of textural contrast to the savory cakes. Roasted grape tomatoes burst with concentrated tomatoey-goodness, a nice foil for the creamy broiled feta cheese that tops the whole dish.

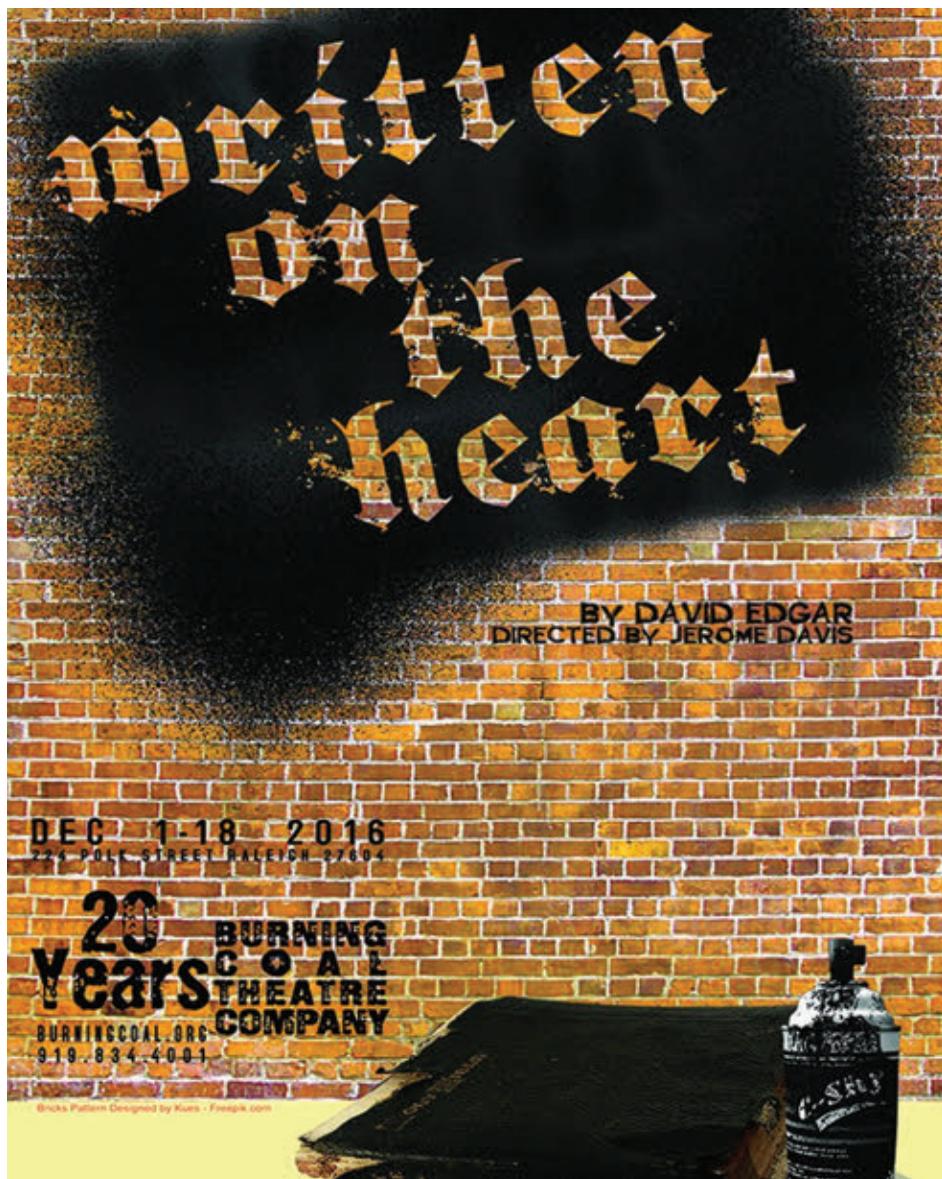
Of course, you can always eat your sandwich with a salad (since it's not pizza night), so if that's what floats your boat, you'll be really glad you tried their Caesar salad. I know a great deal of people have never experienced a Caesar salad outside of a Dole Salad kit, but the H-Street version, complete with garlic butter filled fried wontons in place of croutons, will make you question everything you thought you knew. I'm not one to order a Caesar salad when I'm out because I tire of excessive gloppiness (*mayonnaise excluded*), but this is the first

one I've been impressed by and would willingly order again. (H-Street Kitchen has a winning salad chef, apparently.) Of course, if I'm going to order a salad, I am going to be eating it alongside the Pork Belly Banh Mi (\$9.50) on a baguette from The Bread Shop of Pittsboro, filled with pickled carrots and radishes, spicy peppers, cooling cucumbers, and a sweet and hot mayo that will make you temporarily forget about what your post-election Facebook feed will look like when you get home.

If you're like me, you not only have great taste but

love a good Charleston she-crab soup. May I recommend the She-Crab Pasta (\$9/small, \$14/large)? Linguine gets the she-crab treatment, complete with a sherried cream sauce full of crab, in addition to greens and roasted tomatoes. A couple of shrimp on top gild the lily, and if we're being honest, this lily didn't even need any gilding.

The Pan-Roasted Carolina Trout (\$16) will be changing according to season, but we were lucky enough to try it atop a butternut squash puree with roasted root



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In the delicious She-Crap Soup, linguine gets the she-crab treatment, complete with a sherried cream sauce full of crab, greens, and roasted tomatoes, all topped with a couple of shrimp.



The Elvis is a monstrously large serving of Howling Cow banana cream pudding and topped with caramelized bananas, homemade peanut butter cookie crumbles, peanuts, and candied bacon. Thankyavermuch!

vegetables and an almondine sauce. I don't know how to convey the seriousness of my insistence that you order this dish, so I'm going to rely on typography and gently remind you that *THIS IS THE BEST TROUT I'VE EVER HAD IN MY ENTIRE LIFE AND IF YOU DON'T ORDER IT, YOU DON'T DESERVE TO HAVE NICE THINGS!* This is a plate of food you ask lovers to be life partners over. The presentation alone will make you forget that this building once housed an establishment whose claim to fame is a secret sauce that everyone

knows is just Thousand Island dressing.

The night's not over until the fat lady sings, and you can be that lady sooner if you order the Elvis (\$8), a monstrously large serving of Howling Cow banana cream pudding (made by our NCSU friends with good taste across the street), then topped with caramelized bananas, homemade peanut butter cookie crumbles, peanuts, and candied bacon. If that doesn't sound good to you, you probably went to that other school, which accounts for the lack of great taste. 🍷



H-Street Kitchen

2420 Hillsborough Street
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Parking: Street, parking lot (after 5pm and on weekends, you can park across the street in the NCSU parking lots), and valet (Wednesday through Sunday nights).

Reservations: Yes and recommended on weekend nights

Downtown tips: Good for families and kids, kids' menu, take advantage of the valet parking in the evenings (Weds-Sun), take-out and catering available, private dining areas available, if you love ice cream, try the Elvis!

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Around Town in the Triangle

The photos below are from the North Carolina Museum of Art's private dedication of the new Anne & Jim Goodnight's Museum Park. The Goodnights have demonstrated exemplary leadership in helping to shape the NCMA into a campus of remarkable art-inspired experiences. Beginning in 2015, the newly completed expansion project added an elliptical lawn, tree-lined parking lots, contemporary gardens, promenade, and several new public art installations.



LEFT: Commissioner Sig Hutchinson & wife Nancy with Mayor Nancy McFarlane. CENTER: NCMA Director Larry Wheeler. RIGHT: Capitol Broadcasting CEO Jim Goodman & Frank Daniels



LEFT and RIGHT: The Paperhand Puppet animals mingle with the VIP crowd. CENTER: Downtowner Publisher Crash S. Gregg with actress Amy Simon.

The photos below are from Rufus Edmisten's annual Extra Special Super Kids fundraiser held at the Farmers Market Restaurant. The program helps to provide youth who have overcome adversity with financial assistance toward their goal of achieving a higher education degree. Learn more at www.specialsuperkids.com.



The Light + Time Tower

A New Perspective

BY HEATHER LEAH

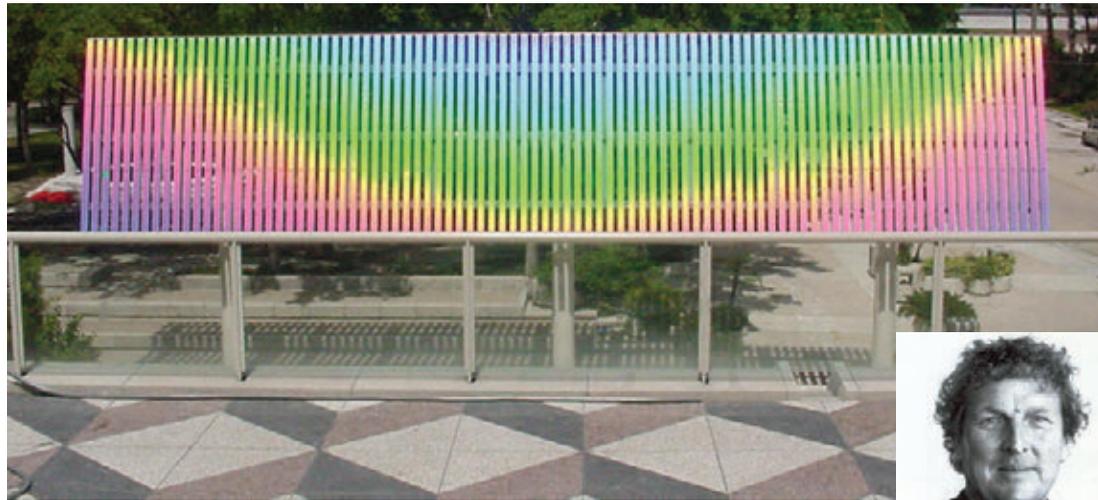
If you lived in Raleigh in 1995, you may remember the heated debate over a hunk of metal on Capital Boulevard that was regaled as art. Instead of fixing our roads, paying our teachers, or improving educational programs for youth, the city paid \$51,100 for what was described as a “miniature, glorified cell-phone tower” that was supposed to shimmer brilliant prismatic colors through its glass and diffraction grating.

It was called “The Light + Time Tower,” a piece of art created by artist Dale Eldred and commissioned by the City of Raleigh, and it dominated the news and politics in Raleigh for longer than any art project I’ve heard of since. This 40 x 6-foot structure was the inaugural public art project of the Raleigh Arts Commission and resides in the median of Capitol Boulevard near Fairview Road.

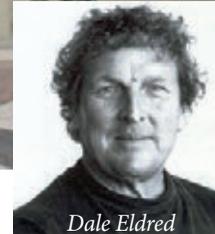
But let’s change the perspective. Instead of a story about angry Raleigh-ites, I’m going to tell you about a man in love with his art, a widow who watched her husband die, and a city that received a gift it still hasn’t learned to fully appreciate.

I was only a teenager when the tower went up, but I remember the controversy as vividly as the colors from the Tower’s panels. My mom and I went down to Capital Boulevard, because we’d heard there was an amazing piece of art, metallic and silver and plain, that surprised drivers by using glass panels to split sunlight into its primary colors, changing as commuters drove past. I was excited, then disappointed, as the sun wasn’t at quite the right angle to reveal the tower’s magic. Since then, millions of people have been driven by the Light + Time Tower.

But while we were complaining about artist Dale Eldred’s taste in art, his widow Roberta Lord was mourning the loss of her husband. Internationally beloved for his metallic, prismatic sculptures, Dale’s life ended on a low note, as his final piece of art – dedicated to our home city – was rejected by the very people for whom he created it. Don’t get me wrong. When I first saw it, I didn’t think much of the structure either. But



“Solar Time Plane,” another of Eldred’s sculptures that incorporated solar diffraction, was installed at the Broward County Public Library in 1986.



Dale Eldred

now that I know the whole story, I feel like a bit of a jerk for criticizing his final creation.

It’s particularly poignant that Eldred was a truly passionate artist, who literally died trying to save his art from rising floodwaters. According to a local newspaper article, Dale and his wife were in his warehouse

studio fighting floodwaters from a recent storm, working together to pull his art to higher ground. He fell through the floor right before her eyes, dropping 20 feet below. He died at the hospital a few hours later. This is a man who was willing to fight and die for his art – with his wife who raced raging tides to support her husband’s work.

After he passed away, Roberta negotiated and continued the Light + Time project with the City of Raleigh, a grieving widow trying to ensure her husband’s final piece was completed.

I’m not blaming the critics. Heck, I was one of them, too, until I really stopped to consider the artist’s story. The Light + Time Tower is his legacy. And he was passionate enough to fight for it.

I came across another perspective on the Tower while doing research for this piece. I think Scott Huler said it best in his book, *On the Grid*:

“Whoever decided that drivers slogging their way through traffic during rush hour deserve a piece of artwork to look at should get an infrastructure medal, but instead critics immediately attacked it as looking like a broadcast antenna or cell phone tower. Precisely. Could there be any more perfect response to those fatuous cell phone towers dressed up to look like a tree drawn by a young child who has never seen a tree? I claim we need to start loving our infrastructure and celebrating it.”

And guess what? No other city in the world has a Light + Time Tower exactly like ours, with a story quite like ours. For better or worse, Eldred’s art is part of Raleigh’s personality, history, and collective identity. We may as well love it. 📍



The much-maligned Time + Light Tower.

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Bull City Buzz

What's Happening in and around
Downtown Durham and the
American Tobacco Campus



Durham, the Triangle's own Bull City, is abuzz with new ideas, new music, new brews. Here's the first edition of our Durham Do List, curated by our local team of much-published NC writers, Allan Maurer and Renee Wright.



The name American Underground is synonymous with the startup scene in Durham.

The StartUp Scene

Google brought its pitch day for black founders to Durham's American Underground at Main in October. Black founders of startup tech companies from around the nation as well as a handful of venture capitalists and more than 200 people attended.

None of the Durham startups won and the \$5,000 cash prize went to a startup focused on senior healthcare. But The American Underground facility at Main along with the American Tobacco site designed by Disney, have been instrumental in bringing new life to Downtown Durham. The site at Main has a 40-foot slide, old video games and a rec room inside what was once a safe.

Good Vibrations

The (artistic) Force is strong in Durham with a host of new entertainment options making downtown the place to be.

Our latest greatest favorite stop is the Rooftop @ The Durham Hotel, a stylish new hostelry just a block from the Convention Center. It won our hearts with an incredible, best-in-town view not to mention the comfortable couches, craft cocktails, raw bar, and cool vibes.

Regular events scheduled high above the city include everything from daily morning yoga to hip-hop sunset shows to an all-vinyl Disco Brunch. The Art of Cool sponsors Jazz Night every Third Tuesday, while Moogfest, our favorite new city resident, curates Second Sunday afternoons. <http://thedurham.com>

Jazz it up! Several downtown spots feature good vibrations. Beyu (bee-you... get

it?), recently expanded, hosts a Sunday Jazz Brunch as well as a Wednesday Open Mic night. Both Chelsea Clinton and George Benson dropped by this coffeeshop for a cuppa java recently. <http://beyucaffe.com>

Alley Twentysix, across the street from The Durham, has free jazz on Tuesdays, as well as some of the craftiest cocktails in town. Try the Parkway Punch, made with N.C. apple brandy and figs, for a seasonal sparkle. www.alleytwentysix.com

Eat, Drink... Get Merry!

More great cocktails, along with some very cool art, wait around the corner at 21c Museum Hotel. (Look for the red penguins...) The museum in the name indicates the artistic bent of the establishment, with two floors of galleries open to the public, as well as stunning works in the Counting House bar and dining room. The art-forward attitude extends to liquid libations with a reservation-only Underground pop up cocktail series. A special edition Dec. 5 honors Repeal Day, celebrating the end of Prohibition.

But don't wait for repeal to check out 21c. Cruise the galleries then chill out at the bar with a sherry based cocktail or something more traditional, and graze from a bar menu that starts at \$5. www.21cmuseumhotels.com/durham

Brews News

Durham is home to one of the dominant voices in the beer press, All About Beer Magazine, so it comes as no surprise that the brewery scene is booming. Ponysaurus Brewing, celebrating its first anniversary, just introduced the new Autumn Saison, a spicy seasonal rift on its mind-blowing Fig brew that took the city by storm.

Tours take place Monday and Tuesday evenings at the brewery close to Golden Belt. Or stop in for a flight of their beers, \$8 for four 4oz. snifters anytime. Food



For a dramatic rooftop view, be sure to visit the Durham Hotel.



The streets in downtown Durham are always full of music, people, and art.



An art-forward attitude is evident in the 21c Museum Hotel with two floors of galleries and art throughout the bar and Counting House dining room.



Christmas at the Washington Duke Inn is always a grand affair.

trucks make regular stops, but if you're looking for a tailgate experience, reserve one of the Ponysaurus grills and order up a DIY cookout of housemade brats or sausages. <http://ponysaurusbrewing.com>

Hola! Holidays

Hold onto your credit cards! Here it comes – the most festive time of the year. Durham revives a long time tradition this season with the annual Holiday Parade returning to Downtown on Saturday, Dec. 10, after an eight-year hiatus. www.durham-nc.com

Durham and North Carolina are famous for their superior dance companies and it's not too early to secure the tickets for your annual Nutcracker fix. Several versions come to Durham's stages. Ballet purists will want tickets to the Carolina Ballet's Nutcracker at DPAC (Dec. 9-11) or the Moscow Ballet's lush Russian version at the Carolina Theatre (Dec. 14-15). Prefer a charming amateur performance? Check out the Barriskill Dance Theatre School's tap-dancing mice at Duke's Reynolds Industries Theater (Dec. 16-18) or the Triangle Youth Ballet at the Carolina Theatre (Dec. 10). www.carolinatheatre.org

Sparking the Holiday Spirit

Durham is surrounded by a trio of historic houses and each presents a Christmas program highlighting its era. Pencil these dates into your December calendar for a family friendly intro to the season.

For Christmas as celebrated on an antebellum plantation, visit Historic Stagville, one of the largest in the South where more than 900 enslaved people worked the fields. The 100 Years of Stagville program takes place all day on Dec. 3, followed by lantern tours after sunset. www.stagville.org

Are you a history buff? Bennett Place, scene of one the final surrenders of Confederate forces during the Civil War, introduces visitors to how soldiers and civilians celebrated the Christmas season. A candlelight tour of the historic site on Friday evening, Dec. 9, requires a ticket but the Dec. 10, Saturday daytime event is free, with complimentary hot apple cider and cookies, plus a visit from St. Nick.

www.bennettplacehistoricsite.com

The Duke Homestead Historic Site portrays Christmas in the Victorian era as celebrated by one of Durham's most prominent families of the day. Candlelight tours of the house and grounds, live music, period dancing and carol singing are included in the tickets for the Friday evening events, Dec. 2 and Dec. 9. <http://dukehomestead.org>

The Washington Duke Inn, always beautifully decorated for the holidays, hosts a festive tea for Faithful Friends daily from the day after Thanksgiving through New Year's Day. www.washingtondukeinn.com

A bit beyond the Durham city limits, but well worth a holiday visit, Chapel Hill's Carolina Inn presents its annual series of events in honor of the Twelve Days of Christmas. www.carolinainn.com

We'll take a closer look at more events and celebrations to help you zero in on activities to keep every member of the family entertained during the holiday break in next month's Bull City Buzz. To have your event or business featured in an upcoming Bull City Buzz, contact Allan at allan@welovedowntown.com.

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Tips for Winter

BY ANNE BARRINGTON, RN CHC

I love to hibernate in December. It's the perfect month to nestle inside, light the fireplace or a candle, and curl up with a good book. Knowing that the holidays are right around the corner makes me savor this quiet time even more. However, eating healthy and exercising is as important as ever, especially with the holidays being known for creating its own set of health challenges. This month, I'll share with you three ways to focus on your health while relishing the stillness of December.

One of my favorite concepts is "cook once, eat twice." Cooking large portions, in order to eat twice or several times from the same meal makes a lot of sense when it comes to eating healthy, homemade food with less effort. December is a perfect time for making soups, stews, and chilies. They keep for a few days in the refrigerator as leftovers, but are also easy to freeze and save for next week or next month. Fall's bounty of root vegetables like potatoes, carrots, turnips, rutabagas, and other vegetables like squashes, pumpkins, onions, beets, cabbage, broccoli, beans, and lentils are all great choices to add to soups and stews. I love to roast a tray full of root vegetables tossed in a little olive oil, salt, and pepper for dinner and use leftovers in a soup later. I also make my own healthy pasta sauce and freeze it in batches and instead of regular pasta, I pop a spaghetti squash in the oven for an hour and have a super healthy spaghetti dish with very little effort. For breakfast, I cook up a batch of steel-cut oatmeal and store them in the fridge for the

week, or cook a quiche or individual egg omelet "muffins" that I freeze or refrigerate. I find that when I use a few favorite recipes, they become very quick and easy to whip up and take very little time. Cook once, eat twice (or more) lets you eat healthy while catching up on that great book!

By December I usually bring my exercising inside, except for walking my Plot hound, Lilo, which is obligatory, rain or shine. Belonging to a gym is definitely a plus when the weather is cold or rainy outside, and this is a great time to build a routine that will take me through the winter months. But there are lots of things to do at home when I don't feel like going to the gym. Simple yoga stretches or light weight training can easily be done at home, as well as working out to a DVD or a PC/TV. As the holiday season draws near, think of a routine that you can stick with through the busy times. Sometimes two or three shorter intervals in a day are easier than fitting in one longer period. Make sure you have the right attitude and view exercise as a choice you make rather than an imposed duty. If you view it as drudgery it can add stress, but if you see it as a choice, it increases your dopamine, which makes you happier!

The last months of the year are also a great time to reflect back on your year. This is a great time to ponder what you are grateful for, and what you want to bring more of into your life. I usually do a vision board every year and find that when it's cold out is a great time to

do so. My sister and I just spent a couple of days in the mountains doing vision boards while the rain pounded outside, and it was such an enjoyable, life-affirming experience, we decided to make it a yearly "sister tradition." For a vision board of your own, cut out images or words that depict what you want more of in your life and create a positive emotional response in you, and then arrange them on a poster board. Place it where you can easily see it daily. Your subconscious goes to work immediately to align with your vision. It's a great way to become cognizant of what really makes you tick, and what brings happiness to your life, and you just may be surprised at the synchronicity that happens. I put my husband, my career, and my community of friends on a vision board before they materialized, and I am so glad I did.

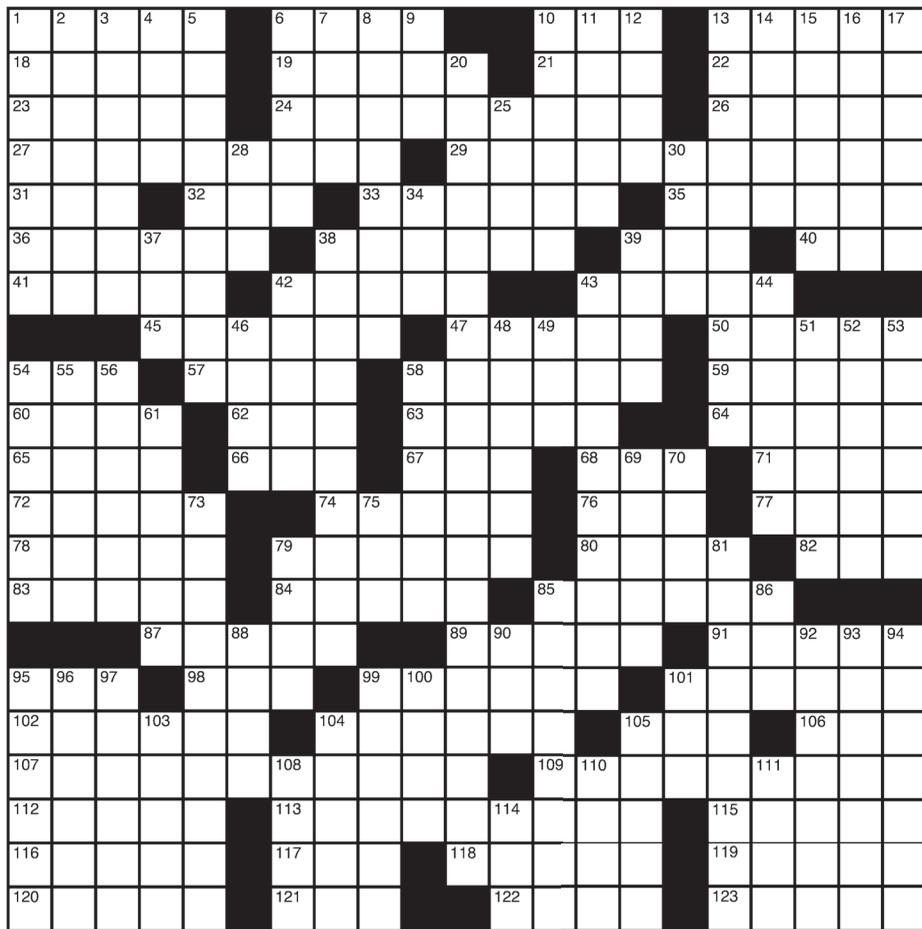
As dawn comes later and dusk earlier, it's like earth herself is telling us to slow down and take some time to regroup before the busy season begins. I hope you enjoy it as much as I do. **B!**



Anne Barrington is an RN and a Certified Health Coach, who helps clients find their path to wellness through individualized coaching, group coaching, seminars, retreats and short cleanse programs. She offers free consultations with a health history and is available for talks upon request. She can be contacted at annebarrington619@gmail.com with more information at www.annemaritwellness.com.



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"Hanging Around in the Dark"

ACROSS

- 1 Disguised, for short
- 6 "I see"
- 10 Pipe material
- 13 Ham's response
- 18 Terrible turnout
- 19 Spice holders
- 21 Yoko from Tokyo
- 22 Often harmful bacteria
- 23 Auto suspension component
- 24 Dresses down
- 26 Type of air passage
- 27 Like "Et tu, Brute?"
- 29 Close
- 31 NYC dance company
- 32 Garden plot
- 33 Explorer Ponce ___
- 35 Demagogue, e.g.
- 36 Liquid measures
- 38 Eponymous electrical units
- 39 Tease
- 40 Decisive parts of some NFL games
- 41 Floor in la maison
- 42 Color named for a flower
- 43 Louts
- 45 Space fillers?
- 47 Track official
- 50 ___ nerve
- 54 Some audio books
- 57 Korean imports
- 58 "Baseball is ___ percent mental. The other half is physical": Yogi Berra
- 59 Caribbean destination
- 60 Lascivious look
- 62 '40s Giant manager
- 63 ___ Sketch
- 64 "Mercury" coins
- 65 Where Tibet is
- 66 U.S. global monitor
- 67 Fried rice veggie
- 68 Hunk's pride
- 71 Young ___: political reformer
- 72 Turtle of comics and film
- 74 Mouthy munchkins
- 76 The Rams of the Atlantic 10 Conf.
- 77 Author Wiesel
- 78 Gather bit by bit
- 79 Lacrosse position
- 80 Half-moon tide
- 82 Skin coloring, briefly?
- 83 Raw fish dish
- 84 Capriciously, with "on"
- 85 Aphrodite's love
- 87 One way to sit
- 89 Clothing store section
- 91 Poitier title role
- 95 Shapiro of NPR
- 98 Consumed
- 99 "Oh gee"
- 101 Big name in gaming
- 102 Strauss waltz subject
- 104 Portraitist Charles and his artist sons
- 105 Mars or Venus
- 106 Residential ending
- 107 Title awarded only once to a New Englander (Conn., 1933)
- 109 Last check, maybe
- 112 "Wicked Game" singer Chris
- 113 Shoulder neighbor
- 115 Knighted composer
- 116 Hint of color
- 117 DDE's VP
- 118 122-Across user
- 119 Vibrant
- 120 Scornful look
- 121 Distress letters
- 122 Lock fixers
- 123 Alice's workplace

DOWN

- 1 Like architectural drawings
- 2 *Lots opposite
- 3 Big name in civil rights
- 4 Burden
- 5 *Be blessed by Lady Luck
- 6 Like the flight of a boomerang
- 7 "Very funny"
- 8 Muckrakers' subjects
- 9 Thumbs-ups
- 10 "All that is or ever was or ever will be": Sagan
- 11 Result of a leadoff single
- 12 Order
- 13 *Traveled to Europe, say
- 14 Former TWA owner
- 15 Get fewer votes than
- 16 Red choice
- 17 Edmonton skaters
- 20 Rock formations that often meet in dark places, as illustrated here
- 25 TV classic "___ Three Lives"
- 28 Court matter
- 30 Little pigs, e.g.
- 34 Hurler's stat
- 37 Future tweeter
- 38 *Annual postseason game played in Arizona
- 39 2016 FedExCup winner McIlroy
- 42 Trials for aspiring D.A.'s
- 43 *Go all in
- 44 Lemon-lime drink
- 46 "The Da Vinci Code" priory
- 48 To be safe
- 49 "Doesn't do much for me"
- 51 Chaotic situation
- 52 Spanish airline
- 53 Vampire's daybed
- 54 Alarm sounds
- 55 Arnaz-Ball collaboration
- 56 Fishing nets
- 58 Sherpa, usually
- 61 Indian dignitaries
- 69 Former Uh-Oh! cookies, now called Golden
- 70 Sigourney's "Gorillas in the Mist" role
- 73 "Sweet Love" R&B singer
- 75 Stadium cheer
- 79 Strong wind
- 81 *Middle Eastern staple
- 85 Marketing of pieces?
- 86 Title in a Poitier title
- 88 Tabloid twosome
- 90 Spleen
- 92 Earn
- 93 Hangout for the Dark Knight, and for creatures in the answers to starred clues
- 94 More diaphanous
- 95 Comes clean about
- 96 Fruit in a Poitier title
- 97 Half-baked
- 99 Condescends
- 100 Per person
- 101 Charlemagne's domain: Abbr.
- 103 Grammar subject
- 104 First-class
- 105 Places to raise dough
- 108 Does as humans do?
- 110 Carbon compound
- 111 "___ want for Christmas ..."
- 114 Fall behind

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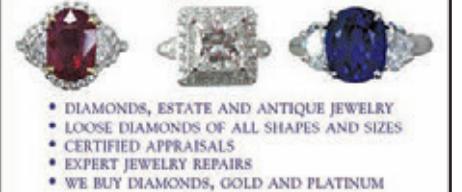
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