



# TRIANGLE Downtown MAGAZINE

VOLUME 9 ISSUE 12

THE TRIANGLE'S FAVORITE MAGAZINE FOR LOCAL DINING, ENTERTAINMENT, ARTS, HISTORY, WINE, AND MORE

FREE FREE FREE!

## How to Keep the Triangle Growing

*Without sacrificing our small town charm*

**CLYDE  
COOPER'S  
BARBEQUE**

Also inside:  
Awesome eats @ Poole's Diner  
Kat Robichaud + The Voice  
InRFood.com lists it all

COOPER'S BBQ

COOPER'S

CLYDE COOPER'S  
BARBEQUE  
SINCE 1934  
**RIBS**  
CATERING  
EAT IN - TAKE OUT  
MON - SAT 10-6

Merry  
Christmas

Happy  
New Year

CLYDE COOPER'S  
BARBEQUE  
SINCE 1934  
CATERING  
EAT IN - TAKE OUT  
MON - SAT 10-6



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**ON THE COVER:** *The modern PNC Plaza stands behind Clyde Cooper's Barbecue, part of downtown Raleigh since 1938. Cooper's is relocating around the corner to 313 S. Wilmington Street to make way for the new Edison Apartments development. Be sure and stop in and experience the old Cooper's while you still can!*



Answer to crossword puzzle on page 23



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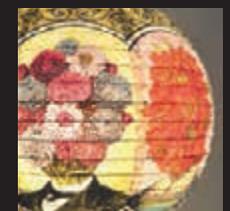
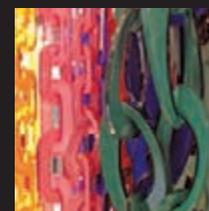
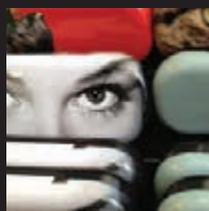
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# How to Keep the Triangle Growing and Still Keep Our Hometown Feel

BY CRASH GREGG

In 2008 (when we were *Raleigh Downtowner Magazine*), we asked ten local Raleigh leaders and prominent business owners what they thought of downtown Raleigh and their opinion of what was needed to ensure continued future growth. Since then, we've expanded to become the *Triangle Downtowner* and the

- Sharon Decker—NC Secretary of Commerce
- Nancy McFarlane—Mayor, City of Raleigh; President MedPro Rx
- William “Bill” Bell—Mayor, City of Durham; Exec. VP and COO of UDI Community Development Corp.
- Mark Kleinschmidt—Mayor, Town of

- Business Development, Holt Brothers
- Sig Hutchinson—Greenway and Open Space Advocate, Supporter and Co-Founder of the Triangle Downtowner and President of Sig Hutchinson Communication
- Clymer Cease, Jr.—2103 Chair, Triangle Transit Authority; Principal, Clark Nexsen
- Michael Goodman—VP of Real Estate, Capitol Broadcasting Co.
- Crash Gregg—Publisher, Triangle Downtowner Magazine; Executive Director, Hurricane Public Relations

- 3. Job Creation/Economic Development
- 4. Arts, Culture, Tourism
- 5. Quality of Life/Environment

I hope to achieve gains in all five tenets under Governor McCrory's new *Economic Development Partnership of North Carolina*.

I don't need to tell you that the Triangle is a great place to live and work. You all know that, and the rest of the country and the world know it as well, thanks to all of the rankings that consistently list Raleigh, Durham and Chapel Hill as top cities to live, to work, to raise a family, to start a small business, and the list goes on.

And the reason for that? It's about access to quality jobs, schools, health care, activities and other amenities and just an overall outstanding quality of life here in the Triangle.



entire area has grown along with us. This year, we asked a more diverse Triangle-wide panel of leaders with similar stature the same question: “What is necessary for the area's continued growth?” How can we ensure we keep our local feel, our growth organic and sustainable, and our citizens friendly and genuine, all without falling into the corporate nameless, faceless mindset that many growing cities unfortunately succumb to? Opinions and focus varied widely, but a few core goals, ideas and directives seemed to resonate through most of the dialogue.

Our interviewees include the following area leaders, state/city employees and captains of business:

- Chapel Hill; counsel for law firm Tin Fulton Walker Owen (no reply to quote request)
- Vivian Jones—Mayor, Town of Wake Forest; Retired
- Harvey Schmitt—President and CEO, Greater Raleigh Chamber of Commerce
- Casey Steinbacher—President and CEO, Greater Durham Chamber of Commerce
- David Diaz—President and CEO, Downtown Raleigh Alliance
- Mitchell Silver—Chief Planning & Development Officer and Planning Director, City of Raleigh
- Mary-Ann Baldwin—Raleigh City Council member; VP of Marketing &

## Sharon Decker

NC SECRETARY OF COMMERCE

The Triangle is an integral part of the North Carolina economy. The needs and the challenges of such a region are great. As Secretary of Commerce, I am charged with improving the overall economic health of all counties right here in the Triangle, as well as in the other 87 counties across North Carolina. It's a task I take very seriously. Since this administration has taken office, we've announced over 20,709 jobs and \$2.6 billion in investments.

I want to be part of an administration that grows jobs in North Carolina. That's what we all want, right? More jobs and more job opportunities. My approach is bit broader—I want to improve the overall economic health of North Carolina, and that involves working on the following five tenets:

1. Access to health care
2. Education



Sharon Decker



Nancy McFarlane

## Nancy McFarlane

MAYOR, CITY OF RALEIGH;  
PRESIDENT MEDPRO RX

Over the past ten years, Downtown Raleigh has transformed. New development has brought more business and residents into the downtown core, and there is growing interest in urban development and lifestyles in the city that is reflected in the decisions by companies such as Red Hat to move their headquarters downtown. Residents are also moving to the downtown area in large numbers to take advantage of the increasing number of restaurants, shops and entertainment options available.

But along with the positive outcomes from growth and development, >>>

we are also beginning to experience the challenges. The increase in residents, businesses and special events downtown places a strain on our existing infrastructure. It will be vital over the next few years to consider the impact of growth on our infrastructure and to plan for it accordingly. To ensure positive growth continues, we need to be responsive to what we are hearing our citizens want—that includes a safe and reliable public infra-



structure system that ensures the quality and availability of water and key services, as well as multi-modal transportation options that not only connect key areas of our city but also our region.

Companies like Citrix chose to locate near the site for the new Raleigh Union Station because they understand the need to connect employees to their homes that are spread across the Triangle, but also to other businesses and universities key to the company's growth and development. The desire for an urban lifestyle means less dependency on a car and more dependency on transportation options that are affordable, reliable and allow people to connect to various towns, neighborhoods, universities, and businesses throughout the region. Part of the strength and desirability of Raleigh rests in the strength and desirability of the Triangle and vice versa.

Raleigh is also quickly becoming a choice destination for special events, which is a wonderful opportunity to showcase all that Raleigh has to offer. But we also need to find and maintain balance between the needs of events and tourism with the needs of our business and residential community. But these are all issues that Raleigh is lucky to have. We have so much that makes our city

one of the best places to live and work in the country, and as long as we continue to plan for the future and make key decisions today for the growth we know is coming, then Raleigh will remain one of the best places to live and work for years to come.

### Vivian Jones

MAYOR, TOWN OF WAKE FOREST; RETIRED

The outlook for downtowns all over the Triangle is the best it's been in years. Most municipalities are working to make their downtowns a more inviting destination location for citizens and visitors alike.

Wake Forest is no exception.

Last year we completed our downtown streetscape that introduced wider sidewalks, new landscaping, ramps and railings and—in general—a fresher and more inviting look for our downtown, or what we call our 'Renaissance Area.' As soon as the work was completed, we witnessed a significant increase in the number of people visiting downtown. Now, one year later, our downtown merchants are reaping the benefits. Many are reporting that 2013 has been one of their best years ever.



Vivian Jones

Several have even expanded their hours of operation and increased their offerings to accommodate the additional people who have "discovered" our incredible downtown.

A few of the great amenities our downtown now has to offer include White Street, our first microbrewery; the Farmers' Market on Saturday mornings where downtowners can buy fresh produce, meat, eggs, honey, baked goods art and



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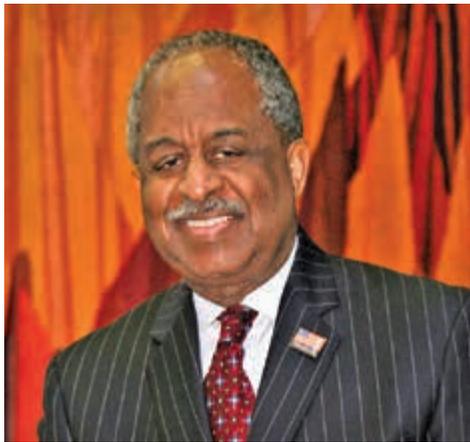
crafts; Craig Briner and his East Elm LLC partners' popular Over the Falls Restaurant and Brooks Street Bowl (refurbished from an old shopping center); and our just-opened cultural arts center/meeting venue that offers space for performing arts, exhibits, concerts, meetings, trade shows and conferences. In addition, the Town has approved a townhouse project for 2014 that will bring much needed residential development to the area.

We are committed to continuing our efforts to attract more restaurants, more unique shops and more residential units to our bustling downtown. Due to the wonderful renaissance taking place in our downtown, we are confident downtown Wake Forest will be "the place to be" for many years to come!

### William "Bill" Bell

MAYOR, CITY OF DURHAM; EXEC. VP AND COO OF UDI COMMUNITY DEVELOPMENT CORP.

In my opinion, one of the key ingredients to continued revitalization and growth is having more people live downtown and continue to have more opportunities



Bill Bell

for people to work there as well. It helps create a vibrant environment of shopping, restaurants, entertainment, and the ability to walk everywhere makes for a much more lively environment, on an almost 24/7 basis. We've seen more of this growth recently, and I'm encouraged by all of the new apartments and condominiums and commercial currently being built. We've identified several developments that will hopefully come to fruition in 2014 and are looking forward to another good year of growth in downtown Durham and will

continue to find new opportunities in the coming years.

### Harvey Schmitt

PRESIDENT AND CEO, GREATER RALEIGH CHAMBER OF COMMERCE

Downtown Raleigh has witnessed incredible success over the past several years, and I don't see that changing in 2014. In fact, I believe we will see continued growth in downtown as Citrix Sharefile's new complex, SkyHouse, and the L building make substantial progress. In addition with the reputation downtown enjoys as an entertainment destination, we should see further expansion in the bar and restaurant scene. The city has also experienced rapid growth in single and multi-family living options in and near downtown as more people opt to live close to employment and entertainment options. One of the most exciting aspects of downtown's economic vibe has been in the entrepreneurial space. With HQ Raleigh and American Underground helping new entrepreneurs, we can only anticipate more creative and exciting business stories in the new year.

This trend of urbanization is not unique to Raleigh. This is something we are seeing around the country and the world. People and companies are looking for the best places to live, work and play, and we certainly feel that Raleigh fits that bill.

The growth of Raleigh and the Triangle is certainly not limited to downtown. We are seeing growth in North Hills—with construction of Tower Two underway and multifamily, retail and restaurants—plus growth along Westin Parkway in Cary with MetLife's new campus and new buildings going up in Perimeter Park in Morrisville. Of course the >>>



Harvey Schmitt

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Research Triangle Park's new master plan holds exciting potential for one of the key employment centers of our region. Combined, these demonstrate the strength of the entire region.



Casey Steinbacher

### Casey Steinbacher

PRESIDENT AND CEO, GREATER DURHAM CHAMBER OF COMMERCE

A lot of people ask me what I think is the next big thing for Durham, and when can they expect it. I believe that 2014 is the year that next big thing will begin to emerge. I say that not in terms of one singular project or event, but in terms of the next wave of projects and activities that will begin to shape the next iteration of Durham. The landscape of downtown Durham has changed dramatically in the last decade with most people really just rediscovering it in the more recent last few years. 2014 will be the year that previous years' work begins to come out of the ground and next year's initiatives begin to

center of downtown Durham. 2014 could see their completion, adding several hundred new hotel rooms that are sorely needed—bringing added visitor spending to Durham's economy. This past year saw the opening of a second American Underground to downtown Durham that brought several dozen new start ups with them. 2014 will be the year that both of these facilities bring to Durham the added benefit of being named one of only seven Google Entrepreneurial Hubs in the U.S.; this is national and international recognition and validation of Durham as a place with an innovative ecosystem and next generation technology. This past year over 1,500 new residential units were permitted for construction in and around downtown. 2014 will be the year those residences fill with people choosing to live in and around a vibrant urban environment. This past year, Durham saw more than 35 companies announce plans for new investment in Durham. 2014 will be the year that investment starts to bring much-appreciated jobs and revenue to Durham.

None of this is to say that 2014 won't be without its challenges. As downtown continues its success, the price of housing and rent continues to escalate, creating affordability issues. Let's not forget that is how Durham began its re-emergence—because it was so affordable. The neighborhoods surrounding the downtown have not shared equally in the success of downtown but are essential to its continued growth and success. Next-generation infrastructure crucial to any community's growth is costly and complicated, especially in Durham. Durham will need



be discussed. So what are some of those and their impact on Durham?

This past year, Durham saw the beginning of the construction of several hotels with the most notable being the 21C Hotel in the old iconic SunTrust building in the

to be creative and inclusive in identifying solutions to this issue.

But knowing all that is why 2014 will also see the emergence of Paradoxos as the "next big festival" in the region. This festival, designed to intentionally collide

the people and ideas of the Triangle in a way that is fun, entertaining, uniquely different, diverse in its offerings and organic in its net results, is probably the most indicative of what that next big thing is for Durham. Durham itself is fun, entertaining, uniquely different, diverse in its people and its offerings, and is comfortable with organic growth. It is now in a place where it can be intentional about combining this diversity of thought to somehow ignite the next big thing so Durham starts to become where the next big thing for everybody, not just Durham.

2014 looks to be another exciting, productive and yet always challenging year for Durham.



Mitchell Silver

### Mitchell Silver

CHIEF PLANNING & DEVELOPMENT OFFICER AND PLANNING DIRECTOR, CITY OF RALEIGH

As we mark a decade since the Livable Streets Plan was completed in 2004, Downtown Raleigh is gearing up for another renaissance in 2014. As a quick reminder, the Livable Streets Plan generated \$2.3 billion in construction since 2004. Vacancy rates have been dropping. Fayetteville Street now attracts 34,000 pedestrians during lunch hour. Red Hat relocated its headquarters in the city center. Downtown is now thriving with 160 restaurants, clubs and bars. Over three million people visited Raleigh in 2012 and over 100 outdoor events are festivals were held this year that brought in thousands of dollars to local businesses.

So what's next? Raleigh Renaissance 2.0? Downtown is attracting new residents. In 2014, Skyhouse, a new 23-story residential tower, will be welcoming new residents. Another 1,300 apartments are planned or under construction. New spaces and places like the Warehouse District will attract a wave of new start-up companies

and entrepreneurs. In 2014, Citrix will be opening its doors to new downtown workers. Charter Square, a new office building on Fayetteville Street will be under construction. The first phase of Union Station should be underway. New public spaces like Market and Exchanges Plaza will add to the new Downtown pedestrian experience and a number of new shops, restaurants, clubs and bars will open.

To capture this new energy, Raleigh is launching a new Downtown Plan to continue the positive momentum. Working with the Downtown Raleigh Alliance and consultants, the City will engage residents and businesses to create a 10-year vision that will include short-, middle-, and long-term improvements to transform the Downtown Raleigh experience for all ages. The Downtown Plan will identify new public spaces, new streetscape designs, arts and culture and future development opportunities. Will 2014 be Raleigh Renaissance 2.0? We will see, but with Downtown's momentum building, Raleigh's national reputation and catalytic opportunities presented by the new Downtown Plan, Raleigh is poised for a transformative 2014. The renaissance will continue.

### Mary-Ann Baldwin

RALEIGH CITY COUNCIL MEMBER; VP OF MARKETING & BUSINESS DEVELOPMENT, HOLT BROTHERS

One of the Triangle's greatest strengths is its diversity—in people, perspectives, lifestyles, education, work options, and housing. For the past few years, I've worked on the Innovate Raleigh initiative, which serves as a catalyst for innovation and entrepreneurship in our region. Supporting the entrepreneurial spirit and startups is key to our future growth and success Triangle-wide.

If you look at what's happening in Downtown Raleigh, Downtown Durham and in the heart of Chapel Hill, startups are creating jobs, attracting talent and creating a sense of self-determination among young people who want to have more control over their lives. The rise of the American Underground, HQ Raleigh and LAUNCH all demonstrate an interest in growing what we have here, creating a strong sense of community and preventing brain drain.

Almost 70 percent of Raleigh's demographic is made up of "millennials". They have different values. They are willing to live in smaller places if they are in a walkable neighborhood. They value experience.



Mary-Ann Baldwin

They want transportation options. These are values we must embrace and support as a region to ensure our future success.

We also need connectivity in our region, which means better bus service, commuter rail and ultimately light rail—or future technologies for moving people. The Research Triangle Park’s future depends on transportation options and higher density development within its borders. The Triangle has a lot going for it, and with visionary leadership can truly be one of the top five centers of innovation and entrepreneurship in the country.

### David Diaz

PRESIDENT AND CEO, DOWNTOWN RALEIGH ALLIANCE

Raleigh’s Central Business District continues to grow. Moreover, its rate of growth is expected to accelerate in 2014! Over the past nine years, \$3 billion worth of projects have either been completed, are under construction or are planned for downtown. Several projects that have not been publicized are expected to be announced in the coming year. Downtown’s revitalization has also taken a life of its own. Even our most visionary



David Diaz

downtown champions didn’t expect downtown to emerge as Wake County’s center of technology and innovation. With the recent additions of Red Hat, Citrix and Ipreo, downtown is adding over 2,300 knowledge workers to its 38,000 employee base. Most of these new knowledge workers are relatively young (average age 28) and have disposable income (average income \$75,000).

Several planned office projects will provide the much-needed space for downtown’s occupancy rate (highest in the Triangle at 97 percent) to continue its growth as a center of commerce. In addition to attracting blue chip technology companies, downtown has become a hub for start-up activity. HQ Raleigh and American Underground Raleigh will attract dozens of entrepreneurs to their low-cost offices and co-working spaces. These talented entrepreneurs are also increasingly demanding a more dynamic environment than conventional office parks. Indeed, this shift in consumer behavior to a live-work-play environment is fueling downtown’s appeal to companies who depend on talent for their survival. Some of those desired amenities that downtown offers are unmatched in terms of their number and concentration.

Downtown is also thriving as Wake County’s center of tourism and hospitality. In 2013, downtown attracted over three million visitors to its world-class museums, dynamic convention center and its many arts, cultural and entertainment venues. There were over 200 outdoor events held in downtown in 2013, bringing hundreds of thousands of people to enjoy great public spaces and venues such as the City Plaza, Moore Square, Nash Square, as well as the Red Hat Amphitheater.

### Sig Hutchinson

GREENWAY AND OPEN SPACE ADVOCATE, SUPPORTER AND CO-FOUNDER OF THE TRIANGLE DOWNTOWNER AND PRESIDENT OF SIG HUTCHINSON COMMUNICATION

Downtown Raleigh is hitting its stride. New developments are coming out of the ground, apartments coming on line as new businesses like Red Hat and Citrix and their employees are all wanting that downtown vibe and energy. We now have all the look and feel of a high energy urban scene and our challenge is how we keep the energy going so those young professionals and empty nesters will continue to want to choose Raleigh or Durham rather than the hundreds of

other hip cities they could choose. With that said, he’s my “Continuing the Downtown Vibe” list for 2014 and beyond.

**Complete the greenway into downtown**—From the west, plans are shaping up to connect the NC Museum of Art to downtown Raleigh through NC State University in what will soon be known as the “Art to the Heart” greenway corridor. This will make the final connection from downtown to the greenway grid to the west. To the east, the completion of Walnut Creek greenway south of Raleigh will connect downtown to the Neuse River in one direction and Centennial Campus in the other way. All of these new connections will connect our urban core to our natural infrastructure and one of the greatest assets in Raleigh—our beautiful greenway system. (Be sure and download your free Raleigh/Cary Greenway App on your smart phone at the App Store—“RGreenway”).



Sig Hutchinson

**Transit**—With the new \$65M investment in downtown Raleigh’s Union Station, buses, circulators, light rail, regional rail, bus rapid transit, trolleys and streetcars all need to be part of our urban core. Citizens deserve a choice in how they move around including whether or not they choose to own a car. To that end, getting on the ballot and passing the ½ sales tax for transit has to be a top priority for Wake County.

**Bike/ped/zipcar**—We need to continue the momentum of turning downtown Raleigh from a car-centric environment to a people-centric one including continuing to expand bicycle infrastructure, sidewalks, pedestrian-oriented intersections, as well as slowing vehicle speeds in downtown and more two-way streets. And by all means, we need Zipcar in Raleigh.

**Local food**—Raleigh and Durham are totally embracing the national movement

around locavores and local food and nowhere can that trend be more leveraged than in downtown. From community gardens, downtown agri-entrepreneurs, local food in local restaurants, downtown farmers’ markets and fresh produce in urban grocery stores, local food is king. Long live the king!

**Artist**—Raleigh has a growing creative class of artists and in many ways our hipsters are helping to make and keep Raleigh cool. Now it’s time to identify, recognize, and capitalize on our growing artist scene. That means thinking about ways to encourage them to live downtown, creating more opportunities to meet with other artists and to express themselves while earning a living. The arts make us all better, so let’s figure out how to make them better too.

**Local ownership in restaurants, retail and businesses** One thing I love about downtown Raleigh and Durham is all the great locally run restaurants. We need more local businesses and business opportunities downtown and we need to make it easier to set up a business. We need more transparent and steam lined approval systems at City Hall and supporting efforts to promote new and established local business owners. And let’s also think about more downtown retail and a snappy new grocery store as well.

**Affordable Housing**—we need more affordable housing downtown. Enough said.

### Clymer Cease, Jr.

2103 CHAIR, TRIANGLE TRANSIT AUTHORITY; PRINCIPAL, CLARK NEXSEN

As we enter 2014 and continue to recover from the effects of the financial crisis, positive momentum for Raleigh, Wake County, and the entire Triangle region is developing. As a center for government and research with three major >>>



Clymer Cease, Jr.

research universities anchoring a large and diverse higher education community, and a dynamic and growing corporate presence centered on technology, we have all the assets in place to attract the talent needed to make the Triangle an increasingly competitive player in the world. Add to this a great quality of life and a mid-Atlantic location with strong links to Europe and Asia and an argument for our region's economy to accelerate next year as the global economy gains traction.

At the center of the region, the Research Triangle Park's tenant mix is evolving and RTP is looking to the future with the development of a new master plan. Paired with the new facilities at RDU International Airport and additional flight options, the region is anchored by strong institutions looking to help drive the next cycle of economic growth.

In addition to serving as the core of North Carolina's state government, Downtown Raleigh continues to evolve as an employment, arts and entertainment center. Several high profile corporate moves into downtown, along with an influx of small businesses led by innovative young entrepreneurs, have energized the city. That migration should accelerate in 2014 with a number of projects moving towards completion and others starting construction. An expanding number of galleries, museums and entertainment venues will provide additional options for residents and visitors. As office and residential construction moves forward, additional retail options are in demand and merchants are beginning to move towards serving that market.

Similar growth is occurring in almost every area of the Triangle. Downtown Durham, the American Tobacco complex, North Hills and the mid-town area, major developments in Chapel Hill, Cary, Apex, Wake Forest, Holly Springs, and other areas all are being designed to blend residential, work, and retail components and build density around mixed use cores.

With all the assets, what is our next step? Our communities are now looking at options beyond our highway and road system to connect our region. Certainly we need to continue to expand and upgrade our road system such as the repairs on I-440, the completion of I-540, and the East End Connector. However, the expansion of public transit to provide viable transportation options for all of our residents and link our population centers is an important next step. Durham and

Orange counties have approved public referenda to expand their transit options and that process is underway. In Wake County a broad public conversation is now taking place about the goals for our transit system. Once priorities are established, a process to review and consider all the options available and refine a plan for proceeding will take place. We need to have that discussion, develop consensus on a plan and move forward quickly as a region in order to maintain our quality of life and to stay globally competitive.

### Michael Goodman

VP OF REAL ESTATE, CAPITOL BROADCASTING CO.

American Tobacco Campus celebrates the tenth anniversary of its revitalization in 2014. In that decade, we've grown at an incredible pace. For example, it's hard to imagine the Bull City without the hugely popular Durham Performing Arts Center. Likewise, our 130,000 sq. ft. Diamond View III building is now complete, bringing new organizations and restaurants into the heart of downtown, and construction of a 134-room Aloft Hotel near Durham Bulls Athletic Park is underway. All in all, American Tobacco offers more than one million square feet of Class A office space and increasingly exciting residential options.

But square footage is only part of the American Tobacco success story. We're also working hard to ENHANCE our space and our community. For example, we're adding a state-of-the-art theater to the new offices of Duke University's Center for Documentary Studies (CDS) and its Full Frame Documentary Film Festival and transforming a former coal shed into both a basketball court we call The Cage and our winter Ice Factory skating rink. At American Tobacco, we continue to focus on quality, community-minded growth.



Michael Goodman

### Crash Gregg

PUBLISHER, TRIANGLE DOWNTOWNER MAGAZINE; EXECUTIVE DIRECTOR, HURRICANE PUBLIC RELATIONS



Crash Gregg

We founded the *Raleigh Downtowner* in the fall of 2005 when downtown Raleigh was just starting to come alive. Having lived in Raleigh since 1983, I'd seen the slow growth of the area and watched it begin to expand exponentially over the years. Raleigh had begun to follow a national trend of interest in higher density urban living, the "live where you play" movement. With a large concentration of businesses, restaurants, entertainment, arts and culture, services, and shopping, downtowns offer metropolitan dwellers—and visitors—the opportunity to walk between most destinations, creating a more enjoyable, healthy and interactive environment. As the entire Triangle began to grow, we followed suit with our magazine. In 2013, we reinvented ourselves as the *Triangle Downtowner* to reflect the symbiosis of the entire region. The stellar growth of the Triangle's downtowns—led first by Raleigh and now Durham, with Chapel Hill and Wake Forest coming along—can be attributed to several factors in addition to the attractiveness of each city center's energy, such as the high number of universities in the area (which provide inexpensive labor for entry level jobs and service positions as well as infusing the area with highly educated teachers and employees), a large creative class of designers, artists, musicians (this demographic seems to have initiated, or at least spurred, the recent downtown migratory residential movement), the presence of state capital and governmental offices in the midst of downtown (mostly for Raleigh but this helps keep downtown busy during the day as well as the constant usage of real property, parking, goods and services, etc.) and the timely addition of the City Plaza/Fayetteville Street/Convention Center in Raleigh plus the American Tobacco Campus/DPAC/new Durham Bulls Stadium in Durham.

What's needed to continue this phenomenal growth? In no particular order, here are a few items that come to mind:

- Guarantee participation from local and state government officials who understand the importance of vibrant downtowns
- Foster more inter-city/regional cooperation and collaboration for branding,

corporate/professional recruitment and "big ideas"

- Continue to foster entrepreneurial development/business startups/local investments
  - Offer tax breaks or other incentives for certain business sectors that are lacking in downtown areas (retail, services, residential consumables, etc.)
  - Continue to preserve and promote our historical buildings, structures and homes for future generations
  - Provide much more (and quicker/on-time) mass transit
  - Create safer biking options, more bike racks and storage options for urban dwellers
  - Sustain/increase safety in all downtown areas, ensure a safe walking environment in between busy downtown sectors
  - Provide additional high-density residential options (as well as affordable housing options) within walking distance of downtown
  - Bring more college and professional sports to downtown (let's move PNC Arena to the downtown Raleigh corridor!)
  - Create something "different" or remarkably creative that helps to define, separate and distinguish each Triangle downtown not only from each other but also regionally and even nationally. Popular ideas from other cities include a water feature (think River Walk in San Antonio), social media-inspiring public art (Cloud Gate [aka the Bean] in Chicago, the LOVE and the Rocky Balboa statues in Philly) or an amazing event (think SXSW in Austin).
- We're excited to help take part in the Triangle's growth and even more pleased in the direction it's taking. We love where we live and live where we work and we're glad you're right here with us. 📍

# Not a fan yet on Facebook, Twitter or Instagram?

Here are just a few of the great photos you've been missing out on from our wonderful contributing photographers: Randy Bryant, Bill Reaves, Thomas M. Way, John Masters, Laura Whitfield Watts, Rodney Boles, Karen Diaz, and Crash Gregg. Find us on any or all our social media and join more than 17,000 followers and see just how cool the Triangle really is.



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# Poole's Diner

BY BRIAN ADORNETTO, FOOD EDITOR • PHOTOS BY CRASH GREGG



Poole's Diner doesn't take reservations, and while waiting for a table, you can't pass the time mindlessly watching TV or staring at a printed menu, as you'll find neither here. Instead, you can focus on striking up a conversation, checking out the classroom-sized chalkboard menus which change daily based on seasonal availability, or admiring the retro tin ceiling and art deco pendant lights while listening to hip background music. Alternately, you can sit on a backless red leather stool at the double horse shoe-shaped bar and partake in a handcrafted cocktail (or two). Regardless, you are compelled to engage your senses and other people, to recall the simpler times of the early 1950s and the original Poole's Luncheonette, and to be present and involved.

The casually dressed servers are approachable, straightforward and genuinely helpful. Let their knowledge guide you through the extensive wine offerings and menu. I have yet to be disappointed by any of their recommendations. Then again, with Chef/Owner Ashley



*Chef Ashley Christensen*

Christensen presiding over the kitchen, such confidence is easy.

From the "Apps" chalkboard we sampled the Beef Carpaccio (\$14), Pimento Cheese (\$9), Chicken Liver Pâté (\$9), and Butternut Squash Soup (\$10). The carpaccio could have been a light entrée and was definitely large enough to share. The bottom of a 10-inch plate was layered with slices of melt-in-your-mouth beef and dotted with five spoonfuls of a sweet licorice-y tarragon aioli, each of which was topped with a juicy fried oyster. These simple, clean flavors were enhanced by the dry, apple-ish Avinyo Cava Brut (\$10 glass/\$40 bottle). I know people get particular about their pimento cheese around here, but I'll wear a Duke shirt if there's a better example than Chef Ashley's. It's creamy, sharp, spicy, and smoky with a just hint of mustard. The Cava was a pleasant match here as well. The full-bodied pâté was balanced by a sweet, tart Gran Marnier and Cherry Compote. To use the words of our publisher Crash Gregg, "I could eat a whole plate of it." The hearty bowl of squash soup was drizzled with local honey and sprinkled with minced preserved black truffle, an inspired change from the lazy pumpkin pie seasoned versions.

We paired the Roasted Beets (\$11) and Ashley's favorite salad, the Bibb Lettuce (\$8), which were listed under "Vinaigrettes," with a glass of the plush Faillenc St. Marie Corbiers Blanc (\$8/\$32), an aromatic blend with notes of honey and apricot. The beet salad had it all: delicate salty prosciutto Americano, sharp tangy Goat Lady Dairy chevre, a zesty tart muscadine vinaigrette, and of course, sweet earthy beets. The combination of tender bibb leaves, nutty Vacche Rosse Parmigiano Reggiano and an intense red wine vinaigrette was refreshing but full-flavored at the same time. Simply delicious!

Our "Mains" were Pan Seared Trout (\$21), Duck Confit Brunswick Stew (\$20) and Short Rib au Poivre (\$22). "Next to" them, as they call their sides on the chalkboard, we had Chef Ashley's legendary Macaroni au Gratin (\$10). The crisp trout

skin, billowy homemade ricotta gnocchi, chewy oyster mushrooms, and crunchy Brussels sprout leaves provided a brilliant range of textures. This dish was cleverly prepared with obvious care and precision. The Brunswick stew was one of my top five favorite dishes of 2013. The succulent duck, sweet corn, pithy collards, supple beans, and smoked tomato broth were divine. The peppery, seared crust of the rib easily gave way to a buttery interior making for a sexy chew. Slivers of spicy flour dusted fried onions and braised red cabbage somewhat undermined the rich meatiness of the beef. A gorgeous layer of bruleed cheese



*Pan Seared Trout*



*Poole's legendary Macaroni au Gratin*



*Beef Carpaccio with Oysters*

coated the luscious, nutty, salty goodness of the macaroni. This enormous side was the ultimate mac and cheese. A must have. To accompany our main course, we chose the Valle dell'Acate Frapatto (\$9/\$36). This lively Sicilian with a floral nose and smooth berry finish was especially delightful with the Brunswick stew and short rib.

While all of Ashley's restaurants receive well-deserved accolades for their fresh inventive cocktails, Poole's Wine Director Matt Fern deserves kudos for crafting a stellar

wine list. Poole's well-researched collection runs the gamut from small family vineyards to upscale boutique producers. The thorough list showcases overlooked gems (for example, the \$39 Palacios Petalos Mencia) as well as prized masterpieces (such as the \$125 Lioco Chardonnay Hanzell). Although few "household names" make the list, options for every taste and occasion are always present.

For dessert, we tried the Virginia Maple Crème Caramel (\$9), Jarrahdale Pumpkin Hummingbird Cake (\$9) and the Dark Chocolate Chess Tart (\$9). Unfortunately, the roasted spiced nuts sprinkled on and around the sweet French custard dominated the subtle nuances

of the maple syrup. Instead, push them aside while eating the velvety custard. Then, eat the nuts separately with a Sir Isaac Newton cocktail (\$9) featuring apple brandy, lemon and house-made cinnamon syrup. The

wonderful pumpkin layer cake was studded with black currants, topped and filled with a sweet cream cheese icing and set upon a schmear of spiced rum caramel. However, the unanimous favorite at our table was the tart. It had an Oreo-like crust, warm chocolate filling, and homemade strawberry ice

cream featuring local winter strawberries. It was the best strawberry ice cream I've ever had.

Poole's Diner is the flagship in Chef Ashley Christensen's growing fleet of restaurants. With great food, a neighborhood feel and the opportunity to unplug and reconnect, it has made every "Best of" list in the Triangle since opening. This year will be no exception. 🍷

*Brian Adornetto is a food writer, professional chef and culinary instructor. His business, Love at First Bite, specializes in private cooking classes and intimate dinners. For more info, please visit [www.loveatfirstbite.net](http://www.loveatfirstbite.net). Brian can be reached at [brian@welovedowntown.com](mailto:brian@welovedowntown.com).*



Dark Chocolate Chess Tart



### Poole's Diner

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\$\$\$

Monday through Sunday 5:30pm to Midnight, Bar opens at 5pm  
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Alcohol: Full bar  
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Noise Level: High  
Features: Vegetarian and gluten-free options, bar dining, credit cards accepted, local beer, amazing wine list, no TVs  
The Lowdown: Not good for groups unless you don't mind being split into smaller tables. If you don't want to wait, get there early or go late. If you go on a Sunday and are a meat eater, get the Royale. It's the Sunday special and it's awesome.



## From the Publisher



They say time flies as you get older and unfortunately, I can personally attest to the accuracy of this classic adage. 2013 is already at a close and it seems like just a few months ago that we decided to take the eight-year old *Raleigh Downtowner* and retool it into the *Triangle Downtowner Magazine*, although almost a whole year has passed. It's been a lot more work, but we've truly enjoyed meeting so many great people from all over the Triangle. I honestly believe that we're right in the middle of one of the best places to live in the country: temperate seasons; friendly, well-educated, diverse and creative people; plenty of great food; an abundance of incredible craft breweries; bilaterally just two hours between beautiful beaches and breathtaking mountains; more entrepreneurs and business startups than most anywhere in America; and a growing economy that barely slowed during the recession. We can't wait to see where the Triangle takes us in 2014.

We'd like to wish all our readers a very Merry Christmas, Happy Holidays, and a safe and Happy New Years as well as a huge Thank

You for making us the most-read locally owned lifestyle magazine in the Triangle. As we enter our ninth year, we have lots of great things in store for 2014 and we hope you'll come along for the ride. Interested in becoming a contributing writer, photographer or reporter? Drop us a line to [volunteer@welovedowntown.com](mailto:volunteer@welovedowntown.com) and tell us what you're passionate about. Is your company interested in advertising with a magazine that has the best ROI in the area or want to sponsor one of our monthly columns? Email [sales@welovedowntown.com](mailto:sales@welovedowntown.com) or give us a call at the office, 919.828.8000, and we'll tell you more. Our staff, volunteers, advertisers and sponsors are the ones responsible for keeping this great magazine going and we're proud to share that our January 2014 edition will mark our 97th issue. Thanks to all and see you next year!

*Crash*

CRASH GREGG  
Publisher, *Triangle Downtowner Magazine*  
[publisher@welovedowntown.com](mailto:publisher@welovedowntown.com)

# Around Town in the Triangle



Stop by and see Debbie & Randy at Clyde Cooper's before they move!



Dylan & Blair at Crank Arm Brewery



Downtown Raleigh getting their ice skating fix at Winterfest in City Plaza



The Caroling Party of Raleigh serenades guests at Brightleaf Square



Santa lights the official State tree at the NC State Capitol (L) then stops by NOFO Café for some of their famous shrimp & grits (R).



Congrats to Ira David Wood III, cast and crew on the 39th season of A Christmas Carol! (Thanks to David and Stave Larson for the photos)

Photos on these pages by Downtowner contributing photographers Randy Bryant, Bill Reeves, Karen Diaz, Crash Gregg and Laura Whitfield Watts.

# Around Town in the Triangle



Darren's "Christopher Walk-in" cooler at London Bridge



Local photog Ashley Green capturing 1st Year Anny photos



At the State Capitol: North American Miss NC winners (ages 4-18)  
Far left: reigning champion, Megan Ebert



Sir Walt had a great Xmas in downtown



A few of Santa's helpers at The Angus Barn



Skip Flythe helping holiday shoppers at Flythe Cyclery



Gigi & Taz at a Raleigh City Museum fundraiser

For more great photos each month, visit our Facebook page [www.facebook.com/TriangleDowntowner](http://www.facebook.com/TriangleDowntowner), or follow us on Twitter [www.twitter.com/WeLoveDowntown](http://www.twitter.com/WeLoveDowntown)



Photos from the City of Raleigh Museum's Festival of Wreaths fundraiser • For more info the museum, visit [www.cityofraleighmuseum.org](http://www.cityofraleighmuseum.org)



From the Regional Transportation Alliance annual meeting: (L) Phil Matthews & Gov. Pat McCrory, (C) Ed Paradise & Clymer Cease, Jr., (R) Joe Durham & Sig Hutchinson (photos Greater Raleigh Chamber)

# The Triangle's Own Kat Robichaud on The Voice

BY HEATHER LEAH

The Raleigh music scene has its share of edgy and earthy local musicians. I've watched them perform in coffee shops with weeping guitar strings and soulful voices, and I've danced my face off at venues like The Pour House, Volume 11 and Kings.

So when one of Raleigh's own—when one of my own—rises to stardom on national television, I feel a thumping urge to stand up and shout, “Yes, America! This is what my city is made of!”

So thank you, Kat Robichaud, for boasting Raleigh's eclectic music scene on The Voice. With every powerhouse, punk ballad you sing, you give the people here in Raleigh a voice, too. We are unique. We are creative. And we can each make our dreams come true, too.

Kat loves her fans here at home, and she was fantastic enough to grant me an interview. But it's not just any interview.

We're not *Entertainment Weekly* or *People Magazine*. This interview is specifically for you: The readers in her home state, a message to her fans right here in the Triangle area. Odds are, you'll actually find you have a lot in common. I discovered we shared many of the same stomping grounds in downtown.

Heather: You had a base of fans here even before you went on The Voice, from playing local shows at places like The Pour House.

Can you tell me about some of your favorite local venues and what it's like living and playing in the Raleigh music scene? What were some of your favorite hang out spots?

Kat: My favorite venues are The Pour House and Lincoln Theater. Although I never played Slims, I



really love going and seeing bands there. I'm pretty sure they're the only bar in town that plays David Bowie non-stop (at least when I'm there...maybe it's because I beg them). Playing in Raleigh was awesome. We had/have amazing fans. I'm seeing that now with the viewing parties that have been sprouting up in the area. It's really cool to see people wearing Kat ears.

I'm a huge fan of Sushi Blues and I love anything Ashley Christensen puts her hands on. Poole's is my favorite restaurant.

Heather: I see you worked at Sushi Blues (one of my favorites, by the way!) The Triangle area has so many people who work full-time jobs, then pursue their artistic ambitions on the side. Please, inspire us. Tell our readers a little about what it's like to be a working artist, balancing your day job with chasing your dreams.

Kat: I worked at Sushi Blues when I was attending NCSU. I made full-time living when I was in The Design, so I didn't need a part-time job. We played a lot of weddings and cover shows, which pay enough to get by. But I left the band and the band broke up because I really just wanted to pursue a solo career with my own music. Although we put out two original albums, we were spending way too much time learning cover songs for clubs and weddings, and weren't playing enough shows with our original music.

Heather: Raleigh is your foundation, a base of

support that will unconditionally support and love you as we watch you make your dreams a reality! Is there anything else you'd like to say to the fans from your home base?

Kat: THANK YOU SO MUCH FOR YOUR SUPPORT! YOU GUYS ARE AMAZING! I hope everyone is happy and safe in the New Year!

Raleigh's music and arts scene is blindingly alive—just go downtown any Friday night and watch the flash of lights and people, working, dancing, creating, and connecting. Kat is proof that our artists have what it takes to get out there and be heard. And while she may not have won The Voice, her Facebook selfies with one of her personal idols, Amanda Palmer, prove how fantastic her journey has been.

If you're waiting for the inevitable album drop, stop waiting and go support our local music scene by buying Kat's original album “Young America” by her band, The Design. It has all the raw vocals and epic rock you expect from Kat. And guess what? Raleigh had it first. 🍷



Check out two videos of Kat on The Voice:

<http://bitly.com/katvoicemusic>

<http://bitly.com/kat-sail>

Heather teaches elementary students by day, acts as Editor-and-Chief of the website *CandidSlice.com* by night, and is passionate about the arts, history, and non-profit sector of Raleigh.



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# ALES FOR OUTLAWS

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HEFEWEIZEN

**SWEET JOSIE**  
BROWN ALE

LONERIDER BREWING COMPANY PRESENTS ALES FOR OUTLAWS STARRING SHOTGUN BETTY, A GERMAN-STYLE HEFEWEIZEN TARGETING THOSE WITH A WEAKNESS FOR WHEAT BEER ALSO STARRING SWEET JOSIE, A STRONG-WILLED AND SEDUCTIVE AMERICAN-BROWN ALE AND PEACEMAKER, A WELL-ROUNDED, WEST COAST-STYLE PALE ALE POPULAR WITH LAWYERS AND OUTLAWS ALIKE



## Donald Martiny BY LINDA KRAMER

Painter Donald Martiny's family is not passionate about art. In fact, there was absolutely no art in his home when he was growing up. But since the 5th grade, he had an instinctive hunger to learn all he could about art. While other kids were outside playing, he was strolling museums and reading art books trying to learn "how to paint."

He attended the School of Visual Arts and the Art Students League in New York and NYU, then on to the Pennsylvania Academy of Fine Arts. Afterwards he took his last \$50 and headed back to New York to begin a new life as a painter. He started with the usual, predictable and traditional landscapes, plein air and figurative works as well as abstractions similar to those by Frank Stella, who was an early inspiration to him.

Martiny continued his path and since has a long track record into the deep waters of success. His works have been seen in commercial installations in Manhattan, in one-man shows from Dallas to Los Angeles and in private collections in Paris, Philadelphia, Washington DC, Amsterdam, San Francisco

and Los Angeles. He works his way comfortably around paradox, doesn't belong to any trend group and shows a kind of minimalist conceptualism that is very rare. Always with a sketch pad in his hand, he works tirelessly seven days a week and is nothing if not true to himself and committed to the creative process. He explains, "I try to go places others have not gone. Art sinks unless it keeps moving in unpredictable directions."

In 2010 he began working with fiberglass and various epoxies as a compound that would support paintings without a canvas. Ultimately, the mixtures proved to be unstable and untenable. After talking with chemists and paint manufacturers all over the world, Martiny was able to perfect his paint process and finally developed a successful medium of polymers and dispersed pigments which is his exclusively. Working with the compound allows him a great flexibility and many new directions, each of which could literally keep him busy for years.

One of the places this experimenting took him was to his current works of free form, abstract

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# Triangle Startup Wants You to Ask, “What’s in Our Food?!”

BY ALLAN MAURER

Several years ago while watching his weight like the rest of us, Keval Mehta, founder and CEO of InRfood.com, was drinking a diet soda. “That’s not really very healthy for you,” a friend told him.

“What do you mean?” he asked. “Zero calories and carbs, what could be wrong?” “Read the ingredients,” his friend said. So he did. The results disturbed him because there was a wide range of controversial ingredients in that cola, from the sweetener Aspartame to food coloring.

Although Mehta went to medical school, he never practiced. He took a hiatus during medical school to work with clinics in Africa, and to work in research when he returned to the States. Then he caught the entrepreneurial bug, and at only 34, he’s already launched and sold two companies. InRfood is his third, which he founded two years ago in Durham.

**Technology the only answer** He grew increasingly interested in how technology was the only answer to solving the nation’s serious healthcare problems. “I saw the problem getting bigger and technology was the only answer to bring personalized information to people.” So he founded InRfood. Originally headquartered at the American Tobacco Campus in Durham, the company has since gone virtual and has satellite offices in Dallas, TX, and Boston, MA.

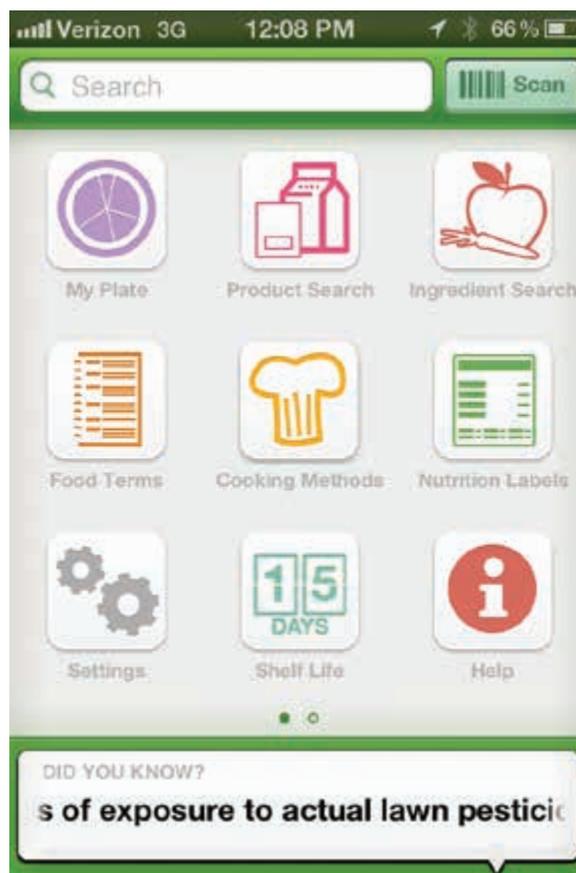
Still, Mehta calls it “a community company,” because of its ties to scientists, farmers, nutritionists and others at Duke University, The University of North Carolina at Chapel Hill, and other regional connections. “We’re heavily embedded with Duke, NC State, UNCC, and local farmers.”

InRfood is working on smartphone apps that personalize nutrition by telling users what’s in their food, and that’s important because “You are what you eat,” Mehta says.

“We believe that when you think of the word nutrition, it’s about more than food; it’s about people” he adds.

**Foods today more chemistry than biology** A lot of foods today he says “are more chemistry than biology. You almost need a PhD to pronounce the names of the additives. Many of those are banned in multiple countries around the world, even though they’re approved in the US, labeled as ‘Generally Regarded as Safe,’ when they may actually be known carcinogens.”

When it comes to weight—the factor that spurred the creation of the company—he says, “You need to look at more than counting calories. You need to look at the ingredients and what they mean to you.” Right now, the company is geared toward



InRfood app screenshot

helping people with a variety of chronic conditions in creating a healthy diet. Based on a user’s height, weight, gender, and other factors, it can tell you what nutrients are needed and which ones are not, based on Institute of Medicine guidelines.

It can yield some surprises. For instance, the average 35-year-old male should get about 1,500 milligrams of sodium daily, but instead, most get about 3,500. “That’s one reason for the problems we have with high blood pressure and heart disease,” he notes. The app learns what a user consumes over time and will advise on what may be lacking in a diet and how to get needed nutrients. “Everyone is different,” he says. “A peanut can affect one person profoundly, but not affect a million other people.”

**A huge database** The company’s database already has ingredients of 450,000 bar-coded products, 60,000 products from top national restaurants, and 100,000 products without bar codes such as the basic ingredients of tuna casserole and chocolate chip cookies.

The two-employee company, which also uses freelancers and part-timers, bootstrapped up to now—meaning self-funded—will probably look

for funding from investors in the spring to initiate projects beyond the scope of its current operations. “We see opportunities more capital intensive than our current projects,” says Mehta.

Mehta previously founded two other healthcare focused companies—one that provided first aid (GoToAid) and disaster recovery information and alerts and another that provided information on pet first aid (Petsaver), each of which sold to two of the largest healthcare organizations for people and for pets.

**Goal? Empowering you** “Our goal overall is that we want you to be empowered. We don’t tell you not to eat something. Consumers have the power to decide what to buy and vote with their dollars. We’re trying to help people buy healthier products, which specifically benefit them. That’s our core mission. To let people know what’s in their food and be wiser about what they’re consuming,” Mehta explains.

Located in Durham’s American Underground facility for startups until April, the company also completed a stint with the Boston, MA Challenge, which selects about 120 startups from 2,000 applications around the world for an incubator session. It won an innovation award from Blue Cross Blue Shield, top 25 healthcare innovations at CES, WIRED Magazine top 400 Apps of 2012, and Top 7 Healthcare at SXSW. It also most recently won an award from the Perkins Institute for the Blind as well as People’s Choice for the Mobyly Award. In June, InRfood.com won a \$40,000 grant from NC IDEA. It also won the startup pitch contest at the recent Internet Summit in Raleigh, an annual event bringing 2,000 attendees and speakers from top brands including Google, Bing, Twitter, Adobe, and many others to the Research Triangle in November.

The company actually had a demo table at the Triangle-based Internet Summit two years ago and Mehta says before coming, he bought some fast food french fries to show their ingredients. “We’ve had those fries ever since and they still haven’t turned black or green. It proves just how powerful the preservatives really are.”

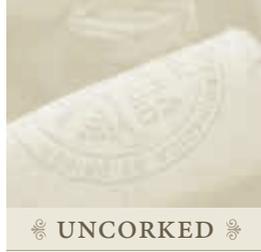
The company will also be pitching its wares to investors at the upcoming TechMedia event: The Southeast Venture Conference. 📍

Allan Maurer, published in magazines from Playboy to Modern Maturity, books and thousands of articles online, is the editor at TechMedia, which produces the annual Internet Summit in Raleigh, the Southeast Venture Conference, and other events. He can be reached at [allan@techmediaco.com](mailto:allan@techmediaco.com).



InRfood founder Keval Mehta





# A Taste of France, By Way of South America

BY LAURA COLLIER

Over the past 20 years, South American wines have gained immense popularity on wine store shelves and restaurant wine lists. Chile, Argentina and Uruguay produce wines from a variety of internationally popular grapes, such as Cabernet Sauvignon and Chardonnay, but South America has also become famous for resurrecting several obscure French grape varieties that have flourished in the continent's wide variety of unique terroirs.

European grapes first made their way to South America by route of missionaries and conquistadores in the 1500s, who planted mainly Spanish grapes. In the 1850s, South American wine took a second leap forward when Chilean and Argentine landowners and politicians hired French oenologists and viticulturalists to bring French vine cuttings, as well as vineyard and wine-making experience, to South America. Uruguay began producing wine in earnest a bit later in the 1870s, when Basque and Italian immigrants brought grapevines to the country.

By far the most famous grape of Argentina is **Malbec**, whose star has risen so quickly that many do not know the grape is originally from the southwest of France. Malbec still thrives in Cahors, a small region that produces wines that are predominantly Malbec. Malbec is also one of the six red grapes permitted to be used in Bordeaux, but only small portions of the grape, if any, are blended into the wines today. Malbec is also still grown in the Loire Valley, where it is called Côt. Argentinian Malbec is famous for its deep purple color, rich black fruits and smooth tannins, whereas French Malbec is usually marked by firmer tannins and aromas of leather or earth.

Argentina has also been successful with **Bonarda**, the second most widely grown red grape in Argentina behind Malbec. Bonarda's origins eluded researchers for many years. It was originally thought to be the same as a grape named Bonarda in Italy, but research tracked the grape back to the Corbeau grape of Savoie, which is now almost extinct in that region. This particular Bonarda is also called

Charbono in California. Argentine Bonarda is known for its aromatic nose and bright wild berry flavors.

The signature grape of Chile, **Carménère**, is from Bordeaux, where it is also one of the six red grapes permitted to be grown, along with Malbec, Cabernet Sauvignon, Cabernet Franc, Merlot, and Petit Verdot. Carménère is now virtually extinct in Bordeaux, as many wineries decided not to replant the grape after the phylloxera devastation in the 1860s. Chile originally did not know that they were growing Carménère grapes, and believed the vines were actually Merlot. It wasn't until the 1990s that Chile learned much of its Merlot vineyards were Carménère when French winemakers who were visiting Chile identified the grape. Carménère is a member of the Cabernet family, and it typically displays both red and black fruits, firm tannins and notes of spice and earth.



Want to learn more about South American wines? Stop by The Wine Feed and visit Philip or Phillip (or Laura) at their new retail wine shop in Glenwood South.

Finally, Uruguay has placed a grape named **Tannat** in the spotlight. Tannat is also originally from the southwest of France, where it is grown in regions such as Madiran and Irouléguay, which is located within the Basque Country. Tannat likely obtained its name due to the high tannic contents of the grapes, which result in a firm, astringent wine. In Southwest France, it is typically made into a rustic, astringent wine, while the warm climate of Uruguay has coaxed softer tannins and juicier black fruit from the grape.

There's so much wine to explore in South America, and many wine enthusiasts have already discovered the pleasures of the continent's delicious wines. But next time, we encourage you to also try the grapes' French counterparts, and perhaps even sample some French and South American wines side by side!

Laura Collier works at Raleigh's The Wine Feed, a wine store and wine bar located at 602 Glenwood Ave. The Wine Feed is hosting a South American wine class on Jan. 21 at 7pm. Email her at [contact@thewinefeed.com](mailto:contact@thewinefeed.com) or send her a tweet @thewinefeed.

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# THE BYGONE DAYS OF EXPLORING THE NC STATE STEAM TUNNELS

BY GINNY S. GILLIKIN | PHOTOS COURTESY GOODNIGHT RALEIGH

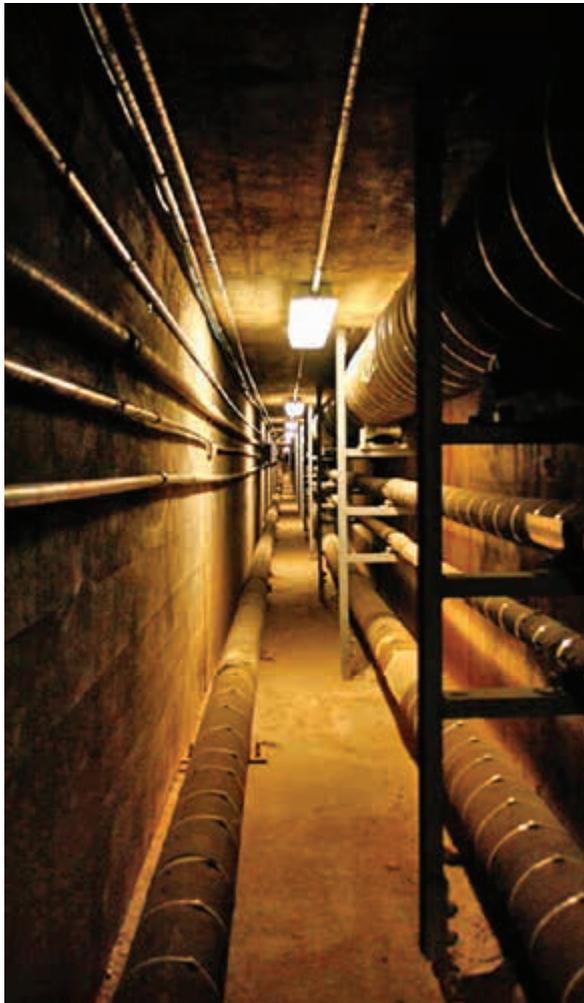
Fans of urban exploration know many colleges include underground tunnels in their campus blueprints. Virginia Tech and The College of William & Mary are examples, and our local North Carolina State University is no exception.

The existence of steam tunnels leads one to think of creepy, dark and moist underground passages. Imaginations may run wild, but the reality of steam tunnels ranges from industrial archaeology to murder plots.

Many NC State students have attempted to access the campus' steam tunnels, although the school's handbook of rules and regulations prohibits trespassing on University property. Student explorers from years past have ventured into the network of underground tunnels and lived to tell the tale, revealing the presence of graffiti, old machinery and lots of pipes, which carry steam from the campus power plant.

According to internet lore, NC State's steam tunnels were used as unauthorized housing for hobos who rode the railroads throughout the state during the Great Depression. Some also theorize that members of "secret societies" met in the steam tunnels. While this may or may not be true, at least one crime has been associated with NC State's underground passages.

In 1988, Christopher Pritchard convinced two of his friends to murder his stepfather, who lived in Washington, NC, in order to obtain a two million



buildings and unexpected dead ends. Wall hieroglyphics and writings from years of brave explorers adorned many of the walls with some dating back to the 40s and 50s. The tunnels varied in size from barely tall enough to crawl through to cavernous rooms with cylindrical ceilings. Some passageways and confined crawlways had dangerously hot temps with blistering hot steam escaping right at face level from old asbestos-covered pipes.

Most of the tunnels have now been fitted with motion sensors and alarms to alert campus police of any unwanted intruders. And even worse than the risk of landing in jail, the idea of being burned by hot steam, tumbling into dangerous pitfalls or getting lost in blind tunnels keeps most adventure-goers out of the tunnels these days. Regarding the decision to head down into the tunnels post-9/11, in the words of our favorite *Downtowner* writer of all time, the late Peter Eichenberger (and frequent visitor to almost all of the underground tunnels under Raleigh): "Don't even try without first hiring a lawyer."

*Ginny S. Gillikin graduated with a print journalism degree and an English minor from Virginia Tech in Blacksburg, VA; she enjoys music, books, travel and museums. Parts of this article are from www.Candid-Slice.com, a great news and entertainment site centered in the Triangle. Photos (and previous articles on steam tunnels) are from www.goodnightraleigh.com. Search for "steam tunnel" in the bottom right of their site.*



dollar inheritance. During the police investigation, Pritchard disclosed that he and his pals would access the NC State steam tunnels and participate in the role-playing game Dungeons and Dragons. Police supposedly found Pritchard's initials spray-painted in the tunnels.

Our publisher, Crash Gregg, had the opportunity to frequent the tunnels during his time at NC State years ago, mapping out many of the numerous, hidden entrances and underground passages with classmates turned adventurers. Some of the subterranean conduits popped up inside campus buildings, parking decks, and flowerbeds while others led to areas inside the steam plant, various maintenance



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# Durham Manifesto

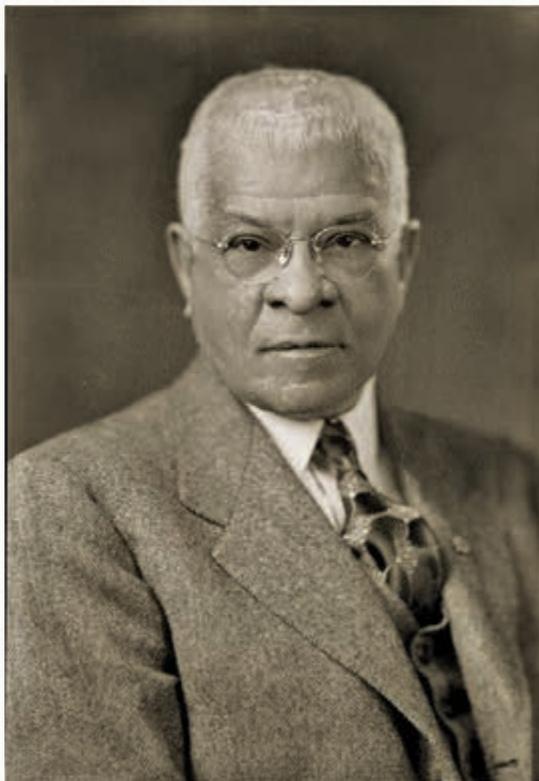
BY RAY GAVINS



Following the Southern Conference on Race Relations, held at Durham's North Carolina College (NCC) on Oct. 20, 1942, a subcommittee issued "A Basis for Inter-Racial Cooperation and Development in the South: A Statement by Southern Negroes" on Dec. 15. Touted as the Durham Manifesto, it was a catalyst of the postwar civil rights movement in our state and the South.

The conference broadcast heightening racial injustice and black-white conflict during the war and the need for reform. Its chairman, editor-publisher P.B. Young of the *Norfolk Journal and Guide*; secretary-treasurer, Professor Luther P. Jackson of Virginia State College; and director, Professor Gordon B. Hancock of Virginia Union University, were respected race moderates and its main sponsors. They sent invitations to 75 influential blacks living and working in the South, including W.E.B. Du Bois of Atlanta University. Fifty-seven attended, five of them women. Twenty-one supporters wrote letters or telegrams. Moderates, many affiliated with the Atlanta-based Commission on Interracial Cooperation or state chapters, were common among the conference's ministers; college and university presidents, deans, and faculty; parochial and public school principals and teachers; businesspeople; newspapermen; physicians; labor union officials; social workers; New Orleans Urban League and Southern Negro Youth Congress representatives.

Among the 11 North Carolinians participating were presidents James E. Shepard of NCC, H.L. McCrorey of Johnson C. Smith University, Charlotte H. Brown of Palmer Memorial Institute, and C.C. Spaulding of North Carolina Mutual Life Insurance Company. Defending the decision to omit northern black participation, Hancock, in a Statement of Purpose, declared, "the Southern Negro is today speaking for himself... We are hoping in this way to challenge the constructive cooperation of that element of the white South who express themselves as desirous of a New Deal for Negroes." Groups then scrutinized seven issues: political and civil rights; industry and labor; service occupations; education; agriculture; armed forces; social welfare and health. When proceedings ended, Benjamin E. Mays, president of Morehouse College, recommended writing a



*Charles C. Spaulding was born in NC and attended Shaw University. Beginning in 1899, he helped manage the North Carolina Mutual Life Insurance Company and was instrumental in the creation of the Durham Manifesto.*

statement "commensurate with the possibilities of the occasion." Accordingly, the body chose a sub-editorial committee, chaired by sociologist Charles S. Johnson of Fisk University, to write it.

The finished document judiciously stated blacks' opposition to Jim Crow, plus their civic priorities, and challenged moderate and liberal whites to join them in pursuing equal citizenship and justice for all. It announced: "We are fundamentally opposed to the principle and practice of compulsory segregation in our American society, whether of races or classes or creeds, however, we regard it as both sensible and timely to address... current problems of racial discrimination and neglect." Its key demands included the right to vote; abolition of the poll tax, white primary, harassment of voters, and police abuses; a Federal anti-lynching law; Negro jury and government representation; fair employment of Negro police officers, defense workers, and workers' right of collective bargaining; Social Security benefits for service and farm occupations; equalization of teachers' salaries, school facilities, and higher education opportunities; ending the segregated US Military; and publicly-funded hospitals'

inclusion of Negro patients. "The correction of these problems is not only a moral matter," it concluded, "but a practical necessity in winning the war and in winning the peace."

The statement drew extensive comment, the bulk of it favorable. "We commend to both whites and Negroes for careful consideration the Durham manifesto," the *Newport News Daily Press* commented, typifying the response of many white newspapers. "It contains little that is not fundamentally sound—things which American citizens have a right to expect." Echoing a general sentiment in the black press, the *Houston Informer* editorialized that "the conference statement is a historical achievement... a charter of Negro rights which all Negroes in the South can adhere to." Yet the *Durham Carolina Times* was critical: "About the only purpose it can serve is to give Negro intellectuals in the South an opportunity to show off by appearing profound... They no more have the leadership of the mass of Negroes in the South than if they didn't exist." Even so, NAACP head Walter F. White endorsed the manifesto, as did Du Bois, who judged that "on the whole the Durham program is a pretty good document... I would not be unwilling to sign it."

The manifesto is hardly remembered. But it initiated all-white and interracial conferences that by 1944 formed the Southern Regional Council, which became a crucial vehicle for black-white conciliation, voting rights, school desegregation, and other reforms. It also paved the way for the Durham Committee on Negro Affairs, North Carolina Committee on Negro Affairs and North Carolina State Conference of NAACP Branches' organizing and protests, which reflected the "core of black activism in the South through the 1950s."

*Ray is a professor of history at Duke University. The Museum of Durham History is a non-profit organization dedicated to bringing Durham's history to life and engaging visitors and residents in our community's heritage. The Museum's home, the History Hub, is located at 500 W. Main St. and is open Tuesday-Saturday, 10am to 5pm. There is no admission charge. For more information, see [www.museumofdurhamhistory.org](http://www.museumofdurhamhistory.org). Walter E. Campbell is an independent scholar and filmmaker living in Durham. The Museum of Durham History is a non-profit organization dedicated to bringing Durham's history to life and engaging visitors and residents in our community's heritage. The Museum's home, the History Hub, is located at 500 W. Main St. and is open Tuesday-Saturday, 10am-5pm. There is no admission charge. For more information, see [www.museumofdurhamhistory.org](http://www.museumofdurhamhistory.org).*



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## Now–Dec 21 • Raleigh

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## Now–Dec 22 • Raleigh

Based on David Sedaris's short story, **The Santaland Diaries**, chronicles the holiday season as Crummet the Elf relives his tale of his brief stint working at the Macy's "Santaland" attraction in NYC. This Theatre in the Park play is filled with charged, politically incorrect, irreverent commentaries of fellow elves, Santa's true colors, and the raucous adults and children who come to sit on St. Nick's lap. Not intended for children. Tickets range from \$12–\$22. www.theatreinthepark.com/calendar/event/37

## Now–Dec 24 • Downtown Raleigh

**Frosty the Snowman**, known to melt everyone's hearts comes to life in a holiday show for the whole family. Based on the classic tale enjoyed by millions around the globe this show is sure to put a smile on your face. Don't miss your chance

to enjoy a new holiday tradition when it slides in to Raleigh in November. Tickets from \$14–\$47. Fletcher Opera Theatre at Duke Energy Center. www.dukeenergycentreraleigh.com/event/frosty-the-snowman-3662

## Now–Feb 1 • Downtown Raleigh

A jovial, frosty pastime of the holiday season! The **Ipreo Raleigh Winterfest** signature ice skating rink will be open to the public early on November 22 and will extend until February 1. Cost: \$9 for both adults and children. In the Raleigh City Plaza. www.raleighwinterfest.com

## Dec 20–29 • Downtown Raleigh

You've never seen **The Nutcracker** like this. Toys spring to life. Children appear out of thin air. Dancers float high above the stage. This spectacular production—with lavish scenery, live orchestra and more than 100 performers—is your family's chance to experience the classic story and jaw-dropping illusions for yourselves. Tickets from \$21.50 to \$82. Duke Energy Center for the Performing Arts Memorial Auditorium. www.dukeenergycentreraleigh.com/event/nutcracker-private-event-2679

## Dec 21, Dec 28, Jan 4, Jan 11 (Saturdays) • Cary

**The Western Wake Farmers' Market** features lots of locally grown food including seasonal produce, meats, cheese, eggs and much more plus a variety of face painting, storytelling, music, or other local entertainers. Saturdays 9:30am to noon. www.westernwakefarmersmarket.org

## Dec 21, Dec 28, Jan 4, Jan 11 (Saturdays) • Downtown Chapel Hill

**The Chapel Hill Farmers' Market** farmers and artisans live within 60 miles of Chapel Hill, NC and bring fresh, quality produce, value-added farm products, and crafts to market year-round. The market is vendor run. Saturdays from 8am to noon. www.thechapelhillfarmersmarket.com

## Dec 21, Dec 28, Jan 4, Jan 11 (Saturdays) • Downtown Durham

**The Art Market** at Vega Metals (214 Hunt Street) is a Saturday morning outdoor market showcasing some of Durham NC's most creative and talented artists. There are art and craft vendors, food trucks, and musicians creating a festive family

oriented atmosphere. Saturdays 9am to 1pm. 919.688.8267 or visit www.artmarketatvegametals.com for more information

## Dec 21, Dec 28, Jan 4, Jan 11 (Saturdays) • Downtown Wake Forest

**Downtown Wake Forest Farmers Market**, every Saturday 10am to noon. Offering seasonal produce, meat, eggs, honey, handmade crafts and more. Location: Parking lot of OneCare, Inc. 150 N. White St, Wake Forest. www.wakeforestfarmersmarket.org.

## Dec 23, 27, 31 & Jan 5, 9, 13 • Raleigh

Dec 23 (Mon): **Hurricanes vs. Blue Jackets** (Hockey). Game is at 7pm at PNC Arena. Tickets: http://hurricanes.nhl.com

Dec 27 (Fri): **Hurricanes vs. Penguins** (Hockey). Game is at 7pm at PNC Arena. Tickets: http://hurricanes.nhl.com

Dec 31 (Tues): **Hurricanes vs. Canadiens** (Hockey). Game is at 7pm at PNC Arena. Tickets: http://hurricanes.nhl.com

Jan 5 (Sun): **Hurricanes vs. Predators** (Hockey). Game starts at 7pm at PNC Arena. Tickets: http://hurricanes.nhl.com

Jan 9 (Thurs): **Hurricanes vs. Maple Leafs** (Hockey). Game starts at 7pm at PNC Arena. Tickets: http://hurricanes.nhl.com

Jan 13 (Mon): **Hurricanes vs. Flames** (Hockey). Game is at 7pm at PNC Arena. Tickets: http://hurricanes.nhl.com

## Dec 31 (Tues) • Downtown Raleigh

**NC Symphony New Year's Eve: Big Band & Vienna.** Advance tickets \$52–\$72. 8pm at Meymandi Concert Hall at Duke Energy Center. www.ncsymphony.org

## Dec 31 (Tues) • Downtown Raleigh

**Artsposure's First Night Raleigh 2014** (at NC Museum of History). Be at the heart of the children's celebration on New Year's Eve. The theme is Celebrate New Year's Eve Around the Globe—a perfect reason to visit the museum's two Russian exhibits. 6pm: People's Procession (takes off in front of the museum). 7 to 11pm: First Night button required for entry. Nighttime events in Daniels Auditorium at NC Museum of History. 919-832-8699 or visit www.artsposure.org.

## Dec 31 (Tues) • Downtown Raleigh

**First Night Raleigh 2014.** Join us for First Night Raleigh, the annual celebration of art and the New Year in downtown

Raleigh. Schedule of Events: Children's Celebration 2–6pm, People's Procession 6pm, Early Countdown with Fireworks 7 pm, Evening Performances 7–11:30pm, Main Stage Performances 6pm–midnight, Fireworks and Acorn Drop at midnight. www.firstnightraleigh.com

## Jan 3 (Fri) • Downtown Raleigh

**The First Friday Gallery Walk** is one of Raleigh's most popular evening escapes. Join us on the First Friday of every month for a fun-filled introduction to Raleigh's exciting art, music and dining scene. Visit the galleries, listen to live music, and delight in a divine culinary experience and take advantage of the First Friday Specials offered by all participating restaurants. Experience art in all of its forms. Most venues are 6 to 9pm. www.firstfridayraleigh.com

## Jan 4 (Sat) • Downtown Raleigh

**Carnival of the Animals: NC Symphony Kids.** The Saint-Saëns classic is a crowd-pleaser for music and animal lovers of all ages. Featuring special guests Triangle Youth Ballet in a much requested repeat performance. Meymandi Concert Hall at Duke Energy Center. www.ncsymphony.org

## Jan 10–11 • Downtown Raleigh

NC Symphony presents **Beethoven's 5th.** The North Carolina Symphony and Music Director Grant Llewellyn perform one of the most powerful pieces of music ever written...four famous notes lead to this beloved symphony. Cost: Advance tickets \$18–\$65. 8 to 10pm. Meymandi Concert Hall at Duke Energy Center. www.ncsymphony.org

## Jan 10 (Fri) • Downtown Chapel Hill / Carrboro

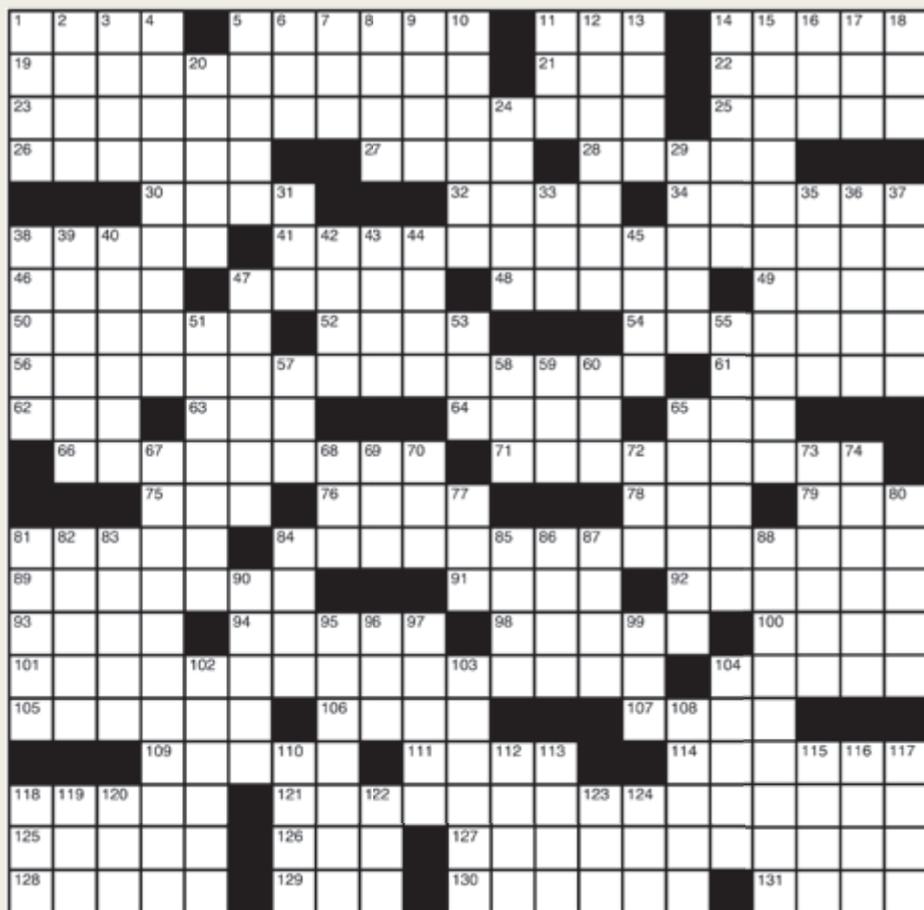
**The 2nd Friday Artwalk** takes place in Carrboro and Chapel Hill from 6 to 9pm on the 2nd Friday of every month. Many of the galleries will have live music and other art related entertainment. www.2ndfridayartwalk.com

## Jan 10 (Fri) • Downtown Raleigh

North Carolina duo **Mandolin Orange** recently signed to local label Yep Roc Records and released a new CD, *This Side of Jordan*, to rave reviews. Last year, they were named the Independent Weekly's Best Roots/Country Band of the Year (a title they shared with local favorites Chatham County Line). Tickets: \$22 to \$29. Duke Progress Energy Center Fletcher Theater. www.dukeenergycentreraleigh.com/event/mandolin-orange-4401



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- “Storm Front”**
- ACROSS**
- 1 Anti-DUI org.
  - 5 Plays with, as a toy mouse
  - 11 Dove purchase
  - 14 Burning up
  - 19 Motel patron, usually
  - 21 Get \_\_\_ for effort
  - 22 Setting for 103 World Series games
  - 23 “Brace yourself”
  - 25 With 34-Across, pitcher who holds the major league record for career appearances
  - 26 Ugly looks
  - 27 Within: Pref.
  - 28 Vaudeville presentation
  - 30 Reconcile, with “up”
  - 32 Former auto financing org.
  - 34 See 25-Across
  - 38 Classic movie motel
  - 41 \*Signal surrender
  - 46 Mideast sultanate
  - 47 Gut course
  - 48 Internet chat option
  - 49 Court setting
  - 50 Alaska’s \_\_\_ Sound
  - 52 Shakespearean villain
  - 54 “The Flower of My Heart,” in an old song
  - 56 \*1965 Rolling Stones hit
  - 61 Barn roof gadgets
  - 62 Support for a start-up co.
  - 63 Egg \_\_\_ yung
  - 64 Skin suffix
  - 65 Kipling’s young spy
  - 66 \*Pasta choice
  - 71 \*Image on a North American flag
  - 75 Ballot word: Abbr.
  - 76 Genetic chains
  - 78 Stellar sort
  - 79 Down the tubes
  - 81 Spiritual essences
  - 84 \*Sloshed
  - 89 Chrysler Building style
  - 91 Bounder
  - 92 Of a battery terminal
  - 93 Busy as \_\_\_
  - 94 Runner-up
  - 98 Turkish empire founder
  - 100 Move, to a Realtor
  - 101 \*The company one keeps, often
  - 104 Hands over
  - 105 Like licked lollies
  - 106 \_\_\_ Helens
  - 107 Gillette shaver
  - 109 Ancient fabulist
  - 111 Straddling
  - 114 \_\_\_-weensie
  - 118 Composer Boccherini
  - 121 Bob Dylan classic, and what this puzzle’s starred clues’ answers’ endings could be
  - 125 Museum Folkwang city
  - 126 For keeps, to Keats
  - 127 Ski patrol, at times
  - 128 1980 Laura Ingalls Wilder Award recipient
  - 129 The “10” in “first and 10”: Abbr.
  - 130 French card game
  - 131 Speed Wagons, e.g.
  - 6 MLB VIP Scott Boras, e.g.
  - 7 Question of recognition
  - 8 Lid malady
  - 9 Long, long time
  - 10 Walk wearily
  - 11 “Phooey!”
  - 12 “Tyranny and \_\_\_ are never far apart”: Bentham
  - 13 \_\_\_ of return
  - 14 Solemnly renounce
  - 15 Innocent
  - 16 Cyclades island
  - 17 Hosp. employees
  - 18 PC file extension
  - 20 Writer Ephron et al.
  - 24 Plum tomatoes
  - 29 Raised one’s hand, say
  - 31 Pitching stat
  - 33 Parrot’s cry
  - 35 Done in
  - 36 Wouk’s mutinied minesweeper
  - 37 Leers at
  - 38 Loud bell sounds
  - 39 Lab slide creature
  - 40 Highland wear
  - 42 “I highly doubt that!”
  - 43 Start and end of a trademark cartoon credo
  - 44 Like some poultry stuffing
  - 45 Apple product
  - 47 Swaddle
  - 51 Team with the football
  - 53 Anxious med. condition
  - 55 One “trapped by his sinful talk,” in Proverbs
  - 57 Awe-ful sound?
  - 58 Armstrong’s carrier
  - 59 Paganini’s hour
  - 60 Caller with a mask
  - 65 Actor Wynn
  - 67 Posh prisons, metaphorically
  - 68 NPR journalist Shapiro
  - 69 Like Haydn’s “Surprise Symphony”
  - 70 “Go, team!”
  - 72 NYC airport
  - 73 Withstood
  - 74 Natasha \_\_\_, Boris’ partner in spydom
  - 77 Mass delivery: Abbr.
  - 80 Birthplace of Apollo
  - 81 Swedish imports
  - 82 Trip around the world
  - 83 Where embryos grow
  - 84 Ox foot
  - 85 Underground support
  - 86 Behind
  - 87 Blood pigment
  - 88 ‘50s conflict
  - 90 Is excessively sweet
  - 95 Tasted or tested
  - 96 Juvenile newt
  - 97 Cut again
  - 99 First name at old Notre Dame
  - 102 Geese flocks in flight
  - 103 Wear
  - 104 Obnoxious sort
  - 108 Titter
  - 110 Comply
  - 112 A hundred smackers
  - 113 Galileo’s birthplace
  - 115 Medieval address
  - 116 Digging
  - 117 Ice cream name
  - 118 “\_\_\_ Miz”
  - 119 Mileage, so to speak
  - 120 Pocatello sch.
  - 122 Surg. centers
  - 123 ATM initials
  - 124 Mummy discovered by Howard Carter in 1922
- DOWN**
- 1 Mineralogist Friedrich
  - 2 Warwickshire river
  - 3 A stet cancels it
  - 4 DJ who first promoted “Weird Al” Yankovic
  - 5 City in southern Belarus

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By Ed Sessa from the Los Angeles Times  
Edited by Rich Norris and Joyce Nichols Lewis

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