



RALEIGH DOWNTOWNER™

VOLUME 3, ISSUE 7

RALEIGH EVENTS, FOOD, ARTS & CULTURE, ENTERTAINMENT, AND MORE

FREE

GOING GREEN!



AROUND TOWN

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HOW BIG IS YOUR CARBON FOOTPRINT?

Find out inside

RALEIGH DOWNTOWNER READER REWARDS

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It's Not Easy Being Green (Or is it?)

By Jenny Fredette and Downtowner Staff

The phrase 'going green' is popping up everywhere these days – big companies are talking about corporate sustainability, celebrities are supporting 'green' charities and events, media outlets are reaching the public with ideas for conserving resources, and ads abound for energy-efficient cars, appliances and computer monitors. An alliance of passionate people and organizations including Al Gore even produced Live Earth, a 24-hour-long, seven-continent concert series to combat climate change. Although the effort was impressive, some critics felt the concert series itself should have been more energy-efficient. In total, Live Earth may have created a larger carbon footprint than Afghanistan produced in all of 2006 (see article on carbon footprints on page 5). And unfortunately, more people in the U.S. tuned into a rerun of Monsters Inc. than watched the live event. Either way, it at least hopefully raised some awareness on Global Warming to concert viewers.



Keith Urban, Alicia Keys, and Madonna were just a few of the stars to participate in the Live Earth concert series. Other big names like U2 chose not to be involved with the concert.

But whether our efforts to save the world are valiant or minimal, we're starting to do something. And it's no wonder – no one can escape news of our rapidly-changing climate, our dangerously-heavy consumption of natural resources, the overburdening of landfills, and the laissez-faire attitude toward energy waste that lets it all continue.

It feels like an overwhelmingly big problem, but it is encouraging to see this issue finally on the radar screen for most people. Environmental awareness lingers in the back of our minds, perhaps because we're finally realizing our eco-impact, or maybe it's just hot to 'go green.' Either way, people are asking, "What can I do about it?"

As consumers, there are literally thousands of adjustments we can make to lessen our impact on our envi-

ronment. Some are as simple as turning off the water while brushing your teeth to save a gallon of water every day. (With 367,995 people now living in Raleigh, that could total more than 134 million gallons of water conserved in our city every year.) Other efforts require a greater sacrifice of money or time, like buying a hybrid car or making your home energy-efficient. Still other efforts are midway on the scale of minor to major adjustments – carpooling to work, updating old appliances, or keeping car engines tuned up.

You'll find the next few pages packed full of tips for eco-friendly living, ideas for conserving resources, and real-life stories examining how some local people are changing their habits for the sake of the planet.

Also, Raleigh Downtowner takes you in-depth to learn about the most creative ideas for protecting the earth. These include:

Larry's Beans Veggie Bus (page 6) – Think a bus has to be big, yellow, and gas-guzzling? Larry's Beans, a local fair-trade coffee bean roaster, makes its deliveries in a "veggie bus." The colorful ex-kiddie hauler runs on used vegetable oil from local restaurants, burning 50-75 percent cleaner than diesel. Check out how and why Larry's Beans does it!



Larry of Larry's Beans and his infamous veggie oil burning bus that you may have seen making deliveries around Raleigh

Senator Bingham Gets Greasy (page 6) – Larry isn't the only one getting greasy. North Carolina state senator Stan Bingham's converted Volkswagen runs on bio-diesel – which uses waste vegetable oil from the legislature cafeteria filtered and converted into auto fuel. Read more to find out how Sen. Bingham is fighting for other Tarheel greasers and his efforts to raise awareness for alternative fuels.

Go Green by Buying Local (page 7) – Did you know

that the average supermarket food item travels about 1,300 miles before it reaches your plate? The availability of bananas, out-of-season apples, and exotic seafood is just one piece of evidence showing that burning petroleum (barrels and barrels of it) makes our meals possible. By buying locally-grown produce, meats, cheeses, and other items, you can do something great for the environment. Buying local from artists, jewelers, and other businesses helps save fuel and energy. Plus it helps out local economy stay strong. Learn about how you can buy local and be a greener person for it.



Head down to the Moore Square Farmers Market for plenty of locally grown produce. You'll have plenty to choose from plus enjoy music, local chefs showing off their culinary talents, and more.

100 Great Tips for Going Green Today

Okay, maybe you don't have the money to buy a cool hybrid vehicle or make massive energy-efficiency improvements to your home. No excuses! There are thousands of simple things you can do to go green. Show your care for the environment (including little things like, say, clean air, clean water, and the future of life on earth) by putting a few of these into practice.

Suggestions for our list came from friends, reader emails, the City of Raleigh, Progress Energy, and "The Green Book."

Bob McGehee, CEO of Progress Energy, explained the urgency. "We are at an energy crossroads in the Carolinas," he shared with the Raleigh Downtowner. In fact, according to McGehee, there is so much growth in the Carolinas that it is like adding energy to support an entire new mid-sized city each year.

Continued on Page 3



Bob McGehee
CEO of Progress Energy

What can be done to curtail the negative impact of increased energy consumption? Progress Energy is using a two-fold approach. The first step is to plan for the future through improved energy-efficiency and energy management. The second, McGehee said, is “to actively engage citizens in a call to action to use energy more wisely and efficiently. This will reduce



The Green Book is filled with easy-to-do tips collected on being more eco-friendly. Celebrities also pitch in their ideas and thoughts on being more environmentally aware.

demand, save customers money and preserve the environment.”

We chose “The Green Book” for another source of ideas since it was an inexpensive comfortable-reading book. It’s full of suggestions from celebrities as well as the authors, one of which was Owen Wilson, who mentioned that once he bought his hybrid car, he was “addicted” to becoming more green. Other

celebs tell their stories and suggestions on being green in The Green Book.

Save Water Indoors

1. Run your washing machine and dishwasher only when they are full. You could save up to 1,000 gallons a month.
2. Plug the bathtub before turning the water on, then adjust the temperature as the tub fills up.
3. Don't use running water to thaw food. Instead, leave plenty of time for it to thaw just by resting at room temperature.
4. When doing laundry, match the water level to the size of the load.
5. Turn off the water while you brush your teeth, and you'll save four gallons a minute. That's 200 gallons a week for a family of four.
6. Wash clothes only when you have a full load, and you'll save up to 600 gallons each month.
7. Use a faucet aerator (available at home improvement stores) to mix water with air while maintaining water pressure.
8. Wash clothes in cold or warm water rather than hot. It saves energy, protects fabrics, and helps clothes retain bright colors.

Save Water Outdoors

9. Minimize evaporation by watering lawns during the early morning hours, when temperatures are cooler and winds are lighter. (Also check city regulations – you may only be able to water on certain days.)
10. Use a layer of organic mulch around plants to reduce evaporation and save hundreds of gallons of water a year.
11. Use a broom instead of a hose to clean your driveway or sidewalk and save 80 gallons of water every time.
12. Divide your watering cycle into shorter periods to reduce runoff and allow for better absorption every time you water.
13. While it's easier to notice leaky faucets indoors, make sure you also check outdoor faucets, pipes, and hoses for leaks.



14. Only water your lawn when needed. You can tell this by simply walking across your lawn. If you leave footprints, it's time to water.
15. Adjust your lawnmower to a higher setting. Longer grass shades root systems and holds soil moisture better than a closely-clipped lawn.

16. Wash your car on the grass if possible. This will water your lawn at the same time.

17. When washing your car, use a hose nozzle and turn off the water when you don't need it. This can save more than 100 gallons each time you wash.



Home Decorating

18. Consider using 100% hemp material for curtains. It is organic and does not require pesticides to grow.

Personal Style

19. Shop online for eco-friendly clothes. They are often made from organic materials grown without pesticides.

In the Office

20. Make sure your office offers recycling of frequently-used materials like printer paper, aluminum cans, and plastic bottles.
21. Change your computer's settings so it goes to sleep during periods of inactivity, saving precious energy.



22. Encourage employees to fix office drinks like coffee, tea, and water in reusable mugs and glasses

rather than disposable ones.

23. Check out blackle.com. This Google-like innovation uses a black screen rather than a white screen, saving your computer monitor precious energy.

24. Keep a pile or a file for misprinted papers. Reuse as scratch paper.

25. Use natural light when possible. Turn off office lights if you will be gone more than 10 minutes.

26. Print documents on the "draft" setting whenever possible to use less ink.

27. Take advantage of technology like videoconferencing (check out Skype) to cut down on work travel.

Around the House

28. If they're plugged in, appliances use energy even when they're turned off. Unplug appliances you are not using. A power strip is helpful for turn-



ing off many electronics at once.

29. Eat locally-grown and produced foods. That way your food does not need to use fuel to travel the average 1,300 miles to reach your plate.

30. Use non-toxic cleaning products.

31. Lower your thermostat two degrees in winter and raise it two degrees in summer. This can save hundreds of pounds of carbon dioxide from entering the air.

32. Use your microwave. It is much more efficient than a stove or oven.

33. Encourage kids to play outside. They're less likely to use electricity for TV, computers, and video games, plus they're more likely to develop an

appreciation for nature.

34. Plant a tree. The average tree will absorb one ton of carbon dioxide over its lifetime.

35. Join a community-supported agriculture (CSA) co-op to support and benefit from a local farm.

36. Have a garage sale rather than throwing away unwanted items that end up in a landfill.



37. Start a compost pile.

38. Use reusable containers to store leftovers or pack lunches (rather than disposable plastic bags).

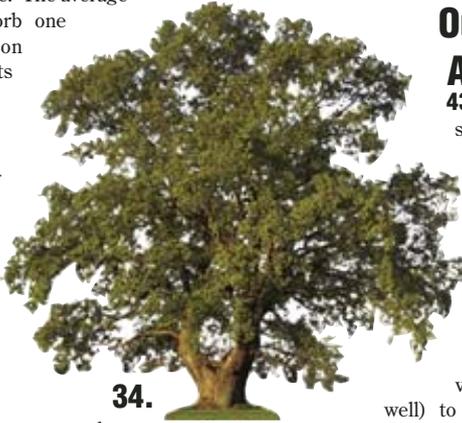
39. Say no to junk mail. Write back to companies requesting to be taken off of mailing lists. Look carefully at pre-approved credit offers; you can opt-out permanently. Google for the Direct Marketing Association website and fill in their online form.

40. Buy in bulk when possible. This reduces packaging and trips to the store.

41. Use cloth diapers rather than disposable diapers.



42. Use rechargeable batteries rather than disposable ones.



Out and About

43. When shopping, forego plastic bags. Instead, bring your own reusable bags (canvas works well) to carry items home.

44. Plan out your errands so you can visit four, five, or six stops at once rather than driving your car each time you need something.

45. Even better, use public transportation where available.

46. Carpool to get to work.

47. Get your car tuned up to use less gasoline and run more efficiently.

48. Make sure your tires are properly inflated and remove your roof rack if you don't use it. Doing both of these can add 2-4% to your gas mileage.



49. Take a trash bag with you when going on a picnic or to the beach so you don't leave anything behind.

50. Buy products made from recycled content.



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What's Your Carbon Footprint?

And How You Can Reduce It

It's something you can't see, you can't smell and you've probably never even thought of – the pollution you create each and every day.

Every time you use energy, a power plant some place in the United States is making that power. To make that power they may have to use coal, oil, gas. The carbon from those emissions goes up into the air which in turn, create greenhouse gases. The amount of carbon dioxide you produce is sometimes called your carbon "footprint."

Your carbon footprint is a representation of the effect you have on the climate in terms of the total amount of greenhouse gases you produce (measured in units of carbon dioxide). Many of your actions generate carbon emissions, which contribute to accelerating global warming and climate change. By measuring your carbon footprint, you can get a better sense of what your individual impact is and which parts of your lifestyle deserve the greatest attention. Armed with such information you can more readily take effective action to shrink your carbon footprint, thereby minimizing your personal impact on the climate.



bon footprint by driving a more efficient car, driving less, or driving an alternative fuel car, which results in far fewer pollutants. You can also plant trees or help preserve forests to offset your emissions, since trees absorb and filter carbon from the air.

Home energy use and transportation represent approximately 40% of all U.S. emissions. The electricity used in a typical home produces more than 20,000 pounds of carbon dioxide pollution each year. It would take 23 trees – which remove carbon dioxide (CO₂) from the atmosphere – to get rid of it. But, there are ways you can cut back on your pollution and save money.

SO, HOW BIG IS YOUR FOOTPRINT?

It's easy to figure out with online carbon calculators, where you fill in how much electricity you use, how much you drive, and if you recycle, and you'll instantly get an answer.

Try one of the following online calculators and see how big your footprint is:

EPA Personal Emissions Calculator
http://epa.gov/climatechange/wycd/calculator/ind_calculator.html

How many trees does it take to offset your carbon footprint?
<http://www.americanforests.org/resources/ccc/>

How Big Is Your Footprint (how to Calculate, reduce and off-set)
<http://www.howbigisyourfootprint.com/>

The SafeClimate carbon footprint calculator allows you to determine carbon dioxide emissions from major sources: home energy consumption and transportation by car and plane.
http://www.nativeenergy.com/lifestyle_calc.html

WHAT CAN I DO TO REDUCE MY FOOTPRINT?

Several of the sites above also offer tips on reducing your impact on the climate. The key to reducing your carbon footprint is to reduce your energy use. Below

are a few suggestions that will help make your footprint smaller:

- Driving just 10 miles less each week – by combining trips or carpooling – can save you at least \$74 a year at the pump. It can also keep 657 pounds of carbon out of the atmosphere. That's the equivalent of a tree and a half!
- If you were to change just ten light bulbs from incandescents to compact fluorescents, you'd reduce your carbon footprint by 1,000 pounds. That's roughly the amount it would take two trees to remove. And you'd save more than \$200 a year in electricity.
- Ecologists said by raising your thermostat in the summer, you'll reduce your carbon footprint. Each degree will lower your cooling costs by 10 percent and keep about 140 pounds of carbon from being produced each year.
- If just one in 10 homes used ENERGY STAR-qualified appliances, the change would be equal to planting 1.7 million new acres of trees.

MORE ENERGY-SAVING TIPS COURTESY OF PROGRESS ENERGY

- Get the most comfort from your ceiling fan. In the summer, it should turn in a counter-clockwise direction. In the winter, run it at low speed, but clockwise.
- When the A/C is on, close your doors and windows tightly. Save even more by turning off kitchen and bath exhaust fans, too.
- Did you know leaky ducts can waste 1/3 of all heating and cooling costs?
- Install a programmable thermostat. These devices automatically turn up your thermostat when you leave the house and turn it down when you are about to return home.
- Here's an easy tip: Set your thermostat fan switch to "auto". Leaving it in the "on" position keeps air running constantly.
- Trees are nature's air conditioners. Plant them for shade on the sunny side of your home.
- Does your A/C need a tune-up? Get it checked now – operational problems can cause extremely high bills.
- Install more ceiling fans! Because the breeze of a fan can make you feel three to four degrees cooler, you can raise that thermostat and still keep comfortable. ■RD



For example, when you drive a car, each gallon of gasoline you burn produces carbon in the form of carbon dioxide. Depending on the fuel efficiency of your vehicle and how far you travel, a gasoline-powered car can easily generate its own weight in carbon dioxide each year. The average American is responsible for about 20 tons of carbon dioxide emissions each year, a far greater per capita number than that of any other industrialized country. In fact, the US accounts for more than 20% of the world's total greenhouse gas emissions. You can reduce your car-

Keeping It Green



By Downtowner Staff

If you happen to look in your rearview mirror one day in downtown Raleigh and notice a boldly printed bus touting “I run on recycled veggie oil!”, you’ve spotted Larry’s Beans delivery truck.

Known mainly for using fair trade coffee beans—beans that were bought for a fair price from coffee growers—Larry Larson also wouldn’t mind being known for his environmental efforts. “After we began the shift to buying fair trade beans, environment awareness was just the next natural progression,” said Larson.

“Our purpose in life is to concoct wondrously luscious works of coffee and make the world better at the same time.”

“Once our eyes were opened to Fair Trade, we saw that it was more than an equitable way to buy fantastic coffee from farmers who put their hearts and souls into growing it — it was an alternative economic model.” Buying coffee from growers for a fair market price allows them produce quality beans, while making enough money to farm them the right way. This includes growing coffee that is shade grown, meaning there are no trees cut down to make way for coffee plantations.

THE VEGGIE BUS

Even their delivery vehicle is friendly

to the environment. “The notion of a bus that runs on veggie oil fits in with our broader mission,” explained Larson. “We deeply believe in the importance of supporting people and the environment. By running our deliveries on used veggie oil, we’re supporting people who make their living from cultivating land, as opposed to non-democratically elected rulers in the Persian Gulf. Our support for farmers, along with our slow-roasted, tasty coffee, is one of the reasons it seems appropriate that our coffee is served in the legislative cafeteria. North Carolina is a major farming state. And it’s important that we look after our own farmers here in North Carolina and the U.S. in general.”

“With gas prices being so high and environmental stewardship being important to me, this seemed like the perfect alternative,” said Larry. “In fact, the diesel engine was originally designed 120 years ago to run on vegetable oil,” he pointed out. “We wanted to make the bus fun and encourage people’s curiosity about high-quality-of-life solutions for problems like oil dependence, pollution and global warming.”

Commercial fleets running on recycled veggie oil offer an additional benefit aside from being easier on the planet – they can be fueled for substantially less cost than petroleum fuel. The Larry’s Beans bus runs on used vegetable oil from local restaurants.

The bus delivers to all Triangle area coffee houses, restaurant and markets supplied by Larry’s Beans, including the cafeteria at the NC State Legislature.

“The bus looks wild and crazy,” says Larson. “The awareness building that we are doing is good business, plain and simple. Not only do our customers love it, but there’s no question that our investment will more than pay for itself, especially with the increasing rise of fuel prices.”

Larson told us, “Just before going to press with the artwork for the bus, I scuttled the initial design. My vision became more clear at that point. Be outlandish! Design the graphics so people will say, “What?! How can that be?” Scratching their head asking, does this thing really run off of vegetable oil?”

Larson commented that the effect the bus has had is interesting. “There

after being converted, my dog circled around and around the car. He finally ended up with his nose in the exhaust pipe. The car produces a wonderful french fry smell when it’s running.”

His VW originally sported a “Goodbye OPEC” sign, but he eventually removed it. Senator Bingham has a common sense approach to saving energy and is proud of his \$14 power bill at home this month. He generates some of his own power from wind turbines, and even purchased a full sized water tank from a closed high school “for just \$25.”

He initiated research into hemp production—which is a far more efficient source of industrial fiber and pulp for paper than timber, and can be used for developing fuel. Unfortunately, hemp is often closely associated with its cousin Cannabis, and the legislation was met with strong opposition. “Everybody assumed I wanted to legalize marijuana,” Bingham joked.



have been many situations where someone sent me an email saying that they are looking at veggie oil, or intend on buying a diesel car to fuel with bio-100. It seems in some small way - in some cases - we have been a catalyst for our fuel-pumping brethren to consider the environment at the pump.”

SENATOR BINGHAM’S VW

Another big proponent of bio-diesel is Senator Stan Bingham. A big fan of saving energy, Senator Bingham bought a new Volkswagen Bug specifically for its good gas mileage. He then converted it to run on bio-diesel, which he filters and makes himself from used vegetable oil from the State Legislature cafeteria.

“When I first brought the car home

According to the Hemp Industries Association, a trade group for hemp manufacturers, the United States is the only industrialized nation that does not permit the farming of industrialized hemp. For Bingham, hempseed oil is a potential alternative to the foreign oil that fuels many American cars. In addition to making cars go, the crop can help make the cars themselves, he said. Daimler-Chrysler uses hemp fibers as a biodegradable alternative to plastics for door paneling and trunk liners, according to a USDA report.

Senator Bingham continues to promote our energy independence and is a shining example of alternative fuel vision in our state’s legislature. Plus he leaves that great french fry smell wherever he goes. ■■RD



Go Green by Going Local



Café Carolina and Bakery hired two Raleigh artists to complete a 65-foot-long outside mural on the north side of the Cameron Village location. This was the second phase of a two-part project aimed at bringing in local artists to help enhance the environment of the cafes.

By Anna Jane Brinkley

Go local! That seems to be the message that a lot of downtown businesses are pushing. Restaurants, boutiques and offices in downtown are looking within the community to find artists and local products to feature in their businesses. A recent stroll around Cameron Village or down Glenwood South makes it abundantly clear that “go local” is becoming just as trendy as “going green.”

Café Carolina and Bakery (cafecaroli-

na.com), owned and operated by Boddie-Noell Enterprises, has engaged in a project to bring in community artists and enhance the feeling (both inside and out) of their restaurants. Boddie-Noell Enterprises, a family-owned company based in Rocky Mount, encourages each of its restaurants and employees to take pride in their community. To show their commitment to the community they recently hired two Raleigh artists to complete a 65-foot-long outside mural on the north side of the Cameron Village Café Carolina. The mural was completed in late June by Raleigh artists and muralists Autumn L.N. Cobeland and Kellie Lewis.

This was the second phase of a two-part project aimed at bringing in local artists to help enhance the environment of the cafes. Cat Rudd, the project coordinator, said “Café Carolina and Boddie-Noell’s commitment to their customers and to the community has been inspiring. Their eagerness to support the local talent is admirable.”

The initial phase of bringing in local artwork took place last year when Café Carolina had pieces completed by the late Lloyd Skidmore (www.lloydskidmore.com) put in four of their locations. Café Carolina also had photos by local photographer Rosemary Martin (www.rosemarymartin.net) displayed in each Café Carolina location.

Cobeland and Lewis also did the mural at the Cameron Village Library, and the mural on the side of the David Rotman Architecture building on Peace Street near the Glenwood Avenue intersection. The Peace Street project was funded by the Historic Glenwood-Brooklyn Neighborhood Association.

Where can you find local products downtown?

Take a leisurely walk down Glenwood

South (towards North Street) and you might find yourself at Enoteca Vin featuring the acclaimed chef Ashley Christensen, a North Carolina native with a passion for using the most local fresh ingredients she can find in her restaurant. “Enoteca Vin and Christensen believe that the restaurant is an integral part of the community - together they proudly support their local farmers and take part in many ongoing philanthropic projects,” states their website (www.enotecavin.com).



Fresh locally-grown tomatoes at the Moore Square Farmer's Market

If you want to pick-up your own array of local products to use at home venture downtown to Moore Square Farmer’s Market (www.godowntown-raleigh.com/farmersmarket) which is open on Wednesdays between 10am and 2pm. Like many local chefs, you too can take advantage of being able to purchase and use fresh products that are grown locally.

Local retail stores and boutiques are also making a point to feature local artists and their work in their stores. If you like to shop, stop by one of the trendy boutiques in Cameron Village like Cat Banjo to pick up jewelry made by local artist, Debbi Cochran. Charlotte’s (www.charlottesinc.com) has a wide-array of custom made jewelry, including the Moon and Lola collection (moonandlola.com) designed by Kelly Shatat. Moon and Lola is not

only popular in Raleigh, it is one of the new “must haves” across the country.

After taking off in the Triangle it is now being sold throughout the nation and abroad. “Charlotte’s picked up the Moon and Lola line very early on,” said Shatat. “She [Charlotte Harris] saw the potential of Moon and Lola and gave me an opportunity to share it with the community through her boutique. Charlotte’s has one of the largest collections of Moon and Lola available to the public.”

Restaurants in the downtown area feature local bands and musicians weekly. You can find local jazz at The Grape in Cameron Village (yourgrape.com) on Fridays and Saturdays. Up for something a little more up-beat? Go to Hideaway BBQ in downtown and check out the live entertainment (www.hideawaybbq.com).

If you are looking for artwork check out some of the local galleries that feature local artists. Seagrove Pottery, Accipiter, and Little Art Gallery always have works and exhibits by local artists. Seagrove features handcrafted North Carolina pottery, sculpture, basketry, candles and exquisite jewelry in clay, glass and sterling.



Moon and Lola jewelry by local designer Kelly Shatat is not only popular in Raleigh, but is one of the new “must haves” across the country.

Want to try a little sample of food from some of the best restaurants and chefs in the area? Mark your calendar for September 9 and attend the first ever Dish it Up, Raleigh! culinary event benefiting the WakeMed’s Children’s Center. This new unique event presents a challenge to local chefs to serve up their healthiest dish and showcase their culinary talents using only the freshest, local ingredients. For more info please visit www.wakemed.org.

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■ Welcome to the Raleigh Downtowner

Volume 3, Issue 7: Going Green



UPCOMING ISSUES

Issue 8: Raleigh Sports
Issue 9: Pets!
Issue 10: Fall Fashion, Cooking & More
Issue 11: Shopping Guide
Issue 12: Gift Ideas

ON THE COVER:

Larry Larson from Larry's Beans and his veggie oil burning bus. Learn more about Larry's eco-friendly deliveries on page 5.

For our upcoming Pet issue, send us your favorite pet photos, ideas for great places to take pets, and interesting pet stories to photos@raleighdowntowner.com. You might just see your pet in the Raleigh Downtowner!

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211 North Boylan Avenue • Raleigh, NC 27603

Phone: 919.821.9000 Fax: 919.469.8892
editor@raleighdowntowner.com www.raleighdowntowner.com

Rate sheets, media kit and pick up locations are available online.

OWNERS

Crash Gregg and Sig Hutchinson

EDITOR-IN-CHIEF

Crash Gregg

CITY STYLE EDITOR

Fred Benton

FASHION WRITER

Kelly Hubbard

CONTRIBUTING WRITERS

Crash Gregg, James M. Sutton, Jr., R.L. Gregg, Anna Jane Brinkley, Danielle Del Sol

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thank you to all our loyal readers who have been signing up for reader rewards. The Downtowner is proud to continue our third month of Reader Rewards. Each month, we'll be giving away plenty of gifts and services to our lucky readers. This month, we have over \$400 in Rewards!

To sign up for Reader Rewards, just visit our website at www.RaleighDowntowner.com and click on the SIGN UP NOW! button. You'll be eligible to win Reader Rewards each month as well as receiving the new online edition of our newspaper, which will begin later this summer. Our newsletter will help keep you informed about all the latest news and events happening in and around Downtown Raleigh.

THIS MONTH'S READER REWARDS

• Four \$25 gift certificates to **Primp Salonbar** near Glenwood Avenue. Go ahead, cheat on your stylist!
www.primpsalonbar.com

• Four \$25 gift certificates to the **Blue Martini**, located in the Powerhouse District. Lots of daily specials, great music, and never a cover charge.
www.bluemartiniraleigh.com



• Four \$25 gift certificates to the **Amra's**, located in the heart of Glenwood South. Live music, spirits, stogies.
www.amrasraleigh.com

• Four \$25 gift certificates to the **The Point Restaurant & Bar**, located on Glenwood Avenue at Five Points. Good food, drinks and friends.
www.thepointatglenwood.com

Congratulations to last issue's readers who won all of these great Reader Rewards below.

- Four \$25 gift certificates to Primp Salonbar
- Three \$25 gift certificates to the Blue Martini
- Two \$25 gift certificates to the Amra's
- Two \$25 gift certificates to the Underground Restaurant

We want to thank all our readers and advertisers for making the Downtowner a huge success. Reader Rewards are our way of saying thanks. **Be sure and sign up now!**

www.RaleighDowntowner.com



Remember Good Ole Sir Walt?

By James Sutton, Raleigh City Museum

In 1792 when a new capital was needed for the State of North Carolina, our city's founding fathers decided that the new city be named "Raleigh" in honor of Sir Walter Raleigh, the man who financed the ill-fated Roanoke Colony on the coast of modern-day North Carolina.

Most people know the remarkable story of the "Lost Colony". John White, operating under orders from Raleigh, founded the colony on Roanoke Island. He returned to England for additional supplies, but was delayed in getting back to the colony some three years due in part to a war with Spain. When White finally returned to Roanoke Island, there was no sign of the original colonists except for the word "CROATOAN" carved into a tree. To this day, no one knows exactly what happened to the colonists.

The colony and its story are discussed at great length in schools all throughout North Carolina. What gets discussed less frequently is the life of Sir Walter himself.

Soldier, poet, swashbuckler, philosopher, historian, explorer, adventurer; take your pick — he was one of the Renaissance's larger than life characters — but he certainly did more than introduce Britain to the potato and pipe smoking.

Loved by women, envied by men and positively hated by his rivals, he was born in Hayes Barton in 1552 during the reign of "Bloody Mary", Mary Tudor. Something of an archetypal English anti-hero, he started studying as a lawyer, and in 1578, deciding to earn some money - and therefore influence - by joining his half brother, Sir Humphrey Gilhar, in a spot of pillaging and looting Spanish galleons and ports. This got him noticed — and not just because at six-foot he was unusually tall and cut an intimidating figure. In 1580 he became a captain of the Army of Ireland and helped to end several rebellions in Ireland for which he received a good deal of land.

For this he received a personal invitation to the court of young Queen Elizabeth I and the dashing Raleigh quickly fell into the Queen's favor. It was during this period the myth of Walter Raleigh began to grow and he supposedly laid his cloak over a mud puddle "to prevent the queen being dirtied" and that famous cloak became part of his coat of arms. During this time, he participated regularly in court life and fell in love with one of Elizabeth's ladies-in-waiting. When Elizabeth discovered their secret marriage, she was furious and had Raleigh locked in the Tower of London. Eventually the queen's ire faded and Raleigh was released from prison and he returned himself to the good graces of the queen.

In 1603 Elizabeth died and Raleigh was implicated in a plot to kill the new king, James I. For his alleged involvement in the plot, he was returned to the Tower of London for the next 13 years. During his imprisonment he wrote the first volume of his series on the history of the world. In 1616 Raleigh was released from prison to make what he promised would be a profitable search for "El Dorado", a legendary city made of gold in South America. When they were unable to find the golden city, Raleigh's men raided a Spanish outpost. The Spanish ambassador to England was outraged and demanded Raleigh's head. James I was delighted to oblige and Raleigh went under the axe in 1618.

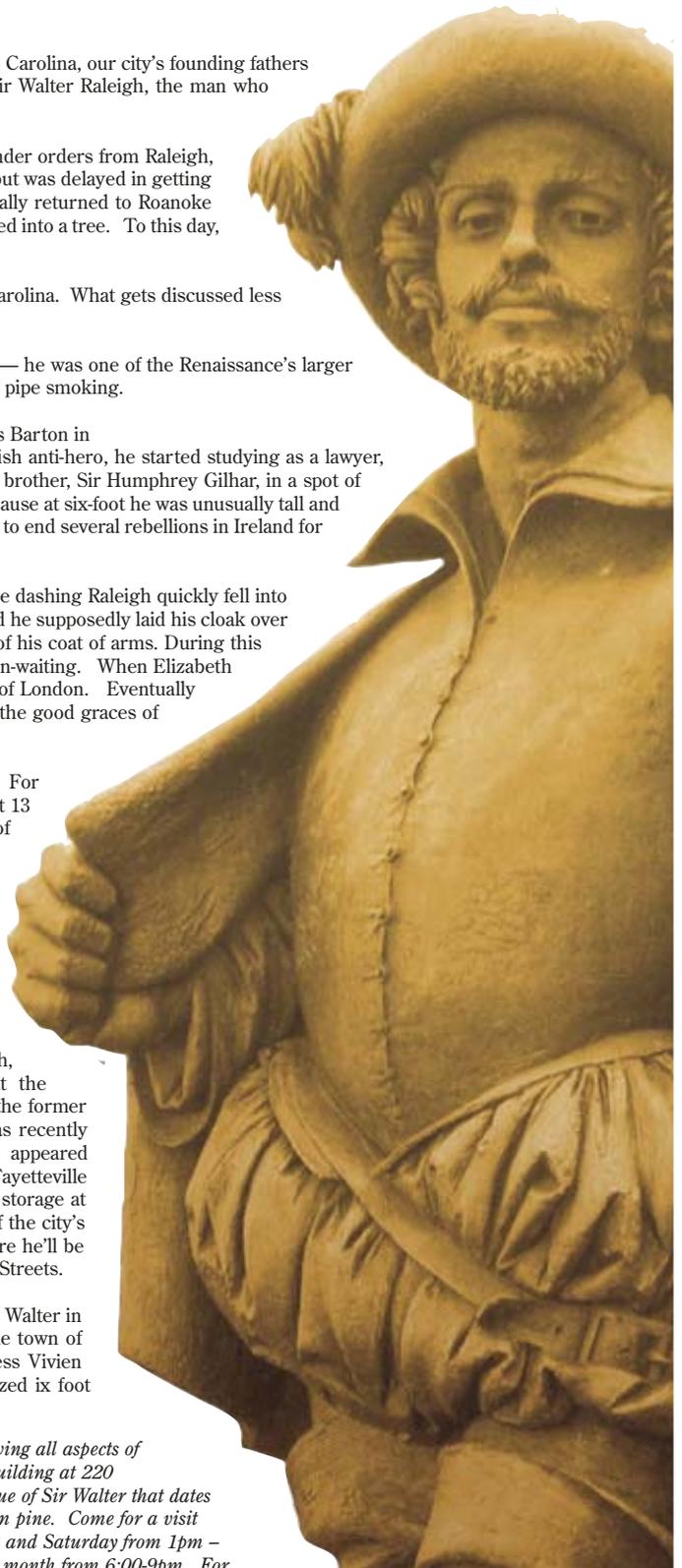
In addition to our city's name, there are several nods to Sir Walter throughout this area.

Two of our smaller neighborhoods, Hayes Barton and Budleigh, are named after the area in England where Raleigh was born. The Sir Walter Hotel was named in honor of Raleigh, and an 11-foot statue of him was placed at the Bicentennial Mall first in 1976, then moved to the former Fayetteville Street mall in 1988. The statue was recently sent off for \$15,000 in restoration work, and appeared briefly at the Raleigh Wide Open event on Fayetteville Street in July. Now the statue will go back into storage at the Progress Energy Center until completion of the city's new convention center in September 2008, where he'll be on display at the corner of South and Salisbury Streets.

Incidentally, there are at least two statues of Sir Walter in England, one of which was erected in his home town of Budleigh. It was crafted by renowned sculptress Vivien Mallock was commissioned to create the lifesized ix foot tall statue.

The Raleigh City Museum is committed to preserving all aspects of Raleigh History and can be found in the Briggs building at 220 Fayetteville Street. The museum has its own statue of Sir Walter that dates back to the early 1700s and is carved entirely from pine. Come for a visit Tuesday through Friday from 10:00am - 4:00 pm and Saturday from 1pm – 4pm. We are also open on the first Friday of each month from 6:00-9pm. For more info, call 832-3775 or log onto www.raleighcitymuseum.org.

Photos courtesy of the Raleigh City Museum and the City of Raleigh



Sir Walter Raleigh's bronze likeness will be permanently displayed outside the Raleigh Convention center in September 2008



This wooden statue of Sir Walter is roughly 300 years old. You can visit him at the Raleigh City Museum.

Building Greener, Smarter

By Danielle Del Sol

Environmentalism is the cause du jour in Hollywood these days thanks to global warming news, bizarre weather patterns, and skyrocketing prices at the gas pump. But here in Raleigh, one architect has been singing that song – and designing sustainable structures – for years. Frank Harmon, a former NCSU professor and owner of Frank Harmon and Associates Architects, has been operating his award-winning firm off Boylan Ave. in Raleigh for over 20 years. Building everything from homes to an oyster hatchery, Harmon and his crew design buildings that save money, energy, and building materials.



Architect Frank Harmon is a former NCSU professor whose firm design buildings that save money, energy, and building materials.

Frank Harmon and Associates have built 38 structures at a combined value of \$19 million since the firm's opening in 1985. In that time, "green" technology has grown immensely, and today there are more building products on the market than ever that are organic, are designed to save energy, or are made to obtain energy in new ways. Harmon appreciates these new options; some-

times he utilizes them in his designs. But flash and hype still don't impress him.

"There's a lot of talk about making "green" buildings these days," Harmon said. "There are new, sexy systems with photovoltaic [cells], geothermal systems, and control and management systems. But the most fundamental sustainable practices are basic and free."

Harmon says the most significant energy savings you can get when building a new home come from three things (and they aren't solar panels). They're all free, and they're all decisions that have to be made in the planning size of the house. First, the orientation of the house on the plot of land is everything. It will dictate how and when the sun hits the house, which controls the house's temperature and use of natural light. For example, if the house faces west, it will overheat in the afternoon and create the need for more air conditioning, Harmon says. "The results you get from orienting the house properly are more effective than all other energy-savers combined," Harmon said.

The second tip is to pay attention and make adjustments during the basic design of the house. "Window placements are a big consideration – can the building be cross ventilated?" Harmon asks. "In North Carolina, you can keep windows open five months of the year, but we don't."

And lastly: size does matter. It's as simple as this: the bigger your house is, the more energy it uses, the more materials it takes to build, and the more land has to be clear-cut for the foundation. "Almost everyone builds more than they need," Harmon said. "If you can reduce the size of your building to two-thirds what you think you need, you'll live better."



One of Harmon's environmentally-friendly projects

"As an architect, every time I draw a line, a tree is cut down," he said. "If I can draw less lines, I save land."

So when it comes down to specifics, thinking and proper planning is all that you need to make the most difference in energy use, according to Harmon. "The most powerfully effective thing you can do is to just think," he said.

But wait! You don't need to build a house to help save energy. Quite the contrary: one-third of all waste in North Carolina's landfills is from building materials. So really, the most sustainable way to live isn't building a "green" house – it's reusing an existing building. "I specialize in designing modern, contemporary buildings, but I have a huge respect for older buildings," said Harmon, whose office is actually located in an old electrical warehouse. Adding more insulation in the walls of older homes can help cut heating and cooling costs dramatically, and you don't even have to rip down walls: these days, a foam insulation (that's organic!) can be squirted into your walls. Making your roof light in color and therefore reflective (by installing light-colored metal or other means) is another great way to save energy, as is simply living near an area where you can walk more or utilize public transportation.

"By choosing to purchase an existing home, you're doing the most sustainable thing," Harmon said. "You've preserved land, history, social memory, and you've chosen not to add to a landfill."

Harmon, a North Carolina native, was educated in Europe and has worked in some of the biggest cities in the world. But some of his most fascinating and important projects are integral to saving the ecosystem of his home state.

Harmon is currently working with the state of North Carolina to build oyster hatcheries in Wilmington, Roanoke Island, and Morris Landing. North Carolina has the second-largest estuary system in the nation, and used to have the country's best oysters, Harmon said. Thanks to pollution and development, they're now gone. Growing oysters in Harmon's hatcheries (which will be sustainable, of course) will help purify the estuary water and ensure the future of Pamlico Sound.

He's also working on creating the top-rated LEED building in the state in his new design for the North Carolina Botanical Garden's visitor's center. His vision is to have a "garden that's embraced by a building." "Nature is the most important thing: I want the building to be a useful and beautiful backdrop to the garden," he said. Harmon's wife Judy, a landscape architect that works in his firm's building, will no doubt have lots of input on this particular project.

Harmon recently stopped teaching at NCSU so he could give his four-employee firm his full-time attention, and is proud by what they produce. While constructing a sustainable addition to the oldest church in Charleston, South Carolina recently, a minister approached Harmon and said, "You are doing God's work." No one could have put it better: while Harmon agrees that conservationism in the form of buying compact fluorescent light bulbs will help make a difference, the world is going to continue to disappear as we know it until we stop using "band aids" and "change our living pattern." Hopefully more designers and builders will follow Harmon's good examples and help create more eco-friendly structures. ■ RD

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Local Students Win Music Scholarship

The Greater Raleigh Merchants Association (GRMA) is pleased to announce the winners of six music scholarships awarded to area high school students. The funds were generated from the sale of the organization's 2006 "Have a Holly Raleigh Christmas" CD.

Following a successful first year of producing and selling the holiday CD, GRMA reached out to high schools across Wake County, inviting students to apply for music scholarships. Students submitted applications and wrote brief essays about their musical aspirations.

GRMA awarded first-place scholarships in the amount of \$1,500 each to Suzanne Maier, flute, Millbrook High School; Bryce Leonard, trombone, Cary High School; and Quinn Johnson, violin and guitar, Broughton High School. Second-place scholarships of \$1,000 went to Tram Quach, flute, Knightdale High School; Andrew Phillips, Horn in the key of F, Fuquay-Varina High School; and Courtney Crigger, Basson, Middle Creek High School.



Scholarship winners Suzanne Maier, Quinn Johnson, Tram Quach, and Bryce Leonard

important. "Because of music," she states, "I always had a crowd to hang out with; I didn't get mixed up with the wrong people. I got good grades in school and eventually even got a job."

"These students show great promise and enthusiasm in their musical pursuits, and Greater Raleigh Merchants Association is pleased to support their endeavors," said Stephen Votino, board member of GRMA.

"We're now in final production on the second edition of 'Have a Holly Raleigh Christmas'," Votino said. "The 2007 CD will feature original holiday songs written and recorded by local singer-songwriters, rock bands and other professional performing artists. We're grateful for their contribution to help make music education available to future musicians."

Proceeds from the sale of this year's CD will benefit the Community Music School (CMS), whose mission is to pro-

vide quality music lessons to low-income families. Since 1994, CMS has helped more than 1,000 students with hopes of enhancing their lives with music. The school offers different programs ranging from private lessons for students with disabilities to independent studies that aid students with college auditions or preparation for a possible music career.

"We're very impressed with the impact Community Music School has had on local music education," said Votino. "Our goal in producing the 'Have a Holly Raleigh Christmas' CD is to bring music opportunities to young people from all walks of life, and this

organization does just that. We're hoping to double our sales over last year, which would enable GRMA to provide significant funding for CMS programs."

GRMA will release of the 2007 "Have a Holly Raleigh Christmas" CD at the beginning of the holiday season. Pre-sales for corporate gifts and other bulk purchases will begin July 09. The CDs will be sold during the holidays at local retail outlets for \$10 each. Visit www.hollyraleighchristmas.org for more information or to order online.

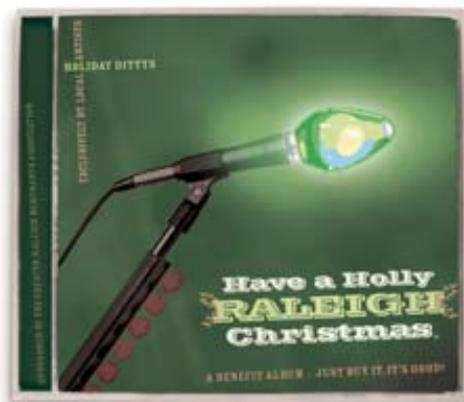
The Greater Raleigh Merchants Association is a non-profit organization that has been a leading voice for small business and merchants for more than 60 years. The organization is made up business owners, entrepreneurs, merchants and other professionals in Raleigh and the surrounding area who come together to promote an environment of communication, cooperation and support for local business. For more information, please visit the association's web site at www.grma.org.

MRD



The winners will be able to use their scholarship funds at Burrage Music Store in Raleigh to buy new instruments, sheet music and other music-related needs. A statement in Courtney Crigger's essay explains in her own words why these scholarships are

Cover art for the 2007 "Have a Holly Raleigh Christmas" CD which features local artists' original Christmas songs



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Imagine the Possibilities

By Kelly Hubbard



Transition is the key to maintaining a fashionable wardrobe throughout the year. Galatea Boutique offers clothing, jewelry and accessories in an array of fabrics, styles and textures offering the Raleigh woman options to create her own look – and then use those items to create another, and another.

Susan Burney is the manager and co-founder of Galatea, along with Cheryl Fraser. Burney is full of ideas to layer, pair, accessorize and alter staple items to create completely different looks. She suggests that if you are going to purchase something new amid the changing seasons, you should splurge on a transition piece. “This is a great time to shop in North Carolina,” said Burney. “Not only is it a transitional time in retail but we have a perfect climate to accommodate layering pieces that can easily move from summer to fall.”

And talk about fashion forward, Galatea strives to showcase local designers that use repurposed, sustainable materials and natural fabrics. Going green has become a popular trend in all aspects of life but it is challenging to shop for clothes that are green as well as fashionable. Often times the pieces are a little too “earthy” or incredibly expensive, said Burney.



Organic cotton tee by Katharine Alexander; Vintage trim shrug by Ema; starburst necklace by Mood Swing

Another way to “think green” when shopping is to purchase clothing that will be wearable and durable enough to last for years. Many people think the cost-per-wear breakdown is easy on the wallet, but it is just as easy on the envi-

ronment. Purchasing natural fabrics that do not require dry cleaning is also an eco-friendly decision. “People are starting to become more conscious consumers,” said Burney. “We are making strides in the green direction, it takes small steps.”

Katharine Alexander is a local designer who uses organic cotton to create her pieces. As a special touch, each item comes with a lovely, lavender sachet. Ema is a designer that recycles vintage materials to create completely new and stylish clothing. Before you know it, you can create an earth-conscious look that is stylish, too – take an off-white, organic cotton blouse by Katharine Alexander and top it with one of Ema’s circular-patterned trim shrugs.



Yellow jade and mother of pearl beaded necklace with fabric flower by CockaMamie; Smashed copper bead necklace by Linda D. Simpson

Recycled accessories also can add spice to an ensemble while providing a perfect conversation piece. Galatea has become known for its outstanding jewelry collection, featuring a case full of baubles from local designers. One of which is Mood Swing, this designer refurbishes old pieces of jewelry that make powerful fashion statements. Bold, metallic flowers and beads now on display as a stunning necklace, were perhaps worn years ago by someone used to flaunt the pieces as a pin or earrings. Mood Swing also makes jewelry that incorporates cut-outs of old children’s book pictures.

There are other eco-friendly possibilities for accessorizing. AINOA by Liisa uses recycled fabric swatches to make accessories such as headbands and belts. Liisa is from Finland and her label name, AINOA, means “one of a kind” in Finnish. Her pieces become unique by integrating leftover pieces of fabric that may otherwise not be used. Since corset belts are the up-and-coming fall



Hand-knit wraps by Pure Cotton

item, you can be a trend-setter by grabbing one of Liisa’s designs. The belts are comprised of vibrant patterned fabrics with beautiful embroidery work and a get-noticed ribbon to finish the faux-corset look. Her reversible patterned headbands are also very popular; the details on either side are distinctive yet transitional.

mer, ranging from breezy, floral patterns to urban, solid colors. Galatea offers different divisions of Johnny Was designs. If you are going for the airy look, check out a dress from the YellowField8 division. It is made of cool linen and rayon with vibrant orange flowers, a deep v-neck and a built-in slip. It is perfect for a picnic or daytime con-

Dresses have been a big hit this sum-

Continued on Page 13

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Go ahead, cheat on your stylist...

cert because it has a natural crinkle, making it easy to move around without worrying about creasing your dress. Burney paired this dress with a delicate necklace of yellow jade and mother of pearl beads, and a fabric flower by CockaMamie Designs.

To make the look more metropolitan, go a little trendier with a silver-gray dress from the Pete & Greta division of Johnny Was. It offers more of a "downtown feel" while maintaining its femininity. A beautiful ruffled collar continues along the button-up front of the dress; a thin tie around the waist adds a simple detail. Linda D. Simpson is another local jewelry artisan who adds a lot of hard-



Recycled jewelry, metallic flower necklace by Mood Swing

ware elements to her pieces. Her smashed copper bead necklace adds a perfect touch of color contrast to the dress.

Want to transition these summery looks into the fall? Add a sheer, long-sleeve shirt over a colorful dress and spice up an urban frock by adding a pair of tall boots or leggings.



Floral tee shirt, tank and long-sleeved mesh top by Allen Allen; skirt in Japanese maple by XCVI; hand-knit wrap by Pure Cotton

Galatea offers many items from XCVI, a line of separates with an uptown sophistication made of wearable materials like cotton and poplin with a hint of spandex. XCVI seems to embody Galatea's beliefs for offering clean, contemporary clothing with minor details to make the attire fun. Create an outfit that can easi-



Corset belt, AINOA by Liisa

ly evolve by pairing a long XCVI skirt in Japanese maple with several layers. Place a periwinkle, floral tee shirt atop a tank and a mesh, long-sleeve shirt by Allen Allen and then, it's a wrap!

After all, it is difficult to decide how to dress when going from the steamy, summer days to the cool, fall nights. A wrap is another staple that is easy to wear and convenient to carry. Galatea offers a range of colorful wraps by Pure Cotton that are hand-knit by 2,500 women knitters. The oversized effervescent and wooden buttons serve as gorgeous clasps. "It gives you something to put around you shoulders that is still appropriate for the season," said Burney.

Galatea has been a Raleigh establish-

ment for almost 11 years. It has spent 10 of those years in Cameron Village until making a move to the latest one-stop-shop of downtown Raleigh, Seaboard Station. The main reason for the transition was for more space but Burney and Fraser fell in love with the old, revamped warehouse and the local feel of their new location. "All of the shops in Seaboard are locally owned and operated," said Burney. "It is very important to us to support local business."

Galatea Boutique is located in Seaboard Station, across from Logan's Trading Co., at 10 W. Franklin St. Store hours are weekdays from 11am to 7pm, Saturday 10am to 6pm and Sunday 1pm to 5pm. Call 833-8565 for more information or visit www.galateaboutique.com.



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MUSIC CALENDAR ♦

<p><u>Thursday 8/9 (9pm-1am)</u> ADRIAN DUKE PROJEK</p> <p><u>Friday 8/10 (9:30pm-1:30am)</u> MEL MELTON & THE WICKED MOJOS</p> <p><u>Saturday 8/11 (9:30pm-1:30am)</u> JAZZ SQUAD FT. DAVE ALBERT</p> <p><u>Sunday 8/12 (9:30pm-1:30am)</u> SAM FISHER - LIVE ACOUSTIC</p> <p><u>Wednesday 8/15 (9pm-1am)</u> BIG RICK & THE BOMBERS</p> <p><u>Thursday 8/16 (9pm-1am)</u> SOUL PSYCHEDELIQUE</p> <p><u>Friday 8/17 (9:30pm-1:30am)</u> THE POWER HITTERS</p> <p><u>Saturday 8/18 (9:30pm-1:30am)</u> RALEIGH ALL-STARS</p>	<p><u>Wednesday 8/22 (9pm-1am)</u> THE RED BUS BAND</p> <p><u>Thursday 8/23 (9pm-1am)</u> SUGAR</p> <p><u>Friday 8/24 (9:30pm-1:30am)</u> CAFÉ MARS</p> <p><u>Saturday 8/25 (9:30pm-1:30am)</u> TERRY WILEY BAND</p> <p><u>Sunday 8/16 (9:30pm-1:30am)</u> SAM FISHER - LIVE ACOUSTIC</p> <p><u>Wednesday 8/29 (9pm-1am)</u> BIG RICK & THE BOMBERS</p> <p><u>Thursday 8/30 (9pm-1am)</u> MEL MELTON & THE WICKED MOJOS</p> <p><u>Friday 8/31 (9:30pm-1:30am)</u> ADRIAN DUKE PROJEK</p>
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Lori and Jessica in the VIP tent at Bud Live



Dave and Ken working at Mosquito



Tisha Powell from WTVD 11 — one of the most beautiful and gracious women in TV news — out with her daughter at the recent Raleigh Wide Open event

Dr. Bill and Kathryn



Friends out at Buckhead Saloon

AROUNDTOWNAROUNDTOWNAROUNDTOWNAROUND



Listening to great music at Blue Martini



Enjoying the perfect weather at Downtown Live: Jasmine, Kia, Joy, Trina, Kamora



Director of the Raleigh City Museum Dianne Davidian, and intern Lauren, pose by the 300 year old statue of Sir Walter Raleigh—now on display at the Museum



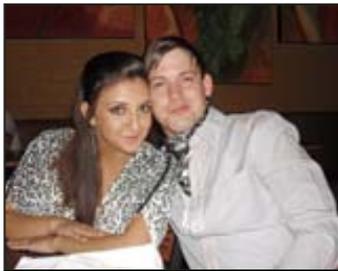
Allan, Elizabeth, Jim and David at the Raleigh Wide Open celebration



Dr. Geoff Hilliard celebrating his birthday with Cheryl, Dondi, AnneMarie, and Peggy



Three of the lovely ladies from Sullivan's: Kaitlin, Kelly and Ashley



Scotty and Natasha out for her birthday at Humble Pie

James Sutton and wife Katie at Bud Live in Moore Square



Carole and Denise at Lucky B's

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City Limits owner Kevin with employee at Bud Live



Steve and Rachel at Amra's

Juan, one of the hardest working and friendliest employees at the Bud Live concerts



Raleigh clean air mascot CLAIRE with a new friend

Emmanuel keeps a watchful eye on the Hudson downtown





By Fred Benton,
City Style Editor

I've been a fan of William D'Auvray ever since he worked for George Bakatsia at Bak's Bistro, George's first restaurant in Durham that I enjoyed during the 70s. On one visit there I had a dish prepared by William, which was stone crab claws served cold with a mango puree and lots of fresh cilantro. I believe it was my introduction to that delightfully aromatic herb, cilantro. I've been a fan ever since! I loved the dish so much that in nearly 30 years I've never forgotten it. But it was there at Bak's Bistro that William—as far as I know—was the first chef to introduce fusion or East meets West cuisine to the Triangle.

At Fins, William's own restaurant, his forte with Asian and French-influenced cuisine reached even higher heights. Fin's originally—and up to

recently—was located in North Raleigh in Greystone Village. But now, I'm glad to report, Fins, more beautiful and spacious, gives an uptown feel to downtown Raleigh. Fins gloriously occupies the ground level of Progress Energy 2 Plaza Building that fronts East Davie Street (corner of Davie and Wilmington streets). And it was my and Crash Gregg's great treat to lunch there recently with two of the loveliest young ladies in the Capitol City, Rachel Cragg, of Broadway Series South, and Joan Caviness of the Carolina Ballet. However table conversation about the performance arts took second seat to exclamations of delight at the food set before us: Hot Smoked Salmon Focaccia-Herb Sandwich with grilled Vidalia onions and roasted fennel butter (\$8). Most smoked Salmon is uncooked salmon, thinly sliced, and smoked. But the flesh pulls and the texture is still somewhat rubbery. In the preparation at Fins the salmon is actually grilled to a smoky flavor. The flesh still exhibits some moisture content. All of us considered this appetizer or light lunch fare a winner.

We all enjoyed the Grilled Chicken Satay, served with spicy cucumber salad and peanut coconut sambal (\$8). The turmeric-colored chicken was served in bite-sized chunks on skewers atop mixed wild greens and the sambal. I didn't think the cucumber salad was "spicy" at all but rather a refreshing foil for the chicken and sambal which is an Asian condiment—of almost any description—that typically accompanies curries. The sambal at Fins in this dish was worthy of being eaten by the spoonful.

Among the many eateries that I miss is a Vietnamese sub shop that operated in Mission Valley Shopping Center. I quickly became addicted to a pork sub there redolent with cilantro and other herbs (in true Vietnamese fashion since Vietnamese food is the most herbeaceous of all the Asian cuisines.) How I have missed this sandwich! But miss it no more because at Fins I chose the Vietnamese Style Sandwich with roasted pork shoulder, Thai chilies, daikon salad, cilantro and Thai basil (\$9). Oh my stars this was good!! The pork, William explained, is brined for three days then undergoes a 7-hour slow roasting. It all just melted in the mouth, the herbs refreshing the palate

with each bite. I'd opted out of the chiles since I'm no "pepper-head," but one crept onto the sandwich when William wasn't looking. I bit into it, and the tears flowed. But FYI, water, ice tea or soda will not stem the fiery tide; only milk will do the trick – so the waiter noticed and very kindly brought me a glass of milk. But don't be fooled into assuming that a Thai chili might be tamer than its South of the Border cousins; it isn't!

Continued on page 17

Fins chef/proprietor William D'Auvray



BETTER LIVING

Fred Benton *knows* the Triangle! Benton, former syndicated columnist, long-time food editor of SPECTATOR Magazine, reviewer for Citysearch.com and a food writer for METRO Magazine, is pleased to recommend to our readers the following as "better living" businesses of particularly high standards and quality.

York Simpson Underwood Realty

Our roots in the Triangle community run deep. To learn more about the residential real estate company voted "Best In The Triangle" visit www.yshomes.com.

Angus Barn - Glenwood Avenue, close to RDU International Airport, 787-3505. The premier steak house in North Carolina: the legend of the fine cuisine here continues every evening. Award-winning wine cellar. Reservations recommended.

Bistro 607 - 607 Glenwood Avenue, 828-0840. Chef-owner Heath Holloman is, in my opinion, one of the most talented chefs in the area! Pay special attention here to foie gras preparations and farm-raised salmon dishes. Open for lunch and dinner. Reservations strongly recommended. Bistro607.com

42nd Street Oyster Bar - 508 West Jones Street, Raleigh, 831-2811. Best fried oysters ya ever smacked lips over! 42ndstoysterbar.com

EVOO - 2519 Fairview Road (at corner of Oberlin Road), 782-EVOO. This neighborhood-feel eatery serves up exceptional Mediterranean cuisine under the watchful eye of well-respected and loved chef Jean Paul Fontaine. Open for lunch and dinner. 782evo.com

larrysbeans.com - Your web site for premium "fair trade" coffees: can't live without their El Salvador Dali coffee blend or this time of year, the holiday blend. Larry's Beans purveys to only the finest coffee houses. 828-1234

Seaboard Imports - Seaboard Station, Raleigh, 838-8244. My favorite store! Fun and funky to chic sophistication home and personal decorating. Fashion statement jewelry.

Nina's Ristorante - 8801 Leadmine Road, Harvest Plaza, 845-1122. Owned and operated by "mom and pop" Chris and Nina Psarro. Nina, to me, is the Goddess of Italian cookery. Nina's Ristorante is critically acclaimed as the best Italian restaurant in the area!

Edible Art Bakery & Dessert Café - 3801 Hillsborough St., 856-0604. The artistry of all the celebratory cakes made here (wedding, birthday, bar mitzvah, bat mitzvah) is unparalleled in the Triangle. These cakes feed the eye as well as the palate. 25 years in business explains why. Very recommended.

The Point at Glenwood - 1626 Glenwood Avenue at Five Points, Raleigh. Neighborhood ambiance. New menu! 755-1007

NoFo - 2014 Fairview Road, Five Points, Raleigh. The café for breakfast, brunch, lunch & dinner. And the retail for provisioning the luxurious larder and cooking accoutrements to turn functional kitchens into art spaces. nofo.com. 821-1240

Seaboard Wine & Tasting Bar - Seaboard Station, Raleigh, 831-0850. Uptown ambiance with focus on exceptional European wines with knowledgeable staff. Complimentary wine tasting, Saturdays, noon to 4 p.m. seaboardwine.com

Sew Fine II Draperies and Interiors - Sutton Square Shpg Ctr, 5850 Fayetteville Rd, Durham, 806-3638. A Hunter-Douglas Centurion member. Free at-home consultations. Visit sewfine2.com

William and Garland Motel - Salterpath, 252-247-3733. 50s-60s feel with 21st century comforts. Pet-friendly! <http://wgmotel.hypernart.net>

The Lamplight Inn - Henderson, 252-438-6311. A country bed and breakfast. Pet-friendly, close to Kerr Lake. www.lamplightbandb.com

Vacuum Cleaner Hospital - 300 S. Elliott Road, Chapel Hill, 919.968.0711 or 800.755.9057. The Triangle's specialists for CENTRAL VAC systems! Free estimates! Visit vacuumhospital.com

Glenwood Grill - Glenwood Village Shopping Center, 782-3102. Upscale casual, very neighborhood with memorable food prepared by chef John Wright. Menu changes every 2 weeks. One of my favorite hang-outs. Glenwoodgrill.com

If you would like to propose your enterprise as a better living business to be included on this list please write fred@raleighdowntowner.com or call 782-5276.

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FINS, Continued from page 16

Yet another superb dish arrived at the table: Pecky Toe Crab Dumplings, silver queen corn, grilled baby romaine, Costa Rican hearts of palm, basil with a tomato-lime leaf vinaigrette (\$10). Pecky Toe, also known as Picky Toe, is a slang name given to Atlantic Rock Crabs that are found in the deep waters around Maine. In the past lobster fishermen usually threw them out from the nets when they brought aboard the lobsters. Like squid of decades ago, these crabs were considered "trash." But no more. In fact the flesh—not easy to get to—is highly prized among chefs and foodies all over the world for its intrinsic sweetness. Now the term "dumpling" is unusual since the classic definition of a dumpling is a forcemeat of some sort, encased in a pastry or wrapper and poached to cook through. Sweet dumplings, filled with fruit, are typically baked. The pecky toe dumplings resembled scallops breaded in panko and deep-fried. Still, classic dumplings or no they worked for me—and indeed for all of us. Plus the melange of goodies that went with the pecky toe morsels worked with the sweetness of the crab. Another culinary triumph for Fins.

The desserts here are a must. I chose Rum Baba with chocolate, banana brulees and fried banana ice cream (\$8). I was underwhelmed with all the components of this sweet finale other than the rum baba. The rum baba sent me into taste orbit. And to explain the other components I have to state that I rarely eat processed sugar or even sugar substitutes other than stevia and liquid saccharin. The banana brulees I pulled off the baba and the fried banana ice cream I let others have. These were just too sweet for me. In my "old" life I'm sure I would have wolfed it all down. Could it be I've lost my taste for man-made sweets? Ye gads!

Fins, as always, is a winner. My compliments to the helpful waitstaff and a special one to both William and his wife, Lisa, who haven't seemed to age a day in the last decade! And here I thought running a superb restaurant would give you gray hairs before your time. William and Lisa belie that notion. ■RD



QUICK BYTES: FINS

110 East Davie Street, ground floor of Progress Energy 2 Plaza Building • 919.834.6963

Mon-Fri 11:30am to 2:30pm

Mon-Thurs 5:30-10pm, extending to 11pm, Fri-Sat

Reservations: Yes

Average Lunch Check: \$12

Take Out: Yes

Off-Premise Catering Available: Yes

Noise Level: Moderate

Private Dining/Meeting: Yes, for 20-44; 10 semi-private

Wireless Internet: Yes

Low Carb Menu Choices: Yes

Vegetarian Choices: Yes

Smoking Area: Outside dining area only

Full Bar: Yes

Outdoor Dining: Yes

Web Site: www.myspace.com/finsrestaurant

Parking: Primarily street but parking decks are close by



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5th Annual Second Empire Grand Prix Series

Premier running races in Raleigh help benefit local charities



Last year's Grand Prix helped raise money for several local charities.

The heart of downtown Raleigh is home to Second Empire Restaurant and Tavern. Within the walls of this historical home lies the headquarters of the Second Empire Grand Prix Series, an organization committed to promoting seven charity road races in the Raleigh area, now entering into its fifth year.

Husband and wife team, Kim Reynolds and Rod Garnas exemplify a good example of the responsibility of business owners to their community as they devote their resources to serving Triangle charities. Five years ago the two of them, along with Cid Cardoso of Inside-Out Sports, organized the first annual Second Empire Grand Prix Series. Since then the series has grown to seven of the best road races in the Triangle area. This year American Express, Time Warner Cable and Endurance Magazine have teamed up with Second Empire and Inside-Out Sports to help sponsor this prestigious series.

One of the beauties of our community is that by giving, we gain and in helping others, we help ourselves. Involvement in the Grand Prix Series can be good for

your heart whether participating as a volunteer, spectator or athlete.

The Second Empire Grand Prix Series provides one of the areas largest opportunities to spotlight local non-profit organizations dedicated to creating a better tomorrow for North Carolina residents. Each successful race is a step closer toward finding a cure, meeting needs and creating awareness for some of Raleigh's charitable programs: Spastic Paraplegia, Hearing Impairment, Autism, the United Negro College Fund, Lung Cancer, Leukemia & Lymphoma and Arthritis. Many of our lives have been or will be touched by one or more of these causes. The Grand Prix Series gives North Carolinians a chance to meet a community challenge set in beautiful downtown Raleigh.

The best seven races in the Capitol area were chosen this year to be included in the Second Empire Grand Prix Series. All competing runners in each race will receive Grand Prix points. Individuals accumulating the most points receive money and prizes from a purse of over \$2,500. An awards ceremony and luncheon will be held in January, 2008 at Second Empire Restaurant and Tavern to recognize all of the winners in each age group.

The Magnificent Mile
Raleigh, Sunday, September 16, 2007
Benefits: Spastic Paraplegia Foundation

Second Empire 5K Classic
Raleigh, Sunday, September 30, 2007
Benefits: Camp Woodbine for hearing impaired children

Autism 5K Ribbon Run
Raleigh, Saturday, October 13, 2007
Benefits: Autism Society of NC

Saint Augustine's College George Williams 5K
Raleigh, Sunday, October 21, 2007
Benefits: the United Negro College Fund

Free to Breathe 5K
Raleigh, Saturday, November 3, 2007
Benefits: the National Lung Cancer Partnership

Inside-Out Sports Turkey Trot 8K
Cary, Thursday, November 22, 2007
Benefits: Leukemia and Lymphoma Society

Jingle Bell 5K Run
Raleigh, Saturday, December 1, 2007
Benefits: Arthritis Foundation

Come out and be a part of the premier running series of the region. For more information on the Second Empire Grand Prix Series and each of the participating races go to www.secondempireraceraleigh.com or call Jim Young, race director at 919-873-1207.

Second Empire owners Kim Reynolds and husband Rod Garnas devote much of their time to helping local charities



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Raleigh Wide Open 2 A Big Success

The second annual celebration of the Fayetteville Street re-opening

At the Raleigh Wide Open event on Saturday July 21st, great weather welcomed thousands of Raleigh citizens who flocked to the downtown area to enjoy food, music, exhibits, and fun events. Mayor Charles Meeker (middle left photo) also unveiled the refurbished Sir Walter Raleigh statue that will stand at the new convention center when finished. At the free concert that was headlined by Eddie Money, an estimated 50,000 Raleigh fans enjoyed the songs that he belted out including his string of 1980's hits like "Baby Hold On" and "Shakin'." The celebration was topped off by a grand fireworks show sent up over the crowd, marking the end to a great evening in downtown Raleigh. In case you missed the event, here are a few photos of the festivities. **See more photos on page 25.**

Photos courtesy Downtowner Staff, The Raleigh Chronicle and the City of Raleigh.



EVENTS CALENDAR

-  = Live Music
-  = Classical Music
-  = Arts
-  = Performing Arts

ON STAGE CALENDAR

Brought to you by 42nd Street Oyster Bar and their commitment to the performing arts and artists in Raleigh. 508 West Jones St., Raleigh 831-2811

August 8-19



Five Women Wearing the Same Dress
Hot Summer Nights at the Kennedy Dinner with Friends is a sharply funny and honest look at love and friendship

in the age of divorce. Two married couples have been best friends for years, but when one couple announces they're splitting up, the rug is pulled out from underneath their comfortable foursome. Directed by Burning Coal Theatre's Artistic Director Jerry Davis and winner of the 2000 Pulitzer Prize for Drama. Visit www.ticketmaster.com/venue/115399 or call the box office at 831-6011 to save the Ticketmaster service fee.

August 22-Sept 2



Ain't Misbehavin'
Hot Summer Nights at the Kennedy
The outrageously prodigious comic and musical soul of 1930s Harlem lives on in this rollicking, swinging, finger-snapping production that is still considered one of Broadway's most popular and well-crafted revues of all time. The inimitable Thomas "Fats" Waller rose to international fame during the Golden Age of the Cotton Club, honky tonk dives along Lenox Avenue, rent parties, stride piano players and that jumpin' new beat, Swing. Ain't Misbehavin' evokes the delightful humor and infectious energy of this

American original as a versatile cast struts, strums and sings the songs he made famous in a career that ranged from uptown clubs to downtown Tin Pan Alley to Hollywood and concert stages in the U.S., Canada and Europe. Directed by Matthew-Jason Willis with Musical Direction by McCrae Hardy. www.ticketmaster.com/venue/115399 or call the box office at 831-6011 to save the Ticketmaster service fee.

MULTIPLE DAY EVENTS

August - October



Moore Square Farmer's Market Downtown Raleigh
Every Wednesday 10:30am-2pm
The market, which will take place from April through October, is located in downtown Raleigh under the oak trees in Moore Square near Blount Street and the City Market plaza.

September 20-23

Sparkcon
Thursday-Sunday, September 20-23
Over 40 volunteers are organizing a host of fun and inspiring events, including:

- speakers and ideation sessions
- musicSPARK: music showcases in a number of clubs throughout the weekend
- fashionSPARK: a Triangle-wide Fashion show including urban and formal apparel design and body art such as tattoos and body piercing
- artSPARK: an Image Slam of local artists' work on the big screen, mixed with modern dancing, breakdancing, spoken word and other performance art, also an open art exhibition at Vintage 21 and an art competition.
- groundSPARK and grafSPARK: local artist spontaneous artwork on the street or on provided graffiti walls
- youthSPARK: local high school youth show off their creativity in art, music, drama, or whatever they come up with. Plus much much more!
www.sparkcon.com

September 21-22

Raleigh Street Painting Festival
Visual Art Exchange, in conjunction with DesignBox, is pleased to announce the 2007 Raleigh Street Painting Festival will be held September 21-22 in City Market in the Moore Square Art District. All festival events are FREE and open to the public.

This is not your typical art festival.

Continued on page 22

Monday, September 24, 2007

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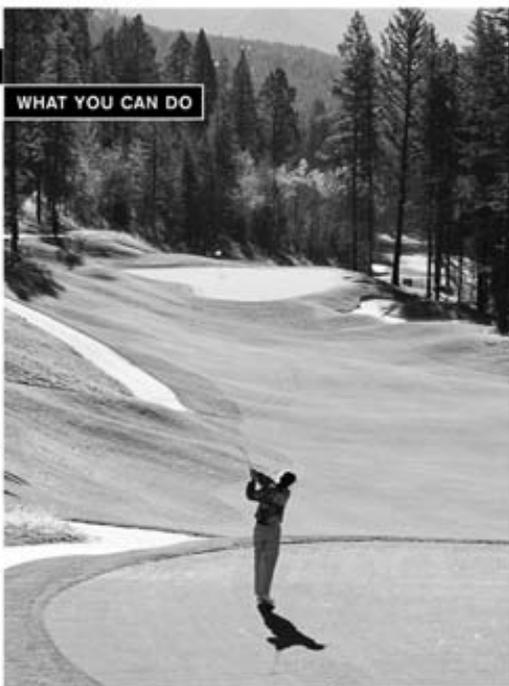


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Continued from page 21

Moore Square and City Market will be filled with over 300 artists actually painting the street, using Martin Street in Moore Square as their canvas. Their is no theme for this years festival and the artists will have only 27 hours to complete their work.

In addition to the street painters, there will be street performers, plein air painters working on their easels and musicians performing in the neighborhood during the entire festival. Music will be provided by local bands and performers. All district shops, galleries and restaurants will be open throughout the Festival. Other festival events will include a fashion show, image slam and movie night. Fun for the Entire Family!

For more information about how to participate call 919.828.7834 or email info@visualartexchange.org

DAILY EVENTS

11 August ~ Saturday

Bud Light Downtown Live presents Soul Asylum

Theatrical, rousing, and raucous, Soul Asylum is the little engine that could.

No chance for a runaway train here... well, maybe.

Also Playing: Yo Mamas Big Fat Booty Band, Terry Anderson & the Olympic Ass-Kickin Team, Brite Boy, J-Roddy Walston and the Business, Mickey Mills & Steel.

The Triangle's premier free outdoor concert series, located in Downtown Raleigh's Moore Square Park from 2 pm-11 pm. Rain or shine.

www.BudLightDowntownLive.com

11 August ~ Saturday

NC Museum of Art Summer Concerts presents

Allen Toussaint

In the annals of New Orleans music, Allen Toussaint ranks with Louis Armstrong and Fats Domino as one of the gods. Don't miss this rare opportunity to see the master at work.

2110 Blue Ridge Road
Raleigh, NC 27607-6494

Phone: (919) 839-6262

Box Office: (919) 715-5923

www.ncartmuseum.org/events/summerconcert.shtml

18 August ~ Saturday

NC Museum of Art Summer Concerts presents

Robin & Linda Williams

Along with Their Fine Group, which features former Red Clay Rambler Jim Watson, the Williamses perform a timeless blend of bluegrass, folk, old-time, and original country music.

2110 Blue Ridge Road
Raleigh, NC 27607-6494

Phone: (919) 839-6262

Box Office: (919) 715-5923

www.ncartmuseum.org/events/summerconcert.shtml

25 August ~ Saturday

Bud Light Downtown Live presents Warrant

Wanna get rowdy? Boisterous and brash, Warrant is a sure bet for fun.

Also Playing: Parmalee, Parklife, The Fifth, Boxbomb, Mickey Mills & Steel.

The Triangle's premier free outdoor concert series, located in Downtown Raleigh's Moore Square Park from 2 pm-11 pm. Rain or shine.

www.BudLightDowntownLive.com

15 Sept - Saturday

Bugfest

NC Museum of Natural Sciences

The 11th annual version of the world's biggest and most popular "buggy" event will offer outstanding displays, activities and compound-eye-popping shows. Experience the

refreshing Garden and Kid Zones, enjoy delicious bug-filled delicacies at the Café Insecta, cheer on your favorite entry at the Roachingham 500 roach races, view incredible and bizarre live animals, and see the un-bee-lievable beard of bees! At 5 p.m. BugFest transitions into the Twilight Zone. Visitors will get into the evening groove with a fresh round of activities, entertainment and live music for the (slightly) more adult at heart.

Enjoy the entertaining displays, exhibits and activities — both inside and outside the Museum.

Learn about arthropods, which make up three-quarters of all animals on Earth, during fascinating presentations.

Taste delectable dishes featuring creepy crawlers as a major ingredient at Café Insecta.

BUGFEST - 9 am - 5 pm

The Plaza, Capitol Grounds, and all four floors of the Museum will be filled with buggy fun!

BUGFEST: Twilight Zone - 5 - 9 pm
Evening entertainment and BugFest favorite stations will be open on the Plaza and First and Second floors.

Thu. Aug 9 > Electric Church	Wed. Aug 22 > Voodoo Flute (ladies nite!)
Fri. Aug 10 > Big Rick	Thu. Aug 23 > Dangermuffin
Sat. Aug 11 > Chop Shop	Fri. Aug 24 > \$5.00 Bombs
Sun. Aug 12 > \$5.00 Fruit Named Martinis	Sat. Aug 25 > Chop Shop
Mon. Aug 13 > Russ Thompson	Sun. Aug 26 > Open Blues Jam
Tue. Aug 14 > Open Mic Night	Mon. Aug 27 > Russ Thompson
Wed. Aug 15 > Voodoo Flute (ladies nite!)	Tue. Aug 28 > Open Mic Night
Thu. Aug 16 > Prime Rib Blues Band	Wed. Aug 29 > Voodoo Flute (ladies nite!)
Fri. Aug 17 > The Heaters	Thu. Aug 30 > Adrian Duke
Sat. Aug 18 > Tad Walters	Fri. Aug 31 > Bad Mojo
Sun. Aug 19 > \$5.00 Fruit Named Martinis	Sat. Sep 1 > \$5.00 Bullfighters
Mon. Aug 20 > Russ Thompson	Sun. Sep 2 > Open Blues Jam
Tue. Aug 21 > Open Mic Night	Mon. Sep 3 > Russ Thompson

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space! Call The Glenwood Agency at 919-828-0077

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Jason Smith of 18 Seaboard

By Fred Benton, City Style Editor

Writing this is a particular pleasure for me because I am showcasing a likeable young man whose restaurant, 18 Seaboard, has become, since it first opened a year and a half ago, one of my favorites! 18 Seaboard, along with 42nd Street Oyster Bar, Bistro 607 and EVOO, is a sure lure for me when it comes to places to nosh come noon. My usual dish there is salmon—always done to perfection—served with an upscale. The only chef who rivals 18 Seaboard’s Jason Smith’s skill with salmon is Heath Holloman at Bistro 607.

Jason Smith has superb credentials which includes long stints at Magnolia Grill under the much acclaimed—and rightfully so—Ben Barker in Durham, Union Square Café and Grammercy Tavern, both in Manhattan under probably the best restaurateur in the country, Danny Meyer and at the ultra-ultra Peninsula Grill in Charleston. What a treasure to find in Raleigh!! I’m thankful that Wilmington resident



Raleigh native chef-proprietor Jason Smith focuses on food and customers

(and Raleigh-born) Jason decided to come here to open his own restaurant.

But beyond his culinary talent there are other things about this chef that impress me: he’s a “people” person; whenever he can take a break from the kitchen he’s always at the front door of

his eatery pressing the flesh with a word of greeting or farewell, whether it’s the CEO of a major corporation or a minor management person on some bottom rung of the corporate ladder. Plus Jason has great respect for his walk-in customers. Many corporations and organizations have tried to book his entire restaurant for the evening. Jason is well aware that he could make tons of money if he did it but he resists the temptation, respecting his walk-in trade and not wanting to disappoint any of them. One out-of-town person, wealthy and relentless, offered Jason any amount of money he wanted to reserve the entire restaurant for a special occasion dinner, but still Jason said no. His regular customers are more important to him!

Along this line I dined at 18 Seaboard for the first time for dinner in preparation for doing this article. I was really struck by the diverse crowd. On that point Jason commented proudly about a recent evening in which two construction workers, one same-sex couple and a former NC attorney general and former NC governor were all sit-

ting at the bar at the same time! Jason guessed nowhere else in Raleigh had such a diverse bar crowd and I think he’s right. And I like 18 Seaboard all the more for it. Ladies don’t have to primp and pouf for hours and men don’t have to put on a tie and grumble about an impending whopping credit card bill.

Continued on page 27



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August 11: Soul Asylum / Yo Mamas Big Fat Booty Band
August 25: Warrant / Parmalee

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JASON SMITH, Continued from page 26

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AN EMPIRE*Eats* ESTABLISHMENT

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And a good meal it was! Starting with “Starters.” I’d been told months before that the Cucumber Soup (\$5) is memorable and a “must.” I tried it and I agree. It’s a thick viscous liquid abundant with subtle summer flavor with, I think, a hit of lime. The soup is garnished with quarters of cherry tomatoes and poached shrimp. Surely if the heat brings on a meltdown this soup will build you right back up. It’s summer in a bowl!

Jason most surely takes advantage of the season, exhibited most pronouncedly in the “Starters” section of the menu. The main ingredient, on the evening of my visit, was watermelon. And what clever things he did with this melon! A major treat was the Grilled Hieronymous Shrimp and Water Melon Skewer Block (\$8). Skewers fit into a wooden block standing diagonally up. And each skewer holds grilled shrimp separated with grilled watermelon cubes. Grilled watermelon?! Wow, this was great! The watermelon was flavored with shrimp and that in itself made for incredible eating.

But also consider Fried Green Tomatoes with corn relish tartar sauce (\$7). These were so crispy, so succulent that I could almost see Jessica Tandy sitting across from me, smiling. What I didn’t try but is a signature dish of Jason’s is the Goat Cheese Fondue served with pickled tomatoes, balsamic currant and orange pistachio compotes (\$9).

There are two dishes under the “Chef’s Entrees” section that Jason feels is a must try. First, a signature dish,

Cornmeal-Crusted Carolina Classics Farm Catfish served with grilled grit cake, spinach and the aforementioned smoked corn relish (\$15). Not only was the catfish moist, interior cooked perfectly—the smoked corn relish garnish was fabulous! Fresh kernels of yellow summer corn, roasted still firm to the bite, a planet of natural, sweet flavor packed in each kernel. Another popular entree is Cracklin’ Pork Shank with bleu cheese grits, spinach and pear onion compote (\$17).

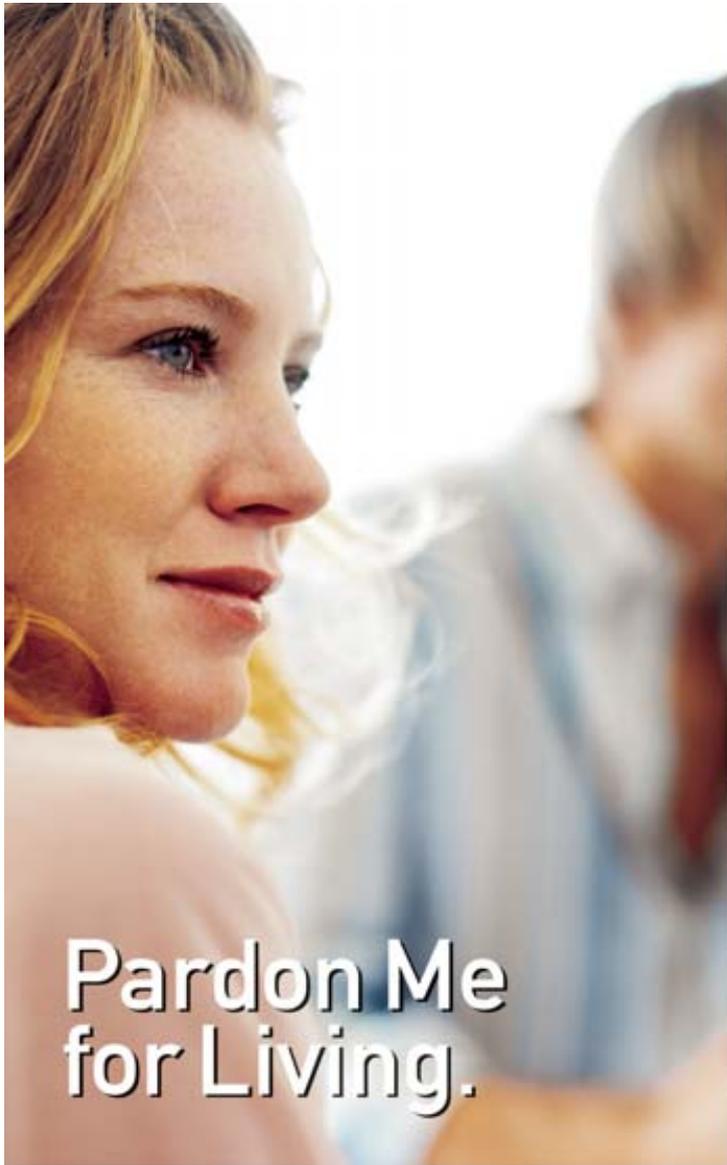
A “must have” dessert is the summery Basil Panna Cotta (an Italian dessert that translates literally as “cooked cream.” It offers a cloud-like texture with a watery rather than a fatty finish,) with Mint Pineapple Coulis and Fresh Orange Segment. Inspired!

And my compliments to pastry chef Billy Apperson, and of course to Maitre d’ hotel Lauren Martin (who happens to be Jason’s special lady). She becomes special to all who enter because she’s so kind and helpful. And last but certainly not least I want to commend—as I have in the past—18 Seaboard waitperson Brian Blevins who’s one of my favorite waitpeople in the Triangle. I am pleased to recommend your adding Jason Smith’s 18 Seaboard to your dining out itinerary.

18 Seaboard
18 Seaboard Avenue (Seaboard Station)
Raleigh • 18seaboard.com
919.861.4318

Lunch: Mon-Fri 11:30am to 2pm; dinner, seven nights per week, 5 to 10pm (extending to 11pm on Fri & Sat).

Reservations recommended but walk-ins always welcome



Pardon Me for Living.

Who ever said I had to live by someone else's rules?

I have the career, the boyfriend and the friends I couldn't live without. But the ruffled apron, six-hour pot roast and knitting my own scarf? No thanks. I'd much rather surround myself with nightlife, friends, dates out and well, Life. So I live where I live. Add in the activity and culture of living in Glenwood South, and I'm completely happy. And my condo at West puts me right where I want to be, where the heart of downtown beats loud and fast and always offers something new.

Don't misunderstand me; I don't sacrifice luxury for location. My spacious, designer-appointed condo comes complete with a rooftop pool, 24-hour fitness center and a rather-cute doorman. Living at West gives me a life by my rules. So, pardon me for living.

West. Downtown Living.



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