



# RALEIGH DOWNTOWNER™

VOLUME 4, ISSUE 12

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

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## The Downtown Gallery Guide

Your guide  
to local  
art galleries  
in and around  
downtown  
Raleigh



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# The Downtown Gallery Guide

## A gathering of gallery information

By Sarah Blackmon  
Block Gallery Coordinator and  
Gallery Manager, Rebus Works

Gallery list courtesy Raleigh Arts Commission,  
updated by Melissa Santos and Courtney Wright

**I**nvigorated by a vibrant gallery scene with nearly 50 exhibition venues, the Raleigh arts community is growing and changing, along with the city.

From the venerable (and ever-evolving) Artspace, in operation since 1986, to the edgy Lump and the upcoming newest "kid" on the block, the Mahler Gallery, Raleigh has something for every taste. Whether your style (or pocketbook) steers you toward works by emerging artists, or if you are in the market for a piece from an established artist, you can find what you're looking for downtown. In addition to offering compelling and creative works of art for sale, these diverse galleries and mixed-use exhibition spaces provide a venue for an exciting plethora of events, from fashion shows to concerts,

charity fundraisers, breakdancing contests, and wine tastings.

First Friday is the free downtown gallery walk held on the First Friday of each month where exhibition spaces stay open after work hours and often provide refreshments, music and other related activities. First Friday was started through the hard work and vision of local arts supporters including Rory Parnell, Melissa Peden, Nan Hutchins, Debbie Hancock, Denise Dickens, and Ann Tharrington.

Gerry Lynch at work in her Artspace studio

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## ■ The Raleigh Downtowner Vol. 4, Issue 12



**COVER PHOTO:**  
One-third of  
Jenny Mastin's  
*Trinity of  
Consciousness*  
on display in the  
lobby of Artspace  
(through Jan 31st)

**LEFT:**  
Artist Natalie  
Crawford  
painting in her  
studio

**RALEIGH DOWNTOWNER**

The Downtowner is a local monthly print magazine dedicated to coverage of downtown Raleigh. Our online publication encompasses downtown as well as the surrounding area.

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**919.821.9000**

**www.raleighdowntowner.com ■ www.raleigh2.com**

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All press releases should be sent to [press@raleighdowntowner.com](mailto:press@raleighdowntowner.com)

General business inquiries may be sent to [office@raleighdowntowner.com](mailto:office@raleighdowntowner.com)

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Parnell, now of the Collectors Gallery, cites Nan Hutchins as “the cheerleader who brought the group together...inspired by similar gallery crawls throughout the country.” Parnell said the women realized they had “a cluster of arts spaces” and with that, a power to promote art to a larger audience.

From the event’s inception in 1990, which was “an overwhelming success, with many people in the streets and galleries shoulder-to-shoulder,” First Friday has expanded from the Moore Square Arts District to a radius of approximately 20 blocks. Spanning Rebus Works and studios in Boylan Heights, Flanders Art Gallery in Seaboard Station, the event is now marketed by the Downtown Raleigh Alliance and typically offers the first viewing of new exhibitions. Continuously expanding, the event also includes (unofficially) Bike First Friday, where cyclists converge en masse on galleries. Their green mode of transportation allows them to visit many venues in the span of an evening.

My inaugural introduction to First Friday was on a hot summer night early in my freshman year of college in 2000, a decade after the ‘first’ First Friday. Amid the crush of a well-heeled crowd, I felt conspicuously young and somewhat unsophisticated in my student-standard garb of shorts and sandals. My first stop was Artspace, where I was inspired by two floors of studios filled with jewel-toned felt sculptures, pastel portraits, and large, luminous paintings. I then wandered through the Raleigh Contemporary Gallery (now the Collectors Gallery), and walked down Davie Street, turning



right on Blount. The street was dark, save the nondescript gray building with its garage door left invitingly wide open, allowing the crowd of fascinating people to overflow onto the sidewalk. Inside was a swirl of people, loud music and art unlike any I had ever seen before. I still remember the colorful Onion Head Monster messenger bag, a Paul Friedrich design, being sported by one of the gallery-goers, the provocative conversations and those great giant red letters announcing “LUMP!”

That casual trip downtown “through the looking glass” proved life-altering, as the places I visited that evening helped inspire me to change my career direction, eventually abandoning engineering for a major in art and design. The community I discovered that summer night is the one I would eventually join, first as an artist exhibiting at the student-run Fish Market, and then later as a gallery manager.

I remain grateful to those galleries and their artists, managers and patrons for helping guide me towards my career in the arts. In this span of time – it has now been nine years since my ‘first’ First Friday – our gallery landscape has ebbed and flowed, constantly transforming. Of course during this time we have also lost some important spaces, most notably Bickett Gallery and Gance Gallery. But as Nicole Welch, Curator of Education at the Contemporary Art Museum says: “There is always a new place, a new arts champion that emerges to fill the gap.” Some of those exciting new places include Flanders, 311 and Adam Cave Gallery. Also opening in early 2009 on Fayetteville Street is the Mahler Gallery,

Continued on page 4

## Richard Kinnaird retrospective



*Maritime Influence, acrylic on canvas*

13 Jan thru 21 Feb 2009



Lee Hansley Gallery

225 Glenwood Ave. 828.7557 www.leehansleygallery.com

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the newest project by Rory Parnell and Megg Rader of the Collectors Gallery. Both Parnell and Rader have been leaders of the downtown arts community since the 1980s. "We especially love being part of the current revitalization of downtown; the collaboration among galleries, artists, businesses, advocacy groups is stronger than ever," said Megg Rader. The return of the Contemporary Art Museum is much-anticipated, and as Welch says, hopes to "serve as a central hub for the visual arts downtown."

All these businesses are interested in helping unify the gallery community through the establishment of a new gallery association. Melissa Peden, a former long-time gallery owner and a founder of the earlier gallery association, is convinced that "great things are sure to come from this organization," as its precursor was a "most harmonious and productive collaboration" for the galleries involved. Among the achievements of Raleigh's earlier gallery association was the establishment of both the Moore Square Arts District and First Friday, which have encouraged the opening of new galleries and businesses downtown. Today, Raleigh boasts close to 50 galleries, approximately five times as many from 20 years ago.

What does the future hold for Raleigh's exploding gallery scene? All the individ-

uals I spoke with cited the need for additional arts collectors and patrons and a more retail-focused environment downtown. Raleigh would also benefit from additional spaces willing to exhibit emerging new media-based artwork and installation works. While many news outlets have decreased their arts coverage, publications like the *Raleigh Downtown* are committed to covering the arts, keeping readers up-to-date and excited about the art Raleigh galleries have to offer.

While the arts landscape has certainly changed since I first ventured downtown nine years ago for First Friday, I trust that it is even more inspiring for today's college freshman making their way to a gallery for the first time. We should all look forward to the new ideas, new galleries and, most of all, the new art that will continue to enrich and excite our city.

Below and on the following pages is a list of all the art galleries (in the true sense of the word) in and around downtown Raleigh. Editor's note: Some studios ride the line between being a gallery and merely an artist's studio. We relied upon the professional opinion of leaders in the art community to distinguish between the two. After the galleries, we've also included a list of the First Friday participants, courtesy of the Downtown Raleigh Alliance.



**311 West Martin Street Galleries and Studios**

311 W. Martin Street  
Raleigh, NC 27601  
919.821.2262  
Tue - Sat: 11am-6pm  
First Friday Hours: 6-9pm  
311galleries@bellsouth.net  
www.311galleriesandstudios.org

311 West Martin Street Galleries and Studios is the location for Flanders 311 Gallery, "M" Street Gallery and the Print Studio at 311. There are 12 tenant artists, painters, photographers, and print-makers. The art produced and shown at 311 is varied and edgy.



**Adam Cave Fine Art**

115-1/2 E. Hargett Street (2nd floor)  
Raleigh, NC 27601  
919.838.6692  
Tue - Sat: 11am-5pm  
First Friday: 11am-9pm  
info@adamcavefineart.com  
www.adamcavefineart.com

Adam Cave Fine Art is a downtown Raleigh gallery showcasing artwork by a select group of regional and nationally known painters, printmakers & photographers.

Adam Cave Fine Art is located on the 2nd floor of an historic, 110-year old building, half a block from Moore Square and an easy walk from City Market, the NC State Capitol, Fayetteville Street, numerous restaurants, museums, and other galleries, the NC Symphony and the NC Ballet.

The gallery features a rotating exhibition schedule of solo and group shows of work by participating artists. Visit the exhibitions page for information on upcoming events.



**Antfarm Studios**

311 W. Martin Street  
Raleigh, NC 27601  
Mon - Fri: 9am-6pm, Sat 10am-5pm  
www.antfarmstudios.org

Antfarm was born in 1993. Started by a group of NCSU design school students, the artists secured and renovated a 1925 warehouse in Raleigh's historic Boylan Heights neighborhood.

Acting as a transitional space, over 40 artists and craftspeople have occupied Antfarm's ten individual studios. The studio is a diverse group currently working in a variety of media: metal, wood, clay, print, handmade books, paint, drawing, fiber and more. Members of Antfarm utilize the talents and energies of each other to foster growth and further their education and strive to create exceptional work and share it with the community.



**Artspace**

201 E. Davie Street  
Raleigh, NC 27601  
919.821.2723  
Tue - Sat: 10am-6pm, First Fridays: 10am-10pm  
info@artspacenc.org  
www.artspacenc.org

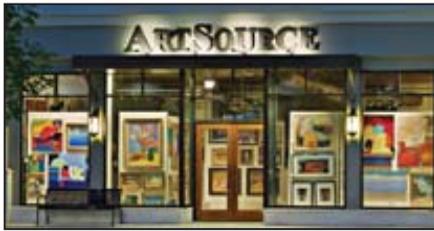
Artspace is a non-profit visual art center dedicated to presenting quality exhibitions and educational programs within an open studio environment.

Artspace promotes the visual arts by making the creative process accessible to the public. Since 1986 Artspace has provided the community with a unique environment where artists, working in a variety of media with studios open to the public, have invited the community to become part of the creative process, a visual art center where children and adults can express their creativity through enriching educational programs, and a venue for exhibitions by regional, national and international artists.

**ArtSource Fine Art Gallery**

509-105 W. Whitaker Mill Road  
Raleigh, NC 27608  
919.833.0013  
artsourceinfo@bellsouth.net  
www.artsource-raleigh.com

ArtSource features several major exhibitions each year and hosts a variety of theme-based exhibitions on a monthly basis. ArtSource maintains an



inventory of over 3,000 works of original art at both of our Raleigh, North Carolina fine art galleries including works on canvas (oils and acrylics); works on paper (watercolors, pastels, mixed media, collage); sculpture (pedestal scale, large scale, mobiles); and prints (lithographs, limited editions, posters).



**Carter Building Studios**  
14 Glenwood Avenue

Raleigh, NC 27603  
919.821.2649  
barrycartersr@nationalmastercraft.com  
Call for times of availability

Carter Building Studios is a collection of art studios featuring 32-35 working artists and their work, including Local Color Gallery and Points of View Photography Gallery. See individual gallery listings for more information.



**Clark Art**  
300 Glenwood Avenue  
Raleigh, NC 27603  
919.832.8319  
Mon - Fri: 8:30am-5:30pm, Sat: 9:30am-1pm  
Also by appointment  
clarkartshop@nc.rr.com

Established in 1923. Raleigh's Source for Fine Art and Framing – 85 years and counting! Clark Art specializes in Original Fine Art: oil paintings, water-

color paintings, pastels, pencil and ink sketches; hand-colored antique engravings; and fine custom conservation picture framing.



**The Collectors Gallery**  
323 Blake Street  
Raleigh, NC 27601  
919.828.6500  
Mon - Sat: 11am-4pm; First Fridays: 6-9pm  
www.thecollectorsgallery.com

The Collectors Gallery is a full service fine art and craft gallery, providing residential and commercial consulting and custom conservation framing. The gallery offers a wide variety of work by national, regional and North Carolina artists.

The Collectors Gallery is a partnership between Rory Parnell, former Director of Raleigh Contemporary Gallery, and Megg Rader, former Executive Director of Artspace.

Continued on page 6

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**SIDE NOTE:** The **Mahler Building Gallery** at 228 Fayetteville Street, a project of The Collectors Gallery, will open its doors late February. Check <http://www.thecollectorsgallery.com/mahler-gallery.php> for updates and upcoming show information.

The **Long View Gallery** was a project of The Collectors Gallery and is no longer open.



**Flanders Art Gallery**

18 Seaboard Avenue  
Raleigh, NC 27604  
919.834.5044  
Tue -Fri: 10am-6pm, Sat: 11am-7pm  
flandersart@mac.com  
www.flandersartgallery.com

Flanders Art Gallery aims to represent a diverse group of contemporary artists whose practices include installation, painting, drawing, sculpture, printmaking, and photography. The gallery assembles its pool of talent regardless of specific career points, media, or geographical locations; in this manner, Flanders ensures that the common characteristics present in its artists are a commitment to continual training and education, a concern for creating cohesive bodies of highly finished works, and an understanding of the contemporary art market for assisting gallery patrons in whatever needs they may encounter.



**Crocker's Mark Gallery**

613 W Morgan Street  
Raleigh, NC 27603  
919.612.7277  
Tue - Fri: 11am-2pm, 3-5pm; Wed: 11am-9pm; Sat: 1-4pm  
scrocker@smcrocker.com  
www.smcrocker.com

Crocker's Mark Gallery opened in October 2005 and represents artists from all over the world in an eclectic converted lawnmower shop in downtown Raleigh.



**The Designbox Gallery**

323 W. Martin Street  
Raleigh, NC 27601  
919.834.3552  
10a-6p M-F, First Friday Hours: 7p-10p  
gallery@designbox.us  
www.designbox.us

Designbox is home to a number of independent creative professionals who share space, ideas and multi-disciplinary projects. Members of DesignBox have been nominated for and won many national honors in their respective fields. The membership is also responsible in part for nationally recognized events such as SPARKcon, Kirby Derby Day, and helping the City of Raleigh redevelop City Plaza. The Designbox Gallery is dedicated to promoting the expression of creative and collaborative work by local and emerging artists, craftspeople and designers.



**Gallery C**

3532 Wade Avenue  
Raleigh, NC 27607  
919.828.3165  
Mon, Tue, Thu, Fri: 10am-6pm, Wed: 10am-8pm  
Sat: 10am-5pm, Sun: 1pm-5pm  
art@galleryc.net  
www.galleryc.net

Gallery C is a leading fine art gallery in the Southeastern United States. The gallery is dedicated to bringing talented artists and important original art to the attention of private collectors, corporations and museums, nationwide.

Gallery C features an extensive collection of original oil paintings, sculpture and prints by over 30 contemporary American artists. We also specialize in the resale of original art work by historically important artists from North Carolina. Collectors who buy original art enjoy the quality and value of the diverse, and constantly changing exhibitions.



**Gregg Museum of Art & Design at NCSU**

Campus Box 7306  
3302 Talley Student Center  
Raleigh NC 27695  
919.515.3503  
Wed - Fri: 12-8pm, Sat & Sun: 2-8pm, Closed Mon & Tue  
charlotte\_brown@ncsu.edu  
www.ncsu.edu/gregg/index

The Gregg Museum of Art & Design is a collecting museum at North Carolina State University. The Gregg Museum operates under the Division of Student Affairs and is located in the Talley Student Center in the middle of the NCSU campus.

The Gregg's collecting focus reflects the mission of NCSU and supports its academic programs by providing research opportunities for its college students and the citizens of North Carolina and beyond. The collection includes – but is not limited to – textiles, ceramics, outsider/folk art, photography, architectural drawings & modern furniture. The Gregg Museum of Art & Design also puts on six to eight exhibitions per year in its two galleries, in addition to exhibiting work at various places in the Talley Student Center and around campus.



**Lee Hansley Gallery**

225 Glenwood Avenue  
Raleigh, NC 27603  
919.828.7557  
Tue - Fri: 11am-6pm  
First Friday: 11am-10pm, Sat: 11am-6pm  
leehansley@bellsouth.net  
www.leehansleygallery.com

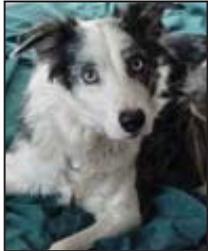
Lee Hansley Gallery, located in Raleigh's bustling Glenwood South, is dedicated to showcasing quality fine art through a series of changing exhibitions, both group and solo shows, featuring works by mature professional artists from North Carolina, the Southeast and the nation.

Continued from page 6

The gallery was founded by and is managed by Lee Hansley, who is a former curator at the Southeastern Center for Contemporary Art in Winston-Salem. The gallery is interested in interpreting and preserving the history of art in North Carolina and placing it in context. Lee Hansley often mounts exhibitions of works by significant North Carolina artists now deceased. The gallery is also the headquarters for the organizing effort for the North Carolina Museum of Contemporary Art (MoCA/NC), the state's only museum dedicated solely to interpreting, showcasing and preserving the art and craft of North Carolina.



Litmus Gallery & Studios is a working gallery showcasing resident and guest artists from around the Triangle. A wide variety of disciplines including pottery, sculpture, oil & watercolor painting, mosaics & mixed media are presented.



We'd like to offer our deepest sympathies to Lee for his recent loss of Lucy, his beloved gallery mascot since 1993.

Brisco, almost 16, is our office mascot here at the Raleigh Downtowner and being pet-lovers, we truly understand his loss.

**Litmus Gallery & Studio**

312 W. Cabarrus Street  
Raleigh, NC 27601  
919.571.3605

Open for scheduled showings, events and by appointment  
info@litmusgallery.com  
www.litmusgallery.com

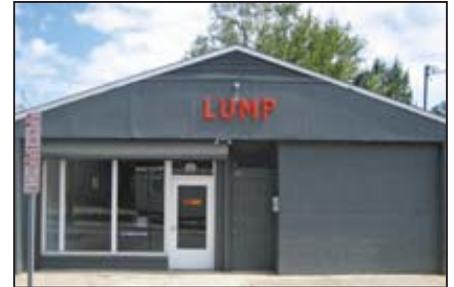


**Local Color Gallery**

22 South Glenwood Avenue  
Raleigh, NC 27603  
919.754.3887

localcolor@gmail.com  
www.localcolorraleigh.com  
Thu, Fri, and Sat: 11am-3pm

Local Color Gallery in downtown began as a loose organization of four or five women needing a place to sell their art. The gallery has now grown into a women's artist cooperative 14 members strong and is located in the Carter Building in Glenwood South, the up and coming Raleigh hub of downtown galleries, restaurants and nightlife.



**Lump Gallery**

505 South Blount Street  
Raleigh, NC 27601  
919.821.9999

Sat: 12pm-5pm, by appointment during the week  
lumpgallery@gmail.com  
www.lumpgallery.com

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Continued from page 7

Lump Gallery is located in the heart of downtown Raleigh. Combining the rigor and professionalism of a commercial gallery with the experimental attitude of alternative spaces, Lump presents exhibitions and projects with emerging, mid-career and under-recognized artists. With a 12-year history, it remains dedicated to exhibiting the most thought-provoking, contemporary art available. Lump is an artist-run space that does not represent artists.



**M. Street Gallery**

311 W. Martin Street  
Raleigh, NC 27601  
919.841.7924  
Tue - Sat: 11am - 6pm, Sun by appointment  
tamar@mstreetgallery.com  
www.mstreetgallery.net

M. Street Gallery is dedicated to the promotion of

established and emerging artists by providing exhibition opportunities, resources and non-exclusive representation. The Gallery features pioneering works of art by local and regional artists including drawing, ceramics, mixed media, painting, sculpture and installations. It is our mission to present quality contemporary art to traditional and up-and-coming collectors. M. Street Gallery is owned and operated by Tamar Harris-Warren.



**Nicole's Studio & Art Gallery**

715 N Person Street  
Raleigh, NC 27604  
919.838.8580  
Tue - Sat: 10:30am-6pm  
First Friday Hours: 5:30-8:30pm  
nicolestudio@bellsouth.net  
www.nicolestudio.com

Gallery/studio offering fine art, crafts, jewelry,

giclees and art workshops, as well as rotating artist exhibits.



**Points of View Photography Gallery**

20 Glenwood Avenue  
Raleigh NC 27603  
919.819.1000  
Open daily by appointment  
david@povgallery.com  
www.povgallery.com

Points of View represents outstanding local and regionally-recognized photographers whose work covers a spectrum of fine art photography. It uses both contemporary and antique cameras and noted printing processes. These include film, digital, large format and pinhole cameras, Polaroid cameras and

Continued on page 7

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**Redfern Fine Art Studio**

424 S. Dawson Street  
Raleigh, NC 27601  
919.755.9951  
Tue - Sat: 10am-3pm  
[www.redfernefineart.com](http://www.redfernefineart.com)

Redfern, which opened in the Warehouse District in November, shows artwork from abstract painter and ceramicist Gwendolyn E. Redfern, abstract painter Lisa Twitty, and John W. Redfern. The store offers custom framing service and customized art prints.



**Rebus Works**

301-2 Kinsey Street  
Raleigh, NC 27603  
919.754.8452  
Tue - Fri: 11am-6pm, Sat: 1-4pm, First Friday 6-10pm  
[pete@rebusworks.us](mailto:pete@rebusworks.us)  
[www.rebusworks.us](http://www.rebusworks.us)

Rebus Works is a small gallery located in Boylan Heights. Established in 2003, the gallery is operated by artists for artists and is committed to exhibiting innovative works of fine art and high craft, presenting both local and national artists. The storefront is used for showing various handmade works, including printed media such as letterpress cards, functional art, glass, ceramics and jewelry. Rebus Works encourages community involvement in the visual arts by making accessible resources for and about artists, and fine art framing. There is affordable art for purchase from the store location or from the website, which also features a new work of art daily. Shonna Greenwell is the owner/director and Sarah Blackmon is the gallery manager.



**Visual Art Exchange**

325 Blake Street  
Raleigh, NC 27601  
919.828.7834  
Tue - Sat: 11am-4pm  
[sarah@visualartexchange.org](mailto:sarah@visualartexchange.org)  
[www.visualartexchange.org](http://www.visualartexchange.org)

Visual Art Exchange (VAE) is the oldest private, non-profit, visual arts organization in Raleigh. Formerly Wake Visual Arts, VAE has been operating for 26 years. It was the first art gallery to operate in downtown Raleigh and is a past recipient of the prestigious Raleigh Medal of Arts Award. VAE has an integral place in the art community in Raleigh and is a key cultural offering in the City Market neighborhood and Moore Square Arts District. VAE is dedicated to providing opportunities to emerging artists and enriching the cultural environment of the community through its exhibitions and programs.

■RD

**Additional locations that participate in First Friday (excluding those listed above)**

Below is a list of galleries, studios and museums from the Downtown Raleigh Alliance's First Friday list. Other businesses and restaurants can be found on their website:  
[www.godowntownraleigh.com/firstfriday](http://www.godowntownraleigh.com/firstfriday)

**Block Gallery - Raleigh Arts Commission**

222 W Hargett St  
919.996.3610  
First Friday Hours: 8:30 am-5:15 pm  
[www.raleighnc.gov/arts](http://www.raleighnc.gov/arts)  
City gallery for local artists

**Designbox**

323 W Martin St  
919.834.3552  
First Friday Hours: 7pm-10pm  
[www.designbox.us](http://www.designbox.us)  
Gallery of contemporary and emerging art and design

**Edge Office Lobby Exhibition**

400 Glenwood Ave  
919.235.0933  
First Friday Hours: 6pm-9pm  
[www.edge-office.com](http://www.edge-office.com)  
Exhibiting visual art using video as a medium



**Fish Market Student Gallery**

133 Fayetteville St  
First Friday Hours: 6pm-11pm (only open select months-check website for participating dates)  
[www.design.ncsu.edu/fishmarket](http://www.design.ncsu.edu/fishmarket)  
Student gallery of NC State College of Design

**Kohn Associates / City Gate Real Estate Services Lobby Exhibition**

404 Glenwood Ave  
919.827.0256  
First Friday Hours: 6pm-9pm  
[www.kohnassociates.net](http://www.kohnassociates.net)  
Office space exhibiting art

**The Museum Shop / N.C. Museum of History**

5 E Edenton St  
919.807.7835  
First Friday Hours: 6pm-9pm  
[www.ncmuseumofhistoryshop.com](http://www.ncmuseumofhistoryshop.com)

**Morning Times**

10 E Hargett St  
919.836.1204  
First Friday Hours: 5pm-11pm  
[www.morningtimes-raleigh.com](http://www.morningtimes-raleigh.com)  
Downtown coffee shop gallery in a restored turn-of-the-century Raleigh building

**Raleigh City Museum**

220 Fayetteville St  
919.832.3775  
First Friday Hours: 6pm-9pm  
[www.raleighcitymuseum.org](http://www.raleighcitymuseum.org)

**The Tire Shop @ The Dawson**

317 West Morgan St, Suite 105  
919.656.8012  
First Friday Hours: 6pm-10pm  
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[www.unitedarts.org](http://www.unitedarts.org)  
United Arts raises money to fund arts programming and arts education throughout Wake County

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[www.vintage21.com](http://www.vintage21.com)  
Church, art gallery and music venue

# (R)e-cycling After the Holidays

By Bianca Howard  
City of Raleigh Solid Waste Services

**W**hat do a camera phone and a floor-model television have in common? Both usually contain toxic materials such as lead, as well as valuable metals such as copper. Neither product should go in your trash can when it reaches the end of its useful life. So what can be done with old electronics? Reuse is the most energy-efficient option, but is not always possible. Fortunately, Raleigh residents have many convenient options for recycling electronics, or e-cycling.

Televisions, cell phones and fax machines can be shredded into plastic, metal and other components and used to manufacture new products. As consumers, we should take responsibility for finding out where and how to get our old products into the hands of recyclers. Following is a guide to local recycling options for a few common electronic items.

## CELL PHONES

According to the Environmental Protection Agency, fewer than 20 percent of unwanted cell phones are recycled each year. The City of Raleigh has accepted cell phones at its drop-off recycling centers since March 2006. Currently, the City provides seven centers for use by residents and small businesses. Help keep these centers open by dropping off only acceptable items, not trash. Cell phone recycling at these sites is limited to phones and the wall chargers that usually come with them. No ear buds, car chargers or other accessories, please!

### *City of Raleigh Drop-Off Sites Near Downtown*

- Jaycee Park at 2405 Wade Avenue
- Solid Waste Services Administrative Office at 400 W. Peace Street (7am to 4pm Monday - Friday only)
- Sam's Wholesale Club at 2537 South Saunders Street

### *Other Drop-Off Centers*

- North Boulevard Plaza at Mini City on Capital Blvd. (behind Taco Bell)
- Brennan Station Shopping Center at the intersection of Creedmoor & Strickland Roads. (behind the shopping center - follow the large white water tower off Brennan Dr.)
- City of Raleigh Yard Waste Center at 900 N. New Hope Road (7am to 4pm Monday - Saturday only)
- Habitat Wake ReStore at 2420



Raleigh Boulevard (open Tue-Fri 10am - 6pm; Sat 9am - 5pm; Closed Sun and Mon)

## COMPUTERS

When it comes to e-waste, you often hear the term landfill diversion but a better one might be environmental diversion. Dead computers, CRT monitors in particular, aren't like scrap metal where you can pile it in a yard somewhere. Computers are filled with all sorts of nasty substances like mercury, lead and polybrominated diphenyl ethers (PBDEs). PBDEs are related to PCBs, which are suspected of causing brain damage - plus one who is sure how long it takes for them to break down. Mercury is found in certain kinds of solder and its dangers are well-known. But worst of all is the lead. Every CRT has at least five pounds of it in the form of lead oxide, which is water soluble. When it starts to leach out of the tubes and boards, it goes right into the water. If you upgrade your old computer, find a way to donate or recycle it, but never toss it in your trash bin.

Want to recycle an old computer while saving gas? Residents of single-family homes and townhomes can call the City's Solid Waste Services Department at 831-6890 to have computer equipment picked up at the curb. Acceptable items are limited to CPUs, monitors and typical peripheral devices such as mice, printers and keyboards. Residents are responsible for removing any sensitive data from hard drives and other storage media. City employees store the equipment at the Solid Waste Services Department's administrative office before taking it to a Wake County facility for recycling. This partnership between the City and County has been operating since 2002. In fiscal year 2008, the City collected more than three tons of computer equipment.

Apartment and condo dwellers, like all Wake County residents, may take computer equipment directly to one of the county's two multi-material recycling facilities (see following). While electronics recycling is a global market, the initial disassembly of the computers is done at a facility in North Carolina.

## TELEVISIONS

Did you get a new flat-screen last year? Whether you're buying a new digital TV because of the February signal conversion or simply upgrading to a larger model, don't condemn your old set to a lifetime in the landfill! Landfill space is too precious to be filled with TVs that could be dismantled into usable plastic, metal and glass components.

The City of Raleigh offers a free Bulky Load Collection service where residents can dispose of items that are too big to fit inside the 96-gallon garbage cart. Televisions are frequently included in the mix of items set out for curbside collection. The collection crew separates TVs and deposits them at the Wake County Multi-Material Center for recycling. In 2008, 448 televisions were recycled. Call 831-6890 to schedule an appointment.

## FOR ALL WAKE COUNTY RESIDENTS

Wake County residents have enjoyed year-round electronics recycling opportunities since 2002. Recently, the program was expanded to include just about anything with a cord.

Examples of acceptable items include microwave ovens, VCRs, DVD players and radios.

- North Wake Multi-Material Facility at 9029 Deponie Drive in Raleigh. Hours are Monday through Saturday, 8:00am until 4:00pm.
- South Wake Multi-Material Facility at 6300 Old Smithfield Road in Apex. Its Hours are Monday through Saturday from 8:00am until 4:00pm.

Call Wake County Solid Waste Management office at (919) 856-6186 for more information on electronics recycling and other programs.

## USEFUL WEBSITES

[www.wakegov.com/recycling](http://www.wakegov.com/recycling)  
[www.raleighnc.gov/DropOff](http://www.raleighnc.gov/DropOff)  
[www.raleighnc.gov/recycling](http://www.raleighnc.gov/recycling)

## COMPUTER DONATION SITES

For your convenience, the Raleigh Downtowner has compiled a list of computer donation locations in Raleigh and Wake County. Visit our website at [www.raleigh2.com](http://www.raleigh2.com) and in the Search field at the bottom of the screen, enter e-cycling.

Continued on the bottom of page 11

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- Two \$30 Segway Guided Tours from **Triangle Segway**, located in City Market next to Moore Square. Take a memorable sightseeing adventure of Raleigh's historic landmarks on an eco-friendly self-balancing Segway. [www.trianglesegway.com](http://www.trianglesegway.com)

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## Continued from page 10

*The following organizations accept computer donations. Please call to verify they will accept your items as they may change their programs.*

### **Absolute Computers**

101A Woodwinds  
Industrial Park  
Cary NC 27511  
468.3999  
Accepts laptops, notebooks, LCDs only.

### **Assured ITD**

PO Box 12251  
Raleigh, NC 27605  
215.3165  
Accepts computers & PCs, laser & inkjet printers, monitors/displays, servers, networking components, laptops, hard drives, photocopiers, cash registers & most types of electronics. Accepts both working & non-working. Fee-for-service pickup by appointment only. Onsite physical hard drive/data destruction. Instant project price estimates online. Fully insured.

### **C.M. Stevens Foundation**

(a school for learning disabled teens)  
901 Oak Creek Rd.  
Raleigh, NC 27615  
846.0118  
Accepts laptops with working power

cords & working cd rom drives. Dead batteries and dead modems are both okay. To arrange a drop off or pick up call or email [AStevensPrepAc@NC.rr.com](mailto:AStevensPrepAc@NC.rr.com)

### **Computers for Kids**

Wake County Swinburne Building  
212.7477  
Accepts PC 486 or higher, MAC, monitor and parts.  
Only drop offs are accepted, and the refurbished computers are donated to foster kids.

### **Deedoc Computers**

1307 E. Millbrook Rd Ste# C106  
Raleigh, NC 27609  
876.4000  
Accepts all laptops, notebooks and LCD monitors. (Desktops PIII & higher). Drop off or pick up. Please call or email [SUPPORT@DEEDOC.COM](mailto:SUPPORT@DEEDOC.COM).

### **Kramden Institute**

99 TW Alexander Dr  
PO Box 13483  
RTP 27709  
638.6200  
Accepts computers, keyboards, memory sticks, power cords, and adapters. Computers are donated to students in need.

### **LCI Recycles (LC Industries)**

4500 Emperor Blvd.

Durham, NC 27703  
596.8277  
Accepts desktop PCs, laptop PCs, fax machines, tape recorders, record players, remote controls, TVs, DVD players, printers, shredders, scanners, cameras, computer monitors, CD players, video machines, photocopiers, PDAs, computer peripherals, and cell phones.

### **TechnologyRecycler.net**

Multiple locations in Raleigh  
647.9624  
Accepts working or non-working PCs, MAC, Unix, monitors, printers, software and all other technology items. Pickup or drop-off. They refurbish items and recycle the remaining materials.

### **Purple Elephant Computer Factory for Kids**

6808 Davis Circle  
Raleigh, NC 27613  
788.7740  
Accepts 500 MHz or higher computers, notebooks, working monitors, working printers, keyboards, mice, adapters, cables, and networking equipment. Open Tues.: 10:30 AM - 5:30 PM ONLY for Donations.

### **Open Door Inc.**

849 W. Morgan Street  
833.9953

Whole computers only.  
Single parts NOT accepted. Used in after school program.

### **PC Proven Care, LLC**

216 Holly Green Lane  
Holly Springs, NC 27540  
577.0156  
Accepts 486s, Pentiums, printers, keyboards, speakers, software, and working monitors. Call for pickup. e-furbished computers are donated to Wake County

### **Teaming for Technology**

1100 Perimeter Park Rd, Suite 112  
Morrisville, NC 27560  
463.5018  
See [www.unitedwaytriangle.org/t4t/index.asp](http://www.unitedwaytriangle.org/t4t/index.asp) for specific details as they may change. Also may accept older equipment for a fee. They fix the computers & give them to needy families in the Triangle.

### **Vietnam Vets/American Way Thrift Store**

2409 Crabtree Boulevard  
832.3199  
Accepts PC or MAC and whole computers. Drop off or pick up. They resell computers.



By Fred Benton  
Food Editor

This column is dedicated to my good friend Kim Weiss of Blue Plate PR who turned me on to Seaboard Café with her raving of the Café's scrumptious marinated carrots. But hearing about Seaboard Café and finding it were two different things. I was always told Seaboard Café was located near Logan's Trading Company, as in "next to." But to actually reach the Café, you enter Logan's main door and weave your way toward the back, finding a quaint deli that was once upon a time the railroad station's sandwich shop.

Had I known that Seaboard Café has such good chicken salad I would have rooted out the place like a pig sniffing for truffles. And so I begin the review: yes, the chicken salad with its old-fashioned style is not to be missed. But pickled carrots? Owner Rick Perales told me this story: When he

was just starting out back in the early 90s, a very kind couple who befriended Rick and admired what he was doing decided to pitch in and help him iron some of the kinks of the operation. The two were restaurateurs from Southern Pines. So involved was that couple with Rick's business that they gave him one of their most treasured and private recipes, one for pickled carrots on the provision that he would never, ever share the recipe with anyone else. Rick has kept his promise and these delectable match-stick marinated carrots have become a mainstay on the menu; the acid-to-sweet balance is perfect and even though they're marinated, the carrots remain firm, so you can eat them like French fries while reveling in the fact that they're much healthier.

Seaboard Café is a much refined operation beyond the original lunch counter that once served passengers at the Seaboard Train Station. At first, Rick kept the menu basic: hot dogs, ham-

Continued on page 13



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burgers and fajitas. The hot dogs have just recently disappeared from the bill of fare and the fajitas are no more, but the char-grilled hamburgers (\$6.50-\$7.25) are still part of the Seaboard Café menu. One of Seaboard Café's most popular sandwiches – and my publisher Crash's favorite – is the Veggies on Sunflower Bread (\$6.25). Cheddar and Swiss cheeses are layered with a variety of fresh veggies (lettuce, onion, tomato, sprouts, cucumber and pickle with mayo). My least favorite sandwich was the NY Reuben (\$7.25) which, even though it had all the ingredients of a classic

Reuben, I thought could use a bit more meat.

Here are the items that I consider first-rate based from two tastings at Seaboard Café: Corn-Tortilla Soup/Muffin Combo (\$4.25), any of the various chicken salad or tuna salad preparations, Cross-Cut Fries or Pickled Carrots, and a hand-baked cranberry-nut cookie for dessert. The soup had a hearty but not too overpowering taste and the pumpkin muffin was truly delicious. Everyone may not fall in love with the pickled carrots, but as I mentioned before, I loved them.

**Seaboard Café's most popular sandwich - Veggies on Sunflower Bread**



**One of the Soup-Muffin combos, this one with Corn-Tortilla soup, Pumpkin muffin, and of course the Seaboard signature item, Pickled Carrots**

One of the small attentions to details that I liked was the bit of fresh mint and lemon that arrived beside my cup of ice water – a very nice touch.

Seaboard Café comes highly recommended for a great lunch downtown!

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# Modesai

## Part 1 of 7, Historic Downtown Neighborhoods

By Chris Moutos

**h**undreds of us traverse the area every day, whether on Person, N. Blount, Peace, or Wake Forest Road, but may not realize the historical significance of Mordecai, located in the Capital North District of downtown Raleigh.

The reason Raleigh is the capital of North Carolina can be traced to Revolutionary War patriot and ten-time senator Joel Lane. The Lane family's property encompassed more than 5,000 acres and was one of the largest farms in Wake County. In 1785, Lane built a house for his son Henry. Henry's daughter Margaret was married to Moses Mordecai, a Raleigh lawyer and judge, and had three children.

It's been said that the Lane home was "party central" in the early days of Wake County. Lane was on the committee to select a site for the new capital, and the morning after one of those festive evenings in 1792, Lane sold 1,000 acres of his plantation on the south end of where the Mordecai House sits, and Raleigh became the capital city of North Carolina. At the time, it was rumored that the selection committee was also considering land owned by Colonel John Hinton on the other side of the Neuse River. (Thank you Mr. Lane!) Our 17th President, Andrew Johnson was born in a downtown tavern in 1808; his birthplace later relocated to Mordecai Park.

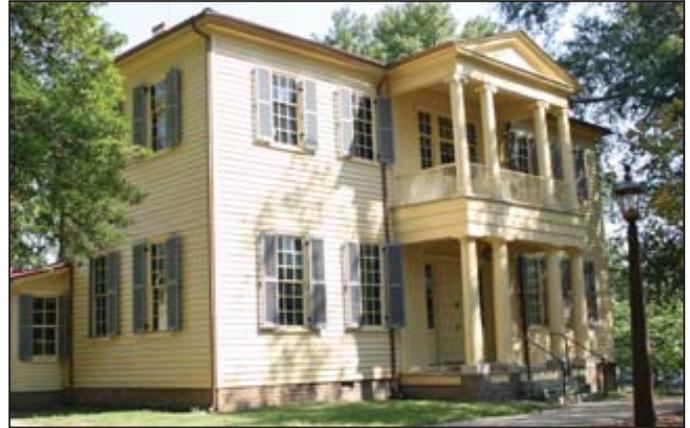
In 1907, the General Assembly voted to extend the city borders of Raleigh, bringing the Mordecai plantation within the city limits and a more formal Mordecai neighborhood was mapped out and developed around 1916. Mordecai was fortunate to have some notable architects, including Rose and Linthicam, James S. Salter and William Nichols contribute to its character. This district includes a variety of architectural styles such as bungalows, Spanish Mission, I-houses, Cape Cods, Colonials and various other types of period revivals.

Thanks to downtown and core urban revitalization over the past decade, Mordecai as an inner-city neighborhood has had a great deal of its original history and beauty gentrified. Its tree-lined streets are pedestrian-friendly within the neighborhood and accessible to downtown. The original Pilot Mills cotton mill has been renovated and is home to several businesses including the Raleigh Charter High School. Other schools in the area include Hope Charter School and Peace College. In 2001, construction began for the Village at Pilot Mill which is a single family neighborhood of 103 homes built along a similar layout of the original mill village Mill Hill.

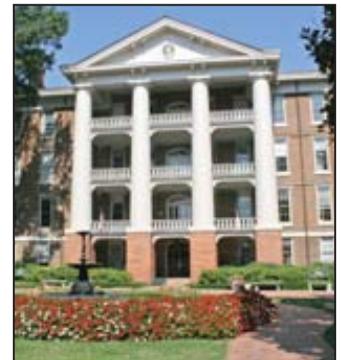
And it's not just residential renovations that have given this historic neighborhood new life. Seaboard Station has been revitalized and is now home to retail shops, eateries, spirits and personal health businesses. The Person Street Business District offers various retail and professional services, and who can forget Krispy Kreme for those early morning or late night doughnut cravings.

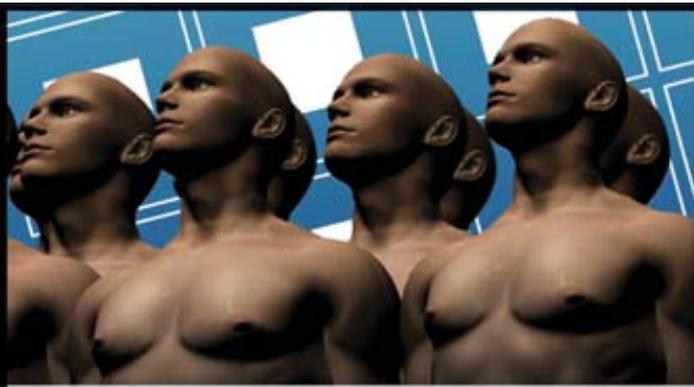
The Mordecai neighborhood epitomizes how downtown history and revitalization can coexist.

*(Mordecai Square Historic Park is managed by the City of Raleigh's Parks and Recreation Department and is located 1/2 mile north of the State Capitol at 1 Mimosa Street in the Mordecai neighborhood. Many of the original furnishings and library have been preserved on the site. It's open to the public and offer docent-led tours. Call 857.4364 for more information.)*



The historic Mordecai House (top) and relocated Andrew Johnson homeplace (below left), 17th U.S. President, both reside in Mordecai Park. Peace College (below right) is also located in the historic neighborhood district of Mordecai, as is Krispy Kreme (bottom).





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Mary Phillips and Hilary at The Point

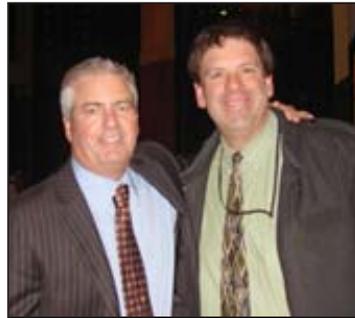
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Downtown  
employee  
Courtney,  
with Kayla  
at Solas



Rob and Amanda at Solas



Melanie, Whitney and Kelly at Deep South



Mint co-owner Rick Jones and Frank McNally from the Raleigh Convention Center



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Karl, Cameron and John from the Capital City Club



Tina, Sabrina, Sandra, Casandra and Tonja at the Capital City Club

Tracy catching a wheel



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Suntrust VP Kevin Smith and Becca at The Point



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Bo & Shelley



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Stuart  
and Kitty  
at the  
Capital  
City Club



Jeff  
and  
Boo



# Tobacco Road Sports Cafe



By Courtney Wright

**W**ant to go out and watch the game with friends, but are tired of the same old greasy bar food and smoky dive bars? Then head out to Glenwood South's newest restaurant, Tobacco Road Sports Cafe. Brothers Alex, Brian and

Rommie Amra branched out from their first venture, the jazz bar Amra's which is just up the street, to put a twist on the typical sports bar.

Don't let the name fool you – Tobacco Road is smoke-free, except on the patio. The venue's name pays tribute to its home state, which provides 15 of

the 38 beers available and 65 percent of the menu's ingredients.

Rows of glittering flat-screen TVs cover the walls; whether you're big on sports or just short on attention span, with this many TVs, you certainly won't be bored. Tobacco Road provides "the complete sports package – everything from cricket to baseball," says Alex Amra. You can cheer and boo in the bar area or enjoy a quieter meal in the dining room, which also houses a glass-enclosed dining area for an even more noise-free experience.

Executive Chef Juan Esparza (formerly of Mura) created a menu that offers traditional sports-fan favorites like wings and nachos as well as more unique items, which are all made-to-order from fresh ingredients.

The appetizer menu spans from Mac & Cheese (\$6.95) made with sharp cheddar and country ham, to Duck Confit Flautas (\$8.95), deep-fried corn flour tortillas filled with duck confit and served with guacamole, salsa and queso fresco.

Continued on page 19



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ATTORNEYS AT LAW



Continued from page 18

The Tobacco Road Cheesesteak (\$8.95) sandwich is stuffed with house-roasted beef, sautéed mushrooms, fried onions, and roasted green chili cheese sauce. The House-Made Corn Dogs (\$6.95 for two) are made from all-natural beef dipped in a corn-and-jalapeño batter served with spicy dijon aioli.

Vegetarians and weight-watchers will be delighted to know that Tobacco Road offers an array of options, including Cabbage Rolls (\$6.95), Jumbo Black-Eyed Pea Cakes (\$7.95) and

several fresh salads (try the Baby Arugula and Beet Salad, \$7.95).

Tobacco Road is open seven days a week from 11pm to 2am with daily lunch and dinner specials. Don't wait until the next big game to venture out – the menu on its own stands out as a worthy addition to downtown Raleigh's restaurant scene.

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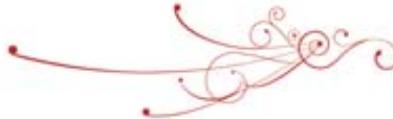


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# Rails to the Future

This month in 1836 Raleigh birthed its first passenger railroad. The feasibility of a railroad in Raleigh had been proven three years before by an experimental line that hauled granite to rebuild the State Capitol after it was destroyed by fire. Raleigh joined a revolution in transportation that swept the nation— and not a moment too soon because after the Capitol burned, there was talk of moving the state’s capital to another city.

The first railroad spanned between Raleigh and Gaston and connected the rest of the United States via railways in Virginia. The editor of the Raleigh Register wrote that the railroad would double the value of all Raleigh real estate, increase Raleigh’s population to compensate for those moving out West, give local farmers a bigger market for their products, and add to Wake County’s general prosperity.

In 1836, a group of prominent Raleigh citizens obtained a charter for the railroad and issued stock. Back in the 1830s, all railroads were private enterprises. Railroad owners usually obtained a limited right of eminent domain from the state to buy property for the tracks without the consent of property owners. In Raleigh’s case, the state was heavily involved from the beginning. The company bonds sold too slowly, so the NC General Assembly endorsed them and took out a mortgage on the assets to keep the project going.

As progress continued, the enslaved laid the tracks and their owners rented out their labor for \$150 a year (approximately \$2,800 today). After the tracks came four simple locomotives with no headlights, no cab or seat for the engineer – not even a pressure gauge to monitor the steam. Raleigh’s first depot was built on the north edge of town where Halifax and Salisbury intersect with North Street.

Laborers completed the line on March 21, 1840. A crowd gathered at the depot and the Raleigh Register reported that, “the first Steam Locomotive that ever snorted amongst the hills of Crab-tree reached the limits of our City and was enthusiastically welcomed with every demonstration of joy. The bells ran, the artillery roared and the people cheered, Huzza! HUZZA! HUZZA!”

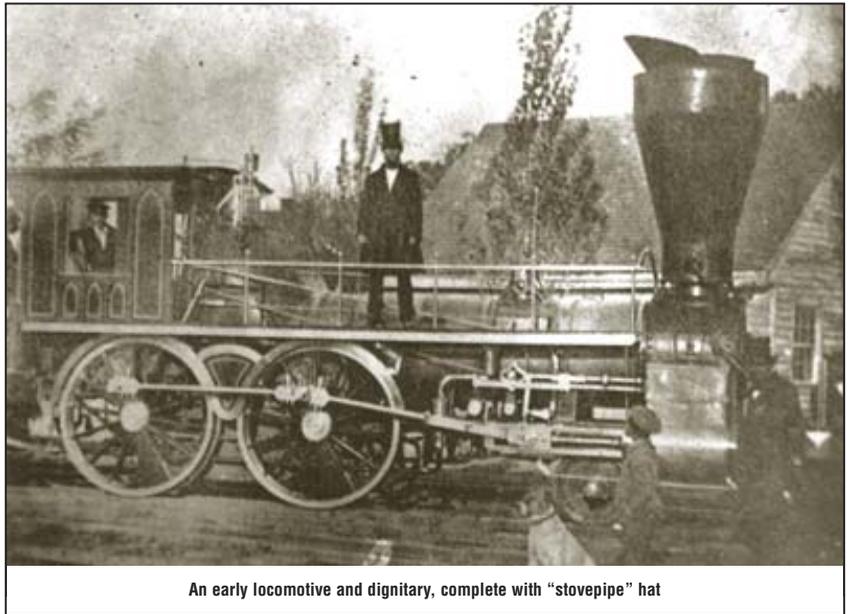
The railroad changed the way Raleighites thought about and experienced their world. “This seems like annihilating both time and space,” said William C. Tucker, a Raleigh merchant who was quoted in the Raleigh Register. The locomotives’ top speed of 15mph felt to the citizens of Raleigh as if they were flying, and the vivid names of trains such as Tornado, Spitfire, Whirlwind, and Volcano reflected Raleighites’ fanciful perceptions. People who lived in rural towns by the tracks could now reach the city in an afternoon, which changed their perspective on the world and transformed Raleigh into a destination for business and recreation.

According to current Raleigh City Planning Director Mitchell Silver, an expanded passenger rail system will likely be part of Raleigh’s strategy for an economically-competitive and environmentally-sustainable future. Rail may once again be Raleigh’s saving grace. As local editor Weston Gales said in 1840 at the banquet to honor Raleigh’s first railroad, the city “has exceeded in gallantry even its renowned namesake, Sir Walter. He but laid down his cloak for a wone lady to walk over. Its citizens have helped to lay down 86 miles of Rail Road for the whole sex to ride over.”

*The Raleigh City Museum is located at 220 Fayetteville Street in downtown Raleigh and is open from 10am-4pm Tuesday through Friday, and 1-4pm on Saturdays. If you have any questions, please call 919-832-3775 or check out our website at [www.raleighcitymuseum.org](http://www.raleighcitymuseum.org).*



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- Mussels with Masuman Curry Cream

**CHOICE OF TWO SALADS**

- Mixed Green with Pecan Vinaigrette and Goat Cheese
- Caesar Salad with White Anchovies
- Beet and Feta Salad with Champagne Vinaigrette
- Duck Consommé with Vegetable Paysanne and Duck Confit

**CHOICE OF TWO ENTREES**

- Grilled Filet Mignon (6 oz.) with Cognac-Truffle Butter
- Fall Vegetable Risotto with Wild Mushrooms and Root Vegetables
- Bronzed Tuna Steak (6 oz.) with Shiitake Merlot Reduction & Garlic Aioli
- Seared Wild Boar Chop (8 oz.) and Hedgehog Mushroom Glaze
- Sautéed Sea Scallops with Charred Tomatillos and Corn Salsa

**CHOICE OF TWO SIDES**

- Grilled Asparagus with Gruner Butter
- Loaded Yukon Gold Potatoes
- Creamy Lobster Risotto
- White Truffle House-cut Fries with Fines Herbes
- Mushroom Mèlange Sautéed with Madeira
- Sugar Snap Peas with Marcona Almonds

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# Free Downtown Circulator Bus

In February, the Raleigh Transit Authority will introduce the new Downtown Circulator bus service. The buses were purchased with 80% federal funding and only 20% local. Shelters will mark each regular day-time stop, making the short wait more comfortable on cold and windy or rainy days.

Two buses will run the downtown route concurrently, Monday through Wednesday 7am to 11pm, Thursday through Saturday 7am to 2:15am, and Sunday 1 to 8pm. A third bus will serve as a backup.

Three reasons you'll love the service:

### IT'S FREE!

The circulator buses will transport you all around downtown – free of charge – seven days a week.

The buses will start their route at the Convention Center on Salisbury Street, head north up Wilmington all the way to Peace Street, and circle

back down via Glenwood Ave and Dawson Street. The evening route adds extra stops in the Warehouse and Moore Square Districts.

### IT'S ECO-FRIENDLY

The 40-foot Gillig Low-Floor transit buses are powered a hybrid-electric engine, which runs on both bio-diesel fuel and an electric system, using the

same technology as the Toyota Prius. In addition to creating much less air pollution, the hybrid-electric engines are kind to the ears, running more quietly and contributing significantly less to the downtown noise pollution than a standard diesel-powered bus.

### REAL-TIME SCHEDULING

Initially the shuttle stops will be design-

nated by standard signage. But by this summer, the city will install electric, automated real-time signs. You'll know down to the minute when the next bus will arrive.

On the following page is a map with the proposed circulator route in red with stops in green, and evening additions and its stops in yellow. ■RD



The new downtown circulator buses use the same type engine and battery technology as the Toyota Prius

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# Proposed Downtown Circulator Bus Route





By Fred Benton

I'm unabashedly a fan of Wei Ni (pronounced way). I attend Carolina Ballet productions with great

China seems to spend more time in the air than on the boards. Wei reprised his roles in this year's production of "Nutcracker," presented this past December at Memorial Auditorium in downtown Raleigh. I think of the "Nutcracker" as the perfect way to get into the holiday spirit, and best of all, it's a production suitable for the entire family. The production value offered by the Memorial Auditorium's stage is something to behold with pride year after year, from the gigantic growing Christmas tree to the ever-flowing backdrops. It's a magnificent production in which every dancer seems to shine.



interest; chief among them to see which performer seems to electrify the audience most. At last year's production of "Nutcracker" 36-year-old Wei Ni danced the roles of Toy Soldier, the North Wind and a candy cane. To me Wei Ni is the "flying dragon" of the company. This native of



But it was Wei who got my attention. I figured him to be somewhat of an aesthete, devoted to his art – a fixture at the gym who feasts only on air and Perrier. Upon meeting him I felt as though I'd made an instant friend. It's hard to believe he's 36 as he looks

closer to 16, has an easy laugh, great sense of humor, and is a confirmed beer-drinker and smoker.

As Wei admits, he was 12 before he'd

Continued on page 25

David, I'm jealous. Everyone's raving about the new dishes. What about me?

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## BETTER LIVING

**BEST OF THE BEST!** And now our new READER POLL! (see below) Fred Benton knows the Triangle! Benton, long-time lifestyle journalist covering the Triangle for over 20 years, has definite ideas about businesses that he feels are particularly consumer-friendly and offer superlative product and service. This list is the sole property and decision-making of Fred Benton and BetterLivingNC Productions and is not affiliated with the Raleigh Downtowner. This list is a companion information guide that Benton presents on WCKB radio and is heard throughout southeastern NC.

**Angus Barn** - Glenwood Avenue, close to RDU International Airport, 787-3505. *The BEST steaks!*

**42nd Street Oyster Bar** - 508 West Jones Street, Raleigh, 831-2811. 42ndstoysterbar.com *BEST Seafood Salad!*

**The Point at Glenwood** - 1626 Glenwood Avenue at Five Points, Raleigh, 755-1007. *BEST Reuben Sandwich!*

**Lilly's Pizza** - Five Points, Raleigh, 833-0226. lillyspizza.com *BEST pizza! BEST house side salad! BEST beer selection!*

**Nina's Ristorante** - 801 Leadmine Road, Harvest Plaza, 845-1122. *BEST NY-style Italian!*

**Trish the Dish Catering** - Raleigh, 852-0369. *Fabulous fun food for the budget-minded!*

**Cafe Tiramisu** - North Ridge Shpg Ctr, near Ace Hardware, Falls of Neuse Road, 981-0305. *BEST stuffed pork chop! BEST fried cheese souffle!*

**William and Garland Motel** - Hwy.58, Salter Path, 252-247-3733. *BEST budget-friendly family accommodations on the Crystal Coast!*

**The Black Mountain Inn** - 828-669-6528. *Best in Black Mountain! Pet-friendly!* www.blackmountaininn.com

**Waraji Japanese Restaurant** - Duraleigh Road, corner of Duraleigh and Pleasant Valley roads, 783-1883. *"If you knew sushi like I know sushi." BEST sushi!* warajirestaurant.com

**larrysbeans.com** - 828-1234. *Your web site for BEST coffees.*

**The Lamplight Inn** - Henderson 252-438-6311. *Pet-friendly; great breakfasts!* www.lamplightbnb.net

**Springfield Inn** - a bed and breakfast, 252-426-8471. springfield@springfieldbb.com. *In Hertford, BEST breakfast! Farm-fresh everything!*

**Dakota Grill** - 9549 Chapel Hill Road (Hwy. 54), intersection with Cary Parkway, 463-9526. *BEST exotic burger (double bison burger), and BEST chili for pepperheads.*

**Simpson's Beef & Seafood** - at Creedmoor and Millbrook roads, 783-8818. *BEST prime rib! BEST coconut shrimp!*

**Apex Chiropractic** - Apex, 362-9066. *I could hardly walk. Acupuncture saved my life!*

**Broadway Series South** - Progress Energy Center for the Performing Arts, 831-6060. *BEST dramatic arts performances; stellar 09 season that includes "Chorus Line" and "Wizard."*

**READER EMAIL POLL:** What is your favorite restaurant in Raleigh? Please send your vote to betterlivingnc@yahoo.com.

ever heard of ballet. Prior to that, he'd been a soccer buff. But a representative of a ballet school who was perusing area classrooms for a suitable candidate eventually honed in on Wei because of his lithe, long-legged physique. It was a good choice. When Wei first appears on stage at the "Nutcracker" as the Toy Soldier he does this magnificent jump from a stationary, standing position; it's truly incredible because usually such height can be gained only by a running start. The audience gave this move an impulsive, enthusiastic, ear-splitting applause. As the North Wind he soars; and as lead candy cane he jumps about as if the boards have become a giant trampoline. According to Wei, this is one of the most powerful roles in the "Nutcracker."

I asked Wei a number of questions designed to get to know him as both an artist and a person:

**Q: What's been your favorite dance and favorite role?**

WEI: "Giselle" because it's such a beautiful but tragic love story. My favorite role in "Giselle" is that of the prince, the man Giselle fell in love

with and committed suicide.

**Q: What's the rehearsal schedule for a typical production?**

WEI: We'll rehearse daily and intensively from 11:30am to 2:30pm, break for lunch and pick up from 3:30 to about 6:30pm. We also have class each morning from 10 to 11am.

**Q: What do you like the least about the work you do?**

WEI: Having to keep in shape during our annual two-month hiatus, and the number of injuries we can receive such as pulled muscles.

**Q: When you aren't flying through the air, what do you like to do for fun, to relax?**

WEI: I watch movies, party with friends and hang out at my favorite restaurant, 35 in Cary.

**Q: What's your favorite drink?**

WEI: Beer!



**Q: And guilty pleasure?**

WEI: Smoking.

Since a sad departure from his family and girlfriend in China, Wei has performed with several ballet companies, mostly in the Midwest. He likes Raleigh because in China it's very

crowded. Says Wei, "you practically bump shoulders in every street!" He's lived in cities larger than Raleigh here in the U.S., but for Wei, Raleigh offers "big city" advantages without the out-of-control population. His dance is truly a jewel in Raleigh's performing arts crown. ■RD

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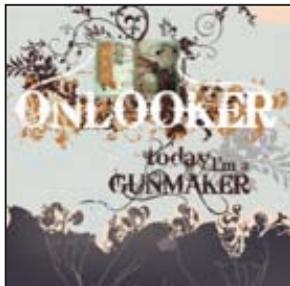
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# The Deep South Local Music Review

Each month, we look at three local bands within a wide range of music types, from rock to reggae, country to classic. You won't find any negative or bad reviews here, just bands worth hearing in your favorite local music hangout. Enjoy the reviews, check out the bands when they're in town and be sure to mention you read about them in the Raleigh Downtowner Deep South Local Music Review.

Artist: **Onlooker** Album: **Today I'm a Gunmaker** Genre: **Experimental/Indie/Pop** [www.myspace.com/onlookersounds](http://www.myspace.com/onlookersounds)



Think Explosions in the Sky or Death Cab for Cutie – especially on the track “Low Soft Shoulder.” But these guys aren't your typical indie rock band; their extended and explorative tracks counter the standard radio-hit material. With their electric drones, syncopated piano and melodic guitar lines, their sound is anything but average.

Raleigh-based Onlooker is made up of Brandon Whitesell (vocals, guitar, keys, samples, recording) and Travis Konkle (samples, programming, recording) with help from Brian Donahoe (drums), Anne Polesnak (cello), Ryan Pound (guitar sample source material), and Dave Hogan (drum sample source material).

Be sure to listen to the track “Revolver” off of *Today I'm a Gunmaker*. The track features a John Cage-like intro, melding multiple samples together before an isolated acoustic guitar chord.

Artist: **Mary Johnson Rockers** Album: **No Place for Birds to Rest** Genre: **Americana** [www.myspace.com/maryjohnsonrockers](http://www.myspace.com/maryjohnsonrockers)

Singer/songwriter Mary Johnson Rockers released her second solo album *No Place for Birds to Rest* this past year. It was recorded and produced by Rockers and Ryan Dean Pickett at Pick's Gym in Durham, with musical contributions from Greg Reading of Chatham County Line, Geordie Woods of Kudzu Wish and Evan Overton. This collection of personal and special stories stands as a tribute to the friends and fans who have supported her along the way.

Her blending of folk, country and rock is sure to make you laugh and cry, as it's pleasantly reminiscent and mournfully regretful. Despite the emotions evoked by her engaging melodies and thoughtful lyrics, Rockers seems to get it right every time.

With influences from Nina Simone to Neko Case and Patty Griffin to Patsy Cline, Rockers has quickly established her own musical identity. Check out “Two Step” to see for yourself.



Artist: **Red Collar** Album: **The Hands Up EP** Genre: **Alternative/Indie/Rock** [www.myspace.com/redcollarmusic](http://www.myspace.com/redcollarmusic)



Red Collar was profiled by *The News & Observer* as one of eight great bands to watch in 2008. So over the past year, we've watched and we liked what we've heard.

The Durham-based band, which was formed in 2005, is fronted by guitarist Jason Kutchma, with Michael Jackson (guitar), Andrew Blass (keyboards), Beth Kutchma (bass), and Jonathan Truesdale (drums). Jason's lyrics, complemented by vocal support from each member, serve as a nice change from the predictable, on-the-surface message brought by many modern rockers.

Red Collar's first record, *The Hands Up EP*, was released in February 2007 to great reviews. The quintet is currently working to complete their first full-length album.

*The Deep South Local Music Review is written by Dave Rose with contributions by Elizabeth Barrett. Dave is the co-founder and co-owner of Deep South Entertainment. Formed in 1995, Deep South Entertainment is a record label, artist management company and concert event production company with offices in Raleigh, North Carolina, and Nashville, Tennessee. Deep South is best known locally as producer of the Bud Light Downtown Live summer concert series, featuring national recording artists. Their latest addition to downtown Raleigh is Deep South–The Bar. Elizabeth is a UNC student working part time for Deep South and the Downtown Live concert series.*



## What Gen Y & Z are listening to...

By Elizabeth Barrett (Deep South Entertainment)

Wonder what music college and high school students are listening to and downloading onto their iPods? Each month we'll give you a quick look as to what you're likely to hear blaring out of dorm room windows on college campuses and out of car windows throughout the Triangle.



Artist: **Candlebox**  
Album: **Into The Sun**  
(Alternative/  
Grunge/Rock)

[www.myspace.com/candlebox](http://www.myspace.com/candlebox)



Artist: **The Disco Biscuits**  
Album: **The Wind at Four to Fly**  
(Electronica/Experimental/Jam Band)

[www.myspace.com/discobiscuitsofficial](http://www.myspace.com/discobiscuitsofficial)



Artist: **U2**  
Album: **How to Dismantle an Atomic Bomb**  
(Rock)

[www.myspace.com/u2](http://www.myspace.com/u2)



# Pairing Like a Pro

As far as specific pairing, let's start with red meat. (Sorry vegetarian friends, but I'll get to you soon enough.)

There are many cuts of meat to each tasty animal, but there's actually not a specific type of wine that works well with each. For instance, Filet Mignon is a great example of how a preconceived "correct" pairing can be so wrong. Many people tend to pair a Filet with a big oaky tannic Cabernet Sauvignon. While both of these are great on their own, Filet is a more delicate cut and as such, a big brooding wine like Cab does little to enhance the flavors of the meat and vice versa. I have found that Cabs of this nature do better with cuts of beef that have a higher fat content, like Ribeye. Several wines would be a great match for your Filet, depending on whether it's served with a Béarnaise or Hollandaise sauce, etc. At that point, you're no longer matching the wine to the beef, but to the high fat content of the sauce. A few possibilities could be a Shiraz, Bordeaux or even a Chardonnay. Choose what tastes best to you.

Next let's look at pork, duck, turkey, and heavier fish. Light-to-medium-bodied red wines will work with these – especially wines made from Pinot Noir. Again, much of this will depend on the sauce or the preparation of the dish and my suggestion is not a rule but a starting point.

Now, for my vegetarian friends: Depending on what kind of vegetarian you are, there may be many wines out there that aren't for you due to the common practice of using egg whites as a fining agent in wines which leads to some sediment and particulates being removed. This shouldn't interfere with your ability to enjoy wine, though, as there are many un-fined, unfiltered wines that will suit your palate and your plate. Again, I encourage you to match the weight of the food with the wine, and after that, to think about the spices and herbs used in the dish. If you're eating Indian food, try a semi-dry Gewurztraminer. The spice of the food compliments the slight sweetness and floral bouquet of the wine. A nice Cotes du Rhone will do well with anything from grilled Tofu to heartier dishes made with legumes.



If you still feel that you're not ready to start matching food and wine, try Raleigh's version of wine-pairing training wheels. In the ever growing gastronomic center of our city lies the ability to attend ever-popular wine dinners. This is where some of our most talented chefs team up with winemakers from around the globe to build a dinner specifically created for the wines being used. Usually consisting of several courses of food and at least as many wines, these events are a great way to see how flavors and textures can meld harmoniously. In fact, in the first weekend of February, over 25 winemakers will be converging to the Triangle for the 16th annual Triangle Wine Experience, which benefits the Frankie Lemmon Foundation. The Raleigh Downtowner is one of the proud sponsors of this great event.

For more information and a list of available dinners, visit [www.trianglewineexperience.org](http://www.trianglewineexperience.org). Not only will you enjoy good food and wine, but you'll also be supporting a great cause.

*Matt Fern is a wine schlep at Seaboard Wine Warehouse and occasionally a server at Poole's Diner and an avid attendee of great dinner parties with his foodie friends.*

*To send us your idea for a future Uncorked article, or to comment on a current column, please drop us a line to [uncorked@raleighdowntowner.com](mailto:uncorked@raleighdowntowner.com).*



By Matt Fern

Even though you're probably still stuffed from all those holiday parties

and can't even think about mini quiches and cheese plates right now, I'm bringing up the subject of food anyway – more specifically, how food and wine affect one another. This article is about demystifying the difficulty of wine pairing and dispelling some common wine and food myths. Sure, you may be wondering, "What wine-and-food credentials make this guy qualified to give me advice?" Easy. Working in a wine shop, I've tasted A LOT of wines and as for food, well...I used to be a fat kid.

The first bit of wine advice I'll give is simple: drink what you like.

Everything after this is merely a suggestion as to what kind of food would pair nicely with your wine preference. But hey, if you want to drink ice-cold Pinot Grigio with your well-done Filet Mignon, feel free; it's your choice. (Just please don't invite me to dinner that night.)

Wine has been around for many, many years, and I'm willing to bet that food has been around for even longer. But what has changed since then is our newfound attraction for finding the perfect wine to pair with each type of meal. The traditional rule is white wine with white meat and red wine with red meat. There, that was easy, right? Ideally it would be that easy, but there are so many other things to take into consideration: sauces, side dishes, your mood, your dining partner, and – more often than not – your budget. Some other tips I offer are to try and match the weight of the food with the weight of the wine; drink sweeter wines with spicier food; and avoid the vinegar-and-wine combination, as the two don't play well together. Also, if you're having a regionally-specific meal, try a wine from that area. For example, if you're eating Italian food, have an Italian wine.

# EVENTS CALENDAR

## ON STAGE CALENDAR

Brought to you by 42nd Street Oyster Bar and their commitment to the performing arts and artists in Raleigh. 919.831.2811  
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### January 22 - February 8

**Burning Coal Theatre Presents**  
*Way to Heaven*  
By Juan Mayorga

Director Matthew Earnest



(In Spanish and English on alternating performances). The American premiere of Spanish

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For tickets call 919.834.4001 or order tickets online. Discount tickets are

available for students, seniors (65+) and active military personnel. Group Discounts are available at the door or by phone to groups of 10 or more.

### January 29 - February 1

**Balanchine - By George!**  
Choreographed by George Balanchine  
Media Sponsor: The Raleigh Downtowner Magazine



George Balanchine's natural curiosity and creativity led him to push

boundaries that resulted in timeless classics that were so far ahead of their time, they are still amazing today. He embodied a passionate fervor that kept him working into his eighties, turning out a body of work that made him the Father of American Ballet. Each season, we introduce our audience to new selections from his ground-breaking choreography. In the spirit of that tradition, we dedicate this program to his genius.

Call the BalletLine 919.719.0900, visit the box office at the Progress Energy Center for the Performing Arts at 2 East South Street or visit their website [www.carolinaballet.com](http://www.carolinaballet.com)

### February 6 - Friday

**Broadway Series South Presents**  
*Art Garfunkel and His Band*



Although it has been 30 years since Bridge Over Troubled Water was recorded, Art

Garfunkel's image and signature vocal remain among the most instantly recognizable in popular music. His "beautiful countertenor," as Neil Strauss described Art's voice in The New York Times, is clear and resonant, surely one of the finest instruments in all of popular music, and a time-honored friend to a world of listeners.

Show playing in Raleigh Memorial Auditorium. Groups of 10 or more receive exclusive benefits. Tickets on sale at [www.broadwayseriessouth.com](http://www.broadwayseriessouth.com)

### February 6 - 8 & 12 - 15

**Theatre in Park Presents**  
*Macbeth*



Written By William Shakespeare  
Directed by Ira David Wood III  
Power. Greed.

Madness. Shakespeare returns to Theatre In The Park with the production of one of The Bard's most famous tragedies.

Order tickets at [www.etix.com](http://www.etix.com), by phone at 919.831.6058, at the Box Office, located 107 Pullen Road or at the door. Reserve Seat Tickets: \$13-21.

### February 8 - Sunday

**Rock For Research at Napper Tandy's**  
126 N. West St., Raleigh  
Advance Research.

Support Patients.  
Create Hope.

[www.pancan.org](http://www.pancan.org)

6- 10 pm @ Napper Tandy's  
Music by Peace Street Band, Live Auction, Raffle, Door Prizes, Heavy Hors d'oeuvres, Cash Bar.  
Slip into something purple!

\$25 per person admission (all proceeds will be donated to Pancreatic Cancer Action Network)

Special thanks to Napper Tandy's, who is very generously donating the food.

### February 10 - 15

**Broadway Series South Presents**  
*Stomp*



Stomp, the international sensation, is making its triumphant return to Raleigh's Memorial

Continued on page 29

**Theatre In The Park**  
Raleigh's Premier Regional Theatre • Year-round Programming • Indoor Facility

# Macbeth

by William Shakespeare  
Featuring Ira David Wood III  
February 6-15, 2009

Tickets: (919) 831-6058 or [theatreinthepark.com](http://theatreinthepark.com)

**TTC** *A Toast to the Triangle*  
TO BENEFIT TAMMY LYNN MEMORIAL FOUNDATION INC.

## The Ultimate Food & Wine Extravaganza

Combining a celebration of culinary talents with a worthwhile cause

Sunday, March 8, 5:30 pm - 8 pm  
at NC State University McKimmon Center - \$100

### Event Information

[www.atoasttothetriangle.org](http://www.atoasttothetriangle.org) or 919.832.3909

Food Competition, Wine Tasting, Specialty Beers, Silent Auction & Raffle

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Auditorium. The return of the percussive hit also brings some new surprises, with some sections of the show now updated and restructured and the addition of two new full-scale routines, utilizing props like tractor tire inner tubes and paint cans.

For more information about the show, visit [www.stomponline.com](http://www.stomponline.com). Tickets available: [www.broadwayseriessouth.com](http://www.broadwayseriessouth.com)

**February 13 – March 1**

Raleigh Little Theatre Presents  
The Prime of Miss Jean Brodie



(RLT Sutton Main Stage)  
Drama. A story about acceptance, life, love and betrayal. At

the staid Marcia Blaine School for Girls in Edinburgh, a charismatic school teacher is passionate in the application of her unorthodox teaching methods and in her dedication to her girls.

The time is the 1930s, and Miss Brodie seems unaware that her admiration for Mussolini and Hitler might be considered unacceptable. When her illicit affairs with two male teachers are revealed, she finds herself fighting to keep her job. Through it

all, she believes in the unwavering support of her favorite pupils, with fatal consequences.

Tickets available through [www.etix.com](http://www.etix.com) or from the RLT Box Office at 919.821.3111.

**February 18-19**

Broadway Series South Presents  
Pink Floyd Experience



Without question, Pink Floyd remains one of the most influential rock bands of

all time. Their record-breaking status is legendary. Now, get ready for The Pink Floyd Experience! Complete with 200,000 watts of light...full quadraphonic sound and six brilliant musicians singing all of Pink Floyd's greatest hits including "Wish You Were Here," "Time," "Another Brick in the Wall" and much more...live! Audiences are raving about this epic concert.

Show playing in Raleigh Memorial Auditorium. Groups of 10 or more receive exclusive benefits.

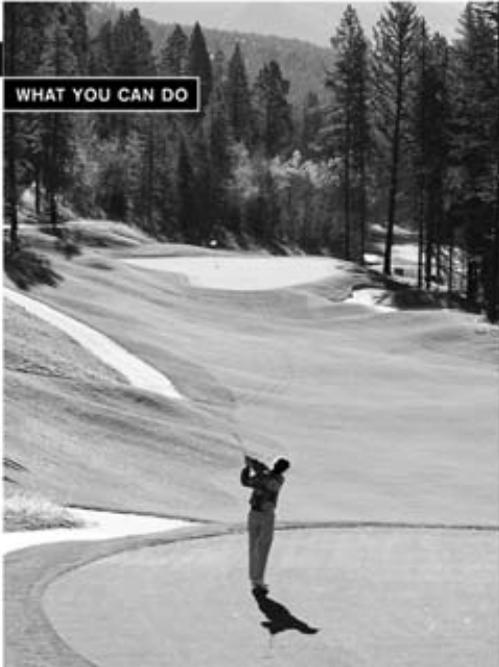
Tickets and more information at [www.broadwayseriessouth.com](http://www.broadwayseriessouth.com)



**WHAT WE DO**

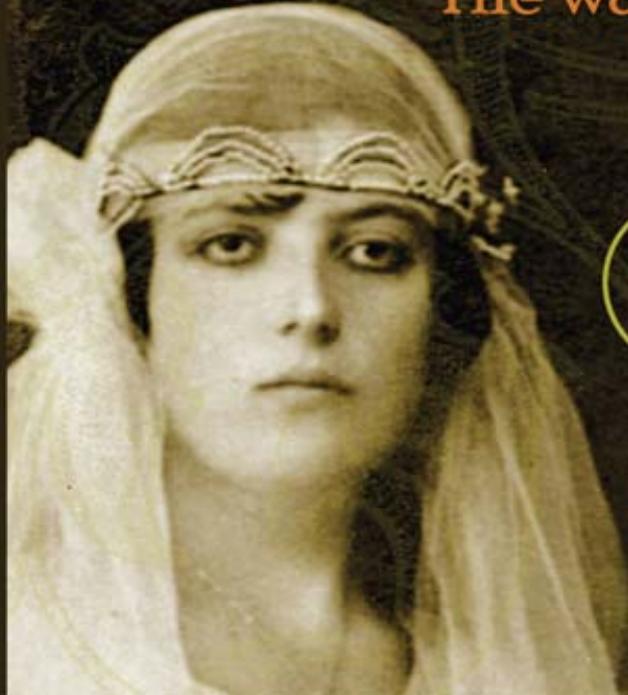
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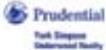


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wood burning fireplace, LARGE SUN-ROOM, mstr 1 or 2 floor. Marble bath, wooded lot, formal liv & din. New paved drive way, Walk to shopping & dining, don't want to miss this! HARDWOODS ON BOTH FLOORS. \$459,900

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## LEASE IN SEABOARD/PILOT MILL

3 BR, 2.5 BA, 2 car garage, 1600 sf. \$1800 per month. Contact Chris at [chris@raleighdowntowner.com](mailto:chris@raleighdowntowner.com)

## POSITIONS AVAILABLE AT THE RALEIGH DOWNTOWNER

### INTERNSHIPS

We are accepting resumes for interns for

the upcoming Spring, Summer and Fall semesters. Graphic design, layout, writing, photography, editing, and reporting are some of the skills we're looking for. Come and learn with us. Send resume and cover intro to: [office@raleighdowntowner.com](mailto:office@raleighdowntowner.com).

## CONTRIBUTING WRITERS

We are looking for writers for print and website articles. Topics can be related to downtown, health, music, fashion, etc. New column ideas welcome. Send us an email to [office@raleighdowntowner.com](mailto:office@raleighdowntowner.com).

## CONTRIBUTING PHOTOGRAPHERS

We need photographers with their own equipment to cover events and article photography. Attend events free, get experience, make great connections, and be a part of the Downtowner crew. Send us photo samples and/or website info to: [office@raleighdowntowner.com](mailto:office@raleighdowntowner.com).

# WHY PAY TO WORK OUT?

## RIDE A RICKSHAW... GET PAID!

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Five minutes to museums, galleries, elegant dining and theaters. Ten minutes to the office. This is Renaissance Park, where traditional neighborhood living meets the best that a trendy, urban center has to offer.

For more community information, visit [Downtown.RenaissancePark.com](http://Downtown.RenaissancePark.com) or call 919.779.1277.

### Directions

Take Dawson St. heading away from Downtown. Continue on S. Saunders St. and merge onto S. Wilmington St. Continue for one mile. Turn right on Tryon Rd., then right on Junction Blvd.

Townhomes from the \$140s | Single-family homes from the \$250s | Custom Homes from the \$300s to \$400s

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To add your name to this list, or for  
more info on bar & restaurant recycling  
visit [raleighnc.gov/downtownrecycles](http://raleighnc.gov/downtownrecycles)  
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