



RALEIGH DOWNTOWNER

MAGAZINE

VOLUME 5, ISSUE 7

ENTERTAINMENT, ARTS & CULTURE, BUSINESS, DINING, EVENTS, MUSIC, AND MORE

FREE



DOWNTOWN DINING

Chef Jeremy is creating a buzz at the Busy Bee



DISCOVER NC

Learn about our great state in the newest Downtowner column

RALEIGH DOWNTOWNER

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ISSUE 8: HEALTH & WELLNESS In this issue, we'll talk to downtown experts in the fields of health and wellness and compile a great resource list of all the businesses where you can go to look and feel like a million bucks. Know someone that should be included or have a great health story? Email us! health@raleighdowntowner.com



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On the cover With over 300 different items and products for sale the State Farmers Market is located just a mile and half from downtown. Visit ncfarmfresh.com for a listing of NC farmers markets.

On the left Vegetables at the Moore Square Farmers Market

DISTRIBUTION LOCATIONS

These are just a few of the places where the Downtowner is available each month. With our 98%+ pickup rate, many locations run out after just a few weeks. If you can't find a copy, visit our website and read the current PDF available online. You can catch up on past issues too.

If you have suggestions for another location where you'd like to see the Downtowner, email us at delivery@raleighdowntowner.com. We love hearing from our readers!

DOWNTOWN CONDOS

The Dawson
 510 Glenwood
 Park Devereux
 The Cotton Mill
 The Paramount

Palladium Plaza
 The Hudson
 West on North

DOWNTOWN

Wake County Courthouse
 Raleigh City Council Building
 Raleigh Chamber of Commerce
 Office of the Secretary of State
 North Carolina Theatre office
 Broadway Series South box office
 Raleigh Urban Design Center
 Empire Properties
 Downtown Raleigh Alliance
 Raleigh Times Bar
 Sitti
 Gravy
 Morning Times
 French | West | Vaughn
 Landmark Tavern

Sheraton Hotel info desk
 Progress Energy building lobby
 Cooper's BBQ
 Capital City Club lounge
 Progress Energy Building commissary
 Fins
 Crema
 Raleigh Visitors Center

HILLSBOROUGH ST./NCSU

Second Empire Restaurant
 WRAL-TV5 lobby
 Porter's Restaurant (sidewalk)
 Irregardless Café
 Char-Grill (sidewalk)
 Goodnight's Comedy Club
 Clarion Hotel
 YMCA Hillsborough Street
 Theatre in the Park
 Beansprout Restaurant

CAMERON VILLAGE

Harris Teeter/Suntrust Bank
 BB&T
 Capital Bank
 Cameron Village Library
 Village Draft House
 York Companies
 Village Deli
 Great Outdoor Provision Company
 Foster's

GLENWOOD SOUTH

Sullivan's Steakhouse
 510 Glenwood business foyer
 510 Glenwood (sidewalk)
 Mellow Mushroom
 Hibernian
 Pourch/Bassment
 Catch 22
 Sushi Blues / Zely & Ritz (sidewalk)
 Helios Coffee Shop (sidewalk)

Salon 21
 The Cupcake Bakery Shoppe
 Primp SalonBar
 Fly Salon
 Lee Hansley Gallery
 Bliss Salon
 Revolver Boutique

HISTORIC DISTRICT

Legislative Building cafe
 Peace Street Pharmacy
 NC Museum of History
 NC Dept. of Labor
 NC Dept. of Agriculture

FIVE POINTS/HAYES BARTON

Hayes Barton Pharmacy
 Hayes Barton Cafe and Dessertery
 Nofo @ the Pig
 Rialto

Five Points Post Office (sidewalk)
 Third Place Coffee
 Lilly's Pizza
 J. Edwin's Salon
 Hayes Barton Salon

SEABOARD STATION

Seaboard Imports
 Seaboard Fitness
 Seaboard Wine
 18 Seaboard (sidewalk)
 Ace Hardware
 Galatea

MOORE SQUARE

Artspace
 Duck and Dumpling
 Tir Na Nog Irish Pub
 Moore Square, by Big Ed's

POWERHOUSE DISTRICT

Blue Martini
 Napper Tandy's
 42nd Street

WAREHOUSE DISTRICT

Flying Saucer Bar
 The Pit Restaurant
 Jibarra Restaurant
 Deep South—The Bar
 Stuff Consignment

MIDTOWN/N. RALEIGH

Barnes & Noble (Crabtree)
 Borders Bookstore (Creekside)
 Carolina Ballet office
 Capstrat Advertising
 Suntrust Bank (Creedmoor)

eatLOCAL

Arguments about why it's important to buy and consume local, sustainable products are becoming more sophisticated and complex, as well as more common across diverse populations and groups. Still, the majority of Americans don't consider where their food originates. It's far too convenient and easy to continue the status quo of buying groceries at the local chain supermarket. A new model of thinking, from farmer to market to consumer, is necessary.

Why is it important to eat local? Rising fuel costs, the obesity epidemic, food safety outbreaks, loss of farmland and increasing poverty, and lack of access to healthy foods have sparked a nationwide discussion about the potential for community-based food systems to enhance local and regional economic vitality, public health, ecological sustainability, social equity, and cultural diversity. Community-based food systems are one possible solution to many of these problems.

Here in North Carolina, the Center for Environmental Farming Systems (CEFS) – a partnership of NCSU, NC A&T and the Department of Agriculture and Consumer Services as well as many non-profit and farm organizations – has launched a statewide effort to ask the question, “What will it take to build a local, sustainable food system and economy in North Carolina?” Over the next year, with input from individuals, organizations and businesses through a series of regional meetings and a statewide leadership summit, CEFS will develop an action plan to help articulate a vision and prioritize strategies for building a sustainable food system in North Carolina.

Our state has numerous assets – a conducive climate, a strong farming base, and growing consumer market – to make community-based food systems plausible. We are the eighth largest agricultural state in the nation and one of its most diverse. Agriculture, with a market value of \$6.9 billion, is our largest industry and it employs close to 20 percent of the labor force. We have an extensive research and extension system to provide technical assistance and develop innovative sustainability practices, which includes CEFS recognized internationally for its innovative and comprehensive sustainable agriculture research, outreach, and farm-to-fork marketing programs. These factors, combined with the growing number of communities and non-profit organizations developing partnerships and businesses working to source local products, mean that North Carolina is well positioned to take on this challenge.

When asked in a 2005 survey, 69 percent of the US population cares about farmland preservation; 85 percent trust family farms more than industrial farms;

81 percent want food produced in the US; 68 percent would pay more for food grown in the US; 73 percent would prefer food grown locally or from their



Stanley Hughes, Pine Knot Farm

Credit Debbie Roos, NC Coop. Ext.

“What will it take to build a local, sustainable food system and economy in North Carolina?”

region. With the onset of recent safety issues regarding imported food, it would be assumed the interest in locally-grown food has grown significantly.

SOME OF THE GOOD REASONS TO BUY LOCALLY-GROWN FOOD

You'll get exceptional taste and freshness

Local food is fresher and tastes better than food shipped long distances from other states or countries. Local farmers can offer produce varieties bred for taste and freshness rather than for shipping and long shelf life.

Public health professionals across our state are paying more attention to the food system and its role in poor health outcomes. In the past few decades, American consumers have had ready access to an abundance of low-cost, high-calorie foods with ingredients like high-fructose corn-syrup. It has made more economic sense for people on a budget to buy highly processed, yet often nutritionally inferior, processed foods than it does to buy an equivalent amount of calories from healthy foods such as fresh meat or vegetables. All the while, rates of obesity and diabetes have risen

accordingly. North Carolina ranks 17th among the states in terms of adult obesity and is 5th highest in youth obesity.

Recent evidence indicates that early childhood prevention programs are essential for reducing childhood obesity and that social and political change is critical in order to alter the complex food environment associated with obesity.

Farm-to-school programming is a new approach to addressing obesity in children while simultaneously building a community-oriented food system. Farm-to-school programs utilize a wide variety of strategies geared toward increasing children's consumption of fresh, local foods and / or expanding market opportunities for local farmers. The Appalachian Sustainable Agriculture Project's (ASAP) Growing Minds has made great strides toward getting local foods served in school cafeterias in the western part of the state and increasing students' awareness of growing, harvesting and cooking fresh local foods.

Strengthen local economy

Buying locally-grown food makes good economic sense by keeping consumer dollars circulating in the community. By end-users getting to know local farmers, it helps build relationships based on familiarity and trust, the foundation of a strong community.

Each year, North Carolinians spend \$34 billion on food, both dining in and eating out. Very little of this is spent on foods grown, raised or processed locally. For example, of the 200-299 produce items typically stocked by grocery stores in North Carolina, less than five percent is estimated to be grown here. But North Carolina is one of the most diverse agricultural states in the nation, producing as many as 80 different commodities, including vegetables, fruits, fiber, grains, meat, poultry, and dairy. Indeed, NC farmers produce enough of certain crops to supply a significant percentage of what we consume. Take apples as an example. NC farmers grow enough apples to supply 42 percent of fresh apple consumption in the state. But as a consumer, you are more likely to find an apple from Washington or California in your grocery store rather than one grown locally. In the case of beef, we have enough cattle to supply 41 percent of our beef needs. However, since cattle are shipped out of state for finishing and slaughter, NC farmers don't have the opportunity to take advantage of the local food dollars spent on beef, which total \$1.3 billion annually.

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If each person spent just \$0.55 per day on foods grown in our state, it would create over \$1.7 billion in revenue for North Carolina farmers and related businesses. Money spent on local food has a multiplier-effect, circulating in the local economy rather than leaving the state. In other words, money spent locally can be re-spent locally. An analysis of the economic development potential for local food economies in the central Puget Sound area outside of Seattle found that while agricultural exports generate about \$1.70 in community income for every dollar of sales, over \$2.80 is returned to the state for every \$1.00 spent at a local

converted for residential and commercial purposes, open space and natural habitat is lost as well as nutrient rich top soil ideally suited for food production. Losing farmers and farmland has also meant a decline in the infrastructure to process, distribute, and market a diversity of products within the state – key elements important for our future food security. Similarly, we see a decline in the vibrancy of our rural communities and our agricultural heritage.

By focusing on the creation of more localized food systems in which NC farmers grow a greater percentage



farmers market. The regional economic development impact of farmers markets was found to be 2.5 times that of supermarkets.

Support endangered family farms

There's never been a more critical time to support local farms. Each local food purchase ensures that more money spent on food goes directly to local farmers.

The U.S. farm population has been steadily declining as food production has become consolidated. Fewer than 2 percent of farms in the U.S. produce 50 percent of our food. And farming has become increasingly less viable economically; three out of four farm households now earn the majority of their income from off-farm sources. Sadly, according to the Department of Justice, our country now has more prisoners than we do farmers.

Over the past 30 years in North Carolina, we have lost more than half of our farmers and we now tie for first in the nation in the loss of farms. With a population growth of 21.4% from 1990 to 2000 and an estimated 600,000 more people in NC by 2010, there will likely be significant demand for new residential growth, risking even greater loss of farmland than experienced during the past five years. When agricultural land is

of our food and NC businesses process, distribute and sell, we have the potential to reverse these disturbing trends and revitalize the food and agricultural sector within towns, cities, counties, and regions across the state. It is encouraging to note that in pockets of the state where a local food economy is developing, such as in the Triangle – where farmers markets are on the rise and restaurants and grocers are committed to procuring local foods – we see a resurgence of young farmers trying their hand at growing a diversity of foods and many of them making a living on small acreages. This mirrors a national trend in the growth of the smallest farms, which increased from 1 to 1.2 million between 1995 and 2003.

Safeguard your family's health

Knowing where food comes from and how it is grown or raised enables customers to choose safe food from farmers who avoid or reduce their use of chemicals, pesticides, hormones, antibiotics, or genetically-modified seed in their operations.

Food security and national security go hand in hand. One definition of food security is lack of dependence on foreign food in much the same way we seek to reduce our reliance on foreign oil. The U.S. imports 15 percent of its food and imports are expected to rise.

The importance of self-reliance in food production is well recognized by our military and was the prevailing thought behind creation of the original Farm Bill – ensuring local food production for our troops. Indeed, military officials at Fort Bragg and Camp Lejeune in North Carolina are currently involved in efforts to shore up local food production and processing as a homeland security initiative.

Food security, however, can also be defined as equitable access to food, particularly fresh healthy foods. Over 13 percent of households in NC are considered food insecure (i.e., do not have adequate or consistent access to food to lead active healthy life-styles), with 36 percent of these estimated to be children. It is the ultimate irony that North Carolina farm workers, those who spend their working hours tending crops, are considered the most food insecure in our state.

Protect the environment

Local food doesn't have to travel as far as nationally or internationally transported products, significantly reducing carbon dioxide emissions, packing materials and the use of fossil fuel. Buying local food also helps to make farming more profitable, lessening the necessity of selling farmland for development.

After cars, the food system uses more fossil fuels than any other sector of the economy. In addition to the fossil fuels used in the production of food (e.g., pesticides & fertilizers), fossil fuels are expended to transport our food often from thousands of miles away; we operate in a global food system in which we can ship any product anywhere at anytime. But with rising fuel costs, many food companies are looking for ways to minimize transportation and localized food economies are beginning to make more sense. Indeed, major food companies are now considering sourcing products from North Carolina instead of California to cut down on company-wide fuel costs.

LOCAL RESTAURANTS AND CHEFS WHO PRACTICE WHAT THEY EAT

The number of downtown restaurants and chefs who are buying locally grown produce and products has increased significantly over the past few years. Most not only cite freshness and cost as their reasoning for buying local, but also the many benefits discussed above. Below are just a few of the restaurants in downtown where you can "eat local."

Zeli & Ritz

Jamie DeMent & Richard Holcomb, Sarig & Nancy Agassi

www.zelyandritz.com

Over half of the ingredients used at Zely & Ritz come from Coon Rock Farm, their sustainable family farm in Hillsborough, providing organically grown heirloom vegetables and heritage breed pasture-raised meat and eggs. They are the only local restaurant that has its own farm delivering fresh produce and meats



every day. They also support and buy from over 50 other local farmers.

The original purveyors of “eat organic,” Zeli & Ritz co-owners Richard Holcombe and Executive Chef Sarig Agassi believe, “good food is important and that where and what you eat is a choice that affects not only your personal well-being but also that of the planet. We are passionate about providing our customers with the best possible choices in good, healthy, and delicious food.” Coon Rock Farm co-owner Jamie DeMent told us, “As the farm has grown and evolved we’ve discovered that it’s our responsibility to the land and the community to really make the most of what we have here... to tighten the gap between the earth and the plate. It’s already been more fulfilling than we could have expected.”

Solas
Cliff Vogelsberg
www.solasraleigh.com



Located in Greenwood South and perhaps more known at the moment for their upscale rooftop and dance lounge, Chef Vogelsberg is making sure the cuisine found in the ground floor restaurant is just as outstanding.

With a menu that changes four times a year to stay in season with fresh products, Vogelsberg also designs his menu around produce delivered by a farm delivery service as well as vegetables, fruits, herbs and spices they grow right next to their restaurant, “Basil, mint and lemon thyme are a few used the most from of our garden since they grow quickly. We also have stevia, which is a natural sweetener, rosemary, fennel, chives, parsley, oregano, and lavender. We planted two different kinds of grapes last year, and hopefully we’ll get some fruit from the vines this year. We’ve already gotten about 50 pounds of cucumbers so far. We visit the farmers markets twice a week for different ingredients. The food is just so much better when everything is fresh from the garden.

Jibarra
Co-owners Hector and Joel Ibarra
www.jibarra.net



A new addition to downtown but no stranger to offering great food in Raleigh, Jibarra introduces a novel approach to Mexican cuisine. Beginning with deep-rooted, traditional Mexican dishes (some centuries old), they use modern cooking techniques and present them in a contemporary fashion. We spoke with co-owner Hector Ibarra who spoke very highly of the local food market in Raleigh, “We definitely try to support our local farmers. We buy the bulk of our produce here from the state farmers’ market and we’re just now getting more involved with the Moore Square farmers’ market. It makes sense for the area to support local farmers which helps keep the local economy strong. It’s the most sustainable, green thing to do. It reduces shipping and energy costs and it’s something unique and helps create a positive identity in the area. You’ll always find a lot of local produce in our dishes.”

The Mint
Howard McCall
www.themintrestaurant.com



The Mint Restaurant offers contemporary fine southern dining with a global influence. The ambience is a metropolitan feel, but with a connection to the past as the restaurant features many preserved glass etchings and original vault hardware from the building’s bygone bank days. The Mint offers the freshest

ingredients sourced locally from farms around the area that are refreshingly familiar, all paired with one of Raleigh’s best wine lists. Chef Howard McCall, who has been with the Mint since their opening day and was promoted to executive chef, has a passion for using local produce in his kitchen, “We use a lot of local NC fruits and vegetables as well as pork, rainbow trout and salmon. We’re in the midst of changing our menu for late summer and fall. We have a lot of diverse influences here at the Mint as our chef/owner Chris has lived in DC and LA and has a Jamaican / Caribbean background. I’m from New York and Connecticut and have a North American background. We try to combine all those cultures and styles to create a nice product that people here in downtown Raleigh will enjoy.”

Busy Bee Cafe
Chef Jeremy Clayman
www.busybeeraleigh.com



The Busy Bee Café returned to Wilmington Street this past spring, at least in name. Reopened by Chris Powers and Woody Lockwood, featuring Jeremy Clayman as executive chef, the Bee hosts an

eclectic yet tempting menu from 6am until 2am daily. Jeremy told us, “Eating local is a healthy advantage because it does not have to sit on a truck for a week or be treated for pests chemically so it can survive the trip across country. Economically speaking, a person can purchase enough produce at the farmer’s market for \$20-\$30 to last a four-person family about a week. We also deal with ECO (Eastern Carolina Organics) who will go around the state to different farmers and gather what is available and deliver it the next day. It’s really incredible. And of course Whole Foods has some local stuff as well, but it’s slightly more expensive than the farmer’s markets.”

Gravy
Roeh Lewitt
www.gravyraleigh.com



Ask any Italian-American what ‘gravy’ is, and they’ll tell you it’s the pasta sauce that their mothers and grandmothers cooked fresh every night. At Gravy, they take the same care,

using fresh tomatoes and locally grown herbs to create their signature gravy, the same way it was made in restaurants in Italian neighborhoods decades ago. Chef Roeh (Rho-EE) Lewitt, a Culinary Institute of America-trained chef who recently returned to Raleigh, uses that traditional gravy in his modern spin on some of the classic Italian-American dishes, from spaghetti Bolognese to baked ziti.

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According to Roeh, “Restaurants using local produce are few and far between and should be recognized for their mindfulness. To guarantee quality of life today as well as tomorrow, it’s important to concentrate on what can be sourced locally whenever possible. We seek purveyors that make an effort to carry local produce, because it’s a reassurance that our ingredients have not been picked early to meet a package date, but came from a nearby farm when they were ready. That helps us at Gravy ensure great quality.”

Sitti

Ghassan Jarrouj

www.sitti-raleigh.com



Teaming up with the Saleh family, owners of the area’s Neomonde restaurants, Greg Hatem and Empire Eats opened Sitti, a tribute to their common Lebanese culture and to their grandmothers, or sittis, who were the caretakers and teachers of their home country’s culture, faith and food. Chef Ghassan Jarrouj has created a fresh and authentic menu of dishes with subtle spices and rich, imported Kalamata olive oil and featuring an extensive offering of mezze, entrees and house-baked flatbreads. Although each dish is traditional, small twists here and there represent the unique crossroads between the Lebanese home country and the home here in North Carolina. As in all the Empire Eats restaurants, Ghassan utilizes as many local resources as possible, “Restaurants should integrate local produce and products into their menus as it ideal and important for freshness and quality. Support the local economy and it will support you.”

LOCAL FARMER’S MARKETS

State Farmers Market

1201 Agriculture Street, Raleigh, NC

www.ncagr.com/markets/facilities/markets/raleigh

The State Farmer’s Market in Raleigh is a market that’s funded by the North Carolina Department of Agriculture. Though not all of the produce that’s for sale at the State Farmer’s Market in downtown Raleigh is grown by the vendors themselves, much of it is. The State Farmer’s Market in Raleigh is a huge place: It has areas devoted to local growers who are retailing their produce directly, areas for wholesalers to sell their wares, and an indoor area with semi-permanent stores that sell everything from birdhouses made of gourds to

meats, cheeses and eggs.

Market Hours (year-round, though growers tend to close up shop early during the winter months): Mon-Sat 5:00 am - 6:00 pm, Sun.8:00 am - 6:00 pm

For more information, call 919.733.7417

Moore Square Farmers Market

South Blount Street, Raleigh, NC 27601

www.godowntownraleigh.com/farmersmarket

Moore Square Farmers’ Market is the closest producer/vendor-operated farmers’ market in downtown Raleigh. It features live music and special chef and craft events in addition to being a source for everything from arugula to quail.

Market Hours (April-August):

Wednesday 10:30 am - 2:00 pm

For more information call 919.832.1231 or email karen-sieber@downtownraleigh.org.

North Hills Farmers Market

North Hill Commons (near the movie theater) 4160 Main at North Hills Street, Raleigh, NC

The brand new North Hills Farmers Market will add some local flavor to the North Hills Mall shopping experience. According to the North Hills Mall management, this market will feature local farmers and lots of live entertainment, including “bands, artists and strolling entertainers”.

Market Hours (April-early Oct.):

Saturday 8:00 am -12:00 noon

For more information, call 919-719-5471

Downtown Cary Farmers Market

Amtrak Parking Lot, Harrison St., Cary

www.caryfarmersmarket.com

The Downtown Cary Farmers’ Market features products grown or produced within 60 miles of Cary. Products available at this market include produce, pottery, artisan-roasted coffee, and pasture-raised meats.

Market Hours (April-Nov):

Saturday 8:00 am-12:30 pm

Tuesday 3:00 pm-6:00 pm

For more information, email info@caryfarmersmarket.com or call 919-616-7728

MORE INFORMATION ON BUYING LOCAL PRODUCE

Center for Environmental Farming Systems (CEFS)

The Center for Environmental Farming Systems develops and promotes food and farming systems that protect the environment, strengthen local communities, and provide economic opportunities in North Carolina and beyond.

www.cefsfarmtofork.com

Food Routes

National non-profit website that provides communications tools, technical support, networking and information resources to organizations nationwide that are working to rebuild local, community-based food systems

www.foodroutes.org

Directory of NC Farms, Pick-Your-Own/Roadside Stands, Nurseries, and Garden Centers

North Carolina Farm Fresh is a directory of pick-your-own farms, roadside farm markets, and farmers markets throughout North Carolina. It is designed to help the consumer, find the freshest locally grown fruits, vegetables, Christmas trees, ornamental plants, flowers, and herbs.

www.ncfarmfresh.com/farms.asp

Papa Spud’s

Papa Spud’s is an online farmer’s market, working to connect Triangle residents with local and/or sustainable farmers and their products. Papa Spud’s operates on a weekly subscription basis offering two packages, \$22.99 and \$43.99. Both are delivered directly to a client’s home and feature a customizable assortment of seasonal local and/or organic products. Subscriptions are for a weekly delivery, but they can place holds on delivery/payments for any reason.

www.papaspuds.com

North Carolina Cooperative Extension Service

The largest outreach program at NCSU

www.ces.ncsu.edu

Buy local food guide

www.ces.ncsu.edu/chatham/ag/SustAg/buylocalguide.html

Carolina Farm Stewardship Association

Find Carolina farmers, farmers’ markets, restaurants, grocers, manufacturers and more in their searchable food guide

www.carolinafarmstewards.org

NC Choices

Source list of sustainable fruits, vegetables, lamb, beef and poultry

www.ncchoices.com

NC Food Network

Sustainable, local food system directory

<http://ncfoodnet.com>

Local agro-food system

Strengthening the bond between farmer and consumer

<http://greenleaf.uncg.edu>

Triangle Meat Buying Club

Committed to procuring wholesome, healthy and sustainably raised meat and poultry from local NC Choices farmers

<http://trianglembc.org>

Eat Well Guide

Find local sustainable organic products anywhere in the US and Canada

www.eatwellguide.org

Many thanks and credit to Nancy G. Creamer, Director at the Center for Environmental Farming Systems and Jennifer Curtis, Project Director for NC Choices, for much of the content of this article.



RALEIGH DOWNTOWNER MAGAZINE

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This Month's Reader Rewards

- Four tickets to an upcoming **Broadway Series South** show. Broadway quality shows brought directly to you. www.broadwayseriesouth.com
- Four \$25 gift certificates to **Thaiphoon Bistro** in Glenwood South. Superb authentic Thai right in downtown. Located behind Hibernian Pub. www.thaiphoonbistro.com
- Four \$25 gift certificates to **Jibarra Mexican**

Restaurant in the historic warehouse district. Traditional Mexican dishes + contemporary presentation = amazing results. www.jibarra.net

- Four \$25 gift certificates to **The Mint Restaurant** located on Fayetteville Street, in the heart of downtown. www.themintrestaurant.com
- Four \$25 gift certificates to **Solas**. Dine, lounge, roof. Raleigh's all-inclusive three-floor restaurant, dance lounge and rooftop experience. www.solasraleigh.com
- Four \$25 gift certificates to **The Oxford**. A British gastropub on Fayetteville Street. www.oxfordraleigh.com
- Four \$25 gift certificates to **Sono**. Sleek. Sexy. Sushi. Downtown. www.sonoraleigh.com

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Thaiphoon bistro

DINE IN OR TAKE OUT
Fabulous Thai located in the heart of Glenwood South
301 Glenwood Ave. Suite 190, just behind Hibernian
Lunch M-F 11:30am-2:30pm, Dinner Su-Thu 5-10pm, Fr-Sa 5-11pm
720.4034 www.thaiphoonbistro.com

"Sitti is by far the most ambitious Middle Eastern restaurant ever to open in the Triangle" - Greg Cox, The News and Observer

Sitti
Authentic Lebanese

137 S. Wilmington Street, Downtown Raleigh, P 919.239.4070, www.sitti-raleigh.com

Busy Bee Café BY BRIAN ADORNETTO, Food Writer

Friends and fellow beer lovers, David “Woody” Lockwood and Chris Powers teamed up with developer David Meeker to revitalize the building that housed the original “Busy Bee Café Restaurant” in the 1920s. Their plan was to renovate the space to historical standards and pay tribute to the rich history of the building. But make no mistake; the rejuvenated Busy Bee Café is not a step back in time. If anything, it’s one of the more modern, fashionable and urban spaces downtown.

Once inside, customers at The Busy Bee will first discover the high-ceilinged main café area with full bar, coffee counter, and rear mezzanine. A trip up the stairs to the right of the restaurant’s outside door leads to second-floor bar, The Hive, and further investigation will uncover a rooftop patio that offers an outstanding view of downtown. All of these areas playfully pay homage to the original restaurant as

well as to their namesake, bees. Photos of the 1920s Busy Bee hang on the walls along with images of the reconstruction process. House cocktails are given names such as “The Bee’s Knees” and “The Sting.” However, the defining illustration in the motif is the bronze and steel sculpture of a bee honeycomb that greets you at the entrance, created by local artist Mary Catherine Floyd.

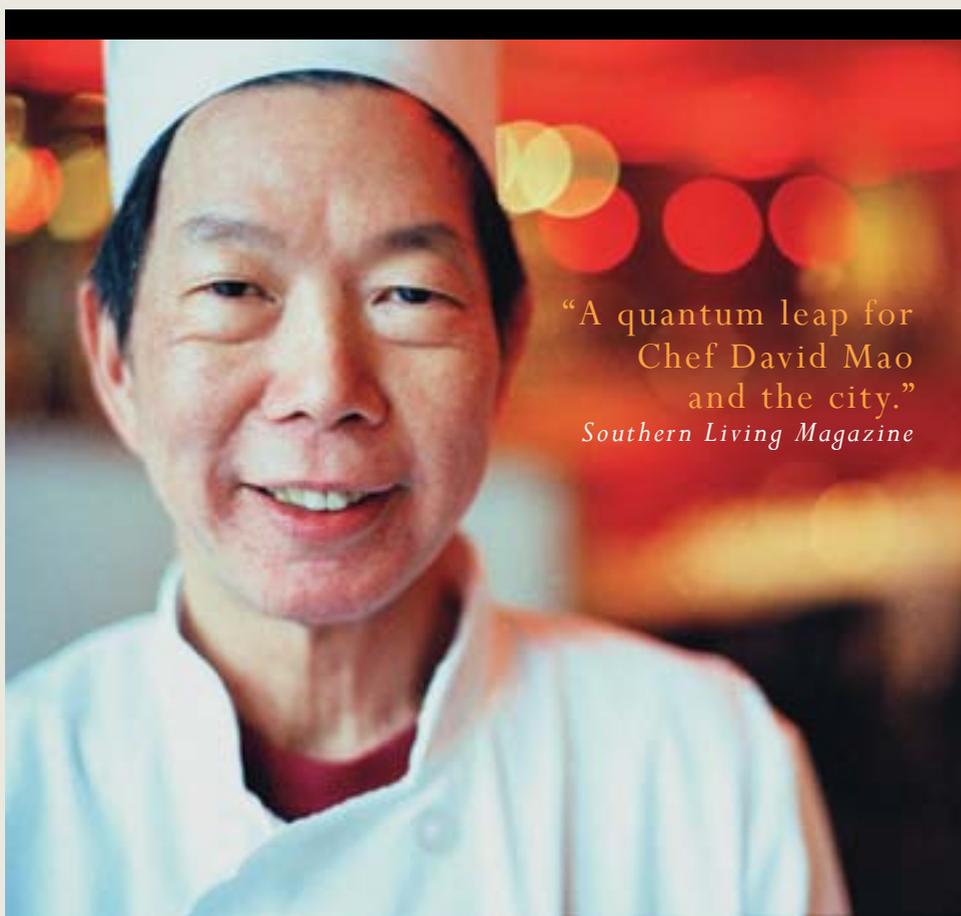
Busy Bee’s Executive Chef, Jeremy Clayman, grew up eating food grown on his

family’s backyard farm. He’s used to peak produce, natural honey (his grandparents raised bees) and free range chicken, so it comes as no surprise that his menu reflects the freshness to which he’s accustomed, changing regularly based on finds at the Farmers’ Market and the catch of the day from his local seafood source. Even Busy Bee’s honey comes in fresh from the father of one of the restaurant’s baristas. According to Clayman, the idea is “to put new

twists on simple, light-hearted and affordable food that’s made from scratch using local ingredients.”

A few Busy Bee favorites are the Squash Tart (\$7) with cheddar cheese, onion confit and arugula (a spicy, leafy Italian lettuce)—a riff on Chef Jeremy’s Grandmother’s squash casserole—and the Bruschetta (\$4) with roasted beets, goat cheese and orange segments. Busy Bee’s Calamari (\$7) is flash-fried, tossed with sundried tomatoes and orange zest, and served with a well-flavored remoulade. It’s light, crunchy and flavorful. The Tofu (\$5), served with homemade Tzatziki sauce, is a pleasant surprise. It’s cubed, breaded and fried, and topped with feta cheese and scallions, which gives the dish a crisp, balanced, tender, and savory taste; it just might be the best in town.

Busy Bee’s Nicoise Tuna Salad (\$9) is just the thing for weight-watchers who still demand flavor. The fennel pollen-rubbed tuna is seared beautifully rare



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and placed atop a bed of herb vinaigrette tossed lettuce and accompanied by fingerling potatoes, blanched haricot vert (thin French green beans briefly boiled then quickly plunged into ice water), mashed hard boiled eggs, and dehydrated Kalamata olives. It's a classically-composed, nutritious choice. There are also several healthy sandwiches on the menu. We recommend the Grilled Chicken (\$8) with pear, basil and honey. For those looking for something heartier, don't miss the burgers. The Tom & Jack Burger (\$8) topped with fried green tomato and pepper jack cheese is a crowd favorite.

Our favorite meal, however, is the Organic Chicken (\$12). The roasted North Carolina raised poussin (French for a small chicken between four and six weeks old) was not only masterfully cooked but also beautifully presented. It was moist, precisely seasoned and had wonderfully crisp skin. Served with an updated version of Hoppin' John (the Southern version of a Caribbean rice and beans dish) and scrumptious deep fried ribbons of collard greens, this entree was



Owners Chris Powers and "Woody" Lockwood, Exec Chef Jeremy Clayman

hands down the most delicious of the great food we had all night.

The high-quality, seasonal ingredients aren't just reserved for the kitchen. As Erica our server pointed out, "our bar staff makes all of the purées, syrups, sour mixes, and most juices in-house"—which means that the cocktail list changes more often than the food menu. In addition to the fresh, innovative cocktails, Busy Bee has a stellar beer menu that is also continuously changing. Specializing in food-friendly beers and beer-themed concoctions, there isn't a Bud, Coors or PBR to be found. With offerings exclusive to the

café, theirs is truly a beer connoisseur's list. It contains not only rare beers but also specially-commissioned brews. The Busy Bee is a must for Triangle beer enthusiasts and cocktail devotees alike.

The Busy Bee Café provides a wide array of pleasing possibilities: a coffee shop with breakfast pastries, a wholesome lunch spot that also offers hot late breakfast options, a local dinner destination, a neighborhood bar with a satisfying range of beverages, a live music venue, and a late night cure for the munchies.

Combine Lockwood and Powers' vision to create a stylish, contemporary "neighborhood place" with a sense of history, a good portion of Chef Jeremy's food philosophy, mix in thoughtful bar selections and a friendly, helpful staff, and you have a honey of a recipe for a sweet new hangout. 🍯

Brian Adornetto is a culinary instructor, freelance food writer and personal chef. He teaches regularly at A Southern Season in Chapel Hill and his business, Love at First Bite, offers private cooking classes and intimate dinner parties. For more information, please visit him at www.loveatfirstbite.net.

Busy Bee Café

225 S. Wilmington St.
919.424.7817 | www.busybeeraleigh.com

HOURS

Coffee Shop: Monday- Friday 6am-10pm;
Saturday & Sunday 7am-10pm
Café: Daily from 11am-2am
The Hive: Daily from 3pm-2am

Meals: Breakfast, lunch, dinner, and late night
Average entree price: \$13
Cuisine: Upscale pub food
Dining Style: Relaxed, seat yourself
Menu Type: À la carte
Ambiance: Cool downtown vibe
Dress: Casual
Features: Bar dining, Rooftop patio, Non-smoking area, Take out, Vegetarian, Private parties, Accepts CC
Alcohol Served: Full bar
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Reservations: None taken



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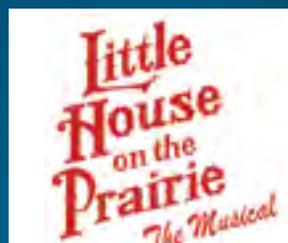
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Downtown Raleigh is going to be hopping—or running, rather—on Sunday, September 13 as the 4th annual Magnificent Mile race (www.magnificentmile.com) hits the pavement from 12:30-4pm. This year's race kicks off the Second Empire Grand Prix Race Series, the premier series for cause-related runs and walks in Triangle.

The Magnificent Mile, which raises funds for motor neuron disease research, is a must-attend event for Triangle residents. In addition to a series of competitive and recreational one-mile runs and walks, the event offers a fair-like atmosphere with food, prizes and local celebrities. Festivities will be located at the Second Empire restaurant, and the USATF-certified race course will circle the old state capitol building.

The husband and wife team of KISS FM's Dave Kent and WRAL Anchor Kelcey Carlson are emceeing the event. CASL (Capital Area Soccer League) CEO and *Back of the Net* radio show Host Charlie Slagle is challenging residents to "Beat the Old Man." There will be special

prizes for CASL members who can beat the 57-year-old's time for running a mile.

The Carolina RailHawks are also going all out in support of the event. Swoops, the team mascot, will be on hand with several players, coaches and managers signing autographs and participating in the race. The RailHawks will donate \$2 to the Magnificent Mile cause from every adult ticket sold for the Saturday, September 12 game against the Puerto Rico Islanders. To order tickets go to www.carolinairailhawks.com and enter "magmile" in the promo code.

Sarah Roberts-Witt, co-founder and inspiration behind the Magnificent Mile, believes community support has been

exceptional this year: "The support provides a tremendous emotional boost for me and for all the individuals dealing with the ravages of motor neuron disease." She adds, "It's a touching reminder that there are many, many people who care about us and the challenges we face."

Roberts-Witt was an avid runner and marathoner until she developed a motor neuron disease called PLS in 2004. She is now confined to a wheelchair and is unable to speak, but the disease hasn't stopped her. Since her diagnosis, she has dedicated her time to trying to find a cure, one step at a time. To date, the Magnificent Mile has raised more than \$100,000 for motor neuron disease research.



Sarah Roberts-Witt, co-founder and inspiration behind the Magnificent Mile, and her husband Jeff

To register for the race, visit www.sportoften.com and enter "magnificent" in the search box. Not into running? You can walk in the recreational mile held immediately after the competitive race. Or just come out and cheer on all participants, and enjoy the fun, food and entertainment. Event information is available at www.magnificentmile.com.



Mike Gauss is Senior Account Manager for Articulon, a Raleigh-based public relations, branded communication and integrated marketing firm.

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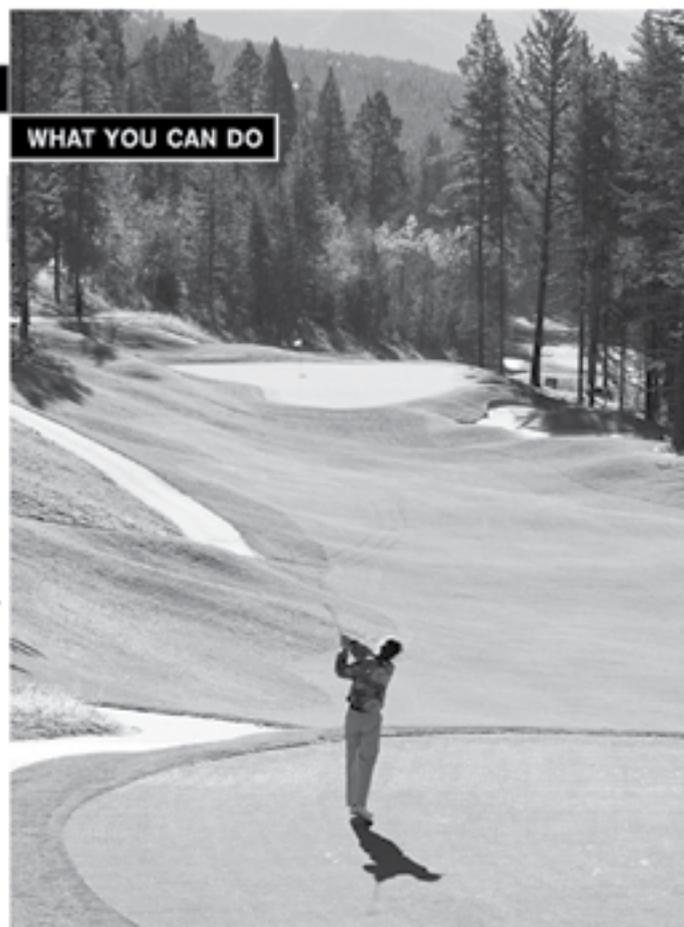
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Lifestyle Downsizing in Downtown

For the first time in history, around the world there are now more people living in urban areas than in rural. In the United States, it's projected that by 2050, over 90% of the population will live in an urban setting. With Raleigh's growing downtown area,



many residents are leaving the suburbs to become new downtowners in our inner city.

Life seemed to be about downsizing for Michelle Schaefer and Bill Young—Michelle, from a six-bedroom home in California to a three-bedroom condo near Dorothea Dix, and Bill, from a suburban 6000 square-foot home on the lake to a “condo in the sky” amidst downtown's epicenter.

Downtown Living in a Natural Setting

As Michelle sits in the middle of her floor surrounded by boxes to unpack, she realizes just how much she had accumulated over the years, including furniture and sentimental objects from family members, not to mention the 150 pairs of

shoes she counted. Getting everything to fit will take strategic planning for sure, but luckily for Michelle, her new home in Pullen Ridge Condos seems to be designed with a layout and luxury amenities made just for her.

Michelle's condo choice wasn't based solely on brick and mortar, though. She found what she calls “a diamond in the rough”—an area near Dorothea Dix nestled close to downtown, yet still surrounded by 450 acres of land. What once had been an empty area has been transformed to an area of relaxation and contentment and is now home to many local professionals who wanted to move near downtown but also didn't want to give up their natural surroundings.

Michelle's new home is within walking distance from the Farmer's Market, the NCSU golf course and Pullen Park. “Downtown, Glenwood South, museums, and plenty of great restaurants are no more than hop skip and a jump away.”

As she sits on her front porch watching the deer graze in the back yard, she thinks out loud “I feel as if I'm living in the middle of a nature park with a luxury hotel, without the mint on the pillow and the maid.”

High Above Downtown

For Bill, living in the midst of a metropolitan area was something that had always been an attractive concept to him, “My office is just three blocks away and the courthouse—where I spend most of my day doing criminal defense work—is literally a walk across Fayetteville Street. But what's nice is when I'm home 33 stories up in my condo I don't feel like I'm anywhere near work.”

Other determining factors for his choosing the RBC Plaza were the great view, rooftop pool, workout room, and the prestige of living on the top floor 400 feet above Fayetteville Street. He often refers to his new condo as his “home above the clouds” as quite often he wakes to low-lying clouds shrouding downtown in a 32nd floor blanket beneath his outside balcony window.

Bill also enjoys being close to his favorite restaurants and other businesses in downtown's center, most days almost eliminating the need to use his car. “I end up walking around a lot, which is great exercise. I'm always bumping into someone I know on the street and it's good to see friends out and about. Another great benefit is that my condo upkeep takes a lot less time and the lack of yard work gives me more free time to enjoy my new home right in the middle of everything.”

“Honestly, I wouldn't call my move downsizing, but rather ‘just-right-sizing.’ I love being in the hustle and bustle of downtown.”



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Your Wine Questions Answered BY JOEL LANE



It seems to me that the more I learn about wine, the more questions I have. My wine-loving friends and readers tell me the same thing. Each answer leads to another question, each question gets harder, and it inevitably becomes a diabolical trap designed to keep me drinking more wine. Which is fine with me.

I asked several friends—wine lovers, amateur drunks, etc.—what sort of questions they have about wine. Their feedback, along with questions from our readers, have given me a new sense of direction in the acquisition of wine knowledge. I hope to answer as many of their questions using as much common sense as possible. (If after reading this, you still have questions, please feel free to email them to us at uncorked@RaleighDowntown.com)

1. Does older always mean better in wines?

Not always. First, we need to establish that many wine authorities maintain that roughly 90 percent of wine is meant to be consumed when purchased. Although I do agree with the mindset of “drink now, worry later,” I do need to point out that many wine labels have general instructions of how long the wine may last. On red wines, you’ll often see “drink now or hold for up to X amount of years” on the back label. This is only a *suggestion*, not a law. There are no Wine Police who will break your door down and arrest you mid-drink for consuming past the recommended aging of a particular bottle. But bear in mind that as wine ages, there is a peak time in which the flavors will be at their best, and after which will decline. This is a result of the wine aging from exposure to oxygen. In terms of shelf life, many wines are much better after several years. Italian Barolos, French Bordeaux, Vintage Port, Alsatian Gewurztraminers, and Sauternes are all examples of wines that can take decades to mature to their full drinking potential. An interesting experiment to try with wine is to choose one of your favorite wines, purchase several bottles, drink one bottle within a day or two of purchasing, and then set the rest of the wines aside. Drink one bottle six months later, then another bottle a year later. While this requires a lot of patience and control, the payoff is that you’ll know for sure just when this wine is at its best.

2. What is the best way to save wine?

One of the easiest ways is to drink wine sooner rather than later. I don’t mean opening the bottle and drinking it on the way home, but rather drink it within a month or two after purchase. Keep wine out of sunlight at all times as sunlight can actually change the chemical composition of wine and

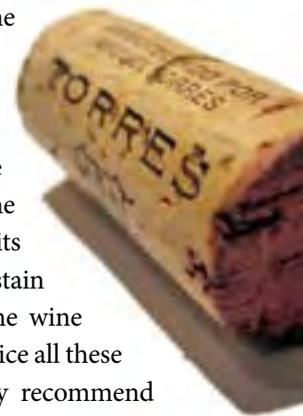
ruin a bottle. Keeping wine at a constant ideal temperature and humidity will keep the cork from expanding and contracting—which causes more oxygen to seep into the bottle. Store wine in a stable storage unit until you plan on drinking. Investing in a wine cooler is probably one of the easiest things to do, and since prices for one have declined considerably over the past decade, this is also an affordable option. Your wine cellar/cooler should reflect the average number of bottles you plan on keeping around. As with any long-term purchase, you should research which makes and models have the best track record for performance.

3. What is the significance of smelling a wine cork?

When you’re served a bottle of wine in a restaurant, you’ll sometimes be presented with the cork. There is no need to smell the cork; the presentation of the cork is more for show than anything else. But there are a few things that you can learn about a bottle of wine from examining a natural wine cork after bottle extraction. For instance, the longer the cork, the longer the wine is meant to be aged. If the wine has seeped all the way to the top of the cork, the wine may have aged past its time of peak flavor. The darker the stain on the cork, the more full-bodied the wine may be. If you’re taking the time to notice all these things about the wine cork, I highly recommend sharing that knowledge with your date or discussing it with the people with whom you’re dining. Otherwise, you’d look a little strange staring at a wine cork during dinner.

There are probably as many questions regarding wine as there are wines themselves. The more questions you ask, the more you’ll learn; but at the same time, the more questions you’ll have. Some good books in which to find the answers are: *Wine for Dummies*, *Windows on the World Wine Course* and *Sotheby’s Wine Encyclopedia*. A few web sites I’d recommend include the following; www.wineanswers.com, www.answerbag.com, www.askdeb.com, www.wineloverspage.com, and www.winegeeks.com. Another good way to learn is by attending wine tastings and asking the person pouring the wine questions. (Just remember, they may not have the time to answer all your questions.) However you educate yourself, keep in mind what Pliny the Elder said in *Natural History*: “The best kind of wine is that which is pleasant to him that drinks it.”

Joel Morgan is a wine distributor for Epicure Wines, committee member for Triangle Wine Experience and an avid wine geek





Hot Spots for Cool (Free) Summer Music BY DAN STROBEL, Music Editor

As the summer Bud Light Downtown Live concert series comes to an end, it's time to look for other venues for free live music in and around downtown Raleigh. And catching a good live band any night of the week is a lot easier than you think. Here are a few places to spot some high-quality local—and more importantly, free—live bands.

The Big Easy The nicotine-stained fingers of Cecil Johnson play five nights a week at The Big Easy, a Louisiana-themed restaurant located downtown on Fayetteville Street. From 6-9pm, Johnson's saxophone entertains patrons while a myriad of other genres take the stage afterward. Tuesday night's featured band, The Hot Damn Blues Jam, draws the biggest crowds during the week with their blend of covers as well as original material. www.thebigeasyinc.com



Amra's Amra's is a 1930s-themed jazz bar located in Glenwood South. Stogies and spirits are plentiful in this club and live jazz and swing bands play almost every night of the week. Amra's prides itself on its upscale interior and warm, lively atmosphere. Entertainment includes cover bands



as well as solo acoustic artists. Shows usually begin around 9pm. Note: Admission is reserved to members and their guests only. www.amrasraleigh.com

North Hills Mall / Crabtree Valley Mall The Midtown Beach Music Series at North Hills Mall has a few Thursdays left in their season: August 6—The Entertainers, August 13—The Craig Woolard Band, August 20—The Coconut Groove Band, and August 27—The Embers. The shows run from 6-9pm and are located in the Commons, at the center of the mall's upper level. Crabtree Valley Mall is hosting live music on the patio outside of its new restaurants—McCormick & Schmick's, Brio, and Flemings—every Wednesday this summer until August 26. Featured acts include Third Degree, a jazz band; Pale Blue, a bluesy-rock trio; and the George Mason Band, a mix of rock and soul. Each restaurant offers happy hour specials, and bands play from 5-8pm. www.northhillsraleigh.com/news & www.crabtree-valley-mall.com/events.cfm

Tir Na Nog Tir Na Nog Irish Pub on Blount Street has become a staple for fans of local bands with the Local Beer Local Band night they host every Thursday. This event showcases area bands and offers specials on local beer. Hosting everything from indie-rock to punk to Irish bagpipes and

kilts, Tir Na Nog on Thursday night is the place to be for music from the local scene. Be sure to try the half-priced Guinness wings while you're there. www.tnirishpub.com

Sullivans "Swingin' at Sully's" has become a tradition on Sunday and Thursday evenings at Sullivans Steakhouse, located in the heart of Glenwood South. For two nights a week, a jazz trio entertains patrons at the bar and on the heated patio of the restaurant. Specials on bar entrées, martinis, wine, and cigars are guaranteed to set the mood. Shows start around 5:30pm. www.sullivansteakhouse.com



Music on the Porch at Seaboard Station An old-fashioned neighborhood/business cooperation brings back the fun of Music on the Porch with free music every Friday night through October 30th. Located on the backside parking lot of Seaboard Station Shopping Center, bands will set up on the porch next to the Peace China. There's plenty of room, so bring a lawn chair and spread out across the parking lot. Beer is available from Peach China. The music runs from 7:30 until 9:30pm. A few of the upcoming bands include Zydecopious, Filmore Valley Boys, the Old Habit, and Funkuponya. www.seaboardmusic.com.

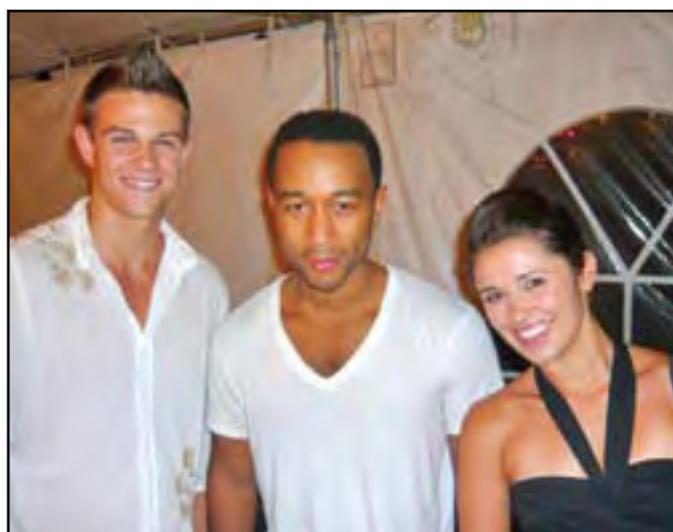
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Bob King from Seaboard Ace with friends at the monthly antique car show in Seaboard Station



Nick & Christina Hagelin with John Legend at Koka Booth



Hilary and Tiffany of Hot Summer Nights at the Kennedy



LEFT: Gary Bryant of Empire Eats with his dad (r), Charlie, and Arnold Palmer.

RIGHT: Wei from Peace China with a 1976 Mack firetruck



Amad and Nadeem out downtown at Solas





HSN's cast of "Hello, I Love You"
(thanks to Katherine Kennedy for the photo)



Angie out for her birthday at Cashmere with Christina



Jen and
Jamie from
Black Flower



Whitney and
Amber
enjoying a
perfect
Saturday
night at
Solos'
rooftop
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Nina Szlosberg
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Adam, Billy and Priscilla out downtown



Left: Mike
Noe, Juan
Matta and
crew break-
dancing at
Brooklyn
Heights
Sunday BBQ.

Right:
Enjoying the
food and
music on
the BH patio



Souheil from Mosquito Lounge paying a visit to
the ladies at Get Dressed: Katelyn, Mel and Andi



Wanda from the Raleigh Downtowner with Maggie and Erica from the Busy Bee



Meredith College: 110 Years of Traditions

BY KENDALL PRICE, RALEIGH CITY MUSEUM

With summer coming to an end and college students returning to Raleigh for another school year, we are reminded of the important role the city plays in the education of our youth. Raleigh colleges and universities are as rich and diverse as the people inhabiting the city, and their histories and traditions are just as important and interesting. One college in Raleigh that prides itself for its time-honored traditions is Meredith College.

of community and sisterhood that was so prevalent in the college's early years.

One of the first Meredith College traditions still observed today is the ever-challenging Crook Hunt. Started in 1906 by drama teacher Caroline Bury Phelps, the Crook Hunt is an elaborate game of hide-and-seek between the juniors and seniors involving a large shepherd's hook. This event takes place in the spring with the seniors hiding a large crook on campus from the juniors. As the juniors look for the crook, seniors will often give obscure clues to its location. Should the juniors find the crook within the week, they get to place their class color ribbon on it for Class Day; otherwise, seniors get to proudly display their well-hidden crook sporting their class colors.

Another popular tradition involving friendly class rivalry is Stunt, which first began in 1915. For this event, classes wrote and performed skits that would later be judged on their performance. Over the years, this night of drama and music has evolved into an athletic-driven event, which includes outdoor games, such as tug-of-war and the three-legged race and the popular lip-sync competition.

While Meredith students are known to love a little class competition, they are also known to have a great love and appreciation for their Big Sis and Little Sis tradition. Every year as incoming freshmen arrive to campus, they are introduced to a junior class student who will be their Big Sis. The role of a Big Sis is to help guide their Little Sis through the transition into college and serve as a mentor throughout the years. While it is difficult to pinpoint the exact year that this honored tradition began, student handbooks as early as 1919



Baptist Female University at its original downtown location, A.G. Bauer design.

IMAGE COURTESY OF MEREDITH COLLEGE ARCHIVES CARLYLE CAMPBELL LIBRARY.

included letters to the Little Sis class from the Big Sis class welcoming them to Meredith College.

One of Meredith's biggest events of the year is Cornhuskin'. Started in 1945, Cornhuskin' involved activities such as folk dancing, hog calling, races, and a parade. The event has grown into a week-long competition between the classes. Class attendance competitions, hall raids and a penny collecting competition all take place in the days leading up to the main event. On Friday, the students enjoy a parade and a night of apple bobbing, corn shucking and multiple skits. This favorite tradition brings the school and its alumnae together for an evening of spirited competition and sisterhood, as the focus is not about winning, but having the opportunity to enjoy an evening with your fellow sisters. 📖

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. Check out Meredith College Archives' Meredith College Exhibit in our outreach gallery. If you have any questions, please call 919-832-3775 or check out our website at www.raleighcitymuseum.org.



Meredith College students ca. 1908.

IMAGE COURTESY OF MEREDITH COLLEGE ARCHIVES CARLYLE CAMPBELL LIBRARY.

Meredith College, originally named the Baptist Female University, was chartered in 1891 and opened its doors in 1899. The college was originally located on the corner of Edenton and Blount Streets, and enrolled 200 students in its first year. Over the years enrollment steadily increased and Meredith moved to its current location on Hillsborough Street in 1926 to accommodate more students. Primarily an all-female college, Meredith currently does admit male students to its MBA program. While Meredith College is growing, it still strives to maintain that sense

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LET'S DO LUNCH

Dos Taquitos Centro BY BRIAN ADORNETTO, Contributing Food Writer



Our favorite local foodie, Fred Benton, is taking some time off from his Food Editor position at the Downtowner. Local chef, culinary instructor and food writer, Brian Adornetto is filling in during Fred's absence.

You can't help but feel festive when you walk into Dos Taquitos Centro, the Salamanca family's second Raleigh restaurant. The entire restaurant, in the old Sunrise Biscuit space on Wilmington Street, was decorated by Chef and Manager Angela Salamanca (the niece of co-owner Carlos Salamanca) along with her family and friends. There are sombreros on the walls, stars and eating utensils hanging from the ceiling, Christmas lights decorating the bar, and hand-painted tables decorated with Mexican art, religious icons and literature. The painted and exposed brick walls are adorned

with tapestries, family portraits and cultural knick-knacks. There's even a Mexican sanctuary in one area.

The Salamanca family has been at the forefront of the Mexican food scene in Raleigh for almost 25 years, providing diners with traditional and unique Mexican cuisine. They opened Dos Taquitos Centro in September 2007 as



You won't find a friendlier business owner downtown than Chef Angela Salamanca.

the sister restaurant to their long-running North Raleigh hit Dos Taquitos (which is open for dinner only). The idea behind Dos Taquitos Centro (DTC) was to bring healthy, made-from-scratch food to the lunch crowds in bustling downtown Raleigh. The goal here is "freshness and speed." At the time of its opening, dinner wasn't served, but DTC's success has allowed them to open Thursdays through Sundays for a sit-down, full service dinner that features an elaborate menu.

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Lunch service at DTC is designed to be grab-and-go. So when lunching, you will need to head to the counter on the near side of the bar to place your order. If you're dining in, you'll receive a stuffed animal to place on your table to let the server know where to bring your food, since you're free to sit wherever you please. The line at the counter, though it moves quickly, can go all the way to the front door and the 15 tables plus bar stools, and outdoor tables will fill up before you know it. As our publisher Crash ventured, "I believe they could double in size, and it would still be packed."



Soon after sitting, we were brought a few of DTC's seasonally changing Aguas Frescas (\$3), delightful tonics made with ice, fresh fruit, sugar, and water. Our favorite flavor was Cucumber Lime, a refreshing alternative to soda or tea. It was the perfect cooler to balance the heat of the day and the spiciness of the food.

Quick on the heels of our drinks, the server brought our food. We started with the Soupa de Pollo (\$5). Its chicken broth was made in-house and featured marinated grilled chicken, homemade pico de gallo (a fresh red tomato salsa), avocado, and fresh cilantro. That was followed by the Quesadillas da la Casa (\$6.95), Dos Taco's Tacos (\$6.95) and chicken-filled Los Tamales (\$7.50). Our Quesadilla was the antithesis of the greasy, cheese-engulfed, commercial variety. DTC's version, a large fresh tortilla filled and folded in

half, was light and flavorful. We had two tacos, steak and vegetable. Both came with pico de gallo, Mexican cheese and avocado. In each, the main ingredients were marinated and charred, well seasoned and tender. We also enjoyed our chicken tamales. They were sweet, spicy and smoky with a great corn flavor, thanks to the masa harina

(the traditional Mexican corn flour used to make tamale dough). Also worth noting are DTC's terrific side dishes served in fried tortilla bowls which you get to choose as an accompaniment for your meal or treat yourself to an extra side for just \$1.50 more. The rice, mixed with roasted corn, was deliciously seasoned with garlic and fresh cilantro. Our salad (they change frequently) was a Mexican version of cole slaw. Consisting of shredded cabbage, diced tomato, red onion, lime juice, cilantro, and chipotle (a dried, smoked jalapeno) mayo, it was hands down my favorite side.

At Dos Taquitos Centro, you'll enjoy fast, fresh, flavorful, high-quality lunches at an extremely affordable price in an unusual, fun and bright atmosphere. If you haven't treated yourself yet, stop by and see why it's packed every day of the week. 🍴

Brian Adornetto is a culinary instructor, freelance food writer and personal chef. He teaches regularly at A Southern Season in Chapel Hill and his business, Love at First Bite, offers private cooking classes and intimate dinner parties. For more information, please visit him at www.loveatfirstbite.net.

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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.

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North Carolina's High Country—A Blend of Old and New BY CAROL TIMBLIN

In our the first of our new series, *Discover NC*, we visit North Carolina's High Country, home of Grandfather Mountain, Tweetsie Railroad, Blowing Rock, and much more. Watch for more articles on our great state of NC and all that is has to offer.



PHOTO: BOVIE22

Tweetsie has been entertaining families since 1957, with its roots dating back to 1866.

On a warm summer day Sherman Lyle is leading a group of kayakers and canoeists on a journey down the New River in Ashe County. In addition to being a river expert, he serves as general manager of the River House, a beautiful country inn known for its genuine mountain hospitality and outstanding food and wine.

At the end of our journey down the New River, we arrive at the River House Inn. We enjoy an elegant dinner that evening, each delectable course paired with red and white wines from the highly-rated Thistle Meadow Winery located in off the Blue Ridge Parkway in Laurel Springs near Milepost 246.

“Elegant without a trace of pretension” perfectly describes River House. It is just one example of the sophistication that has come to the High Country, a region encompassing Avery, Ashe, Allegheny, Watauga, and Mitchell counties. In addition to long-revered attractions such as the Blowing Rock, Tweetsie Railroad, Grandfather Mountain, the

Blue Ridge Parkway, Mast Store, and other familiar landmarks, the area now boasts white-water and zip-line adventures, art galleries and wineries, theatrical and musical venues (from bluegrass to classical), upscale inns and resorts, and trendy restaurants.

West Jefferson has blossomed into an arts colony, with a number of galleries housed in buildings that recall the days of the area's agricultural economy. The arts movement began in the 1980s after artist Ben Long painted his now-famous frescoes in St.

Mary's Episcopal Church in West Jefferson and Holy Trinity Episcopal Church in Glendale Springs.

Several miles distant in Crumpler stands the rustic Shatley Springs Inn, an old-fashioned place known for its bountiful family-style meals featuring heaping platters of fried chicken, country ham, vegetables, cobblers, and iced tea. The inn and surrounding cabins developed around Shatley Springs, known for its healing waters. Visitors still take home jugs of the magical water that is reputed to cure a variety of ailments. There's no limit on the amount of water, and it's free!

As the home of Appalachian State University and the Appalachian Summer Festival, Boone is a hopping little town. There are plenty of shops and restaurants to choose from including the Boone Drug Store, founded in 1919. Its sports memorabilia from yesteryear and its lunch counter and dining room accommodate Boone's movers and shakers, as well as its many visitors. Across the street is the Mast General

PHOTO: K. CARTER



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PHOTO: K. CARTER

Inside Flat Top Manor, visitors can enjoy the grand sweep of the staircase and its long, curving banister made from a single piece of cherry wood.

Store, one of seven in the mountain chain with the original in nearby Valle Crucis.

Believed to be the inspiration for Jan Karon's Mitford series (www.mitfordbooks.com), Blowing Rock has catered to tourists since the 1880s. Visitors love its quaint Main Street lined with upscale shops and restaurants and sprinkled with businesses and churches. Locals frequent Knights on Main, a casual eatery known for its reasonably-priced good food. For an elegant dining experience, try the Manor House Restaurant & Headwaters Pub at Chetola Resort. Once the private estate and playground of the Estes, Stringfellows and Snyders, the resort now welcomes guests to its elegant condos as well as the Bob Timberlake Bed and Breakfast Inn. (The famous North Carolina artist has a gallery on Main Street.) When

construction of the Spa at Chetola is completed this fall, it will also be available to guests. Chetola's lake-side setting is the perfect spot for the popular annual symphony concerts and wine festivals.

The town is also home to two of the state's most popular tourist attractions—Tweetsie Railroad and the Blowing Rock. The Wild West theme park, which opened in 1957, offers historic train rides over a narrow gauge track, gold panning, petting zoo, entertaining shows, eateries, and restoration shops. Established in 1933, the Blowing Rock is the state's oldest tourist attraction. The huge rock for which the town is named juts out over the 3,000-foot deep Johns River Gorge. Stop in and discover the legend of how the rock was named.

Another spectacular free attraction is the Moses Cone Manor House, located a few miles from town at Milepost 292 on the Blue Ridge Parkway, once home to the denim and textile king Moses H. Cone. The destination's centerpiece is Flat Top Manor, a gleaming white 23-room, 13,000-square-foot mansion. A few yards from Flat Top Manor lies Craftsman's Trail, a 20-minute loop walk which the Cones walked each morning. As with the entire Moses H. Cone Memorial Park, Craftsman's Trail demonstrates both the luxury of nature and the necessity for its preservation. Continuing south on the parkway to the intersection of US 221, you'll come to picturesque Grandfather Mountain, known for its Nature Museum, Animal Habitats, and Mile-High Swinging Bridge.

In the opposite direction off US 321 south, time stands still at Glenn Bolick's homeplace, where he and his family entertain guests at Sunday afternoon jams during the summer and welcome over 1,000 visitors to their annual Heritage Day in late June. Loaded with talent, Glenn is a master storyteller, musician, humorist, toymaker, potter, saw miller, and champion hog caller. Glenn's wife Lula (an Owens from the Seagrove area in the Sandhills), daughter Janet, and son-in-law Mike Calhoun also make and sell traditional pottery on-site. "I have always been attracted to the older ways," he says, "and we're trying to keep them alive."

For more details, call North Carolina High Country Host at 800-438-7500 or visit www.mountain-sofnc.com.

Carol Timblin divides her time between the High Country and Charlotte. She has written several travel books and hundreds of travel articles for newspapers and magazines. She can be contacted at ctimblin@bellsouth.net.



PHOTO: HELEN HOPPER

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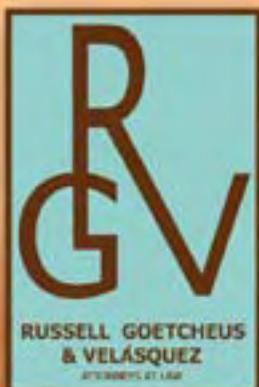
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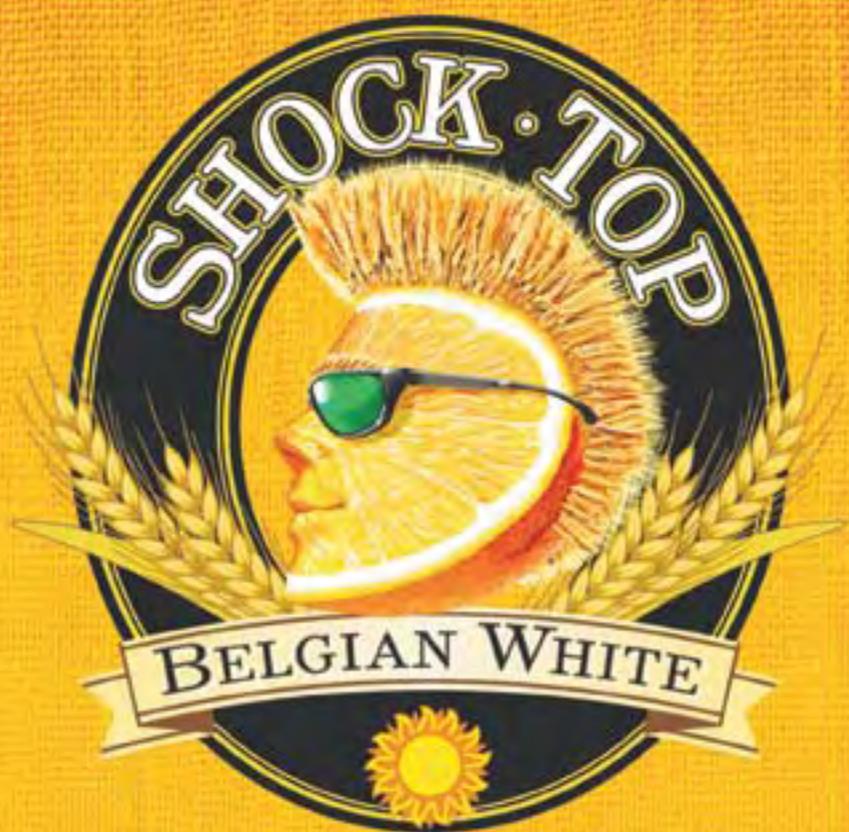
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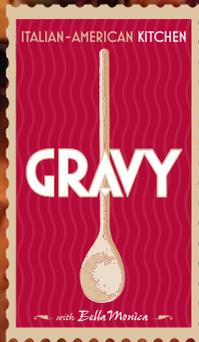
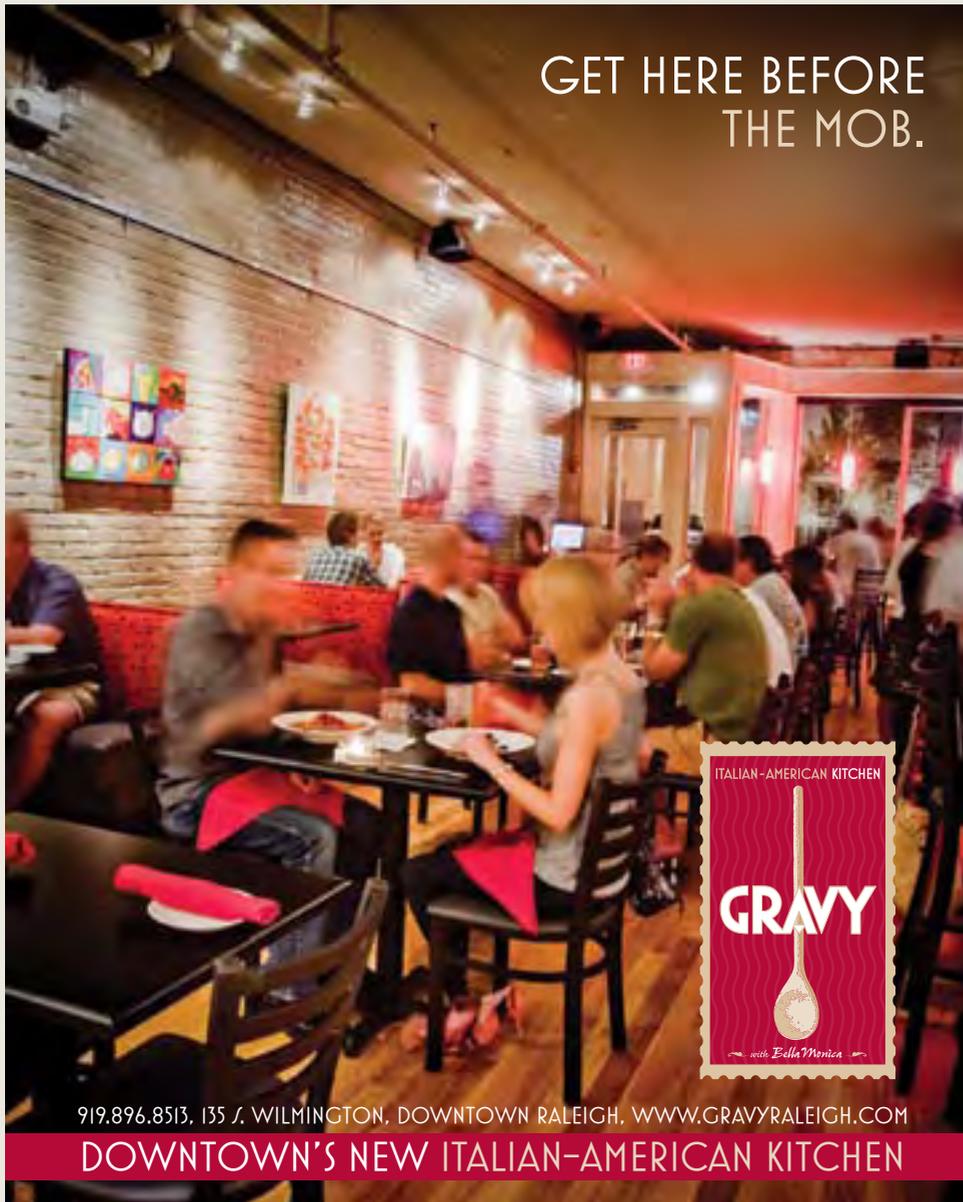
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DOWNTOWN SNAPSHOT

From the Downtown Raleigh Alliance

Dear Reader,
In this edition you will learn about how several downtown restaurants and chefs are supporting local farms by creatively incorporating locally grown products in their menus. The Alliance is proud to produce the Moore Square Farmers Market which runs each Wednesday through the end of August, from 10:30am to 2pm. Please support your local farms and food artisans and enjoy a chef series, live music, crafters, and lunch from a local restaurant.



DAVID DIAZ
President and CEO
Downtown Raleigh Alliance
www.YouRHere.com

We are also excited about introducing this year Downtown Raleigh Restaurant Week, August 24-30, 2009. This will be a great way for people to enjoy a variety of restaurants which will offer three-course fix prix dinner menus either for \$20 or \$30 per person, depending on the venue.

Whether you frequent a favorite restaurant or are interested in trying a new venue, August is a great month to find farm fresh ingredients right here in downtown Raleigh.

Learn more about the Moore Square Farmers Market, Restaurant Week, as well as a calendar of events, and information about parking, maps, and the R Line circulator bus at www.YouRHere.com.

I hope you enjoy this issue of the *Raleigh Downtowner Magazine*.

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02/06



ARTISTPROFILE

Lope Max Diaz

BY LEE HANSLEY

Lope Max Diaz's retirement last month from the College of Design at N.C. State University completed a circle in his life and opened a new plateau of exploration into his art.

Born in San Juan, Puerto Rico, in 1943, Lope Max moved with his parents to New York City where they lived until he was 12. They returned to his native island where he completed high school and studied humanities and fine arts with a concentration in painting at the University of Puerto Rico. He had always wanted to study architecture but there was no school in Puerto Rico. In 1963 he applied and was accepted at the NCSU School of Design. His acceptance was contingent upon his getting a scholarship which did not materialize. He remained in San Juan, but his time in Raleigh would eventually come.

The University of Puerto Rico began an architectural program in 1966 and Lope Max was in that first class. His first teacher was Wayne Taylor, then a professor from NCSU on loan to the new program in San Juan. Lope Max attended the school for three years but dropped out during the Vietnam War. He did not want to be drafted and fight in a war he opposed so

he became a school teacher and his draft status was deferred. (Teachers were exempt from the draft.)

He taught art on the elementary and middle school levels and left architecture behind. All the while he was painting and exhibiting his work and developing his own artistic language. He was a great admirer of Mark Rothko whose color field paintings were filled with spirituality and mystery. Lope Max wanted to study with Rothko so he applied to Hunter College in New York City and was accepted. Unfortunately, Rothko committed suicide before Lope Max arrived at Hunter. However, he did study with renowned California artist John Baldessari.

Though they only worked together briefly, Lope Max was greatly influenced by Baldessari. "I thought he was the most creative person I had ever met," Diaz reflected. "He was very conceptual—to him the idea was just as important as the subject itself." To this day, Baldessari and Diaz stay in touch with one another.

After the Hunter College experience, Lope Max returned to San Juan where he taught painting in the city's best high school for three years prior to taking a position at the University of Puerto Rico's fine arts

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department. He was there teaching painting for a decade. In 1984 Wayne Taylor suggested to Lope Max that he apply for an opening at the School of Design in Raleigh. He applied, was hired, and just last month retired after 21 years of teaching.

"I enjoyed teaching and the interaction I had with the students," he said. "But now I can dedicate my time solely to painting. I am excited about that." He has begun a series of "twin" paintings, two canvases that will be conjoined as one.

Lope Max started out as an abstract expressionist. His paintings reflected the time historically, the in vogue art genre he was a product of as well as the uncertainty, social unrest and turbulence of the 1960s. Like his teacher, Baldessari, the concept underlying the painting is just as important as the painting. Diaz does not expect the viewer looking at one of his abstract works to have the exact understanding he has, but he does anticipate that the viewer will bring his own experience to the work, thereby personalizing the experience and making it real for the viewer.

Lope Max is not just a painter. He is really a mixed media artist in the truest sense. He incorporates sections of picture frames in his paintings leading the viewer to wonder where the painting's boundaries really are. Sometimes he employs the wall itself as a negative space. He sometimes incorporate slabs of granite or slate and even the stretcher bars that support these elements are visible and become part of

the painting. Diaz credits the late George Bireline as an influence in that aspect of his work.

He recalls Bireline looking at the back side of one of his paintings and remarking at the skill with which the paintings were constructed. "This is part of the work and should be seen," Diaz remembers Bireline commenting. That suggestion opened another portal in Diaz's paintings, plus it added another dimension to his work.



Two of Diaz large paintings are currently on display on the Cabarrus Street concourse of the Raleigh Convention Center. The larger of the two is named "Chang and Ang" after the famous Siamese twins from Thailand who were the subject of a circus freak show that traveled the world. The brothers settled in the North Carolina mountains where they married sisters. The painting features two similar but distinct canvases joined together by the symbolic shape of a

bed. This is a reference to the fact that the brothers and their wives shared the same bed that produced 21 children. There are symbols within the paintings representing the twins' female partners. Lope Max laughingly calls the painting the first Siamese painting in art history.

About his teaching experience which he just wrapped up at the College of Design, Diaz observed that there are generally two types of students - those who have something to say (content) and those who can do or learn to do most anything (skill). Diaz remarked that from his experience in Raleigh there are more students with facility than those who have something to say. The ideal is to achieve a balance of skill and content in a single student, he said. "That is very gratifying when that happens." He cited a number of examples of students who achieved that balance under his tutorage and he is most proud of them.

Diaz is married to Aixa who works in university administration at NCSU and they have a son, an assistant district attorney in Charlotte, and a daughter, a television news anchorwoman in Orlando.

With a renewed interest in his painting, followers of Lope Max Diaz will have much to anticipate as he vigorously enters this new stage of his life as a full time professional artist. 🎨

Lee Hansley is a former newspaper editor and museum curator and is now proprietor of Lee Hansley Gallery in Glenwood South.



State Students Dream of Disney

How a writer, an engineer and two artists stormed the Magic Kingdom BY DAVID HUNT

Working at Walt Disney Imagineering is one of the most sought-after dream jobs for creative professionals. Four students from North Carolina State University got to be part of the magic this summer as finalists in Disney's ImagiNations Design Competition, winning a 10-day trip that took them from Raleigh all the way to Southern California and the fantasyland that is Imagineering's studios.



Steven Varela, Corban Prim, Morgan McCormick and Ashley Wagner brought diverse skills to the ImagiNations competition.

Ten days turned into summer internships for two of the students, Steven Varela, who graduated this spring with a degree in electrical and computer engineering; and Ashley Wagner, a senior majoring in art and design. The other members of the team include Morgan McCormick, an English major who recently graduated with a concentration in creative writing and a minor in Japanese; and Corban Prim, a senior in art and design with experience in video production and animation. Prim has been offered a one-year internship with Disney's Advanced Technologies Group after he graduates.

"This is the perfect job. I've never had an experience like this," Varela says. "I don't think any of our lives are ever going to be the same."

To secure a spot as one of three top teams in the contest, the students designed a motion simulator thrill ride called *Mickey's Quest to Magma Mountain* that utilizes a circular seating arrangement to give riders an immersive 360-degree, 3D experience. The project was designed so that each time guests ride, they get a new view of the action and hear unique dialogue but always experience the full story. During the trip to Southern California in June, the students got the opportunity to polish their project in the real work environment of Imagineering's offices. *Magma Mountain* took second place in the contest, which has been held annually for 18 years to encourage students with diverse skills to consider careers in creative and technical fields including digital arts, engineering and next-generation interactivity.

For Prim, the trip to California cemented his plans to pursue a career in media production: "I've found my calling," he says. "I feel like the opportunities are endless."

Imagineering often hires student finalists to fill the ranks of its creative workforce which is made up of professionals in more than 140 diverse disciplines including artists, architects, engineers, writers, machinists, landscape designers, model makers, sound technicians, carpenters, producers, accountants, filmmakers, schedulers, and estimators.

In fact, Prim says, the trip to the Imagineering offices was

like a "nonstop, 10-day interview."

It also gave the students the chance to work and network with some of the top creative professionals in the industry, like fourth-generation Imagineer Mike Iwerks—the great-grandson of Ub Iwerks, the co-creator of Mickey Mouse and Walt Disney's business partner in the 1920s.

"You'd think it would have been intimidating, but everyone was so laid back and personable," Prim says. "I made so many friends."

Varela had a similar experience. "I'm surprised by how relaxed it is here," he says. "Everybody is wearing Hawaiian T-shirts and some people ride scooters to their desks. It's incredible that we can have fun and do incredible jobs making incredible attractions."

Walt Disney Imagineering creates all Disney theme parks, resorts, attractions, cruise ships, real estate developments, and regional entertainment venues worldwide from concept through construction. The name Imagineering is a combination of "imagination" and "engineering."

NC State graduate student Elena Page knows exactly how the students feel. As an undergraduate in the College of Engineering in 1995, Page took first place in the ImagiNations competition and went on to work at Imagineering for nearly a decade.

Now a graduate research assistant in the Advanced Media Lab in the College of Design, Page coached this year's NC State team. "We met once a week to discuss their ideas," she says. "But before they did anything, I asked them to do some research and come up with stories that would be interesting to tell. It always starts with a great story."

Page says it was important for the students to leverage their diverse skills and to learn to work together. "What was really valuable was not just doing the project, but being on a collaborative team," she says. "In that industry, you're always working on a team."

Once they had the storyline worked out, the students spent several months developing their contest materials including a video trailer, three-panel promotional display, storyboard and description of key moments in the ride. In addition to the creative content, the students had to develop a marketing plan identifying the target audience for the ride as well as a



blueprint for how the ride would be laid out at the theme park.

In the end Page, like the Imagineering judges, was impressed by the sophistication of the students' project. "They've created a story with a strong visual sense and design and demonstrated the ability to communicate and package and engineer it," she says. "They've proven they can be successful."

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 For information, visit www.boothamphitheatre.com.

July 29 - August 9

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August 5 - Wednesday

Ignite Raleigh • Location: Lincoln Theatre • Time: 7pm • This free event will bring together hundreds of members of the Raleigh community to ponder revolutionary ideas and cheer on the community chosen speakers. Each presenter gets five minutes on stage to

present their idea. • The fun-filled night will also include musical entertainment. Already on schedule to perform are North Carolina-based comedy duo, Rhett and Link. • Free tickets are available at www.IgniteRaleigh.Eventbrite.com. • For information, call 980-939-8956.

August 7 - Friday

First Friday Gallery Walk • Location: Downtown Raleigh • Time: 6 pm-9 pm • Enjoy a free self-guided tour of local art galleries, art studios, museums, retail, restaurants and alternative art venues on the first Friday of every month. Look for the First Friday Flags to easily locate participating venues. A free, detailed map/guide will be available at each location. • For more information, visit www.godowntownraleigh.com/FirstFriday

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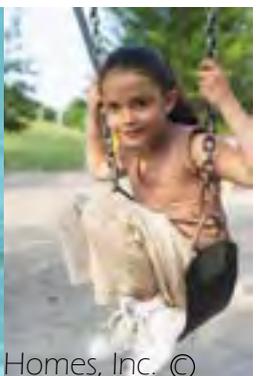
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