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ISSUE 107 THE TRIANGLE'S FAVORITE MAGAZINE FOR LOCAL DINING, ENTERTAINMENT, ARTS, HISTORY, WINE, AND MORE WWW.WELOVEDOWNTOWN.COM



the urban chicken!
(+ farms & bees)

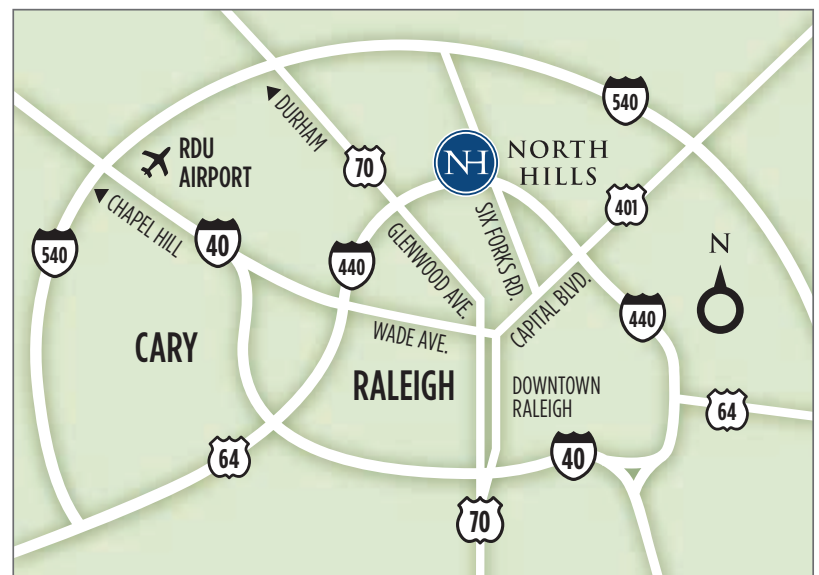
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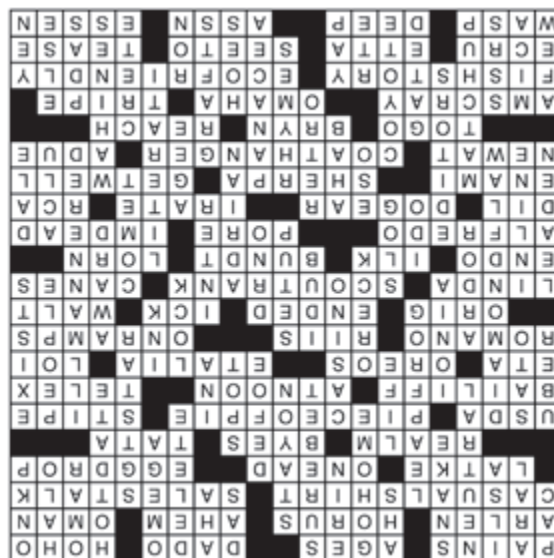
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BUSINESS DEVELOPMENT	Tracy Loftin, George Chunn
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PROOFREADING	Thomas Nifong
ACCOUNTING/OFFICE SUPPORT	Jacob Keller, Victoria Hoyle
VIDEOGRAPHY	Desirae Ward

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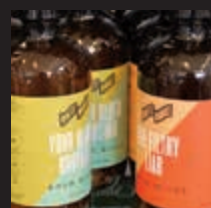
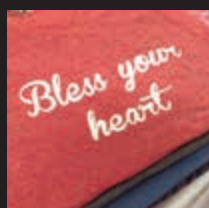
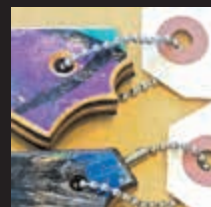
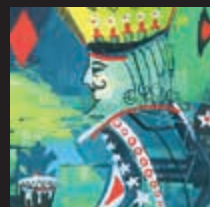
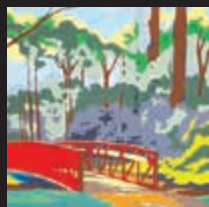
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ON THE COVER: It's time for the Tour D'Coop again this year! Visit www.tourdcoop.com for more information on how you can pick up your ticket to check out urban chickens, gardens and beehives. There's also a big event taking place the day of the Tour at Urban Ministries, the beneficiary of Tour D'Coop. The Tour makes for a fun Saturday, plus it's informative and all for a good cause, so we hope to see you there!



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Urban Chickens, Farms and Bees at the 10th Annual Tour D'Coop

BY ALLAN MAURER

Back in 2005, a few neighbors in the Five Points area of Raleigh who kept chickens in urban coops were chatting and decided it might be fun to have a “chicken tour” similar to those in other cities. So, in just a few weeks they planned and publicized the event, thinking a few folks might show up.

When they held the event, however, they were stunned by and unprepared for how many visitors arrived on their street. Since then, the Tour D'Coop, which benefits Raleigh's Urban Ministries, has expanded and this year's event, set for Saturday, May 16 from 10am to 4pm, is expected to include more than 20 coops in Wake County, ranging from the original neighborhood all the way to Cary.

Open to adults and children, the tour showcases various hen houses and breeds. Coop owners are on hand at each location to discuss the how-tos

of chicken keeping and there are opportunities for photographs and getting to know the chickens. It includes a wide variety of coop styles as well as backyard gardens and beehives.

“Last year, we had 1,000 people come through our yard,” says artist Rick Bennett, who, in addition to keeping an urban coop has organized an art show featuring chickens as the subjects at Tipping Paint Gallery and 311 Studios. Bennett says he didn't know what to expect in terms of visitors. “Last year, I was talking about chickens, looked up and 20 people were listening to me.”

“You only need one chicken joke,” though, he says laughing. “After the crowd filters through, you can use the same joke again.” His art, while no joke, is often humorous, such as a painting of two brawny chickens boxing.

Bennett says he and his wife both came from rural areas and their urban back yard includes a garden and compost area as well as chickens. A neighbor who kept chickens invited them to come see baby chicks some years ago. “It was like going to see puppies,” Bennett says.

Since he and his wife garden, they figured the chicken manure would be good for their composting, but, “The main reason to have them is that they make you laugh,” he says. “That's the biggest benefit. And they're an easy pet to keep. Plus, you get fresh eggs!”

Bennett's art show, like the Tour D'Coop ticket sales, benefits Urban Ministries.

Bees have always been a part of the Tour, they just weren't highlighted. They're finally given the respect they're due at this year's event in the “Hive Hike,” which showcase homes with active



beehives. Eight of the locations on this year's Tour have beehives, including two locations that have just bees—no chickens. Learn more about how these hives are set up and maintained, how local honey is harvested, and the important role honeybees play in our ecosystem. These locations are



Visit Tipping Paint Gallery and 311 Studios for a chicken-themed art show, featuring works like Featherweight Fighter by Rick Bennett.

part of the regular Tour as well, so be sure to buzz by the hives while you're checking out the chicks.

M'Liss Koopman, a veterinarian and one of the early participants as well as chair of the Tour,

says most urban coops—many of which are quite attractive—include from four to six chickens, but no noisy aggressive roosters. Chickens produce unfertilized eggs just like the ones you buy in the grocery store without need of a rooster.

She says when the tour folks inspect the urban coops they want to make sure they're secure from the many predators in the Raleigh area. Koopman learned the need for that the hard way after losing her original group of chickens to a raccoon. She currently has four chickens and notes that you never want to have more than five or six in an urban environment.

Contrary to the popular image of rickety, smelly, crowded chicken coops, those on the Tour D'Coop include some that are quite elaborate and decorative, although that's not a requirement for a coop to be included on the tour. "People who put coops in their yard want them to look nice," Koopman says. "We do showcase some that are not beautiful but are functional. We like to show that you don't have to spend \$1,000 to build a chicken coop in your backyard."

You will see some gorgeous coops, she adds. "It's not like in rural areas where they're >>>



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tucked away.” She admits her own coop, which isn’t on the tour this year, isn’t particularly gorgeous and she envies some that are.

The tour also gets people close to the chickens so they can see that those hand-raised in backyard coops are not mean and “don’t stink.” They don’t usually keep roosters in urban environments because their noise can disturb neighbors and their main purpose, to protect the hens, tends to make them aggressive, even toward their owners.



PHOTO S.N. TRIPP PHOTOGRAPHY

Most people keeping the urban coops see the chickens as pets, Koopman says. “They’re interesting creatures. They’re not stupid and they have unique personalities with unique quirks like cats and dogs. They’re definitely individuals.”

Also, in a backyard environment, the chickens get a healthier varied diet than they would in commercial situations. They spend a lot of time outdoors in a low stress environment so she says hers have experienced almost no illness. “We’re not feeding them hormones and they’re out in the sun eating a diet that makes their eggs more nutritious. A healthier animal makes a healthier food product,” she says.

Koopman says she was originally part of the Tour D’Coop because she thought it would be fun, but she continues because it benefits Urban Ministries.

Urban Ministries of Wake County, started 35 years ago, is a non-profit human service organization that alleviates the effects of poverty in Wake County by meeting people’s basic needs for food, shelter and healthcare. They provide services that



promote self-sufficiency and building awareness of the issues of poverty within the larger community by leveraging financial support with volunteers and in-kind contributions.

Koopman points out that in addition to its food pantry, free health clinic, and Ark Shelter for homeless men and women, “They have the only pharmacy in the county for uninsured folks. What good is it to go to a doctor if you can’t pay for your medications,” she asks. “That really grabbed me. It’s a component no one else is doing. We’re not a huge part of their budget, but it lets us be helpful in our community.”

The Tour D’Coop does help increase awareness of Urban Ministries, which relies heavily on volunteers. It also fits in with the Tour D’Coop mission statement of promoting humane animal care, community engagement, and local and sustainable food sources.

Dr. Peter Morris, executive director of Urban Ministries of Wake County, not only provides medical care in the free clinic held four days a week, he also helps maintain a garden plot that contributes fresh produce to the organization’s food pantry.

The Tour D’Coop symbolizes the greater mission of the Urban Ministries of not only helping those in dire need, but of promoting healthier eating, healthier life-styles, and behavior change. “A 35-year-old organization needs to think about what it should be in the 21st century to transform the way it serves basic needs,” Dr. Morris says.

The urban garden and sustainable food movements fit right in. “If you look at who we care for,” he says, “it’s people with chronic illnesses, diabetes, obesity. There are clearly links between diet, lifestyle and these diseases. What we want is transformation.”

Before (or after) you enjoy the Tour D’Coop, be sure and stop by the second annual Coop Carnival at Urban Ministries. From 10am to 3pm, the festivities will include kids’ activities, a food



truck rodeo, live music, informational booths on chickens and urban farming, a City of Raleigh fire truck, live chickens, and local draft from Big Boss Brewery for the adults. Visitors can take a tour of the Urban Ministries building with their new food garden, and learn more about the services that Urban Ministries provides to our community. If you’re interested in starting your own backyard chicken coop, be sure to pick up a few raffle tickets for a chance to win a custom-built dream coop, on display at the event. Urban Ministries of Wake County is located just northwest of downtown Raleigh at 1390 Capital Boulevard, Raleigh, 27603.

If you’d rather bike than drive (way to go!), sign up for the Second Annual Bike Route, a group bike tour of urban chickens and their coops. Visit six gorgeous coop homes on a bike route of around 20 miles. There’ll be bike prizes awarded at the end of the ride.



Tickets are \$10 per person or \$20 per family (or group). Visit <http://tourdcoop.com> for more information on the tour, to buy tickets or volunteer for this great event. The *Downtowner* is proud to be a major sponsor of the Tour this year and encourage our readers to enjoy this urban chicken/farming/honeybee event to learn more about how our neighbors and friends are incorporating customarily suburban activities into their high-density urban lifestyles. 🐔

Allan Maurer is a much-published freelance writer, editor and blogger published in national magazines from *Playboy* to *Modern Maturity*. He’s a former editor of *North Carolina Magazine*, *Triangle Tech Journal*, and a co-publisher of the *North Carolina film blog*, <http://ncflix.blogspot.com>.

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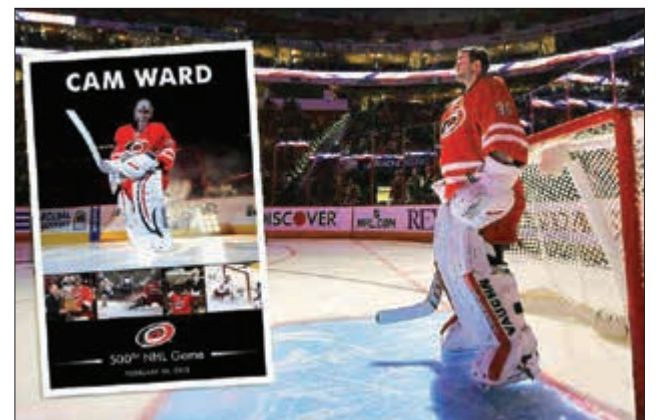


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Holly's on Hargett

BY BRIAN ADORNETTO, FOOD EDITOR | PHOTOS BY CRASH GREGG



On New Year's Eve 2014, after 18 years of service, Mo's Diner plated its last meal. A week later, Mo's owner, Raleigh native Holly Viall, reopened the space as Holly's on Hargett. Truth be told, it's less a completely new concept and more a Mo's 2.0 operating with a shifted focus and new name.

So why not keep the name of this well-known Raleigh institution and just tweak a few things instead? After all, the restaurant already had a substantial (and faithful) following. According to Holly, Mo's had become too well defined to be anything else. Consequently, she decided to close it and reopen with a different name to emphasize the transformation. "After 18 years, it was time for a change. Downtown has and continues to change, so I decided that after New Year's, so would we."



With its green paint, long inviting porch, and lazy rocking chairs, the outside of the restaurant remains virtually untouched. On the inside, regulars may notice the lace curtains and Victorian touches have been replaced with artsy posters, rustic paintings, contemporary music, and an assortment of Americana knick-knacks. Despite the cosmetic changes, the heart and soul remain the same. After all, Holly Viall still steers the ship with her inimitable style, Southern charm and graceful hospitality.

The house-turned restaurant has a distinct personality with an atmosphere very different than that found elsewhere in its downtown neighborhood. Built



In the Bacony Brussels Salad, the baby bellas, grilled and shaved Brussels sprouts, sweet roasted peppers, and a slightly tangy balsamic vinaigrette perfectly contrast with the spicy, smoky bacon

in the 1880s, the quaint restaurant exudes history, showcasing the original knob-and-tube electrical junction box from when the house was first wired for electricity and the family's collection of vintage moonshine jugs. Its rooms serve as mini (or private) dining rooms, while the large windows, creaky wooden floors, wood-burning fireplaces, and mismatched candlelit tables and chairs add an endearing touch.

The kitchen continues to source local, all natural (and, when possible, organic) ingredients and to offer a seasonal menu. While a few of Mo's most popular options remain, Holly's new menu has added small plates, half-sized entrée portions, and a sprinkling of globally inspired dishes.

We must have had bacon on the brain during our visit because both our salads featured the porcine treat. The Spinach Salad with hot bacon dressing and fried egg (\$9) was studded with mushrooms and sautéed onions. Hidden beneath this hearty salad was a wonderful surprise—slices of poached pear! If you claim not to like Brussels sprouts, the warm Bacony Brussels Salad (\$9) just might change your mind. Baby bellas, grilled and shaved Brussels sprouts, sweet roasted peppers, and a slightly tangy balsamic vinaigrette perfectly contrast with the spicy, smoky bacon. It's not to be missed!

Of the small plates, we sampled the Steamed Mussels (\$12), Yucatan Shrimp (\$9), and Sea Scallops (\$12). While calling the mussels a small plate is bit of a stretch, saying they are a must-order is not. Ideal for sharing or as a light entrée, these tender, plump nuggets of sweet, buttery ocean goodness were swimming

in a delicious pool of lemon-garlic cream. Make sure to have some bread around; you won't want to waste a drop. Spicy, garlicky and citrusy, the shrimp took us south of the border with a lime, sriracha, corn, and cilantro sauce. If more than one at your table wants to try the shrimp, I suggest ordering two portions, unless you want to fight over the last one like we did. The Sea Scallop plate is also a tapas-sized portion. A duo of grilled scallops resting on a hill of vegetables, this one is definitely not sharable. After one bite of these melt-in-your-mouth mollusks and their silky lemon beurre blanc, you won't want to part with the other. The stellar vegetable accompaniment, a delightful medley of baby bok choy, green beans, mushrooms, corn, tomato, and julienned carrots, was skillfully cooked and texturally balanced.



Cut into thick chops, the Rack of Lamb was flawless

The House Specialty Rack of Lamb (\$25/half rack; \$37/full), Grilled Pork Tenderloin (\$17), and Vegetarian Jambalaya (\$14)—a "secret menu" item—were up next. Cut into thick chops, the lamb was flawless. Bathed in a rich jus and paired with garlicky mashed red bliss potatoes, sautéed spinach, and some of the freshest corn I've had since August, the huge medium-rare medallions were a beautiful shade of ruby red. The tender grilled pork was upstaged by its sides: luxuriously caramelized balsamic onions and a fluffy cloud



The Steamed Mussels arrive swimming in a delicious pool of lemon-garlic cream



Raleigh native Holly Viall recently reopened Mo's Diner as Holly's on Hargett



Spicy, garlicky and citrusy, the Yucatan Shrimp took us south of the border with a lime, sriracha, corn, and cilantro sauce

of heavenly sweet potato mash. The bountiful paella/jambalaya was not only nourishing, but also rich and slightly spicy. As an unabashed carnivore, I must admit I loved it and didn't miss the protein at all.

On a sweet note, Holly's Flourless Chocolate Torte (\$7.50) and Banana Napoléon (\$8) were outstanding. The warm wedge of chocolate cake was topped with chocolate ganache, a mound of whipped cream, and a drizzle of strawberry sauce. It was rich, but delicate, moist, and light. Classic banana pudding was elegantly re-envisioned as sliced bananas and banana pudding layered between crisp squares of phyllo dough. I know

this may sound blasphemous, but I'll take this superb rendition over the original any day.

Dining at Holly's on Hargett is like going to your great-aunt's home for Sunday dinner. The pace is relaxed and familial, the space is eccentric, and the food is excellent. Add to that the warmth, wit and bigheartedness of Holly herself, and I'll bet Holly's on Hargett will be around for at least another 18 years. 🍷

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



Classic banana pudding was elegantly re-envisioned as sliced bananas and banana pudding layered between crisp squares of phyllo dough in Holly's Banana Napoléon



Holly's on Hargett

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Sarah Anne Johnson's Wonderland @CAM BY LINDA KRAMER

Winnipeg artist/photographer, Sarah Anne Johnson, is making a bit of history in Raleigh. Her current exhibit at CAM—which runs through May 5, 2015—marks the first time a young, aspiring female artist has occupied CAM's entire gallery space. She deserves it as the exhibit is electrifying.



This exhibit brings together, for the first time, all of Sarah's five major bodies of work under one roof, and it's a remarkable experience of her evolution in contemporary art.

Sarah is not just an artist; she is an activist who encompasses her global concerns into her work. A Yale graduate with a Master's Degree in Photography, she has established an artistic skillset over the last twelve years that is vast and diverse.

In the *Wonderland* exhibit, Sarah's own personal feelings, hopes and fears for the world are laid bare through a collection of photography, painting, sculpture, tableau, and installation. There are no boundaries for Sarah. "Love it, hate it or don't quite get it," as curator Steven Matijcio says. "If it makes you think and want to know more, that's my goal".

This substantial body of work probes the issues of family, love and the nature of nature itself. Sarah has undertaken a complex project and her work is,

for the most part, autobiographical in terms of her concern and awareness of the world.

The exhibit is divided into separate parts, all demonstrating how to make art of the provocative. *The Arctic Wonderland* series arose from a trip she took in 2009 with other artists, activists and scientists to the Arctic Circle. As a true conceptualist, she began by documenting with her camera, then went on to use other mixed media (drawings, etchings and paintings) to enhance her pristine photography. Fascinated with the beauty of the natural landscape—a utopian place that today remains practically unreachable—she works from a personal perspective, reflecting her concerns over the Arctic colonization and the threat of global warming.

What she can't capture with her camera in the stillness of a shot, she documents through other means, hence her tiny clay Sculpeys that appear everywhere. As writer Andrew Berardini put it, "she makes the stillness dance." These hand-crafted clay doll Sculpeys not only capture the moments she missed with the camera, but dominate the show with the unifying theme, "the search for a better world."

The *Galapagos Project* follows the same documentary lines and combination of photography and mixed media. Her research trip there as a volunteer environmentalist utilizes journalistic photography and exposed her to the poverty as well as the beauty of the islands.

Her study, *House of Fire*, brings her face-to-face with the history of mental damage in her family. Her grandmother's secret psychiatric treatments by the government are documented by a large dollhouse filled with rooms of secrets. She moves comfortably through the fantasy and reality of confronting the ghost of her grandmother and returns to this painful theme only when her psychological state is strong. She has worked on this for three years and has no idea when, if ever, it will be complete.

It's sometimes difficult to tell whether Sarah's work is art or documentary. Perhaps it's art as documentary, or vice



Sarah Anne Johnson brings 12 years of her evolving art to CAM

versa. Perhaps both. But at 38, Sarah has seemingly done it all, "My experiences are life-changing and allow me to continue to grow." In her many bronze figurines, we see her photography transformed into sculpture. Her creation of story-telling dioramas and an amazingly rendered room-sized diorama, *Asleep in the Forest* can be seen only through a peep hole in a door, lending a voyeuristic and distant, but at the same time, intimate eavesdropping experience for the viewer. The *Fireworks and Schooner* installation uses lightworks to depict a world partying to the end. Cirque du Soleil purchased this piece.

Through it all, Sarah remains humble and a bit in

awe herself. "It's rare for a young woman to have a show opportunity like this. I am grateful to CAM but I fear that I am ruined, as it's hard to imagine anything that could top this experience for me. To see all my works exhibited in one venue is exciting. I appreciate that CAM took a real risk doing this for me. It will be hard to return to the reality of Winnipeg after it's over." 📷

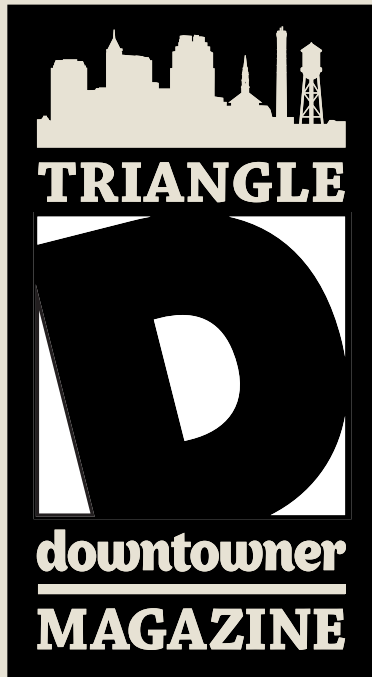
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Unboxing part of the installation *Asleep in the Forest*

LEFT: *Fireworks and Schooner* multimedia light installation

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- Ten \$20 gift cards to **Tyler's Taproom**, which can be used at any of their four Triangle locations in Seaboard Station, Blackwell St. in Durham, Main Street in Carrboro, or Beaver Creek Commons in Apex. You'll find great comfort food, plenty of craft and specialty beers, and lots of friends waiting at Tyler's. www.tylerstaproom.com
- Five \$25 gift certificates to **Bella Monica**, one of Raleigh's favorite restaurants and home to the celebrated Chef

Corbett Monica. Stop by 3121-103 Edwards Mill Road and you'll find some of the Triangle's best Italian food, cooked to perfection and served in a casual setting. www.bellamonica.com

- Ten \$15 gift certificates to **NOFO @ the Pig** located at 21014 Fairview Road in Five Points. At NOFO, you'll find an eclectic mix of furniture, gifts, antiques, books, kitchen, toys, and more, plus an award-winning restaurant. www.nofocom
- Eight \$25 gift certificates to **Shiki Sushi/Tasu Cary/Tasu Brier Creek**. With three locations around the Triangle to satisfy your craving for sushi, steak, Vietnamese, Thai, Hibachi and more! Visit them online for directions, specials and to view their diverse menus: www.shikinc.com | www.tasucary.com | www.tasubriercreek.com
- Two sets of tickets to any shows with **Carolina Ballet, NC Theatre, Theatre in the Park, Raleigh Little Theatre, and NC Symphony**. With a wide variety of shows to choose from, each has something to offer almost everyone. Visit their websites for more information on shows and tickets: www.carolinaballet.com | www.raleighlittletheatre.org | www.nctheatre.com | www.theatreinthepark.com | www.ncsymphony.org

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From the Publisher

You've still got a little time left to vote in this year's Best of Downtowner Awards and tell us all your favorite places to go, see, do and eat all over the Triangle. We've added a few new categories including Best Open Kitchen, Best Dish Presentation, Best Ethnic Market, plus others and we've also pared down the list quite a bit to make finding your favorite voting categories even easier. We'll announce the winners in our mid-April issue and are looking forward to seeing some new names pop up throughout the list. If you miss the print edition, be sure and check it out online for a great way to discover new places to eat, drink, play and be entertained.

Don't forget, each and every vote you cast counts for an entry into our prize drawings for all kinds of good stuff like Hurricanes tickets,

restaurant gift cards, performing arts tickets, Downtowner t-shirts, and much more. While you're choosing your faves, keep in mind that we only allow local businesses in the Best of Downtowner Awards. Get your voting finger ready and start clicking! --> www.WeLoveDowntown.com

Speaking of Best Of's, congrats to designer Justin LeBlanc on the recent debut party at CAM of his new fashion line, Journey. It's always great to see hometown friends make it to the big time—and in Justin's case—remain the same nice guy he was before. Hats off buddy, congrats and good luck in your upcoming shows!

Crash

CRASH GREGG
Publisher, *Triangle Downtowner Magazine*
publisher@welovedowntown.com



Gizmo Brew Works BY RUSSELL PINKSTON



In the winter of 2012, there was trouble brewing. In the back corner of a nondescript industrial park on the outskirts of RDU airport, one of the smallest production breweries in the state, Roth Brewing, had fallen on hard times and decided to shut their taps for good. It may be difficult to imagine, in a city so rich with craft beer, that one closing brewery would make much difference in the scheme of things. But then you would be underestimating the power of beer.

During its brief existence, the small brewery had become a local haunt for many of the workers in the surrounding industrial park, a place to meet up for drinks after work. Luckily for us, its closing was not something that these workers took lightly. A small group of them, mostly engineers, pooled together their resources and bought the now defunct Roth Brewing along with all of its

equipment. By next spring, they had a new lineup of beers and a totally reimagined brewery under the name of Gizmo Brew Works.

It is said that necessity is the mother of invention. For Gizmo, it was the simple need for a good beer after work that became their foundation. The owners still work in the industrial park, but now they also run Gizmo. Head Brewer, Joe Walton, clarifies: “Our current owners were (and are) all regulars here. Matt Santelli, our VP of Operations/COO, works in the building next door. Jeff Sgroi’s shop is two buildings over. Bryan Shaw is our sales manager and Bryan Williams is our CEO. Elizabeth (Liz) Morgan works nearby too. Just like half the people in the industrial park, as soon as they get off work they come by to have a beer rather than going

elsewhere. It’s convenient, it’s close, and you’re supporting the people in your local community.”

Though Gizmo Brew Works is housed in the same location that once held Roth Brewing, it has evolved into a very different kind of brewery. Joe is very careful to make this distinction. The new owners have built a taproom out of reclaimed wood, along with a host of other improvements.

Probably the first thing you’ll notice about Gizmo is that their entire existence seems piecemeal. Their very logo is a mishmash of different tools. “Half of our owners are engineers,” Joe explains. “We do 90% of what we do here by ourselves.” The bar stools are elevated swivel chairs and, in a storage area stacked with bags of malt, a picnic table doubles as a lounge. “It’s kinda funny... half the people love the fact that it’s basically a garage in here, and the other half hate it. But there’s never a question of beer quality.”

Gizmo Brew Works offers four year-round flagship beers, a few seasonals, and a series of one-offs they refer to as *The Inventor’s Series*. This is a fairly common lineup for most breweries, yet Gizmo’s menu seems longer somehow, likely because each of their beers is so phenomenal.

The *Golden Ale-Ement* (4.6% ABV) is likely their most palatable selection for those new to the craft beer movement. It’s a well-balanced Golden Ale with a hint of lemon and a light pilsner finish that’s dangerously easy to drink. “It’s actually a very difficult beer to make,” says Joe, “because it’s difficult to mask any flaws in the beer when it’s that clean.” In the same vein is their *Beekeeper Honey Wheat* (5.5% ABV), a light-bodied and refreshingly floral wheat beer that’s not too heavy on the weizen.



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

Bella 8 years old, spayed female Grey Tabby—Bella has been waiting for a home for over 260 days. She is an independent woman, looking for a sophisticated cat owner who understands the needs and desires of a refined lady like Bella. She would love nothing more than a quiet afternoon sunbathing on your windowsill.



Bella doesn’t mind if you work full time, she’s perfectly content birdwatching and napping. She is very self-sufficient and doesn’t mind alone time. Just leave water, food and a litter box and she’s set for the day. Bella does enjoy movie marathons and watching design shows on the weekends. Do you have space for this refined lady in your home? Visit our website www.spcawake.org/adopt or call 919.772.2326 for more information!



Sandy 2 years old, neutered male White Hound mix — Sandy is one of the most handsome dogs at the SPCA and as you can see from his photo, he knows how to “work the camera!” Sandy was adopted but his previous owners ended up returning him because

they didn’t have time for him. He would make a fantastic family pet. Do you have kids who like to play sports? Baseball? With a little bit of training Sandy would make an excellent “fetcher” for batting practice. He is very eager to please, which makes him perfect for obedience training. Like long walks around town or hikes down the greenways? Spring is coming and Sandy would love to be by your side for all your outdoor activities. She currently weighs 77 pounds and is full-grown. To learn more about Sandy please visit www.spcawake.org/adopt, or call the SPCA Adoption Center at 919.772.2326.

Its recipe calls for 20 pounds of pure, fermentable, wildflower honey. It was originally brewed as a summer release but was so popular they decided to keep it on year-round.

For all the hopheads, there's the *Palisade Wasp* (6.8% ABV), an IPA brewed with the lower alpha acid Palisade hop, which tends to be used more often as an aroma hop than for bittering. "It's expensive to do that but you can achieve these flavors that are different from other IPAs because nobody is using the same hops that you have." It's a crisp, citrusy IPA with a clean finish.

Then, for a darker beer, there's the *Black Stiletto Stout* (6.1% ABV). Even if you're not a big fan of stouts, I think you'll find this beer to be exceptional—a spot-on blend of black patent and chocolate malts. The Black Stiletto, on its own, is smooth and robust, an above-par stout. But here's where it gets interesting: for a limited time, they've added coffee to it. The *Black Stiletto Coffee Stout* (6.1% ABV) is the same base beer with the addition of 50 pounds of locally-roasted Ethiopian coffee from Benelux in Raleigh. It is, simply put, the best coffee stout I have ever tasted. It's a rich blend of dark malts and espresso that leaves you savoring every sip. "It smells like pure espresso," Joe says, "but it tastes almost like a cup of coffee that's already got cream and sugar in it." I recommend finding some of this one-off before it runs out.



Head brewer, Joe Walton

Other limited-release brews now available are *Aztec Gold* (9.2% ABV), an imperial stout brewed with Belizean cocoa roasted by Videri Chocolate Factory in Raleigh; *Alternating Current* (5.3% ABV), an altbier which won bronze in the 2014 Carolinas Championship of Beer; *Black Hop Down* (7% ABV), a seasonal India black ale; *Prototype* (4.7% ABV), a pale ale; and, finally, the *Trebuchet Barleywine* (9.3% ABV), a cherry-laced brew released earlier this month. Growlers (\$10-12) and kegs (\$70-220) are available for filling in the taproom and 22-oz "bombers" are available at various bottle shops in the Triangle.

Gizmo Brew Works is open Wed & Thur (4pm-10pm), Fri (3pm-10pm), and Sat (1pm-10pm,

with RSVP tours at 2pm and 4pm) and visitors are treated with tours, food trucks, and live music most weekends. While I find the location to have a charming hole-in-the-wall vibe, it may not be for the faint of heart. If you're looking for a posh night out on the town with a view of the skyline, then... well, you probably shouldn't be out near the airport in the first place. But if, like a growing percentage of the populace, you roam the hinterlands in search of that ephemeral nectar of the goddess Ninkasi, then a stop at Gizmo should definitely be on your itinerary. 🍺

Russ is a photographer, brewer, author, and screenwriter. He's a Raleigh native who has recently returned home after a decade of writing (and drinking) in NY and LA. And in case you're not up on ancient Sumerian deities, Ninkasi is the goddess of beer.



5907 Triangle Drive | Raleigh, NC 27617 | 919.782.2099
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DeMo's

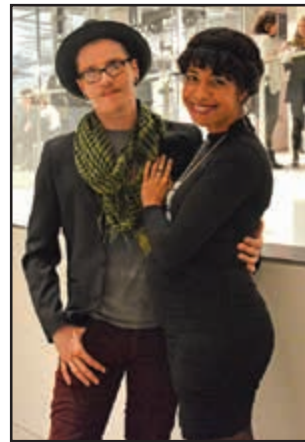
PIZZERIA & DELI



Glenwood South ▶ 919.754.1050 ▶ DemosPizzeriaDeli.com

Around Town in the Triangle

▼ Photos below are from the debut of fashion designer Justin LeBlanc's new fall/winter collection, Journey, held at the Contemporary Art Museum (CAM) in downtown Raleigh. Justin is a Raleigh native, North Carolina State University alum and star of the Lifetime Network's *Project Runway*. Check out Justin's designs at www.jblancdesign.com and learn more about CAM at www.CAMRaleigh.org. Photos by Karen Diaz

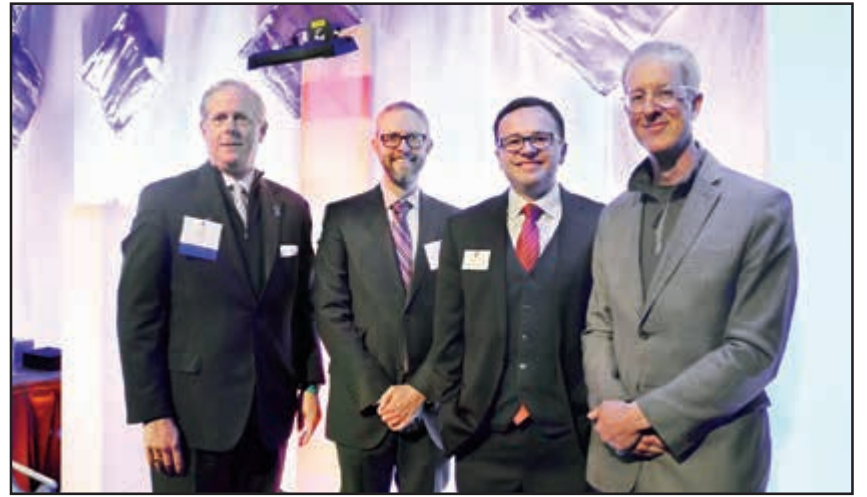


▼ Photos below are from a Pints 4 Paws fundraiser at London Bridge Pub in downtown Raleigh (www.thelondonbridgepub.com). The next event, "Luck of the Irish," will be held at Lucky B's in Glenwood South on Sunday, March 15 from 5-9pm. A percentage of all drink sales will benefit Cause for Paws, a non-profit organization that aids rescued animals. Learn more at www.cfp-nc.org



Around Town in the Triangle

Photos below are from the Downtown Raleigh Alliance Annual Dinner and Awards Ceremony at the Raleigh Convention Center. Jeff Speck was the event's featured speaker, and lauded the progress Raleigh has made regarding the liveability and walkability of our dense urban environments. Learn more about the DRA at www.godowntownraleigh.com and Jeff's recent book, *Walkable City*, at www.jeffspeck.com. Photos by Karen Diaz



DeMo's Pizzeria & Deli

BY CHRISTY GRIFFITH | PHOTOS BY NANCY THOMAS



DeMo's Pizzeria & Deli, located on Glenwood South in Downtown Raleigh, is the type of place I wish had been in existence when I was in college. The time in my life where I was eating a slice of pizza every night after...studying. Yeah, let's go with that.

Owned by Raleigh-natives Anthony DeMarco and Edward "Clay" Adams, DeMo's is not their first rodeo. Knowing they wanted to break into the restaurant business back in 2007 but lacking the capital, the young entrepreneurial pair began raising funds by pouring themselves into an inflatable rental franchise, before selling and moving on to another venture where they could invest their earnings. Eventually, their dream came to fruition when they opened DeMarco's Restaurant and Bar in North Raleigh in 2013; they've since sold it and have now dedicated their lives to DeMo's, in operation since May 2014.



Clay tosses while Tony tops

"Clay and I are the perfect ying and yang in our business. Clay is the more vibrant, outlandish personality," says Anthony. (You may recognize Clay as the one behind the counter with the most amazing of technicolored-mohawks.) "He is the voice and face of the business. I take care of the finances and back-end of the business. Neither one of us could survive or be as comfortable with our respective roles without the other."

Clay and Tony may definitely be in the running for best-dressed on Glenwood; it's not every day that you see someone bob around a restaurant so confidently in Teenage Mutant Ninja Turtle pants (the pizza-loving reptiles named after Renaissance artists in case you've been living under a rock for the last 30 years and don't know your famous

anthropomorphic cartoons that well). It's their confidence and their genuine way of making you feel like you are the most interesting customer they've had all day that makes the place so inviting. This may be why they have not one, but *two* different reality television companies that will be doing periodic filming at DeMo's as they develop concepts being pitched to networks ranging from MTV to the Food Network.

Fortunately for us, there weren't any cameras rolling when we started eating our way through the menu. I'd rather have footage of me traipsing around in pajamas with no makeup than to have someone record me shoving slice after slice of pizza in my mouth. I eat with reckless abandon, and it ain't pretty. I have to outpace my stomach so it doesn't realize it's full before I finish the offerings in front of me. It's a tough job, I know.

If you want to feel responsible, like being good and eating some fiber before you go to town on that calzone, there are a number of salads on the menu. We started out with the Fresh Spinach Salad (\$7), with red onion, dried cranberries, and Fuji apples, served with a raspberry vinaigrette. By the nature of spinach salads, it's light, so you won't get too full before all your carbohydrates arrive. You could certainly make this a meal by adding chicken for \$3, but seriously, you're at a pizzeria.

The Chicken Wings (\$9.99) are done right, crispy on the outside, and enough juiciness on the inside that you'll have to wipe your chin. (I'll be broke if restaurants ever start charging for napkins.) They come with the standard carrots and celery sticks, which I always like to tell myself is like eating a salad, and your choice of ranch or bleu cheese. The wings can come sauced in Mild, Hot, BBQ, Buffalo IPA—or my favorite, and what you should definitely get—the Hot Honey Chile sauce. Don't share these with your kids. Let them order a side of Homemade Mozzarella Sticks (\$6.95). And hand them extra napkins for the house-made marinara sauce they'll be dipping their fingers in after the mozzarella sticks are just a memory.

Best use of a garlic knot goes to DeMo's, for their Meatball Parm Sliders (\$9.99). I have no idea why these aren't on pizza menus everywhere, but they should be. DeMo's knots, totally solid on their own, are sliced in half and stuffed with their homemade meatballs and mozzarella cheese before the whole beautiful thing is covered in garlic oil and parmesan. I KNOW, RIGHT?!



With hand-tossed dough and the freshest ingredients, you know the pies are gonna be good here!

Ok, don't forget DeMo's is also a deli. The Italian Sandwich (\$9.99) is amazing, with the perfect proportions of meat and toppings. I didn't even ask for mayonnaise, and this is a much bigger deal than this font can convey. (World's #1 Mayo Fan, foam finger and all.) Ham, Genoa salami, pepperoni, hot cappy, provolone, tomato, onion, roasted peppers, oregano, oil and vinegar come together on a quality farmer's market sub roll to bring you lots and lots of happiness. Remember the original Japanese *Iron Chef* where one of the guest judges, always a pretty actress, would cover her mouth and giggle from culinary ecstasy? I did that. What can I say? I like a good sandwich.

"I literally love everything we make, but if I had to narrow it down to one item, it would have to be our DeMo's Steak Sub," says Clay. It comes with slow-cooked Black Angus top round steak, and your choice of topping styles: Italian, Philly, or DeMo's (all \$9.99). We had the latter, with sautéed mushrooms, onions, and green peppers, topped with melted American and provolone cheeses. I've eaten more than my fair share of cheesesteaks, and this one is done right. I'd imagine it'd be a great sandwich after a hard night of...studying. It's easy to see why this is quickly becoming one of the most popular items on the menu.

DeMo's serves a homemade, thin crust NY-style pizza. (10" gluten-free pizzas are available for a \$1 upcharge.) Anthony ("Give me pepperoni pizza or give me death!") says that cheese and pepperoni are the kingpins, but there is a large selection of specialty pies available. We tried the Buffalo Chicken Pizza (10"/\$11.99, 16"/\$16.99, 18"/\$18.99) with a ranch dressing base, sautéed shallots, bacon, tomatoes, and chicken tossed in buffalo sauce. This one isn't as spicy as you'd guess, so if you're a heat-seeker, ask for a little bit of Hot

wing sauce to dip your slice in or drizzle it all over the top. Either way, it's a damn fine slice of pie.

The DeMo Delight (10"/\$10.99, 16"/\$15.99, 18"/\$17.99) comes with pepperoni, Italian sausage, green peppers, onions, garlic, and basil. I love any pizza that has thick slices of sausage, although that may mean nothing to most who know me because in general, I just really love pizza. Any kind. This one, too. I'm sure I'd love the other ten pizzas on the menu, if only I had a few extra stomach chambers to handle them all. One day. #SCIENCEWILLPREVAIL

My favorite of all things was the Calzone (\$6.99, plus \$0.99-\$1.99 for extra toppings). Stuffed with mozzarella, Parmesan, ricotta, and homemade marinara, it's rich. And by rich, I mean it's so delectable that I want to keep shoving this creation into my piehole without a care that at my age, so much bread and cheese may mean I'll never go to the bathroom again. I don't give a flying garlic knot. It's that good. Get it. The crust is topped with the same goodness you'd get on one of those boss sliders. We had ours with pineapple added inside, which was the most unexpectedly wonderful calzone filling I've ever had. A big HUGE Thank You to Anthony for suggesting it. If you don't get this, then I will take it personally. And if you don't get



You can never go wrong with DeMo's Steak Sub

this, scientists will immediately stop work on the *Get Christy Extra Stomach Chambers* project.

We had some of Mama D's Homemade Fudge (\$3) which, and this is meant as a compliment, reminded me of a Little Debbie Fudge Brownie. There aren't any preservatives, but it has the same taste and mouthfeel that brings me back to when I was a little kid who ate boxes of these things at a time. It brought me to a happy place. Then I immediately went to an even happier place when I sampled the Homemade Cheesecake (\$5). I don't even like cheesecake that much, but I couldn't put down my fork. It's a standard New York-style cheesecake, not gussied up with any *salted* this or *compote* that. This is a secret family recipe made

in-house daily by the manager, Jeremy, so basically I hope that Jeremy never gets fired. If he does, his resume should be nothing more than a slice of this cheesecake.

Come by during normal hours for some delicious eats, but don't be afraid to stop by after a late-night of dancing, general merriment, or studying. (Yeah, definitely studying.) "We feel like we're such a great complement to everyone here on the South Strip," says Anthony. "What makes us different is the fact that we're the last man standing on the weekends. When the bars and clubs close, we embrace the madness. We pass out hugs and high-fives, not because we have to, simply because we want to." 🍷

DeMo's Pizzeria & Deli

222 Glenwood Ave, Suite 121 | Raleigh, NC 27603 | 919.754.1050
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M-W: 11am-10pm, Th: 11am-12am, F-Sa: 11am-3am, Su: Noon-9pm
 Parking: Street front and validated parking in the 222 parking deck right behind DeMo's, 1st and 2nd floor
 Delivery: 5-mile radius, available from DeMo's and OrderUp.com

Buzzed and Local

Coffee roasters from around the Triangle



Welcome to the third and final installment of Buzzed and Local, which showcases local coffee roasters from around the Triangle. Check out our past two issues featuring the other eleven roasters, available at www.WeLoveDowntown.com. In this chapter of Buzzed and Local, we interview the last five local coffee roasters. You know the drill, grab your cup of coffee and get ready to expand your knowledge on more local bean roasters!

In alphabetical order (**bold*** = featured in this issue)

- Beanpeace Roastery
- Counter Culture Coffee
- Crema Coffee Roaster
- Joe Van Gogh Coffee Roasters
- Larry's Beans
- Merry Oaks Coffee***
- Mr. Toad's Coffee Roasters***
- Muddy Dog Roasting***
- Oak City Coffee Roasters***
- Raleigh Coffee Company
- Red Rooster Coffee***
- Shady Arbour Fresh Roasted Coffee
- Sludge Coffee Roaster
- Stockton Graham & Co.
- Torch Coffee

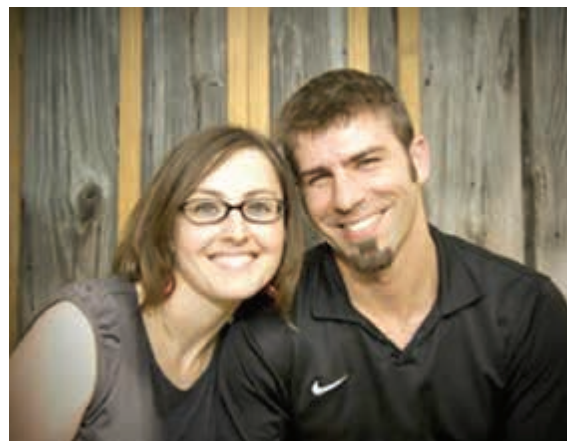
Merry Oaks Coffee



Founded in 2006
919.630.1705
www.merryoakscoffee.com

Owner Elias and Dawn Ruhl

History We became interested in roasting coffee in 2006 when Dawn came across a website that detailed how to roast coffee at home; we've been roasting ever since. I would say it's more of a side business or a hobby than our full time career. Mainly, we wanted to give local folks a better option for quality coffee at a reasonable price.



Eli and Dawn Ruhl of Merry Oaks Coffee

About Our Coffee We currently offer nine different coffee beans. Our Guatemala Huehuetenango, Colombia Huila and Costa Rica San Marcos are my favorites. Each has a distinct, complex flavor profile while also being very versatile across the brewing spectrum. We only sell locally, and we package our coffees in reusable mason jars. Our goal is not to become a huge roasting operation, but instead serve our local community with quality, fresh, fair-trade coffee. My advice to people who want us to ship our coffee is simply to find a local roastery and buy from them. Simply put, coffee is better fresh!

Where to Buy Customers can order through our website, as we don't have a retail location. Delivery arrangements should be made before ordering.

Mr. Toad's Coffee

Founded in 2009
919.637.1110
mrtoadscoffee@gmail.com

Owner Stephanie Lake Britt

History I started roasting because I wanted to offer the highest quality roasted coffees at my coffee house (closed in 2009). I wanted to cater to my customers' tastes and requests, while promoting fair trade business practices with pristine ethics



and integrity. I roasted on-site while the coffee-house was open then took a "sabbatical" from coffee for a few years. I now roast in a small shop on a property my husband and I own in Cary. Coffee crosses the globe to get into our cups with no less than 1000 people investing their efforts into a great cup. If I can promote all those involved, what an honorable way to serve others, right?

About Our Coffee Sourcing excellent coffee beans is an adventure and a skill I'm honing. I currently offer 14 different single origin coffees and four blends. The most popular (by far) is my "Revival" blend. Sometimes you make magic on a fluke, and everything about this medium/dark blend is magical. I don't roast or work with "flavored" coffees and just let the big guys handle those tastes.

Where to Buy For now, customers can order through email and by phone. We'll have an online store very soon.

Future Plans I suppose I've been dragging my feet in growing my business too quickly these last few years. I've maintained a healthy word of mouth business and my friends (customers) are a loyal and supportive group. I'm blessed and grateful for them, but I am aware it's time for me to get busy again, which will happen once the website/online store is live. I long for another storefront to have tastings, support the local artist community, and support the schools that my kids have attended. I want to raise money for both the coffee farmers and the local groups, which makes me overly cautious because I want to do it well and responsibly. Once I start to grow Mr. Toad's Coffee again, I will want to do it all and do it quickly!



Stephanie Lake Britt from Mr. Toad's Coffee

Muddy Dog Coffee

Founded in 2006
3000-110 Bearcat Way Morrisville, NC 27560
919.371.2818
www.muddydogcoffee.com
FB: Muddy Dog Coffee
Tw: @muddydogcoffee

Owner Jim and Debbie Pellegrini

History Debbie: Muddy Dog started as a hobby in 1999 when Jim wasn't happy with the local coffee options in Cary. He's an engineer who grew up in a farming/restaurateur family. Coffee sits at the intersection of agriculture and engineering and is increasingly appreciated as a fine food. We thought we could do a good job while being accessible to consumers.

About Our Coffee Jim: We purchase beans from about 25 origins, including five where we have relationships with the growers. We stock about 40 different origins of coffee at a time



Debbie and Jim Pellegrini of Muddy Dog Coffee

and have around 20 blends. One thing that sets us apart is the roasting technology we use. We have what we believe to be the world's largest, cleanest-running and most efficient electric roaster. It is designed to be zero-emission and consumes 94% less energy than conventional roasters. Because we burn no fuel in the roaster, the coffee has a cleaner flavor profile. We are focused almost exclusively on direct-to-consumer sales. We think this is important because the high-touch approach we use allows us to educate consumers and guide them to the coffees they'll like best.



Where to Buy The majority of our customers buy our coffees online. They can also come to the roastery on Tuesdays and Fridays from 11am-3pm, Thursdays 11am-7pm, and in the winter, Saturdays 9am-1pm. They can also find us at the Western Wake Farmers Market on Saturdays 8am-Noon during

April-November, and 9:30am-Noon during December-March.

Future Plans This year we plan to expand the roastery, tripling our footprint. We've already purchased the building—it adjoins the existing building that we own—and would like to start upfit in the spring, finances permitting. Our existing space will be converted to a customer training and café space. Our goal isn't to operate a busy café but to give our customers more opportunities to taste and buy our coffees.

Oak City Roasters

Founded in 2012
615 W. Hargett St. Raleigh, NC 27603
919.623.5223
www.oakcityroasters.com
FB: OakCityRoasters
Tw: @ocroasters
IG: @ocroasters >>>



Nana says, "Mangia, Mangia!"

Bella Monica

Cucina



Vino

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110 E. Hargett St.
919.838.6633

www.thelondonbridgepub.com



Bill Landahl of Oak City Coffee Roasters

Owner Bill Landahl

History I started researching coffee roasting when a colleague and I had the crazy idea to bring his father's coffee from Colombia into the US, then find someone to roast it, brand it, and sell it. After researching it for one day, I decided to start a coffee roasting company. One month later, I owned the equipment that I'm running my business with today. I had big visions then and I still have big visions two years later. Coffee presented itself to me as a vehicle to benefit mankind. Quality coffee produces quality in people's lives.

About Our Coffee Our coffees come from the Americas, Africa and Indonesia. I'm actively seeking farmer-direct relationships, and have several coffees that achieve that so far, with the goal of adding more over time. I have eight coffees in our lineup currently. I love Kabum, one of the top coffees in Uganda, and Valiente from El Salvador. They're both coffees purchased directly from farmers who receive two to three times the usual market price. Great coffees and direct social impact: a great combination! Our mission is not to maximize profit, but to maximize benefit. We also hope to continue our

local music concert series this spring and summer at the roastery.

Where to Buy The Fresh Market, Red Hill General Store, NOFO, Cafe de los Muertos, and Coffee Haven.

Future Plans In March, I'll be traveling to Guatemala to install a new coffee roaster at a children's home where the staff will start a new business selling awesome local coffee, which will help fund the home. A local business solution for a local need. C'mon, that's just full of awesomeness! We're bursting at the seams with empowerment for others.

Red Rooster

Founded in 2012
 PO Box 155
 Wake Forest, NC 27587
 www.redroostercoffee.com
 FB: Red Rooster Coffee Company
 Tw: @redroostercoffeeco

Owner Steve and Debby Meredith

History We started a coffee company right out of college, too many years ago to mention, and packaged our products in milk cartons. We didn't roast at the time. We moved from CA to NC and started roasting for fun and decided to start offering it to others. We've grown since then, bringing back our 80's (yes, 80's) logo. We love the process of developing slow roasted, small batch beans from around the world. We love fresh roasted coffee and found that many people were unaccustomed to the difference fresh makes, so we felt compelled to share it. This is why we prefer local delivery rather than selling our coffee on store shelves.

About Our Coffee On average, we carry about 15 varieties of

coffee from around the world. They vary from farm direct to cooperatives and fair trade/organic/rainforest alliances. We know it's costly to be accredited in some of these certifications, so we choose our coffee on taste over certification if we know it comes from a farm that show responsibility but may not be able to afford to get certified. We've done school fundraisers, adoption fundraisers and are open to sharing the profits to help others locally in their cause. Our coffee is always fresh roasted within 24 hours of delivery. With each order, we include either our Espresso Caramels made with fresh ground espresso and agave or our Honey-Lemon Caramels. We like to add something extra for our customers that they may not otherwise try.



Where to Buy You can find our coffees at Black Cat Cafe, Southern Season, Market Street Coffee Shops, TK Cafe, Fresh Healthy Café, and many local homes in the Triangle.

Future Plans We hope to grow our business and continue to find more private label partners. We always welcome new opportunities in the community to partner in profits.

We hope you'll support the local businesses listed here or from our last two columns on local roasters in the Triangle instead of hitting the national big box brands. It might be a little less convenient at times, but the quality



is so much better and more of the money you spend stays here in our community. Buying local is always a great idea! To read about the other 11 roasters in our Triangle roaster series, visit www.WeLoveDowntown.com and check out issues 105 and 106. There are so many great roasters in the area, you might want to try them all. Buzz on!

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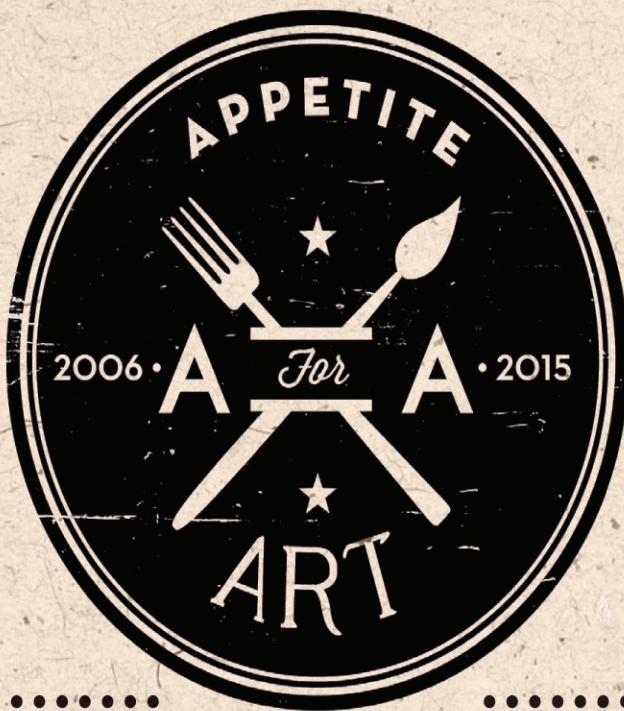
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Generation Next

BY JAMES VOLTZ



An exciting crop of young winemakers is changing the perception of California wine, one vintage at a time. Like many energetic young entrepreneurs, these winemakers saw opportunity where others perceived insurmountable challenge. They are making their presence known, and you, the wine consumer, are the beneficiary of their vision and courage. Let's take a look at what these guys are doing differently, and why it matters.

Thanks to the national and international success of many wines made in Napa Valley, California over the last 30 years, land prices in the area have skyrocketed. According to an article published in *Food & Wine*, buildable land with vineyard space in Napa Valley sells for \$150,000 to \$2M. Per acre. Paso Robles is a relative bargain, clocking in at \$150,000 to \$500,000. Again...per acre. And that's only for property that actually gets listed. The choice sites never, ever get listed for sale.

So without an inheritance or a king's fortune made in another business, what's a young, idealistic winemaker to do? There are a few folks who are interested in doing things differently, shall we say. They understand the dominant paradigm, and have a keen interest in subverting it. They're looking for ways to make wine consistent with their own vision and philosophy. Luckily for these visionaries, California is a large state, and vineyards have been planted in the state for more than 100 years. Long before wine was created by international conglomerates to be scored and graded, it was the domain of small, independent grape growers. There are valuable, old grapevines growing in places more than a little off the beaten path, just waiting to be rediscovered. Most frequently, they are planted with grapes that aren't Cabernet or Chardonnay. For years, the vineyards have produced grapes that have been lost in the maw of the California wine industry. The corporations that produce megatons of wine specifically tailored to the tastes of influential, Napa-centric wine critics were not interested in the old ghosts.

Fortunately, youth, ambition, and vision drove people to rediscover these old treasures. Winemakers like Chris Brockway (BROC Cellars), Kenny Likitprakong (Hobo Wine Company), and Tobe Sheldon (Sheldon Wines) had the audacity to consider making wines from grapes called Counoise, Mourvedre, Carignan, and Tocai.

They worked with other kindred spirits to search the vast expanses of long forgotten California farmland to connect with the farmers and landowners who've been growing grapes for generations. That great motivator—necessity—reconnected two groups outside of the Cabernet-dominated beltway of Napa Valley that needed each other. A collection of winemakers, with the chutzpah to make a different kind of wine from grapes most of us didn't know grew in California, found the farmers who have been growing those gems in relative obscurity for decades.

Once those connections were made, there was still the non-trivial matter of making the wine. After all, if you're getting Counoise from Mendocino, you'd be insane to try and make it taste like Cabernet from Napa. Instead, these wine makers headed in much the opposite direction. They eschewed the high alcohol, oak laden style that dominates the domestic market. They made brilliant, vibrant wine with little to no oak, minimal intervention, and eleven, twelve, thirteen per-

cent alcohol. And they made—and continue to make—them in tiny volumes. For example, BROC Cellars 2013 Martian Vineyard Mourvedre comes from Santa Barbara County, has 12% alcohol, and 650 bottles (not cases, bottles) were made. That, dear readers, is a dedication to an ideal. Make it small, make it real, make it naturally, and make it amazing.

As for why that matters, these micro-producers are important because they provide a valuable counter point to the styles and flavors that dominate the domestic market. And just to be clear, there's nothing wrong with those dominant styles and flavors at all. However, there

was a point in the not too distant past when winemakers in North America were nearly forced to craft wines to suit the palate of the Important Wine Critic, or risk going out of business. A number of domestic and international wines were becoming indistinguishable from one another, and that's bad for you, the consumer. Now, thanks to the hard work and dedication of a small but growing group of craftsmen (and craftswomen), you have options. Instead of drinking wines to suit

someone else's palate—you can find whatever it is you're looking for. And that's a good thing for everyone. 🍷

James Voltz is a co-owner of The Raleigh Wine Shop, located at 126 Glenwood Avenue, Raleigh NC. He can be reached at james@theraleighwineshop.com.



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Mindreading in Durham with the Rhines

BY BOB CHAPMAN



For 85 years Durham has been a well-known center for the study of psychic experiences—including telepathy, clairvoyance, psychokinesis, and precognition. Researchers affiliated with the Duke University Parapsychology Laboratory in the 1930s, with Duke’s Institute for Parapsychology and the Psychical Research Foundation through the 1970s, and with later organizations including the Foundation for Research on the Nature of Man and today’s Rhine Research Center, have been attempting to determine whether ESP can be scientifically proven or disproven.

The earliest academic studies of ESP occurred at Stanford in 1911. Research in Parapsychology began at Duke in 1927 with the arrival from Harvard of Dr. William McDougall to head Duke’s psychology department. Few supported McDougall’s interest in paranormal research, including his desire to find proof of life after death.

McDougall invited Joseph Banks Rhine and his wife Louisa Rhine, both of whom had earned Ph.Ds (in Botany) from the University of Chicago, to come to Durham. J. B. Rhine joined the faculties of Psychology and Philosophy.

Earlier J. B. had heard a lecture by Sir Arthur Conan Doyle on communicating with the dead. He wondered whether he, as a scientist, could design repeatable experiments and use statistical analysis to find the truth. He left plant physiology behind and began working with the Boston Society for Psychical Research. J. B. and Louisa co-authored an article in



Rhine was among the first parapsychologists in America to test ESP proficiency in the laboratory

the *Journal of Abnormal and Social Psychology* that exposed a very popular Boston medium, one of Doyle’s favorites, as a fraud. It is said that Doyle responded in a Boston newspaper, “J. B. Rhine is an ass.”



Symbol cards the Rhines used to test the psychic ability

By 1935, J. B. Rhine had coined the term extrasensory perception (ESP), established parapsychology as an academic pursuit, and become world famous. He defined four forms of ESP: telepathy (mind-to-mind communication without known physical means), clairvoyance (seeing things not present), pre-cognition (knowing things before they happen) and psycho-kinesis (mind over matter). Dr. Rhine believed by proving ESP was real and that it operated independently of the physical and mortal body, there might also be something about humans that could survive the death of the body. Rhine’s interest in ESP was derived from the fact that ESP was largely non-physical and could sustain the notion that there was something non-physical that might survive death of the body.

Over the next five decades Rhine would conduct hundreds of thousands of iterations of the same experiments, often using decks of 25 cards—five cards of five symbols—a circle, a plus sign, wavy lines, a square, and a star. By simple chance anyone should be able to guess right once in every five tries. Very early on, one Duke student reportedly had an average of 9.6 hits (correct guesses) out of 25 in 1,000 trials. The Rhines believed they were on to something.

Duke’s Parapsychology Laboratory started in an office in the medical school, and for 30 years it was housed in on East Campus. Louisa joined J. B. full time in 1948. The lab became the Institute for Parapsychology. When J. B. retired in 1965, sponsorship was transferred from Duke to the newly formed Foundation for Research on the Nature of Man, just across from East Campus at Trinity and Buchanan.

The work continues today at the renamed Rhine Research Center near West Campus.

Individuals from around the world with reputed psychic abilities came to live in Durham, a few to work with the Rhine Lab, others with a parapsychology group affiliated with Duke’s Electrical Engineering department, and others with the Psychical Research Foundation, a spin-off from the Rhine lab run by Bill Roll. Roll was a well-known ghost hunter and Dr. Rhine wasn’t really interested in things that couldn’t be studied in a lab. Oddly, I met Dr. Roll several times while I was hitchhiking. He could surely tell good ghost stories.

I remember one other strange event that happened one very snowy day in 1976. I was involved with the Duke student FM station. A filmmaker was promoting a new movie named *William Shatner’s Mysteries of the Gods* with a very nice elderly lady named Anna Mitchell Hedges. She owned an anatomically correct crystal skull that she said she found in the Mayan ruins of Labantuum. It was a very eerie object believed by some to have strong occult powers. I asked her if we could carry it over to Dr. Rhine’s lab on the other side of campus so he could look at it. She said, yes, “but you will have to carry it, it is quite heavy.” I will never forget walking across a snow covered East Campus carrying the skull in its velvet box. When we got to the lab, no one knew where the Rhines were. “Don’t worry,” we were told, “they’ve never missed a day of work—regardless of the weather. They will be here.” Finally Louisa called in and was told about the skull awaiting them. They called again later and said they wouldn’t be able to come in after all. Crystal skulls really weren’t the kinds of things the Rhines were interested in. They wanted to concentrate on things that could be tested and measured.

The work of J. B. and Louisa Rhine and others continues today at the Rhine Research Center located at 2741 Campus Walk Avenue in Durham.

The Museum of Durham History is a 21st-century museum that uses stories about people, places and things to foster curiosity, encourage further inquiry and promote an understanding of diverse perspectives about the Durham community and its history. The Museum’s home, the History Hub, is located at 500 W. Main St. and is open Tuesday-Saturday, 10am to 5pm. There is no admission charge. For more information, see www.modh.org.



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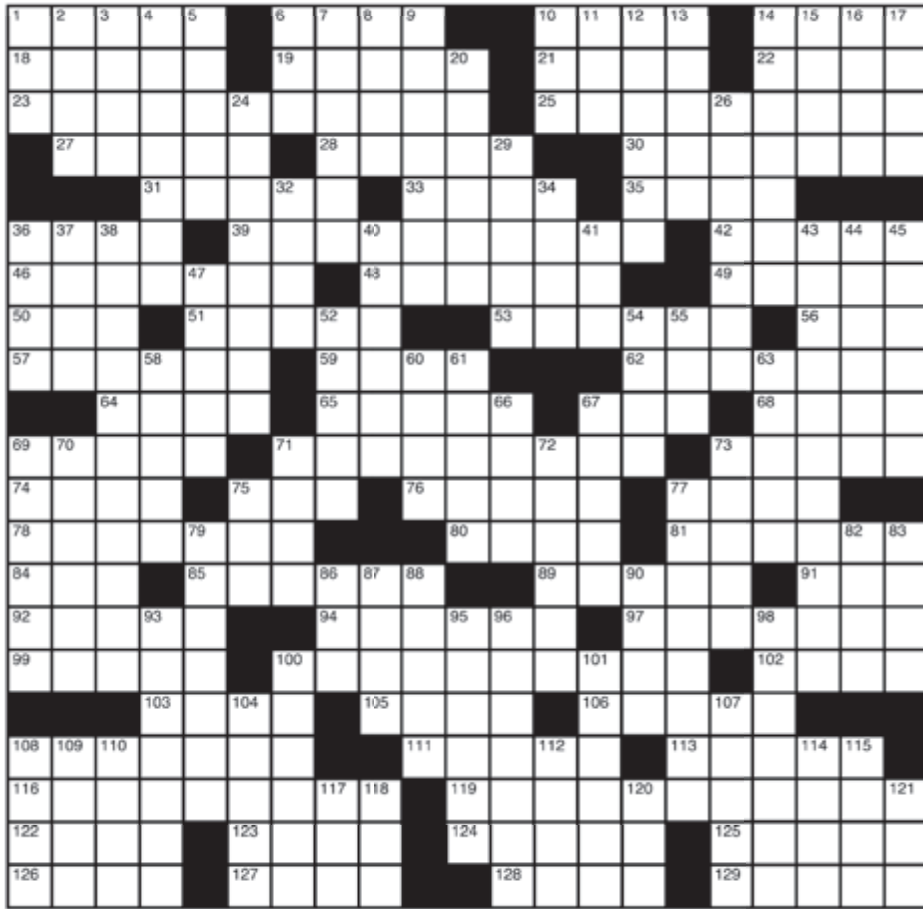
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ACROSS

- 1 Extra care
- 6 Sits in a cellar, say
- 10 Carpentry groove
- 14 Creme-filled cake
- 18 "Over the Rainbow" composer
- 19 Egyptian sky god
- 21 "Excuse me ..."
- 22 Sharqiya Sands country
- 23 TEE
- 25 PITCH
- 27 K kosher deli offering
- 28 Millennium opener
- 30 Asian soup type
- 31 Territory
- 33 Tourney passes
- 35 "See you later!"
- 36 ChooseMyPlate.gov organization
- 39 SLICE
- 42 R.E.M. vocalist Michael
- 46 Court attendant
- 48 When a classic film gunfight started
- 49 Outdated messenger
- 50 Weather-sensitive expectation, briefly
- 51 Creme-filled snacks
- 53 Catchall phrase
- 56 Descartes' law
- 57 Italian cheese
- 59 Muckraker Jacob
- 62 Merging places
- 64 Source of a cc
- 65 Put to rest
- 67 ___ factor
- 68 Co-creator of Mickey
- 69 Grammy winner Ronstadt
- 71 EAGLE
- 73 Candy shapes

- 74 Within: Pref.
- 75 Type
- 76 ___ cake
- 77 Forsaken
- 78 Served with a creamy cheese sauce
- 80 Go (over) carefully
- 81 "My parents are gonna kill me!"
- 84 Pickles on "Rugrats"
- 85 Mark to come back to
- 89 Hot
- 91 Usher's "Looking 4 Myself" label
- 92 As a friend, to Hollande
- 94 Everest expert
- 97 Card message
- 99 Not accustomed to
- 100 HOOK
- 102 Together, in scores
- 103 Neighbor of Ghana
- 105 ___ Mawr College
- 106 Range of power
- 108 "Beat it!"
- 111 CenturyLink Center city
- 113 Rubbish
- 116 LIE
- 119 GREEN
- 122 Light color
- 123 Bluesy James
- 124 Handle
- 125 Taunt
- 126 Mud dauber, e.g.
- 127 Way to go on the gridiron?
- 128 NBA part: Abbr.
- 129 City on Germany's A40

DOWN

- 1 EMILY's List, for one
- 2 Polluted Asian sea

- 3 She left Casablanca with Victor
- 4 Unaligned
- 5 Untrustworthy sort
- 6 Contented sounds
- 7 "Scram, kid!"
- 8 Joyce's home
- 9 Shell game, to a con man
- 10 Hearing VIPs
- 11 "Caught ya!"
- 12 Remove, in a way
- 13 Movado competitor
- 14 Much-anticipated appointment
- 15 Co-star of Julie in "Doctor Zhivago"
- 16 Ring of light
- 17 Like some GIs in a mess
- 20 Extend a visit
- 24 Spring game?
- 26 Goarmy.com virtual guide
- 29 Friday's creator
- 32 Long sentence
- 34 ___ check
- 36 Super, slangily
- 37 1974 Peace Nobel
- 38 CHIP
- 40 Treasure Island, e.g.
- 41 ___ nutshell
- 43 ROUGH
- 44 "Sexiest Man Alive" magazine
- 45 Lives
- 47 Pythagoras' homeland
- 52 Maker of the SurfaceScrub floor cleaner
- 54 Security item
- 55 Publicity
- 58 Fervor
- 60 "So ___ thee unfor-given": Metallica lyric
- 61 Scam
- 63 Prize
- 66 Film villain with prosthetic hands
- 67 Between: Pref.
- 69 Dull gray, as winter skies
- 70 ___ skating
- 71 Tough walk
- 72 2012 NFL MVP Peterson
- 73 Reindeer name
- 75 Hearing promise
- 77 Intelligentsia
- 79 They may reduce sentences
- 82 Scopes Trial gp.
- 83 Buttermilk lover Evans
- 86 Paul Anka's "___ Beso"
- 87 Starbuck's boss
- 88 Back in
- 90 First Met to win a Gold Glove
- 93 Contest
- 95 Poetic works
- 96 Cure-all
- 98 Some surfers
- 100 South Dakota's state animal
- 101 Surgical procedures
- 104 Like some estates
- 107 Center of the Minoan civilization
- 108 Not many
- 109 Glittery mineral
- 110 Lith. and Ukr., once
- 112 Soil-scraping tools
- 114 Smartphone ancestors
- 115 Otherwise
- 117 Way to go: Abbr.
- 118 Talk foolishly
- 120 Pal of Harry
- 121 Japanese cabbage?

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SARGE'S: "CHEF ON WHEELS"

BY B. REEVES | PHOTOS BY NANCY THOMAS



Larry's Coffee loves to sponsor this column because we believe in locally grown entrepreneurs, hard work and tasty things that arrive in trucks! www.larryscoffee.com

I've said it before and I'll say it again: there's a lot in a name. In the case of Sarge's Chef on Wheels, this issue's featured food truck in our ongoing "We ♥ Food Trucks" series, the name is especially poignant. The name Sarge's captures the essence of what Julius West has been doing for the last three years (Mr. West realized that today was third anniversary of his food truck while we were talking. Congrats!).

While Sarge's Chef on Wheels has only been around for three years, owner Julius West has been around for a long time, moving to Raleigh 43 years ago to play tennis at St. Augustine's University. Prior to college, Mr. West spent his time hopping from one part of the globe to the next while his father served in the United States Air Force. After tours in World War II, Korea and Vietnam, his dad retired in 1974 as a First Senior Master Sergeant. Hence, the truck's moniker of Sarge's.

Mr. West is utterly dedicated to honoring his father not only in name, but perhaps of almost equal importance, in the eclectic dishes he serves. Sarge's menu consists of seemingly familiar fare but upon closer inspection it becomes clear that Mr. West's experiences overseas (Japan, England and the Caribbean to name a few)—coupled with his Southern roots—have inspired a truly unique culinary experience. According to Mr. West,



Julius West and his daughter Megan crank out the food on a busy day at Sarge's

Sarge's menu is based on the exposure he had to global cuisine during his childhood and formative years. However, his "signature dish" of shrimp and grits is a secret recipe from his maternal grandmother, a native of Charleston, South Carolina.



Though he has plenty of post-college restaurant experience—ranging from Kenny Rogers Roasters to "the famous Darryl's" on Hillsborough Street to The Old Broiler in downtown Raleigh—Julius West's professional career was a mortgage broker prior to opening Sarge's in 2012. Mr. West, like so many industrious Americans, decided to reinvent himself after the financial crash and Great Recession that followed, opting to follow his love of food and a vision to honor his father.



West owns and operates the Sarge's Chef on Wheels truck with Janet, his wife of 35 years. The rest of the crew is made up almost entirely of family with the occasional part time employee. The day we visited the truck at the Highwoods office complex in North Raleigh, his daughter Megan was on board taking orders and running the register. Mr. West's recent heart attack precludes him from spending too much time in the sweltering food truck, but he stays busy with the Sarge's brick and mortar restaurant at 400 South Town Circle in Rolesville.

We caught up with the truck for photos and a tasting on the first day of sunshine after weeks of rainy and icy weather. The line at Sarge's took up most of the sidewalk with eager customers who missed their weekly lunch of the truck's tasty dishes. We started with the Signature Shrimp and Grits (\$7 small / \$10 large). It was delicious, spicy and the perfect comfort food for cold weather. Next up was the Philly Jerk (\$8), a delectable fusion of Americana and Caribbean fare. In between dishes, we snacked on Sarge's tasty Fried Okra and Asparagus (\$2). We finished up with a very solid Chicken Caesar Sandwich (\$7) (adding bacon for good measure). All their entrees are priced between \$4 and \$10. Everything we tasted was hearty and delicious with a certain *je ne sais quoi* that can only be attributed to Mr. West's incorporation of flavors from his world travels.



Mr. West is active in the ever-burgeoning local food truck community, participating in all the food truck rodeos, and was voted in the "Top 5" trucks by WTVD. Mr. West gives back to the community, particularly in his support of the U.S. military through Operation Home Front and the National Military Family Association. Visit one of their social media pages for a schedule of their weekly stops and stop by to enjoy one of Sarge's tasty dishes. 🍴

B. Reeves has written for the *London Evening Standard*, the *New York Daily News* and *Raleigh Metro Magazine*. Born and raised in Raleigh, he returned in 2009 after living in London and New York for many years. Follow him on Twitter @b_reeves and at grossbard.tumblr.com.



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