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4	Get Out! It's Time to Summer!
10	Around Town – News
11	10 Questions with Serial Entrepreneur Scot Wingo
12	From the Publisher
13	Casual Dining – Virgil's Original Taqueria
16	Willfully Without Wheels
18	Bottle Shops – Part 3
20	Durham Central Park's Warehouse Blues Music Series
23	Around Town – Photos
25	Crossword Puzzle
26	History – The Search for the Great Wall of Raleigh

ON THE COVER: Members of the Crank Arm Brewing Cycling Club pose at the NC State Capitol building for a quick photo during one of their weekly outings. Search for their Facebook page if you want to join in on their next Wednesday or Saturday ride. Get out for some exercise, camaraderie, and fresh air (and maybe a craft brew after).

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Be sure to check out **BOOM!** Magazine, our sister publication for baby boomers with articles on health & wellness, dining, travel, personalities in 50+ & Fabulous, finance, history, and much more. Available all across the Triangle and online, www.BoomMagazine.com.

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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



Sukie is a four-year-old spayed female and has the word DIVA written all over her. She is 100% made for the stage, with dreams of Broadway. But she has made it clear that she prefers to be a solo act, and would probably do best as an only cat. She's perfectly fine at keeping

herself busy and happy when you're away for the day. Work full time, need to stay late? That's no problem; she'll be catching up on beauty sleep. She's really a content girl and will try to make her audience (you) happy! She has her opinions and isn't afraid to share them with the world. She is definitely looking for someone who understands her DIVA ways and someone who doesn't take themselves too serious! Think this little black & white girl is for you? Visit www.spcawake.org or call 919.772.2326 to learn more!

Tyson is a four-year-old neutered male who might not be as big as the Mike Tyson we all know, but his heart sure is! This adorable, brown-eyed pup has been with the SPCA for way too long, and he's growing a little impatient. He's been overlooked time and time again. Right now he's taking a break from the shelter and living in a foster home, where he's learning his doggy manners and cool party tricks. Tyson is a gentle boy who really enjoys snuggling. New situations and loud noises make him a bit nervous, but once he warms up to new people, he's their best friend.



Do you have a quiet house, and a gentle heart looking to make a difference in a kind doggy's life? Give Tyson a chance. Schedule a time to meet him at the SPCA. Call 919.772.2326 or visit www.spcawake.org to read more about him.

GET OUT! IT'S TIME TO SUMMER!

BY CRASH GREGG, ANDREW BROWN, AND ELIZABETH SHUGG

Nothing beats living in a city filled with exciting places to go and cool things to do. With so many activities to choose from in Raleigh and all over the Triangle, there's literally something different to do every weekend. From outdoor movies to farmers markets, from hiking and biking along greenway trails to a myriad of outdoor festivals, and fabulous food trucks to sky high fireworks, we've got you covered with our must-see-and-do list for summer (and fall too). Grab a few friends, mark your calendar, and make this summer your most memorable ever.

CRANK IT UP

Live outdoor music flows generously through downtown Raleigh and surrounding areas during summer, taking the atmosphere's festive ambience up a notch. **Oak City 7** and **Pickin' in the Plaza** are free to the public and take place Thursdays from 5 to 10:30pm through Labor Day. Learn more at www.oakcity7.com. If you're not into rock or bluegrass music and would rather jam out to beach music, then head over to North Hills for their **Midtown Beach Music Series**, which takes place every Thursday evening from 6 to 9pm through August 11. Prefer national artists? Check out the **Red Hat Amphitheater's** packed summer schedule at www.redhatamphitheater.com. Twenty One Pilots, Barenaked Ladies, the Steve Miller Band, Matisyahu, and the Goo Goo Dolls are just a few of the acts lined up for this year. A quick five-mile drive southeast will take you to **Walnut Creek** (it has a new sponsor name again this year but we've given up on remembering who and just call it Walnut Creek like everyone else does), where another headlining summer concert series is underway. This year features artists like Rascal Flatts, Gwen Stefani, and Keith Urban. Visit www.ticketmaster.com/venue/114763 for ticket info. Just down Interstate 440 in Cary, the NC Symphony performs its popular **Summerfest Series at Koka**



The PNC outdoor movies draw a huge crowd on beautiful downtown Raleigh nights.

Booth Amphitheatre in Regency Park on Fridays and Saturdays at 7pm. The concerts runs through July 9. Learn more at www.ncsymphony.org/summerfest.

OUTDOOR MOVIES

The nation's first drive-in theater opened 83 years ago in New Jersey. Today, the Garden State claims only one. North Carolina boasts six, but the closest one to Raleigh — the **Raleigh Road Outdoor Theater** (www.raleighroaddrivein.com) — is a hefty 43 miles away in Henderson. But don't jump in your car just yet. Two Raleigh locations keep outdoor movie traditions alive, no vehicle necessary.

Head out to the **PNC Downtown Raleigh Movie Series**

with your lawn chair and picnic basket in hand for free weekly movies from the 80s and 90s. Upcoming showings include *The Princess Bride*, *Sister Act*, and *The Sandlot*. To learn more, visit www.downtownraleighmovieseries.com.

The North Carolina Museum of Art's 2,700-capacity open-air Joseph M. Bryan Jr. Theater blends fine art and sculpture with music, events, and outdoor movies. The museum's annual outdoor summer movie series features showings of *The Martian*, *Rocky*, *Star Wars: Episode VII*, *North by Northwest*, *Ferris Bueller's Day Off*, and *Spectre*, to name a few. Event times range from 6:30 to 9pm. Visit www.ncartmuseum.org for a full schedule.

FARM TO FORK

Local growers sell farm-fresh produce at the **Raleigh Downtown Farmers Market** every Wednesday from 10:30am to 2pm through September 28 at City Plaza on Fayetteville Street. Shop from seasonal fruits, vegetables, live plants, pasture-raised meats, homemade breads, cheeses, ice creams, and lunch items. Learn more at www.godowntownraleigh.com/farmersmarket.

Less than five miles away off Lake Wheeler Road, the **NC State Farmers Market** boasts 300-plus vendors selling row after row of resplendent produce and handmade crafts. Also home to one of the Southeast's oldest and largest flea markets, the NC State Farmers Market claims the area's widest selection of produce, meats, live plants, breads, antiques, collectibles, furniture, jewelry, and crafts. Learn more at www.ncagr.gov/markets/facilities/markets/raleigh.

This year marks the 9th season for the **Midtown Farmers' Market at North Hills**. This lively neighborhood market, located in the heart of Midtown, is run by Midtown Events and sponsored by Duke Raleigh Hospital. The Market features 45+ vendors selling local farm-fresh produce, meats, seafood, cheeses, baked goods, and other specialty



Stop by and vist Charlie at the oldest farmers market in Raleigh at City Market in downtown.



Flowers, veggies, cheeses, honey, meats, and breads are just a few of the things found at one of the many Triangle farmers markets

foods and crafts. This year, the Market is held every Saturday from now until November 5, 8am to Noon on the Commons of North Hills. For more information, visit www.visitnorthhills.com/events.

The Downtown Cary Farmers Market started in 1996 and features only local growers who live within 100 miles of Cary and are committed to using fewer fertilizers and chemicals, including no post-harvest chemicals. They use responsible methods of raising meat animals and near-organic methods of growing crops. Products available at this market include produce, pottery, dairy, artisan-roasted coffee, and pasture-raised meats. The Market is located in the Amtrak Parking Lot off Harrison St. in Cary and is open 8am to 12:30pm every other Saturday through November. More information at www.caryfarmersmarket.com.

Raleigh's oldest farmers market is **City Market Produce**, nestled on the corner of East Davie and Blake Streets within the City Market cobblestone drives behind Artspace. Run by Ricky Davis and Charlie Coats, it is part of the historic City Market, a downtown collective of boutiques, restaurants, and shops established in 1914. The produce store's large, open-air space is shared between the two owners. The sign perched on the wall outside states the name and operating hours — nothing fancy, but the store's delicious-looking food advertises itself on tables under the awning, tempting and beckoning

shoppers inside. A stack of enormous watermelons sits alongside ears of corn and rows of fresh vegetables. City Market Produce is open year-round and sells local in-season produce. "In the summertime, when we can get local, it's all local," says Ricky, who recommended the hand-shelled butterbeans. "If you haven't had them, you're missing out!" The store's space is filled with fresh fruit, vegetables, and preserves. "We sell all kinds of shell peas, butterbeans, corn, fruits, all the country stuff while it's in season, and all types of jams, jellies and pickles. We offer some of everything," says Charlie. You can call Charlie at 919.834.8801 or Ricky at 919.961.2570 for more information on what's in-season. They're open all year every Thursday through Saturday, 7am to 6pm.

Farmers and vendors come from within a 70-mile radius to the **Durham Farmers Market** in Durham Central Park. Open since 1998, the market is open year-round, every Saturday from 8am to 12pm. For more information, visit www.durhamfarmersmarket.com.

Live or work closer to Wake Forest? Then stop in at the **Wake Forest Farmers Market**, which is open every Saturday all year, from 8am to noon. Click over to www.wakeforestfarmersmarket.org for more details.

Highlighted by Bon Appetit, Martha Stewart's Good Food Magazine, and Visa Black Card Magazine as one of the top markets in the country, the **Carrboro Farmers' Market** is truly a farmer-owned and operated >>>

Cynthia M. Gregg, M.D. & Associates

~ June Special ~

June is Men's Health Awareness Month

Men want to look as good as they feel and we want to help them do that! For the month of June, men who call to schedule consultations or treatments will receive \$50 off injectables – including Kybella™ for double chin, neuromodulators for wrinkles, and soft tissue fillers for volume - **and 20% off skin care products.**

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Don't miss the fantastical Kirby Derby, parade and drag race.

market. The vendors themselves produce all goods sold at the market with all products sourced from within a 50-mile radius of Carrboro. The market is open Saturdays year-round (Nov-Mar: 9am-12pm, Apr-Oct: 7am-12pm) and seasonally on Wednesdays (Apr 6-Nov 16: 3-6pm). For special events and other information, please visit their website, www.carrborofarmersmarket.com.

The **Chapel Hill Farmers' Market** is a producer-only market located outside of University Mall along South Estes Drive. All goods are grown/

produced within a 60-mile radius of the market and include vegetables, fruit, herbs, plants, flowers, eggs, meat, poultry, fish, cakes, pies, cookies, bread, muffins, pastries, chocolate, candy, jam, jelly, pickles, honey, tea, coffee, beer, prepared foods, crafts, and more. Open April through November (Sat. 8am-12pm and Tues. 3pm-6pm) and December through March (Sat. 9am to Noon). www.thechapelhillfarmersmarket.com

The **Apex Farmers Market** in historic downtown Apex runs every Saturday morning from 8:30am to 12:30pm, April through October, offering organic and conventional produce, herbs, fresh flowers, pasture-raised meat, farm-fresh eggs, local honey, and much more. Each week features children's activities and live music. 200 N Salem Street, Apex.

The **Clayton Farm and Community Market** in Horne Square (348 E. Main Street in Clayton) offers fresh produce, meat, eggs, honey, live music, fun for kids, and more. Every Saturday, 9am to 1pm. www.cfcmmc.org

Visit historic Boylan Heights for the **Saturday Market**, a weekly neighborhood market that brings together farmers, bakers, craftspeople, food trucks, and craft brewers. Located in and around Rebus Works (301 Kinsey Street), the market takes place on Saturday from 10am to 1pm. www.rebusworks.us/thesaturdaymarket.

As a "producer-only" market (meaning that the products are grown or baked or tended or preserved by the farms who bring them to market), the **Ferrington Farmers' Market** supports small local growers, ranchers, and bakers by providing a direct outlet for their products, including vegetables, fruits, meats, eggs, flowers, home-canned goods, and baked goods, and a wide array of other foods and flowers. Located at E. Camden in Ferrington Village, the market takes place every Tuesday from 4 to 6pm from early April to the Tuesday before Thanksgiving. <https://ferringtonfarmersmarket.com>

MAY THE 4TH BE WITH YOU (IN JULY!)

Downtown Raleigh and surrounding areas offer a variety of ways to celebrate the nation's birthday. **Fayetteville Street's "The Works"** start at noon on July 4 and continue through fireworks until 11pm. Visit www.raleighconvention.com/works for more information.

Fireworks merge with orchestral melodies during the **NC Symphony's Annual Summerfest July Fourth concert at Koka Booth Amphitheater in Cary**, which seats up to 7,000. Get details on parking and more at www.ncsymphony.org/summerfest.

The **Town of Garner is celebrating with a 3rd of July party** with performances by the NC Symphony and the Carolina Soul band, a kids adventure zone

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SPARKcon brings out creative folks in droves every September.

(with inflatables, games and crafts, and more), and a big fireworks show. All will take place at Lake Benson Park, located at 921 Buffaloe Road in Garner, and gates open at 5pm. For more details, visit www.garnernc.gov.

LET'S FESTIVAL!

The Festival for the Eno is one of the region's premier Independence Day celebrations, with exhibits, displays, arts, crafts, and live entertainment on the banks of the Eno River to benefit efforts to preserve this beautiful natural area. Located in Durham City Park, the festival will feature over 65 performers on four stages on July 2 and 4. Festivities also include food trucks, a juried craft show featuring 80 of the region's finest artists, paddling demos, backyard chickens and bees, and hands-on/feet-wet activities, all on the banks of the Eno River. For ticket info, visit www.enoriver.org/festival.

Join Lafayette Village for a celebration of French liberty and culture for **Bastille Day** on Saturday, July 16, from 11am to 4pm. Listen to live, French-inspired music throughout the Village and visit shops and restaurants for French-themed promotions, food, and drinks. <http://lafayettevillageraleigh.com/bastille-day>

The **Lazy Daze Arts & Crafts Festival** in downtown Cary is celebrating its 40th anniversary by expanding the one-day festival to two days. Due to continued construction on N. Academy St., the festival will remain on Cary's Town Hall Campus on Saturday and Sunday, August 27 & 28. The festival will feature over 300 fine artists and crafts professionals from 16 states, live music with five stages (including a kids' stage), food vendors and food trucks, a kids' area, and more. More info on the Town of Cary website, www.townofcary.org (use the search field for Lazy Daze).

Enjoy seafood? Then be sure to check out the **2nd Annual Raleigh Seafood Festival** Saturday, September 3 & 4 (Labor Day weekend), at the NC State Fairgrounds. The Festival offers a variety of delicious, fresh seafood harvest from the Carolina coastline, cooked to perfection: blue crabs, lobster, snow crabs, shrimp, fish,



The Downtown Raleigh Food Truck Rodeo brings over 50 food trucks and as many as 20,000 people each weekend.

crawfish, low country boil, and gumbo. Those who come hungry can enter the Southeast Crab Feast "All You Can Eat" Blue Crabs eating sessions. The band lineup will include a variety of alternative, jazz, country, R&B, and pop music at the Heritage Pavilion. Visit www.raleigh-seafoodfestival.com for tickets and more info.

If you're a fan of **Beer, Bourbon or BBQ**, then check out the festival of the same name on Friday and Saturday, Sept. 5 & 6. This event takes place at the Koka Booth Amphitheatre and tickets range from \$29 to \$59. Visitors will also find cigars, live music, cooking seminars, and more. <http://boothamphitheatre.com/event/8459>.

Hopscotch Music Festival, called one of America's best "secret" festivals and "the premiere experimental and underground festival in America," returns to downtown Raleigh for the seventh year this Sept. 8-10. Featuring more than 140 bands over three days, Hopscotch is known for adventurous lineups, memorable performances, and a fan-friendly atmosphere. From a large outdoor main stage in Raleigh City Plaza to intimate club shows, the festival offers music in almost every genre imaginable – rock, hip-hop, metal, folk, electronic, experimental, and more – and its schedule highlights this diversity each year. Order your tickets early as they sell out every year (if not already) at www.hopscotchmusicfest.com.

The 10th Annual NC Hot Sauce Contest and Festival brings thousands of people to historic downtown Oxford to interact with friends, food lovers, hot sauce fans, artisans, and other North Carolina vendors. North Carolina's finest hot sauces and barbeque sauces, along with local craft breweries and wineries, spice up the blends and texture of downtown's historical streets. Enter the main event of the day, the NC Pepper Eating Contest, for your chance to grab the hottest title in the state. Enjoy live music on the main stage, local artisans, kids activities, and a flashback in time with the Annual Antique Car Show. NC hot sauces and barbecue sauces will be dueling it out for the title of North Carolina's best. September 10, 11am to 4pm. Free admission.

SPARKcon is an interdisciplinary creativity, art, and design festival produced by a non-profit creativity incubator VAE. For four days in September (15-18), downtown Raleigh's Fayetteville Street, as well as public spaces, clubs, and stages, will be filled with art, music, dance, film, fashion, design, and more. SPARKcon

showcases local cultural richness through an open-source approach to collaboration and cross-pollination. It's a completely grassroots, volunteer-based event and by the people for the people. More info as they update it at www.sparkcon.com.

There's not much you can't find at the **42nd Annual CenterFest Arts Festival** in Durham's Central Park on Sept 17 & 18: 140+ juried visual artists will showcase and sell their original, handcrafted work (clay, drawing, fibers, glass, painting, photography, printmaking, wood, jewelry, mixed media, and sculpture); 70+ acts will perform on six stages featuring over 600 performers; the Creative Kids Zone will provide hands-on arts activities and entertainment; foodies will love all the locally-sourced foods and international cuisine; and 40+ Durham area non-profit, government, and civic organizations will have booths to help be on hand to talk about their cause. <http://centerfest.durhamarts.org>.

Join in the fun of one of the largest free musical festivals in the Southeast, the **19th Annual Carrboro Music Festival** (Sat, Sept 24, & Sun, Sept 25). Come enjoy a myriad of musical styles at more than 25 venues with more than 180 different musical aggregations – ranging in size from solo artists to a 20-piece jazz orchestra. Enjoy various indoor and outdoor venues all across Carrboro as well as crafts and concessions. www.carrboromusicfestival.com.

TAKE ME OUT TO THE BALLPARK

The **Carolina Mudcats** are in their 26th year at their current location in Zebulon. Go out for a day of family fun at the ballpark and enjoy some minor league baseball. Dining options include the Cattails Restaurant, for a finer dining experience, and traditional ballpark food, including ice cream. For a schedule of the remainder of their season and ticket info, visit www.carolinamudcats.com.

Made famous by the 1988 film *Bull Durham*, the **Durham Bulls** offer minor league baseball fun for the whole family. There are lots of dining options available at the American Tobacco Campus, including Mellow Mushroom, and the ballpark-adjacent Tobacco Road Sports Café. Of course, there's also ballpark food and now they have their own ballpark brewery (the only one in the nation!). For a game schedule and for more information visit www.durhambulls.com. >>>



The Triangle offers a myriad of places to kayak, boat, and swim.

GET OUT AND GET FIT

Interested in changing up your sports variety this summer? Rediscover kickball, that age-old team sport from elementary school, and take sports in a totally different (and social) direction with the **Tri-Sports Social Club**, an organization that assembles Triangle professionals of all ages for beach volleyball, flag football, soccer, softball, kickball, cornhole, and even inner tube polo. A large calendar of summer activities is available at www.trisportsnc.com.

TirNaNog might be gone, but their **nOg Run Club** is going strong. This huge and long-time running group (and registered 501(c)3 non-profit) meet at the Raleigh Beer Garden every Monday night at 6:15 for a run, then stay after for a pint. Visit www.nogrunclub.com for info. **Crank Arm Brewery** in downtown Raleigh has two weekly bike rides. A group meets every Wednesday around 6pm and leaves around 6:30 or 7pm for a 10 to 15-mile ride. Their Saturday group meets around noon and leave at 12:15 for a 20-mile ride. Visit www.crankarmbrewing.com for details. The **Big Boss Brewing Company** has their Tuesday runs from 7 to 9pm. Visit their Facebook page Big Boss Run Club (with over 2000 members) or www.bigbossbrewing.com for more info.

Experience the joy of serving a charitable cause while getting fit by participating in one of several outdoor fundraisers this summer. The 24th Annual **Firecracker 4th of July 100K and 50K Rides**, this year partnering with CBC Brewery and Brüeprint Brewery, starts at 8am on July 4. Learn more at www.capcycling.org/events-fireCracker.php.



Biking, jogging, and hiking are just a few of the activities that take place in the historic Oakwood Cemetery (yes, in a cemetery).

Want to be part of a local get fit challenge? The **D.I.G. Raleigh Challenge** is a six-week challenge that encourages community collaboration by featuring premier fitness, nutrition, health, and lifestyle partners offering a focused local experience in the Raleigh community. Sign up and receive free trial classes to many of Raleigh's gyms, crossfit locations, yoga studios, and many more fitness purveyors, plus get discounts on all kinds of fitness products and services. Get in shape or lose weight and compete with your friends or co-workers. Visit www.finyourdig.com to sign up for information on how to sign up once registration begins. Call 919.337.3200 if your business would like more info on becoming a sponsor or being part of the D.I.G. Challenge.

GET FIT FOR GOOD

Habitat for Humanity of Wake County provides a volunteer option for summer time off or weekend work. You can volunteer with construction, at the ReStore, or with Home Preservation. Visit www.habitatwake.org to learn more.

RUN WITH THE DEAD

Running or walking through **Oakwood Cemetery** may sound morbid, but the cemetery's rich Raleigh history and artistic grave markers make for a whole lot of good scenery plus all the crisscrossing paths, hills, and roads give plenty of room to roam. Learn more at www.historicoakwoodcemetery.org.

DERBY TIME

The **15th annual Kirby Derby** takes place on June 25 and the theme is fairy tales. You've never seen anything like it and you'll laugh as much at the cars and costumes as you'll ooh at the spills and wrecks. Don't miss this neighborhood drag race, parade, and derby. A fantastical time since 2002. Learn more at www.kdd.gamil.com.

Continuing the tradition started in 1938 by Sir Walter Chevrolet, the **Raleigh Down & Derby Soapbox Race** will again take place in the Glenwood South District, on Saturday, September 24. Racers will compete for trophies in speed, creativity and just making it to the finish line! Watch their website for more info on signing up to race, sponsor, or on the event itself, www.raleighderby.com.

HIKE, BIKE, AND RUN

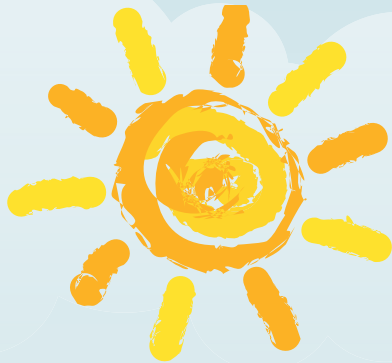
No need to go far for a good hike. The **Capital Area Greenway** system, created by the City of Raleigh in

March 1974 as a response to rapid growth and urbanization, is a 54-mile, 3,000-acre system that mingles public open spaces with tree-lined recreational trails. Download a Capital Area Greenway map at www.raleigh-nc.org to locate the access point nearest you (just type "Greenway Map" in the search field). You can always venture outside the city limits for a more intense hike. William B. Umstead State Park between Interstate 40 and U.S. 70 encompasses 5,577 acres of lush trails, woods, streams and wildlife. The **Crabtree Creek** and **Reedy Creek** sections of the **Capital Area Greenway** system claim 20 miles of trails – from nature walks to wooded hikes. Learn more at www.ncparks.gov/Visit/parks/wium/main.php. **Four Miles of Trails at Blue Jay Point** hook up to the **Falls Lake Trail** in Raleigh. With the completion of the steel span footbridge over Little Lick Creek in winter 2012, the trail was completed from Falls Lake dam in northeast Raleigh to Penny's Bend to the northwest in Durham County, a distance of 60 miles. Learn more at www.ncmst.org/the-trail/mst-day-hikes/day-hikes-at-falls-lake. The **American Tobacco Trail**, which opened in February of 2014, offers around 22 miles of trails and crosses through Durham, Chatham, and Wake counties. Learn more at www.triangletrails.org/american-tobacco-trail.

The **Historic Yates Mill County Park** off Lake Wheeler Road offers a 174-acre wildlife refuge and an environmental research center. Open from 8am until sunset, the park offers great views of Yates Mill and Yates Mill Pond, and also has a few hiking trails.



Visitors at Pullen Park will find a miniature train, paddle boats, cafe, and one of the oldest operating carousels in the country.



FOLLOWING IS A LIST OF PARKS, GARDENS, TRAILS, AND LAKES...

to help you enjoy some good NC sun and fresh air. If you think of anything we missed in the following list or our article that you think we should add to next year, please email us: getout@welovedowntown.com. For easy click links of all URLs, visit our website for an electronic version of this issue, www.WeLoveDowntown.com. Now get out and have a great summer!

PARKS AND TRAILS

Annie Louise Wilkerson, MD Nature Preserve Park
www.raleighnc.gov/parks/content/parksrec/articles/parks/anniewilkerson.html

Apex Community Park
www.apexnc.org/795/apex-community-park

Bass Lake Park
www.hollyspringsnc.us/320/bass-lake-park

Black Creek Greenway
www.townofcary.org/departments/parks_recreation_cultural_resources

Blue Jay Point
www.wakegov.com/parks/bluejay/pages/default.aspx

Bond Park
https://www.townofcary.org/departments/parks_recreation_cultural_resources/parks_and_greenways/parks/fred_g_bond_metro_park.htm

Cary Park Lake Greenway
www.townofcary.org/departments/parks_recreation_cultural_resources/parks_and_greenways/greenways/caryparklakegreenway.htm

Crowder Park
www.wakegov.com/parks/crowder

Duke Gardens
<http://gardens.duke.edu>

Dorothea Dix Park
www.raleighnc.gov/parks/content/parksrec/articles/parks/dorotheadixpark.html



The NCMA Museum trail is part of the extensive Triangle greenway system.

Falls Lake Trail
www.ncparks.gov/falls-lake-state-recreation-area

Fred Fletcher Park
www.raleighnc.gov/parks/content/ParksRec/Articles/Parks/FredFletcher.html

Garner Recreation Park
www.garnernc.gov/departments/parks%20and%20recreation/default.aspx

Hemlock Bluffs Nature Preserve
www.townofcary.org/departments/parks_recreation_cultural_resources/parks_and_greenways/parks/stevens_nature_center_at_hemlock_bluffs_nature_preserve.htm

Hog Run Trail
www.wakegov.com/parks/harrislake/pages/trails.aspx

JC Raulston Arboretum
<https://jcra.ncsu.edu>

Lake Crabtree's Highland Trail
www.wakegov.com/parks/lakecrabtree/pages/default.aspx

New Light Trails
www.trianglemtb.com/newlight.php

Pullen Park
www.raleighnc.gov/parks/content/parksrec/articles/parks/pullen.html

Rose Garden
www.raleighlittletheatre.org/photoarchive/rosegarden

Shearon Harris Reservoir
www.wakegov.com/parks/harrislake/pages/default.aspx

Springtime at the Wedge
<http://thewedgegarden.blogspot.com>

Sylvan Heights Bird Park
<http://shwpark.com>

Umstead State Park
www.ncparks.gov/william-b-umstead-state-park

Yates Mill County Park
www.wakegov.com/parks/yatesmill

LAKES

Falls Lake
www.ncparks.gov/falls-lake-state-recreation-area

Jordan Lake
www.ncparks.gov/jordan-lake-state-recreation-area

Lake Crabtree
www.wakegov.com/parks/lakecrabtree/pages/default.aspx

Lake Johnson
www.raleighnc.gov/parks/content/parksrec/articles/parks/lakejohnson.html

Lake Wheeler
www.raleighnc.gov/parks/content/parksrec/articles/parks/lakewheeler.html

Shelley Lake
www.raleighnc.gov/parks/content/parksrec/articles/parks/shelleylake.html

If you can't find something here, head over to www.visitnc.com to find plenty of Things To Do, Trip Ideas, Upcoming Events, Places to Stay, Travel Deals, and more.

NAVIGATE THE NEUSE

As one of only three rivers with boundaries inside state lines, the 2-million-year-old Neuse River coaxes paddlers into pristine nooks of picturesque serenity. Launch a canoe from one of five sites in Raleigh: Falls Lake Dam, Buffalo Road, Milburnie Dam, Anderson Point, and Poole Road. Beginners can handle most of the river, but Neuse riverkeepers say Gunnison Rapids below Milburnie Dam requires experience. Also, wood or fiberglass boats may take a beating against the Neuse's rocky bottom, so stick with graphite for a scratchless experience. Visit the Neuse River Foundation online at www.neuseriver.org to learn more. 📷



Around Town News in the Triangle

We love gossip. Okay, not really, but we love hearing about local growth and we love to share it with our readers. Overhear a rumor about a new restaurant, bar, or business opening in the Triangle? If it's in downtown Raleigh, Durham, Cary, Apex, Wake Forest, Chapel Hill or in North Hills, please share! Send us your news@welovedowntown.com and clue us in. To say "Thanks Ya'll," we'll pick a couple of random tipsters each month and shoot you a free t-shirt.



The **Haymaker** has opened in the new Charter One building in downtown Raleigh at 555 Fayetteville Street. Run by Eschelon Experiences (owner of Mura, Cameron Bar & Grill, Faire, Basan Bull City Sushi, and Edwards Mill Bar & Grill, and the recently closed Zinda and Oxford), Haymaker is a 2,000 sq ft cocktail bar located across the street from the downtown Marriott. www.thehaymakerraleigh.com



Hadley's Café in the bottom of the Dawson building at 317 W Morgan is now **Hadley's Martini Bar**. Every weekend (and usually Thursday), they feature a different food truck chef who will create a completely different menu offered from 5pm to midnight. Watch on their Facebook page for upcoming food truck chef announcements. (search for Hadley's Martini Bar).



Café Helios just announced a brand new summer dinner menu of gourmet tapas dishes with great summer prices. Visit their website for more info or just stop in to try a plate. www.cafehelios.com

Dram & Draught is opening soon in long-vacant gas station space at the corner of Hillsborough Street and Boylan Avenue. The whiskey-centric bar will feature roll-up doors,



a large patio area, and an extensive wine, cocktail, and cocktail menu. Watch their Facebook page for upcoming opening dates and details (search for Dram & Draught).

Hillsborough Street now has its own app to help visitors find info on dining, nightlife, retail, arts, and parking along the newly reconstructed Hillsborough Street. Visit the Google Play store or iTunes and search for Hillsborough Street.



Congrats to **Ashley Christensen** for **Death & Taxes** on Hargett St being recently named as one of Food & Wine's best restaurants of 2016. We love seeing Raleigh pop up in national lists more and more. www.ac-restaurants.com/death-taxes

Standard Foods restaurant is closed for the month of June as their new chef and butcher get up to speed. Opening chef **Scott**



Crawford left to work on his new concept **Crawford & Son**, which is underway a block away on N Person Street in the old Pie Bird space. Butcher **Steven Goff** also left around the same time and is launching a food truck (**Brine Haus Food +**

Provisions), scheduled to be ready sometime this fall. The Grocery and Butchery at Standard Foods remain open while the restaurant restructures. www.standardfoods.com



The guys at **Rise Biscuits & Donuts** have been busy expanding, with their newest location just opening in the Brier Creek Shopping Center across from Caribou Coffee. www.risebiscuitsdonuts.com

The **Milkbar** is now open in Glenwood South in the Creamery building's old Cashmere space at 410 Glenwood Avenue next to Sullivan's Steakhouse. The bar features roll-up side doors, skeeball, cocktails, and local craft beer. www.milkbarnc.com

Winner of the Triangle's Best Chicken and Waffles two years running, **Dames Chicken & Waffles** in Durham announced they are opening a new location in Cary off Harrison Avenue, near I-40. Their new location will be next to the busy Bass Pro Shop in the old Firewurst spot. We're excited to have them closer to downtown Raleigh! www.dameschickenwaffles.com



One of our favorite chefs, **Peter Gibson** (Savoy, NOFO), let us know that he's now helping the kitchen at **Wakefield Wine Cellar** on Falls of the Neuse Road. We'll be visiting soon for a Downtowner restaurant profile, but in the meantime, stop in and say hello and check out his new menu. www.wakefieldwinecellar.com



10 Questions with Serial Entrepreneur Scot Wingo

BY CRASH S. GREGG

I had the pleasure of sitting down with the very talented and successful Scot Wingo at our Downtowner office in Glenwood South. I have to say that I thoroughly enjoyed talking to Scot and our conversation made me miss being involved in the tech sector. I left my last job with a tech company in 2000 as VP of Marketing for a local dot com, NetGift, and Fusion Ventures, a dot com incubator, both in downtown Durham. Thanks for stopping by to chat with us Scot. We'll definitely be tapping your grey matter again soon for more business insight.

1 **Crash:** So tell us a little bit about yourself.

Scot: I'm from a little town called Aiken, SC. Its claim to fame is being near Augusta, Georgia. It's a small Southern town, so my elementary school was across the street from my middle school and high school. I was always the only kid that was the nerd in Aiken, so I had my fair share of atomic wedgies and that kind of thing.

When you're from a small town in SC, you usually go to the University of South Carolina or Clemson. Those were basically the only two colleges I actually knew about at that time. I chose to go to USC. I thought I wanted to work on hardware, so I majored in electrical engineering, but I ended up liking the computer and programming sides better. I graduated in 1990 and I didn't feel like I was ready for a job yet, so I came to N.C. State where I got my Masters in computer engineering.

My Dad was an entrepreneur so I always kind of thought it was a tough life to be an entrepreneur. Ultimately, he was very successful, but there were always ups and downs. With that in mind, I decided maybe I'd get a job for a big company. I had a mentor at N.C. State, Dr. Miller – who's still there – and he encouraged me to take the entrepreneur path instead, so I ended up working for a start-up in Connecticut. I really liked the whole startup environment, but being a Southern guy, I didn't really take to Connecticut. It's kind of soul crushing to have gray skies for nine months out of the year.

I moved back down here in '95. Right after, a couple of college friends and I started a business called Stingray Software. We sold it in '98 to a public company. Then in '99, I started my second business, Auction Rover. About 18 months later, we sold it to GoTo (now called Overture). We started ChannelAdvisor in 2001, which we worked on for 15 years. We raised 90 million dollars and took it public in 2013. Just last year, I moved from the CEO position to an Executive Chairman position. I'm still on the board and involved, but not on a day-to-day basis.

ChannelAdvisor works with companies like Amazon and eBay about what's going on with e-commerce and how that simplifies people's lives. I think what's interesting about that is I think the same thing is going to happen to services. I'm a big user of Uber and Order Up and this kind of on-demand services, so I decided to take the plunge and create one around car-washing called Spiffy. I guess I'm a serial entrepreneur. I also do some angel investing in the area; one company in particular is WebPics. I'm also on boards for Windsor Circle, Spoonflower, and Organic Transit.

My wife Kristin and I have three kids. Our son is 18 and going to NC State soon. Of course we're excited about that. I also have a 17-year-old daughter and a nine-year-old daughter.

2 **Crash:** What's a typical day like for you?

Scot: I try to pack as much into a day as possible, so I'm a bit ADD, like I kind of imagine you are. Monday, Wednesday, and Friday, I work on Spiffy and Tuesday and Thursday are ChannelAdvisor days. I tried mixing it up and it was just really hard for me switch contexts so quickly. I usually I get into the office at 8:30 and stay until about 6:00. I've kind of conditioned myself to not really take a lunch, per se. I usually work through it or have a granola bar or something like that. I use that time during the day as the primetime to make phone calls, talk to partners, have meetings, etc. Then, I go home for family time, generally until 9:30 or 10:00, and then I usually get another little chunk of work in from ten to twelve or one. Then I start the day over again.

3 **Crash:** Throughout your career, what is your most memorable moment that was very exciting for you?

Scot: I can remember my Dad was always into business and I was into computers, but not business. He would try to get me interested in business, showing me articles in Fortune Magazine and Forbes. I remember one time he showed me an issue of Fortune with Bill Gates on the cover around 1982 and it talked about the Microsoft IPO. I thought that was pretty interesting and it was one of the few business things I'd read. I thought not many companies go public so that would be a really high bar to try to achieve. Taking ChannelAdvisor public was one of the biggest events in my life. We did the New York Stock Exchange, and there's a lot of pomp and circumstance around it that were really fun, like getting to ring the bell. I'm also a CNBC junkie, so I got to be on CNBC with Jim Cramer and the morning show, and all that kind of cool stuff. That was really exciting to see and be a part of.

>>>

4 Crash: What's your preferred form of quick contact? Phone, email, or text?

Scot: I've always been successful being very customer-centric, so I try to just adapt to however people want to communicate to me. Some people like LinkedIn messages, some people like email, some people text, some people call... so I try to adapt to how people prefer to communicate with me.

5 Crash: What do you like best about living in this part of NC?

Scot: Being from South Carolina, I think – with the exception of some of our wacky policies we've had lately – we have just a little bit more of a modern style here in NC. We're not quite as kind of "redneck-y" and backwards as some parts of the South can be. What's also awesome about the Triangle is that we have the flavor of all the different cities nearby, we have the mountains and the beach, and then we have the universities. Those are all ideal for starting a business here.

6 Crash: Any favorite apps for staying organized and informed or saving time?

Scot: I'm always trying to improve my productivity and try different things. Evernote is probably my go-to because I use a lot of different devices and it's always nice to have everything sync across all of them.

I think one of the most game-changing time-saver apps is Amazon Prime Now. It's a separate app from the regular Amazon app, and it just gives you the ability to say, "Hey, here's ten things I need now." If you spend over \$35 and you're an Amazon Prime user, then you get free, two-hour delivery. That's great if you work in an office and you have to order office supplies or you're at home and you need certain things for dinner. The amount of time you can save is pretty amazing.

Spiffy saves people time too because you don't have to go to the car wash; it comes to you. Dropbox is good and Google Docs are great for collaboratively working on different documents with people.

There are some really good food delivery options I use as well.. I have three kids so

we don't get to go to all the fancy, downtown restaurants all the time. I'll read about one in your magazine, and then we'll check Postmates, Order Up, and have something delivered from there.

7 Crash: What's the worst job you've ever had?

Scot: When I was in high school, I had a summer job at an HVAC company in Augusta, Georgia. It was tough, physical labor. You were either on top of a building in July – which is about 110-degrees in Augusta – or you were in a basement with the spiders and snakes. Ultimately, the job was a good motivator for me to do well in college, so my father was wise to make me take that job.

8 Crash: What would be your perfect meal?

Scot: I don't know, it depends on the mood. I'm a pretty basic guy, so a meat-and-potatoes kind of thing is always good. Cooking out on the grill is always fun.

9 Crash: What's one thing about you people may not know?

Scot: I really enjoy spending time with my kids. Every morning I take my daughter to school, so a lot of people might not think I would have time for that, but I always make sure that 99% of the time I can get that done.

10 Crash: Do you have any hobbies or things you enjoy doing outside of work?

Scot: I'm pretty binary, so I'm either working or doing stuff with my kids. I try to adapt my hobbies to whatever it is they're doing. So if my son wants to watch a movie or my daughter wants to play Minecraft, I'll do that. My daughter has a loom thing, so we've been looming. I try to adapt to whatever it is that makes them happy.

Be sure to watch for next month's issue where we'll have more from Scot with his take on Triangle entrepreneurship and startups, and his advice for up-and-coming entrepreneurs. 📖



From the Publisher



I recently announced that I've added residential and commercial real estate broker to my repertoire of professions. As a result, I've had a lot of people ask lately if I plan to sell the Downtowner. The easy answer is a resounding no. After running the magazine for the past 10½ years, I will continue to utilize the magazine to champion local business, promote charitable organizations and community, share great dining experiences in our restaurant profiles, support the important element of entrepreneurship and startups in the Triangle, and tell the stories of all the other features that make our area a great place to live and work. Just a few of these include writing about passionate and talented people, awesome events, performing and visual arts, craft breweries, and live music.

With a combination of the magazine's 99% pickup rate, 115,000 monthly readers between the ages 28 and 55, interesting and positive content, the great placement of our distribution locations, and 68,000 social media followers (on Facebook, Twitter, Instagram, and LinkedIn), I couldn't ask for a better real estate advertising vehicle than the Downtowner. I've attended college, lived, and worked in and around Raleigh, RTP, and the Triangle since 1983, which has given me great opportunity to get very familiar with the area, neighborhoods, people, and community. Running the Downtowner for the last ten years has allowed me to exponentially grow my network of colleagues, business leaders,

and civic officials. All of these experiences will greatly benefit my real estate clients. I would be honored to help you, your family, and your friends sell a home or find a new one, or assist in selling, buying, or leasing a commercial real estate space.

Please take a moment to download my new app Home Scouting if you'd like to check on local, residential MLS real estate listings (both for sale and recently sold) with 100% accuracy (unlike Trulia, Zillow, and Realtor.com, which are marketing firms without true access to MLS). To download, visit <http://bitly.com/HScrash> on your iPhone, or <http://bitly.com/HSAcrash> on Android, or just search for Home Scouting in your App Store/Google Play, install, and enter CALLCRASH to log in. If you find a house you like or are interested in selling your home, feel free to give me a call or send me an email anytime. I look forward to doing all I can to help.

919.828.8888 / crash@gilloolyrealty.com.

Cheers,

Crash

CRASH GREGG
Publisher, *Triangle Downtowner Magazine*
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CASUAL DINING



Owner Jon Seelbinder has a lot to smile about with four successful businesses in downtown Raleigh.



Virgil's is small and intimate inside but big on flavor.



You're sure to be in good hands if you sit up front.

VIRGIL'S ORIGINAL TAQUERIA

BY CHRISTY GRIFFITH • PHOTOS BY CRASH S. GREGG

In 1983, an unsuspecting kindergarten teacher had her back to a group of five-year-olds and among them was a little imp named Virgil who raised his little five-year-old middle digit in her general direction. Young Jon Seelbinder thought this was hilarious, and, not knowing what it meant to give someone the finger, promptly went home and flipped the bird to his mother. She then promptly spanked him for his unbeknownst act of malcontent.

This story has nothing to do with tacos, but it will explain to newcomers why “shooting the bird since 1983” is on the logo when they thought this taqueria had just opened up last month. (It did.)

Located on Salisbury Street in downtown Raleigh, Virgil's Original Taqueria shares a building with Seelbinder's other business concepts, the bar and retro arcade Level Up and the sandwich shop Linus & Pepper's. These join his catering operation, as well as the popular nightclub The Architect (and the speakeasy-style bar The Green Light hidden within), to make up Local Icon Hospitality Group. Seelbinder has a lot on his many plates and seems to be balancing them without breaking a sweat. My many plates of tacos in front of me? I broke many sweats. All the sweats.

The space is cozy; you'll find there's not quite enough room to play frisbee, but you could probably do some



The Carne Asada and Mole Poblano Pollo tacos were heavenly.

bowling. It's intimate. And that's exactly how the majority of my taco experiences happen to be: intimate affairs. *Tacos can't solve all your problems, but they're a great start.* No truer words have ever been painted on a wall.

The first thing I notice are all the tall, colorful Jesus candles sprinkled around the tabletops. It's fun to see them outside of the grocery store where they stay perched between cans of Jumex and Goya beans. The second thing I notice are the televisions. One is playing *From Dusk Till Dawn* and the other is showing *High Noon*, and it's all

so charmingly full of kitsch that it's working for me. The third thing I notice are the napkins. They have really nice napkins here. You can tell a lot by a place that splurges for fine paperware.

Seelbinder is excited to tell us that beyond everything being sourced locally (come in person and see the hundreds of fresh corn tortillas picked up from El Toro on the daily), they make pretty much everything in-house. He waves to the large plastic containers on the shelves filled with various dried peppers and spices, beaming with pride that Chef Andrew Klamar can transform these dozens of ingredients into their signature slow-cooked mole sauce. There is delight in the authenticity and the rejection of shortcuts. TL;DR, this ain't no Taco Bell.

In the open kitchen, there are no caulk guns of sour cream to be seen.

It's moderately busy for lunchtime and we start out with a couple of their aqua frescas. These are perfect for someone like me who, as a general rule, tries not to drink booze before the kids' school bus drops them off. The Horchata (\$4) is absolutely delicious, lightly spiced with cinnamon and slightly sweet without being cloying. The Southern Hibiscus Tea (\$4) is also delicious, and I took the “southern” part to mean sweet, which balances the cranberry-like characteristics of the hibiscus without >>>



The Carnitas and Chorizo con Papas tacos.



The Torta comes served on an amazing crusty bolillo bread and can be ordered in three different flavors.

muting the floral undertones. That sounded way too fancy to come from me. It was real good, y'all!

You'll find no free chips and salsa here – but that's okay. Pony up the \$3 and get the Flash-Fried Locally Made Tortilla Chips. They are thick and encourage thoughtful eating, as you can't shove fistfuls of them into your mouth at one time like you can at your regular Mexican joint. I found the corn flavor of the chips to especially shine when paired with the Guacamole (\$4). Don't stop there; the Green Chili con Queso (\$4) is where it's at. You like melty cheese? You like green chiles? Then you'll like this. I could absolutely see myself stopping in for a couple of cocktails with chips and dips and be satisfied. That is my idea of a perfect Friday night. And Saturday night. And Wednesday night. You get the idea...

There are some other deliciously unusual starters on the menu, such as the Elote & Queso Fresco Corn Cakes with Salsa Roja (\$6). Ever have that delicious Mexican street corn, grilled and covered with mayonnaise or crema and doused in chili pepper, lime, and cheese? These sweet cakes are studded with all that and paired with a smoky salsa. Dos thumbs up. The Mexican Fries (\$8) come smothered in mole sauce and are topped with queso fresco, green onions, cilantro, and sesame seeds. It's a unique flavor and super-filling if you're one of those people who doesn't give second thought to making an entire meal out of cheese fries (yes, please). Our fries were a bit softer than I would have preferred, but I bet they would be over-the-top if left a bit longer in the fryer. Are you just in the mood for some drinks and a snack? The Chicharrones con Virgil's Secret Spice (\$6) put store-bought pork rinds to shame. These are light and don't coat your mouth with that stale lard taste. Bonus: they're low-carb. Basically a salad, right?

Speaking of salad, Virgil's Ensalada (\$8) is divine. Chopped romaine, radish, pickled red onion, pepitas, pico, and queso fresco are

all bueno on their own, but then they bring out this chili & herb buttermilk dressing, which tastes like a chipotle pepper and ranch dressing made sweet, sweet love and had a very delicious, spicy baby. It will make you crave salad if that's even a real thing that real people even do.

What do real people crave? TACOS. Virgil's has eight different offerings, all served on corn tortillas, at \$4 apiece. The Mole Poblano Pollo is heavenly, and uses my personal favorite part of the chicken: the thigh (save your white meat for someone on a diet). Pickled onion cuts through the richness of the mole sauce while fresh cilantro brightens the whole thing up. While we were there, a diner next to me finished one Carne Asada taco, declared it the best thing he's ever eaten, and then went on to order three more. He wasn't wrong; the skirt steak melts in your mouth and the acidic bite of the chimichurri really packs a fun punch.

The house-made chorizo in the Chorizo con Papas taco is worlds apart from what I buy at the supermarket. The texture of the sausage is softer than what I'm used to, most likely on account of the potatoes, but it pairs well with the crunch of that generous pile of fresh onion on

top. The Al Pastor is a winner, the pork charred yet surprisingly juicy, topped with chunks of pineapple and pickled jalapeño. Another solid choice would be the Carnitas. Watching the chef pour some lard onto the screaming hot griddle before mashing down tender bites of pork butt and listening to the sizzle as the pieces crisp up just may be the world's finest audio-visual appetizer. (I highly recommend sitting at the bar to watch the kitchen at work, unless you arrive starving. Then it would be masochism.)

Virgil's also has you covered with the out-of-the-box taco options. The fish tacos (Negra Modelo Pescado Frito) have a ton of stuff going on. Beer-battered and fried cod comes topped with a poblano tarter sauce, crunchy cabbage, pico, salsa roja, onion, and cilantro. It's quite delicious, although expect this thing to fall apart on you with the weight of all of it. (A second tortilla may very well solve that issue.) The Fried Avocado taco is a creative offering, with chunks of breaded and fried avocado nestled in a bed of refried black beans, topped with an exceptional chili-lime crema.

But, for this girl, my favorite out of all the tacos happened to be the... vegan option. I know, I'm just as shocked as you. The Butternut Squash taco is just everything. All that is good in life. Sweet cubes of butternut squash, kale (I can't even believe I'm typing that word), cremini mushrooms, onion, cilantro, almonds, pepitas in two ways (as is and ground up into sikil pak), and a roasted pumpkin seed spread. This was the most flavorful taco of them all; although, I could stand to go back and order one of each again just for fun.

Just kidding. I cannot. I was so joyously full at this point that I literally (and I am absolutely using that word correctly) was 100% miserable. But there were sides to be had and I needed to suck it up (read: suck it in) and eat onward. The Arroz Verde (\$4) and the Refried Black Beans with Queso Fresco (\$4) are delicious paired together and would make a deliciously filling meal if



The equally delicious Butternut Squash and Fried Avocado tacos (get both!)

you weren't in the mood for tacos (BUT WHY WOULD YOU NOT BE IN THE MOOD FOR TACOS?!?). Beans and rice are a staple for a reason and the reason is because they are good. The Frijoles Borrachos (\$4) are incredibly savory after the pintos take a long dive in beer, and I could bathe in these with my mouth open for days. The side you absolutely need to try? Go for the Sweet Plantains with Chili Vinegar (\$4). Sweet, spicy, sour, s'awesome.

At this point, I went all-in and got serious. Wiping beads of sweat from my brow, I, against my better belly overfill judgement, went in for the Posole (\$8). The presentation of the chicken and hominy soup is playful, with a giant fried tortilla broken in half and perched in my bowl like angel wings. (Maybe a sign from above that I could possibly eat myself to death?) This posole is liquid comfort and the perfect remedy for a rainy day. My make-believe Mexican abuela would make me this anytime I had the sniffles.

The Torta (\$10) is a sandwich that comes on this amazing crusty bolillo bread that is somehow soft on the inside but strong enough throughout to hold together what feels like could feed a gaggle of teenage boys going through a growth spurt: refried black beans, cheese, chipotle, avocado, pickled jalapeño, cilantro, onion, and whatever kind of protein you want. We went with the carne asada and it was phenomenal. Of course, at this point I was



Posole is a chicken and hominy soup and Virgil's is on point.

figuratively dying of overeating so I was having mixed feelings. *This is so great! I hate myself! I want more! I'm going to eat myself to death! I don't care! I want to live! I want more self-control!*

The final thing I managed to try was the Tostada (\$10). I wish I could tell you I ate more than one bite of this beauty, but I know a second bite would have been the end of Christy. Three tortillas will appear stacked before you,

each fried to crispy perfection. Layered between are refried black beans, guacamole, and your choice of meat. We went for the chorizo. (Go for the chorizo!) A healthy scoop of pico de gallo and some salty cotija cheese showered atop this creation made me wish I had worn much bigger pants.

I left Virgil's and ate about eight antacids, one for each taco, before driving home in a tortilla-induced stupor, opening up my calendar, and penciling in potential dates to go back and do it all again. But next time, in sweatpants and with an empty stomach. 🍌



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Willfully Without Wheels

BY ROBERT WILLIAMS • PHOTOS BY CRASH S. GREGG

Gasp... Screech... BANG! And so my experiment began.

Before I get started, let me tell you a little about me. I live in downtown Raleigh. I have a couple of kids in school about five miles from where we live who I take to school three days a week. I work out of my home office. (No one is really sure what I do, but the short story is I help build software for companies). I frequently have meetings all over town. I also enjoy meeting new folks and networking for both friendship and business reasons.

Now that you have some context, let's continue with how my experiment began.

Almost two months ago, I was involved in a fender bender that turned my SUV into a parts car. No one was hurt, but after sheering off the front of the car and discovering that repairing it far exceeded its value, I started thinking. Do I really need a car?

I've lived all over the place. Big cities like Chicago, Dallas, D.C., and London. Small cities like Hattiesburg, River Ridge, and Canton. No matter where I've lived, I've always had a car. In fact, I've had a car for nearly 30 years. (Good luck with the math and figuring out how old I am). In all that time, I never considered *not* having a car. Owning a car is part of what it means to be

an American. A car gives you the freedom to go where you want, when you want, and be alone if you want. That was a hard mental hurdle to jump, but in the end I tricked myself into going carless by saying, "Try it for a month and see what happens."

So, I ran the numbers. On average, according to Google and my spreadsheet, many Americans spend between \$900 and \$1400 per month on a car. That includes a car payment, gas, insurance, maintenance, car washes, and maybe those little dashboard bobble heads. By my estimates, I figured I'd end up spending about \$500 each month *NOT* having a car on things like Uber, car rentals, grocery deliveries, etc. Knowing I'm the kind of guy who'd be stupid and purchase a car with a payment on the high side of the estimate, and knowing how much I love bobble heads, I figured I could save almost \$1000 per month without a car. After a few months, I added it all up and my guess was pretty darn close.

Uber or the Scourge of the Surge

I Uber almost everywhere when I need a car. The three mornings I have the kids, we grab an Uber and ride to school. I have a nanny who picks them up after school and brings them back in the afternoon. She also takes them over to their mother's on the days they don't

come here. From school, I'll either make the round trip to my office or take the car to wherever my next meeting is. For the most part, it's never been a problem.

In the time since we've been using the service, we've only been late once because of Uber. I also use it to run errands, pick the kids up from their mother, or anywhere else I need to go when I can't walk or ride my bike. Rarely do I get surge pricing, but when I do, I either wait it out, choose a different vendor or class of car, or just not go altogether. It's never been an issue, and frankly, it's been pretty productive.

When the driver picks me up, I'm able to work while we drive, read, take a call, or just zone out by talking to the driver or playing on my phone. I haven't napped yet, but I think that might be overdue. In my many trip conversations, I've learned a lot about the human experience. Almost all of the drivers have been very nice, all with a lot of hopes and ambitions. We talk about everything and only once has a driver tried to sell me anything. (If anyone would like some organic, gourmet instant coffee, I know a guy).

The more I use Uber the more I get the appeal of having a car and driver. On a side note, I used to travel as a consultant all over the world and used drivers everywhere I went (on the client's dime, of course). Because



of that experience, I'm comfortable with it. But it can take some getting used to at first. We are most definitely car-centric people here in North Carolina.

The Bike and The Walk

When I am not Uber-ing, I walk or ride my bike to most of my meetings downtown. I ride to the gym everyday and occasionally ride to run errands. Matt Tomasulo and I had a conversation once about how close everything in downtown actually is and, after being out on the streets a lot, I completely agree with that. After you walk to Cameron Village from downtown, you realize there's never a need to ever park in that wretched parking lot again! It's surprisingly close, as are most things.

I walk to dinner; I walk to meetings; I walk to the coffee shops. I don't do any shopping that's not online (but when I do, they're locally owned places in downtown), and there's nothing that won't come to me if I make the effort to think ahead a bit. Yes, I can hear you

asking me, "But what about the rain?"

Well, for one, it's just water, so it's not a big deal. And two, it doesn't really rain that much. I've been caught out in it once on my bike and a few times I've had to bring an umbrella with me when I walked. Aside from those few times, I've been stopped more by pollen than by rain. It's never a good look being covered in yellow dust for a business meeting.

The Rest

As for everything else, well, it's mostly a mind shift.

Okay, okay, I know what else you're asking, so stop being so pushy. Groceries... How does a father of two young children get groceries without a car?

Here's a little known fact: Harris Teeter delivers. Yep, for an extra \$10 per order, they deliver right to your door. It's the same stuff you find in the store. They hand pick everything from the store, bag it, and then deliver. I'll grant you, they could do a better job picking the produce, but it's being delivered, so I'm not complaining

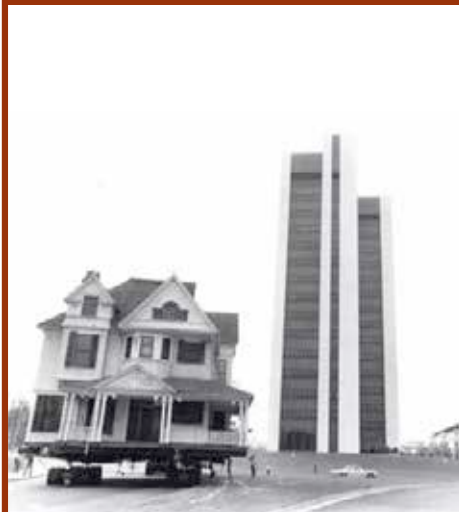
too much. If I wanted better produce, meat, and seafood, I'd probably order from Papa Spuds or Carolina Market. They both deliver and have great selections.

Satisfied now? Okay, back to the mindset.

The main issue I've had is not having a car *mentally*. I've had to train myself to think differently and it's not been easy. I'm an old *car-mudgeon*, but it *is* possible to get used to being carless. Is Raleigh a super dense city like Chicago? No. Does it have Chinese delivery at 3am? No but we're getting there. And with Uber, a little forethought, a willingness to change, and a bit of good exercise, you too can avoid all the expenses that come with having a car (as well as the Cameron Village parking lot) forever. 🚗

To read more on going carless, read "Tired of the Same Old Drive?" from one of our favorite Downtowner writers, Peter Eichenberger, a staunch proponent of walking, biking, public transit, and all things green. We miss you buddy.

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Bottle Shops!

PART 3—BY RUSSELL PINKSTON

Our coverage of the Triangle's many and multifaceted bottle shops continues this month with a selection of stellar stores from across Southwest Wake County, in the towns of Cary, Apex, and Fuquay-Varina. As the craft beer bubble continues to swell in North

Carolina, bottle shops are becoming an increasingly valuable asset to breweries in the region.

While I highly recommend visiting the actual breweries whenever possible to see firsthand where your beer is made, bottle shops provide a convenient resource in allowing customers to sample beers from several different breweries all in one location. They are impartial judges and informative brokers in the ever-changing landscape of craft beer (both local and worldwide). All of the bottle shops listed below get our seal of approval as great places to find rare, eclectic, and local brews, as well as for being interesting neighborhood bars where you can grab a cold one after work.



Neighborhood Bottle Shop interior

Though this is a fairly small bottle shop, Neighborhood brings a very quaint, friendly atmosphere to the Shoppes of Kildaire shopping center in Cary. It's a clean, comfortable space without a lot of the grit you may find at some of the more divey bottle shops. They have a nice long bar with about ten stools, as well as a number of high top tables and an outdoor seating section on the front patio, so finding a place to sit isn't much of an issue. Neighborhood has a respectable selection of beers on tap as well as a great assortment of refrigerated bottles that you can grab from the cooler and drink at the bar. As per usual for bottle shops, they also have a wealth of both refrigerated and unrefrigerated beers that you can buy off the shelf and take home with you. They even have a selection of wines, ciders, and sodas for those impartial to malt beverages.

Being in the Shoppes of Kildaire also means that there are several restaurants nearby where you can grab a bite to eat, or you can stop in here for a refreshing brew to replenish your spirits after a round of shopping.



Neighborhood Bottle Shop

1341 Kildaire Farm Rd, Cary

Mon: 5-9pm | Tues - Sat: Noon-10pm

Sun: Noon-8pm

www.neighborhoodbottleshop.com

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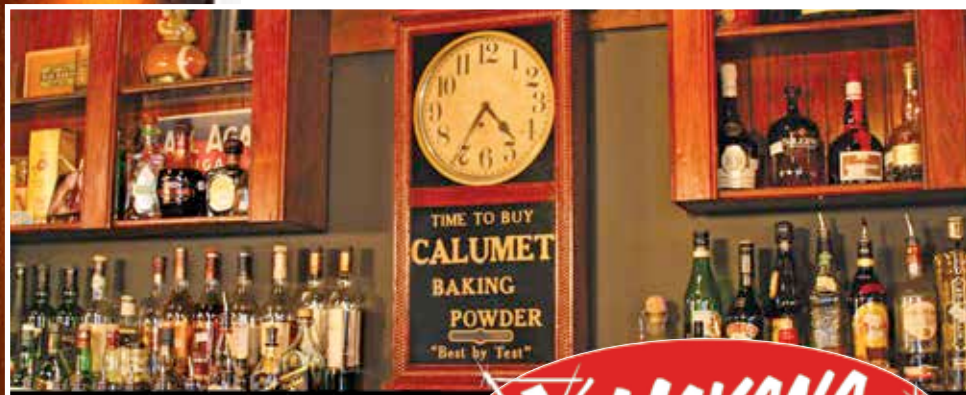
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This is one of my personal favorite bottle shops, smack dab in the middle of Salem Street in Apex. While seating is at a premium (the bar itself only provides about four stools), the store is full of interesting paraphernalia (see if you can find the vintage Guinness beer can), so I recommend ordering a beer and drinking it while you browse. The store has a very woody,



The Beer Dispensary interior



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Pharmacy Bottle + Beverage interior

handcrafted feel to it, in keeping with most of Salem Street, and it's a very comfortable tavern to have a few rounds if you plan on digging in for a while. Behind the bar, they have a rotating selection of about a dozen craft beers. On the shelves, you'll find a terrific assortment of local beer as well as a section dedicated to Belgian and European offerings. If you're strapped for cash, they even have a basket in the back full of \$1 bottles that will get you through to your next paycheck.



Pharmacy Bottle & Beverage

120 E Chatham St, Cary
 Mon - Thurs: Noon-9pm | Fri & Sat: Noon-11pm
 Sun: Noon-7pm
www.pharmacybottlebeverage.com
www.facebook.com/PharmBottleBev
www.twitter.com/PharmBottleBev
www.instagram.com/PharmBottleBev

This is a shop of a different color from the others on this list. While most Bottle Shops strive for a quaint, artisanal quality in their décor, Pharmacy Bottle & Beverage is very industrial in contrast. The location used to be Mitchell's Pharmacy back in the day and the store now boasts exposed concrete floors and rafters full of shiny aluminum air ducts and track lighting. The subway tiles

that make up the wall behind the bar are reminiscent of a 1950s hospital.

You will have no trouble here finding a place to rest your keister. Their sweeping L-shaped bar might be the largest I've seen in a bottle shop in the Triangle, with about a dozen stools in total. Cutting through the center of the large main floor is a thick wooden counter that can fit probably ten more people on each side, and next to that is a seating area with a number of tables and chairs. So, feel free to come here with a group or solo and you're sure to find a seat to your liking.

Aside from the number of stools at their bar, they also have one of the largest selections of beers on draft you'll find in a bottle shop – about 16. You can order beers in full or half pints if you're into experimentation. And, of course, they have a legitimate selection of both refrigerated and unrefrigerated bottles and cans that you can buy and take home.

Pro tip: Pharmacy Bottle & Beverage is only about a five minute ride up the street from Neighborhood Bottle Shop. If you're making the rounds, just make sure you have a designated driver to cart you around.



Aviator Beer Shop

601 Broad St, Fuquay-Varina
 Mon - Wed: 9am-5pm | Thurs & Fri: 9am-9pm
 Sat: 3-9pm | Sun: Closed
www.aviatorbrew.com/beershop
www.facebook.com/AviatorBrewing
www.twitter.com/AviatorBrew

The Aviator Beer Shop is the newest edition to the veritable empire that Aviator Brewing Company has erected in Fuquay-Varina. On all sides of one intersection you can find the Aviator Smokehouse, the Aviator Tap Room, and the Aviator Beer Shop. So, if you take a visit to Fuquay and can't find something good to drink,



Aviator Beer Shop interior

that's on you. With the edition of the Beer Shop, Aviator seems to have adopted the position that if you're going to buy beer not brewed by Aviator, you may as well buy it from Aviator. Nevertheless, this is bound to be the best beer store for miles around with their large selection, indoor and outdoor seating, and drink choices (they also carry wine and liquor). They have several shelves of beer from all over the world, local and otherwise, as well as a plethora of Aviator merchandise to decorate your man cave.

The bar at the far end of the store has eight beers on tap (with both Aviator and guest taps). They also sell kegs if you're ready to get serious about it.

If breweries are the heart of the craft beer movement, then bottle shops are the pulse. Several breweries have told me that they look at bottle shops as canaries by which to judge the breaking point of the craft beer bubble. So far, my empirical data shows that these eclectic beer stores are thriving, which bodes well for the future of our local brewing economy. In the coming months, we will continue to bring you more bottle shops from around the Triangle, so be sure to watch this space as we keep our finger on the pulse. 🍷



Russ is a photographer, brewer, author, and screenwriter. He's a Raleigh native who has returned home to NC after a decade of writing (and drinking) in NYC and Los Angeles.

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WAREHOUSE BLUES SERIES

BY RUSSELL PINKSTON

The Blues is a musical form of art with almost ancient roots and a timeless burden. A bewitching musical undertow emergent from the deep south “juke joints” of post-emancipation America, its mythos dances lasciviously between themes of love, lust, hoodoo, and just plain evil. While there are stylistic variations in blues music by region

(from the Mississippi Delta Blues to North Carolina’s own Piedmont Blues), the lyrical substance overwhelmingly follows one overarching theme: the bad side of love. The low-down, cheating, messin’ around side of love.

Son House, the legendary blues guitarist and songwriter, famously said, “Ain’t but one kind of blues, and that consists between a man and a woman that’s in love.” At some point in every person’s life, they will know what it feels like to be on the wrong side of love. And like most relationships, there’s the man’s side of things and then there’s the woman’s. The most infamous blues artists have historically been men like BB King, Muddy Waters, and John Lee Hooker. But the truth is that if you’re only listening to what the men have to say, then you’re only getting half the story.

In the early days of the 20th century, Gertrude Malissa Nix Pridgett (better known as Ma Rainey, or, “The Mother of the Blues”) was one of the first people to actually make a living by singing the blues. She sang them as part of her vaudevillian tent circuit. Legend has it that when Rainey was 16, traveling with a minstrel show through the Mississippi Delta, she happened across an unknown woman singing a sad song about the man she had lost. Ma Rainey was captivated by the tune, memorized it, and began to use it as the closing number in her act, calling it “the blues.” Ma Rainey was sometimes referred to as “the ugliest woman in show business,” and her shows were bawdy and extravagant. She toured the South in a train car full of girls, various singers and dancers under her tutelage, many of whom also were rumored to have been her lovers.

Two decades later, the first blues music to be recorded was sung by women with small jazz ensembles or piano accompaniment. In August of 1920, a young jazz singer from Harlem named Mamie Smith became the first black woman to record the blues with her song “Crazy Blues,”



Ma Rainey and her band



Bessie Smith

from Okeh Records. Within a month of the song’s release, the record had sold over 75,000 copies – an astounding figure considering the expense of phonographs at the time. This was the spark that would trigger massive changes in popular music and culture for decades to come. With such widespread dissemination, blues music quickly became a national craze. Before the end of 1921, record studios had scouted and recorded hundreds of black female artists. Their search led them, inevitably, back to Ma Rainey and her traveling show.

In the decades since Ma Rainey had first incorporated the blues into her stage act, several singers had followed in her footsteps. A protégé of Rainey’s by the name of Bessie Smith (no relation to Mamie) was picked up by Columbia Records and rose from this same tent circuit to become the highest-paid black artist of the 1920s. With the vast distribution of her library of over 160 recordings, Bessie Smith became one of the most influential singers of all time and is remembered as the “Empress of the Blues.” Her booming, hot-blooded wail was the prototype, a model that would define the very soul of the blues.

Many female singers of this time rose from rough backgrounds of poverty or illegitimacy and advanced through minstrel shows, finding fame and fortune by putting their troubles to song. The lyrics from these early blues women addressed topics of female independence, domestic violence, sexual liberation, and the political struggles of black women in America in a way that had never before been possible. These songs were considered very risqué for the time and, by some, even lewd and pornographic. Ma Rainey’s “Prove It on Me” is all but a proclamation of her own lesbian tendencies, while Ida Cox’s “Wild Women Don’t Have the Blues” is by some considered one of the earliest American feminist anthems. The blues offered these brave women a

voice that was beforehand almost nonexistent. These were songs of emancipation. They provided an outlet for them to both present the realities of their hardships to the world and exhibit the strength to rise above them.

These classic female blues singers were pioneers in the record industry, among not only the first blues artists

but also the first black artists or

female artists to be recorded. With unique vocal stylings full of dramatic wails and shouts, these women affected popular music from jazz to gospel and eventually rock and roll. They inspired musicians – both female and male – for generations to come, a ripple of which can be seen in such legendary artists as Aretha Franklin, Janis Joplin, Jimmy Page, and the Alabama Shakes’ Brittany Howard. These women set the mold, and were able to prove to the world – in 12 bars – that they were fully capable of sustaining their own independence. “I’ve got a disposition and a way of my own,” Ida Cox sings. “Go home and put my man out if he don’t act right. Wild women don’t worry; wild women don’t have the blues.”

July 8 kicks off the 13th annual Warehouse Blues Series at Durham Central Park. The series consists of four Fridays of live blues concerts, food trucks, and dancing. The theme of the series changes on a yearly basis (last year it was blues harmonica and the year before that it was slide guitar). This year, they continue the important tradition of female-led blues acts by highlighting the women of the blues. All of the four acts are fronted by strong women, each of whom has a unique slant on what it means to sing the blues. All shows are free and open to the public.

WAREHOUSE BLUES SUMMER LINEUP

Friday, July 8, 5:30-7:30pm
Amythyst Kiah & Her Chest of Glass

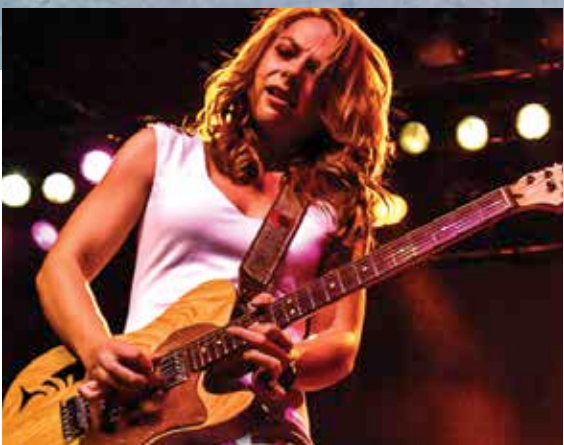
Amythyst Kiah is a 2012 graduate of East Tennessee State University’s Bluegrass, Old-Time, and Country Music Studies program. She is a Southern Gothic, alt-country blues singer/songwriter who fuses traditional



Amythyst Kiah & Her Chest of Glass



Rissi Palmer



Samantha Fish

roots music with a contemporary style. She draws heavily from old-time music as well as contemporary vocalists (from Son House to Adele), and defines her style as simply “southern roots music.” Amythyst Kiah & Her Chest of Glass produce a haunting, melodic sound powered by Kiah’s smooth, howling vocal capabilities.

Friday, July 15, 5:30-7:30pm
Rissi Palmer and Powerhouse Blues
Vocal Workshop

Rissi Palmer is a Triangle local who was the first African-American woman to chart a country song since 1987. Rolling Stone has described her as “neo-soul-to-throwback-southern-R&B,” which is a bit of a mouthful; she simply refers to her unique musical sound as “Southern Soul.” Rissi is the co-founder of a non-profit music mentorship and vocal performance program, The Relative Pitch, which aims to help Triangle youth hone

their musical talents before live audiences. After the show, attendees can join Rissi for an intimate “power house blues” vocal workshop.

Friday, July 22, 5:30-7:30pm
Kamara Thomas & The Night Drivers
Tribute to Blues Women

Kamara Thomas is an interesting, chimerical soul. Raised as a Christian Fundamentalist in Chicago, Kamara broke from this mold to find inspiration in such classic country artists as Waylon, Willie, and Dolly Parton. She toured for a decade with the hard-rock trio Earl Greyhound and has since cultivated a solo library of “astro-religious musical tales culled from American songlines and dreamtimes.” Her work draws from a range of classic country and folk rock, blending into a mythical display of hymnal shamanism and rock spirituality.

Kamara has been a resident of Durham since 2013, where she enjoys our own local brand of creativity. During the Warehouse Blues Series, Kamara will perform with her band, The Night Drivers, where she will pay tribute to her favorite female blues artists by interpreting some of their songs. Before the performance, Terri Robbins, the Vice President of National Women in Blues, will give a mini-lecture about the crucial role of women in the blues.

Friday, July 29, 5:30-7:30pm
Samantha Fish

Samantha Fish is the albino peacock of the blues world, a rare bird in both her style and substance. Her act is full of hard-driving guitar licks rivaling such powerhouse blues legends as Freddie King, Eric Clapton, and Bonnie Raitt. It almost defies logic to hear such a gritty, emotional wail emerge from a little white girl. >>>



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Kamara Thomas
& The Night Drivers



PHOTO BY JEREMY LANGE

But don't let her deceptive prettiness fool you, Samantha Fish will chew up the blues and spit it out. Her performance will make it immediately apparent why, at such a young age, she has already shared the stage with Tab Benoit, Johnny Lang, and Buddy Guy.



The Warehouse Blues Series is now in its 13th year, and has been organized for the last three years by Tess Mangum Ocaña. She also organizes acts for the Art of Cool Fest and her own Sonic Pie Productions. When I asked Tess about her inspiration for this year's theme, she simply told me, "I'm really into Woman Power." Tess was inspired to feature the women of blues by her grandmother, who was a

well-known guitar player and tutor for around 70 years, even giving lessons to a young Randy Travis.

Tess always wanted to be involved in music but not necessarily as a musician. She wanted to be on the side of empowering musicians by providing them with opportunities. This is what the "Woman-Powered" Warehouse Blues Series is all about: championing the blues as an empowering outlet of expression with a rich history and a promising future. "I think that there is a definite future for the blues as a genre," Rissi Palmer believes. "I think as long as people want to feel deeply from the music they listen to, the blues will live. I think it remains relevant in the way it takes on different forms." The acts in this year's series demonstrate the endurance

of the blues in popular culture by showcasing its variations through time and region, and its importance as a vocal narrative of American feminism.

The blues is the blues is the blues, as they say. And whether it comes from a man or a woman, its subject matter is as universal as its chord structure. Perhaps the reason it has endured for so long is because of this universality and that it is so widely relatable. The blues is raw musical emotion, with a soul that decries strength in the face of adversity. It's a simple genre that takes a lifetime of heartache to truly appreciate. 🎵

<http://durhamcentralpark.org/events/category/warehouse-blues>

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Around Town in the Triangle



LEFT: Hosts, volunteers and business owners from the successful Glenwood Faire event (watch for info on the next Faire happening this summer). **CENTER:** At the grand opening of Trig Modern's new space with owner Bob Drake and special guest New Zealand designer David Trubridge and **RIGHT:** Molly Ann Miller (designer, Align Design), Victor Lytvinenko (co-owner, Raleigh Denim), Ann Marie Baum (manager, Trig Modern), Charlene Newsom (owner, Gallery C), Andy Lawrence (architect, Olive Architecture), and Rebekah Laney (NC Modernist Houses).



LEFT: Kudos to Jay Izso, author and "Internet Doctor" for his work on a Center for Volunteer Caregiving fundraiser event, here with our Publisher Crash S. Gregg. Want to volunteer to help others in need? More info at www.volunteercaregiving.org. **CENTER, RIGHT:** Congratulations to Carolina Ballet's Lara O'Brien on her Tutu School Raleigh students' inaugural show in CAM.



LEFT: The designers for this year's Redress Raleigh fashion show (L to R): Juliana Fadl, Timothy Gohen, Ashley Mason, Katina Gad, Mary Ashlyn Thomas, and Piper Honigmann. For more info, visit www.redressraleigh.org. **CENTER:** Redress staff and volunteers. **RIGHT:** Congrats to Matt Kenner and Mel Miel on the opening of Milk Bar in Glenwood South.



LEFT: Sig and Nancy Hutchinson at CAM with Orage Quarles III at his retirement party after 16 years at the helm of the N&O. A sincere thanks to Orage for his devotion to free press and commitment to journalism. **CENTER:** Congrats to Kelley "Krash" Bassett and wife Theresa of Krash Creative (no relation to our publisher Crash :) on their 21st business anniversary. **RIGHT:** Congratulations to the gang at Raleigh's Slingshot Coffee for winning Entrepreneur of the Year from Southern Living Magazine! (photo courtesy Sid Evans from SL)

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6/26/16

"VICE VERSA"

ACROSS

- Offed, biblically
- Matter
- Big D school
- Exchanges from centers
- Dash dials
- Canadian skater Brian
- Mother ___
- Forum garments
- Butt ends
- New car option
- Like some exercises
- Optimal payment arrangements?
- "Sugar Lips" trumpeter
- Lord Grantham of Downton Abbey, e.g.
- Some hosp. areas
- Fifth-century pope
- "Spare me the specifics"
- Black-and-white predator
- Eight-time Coty Award winner
- Bigwig
- Mideast cry of despair?
- Response to a sinking feeling?
- Radiate
- Finalize, with "up"
- Lining fabric
- Yorktown __, N.Y.
- Scrabble 8-pointer
- In the sky
- Lorre's
- "Casablanca" role
- Yelled excitedly
- Election figure
- Tic-tac-toe loser
- Writer: Abbr.
- Govt. benefit
- Gems kept in

DOWN

- Assert
- One of Chekhov's "Three Sisters"
- Brownish shade
- "Terror has no shape" sci-fi creature
- Latin 101 verb
- Monk associate
- Double Stuf treats
- "Wild Blue Yonder" mil. branch
- Tweeting site
- Sapling
- Peres of Israel
- Most unkempt
- Digit in diez
- Mariner's patron
- Reason for cowboy unemployment?
- Farming prefix
- Au ___
- Shakers, but not movers
- Compulsory British subject
- L.A.'s environs
- Roger of "Cheers"
- Breakups
- City near Anaheim
- Pace
- With 109-Down, uncommon eagle
- Due
- "Stat!" relative
- HR dept. concerns
- Base runners
- Introduction to science?
- Heart test: Abbr.
- Warren Commission subject
- Numerical prefix
- Write (down)
- Coquette education?
- Rodeo competitor
- Ring site
- Sudden silence

ACROSS

- 63 Peter or Paul
- 63 It retired its spokes-baby in 2014
- 68 Breton or Gael
- 69 Ukulele wood
- 70 Take more People
- 72 Quaker Oats product suffix
- 73 "Mr. Mojo ___": repeated words in The Doors' "L.A. Woman"
- 75 Rare shoe width
- 78 United choice
- 79 Lennon work
- 80 Pyramid, to Tut
- 81 Economical Chevy
- 82 ___ accompli
- 84 Latvia and Estonia, once: Abbr.
- 85 "Unbelievable" band
- 89 Diamond hit
- 91 Watches one's mouth?
- 92 Canon competitor
- 95 Chatty bird
- 96 Empty
- 97 Improve, as one's game
- 98 More smashed
- 100 Opposite of a star
- 102 Avia competitor
- 106 Truman veep
- Barkley
- 108 Sound during a chase
- 109 See 40-Down
- 110 Actress Moorehead
- 111 Rail vehicle
- 112 Maui's scenic ___
- Highway
- 113 Paradise
- 115 Radiate
- 116 Ashcroft's predecessor
- 117 One leaning against a garden fence
- 119 Greek vowel

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The Search for the Great Wall of Raleigh

By Ernest Dollar, City of Raleigh Museum Director

The Civil War caused great changes in American society, culture, and politics. But what we often overlook is the impact of the war on the landscape. The physical changes endured by the Capital City between 1861 and 1865 are largely an untold story. The search for the city's most obvious scar of war has interested history buffs for decades.

In 1862, Union forces surging inland from fortified positions along the coast attacked the city of Goldsboro. Confederate forces repelled the assault, but Governor Zebulon Vance worried another attack might capture the town and threaten Raleigh. He tasked Confederate engineers with building a defensive wall around the capital (see included map image). The plan they developed called for a deep trench to be cut along the ridges and hills surrounding the capital and the displaced dirt to be piled up behind it to create a five-foot tall defensive wall. This dirt barrier, often called an earthwork or breastwork, would allow soldiers to fire from behind it at an advancing enemy and remain protected. At intervals along the wall, a dozen angled platforms were established to accommodate heavy cannons that would overlook approaches to the city. These batteries could accommodate field pieces firing 8- to 12-pound shells, as well as immensely powerful 32-pound cannons, common in coastal forts. All around the outside of the wall stood fields punctured with giant sharpened logs, or abatis, which offered another layer of protection from charging enemy troops.

Construction began in the spring of 1863 after Confederate officers organized able-bodied slaves from local plantations into ten-man work gangs. One of these forced to work on the project was Stephen Stephens, a slave on the Mordecai plantation. Construction of the earthwork ran through the Mordecai plantation, only yards from the slave quarters. Another young man, Brodie Roger, spent the hot August summer pitching endless shovels of dirt into the wall as it slowly took shape. His household was issued a receipt for his work, which was kept in the family into the 20th century until it was donated to the state archives.

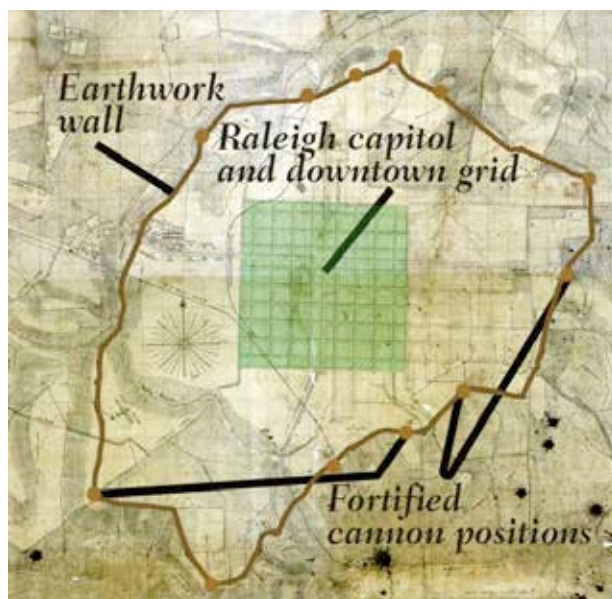
Raleigh citizens made plans to mobilize and man the earthwork in case of emergency. The *Raleigh Register* newspaper exuded confidence in the wall installed around the



At a remote area of Dorothea Dix campus, researchers have discovered what is believed to be a portion of Raleigh's earthwork wall.



Earth walls entirely surrounded Raleigh's capitol building and downtown area, but in the end, the Union army marched right through them without having to fire a single shot.



The map that reveals all. This map created by Union engineers beautifully outlines Raleigh's earthwork.

city: "If the Yankee thieves come here after wool, they will go back shorn." Ultimately, the effort was futile and the Union army marched through the earthwork without firing a shot on April 13, 1865. During the occupation, bored Union engineers found the plan for the earthwork and copied it in detail. Their beautifully-drafted map was sent North and survives as the most detailed document of Raleigh's great wall.

Newspapers in the 1930s took photos of the remaining sections and bits of the massive wall were still visible through the 1950s. A historic marker erected in the 1960s along Wake Forest Road claimed remnants of the old breastworks could be seen a third mile west of the road. Sections also remained at Peace College and St. Mary's School. The modern Raleigh neighborhoods of Battery Heights and Battery Drive near New Bern Avenue were developed in the 1930s, drawing their name from their proximity to one of the original artillery positions.

But after 150 years, historians were curious if there were any sections of the wall still visible. Several attempts over the years were made to overlay the wall's location on modern maps. The City of Raleigh's purchase of the Dorothea Dix campus prompted a renewed effort to locate traces of the earthwork across

that property. The search involved using historic maps, topographic maps, aerial photography, and lidar imaging. Lidar is a surveying technology that measures distances by bouncing an aerial laser off the ground, which in turn reveals subtle changes in topography. Researchers have found on Dix campus what they believe is a portion of the wall (see photo). A century and a half of development and Mother Nature have destroyed the majority of this historic structure, but the search continues for more locations. The importance of documenting Raleigh's fortifications sheds light on the experience of Raleighites during one of America's most important chapters of history. 📖



Ernie is Director at the City of Raleigh Museum. The museum is open Tuesday through Saturday 9am to 4pm and Sunday 1pm to 4pm. Learn more about the museum, current exhibits, and Raleigh history at www.cormuseum.org.

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