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Triangle Performing Arts

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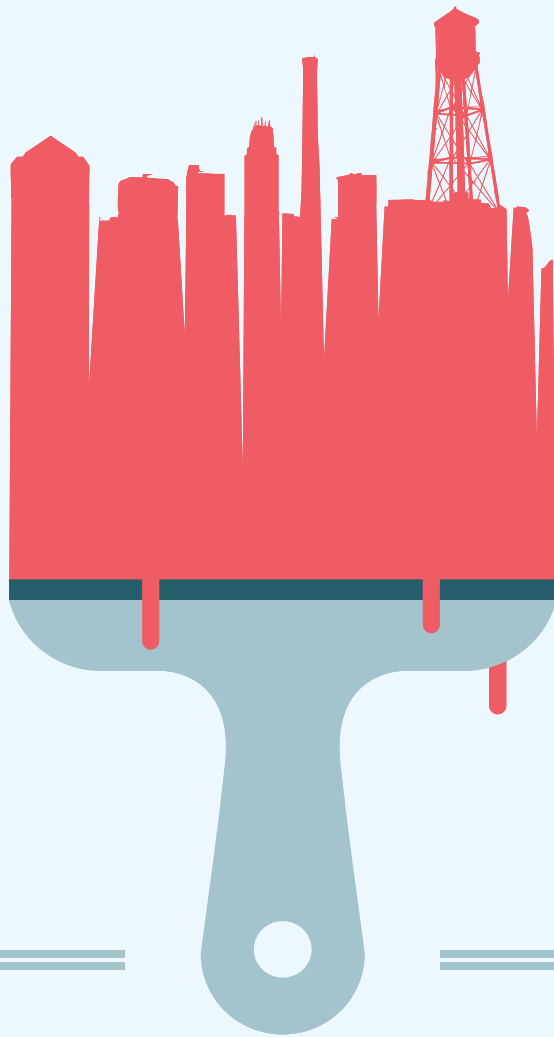
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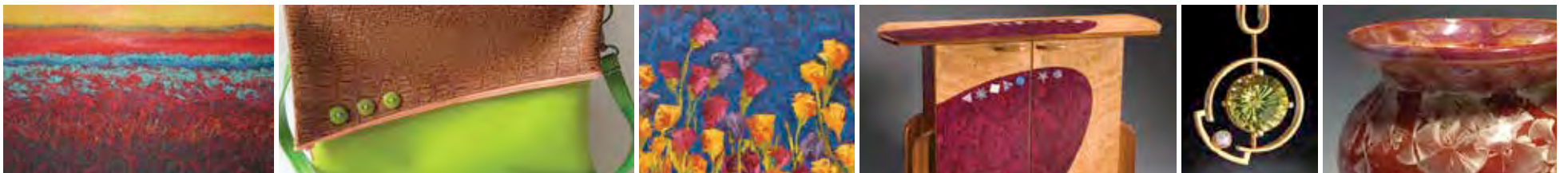


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www.WeLoveDowntown.com

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TRIANGLE DOWNTOWNER MAGAZINE — ISSUE 124

- 5 Triangle Performing Arts
- 10 Wakefield Wine Cellar
- 13 From the Publisher
- 16 Around Town – Photos
- 17 Around Town – News
- 18 NOFO @ The Pig
- 22 Southern Discomfort, The Art of Dixie – Gallery C
- 24 Uncorked – Building Your Wine Cellar
- 26 Crossword Puzzle
- 28 Is Sixty the New Forty?

ON THE COVER: Monty Python fans rejoice! NC Theatre is bringing the production of Spamalot complete with King Arthur, the Holy Grail and coconuts to Raleigh on November 15-20. Visit www.nctheatre.com for more info and to purchase tickets before they sell out.

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Triangle Performing Arts

INTRO BY FRED BENTON AND CRASH GREGG

Late one night in the early 60s – I was just a kid then – my father came into my darkened room and woke me up telling me I was going to meet a movie star. Gosh, I thought, was it Richard Chamberlain, Gregory Peck or perhaps even John Wayne? The idea wasn't so farfetched. My father was friends with Burl Ives who frequently visited our home while he was "confined" at Duke for treatments and would occasionally bring famous friends who were in town to visit. So, with high expectations in mind I followed my dad up to the living room and met a man named Charlie Briggs. Charlie Briggs? He indeed had been in some major motion pictures, but typically in minor roles as a character actor. He was visiting my parents to put forward his dream of establishing a professional theater in Raleigh. My parents indeed helped and the Tarheelian Playhouse was born. Performances at Memorial Auditorium did bring in professional directors and actors, including Jason Evers, Eddie Albert, and Julia Meade, performing in such productions as "Mary, Mary" and "Under the Yum Yum Tree."

But the Tarheelian Playhouse was ahead of its time. It flopped under the heady glare of footlights beaming from the Raleigh Little Theater, which in the early 60s was the only source of live theater for adults in the Capitol City (I was much involved with the Raleigh Children's Theater which performed on the stage at the then-Wiley

Elementary School). Wow, how times have changed! The Triangle is rich with the arts, both visual and performance. Where Charlie Briggs failed, others with the aim of revitalizing the area's performing arts have succeeded. In 1983, L. P. Zachary, Raleigh City Manager, stated his desire to bring entertainment to Raleigh's downtown. In response, the Carolina Regional Theatre, under the expert direction of DeAnn Jones, entered into a contractual agreement with the City to become a permanent resident in Raleigh Memorial Auditorium producing a minimum of four major productions annually. Under an agreement with the Actors' Equity Association, NCT committed to hiring a significant number of "Equity" performers for its productions. This commitment to using the highest level of professional talent supported NCT's mission to maintaining a professional theatre company in North Carolina. Their first musical production, *Camelot*, opened in May of 1984. NC School of the Arts graduate Terrence Mann, whose Broadway credits are many, played King Arthur and a UNC student, Sharon Lawrence, whose credits include *NYPD Blue* and many other roles on TV, stage and film; played Guinevere. The successful formula of producing top quality musicals with top national performers and local talent was inaugurated. Opening with 825 season tickets sold and a total audience of 24,000, *Camelot* marked the beginning of the Regional Theatre's

new direction and the name was changed to the North Carolina Theatre.

Why Support Performing Arts

The arts, recognized as the highest expression of culture, inform us of each historical period through its literature, paintings, sculptures, architecture, music, dance, and drama. The universal language of live drama – the performing arts – cuts through individual differences in culture, educational background, race, and religion. Drama plays an important part in challenging perceptions about our world, our society, and about ourselves. The performing arts can bring any subject to life and turn abstractions into reality.

Many believe strongly that the arts aren't merely an "extra" part of our life, but instead they are at the heart of it. It is through the performing arts in particular that we tell the story of our past and we express our hopes for what lies ahead. Our artists challenge our assumptions in ways that many cannot and do not. They expand our understandings, and push us to view our world in new, exciting, and very unexpected ways.

It's through this constant exchange – this process of give and take from onstage to audience and back, the manner of borrowing and creating – that we learn from each other and inspire others. It is entertainment >>>



Burning Coal Theatre

in the form of diplomacy in which we can all take part.

That is the power of the arts – to remind us of what we each have to offer, and what we all have in common; to help us understand our history and imagine our future; to give us hope in the moments of struggle; and to bring us together when nothing else will.

Performing Arts in the Triangle today

The Triangle has no dearth of performing arts organizations and venues. We've compiled a list of many of these organizations and their shows for the upcoming 2016-2017 season. Within this list can be found a wide variety of shows and ticket prices to choose from and we hope our readers will continue to support performing arts as they always have. For more information about particular shows or purchasing season or single tickets, visit each company's respective website or call their box office. Now, on with the show!

Our list is in alphabetical order with our advertising partners listed first, then the remaining organizations in the same alphabetical order thereafter.

Burning Coal Theatre Company

224 Polk St, Raleigh

919.834.4001 • www.burningcoal.org

Burning Coal is a small professional theatre company and an incorporated, non-profit [501 (c) (3)] organization. Burning Coal emphasizes works that are felt and experienced viscerally, unlike more traditional, linear plays where audiences are most often asked to observe without participating. Using the best local, national and international artists available, they produce explosive re-examinations of overlooked classics, modern and contemporary plays that address issues and themes poignant in the community. Race and gender non-specific casting is an integral component of our perspective, as well as an international viewpoint.

Skylight (Oct 6-23), *Written on the Heart* (Dec 1-18), *Heisenberg* (Jan 19-Feb 5, 2017), *The Royale* (April 6-23, 2017)

Cary Arts Center

101 Dry Ave., Cary

919.469.4061 • www.townofcary.org

Dedicated to the visual and performing arts, the Cary Arts Center features a 437-seat theatre, as well as specialized art studios for clay, jewelry, textiles, woodworking, and several others types of art. The theatre and several rooms are available for group rentals, rehearsals, events, and more.

The Fabulous Equinox Orchestra (Sept 17), Billy McGuigan, Rave On! The Buddy Holly Experience (Nov 19), Robin Spielberg (Jan 27, 2017), Ken Lavigne (Feb 17, 2017), Pump Boys & Dinettes (Mar 4, 2017), Balsam Range (Apr 21, 2017)

Judson Theatre Company

At Sandhills Community College

3395 Airport Road, Pinehurst

800.514.3849 • www.judsontheatre.com

Judson Theatre Company is Moore County's only professional theatre. They bring stars from Broadway and Hollywood to the Sandhills area to create engaging, entertaining and inspiring professional theatre of a national caliber and deliver it to their audience at a fraction of the price of a ticket to a Broadway show or tour. Their productions rehearse and perform in Pinehurst and are a unique addition to the cultural landscape of their community and the state of North Carolina.

Twelve Angry Men with John Wesley Shipp (Sep 22-25)

Jones Performing Arts Center

At Louisburg College

501 N. Main St, Louisburg

919.497.3300 • www.jpacarts.com

Louisburg College is proud to present a series of concerts

throughout the academic year. All concerts are held in Louisburg College's 1,200-seat Auditorium/Theatre Complex. The Seby B. Jones Performing Arts Center hosts the Concert Series and is also home to the Norris Theatre, the Faulkner Gallery (the College's permanent art collection), and the Lumpkin Community Gallery, which showcases professional exhibitions as well as Louisburg College and Franklin County student art shows. Crystal Gayle (Sept 23), The Glenn Miller Orchestra (Oct 21), The Drifters (Nov 11), The Greensboro Symphony (Dec 10), Pat Boone (Feb 12, 2017), Mark Lowry (Mar 3, 2017), The Embers (Apr 8, 2017)

North Carolina Theatre

One East South Street, Raleigh

919.831.6950 • www.nctheatre.com

NC Theatre is a professional, nonprofit regional theatre producing six Broadway shows each season and was downtown Raleigh's first theatre production company.

Monty Python's Spamlet (Nov 15-20), *Always... Patsy Cline* (Jan 20-29, 2017), *Saturday Night Fever* (Feb 14-19, 2017), *Jesus Christ Superstar* (Apr 11-16, 2017), *Matilda the Musical* (May 23-28, 2017), *Disney's Beauty & The Beast* (July 25-30, 2017)

Raleigh Ringers

Meymandi Concert Hall, Raleigh

919.834.4000 • www.rr.org

The Raleigh Ringers is an internationally acclaimed concert handbell choir based in Raleigh, North Carolina. Since its founding in 1990, The Raleigh Ringers has been dazzling audiences with unique interpretations of sacred, secular and popular music, including famous rock 'n' roll tunes arranged just for handbells.

Dec 17 (3pm, 8pm) & 18 (3pm) at Meymandi Concert Hall, Spring Concert (June 11, 2017)

University Theatre

At NC State University, Raleigh

919.515.1100 • www.ncsu.edu/theatre

Since 1964, University Theatre has been NC State University's volunteer student theatre. Under the direction of a full-time professional staff, they produce eight to ten shows each season: four to five main season shows, a summer TheatreFest repertory season of three plays and, when schedule permits, a diversity play and Student Studio production. University Theatre offers a blend of student volunteer productions and academic theatre training. *Love/Sick* (Sept 22-Oct 2), *Gross Indecency: The Three Trials of Oscar Wilde* (Oct 19-Oct 30), *An Ideal Husband by Oscar Wilde* (Nov 10-Nov 20), *The Secret Garden* (Feb 15-Feb 19, 2017), *The Merry Real (House)Wives of Windsor* (Mar 30-Apr 9, 2017)



Carolina Ballet

919.719.0900 • www.carolinaballet.com

La Mer (Sept 15-Oct 2), *Don Quixote* (Oct 13-30), *Carmina*

Burana (Nov 23-27), *The Nutcracker* (Dec 3-24), *The Little Mermaid* (Feb 9-19), *Vivaldi's Four Seasons* (Mar 9-26), *Rhapsody in Blue* (Apr 20-23), *Carmen* (May 18-21)

Carolina Theatre

Fletcher Hall, 309 W. Morgan St, Durham
919.560.3030 • www.carolinatheatre.org

Legend of Sleepy Hollow (Nov 1), *A Christmas Carol* (Nov 29), *Pete the Cat* (Dec 1), *February One* (Feb 1), *Harriet Tubman and the Underground Railroad* (Feb

27), *The Song of Mulan* (Mar 2), *The Rainbow Fish* (Mar 17), *The House at Pooh Corner* (Mar 20)

Cary Players Community Theatre Company

Cary Arts Center, 101 Dry Ave., Cary
919.469.4061 • www.caryplayers.org

Oklahoma! (Sept 30-Oct 9), *The Best Christmas Pageant Ever* (Dec 1-5), *The Complete Works of William Shakespeare* (Mar 31-Apr 9), *The Mousetrap* (Mar 31- Apr 9)

Duke Performances

919.684.4444 • www.dukeperformances.org
The Civilians "The Undertaking" (Sept 29-Oct 1)

Duke University Dept. of Theatre Studies

919.684.4444 • www.theaterstudies.duke.edu
The Wild Duck (Nov 10-20)

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NC Symphony

919.680.2787 • www.dpacnc.com

Kinky Boots (Sept 13-18), *Rent* (Oct 11-16), *Fun Home* (Oct 25-30), *How the Grinch Stole Christmas The Musical* (Nov 29-Dec 4), *Cinderella* (Dec 30-Jan 1), *An American in Paris* (Jan 3-8), *Hedwig & The Angry Inch Musical* (Jan 31-Feb 5), *The Curious Incident of the Dog in the Night-time* (Feb 21-26)

Durham Savoyards

Carolina Theatre, 309 W. Morgan St, Durham
919.560.3040 • www.durhamsavoyards.org

Grand Duke (Mar 30-Apr 2), *Trial By Jury* (Fall 2017)

Halle Cultural Arts Center

237 N. Salem St, Apex
919.249.1120 • www.thehalle.org
Christmas All Over the Place, *Ten Minutes to Christmas*, *Bring on the Snow* (Dec 9-11)

Justice Theatre Project

11401 Leesville Rd, Raleigh
919.264.7089 • www.thejusticetheaterproject.org

Nickel and Dimed, *On (Not) Getting By in America* (Oct 7-22), *Zuccotti Park* (Feb 10-26), *Expresate: The Price You Pay* (Apr 21-23), *The Gershwins' Porgy and Bess* (June 9-25)

North Carolina Opera

919.792.3850 • www.ncopera.org
Das Rheingold (Sept 16 & 18), *Hercules vs Vampires* (Oct 30 & 31), *On A Turquoise Cloud* (Jan 27 & 28), *The Marriage Of Figaro* (Feb 25-Mar 5) *Michael Fabiano In Recital* (Mar 28), *The Pearl Fishers* (Apr 28 & 30)

North Carolina Symphony

919.733.2750 • www.ncsymphony.org
Rachmaninoff's Piano Concerto No. 1 (Sept 23-24), *Dvořák's Symphony No.5* (Oct 7-8), *Blockbuster Film Scores* (Oct 14-15), *Enigma Variations* (Oct 21-22), *Soundbites at the Pub - Irregardless* (Oct 24), *Copland Classics* (Nov 4-5), *The Planets: Live* (Nov 18-19), *Messiah Choruses and More* (Dec 2-3), *Soundbites at the Pub - Humble Pie* (Dec 5), *A Pink Martini Christmas* (Dec 9-10), *Beethoven's Piano Concerto No. 4* (January 6-7), *A Star Trek Spectacular* (Jan 20-21), *Mozart's Birthday* (Jan 27-28), *Rimsky-Korsakov's Scheherazade* (Feb 10-11), *Romantic Nights with Music from Phantom of the Opera* (Feb 17-18), *Soundbites at the Pub - Humble Pie* (Feb 20), *Mozart's Sinfonia Concertante* (Mar 3-4),

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Robin Spielberg
Friday, January 27, 7:30 p.m.

Ken Lavigne
Friday, February 17, 7:30 p.m.

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Spring Concert
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@ 3:00pm

The Raleigh Ringers is funded in part by the City of Raleigh based on recommendations by the Raleigh Arts Commission.

raleigh arts COMMISSION

Jason Alexander (Mar 17-18), Britten's War Requiem (Apr 7-8), Beethoven's Ninth (Apr 21-22), Schubert's "The Great" Symphony (Apr 28-29), Soundbites at the Pub - Irregardless (May 1), The Pirates of Penzance (May 5-6), Russian Nights (May 19-20)

North Raleigh Arts & Creative Theatre

Greystone Village, 7713-51 Leadmine Rd, Raleigh
919.866.0228 • www.nract.org

Creature (Aug 26-Sept 11), The Toxic Avenger (Oct 7-23), Picasso at the Lapin Agile (Nov 4-20), The Great American Trailer Mark Christmas Musical (Dec 2-18), The Night Alive (Feb 10-26), 13 The Musical (Mar 10-26), Ghost The Musical (May 26-June 11)

PlayMakers Repertory Company

Paul Green Theatre, UNC
919.962.7529 • www.playmakersrep.org

Detroit '67 (Sept 14-Oct 2), The Crucible (Oct 19-Nov 6), The May Queen (Nov 22-Dec 11), De Profundis (Jan 11-15), Intimate Apparel (Jan 25-Feb 12), Twelfth Night (Mar 1-19), My Fair Lady (Apr 5-29), Mr. Joy (Apr 26-30)

Raleigh Little Theatre

301 Pogue St, Raleigh



919.821.3111 • www.raleighlittletheatre.org
Mothers and Sons (Sept 23-Oct 9), Cinderella (Dec 2-18), The Whipping Man (Jan 13-29), One Man, Two Guvnors (Feb 10-26), A Piece of My Heart (May 5-21), Avenue Q (June 2-18)

Theatre in the Park

107 Pullen Road, Raleigh
919.831.6936 • www.theatreinthepark.com

True West (Sept 8-11), Almost Maine (Sept 15-18), Southern Baptist Sissies (Sept 22-25), Dracula (Oct

6-16), A Christmas Carol (Dec 7-18), The Santaland Diaries (Dec 9-18), N: A World Premiere (Feb 10-26), On Golden Pond (April 7-23), Glorious (July 22-Aug 6), Playing With Fire (Sept 22-Oct 8)

Towne Players of Garner

Garner Performing Arts Center
742 W. Garner Road, Garner
919.661.4602 • www.towneplayers.org
Boeing, Boeing (Oct 21-29)

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Written on the Heart
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Heisenberg
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The Embers
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4/8/17



Mark Lowry
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3/3/17



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Kathy Clark is Wakefield Wine Cellar's charming and gracious proprietor who wanted to create "a place to wind down with a great glass of wine that had food to match and where solo customers would feel just as comfortable as groups or couples."

With its stone walls, massive wood-burning fireplace, comfy couches and chairs, and lively buzz of conversation, Wakefield Wine Cellar resembles the timeless ski lodges found scattered among the Appalachian Mountains.

Wakefield Wine Cellar Wine Shop & Bar

BY BRIAN ADORNETTO, FOOD EDITOR • PHOTOS BY CRASH S. GREGG

With its stone walls, massive wood-burning fireplace, comfy couches and chairs, and lively buzz of conversation, Wakefield Wine Cellar resembles the timeless ski lodges found scattered among the Appalachian Mountains. Wooden cocktail and dining tables are arranged around the perimeter of the room with the bar in the back. Built into the left wall, and begging to be explored, are shelves filled with over 350 boutique wines from around the world. A suit of armor guards the door while statues, paintings, and antique chandeliers complete the décor. The focal point of the space is the ceiling, which is covered with crepe myrtle branches. The beautiful branches, hand-decorated according to the season, change from pink roses in the spring to colorful leaves in the fall and then are snow covered and inhabited by white owls in the winter. Outside, a gorgeous patio with lush landscaping, fire pits, and umbrella-covered tables awaits.

Kathy Clark, the charming and gracious proprietor, explains her vision behind Wakefield



Throughout the years, we've dined at every local restaurant where Chef Gibson has cooked, and we can confidently state that he is the best chef in Raleigh you may have never heard of.

Wine Cellar, "There was a need in the neighborhood for a non-chain, non-sports bar, and no one nearby was offering live music or good wine. So, I wanted to create a place to wind down with a great glass of wine that had food to match and where solo customers would feel just as comfortable as groups or couples." When not at the Cellar, the Tampa native believes in giving

back to the community. She recently sat on the board of directors for the Lighthouse Foundation of Wake County, which assists and supports the chronically ill, and on the last Wednesday of every month, she can be found preparing meals and feeding the homeless at the Shepard's Table in downtown Raleigh. Kathy also helps raise funds for the WeCare Foundation, which aids wounded war veterans.

In the kitchen is ultra-talented chef Peter Gibson, who has been cooking since he was 15. He has worked with such renowned chefs as Jean Claude, Heath Holloman, and Paul Fontaine. Peter spent years travelling, fishing, and cooking his way from New Jersey to Alaska and from St. Croix to Raleigh. He is the former executive chef of Savoy and most recently served as a co-chef of NoFo at the Pig. When asked about his cooking style, Chef Gibson says, "I'm inspired by clean, simple flavors that are texturally diverse, and I cook from the heart."

The menu at Wakefield Wine Cellar changes



Earthy mushrooms simmered in a sherry-cream sauce were set atop buttery puff pastry in the Mushroom Tart.



The Chicken Cacciatore, a juicy, roasted chicken suprême was bathed in a light mushroom, bell pepper, and pearl onion studded tomato sauce, then spooned over a mound of rich polenta.



The lavish Deviled Crab-stuffed Flounder rested on a bed of sautéed spinach and was gilded with hollandaise.

seasonally, and the food is laid back, accessible, and perfect for wine pairings. Of the Small Plates and Lighter Fare, we sampled the Mushroom Tart (\$8) and Mixed Greens Salad (\$9). Earthy mushrooms simmered in a sherry-cream sauce were set atop buttery puff pastry. The result was earthy, sweet, silken, and flaky. Garnishing the tart was an arugula parmesan salad with toasted shallot vinaigrette. The Mixed Greens Salad was tossed with sliced apples, gorgonzola, walnuts, and lemon-olive oil. Refreshing and satisfying, the flavorful salad paired well with a glass of dry, fruity Parolvi Pinot Grigio.

For something a little heartier, the Chicken Cacciatore (\$15), Deviled Crab-stuffed Flounder (\$22), and Petite Filet Mignon (\$20) from the Chef's Specialties section are great choices. A



Beautifully seared and simply seasoned, Chef Gibson's meltingly tender filet mignon served alongside breadcrumb-topped white cheddar macaroni and cheese and stewed tomatoes was comfort food at its best.

juicy, roasted chicken suprême (a boneless breast with drumette still attached) was bathed in a light mushroom, bell pepper, and pearl onion studded

tomato sauce, then spooned over a mound of rich polenta. Complimented by a glass of Cantine di Ora Amicone, this soul-soothing Italian classic reminded me of home. The lavish flounder rested on a bed of sautéed spinach and was gilded with hollandaise. Its abundant stuffing was excellent. Moist, sweet, and spicy, its flavor was comparable to a Maryland crab cake. Beautifully seared and simply seasoned, Chef Gibson let the meltingly tender filet mignon shine. Served alongside breadcrumb-topped white cheddar macaroni and cheese and stewed tomatoes, this dish was comfort food at its best and a delightful match for a glass of the savory, vibrant LaVina Catalunya Tempranillo.

When it comes to dessert, Chef Gibson is particularly adept with fruit. His Blueberry Tart >>>

THRIVE!

An Evening Benefit for the Fight Against Homelessness

Please join us on Monday, September 26th at Caffe Luna for Thrive!, the annual fundraiser for the Women's Center of Wake County.

The funds raised at this event will help women, children, and families in Wake County who are homeless, or at risk of becoming homeless. Tickets are only \$25 and are available for purchase at <http://bit.ly/ticketsthrove2016>. There will be live and silent auctions, food, and beverages provided.

If you cannot attend our benefit, please consider donating online to this worthwhile cause at <http://bit.ly/donatethrove2016>. Any amount will help our fight to end homelessness!

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When it comes to dessert, Chef Gibson is particularly adept with fruit. His Blueberry Tart was outstanding.



The Chocolate Torte with espresso and caramel was sweet, fudgy, and intense. It was everything you could ask for in a decadent chocolate dessert.

(\$8) was outstanding. The scallop-edged tart base was coated with pastry cream, filled with fresh blueberries, drizzled with blueberry compote, and finished with piped whipped cream. It was sweet, tart, and redolent of summer. But don't fret chocolate lovers. The chef has you covered too. The Chocolate Torte (\$8) with espresso and caramel was sweet, fudgy, and intense. It was everything you could ask for in a decadent chocolate dessert.

We've dined at every local restaurant where Chef Gibson has cooked, and we can confidently state that he is the best chef in Raleigh you may have never heard

of. That alone is reason to travel north of I-540, but when factoring in Wakefield Wine Cellar's great wine selection, relaxed atmosphere, and friendly staff, we can't think of a single reason not to make the trip. 🍷



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

Wakefield Wine Cellar

13600 Falls of Neuse Road #116, Raleigh, NC 27614
(919) 556-5725 | www.wakefieldwinecellar.com

Hours of Operation

Tuesday – Thursday: 3pm – 10pm
Friday – Saturday: 3pm – 12am
Closed on Sundays and Mondays

Cuisine: New American

Atmosphere: Welcoming and laid back

Price: \$\$ and half

Service: Friendly and wine knowledgeable

Wine List: Extensive and well curated

Dress: Casual

Noise Level: Moderate to high

Reservations: Accepted

Parking: Lot

Features: Gluten-free and vegetarian options with vegan choices available upon request; Patio dining; Bar dining; 23 \$8.50 by-the-glass wine options; Creative cocktails; Craft beer; Hand rolled cigars from Bull City Cigar Company of Durham; Free wi-fi; Major credit cards accepted; Live local music every Wednesday, Friday, and Saturday; Monthly wine dinners; Private parties; Retail wine sales.

Downtowner Tips: Great for an after-work glass of wine, drinks and appetizers, date-night dinner, large groups, singles, whiskey-lovers, and cigar aficionados. If you're looking to watch a game or other televised event, be aware: there are no live TVs here. Half-price appetizer from 3pm until 5:30pm Tuesday through Thursday. Wine is 20% off on Tuesdays. \$5 glasses of house wine on Wednesdays. Half-price bottles of beer on Thursdays.

🍷 Cynthia M. Gregg, M.D. & Associates 🍷

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Dr. Gregg has been a featured doctor on Oprah Winfrey's "Remembering Your Spirit" for her pro bono work with survivors of domestic violence.

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From the Publisher



Welcome to a special Performing Arts combination issue of the *Downtowner* and our sister publication, *BOOM! Magazine*. *BOOM!* is a lifestyle publication aimed directly at the baby boomer generation and is distributed all across the Triangle area. Performing arts are a crucial part of our local economy as they not only provide culture and entertainment, and but also help bring in revenue from out-of-town visitors who purchase show tickets, dine at local restaurants, shop at businesses and boutiques, and stay in area hotels and Airbnb rooms. We hope you'll find a few shows in this great list that you're interested in attending, and we encourage you to invite friends or co-workers to join you for an entertaining and

enjoyable night out on the town. By spending dollars in our immediate economy, we help bolster local business, with more of the money we spend staying here in our own community. We always support buying/shopping/dining local and hope you do as well.

On another topic, as many of you know, I've added realtor to my business repertoire

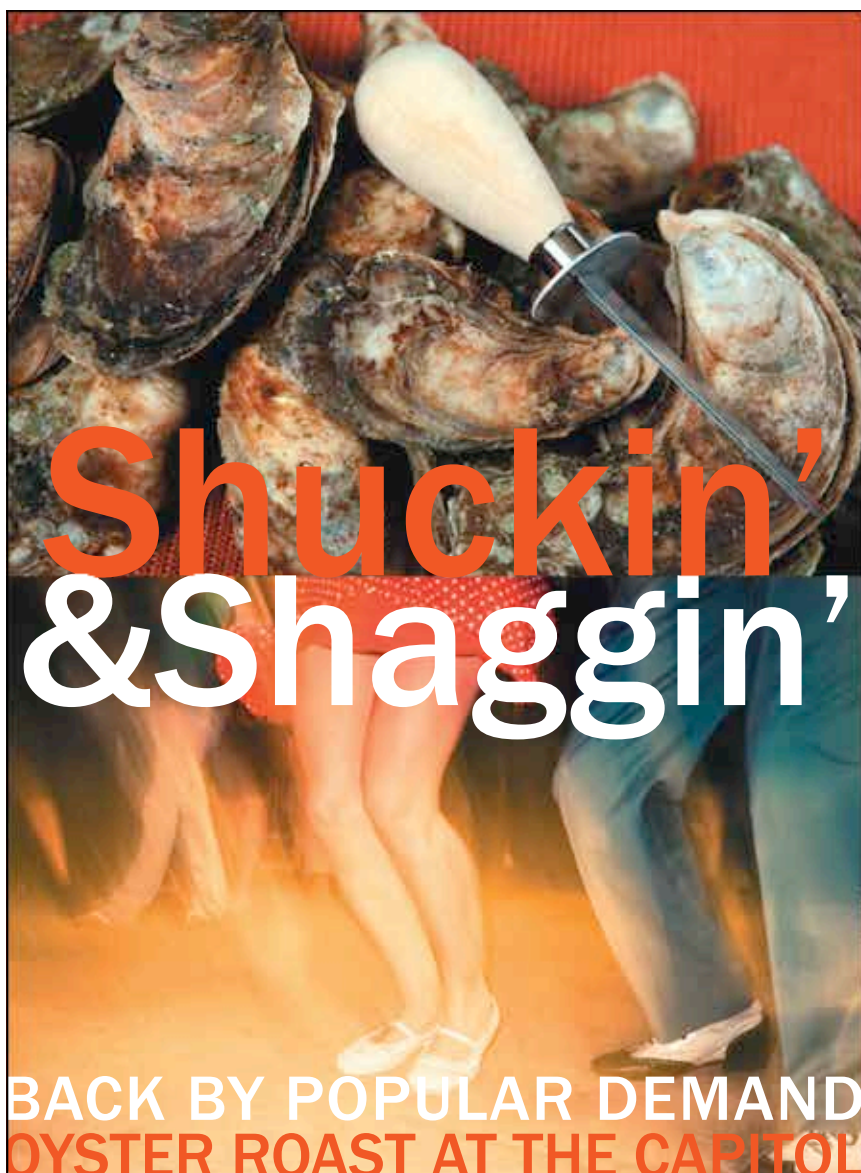
and have enjoyed helping friends and peers with finding and selling their homes. I'd be honored to help you with any home needs you may have. If you'd like to search for available home for sale (or those that have sold in the last six months), please download my Home Scouting app. It's free, accurate, detailed, and easy to use in real time. To download, just search for Home Scouting in your App Store/Google Play, install, and enter CALLCRASH to log in or visit <http://bitly.com/HScrash> on your iPhone, or <http://bitly.com/HSAcrash> on Android. If you find a home you like and would like to see, or if you're are interested in selling your own (or have any commercial real estate needs), feel free to give me a call or send me an email at any time. I look forward to doing all I can to help: 919.828.8888 / crash@gilloolyrealty.com.

Cheers,

Crash

CRASH GREGG

Real Estate Broker with Gillooly Realty
 Publisher, *Triangle Downtowner Magazine*
publisher@welovedowntown.com



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Around Town in the Triangle



Congratulations to more of our Best of Downtowner Award Winners! LEFT: Bob King, owner of Seaboard Ace Hardware (winner, Best Local Hardware Store). CENTER: Jean Martin (owner) and Chef Dan Gray from NOFO (winner, Best Bloody Mary and Best Local Gift Shop), and RIGHT: Charlene Newsom of Gallery C (winner, Best Place to Buy Local Art).



LEFT: Congrats to Brandon Cordray on his new position of Director of Visual Arts Exchange. Congrats to more of our Best of Downtowner Award winners: CENTER: Jamie Saad and Chris Bannon of Black Flower (winner, Best Dive Bar, Best Dog-Friendly Bar). RIGHT: Havana Deluxe's Mike McDonald Mike Reid, (winner, Best Neighborhood Bar, Best Bourbon Selection)



LEFT: A sad goodbye to NC Theatre's President and CEO Lisa Grele Barrie, who has stepped down to pursue other opportunities. Our publisher Crash Gregg with artist Keith Norval (we've enjoyed having your work in our office for the past month!). Huge shout out to Chad McIntyre who drove a huge truck of supplies down to flood-ridden Louisiana!



LEFT: Congrats to Empire Properties and Greg Hatem and Preserve NC's President Myrick Robbins) on the 10th anniversary of saving All Saints Chapel from demolition by moving it to its current location near Oakwood. CENTER: Happy birthday to one of our favorite people, Pam Saulsby, reporter, singer, writer, author, and activist. RIGHT: Congrats to neighbors Marsha Gordon and Louis Cherry who won the battle to keep and live in their Modernist home in Oakwood after the NC Supreme Court denied an appeal to the case.

Around Town News

We love gossip. Okay, not really, we'll leave that to the many blogs out there who never bother to fact-check anything before posting... However, we DO love hearing about local growth and sharing it with our readers. Hear about a new restaurant, bar, or business opening in the Triangle? We're big on downtown Raleigh news, but we enjoy hearing about new places all across the Triangle. Send tips to news@welovedowntown.com and to say "thanks ya'll," we'll pick a couple of random tipsters each month and send you a free t-shirt.

Charlotte-based **Living Kitchen** has opened in Charter Square with locally sourced plant-based, organic cuisine. Located at 555 Fayetteville Street www.livingkitchen.com



Speaking of kitchens, **Whiskey Kitchen** has finally opened at 201 W Martin near The Berkeley Cafe and Nash Square. Check out their whiskey menu and current food offerings online, www.whiskeykitchen.com.

Parkside has opened its doors just a block west of Whiskey Kitchen in the old Brewmasters/Joe's Place at 301 S. Martin Street. Open for lunch and dinner, seven days. www.parksideraleigh.com



Jermaine Landon and Christopher Michael will launch **The District** in the failed Hadley's/previous Borough space on the first floor of The Dawson condos. The restaurant and bar should open in the next few months and promises a casual/all-are-invited vibe. www.thedistrictraleigh.com



The Art of Style may be moving from Cameron Village to downtown Raleigh. Nothing written in ink yet by the time we went to press so watch their Facebook and Instagram pages for info. More retail in downtown is great news. www.theartofstyle.com



Several retailers in downtown have closed

up shop in the past few months including **Nora & Nickey's**, **High Cotton**, and **kids' clothing store Nüvovivo**. Nora & Nickey's is "merging" their downtown store with their North Raleigh shop, High Cotton is going to all online ordering, and Nüvovino closed in July. We're guessing the Nora & Nickey's space is perfect for **The Art of Style** (we'll



see next week if we're right) and **DECO Raleigh** owner Pam Blondin and Jessie Williams of **Edge of Urge** will be partnering up to open up a home goods store in the High Cotton space.

John Holmes and Chef Eric Montagne will re-open **Standard Foods** wine-focused restaurant in mid-September with new manager & master sommelier Fred Dexheimer, and butcher Jeremy Hardcastle. www.standardfoods.com



If you're missing the great food at Battistella's Restaurant, fear not. **Chef Brian Battistella** has taken up kitchen residency at **The Berkeley Café**. They'll be launching a brand new full menu soon with plenty of tasty dishes. www.risebiscuitsdonuts.com



A **new brewery** as well as an artist co-working space and studio called **Anchorlight** will open soon in south Raleigh at 1401 S. Bloodworth Street. Developer **James Goodnight** owns the building and offered the space to artists who previously occupied the **Pink Building Project**, another of Goodnight's properties. The brewery will produce the beer served in the taproom, which will open later this year in the old **Tir Na Nog** space by the owners of **Bida Manda**.

Historic Oakwood residents and neighbors are excited about the opening of **Brewerks Café & Bakery** in the old Quality Grocery

space at 701 E. Lane Street. They're currently serving breakfast and lunch and the bakery will be open soon. www.brewerks.cafe



Two longtime downtown art galleries have decided to relocate to the Five Points area, citing patron parking as a major concern. **Adam Cave Fine Art** moved from their second floor gallery space on Hargett Street two miles away to Progress Park. **Lee Hansley Gallery** is moving from their Glenwood South location to Dock 1053, a newly refurbished mixed-use warehouse near Whitaker Mill and Atlantic. www.adamcavefineart.com www.leehansleygallery.com



El Taco Cartel, a "taco-slinging" bike cart from wedpics entrepreneur **Justin Miller** just received their permits from the City of Raleigh and will start serving tacos in downtown the first week in September.



Fans of **Finch's Restaurant** will be glad to hear they have a few more months to enjoy dining at the local icon. After 70 years, they're being forced to close or relocate to make way for the new Capital Boulevard bridge being built over Peace Street. Previous plans were underway to move the restaurant to Chapel Hill Road in Durham.

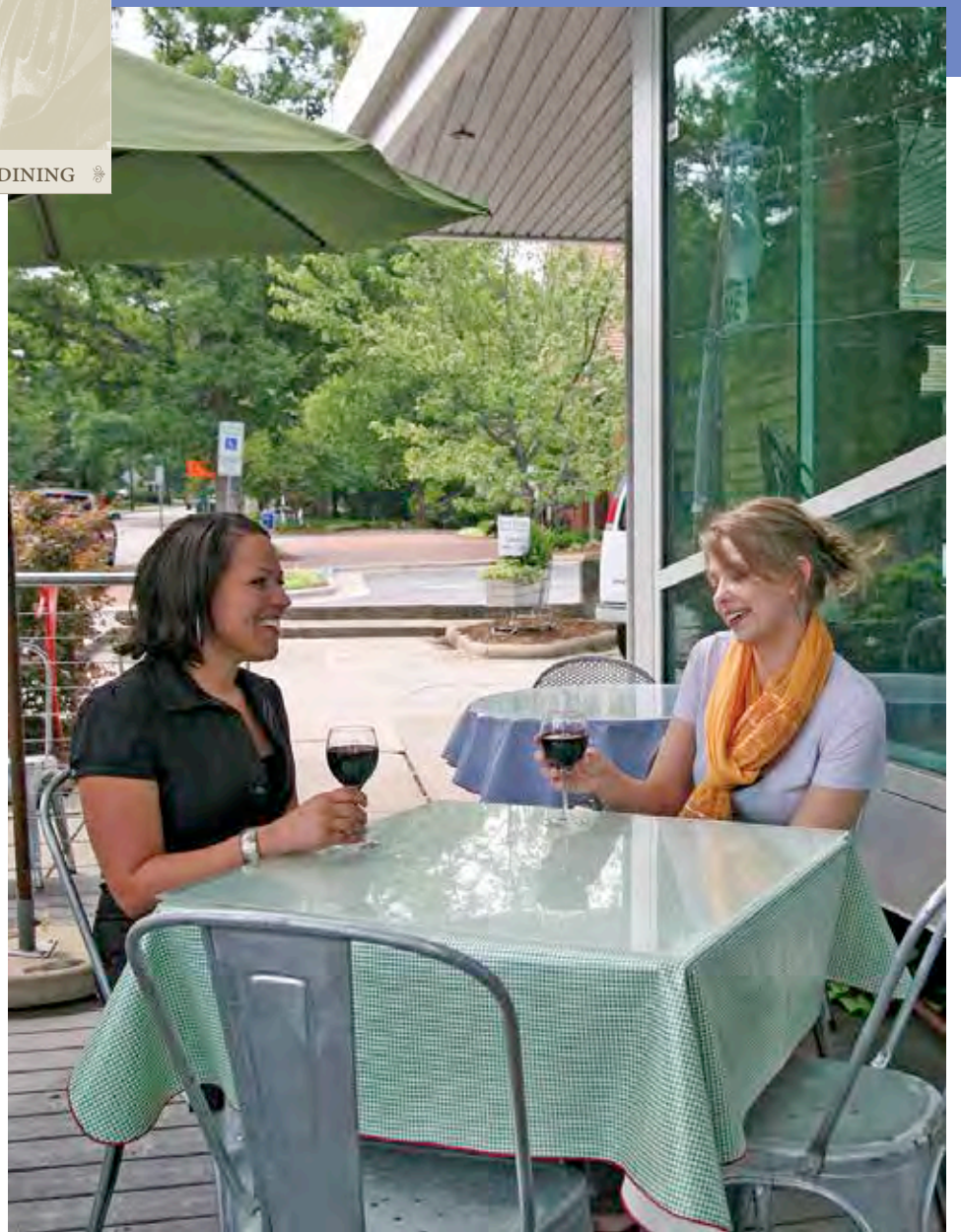


Mexican restaurant **San Marcos** recently opened at 5300 Homewood Banks Drive behind Crabtree Valley Mall.

High-five to Sean at Triangle Food Blog, Ashton and her weekly email, and RaleighAgenda.com for news ideas.



The interior in the NOFO cafe and shop are abound with color, whim, and surprises.



Guests can dine inside in the café or outside on the upstairs patio.

NOFO @ the Pig

BY CHRISTY GRIFFITH • PHOTOS BY CRASH S. GREGG

NOFO @ the Pig is either the quirkiest, funkiest place that you're not eating at OR the quirkiest, funkiest place you're not eating at enough. In a perfect world, you'd have time to come by every day and work your way through the brunch, lunch, and dinner menus before they change according to the season, local availability of items, and Chef Dan Gray's culinary whims.

The first NOFO got its name after opening in Wilmington in 1997 on North Fourth Street. Owner Jean Martin closed it in 2012, joking that she couldn't bear the thought of signing any more ten-year leases at her age. No matter her actual age, she has a young and exuberant spirit and it's hard to tell if she's harnessing her energy from NOFO or if the NOFO is harnessing its from her. NOFO @ the Pig has been open in the Five Points area of downtown Raleigh since 2001 when Jean transformed the old Piggly Wiggly grocery store building into a veritable fountain of spunk. The top floor gift shop above the café is filled with a wide variety of wares, eats, and Southern goodness from local artisans and is a must-see. It embodies NOFO's "Love Living Local"



Chef Dan Gray is in charge of the magic that happens in the kitchen at NOFO.

mission, which may very well be the most supportive establishment of local entrepreneurs in all of Raleigh.

Downstairs, under the remarkable glass pig chandelier, you'll find cheerful tables covered in colorful dots,

ideal for Instagramming your meal. The inviting and fun atmosphere encourages you to hang out and not take life too seriously during your visit, no matter how many high-pressure meetings await you once you walk out the door. If you're able to visit NOFO stressed out and subsequently leave the same way, there's no hope for you!

Pretty much all of what you're going to put in your mouth is sourced as close to NOFO as possible, with the only exception on the day we visited were the Marcona almonds that Chef Gray imports from Spain for the **Roasted Beet and Kale Salad** (\$9). The kale, lightly dressed with a maple balsamic vinaigrette, tastes as if it's been massaged into tender submission, a splendid backdrop for the crunchy chopped apple. Earthy golden and red beets are beautiful to look at (if you have the time to admire them before diving in) and paired with fresh *chèvre* and lots of cracked pepper, you'll forget why you ever held a grudge against kale in the first place.

The first bite of the **Summer Berry Salad** (\$9) transports you straight to the beach, complete with



The Roasted Beet & Kale Salad was lightly dressed with a maple balsamic vinaigrette and paired with fresh chèvre and lots of cracked pepper.

Hollywood-approved beach body. Bibb lettuce comes studded with fresh strawberries and blueberries, a great foil to the bite of red onion, spiced pecans, and pungent blue cheese; all tied together with a slightly sweet raspberry vinaigrette.



The Summer Berry Salad with bibb lettuce comes studded with fresh strawberries and blueberries, a great foil to the bite of red onion, spiced pecans, and pungent blue cheese; all tied together with a slightly sweet raspberry vinaigrette.

Everything is right in the world when you try Dan's sweet potato fries, which were on the very first menu at NOFO and are still made from the original recipe. Yes, I said sweet potato fries. Quite possibly the best sweet potato fries you will ever eat. Not coated in batter, not soggy, not cloying, not covered in some foreign spice. These are the real deal sweet potato fries and will somehow magically stay crisp if you have the willpower not to stuff them all into your face the moment they hit the table. All sandwiches come with a side, and you can upgrade that side to **Sweet Potato Fries with a citrus Cajun remoulade** for \$1.50 and YOU REALLY, REALLY SHOULD. We had ours with the Chicken Satay Pita (\$9.50), a dish highlighting a few of Chef Gray's delicious tricks developed during his tenure at Five Star (the Asian restaurant on Hargett Street). The whole is greater than the sum of the parts, and that's saying something, because I would swear under oath that each of these parts should be eaten and raved about on their own. Put together the orange and soy-marinated chicken, bright cilantro slaw, sweet and salty peanut sauce, crunchy pickled vegetables, and the pillowy pita...BAM! Sandwich synergy. I picture the chef slicing and dicing, "Fabulous secret powers were revealed to me the day I held aloft my magic sword chef's knife and said, 'By the power of Grayskull NOFO!'" And I dare say it would be way more epic than anything He-Man has ever done, even with the aid of Battle Cat.

Trying to pick a favorite dish here is like trying to



In NOFO's Carolina Cuban, roasted pork is swapped out for a heap of lightly-vinegared pulled pork and creamy coleslaw.

pick a favorite child. Every time I put something in my mouth, I had a "this is the best thing I've ever eaten" moment. The **Carolina Cuban** (\$9.50) is no exception. I absolutely LOVE Cuban sandwiches. I was under the impression that a perfectly made Cuban could not be improved upon. Today, in print, I freely admit I was wrong. (There's a first time for everything.) Roasted pork is swapped out for a heap of lightly-vinegared pulled pork and creamy coleslaw. Still present are the Cuban bread, ham, Swiss, yellow mustard, and dill pickles, but these pickles are so amazing, they could probably bring peace to the world. The chef sent out a side of **Sesame Kale Salad**, whose Asian-flavors I would not have thought to pair with a Cuban, but it works! I can safely say that since the chef knows how to make kale this delicious, any side you choose will be equally amazing. I'll buy you one of NOFO's award-winning Bloody Marys if you don't agree. (I anticipate buying zero Bloody Marys!)



The Carolina Fried Oysters with Bloody Mary cocktail sauce were some of the best we've EVER had.

The **Carolina Fried Oysters** (\$11) come with Bloody Mary cocktail sauce and slaw. The breading is light so there's nothing to hinder the briny taste of the ocean. Your teeth chomp through the crisp, barely-there exterior before sinking into the creamy mollusk with a savory finish. These are fried until *just* done, so no worries about an overcooked, chewy oyster here. Remember, there are folks in the kitchen with fabulous secret powers!

The oysters aren't the only amazing seafood coming out of NOFO. The **Crab Cake** (\$20) is the way crab cakes should taste. Just a scant amount of filler to hold the crab together (but not enough to detect), pan-fried and packed tight with so much meat that the instant your fork dives in, lump crab seems to multiply, like a box of take-out fried rice. Slices of fried rosemary zucchini are an extraordinary accompaniment, and the citrus remoulade and green tomato relish are the diamond earrings to this little black dress of a dish. But



The Crab Cake at NOFO is how crab cakes SHOULD taste, pan-fried and packed tight with so much meat that the instant your fork dives in, lump crab seems to multiply.

happily, you can still eat it wearing yoga pants.

One of Jean's favorite dishes is the **Trout** (\$17). She



Love seafood? Chef Dan's Trout is your definitive answer.

proudly gushed, "Dan does amazing things with trout!" so we had to find out for ourselves. Chef Gray sends out a plate covered in one hell of a tangy red and green tomato ragout, and on top of that a jalapeño pepper-jack grit cake, the edges gently crisped and the interior creamy. Then, as if all that wasn't enough to make you verklempt, he gilds the lily by topping it all with a cornmeal-dusted trout fillet, pan-fried in such a way that even Gordon Ramsay himself would be left speechless, before hitting the whole dish with a drizzle of creole remoulade. Flawlessly executed in a way that makes you want to use terms like *flawlessly executed*, even if in real life you actually utter phrases like *ohmigod get in my mouth now* with your mouth already full.



NOFO's famous Shrimp & Grits are famous for a reason.

The **Shrimp & Grits** (\$14) has been on the menu at NOFO since the beginning, based on the late Bill Neal's recipe from Crook's Corner of Chapel Hill. Gray has added his own spin on it, and if shrimp and grits were an Olympic gymnast, it'd be 1976 Nadia Comăneci in Montreal. I'm sure that no judge could find fault in the luxuriously velvet-like pepperjack grits, covered in >>>



You'll be hard pressed to find someone more excited about promoting local business than NOFO's Jean Martin.

cheesecake, I'd wear a shirt saying *I made this cheesecake!* and walk around NOFO, standing akimbo next to diners eating said cheesecake, waiting for high-fives. Expecting high fives. Then there's the **Chocolate Torte**, which was sinfully rich with hints of coffee in the background. If you like to indulge, do it with the torte. On top is the unassuming pièce de résistance, a scoop of local chocolate ice cream that, with the torte, immediately turns me into the female lead in a romantic comedy, shoveling cake and ice cream into my mouth as if I just had to eat all my feelings right then and there. I was full, uncomfortably so, but the dessert spoke to me, and it was telling me to eat it and eat it all.

Jean came over as I was trying to hide how much I had gone to town on the sweets to let me know they were excited to start serving ice cream pops from local purveyors Mama Birds Cookies + Cream (www.mama-birdsicecream.com), opening their brick and mortar location soon in Holly Springs. "The recession was hard, but in a way, it was a good thing. It really brought out everyone's entrepreneurial spirit," she says, surely thinking of all the local artisans she's been instrumental in helping by featuring their products and passions at NOFO. Raleigh and the surrounding area owe a million high-fives to Jean Martin, who was loco for locals before being loco for locals was cool. If you're looking for someone to write in on the ballot this November, remember her name and we'll all win. 🐷



NOFO @ The Pig

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sautéed mushrooms, bacon, and plump shrimp. Green onions add a fresh pop of color and bite, but what ties everything together is the garlic butter spooned on top as a finishing sauce, bright with the addition of lemon and a touch of hot sauce really making it something you'd want to slurp up with a straw. (Is it bad to want to ask for a bowl of this butter and a spoon? I can pretend it's soup so people won't stare and point.)

Don't forget dessert! We enjoyed a slice of NY-style **Cheesecake** served with fresh berries. The chef was humble about it as he placed it in front of us ("It's just a regular cheesecake") and I'm still confused why. This thing is worth taking extra insulin for. If I made this

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Concert in Armstrong Park (Mixed Media) by Lewis St. Louis

Southern Discomfort, The Art of Dixie

BY LINDA KRAMER

Gallery C in downtown Raleigh, known for its dazzling, inventive and provocative installations, is now showing its much anticipated annual themed art event, curated by gallery owner, Charlene Newsom. Hang on. It's an outrageous and utterly fun party!

This year's event is called *Southern Discomfort: The Art of Dixie* and it shows off a wide range of multi-media works selected specifically to amaze, delight, surprise and dazzle patrons.

The collection of 70 works by 28 artists from all areas of North Carolina and as far reaching as Virginia, New York and Portland, Oregon, have been carefully selected to give a lighthearted and playful glimpse into southern peculiarities and eccentricities.

The focus, for the most part, is unconventional and controversial, demonstrating the South's unique culture in a sometimes irreverent way. The boisterous side of art, if you will.

The subject, no matter what your view, is a fertile ground for artists of every venue and medium. Some of the art is polite and some is an acceptable impropriety. The

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Dixie Wedding (Acrylic on Canvas) by Keiko Genka (sold)



NC Former State Bird- Jim Crow (Mixed Media) by Susan Harb



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edgy and strong themes of Louis St. Lewis, Sherrod Barnes-Ginifer, Matt Cooper, Keiko Gengka, and Susan Harb blend harmoniously with the traditional photography of one of everyone's favorites, Watson Brown.

No controversy is spared. From the varied economic spectrums of local trailer parks to the philosophies, myths, customs and oddities that are prevalent in the South, all are reflected in themes from hog-killings to NASCAR, Duck Dynasty, Deliverance, and moonshine to the grace and beauty of William Faulkner's stories of redemption.

Don't miss this romp through the South as you've never seen it before. It's a wild and memorable ride!

Complete listing of the Local NC artists in the show: Sherrod Barnes-Ginifer, Lisa Bartell, Maisha Brachs, Watson Brown, Matt Cooper, Bre Crowell, Simon Griffiths, Keiko Genka, Louis St. Lewis, Nate Sheaffer, Michael Northius, Madonna Phillips, Dana Raymond, Tim Saguinsin, and Joyce Watkins King.



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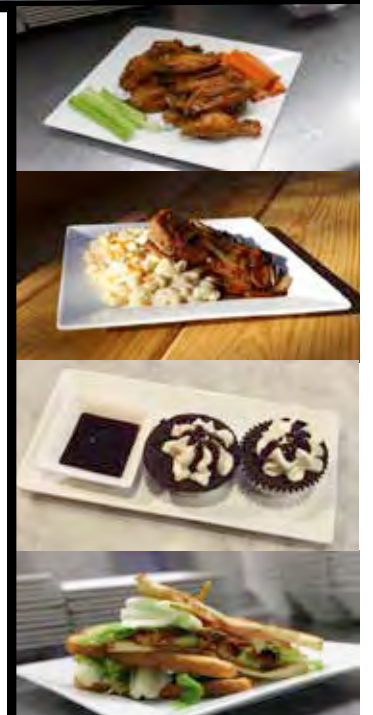
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Building Your Wine Cellar

By LIZ OLIVIERI

our 'house wines', but it's also a great time to find something different and intriguing that may surprise yourself and your guests.

There's no right or wrong way of going about stocking up for your house wines. You can go as classic and traditional as you'd like, or you can go crazy and find a couple of hidden gems that no one else will expect. The choice is yours. My only words of advice would be to allow your cellar to reflect your personality. Whether we're talking about home décor, fashion, or any other way we like to outwardly express ourselves, wine fits right into that category.

If you're a straightforward Cabernet Sauvignon or Pinot Noir drinker, and nothing else will do, that's perfectly fine! There's tons of ways to load your cellar with Pinots or Cabs from all over the world that will

showcase your favorite wines, but still remain adaptable to guests and their palates. Cabs ranging from Round Pond Estate's 'Kith & Kin' from Rutherford, Napa – which is bold, plush, and full of dark fruit flavors – to Hobo Wine Company's from Alexander Valley, which is a fresher and brighter light-on-its-feet Cab. And Pinots from Oregon from the fun and funky Big Table Farms, will taste entirely different than a classic Pinot Noir from its birthplace of Burgundy. There's so much in between the two that you could fill a cellar with a variety of tastes and styles all originating from just one grape.

On the other hand, if you're someone who likes to stay on top of trends and what's hot, there are always new wines and new winemakers popping up all across the country and around the world to try as they hit the wine market. Cruse Wine Company out of California



Monkey Jacket from Cruse Wine Co.

It's time for our kids (and some of us) to head back to school, back to busy workdays, and, best of all, back to cooler weather! With the dog days of summer behind us and football season and dare I say it, the holidays, soon upon us, there's still plenty of opportunity to restock your cellar with new seasonal favorites to have on hand throughout the fall. There are always the reliable go-to wines that we're often drawn to having around as



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is developing a 'cult' following for their wines sourced from unexpected varietals from outpost vineyards across the state, much like their wild 'Monkey Jacket', a blend of Valdiguié and Tannat that we're totally digging right now.

Another major influence in developing your cellar is to understand on what occasions are you cracking bottles the most. Are you having wines by the glass with friends, just sitting around chatting before dinner? Or, are you looking for a special bottle each time you have dinner at home? Whether it's one or the other, or both, this can guide the direction of your wine rack in the right direction. Finding wines that are both versatile enough to have on their own and to match a variety of meals is not a unicorn hunt. There are plenty of delicious wines out there that lend themselves to just that. Cotes du Rhone red blends are notorious for being medium-bodied, fruit forward and juicy wines with softer tannins that can also provide a little earthiness for depth, such as the 'Prestige' Rouge from St. Hilaire d'Ozilhan, which allows it to be an easy by-the-glass option, but also a versatile accompaniment to wide variety of dishes.

White wines can have their own place in your home collection as well. Chenin Blanc is a personal favorite to have on hand. The grape is known for having more pear and apple flavors, crisp acidity, and a little more weight. Think of it as an 'in between' for Sauvignon Blanc and Chardonnay drinkers, which is a delicious and versatile pairing for most foods, and for most people. At the shop, we're excited about the new, limited release of Broc Cellars' Chenin Blanc – an unfiltered and crazy good wine out of California this year that represents the classic grape well, but with a little unexpected and 'rare wine' flare.

However, if you're looking for that special bottle to serve with many different meals, I highly recommend shopping for smaller production wines from around the world that are a wide range of styles, grapes, and regions. Try and mix up your price points as well. There are times when you want something inexpensive after a long day of work that will be great to sip on without having to worry about the price of the bottle, and you can certainly find a wine that satisfies both of those needs. Stocking up with wines that are perfect for those

situations will benefit your wine rack just as much as that expensive bottle you're saving for a nice Sunday dinner or meal with friends and family.

You can always invest in a few cases of a particular wine that you love, or a favorite 'go-to' wine, but there's always something fun, intriguing and special about trying a new wine for the first time and sharing in that first taste with a group of friends and family. No expectations, no preconceived notions, just something different to switch it up every once in a while. No matter what your wine rack or cellar looks like now, the changing of the seasons is the perfect time to clear out those summer sippers and start fresh for the fall with a clean slate to enjoy the opportunity to find your new set of house wines.



Liz is the part of The Raleigh Wine Shop team, located at 126 Glenwood Avenue in Raleigh and is glad to help with recommendations for any wine needs you might have. All wines mentioned in this article are conveniently found at The RWS. You can reach Liz at liz@theraleighwineshop.com.

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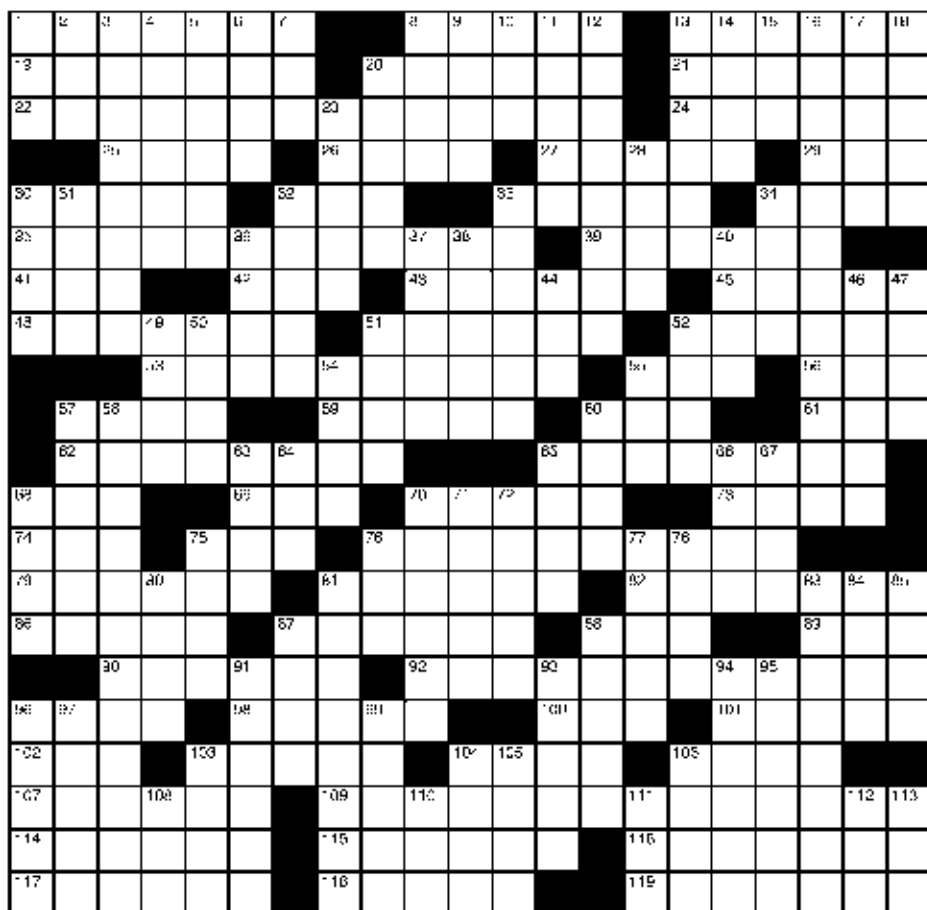
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9/11/16

"RISK FACTOR"

ACROSS

- 1 No-trade policy
- 8 1954 Ford debut
- 13 Vacillate
- 19 Brit's beauty shop
- 20 Geographical symbol of Middle America
- 21 Beat the wheat
- 22 Battle of vampire slayers?
- 24 Bandleader Tito
- 25 Eponymous virologist
- 26 Eric Cartwright's nickname
- 27 Like some seals
- 29 Poor mark
- 30 Indefinite period
- 32 Japanese chip maker
- 33 Once around
- 34 Hair ringlet
- 35 "Dash away" yourself, Santa! We're tired!?"
- 39 Hickok's last hand, so it's said
- 41 Yves' yes
- 42 Hefty Cinch__ bags
- 43 River to the Ohio
- 45 Marathoner's concern
- 48 Language spoken by Jesus
- 51 Enter again
- 52 Science major's cost
- 53 Band of vipers' rhythm section?
- 55 Mom, dad, sibs, etc.
- 56 Cholesterol letters
- 57 Jason's ship
- 59 Quebec's __ Peninsula
- 60 Pound foot
- 61 Order from a stool
- 62 With 65-Across, malt shop accoun-

- tant's calculation?
- 65 See 62-Across
- 68 Ararat lander
- 69 Youngster
- 70 Boat, or the tool that moves it
- 73 Tony winner Judith
- 74 Dessert option
- 75 Starchy tuber
- 76 Time when all farms used plow-pulling oxen?
- 79 Thrusting blade
- 81 Used as security, in a way
- 82 Words behind Lincoln?
- 86 Bias
- 87 Temple with an upcurved roof
- 88 Calendar col.
- 89 Golf course meas.
- 90 Promise qualifier
- 92 Angler's slang?
- 96 "Yikes!"
- 98 HDTV part, for short
- 100 Texter's "Yikes!"
- 101 Barely eats
- 102 Billboard __ 100
- 103 Pastel shade
- 104 Celebrate an anniversary, with "out"
- 106 Host before and after O'Brien
- 107 "Nightfall" story writer
- 109 Soda jerk's course of study?
- 114 Decide not to
- 115 Square quartet
- 116 North African capital
- 117 Boston College athletes
- 118 Exxon__
- 119 Gets incensed

DOWN

- 1 Mini-albums, for short

- 2 Shoe-wiping spot
- 3 Portuguese-speak-ing capital
- 4 Its pH is more than 7
- 5 Muddied
- 6 Goop
- 7 Cousin of corn
- 8 A thousand's hundred
- 9 High-tech workers
- 10 Steam
- 11 It helps some singers see the choir leader
- 12 Sortable informa-tion source
- 13 Fla. coastal city
- 14 Barak who suc-ceeded Netanyahu
- 15 Before, in verse
- 16 Satirize the screw-ball?
- 17 Autumn bloom
- 18 Stagecoach roller
- 20 Hound
- 23 After-dinner request
- 28 Loaded
- 30 "Now just a darn minute!"
- 31 Labor bill unit
- 32 City near the Tappan Zee Bridge
- 33 "No prob"
- 34 Control
- 36 Group with the albums "Aqua" and "Aria"
- 37 Still-life subjects
- 38 Devour
- 40 Shell game, say
- 44 H.S. VIPs
- 46 Sampling of songs
- 47 Soccer superstar
- 49 Cath. church VIP
- 50 Presently
- 51 Dietary stds.
- 52 Newton trio
- 54 Like a soufflé
- 55 Much
- 57 Passé reception aid
- 58 Portrait of a libertine?
- 60 Ill-gotten gains
- 63 Building beam
- 64 __ de plume
- 65 Proceed tediously
- 66 Travel with a pack
- 67 "__ plaisir!"
- 68 Financing nos.
- 70 Prune
- 71 Singer Lauper
- 72 "__ directed"
- 75 Mountain myth
- 76 Former U.N. leader Hammarskjöld
- 77 Inexperienced
- 78 Versatile type in medicine, briefly
- 80 Dope
- 81 Zoo observation gadget
- 83 Brown, often
- 84 Site of the U.S. continent's geo-graphical midpoint
- 85 Disapproving sounds
- 87 Beach building aid
- 88 Cellphone feature
- 91 Baked potato top-ping
- 93 Baseball Hall of Famer Wagner
- 94 Coinage
- 95 Man cave art
- 96 Popular connection point
- 97 Biblical prophet
- 99 __ Lodge
- 103 Theater section
- 104 Department with a scale
- 105 Eur. republic since 1944
- 106 Old Pisa dough
- 108 B or C of the Spice Girls
- 110 Cold War spy gp.
- 111 Civil things: Abbr.
- 112 Small ending
- 113 Central beginning

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Is Sixty the New Forty?

BY ANNE BARRINGTON, RN CHC

When I was sixteen, I had a certain admiration and awe for women in their sixties. In my small Norwegian hometown, the average 60 year old woman was a home-maker, a wife, and grandmother. I didn't know anyone who made front page news or changed the world, just your average small-town women. However, their conversations and daily chatter conveyed great wisdom and a great sense of humor that said "we know life" and "everything works better with laughter." Their make-up free faces, gray/white hair, and comfortably padded bodies carried a relaxed and carefree attitude of inner confidence. Long left behind by fashion trends, they chose creative, colorful, and often self-made clothing that spoke of freedom from stereotypes. Their homes were full of their own personal touches with interesting

knick-knacks, books, mementos and other proof of lives lived well. But most of all, they seemed to have time. Although never idle, they had time for each other and their families, time for hobbies like gardening, sewing, cooking, reading etc. They even had time for me. And they showed interest in my thoughts and ideas, my daily life, and my seemingly impossible dreams. I wanted to be like them. I even admired their wrinkled skin, leathered from wind, cold and sun. Proof of a life enjoyed outdoors: skiing, hiking, gardening, travelling, living!

The older women of my youth seemed so above my struggles and insecurities. Trying to fit in with a pimply face and hand-me-down clothes, I was consumed by daily girlfriend dramas and crushes on boys, unable to chart a future that seemed believable against my

Anne is a Certified Health Coach, Registered Nurse, and Wellness Counselor living in Raleigh.

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dreams of explorations and grand accomplishments. I literally longed for the time I could look back on a life well lived with the confidence of a 60 year old.

Today's media abounds with great examples of people in their sixties who have taken great care of their bodies and minds, and who look fabulous, sometimes with the help of an anti-aging industry ready to fix any visible sign of decline, as well as photo-shop technology that can easily make us believe that 60 indeed is the new 40. These can be inspiring to some, but stimulate self-critical thoughts and stress for others.

This month I am entering my sixtieth year, and although I can draw some parallels to the women of my childhood, I feel quite different in many ways. Like I expected, I do feel so much wiser than my younger self. I wish I could go back and tell her to enjoy the adventure ahead instead of fretting so much over the process. I have learned the power of humor to color a gray day and to carry me over a hump. I feel so much more confident in myself and my choices, knowing my own preferences – what sustains me and what brings me joy. Like the women of my youth, I very much value and cherish my female friends.

What I did not expect is that I am still an ageless girl inside. What I know now, is that we never really feel

“grown-up” and that we never really “get there”. At sixty, I still feel so much younger than the women of my past. Thanks to my hair dresser my hair is still blond, and I still use make-up most days, although I have learned that less is more at my age. My clothes are not yet frumpy, and although I don't dress like a teen or even a 30 year old, I still enjoy a fashion industry that, thanks to baby-boomers, has caught on to the fact that women over 50 have great buying power and influence. Thanks to the role models of my youth, I know that sagging skin and other signs of aging, although annoying, need not define me or threaten my self-confidence. I had no idea, however, as a 16 year old, that I would still enjoy my body as much as I do, keeping it strong with nutrition and exercise, that I can still enjoy physical intimacy and a lovely new marriage. These are all pleasant surprises. The best part of going into my sixtieth year for me is that I no longer have to fret about great future accomplishments, and although I have some regrets, I do not allow them to define me. Living in the present, with a sense of gratitude and enjoyment has become my mantra, and as I take more time for activities that encourage “presence”, I experience a deeper sense of gratitude and joy.

Thanks to my great role models of the past and to the

advances of the “boomer” generation, I look forward to my sixties with anticipation and a spirit of adventure. I have studied the “science” of aging enough that I know I need to stay mentally and physically stimulated and active with health-conscious lifestyle habits. I know I must enjoy new and old friendships, deepen my female connections, find ways to help and mentor others, while continuing to weed out people, activities, and thoughts that do not support my agenda of living my best life. Growing older is a privilege that is not given to everyone, and I am deeply grateful as I celebrate my birthday and look forward to my sixties. And guess what: I don't feel a day over forty!

“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.”

~ Sophia Loren

Anne Barrington is an RN and a Certified Health Coach who helps clients find their path to wellness through individualized coaching, group coaching, seminars, retreats, and short cleanse programs. She offers free consultations with a health history and is available for talks upon request. She can be contacted at anne@boomnc.com. **B!**

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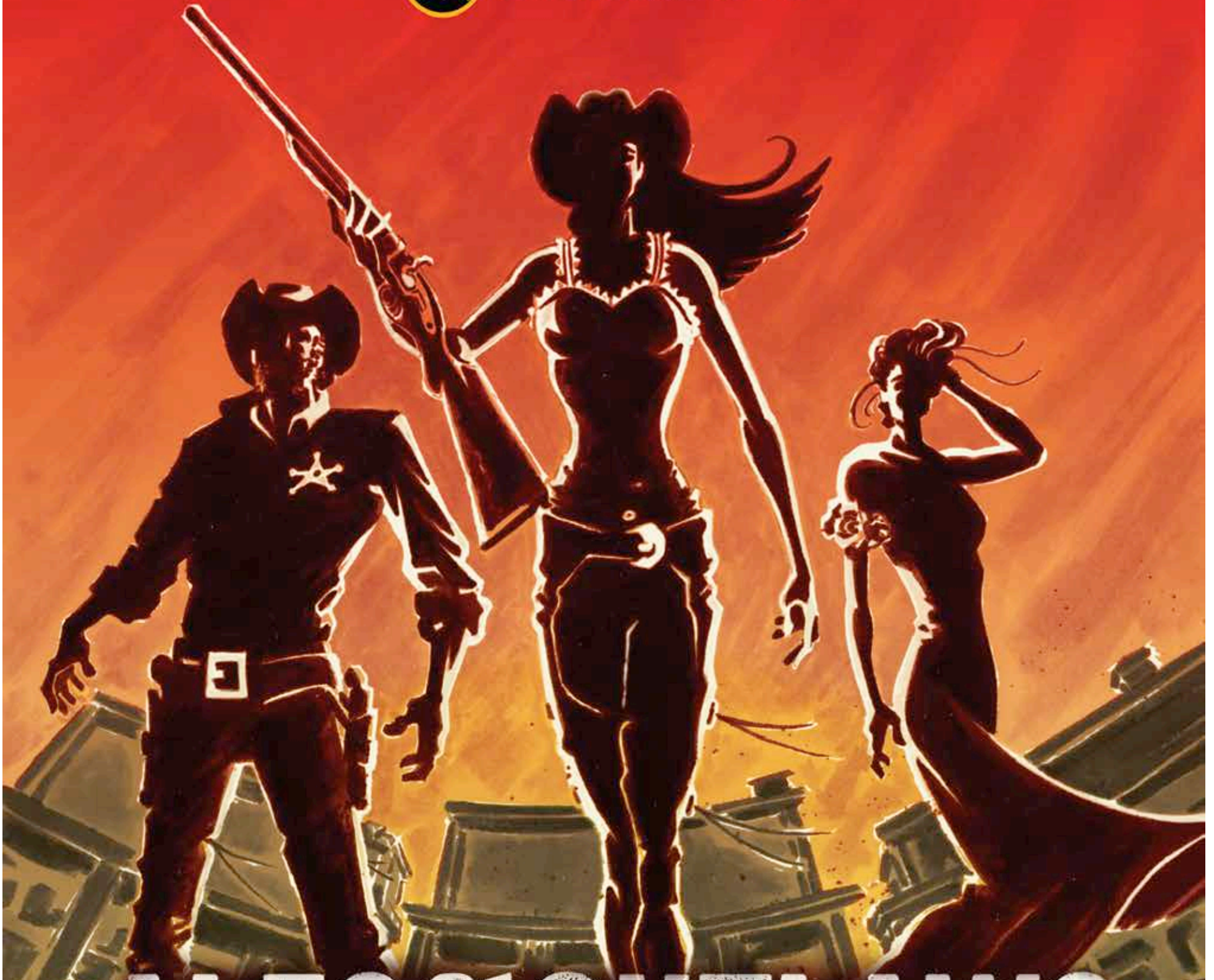
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