



# THE TRIANGLE Documenter A E

ISSUE 125 • THE TRIANGLE MAGAZINE FOR LOCAL D

## NC FILM & THE BELIEVERS

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**ON THE COVER:** Nadia Jones of Fuquay-Varina plays the lead in *The Believers*, an independent film produced, filmed, and created entirely in North Carolina. It also stars Ira David Wood III and Ira David Wood IV, marking the first time the father-son team has appeared in a feature length movie together.

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Ira David Wood IV and Raven Whisnant  
from a shoot at The Black Flower



Nadia Jones and Ira David Wood III

# NC FILM AND THE BELIEVERS

BY CRASH S. GREGG • PHOTOS BY LUCAS SMITH

Since 1955, the film and television industry has had an ever-growing love affair with North Carolina. Our state's expansive and diverse ocean-to-mountain geography, large knowledgeable film crew base, and film tax credit programs made it an easy choice for many productions. Huge Hollywood and TV productions such as *Deliverance*, *Bull Durham*, *The Color Purple*, *Matlock*, *Dirty Dancing*, *Days of Thunder*, *The Hunt for Red October*, *Forrest Gump*, *Dawson's Creek*, *One Tree Hill*, *The Hunger Games*, and *Iron Man 3* were all filmed here.

The sheer number of film festivals held in North Carolina every year lends credence to the level of importance the film industry has had on our state. Over the next 12 months, 33 film festivals — large and small — will take place, featuring films, shorts, documentaries, commercials, and more. A few of the larger festivals include the Full Frame Documentary Film Festival in Durham (April 2017), the Charlotte Film Festival (late winter 2017), RiverRun International Film Festival in Winston-Salem (March 2017), the Cucalorus Independent Film Festival in Wilmington (November 2016), and the Longleaf Film Festival in Raleigh (May 2017).

Our long film history continues to thrive but 2015 was a dark year for North Carolina's film industry because of a change in tax credit incentives. At the end of 2014, the long-running 25% tax rebate (on qualified

spending) was allowed to expire and a cap of \$10 million was set for the first six months of 2015. Late last year, with an exodus of productions heading to other states, lawmakers recognized that North Carolina needed to get back into the game and that more tax incentives were at least a short-term solution. Starting in January of this year, a new grant program was created that increased funding for tax incentives up to \$30 million. It's a limit of about half of what incentive claims have been in previous years but is still good news for our state's movie industry. There are those in government who don't see the need to write millions of dollars in checks to the film industry, and want to see where the money might be better spent, claiming that not enough of a return is recouped from the costs. Proponents disagree, citing not only direct in-state spending for local crews, food, and services, but also keeping the name of North Carolina out there in a positive light, especially considering the bad press of national and worldwide exposure due to the HB2 bill. Regardless of who's right, filming has begun to slowly increase again with the current tax program in place.

One sector of the film industry that wasn't affected by the lack of film incentives are those that usually don't qualify and spend less than the required amount for filming (\$5 million per movie). These smaller,

independent film productions account for many of the movies made in our state. Over the next few issues, we'll be interviewing a few of these independent filmmakers to find out more about their projects, their thoughts on filming in North Carolina, and what they think our future in the film industry looks like.

## The Believers

One such independent film in the making here in the Triangle is *The Believers*. After writing and directing his first short film, *Schizo*, which was nominated for Best Actor, Best Actress, and Best Film in the Eastern North Carolina Film Festival, David Quillin wrote the screenplay for *The Believers*. Set in Raleigh, NC, circa 1997, the story is of a young, classically trained cellist who has led a very regimented and disciplined life. When she turns 18, she shuns her classical background, learns to play bass guitar, and joins a rock band. Quillin explains, "The Believers is the story is about a young girl who starts on one end of the personality spectrum and goes as far to the other end as possible."

The film's executive producer, Julie Alley, was born and raised in NC, owns Green Eyes Productions and was approached by Quillin, who expressed how difficult it was to find funding for his screenplay. "I asked David to send me his script and what I really liked most about

it was that the film centers around two very strong female leads and one of them was African-American,” Alley told us. “You just don’t see those kinds of scripts every day and I was very excited about the opportunity to be a part of it, especially since it coincided with my company’s efforts to help local filmmakers.”

Quillin expended a fair amount of energy to reach out to Ira David Wood III with the script; in his mind, the one actor he truly wanted to appear in the film. Wood read the script, commenting, “I was very impressed by the script. It’s actually one of the best scripts I’ve ever read and once I found out this was going to be an all-NC production, I was sold.” Quillin professed, “It was a dream come true to have David sign up for this film and I never thought he would even read it much less play a part in it.” David’s son, Ira David Wood IV also plays an important part in the film. “Ira has an incredibly tricky part as part of the band. I personally saw him at the table read and just couldn’t believe it. His performance just blew me out of the water. It was shocking,” Alley explains.

Perhaps the biggest surprise of *The Believers* is Nadia Jones, who plays the lead character, Melanie. Alley gushes, “Nadia Jones is a 19-year-old unknown – yet unbelievably talented – young actress from Fuquay-Varina we

found during a casting call. This is her first film, but she’s had experience in high school theatre. She’s simply amazing. Raven Whisnant delivers a powerhouse performance as the charismatic but troubled Eve, and we’re also very fortunate to have Jason Damico, who not only has movie-star good looks, but is very talented musically as a performer and songwriter.”

Three other Raleigh natives, Nick Driver and Kirk McLeod, also perform and helped create the movie’s original soundtrack along with Nyssa Cave. The entirety of the movie is being filmed locally, in Raleigh, Durham, and Cary. Quillin adds, “I’m at the point where I couldn’t see any of the roles in this movie be played by anyone else. I can’t believe the amount of luck we’ve had finding the cast and everyone involved.”

Alley says now that her production company has moved back to North Carolina, she has a mission to “support North Carolina films and promote North Carolina talent, especially screenwriters and actors. Many of us grew up here, were educated here, and then moved elsewhere for our careers. I moved back because of my father’s health and decided to stay. His passion was conservation of NC shorelines along the Outer Banks through his foundation, Tag Along Kids and he and I were involved in developing conservation-themed

documentary shorts together. When he passed away, he left me with a mandate to help all NC filmmakers, and with three more films in preproduction, 2017 looks like Green Eyes Productions is well on its way to honoring that mission.”

Wood adds, “In conditions like these where incentives and funding for larger movies have diminished, it’s independent productions like *The Believers* that tend to flourish. We’re hoping that our project will help show off the talent, crews, and locations that North Carolina has to offer and will inspire others to film here. We believe that with everyone involved, this project will be like lightning in a bottle and we can’t wait to open it next year for all to see.”

*Filming for The Believers wraps in early November, with post-production finishing in early 2017, and a tentative release mid-2017. For more information, photos, and upcoming casting calls, watch the movie Facebook page [www.facebook.com/thebelieversfilm97](http://www.facebook.com/thebelieversfilm97) and Green Eyes Productions [www.facebook.com/GreenEyesProductions](http://www.facebook.com/GreenEyesProductions). You can preview a film teaser they created for us here: <http://bit.ly/teaser-thebelievers>*

*In upcoming issues of the Downtowner, we’ll interview other local filmmakers and talk about their recent projects.*



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CASUAL DINING



# LIVING KITCHEN

BY CHRISTY GRIFFITH • PHOTOS BY CRASH S. GREGG

Honestly, when I was told we were going to profile a 100% organic, raw, plant-based restaurant, I steeled myself for plates full of carrots brought out by patchouli-scented servers. Imagine my shock (and yours) as this mayonnaise-fueled walking baconator not only loved Living Kitchen, but willingly drank something kale-based and liked it!

The space on Fayetteville Street is bright and open, and the vibe is decidedly-IKEAish with its minimalist palette and modern lines. There's a glass-front cooler just beyond the entrance for those who want to pop in and pick up a brightly-colored cold-pressed juice or a vegan snack. We're told some customers visit multiple times a day for their healthy fix.

What's more shocking? That the restaurant estimates only about 5% of people who visit are vegan or that all the seats in this restaurant full? The short answer: it's good food! (That's also the long answer.)

Look, don't be like me. Leave your preconceived notions at the door. This food is amazing AND you won't need to take a nap afterward. (I also didn't detect any patchouli.) From business meetings to lunch dates to family dinners, Living Kitchen fits the bill.



*Owner Juliana Luna plans to open another Living Kitchen in Chapel Hill soon.*

I've been anti-green drinks since green drinks first made an appearance. A friend of mine once went on a juice cleanse and I took a sip of her sad lunch made up of a noxious combination of produce that God never meant to be blended together. It was ugly, it smelled like it looked, and it tasted even worse. You can imagine what was going through my head when I was told

Living Kitchen was making me a Kale Lemonade (\$6). When it arrived, the glass was definitely filled with an actual green beverage (albeit a much prettier green than I was expecting) and after putting on my big girl pants, I took a sip. It did not taste like death. I took another sip. It tasted pretty good. I sipped again. I decided I really liked it and you will, too. Trust me when I say freshly juiced kale, spinach, parsley, and celery will actually be delightful when mixed with lemonade, apple juice, and ginger, giving you the feeling that you are canceling out whatever poor decisions you made the night before. The Ginger Ale (\$6), made in-house like everything else, is a refreshing blend of lemonade, fresh ginger, and sparkling water. Its spicy effervescence is sweetened with agave, but not too sweet to keep it from quenching your thirst. I think the drink menu is the way to dip your toes in the pool, a trust-builder of sorts to let you know that no matter what Rhonda in accounting says, maybe there are delicious things you can eat without animal products.

In 2010, owner Juliana Luna opened Luna's Living Kitchen (and developed all the recipes) in Charlotte and the response to the menu has made it a popular must-visit restaurant in the area for vegans and non-vegans



The Sweet Potato Sushi Roll was made with sweet potato cashew rice instead of regular rice, and comes with avocado, red bell pepper, cucumber, and arugula wrapped in nori and artfully plated with a side of Thai chili sauce for dipping.

alike. The store on Fayetteville Street may be brand new, but the hype preceding it may be partly responsible for its initial flood of newly minted and loyal followers. (Luna plans to open a third Living Kitchen in the next few months in Chapel Hill.) Marketing it as a plant-based restaurant instead of vegan is a savvy move on their part, as one of those terms feels more political than the other. For non-vegans, plant-based feels more like a description of what you can have, while vegan feels

like everything you can't. When it comes to food, I want to have as much as possible all day, every day. I didn't feel like I was missing anything at Living Kitchen, unless you include the normal too-full feeling I get from over-indulging during our awesome restaurant profiles.

We got to sample some pretty incredible appetizers, including the Sweet Potato Sushi Roll (\$9.50). Because this is a raw restaurant, you're not going to see cooked rice on the menu, so sweet potato cashew rice plays the

starring roll. Avocado, red bell pepper, cucumber, and arugula are snug in the middle and it all comes wrapped in nori, sliced, and artfully plated with a side of Thai chili sauce for dipping. Was I tricked into thinking this was the usual sushi roll? No. But that's not what it's trying to be. It's trying to be its healthier cousin, and I'd go as far to say it's just as delicious. The Portobello Falafel (\$8.5) mimic the look of fried falafel by using the powers of a food dehydrator instead. They come >>>



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*The Arugula Harvest is chocked full of goodies: red cabbage, sweet potatoes, avocado, pear, caramelized pecans, and a big scoop of basil-flavored cashew cheese. This all comes on top of peppery arugula, lightly tossed in a maple-mustard vinaigrette.*



*The Living Burrito comes with pico de gallo and guacamole, cashew sour cream, cauliflower rice, and sunflower seed refried beans, all wrapped in collard leaf.*

served topped with an herby cucumber-pepper mixture and are bedded upon a schmear of zucchini hummus. The flavors work well together, and although this dish doesn't quite capture the flavors of classic falafel, it's still worthy of your time. The Tricolor Hummus (\$8) is the most filling of the apps we tried, with three scoops of sunflower hummus. The lemon-parsley hummus was bright, the roasted chipotle had just the right amount of heat, and the sweet curry (my favorite) was incredible spread onto a special cranberry-walnut bread that Great Harvest makes especially for Living Kitchen.

It'd be silly not to mention salads, because can there be anything more plant-based? Go for the Arugula Harvest (\$13). It's chock full of goodies: red cabbage, sweet potatoes, avocado, pear, caramelized pecans, and a big scoop of basil-flavored cashew cheese. This all comes on top of peppery arugula, lightly tossed in a maple-mustard vinaigrette. This salad is crazy good. As far as the price points go on the menu, while it's true that you could get food cheaper at other restaurants, I'd say you'd be hard pressed to make anything like this at home for less. With every.single.ingredient not only being organic, but being organically grown as close to home as possible, the food costs at this place must be out of this world. [Read: how on earth are they making a profit?] But the high cost of food doesn't translate to skimping out on anything; there was at least a half of an avocado on each dish we ordered that came with it. The cashew cheese? Also not a cheap item to produce. Eating all that avocado and cashew cheese on a salad? It's a thing of beauty that you would expect to see on a Kardashian Instagram feed. I'm not saying that if you eat this salad you will come to amass beauty and wealth but I'm not saying you won't. It's a damn fine salad.

The entrée section includes Pad Thai (\$14), with noodles replaced by spiralized zucchini and sweet potato. Bean sprouts, purple cabbage, and red bell pepper round out the fiber powerhouse. It all comes tossed in a savory almond-butter pad Thai sauce before being garnished with cilantro, cashews, and a bit of sambal sauce for some heat. This is the first guilt-free bowl of Pad Thai, ever. While it's not the most filling offering on the menu, it's impossible to scarf down as quick as you could the

regular version, so you'll enjoy a more mindful experience instead of a mindless one. My favorite entrée was the Living Burrito (\$12) and I literally LOL'd when it appeared in front of me. You're serving me a burrito WRAPPED IN A COLLARD LEAF?? Is this a joke? But then I tried it and realized, like Jon Snow, I knew nothing (that's a Game of Thrones reference in case you haven't gotten on the GoT bandwagon yet). You've got the usual suspects of pico de gallo and guacamole, and then you've got the stuff they make to seem like the usual suspects: cashew sour cream, cauliflower rice, and sunflower seed refried beans. (How? Magic. These plant-based chefs are wizards.) And of course there are sprouts, because sprouts are to meatless restaurants as curly parsley is to 70s steakhouses. The burrito comes with their house-made hot sauce as well as a small side salad and the entirety of the plate will fill you without you feeling like you made a bad decision (I'm looking at you, Taco Bell). This thing will make you question everything you thought you knew about vegan cooking.

There are a handful of sandwich options on the menu, served on Great Harvest multigrain bread with the option of a gluten-free sourdough to be used in its place for a \$1 upcharge. Of course, you can forgo the bread options and go straight to the collard leaf wrapper. I won't judge. I just ate a burrito wrapped in a leaf... and lived...and liked it. The Classic Veggie Burger (\$11.50) is a funny name because I don't get a big feeling of burgeriness upon eating it, but that doesn't make it any less delicious. The "burger" patty is made of quinoa and millet, which sounds like bird food but the taste was exceptional. The shape of the patty is strange when you see the size of the bread. Picture a small, thick circle on a rectangular piece of bread. But as soon you put it all together with the guacamole, lemon-parsley sunflower hummus, onion, and tomato, you'll find that the patty kind of smooshes out to fill in any empty corners. Another amazing option is the Mock Tuna Salad Sandwich (\$11.50), a seed and nut-based salad full of walnuts, sunflower seeds, pumpkin seeds, vegetables, and cashew mayonnaise. The secret to the tuna flavor comes from the addition of dulse, a type of seaweed. (You may have heard about it on the internet as "the seaweed that

tastes like bacon when it's fried. Sorry, baconators, it's not fried here.) The sandwich comes on toasted bread with lettuce, tomato, and pickles (and sprouts for good measure) and YOU GUYS, IT TOTALLY TASTES VERY SIMILAR TO TUNA SALAD. And that's a good thing, because when did anything mayonnaise-based ever taste like a bad thing? Sandwiches all come with your choice of side. We tried the simple and earthy beet salad (shredded beets, onions, and carrots tossed in lemon juice and brown rice vinegar) and the marinated kale (kale, cabbage, carrots, and sprouted sunflower seeds) which was dressed in an Asian vinaigrette that pairs perfectly with hearty greens.

Have you ever heard of a raw bagel? Don't order the Living Bagel (\$10) and expect it to have the taste or texture of anything like a real bagel (the only resemblance is the shape). DO order the Living Bagel because it's tasty. Made with almonds, flax, zucchini, and rosemary, the first bite of the bagel may take you by surprise. (As in what am I eating?) By the second bite, you're getting used to it and the third, you're not sharing anymore. It doesn't hurt that it comes piled high with all sorts of toppings, like cashew sour cream, tomato, onion, basil, a big ol' pile of avocado, sprouts, and optional jalapeños (Do opt in on those). The amount of avocado alone is worth the price, and this is the only breakfast item that is available all day, so no worries that you overslept because you ate too much fried bologna the night before and your system is all outta whack. Order a Living Bagel and feel superior to your friends once again.

Just because you're eating healthy doesn't mean you shouldn't get dessert. First of all, let's all give Living Kitchen a hand for listing the prices of their sweets on their menu. (Pet peeve: nationwide dessert price redaction epidemic.) You'll be sure to enjoy the Lemon-Berry Cheesecake (\$9) made creamy from cashews and coconut, tart from lemon, and sweet from fresh berries. A layer each of white and plum-colored cheesecake cover a soft pecan crust, similar in texture to a Lara Bar. I had mine with a Pinko Drinko (\$8.50), a smoothie with orange, berries, banana, acai, bee pollen (I know, right?), ginger, and lemonade. It's filling enough that if you just ordered one of these and a slice of cheesecake, I'd let you believe that's a





*The Classic Veggie Burger is made of quinoa and millet and comes topped with guacamole, lemon-parsley sunflower hummus, onion, and tomato.*



*The Mock Tuna Salad Sandwich is a seed and nut-based salad full of walnuts, sunflower seeds, pumpkin seeds, vegetables, and cashew mayonnaise.*

proper meal and wouldn't even force you to order a salad. Wanna go with something richer? The Coconut-Cacao Pudding (\$8) is made of coconut blended with raw cacao, and just barely sweetened with maple syrup. It appears in front of you topped with fresh berries and mint leaves in a stemless wine glass, and reminds you that, yes, you can order beer and wine here. After all, drinks and dessert are like peanut butter and jelly (or vegan restaurants and sprouts). There are plenty of warm options in the coffee or tea department, and I fell in love with the Chai Latte (\$7), a spicy housemade blend that I tried with steamed

coconut milk. You can choose from hemp, almond, or coconut milk (made in-house on the daily) for any of your hot drinks, but I was told the coconut was the fattiest. So of course I chose that one.

The best part about Living Kitchen is that no matter what you get, you can pretty much claim that you ate a salad. I'm happy to report that this is the first time I've left a profile and actually felt good about myself – no antacids, stretchy pants, or carb naps required. If this mayonnaise-based human can do it, so can you. 🍴

### Living Kitchen

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# Around Town News in the Triangle

We love hearing about local growth and sharing it with our readers. Overhear juicy news about a new locally owned restaurant, bar, retail shop, or business opening in downtown Raleigh or across the Triangle? 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 to win a free t-shirt.



**Glenwood South Pharmacy + Market** has opened at the corner of Glenwood Avenue and North Street under the Grammercy Apartments (401 Glenwood Avenue). In addition to the pharmacy, the store offers a wide variety of products for the urban dweller including household products, fresh local meats, produce and fruit, craft beer, wine, toiletries, sandwiches, snacks, and more. [www.glenwoodsouth-pharmacy.com](http://www.glenwoodsouth-pharmacy.com)



Congratulations to **UNC-TV personality D.G. Martin and The Chef's Life's star Vivian Howard** on both their recent book releases! Watch D.G.'s interviews with local authors at <http://video.unctv.org/show/nc-book-watch>.

**Thairapy 101** is now open on the ground floor of the 222 Building on Glenwood Avenue. Stop in and say hello to **Matthew Melino and Manuel Eason**. [www.thairapy101-raleigh.com](http://www.thairapy101-raleigh.com).



**Bare Bones** opened up in the failed Zinda space on Fayetteville St and features craft burgers, smoked meats and all in-house menu. [www.bare-bonesraleigh.com](http://www.bare-bonesraleigh.com)



**The Art of Style** has moved from Cameron Village to their swanky new digs on Hargett Street near Deco and Raleigh Row. Men's & women's fashions. Congrats Kendra Leonard and Natalie Drennon. [www.artofstyle.com](http://www.artofstyle.com)



Gift shop **DECO Raleigh** has opened **DECO Home** right down the sidewalk in the old High Cotton space (19 W Hargett St) and offers plenty of cool home furnishings, lighting, accessories, art, and more. [www.decoraleigh.com](http://www.decoraleigh.com)

Congratulations on **Moonlight Pizza** turning 20! That's like 140 in urban pizza years! Or something close to that. Signature pizzas and a craft menu using North Carolina ingredients. 615 W Morgan St. [www.moonlightpizza.com](http://www.moonlightpizza.com)



**Little City Brewing and Provisions Company** is now open on the ground floor corner space of the West at North building. Congrats to Jon Seel and head brewer **Stephen Monahan** (pictured above). <http://thelocalicon.com/little-city>



**Sushi O and Capital Club 16** celebrate 6 years. Congrats to both these downtown Raleigh restaurants.



Congrats to **Cary Orthopaedics** on their newest location in downtown Raleigh at 600 North Person Street location, across from Krispy Kreme and The Station. [www.caryortho.com](http://www.caryortho.com)



**Wyld Flowers** is now open at 307 West Martin Street, crafting elegant and organic arrangements Tuesday through Saturday 11am to 6pm. [www.wyldflowers.com](http://www.wyldflowers.com)

**Standard Foods** has reopened with a new management team of master sommelier Fred Dexheimer and chef Eric Montagne. The grocery and butcher shop (with new butcher Jeremy Hardcastle) are open as well. [www.standardfoods.com](http://www.standardfoods.com)



Café Lucarne owner and developer Will Jeffers, along with chef Jess Seizer, and baker Jesse Bardyn have teamed up to open **Royale** in the old Battistella's space in City Market (200 E Martin St). It will be an American style bistro with French and European influences.

Bida Manda's **Vansana and Vanvisa Nolintha** along with brewer **Patrick Woodson** (son of NC State chancellor Randy Woodson) are still on track to open **Bhavana** later this winter in the old Tir na nOg space. It will be a combination brewery, dim sum restaurant, flower shop, and bookstore. <http://brewerybhavana.com>



**City Market Sushi** is also scheduled to open in City Market this December (in the old Troy Mezze Turkish Restaurant space). It will be locally owned by two brothers and their partner, who have owned two

previous sushi restaurants, which they sold.

Proof Five Points owner, Claudia Frady, is opening a tiki-themed bar to be named **The Outpost** in the old Mo's Diner space, on the opposite side of Moore Square from Bhavana.

The owners of bu•ku in are opening a new restaurant called **Soca** in Cameron Village in the short-lived Faire space and should open in January. It will feature Caribbean and Latin American cuisine. [www.socaraleigh.com](http://www.socaraleigh.com)



## UPCOMING NON-PROFIT EVENTS

The **Red Sword Guild Masquerade Ball** is a great yearly fundraiser for the American Cancer Society. Their 20th anniversary event will take place on Oct 22 at the historic Josephus Daniels House and feature food from nine amazing local chefs. [www.redswordguild.org](http://www.redswordguild.org)

**Rufus Edmisten's Superkids Fundraiser** on Oct 27 provides college scholarships to children who would not otherwise be have the opportunity. The fundraiser takes place every year at the NC State Farmers Market Restaurant. [www.specialsuperkids.com](http://www.specialsuperkids.com)



Five giant 23 foot tall illuminated rabbits will pop up in the **NCMA Park**—but only for 10 days from Oct 28 through Nov. 6. Visit this temporary

public art installation until 8pm each night and enjoy related events throughout its stay. The 10-day exhibition culminates on November 6 with the **NCMA Park Celebration**. <http://bit.ly/2aBwAX2>

The amazing **Couture for a Cause Fashion Show** takes place on Nov. 5th at the Raleigh Convention Center and is Activate Good's fashionable annual fundraising tradition, a competition for local designers in couture and ready-to-wear categories. <http://activategood.org/coutureforacause/event>



The **Artspace Collector's Gala** held on Nov. 19 benefits the Artspace Inspiration Fund, providing the community with opportunities to experience the creative process and engage with artists. This year marks their 15th year celebration. <http://artspacenc.org/events/collectors-gala>



# GET CRAFTY

## Craft cocktail recipes from local Triangle speakeasies

Welcome to Get Crafty, our column in which we extol the talents of local purveyors of spirits, craft beer, and wine to show off their craft cocktail skills. Each month, we'll have a new recipe that takes advantage of seasonal ingredients, local flavor, or perhaps some of the personality of the artisan sharing their concoction with us. We always enjoy personal recommendations from our readers, so please email us any crafty suggestions for bars or restaurants you'd like us to include in a future issue: [getcrafty@welovedowntown.com](mailto:getcrafty@welovedowntown.com).

This month's Get Crafty cocktail comes from Matt Kenner's team at Milk Bar, the newest addition to Glenwood South, right beside Sullivan's Steakhouse and across the street from The Carolina Ale House. With three huge roll up doors, skee ball, a pool table, shuffleboard, custom leather couches, craft cocktails, and attentive bartenders, it's easy to understand why Milk Bar is busy every night of the week.



"Johnny Williams and Jessica Saunders created our drink, the Glenwood Gimlet. Johnny is our general manager and Jessica is one of our top bartenders who loves to come up with new cocktails for our daily features. This cocktail is featured on our menu in the "staff picks" section, which we use to entice our bartenders to create their own masterpieces. The Milk Bar (and our other business, The Anchor Bar in downtown) are centered around the motto "cocktails without attitude," because our mission is to introduce our customers to the craft cocktail world. But if you prefer to have a Red Bull Vodka or a beer, we've got that too!"

Milk Bar's Glenwood Gimlet

- Muddled Cucumber
- Spanked Mint
- 1 1/2 oz Tito's Vodka
- 1/2 oz Lavender Syrup
- 1/2 oz Fresh Lime Juice
- Collins Glass with a Fresh Mint Garnish



## From the Publisher



Our publisher Crash, Amy Simon, and Troy Buder at the NC premier of *The Queen of Katwe*. Troy was the film's producer and will be the topic of an upcoming NC Film Producers article.

It's hard to believe summer is gone and it's already fall here in the Triangle. It's time for Halloween parties, college football, and lots of great and worthwhile charity events like the Artspace Gala, Rufus Edmisten's Super Kids Fundraiser, Couture for a Cause Fashion Show, Red Sword Guild's Masquerade Ball, and the North Carolina Museum of Art's big Park Celebration. (see our Around Town News page for details for all these events).

There's been a LOT of political commentary floating around on social media and television, but the one main way you can really make your voice heard in the upcoming election is to VOTE! We hope everyone is registered in their respective areas and will take the time to research your options and cast your ballots, not only in the national campaigns but in all the important local elections as well. North Carolina and county elections are extremely significant to us on a community level and every vote counts. Research, choose, and vote.

On a lighter note, we'd like to welcome two new neighbors to Glenwood South: County Commissioner Tony Gurly recently opened Glenwood Pharmacy + Market right across the street from our office, and Manuel & David with their new salon Thairapy 101 just up the block in the 222 building. Good luck to you both on your new ventures!

Cheers,

*Crash*

CRASH GREGG  
Real Estate Broker with Gillooly Realty  
Publisher, *Triangle Downtowner Magazine*  
[publisher@welovedowntown.com](mailto:publisher@welovedowntown.com)

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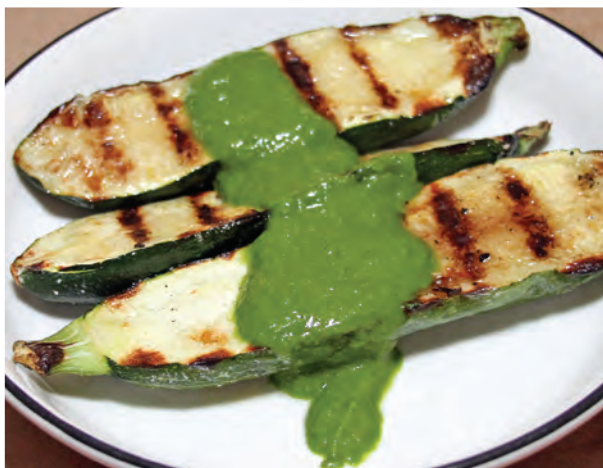
# Gocciolina Restaurant

BY BRIAN ADORNETTO, FOOD EDITOR • PHOTOS BY CRASH GREGG

Although chef/owner Aaron Benjamin insists he chose the name of his wildly popular restaurant because he “just liked the way the word sounded,” the name actually describes the space quite well. Gocciolina (pronounced Go-cho-LEEN-ah) is Italian for droplet, and the restaurant isn’t much bigger than one. Including those at the bar, the entire place fits a mere fifty-five tightly packed seats. So, while the restaurant reserves about a third of its capacity for walk-ins, planning ahead or expecting to wait is a must.

Located in an old-school strip mall in north Durham, Gocciolina recently took over the neighboring hearing aid store, remodeling it into a lounge. The two rooms aren’t currently connected so the lounge has a separate entrance. The new space features a modest but fully-stocked bar, a few small tables, and some chairs. It’s perfect for having an aperitivo along with the chef’s complimentary snacks while waiting for a table or for just enjoying dessert, espresso, or an after-dinner digestivo. Although plans to join the two spaces are being considered, no decisions have yet been made.

The design and décor of Gocciolina’s dining room are clean and simple. The focus is on sharing food,



*Three crisp-tender zucchini halves were slightly charred and sauced with a delicious salsa verde.*

appreciating conversation, and feeling cozy, not on following trends or mindless distractions. A few chalkboard menus and eclectic local art adorn plain beige walls, and a simple drop ceiling is overhead. Rustic wooden tables, each with a single votive candle, are set on the laminated-tile floor while a small cut-out behind the bar offers diners a glimpse into the bustling kitchen.

Benjamin, a Maryland native, moved to Durham in

2004. After stints at Nana’s and Pop’s, he spent a year in Italy studying at the University of Gastronomic Studies in Colorno (about 10 miles north of Parma). Since his return, Benjamin has cooked in such Durham standouts as Pop’s Backdoor, Rue Cler, Watts Grocery, Guglhupf, and, just prior to opening Gocciolina in 2014, Pizzeria Toro. The chef says his experience in those restaurants taught him, “to use simple, fresh, uncomplicated flavors and focus on technique and style.”

Gocciolina’s seasonal menu showcases local ingredients, but presents authentic Italian dishes (no penne alla vodka, chicken parmesan or Caesar salad here). Backing up Benjamin’s claim that, “creating and nurturing relationships with farmers is very important to what we do,” all produce comes from within three miles of the restaurant, all pork from Green Button Farm – six miles away – and the seafood from either Local Seafood or Core Banks Seafood. Additionally, all bread and pasta, with the exception of the spaghetti, are made in-house daily.

Between the specials and regular menu, it was difficult narrowing down which Antipasti (one for \$4, two for \$7, three for \$9, and then \$3 for each additional) to choose. Ultimately, we shared the Meatballs, Cured





Gocciolina Chef/Owner Aaron Benjamin with Phil DeMarco, our excellent waiter for the evening.

Fish Salad, Campo Cheese, Crispy Eggplant, and 'Nduja (pronounced En-doo-yah). Each was better than the last. Three tender, garlicky, all pork meatballs, dusted with Parmigiano, sat in a small bowl of light, homemade tomato sauce. The fish salad with caperberries, green

olives, and a homemade cracker was briny, buttery, and sweet. Campo cheese, from Boxcarr Handmade Cheese in Cedar Grove, NC, is a beer-washed, cold-smoked, cow's milk cheese. It was creamy, smoky, and draped with a charred sundried tomato pesto that would be

equally amazing tossed with some of Benjamin's homemade pasta. Spread with gorgonzola, topped with slices of heirloom tomato, and sprinkled with chives, the fried eggplant was crisp on the outside and creamy in the center. The 'Nduja, a spicy, spreadable, all pork salume,

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The roasted okra and eggplant were tossed with raw cherry tomato halves and crisped spicy ground pork and then dolloped with Benjamin's billowy, show-stopping herbed ricotta.



The thick, grilled bone-in Green Button Farm Pork Chop was bathed in a roasted fig and sliced garlic broth then finished with a healthy dose of Italian parsley. Earthy, sweet, tender, and juicy, the dish was flawless.

For our main course, we selected the Green Button Farm Pork Chop (\$21) and Pan Roasted Tilefish (\$22), along with the Grilled Zucchini (\$6) and Roasted Okra and Eggplant (\$8). The thick, grilled bone-in pork chop was bathed in a roasted fig and sliced garlic broth then finished with a healthy dose of Italian parsley. Earthy, sweet, tender, and juicy, the dish was flawless. The incredibly fresh tilefish featured a sauce that is best described as a cross between peperonata and puttanesca: sautéed sweet peppers, garlic, onion, capers, and olives in a light tomato-basil broth, but beware, the olives were not pitted. For our vegetables, three crisp-tender zucchini halves were slightly charred and sauced with salsa verde. Not to be confused with the Mexican sauce of the same name,

this classic sauce is made with Italian parsley, capers, anchovy, garlic, lemon juice, and extra-virgin olive oil. The roasted okra and eggplant were tossed with raw cherry tomato halves and crisped spicy ground pork and then dolloped with Benjamin's billowy, show-stopping herbed ricotta.

We wrapped up our evening with a sampling of desserts: Stracciatella – a quintessential Italian gelato (\$6), Citrus Sorbetto (\$6), and Tiramisu Cannoli (\$9). Scattered throughout the rich, creamy, vanilla-based stracciatella were delicate flecks of chocolate; simple, yet elegant. Tart and refreshing, the limoncello-splashed sorbet was a terrific palate cleanser. Two crisp, homemade cannoli shells encased a light,



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Hints of cocoa and coffee and tons of chocolate chips make the Tiramisu Cannoli one of Gocciolina's most popular desserts.



tiramisu-flavored filling. Hints of cocoa and coffee and tons of chocolate chips make this timeless treat one of Gocciolina's most popular desserts.

In between courses, we had the pleasure of speaking with several customers. One couple told us, "There's a definite focus on making each plate the best it can be every night. We come here all the time and you can taste it." Another regular said that the staff has a "warm, generous spirit" and they "make sure everyone is comfortable the entire time they're here." Add Benjamin's affordable, authentic, and delicious food to such praise, and it's easy to see why Gocciolina has become one of the most popular restaurants in the Triangle.



Brian Adornetto is a food writer, culinary instructor, and professionally trained chef. His business, Love at First Bite, specializes in private cooking classes and intimate dinners. For more information, please visit [www.loveatfirstbite.net](http://www.loveatfirstbite.net). Contact Brian at [brian@welovedowntown.com](mailto:brian@welovedowntown.com).

# GOCCIOLINA RESTAURANT

## Gocciolina

3314 Guess Road, Durham, NC 27705

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Price: \$\$\$

Service: Well-versed in the menu, specials, and ingredients

Wine List: Mostly Italian with a few West Coast wines sprinkled in

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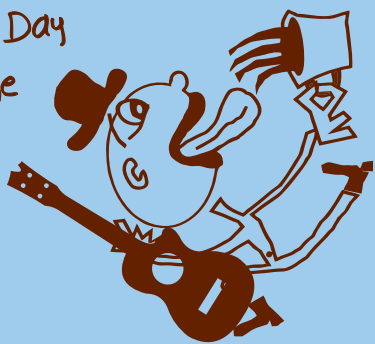
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Features: Gluten-free and vegetarian options; Full bar including Vermouth, Amare, and Grappa as well as an extensive dessert wine list; Bar dining; Daily wine and cocktails specials; Dessert wine flights; No wi-fi; No TVs; Online reservation system via the restaurant's website; All major credit cards accepted.

Downtowner Tips: The kitchen is happy to accommodate dietary restrictions and food allergies upon request. The restaurant does not offer separate checks, but can split payments up to six ways.

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# the Third Place

a coffeehouse

BY ANYA OVSEENKO • PHOTOS BY CRASH GREGG



The eccentricity and warmth of The Third Place is what turns their customers into regulars.

To discover why The Third Place Coffeehouse is so cherished among its' customers, consider Frances Staelin, a local IT professional and Third Place regular, "I can actually walk to five other coffee shops from my home, but I choose to driver here because it's where I really enjoy going." As an adamant coffee lover myself, her devotion to this cozy shop nestled in the heart of Raleigh's historic Five Points area was telling. And as the site of my first stop in our new and ongoing Homegrown Coffeehouses series, I can see why.

When Rich Futrell and Ty Benningfield first opened The Third Place almost 12 years ago, they did so with the intent of creating a space that along with the two places most of us inhabit - home and work - would become a comfortable and necessary 'third place.'

Current owner, Dave Benson, has kept the vibe and intent intact. The Third Place Coffeehouse is a classic cafe, designed for lounging, working and chatting. Sunlight pushes through the wall-sized front windows,

highlighting the modern art and tapestries adorning the walls. When I arrived, the bouquet of Larry's Beans' brewing and baked fresh, in-house desserts made me feel at home and comfortable.

As I approached the counter, baristas Alex and Sam were friendly and genuine, greeting me with smiles and nary an air of coffee snobbery. Their attentiveness was special and left me feeling they were intent on making sure I was delighted with my order and visit.

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Dave and some of the Third Place family.

The breakfast burrito I ordered was impressive (made with spinach, eggs, cheese, pico de gallo, and avocados snuggled inside of a tomato basil wrap). It was large enough that I intended on saving half of it for lunch. However, I simply couldn't help myself. Before I realized it, I had cleaned my plate. It's a hearty dish, but its deliciousness was my only excuse for indulging.

I had a chance to sit down and chat with Dave. I asked him what he enjoyed most about owning Third

Place. He replied, "Our customers always show me the best side of people." I was moved by the natural love he has for his clients, many of them regulars. He himself is a common fixture there, ready for a warmhearted laugh, and seems to be on a first name basis with everyone he greets, even if for the first time.

Let me share a well-known secret about Dave Benson you might not know. For a day, he is lovingly known as the King of Raleigh. On the very day of his reign, every

December 31st, he polishes Raleigh's beloved Acorn sculpture, which resides the rest of the year in Moore Square. Why, you might ask, would he polish a 10-foot tall, 1,250-pound acorn made of copper and steel? Dave created the sculpture in 1991 to be part of our Bicentennial Celebration and it came to be synonymous with New Year's Eve in downtown Raleigh as it's lowered from a crane at the stroke of midnight each year in City Plaza.

Dave and The Third Place Coffee Shop is part of our city, personified through art, sociability, and a savory caramel mocha latte paired with a vegan banana muffin. Where ease, friendliness, artistic talents, and scholarship of philosophy are all joined as one, in coffeehouse bliss. "Bon café!"

Trivia fact: For some, this information about Dave Benson will come as a surprise; for others' it's well-known fact. Each year on December 31, the coffeehouse owner assumes the mantle of King of Raleigh and makes his way to the 10-foot tall, 1,250-pound copper and steel sculpture that he himself created 25 years ago to give it a polish before it's lowered at midnight over revelers in City Plaza.

*The Third Place Coffeehouse is located in Five Points at 1811 Glenwood Avenue, Raleigh NC. They're open from 6am to 5pm Monday-Friday and 7am to 5pm Saturday & Sunday. Visit their Facebook page for more info, [www.facebook.com/thirdplacecoffee](http://www.facebook.com/thirdplacecoffee).*

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Jeff Pender



LOCAL BEER



# FAINTING GOAT Brewing Company

BY RUSSELL PINKSTON

In the mid 1800s, a tobacco farmer named Stephen Fuquay, in the small town of Sippihaw, was plowing his fields when he discovered something unusual. The ground he was plowing was strangely wet. He began to dig, uncovering a rich, underground mineral spring that would soon alter the very identity of the rural town. It wasn't long after that Stephen Fuquay took it upon himself to proclaim the mineral spring to be a cure-all for a wide range of gastrointestinal ailments. Word spread quickly, and people came from all over the state to drink from the now-historic Fuquay Mineral Springs, seeking the miraculous healing properties of its mineral-laden waters.

The sudden rush of tourism to the small town of Sippihaw led to some fundamental changes. Main Street saw an influx of businesses; from restaurants and hotels, which accommodated travelers, to a dancing pavilion with a player piano. The town became a destination for Raleighites, who would take the train down to Sippihaw for 4th of July celebrations and baseball games. One local businessman even struck a deal with the railroad to offer "Moonlight Excursions" by train to the springs. So many people were coming to Sippihaw to "take the waters" that the small town actually decided, in 1902, to change its name to Fuquay Springs in honor of its biggest attraction.

As time and trends began to fade, people became disenchanted with the mineral springs and the town began to slip back into its rural roots. For decades, businesses on old Main Street Fuquay Springs (now annexed into the larger town of Fuquay-Varina) have struggled to



Fainting Goat's head brewer Tim Reichert and entrepreneur MaryAnn Durborrow.

survive without the attraction that literally put them on the map. But, just recently, Main Street Fuquay has experienced a resurgence of tourism and a much-needed revitalization of its local commerce. A mere block from the historic site of the mineral springs that gave the town its name, a new kind of liquid is flowing. And though it may not do much for your gastrointestinal troubles, it could quite possibly help to soothe what ails you.

So, what is this miracle elixir that is bringing new life to Fuquay? Well, it's beer, of course! Over the last few years, Fuquay has been hit full-force by the rising tide of the craft beer movement. There are now four breweries within the Fuquay-Varina city limits. You're probably at

least familiar with Aviator Brewing Company in the old Varina Station, and Draft Line just down the block. Lincoln Brewing also set up shop on 401 last year. But now there is an even newer brewery in town, and the only one located on Main Street: Fainting Goat Brewing Company.

Now, your first question is probably going to be, "What the heck is a fainting goat and what does it have to do with beer?"

The Fainting Goat is the creation of two people. Head brewer Tim Reichert, a veteran of the National Guard, and MaryAnn Durborrow, an entrepreneur who has run other successful businesses in the area. Tim has a medical condition called laughter-induced syncope, where laughing too hard can cause him to lose consciousness. This condition has earned him the nickname "The Fainting Goat" among his friends, who like to test its repeatability. It is from this that the brewery gets its name.

The building where the brewery is located was once a dance studio, where MaryAnn took her daughters as children. When that closed down, it became a gun shop but now has been reverted to something a bit more welcoming to the whole community. You can still see some of the slat board from the gun shop that is now being used to hold apple boxes full of Fainting Goat tee shirts and hats.

The tap room is full of interesting decor of repurposed wood and art. The bar itself is one long, solid pour of concrete, which has been painted and topped with a smooth coating of resin. MaryAnn and Tim made the tables themselves out of leftover pallets, which also front the bar



and give the place a cozy, wooden motif. The floors in the bathroom are fairly interesting, made of brown paper bags that have been glued to the floor and covered with a urethane coating, which give the floors an almost worn-leather appearance.

The Fainting Goat's brewhouse is still fairly small as they grow. Currently they brew only 2 barrels (4 kegs) in a single batch. Despite this limiting size, their selection is remarkably vast, and the quality is exceptional. On my visit to the brewery, I had a flight of eight distinct beers, all of which were nothing short of delightful. Below is a provisional list of several of their beers, though their menu is constantly evolving.

**What the Buck American Pale Ale (7.4%)**

**Pomegranate Tart Witbier (5.2%)**

**Double Buck Double IPA (7.6%)**

**Butthead Brown Ale (5.5%)**

**Der Hoof Hefeweizen (4.7%)**

**No Kidding Belgian Wit (4.5%)**

**Accidental Belgian Dubbel (6.8%)**

**Stiff Leg Belgian Tripel (8.1%)**

**Horny Honey Wildflower Wit (5.4%)**

The tap room also offers free peanuts from little buckets on all the tables, and hosts food trucks on Thursdays. October will mark their one-year anniversary, so be sure to follow them on social media for upcoming event updates.

The emergence of businesses like The Fainting Goat is helping to revitalize downtown Fuquay by increasing tourism and foot traffic to all of the surrounding stores and restaurants. With several Fuquay staples on the block like Anna's Pizzeria and The Stick Boy Bread Company, as well as the newly-opened Mason Jar Tavern and The Mill just down the street, Fuquay is once again becoming a quaint weekend retreat reminiscent of its golden years of the early 1900s.

We at the Downtowner love to see a good neighborhood find new life. So, if you find yourself wondering what to do some night this week, or if you're planning a weekend excursion, come explore the local businesses on Main Street in Fuquay. And be sure to stop in at The Fainting Goat Brewing Company to "taste the waters" for yourself.



**Fainting Goat Brewing Company**

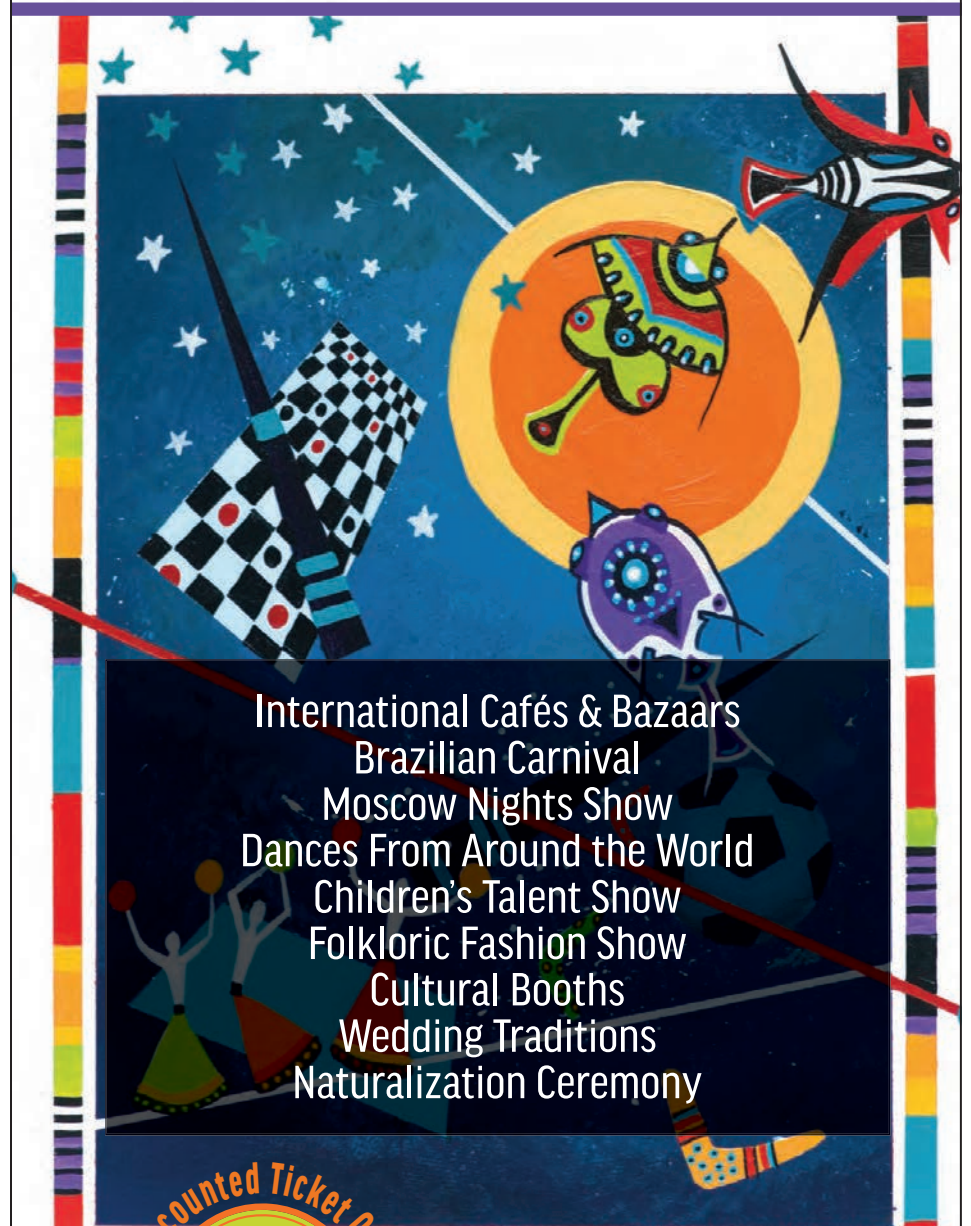
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The After

# An Emergency Home Renovation

BY DIANE MAKGILL

When I first arrived at Kim's house, I quickly realized she was camping...inside her own home.

Kim had decided she would renovate her home and design it herself, so she began demolition. Two years later, she was still living without wallboard or insulation. Needless to say it was very hot, and very cold, depending on the season. Kim had started designing her bedroom and bathroom, made a few errors and felt paralyzed to keep designing. When Kim read one of my design columns, she called me. It was my lucky day!

What a great house on an amazing lot. Tucked back on a gravel road, this midcentury home faces a beautiful pond. It had a built-in pool, multi-level patios, and a very cool and unusual fountain. Several chickens greeted me on the path to find Kim, waiting for me by the double front doors, and smiling. She was excited, which made me even more excited to be there. When I walked, I realized that Kim wasn't even able to cook properly, she didn't have a place to sit and eat, and to top it off, she actually worked from home.

We decided on a clean, serene interior. I wanted to embrace the midcentury style of her home, making sure the house didn't look like it was in a time warp with too many styles. I began with a concept board of overall furniture ideas, paint colors, light fixtures, and accessories – so Kim would have an idea of my vision.

We started in her large kitchen as I felt this was Kim's greatest need, and she chose a floor plan that best suited her cooking and baking needs. Then we began shopping for cabinets, flooring, and appliances. I quickly realized that Kim wanted a minimal look using quality items for her home. We had such fun in the designer showrooms! Kim and I chose grey cabinets, white Silestone countertops, and built-in stainless appliances. She also agreed to include one of my signature barn doors, which separates her office area. Handmade by my carpenter Steve, Kim says it is one of her favorite items.

Kim never complained about the construction even though she worked at home right through it all. I think after two years of "camping," she was so happy to see



The Before

progress. I stopped by every morning and greeted the workers, took calls during the day, and stopped back by at night. Kim had researched how to obtain city permits and she saved money by acting as her own general contractor, which she was trained for. I hired the subcontractors and Kim signed their contracts. An unusual arrangement in my design work, but it worked like a charm. We were in sync at every stage.

When the light fixtures went up, it was like adding jewelry to a beautiful outfit. Just perfect. Kim hung her artwork; I arranged her accessories, and her beautiful dream home emerged from the rubble. Welcome home Kim! **B!**

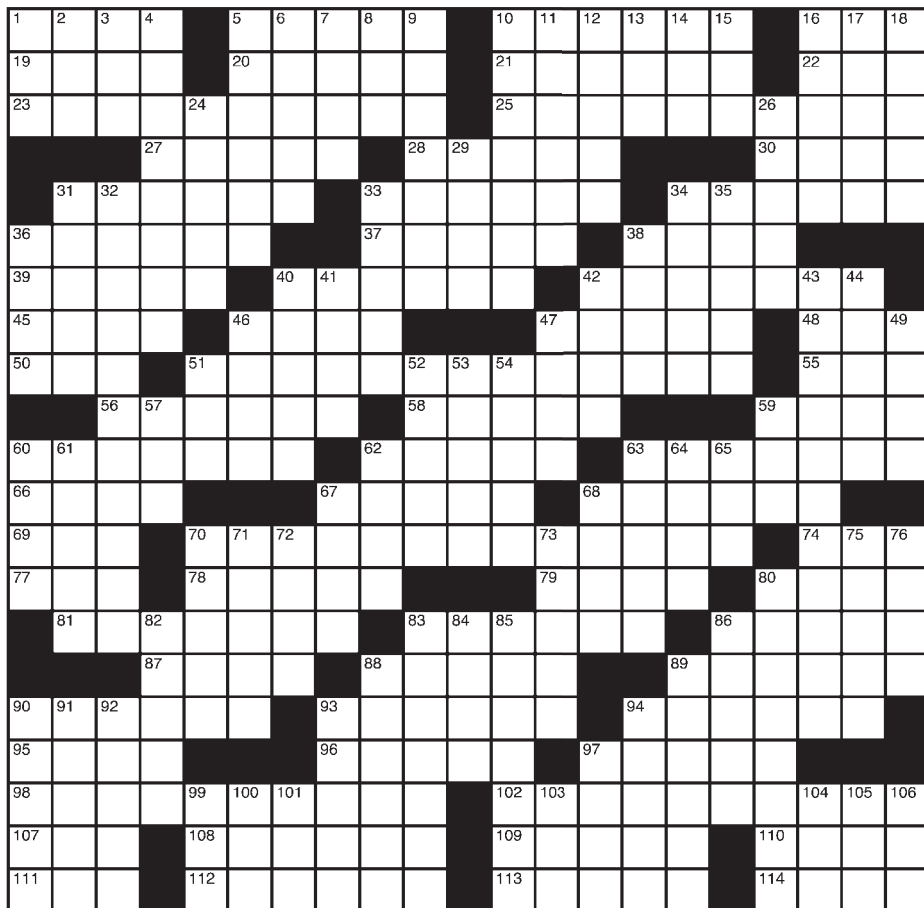


*Diane Makgill is owner of 3D by D Design in Raleigh, which specialized in restaurant and home interior design. Learn more about her services at [3DbyDdesigns.com](http://3DbyDdesigns.com) or call 919.413.0181.*





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10/30/16

"Eekology 101"

**ACROSS**

- 1 Golfer's concern
- 5 Spanish appetizers
- 10 Bill entry
- 16 Golf scorecard number
- 19 Southern cuisine staple
- 20 \_\_\_ Coast
- 21 Above-ground, as a ski lift
- 22 Before, to Byron
- 23 Ghosts' car safety devices?
- 25 Witches living together?
- 27 Retreats
- 28 Warty amphibians
- 30 Pacific relative of the Canada goose
- 31 Muffin man
- 33 Evening reception
- 34 "Just to See You Smile" country singer
- 36 Tool with a blade
- 37 More sick
- 38 Saharan
- 39 Messed up
- 40 Firstborn
- 42 Spanish noble
- 45 One of five inhabited U.S. entities
- 46 Seed covering
- 47 Retreat
- 48 Buzz
- 50 Iconic WWII island, familiarly
- 51 Dracula's least favorite lunch?
- 55 Lennon's lady
- 56 State of rest
- 58 Lumps
- 59 \_\_\_ tape
- 60 Transpose, say
- 62 Daycare banes
- 63 Anniversary cele-

- bration
- 66 Donald, to Dewey
- 67 Top-rated
- 68 World \_\_\_
- 69 U.N. workers' gp.
- 70 Monster's favorite cereal?
- 74 French vineyard
- 77 Unit in a gym
- 78 Prickle
- 79 Viscount's superior
- 80 Troubles
- 81 Place for afternoon refreshment
- 83 Saunters
- 86 Reason
- 87 Failure
- 88 Emulated Paul Bunyan
- 89 More spicy
- 90 Help with money, perhaps
- 93 Road hog?
- 94 Most lucid
- 95 "Ben-Hur," e.g.
- 96 Common teen phase
- 97 Mosaic artist
- 98 Dracula's favorite fruit?
- 102 Where werewolves seek stardom?
- 107 Cholera
- 108 Futuristic 2009 James Cameron film
- 109 Conjure up
- 110 Real estate sale
- 111 Equinox mo.
- 112 Negligent
- 113 Like 62-Across
- 114 Story

**DOWN**

- 1 Officejet Pro printers
- 2 "\_\_\_ la la!"
- 3 Till bill
- 4 Faint

- 5 Shin-related
- 6 Declares
- 7 D.C. bigwigs
- 8 Works at a gallery
- 9 Ventricular contraction
- 10 Minnelli movie musical
- 11 One on a drive
- 12 Sprang up
- 13 Kia model
- 14 Whale group
- 15 Slippery \_\_\_
- 16 Pan in the air
- 17 Quicken Loans, for one
- 18 Adjust, as a faulty stitch
- 24 Taught to submit
- 26 "Heaven Can Wait" character
- 29 Many Manets
- 31 Meant to lose
- 32 Monster's daily newspaper reading?
- 33 Move obliquely
- 34 Front man?
- 35 Wall Street debacle
- 36 UFO-tracking org.
- 38 Spanish ayes
- 40 Clear
- 41 Similar to
- 42 Relatives of hems
- 43 Monsters' cookie-selling group?
- 44 Smidgen
- 46 Perched on
- 47 Chances
- 49 Speck of dust
- 51 Mole, maybe
- 52 Curtain fabric
- 53 Budget competitor
- 54 \_\_\_ this world
- 57 LAX info
- 59 One usually has six sides
- 60 The Sierra Nevada's Mount \_\_\_
- 61 Bay, say
- 62 Fiber source
- 63 Catcalls
- 64 River through Orsk
- 65 Smidgen
- 67 Salon job
- 68 One-horse carriage
- 70 Pompous gait
- 71 Stopped waffling
- 72 Origin
- 73 Overrun with crab-grass
- 75 Odometer control
- 76 One with an instruction manual
- 80 Port feature
- 82 Unawares
- 83 Wall Street headlines
- 84 Symbols of wisdom
- 85 Boils
- 86 \_\_\_ Island
- 88 Animator Bill and others
- 89 Eponymous comet tracker
- 90 Casual jacket fabric
- 91 Art form with singing
- 92 More pleasant
- 93 Part of Hispaniola
- 94 Outfit at the track
- 97 Ark units
- 99 Carwash challenge
- 100 Blvd. cousin
- 101 Butter from a farm
- 103 In vitro cells
- 104 Andean stew veggie
- 105 '60s-'70s teammate of Esposito
- 106 Binge-watching site

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Anne Barrington is a health coach and consultant.

# Five Simple Ways to Help You Feel Great!

BY ANNE BARRINGTON, RN CHC

There are plenty of books and advice columns out there, giving advice on how to become healthier, thinner, buffer, happier, etc., but who has the time to read them all? Well, here is your health coach to the rescue. I actually read most of those books, and I try to cut through the hype and gather the good stuff. I am all for simplifying life, so here are my 5 simple and understandable ways to achieve sustainable wellness.

**1 Eat more whole, locally grown, seasonal foods that you prepare at home.** This will greatly impact your health! Granted there are people who appear perfectly healthy on the SAD (Standard American Diet) and smoke to boot, but the truth is that this country is on its knees with lifestyle-related illnesses like type II diabetes, hypertension, heart disease, obesity and cancers, and we can't just blame it on genes. Today's biggest obstacle to healthy eating is our dependence on highly processed, "factory" made foods laden with chemicals and additives that emphasize convenience and taste over nutrition. Another important element I was taught at the Institute for Integrative Nutrition is the importance of bio-individuality. What may work as a great diet for me, may not work so well for you. Some people do great on a vegan diet, while others function better with some meat on their plate. Some people blossom on a raw diet, while others gain energy from a cooked meal. You have to learn to listen to your body, and go on your own journey to find foods that sustain your health. But make sure your meals are, in health guru Michael Pollan's words, made of "real food, mostly plants and not too

much [of anything]." Many people who successfully cook at home have their own methods to help them save time such as preplanning meals, going shopping with a researched food list, chopping veggies as soon as they get home, and cooking in bulk then storing/freezing portions for easy future use. Make sure to visit any of the Triangle's great farmer's markets to pick up fresh, locally grown produce as well as inspiration for healthy cooking.

**2 Move more.** Your body needs to move, but movement is not built into your daily life today as it was 30-50 years ago. HIIT, or high intensity interval training is the newest recommendation for smart and effective training, and can be done in 10-20 minutes at home; but whatever you do; pick something you enjoy, since you will be more likely to stick with it. Create a lifestyle where activities and hobbies incorporate movement. Within the Triangle area, there are 125 miles of Greenway paths for walking or biking as well as local fitness meet-ups, community sports and activity groups, which can all help you create the culture of wellness needed for sustainable activity.

**3 Practice positive thinking.** Your response to stress can make or break you. The invisible world of your inner thoughts and beliefs creates the physical world you inhabit. The saying "you don't get what you want, you get what you believe," has proven true for me time and time again. The things you tell yourself in your mind tend to manifest in your life. Practices like positive affirmations, a gratitude journal, EFT or a vision board can be powerful

ways to deal with stress and create the life you want.

**4 Find purpose.** Pretend you're writing your own obituary. Does it describe the life you wanted? Purpose may be found in all aspects of your life, work, family, volunteering, or in practicing your faith, but if you are still searching for your purpose, you may focus on the question: What would living my purpose feel like? Would I feel invigorated, passionate, stimulated, calm, curious, and knowledgeable? Then find what makes you feel like that in your life today, and open your life to more of that feeling. You've begun your quest for purpose and ignited the power of attraction.

**5 Find ways to connect.** You may be an extrovert or an introvert, and you need to respect who you are, but no person is an island, and you need others in order to experience yourself as who you want to be. If you are short on connections, work on developing those qualities you admire and seek in others. Even if you experience great success both personally and professionally, when reaching out to help others, you may find a whole new level of passion igniting your life. **B!**

*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 [annebarrington619@gmail.com](mailto:annebarrington619@gmail.com) with more information at [www.annemaritwellness.com](http://www.annemaritwellness.com).*

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