

TRIANGLE Downtown MAGAZINE

ISSUE 100

A HUGE THANK YOU TO ALL OUR READERS, ADVERTISERS AND SUPPORTERS WHO HELPED US REACH THIS AMAZING MILESTONE!

FREE



Also in this issue --> An amazing dinner at Revolution in Durham, getting crafty at Crank Arm, juicy news from Raleigh Raw, food trucking with Valentino's, Wake SPCA pets, @Art + more

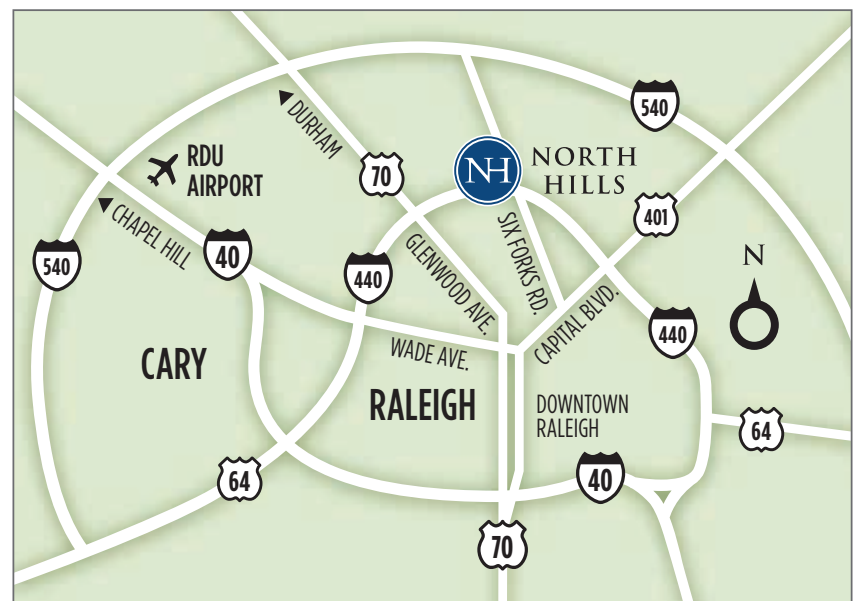
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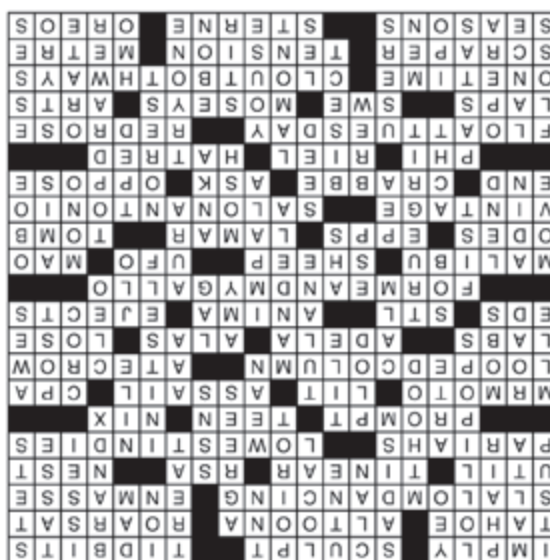
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The Triangle Downtowner Magazine is a locally-owned monthly print magazine dedicated to coverage of the Triangle area. Current and archived issues of the Downtowner are available at

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Answer to crossword puzzle on page 21

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ON THE COVER: Rebekah Zabarsky's chalk art has been described as "just the right mix of whimsy, elegance and artistry." She recently opened Chalk by Bex, a downtown Raleigh art studio in The Carter Building where she creates hand-lettered signs and original art for national brands like Jameson Whiskey and local businesses such as The Raleigh Wine Shop, Ladyfingers Catering and HQ Raleigh. You can see more at www.chalkbybex.com or by following @chalkbybex on Instagram.





and Counting!

BY CRASH GREGG, PUBLISHER

It's hard to believe this month is our 100th issue of the *Downtowner*. It seems like just yesterday Sig Hutchinson, my brother Randy and myself were brainstorming ideas for a new magazine. Amazingly, that "yesterday" was 2005, over nine years ago when we decided downtown Raleigh was the place to be. Even then, we could see the huge potential downtown. It was there, and we could feel it coming: a tiny glimmer of light inside vacant buildings, the faint sound of live music down the street, a far away

aroma wafting from a busy kitchen. We polled a few of our friends and colleagues, and they all thought we were crazy. "You want to write about just downtown?" and "Really?" were common responses. Nonetheless, we decided to go forward with the launch of our magazine, the *Raleigh Downtowner*, and it was welcomed with instant success, foreshadowing what was about to happen in the city's center.

When our first issue emerged in downtown, Fayetteville Street was still a pedestrian mall, the new convention center was just a spark in the minds of Roger Krupa, Doug Grissom and then-Mayor Charles Meeker, and there were only a handful of bars and restaurants to be found. Retail was non-existent sans for a few urban suit shops, the long-time jewelry purveyors at Reliable Loan and Jewelry and a few places in City Market (which by the way is celebrating their 100th anniversary this year!). The entire Warehouse District had tumbleweeds rolling through its streets, and even Hargett Street was devoid of life with the Raleigh Times Bar not appearing until a few months later in 2006. The Downtown Raleigh Alliance had just been founded and was still developing its own identity for downtown. It's no wonder people thought we had lost our minds launching the magazine.

Nonetheless, we diligently continued to promote downtown throughout the years, printing more and more issues each month, expanding our readership organically, making sure all copies of the magazine were being picked up. Unlike many of the other publications in the area, it bothered us to see thousands of wasted issues left over at the end of each print run. We made concerted efforts to keep our 99 percent pickup rate, more than three times most of our competitors' conversions.

We purposely chose to be non-political, promoting only the positive aspects of our community to help further growth of the area. We supported local charities by retelling their missions to help others. Our readers know how long we've been a champion for small business, especially those that are locally owned, continuously emphasizing the priority of spending within our own community. We've written hundreds and hundreds of articles on the things we enjoy: local restaurants, craft beer, wine, visual and performing arts, fashion, music, and nightlife. We covered the grand re-opening of Fayetteville Street, the groundbreaking of the PNC (then-RBC) building and other major construction projects, the many, many restaurant openings, and all the great events that draw hundreds of thousands of people downtown. We held the first food truck rodeo in downtown Raleigh in 2011, Food Truck King, a benefit for the charitable organization, Meals on Wheels. We were an important early promoter of local community and plan to always be here for our readers.

Skip forward to January 2013 and downtown >>>



Events like *The Real Deal*, a venture capital-meet-startup event from co-founders Robert Williams and Antoine Ponton of CaWaSa Consulting, are proof that the Triangle is growing in the right direction.



Fayetteville Street Mall circa 1980 before it was converted back to Fayetteville Street

(PHOTO LARRY MERRELL)

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Raleigh is known across the country as a great place to live and work, host to big-time events like Hopscotch and the Bluegrass Festival and home to several nationally-acclaimed chefs. Craft breweries are launching almost every month, art galleries decorate every downtown district, and nightlife had taken on a life of its own. But what had been going on in the rest of the Triangle while Raleigh was flourishing?

Other busy, social and densely urban areas including downtown Durham, Chapel Hill, Wake Forest, and the North Hills area had also been growing, prospering and attracting loyal fan bases of their own. It was then that we finally decided to pull the trigger to re-name and re-launch as *Triangle Downtowner Magazine*. Each area had its own personality, appealing to the growing throngs of new residents to the Triangle and topping list after list of Best Of places to raise a family, start a business, and much more. The country had no option but to take notice of the Triangle. We like to think we had something



Incubator space like HQ Raleigh are testament to the amazing entrepreneurial growth in the Triangle

to do with all the great press our region received by publishing the stories of what makes our community a great place to be. We love it here, and it shows.

So with all the great accolades, what's the next big thing for the Triangle? We believe it's our startup/business community. As such, we'll be increasing our press on the vast expansion of the entrepreneurial culture in the Triangle throughout the next few months, both in print and online. We're also helping to launch a new independent business website with video interviews of local business owners, pioneers and leaders; an online repository

of links to articles and information on starting your own business, tips on how to procure investors/seed money as well as finding mentors or other helpful resources; and an online comprehensive calendar of startup-focused events. We'll also be hosting our own networking events where like-minded entrepreneurs can mingle, talk shop, learn, and create new business relationships. We'd love to hear from members of

the entrepreneurial community who want to help us shine an even brighter light on the Triangle's business scene: writers, journalists, web developers, networkers, planners, businesses interested in sponsoring meetup events, and anyone else who wants to help out. Send us an email to biz@weloventown.com with a little information about yourself and how you'd like to work with us. Community is much of what makes the Triangle so great, and the *Downtowner* is here to do what we can to help. We hope you'll join us for what looks to be a great ride! 🚗

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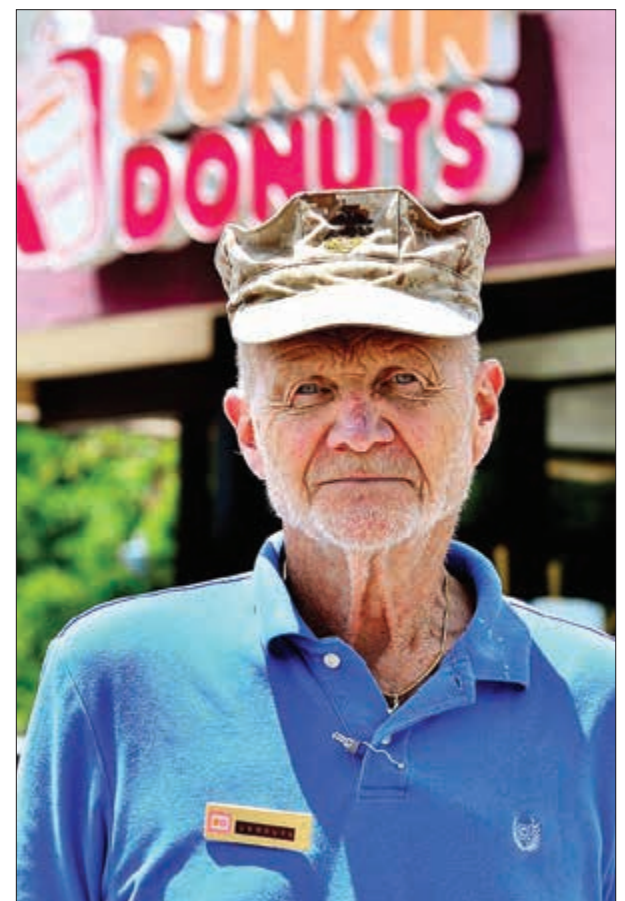
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REVOLUTION

BY BRIAN ADORNETTO, FOOD EDITOR | PHOTOS BY CRASH GREGG



Regardless of the menu, the chef's philosophy remains the same: "Use high quality ingredients, cook and season to the ingredient's strength, and respect the classic flavor combinations."



Located in the historic Baldwin Building in downtown Durham, Revolution is just a few blocks from the Durham Performing Arts Center and a short walk from the Durham Bulls Athletic Park. The restaurant is steeped in mellow tans and beiges; natural light fills the space, and local art (including a full wall mosaic) adorns the walls. Revolution is split into two distinct sections: The lounge area offers high-top tables, modern couches and armchairs, and a massive, granite-topped angular bar with comfy leather-backed stools. Additionally, at the far end of the bar, a Chef's Table provides diners with a peek behind the curtain via flat screen TVs live streaming the action in the kitchen. The main dining room, situated behind a half-glass wall, allows diners to enjoy a more formal experience. The slender space is filled with inviting banquettes, cozy tables and private booths.

Chef/Owner Jim Anile has traveled from Pennsylvania to California, Asia to England, and Dallas to New York City enhancing his culinary technique and cooking style. In 2002, he moved to Chapel Hill to serve as Il Palio's Executive Chef. Five years later, seeking to indulge his culinary imagination,

Anile left to open Revolution. Since then, he has appeared on the pages of *Bon Appétit*, *Southern Living*, *The New York Times*, *Coastal Living*, and *Our State Magazine* and created his own line of extra virgin olive oil and flavored vinegars (including the wonderful Fig Balsamic Vinegar).

Aside from a few seasonal tweaks, Revolution's printed menu changes little, but tells only half the story. If you're looking for something hyper-seasonal or adventurous, go with one of the three Chef's Tasting Menus (the "Feed Me," 3 courses for \$40; the "Treat Me," 5 for \$65; or the "Feast Me," 7 for \$95) and indulge your palate with Anile's most recent inspirations. Regardless of the menu, the chef's philosophy remains the same:



“Use high quality ingredients, cook and season to the ingredient’s strength, and respect the classic flavor combinations.”

Our five course Chef’s Menu began with Anile’s Morel and Tomato Bruschetta. The delicate spring mushrooms were sautéed with garlic and diced plum tomatoes, coated in a sherry-goat cheese sauce, and heaped on top of toasted ciabatta. Its sweet, earthy, tangy, nutty creaminess roused my palate and piqued my interest. The Shiitake Mushroom and Spinach Tamale that followed was simply amazing. Served with pico de gallo, sliced radishes, tomatillo salsa, and tequila-creamed corn, this sweet-spicy dish packed enough umami to satisfy the most ardent meat lover.

Our fish course was Snapper Niçoise. The beautifully seared filet was set atop a riff on a classic French composed salad. Anile added beets, asparagus, celery shoots, roasted peppers, and arugula to the usual hard-boiled eggs, oil-cured olives, tomato concasse, green beans, and potatoes. The light, fresh entrée was redolent of spring, evoking memories of vacationing on the French Riviera.

At this point, we realized that we might not have the opportunity to taste Anile’s Beer Braised Mussels (\$15). So we paused the Chef’s Tasting



to add the highly recommended selection from the printed menu. I implore you to do the same. Bathed in a garlicky, slightly spicy beer broth and tossed with diced tomato and ribbons of basil, the tender mussels were by far the best I’ve had in the Triangle. Not only did I finish the last of the bread sopping up the broth, but I also resorted to drinking it with a spoon as if it were soup.

A thick, juicy NY Strip Steak, accompanied by sautéed shiitake mushroom caps, crispy fried onions and Sweet Chili-BBQ Sauce, returned us to our tasting. The grilled steak was perfectly charred on the outside and ruby red in the center, while the sauce was smoky, zesty and sweet.

We concluded with Anile’s Cardamom Spice Cake. Topped with a citrusy mascarpone semifreddo, macerated Bing cherries, candied orange, and shredded mint, this delicious dessert was sweet, tart, boozy, and refreshing. Each component was great on its own, but, together, they were enchanting.

Revolution is contemporary and comfortable, the wine list is stellar, the food is skillfully prepared, and the location is convenient. It’s a terrific

option for pre or post-theater, date nights, special occasions, and cocktails. 🍷

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.

Revolution

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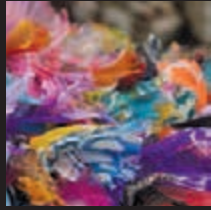
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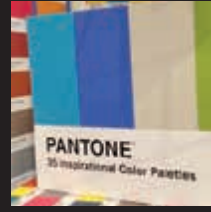
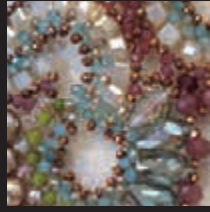
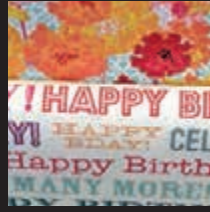
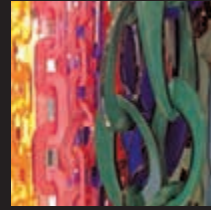
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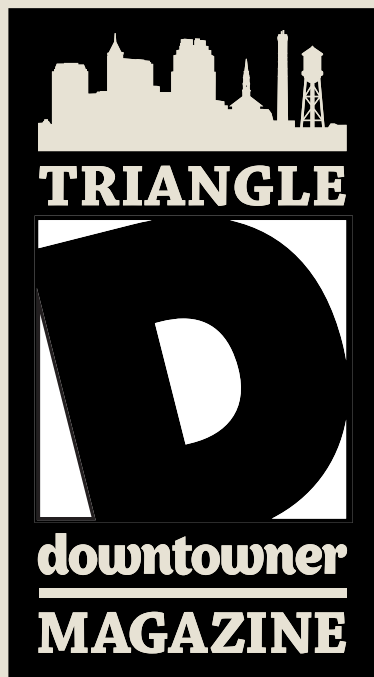


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- Ten \$20 gift cards to **Tyler's Taproom**, which can be used at any of their four Triangle locations in Seaboard Station, Blackwell St. in Durham, Main Street in Carrboro, or Beaver Creek Commons in Apex. You'll find great comfort food, plenty of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

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From the Publisher

In this month's "From the Publisher," I had planned on talking more about the journey to our 100th issue, but instead I'd like to write about something more personal. It's been a difficult year for me emotionally, with my mother suffering a stroke (she's home and doing better) and the unexpected passing of my brother and *Downtowner* co-founder, Randy. It's made me think about how much time the magazine requires of my life each month, usually pushing me into regular 70-90 hour work



weeks. Not to preach or quote from old clichés, but there is something vastly important in the adage of "stopping to smell the roses" and making time for

family and old friends. Since my brother's funeral, I have decided to begin a personal campaign to catch up with old friends from the past, spend more time with family and travel more with my son. I truly love my job but there are times when it definitely interferes with life. I'm making big changes and I'm already happier for it.

I encourage all of our readers to reach out to distant family, say hello to important but forgotten friends and take that trip you've been putting off. You never know how much time you have left to talk to loved ones or cross an item off your bucket list. Just go and do it. What's the worst that could happen? You'll be happier? More content? Who knows. Try it and find out.

It's too easy to lose sight of what's important, and I for one, plan on living life to the fullest and

not letting my job get in the way, self-employed or not. If nothing else, changing what's important will be my way of paying homage to my brother. Even though he loved his job as a journalist and publisher—logging plenty of late night hours—he traveled whenever he could, always made time for friends and jumped at any opportunity for a new adventure. To quote yet another appropriate cliché, *carpe diem!* Live your life and love it.

Cheers,

Crash

CRASH GREGG

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

Around Town in the Triangle

▼ Congratulations to some of our favorite Best of Downtowner Award winners from the last issue. In case you missed it, visit our website and check out all the winners to discover new places to dine, drink, visit and enjoy: www.WeLoveDowntown.com. ▼



Corbett Monica of Bella Monica, winner of Best Italian Restaurant



Jean Martin at NOFO, winner Best Bloody Mary and Best Sandwich



Ann-Cabell Baum Anderson of Glenwood Agency, winner Best Real Estate Agency



Sam Hobgood from Big Ed's Restaurant in City Market, winner Best Breakfast



Pam Blondin, owner of DECO Raleigh (here with Neil Hinson and Paul Friedrich), winner Best Gift Shop



Cala•Vela (formerly Calavera), winner Best Tequila Menu



Jimmy V's Osteria & Bar, winner Best Business Lunch, Restaurant for a First Date Restaurant, Patio



Debi and Randy Holt of Clyde Cooper's BBQ, winner BBQ, Fried Chicken & Takeout Lunch



Angela Salamanca and staff from Centro, winner Best Spanish Restaurant & Margarita



Player's Retreat, winner Best Appetizer



Jamie Saad of The Black Flower Bar, winner Best Dive Bar



Van Eure and staff (Tony, Alonnie, Paula, Van, Susan) at The Angus Barn, winner Best Steak



Second Empire's Kim Reynolds, Exec Chef Daniel Shurr, Marilynn & Nicole, Best Place for a Romantic Dinner & Wine List



The Raleigh Times Bar, winner Best Place to People Watch, Outside Patio, Best Dog-Friendly Patio & Late Night Menu

Around Town in the Triangle



Julius Hodge at DeMo's Pizza, with co-owners Anthony and Clay



Having a beer with the guys at Crank Arm Brewing



Rebekah Zabarsky working on our cover art for this month's issue in her Clark Building art studio in Glenwood South



One of our favorite local big time singers, Kat Robichaud, playing in downtown



Larry Dean and Gerald Davis interviewing with Bill Leslie of WRAL-5 before their show at the new North Hills Commons



Our gorgeous State Capitol Building, decked out for a perfect Fourth of July celebration in Downtown Raleigh



Cala•Vela/Oak City Meatball/Moonlight Pizza co-owners Stephen & Kenneth at an Artsposure Fundraiser



Laura Windley of the Mint Julip band wearing an original WWII uniform in honor of Lt. Martha Way



Colton enjoying summer camp at Artspace



Our ex-Planning Director Mitch Silver dropping off some furniture at the Green Chair Project before leaving for NYC



Tim Alwran of ABC-11 and David Therell enjoying dinner in downtown Durham at Revolution



Layla getting some love from kids (left) and owner Victoria at one of Pint 4 Paws' regular fundraisers, held at London Bridge Pub every month. More info at www.pint4paws.org for upcoming events



Crank Arm Brewing Company BY LANCE MORRISON

Crank Arm Brewing Company is a paradox. It's open, accessible, approachable, and youthful, but it carries foresight and wisdom with an eye on sustainability. They brew beer that can be enjoyed by anyone, not just the savvy connoisseur. But Crank Arm isn't just about beer; it's also about community.

The guys at Crank Arm didn't just jump into brewing. Adam Eckhardt had already been a home brewer dreaming of starting a commercial brewery for half a decade and founded Crank Arm Rickshaw to start saving money for a brewery. Dylan Selinger, an NC State alumnus in Entrepreneurialism and rickshaw driver in downtown Raleigh, managed the company. Mike Morris, with his more than 14 years of experience, came on as head brewer after leaving Natty Green's. Together the three launched a successful Kickstarter campaign to raise funds for the brewery. The buzzword "synergy" seems to sum up their relationship pretty well. As Dylan puts it, "Mike makes the beer. Adam sells the beer. I fix everything."

They found a location in the Warehouse District

at the corner of Davie and Dawson Streets that had previously been a metal shop, armored car depository and a former club, White Collar Crime. The guys actually keep their malt in one of the old bank vaults, now known as the "malt vault." They purchased the brewing equipment, tanks and pipes from a brewery that had closed in Greenville, NC. Rather than having the system moved



for them—an expensive process—they spent two months blowing out a few walls and jerry-rigging hoists and cranks to move the tanks on their own. The end result was moving everything for less than one-tenth of what they were quoted.

The concept DIY doesn't even begin to describe Crank Arm. The tabletops and all the wood used when remodeling the building were salvaged from a century-old barn near Durham. Even the kinetic art on the wall, a brightly lit interactive contraption of pedals, cranks and gears created by neon artist Nate Sheaffer, is completely upcycled from old bike parts and remnant metal. According to Dylan, "Not a lot of places have a backbone, a theme, something that's tangible and real." For the guys at Crank Arm, that backbone constitutes combining the cycling culture of the city with their love of beer under the philosophy of renewability.

There's a beer for everyone at Crank Arm. Mike focuses on making beer with low bitterness. It's not about amazing the beer aficionado

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but about inviting everyone to fall in love with their beers. For example, their Unicycle Single Hop Pale Ale features a different hop each time it's brewed. Since each batch of new beer usually doesn't last longer than a month due to demand, the Unicycle becomes a set of training wheels for the uninitiated to experience the variety of flavors offered by different hops. After trying a Unicycle with a certain hop, you'll be able to recognize that hop in other beers based on how it tastes. The guys at Crank Arm want to help customers learn more about craft beer. For dark beer enthusiasts, there's the seasonal Holy Moly Smoke Porter. After fermentation, Mike adds chocolate from neighboring Videri Chocolate Factory as well as local habanero peppers. Videri cocoa nibs, along with dark roast coffee from Raleigh's own Ben-elux café (which also has a cycling club), are also added post-fermentation to the Motivator Stout (9.3 percent ABV).

There are three standard beers always on tap: the citrusy White Wall

BEER	ABV	IBU	\$
WHITEWALL	4.4	23	3.50
UNICYCLE	4.8	35	3.50
RICKSHAW	7.2	54	3.50
BIG WHEEL	5.3	16	3.50
HEEBRIKEN	4.7	16	3.50

Wit, the Rickshaw Rye IPA (7 percent ABV) and the Unicycle. If you haven't caught on yet, all the beers' names are cycling themed. There's even the Derailleur, an American Barleywine with a 10.8 percent ABV. Dylan had to explain to me that a derailleur apparently is the piece on the bike that moves the chain from one gear to the next. There are also six other seasonal beers on tap, including the Holy Moly and Motivator, but as soon as one runs dry a different beer keg is tapped depending on what they've brewed that month. There's the fruity Belgian Golden Ale, Uphill Climb (8.3 percent ABV), the Extra Special Bitter Eat Sleep Bike (5.6 percent ABV), and the cardamom, ginger and orange zest infused Icycle (purposefully misspelled) Belgian Brown Ale (6.4 percent ABV).

None of their beers last longer than a month or so. It's either finished out at the bar or delivered to local restaurants or bars via their vegetable oil-powered truck or by rickshaw. Quality control and freshness is a point of pride at Crank Arm.



If Crank Arm's craft beer or their monster-sized Jenga set made out of two-by-fours aren't enough to entice you in, come by for their bike rides. Every Wednesday at 6:30pm, the guys lead a casual six-to-eight-mile biking trip around Raleigh and its greenways. And for those who can go the distance, come out at noon on Saturday for either their 10- or 20-miler. No one gets left behind on these rides, and if needed, they'll even repair your bike for free (sans any parts needed).

Lance can be reached for comment at lance@welovedowntown.com



Crank Arm Brewing Company

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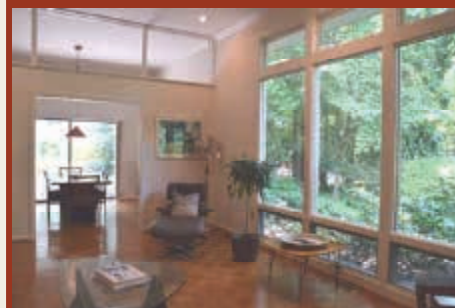
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Valentino's: A Taste of New York on Four Wheels BY MIKE POLIZZI



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

Steve Valentino, a native New Yorker, relocated to North Carolina in 2009 with his lovely wife, a heart full of passion and a fist full of meatballs.

Inspired by his Italiano papa Sal, Steve delivers an authentic flavor that Southerners had never experienced before, from the Steve-O Hero — his signature slow-cooked tomato-sauced meatballs on garlic bread — to his well-known Pulled Pork & Cheese stuffed Jalapeno popper fried in a local pale ale beer batter and served with ranch or sweet chili sauce.



Of course, this operation didn't just transpire overnight. Back in New York, Steve was a jack-of-all-trades: a painter, a sculptor, a chef, and a special effects make-up artist.

For nearly a decade Steve and his fiancée Christina, a former student at East Carolina University, visited friends in Raleigh on a regular basis. They fell in love with the pleasant city and decided to move there shortly after their wedding in April 2009.

Christina was fortunate enough to have her job transferred to North Carolina. Steve, on the other hand, wasn't so lucky. He had lost his job in the midst of the recession and was stranded and unemployed,

along with millions of other Americans. But being the go-getter that he is, Steve managed to turn a negative into a positive.

"If nobody wants to hire me," he said, "then I will!"

So he pursued the food vending industry with intentions of possibly running a hotdog cart in downtown Raleigh.

Steve did his research and inquired with the local zoning board. He advised them on how he wanted to include additional menu items on his hotdog cart, such as his home-style Italian cuisine. This would have been a perfect idea, but the board declined his proposal because according to regulations, Steve would have to acquire an enclosed kitchen to serve his own specialties.

Unbeknownst to the growth of the food truck industry, Steve was on the hunt for four wheels and an engine. In February 2010 he found it — a Grumman Step Van.

It was in terrible condition and reeked from the previous owner's fish business. Nevertheless, Steve saw its potential and was fortunate enough to have his handy-dandy brother Frank in town at the time.

Frank was able to guide and assist his ambitious brother through all the rough patches and together, along with the support from his wife and local friends, they built the truck that stands today and Valentino's food truck was born.

Being a beer enthusiast and a home brewer, Steve stumbled upon Lonerider Brewery. After talking



with the bartender and learning they didn't serve food at their on-site bar, he struck upon the idea of bringing his food truck out to serve their customers. Every Wednesday, Valentino's food truck pulls up alongside their loading dock. Menus are placed at the bar, Steve fires up the grill, and then he takes care of dinner from 5:30pm to around 9pm. Ales for outlaws and food for foodies!

Valentino's food truck eventually extended their services to other local breweries including Fullsteam, Carolina Brewing Company, Brueprint, White Rabbit, and Bombshell to name a few.



Steve manages his business with pride and for the first time in his life, strongly believes that he has found his calling. After four years of serving up New York style fare, the Valentino's food truck will begin their 60-day Kickstarter project to raise money for their new cookbook and web series called "Brews Control." The series will showcase videos and recipes from the truck's ventures to breweries all across North Carolina. The cookbook will include a map, helpful tips on cooking with beer, as well as cocktails and other masterful creations. The campaign should be live on Kickstarter by the time this issue hits the streets, so search for Steve and his truck on www.kickstarter.com to pitch in.

You can keep up with Valentino's Italian meals on wheels by following @ValentinoTruck on Twitter. There's a calendar of their weekly locations and full menu on their website, www.valentinotruck.com. Bon appetit! 🍴

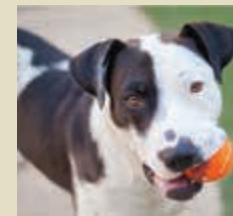


This is the first of a monthly column highlighting some of the dogs and cats who have called the SPCA of Wake County home for far too long. Since the SPCA is a no-kill shelter, their adoptable pets stay with them as long as it takes them to find a home. This means that when the shelter is full, there's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

Zoe 3 years old, Spayed Female, Domestic Shorthair Brown Tabby—Meet one of the most affectionate kitties at the SPCA, Zoe! This girl is always the first to greet you by the door. She is very talkative and will always give you the update when you arrive home from work. She had been adopted and returned a couple times, and is ready to find the perfect home today! She gets along great with other cats and enjoys playing with



an assortment of toys. This girl likes to cuddle as much as chat! If you're looking for a pet with a big personality, Zoe is all that and more. Her favorite things are tall scratching posts and windows ideal for bird watching! The staff have trimmed her nails on a regular basis, and she is really tolerant of it. As long as you remember to do this regularly you won't have any problems with scratching! Visit Zoe today at the SPCA Pet Adoption Center (don't worry, she'll greet you by the door), or you can read more about her online at www.spcawake.org/adopt/!



Turtle 1 year old, Neutered Male Labrador Retriever & Pointer mix—Turtle is one of the staff's picks at the SPCA! This dog will be an excellent catch for whoever adopts him! His intelligence astounds us. With just a little time and energy, this dog could perform

amazing tricks. Did someone say agility? If there was ever a perfect dog for a family who enjoys early morning or evening jogs, Turtle is your boy. Turtle wants to be by your side 100% of the time. He loves people so much that he would probably do best as an only dog. After a mid-morning jog or a game of fetch, he would be very content with a Kong toy filled with yummy treats or peanut butter. This snuggle-bug is ready to go home today! He currently weighs about 50lbs and is full-grown! Visit him at the SPCA Pet Adoption center or read more about him online at www.spcawake.org/adopt/!



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Raleigh Raw

BY HANNAH MURPHY AND VICTORIA NIEMEYER

Local juice company, Raleigh Raw, is trying to help the Triangle rethink their drinks one sip at a time. What started with a collection of mason jars and a knack for mixing flavors in the kitchen and behind the bar, has now blended into a full time operation that is today's newest trend in Raleigh: raw, cold pressed, organic, juice.

Sherif Fouad, one of the founders of Raleigh Raw, grew accustomed to having fresh juice at his fingertips while living in New York City and working as a mixologist at some of the busiest clubs in the city. He relied on his daily juice as a source of energy and a way to stay healthy despite a demanding schedule. After moving to Raleigh three years ago, he quickly became part of the ambition and drive within the Raleigh-Durham community and knew just what his fellow colleagues would need as the expansion took off—liquid energy in the form of delicious, nutrient-dense juice.

His interest in juices extends beyond his

own taste buds and the immediate benefits like increased energy and clarity to more long-term effects. Through his own friends' and family's struggles with various diseases, Sherif has seen first-hand the connection that diet can play in prevention and treatment of conditions from diabetes and obesity to depression.

Sherif is not alone in this crusade. In NYC and other cities, the fresh pressed juice has replaced



the latte as the go-to drink or brunch companion, and Raleigh Raw is set on being the one to carry that trend down to the Triangle. Beyond the Vogue factor, raw, organic, cold pressed juice has gained a ton of exposure over the past five years because of its laundry list of benefits to the overall health of the body and mind.

Since the juices are raw (never cooked or heated), and with all ingredients sourced from organic outlets, this juice has the accolades that few foods can tout. Different than the final product from an average in-home juicer, this drink is cold pressed, which means it hasn't been tampered with and packs a mean punch in the nutrient department, creating a liquid powerhouse without any added chemicals and preservatives. Consumers would never guess that each bottle of Raleigh Raw juice contains about five to six pounds of produce; the average salad just can't compete with this bang-for-your-buck impact.



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Keeping it local is also one of the key factors that differentiate the team's product from others. They obsess about the farms where the produce is purchased, and put a very high priority on organic and farm fresh. If the ingredients aren't grown locally, they are brought in from Florida and California and because of the lack of any preservatives or unnatural additives, Raleigh Raw products have a three-day shelf life, which the company proudly touts as a testament to its freshness.

Currently, Sherif and his staff work out of the downtown Raleigh restaurant Zinda's kitchen on Fayetteville Street from midnight to 5am pressing juices and prepping deliveries. Their turnaround from farm to bottle is a mere 48 hours, with the customer receiving their juice in around two hours after pressing and bottling having been completed. With this method—and his team's dedication to getting fresh juice in the hands of



Raleigh Raw Founder Sherif Fouad and Operations Manager Leslie Woods at home with their dog Soleil

the community—Sherif has been able to grow his company through a strong online presence that involves making bi-weekly deliveries to partners, companies and customers' homes all over central North Carolina.

It's not all work and no play for these juice pushers; they do infuse their fun loving personalities into the product with Sherif drawing on his passion for hip hop and music to come up with catchy names for his special

brews. One of the top sellers (and the first juice Sherif created), 'Kale Me Maybe' is a unique recipe that has the brand's super fans placing weekly orders religiously, viewing their juices as a treat versus a health food. This particular blend is filled with minerals and antioxidants derived from kale and spinach, with a natural tang from pears, lemons and ginger. "Playing with flavors is the best part of my job", says Sherif, who comes up with the recipes on his own, and likes

to experiment with as many varieties as possible.

The Raleigh Raw team sees juicing as a lifestyle and their goal is to use their business and juices as a platform to fuel and support other entrepreneurs, artists and small businesses in the community. Many customers have already been spreading the good vibes that juicing has brought to not just their life but their work, with one avid juicer proclaiming, "By day three I had so much energy, people at work thought I was drinking a bunch of Red Bull."

Though Raleigh Raw juices are mostly sold online, they have a vending machine located in Café Helios on Glenwood Avenue in downtown Raleigh. They also have plans to build a store in 2015 and will have special pop up presences coming to the area in some of the team's favorite local hangouts. For juice newbies, Raleigh Raw offers sample boxes, and also carry three different cleanse options, and an a la carte service as well as a frequent buyers program. Visit www.raleighraw.com and see what the juice buzz is all about. You can also follow them on Twitter @Raleigh_Raw and Instagram @RaleighRawJuice. 🍹



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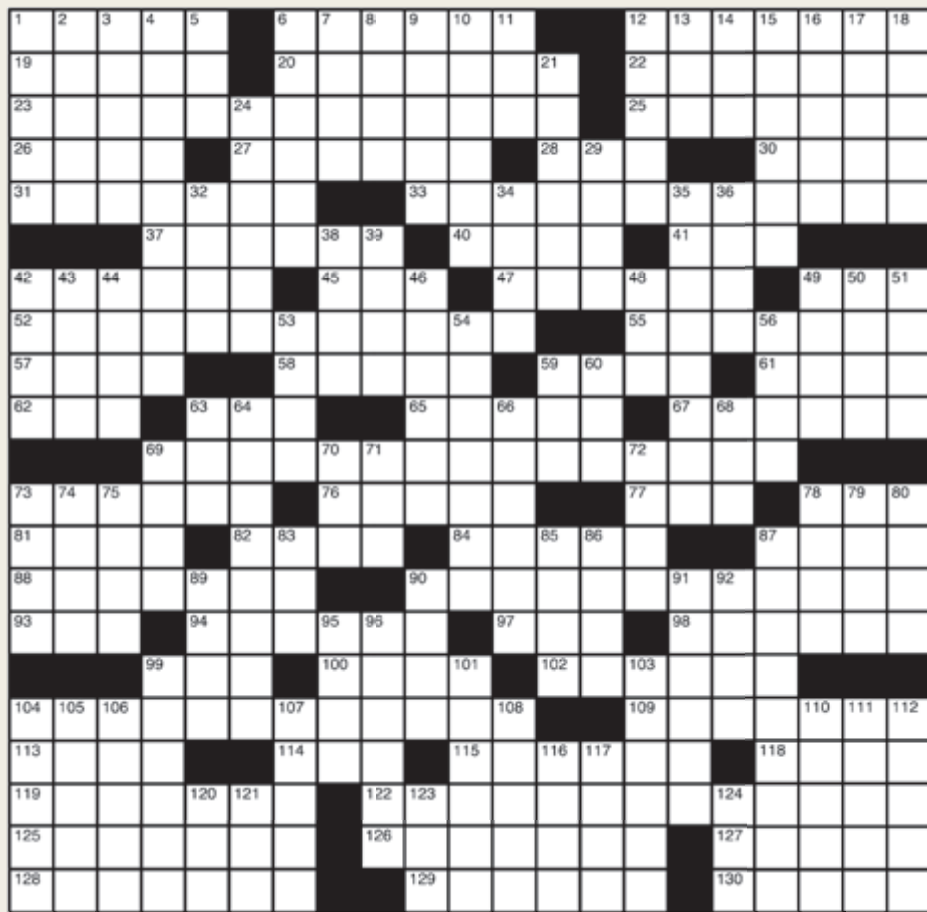
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"Lo and Behold"

ACROSS

- 1 Get at
- 6 Work with ice, perhaps
- 12 Gossip components
- 19 Sierra Nevada resort
- 20 Pennsylvania railroad town
- 22 Busts a gut over
- 23 Tango involving gates?
- 25 All together
- 26 There's one next to Ventnor Ave. in Monopoly
- 27 Musical liability
- 28 The ANC's country
- 30 Digs of twigs
- 31 Outcasts
- 33 Most shameful non-studio films?
- 37 Cue
- 40 Typical Popstar! reader
- 41 Reject
- 42 Peter Lorre role
- 45 Burning
- 47 Tear into
- 49 Tax pro, briefly
- 52 Opinion piece by a sot?
- 55 Was humbled
- 57 Test sites
- 58 Author ___ Rogers St. Johns
- 59 Word of woe
- 61 Fail to keep
- 62 Magazine VIPs
- 63 Letters on a Cardinal cap
- 65 Jungian inner self
- 67 Throws out
- 69 Song about a guy with his jug of wine?
- 73 Pepperdine University site

- 76 Followers
- 77 "The X-Files" subj.
- 78 Red Guard leader
- 81 Keats works
- 82 "House" actor
- 84 Truman's Missouri birthplace
- 87 The Taj Mahal, e.g.
- 88 Like fine wine
- 90 Vivaldi's styling business?
- 93 Close
- 94 1939 Buck Rogers
- 97 "Just ___"
- 98 Not back, perhaps
- 99 Key letter
- 100 Cambodian capital
- 102 Loathing
- 104 Time for a weekly parade?
- 109 Symbol of love
- 113 Pool regimen
- 114 ABBA's homeland: Abbr.
- 115 Saunters
- 118 Crafts partner
- 119 Former
- 122 Hit homers batting left- and right-handed?
- 125 Ice removal tool
- 126 Choking cause
- 127 London length
- 128 Quarterly arrivals
- 129 "Tristram Shandy" author
- 130 Creme-filled snacks

DOWN

- 1 "___ to you"
- 2 Smallest European Union country
- 3 Singer Liz
- 4 Rewards for kids
- 5 USN clerk
- 6 Extreme cruelty
- 7 Highlands family
- 8 ___ Reader

- 9 It makes all the stops
- 10 "Egocentric little creep" of a detective, according to the author who created him
- 11 Ole Opry network
- 12 Reward for a pet
- 13 K+, e.g.
- 14 Farm female
- 15 Unnamed competitor, in ads
- 16 Japanese immigrant
- 17 Café cup
- 18 Editorial changes of heart
- 21 Goes along
- 24 View from Portland, Ore.
- 29 IRS form entries
- 32 Comic Johnson
- 34 Withdraw
- 35 Per se
- 36 "Aida" backdrop
- 38 Slog
- 39 Ceramic piece, perhaps
- 42 Fr. miss
- 43 Country ___
- 44 Surrounds en masse
- 46 School severely damaged by Katrina
- 48 Org. with towers
- 49 Swamp snapper
- 50 Mail
- 51 Leaves open-mouthed
- 53 Relax
- 54 "Long Walk to Freedom" autobiographer
- 56 Queen of the 36-Down, familiarly
- 59 Five-time Oscar nominee Adams
- 60 Fall back
- 63 Cry hard
- 64 Wayne's Oscar film

- 66 Savanna grazer
- 68 Self-titled best-selling album of 2001
- 69 It may be pumped or bumped
- 70 Psychic's claim
- 71 Relaxed responses
- 72 It may be detected by a psychic
- 73 Relocate
- 74 Court advantage
- 75 Give conditionally
- 78 Like most pre-'60s recordings
- 79 "The Information" author Martin
- 80 Slim woodwind
- 83 Soup veggie
- 85 Dance in a pit
- 86 "She's a Lady" songwriter
- 87 Excellent
- 89 Sieben und eins
- 90 Tourney ranking
- 91 Beef from the weary
- 92 Pranked, in a way
- 95 Tea or coffee
- 96 Divide equally
- 99 Ristorante offerings
- 101 ___ Cranston, a.k.a. "The Shadow"
- 103 "Have an hors d'oeuvre"
- 104 Oral-B product
- 105 Tilting pole
- 106 Dvorák's "Rusalka," e.g.
- 107 Netizens, say
- 108 Brooklynese pronoun
- 110 Declaim
- 111 Start to foam?
- 112 Assisi trio?
- 116 Ruin Bond's martini
- 117 Jet-black, in verse
- 120 Newsworthy NYSE event
- 121 Fathers and sons
- 123 "___ Miz"
- 124 Wellness gp.

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June 25, July 2, 9, 16, 23 (Wednesdays) - Downtown Raleigh

Raleigh City Farmers' Market is a new farmers' market founded and curated by new / young farm entrepreneurs and veteran farmers to grow a healthier, happier Raleigh. The market will begin as an open air market under the original 1914 'market hall' awnings. This farmers' market is being managed by Raleigh City Farm, led by farmers, with demand from the community and support from the City and City Market. Time: 47pm. City Market. www.raleighcityfarm.com/market

June 26, July 3, 10, 17, 24, 31 (Thursdays) - Raleigh

The Midtown Beach Music Series is the best Thursday night attraction in North Hills. Enjoy some of the most famous beach bands from the Carolinas. Bands begin playing at 6pm and the show wraps up at 9pm. North Hills Commons. www.northhillsraleigh.com/event/midtown-beach-music-series

June 26, July 10, 24, 31 (Thursdays) - Downtown Raleigh

Oak City 7 features 4 or 5 bands per free event. 5pm to 10:30pm on Thursdays, beginning the Thursday after Memorial Day and ending the Thursday before Labor Day. www.oakcity7.com

June 28, July 5, 12, 19, 26 (Saturdays) - Cary

The Western Wake Farmers' Market features lots of fresh, seasonal produce, meats, cheese, eggs, face painting, storytelling, music, or other local entertainers. Saturdays 9:30am-noon. www.westernwakefarmersmarket.org

June 28, July 5, 12, 19, 26 (Saturdays) - Downtown Chapel Hill

The Chapel Hill Farmers' Market farmers and artisans live within 60 miles of Chapel Hill, NC and bring fresh, quality produce, value-added farm products, and crafts to market year-round. Saturdays 8am-noon. www.thechapelhillfarmersmarket.com

June 28, July 5, July 12, 19, 26 (Saturdays) - Downtown Durham

The Art Market at Vega Metals (214 Hunt Street) is a Saturday morning outdoor market showcasing art and craft vendors, food trucks, and musicians in a family oriented atmosphere. Saturdays 9am-1pm. 919.688.8267, www.artmarketatvegametals.com

June 28, July 5, 12, 19, 26 (Saturdays) - Downtown Wake Forest

Downtown Wake Forest Farmers Market, every Saturday 10am-noon. Offering seasonal produce, meat, eggs, honey, handmade crafts and more. Location: Parking lot of OneCare, Inc. 150 N. White St, Wake Forest. www.wakeforestfarmersmarket.org

July 4 (Fri) - Downtown Raleigh

Join in on the **First Friday Gallery Walk** each month and visit galleries, listen to live music, and delight in a divine culinary experience and take advantage of the First Friday Specials offered by participating restaurants. Most venues are 6-9pm. www.firstfridayraleigh.com

July 4 (Fri) - Chapel Hill

July 4th Celebration in Chapel Hill features live music, family fun, and fireworks. Gates open at 7 pm, fireworks begin

at 9:30pm. Fireworks and Entertainment viewed only from inside Kenan Memorial Stadium.

July 4 (Fri) - Downtown Durham

July 4th Celebration with Durham Parks and Recreation and the Durham Bulls. Attend the baseball game and/or come and enjoy the fireworks. Tickets are required for the game, but gates will open for general admission at the end of the 7th inning. Fireworks will begin immediately following the game. Durham Bulls Athletic Park.

July 4 (Fri) - Downtown Raleigh

Once again, Downtown Raleigh will host the **City's Fourth of July fireworks extravaganza**. Live music, Beer/Wine tent, kids rides and games, Circus Maximus, street performers, eating contests, food and art vendors, Picnic on Fayetteville Street and much more! Fireworks will light up the sky over the Duke Energy Center for the Performing Arts starting at around 9:30 pm. www.raleighconvention.com/works

July 11 (Fri) - Downtown Chapel Hill / Carrboro

The 2ndFriday Artwalk takes place in Carrboro and Chapel Hill from 69pm on the 2nd Friday of every month. Many of the galleries will have live music and other art related entertainment. www.2ndfridayartwalk.com

July 18 (Fri) - Downtown Durham

Third Friday is a local Durham gallery crawl hosted by Culture Crawl on the Third Friday of each month. On average, there are 16 featured events per month from 6pm to about 9pm. www.thirdfridaydurham.com

July 26 (Sat) - Downtown Raleigh

The Raleigh Typhoon scavenger hunt and urban adventure returns! Grab friends and form a team to tackle hilarious games and solve puzzles while visiting a variety of Downtown Raleigh hotspots. Raleigh Typhoon kicks off at 12:30pm at Tir Na Nog rain or shine. Proceeds from the Raleigh Typhoon benefit Activate Good. Register your team online by July 25 at www.raleightyphoon.com.

July 30 (Wed) - Downtown Raleigh

John Legend: The All of Me Tour. Nine-time Grammy Award winning, multi-platinum selling artist John Legend will continue his highly acclaimed 2014 North American tour with a stop in Raleigh at Red Hat Amphitheater. Time: 7:30pm.

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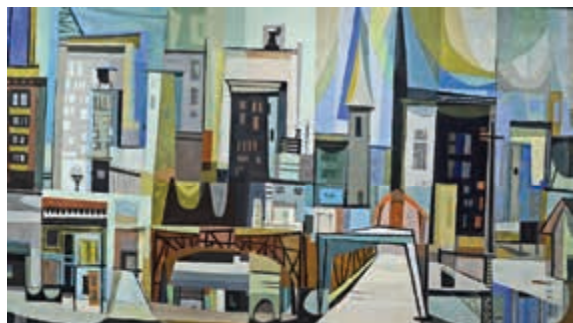
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Local Gallery News

Law and the Arts Merge at the State Bar Building in Downtown Raleigh BY MAX HALPEREN, ART EDITOR

Where you might least expect it—behind the thick gray walls of the State Bar Association building on Blount and Edenton Streets—you’ll find a dazzling collection of North Carolina art spread over the building’s three floors—paintings, wall hangings, ceramics, prints, and photographs of topics (and from artists) that cross the state from Nag’s Head to the Blue Ridge Mountains. You’ll find it, that is, when the Bar “sets the bar” for us ordinary citizens to view the collection.



Cityscape, oil on panel by Joe Cox

Inevitably and fruitfully, a number of works at the Bar are city views and landscapes, but none like any other: we have Joe Cox’s semi-cubist mosaic of rectangles within rectangles, each containing one or more structures such as a tower, storefronts, a pedestrian bridge. There’s Robert Johnson’s bright panorama cascading from the mountains of North Carolina to the sea; Maud Gatewood’s near-conceptual “The Dan Swollen,” the canvas essentially a stage set with “flats” of autumn leaves and thin reeds and lines of curving tan “waves” to suggest the swollen river. You’ll also find: Richard Herick’s mixed media “Fayetteville St.,” staring up Raleigh’s main stem to the State Capitol building; Noyes Capehart’s four-fold effort to paint the same beach scene and get it right; and Jane Filer’s magical houses and gardens. Also on display are Nancy Tuttle May’s explosive yellows surging to daybreak, Jim Henry’s layer on layer of paint, Louis Orr’s masterful etchings, and Richard Fennell’s “Wagner Farm,” whose bright fall colors almost spill from its frame. A large mural-sized work, “Wicasset Trees” by Thomas Sayre, adorns one wall, and three small felt pieces by Sharron Parker are not quite landscapes, but they suggest the existence of great forested regions.

Among the abstractions at the State Bar is one of Herb Jackson’s famous “Veronica’s Veils,” its canvas covered by layer upon layer of acrylic (cut, slashed,

abraded, palette-knifed, finger-nail-scratched) hiding, revealing or hinting at forms beneath. George Bireline’s stunning “Fire on the Moon” is a late color-field painting, reaching far beyond his earlier approaches. As in “Taride du Paris,” Marvin Saltzman crowds many of his oils with tiny mysterious signs or symbols he calls “glyphs” that pock fields of green and reddish brown, a broad violet spear-shape and a pink ball—each shape with its own glyphic system. Clarence Morgan’s three bright abstract vitreographs of pressurized glass plates are among the most colorful works in the collection.

Subtle but striking are two framed boxes set in the wall on the second floor. In each, Edwin White has placed three layers of stainless steel rods with pieces of red and orange shrink tubing that form patterns as we move about the layers, the metal glinting between the bits of tubing.

People of the south appear in Romare Bearden’s primitivist lithograph “Conversation.” Here, two African-American farm women lean into each other, ignoring the world outside that is suggested by a dark passenger train smoking on the horizon and a yellow telephone pole rising from a field. Bearden’s bold, imaginative images of the Harlem Renaissance, the Deep South, and St. Martin in the Caribbean made him one of the most sought-after African-American artists of the century.

Gayle Tustin’s large ceramic wall sculpture is crowded with young and old North Carolinians. In Tustin’s creation you’ll find a farm couple, a city professional, a laborer, and a wheelchair-bound retiree.

In “Mending Nets: Afternoon” by Claude Howell, most of the color is flat and unmodulated, yet strong rhythms course through the work as a draped, curving net is held by three stolid figures. When he died in 1997, Howell left behind an immense body of work, the satisfaction of having been part of an artistic renaissance in the state’s coastal region.

The crafts collection at the State Bar has been carefully and lovingly chosen, though it has a way



The NC State Bar building on Edenton in downtown Raleigh

to go. A large vitrine of colorful jugs by Ben Owen III stands on the first floor and another group is on the second. At this writing the Bar has also acquired a simple designed jar crafted by one of the greatest of North Carolina potters, Mark Hewitt. It joins a superbly shaped vessel by Daniel Johnston

who, early in his career, was apprenticed to Hewitt.

Nearby are Gary Beecham’s coruscating “Persian Element” and “Cosmic Gate”—the first with two thick glass bowls inside one another. Wavelike striations course through Mark Peiser’s cast glass bowl, “Topaz Arabesque.” Four blown glass “Bags” pile and lean against each other in a work by glass artists John Littleton and Kate Vogel.

As we climb the staircase from the first to the second floor of the Bar, we face a large mural of legal documents, seals and courthouse facades that embody the laws of the state. The mural is by Michael Brown, whose work appears throughout the nation.

A good many master teachers are in the collection, including Joe Cox. After retiring from North Carolina State University, Cox continued to teach at his home until his death and is remembered for his ability to nudge adults, many already advanced



North Carolina Mountains to Sea, oil and acrylic on canvas by Robert Johnson

professionals, beyond their supposed limits. Before retiring, Herb Jackson saw to the growth of the Davidson College art department from a tiny space to the Belk Visual Art Center. Claude Howell created and chaired the art department at what became UNCW.

That the Bar’s art collection, funded by contributions to the State Bar Foundation, is already as magisterial as it is obviously owes a good deal to the guidance of Rory Parnell, owner of the Mahler Fine Art Gallery, who

has curated shows and directed art galleries here for over 30 years. Ultimate decisions were made by the Bar’s careful art committee consisting of Alice Mine, Nancy Black Norelli and Glenn Dunn, with Leslie Silverstein as an ex-officio member. 📧

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