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Downtowner
M A G A Z I N E

ISSUE 101

THE TRIANGLE'S FAVORITE MAGAZINE FOR LOCAL DINING, EVENTS, PEOPLE, BUSINESS, WINE & BEER, ARTS, & MORE

FREE

OUR GREAT GREENWAY ACCOMPLISHMENTS

PLUS

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...

CHIRBA CHIRBA
DUMPLING
...

104 YEARS
AT PERSON ST RX
...

10 QUESTIONS
WITH DON
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SCHWENNEKER
...

AND MORE

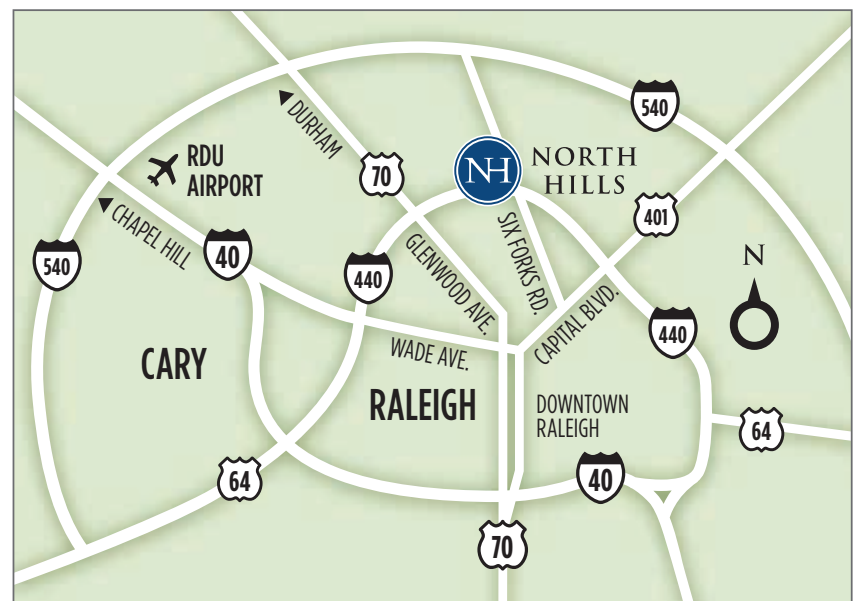
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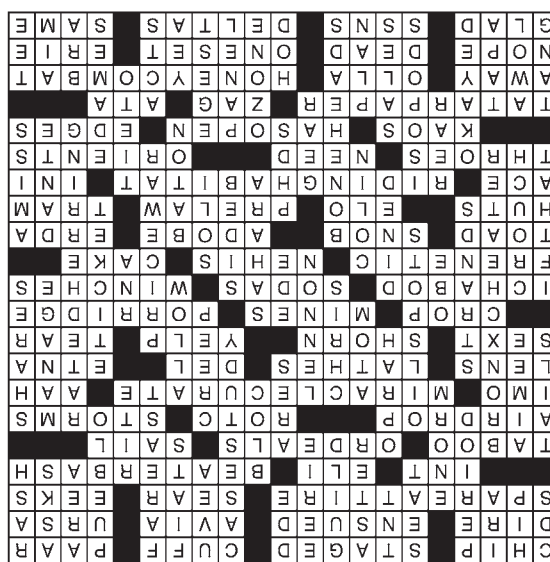
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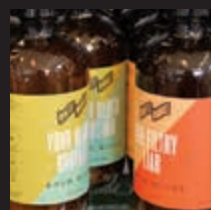
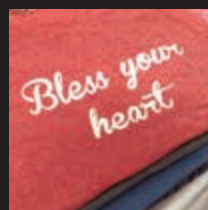
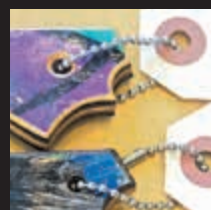
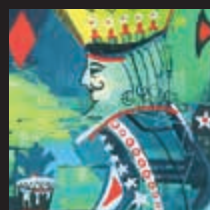
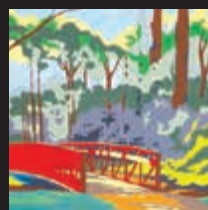
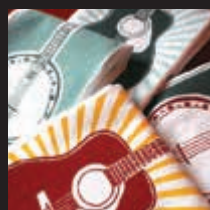
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ON THE COVER: Bridge over the Neuse River, part of the 28 mile Neuse River Greenway and one of the many scenic views found along the many miles of Triangle area greenway paths. Photo by James Willamor. Check out some of this other work at <http://www.flickr.com/photos/bz3rk>.

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Our Great Greenway Accomplishments

BY SIG HUTCHINSON

In the late '90s, Wake County was getting serious about land use and how to preserve our most important natural areas in a quickly urbanizing county. In 2000, after 18 months of study, a newly created Open Space Advisory Committee asked the Wake County Commissioners to place a \$15 million Open Space Bond on the ballot. With nothing more than concepts of clean water, more recreational opportunities, wildlife corridor protection, biodiversity, and increased parks and greenways, the bond passed with a 78 percent approval. Now, more than 15 years later, it's time to take a look back at our great greenway accomplishments.

The first step after approving the bonds was to spend the next 12 months financing an open space and greenway plan for each of the 12 municipalities. They could design the plan any way they wanted, and once complete, it would be woven together to become the first countywide "Greenprint."



The water supply watersheds, such as Falls Lake, Swift Creek and the Neuse River, were our first targets as we began purchasing land to protect water quality. In addition to partnering with Wake Forest to develop E. Carroll Joyner Park, we also partnered with the State to expand Umstead State Park. Shortly thereafter, two more bond referendums



followed in 2004 and 2007 for \$26 million and \$50 million respectively—with the specific purpose of expanding the preservation of natural infrastructure. More than 120 acquisitions totaling 5,460 acres of preserved open space have been completed, which is larger than Umstead State Park. Those funds attracted an additional \$26 million from grants and municipalities, as well as private, state and federal funding.

We partnered with Raleigh, Knightdale and Morrisville to build an additional 12 miles of the existing 140 miles of greenways—including American Tobacco Trail and the Neuse River Greenway. With the purchase of the Turnipseed property in Eastern Wake, more than 1,128 acres of additional parks were created—including Wake County's first designated nature preserve.

Turnipseed is an amazing wetland of biodiversity like no other place in the state, if not the Southeast. With more than 130 species of birds migrating through the property, this 225 acre nature preserve is home of an untold number of species of amphibians, reptiles, ferns and mosses, and more than 150 species of lichen.

In partnership with the Triangle Land Conservancy, we've preserved more than 1,000 acres in the Mark's Creek Watershed—including the 406 acres of Walnut Hill.

What's more, we built new parks such as the Historic Yates Mill County Park. It is the last standing—and only operating—waterwheel mill in the Southeast. At one time, more than 70 such mills covered Wake County.

In North Raleigh, we repurposed land from the closed landfill and built the North Wake Landfill Park. Residents and visitors now enjoy the park for mountain biking, hiking, picnicking and recreational activities. In addition, three new parks are being developed with scheduled openings of fall 2014.

With our ever present environmental focus, visitors will soon be able to canoe through historic





Sig explains some of the details of the Neuse River Trail to a local family

cypress trees and cypress knees on the black water of the Robertson Mill Pond; hike through Wake's first Nature Preserve on the Turnipseed property of Mark's Creek; and ride the newly developed equestrian trails at Proctor Farm.

Thanks to the Open Space & Parks Advisory Committee, all our citizens, as well as those yet to come, can experience greater water and air quality, increased recreational opportunities, and a more beautiful and natural county. We collectively thank our citizens for understanding and appreciating the value of open space, and for investing in

our natural assets as we continue to grow not only bigger, but also better. 🍷

PUBLISHER'S NOTE: Sig Hutchinson has been the Chair of the Open Space & Parks Advisory Committee from its inception 15 years ago. He has led three open space bond referendums for Wake County. He is one of the local candidates running for Wake County Commissioner. A long time technology and communication entrepreneur, Sig is the business community's go-to person advocating for open space, parks, greenways, transportation, community health, and public education across Wake County. The Downtowner is proud to recommend Sig as our choice as Wake County Commissioner. Visit www.Sig4Wake.org to learn more.



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CASUAL DINING

Elmo's Diner BY CHRISTY GRIFFITH | PHOTOS BY CRASH GREGG



"I want waffles!"

"I want salad!"

"I want cheese fries!"

Perhaps this refrain from my own children is the reason we first introduced them to Elmo's Diner in Durham. Never empty, Elmo's is the place to bring indecisive kids (and indecisive adults) with its expansive menu. The place to meet up with coworkers for a brief reprieve from the cube farms of RTP. The place to go on first (and second and third) dates. The place to bring your grandma—you really should take her out more often. You'd be hard-pressed to find an occasion where a meal at Elmo's wouldn't fit the bill.

Owned and managed by Cammie Brantley, Wayne Hodges and Amy Testa, Elmo's of Durham has been sitting in an unassuming building on 9th Street, relatively unchanged since opening in 1997. That's not to say that the secret has been well-kept; during peak hours you'll find diners spilling out



Fried eggs, biscuits and gravy, bacon

onto the benches in the front of the restaurant while enjoying the cafes of Counter Culture Coffee kept in the lobby for those who find themselves waiting for a table.

Elmo's is a consistent winner of local awards including Best Breakfast/Brunch, Best Wait Staff, Best Kid's Menu, and Most Kid-Friendly. Having eaten Elmo's breakfast and brunch, been served by the always effervescent wait staff, ordered off the kid's menu, and brought my indefatigable children to Elmo's with nary a sideways glance, I can attest to the wisdom of the voters.

To say the offerings are many would be more than an understatement. In addition to the standard menu, there are lengthy rotating weekly specials for Breakfast, Bargain Breakfast, Lunch, Dinner, and Weekend Brunch, which are all regularly updated online (www.elmosdiner.com). "Our large menu has its advantage in that almost everyone can find something they like and our regulars can eat here daily for a month and never have to have the same thing twice, though often they do," Brantley explains. Speaking of regulars, she also adds that they become a part of Elmo's family, visiting daily, including some who dine there twice a day. She makes sure to note in the restaurant's schedule book when "family" won't be coming in so the staff doesn't worry.

As much as these regulars support Elmo's, Elmo's in turn supports the community—the restaurant established their First Tuesday program long ago to raise funds for local public schools.

If you happen to visit Elmo's on the first Tuesday of the month, 10 percent of your bill will go to a Durham public school PTA. "We chose the public schools as a way to give back to the community because we feel it is one of the best ways to reach a broad spectrum of our customers," says Brantley. If you do go on a First Tuesday, you might as well order a little extra so you can not only have leftovers to take back, but feel extra-good about yourself on the drive home.

The Salmon Caesar Salad (market price) is a great choice for those who don't think they like salmon. Absolutely "unfishy," the sweet, marinated fillet that tops the generously-sized salad is cooked to tender perfection. For those who decidedly **do** like salmon, the Salmon Cakes (\$9.95) from the Square Meal section of the menu are a delicious blast from the past. A very popular menu item, these come with a crispy outside and are topped with fresh tomatoes and scallions, finally coming together with an incredible creamy dill sauce that reminds you these aren't your grandma's salmon cakes. (You really should put Grandma on the calendar now that you're thinking about it.) Most square meals come with choices of sides and bread; we enjoyed the broccoli casserole, which was comfort food at its finest, and a large hunk of delicious cornbread that beats any cornbread you will find off any I-95 exit. Promise.



Salmon patties, broccoli with cheese and cornbread

Recommended by our server, the Shepherd's Pie (\$6.75) is for those who like flavors that scream go big or go home! Heavily spiced ground beef, sausage and vegetables come topped with cheesy mashed potatoes. (They had me at cheesy mashed potatoes.) The faint of heart can request a sample before committing to the whole dish in case they aren't sure how they feel about the very forward-thyme flavor.

Breakfast is served all day, and you'd be silly not to get the Biscuits & Gravy (\$7.70). Much too often, biscuits taste a bit undercooked and gluey when smothered with sauce, but Elmo's surprised us all with a just barely-crisp bottom that was the perfect foil to the creamy sausage gravy. We enjoyed this with the staple eggs and bacon, to which I might add, were also perfectly cooked. You can judge a lot by how a place cooks its bacon. Don't judge a diner by its cover; judge it by its breakfast meats.

To those who don't partake in the eating of red meat, there are plenty of choices on the menu, including the Turkey Burger (\$6.55). While this is the simplest of options, more adventurous eaters



The salmon was cooked to perfection



Elmo's famous banana pudding

should note that any burger on the menu can be made with a turkey (or beef or veggie) patty. Served with slaw, crinkle-cut French fries, and a pickle, you're staring at a plate of good eats with a heavy dose of small-town charm. Well, small-town charm in a big-town diner. But who's looking at maps, anyway? There's more food to be had!

Vegetarians, rejoice, because options are afforded in your direction as well. Picking a favorite item at Elmo's can feel a bit like picking a favorite kid, but let's be honest, while we love them all, we know whom we would share our last piece of bacon/turkey bacon/veggie bacon with. A hot pita stuffed with melted American and feta cheese, cucumbers, tomatoes, red onions, and

lettuce, the Greek Grilled Cheese (\$7.00) was the dark horse of the many plates in front of me. Just when I thought it couldn't get any better, the herbed sour cream dressing amped up the sandwich beyond the friend-zone level. I'd highly suggest you try this the next time you visit. (Chicken can be added for just \$2.20 more.)

We ended our meal with a lovely banana pudding that would bring you visions of endless summer pig-pickings and a delicious hot peach cobbler topped with a fast-melting scoop of vanilla ice cream that made me think of simpler times. Times before people started using words like "foodie" or "barista." (I don't think Grandma would believe those were even real things.) Sugary, soulful anachronisms abound.

Bring your kids, bring your girlfriend, bring your boss, bring your grandma...just remember to bring an empty stomach. 🍴

Christy is a lover of all foods. When she's not cooking food, eating food, or taking pictures of food, she is occasionally posting to her blog at <http://evegriffith.blogspot.com>.

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NEW MENUS, NEW MANAGEMENT

Chirba Chirba Dumpling BY HEATHER LEAH

A sunny smile welcomes downtowners via the name on their truck which means, “Eat, Eat” in Chinese. Spreading food and cheer in the Triangle area since 2011, the Chirba Chirba Dumpling food truck’s story is like something right out of a movie.

First, let’s meet the cast of original founders. Yin Song, Ali Safavi, Chela Tu, and Nate Adams met in college at UNC, all sharing a love of food from years of living in China or Taiwan. They got together regularly to cook dishes they weren’t able to find locally. Yin, Ali and Chela had the idea for a food truck and approached Nate, who gladly joined in. They all had dumpling street cred, bringing secret family recipes from years spent overseas. Passionate about the Chirba Chirba vision, Nate left his job at City Beverage, and Yin left his bio-mechanics engineering position. Chela worked part-time coordinating events for Chapel Hill Parks and Recreation while teaching Mandarin on the side. Ali, a robotic engineer, was getting his Masters in engineering management at Duke.

“Each of us brought kind of a specific skill set,” explains Nate. “I knew restaurant management

and food service. Ali understood the business side. Yin was an engineer and could take on anything that went wrong, and Chela was our marketing guru.”

As the story unfolded, Nate eventually bought out two of the partners, with Chela still part owner but not actively working. Nate brought in Ashley, who manages the production side at The Cookery in Durham. Roeh Lewit, the most recent



Co-founder Nate Adams is all smiles when talking about Chirba Chirba

member of their team, came on board as truck manager. A trained chef, Roeh led the kitchen at Gravy in downtown Raleigh before heading west to San Francisco for a while before finally settling in Durham. He happened to cross Chirba Chirba’s path at a small urban rodeo later finding out the dumpling mobile was looking for help. He applied, gave it a day’s test ride and loved it.

In addition to creating the best product possible, the Chirba Chirba team’s biggest goal was speeding up the process of getting their dumplings out to customers. “We’re probably about 300 percent faster now than when we first started,” Nate tells us. “When it’s really busy, we place two or three ‘handlers’ outside the truck who tell customers about the menu and take orders then up to four people inside the truck. At our first rodeo, I think we served about 200 people. Now we can serve over 600 at one event.”

But just how exciting and diverse can Chinese dumplings really be?

The friends’ secret recipes aren’t your run-of-the-mill pork buns. They have vegetarian and vegan options, buns stuffed with sweet red bean



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paste, and citrus ginger chicken buns. Offering authenticity and variety, the menu features munchable Edamame (\$2.50) and a unique Soy Sauce Tea Egg you have to taste to truly understand (\$1.25). Plus, customers can spice up their meal with their choice of garlic sesame, pineapple curry or black vinegar dipping sauces.

Finding the golden truck is like a downtown treasure hunt, as the young chefs travel throughout the Triangle area twice a day, seven days a week. Their website tracks their tour schedule, so you can follow the wandering dumplings (www.chirbachirba.com/where-well-be) or contact them to cater upcoming events.

And these buns truly are blissful. Chirba Chirba won *Triangle Downtowner Magazine's*

2012 Food Truck King contest, the first food truck rodeo in downtown Raleigh, with 18 other food truck contestants. Ironically, they didn't even notice their name announced as the winner—they were still too busy serving hungry customers!

The crew is constantly coming up with new ideas for their menu. They've created the Poultrygeist, a heated dish consisting of chicken, ghost peppers, habañeros, Thai chiles, and other goodies (\$6 for 6, \$11 for 12, \$16.50 for 18). If you've not tried one of these, you're definitely missing out!

With their breakout success, Chirba Chirba has growth in its future. In addition to fueling their wanderer's spirit, the team offers catering options for private parties and corporate events, including large groups and weddings from 50-200 guests.

"We plan on increasing the number of runners that we have and adding more grilled and pan-fried items. We want to be able to handle larger crowds," says Nate of his grand dumpling plans. And they're planning "either a physical location or a second truck within the next year." We're looking forward to either—or both!

More than just a flavor, Chirba Chirba's team hopes to create something deeper. As Nate explains, "We're searching for authenticity, and making the best dumplings and dishes we possibly

can. We love working at charity events and being a part of the local community." With their welcoming yellow truck, warm dumplings and adventurous spirit, Chirba Chirba invites the community to "Eat, Eat!" and we gladly comply. 🍡

Chirba Chirba

Price Range: \$5-\$9.50, with yummy side dishes around \$2.50
Downtowner ordering suggestion: It's not on the menu, but if you ask for a Dumpling Flight, you can sample different styles for the same price as regular dumplings. It's a great way to try the full dumpling experience.

Check out their menu here: www.chirbachirba.com/menu
Website: www.chirbachirba.com
Facebook: www.facebook.com/chirbachirba
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From the Publisher

It's hard to believe summer's almost over. June and July have passed us by, and August will soon be a memory and September and October will be here before we know it. Temperatures cool down, humidity fades, outside dining is much more enjoyable, and there are more events than ever taking place all over the Triangle.



They say you can tell a lot about an area from the events it hosts. Looking at some of the larger events happening across the Triangle, it's apparent that our reader demographic is well educated, socially active,

pleasantly diverse, and likes to be entertained. Coming up, our readers can enjoy Hopscotch, SPARKcon, IBMA's World of Bluegrass, Annual Bull Durham Blues Festival, Walk (and Bike) for Hope, the International Festival, Capital City Bike Fest, La Fiesta del Pueblo, and many others. In our next issue, we'll tell you a little more about these and other events, what you can expect to find at each and where to find out more details.

Speaking of upcoming events, The *Downtowner* will have some big news to announce in our next issue and it involves a tremendous amount of growth and exposure for us. Without giving away the news, we'd like to mention that we're actively searching for new writers and sales staff around the Triangle. If you're passionate

about promoting local people, events, visual/performing arts, business/entrepreneurism/startups/tech, craft beer, wine, retail/fashion, food trucks, charities, or anything else that makes the Triangle a great place to be, please send us an email to office@welovedowntown.com and tell us about yourself.

Cheers,

Crash

CRASH GREGG
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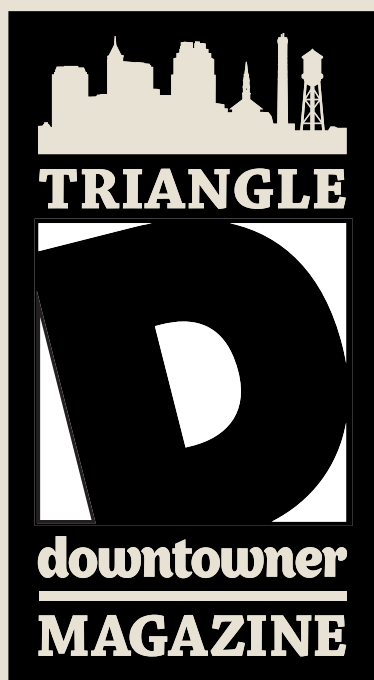
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Around Town **in the Triangle**



Ann-Cabell Baum Anderson and staff from the Glenwood Agency (and mascot Irene!)



Aviator Brewing owner Mark Doble and Chef Scott Chatterton testing their tasty brews



Deco Raleigh owner Pam Blondin and her helpful staff: Becky, Serenity, Savannah, Meg, Amanda, Tal and daughter Emma



A little GoPro photo fun at Person Street Pharmacy. On the left: Pam has run the soda fountain at Person Street Rx for 28 years. Middle: Trey Waters takes over the helm of the 114 year old pharmacy. On the right a photo of Ruby enjoying a game of cards with other soda fountain regulars. Ruby bakes the cake sold by the slice at the soda fountain.

▼ Photos from one of the Pints 4 Paws monthly fundraisers, graciously hosted by London Bridge Brewpub. The Downtowner is a proud sponsor of this worthwhile event and hope you'll join us at the next benefit on August 28th. More info: www.pints4paws.org ▼



Around Town in the Triangle



Holiday Inn owners and staff at their recent grand re-opening celebration



Marc Dabagian, Adelaide Stallings with Chef Gordon Gray and their catering chef from Garden on Millbrook Catering



The original Chirba Chirba Dumpling team in 2012, our featured truck in this month's We Love Food Trucks article



From the Raleigh City Farmers Market held at City Market every Wednesday 4-7pm. Left: Preparing tasty food samples at a live cooking demo. Right: Picking up some local goods available from a wide variety of vendors and farmers.



Mario and Vic Longo represent two generations of good cooking at Vic's Italian Restaurant in City Market

▼ Over 250 guests attended Gallery C's lighthearted circus art extravaganza. The August 1st reception was produced by Madhouse Underground Productions. ▼



Brittany Shea (Owner Madhouse Prod.) Gina Gene (clown model) Lilla Taylor (Gallery C) & Louis St Lewis (artist)



Sheila Walsh and Doro Taylor (owner City Gate Realty)



Drs. Stephanie and Ken Bloom



Charlene Newsom (Gallery C owner) and Bre Crowell (artist)



Ed and Claire Alexander (Owners Regency Antiques) with daughter Martha



Madhouse Underground Productions and Gallery C Staff



Ed and Sue Weems with Emily Granito (model)

Downtown Raleigh at the Dawn of the 21st Century—Now What?

BY TRISHA HASCH, URBAN PLANNER, CITY OF RALEIGH PLANNING AND DEVELOPMENT



Raleigh is one of the best places in the US to live, work and recreate. Today, Downtown Raleigh is central to the city's achievements and its economic competitiveness. It is a place for people, a destination for business and a hub of urban activity. Downtown is the historic, functional and symbolic heart of Raleigh. It contains the largest concentration of government and commercial buildings in the city and lies at the nexus of the city's roadway and public transportation networks. It is the seat of government for the County and State as well as the municipality. More cultural venues, attractions and events are located in downtown than any other area of the region.

So what is it that we can do to ensure continued success and improvements where they are needed? Make a list and make it happen. In other words, create a 10-year master plan and implementation strategy that will serve as the basis for sustaining and growing the experience of place Raleigh has established at the dawn of the 21st century. The Downtown Plan will include short-, middle- and long- term improvements with possible phasing scenarios that are widely supported and achievable. It will identify and analyze sustainable public-realm, infrastructure and connectivity improvements, future development and potential impacts from these improvements and developments.

Is it possible? We've done it before. A downtown master planning process has taken place in

roughly 10-year increments since the first Raleigh Downtown plan was published in 1953. The most recent plan, *Livable Streets*, was approved by City Council in 2003 and sought to revitalize downtown...and it did. The opening of Fayetteville Street, known as *North Carolina's Main Street*, was a transformational investment and pivotal given the \$25 million public investment that has thus far generated \$2.3 billion in private investment.

The City of Raleigh, the Downtown Raleigh Alliance and Sasaki Associates, Inc. are working with the City Council-appointed Downtown Advisory Committee and the community at large, including stakeholders in each of the downtown districts, to identify issues and opportunities to be addressed in what has become known as the

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Downtown Experience Plan. More than 1,000 people have attended public events and stakeholder meetings. Over 18,000 people have viewed www.PlanningForRaleigh.com, the City's social media / public engagement site, and Downtown Raleigh Alliance is in regular contact with more than 10,000 people through its newsletter and social media.

So what do people want? Green space; walkability and ground level activity; housing and neighborhood services; transit and bicycling; cars and parking; heritage; images of the city; healthy economy and growth; events, attractions and the arts. Each district in downtown mutually shares in these objectives, along with some bigger ideas to ensure the districts are connected across the central business district and with surrounding neighborhoods.

For starters, people rallied around lighting many 'dark zones' on district streets; creating more ground level activities as development continues; making north/south and east/west streets more connected and accessible; improving the city's southern gateway, at South Saunders and Wilmington; creating a collaborative State-City



Government officials, City Council members and a wide range of interested citizens work together on plans for downtown Raleigh

partnership for planning and programming the Capital District; implementing the Moore Square park design, reactivating Nash Square park, creating Devereux Meadows, and making pocket parks throughout downtown; better connecting the Universities (Shaw, William Peace, and Campbell Law school) to downtown activities; improving signage for walking and parking; finishing Union Station and making the surrounding area a beautiful destination; and improving Peace Street's

accessibility for walkers and bicyclists, to name some of the almost 150 categories of suggestions. For more details and images related to suggestions see the Challenges and Opportunities report at www.raleighnc.gov (search for "downtown experience plan").

Save the date: Sept. 11, 6-8pm, at Marbles Kids Museum for a presentation of the draft plan. On Sept. 12, 9am-5pm, stop by the Raleigh City Museum for the Downtown Plan open house. Talk with the planning and design team of Sasaki Associates, view development recommendations in 3D and leave with an understanding of Downtown Raleigh's future as a diverse, energized and connected great place to live, work and have fun. 📍

For more information, contact Trisha Hasch, Urban Planner, City of Raleigh Planning and Development, trisha.hasch@raleighnc.gov, 919-996-4641

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PERSON STREET PHARMACY

Serving Downtowners for 104 years

BY LINDA KRAMER

In 1910, the Boy Scouts of America was founded, the electric washing machine was patented, Father's Day was celebrated for the first time, and Person Street Pharmacy opened for business.

Person Street Pharmacy is prominently located on the corner of Person and Pace Streets in the historic Oakwood/Mordecai area of downtown, tucked between a bevy of imposing Victorian-era homes with iron gates and inviting gardens. It enjoyed a former life as a five-and-dime, and was at times situated at different surrounding street corners, but the pharmacy has been in continuous operation since 1910.

In 1976, Mike James, an aspiring pharmacist with a dream of owning a pharmacy, moved from Alabama to Raleigh and along with his wife, Barbara, bought the existing pharmacy from John Treadwell, who had been its owner since 1943.

A diverse clientele, including those old enough

to remember remedies like Watkin's White Lini- ment for arthritis and Father John's Tonic for colds, appreciate that Person Street still sells them.

All in all, four generations of Raleigh fami- lies have traded at Person Street, including a loyal

105-year-old patron who walked there twice a week all her life. She liked the familiarity and all the long- time employees who knew her name and treated her as family. That hasn't changed over the years.

In fact, many things are still the same. Custom- ers relax with coffee and free local papers, a vending machine spits out hot popcorn for a dime; the drugstore offers a full-service phar- macy, an exceptional level of customer care and a pharmacist who doesn't make you wait for an appointment to see him. Mike likes to say, "We wait on you so you don't have to wait on us." For Mike, sharing his knowledge, helping people and serving the neighborhood are what it's all about.

The nostalgic anchor of the store is an operat- ing soda fountain. Locals gather daily for lunch served on oilcloth covered tables (two hot dogs for 99 cents on Wednesday's), grilled cheese sandwiches, burgers, and homemade cake baked



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by a neighbor and sold by the slice. On the last Friday of each month, some of the graduates of Hugh Morrison, the first high school in Raleigh, gather and bask in the remembrance of things past; youth is never far away as long as there are



Pam has greeted guests with a smile from behind the counter of the Soda Fountain for 28 years

cherry cokes, milkshakes, malts, and ice cream floats as reminders.

Despite the attraction of nostalgia, the Person Street Pharmacy is remarkably sophisticated, combining the newest technology with its old-fashioned service. In 1978 it was one of the first pharmacies in Raleigh to use computers to achieve better service, crosscheck prescriptions and provide instant and accurate customer information.

Just like the neighbor who bakes the cakes, Mike is always open to new ideas. When a retired college professor asked if he could sell used books in the store, Mike was happy to give it a try. The venture proved to be both popular and successful and on any given day, customers can be found browsing through books stacked high on a center table, spilling over onto the floor and priced as low as 59 cents.

While it's true that much of Americana is vanishing, not all of it is. And if you believe that the best of time might be yesterday, then frequent the Person Street Pharmacy and you'll understand that there is much to be said for the comfort of the familiar.



Person Street Pharmacy's new owner and neighbor Trey Waters

Addendum! Between the time this story was written and press time, ownership of the pharmacy has changed hands. The new owner is Trey Waters who owns five other pharmacies in North and South Carolina. This one, however, is close to home, literally, as Mr. Waters lives in neighboring Oakwood and walks to work each day.

Last year, Mr. Waters was selected as Pharmacist of the Year and given the M. Keith Fearing Award. Plans are in progress to expand existing services

to further help take care of the community and will include seminars on wellness and healthy aging.

Mr. Waters will continue the familiar, family-oriented personal care that has always been a part of the Person Street Pharmacy tradition, and he feels a personal motivation by being a neighbor and member of the community. 📍

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with Don “Big Weather” Schwenneker, Meteorologist for ABC11 Eyewitness News

BY CRASH GREGG

A little background about Don in his own words: When I was in college, one of my professors said I should be a cameraman, so I started out in radio and TV production as a behind-the-scenes guy at a TV station in Des Moines, IA. I was always the funny guy at the station, and one day my boss asked me if I had ever thought about being a weather guy. I tried it and loved it. I went back to school for meteorology in Roswell, NM, then moved all over the country as a weatherman. My wife Kim has been with me the whole way, and we have three children, Michael, Madison and Mason.

1 You work in both downtown Raleigh and Durham. Can you tell us a few things you like about each city? When I first moved here, I was in Durham and my boss took me to lunch at a different restaurant every day. I just love the Durham vibe. Raleigh is definitely not what I expected. It wasn't on my top places to move, but after I started working here, it was a completely different story. It's just amazing how many different neighborhoods there are and how nice everyone is. I love working in both cities and how they both have different things to offer.

2 Can you tell us one food you enjoy that you hadn't tasted until you moved to the South? Definitely eastern Carolina barbeque. I love it. I've always liked Southern food, soul food too. There's not much I don't like. I love collard greens, fried okra, all of it. I go to the State Farmers Market all the time for fresh local produce.

3 What's your favorite movie and/or TV show? For TV, it's whatever's on ABC [laughs], you know, in case the boss is watching... No, it's true; my wife and I love *Modern Family* and *The Middle*. *Modern Family* is one of those shows you can still watch with the family. There's not a lot of those left. We also enjoy *The Big Bang Theory*. As far as movies, I like everything from sci-fi to comedy. I'm trying to think of the last movie I've seen that wasn't animated [smiling]. I liked *A Million Ways to Die in the West*, it's kind of got that twisted comedy thing going on.

4 Favorite part of your job? I love that my job is different every day. Some days it's rainy and some days it's sunny, some days I'm working on the computer, some days I'm talking to kids at a school. That's what keeps it interesting for me.



5 What advice would you give someone wanting to go into a career in television? Stay away! Don't go into it! No, I'm joking. What I tell young people who are interested in going into a career on television—or anything in journalism, especially with the explosion of media on the web—is to learn how to really work a computer and how to organize files. It may not sound like a very TV thing, but the way files are transferred and found and recalled is important. For broadcasting, I always tell kids to take a speech class. You've got to know how to talk and how to convey ideas and your message.

6 What tools do you use at work? I use my desktop computer to create my forecast from scratch each night with graphics, video, etc. Every day I use our weather computer, satellite data from several different satellites, any of the Microsoft suites for creating documents, spreadsheets, our own radar images and a lot of Apple products.

7 Is there anything not many people know about you? My usual funny answer is I really like porn, but I'm kidding. Actually, people don't know that I'm a Lay Minister, and I preach at churches around the area.

8 Do you have any fun or interesting hobbies other than keeping up with the weather? Not anymore since I have three kids [laughing]. I love to draw and I used to sketch all the time. When you have a family, it's funny how your hobbies start to center around your kids. I've started coaching my kids' teams and I love it. I'm nationally certified now to coach football, soccer, baseball, and volleyball. I'm a certified judge for swim meets. So I'd have say my favorite hobby is spending time with my kids.

9 I see you're on most of the social media outlets. What's your favorite way to share information with your fans and friends? Facebook. I know it's older, but I like it. My kids are dragging me into Instagram, which is Twitter for people who don't like to write. Twitter is really cool. I love to keep up with Twitter especially when there's breaking news. But I enjoy Facebook because it's more interactive. When we do our broadcast every day, we don't get to hear back from viewers. When I post on Facebook, people can leave comments, and I can comment back. I love what that brings to my job. I probably spend 15-20 hours a week on social media.

10 What would you request for your dream meal? A thick Omaha steak, cooked medium to medium rare, a nice baked potato, some kind of green vegetable, and you gotta have dessert. It could be something as simple as a doughnut but crême brulee or tiramisu would be great. 🍷

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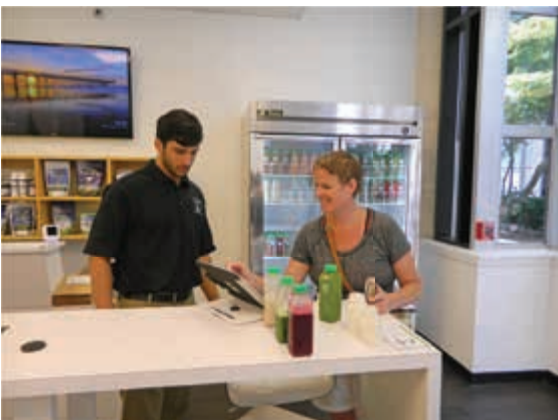
Cold off the Press

BY TYLER REINHARDT

Remember the days when your mother conned you into eating your peas and carrots by cleverly imitating an airplane? This is going to be kind of like that but juicier. Cold off the Press, located at 219 Fayetteville Street in downtown Raleigh, just around the corner from Bolt Bistro, is where “those in the know” go to sate their thirst with nutritious juice blends and plant-based supplements.



Cold off the Press is owned and operated by nutrition enthusiast, Amir Sadeghi. During his years studying at Eastern Carolina University and interning at Life Fitness, Amir noticed that a lot of people were missing something very important in their diet—nutrition. With so many fast options for on-the-go eating, people were missing out on all of the benefits of finding a proper healthy meal. Amir felt that people deserve a quick option that doesn't skip on nutrition. His solution? Juicing. By taking all of those fruits and veggies that your mother so vehemently advocated when you were young and putting them through the process of juicing, Amir was able to create a nutritious to-go beverage packed with all the nutrients a body needs to function healthily. One of Amir's favorite quotes from Dr. Linus Pauling—which appears on his website and shop wall—says it best, “Optimum nutrition is the medicine of tomorrow.”



Amir helping an excited juice customer in their retail location just off Fayetteville Street in downtown Raleigh

You may be wondering what makes Cold Off the Press a unique juice shop as well as a descriptive play on words. Normally when fruits and vegetables are juiced, they're put through a centrifugal rotary, which sounds cool except that this method produces excess heat and oxidation. The heat kills off enzymes that make it easier for your body to absorb nutrients and on top of that, the oxidation that occurs actually accelerates the aging of juices, which doesn't have a very desirable effect on flavor. This is where Cold off the Press has done some tweaking. Instead of using a centrifugal rotary, Cold Off the Press uses a cold-press method. This eliminates the factors of heat and oxidation, making cold-pressed pressed juice more nutritious, better tasting and provides for a clever business nomenclature. Cold off the Press receives fresh produce in the mornings and juices three to four times a week, leaving no juice on their shelves for more than two days, with all their juices comprised of 100% natural ingredients.



Owner Amir Sadeghi and a few of his Cold off the Press juices

Amir tells us Cold off the Press juice can help for many different applications: juice cleanse, weight loss, increased energy, improved skin health, and clearer vision are just a few.

Those of you who are new to the whole “juicing” thing may be wondering what it's like to drink one of these fruit and veggie juice blends. I would then implore you to imagine drinking a V8. Then imagine if that V8 were actually delicious.

While visiting the shop I was given the opportunity to sample some of the flavors. The first was a blend of beets, apples, celery, and carrot juices



called “Feel the Beet.” With five to seven ounces of beet juice in each bottle, you definitely taste it. I also sampled the fan favorite “Classic Green.” It's easy to see why patrons love it; it's a symphony of apple and greens in your mouth. My personal favorite was the “Herbed Melon.” It's every bit as delicious as something with watermelon in the title should be. Another popular flavor is “Orange Sting,” and is a mixture of orange, carrot, cucumber, apple cider vinegar, lemon, ginger, and habanero. It certainly packs a great early morning punch.

Cold off the Press is doing very well and has developed quite a following by word-of-mouth. There are also plans to offer delivery for those who just can't seem to get out of the office for a refreshing juice blend. Customers can place orders for juices or even full juice cleanses on their website, www.coldoffthepress.com. With the continuing growth of his business and the great quality of his product, Amir has truly created something to be proud of. He has given people the chance to experience optimum nutrition and has done so without having to imitate your mother's airplane noises.

Stop by and try a Cold off the Press juice or two. Your body will be glad you did. 🍷

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Local Gallery News BY LINDA KRAMER

1107 ART is an “alternative gallery,” providing an affordable, varied and mobile venue to collaborate with the public and display local art outside the traditional four-wall setting.

In 1995, abstract painter Elizabeth Lake and ceramic artist Dona McNeill turned their longtime friendship based on creative interests into an art collaboration. They call it 1107 ART, founded on three basic principals: to provide community building through the arts, to offer exhibition opportunities for local artists and to be a source of rich and memorable artistic experiences for everyone.

Realizing that traditional galleries receive a substantial commission on sold art without always providing direct access to the artists themselves, Beth and Dona based their effort on the belief that art should be affordable and readily available to everyone. In 1995 they launched the first of 12 shows from their home base in the historic Mordecai district of Raleigh with a small group of painters, printmakers, jewelers, ceramists, sculptors and photographer friends.



Beth & Dona of 1107 Art

The settings for the shows are unique and intimate and move about to the homes of participating artists who usually have family, friends and followers bumping about, chatting and enjoying the art. The events are not broadly advertised, but the word spreads.

Since its inception, 1107 ART has provided many interesting and stimulating experiences for the community from simple shows of art to sculpture building and even a fundraiser to support the survival of Indian elephants. They have recently completed a 50-hour artist residency, won by competition, at Marbles Kid’s Museum where the participating children created their own bird sculptures from recycled and natural materials. Beth and Dona also sculpted large flying and standing birds that are currently on display at the Museum’s “Hideaway Grove.”

Dona is retired from the National Institute of Environmental Health Sciences where she provided employee services, and Beth is the current Executive Director of First Environments Early Learning Center, one of the leading outdoor learning

environments in the region, providing childcare services for employees at EPA and NIEHS based on an art and nature program. They also collaborate with the NC State College of Design’s Natural Learning Initiative.

Beth and Dona are always looking for new ways to engage with the community as they develop as artists and art advocates. Their next art event will be held November 7th at 1107 Wake Forest Road in Raleigh from 5-9 pm. Various artists will be represented, and there will also be some surprise community-based activities that are still in the planning stage but guaranteed to be enriching and a compliment to the vibrant visual world of art that holds such an important place in our lives.

Beth and Dona are currently designing an artist retreat. They will offer the first session in the spring of 2015 at Beth’s mountain house in Vilas, North Carolina.



Beth Lake captivating one of their students during class



Dona McNeill at one of their interactive classes at Marbles



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Credit Unions: An Example of Durham's Grass-roots Financial Leadership

BY KATIE SPENCER, EXECUTIVE DIRECTOR OF THE MUSEUM OF DURHAM HISTORY



Not long after the History Hub opened in the fall of 2013, Durhamite Phillip Evans came in to take a look around and noticed our first Durham A-Z exhibit. “A is for Advertising” covered the creative marketing that followed James B. Duke’s innovative mass production of cigarettes. We were already working on B is for Brick to discuss the history of Durham’s iconic bricks and the people who made them. Phil asked about the letter C. Could it be for Credit Unions, perhaps?

We were considering lots of options: Cotton Mills, Cigarettes, even Coney Island of the South, the title once given to the Lakewood Amusement Park. We hadn’t really considered credit unions, but promised to look into it. It turned out to be a fascinating topic, full of the kinds of stories that make Durham special. Thank you, Phil!

Here’s a sample of what we learned: Durham had the first credit union in the South. Surprised? We can look to the small but enterprising farming community of Lowe’s Grove for that financial first. Farmers faced an annual dilemma. They were paid just once a year at harvest time but had no access to credit, except at exorbitant rates, to tide them over from year to year. The new cooperative model of a credit union allowed members to pool their money and borrow from themselves at reasonable rates.

In 1915, farmers at Lowe’s Grove partnered with Durham banker and philanthropist John Sprunt Hill, who had studied financial cooperatives internationally and advocated for them throughout

NC. Soon a new institution took shape. Founding members put in \$29, and in January 1916, the Lowe’s Grove Credit Union opened.

This need for credit was not limited to farmers. In the Jim Crow South, African Americans were often unable to obtain fair rates on loans, and credit unions were one solution. At one point, NC had more black credit unions than the rest of the United States combined.



More recently, Durham’s Latino community, which almost quadrupled from 1990 to 2000, found it difficult to access financial institutions. As a result, most transactions were carried out in cash, and the possession of large sums too often invited robbery and violence. Once again, a banking need was met by a credit union. Durham’s Latino Credit Union opened in 2000 and grew to 50,000 members and \$100 million in assets by 2010. It has become an international model for credit unions serving immigrant populations.

Self-Help Credit Union, which started in 1984 with \$77 from a bake sale, is another Durham

credit union making a national impact. Over the past three decades, Self-Help has become a leader in community development and lending to low-income borrowers. It has provided more than \$6.4 billion to 87,000 families, individuals and organizations across the United States.

People care about and take pride in their credit unions, perhaps none more than the church members who manage Durham’s Mount Vernon Baptist Church Credit Union. Founded in 1948, Mount Vernon is the smallest credit union in NC and one of the smallest in the country. It is also the only black-owned and operated church credit union in NC. The small loans made by Mount Vernon CU are funding cars, houses and college tuition, quietly making possible the stuff of life for their community.

“C is for Credit Union” is the newest exhibit at the History Hub and will be on view until October 5. *Special thanks to Jean and Jim Blaine, Duke Credit Union, Local Government Federal Employees Credit Union, Greater Piedmont Credit Union, and Self-Help for making the exhibit possible.* Please stop by. And if you have an exhibit idea for upcoming alphabet letters, by all means drop us a line at info@modh.org.

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



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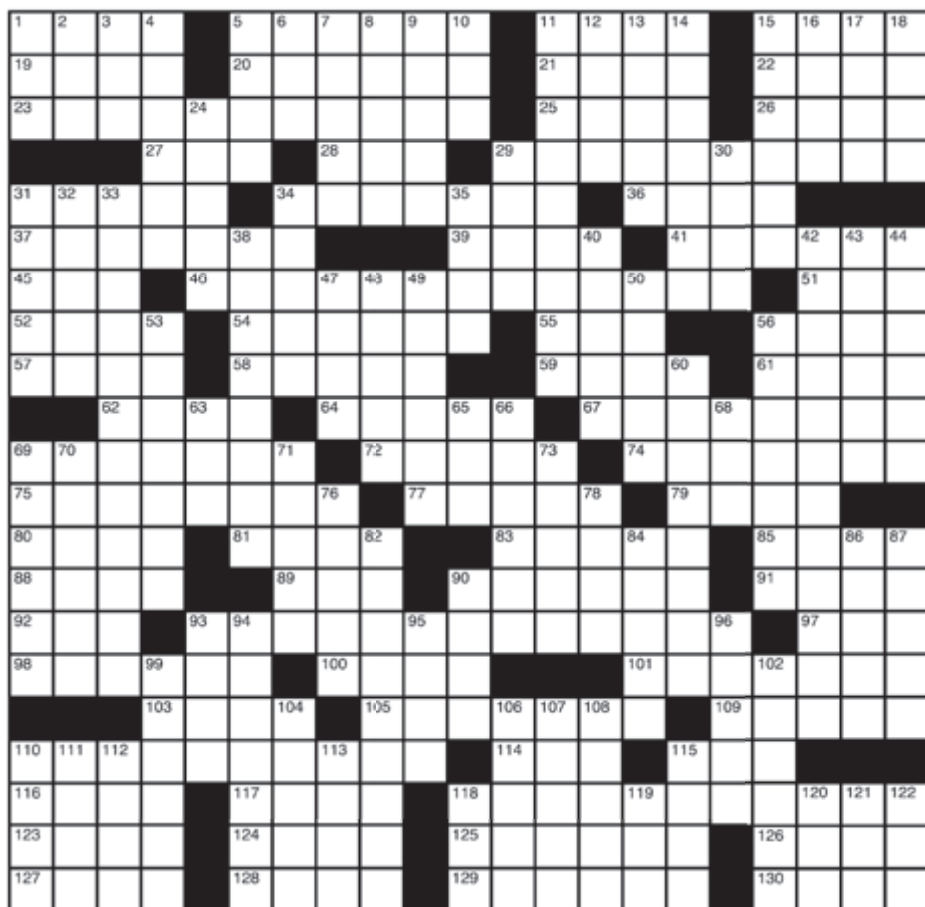
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Apologies to those who worked on last month's crossword and noticed the answer key in the front of the magazine didn't match. Doh. The key was correct but we accidentally ran the puzzle from the previous month, Issue 99. If you want to do last month's puzzle, you can view it here: www.WeLoveDowntown.com/xword/issue100.jpg We made sure this month matches up. :)



"At Present"

ACROSS

- 1 China problem
- 5 Brought to Broadway
- 11 Clothing fold
- 15 TV talk pioneer
- 19 Like some bears' market predictions
- 20 Happened next
- 21 New Balance competitor
- 22 Bear overhead
- 23 Extra vacation clothes?
- 25 Barely burn
- 26 Reactions to mice, maybe
- 27 Acct. earnings
- 28 2010 title role for Denzel
- 29 Big party for jalopy owners?
- 31 Simply not done
- 34 Trying experiences
- 36 Catamaran mover
- 37 Emergency supplies delivery method
- 39 Coll. drilling group
- 41 Ball game delayers
- 45 "As I see it," in texts
- 46 Clergyman who works wonders?
- 51 "How relaxing!"
- 52 Periscope part
- 54 Wood shop tools
- 55 Mid-Atlantic st.
- 56 Sight from the Sicilian village of Taormina
- 57 Intimate modern message
- 58 Clipped, in a way
- 59 Shrill cry
- 61 Race
- 62 Corn or cotton
- 64 Bores for ore
- 67 Fairy tale food
- 69 Rival of Brom in an 1820 novel
- 72 Pops in the fridge
- 74 Hoisting devices
- 75 Wildly excited
- 77 Classic pops
- 79 Solidify
- 80 Frog's kiddie-lit friend
- 81 Condescending sort
- 83 Photoshop developer
- 85 Mother of the Valkyries
- 88 Makeshift shelters
- 89 "Mr. Blue Sky" band, briefly
- 90 Future litigator's study
- 91 Airport transport
- 92 Virtuoso
- 93 Biker's trail?
- 97 Ristorante suffix
- 98 Upheaval
- 100 Call for
- 101 Puts on the right track
- 103 Evil sitcom organization
- 105 Didn't fill yet, as calendar slots
- 109 They may be rough
- 110 Volga Region daily?
- 114 Sharp turn
- 115 ___ premium
- 116 Traveling
- 117 Cantina cooker
- 118 Bees battling over nectar?
- 123 "In your dreams"
- 124 Wiped out
- 125 Friendly court contest
- 126 Toledo's lake
- 127 Delighted

DOWN

- 1 They may be writable
- 2 Fanny pack spot
- 3 Portfolio element, for short
- 4 Game division
- 5 Reserved ___
- 6 Demolition aid
- 7 Sunflower relative
- 8 Artisan group
- 9 Like many King novels
- 10 RMN was his VP
- 11 Analytical write-up
- 12 Iris locale
- 13 Punto and Bravo
- 14 China setting
- 15 Colorado county or its seat
- 16 Geometry figure
- 17 Sets a price of
- 18 Reckless
- 24 Vast, in verse
- 29 Voting coalition
- 30 Baptism, e.g.
- 31 Formal affair wear
- 32 Singer Mann
- 33 Swindler at a New York zoo?
- 34 Media mogul with a Presidential Medal of Freedom
- 35 Mars, to the Greeks
- 38 Drips on the driveway
- 40 Move like ivy
- 42 Gave stars to kippers?
- 43 Run
- 44 Portfolio units
- 47 Elementary bit
- 48 Matthews of "Hardball"
- 49 Fab Four name
- 50 Sanction
- 53 Leaves high & dry
- 56 Flier's printout
- 60 Competition with slashing
- 63 2001 honor for J.K. Rowling
- 65 Suffix with stamp
- 66 Much of Libya
- 68 Genetic messenger
- 69 "Maybe even less"
- 70 Catching position
- 71 Enjoyed some courses
- 73 It's usually not a hit
- 76 2014 U.S. Senior Open winner
- 78 Diva highlights
- 82 Jerks
- 84 Relay stick
- 86 Poet who feuded with Pope Boniface VIII
- 87 Off the mark
- 90 Advanced degs.
- 93 Bring up
- 94 14-legged crustaceans
- 95 Equipment
- 96 Connect with
- 99 Signed off on
- 102 One of four singing brothers
- 104 Corporate division
- 106 Form of oxygen
- 107 Comic strip frame
- 108 Spew out
- 110 Strong flavor
- 111 Mil. no-show
- 112 Appetizer in una taberna
- 113 Not leave things to chance
- 115 Fakes being
- 118 Mortar trough
- 119 Word of support
- 120 One may be padded
- 121 Intention
- 122 Driving need?

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