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M A G A Z I N E

ISSUE 98

THE TRIANGLE'S FAVORITE MAGAZINE FOR LOCAL DINING, ENTERTAINMENT, ARTS, HISTORY, WINE, AND MORE

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full  
frame

documentary  
film festival

Blue Mango  
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Answer to crossword puzzle on page 27

**ON THE COVER:** During his presidency, John F. Kennedy recorded more than 260 hours of telephone calls, dictated letters, and conversations in the Oval Office. This persistently pithy, yet inescapably poignant, short film, *"The Silly Bastard Next to the Bed,"*—directed by Scott Calonico and in its World Premier at Durham's Full Frame Film Festival—reveals the flip side of a brewing government scandal through two phone recordings made in July 1963. That summer Kennedy was splitting time between his presidential duties in D.C. and family visits to his pregnant wife and their children in Hyannis Port, Massachusetts. As Jacqueline had suffered difficult pregnancies in the past, modest preparations were made so the First Lady could deliver the baby at the only hospital nearby, on Otis Air Force Base. But when a local newspaper covered the story, a simple and tidy hospital ward was converted into a VIP suite decked out in fancy furnishings purchased on the government's dime. We listen in as Kennedy tries to sort out, using some rather salty language, just what went wrong: What was bought? How much was spent? And who was that silly bastard next to the bed?



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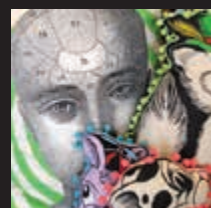
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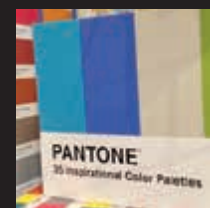
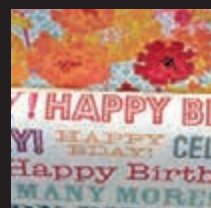
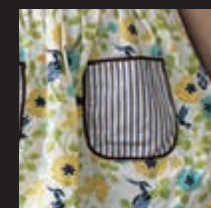
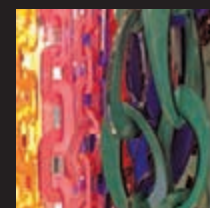
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# Full Frame Festival Brings Top Filmmakers to the Triangle

BY ALLAN MAURER | PHOTOS BY RENEE WRIGHT

We were at one of Durham's past Full Frame Documentary Film Festival, traveling from the Carolina Theater to the Marriot Convention Center as Ken Burns and Michael Moore, each promoting new docs that year, crossed paths. Each quickly acknowledged the other and went on their ways, just another moment in Full Frame's star-studded history.

Another year we sat a few feet away from Martin Scorsese as he discussed his own work and that of an Italian documentarian. Scorsese did excellent documentaries on Italian films (including *Voyage to Italy*: one of my all time favorite film-focused documentaries), American films, and since then, on Eliz Kazan and the 1940s horror master, Val Lewton, who produced *The Cat People* and *I Walked with a Zombie*.

Danny DeVito came one year to promote his new production company. At the event's annual



BBQ lunch where the festival's winning films are announced, I forked a mouthful of BBQ and felt a hand on my shoulder. I turned around and there was DeVito, about up to my sitting shoulder height. He was walking through the Durham Armory,

posing for photos, shaking hands, chatting with fans. It was very classy.

Durham hosts several world-class events every year, including the Full Frame Documentary Film Festival every April. Along with a handful of others, such as the American Dance Festival each summer, these events introduced the city to an international coterie of filmmakers, movie stars and attendees.

While you never know who you'll see at Full Frame, the films are the real business at hand. The main themes change each year, and usually, you can spot minor trends as well. The 17th annual festival runs from April 3-6 this year, with Duke University as the presenting sponsor. Full Frame encompasses a number of downtown Durham locations for its annual event. This year's venues include the historic Carolina Theatre, the Durham Arts Council, as well as the Durham Armory, Durham >>>

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Convention Center, Durham Central Park, and the new Full Frame Theater in the Power Plant. Set within a four-block radius, the intimate festival landscape fosters community and conversation between filmmakers, film professionals and the public.

The Full Frame Tribute will celebrate the work of award-winning filmmaker Steve James, best known for his basketball doc, *Hoop Dreams*. The 2014 Thematic Program will look at the role of the subject in documentary film through a series of films curated by esteemed filmmaker Lucy Walker.

*Hoop Dreams* was the winner of every major critic's prize including a Peabody and Robert F. Kennedy Journalism Award. James' other films include *Stevie*, which won IDFA's grand jury prize; the acclaimed miniseries *The New Americans*; Tribeca Grand Prize-winner *The War Tapes*, which James produced and edited; and *At the Death House Door*, which won numerous festival awards.

He also did "No Crossover: The Trial of Allen Iverson," produced for ESPN's Peabody-winning *30 for 30* series; and *The Interrupters*, which won an Emmy, Independent Spirit Award, and the DuPont Journalism Award, among numerous others.

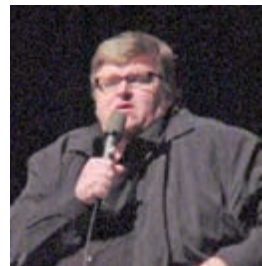
James' most recent documentary on the life and career of critic Roger Ebert, "Life Itself," premiered to great acclaim at the 2014 Sundance Film Festival, and we're very much looking forward to seeing it at Full Frame.



Filmmaker and actor  
Danny Devito



Filmmaker Ken Burns



Filmmaker Michael Moore



Martin Scorsese introducing the work of a classic Italian documentary maker

Lucy Walker is a British film director who has twice been nominated for an Academy Award. Her Oscar-nominated film *Waste Land* won the 2010 Full Frame Documentary Film Festival Audience Award. Her other feature documentaries include *The Crash Reel*, *Countdown to Zero*, *Blindsight*, and *Devil's Playground*. She has also directed several short documentaries, including *The Lion's Mouth Opens*, which recently premiered at the 2014 Sundance Film Festival, as well as the Oscar-nominated *The Tsunami and the Cherry Blossom*. Her films have been nominated for seven Emmys, an Independent Spirit Award, a Gotham Award, and have won over 80 other film awards.

A complete list of films in this year's Festival along with a short description of each can be found on our website at [www.downtownnews.com](http://www.downtownnews.com). More info on events and a complete schedule can be found at [www.fullframefest.org](http://www.fullframefest.org).

Allan Maurer is a much-published freelance writer, editor and blogger published in national magazines from *Playboy* to *Modern Maturity*. He's a former editor of *North Carolina Magazine*, *Triangle Tech Journal*, and a co-publisher of the North Carolina film blog, <http://ncflix.blogspot.com>.



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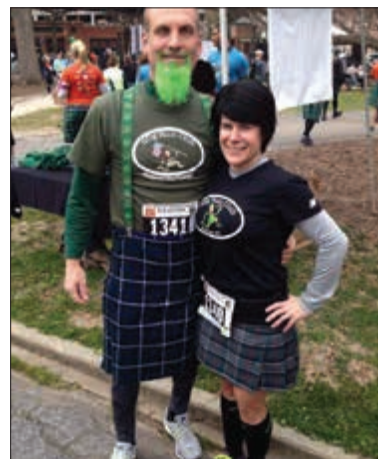
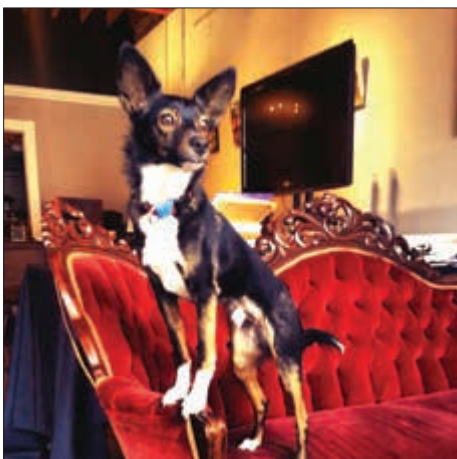
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BY CHEF BRIAN ADORNETTO, FOOD EDITOR | PHOTOS BY CRASH GREGG



*The softly lit dining room, screened from the bar and lounge by a sparkling crystal drape, offers dark wood tables, romantic alcoves with pillowed banquettes, and a large bay window allowing diners a peek into Blue Mango's kitchen.*

Although Raleigh's chic Blue Mango sits in the center of Glenwood South's nightlife, it is, at its heart, a family-run restaurant. When Chef/Proprietor Seeta Khosla decided to venture out on his own after 11 years of running other people's kitchens, he looked to those he loved for support. The ever-smiling chef not only called upon his wife and two children to help with the design and decoration of the space but once Blue Mango opened, he also entrusted them with management positions. His resolute wife, Meena Kumari, keeps a keen eye on the dining room, his charming and gracious daughter Sarika greets guests and manages the financials, while his son Rohit, a student at N.C. State, acts as the general manager.

Beyond the tranquil water wall at the restaurant's entrance sits a long, sexy bar that's lit from beneath and has tall red upholstered chairs. Behind the granite-topped bar is a dramatically vibrant shadowboxed wall filled with contemporary vases and exotic sculptures. Low cocktail tables and wall-to-wall cushioned seating lie to the right of the bar, along with a colorfully illuminated waterfall. The softly lit dining room, screened from the bar and lounge by a sparkling crystal drape, offers dark wood tables, romantic alcoves with pillowed banquettes, and a large bay window allowing diners a peek into Blue Mango's kitchen.

A native of the small town of Apra in Punjab, India, Seeta has been living and cooking



*Chef Seeta Khosla and daughter Sarika*

in the United States for over 20 years. Prior to launching Blue Mango in 2012, he served as Executive Chef and partner at Azitra in Brier Creek for six years. For his restaurant, though, Seeta prefers to present his menu via ingredient, for example, Rice Specialties, Chicken Delicacies, Vegetarian, Lamb/Goat, Seafood, and Bread (appetizer, salad, soup, and clay oven categories notwithstanding).



To make the Vegetable Samosa appetizer (\$5), Seeta studs spiced potato puree with finely chopped vegetables, wraps the mixture in thin pastry dough and fries it until golden brown. The turnovers come with a trio of condiments (a mint pesto-like sauce, tamarind chutney and sweet red pepper coulis). The Mango Shrimp (\$10)—stir-fried, placed in a sweet, slightly peppery tomato

sauce and blanketed with slices of fresh mango—were one of the evening's first-course specials. However, my favorite appetizer was the Masala Mogo (\$7). For this, Seeta cut thin wedges of yucca (a starchy tropical root also known as cassava), fried them and tossed them with his tamarind-habanero-cilantro chutney. The outside of the yucca was crisp, but the inside was almost creamy, and the tangy, sweet, fiery chutney was amazing.

Next, we sampled the Surf and Turf (\$25), Chicken Tikka Masala (\$17), Masaledar Aloo Gobi (\$12), Palak Paneer (\$13), Goat Curry (\$17), and Salmon Makhni (\$18). Blue Mango's Surf and Turf featured marinated shrimp and top round of lamb cooked in a tandoor (a cylinder-shaped clay oven) and slathered with methi (fenugreek) sauce. It was wonderfully spicy, earthy, tart, and aromatic. Just writing about this indulgence makes me crave it. The incredibly tender chicken had everything you would expect in tikka masala—creaminess, heat and complex spices. While I enjoyed sopping up the tasty sauce with naan (\$4), it could have used a bit more chicken. The Aloo Gobi, which you may remember as the vegetable curry dish from the film *Bend It Like Beckham*, is a traditional Punjabi dish consisting of cauliflower, potatoes, tomatoes, and chilies. Seeta's flavorful version also included



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Dinner: Sun–Wed 5pm–10pm and Thu–Sat 5pm–11pm  
Cuisine: Indian  
Atmosphere: Modern urban  
Dress: Stylish, Business casual  
Noise Level: Average  
Features: Extremely vegetarian-friendly, Gluten-free options, Bar dining, Al fresco dining, Private events, Lounge, Take out, Credit cards accepted  
Reservations: Accepted  
Parking: Street  
The Lowdown: Blue Mango is good for Date Night, Business Lunches and Groups, but is family friendly, too. While the default is medium, the kitchen can make any dish hotter or milder, so be sure to let your waiter know your preference. And trust me, they can get it H-O-T if you can handle it.



green beans. The palek featured cubes of house made paneer cooked in a creamed spinach sauce. It was fantastic with the naan. Though well seasoned and tasty, I was disappointed with the stew-like goat curry, as it had more bone than meat. If you're game to try it, ask for a side plate; you'll need it to cut the meat from the bone. Marinated and cooked medium, the salmon was moist and tender, and the tomato-yogurt sauce buttery and rich—flawless.

For dessert, we tried the Pistachio Kulfi (\$5), Kashmiri Firni (\$7) and Gulab Jamun (\$6). Covered in a mountain of crushed pistachios and sprinkled with pea-sized pineapple, mango, and orange “bubbles,” Blue Mango's kulfi (Indian-style ice cream) was palate cleansing, soothing and, thanks to the bubbles, bright. Firni is an eggless spiced

rice custard. Here, Seeta layered the cold custard with nuts, grated carrots and apples, and concealed it with sliced mango. It was creamy, crunchy, and refreshing. The Gulab Jamun—spongy, fried, milk based dumplings soaked in syrup—was the sweetest of the three desserts. One bite and it became obvious why this treat is so popular.

If you're in the Glenwood area and in the mood for Indian food, be sure to check out Blue Mango. The Khoslas will make you feel like family, but the hip cocktails from the bar will remind you that you're out for a night on the town. 🍸

*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](http://www.loveatfirstbite.net). Contact Brian at [brian@welovedowntown.com](mailto:brian@welovedowntown.com).*



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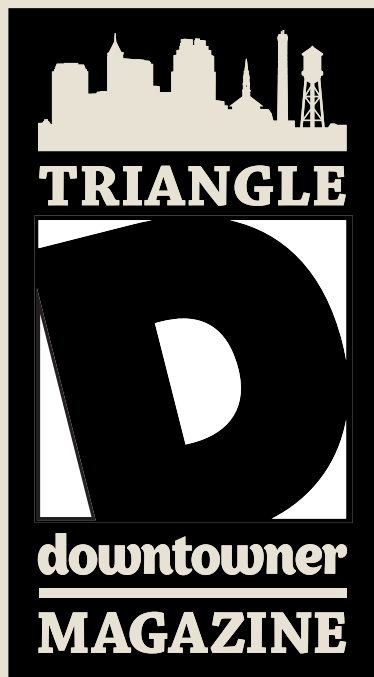
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## From the Publisher

**W**e're excited about all the votes coming in for the Best of Downtowner Awards—6,500 so far! Voting ends on April 10th, so if you haven't already, head over to [www.BestofDowntowner.com](http://www.BestofDowntowner.com) and cast your vote for all your local favorites. You'll be helping to promote our local economy plus you could win one of over 100 prizes just for voting (including tickets to Canes games, Durham Bulls, NC Theatre, Carolina Ballet and more, restaurant gift cards, t-shirts, and more cool swag).

In this issue, we're rebooting an old column, We ♥ Food Trucks (which will become a regular monthly article), beginning

a community editorial by Raleigh City Council member Bonner Gaylord and adding a multi-part series on local fresh juicers across the Triangle. Healthy foods are on the rise and we'll tell you where you can find the good stuff.

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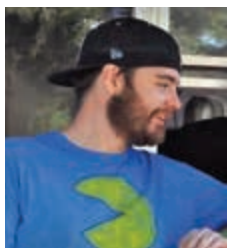
# KOKYU BBQ TRUCK

BY HANNAH MURPHY



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It's difficult to miss Durham's popular Kokyu BBQ food truck. Covered in graffiti like a roadside urban art exhibit emanating aromatic smells of tater tots and barbecue, it's like a siren's call beckoning visitors to walk up to the order window. David "Flip" Filippini, Kokyu BBQ's owner, concocts mouth-



David "Flip" Filippini  
(PHOTO ALLISON SPRINGER)

watering international barbecue sliders and tacos that have grabbed attention from all sorts of foodies. Even the *New York Times* raved about Kokyu and their unique menu items in a recent editorial about the Triangle. Flip's business philosophy revolves

around providing customers with comfortable street food, mixing unique and fresh ingredients with classic culinary techniques to create a new kind of dining experience that he likes to call "stepped-up street food."



The infamous DuckFat Tots

A delicious example of the Kokyu truck fare is the fan-favorite DuckFat Tots, a culinary experiment that most people called crazy. It mixes a fun snack food staple with masterful culinary skill. When David first filled the fryer with the duck fat frying oil, he knew it was a risky move. Duck fat is one of the best oils to deep-fry in, but it's also one of the most expensive. Fortunately, David realized this culinary risk reaped huge rewards, "After the first bite, nobody said a word. We knew these tots were a

success." The DuckFat Tots are one of the most popular menu items because they complement every entrée offering light texture with bold taste. Frying tater tots in 100 percent rendered duck fat creates a palette-pleasing roasted flavor with a satisfying crunch and no greasy after-texture, unlike other frying oils. You can eat an entire bowl of these delectable tots (if you aren't too full from David's melt-in-your-mouth short rib sliders or tacos) and there's almost no grease on your fingers. They're perfect for snacking on-the-go.



DuckFat Tots aren't the only rewarding experimental menu item that David has come up with. The Short Rib Quesadilla, a personal favorite of his, was a happy accident created from the need for a late-night snack. David woke up hungry in the middle of the night and after foraging, found random ingredients left over from testing out new menu items. He decided to combine caramelized onions, Gorgonzola, short rib, and their signature Kokyu sauce into a soft tortilla and voila! "I took one bite and had a revelation," David admitted. This is a popular item in the fall and winter months because of its substantial, hearty flavor but one that stays popular all year. David beams, "This dish has a bit of everything; it's spicy, creamy and pungent with a nice crunch, the perfect creation for munching while standing outside a food truck on a cool North Carolina evening."

It turns out that working a food truck runs in David's family. His Irish ancestors owned a pushcart



Flip's great grandfather's horsedrawn food cart, early 1900s



Flip's grandfathers ice cream truck mid-1900s

that sold food in Dublin in the 1800s, and later a bread truck in the early 1900s. His great-grandfather had a horse drawn food cart, and his grandfather ran an ice cream truck in upstate New York. Needless to say, when David realized he wanted to be a chef, starting a food truck just felt right. There are two food trucks in the Kokyu family: the original Kokyu BBQ truck, and the newest addition, Kokyu Ondo. Each truck offers different menu items, but both focus on the same principle of providing people with a unique street food experience.



Short Rib Sliders

Luckily for Durham locals, David has plans for a brick-and-mortar restaurant. He successfully met his Kickstarter campaign goal of \$46,000—and even exceeded it by more than \$2,000. There are current negotiations taking place for possible restaurant locations. Until then, it's easy to find David and his crew; just check in with their weekly calendar online at [www.kokyubbq.com](http://www.kokyubbq.com) or follow them on Twitter @kokyubbq and @kokyuondo. 📍



Hannah can be reached for comment at [hannah@welovedowntown.com](mailto:hannah@welovedowntown.com).

# Come Sit at Our Campfire: Storytelling at the Museum of Durham History

BY DR. STEVEN A. CHANNING



It's hard to believe it's been ten years since our film *February One* premiered at Full Frame, Durham's international documentary film festival. This came to mind when I learned that Franklin McCain, one of the famed Greensboro Four, had passed. We helped to tell his story in that film, along with his NC A&T freshman classmates, Joe McNeill, Jibreel Khazan (then Ezell Blair) and David Richmond. I started thinking about how I moved from the world of academic history teaching and writing to producing documentary films. Bear with me for the moment, and you'll see the connection to Durham and the Museum of Durham History!

I was born and raised in Brooklyn, NY, and came to UNC-Chapel Hill in the midst of the Civil Rights movement to study the history of the South and the jarring story of African Americans. My dissertation was entitled *Crisis of Fear: Secession in South Carolina*, and I see more clearly now how the Black freedom movement influenced my thesis in that book. "The War" was precipitated mainly by issues of race, maintaining the economic and social control of enslaved people, and the political use of fear to keep down and exploit a vast population of African-Americans.

I went on to teach at the University of Kentucky and came to write a short history of the Blue Grass State for a "States and Nation" series commemorating the Bicentennial of the American Revolution. Somehow, my name popped up in several unexpected places, and soon I was helping

to produce a mini-series for Kentucky Educational Television, hosted by the great actress and Kentucky native, Patricia Neal.



Bitten by the documentary bug, I eventually returned to Durham to re-invent myself as a documentary film producer—and marry my wife of now 30 years, Nancy Clapp. I produced a series with UNC Television on the Lost Colony, hosted by Andy Griffith. I also produced *Alamance*, a regional Emmy Award-winning drama on the North Carolina Regulators, farmer-rebels who helped push America into rebellion and independence.

But what I found more personally meaningful than re-enacting the past was helping to preserve stories of those who had actually made history. Soon we were fortunate to secure the cooperation of the Greensboro Four to tell the Woolworth lunch counter sit-in story that speaks so

powerfully to the courage of young people. I soon began a round of interviews about the unique history of Durham, resulting in our film *Durham: A Self-Portrait*, in which secret basketball games and the interplay of race figure prominently.

Here's where I come full circle back to our new museum. When I watch that film now, the "History Hub"—I see half a dozen extraordinary individuals who, like Frank McCain, have now passed. There's the great John Hope Franklin and Mary Semans, NCCU's Alex Rivera, and visionary corporate citizen and preservationist K.V. Dey. They may be gone now, but their stories and complex personas are preserved for us to experience, to learn from, and to enjoy.

I invite you to come visit, not just passively, but to share your special story, as a proud member of the founding board of the Museum of Durham History. Whether you're a third generation Durhamite, a frequent visitor from other cities, a recent newcomer retiree, or an eager young entrepreneur, remember: all history is made of human stories. Come sit at our campfire and tell yours! 🍷

*Dr. Steven Channing is president of Video Dialog, Inc. and a member of the Museum of Durham History's Board of Directors. The Museum of Durham History is a non-profit organization dedicated to bringing Durham's history to life and engaging visitors and residents in our community's heritage. The Museum's home, the History Hub, is located at 500 W. Main St. and is open Tuesday-Saturday, 10am to 5pm. There is no admission charge. For more information, see [www.museumofdurhamhistory.org](http://www.museumofdurhamhistory.org).*





WRITTEN BY CHEF MOLLY BRAWLEY | PHOTOGRAPHS BY CRASH GREGG



You may remember Garland as the walk-up window beneath King's Barcade, the simple, quick place to grab a bite before a show upstairs or after a night of dancing downstairs at Neptune's Parlour. Now the transformation is complete and Garland has evolved into a casual and eclectic Indian/Asian fusion restaurant. Cheetie Kumar, executive chef and co-owner (with husband Paul Siler, Ben Barwick, and Steve Popson)—has created not only a very unique menu but a distinctive atmosphere as well. Cheetie can always be found running the kitchen most nights, unless she's playing guitar alongside her husband in the band Birds of Avalon.

When we entered Garland, we were immediately greeted by a hostess and Front of House Manager/Pastry Chef, Marilyn Duval. Some things that give Garland a very eclectic feel are the simplistic light bulbs and industrial fixtures anchored in the wall at each table, the floor made of upcycled painted gymnasium hardwoods from a closed YMCA in Durham, the pennies incorporated into the floor in the bathrooms, and most



Executive chef and co-owner  
Cheetie Kumar

prominently, the large tree mural. Scott Nurkin, a local artist associated with The Mural Shop in Chapel Hill, creates a sense of flow in the restaurant with the painted white tree which grows up from the floor along the wall and branches out into the center of the restaurant's ceiling. He also created a myriad of Indian-inspired vintage logos and artwork hanging on the back wall, which lend well to the interior ambience. The music selection is current and trendy, adding to a casual and hip vibe. After we sat down at the table, our attentive server Russ arrived to tell us about the menu.

We started off with a couple of Garland's most popular cocktails: the Old Man Collins (\$11) and the Sambal Sour (\$10). Sambal (a paste made from chiles) mixed with maple in the Sambal Sour was an interesting combination. Following the drinks, we were brought a few of the small plates to sample starting with Tteokbokki (\$6). Tteokbokki is a common Korean snack food made from rice, served with roasted Jasmine rice, and coated in sesame seeds and a spicy sauce. Flavorful and filling, this would make a good small plate to share with everyone at your table.

Next we sampled the Citrus-Coriander Glazed Beets (\$10). This dish came with a house-made paneer (a type of Indian cheese that holds its shape well and can be easily crumbled), dates, persimmon and horseradish mustard, local greens, and shortbread crackers. At first, we weren't sure how to combine the ingredients since the crackers long, thin and rounded. We ended up breaking up the shortbread and mixing it with everything on the plate. The spice and taste of each component blended well together to give the dish, one of our favorites, a unique flavor composition. Lastly, we sampled the Cauliflower 65 (\$8). This dish consisted of fried cauliflower, yogurt sauce, curry leaves, pickled chiles, lime and cilantro. There was a subtle hint of heat associated with the presence of the chiles.

Moving on to the entrees, we decided to shy away from some of Garland's most popular dishes in order to explore the "quirky" and different items on the menu. We opted for the Corn Cake and Greens (\$12 plus \$5 to add NC Grilled Shrimp) and the Congee (\$16). The Corn Cake and Greens had a beautiful presentation and consisted of the cakes, greens, grilled shrimp, pumpkin butter, house-made paneer and spicy, candied pepitas (Spanish culinary term for pumpkin seeds).



Corn cake and greens with NC shrimp, house-made paneer and spicy, candied pepitas

There was a hint of Southern cooking in this dish; however the incorporation of Indian flare brought a certain multi-level intricacy to it. The corn cakes were moist and not overcooked and the two shrimp skewers were cooked perfectly.



Spicy tteokbokki with sesame seeds



Congee with short rib, shiitake mushrooms, brown rice and a 6-minute egg with a side of pickled fruits and veggies



Citrus-coriander glazed beets



Buttermilk brulee pie in a shortbread crust

We really liked the addition of the crispy sweet potato strips placed on top! Next we sampled the Congee, a rice/grain-based porridge, served with slow-cooked NC short rib, pickled shiitake mushrooms, stewed peanuts, sticky brown rice, and a “6 minute egg” (i.e., soft-boiled). For garnish, crispy flash fried greens were added, which disappeared quickly at our table. This dish had a lot of flavor going on and the short rib just melted in your mouth. The spice blend was on point and a tray of pickled fruit and vegetables accompanied the dish, consisting of pickled bok choy stems, red onion, carrot, apple and peppers in a spicy brine. This was a neat idea because we were able to alter the taste by the addition of each selection. The only suggestion we would offer is to serve the Congee in a wider, shallower bowl instead of the

tall, deep one it came in. This would make it easier to reach and cut the rib meat with a utensil and for a better view of the great presentation.

For dessert, pastry chef Marilyn told us about the Confections (3 for \$5) on the menu. We liked the idea of having small candy bites for dessert so we weren’t stuffed after a good meal. We chose the Winter Squash Jellies with Sour Cardamom Sauce, the Chocolate Covered Honeycomb Candy and the Brigadeiros (a soft chocolate candy resembling a bonbon). The jelly was a hard jelly and had a nice mix of flavors. The Chocolate Covered Honeycomb was a cool idea, as she used real honeycomb for this candy so it wasn’t too sweet. My favorite was the Brigadeiro; so delicious and creamy. I savored every bite! We sacrificed our waistline and also tried the dessert special, which

was a Buttermilk Brulee Pie in a Shortbread Crust, served with a Blood Orange Sauce. The crust was probably one of the best I’ve had, and it paired great with the pie.

Garland is a trendy and unique addition to the Raleigh’s busy downtown. Incorporating Indian cuisine with hints of Korean influences works well for Garland. It is a great spot to have a drink and a bite to eat with friends before catching a show at King’s Barcade. The ambiance is energetic and very loud, so if you’re coming for a semi-quiet romantic dinner, you might want to make reservations earlier in the evening and/or make sure there’s not a show going on upstairs at Kings. 🍷

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# Around Town in the Triangle

▼ Photos below are of chefs, owners and staff from local restaurants competing in A Toast to the Triangle, a benefit for the Tammy Lynn Center. ▼



Event MC Steve Daniels, Tammy Lynn Center CEO Holly Richard and guest Rick Wolfe



The guys from Neomonde Deli: DeGaulle, Sam and Joe



Tony, Alonnie, Paula, Van and Susan from the Angus Barn



Patrick and Lorie from Simply Cakes



Carlos and Mangal from Azitra



Michael, Salvatore, Ariel and Danny from Sono



Jamie, John and Jason from Seaboard 18



Chris and Weston from The Oxford



Flights Restaurant Chefs Anthony, Dean and Pamela with staff



Antonia and Kyle from Sweet Sins Bakery



Gary from Landmark Tavern with Nicole



Justin, Adam, Erik, Rey, Rey, Cecilia and Anna from Rey's Restaurant



Aubrey, Chef Taion, Lydia and Kyle from Cameron Bar and Grill



Kelly, Amy and Yolanda of Yates Mill



Rabb, A.J., Josh, Meghan and Dutch at Zinda



Matt & Eric from Mura

# Around Town in the Triangle

Photos below are from the Annual Carolina Ballet Ball fundraiser • [www.CarolinaBallet.com](http://www.CarolinaBallet.com)



Photos below are of sponsors and guests from A Toast to the Triangle. Visit [www.AToasttotheTriangle.org](http://www.AToasttotheTriangle.org) to see the culinary winners from the event.



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Steve Zaytoun (center) with  
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Jack Forbes



Randall Stogner and wife Deborah



Sharon and Shawn from  
Carolina Brewing Company



Trevor Chambers with  
Julie and Corbett Monica

# Guerrilla Citizenship in Raleigh

BY BONNER GAYLORD



Raleigh is in the midst of a revolution. If you're not already a guerrilla citizen on the front lines of this revolution, you will be soon.

Please put down your favorite pitchfork and snuff out your torch, this revolution is a friendly one. Look no further than the phone in your pocket for evidence. This transformation, the Digital Revolution, changes almost every aspect of our lives, and government is no exception.

The most exciting part of the Digital Revolution's transformation of government is that it's putting significant power back into the hands of everyday citizens.

Most of Raleigh's recent accolades are evident: fastest growing city, most affordable, most inventive, best place to launch your career, best place to meet singles, and best place to raise miniature goats (probably). But many are not aware that Raleigh is leading by example for how citizens interact with their city and government. Citizens

in Raleigh have made a point to approach issues in a different way, finding ways to coalesce into groups, identify an unmet need or identifying a broken process, and then taking the necessary steps to solve it. It's not exactly like anything before; the best way to describe this new form of activism is guerilla citizenship. Citizens are designing their own civic experience. While Raleigh transitions, citizens take advantage of their power in defining its trajectory through this form of activism.

My first exposure to the Digital Revolution in Raleigh city government, empowered by

smartphones, was through SeeClickFix. It's a next generation 311 platform (like 911, but for non-emergency issues) which enables everyday citizens to take a geo-tagged photo of a pothole, trash or graffiti with their phone, post it and the City comes out and fixes it. It's beautiful. There's no need to file paperwork, make calls or navigate the departments of the City with every request. Instead, this application puts power into the hands of the citizens. SeeClickFix gives users a way to engage, improve their community, and actively see quality of life issues being resolved.

Looking to create an engine to replicate the success of SeeClickFix, we created CityCamp NC in 2011. CityCamp is an "unconference" formed to bring citizens, government and business together to improve our quality of life through open technology. CityCamp has become a place for people to broadcast issues then work to discuss and develop solutions in an open, entrepreneurial forum. Through this, directly and indirectly,




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Raleigh has been able to launch interesting ideas and initiatives help improve the Raleigh experience for anyone who wants to be involved.

Some initiatives that have come out of CityCamp NC:

- Raleigh's Open Data/Open Source Resolution empowered staff to pursue Government 2.0 initiatives.
- Open Raleigh allows anyone to find and use city data using Socrata software.
- MyRaleigh Ideas allows you to contribute your ideas directly to the City.
- Greenway is an interactive Greenway map with weather alerts and SeeClickFix integration.
- MyRaleigh Subscriptions sends you customized City email content.
- LocalWiki Raleigh is an openly editable, community-centric website for local history, media, opinions, interesting characters and everything else about Raleigh.
- NC Datapalooza is an open data competition using data sources from Open Raleigh, the State of North Carolina and the Federal government.

These ventures have created a positive feedback loop. Groups are realizing Raleigh's desire for new opportunities. This is why organizations such as Raleigh's Code for America Brigade are taking open source applications built for other cities and starting them up in Raleigh. The first application deployed by the Brigade allows you to adopt a bus shelter in the same manner you would adopt a highway.


So what's next for Raleigh? I can only imagine what will come out of this year's CityCamp on May 29-31. However, I can already see that citizens are not waiting until this year's "unconference" to make things happen, design their city experience, and open up information to encourage everyone to get involved. Citizens are engaging constantly, benefiting from the digital revolution that allows anyone to connect and act without formal leaders.

Are you ready to get started?

Attend this year's CityCamp. Use the SeeClickFix app. Check out the monthly Code for Raleigh Brigade on Meetup.com. The number of guerrilla citizens in Raleigh is growing and no matter what your skills are, they could use your help.

The voice and power to change government is



being given back to citizens, and Raleigh's guerrilla citizens are taking advantage of it. Will you? 

*Born and raised in Raleigh, Bonner Gaylord is currently a member of the Raleigh City Council and general manager of North Hills. Bonner is passionate about Raleigh's opportunities for growth in entrepreneurship, technology, design, and government 2.0. Bonner can be reached at [bgaylord@bonnergaylord.com](mailto:bgaylord@bonnergaylord.com).*



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# Start-up Founder's Path to PopUp is a Microcosm of RTP Tech History

BY ALLAN MAURER

Dov Cohn's 17-year business career with Research Triangle firms captures a snapshot of the area's successful startup tech businesses since the late 1990s. Now the CEO and co-founder of PopUp, an innovative smartphone app company in the startup incubator American Underground at Main in Durham, the North Carolina native worked for a succession of prominent RTP tech firms since 1996.

Cohn's story is one of how interactions create a community, how one start-up leads to another for those who love that particular thrill, and in ways reminds one of that old TV show, "Connections."

His parents both taught at the University of North Carolina at Chapel Hill and he was born in Duke Hospital, but his family later moved to Penn State, where he grew up. They returned to Chapel Hill often, though, "And I always felt like it was a piece of me and part of home," Cohn says.

Naturally he jumped at the chance to return to the Triangle in 1996 to take a position with HAHT Software, his introduction to the tech industry, where he learned product management and tech marketing. He followed that by taking position with Accipter, one of the Triangle's early start-up success stories. Both firms were acquired in big deals.

He then joined Open Site Technologies, an online auction firm that included two the Triangle's well-known entrepreneurs—Kip Frey and Michael Brader Araje on its management team. I was working for daily online tech news sites at the time and all of those companies were getting lots of ink in local publications and electrons online. Open Site was acquired by Siebel Systems Inc. in another early Triangle start-up success story.

**Pinpointing a career change** Then he met Jud Bowman who had formed the company Pinpoint (which was originally trying to become a search engine) along with fellow graduate of Durham's School of Science and Math, Taylor Brockman. (Yet another Triangle start-up success story as Pinpoint became Motricity.)

"We were dealing in mobile content before there



were apps," Cohn says. "We argue we launched one of the first app stores in 2004." In any event, Cohn gained a great deal of experience in mobile content apps. After a time with a Palo Alto, CA tech firm, Cohn rejoined Jud Bowman at his latest venture, Appia, another mobile app firm, Cohn joined it as a senior VP of Marketing and remained there until PopUp acquired funding and he joined his two co-founders (Fitch Carrere, head of product, and Jason Humphries, head of technology) full-time.

Founded in the fall of 2012, PopUp was accepted by The Startup Factory accelerator and raised a \$200,000 angel funding round last spring from Acta Wireless and a handful of local "angel investors," high worth individuals who invest on their own in groups.

**The basic premise of place** "The basic premise behind PopUp," Cohn explains, "is that you can leave a (Smartphone) note at a place for a friend. Anyone can create a digital note, text, video, or photo and send it to a friend who will receive it when they arrive at the specified place."

So instead of a "delivery time," it has a "delivery place." The place might be a restaurant, coffee shop, festival, retail store, bar, night club or sporting event.

"It can be powerful for brands and advertisers as well as consumers," Cohn says, "using physical location as a context for delivery."

The company has focused marketing rollout locally in the Raleigh-Durham area, where it has about 3,200 users. It plans a new release by the end of February, has an Android version planned and expects to ramp up marketing this spring.

**A renaissance in downtown Durham** He's excited about what's happening in downtown Durham where his start-up shares space with numerous others in the American Underground at Main. "What's happening between 9<sup>th</sup> Street and Main is fantastic," he says. "Bakeries, art galleries, a new manufacturing company coming in, a new hotel—it's an exciting place to work now."

Cohn, 45, says the key lesson he's learned from his 17 years as a start-up guy is that "You have to be willing to adapt. That's the biggest thing. You have to adapt to the ebbs and flows of the emotional rollercoaster." But you also have to be able to adapt your business model, he adds.

"What Pinpoint became as Motricity wasn't what it started out to be. Or any one of those businesses. They all changed business model, products and marketing." Most of his previous start-ups "Hit on the winning formula early. But if what you're doing isn't working and you aren't willing to change, it leads to an early demise."

Another lesson, he says, "Is to find people you like to work with, people who are a good cultural fit and who you want to be around. You'll spend more time with them than with your family."

Finally, he says, "Everything is about the bottom line. Whether you are pre-revenue, raising money, or profitable, you have to think about the impact of everything you do on your bottom line."

Cohn and his wife Christine, a teacher in Chapel Hill, have three children, "All were born in the same hospital I was, Duke. But we're all UNC Tar Heel fans," he's quick to add. One of his children is a junior at Durham's School of Science and Math, Jud Bowman's alma mater. 📍

*Allan Maurer has been editor of the TechJournal.org, Triangle Tech Journal, North Carolina Magazine, Charlotte Magazine and several other regional publications. Also widely published in national magazines from Playboy to Modern Maturity and online, you can reach him at: allan.maurer@gmail.com*



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# Local Gallery News

BY MAX HALPEREN, ART EDITOR

The title of the show that currently fills the Contemporary Art Museum may sound pompous, even a bit obscure. It's dubbed the North Carolina Arts Council Artists Fellowship Award Exhibition.

It is, however, the most interesting show in town, its 29 makers of paintings, sculpture, ceramics, photographs, films, videos, and found objects should keep you looking and stopping and looking.

There is a fair amount of sardonic humor. Witness Tracy Spencer-Stonestreet's example of performance art, *Dragging*: part video and part collection of scarred and broken dining room objects. The video presents a woman pulling a heavy wooden table, wooden chairs, plates, cups, and silverware, each item tied to a harness wrapped around the woman's head. She staggers down a three-mile stretch of country road, leaving a trail of bits and pieces breaking away and smashing

on the asphalt. The result, a much abused collection of familiar dining room pieces—scratched, broken, scuffed—is spread across the gallery floor.

On the other hand, Scott Hazard's *Constructs* could scarcely be bounced. They are made of layered pieces of cut and torn paper placed around and within wooden frameworks, layers that lead one into voids, sometimes unseen. Hazard likes to think of these spaces as "gardens of the mind," places where the mind can focus on itself and he hopes, "acquire a short moment of clarity."

Among the paintings, David McConnell's



Tracy Spencer-Stonestreet's performance art *Dragging*

*L'America/Don't Shoot the Messenger* is a bit of a puzzle. A musician before he became a self-taught artist, McConnell paints emblems of music pressed into a hypodermic whose needle is aimed at what may be a target or a record. Above the record is a listener fastened to headphones. It also holds the outline of a book titled *Holy Bible*. Is the music a palliative? A drug? A mode of rejection or denial?

*L'America* is a collection of icons, not very painterly. On the other hand, Daniel Nevins' exuberant paintings, *Number 13* and *Number 14*, make brilliant use of the paintbrush. Great cascading petals and ribbon-like forms seem to break from the canvas.

Nevins' images only appear to move, but as you step close to a riser on the opposite side of the main gallery, you may be startled by three black winglike mechanisms as they spring into action by motion sensors. They are labeled *Resistance* by sculptor

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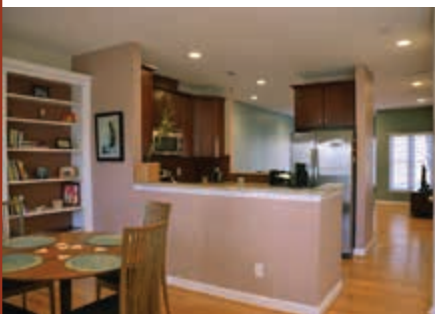
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Ryan Buysens, who describes them as efforts “to synthesize my passion for designing mechanisms with my interest in the kinematics of a bird’s wings.”

On the other side of the riser a number of silent, broken red records float on groups of spidery wires. It is Sarah West’s emotionally moving installation, *Red Fields*, whose red grooves, as she points out, “now hold a useless narrative. It cannot tell its story.” And yet, of course, though now a fractured mystery, it may contain a story important in someone’s life.

Among the films and videos at CAM, one is a genuine shocker. It is Marek Ranis’ *Kill the Boer, Kill the Farmer*, the result, Ranis notes, of “lonely travel to most regions of South Africa and of more than 50 interviews” relating the murder of white South African farmers at the end of apartheid and its brutal oppression of blacks. The tale of victimizers becoming victims is told on three adjoining screens that enfold you.

The horror is somewhat mitigated by the beauty and grace of the small porcelain vases that sit nearby, the work of Becky and Steve Lloyd. Steve throws the forms and Becky does the surface design of incised natural forms. I have rarely seen form and design so perfectly matched.

The Award Exhibition at CAM runs to April 27. More [www.CAMRaleigh.org](http://www.CAMRaleigh.org)



David McConnell’s *L’America*

Taking its cue from college sports, the **Lee Hansley Gallery** has mounted a show labeled *The Big Four*, though, of course, it is featuring the work of their art departments, not their basketball teams. The four—Duke, N.C. State, UNC, Wake Forest—have well-known art departments, but the list omits the school with the largest department, East Carolina, and some others we might mention.

Photography stood out. Two prints, double exposures, by Elin o’Hare Slavick were among the most imaginative pieces I found. In her bewigged *Aristocratic Cyclops*, shadowy heads face right

and left leaving one eye, well lit, in the center. In *Flying Nun* all four eyes stare ahead covered by a broad “flying” coif. Both figures are immersed in or emerge from darkness.

Like Japanese haikus that juxtapose apparently disparate elements, John Pickel’s photographic *Haikus* place three images below each other, images that add up to more than the sum of their parts and require thoughtful examination. Detailed black and white photographs by Jeff Whetstone, taken from above, suggest a world that is broad and complex, though a title like *House on Little Fork* implies a narrow focus. An old weather-beaten structure stands in the center as a forest spreads around it. A road emerges from elsewhere and goes somewhere else. Telephone lines enter and leave.

Some of the work gets personal, as does Patrick FitzGerald’s delightful Sushi series, with comically exaggerate images of sushi dishes that FitzGerald excoriated on his first visit to Japan but has since become enamored of—eating them when he met his wife, became engaged, and watched the arrival of his children.

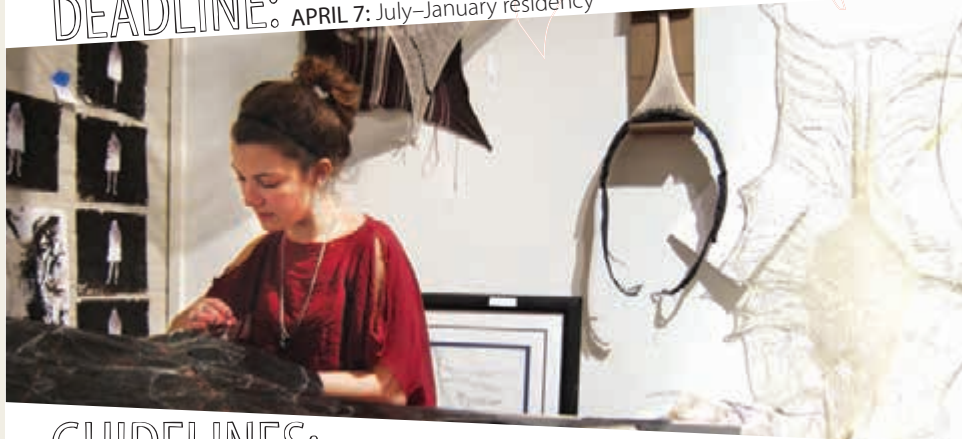
The 17 artist-teachers will be on view through April. More info [www.LeeHansleyGallery.com](http://www.LeeHansleyGallery.com)

Max can be reached for comment at [max@welovedowntown.com](mailto:max@welovedowntown.com).

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Images: top, detail of 2013 Resident Jaclyn Bowie’s *Artspace* exhibition *Fabricating Disaster*; bottom, 2013 Resident Gabrielle Duggan



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# THE RISE AND FALL (and Rise Again) OF CHARDONNAY

BY LAURA COLLIER

Chardonnay is a noble grape, hailing from the prestigious region of Burgundy, France. Unfortunately, Chardonnay is remembered as the overripe wine drowning in oak that rose to fame among the excess and indulgence of the 1980s. Just one sip of an overwhelmingly buttery Chardonnay evokes images of multicolored hair bands, leg warmers and slick Wall Street stockbrokers.

Chardonnay has long had a reputation for making elegant, terroir-driven wines in France, but Chardonnay grown in the United States did not gain popularity until the 1976 Judgment of Paris, the blind tasting that pitted California wines against French wines from Bordeaux and Burgundy (fictionally portrayed in the movie *Bottle Shock*). A Napa Valley Chardonnay prevailed over several Burgundian Chardonnays in the tasting. Although inspired by the great white wines of Burgundy, the Napa Valley Chardonnay was likely riper and more seductive due to the Valley's sunshine and warm temperatures.

The sales and growth of California Chardonnay skyrocketed after the Judgment of Paris. Many viticulturists took advantage of Napa Valley's weather, seeking to recreate the charms of the winning wine and to grow wine grapes that were riper and more robust for every vintage. Subtlety was not the goal. Winemakers also took this approach to the cellar, utilizing more new oak barrels, and sending a higher percentage of the wines through malolactic conversion (the process that results in buttery flavors and a creamy texture). The result? A wine style that Gordon Gekko and Jordan Belfort would be proud of: excessive and lush, with flavors of exotic fruits, vanilla and toast.

This amped-up style of Chardonnay dominated the 1980s and much of the 1990s, that is, until people began to see past their features to realize what they lacked: acidity, minerality, complexity, and an individual personality. The backlash was swift and fierce. Descriptive terms that were once considered praise for wines were now levied as insults. The ABC movement was born: Anything But Chardonnay. Wine lovers clamored for crisp Sauvignon Blanc and fresh Pinot Grigio.

Chardonnays from Burgundy began to rise again during the ABC movement as well. As French wine labels typically do not bear the name of the grape, Burgundies were able to hide behind their village. After drinking woody and cloying Chardonnays for more than a decade, many people laughed in disbelief as they were told that the steely, crisp, lean wine from Chablis they loved was actually Chardonnay.

In the past decade, Chardonnay-labeled Chardonnay is on the rise again. Unapologetic labels like "unoaked" or the playful "naked" began to pop up on wine store shelves. These wines do not feature oak treatment, and many do not feature malolactic conversion. These wines rose to popularity as wine drinkers realized they could safely pick up these wines without the worry that the bottle was actually filled with *I Can't Believe It's Not Butter*.

As with all extreme styles of Chardonnay, many of these unoaked Chardonnays are now receiving backlash. Whereas 1980s Chardonnay was "too much," these naked Chardonnays can be "too little." Without a pleasing level of ripeness and maybe a little bit of oak and malolactic, these wines can be too acidic and too lean.

With all this back and forth, the question becomes: when will the Chardonnay roller coaster end? While the answer to this question may be "never," the good news is that delicious Chardonnays have been available all this time and always will be.

The key is balance and moderation. Going to extremes with Chardonnay (or any other grape, for that matter), will never yield lasting results. When looking for your next bottle of Chardonnay, steer clear of trends, and simply ask your local wine store for a balanced Chardonnay recommendation. It might be from Burgundy, California, Italy, Argentina, or elsewhere, but it will likely display the personality of where it was grown, and a delicious marriage of fruit, acidity, smooth texture, and moderate winemaking techniques. 🍷

Laura Collier works at Raleigh's *The Wine Feed*, a wine store and wine bar located at 602 Glenwood Avenue. *The Wine Feed* is hosting a Chardonnay class on April 15th at 7pm. Email the store at [contact@thewinefeed.com](mailto:contact@thewinefeed.com) or call 919.374.0036.



Jean Touzet Macon Villages chardonnay: a solid value which boasts fresh aromas of pineapple, apple and melon with an understated acidity. Available at *The Wine Feed* in Glenwood South.

# Chase from Triangle Author Jill Knapp

REVIEW BY MARIAN PIERSON

**PUBLISHER'S NOTE:** *In our new column, Triangle Book Club, we'll feature local area writers and a summary of one of their books. Send us your suggestions for local authors and books by email to [bookclub@welovedowntown.com](mailto:bookclub@welovedowntown.com).*



Amalia Hastings, a 23-year old New York University graduate student, navigates her way through a new city and a thorny love life in Jill Knapp's first novel, *Chase*. The first installment in Knapp's debut

fiction series chronicles Amalia's constantly evolving love life and conflicts with friends and family. Amalia is lively, opinionated, and thirsty for new opportunities. Her struggles are indicative of the dilemmas that every 20-something experiences through life changes and self-discovery.

Knapp, a New York City native, uses her experience with city life to paint a realistic picture of what living in Manhattan is like for a new adult. During a recent interview with the author, Knapp stated that she wasn't aiming to glorify Manhattan through her detailed descriptions of the city's landscape and nightlife, she instead wanted to personify the city as alluring in its opportunities as well as equally seductive in its temptations. Amalia soon realizes that the transformation Manhattan nurtures isn't always positive.

The references to real life bars, restaurants and clubs add to Knapp's already accurate portrayal of the city and the confusion that one feels when they are young and trying to make sense of relationships and new opportunities. Amalia's innocence from a sheltered and strict upbringing quickly evaporates on contact with with the blinding lights of the city, alcohol, and illicit affairs.

Her relationship with Michael develops after Amalia's long-term boyfriend breaks up with her suddenly and without reason. Her belief that "if you didn't cheat, lie or steal, the world somehow owed you something" is shattered when she abandons her moral upbringing to become involved with Michael, despite the fact

that he is in a relationship. Amalia's internal conflict with her conscious and her desires resonate with the audience because Knapp diverges from what one would expect to see in a story about a girl and a big city. *Chase* depicts the lack of perfection and assumed glamour of life as a young, ambitious woman looking for love. Knapp avoids the cliché "girl meets boy" story through realistic dialogue and plotlines.

Characters and their actions reflect Knapp's careful planning during the writing process. Although the audience may not get as much information as we feel is necessary, Knapp does so intentionally in order to characterize Amalia and her struggles.

*Chase* is a relaxing read that still possesses the right amount of depth. *Chase's* fast pace relays the feelings of urgency and importance that characterize New York City. Knapp does an excellent job of taking the city and making it into it's own character while using Amalia and her friends to incarnate it's trademark personality.

Amalia takes center stage as a character that is both frustrating and fascinating despite the omnipresence of New York as a character. She is the 23-year-old that knows when something isn't a good idea but decides to follow her heart regardless. Knapp has created a character that is just as lovable, infuriating, confident, perplexing, and exciting as life as a new adult. *Chase* would make a quality addition to anyone's collection. 📖

Marian can be reached for comment at [marian@welovedowntown.com](mailto:marian@welovedowntown.com).



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# HUMDINGER JUICE

BY HANNAH MURPHY



**H**umdinger Juice, a locally owned and operated juice company, features fresh, locally grown, organic produce in all six of their delicious juices. Almost as awesome

as the cold-pressed juices are the brother and sister duo behind this growing business, Mary and Colin Fickes. The duo, both born and raised in the heart of North Carolina, never set out to start a juice business. Colin left Raleigh at 19 for a career as an actor and spent 13 years in Los Angeles and New York City. Mary was just as busy, working hard with NC Beautiful, a local organization that helps keep our state looking, well, beautiful. After spending 13 years apart, the pair discovered they had a mutual passion for wanting to make Raleigh a healthier city.

It all started during one of Colin's visits to Raleigh when he found himself craving what he likes to call "unadulterated juice"—raw, freshly-pressed juice with no additives—and coming up short after a

Google search. Colin realized there was a real need for a local company that focused on making simple, delicious juices with organic, healthy ingredients. After teaming up with his sister on the new business project, the two haven't looked back.

Colin and Mary decided on the name Humdinger because of the word's definition: a remarkable, outstanding person or thing of its kind. Colin and Mary both believe their juice is extraordinary, and it's hard to disagree. With all the fresh, organic,



locally grown produce that's put into their product, not to mention the juice is made the same morning it's delivered, it's all pretty extraordinary. The hummingbird mascot does triple duty, paying homage to the siblings' late grandmother, defining the juice itself and symbolizing how people feel after drinking their product. Their grandmother loved hummingbirds, and what do hummingbirds need to keep their adorably tiny bodies going? Nectar. Colin and Mary see their juice as a type of super-nectar; it helps keep the body going throughout the day with wholesome ingredients that provide naturally good energy. After drinking a Humdinger juice you can feel your body thanking you for putting so many great nutrients into it; Colin describes it as a "humming sensation, where you can feel your body putting all those great vitamins and minerals to work." The hummingbird and the word "humdinger" made sense to them and their fans. And the wing just happens to be the shape of our great state.

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All of Humdinger's juices are cold-pressed, meaning they put the entire fruit or vegetable—skin, core and all—into a special juicer that uses very minimal heat and air. Typical juicers use large blades to break down the produce, but the issue with these juicers is the heat that comes off the blade from friction. This heat strips away essential nutrients from the fruit or vegetable, lessening the health benefits of the juice. Cold-pressed juicers use less air and heat, thereby creating a more nutrient-dense juice. This means when cold-pressed juice is consumed, more vitamins and minerals are absorbed. Juice, when it's in its most basic form, affects the body at a cellular level. For instance, eating a side of steamed carrots gives your body less than 10 percent of beta-carotene, one of the main nutrients that make carrots a healthy food. Conversely, when cold-pressed, raw carrot juice is consumed, up to 80 percent of the carrot's beta-carotene is absorbed. Colin and Mary use only organic produce, utilizing locally grown ingredients as much as possible. Most of their ingredients come from Eastern Carolina Organics in Durham and Albert's Organics in Charlotte. The only ingredients they're not able to use locally are those that don't grow in NC such as pineapples. However, the



*Humdinger brother and sister co-owners, Mary and Colin Fickes*

two are talking about travelling to Costa Rica this summer to look at pineapple growers to ensure their consumers' money is going towards responsible farming. Colin and Mary choose to not pasteurize their juices because it deadens live nutrients in the produce, losing the benefit that fruits and vegetables are meant to give. The combination of using cold-pressing methods and not pasteurizing help make Humdinger juice super healthy. Even though it takes 45 minutes to make just eight juices, Colin and Mary

realize that locking in those essential vitamins and minerals makes Humdinger stand apart from mass-produced juice drinks.

All of the juices made in the morning are delivered the same evening to local shops that sell their product, and directly to the customer through Humdinger's juice subscription service. Each has a three-day shelf life, which isn't long, but that's because of the additive-free, non-pasteurized recipes. Humdinger takes pride in their short shelf life. They also offer nice cleanses that can be delivered directly to consumers. Their most popular is the three-day cleanse, but some are up to a week long, and offer great health benefits such as increased energy, better sleep patterns and clearer skin, among others. Though some people look at juice cleansing as a form of fasting, Colin and Mary prefer to call it feasting, because your body is getting so many great nutrients out of their juice.

Want to try Humdinger juice for yourself? Log onto their website at [www.HumdingerJuice.com](http://www.HumdingerJuice.com) to see where you can find a retail location, subscribe to a weekly juice delivery or try a cleanse. 🍷

*Hannah can be reached at [hannah@welovedowntown.com](mailto:hannah@welovedowntown.com).*



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# A History of Street Names in the Triangle

BY GINNY GILLIKIN

**H**ave you ever wondered why a street is assigned a certain name? The cities of the Triangle have quite a vivid history. Their street signs can give us a glimpse into the past.

An early model of a planned capital city, Raleigh was incorporated in 1792. The streets that bordered the original 400 acres were designated as North, South, East and West. William Christmas, the city's surveyor, planned for the main streets to radiate from the downtown Capitol Building.

According to Raleigh Public Record, roads surrounding the Capitol Building were named after North Carolina's eight judicial districts. Each district is labelled by the name of its major city. These streets are known as Wilmington, Fayetteville, Hillsborough, New Bern, Edenton, Morgan, Salisbury and Halifax.

Other downtown Raleigh streets are named for the officials of the eight judicial regions, plus one at-large commissioner. These men include Joseph "Quaker Meadows" McDowell, a legislator and soldier, and William Johnston Dawson.

James Martin supervised the building of a courthouse and jail in newly founded Wake County (along with state senator Joel Lane, who sold the land to establish the city of Raleigh). General Henry William Harrington was a Revolutionary War hero. Streets are also named for Thomas Blount, James Bloodworth, Willie Jones, Frederick Hargett and Thomas Person.

Additional state leaders who were recognized include Governor William

R. Davie, House Speaker Stephen Cabarrus and Senate Speaker William Lenoir.

Roads outside of the Beltline have interesting origins as well. Six Forks Road was originally a crossroads. While there is currently an intersection at Six Forks and Strickland, two extra roads, Lead Mine and Baileywick, overlapped nearby in the past.

Lead Mine Road is named for the many graphite mines underneath the current Greystone Village neighborhood. (Graphite is used as the black core of so-called lead pencils.) Sawmill Road, which now connects Creedmoor and Lead Mine, was named for a sawmill located near the same area in Raleigh's early days.

Millbrook Road is named after an early Wake County neighborhood. The Raleigh and Gaston Railroad built a train station at "Mill Brook" in the 1860s. A community of families, business,

schools and churches grew around the railroad station and tracks.

In Chapel Hill, Franklin Street was named after politician, inventor and education advocate, Benjamin Franklin. The street was named during the construction of UNC-Chapel Hill in the 1790s. Another of the town's early streets, Rosemary, was named after two women, Rose and Mary, who lived at its opposite ends.

Many streets in Durham were named after prominent residents. Duke Street recognizes Washington Duke, patriarch of the tobacco family. Blackwell Street in downtown Durham is named for William Thomas Blackwell. According to the Museum of Durham History, his Blackwell Durham Tobacco Company manufactured Bull Durham smoking tobacco.

Hillsborough Road facilitated trading between the town of Hillsborough and Raleigh. Roxboro Street was originally a section of the Roxboro-Fayetteville Road, part of a state system to connect county seats.

Mangum Street, located east of Roxboro Street, is named for William Mangum, who owned a large area of forest land nearby.

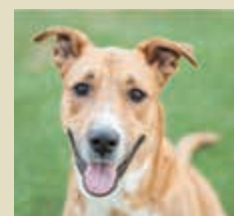
The next time you are exploring our Triangle cities, keep in mind that many of the street names date back to its early days! 📍

*Ginny S. Gillikin graduated with a print journalism degree and an English minor from Virginia Tech in Blacksburg, VA; she enjoys music, books, travel and museums. A shorter version of this article is from [www.CandidSlice.com](http://www.CandidSlice.com), a news and entertainment site based here in the Triangle.*



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](http://www.spcawake.org/longtimers) or call 919.772.2326. 📷 Photos courtesy InBetween the Blinks Photography

**Oreo** Spayed Female, 12 Years Old, Black & White Domestic Shorthair— Love bug! Oreo likes being petted and will let you pick her up, hold her and snuggle her—purrs like crazy the entire time. She comes to you and asks for attention. She is 12.5 years old but you'd never know it—very spry for her age. Previous owner said they would even leash walk her. She's on a special prescription diet due to a sensitive stomach and is front de-clawed. She's a vocal little lady and will tell you all about her day when you get home! In the evenings she likes to curl up next to you as you watch a favorite show or read a good book. Oreo is ready to find a home with people that will make her a part of their family forever. For more information on this great kitty, please visit [www.spcawake.org/adopt](http://www.spcawake.org/adopt) or call 919-772-2326.



**Chowan** Neutered Male, 3 years old, Pointer and Labrador Retriever mix—Meet Chowan! Whoever adopts this dog won't regret it. Chowan knows nothing good happens fast, and since he's been at the SPCA for over 6 months, it means he is going to land the perfect family. He can be a tad shy at first, but don't worry, once he has a few minutes to sniff around he will be your best friend. He was adopted as a puppy and then returned as an adult. Now he is looking for a more permanent arrangement! He gets along great with the dogs his size at the SPCA, but would probably be best in a cat-free home. If you have another dog, please consider bringing him to the SPCA to meet Chowan to be sure they are a good fit! The SPCA's staff and volunteers have been training him and getting him ready for his new family. Please stop by the SPCA to learn more about him and meet him in person, you won't regret it. For more information on Chowan please visit [www.spcawake.org/adopt](http://www.spcawake.org/adopt) or call 919-772-2326.



# CAPITAL BANK

Brought to you by Capital Bank and its commitment to the performing arts and artists in Raleigh. 800.308.3971 | www.capitalbank-us.com

## March 29, April 5, 12, 19 & 26, May 3 (Saturdays) - Cary

The **Western Wake Farmers' Market** was conceived by a set of Wake County moms in 2009 with a desire to feed their families with locally grown food. Lots of fresh, seasonal produce, meats, cheese, eggs and much more! Face painting, storytelling, music, or other local entertainers. Saturdays 9:30am to noon. www.westernwakefarmersmarket.org

## March 22 & 29, April 5, 12, 19 & 26, May 3 (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. The market is vendor run. Saturdays from 8am to noon. www.thechapelhillfarmersmarket.com

## March 22 & 29, April 5, 12, 19 & 26, May 3 (Saturdays) - Downtown Durham

The **Art Market at Vega Metals** (214 Hunt Street) is a Saturday morning outdoor market showcasing some of Durham NC's most creative and talented artists. There are art and craft vendors, food trucks, and musicians creating a festive family oriented atmosphere. Saturdays 9am to 1pm. 919.688.8267 or visit artmarketatvegametals.com for more information

**March 22 & 29, April 5, 12, 19 & 26, May 3 (Saturdays) - Downtown Wake Forest**  
**Downtown Wake Forest Farmers Market**, every Saturday 10am to noon. Offering seasonal produce, meat, eggs, honey, handmade crafts and more. Parking lot of OneCare, Inc. 150 N. White St, Wake Forest. www.wakeforestfarmersmarket.org.

## March 29 (Sat) - Downtown Raleigh

**Showdown 2014**. Come downtown to support the Boys and Girls Club. Lonerider is bringing Showdown back to Downtown Raleigh. They'll be taking over Blount Street for an evening of great music, food and a ton of great beer. So, Saddle Up, and Cowgirls bring those Cowboys with you. \$20-\$75, 4pm to 11pm. www.loneridershowdown.com

## April 4 (Fri) - Downtown Raleigh

The **First Friday Gallery Walk** is one of Raleigh's most popular evening escapes. Join in on the First Friday of every month for a fun-filled introduction to Raleigh's exciting art, music and dining scene. Be sure to stop by the Downtown office at 402 Glenwood Avenue to see our artist of the month and sample local craft beer. Most venues are 6pm to 9pm. www.firstfridayraleigh.com

## April 5 (Sat) - Apex

Hop on down to Crowder District Park's **15th Annual Frog Fest Celebration**. Frog Fest is a fun, FREE family event celebrating frogs and water quality in Wake County. Enjoy crafts, games, live music and tasty food from local food trucks. Meet with and greet live frogs and reptiles. 11am-3pm. Crowder District Park. www.wakegov.com/parks/crowder/Pages/frog-fest.aspx

## April 11 (Fri) - Downtown Chapel Hill / Carrboro

The **2nd Friday Artwalk** takes place in Carrboro and Chapel Hill from 6pm to 9pm on the 2nd Friday of every month. Many of the galleries will have live music and other art related entertainment. www.2ndfridayartwalk.com

## April 12 (Sat) - Raleigh

**Live & Local on Hillsborough Street** is a buy local initiative of Live It Up! Raleigh. The annual spring event focuses on presenting local music and art to our community with eco-conscious values. Join in at one of the many locations for cold adult beverages while browsing the dozens of vendors, food trucks and local artisans who will be on hand to tickle

your fancy. Two outdoor stages and six indoor stages will host the best in local music. Shop Local Raleigh reminds us that, "Every dollar you spend at an independent, local business, creates 3.5 times more local economic benefit than dollars spent at a local chain." 3pm to Dusk. www.hillsboroughstreet.org

## April 12 (Sat) - Cary

For the past six years, **NC Local Music** has been proud to organize a yearly benefit fundraiser concert for Interact of Wake County. InterAct is a private, non-profit, United Way agency that provides safety, support, and awareness to victims and survivors of domestic violence and rape/sexual assault. InterAct fulfills this mission through the support of its volunteers and community. This event has had numerous artists throughout the years perform at these events and has raised thousands of dollars, and plenty of awareness for Interact, and can't wait to do it again. This year however they've moved to a larger venue and added more acts! 3pm-11pm. FREE General Admission, \$100 for VIP. Waverly Place Commons Cary. www.nclocalmusic.com

## April 18 (Fri) - Downtown Durham

**Third Friday** is a local Durham gallery crawl hosted by Culture Crawl on the Third Friday of each month. 6pm to around 9pm. www.thirdfridaydurham.com

## April 19 (Sat) - Downtown Raleigh

Join in on the **SPCA K9-3K 2014 Dog Walk** to play a vital role in the SPCA's effort to save lives. The SPCA of Wake County is a local, grassroots animal charity; it does not receive any funding from national animal organizations. Visit Sponsor Booths and the Vendor Village, enjoy dog contests, music, giveaways, fire truck fun for dogs and Kick back and relax, listen to some music and enjoy the company! Cost: Minimum of \$35. Registration starts at 9am. Moore Square. www.spcawake.org

## April 23 (Wed) - Cary

**Beginnings' 3rd Annual Spring Gala and Auction**. This formal affair benefits the families with children who are deaf or hard of hearing. BEGINNINGS of North Carolina is a non-profit agency providing an impartial approach to meeting the diverse needs of families with children who are deaf or hard of hearing and the professionals who serve them. BEGINNINGS' staff members provide valuable technical information, emotional support, resources and referrals to parents and professionals. Services are free to parents in the state of North Carolina. 6pm to 9pm. The Umstead Hotel & Spa. www.ncbegin.org

## April 26 (Sat) - Raleigh

**10th Annual George Thanhauser Bike for Hope**. To celebrate the life of George Thanhauser, each April, the Walk for Hope's cycling community takes to the streets to raise funds for mental health, participating in a ride across town. There are three route options around Raleigh: 15 miles, 32 miles, and 50 miles. www.walkforhope.com/bikeforhope.aspx

## April 26 (Sat) - Raleigh

Attend the **NC Persian Festival** for a celebration of Persian culture, food, music and art. Persian dancers, plenty of food, dance lessons, and more. Cost: \$3. 11am. NC Flea Market. www.ncpersianfestival.com

## April 27 (Sun) - Downtown Raleigh

Enjoy downtown on foot with your pup on the **Pup Crawl!** Win prizes and get involved to raise money for Cause for Paws. Registration: \$10. Starts at 2pm. Check-in at Phydeaux at Seaboard Station before visiting Tyler's Taproom, The London Bridge Pub, Landmark Tavern, The Pourhouse, Raleigh Times, and Cimos. pints4paws.org

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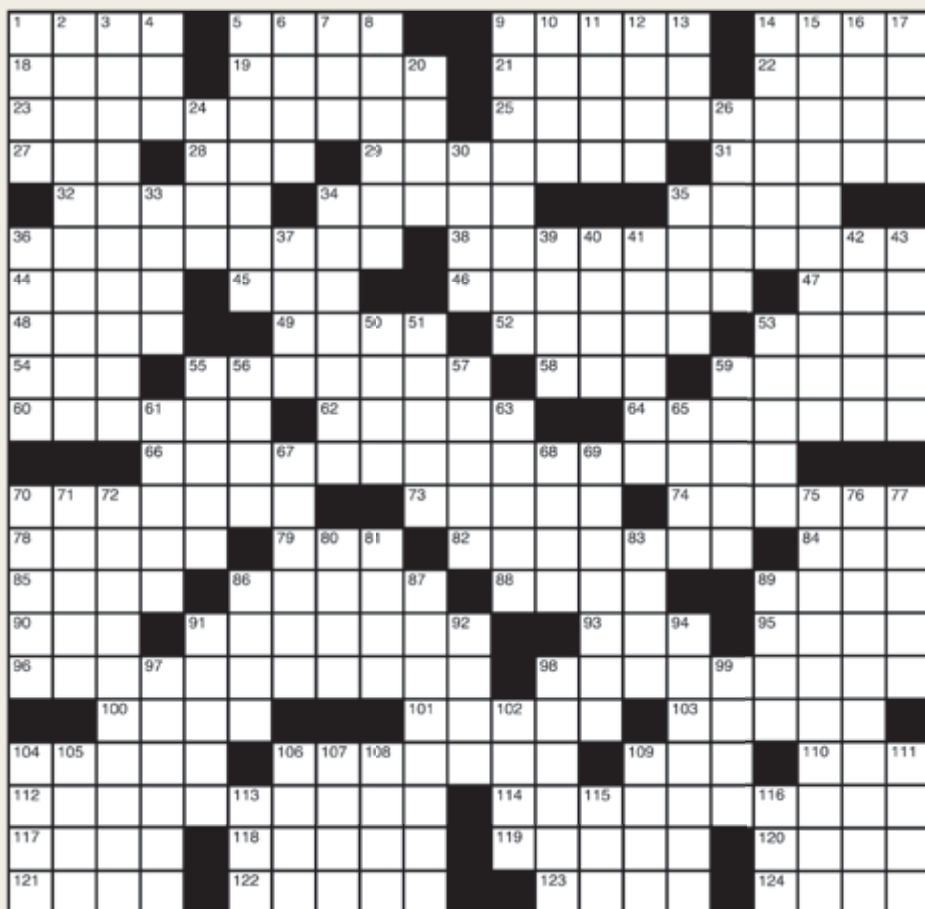
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## MONTHLY CROSSWORD PUZZLE



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By C. C. Burnikel from the Los Angeles Times  
Edited by Rich Norris and Joyce Nichols Lewis

### "Breaking Bar"

#### ACROSS

- Have a big mouth?
- Power yoga aftermath
- Proud papa's present
- Feature of a bad air day
- Together, in scores
- Circular
- City near Kobe
- Skateboarder Hawk
- Schoolyard promise
- Engrossing read
- Liberal arts maj.
- JFK's UN ambassador
- Skin care giant
- Workout portman-teau
- On display
- Puzzle-solving asset
- Dodge \_\_\_
- Molson Golden, e.g.
- Milwaukee Brewer in the Hall of Fame
- In the thick of
- Farm expanse
- In jeopardy
- Tech sch. since 1824
- Pitching stats
- Old vitamin label nos.
- "Project Runway" topic
- Lancelot's strong suit?
- Scotch datum
- Stays under the radar
- Celestial altar
- Two-time Oscar winner Michael
- Add
- Toledo snacks
- Showed serious anticipation
- Time honoree
- File holder
- Auctioned autos, often
- "Am I the only one?"
- Takes it easy
- Pvt. address
- Beaming
- Dashed
- Stuck in \_\_\_
- Surprised jerk
- February Revolution victim
- They're in one year and out the other
- Sault \_\_\_ Marie
- Some sightings
- Dakota, to Elle
- Chevy subcompact
- Economical vacation option
- Arctic denizen
- Dinner crumbs
- Have leftovers for dinner, e.g.
- Bridal accessories
- Spread apart
- Sticks it out
- Opening night nightmare
- National Pizza Mo.
- One interpreting lines
- Nothing to be afraid of, really
- "Dies \_\_\_"
- Crepes for Putin
- SKYY shelfmate, familiarly
- Dior fragrance
- Alaska, once: Abbr.
- Lisa of "Enemy of the State"
- Role for Skippy
- Hunt for

#### DOWN

- Flaws in 34-Across
- "Hasta la vista, pal!"
- They make you laugh, hopefully
- "A mouse!"
- Weapons center
- Milk sources
- Jade or ruby
- Win over
- Mimics
- "Out of Africa" author Dinesen
- "Do What U Want" Lady
- Play \_\_\_ role in
- First animal in the Chinese zodiac
- Low-hanging clouds
- Laundering evidence
- Seat usually in first class
- Athens street food
- Wet blanket
- Two-master
- Serviceable
- TV morning co-host
- Hefty refs.
- Results in
- "Life Begins Here" sloganeer
- Probe in a catlike way
- "Chicago" star
- Court org.
- "Star Trek" meas.
- Affliction
- Speak out
- In a lather
- Hooper's Store proprietor on "Sesame Street"
- Deep sleep
- One of New Zealand's official languages
- Legal claims
- Concerning, to a dictator?
- Thin cookie
- Vacation destination
- In need of mopping up
- Mar. honoree
- Silver checker
- Great Sphinx, e.g.
- Mortar carriers
- "The NFL Today" analyst
- Hold tight
- Vital line
- Like Jeff
- Foxworthy's "Comedy Tour"
- Picture-packed presentation
- Acted out publicly
- Belgian artist James
- Peace talks goal
- Snack that's been a kosher food since 1998
- Seed cover
- Droops
- John Wayne classic
- Teo of Formula One fame
- Creature seen on some antique wine cups
- Mmes., in La Mancha
- State bordering Austria
- "Seinfeld" goofball
- Party gift holder
- Let
- The best, or bests
- Patio cooking aid
- Rid of rind
- California baseball cap image
- Court edge
- Island goose
- Hit with hail, say
- Slog
- Dwindle
- +, on a batt.
- Verification docs



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