

RALEIGH DOWNTOWNER **MAGAZINE**

VOLUME 7, ISSUE 12

DINING, ENTERTAINMENT, ARTS & CULTURE, EVENTS, MUSIC, WINE, AND MORE

FREE

3RD ANNUAL **9 FOR THE NEEDY**



MANDOLIN opens and Brian likes. Find out why inside on page 8



We say goodbye to **CHARLES MEEKER**. Read his advice for our new mayor



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COVER PHOTO BY THOMAS M. WAY



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9

for the needy

BY CHRIS MOUTOS



I live downtown and I'm out and about walking my three dogs quite a lot. Sadly, this means occasionally when I step out of my building, I am confronted with the reality of the desperate plight many people face on a daily basis. I see people eating out of the trash cans in Glenwood South, wrapping themselves up and sleeping in crevices between buildings and under bridges, and begging from diners and bar customers outside along Hargett Street. No geographic area of our metro is immune. During this season, we need to understand that life circumstances can change for almost anyone—the inability to find a job, mental health issues, substance abuse, disabilities, or a series of devastating events may cause unexpected homelessness. And more importantly, we should be thankful for what we have, reserve judgment and assist those in need.

There are numerous programs available in the Raleigh area for people facing adversities. I've heard friends and colleagues ask why the homeless and underprivileged don't take advantage of the assistance. The reasons are far-ranging. Many people aren't aware that these programs exist, some are unable to comprehend that help is there due to mental illness or addiction, and others find the process too administratively difficult. In many cases, especially in light of the recession, people find a stigma in looking for help. What's more, people have faced unfortunate issues themselves the past few years, which has left them unable to help others.

In our third annual "9 For the Needy" issue, *Raleigh Downtown Magazine* highlights nine non-profit organizations that deserve our assistance in spreading the word about the services they offer to our less-fortunate citizens. We realize that Raleigh is a great place to live and that is only further evidenced by the philanthropic nature of its people. We encourage you read through the descriptions of the nine



groups below and find one that interests you. You can also go online and view the last two years' 9 for the Needy issues to learn about previous organizations we've featured in Volume 5 Issue 11: www.bit.ly/DMv5i11 and Volume 6 Issue 11: www.bit.ly/DMv6i11. If you'd like to make a donation or volunteer your time with one of these worthwhile organizations, we encourage you to do so and invite your family, friends and co-workers to join in your generous and humanitarian efforts.



Inter-Faith Food Shuttle The mission of Inter-Faith Food Shuttle (IFFS) is to pioneer innovative and transformative solutions designed to end hunger in our community. IFFS has volunteers dedicated to helping people from all walks of life and treating every person with dignity and respect. IFFS believes that human dignity is a right that must be respected at all times. In 1989, founders Jill Staton Bullard and Maxine Solomon watched good food being thrown into trash cans after the breakfast shift was over at a fast food restaurant. Restaurants and grocery stores all over the city were discarding food that was close to expiration but still edible and nutritious. They decided to rescue this food before it was thrown out. Each year has seen an increase. In 1989, there was 750 pounds of food rescued, and by the end of 2011, IFFS expects to recover 6.7 million pounds of food from donors.

Their efforts serve children, adults, families, and the elderly through proactive measures beyond emergency food provisions. From farm to fork, IFFS teaches, grows, prepares, cooks, and delivers healthy, nutritious food to people experiencing food hardship. Programs offered include empowerment solutions with their Culinary Job Training Program, Young Farmer Training Program and Catering with a Cause. Their Access Solutions program offers Children's Hunger Programs that include Backpack Buddies, Summer Lunches and Kids Cafes. Their Food Recovery and Distribution programs include Mobile Farmers Markets,



Grocery Bags for Seniors & Low Income Families, Community Gardens & Farms, Local Food Stabilization and Field Gleaning and Plant A Row for the Hungry. To obtain more information on their programs, needed donations and volunteer needs visit www.foodshuttle.org or call 919.250.0043.



Raleigh Lions Clinic for the Blind RLCB, Inc. is a self-sustaining manufacturer and business services provider. RLCB was originally formed through a partnership between the NC Division of Services for the Blind and the Raleigh Lions Club to provide >>>



evaluation, training and job placement services. Their mission is to empower people who are blind and visually impaired through employment opportunities and services to achieve social and economic equality. RLCB provides turnkey and contracted services in textile manufacturing services, pick, pack and ship distribution services and comprehensive, multi-media contact center business services.



RLCB's services are open to anyone who is visually impaired without regard to their ability to pay. The Easy Access Reading Service is a personal reading service for individuals requesting help with printed materials. The Eyes on Health and Wellness Plus is a resource providing an array of programs and events designed to empower and promote social and economic equality, self-advocacy and available resources. The Representatives in Training for Employees is an upward mobility training program that enhances business and customer service skills to prepare for employment. The Technology Services program is designed to meet the needs of people who are also deaf-blind. Computer skills are taught by instructors at all levels in a lab with technology to accommodate a variety of adaptive needs. Each student's curriculum is customized to match their current skill, learning pace and their learning objectives. For more information call 919.256.4220 or visit www.rlcbl.net.



StepUp Ministry StepUP provides a second chance for those committed to living independent, responsible and productive lives. It was founded in 1988 by members of White Memorial Presbyterian Church with the original mission of providing transitional housing to working families who were homeless or on the verge of becoming homeless. StepUP continues to be a community that partners with participants in the shared goal of self-sufficiency accomplished through a phased nine-month incentive-driven program leading to safe, affordable housing and stable, life-sustaining employment. Upon completion, the staff seeks employers for job positions that fit the backgrounds, interests, and job skills. The curriculum creates a model to address financial literacy and responsibility, physical and mental health and healthy relationships.



StepUP currently has an 83 percent success rate and participants must attend one Job Friends meeting a month and call once a week for follow up.

The Jobs program has been successful in helping Wake County residents break the cycle of poverty. StepUP works with over 160 Wake County employers and with approximately 500 adults and 75 children a year. Visit www.step-up.us or call 919.781.0156. Step-Up is located at 1701 Oberlin Road.

The Arc of North Carolina The Arc of North Carolina is committed to allowing people with intellectual and developmental issues choose and realize their goals of where and how they learn, live, work, and play. The Arc has five guiding principles to accomplish their goals: People First, Equity, Community, Self-determination, and Diversity. It is an affiliated chapter of The Arc of the United States. The Arc addresses critical issues related to human and civil rights, treatment and services and programs for children and adults with intellectual and developmental disabilities and their families.

The Arc's Housing Resource and Development Services provides assistance to people with intellectual and developmental disabilities and their families in locating housing that meets their needs. They have developed over 240 residences operated in partnership with local organizations that include group homes, small apartment buildings, duplexes and condominiums serving more than 1,300 residents. Arc helps people move from restrictive housing to homes they can achieve greater independence and have more opportunities. Located at 343 E Six Forks Rd., you can contact them at www.ArcNC.org or call 919.782.4632.



Wake Enterprises Wake Enterprises, Inc. is committed to the vocational and social development of adults with developmental disabilities. Their mission is to assist people with disabilities achieve their maximum level of independence and offers a variety of employment opportunities to help each person use their abilities to the fullest.

Wake Enterprises operates two supervised work-sites across Wake County where adults with developmental disabilities are provided individualized vocational training. By learning how to stay on task, appropriately interact with peers and the rewards of earning a

paycheck, the participants are enabled to take care of themselves. When the appropriate skills are mastered, an Employment Specialist assists them in attaining and maintaining community employment.

In addition to being a human service agency, Wake Enterprises is also a business dedicated to providing quality subcontracting, outsourcing and fulfillment services at a fair price.

The Adult Developmental Vocational Program is their largest program and focuses on teaching individuals work skills and appropriate interaction in the workplace. Participants earn a paycheck while simultaneously learning necessary skills to be employed. The Compensatory Education program is a collaborative service offered in cooperation with Wake Technical Community College. Courses are designed to empower adults with disabilities who are receiving services from Wake Enterprises. CDS is a program designed to assist individuals with acquisition, retention or improvement in self-help, socialization, and adaptive skills. The Job Enclaves program is used when the opportunity for on-site jobs is available.

Groups of participants are formed called enclaves or "mobile crews" to travel to area businesses to perform work. The Supported Employment program offers short-term group placements to long-term individual employment. Supported employment means working for pay in an integrated setting.

Donations needed include canopies for picnic tables, computers and related equipment, 5-in-1 game tables, flash cards, industrial equipment, microwave ovens, office furniture, paint, plastic stack chairs, reception area furniture, refrigerators and vehicles. They are located at 3548 Bush Street. Call 919.714.6100 and visit www.wake-enterprises.org for more information.

Wake Interfaith Hospitality Network The mission of WIHN is to provide shelter, meals, case management and educational services to homeless families in addition to promoting action and awareness in the community regarding homelessness.

WIHN's new Transitional Housing Program will provide 12 units of housing for homeless families. This program will serve between 12 and 16 families for a period up to one year. Its four service components include case management, life skills education and attainment, support group and information and referral services. Their services address nutrition, budgeting, eating habits, healthy recipes for tight budgets, counseling for abuse, coping with stress, disciplining children, communication skills, education and job training, housing resources and medical referrals.

Every night two churches provide shelter, meals and transportation for up to five families each, serving up to ten families. Professional staff provides daily individual case management to learn the skills necessary for achievement of self-sufficiency. Referrals to local housing programs and information on income-based apartments are provided. Case Managers provide education on how to



budget their money and program guidelines require participants to save 75 percent of their income.

WIHN also has a Day Center that operates from 7am-6pm where guests receive case management services, have a base for housing and employment searches, shower, laundry, nursery, playroom, older kid's room, a phone for local calls and a mailing address. The center provides lockers to keep belongings and there is a storage closet with daily toiletries and other needed supplies. The host congregations provide three meals a day.

Donations needed by WIHN include medicine for children, powdered laundry detergent, large trash bags, bath towels, deodorant, paper towels, postage stamps and day bus passes and accepted Monday-Friday, 7am-5:30pm. Although WIHN does not accept furniture or household goods, they have partnered with The Green Chair Project, the Bargain Box at Cameron Village and the Dorcas Shop. WIHN is located at 903 Method Road. You can call them at 919.832.6024.

Angels in Aprons Angels in Aprons, Inc. (AIA) has been in operation since 2007 and is a nonprofit Community Outreach providing life enhancing measures for seniors, residents in health care environments and those in need by improving the quality of their social, emotional, physical, and



spiritual well being. As Executive Director Stephanie Young explains, "Our purpose is to extend the golden years for seniors by uplifting their spirits through special events and visitation."

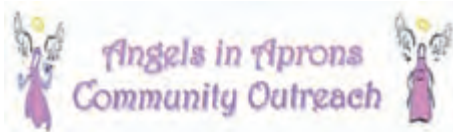
AIA's mission can be both ambitious and industrious. For this holiday season alone, AIA is conducting a 4000 Seniors/Residents Visit goal at several Nursing Homes and Rehabilitation Centers in Wake County with the help of volunteers. Volunteers gather their friends, family and co-workers and decorate hall and rooms, do sing-a-longs, play musical instruments, wear festive clothing, photograph and help transport.

These volunteers are an Angel for the day for a senior.

We all know that the elderly still feel as though they should be

contributing and enhancing their family's lives. One program that stands out is the Pockets Full of Blessings. Young says, "We coordinated community school supply and Christmas drives for those in health care centers or those unable to provide for their family members. We find referrals for senior housing, rehabilitation services, transitional or temporary housing, support organizations, food drive, special meals events, goodie bags and more." AIA's Grannies Closet program helps residents and seniors shop for things they need without asking family or friends. Grannies Closet is a mobile gift shop visiting on site at partner healthcare centers. The residents earn a Granny Coupon when they attend an activity or social event. They are in control of what they want, how much and what they earn. AIA collects gifts and supplies for residents in healthcare centers to give to their children and grandchildren and by doing so, it keeps their spirit of providing for loved ones. Call 919.264.1035 or visit www.ncangelsinaprons.com.

Brown Bag Ministry The mission of the Brown Bag Ministry is to provide simple bag meals and basic necessities to those in need or homeless and to establish hope through the human touch and joyful charity. Brown Bag Ministry prepares



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and distributes over 2,250 brown bag lunches to the homeless and those in need every Saturday.

Brown Bag Ministry was founded by Patricia Hartley and Mary Jo Bukowski in response to the Cursillo message of the Apostolic Action in our environment. The Hearing of "Feed the poor..." has driven them since 2005 when 25 bag lunches were prepared in a kitchen and delivered to one location in Raleigh. It now prepares over 2,250 bags delivered to multiple locations. The Ministry's program helps not only those being served, but also those people and organizations reaching out to do the serving. The Knights of Columbus, Y-Guide Tribes, Scout Troops and various church groups have begun to volunteer which in turn provides important life lessons.

The Brown Bag Ministry has also developed "Specialty Bags" which consist of basic necessities, such as

soap, wash cloths, toothpaste and toothbrushes. The brown bag preparation takes place in the morning at four churches and then loaded on a truck and taken to Moore Square where they distribute a portion of the bags. The remaining bags are distributed to various locations within Apex, Durham, Raleigh, Wake Forest, and Wendell. The Ministry also coordinates the preparation of hot meals to feed 200-225 homeless and those in need on the first and third Saturdays of each month.

Donations needed for the brown bag lunches are bread, lunch meat (turkey, ham or bologna), sliced cheese, individual packages of cheese and crackers, granola bars, piece of fruit, bananas, bottled water and homemade cookies or brownies. For information on how to volunteer or contribute call 919.710.8001 or visit www.brownbagministry.org.

Wake Health Services The mission of Wake Health Services, Inc. (WHSI) is to deliver quality and compassionate primary healthcare to every patient in response to the needs of our communities. Wake Health Services provides over \$4 million annually in medical care, dental care and free drug prescriptions for patients who could not afford to pay. Their network of family physicians, pediatricians, dentists, behavioral health, nurses, social workers and

support staff offer medical care for every stage of life from babies to seniors. Their programs help people through the ups and downs of life, job or no job, insurance or no insurance with a healthcare model that includes wraparound services.

WHSI is a private, nonprofit founded in 1972 and receives federal funds under Section 330 of the Public Health Services Act to operate as both a Community Health Center and a Health Care for the Homeless Program. Care is available to people experiencing homelessness at Horizon Health Center where all genders and ages are welcome. WHSI participates in the Wake County Continuum of Care Collaboration, the Wake County Homeless Working Group, the Wake County Housing and Homeless Coalition and the North Carolina Coalition to End Homelessness. They are also a White Flag partner that assists the homeless who need safe shelter in extreme weather.

Community Health Centers in North Carolina serve over 400,000 people for less than \$2 dollars per day per patient. Community Health Centers serve Medicaid, Medicare, State Children's Health Insurance

Program, working poor, indigent and uninsured patients.

WHSI is located at 2620 New Bern Avenue and you can contact them at 919.255.6721 or visit www.whsi.org.



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RALEIGH DOWNTOWNER MAGAZINE

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- Ten \$15 gift certificates to **NOFO @ the Pig** located at 21014 Fairview Road in Five Points. At NOFO, you'll find an eclectic, whimsical mix of furniture,

gifts, antiques, linens, books, lighting, kitchen and household items, toys, and more, plus an award-winning restaurant downstairs helmed by Chef Pete Gibson. Dine, shop and enjoy! www.nofocom.com

- Four \$25 gift certificates to **Logan Trading Company** located in Seaboard Station, your one-stop shop for garden, yard and much more. www.loganstrd.com
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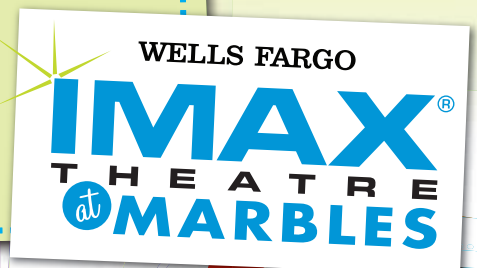
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Mandolin

BY BRIAN ADORNETTO, FOOD EDITOR | PHOTOS BY THOMAS M. WAY

Chef Sean Fowler's new restaurant Mandolin, which he brings to you with the help of his fiancé, Manager/Hostess Elizabeth (Lizzy) Fisher, and Beverage Manager/Sommelier Charles Kirkwood, is a bright, open space with minimalist décor, an open kitchen and splashes of color provided by fresh produce. The mantra at Mandolin is to prepare the best food using the highest quality ingredients while supporting the local economy and conserving our natural resources. And even though it's a fine dining restaurant, the staff has worked hard to create a relaxed and comfortable setting.

Sean, a graduate of Johnson and Wales Culinary School, cooked his way through the kitchens of the Inn at Erlowest in Lake George, NY, Le Bernadin in New York City, and the Farrington House in Pittsboro, NC. Sean has always wanted to open a restaurant in his hometown, so when the old Johnson's Pharmacy location—in the heart of his old Hayes Barton neighborhood, nonetheless—became available, he jumped on it. Several restaurants have tried to make this space work, but to no avail. If anyone can make a solid go of it, it'll be Sean and his team.

Among the standout First Courses are Beef Tartar (\$12), Seared Scallops (\$13), Sweet Potato Soup (\$8), and Oysters Mandolin (\$14). Mandolin's tartar sang with sweet, salty and big unami flavors. It was perfectly seasoned and the capers and onion gave the tartar a pleasant contrast to the creaminess of the raw beef. It was served with fried cornichons and a wonderfully spicy wasabi-spiked deviled quail egg. This was a dish that fully embraces Chef Fowler's cooking style. He took a classic, easily understood concept, added modern sensibility, and paired it with regional

favorites. If you were to research how to cook the perfect scallop, your journey would end at Mandolin. Seared to a caramel brown, the scallops had a delightfully crisp exterior and a velvety center. The rich soup came with an awesome surprise, a s'more with homemade graham crackers, thyme marshmallows, and chocolate syrup. Crunchy, tender and moist, the pecan-crust oysters were paired with a succulent maple-braised pork belly and parsnip puree.

For Fowler, it was a major coup to steal Charles from his role as Wine Operations Manager at Block 7 Wine Company in Houston TX. He wanted someone to run his wine cellar that not only knew wine, but also understood food and the complicated way they played off of each other. He found those talents in Kirkwood. Charles was at hand to make wine suggestions through our entire meal and they were spot on.

Choosing an entrée at Mandolin isn't easy, but then again, it's a good problem to have. After much debate, we chose the Red Wine Braised Short Ribs (\$24), NC Striped Bass (\$24) and Beetroot Fettuccini (\$16). A perfectly square slab of succulent short ribs bathed in an ultra-rich red wine demi-glace just melted in my



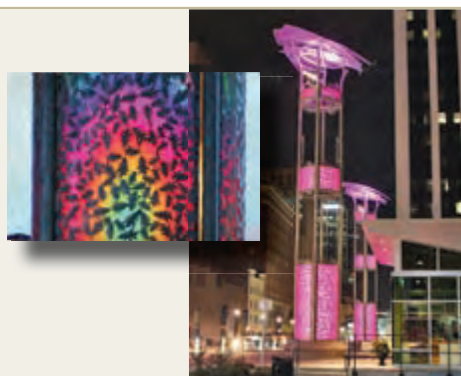
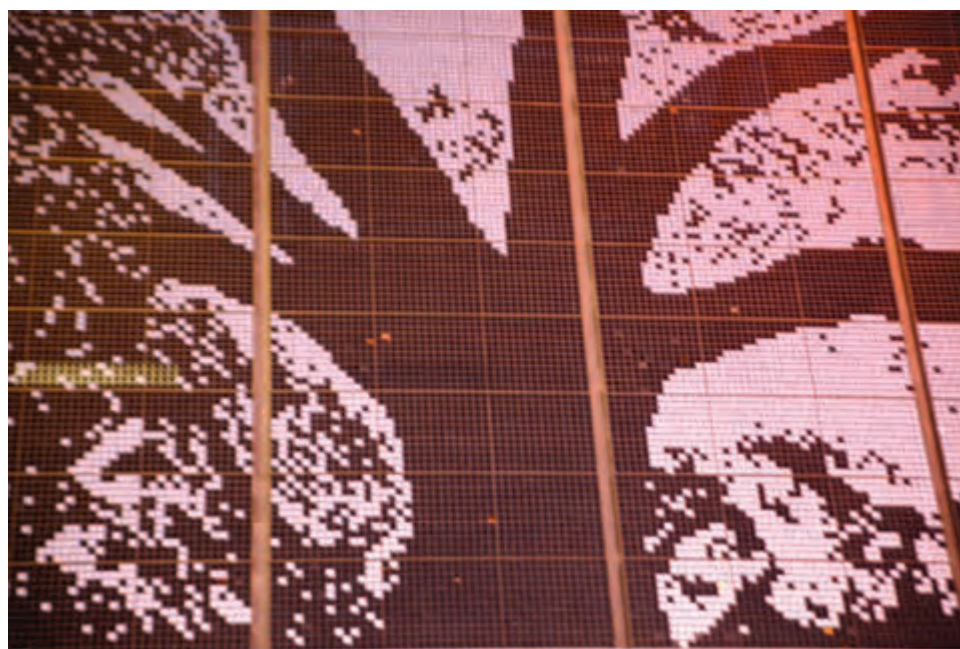
Sean Fowler and Lizzy Fisher

Where's it @?



Do you know where this photo was taken? Visit www.raleighdowntowner.com/where to send in your answer and you could win a Downtowner T-shirt. We'll select a random winner from the correct answers. (Answers can be the spot where the photo was taken FROM or the SUBJECT of the photo. It's just for fun, so we're not picky).

Don't worry, we have new T-shirt designs coming soon you can order in case you don't win. They're just \$15, with \$7.50 of each shirt going to local charities. Cool shirts for a good cause. What could be better?



<<< Congratulations to **Roger Harris** who correctly identified the photo in our last clue as a close up of one of the 55-foot light towers located in City Plaza. They were designed by artist Jim Galluci and utilize energy-efficient LEDs, allowing for variable colors and levels of lighting. The towers are decorated with stainless steel oak leaves to continue the "City of Oaks" pattern seen throughout the new wayfinding signage downtown.

Our next runners up were Robert Thompson, Frankie Sparacia, Julie York, Tricia Dunn, and Jana Hyden. Thanks for entering and be sure to try again on this month's photo.

mouth. The gratin potatoes served with the ribs were light and moist. The pan-seared bass with its brittle skin was placed atop huge earthy wild mushrooms. The petit packages of bok choy-wrapped duck confit that sat alongside were absolutely exquisite. I'd have been in heaven with a plate of them alone. The blush-colored fettuccini, handmade with delicate beetroot, was tossed with walnuts, apples and hearty wedges of grilled fennel. This ended up being the surprise dish of the night. Vibrant and beautifully presented, this vegetarian pasta was full of flavor and unexpectedly hearty.

Charles recommended the 2009 Clos la Coutale Cahors (French Malbec), the 2008 Barboursville Cabernet Franc Reserve (Monticello, Virginia), and the 2009 Chateau Parenchere Cuvee Raphael (Cabernet Sauvignon from France). The rich, fruity, Malbec was ripe with black tea, dark berries and plums. This elegant wine had amazingly silky tannins and was extremely food-friendly. The Cabernet Franc was unpretentiously marvelous. It displayed rounded structure, plush fruit and a soft finish. This easy drinking red also went very well with our entrees. Our Cabernet Sauvignon was big and jammy. With its cherry, black currant and green pepper



flavors, this was an oaky, tannic masterpiece.

For dessert, we sampled the Apple "Pop Tarts" (\$7), Banana Bread Pudding (\$7) and the Trio of Sorbets (\$6). Chef Sean put tart in his "Pop Tarts" by using Stayman Apples for the filling to create a dish that's light and palate-cleansing. The bread for the pudding was soaked in rich custard and dressed with rum caramel and bourbon whipped cream—another fabulous ending. The sorbets were transcendent. The orange ginger was sweet and slightly spicy; the apple was bright and tart, and the jalapeno-lime was inspirational (and screamed for a snifter of El Tesoro de Don Felipe blanco tequila).

Mandolin is the future of fine dining in America. Affordable (all entrees are under \$25), unpretentious (no snobby servers or wine stewards making you feel inferior), comfortable (simple, homey décor), responsible (locavores with a community focus), and delicious (accomplished, well-traveled chef). Stop in and see for yourself. 🍷

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



Mandolin

2519 Fairview Rd, Raleigh
919.322.0365 | www.mandolinraleigh.com
Visit www.facebook.com/raleighdowntowner for more photos of Mandolin and more.

\$\$\$\$

Tuesday–Thursday: Lunch 11:30am–2:30pm and Dinner 5:30pm–9:30pm
Friday Lunch 11:30am–2:30pm
Friday and Saturday Dinner 5:30pm–10:00pm
Sunday Dinner 5:30pm–9:30pm

Meals: Lunch, dinner
Cuisine: Modern American regional
Ambiance: Refined and modern but comfortable
Dining Style: Fine
Service: Seamless, professional and unobtrusive
Dress: Business casual to dressy
Noise Level: Moderate
Features: Vegetarian and low-carb options, specials, bar dining, lounge area, credit cards accepted, private dining area
Wine List: Comprehensive with a large by-the-glass selection
Parking: Street (They have additional parking available around the corner; call for directions), valet on weekend nights
Reservations: Recommended, especially on weekends
Downtowner Tip: Keep your eyes open for brunch at Mandolin. It's coming soon!



SALES PEOPLE WANTED

The Raleigh Downtowner Magazine is searching for sales people to help our clients promote their business in the best publication in downtown Raleigh. If you enjoy helping people, making new friends and you're passionate about local business and downtown Raleigh, email sales@raleighdowntowner.com or give us a call at 919.821.9000.



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Art of Style

A boutique for men and women BY TANNER WINSTEAD | PHOTOS BY THOMAS M. WAY

The Art of Style opened their second boutique on November 11 in Cameron Village, just a week after celebrating the one-year anniversary of their original store in Brier Creek. The Art of Style is an inclusive environment that helps people discover themselves through timeless fashion. The boutique caters to men and women who have an appreciation for style. Through clothing and accessories, they help customers

those who want to take their fashion to another level. In addition to free in-store advice, she provides personal in-home consultations and fittings, something usually only offered in bigger cities like New York and L.A., and shows Kendra's passion for helping her clients look their best. Whether it's building a basic foundational wardrobe or beginning a new look for a new year, Art of Style customers put their confidence in Kendra.

Not only do they promote individuality and personality through fewer big name labels, they support Raleigh's up and coming fashion talents by showcasing local clothing and jewelry designers. "There is just so much talent within Raleigh," states Kendra. "Whether it's art or design, we want to showcase just what Raleigh has to offer in fashion and style." The store carries local designers Bianna Designs, Ennyluap, kSh Couture, Good Girls Studio, Revolution Red, Veronica Mae, Chima and Rose, Primestraps, Chris Jones Jewelry, Becca Styles, and the soon-to-be-launched Natalie Ayers. You'll also find Kendra's own label, Kendra Michelle for women. For most of these designers, you'll find one-of-a-kind pieces that only few will own throughout Raleigh. Every other month, The Art of Style also displays the work of local artists on their walls. They're currently showcasing Mala Desai at their Brier Creek location and still deciding on a local artist to exhibit in their Cameron Village store.

In addition to helping their clientele look and feel great, they also believe in doing good in the community. This strong desire to give back is a reflection of Kendra's life. Prior to opening The Art of Style, she worked at Banana Republic for 11 years. During her time there, one of her many roles included planning fashion benefit shows for non-profits. After raising enough money to build a house through Habitat for Humanity, they turned to raising money for the Alliance of Aids Services Carolinas for two years. Sadly, in the summer of 2008, Kendra's husband Miguel was diagnosed with leukemia. Naturally, she turned her fund-raising efforts to the Leukemia and Lymphoma Society.

After 17 months of chemotherapy,



radiation, a bone marrow transplant, and four clinical trials, Miguel died a month shy of his 40th birthday. After her dedicated work for the cause, Kendra was nominated for the 2010 Leukemia and Lymphoma Society's Woman of the Year award. From March 23 through June 10, Kendra diligently put all of her focus into the cause and rose over \$30,000. To her delight and surprise, she won the campaign. A month later, she sold her house, bought a new one in Brier Creek, and gave her two weeks notice at Banana Republic. As of August 1, 2010, she was officially self-employed.

Today, Kendra is exactly where she wants to be—happy, healthy and helping others. Life is short, which is why one of her main philosophies is *carpe diem* or seize the day. Stop in at either Art of Style location, discover your fashion, and talk shop with Kendra. You'll be glad you did. 📷



express themselves in a way that describes their unique style because to the people at The Art of Style. "Clothing is a reflection of who we are, a portrait of our ever-changing moods as we journey through life," states owner Kendra Leonard. "We don't define ourselves by labels or what's necessarily 'in' or 'out' of fashion. Rather, we focus on design, functionality, and finding what makes every customer feel comfortable in their own skin. We want them to come and find themselves here."

Kendra also offers her services as a wardrobe consultant and stylist for



the art of style
A BOUTIQUE FOR MEN AND WOMEN

Art of Style
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 7854 Alexander Promenade Place 27617 • 919.755.3333
 Mon thru Sat 10am-6pm, Sun 1pm-5pm
www.facebook.com/theartofstyle
www.theartofstyleboutique.com

MEET THE AMBASSADORS

BY JESSICA SICILIANO

Ambassador Hotline:

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Services include:

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- Deterring aggressive panhandling
- Distributing Discover Downtown maps and guides
- CPR and First Aid services and more

The Downtown Raleigh Ambassadors are the eyes and ears of our city, acting as concierges for the visitors and residents of Raleigh. A concierge is expected to be pleasant and charming, ready to offer assistance anyway he can with a perpetual smile on his face. George McDougald of the Downtown Ambassadors does this every day, always with the genuine enthusiasm of someone who truly loves his job.

A Brooklyn native, George has lived in Raleigh for more than 20 years, and is now in his eighth year with the Ambassador program. While he doesn't want to rib on his hometown, he admits that there is something different about the way we do things down here in North Carolina. "It's that Southern hospitality," he says.

George is Safety Team Leader, which puts him in charge of managing the 15 members of the Downtown Ambassadors Safety Team. It's no easy task, but he relishes the challenge. "It means a lot to me because there's a lot of responsibility; you have to make the right calls, be on the ball. These guys depend on me, but I love it," beams George. His workday begins at 5am when he arrives at the Ambassador office. From there, he heads straight to the parking decks to



start patrolling. The rest of the day is spent monitoring the streets, deterring loiterers, assisting visitors and residents of Raleigh, and supplementing the Clean Team to ensure our Downtown is a beautiful place to live and work.

One of the highlights during George's eight years as an Ambassador was when his team helped identify and catch a man who robbed the Raleigh City Museum, but he admits that every day on the job is gratifying. "It's just the satisfaction I have at the

end of the day, even if I've only helped two or three people. It feels good," states George. Since the program was established, George and his colleagues have totaled over 14,000 miles on bike, truck and deck safety patrols; assisted over 18,440 individuals with information and directions, and helped over 3,800 motorists with car vehicle assistance.

George and the other Ambassadors are an integral part of the growth and redevelopment of Downtown Raleigh. They have the same mission as every member of their community: to make Raleigh a safe, clean and attractive place. "I've seen downtown Raleigh grow so much since I've been here," says George. "I just want to see it keep growing."

Jessica can be reached at jessica@raleighdowntowner.com.



RALEIGH'S FAVORITE MONTHLY FEATURE MAGAZINE
ENTERTAINMENT • DINING • EVENTS • ARTS & CULTURE • BUSINESS • HISTORY • MUSIC • WINE

From the Publisher

Welcome to our Third Annual Nine for the Needy issue of *Raleigh Downtowner Magazine*. As in previous years, this article highlights nine local charities and non-profits that could use our assistance with contributions of time or money. These non-profits depend on our donations to exist, especially now, as there are more people than usual who need a hand during these difficult economic times. We select non-profits based on the services they provide, the amount of donations that go directly to helping their clients, and the fact that most of these organizations don't have a large staff or any assistance to promote their mission. We hope that you'll read their story, visit their website and help in some small way. If everyone reading this article gave \$5 and donated an hour of their time each month, that would amount to over \$370,000 in donations and 4,440,000 minutes of volunteer time. A little by many can add up to a LOT. Please join us and do whatever you can to help these worthwhile organizations.

Two of the organizations we've highlighted in the past are the Boys & Girls Club of Wake County and the Women's Center of Wake County,

both recipients of our Fifth Annual Downtown Santa Ball toy drive. This year's event was held on Dec. 15 at the Union Tavern and was a great success with lots of toys collected. Many thanks to all the wonderful restaurants and businesses who donated delicious food and plenty of door prizes for our event. Please see our Thank You ad on page 17 and page 14 for a few photos from our event.

2012 marks the 6th year of *Raleigh Downtowner Magazine* and we look forward to bringing you more stories of the great people, businesses and events that help make downtown Raleigh one of the best places to live in the country. We have a few big surprises that we'll announce soon and look forward to sharing them with the best readers in the Triangle. Happy New Year to you all and cheers to a wonderful 2012.

CRASH GREGG
Publisher, *Raleigh Downtowner Magazine*
publisher@raleighdowntowner.com

EXIT INTERVIEW WITH [EX] MAYOR CHARLES MEEKER

BY CRASH GREGG | PHOTO BY THOMAS M. WAY

We sat down with Charles Meeker, just after his final days as Raleigh's mayor. Charles has seen serious growth here during his 10 years as mayor, along with the amazing renaissance of downtown and an economic status that turns almost every major city in America green with envy. During his tenure, Raleigh's name showed up at the top of many Best Of lists, surprising more than a few newscasters and journalists that we live in one of the greatest cities in the U.S. Luckily, we already knew that.

Of course, many diverse factors contributed to what made Raleigh grand, but we'd like to personally thank Charles Meeker for a job well done and for sharing his vision of Raleigh with our City Council and City workers, all of whom had a hand in our decade of success. We look forward to working with our new mayor, Nancy McFarlane, and continuing the stellar growth and prosperity that Raleigh has become known for. Here's to 2012, another great year in the City of Oaks.

In the ten years you've been Raleigh's favorite mayor, we've watched the city grow and prosper ahead of the rest of the country. What are some of the contributing factors you believe kept us at the forefront of economic recovery and development? The contributing factors are the well-educated citizens in Raleigh, the colleges and the technology coming out of areas like Centennial campus such as SAS, CREE and Red Hat.

Is there anything that has been particularly difficult during your tenure as mayor? The major disappointment that I've had is that the city has never been able to develop a constructive working relationship with the state of North Carolina. It started off when Gov. Easley took money from the cities in 2002. We've never been able to engage the state on downtown development or Dix Hill and that's been a frustration; I hope my successor does better.

What are you most proud of that was accomplished during your time as mayor? Three things I'm most proud of are the growth and expansion of the parks and greenway systems, all the activities downtown, and the more sustainable nature of our city's activities.

Now that you're free of mayoral duties, do you have any big plans? My wife Anne and I are

looking forward to having the time to travel, perhaps to Europe or South America.

What would you like to see built, created or developed in the next ten years that would help keep us at the forefront of all the top ten lists? To stay in the forefront for the next ten years, we really need to have a regional transit system, both bus and rail. That's the biggest thing we're missing. And



retail. Independent businesses are the answer. The challenge is to get more of them attracted to downtown. Holly Aiken Design and Raleigh Denim are the kind of retail businesses you want to make downtown unique, and unfortunately we don't have enough of them yet.

If you had to pick just one thing, what would you say you like best about Raleigh? I think I'd have to name two things I really like. Pullen Park with its new renovations is high on my list. Second would be the view of Fayetteville Street standing on the steps of the Performing Arts Center. It's very inspiring for me.

What projects are currently underway that will be completed in the next few years that you're excited about? I'm very hopeful that the Public Safety Center will be built over the next year or so, and that Dix Hill really will become a destination center or a park before too long.

Could you describe downtown Raleigh in one sentence to someone who has never been here before?

Downtown Raleigh is a very active place at night for young people and during the day it's a place with all kinds of destinations for everyone.

Which do you prefer: basketball, football or hockey? I love college basketball. I'm hoping that this year might be a big one for the Wolfpack.

What are your three favorite foods? That's easy! For dinner, I love a Caesar salad and vegetarian pizza. For breakfast, a chocolate scone.

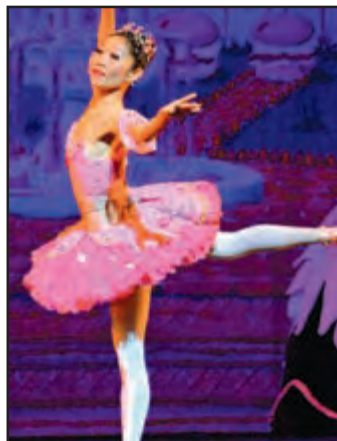
Do you have a favorite band? My favorite band is LowBrow. It's a local alternative rock group that my law partner Charles Raynal plays bass in.

So who's the better cook, you or your wife? There's no contest for who's the better cook; my wife Anne has me beat by far. I cook a little bit, but even then, not very well.

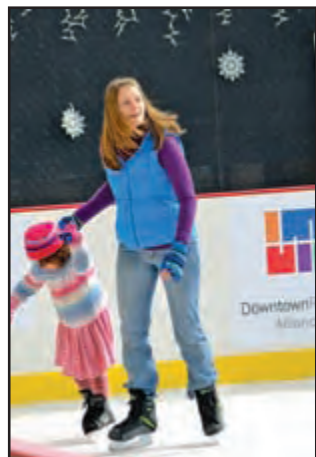
As a ten-year veteran in the mayor's office, what advice do you have for Nancy McFarlane entering into her first term? My advice to Mayor McFarlane is to try taking a few steps forward every day. You don't have to do something outstanding all at once. If you strive for a little at a time, over the course of months and years, great things can be accomplished. 🍷

For our Ten Questions interview with Charles Meeker in Issue 2 earlier this year, visit <http://bit.ly/Meeker10Q>.

Photos from this season's amazing Carolina Ballet production of Nutcracker. Visit www.facebook.com/raleighdowntowner and click LIKE to see more photos. To learn more about Raleigh's world-class ballet and buy tickets, visit www.carolinaballet.com. Photos by Thomas M. Way



Photos below from downtown Raleigh's Winterfest. Visit www.bit.ly/2011winterfest for more information, links to more photos and a calendar of special events



AROUNDTOWN **AROUND** TOWN AROUNDTOWN

Photos below from the 5th Annual Downtowner Magazine Santa Ball toy drive for the Boys & Girls Club of Raleigh. Thank you note to our sponsors on p.17



Photos below from 2011's last First Friday, downtown Raleigh's monthly self-guided tour of galleries, studios and museums. Learn more at www.firstfridayraleigh.com.



Natalia and her mom enjoying their very first First Friday at Artspace



One of our favorite Raleigh artists, Paris Alexander, with family, Phoebe, Odin & Yutang



Kellee, Lakisha and Crystal at the Contemporary Art Museum in the Warehouse District



Colton & Crash in front of a Keith Norval mural in City Market



Keith White and Mia Yoon (www.ricanc.com), in front of her dramatic new exhibit at Flanders



Nealy, Michelle and Heather downstairs at Artspace

AROUNDTOWNAROUNDTOWNAROUNDTOWN



Out for First Friday in City Market with the dogs



Kendra from Art of Style and Alkesh enjoying a night out downtown



Macy Dykema and Sam Hobgood (Big Ed's) at their Easter Seals benefit Pig Wars in City Market



The guys at the Raleigh Wine Shop getting ready for a busy day at work in Gwood South



Congratulations to Ira David Wood III & IV for another great season of Theatre in the Park's *A Christmas Carol*



Brian, Tracy and Jamie hamming it at Black Flower



Christine, Arif and Nicole serving up delicious food at Troy Mezze in City Market. Check it out if you haven't been! www.troyml.com



Calavera Empanada & Tequila Bar

BY BRIAN ADORNETTO, FOOD EDITOR | PHOTOS BY THOMAS M. WAY



Calavera is located on the corner of Blount and Davie Street across from City Market and Artspace. I stress this bit of information because I drove past it three times since the outside is fairly non-descript and I couldn't actually find it until I made a phone call to our publisher who was already there.

But once you locate it and walk inside, you'll find yourself in an intimate lounge with a moderately-sized bar, ample standing room and an intriguing collection of sugar skulls, or *Calaveras*, like the ones traditionally served on Mexico's Day of the Dead. What did you expect? This is a tequila bar for cryin' out loud.

Kidding aside, the bar's lounge area is actually an exceptionally

cool space. The ornate skulls and minimalist décor provide a classy and unique setting for sipping rare, high end tequilas. To the right of the bar is a staircase leading up to a dining room/dance floor (depending on the time of day/night). This dining room level has an equally stylish look and a sophisticated but fun vibe. This second story, with its floor-to-ceiling windows, provides warm sunlight during the day and plenty of opportunity to people watch at night. The room is dressed in black, rich reds, and wood tones, and is accessorized with more sugar skulls of course.



Owners Dave and Lily Balance and Ken Yowell wanted to open a place that concentrated on something particular and do it right. In Calavera's case, tequila and empanadas are their specialty.

FROM OUR READERS

At the *Downtowner*, we get a LOT of emails, up to 400 a day or 12,000 a month. That's a lot of electronic data to go through. Press releases, recommendations for restaurants and places to go from people visiting or moving here from out of town, questions about venues and shows, suggestions for articles, and even celebrity sightings. But our favorite emails come from our readers telling us something they like about the *Downtowner*. Below are just a few of the hundreds of emails we get from readers and they're what has kept us going month after month for the past six years. We'd like to thank you, our readers, for making the *Downtowner* what it is today. We have lots of new things planned for 2012 and we look forward to sharing them with you.

"Love it! Always great ideas for things to do in Raleigh."

JENNIFER THORNE-DAVIS, RALEIGH 27613
(PICKUP LOCATION: MELLOW MUSHROOM)

"I love it. Very informative, especially since I am new to the area."

KATHLEEN MAKENA, RALEIGH 27601

(PICKUP LOCATION: IN THE LOBBY OF MY APARTMENT BUILDING)

"I love reading about the restaurants downtown. Have tried a lot of the new ones because they were featured in the *Downtowner*."

SHARAN DIKE, RALEIGH 27604
(PICKUP LOCATION: BOYLAN BRIDGE)

"Yet another helpful Raleigh guide, well presented, professional."

LEE SEARS, RALEIGH 27607
(PICKUP LOCATION: ONLINE)

"I like the *Downtowner*! It does a good job of highlighting various things of interest each month, some of which I didn't know much about before reading the articles."

JON BEAUCHAINE, RALEIGH 27604
(PICKUP LOCATION: PEACE CHINA)

"Love it! So excited to have a source for goings on in Raleigh."

AMANDA MONAGHAN, CARY 27519
(PICKUP LOCATION: RALEIGH TIMES)

I think it's great! We moved here last year from New Hampshire and it sure has come in handy to keep us informed on what is going on around Raleigh. I love to read this magazine while we sample new restaurant fare and then take it home to save. Thanks!"

KIM, GARNER 27529—(PICKUP LOCATION: DOWNTOWN RESTAURANTS, ETC)

"I like that the *Downtowner* is quick and to the point. It has a good list of upcoming events with a nice selection of "local interest" stories. I also like that it isn't

uppity or elitist. Here is downtown, here is the *Downtowner*, love us or not!"

D. SEAN O'NEAL, RALEIGH 27604
(PICKUP LOCATION: MORNING TIMES)

"Love, love, love it! Thank you..."

HEATHER LAROSE, RALEIGH 27603
(PICKUP LOCATION: BRUEGGERS DOWNTOWN)

"I like that it's free and has lots of good info about downtown since I am now working in Raleigh."

KATHY WOODSELL, CARY 27518
(PICKUP LOCATION: VARIOUS RESTAURANTS)

"Great overview of what's happening in Raleigh."

BRYCE REYNOLDS, DURHAM 27707
(PICKUP LOCATION: DOWNTOWN NEWSRACKS)

"It gives me great ideas of what to do on the weekends or when out of town guests visit."

P. KIGER, RALEIGH 27603
(PICKUP LOCATION: THE PIT)

The ever-expanding and impressive tequila menu features reasonably priced hard-to-find varieties that can be sampled in flights or straight up while the homemade empanadas are either exact recreations of or inspired by Lily's grandmother's recipes.

From the traditional favorites Picadillo and Pol-lito Boracho to the Carib-bean inspired Al Pastor and Havana Jerk, Calavera's empanadas (just \$3 each) seamlessly bounce between culinary genres. The Picadillo empanada is stuffed with ground beef, potatoes, tomatoes, and green chilies. Chicken marinated in the Modelo Especial is sautéed with peppers, herbs and onions and then placed in Calavera's light and airy pastry. The pastry dough was some of the flakiest we've sampled in our vast foodie travels. The menu also offers empanadas with local flavor. The Piggly Wiggly and Holy Frijoles feature barbeque and sweet potatoes, respectively—ingredients we know well here in Raleigh. The Piggly is filled with smoky vinegary eastern-style barbeque and the vegetarian Frijoles empanadas are packed with seasoned black beans, roasted sweet potatoes and Mexican Oaxacan cheese. If you'd like something



a bit brighter, then try the Al Pastor with pineapple, cilantro, lime, and sweet guajillo pepper-marinated pork. Calavera doesn't forget the heat seeker either. The Havana Jerk empanada brings it with habanero-spiked jerk-seasoned pulled chicken. To balance the heat, the chicken is paired with a sweet, ripe mango salsa.

And what's great food without dessert? For another three bucks, you can have one of Calavera's sweet dessert empanadas. The Manza Manza overflows with sautéed apples, cinnamon, ginger, and sweet pastry cream. Or try the King of Kong, filled with sliced bananas, sweet cream, powdered sugar, and plenty of Nutella. It's worth the trip just for this gooey, chocolaty treat.

Whether you're craving a late night bite with a snifter of tequila, a fast but nutritious lunch, dinner and dancing, or drinks and dessert, Calavera has snack and meal times covered at prices that anyone can afford. 🍷



Brian is a culinary instructor, food write and personal chef. His business, Love at First Bite, specializes in private cooking classes and intimate dinners. For more information, please visit Brian at www.loveatfirstbite.net or drop him a line at brian@raleighdowntowner.com.

Calavera Empanada & Tequila Bar

444 S. Blount Street, Raleigh | 919.617.1661
twitter: @calaveraraleigh | www.calaveraraleigh.com
visit www.facebook.com/raleighdowntowner
for more photos.

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Lunch Monday through Friday: 11 am–2 pm
Dinner Monday through Saturday: 5 pm–2 am
Meals: Lunch, dinner, late night
Cuisine: Innovative and modern empanadas
Ambiance: Stylish Mexican
Noise Level: Moderate to high
Features: Bar and lounge area, take out, outdoor patio seating, a few vegetarian options, credit cards, catering, specials, limited lunch delivery, weekend DJs, dancing
Alcohol: Full bar
Reservations: Not taken (but you can call ahead for large parties)
Wireless: Yes
Parking: Street
Downtowner Tip: \$5.99 gets you two empanadas and a soft drink at lunch
Downtowner Tip: Look for Mantra to offer weekend brunch in the near future



BOYS & GIRLS CLUB



On behalf of the Boys & Girls Club of Wake County, the Raleigh Downtowner Magazine would like to thank the many generous restaurant and door prize sponsors as well as Downtown Raleigh Marketing volunteers and the Union for making our 5th Annual Downtown Santa Ball toy drive a great success.

- Angus Barn
- A Touch Above Massage
- Backyard Bistro
- Bada Bing Pizza
- Capital Club 16
- Carolina Ballet
- Draft / Red Room
- Evelyn Putnam Designs
- Jibarra



- La Volta
- McAlisters
- Napper Tandy's
- Natty Greene's
- NC Museum of Art
- Taverna Agora
- Tir Na Nog
- Tuscan Blu
- Union Tavern

5th annual
downtown
SANTA BALL



Local Gallery News BY MAX HALPEREN

December is Christmas show time; and for many galleries, the hope is that Santa will bring not gifts, but customers. The Mahler has filled its walls with 40 of its artists, reminding me once again that it is one of several galleries in the area willing to show not only some fine bread and butter landscapes, but intriguing work beyond the ordinary.

Last year after the Tyndall Gallery closed, the Mahler acquired Jane Filer, whose acrylics—when they are not simply cute—combine expressionism, fantasy and the surreal. Though the iconography is familiar, her brightly colored *Cliff Knockers* is a superb example of Filer at her best. In it, four landscapes are set within overlapping rectangles. A house sits atop one rectangle and almost topples into another. While the images are recognizable, they are like nothing in our known universe: oversized fish swim in what may be a pond, houses are askew, trees are arboreal fantasies, two heads peer out of ovals carved into one house. Palette knives slash the surface of greens, blues, ochres, oranges, whites, and yellows.



Light Spew by Matt Lively. Oil on canvas, 27" x 37", at Adam Cave Fine Art

Marvin Saltzman's *Des Glaciers et Roseland #7* is another fantasy. Atop a rain of grays pierced by reds, yellows and oranges, and alongside some bright abstract forms, "trees" seem to have legs, and something like a figure ambles majestically. The work of Saltzman's former students fills many galleries; Filer was one student, Richard Garrison was another. Currently at the Mahler is Garrison's vertiginous *Beyond Surface*, one of the most intriguing of his I've seen. A shadowed figure stands, impossibly, on a flat gray background, his hands pressing against something unseen, though he should be falling backwards. Again impossibly, his shadow falls forward into panels beneath; his head projects to a

green panel above, on which Garrison has painted numbers and dashes. In this almost mystic painting, the male figure and his shadow connects numbers, a geometric diamond shape on which he stands, and the bottom, where Garrison has permitted paint to drip—from math to mess.

The abstracts of Nancy Tuttle May hint of landscape, as in her mixed media *Garden Dream*, with its broad strokes of yellows and ochres, and brief contrasting horizontals of blues and reds. Other abstracts, like *Almost Perfect Silence* and the oxymoronic *Awakening Silence*, can be haunting as they slowly emerge in our consciousness.

Adam Cave's Christmas show is a good deal sparser, but I found a lot worth examining, among them, two abstracts by Wayne Trapp, several interiors by Jennifer O'Connell, and a haunting surreal piece by Will Lively. Trapp's attractive *Down Under* contrasts light and dark, blues against yellows and oranges. Sharply edged areas seem to hover over other areas "down under." *Puzzle Break* is one of two interiors by Jennifer O'Connell, interiors that she describes as metaphors for states of mind.

Chairs, tables, a sofa, all set in a near grid, lead to large windows opening on the world beyond. Everything seems solid, but O'Connell throws out a number of hints that the room is basically unreal. The paints—yellows, greens, ochres, browns and reds—are applied flatly and, though there are shadows enough, there is no tonality. A blue or yellow or green tabletop lies flat and unchanged. Four figures, who apparently were putting together an unfinished jigsaw puzzle lying on one table, blend into the room.

I did not expect to be taken by Matt Lively's surreal *Light Spew*, since its iconography is all too familiar—interiors and exteriors mingle, a dress floats loosely in a breeze, a striped chair is in front and center, a tall wooden chair stands nearby. The one new element seems to be a multicolored stream of light that beams from top to bottom. But Lively's brushwork and paint are so bold and fresh that I seemed to be seeing his imagery afresh.

Though these are Christmas shows, they will remain up beyond the New Year. Lump also has a Christmas show but it is a solo, *Clayton Volcano and Friends; A Tribute*, by Amanda Barr contains



Clayton Volcano & Friends; A Tribute by Amanda Barr. Found objects, at Lump Gallery.

15 items—one video, two small assemblages, and a number of collaged and painted wall pieces on watercolor paper. Barr says that the entire show is an account of a fictional character she found painting away in a hospice, together with references to friends, though you will find nothing in the work like a portrait. The piece labeled *Clayton Volcano*, for example, is a collage of black and white photos of clouds,

a rock wall, feathers, and one hand. These form a "shirt" held together by one orange strip of buttons. Above she has painted a head of bright feathers that sports a long yellow beak. With the photographed clouds at the bottom of the "shirt" below the rock wall, it no doubt makes a certain amount of sense to have an Indian moccasin float above the head of Barr's birdman. While some of the work is repetitive, I would not want to do without the delightful *Kuchina Rock* composed of found objects standing in the center of the gallery, with a dancing, fleece-covered Indian doll facing a fantastically painted ceramic "head" and, in what may be an offering, an oval dish holding a wooden pineapple in black, tiny blocks of wood and clay, and two long furry "tails" falling out of the bowl. Barr obviously delights in scouring thrift shops and garage sales.

Here and elsewhere, a Christmas art tour seems called for. 📍

The Mahler www.themahlerfineart.com

Adam Cave Fine Art www.adamcavefineart.com

Lump <http://teamlump.org>

Max can be reached at max@raleighdowntowner.com.



Cliff Knockers by Jane Filer. 48"x60", at The Mahler

Bringing Broadway to Raleigh

Former Broadway star **Ray Walker** leads North Carolina Theater's Conservatory BY ASHLEY FAHEY | PHOTO BY THOMAS M. WAY

Chances are if you're a frequent theatergoer in Raleigh, you've seen a North Carolina Theatre production involving Ray Walker, Broadway star, *Wheel of Fortune* contestant, and *Star Search* winner.

Ray has worked as a professional actor in several capacities and has starred in shows ranging from *Jesus Christ Superstar*, *Grease* and *Joseph and the Amazing Technicolor Dreamcoat*. Originally from Vermont, Ray went on to study at New York University, where he started his 19-year career in New York City.

Now, he continues his illustrious career as the artistic director at NCT's Conservatory.

"Back in the '80s, I was on *Star Search*," Ray laughs. "I won the competition twice. Then I was a contestant on *Wheel of Fortune's* Broadway week about ten years ago. I ended up winning \$11,000!"

"I had worked as an actor at NCT about 25 years ago," Ray says. "I got my union actor's equity card at NCT for *Jesus Christ Superstar* and established a relationship with the producer at the time. She took me under her wing and brought me back from time to time."

Ray decided to return to NCT when his Broadway career was winding down.

"When my career in New York was coming to an end, they called me from Raleigh and asked if I could teach at the Conservatory," he says. "Now I'm a teacher and the artistic director."

So, what exactly does Ray do in his daily life at NCT as the artistic director?

"I run the daily operations of the Conservatory, I teach," he explains. "I created a program called Live on Stage, with over 200 musical theater kids. I spend my week creating musical theater numbers for the class and teach voice lessons throughout the week."

And if anyone wants to learn how to become a success in the musical theater world, Ray is the person to learn from. He debuted on Broadway

in the acclaimed role of Marius in *Les Misérables* before going on to perform alongside famous stars such as Rosie O'Donnell and Brooke Shields in *Grease*, where he played Doody. Ray also received special acclaim for his off-Broadway performance in the *Chess* revival, playing Freddy. He then went on to understudy Donny Osmond in the national tour of *Joseph and the Amazing Technicolor Dreamcoat* and has had appearances in *The Radio City Music Hall Magnificent Christmas*.

Ray has also worked with some of the most famous figures in the musical theater world.

"I sang with Sarah Brightman and Michael Crawford in *The Music of Andrew Lloyd Webber*," he says.

Both Brightman and Crawford also starred in the original production of *The Phantom of the Opera*, as the lead roles of Christina and the Phantom. *The Music of Andrew Lloyd Webber* was a national and international tour featuring Webber's most famous and timeless songs from his musicals.

Ray's resume also includes extensive theater work internationally.

"In concert, I sang with the Bolshoi Symphony in Moscow," he says.

There can be no doubt that Ray knows his stuff when it comes to theater performance and he now imparts his wisdom to young minds at the NCT Theater Conservatory.

"I look for ways to expand the curriculum, find new teachers, work with the students and prepare them for the main stage," he says of his career at NCT. "And I still do performance."

For someone that has been actively involved in the chaos, vibrancy and diverse entertainment capital of New York City, Ray finds solace in relaxing at home and enjoying the great food at the many downtown Raleigh restaurants.

"When I'm not busy working, I enjoy going to restaurants and shopping," he says.

What a lot of people don't know about Ray is that he has starred on two TV shows.

"Back in the '80s, I was on *Star Search*," he laughs. "I won the competition twice. Then I was a contestant on *Wheel of Fortune's* Broadway week about ten years ago. I ended up winning \$11,000!"

For those who want to be on Broadway or in the

performing arts world in some capacity, Ray's advice is simple and straightforward: "I tell those who want to go into theater that it takes time and effort."

Putting in his own time and effort has certainly paid off for Ray, who, for the future, doesn't want to change a thing. "I just want to keep doing what I'm doing," he states. "I'd like to further develop the programs here at NCT and get more people into the classes. I truly enjoy performing and will continue to do so. I simply love what I'm doing."



And when Ray was asked how he knew theater was his life calling, he could only give one answer, "I didn't choose this career; it chose me. I always knew this is what I would do for as long as I can remember."

For more information about the North Carolina Theatre and the Conservatory, visit www.nctheatre.com and www.nctheatre.com/education.

Ashley can be reached at ashley@raleighdowntowner.com.

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Revisiting Resolutions

BY JEFF BRAMWELL



Two years ago when I started writing for the *Downtowner*, I mentioned some New Year's resolutions that were intended for public consumption. (Though they certainly applied to me, as well.) I suggested drinking more sparkling wine. Check. I mentioned the benefits of starting a tasting group. Done. Drink something new? Rarely a problem. Something old? Not so fast.

The idea behind that resolution was that tastes constantly change. Wines you didn't like a couple years ago could be this year's revelation. For me, that means giving Gewurztraminer and Pinotage a chance at redemption. So this month I am coming to the defense of a couple of maligned grapes that deserve another shot. After all, everybody loves an underdog.

I can't think of a bigger whipping-boy these days than Chardonnay. Despite its overall popularity, it is becoming the grape that everybody loves to hate. But it's an immensely important grape in the world's wine production. It's a workhorse that grows well throughout the world and allows the winemaker to let their fingerprint show through on the finished wine. But then that's the problem; it's a winemaker's grape—a blank canvas that can be easily manipulated into something that's more chemical set than wine. Those big, oaky, buttery and sweet-tasting California Chardonnays that became so popular over the past couple decades have dominated many peoples' view of what this grape is all about. While many winemakers have backed away from that buttery style recently, there's been an emergence of high-octane Chardonnays clocking in at nearly 16 percent alcohol or more. The resulting wine comes across like a cartoon version of what this grape actually tastes like, with a caramel, pineapple and boozy finish.

When it's not fussed with, Chardonnay is a perfectly appealing grape that can be transformed into a wine with fresh acidity and aromas and flavors of green apple and crisp pear. It's responsible not only for the vast majority of the white wines that come from the Burgundy region of France, but it also accounts for a good chunk of Champagne and other sparkling wines. Those two wines are reason enough to give Chardonnay another shot. For a few

great examples of what Chardonnay is all about, check out Pascal Berthier's wine made in the Macon-Chaintre sub-region of Burgundy or Grongnet's Blanc de Blancs Champagne, which presents tremendous value among the many over-priced, mass-produced options.

Outside of those classic Chardonnay sources, a small but growing number of wineries in the new world (including the US, South Africa, Australia and Argentina among others) are dedicated to producing varietal-correct, balanced Chardonnays with little to no oak influence. The Lioco winery in California is making some great Chardonnays in this style, which will likely age far more gracefully than those with monster levels of alcohol and oak. On the more everyday side of things, the Stone Cap Chardonnay from Washington State shows the richer side of this grape without being heavy-handed.

Syrah is one of my favorite red wines, as it's capable of expressing itself very differently depending on where it's grown, and yet it's not terribly popular due to a bit of a PR problem. Too often, it's assumed that any form of Syrah is going to taste like jammy Australian Shiraz. Not that there's anything wrong with Aussie Shiraz; it's just that Yellowtail and other grocery store brands have tarnished this grape's reputation by leaving some residual sweetness in the wine as a way to cover up some of the wine's shortcomings. Higher quality (which doesn't have to mean expensive) Australian Shiraz delivers a lot of bang for the buck when you want an intensely fruit-forward wine. French Syrah dials back the intensity of the fruit considerably, but it also has some great complexity, with meaty, peppery flavors and a bit more structure. Syrah from California, Washington and Chile tend to fall somewhere in the middle, with plush texture and dark fruit, though not as heavy as those from Australia. The cooler the climate that it comes from, the more elegant and complex the wine can be. Harvesting

early enough to prevent the grapes from getting overripe and limiting the amount of time the wine spends in oak are key to maintaining a balanced wine where the quality of the fruit is allowed to shine through. ☑

Jeff Bramwell is a co-owner of The Raleigh Wine Shop, located at 126 Glenwood Ave, as well as the author of VinoBurger, a cookbook that combines wine country-inspired dishes in burger form with easy-to-grasp wine education. Drop Jeff a line at Jeff@TheRaleighWineShop.com.



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Notable Architecture of Downtown Raleigh

BY ABIGAIL MOSKOWITZ, RALEIGH CITY MUSEUM

Since the establishment of Raleigh as the capital of North Carolina in 1792, downtown and the surrounding areas have evolved both commercially and architecturally. Fayetteville Street has always served as the center of commerce, but some of the immediately surrounding areas evolved into

neighborhoods and separate business districts as Raleigh grew. The structures in these areas, many still standing, reflect the changing architectural styles of Raleigh's past.

The Blount Street neighborhood experienced many changes due to the construction and destruction of distinct and beautiful homes that were built in the 19th century. After the Civil War, the

neighborhood experienced a housing boom from the 1870s through the 1890s and these large homes reflected a fashionable Victorian style. In 1891, the Executive Mansion on Blount Square was completed, which proved a major addition to the area with its reputation as one of the state's best examples of Queen Anne Style architecture. This mansion now houses Governor Beverly Perdue, who is the 28th governor to take residence there.

Blount Street's allure began to decline in the 20th century when more appealing homes were built northwest of the city. By the 1960s, the once highly regarded neighborhood was beset by commercial developments. Many homes were destroyed when the

neighborhood was to be converted into a government complex. Efforts are still being made today to conserve the remaining unique structures. Some of these historic homes are on the market today for people to take residence.

Hillsborough Street, now known primarily as North Carolina State University's home, used to contain many large houses. From the State Capital to State's campus, the street contained a visually impressive array of architectural styles including Federal, Greek Revival, Italianate, and Neoclassical Revival. The Holiday Inn sits on the land formerly occupied by the Woman's Club, which embraced an elegant Spanish Mission style. Today Hillsborough Street is one of the busiest streets in Raleigh with its constant flow of vehicular and pedestrian traffic

The majority of the homes in Boylan Heights were built in the early 20th century. William Montfort Boylan once owned a plantation located in the core of this neighborhood, explaining the provenance of the name. Shortly after his death in 1907, the property was sold and subdivided. The different homes were designed in various architectural styles such as Neoclassical and Neocolonial and bungalows, an especially popular style in the 1910s and 1920s. Boylan Heights began to flourish with new homeowners as the area truly catered to the middle class. Through the years, the area inevitably experienced a decline, but by the 1970s, popularity returned when people were interested in the older urban neighborhood.

At the turn of the 20th century, the Glenwood neighborhood was abundant with

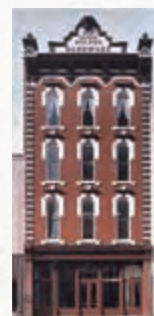
cottages and bungalows in well-shaded lots. The area developed more in the 1900s when the electric streetcar line extended to run along Glenwood Avenue. Colonel John Devereux was the owner of the property, Devereux Plantation, before these developments. The land was sold and subdivided into organized grid plans after his death in 1893. Many of the streets in Glenwood were named after U.S. presidents or early residents of the area, such as Will's Forest, Devereux, and Hinsdale Streets. Between 1908 and 1909, the area experienced a housing boom when 31 homes were built—a substantial amount for this era.

Downtown Raleigh has not stopped changing since its establishment in 1792. With luck, many of Raleigh's historic structures will exist indefinitely for future generations thanks to continued improving resources for architectural conservation. For those buildings already lost to the past, the city's timeline of change has been and continues to be captured in many books, websites and films. Each unique neighborhood and district of Raleigh possesses a rich history and an utter profusion of architectural scenery.



The Heck-Andrews House on Blount Street was built in 1869 and is great example of the Second Empire style of architecture.

The Raleigh City Museum is located at 220 Fayetteville Street in downtown Raleigh and is open from 10am-4pm. Tuesday through Friday, 1pm-4pm on Saturdays, and First Fridays, 6pm-9pm. If you have any questions, please call 919.832.3775 or check out our website at www.raleighcitymuseum.org.



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TOW3RS

BY ZACK ODEN | PHOTO BY TIM LYTVINENKO



Every Thursday, downtown Raleigh's Irish Pub Tir Na Nog hosts its weekly tradition, Local Band, Local Beer. On Dec. 1, the venue was brimming with people ready to hear the smirk-inducing, pushing sounds of Carrboro's pop-psych offset act, TOW3RS, whose agile pop songs provide a fitting soundtrack to warm up music lovers, shivering from the cold embrace of straight forward rock shows.

Although TOW3RS are considered Triangle up-and-comers, that night they were just an appendage of a collective called "The Paisley Thunderground." I sat down with Derrik Torres (song writer, lead vocals and guitar) and Sam Logan (bass) and asked them a few questions before their set to tell me a bit more about their collective. As Logan tells me, "The term 'PT' comes from a movement in the early- to mid-90s

take it too seriously but it is fun to have something you can all rally around and unite, just as long as you don't isolate your bands from those not in the core group."

When asked about the beginnings and how all of these people from in and around the Triangle started, Torres says, "Sam and I met roughly four years ago in a UNC-sponsored battle of the bands style competition where then rival bands The Huguenots & Lake Inferior performed. Sam, William Moose and I became very close friends over the next couple of years and we eventually joined Missy Thangs' (of The Love Language) band Soft Company, alongside Alex Maiolo. It was during that time that Sam and I developed the early ideas of Lilac Shadows and TOW3RS. We originally were both going to write songs for Lilac Shadows, but we soon started recording an untitled album of all of my own original material. At that same time, Sam was recording demos for his band

formed the band eee!, which was an early incarnation of TOW3RS. One drunken night Zeke and I wandered into the Local 506 during a Christmas party and he and I jumped on stage. I knew right then I needed to be in a band with him. Karen (keyboards) was born out of a sea shell (laughing) and has been an important part of my life ever since."

Getting asked to "generalize" your band is always a bit unnerving for most bands these days, but it also seems to be one of the many means needed to set yourself apart from the others. Torres describes his band this way, "I would call TOW3RS disgruntled-pop and avant-garde folk," he laughs. "I think my music pushes to discomfort in a similar way a wool sweater does. The easiest song to write is one about heartbreak, love and separation. This accounts for more than half of popular music, and that ratio properly represents my own music. The debut full-length LP *IF ALL WE HAVE IS TIME* mostly confronts the dissolution of my band and resolution of a long term relationship that ended on bad terms. That song writing process was necessary, yet taxing. I chose, soon afterwards, to write songs about worldly things and the better parts of love."

Setting up across the venue's cluttered stage, the striped ladies and gents of TOW3RS cast a curious sight with faces painted like future warriors waiting to battle for an hour against, not an enemy, but their own creations on stage. For any audience they are definitely an entertaining band to watch. Torres' intent yet playful glare seems to be born from an obvious itch to start the show. He straps on his guitar and begins to play. It's immediately obvious that there is an all-around grasp TOW3RS has of how to manipulate and execute distinguished pop music with ease. More impressive however, was TOW3RS' ability to shake up feelings of distant house shows paired with hazy blinking memories that might come with them. Listening to their live show felt like being washed over by a series of bittersweet images that swept you up in daydreams without losing focus on their animated sound. TOW3RS moved with a sort of laid back ease through their set, leaving a feast that began with the eyes and ended with a most satisfactory sense of fullness inside.

Visit their Facebook page and click on music to hear their OUR5 track (with a free download): www.facebook.com/towersnc. To hear tracks from their other albums, visit their website at <http://t0w3rs.bandcamp.com>.

Zack can be reached at zack@raleighdowntowner.com.



called the 'paisley underground' which was sort of a 60s-style revival based around melody and psychedelic mindsets." He continues, "When it became very trendy in the Triangle to create your own 'scene' or 'collective,' I thought it'd be funny to call ourselves the Paisley Thunderground, since all of our bands are really loud and have a paisley (that is, psychedelic) heart. It started with The Huguenots and Violet Vector & The Lovely Lovelies, and then as those bands broke up or dissolved, Soft Company TOW3RS, and Lilac Shadows became the "flagship" bands. We try and not

Lilac Shadows. Jacki (guitar in TOW3RS) and I met during that same time. All three of us were competing in another battle of the bands competition, sponsored by UNC's Vinyl Records. Jacki was performing solo under the moniker 'Jacquelyn Lee.' About a year later I was approached by Jacki's good friend David Harper about producing her full-length solo record. The collaboration never came to be, but our friendship deepened over the years. Zeke (drums in TOWERS) was in The Nothing Noise, and we played the same battle of the bands. The three of us and Zeke's cousin Josh

Emerging Trends and Facts Used to Plan and Design a 21st Century City

BY TRISHA L. HASCH, MUP, RALEIGH URBAN DESIGN CENTER



The greater Raleigh area and its Downtown are on top. List makers from major media outlets and publications proclaim that Raleigh is one of the best places to live in America, and we want to keep it that way. However, as we all know, economic, demographic and other unexpected changes can significantly affect a city's prospects for future success. This column provides a few emerging trends that may provide readers insight and foresight on how we plan for the future. We'll continue to explore the issues, implications and feedback in future columns.

Mitchell J. Silver, the City's Chief Planning and Economic Development Officer, recently provided an audience of planners and designers the following list of trends that will create challenge and opportunity. Many readers are participants in or are directly involved in planning for the trends. All feed into how we view our housing, transit, economic development, and amenities planning in Downtown and in our growth centers. This is evident in our recently approved Comprehensive Plan, the New Zoning Code underdevelopment and the breadth of projects throughout Downtown and to our gateways.

Emerging Trends

- Graying and browning of America
- Rise of the single-person households
- Traditional family is changing
- Aging infrastructure
- Urban sprawl, aging suburbs/retrofitting suburbs/ruralism
- Climate change
- Antiquated zoning tools
- Shrinking tax base for local governments
- Availability of water
- Obesity, public health, food security
- Jobs and the economy
- Globalization

A few highlights include a demographic re-mix; aging and households; race and ethnicity.

Demographic Re-Mix The South has the greatest projected growth rate in the country (2000-2030). At 52.4 percent, it surpasses the northeast at 5 percent; the Midwest at 7.4 percent; and the west at 35.2 percent (source: US Census). Migration will continue to fuel North Carolina's and Raleigh's growth. In 2000 North Carolina was ranked 11th with 8,049,313 population. By 2030 it will be ranked 7th with 12,227,739 population. People are migrating from Florida, New



York, California, New Jersey, Maryland, Virginia, and South Carolina, to name a few.

Aging and Households By 2030, one in five Americans will be over the age of 65. The U.S. birthrate will drop from 1 percent to .25 percent by 2035. Life expectancy will increase from 76 years in 1993 to 82.6 years in 2050. By 2050, the number of Americans over the age of 85 will triple from 5.4 to 19 million. By 2025, the number of single person households will equal family households. By 2050, the overwhelming majority of households will be single.

Implications of an Aging Population Land use patterns and transportation choices will change as millions of aging Americans realize they can no longer drive. Transportation for America/NTT: By 2015, 15.5 million Americans over the age of 65 will live in poor transit areas. There will not be enough workers to take care of the aging population. The tax base for local governments may be challenged as seniors seek property tax relief due to their fixed incomes.

Implications of Changing Households The younger generation will demand different lifestyles, housing choices and transportation choices. There is less purchasing power to purchase a home. Smaller house sizes and a preference to rent rather than own are both important emerging trends. Experts estimate there will be an excess inventory of 22 million single-family homes with no market to buy them.

Race and Ethnicity By 2050, the United States will look very different than it does today. The white (non-Hispanic) population will change from 66 to 46 percent. The Hispanic population will grow from 15 to 30 percent. The black (non-Hispanic) population 13 to 15 percent. Asian/Pacific Islander/other races 6 to 9 percent.

Implications of Changes in Race and Ethnicity Neighborhoods may become more diverse, but will vary from region to region. School diversity policies will be an interesting debate to watch over the next 10-20 years. The clash of cultures may ensue. The results of the 2020 census will be a wake up call for America.

These and other trends were considered as the community debated the "Planning Raleigh 2030" challenge presented by the Comprehensive Plan approved last year. At the time, it was determined that Raleigh would need to find 120,000 dwelling units for the expected 270,000 people; 170,000 jobs; and land for infrastructure and open space. These facts, among others, drove the discussion of changing a low density, sprawl culture and environment to one of high density and compact development in places like Downtown and other growth centers. The conversation continues as we develop Raleigh's new zoning code. The census numbers, emerging trends, peak oil, and world economics provide timely factual information to debate implications and our best moves forward. We'll continue the discussion in future columns. For information on all Planning and Design projects, see www.raleighnc.gov/planning or www.raleighnc.gov/urbandesign.



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Dec 27 and every Tues through Jan 25
Two for One Tuesdays at the **AT&T Raleigh Winterfest Ice Rink.**

Dec 28 and every Wed through Jan 26
Live Music Wednesdays at the **AT&T Raleigh Winterfest Ice Rink.** Enjoy live music at the rink from 6pm-9pm.

Dec 29 and every Thurs through Jan 27
Date & Skate Thursdays at the AT&T Raleigh Winterfest Ice Rink. Free carriage rides with skating wristband from 6 pm-9 pm.

Dec 27 (Tues)-Dec 30 (Fri)

For the days your kids have off but you don't—let the camp adventures continue at Marbles Kids Museum with their special **School's Out Camps** (9am-5pm). For teacher workdays, school holidays, winter and spring break; let them take care of the kids while you take care of everything else. Register online at <http://www.marbleskidsmuseum.org/schoolsoutcamps>. \$48 per day for members, \$54 per day for non-members.

Dec 31 (Sat)

First Night Raleigh 2012 will feature comedy, dance, spoken word, interactive art installations, and live music from performers representing a wide variety of genres including rock, blues, jazz, gospel, opera, folk and more. The 21st annual New Year's Eve arts festival will take place on Saturday, December 31, 2011, across a 20-block area of downtown Raleigh and will encompass two-dozen venues. The Raleigh Downtowner Magazine is a proud sponsor 5-year sponsor of First Night Raleigh. Festivities begin at 2:00pm with the Children's Celebration and conclude at Midnight with a performance by The Pimps of Joytime on City Plaza, the famous Raleigh Acorn drop, and fireworks to ring in 2012. Don't miss the 90-foot Ferris wheel, which will be erected on Fayetteville Street. Admission passes go on sale December 1 for \$9 and provide access to ALL First Night Raleigh 2012 venues, performances and activities. For more information, visit www.firstnightraleigh.com.

Dec 31 (Sat)

The Museum of History will be the heart of the children's celebration at this **New Year's Eve festival of the arts.** Join the procession departing the State Capitol grounds at 6 pm for an early countdown on

City Plaza. The children's celebration will be held from 2 to 6pm and nighttime events will be held from 7 until midnight. First Night button required for entry. For more information, call Artspllosure at 919-832-8699 or visit artspllosure.org.

Jan 7 (Sat)

The Run for Young in downtown Raleigh, a great family event for the young and the young at heart, is a certified 5k run/walk planned and managed by Christ Episcopal Church Youth. The Run for Young honors the memory of Sadiki Young and reminds teens how important it is to make good decisions whenever automobiles are involved. Proceeds from the race will raise awareness for safe driving methods for teens at participating high. The Run for Young encourages participants to register and run as a team. New this year, the Run for Young will feature live music along the race course! See Bands for how your band can participate and to see the list of bands performing. www.runforyoung.org

Jan 8 and Jan 15 (Sun)

Snow My Yard will create a winter wonderland with sledding ramps at the Raleigh Winterfest in City Plaza open from 12 noon-4 pm. This activity is FREE for anyone wearing their ice rink admission wristband. For pictures, visit www.snowmyyard.com. Info: www.raleighwinterfest.com

Jan 16 (Mon)

Martin Luther King Jr. Memorial March in honor of Dr. King. Triangle citizens will march from the Capitol to the Progress Energy Center for the Performing Arts on Fayetteville Street from 11am-noon. Visit www.king-raleigh.org for more details.

Jan 26 (Thurs)

First Annual Artreach 4 Kids Gala & Photo Exhibition benefiting the Artspace Youth Outreach Programs at Artspace. Live jazz with Kim Arrington, live cover band The Lawn Darts, heavy hors d'oeuvres and desserts, silent auction items provided by local artists and businesses, aspiring

artist of the year selection. General Admission: \$30 (Pre-Purchase) \$40 (Door)—includes event entry, wine and chocolate tasting, heavy hors d'oeuvres, photo booth ticket. VIP Ticket: \$50 (Pre-Purchase) \$60 (Door)—includes beverages and private VIP food and bar stations, photo booth ticket, special VIP hosts to serve you throughout the evening. More info www.Artreach4Kids.org.

Jan 31-Feb 5

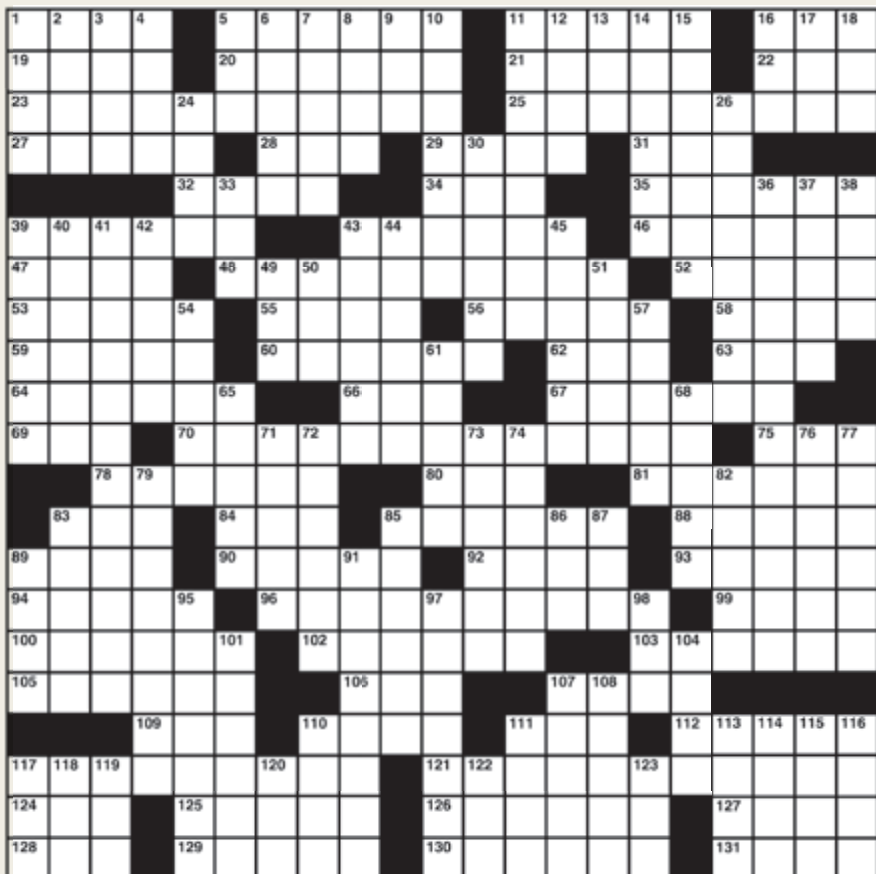
NC Theatre presents **Green Day's American Idiot.** The New York Times calls Green Day's American Idiot "thrilling and emotionally charged, as moving as anything on Broadway." Based on Green Day's groundbreaking rock opera of the same name, this daring new musical tells the story of three lifelong friends, forced to choose between their dreams and the safety of suburbia. American Idiot contains adult content and strong language. www.nctheatre.com



RALEIGH DOWNTOWNER

MAGAZINE

MONTHLY CROSSWORD PUZZLE



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By Gail Grabowski from the Los Angeles Times
Edited by Rich Norris and Joyce Nichols Lewis

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 - 120 Latin lover's word
 - 122 Secret retreat hidden in this puzzle's nine longest answers
 - 123 Phone bk. info
- DOWN
- 1 Yuk it up
 - 2 Rossini specialty



Dear Reader,

Help make the holidays better for those in need with donations to the 2nd Annual DRA Ambassador's Goodwill Christmas Drive, which runs through the end of December. All donations will be sent to local charitable organizations for distribution to those in need. Items that are most needed include canned goods and soups, new or gently used gloves, winter hats, jackets, socks, and blankets, new toys, and monetary donations.

To schedule a donation pick up in downtown by the DRA Ambassadors, please call the hotline 919.368.7962 through December 30, 2011.

Checks may be made out to Raleigh Civic Ventures, a not-for-profit 501(c)(3) charitable organization, and mailed to 120 S. Wilmington Street, Suite 103, Raleigh, NC 27601. All contributions will be divided and distributed to the following downtown charities: Shepherd's Table Soup Kitchen, Raleigh Rescue Mission, Salvation Army, Wake County Human Services, Urban Ministries, Women's Center, and The Soup Kitchen.


For information about downtown businesses, events and programs such as AT&T Raleigh Winterfest and Shop Downtown visit www.YouRHere.com.

Please enjoy this issue of *Raleigh Downtowner Magazine*.

DAVID DIAZ

President and CEO, Downtown Raleigh Alliance
www.YouRHere.com

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Ask the Pharmacist



Pharmacists John Johnson and Jamie Freehling work side-by-side at Hamlin Drugs in Raleigh to handle all of the pharmacy needs for several generations of Raleigh customers. Email your pharmacy questions to askthepharmacist@hamlindrug.com.

Q: How is the influenza virus spread?

A: The primary way the flu virus is spread is through the cough or sneeze of an infected person, which contains airborne particles that can travel up to 6 feet. The virus can also live on surfaces such as doorknobs, money and faucets, and be transmitted this way. Schools and high-traffic public places are of special concern during flu season. Frequent hand washing and the use of antibacterial hand sanitizer can help keep you from getting the flu.

Q: Once a person has been infected with the flu, how long before they become contagious to others?

A: You can get the flu from someone who has no symptoms and does not yet appear sick. But a person infected with the flu can be contagious up to a day before any symptoms develop.

Q: Will using hand sanitizer keep me from getting the flu?

A: Using hand sanitizer frequently is a helpful deterrent, however it does not kill all flu viruses. Frequent hand-washing is the best defense. Keep in mind that you have to wash your hands with soap under warm water for at least 20 seconds to kill most flu viruses.

About Hamlin Drugs

Originally opened in 1904 as People's Drug Store and renamed in 1907, Hamlin Drugs on Hargett Street in downtown Raleigh is the oldest African American owned pharmacy in the United States. Pharmacist John Johnson has owned and operated Hamlin Drug Store since 1957, and prides himself in keeping the old-time traditions of hospitality and excellent customer service that the pharmacy was founded on over a century ago. Hamlin Drugs offers free delivery, accepts all major insurance programs including Medicaid and Medicare, and is certified in medication therapy management for the purpose of maximizing better health outcomes for their patients. For more information, visit www.hamlindrug.com, or follow us on Facebook and Twitter @HamlinDrug.

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