

D RALEIGH DOWNTOWNER MAGAZINE

VOLUME 7, ISSUE 7

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

FREE

The Chari-Tees Project!

A fundraising project for
neighborhood charities
featuring six
T-shirt
designs
by local
artists



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in a long time at
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Melissa interviews
JAKE WOLF of
Capital Club 16 for
our first Chef Profile



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tickets, much more

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business

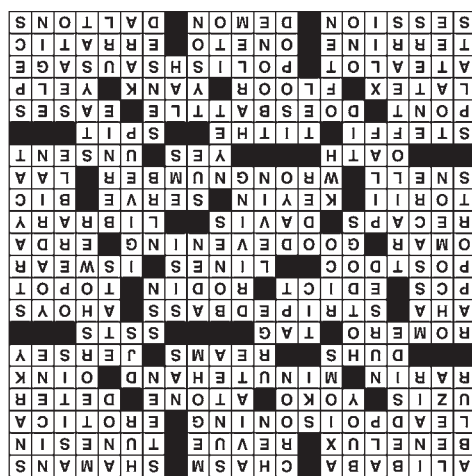
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COVER PHOTO BY NANCY THOMAS



Puzzle answers from page 30



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www.RaleighDowntowner.com

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If you have suggestions for another location where you'd like to see the Downtowner, email us at delivery@raleighdowntowner.com. We love hearing from our readers!

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 Sheraton Hotel info desk
 Progress Energy building lobby
 Cooper's BBQ
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 Raleigh Visitors Center
 Capital Bank

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 Campbell Law School lobby
 WRAL-TV5 lobby
 Irregardless Café
 Char-Grill (sidewalk)

Goodnight's Comedy Club
 Clarion Hotel
 YMCA Hillsborough Street
 Theatre in the Park
 Beansprout Restaurant

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 BB&T
 Capital Bank
 Cameron Village Library
 Village Draft House
 York Companies
 Village Deli
 Great Outdoor Provision Company

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Sullivan's Steakhouse (foyer)
 510 Glenwood business foyer
 510 Glenwood (sidewalk)
 Rockford
 Tesoro Salon

Mellow Mushroom
 Hibernian
 Sushi Blues / Zely & Ritz (sidewalk)
 Helios Café (sidewalk)
 Brueggers Bagels
 Bada Bing Pizza
 Salon 21
 The Cupcake Bakery Shoppe
 Primp Salon
 Fly Salon
 Lee Hansley Gallery
 Bliss Salon
 Revolver Boutique

HISTORIC DISTRICT

Legislative Building cafe
 Person Street Pharmacy
 Oakwood Bed & Breakfast
 Gallery C
 NC Museum of History
 NC Dept. of Labor
 NC Dept. of Agriculture

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 Nofo @ the Pig
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 Lilly's Pizza
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Napper Tandy's
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 Natty Greene's

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Artspace
 Tir na nOg Irish Pub
 Big Ed's (sidewalk)

WAREHOUSE DISTRICT

Flanders Gallery
 Flying Saucer Bar
 The Pit Restaurant
 Jibarra Restaurant
 Deep South – The Bar
 Union Bar

MIDTOWN/NORTH/OTHER

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 Fox and Hound (North Hills)
 Sawasdee Thai
 Carolina Ballet office
 Q Shack (North Hills)
 Glo de Vie Medspa (North Hills)
 Whole Foods
 Margaux's

Downtowner Magazine's

Chari-Tees Project

Helping non-profits . . . one T-shirt at a time!

BY MELISSA SANTOS

During a recession, everyone feels the repercussions. The national jobless rate rose to 9.2 percent, and 9.9 percent in North Carolina. Luckily, the rate in Raleigh is a bit lower at 7.9 percent. And that's not the only good news for our city; even in this economy, Raleigh is still consistently ranked as one of the top places to live and do business. Most recently, we earned the top spot on Forbes' "Best Places for Business Careers" list.

As with any economic downturn, charities are among the hardest hit. Most rely heavily on funding from federal, state or local programs, which has been dramatically reduced by budget cuts. These charities also depend a great deal on the generosity of local businesses and individuals, whose donations tend to dwindle during hard times.

We at the Downtowner always look for new ways to help as often as we can, in whatever way we can. Each year we donate over \$50,000 in media sponsorships to local charities and organizations committed to providing basic life needs for both individuals and our animal friends.

We're also big supporters of our local artist/art gallery community and regularly feature local artist profiles and art columns that highlight new exhibits. Because we know our readers are just as generous and art-oriented as we are, we've come up with a way to combine our passion for charity and love for art. The best part is you get something out of it, too!

The Chari-Tees Project

The Downtowner is proud to announce its newest fundraising project, Chari-Tees, a fusion of local charities, art and T-shirts. How does it work, you ask? We've chosen six talented local artists interested in raising money for local charities and gave them only one rule: come up with a fun T-shirt design reminiscent of Raleigh. Each shirt design will sell for just \$15 and 100 percent of all profits will be donated to four neighborhood charities: SAFEChild, Helping Hand Mission, Wake County Women's Center and the Wake County SPCA. Our goal is to donate a total of \$10,000 to these charities. Given how generous our readers have been with past fundraisers, we're confident we can do it.

Why are we so confident in our goal? Each time we list upcoming charity events or write about local non-profits in need, our inbox is flooded with emails asking how people can get involved or make donations. That generosity and concern for others helps build a sense of community; it keeps us connected and those roots are one of the reasons Raleigh is such a great place to live. Not only is our city kind, but it's supportive as well. Raleigh does a great job in promoting and encouraging art. Each First Friday, the attendance for the Gallery Walk grows larger, and every year, Artsposure is almost as big as Beer Fest. When art pulls in almost as many fans as beer, that's saying something good!

To order your very own Chari-Tee Project T-shirt or for sponsorship information, please visit <https://www.raleighdowntowner.com/tshirts>.

Sponsors!

We're looking for sponsors who are interested in helping with our Chari-Tees Project. Starting at just \$250, local businesses can have their logo strategically placed on the back of hundreds of T-shirts. Our business sponsors will also be listed in upcoming print and online articles about Chari-Tees. Please call us at 919.821.9000 to learn more about becoming a sponsor.

Artists!

So, who are the artists for our first Chari-Tees project? We reached out to a few friends and for such a short time-frame, we think they came up with some pretty cool designs. Following is a little information about each artist (listed alphabetically), some samples of their work, and links to where you can see and learn more. They're all seriously talented, involved in their community and were kind enough to join in Chari-Tees with us, so we ask that you remember them when you're looking for local art or hiring a local artist for upcoming projects.

Adam Peele has lived in Raleigh "[his] whole life, minus the three years I escaped." The latter of those



Adam's T-shirt design



years have been spent building his Ahpeele brand. You can see his colorful and intricate designs all over Raleigh—literally. His works include everything from paintings and murals in area restaurants

and bars to the clothing on the people in them. Adam, who started screen-printing at the age of 14, graduated from the NCSU College of Design and began his career designing packaging and promotional items for national-brand corporations in Tokyo. There he met his inspiration, Hiromi Uematsu, whom he later married. Shortly after, he moved back to Raleigh to open Ahpeele. In terms of style, Adam likes to create "plant- and nature-themed designs that look nice wrapped around a body." Adam is the official screen printer for the Chari-Tees project.

web: ahpeele.net
buy: www.ahpeele.bigcartel.com
contact: adam@ahpeele.net

>>>



Darany Samounry, a born and bred North Carolinian, always excelled at art. It wasn't until a solo trip to Seattle that she decided to actively pursue it as a career. Because she's only been cultivating her interests and honing her skills for a few years, she doesn't have a "style" of art, and instead likes to play around with different styles and see if she can master each one. (Though she does admit the majority of what she does is contemporary.) Even

though she's a novice, Darany sees art as something she wants to do permanently. As she says, "I want to share my joy and passion for it with other people." When she's not creating, Darany enjoys dining out downtown.

web: www.darany sarah.com
contact: darany.sarah@gmail.com



Keith Norval was born and raised in Harare, Zimbabwe. He attended the Savannah College of Art and Design, earning his Bachelor of Fine Arts in 2000. Since relocating to Raleigh, he has been active

in the arts community. Norval works in his studio at Artspace located in downtown Raleigh, teaches painting and printmaking at the Pullen Arts Center and summer camp at Artspace. Norval was awarded the Regional Artist Project Grant from the United Arts Council in 2003, has painted murals in York Elementary in Raleigh, and at Albany Medical Center in Albany, NY, and his art is currently displayed on Raleigh city buses as part of the Art on the Move project. His work has been shown in Columbia, MO; Vail, CO; San Diego, CA; Greensboro, NC; Miami, FL; and New York City.

web: www.keithnorval.com/keith/index.html
contact: keith@keithnorval.com



Keith's T-shirt design



Leah Palmer Preiss, a self-described "freelance illustrator, calligrapher, newbie animator, and creator and collector of oddments and curiosities," has lived in Raleigh for 21 years and enjoys it more each day.



Darany's T-shirt design

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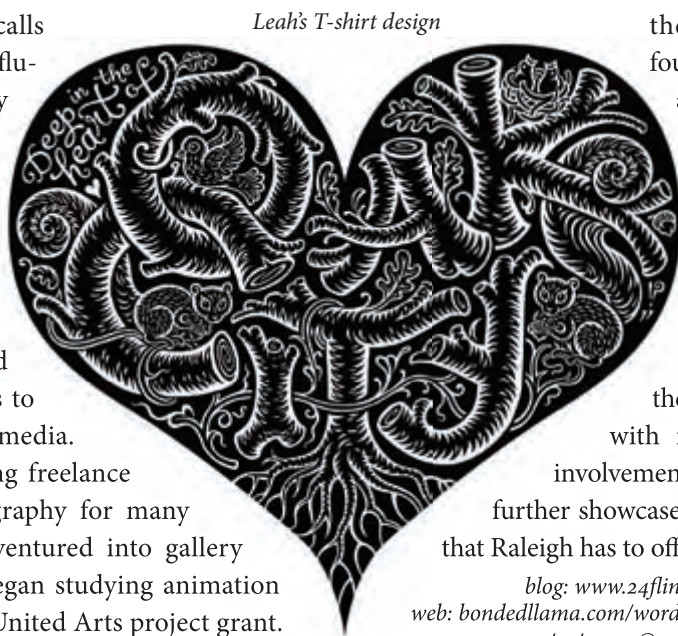
WWW.IMAXRALEIGH.ORG • 919.882.IMAX



Her work, which she calls “Curious Art,” is influenced and inspired by Flemish Renaissance painting, scientific illustrations and MAD Magazine, among other things. She usually works in acrylic over collaged antique texts but likes to experiment with new media.

While she’s been doing freelance illustrating and calligraphy for many years, she’s recently ventured into gallery work. She also just began studying animation this year, thanks to a United Arts project grant.

leahpalmerpreisscuriousart.blogspot.com (Finished art)
curiousartlab.blogspot.com (Process)
oddmnts.blogspot.com (Odd creatures on odd days)
curiousillumination.blogspot.com (Experiments in animation)



Leah's T-shirt design

the pillars that keep his foundation secure. Sean is always looking to expand and explore all forms of artistic expression. A member of the Bonded Llama studios on Capital Boulevard, Sean is always reaching out to other artists and the local art scene to help with new ideas, community involvement and co-branding to further showcase the wide array of talent that Raleigh has to offer.

blog: www.24flinching.com/word
web: bondedllama.com/wordpress/tenants/sean-kernick
contact: sean@seankernick.com

Charities

The following are charities we’ve supported through the years and the first four recipients of our Charities Tees Project. While it was hard to pare the list down to only four, we felt these are the most deserving, based on their involvement in the local community.

SafeChild SAFEchild develops relationships with families and parents to foster and promote nurturing environments for children. With the help of an accredited staff, they are able to educate individuals and families



on parenting and communication skills. SAFEchild’s programs and services are designed to break negative parenting habits, build relationship skills and educate families about community resources that are available to them. With its evolving and expanding mission, volunteers are very important. SAFEchild

has dozens of programs as well as parenting and family education classes. For more information on the programs offered by SAFEchild, visit www.safechildnc.com or call 919.743.6140.

www.safechildnc.com | 919.743.6140
864 W. Morgan Street | Raleigh, NC 27603



Helping Hand Mission The Helping Hand Mission’s goal is simple yet life-changing for many. For those who are homeless, elderly, handicapped, disabled, low income, or victims of fire, Helping Hand provides relief and support by distributing food and clothing, directing people incapable of handling their business to appropriate sources for help, training and educating the unemployed and help them to find employment and become self-sufficient.

With several strategic locations, Helping Hand is open 365 days a year. It relies on the generosity of people by receiving donated reusable items from families in Wake County and the surrounding area. The mission also provides pickup services for large items such as furniture and appliances. During the holidays, the Helping Hand Mission opens its doors to anyone without a home for a traditional dinner prepared with all the holiday trimmings, and gifts are provided for children. Volunteers stay until everyone is fed.

Aside from these services, Helping Hand also runs Operation Fan Relief, Summer Camp for Girls, Youth Enrichment for Boys, Back-to-School Assistance, After School Program, Toys for Needy Children, Weekend Meal Program for the Hungry, transitional housing for families with children, the May Day Festival, and the well-known Helping Hand Mission Marching Band.

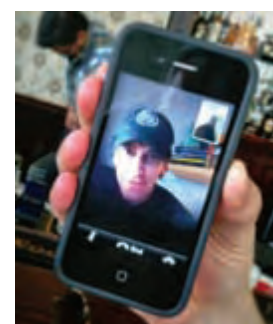
www.helpinghandmission.org | 919.829.8048
623 Rock Quarry Road | Raleigh, NC 27610

Wake County Women’s Center The Women’s Center of Wake County has addressed a unique niche for women and young children in Wake County since 1977. According to Dr. Jean Williams, Executive Director of the Women’s Center, “We serve some of the most fragile and vulnerable in our community. We are on the front lines in helping them survive. The hardest part of our work is inadequate financial resources to prevent women and children from becoming homeless and addressing increasing numbers who are no longer being served as a result of cuts to our local public human services agencies.”



In the last year, the Center assisted over 2,000 critically at-risk people and has recently seen a 20 percent increase in those seeking help. One third of the total include children, mostly under six years old. Providing basic needs services, stabilization, housing placement, and support services allows the staff to create a bridge between hopelessness and despair. The Day Shelter ensures that women and

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Paul Friedrich is a critically-acclaimed Eisner-nominated graphic novel writer and artist whose work includes the long-running Onion Head Monster. He is currently working with the Carolina Hurricanes as the NHL’s only official cartoonist on the award-winning Cup of Awesome comic and animation series. He is the



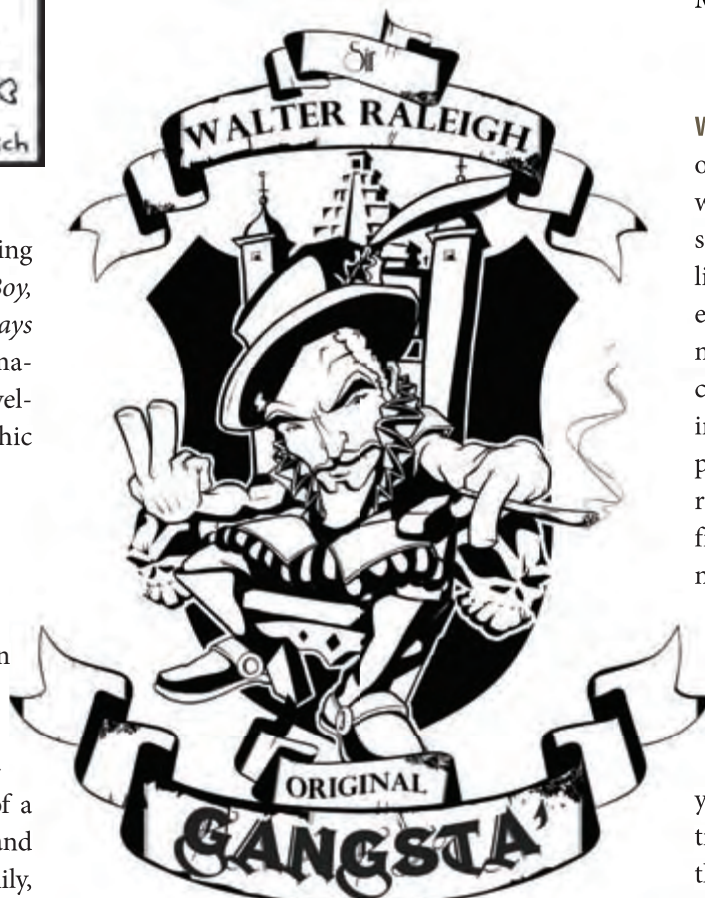
Paul's T-shirt design

author and artist of nine graphic novels, including *Don't Trust Evel Knieval*, *The Wolf Who Cried Boy*, *Hubie the Dead Cow*, *Paper Airplane* and *365 Days of Evil or Pie*. Upcoming projects include the animation series *Man V. Liver* which is currently in development and two new Onion Head Monster graphic novels, *Destroy* and *Explode*.

buy: www.etsy.com/shop/ilovepaul
web: OnionHeadMonster.com
twitter: twitter.com/allpaul
contact: paulfriedrich3@gmail.com



Sean Kernick was born in Detroit, grew up in Philly and matured in New York City. His illustration style is a hybrid of a heavy graffiti-influences and traditional characters. Family, friendship and artwork are



Sean's T-shirt design

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children have a safe place during the day where they can escape from the cold, heat, rain or other inclement weather. Furthering the call for need, these services are often a portal to other support mechanisms such as recovery readiness for substance abusers, mental health treatment and housing assistance.

www.wcwc.org | 919.829.3711
128 E Hargett St # 10 | Raleigh, NC 27601-1460

Wake County SPCA Okay, we're big animal lovers, so we had to include one non-profit that benefits our furry friends. What better recipient than the Wake County SPCA? Since 1967, the Society for the Prevention of Cruelty to Animals (SPCA) of Wake County has strived to create a more humane community for animals. Each year the SPCA helps find homes for more than 3,000 animals through its innovative adoption programs and lost and found efforts.



The guiding mission statement of the SPCA remains as relevant now as it was when it was written in 1967: To protect, shelter and promote the adoption of homeless animals; to provide education about responsible pet ownership and to reduce pet overpopulation through spay/neuter programs.

The SPCA of Wake County operates two animal shelters and each facility serves a different purpose. The SPCA is an autonomous organization and is not affiliated with or supported by any other shelters, including the ASPCA. The SPCA is not a government-run organization. The SPCA of Wake County is a private, non-profit organization that serves the pets and people of the Wake County community.

www.spcawake.org | 919.772.2326
200 Petfinder Lane | Raleigh, NC 27603

Visit our website at <https://www.raleighdowntowner.com/tshirts> for more information on how you can order your favorite Chari-Tee Project T-shirt. If your business is interested in becoming a corporate Chari-Tee sponsor, please give us a call at 919.821.9000.

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RALEIGH DOWNTOWNER MAGAZINE

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To sign up for Reader Rewards, just visit our website at www.RaleighDowntowner.com and click on the SIGN UP NOW! button. You'll be eligible to win Reader Rewards each month by signing up for our online news magazine. The Downtowner will help keep you informed about all the latest news and events happening in and around Raleigh.

This Month's Reader Rewards

- Ten \$10 gift certificates from **Sawasdee Thai** with two locations: 6204 Glenwood Avenue and 3601 Capital Boulevard. Come see why they were voted Best Thai in the Indy Awards 2007 through 2010! www.sawasdeeraleigh.com
- Four \$25 gift certificates to **Logan's Trading Company** located in Seaboard Station, your one-stop shop for garden, yard and much more. www.loganstrd.com

- Four \$25 gift certificates to **Jibarra Mexican Restaurant** in the historic Warehouse District. Traditional Mexican dishes + contemporary presentation = amazing results. www.jibarra.net
- Four free tickets to a **NC Theatre** production worth \$45 each. Upcoming shows include *Hairspray* and *Evita*. www.nctheatre.com
- Five \$20 gift certificates to **Tuscan Blu Restaurant**. Authentic Italian cuisine by Chef Maurizio Privilegi in an intimate casual setting. www.tuscanblu.com
- Ten \$10 gift certificates to **Taz's Wine, Tobacco & Gifts** at 17 E. Martin Street. Downtown's one-stop shop for wine, fresh flowers, greeting cards, fine cigars, craft beer, and much more. Open 'til midnight Thur, Fri & Sat! 919.838.9440.

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www.RaleighDowntowner.com

Theatre In The Park 2011/2012 Season!

Rediscover The Meaning of Family



Of Mice and Men

By John Steinbeck

Directed by Jesse R. Gephart

August 19-20, 25-27, Sept. 2-3, 2011 at 7:30pm

August 21, 28, Sept. 4, 2011 at 3:00pm

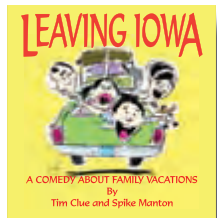
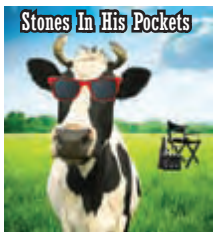
Stones In His Pockets

By Maria Jones

Directed by David Henderson

March 2-3, 8-10, 16-17, 2012 at 7:30pm

March 4, 11, 18, 2012 at 3:00pm



Leaving Iowa

By Tim Clue and Spike Manton

Directed by Ira David Wood III

April 13-14, 19-21, 27-28, 2012 at 7:30pm

April 15, 22, 29, 2012 at 3:00pm

Cat On a Hot Tin Roof

By Tennessee Williams

Directed by Ira David Wood III

June 8-9, 14-16, 22-23, 2012 at 7:30pm

June 10, 17, 24, 2012 at 3:00pm



Rediscover the true meaning of family in **Theatre In The Park's** 2011/2012 **Mainstage Season**. Four mainstage shows will make you reexamine what a true family is with some surprising results. Season Members take advantage of advance ticket sales to *A Christmas Carol*, featuring the triumphant return of **Ira David Wood III** as Scrooge!

For information visit, theatreinthepark.com or call 919-831-6058.

INTERVIEWING FOR SALES STAFF AND FALL INTERNS

The Raleigh Downtowner Magazine is searching for experienced sales people to help promote the best publication in downtown Raleigh as well as interns for the fall semester. If you're passionate about downtown and our great city, send us an email to office@raleighdowntowner.com.



RALEIGH DOWNTOWNER MAGAZINE



Sosta Café BY BRIAN ADORNETTO, FOOD EDITOR | PHOTOS BY CRASH GREGG

This month, the Downtowner visited two establishments that were suggested by our readers. Thank you for all the recommendations. We appreciate your feedback, so please keep your suggestions coming (foodie@raleighdowntowner.com).

Almost five-and-half years ago, Jerome Lauck opened Sosta Café. He had grown weary of eating breakfast at fast food chains and having only fried food options for lunch. "I was tired of the same old, same old. It was time to step away from it," Jerome says. His plan was to create a healthy, vegetarian-friendly coffee shop/luncheonette that would offer something different. He wanted the food to be fresh, tasty and simple. Jerome explains, "I really just wanted to serve what I would like to eat."



Sosta is definitely not fast food. Everything is made to order and is customizable. The omelets, artisan sandwiches and salads are made with high quality and healthy ingredients, many of which come from the State and Downtown Farmers' Markets. What's more, the dressings, sides, foccacia, and most of the pastries are made on-site. "I always try to give my customers value, consistent quality and warmth. I won't cut corners," Jerome tells us.

The soothing music, cozy décor and mellow lighting create a relaxing atmosphere for easing into a new day or for a midday respite. Sosta also provides plenty of mental stimulation: the mini chess set, witty staff and a good selection of magazines. Just be careful; it's easy to lose track of time when you're relaxing here.

DOWNTOWN RALEIGH RESTAURANT WEEK

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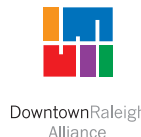
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The popular Sosta Salad (\$8.95) was loaded with tomatoes, artichokes, portabellas, and shaved parmesan which were tossed with mixed greens and a citrus-mustard vinaigrette. Topped with a sliced, grilled chicken breast, this filling salad is a hit. The Sampler



(\$8.75) included tastings of tuna salad, cous cous salad, curry chicken salad, cannellini bean salad, and chick pea salad. The tuna salad, although a bit dry for my taste, featured an enjoyable mix of peppers, onion and celery. For a different take on chicken salad, Sosta changed the components to include a tasty combination of curry, yogurt, raisins, and roasted peppers. The bean salad was herbaceous and simple. The creaminess of the cannellinis made for a very pleasant feel. The chick pea salad fit in very well with others, acting as a light, bright palate cleanser.

To go with your lunch (or breakfast), there's a wide variety of international coffees, Mighty Leaf teas, soft drinks, and smoothies. Sosta offers a special coffee of the month as well its own house blend and Illy coffees. The smoothies, new to the café, are a superb summertime treat. They are energizing and luscious. The Forbidden Fruit Smoothie was our favorite (thanks for the recommendation, Jill).

Some of the most requested sandwiches include the Riviera (\$8.25), Piedmont (\$8.45), Guido (\$8.45), and This Little

Piggy (\$7.45). All of the sandwiches came with a choice of two side salads. The Riviera was straightforward, refreshing and satisfying. Slices of tomatoes and mozzarella were layered on a crusty ciabatta roll that was smeared with a hefty dose of pesto. The Piedmont was the ultimate

Italian sandwich with its classic combination of prosciutto di Parma, tallegio cheese and arugula. This one brought me back to a rooftop picnic I had in Florence (all that was missing was the wine and mandolin player). Another of our favorites was The Guido. It consists of a heaping pile of sliced roast beef, gorgonzola cheese, caramelized onions, and arugula; it was a brilliant medley of tangy, sweet, salty, and peppery. This Little Piggy was a vegan Eastern-style BBQ sandwich. Shredded tofu braised in the spicy, vinegary BBQ sauce—that we know so well here in the South—was served on whole wheat bread. It had a slightly chewy texture and a sound sauce.

At Sosta Café, you can taste the clean, distinct flavors and quality in each dish and sense that there is thought and love behind the food. Go feel the warmth. Savor the food. Stop by Sosta. Just look for the big red umbrella out front. 🌂

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



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\$\$\$

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From the Publisher

Welcome to Volume 7, Issue 7 of *Raleigh Downtowner Magazine*. To start, I'd like to thank everyone who sent their condolences and compliments regarding my article about the passing of our *Downtowner* mascot and my family dog of 17 years, Brisco. While it was very hard to write, it was a good catharsis. (And for those of you who asked, no, my son Colton and I have not found another dog at the shelter yet. When we do, you can be sure you'll see pictures of him sprinkled throughout future issues.)



You may have noticed that in our monthly "Where it's @" picture competition, we mention new T-shirt designs on the way and talk about donating the profits of our T-shirt sales to charities. One thing we've always done with the *Downtowner* is introduce our readers to emerging artists and keep them informed on established ones. We've always been interested in art, and feel that Raleigh is a great place to see, study and find a love for it. Two years ago, we decided

to do away with our traditional holiday shopping and gift guide in November in favor of our "Nine for the Needy" issue, an annual collection of smaller charities you might not have heard of otherwise. It was a lot of work, but worth it because the issue was well-received and the non-profits and charities were well-deserved of the attention. In writing that issue, my staff and I realized just how many Triangle charities there are, and how many of those are in need of donations, be it money, goods, services or volunteers.

This is when the idea for Chari-Tees was first born. Why not combine art and charities and support both at the same time? In the time since we came up with the idea to its unveiling in this issue, we've enlisted numerous local artists to come up with T-shirt designs and made a list of charities to which 100 percent of the net proceeds will be donated.

What better place to wear your Chari-Tees shirt than to all the events we have going on during the next few weeks in downtown Raleigh? On July 29,

Bon Iver will be playing the Downtown Raleigh Amphitheatre with Raleigh-based favorites The Rosebuds. The following week, the Goo Goo Dolls will roll through on Aug. 3, followed by (love or hate her) pop star Kesha on Aug. 9. On, Aug. 5, enjoy a sensory delight at the monthly First Friday Gallery Walk. And every Wednesday until October, get outside and enjoy the fruits of local farmers' labor at the Downtown Raleigh Farmers' Market, held from 10am to 2pm in City Plaza.

We hope you enjoy reading this issue as much as we did writing it for you. As always, feel free to email the staff at thegang@raleighdowntowner.com with any questions, comments, compliments, or suggestions.

Best,

Crash

CRASH GREGG

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

Which of my photos is my favorite?
 The one I'm going to take tomorrow.
 - Imogen Cunningham

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Mount Moriah

BY WHITNEY AYRES KENERLY, MUSIC EDITOR



It's a great time to be a music lover in North Carolina. Many of our talented local musicians — immersed in southern traditions of folk, with penchants for indie rock melodies — were once just a beloved treasure of the community, are now gaining national recognition and critical acclaim. The Triangle especially is becoming famous for creating music that is both evocative and refreshingly intriguing.

No band better exemplifies this movement than folk rock darlings Mount Moriah, fronted by the petite yet magnetic Heather McEntire. She became known for her charismatic stage presence years ago with post-punk group, *Bellafea*.

Guitarist Jenks Miller joins McEntire and the duo has an innateness for crafting arrangements that provide just the right amount of beauty and support to showcase the candidness of McEntire's lyrics and folksy allure of her voice.

Their recently released self-titled album, *Mount Moriah*, keeps things honest and sparse. In the hands of lesser musicians, this approach could have been underwhelming. But with Mount Moriah, strength and emotionality radiate from even the simplest strum of the guitar to the gentle cooing of McEntire's final syllable of a gently delivered yet unapologetic confession. The last few moments of "Old Gowns" seem to swell out with a sort of warmth and sadness that define the album.

Many of the songs are about making peace with the past. When asked about writing their popular single "Lament", McEntire explains, "[It] was written several years ago actually, and initially, it was written a lot slower and a little sadder. Post break-up, I started feeling more confident and it became a pop song. And it became really powerful for me to sing those lyrics." The song has a free and easy feel about it, and an infectious pop melody. You can't help smiling as you sing along to lyrics like, "A mouthful of bees couldn't stop me from whisperin', 'I don't love you.'" It can feel devilishly empowering.

It's enlivening to hear this kind of unabashed confidence from a female singer-songwriter. Contemporary female artists seem to be limited to selling sweetness, pitiful heartache or sex. McEntire's approach to songwriting harkens back to the fierce sincerity of female music icons such as Stevie Nicks or Carol King, the latter which

McEntire cites as an influence. "I had all of her records in a really formative time for me, when I first started playing guitar," she recalls.

McEntire is certainly no stranger to lyrical assertiveness. *Bellafea's* 2007 album, *Cavalcade*, is as chaotic in its unraveling of emotion as it is centered in moments of clarity — epiphanies for either love or hate — directed toward a tangled love affair.

Mount Moriah may initially seem like an abrupt diversion from *Bellafea's* tumbling of uninhibited catharsis, but McEntire has proven capable of elevating both canvasses.

"[*Bellafea*] was really kind of anti-structured, so Mount Moriah is a neat challenge for me to write in a more traditional format, and still be unique in that format," McEntire explains. "It's a different kind of intimacy, a different kind of expression."

It seems with McEntire's musical background, a return to traditional folk influences was almost inevitable. According to her, "I grew up in the mountains and kind of came from a family of bluegrass musicians. I guess for a lack of a better phrase, it's in my blood."

It is true that in the mountains of North Carolina — where legends like Dolly Parton loom over choruses of people leisurely singing on front porches and in church pews — the structure of folk harmonies is almost inherent to those born there. McEntire confesses, "It's something that never really goes away, even though I was really shy as a child. I didn't sing, but I really took it in and listened carefully."

That influence of traditional Southern music fused with distinctive creativity is part of what defines many other artists in North Carolina, and a reason why McEntire has a strong affection for her home state. "I'm surrounded by really talented musicians who were inspired to move here or remain here in some way, or come back here, but there's always this pulse of creativity that I find really inspiring."

Local bands Bowerbirds and Megafaun make appearances on *Mount Moriah*, and *Bellafea* has previously toured with the Mountain Goats. In addition to Mount Moriah, McEntire and Miller also run their own record label, Holidays For Quince Records, with a focus on local music, in an effort that is a quintessential example of the interwoven structure of North Carolina's creative

community. It is collective in what McEntire has been highly active in for over a decade. "It's awesome to feel that community and be a part of that continuous shaping of the music and arts scene. It's really fulfilling for me," she states.



Holidays For Quince is planning to release a new Caltrop record early next year, and *Bellafea* is also back to working on a new record, but the main focus of both McEntire and Miller is Mount Moriah. Their love for the music is evident. As Mount Moriah continues to earn well-deserved praise, they are no longer just a jewel in the crown of a state that is making its mark on the course of progressive indie music, but a treasure that we are proud to share. 📍

Whitney is a lifelong writer, music lover, and North Carolinian who lives with her cat, Pimms, and publishes the Formosa blog, <http://formosa-music.blogspot.com>. Whitney can be reached for comment at whitney@raleighdowntowner.com.



CHEFPROFILE

Jake Wolf of Capital Club 16 BY MELISSA SANTOS

Most chefs say they have a family influence when it comes to food. For Jake Wolf, chef/owner of Capital Club 16, it's his paternal grandmother. "She was very food-oriented; she was really into planning dinner during lunch and the next day's lunch during dinner."

Socializing in the Wolf family always centered around the kitchen, and it was there that Jake learned to appreciate food and dabble in cooking. This interest led to a kitchen job at the Pinehurst Resort during high school and his decision to attend culinary school. After graduating, Jake

downtown, especially the big windows on the corner building beside Martin Street Music Hall."

Luckily for him — and for Raleigh — that very space became available. After seeing the inside, he and Shannon liked it even more.

"Shannon and I like the connection this building has to old Raleigh. We always wanted a building with about 65 seats, something we could run without being overwhelmed. The location is great, too. We're down the street from the Warehouse district, so on First Fridays, we get a lot of traffic from people on the Art Walk. Right around the corner we have

the Downtown Raleigh Amphitheatre, which always draws a crowd before and after the shows."

As far as the restaurant's design, the Wolfs liked the idea of creating a turn-of-the-century saloon with a Victorian flair. If a lot of the décor looks like something you'd see at your grandmother's house, that's because it is. They raided Shannon's parents' house in Southern Pines and Jake's parents' house in Pinehurst to get a lot of the items that decorate Capital Club 16.

The food is American with European influences. Jake likes the American umbrella because of the freedom it gives him menu-wise. "I can cook something from any part of the country, essentially. The American culture is a melting pot, and as a result, so is our cuisine. Our menu has everything from mac and cheese to traditional

German dishes to a full English breakfast on our brunch menu. It keeps it interesting for us as well as the customers."

Jake enjoys cooking, and you can taste that in the food he creates. It's always fresh and consistent. He tries to source locally as often as he can, but he also has a lot of fun celebrating German food holidays. Most recently, CC16 hosted a white asparagus dinner, and he's currently working on a wild mushroom variation. Although much of his menu consists of standard American fare, he likes to mix things up. Last year, he created a Game Week menu and, to counter that, followed it up with a Vegetarian Week menu.

"Game Week was a lot of fun for me. It's something I'm used to working with and was a great way to showcase all the things you can do with non-traditional meat. I'll admit that the Vegetarian Week menu was a little harder. But luckily, Shannon is a vegetarian so she helped me a lot with that."

Jake and Shannon have worked hard to create a restaurant that offers excellent food and service. The atmosphere is always inviting, so it's no surprise they've been named Best New Restaurant by the readers of both *Raleigh Downtowner Magazine* and *Independent Weekly*.

Clearly, Raleigh likes them, but how do they like Raleigh so far? "We love it. It's close to our family, which is good because they've been a big help in taking care of Johnny [the Wolfs' son]."

But it's not just the people Jake likes. He thinks Raleigh has a well-rounded restaurant scene. The way he sees it, "We've got people like William [D'Auvray] and Ashley [Christensen] who are doing these great concept places, but executing them in an innovative way. Then within the same two-block radius we've got Mecca and Clyde Cooper's who have been doing the same Southern-style menu for decades, and they're successful. They've set the standard for people who want to come in and open up their own place. People are expecting a certain level, and I like that it keeps pushing those who are already established and those who are new to deliver excellence."

While Jake admits owning a mom-and-pop restaurant keeps him and Shannon busy, he does make it a point to visit other establishments. "Our last date night was at Fai Thai [now closed], which we really enjoyed because it's completely different than the food we serve here. We also like Hayes Barton Café for lunch." Any time off they do have is spent visiting Jake and Shannon's families and playing with their son. Jake, an avid skateboarder, has passed that interest along to Johnny. "It's really funny. Whenever we take him off the board, he does one of two things: cries or grabs the board and hugs it to his chest."

When asked if he was going to pass along his love of food to Johnny as well, Jake laughs. "Don't worry, as soon as he's old enough, he'll be peeling potatoes and learning to make his grandmother's sausage gravy."

Learn more about Jake, Shannon and Capital Club 16 at www.capitalclub16.com.

Melissa can be reached for comment at melissa@raleighdowntowner.com.



worked in kitchens as close as Atlanta, GA, and as far away as Germany. Prior to opening Capital Club 16 with his wife Shannon, he worked at a Bavarian restaurant in New York City.

Jake was initially introduced to Raleigh when his Uncle David opened the Roly Poly on Blount Street in 1997. He would visit him, but it wasn't until a show at what was then Martin Street Music Hall (now Kings) that he first felt the energy Raleigh had to offer.

"I remember we came to a Birds of Avalon show and parked around the block from the venue. It was pouring rain so we didn't really get a chance to explore, but I remember really loving the old buildings

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Foodies, mark your calendars—the third annual Downtown Raleigh Restaurant Week is fast approaching. Starting on Monday, Aug. 22 through Sunday, Aug. 28, residents can enjoy three course prix-fix menus for \$20 or \$30 per person, depending on the venue.

Every year the event gets better, and 2011 is no exception. Aside from these bargain menus, some restaurants will also be offering beer and wine pairings for each course for an additional \$10 per person. Tanya Andrusic, Office Manager of Solas Dine, Lounge and Roof says, “As a charter Downtown Raleigh Restaurant Week participant, we have been delighted to see the

growth of this event in terms of number of participating restaurants and number of diners supporting the downtown local, independent food and beverage scene. Solas is particularly excited about the optional wine pairings to be offered with each course this year, as this is something we have done with tasting menus in the past with great success!”

In addition to Solas, participants include



everyone from established restaurants like Second Empire and 18 Seaboard to recently opened ones such as Samad Hachby’s Babylon and Maurizio Privilegi’s Tuscan Blu. Whether you crave Lebanese or Turkish food, sushi or tacos, downtown Raleigh has something delicious to offer. And at these price points, you can easily satisfy all those cravings in one week. And if you’re still unsure where to eat, head to the Raleigh Downtown Farmers’ Market on Wednesday, Aug. 24; restaurants will be offering bite-sized samples from their menu.

Downtown Raleigh Restaurant Week is a great opportunity to enjoy your favorite restaurants at a lower price point and to try out new ones. With the added-on drink pairings (wine or beer), it’s also a great chance to learn about beer and wine, as well.

For more information and a list of participating venues, visit www.DineDowntownRaleigh.com.

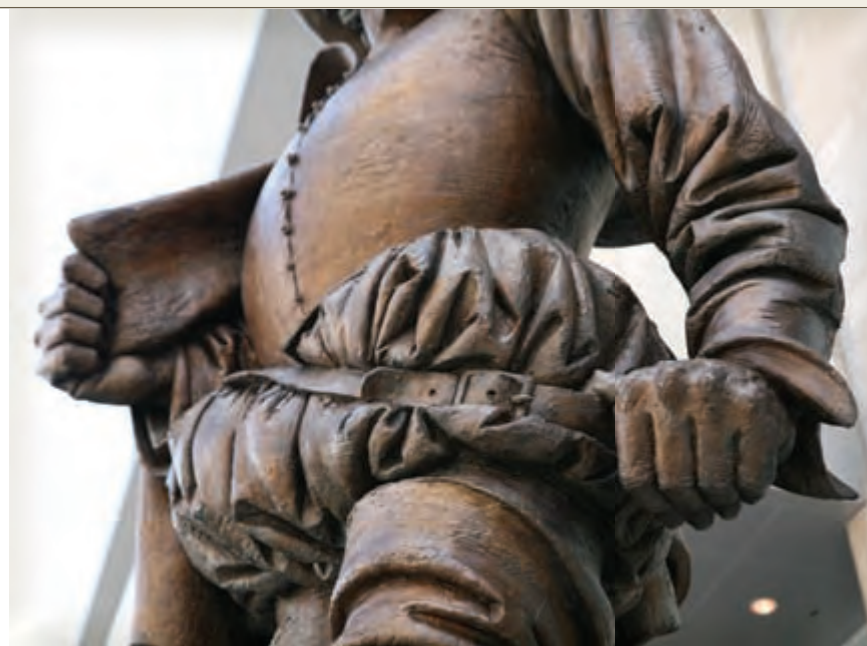
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Where’s it @?



Do you know where this photo was taken? Then send us an email to where@raleigh-downtowner.com with the subject “Where’s it @” by the 15th of next month and you might win a Downtowner T-shirt. We’ll select a random winner from the correct answers. (Correct 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 \$15 and \$7.50 of each shirt going to local charities. Cool shirts for a good cause. What could be better?



<<<

Congratulations to **John Viradona** who correctly identified last month’s photo as the plunging, folded external fin roof of the new Contemporary Art Museum (CAM) located at 409 W Martin Street (www.camraleigh.org). Stop by and check out Dan Steinhilber’s *Hold On, Loosely*, on exhibit until August 22.

Congrats to some of our other Downtowner Readers for telling us Where’s it @: Kate Van Gilder, Weaver Moses, Chris Johnson, and Sara Gisler.



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Cast of Hot Summer Nights recent 39 Steps (great show!)

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GoTriangle.org put out a call to local commuters to capture their ride or walk to work or school for a chance to be featured as a SmartCommuter. Contestants submitted photos to the GoTriangle Flickr account and from those three prize winners were chosen. The Downtowner Magazine is showcasing the winners here with our congratulations. Thanks to everyone who picked up their camera and pictured themselves in a new commute. To see all of the photos, visit www.flickr.com/groups/smartcommute. Good luck to the participants in next year's SmartCommuter Challenge! For more information visit www.GoTriangle.org



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DJ Spclgst spinning at the Kings Barcade Discovery Dance Party (photo by Mitch Loeber)



Hot Summer Nights at the Kennedy producers Adam Twiss and Hilary Russo at the sponsors party



You never know who might show up at Amra's Tuesday Night Karaoke party (Ira David Wood IV)



Val, Nancy & Frankie at Amra's Latin dance night



Dancers at one of Jibarra's International Festival parties



Ashley at Brooklyn Heights' outside patio



One of the many fancy rides at this year's annual Kirby Derby (photo Andrew Callahan)



Bella Mia

BY BRIAN ADORNETTO, FOOD EDITOR | PHOTOS BY CRASH GREGG



For our first dining review outside Raleigh city limits we visited Bella Mia, just a couple of minutes from exit 287 (Harrison Ave.) on I-40. Bella Mia is a family-run pizzeria featuring Neapolitan-style pizza that boasts the Triangle's first coal and wood burning ovens.

During a trip to see his son Anthony, then a student at UNC Chapel Hill, Rick Guerra realized the Triangle was where he wanted to be and began making plans to move his family here to open a father and sons pizzeria. Prior to that both of his sons, (Louis, a graduate of NYU, and Anthony) were working at a brick oven pizzeria in New York City. While there, they learned the traditional Italian method and how to tame the wood and coal burning ovens.

Those of you unfamiliar with coal and wood fired brick oven pizza may be thinking, "What's the big deal?" With coal and wood embers in full blaze, these special ovens can reach temperatures of 900 degrees, as opposed to 500 in regular ovens. This allows pizza to cook in about three minutes which produces the light, airy bubbles in the ends of the slightly charred crust and the crisp bottoms — trademarks of Neapolitan pizza.

The ovens can also be used to roast meat, vegetables and poultry with delicious results and it's a shame that Bella Mia doesn't feature any of these on their menu aside from a mixed veggie dish.

In addition to the crust, traditional Neapolitan pizzas also have simple, fresh toppings, a light thin



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layer of marinara and a scant sprinkle of high quality cheese. For Bella Mia's menu, Rick imports flour from Italy, fresh mozzarella from Brooklyn and visits the NC farmers' market four times a week for produce. The boys roast the vegetables and make fresh sauce daily. The grass-fed meat in their hand-rolled meatballs comes from Rare Earth Farms in Zebulon.

The interior of Bella Mia is comfortable yet contemporary; the bar area and dining room are dressed in dark wood and gentle terra cotta colors. The long bar has several high top tables, flat screen TVs and an excellent selection of microbrews. Natural light and an intoxicating aroma of burning wood, charring herbs and fresh bread from the kitchen fill the spacious dining room. From anywhere in the restaurant, you have a full view of the kitchen where the brothers and their cooks make dough, tend the ovens, dress the pizzas, make salads, and prepare the vegetables. I'd like to add that our service was quick, attentive and very friendly, which made the evening effortless and more enjoyable.

You can taste the quality and the pizzas we sampled — named after streets in New York City — were all good. The



Broadway (\$17) and the Delancy Street (\$14) showcase the charred wood flavor and chewy, airy crust. The sauce and toppings worked very well together and paid

proper respect to the Neapolitan tradition, although I would have preferred a more even distribution to create a consistent flavor and texture.

The Oven Roasted Chicken Wings (\$8 for a small plate, \$15 for a large) were fabulous. After the chicken is marinated in extra virgin olive oil, salt, rosemary, and thyme, it's then roasted in the pizza oven and topped with caramelized onions. The wings were meaty, moist and charred; a welcome change from the sloppy, greasy Buffalo version you usually find in most pizza joints.

The standards and preparation at Bella Mia are higher than any I've seen in the Triangle. Bella Mia shows a lot of promise and is on the right track in creating some of the best pies in the area. 🍕

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



Bella Mia

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\$\$\$

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Good for Groups: Yes
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Parking: Private parking lot



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Friday 7/29 Soul Psychedelique	Thursday 8/11 Jo Gore & the Alternatives	Saturday 8/20 The Lawn Darts
Saturday 7/30 Scarlet	Friday 8/12 Scarlet	Thursday 8/25 Sleep Control
Thursday 8/4 Nick Driver	Saturday 8/13 Trainwreck	Friday 8/26 Soul Psychedelique
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1 QUESTIONS

with Marvin Malecha

INTERVIEWED BY CRASH GREGG | TRANSCRIBED BY ASHLEY FAHEY

Marvin Malecha, Dean of the NCSU College of Design and Professor of Architecture, was born and raised in a small town in Minnesota. He earned a Bachelor of Architecture from the University of Minnesota and received his Master of Architecture from Harvard University. He first arrived in Raleigh in 1994 as the Dean of the College of Design and in the years since, Marvin has been awarded countless awards and accolades and has written numerous books on architecture and design. Marvin has two children. His daughter studied architecture at the University of Illinois and is an intern architect in Chicago. His son, who finished a design degree at UCLA, runs the e-commerce site for Fox.



1 Tell us a little about your personal and professional background. I was born in Minnesota where my father ran a gas station, so I grew up pumping gas and changing oil on cars. Neither my mother nor father went to college, but both were passionate about getting their kids to go. When I first started, I took architectural history at my first college, St. Thomas—an all-mens Catholic school—and decided to take a drawing class at the nearby women’s college. There, my “liking to draw” turned into “loving to draw” and my interest in architecture grew after taking a course from a nun who was passionate about modern architecture.

After Harvard, I worked for a corporate office in Boston and thought I was going to do corporate work the rest of my career. I also wanted to live on the West Coast, but it was the ’70s and the economy was bad, so instead of designing, I decided to teach until I found the “right job.” I ended up finding two “right jobs”; one was an offer to go to work in Rome for a firm, the other was to go work for a corporate office in Los Angeles. But at that very same moment, I was offered the head of the Department of Architecture where I was teaching. So I called my old mentor and on his advice, I became the department head. Three years later, I became a dean. I was the youngest dean in the United States at that time.

2 How did you wind up at NC State? I wanted to go back into corporate design so I announced

my resignation as dean, and lo and behold, NCSU was looking for a dean at the same time. NCSU had had a tremendous reputation in its early days, so I decided if I was going to stay in higher education, I wanted to go someplace where excellence was the goal. The most impressive thing for me here was the students. These kids impressed me as being every bit as passionate and gung ho about education as I was.

3 What are some of your favorite memories while at Harvard? There were two professors I remember fondly. One was a Jewish architecture from Poland who had been in a concentration camp. He would push you to think deeply about things, but it always felt like he was your partner. He did this with this intense humanity about him and I learned from him that teaching is about the human stuff. The second was an architect for the Boston City Hall. He taught me that the greatest building can only be as great as the detail.

4 If you had chosen another career, what would it have been? I never questioned why I made the choice of becoming an architect. I’m in the enviable place of having chosen a career that every day makes me happy I chose it.

5 What one building or structure exemplifies your idea of the style? The Pantheon in Rome.

I think Thomas Jefferson would have picked the same. It’s a timeless building. I’m a modernist; my roots of how I approach things are modernist. The Pantheon was a high-tech building for its time. It’s almost an obvious answer, so many people would say it, but it’s mine, too.

6 Do you have a favorite building in or around downtown? I like the architecture of Raleigh Memorial Auditorium, which has been redone. It’s a new project and I think they did a sensible job of it. The state Capitol is a great building, with good proportions, and it has a nice quality about it.

7 Are there any cities you’d like to see Raleigh emulate? I love the city of Prague, but if we want Raleigh to become more like Prague, we’d need a thousand years. Portland and San Diego are cities that should be looked at for Raleigh. San Diego is developing trolleys, shopping centers and housing in its downtown. Portland is more similar and also has a wonderful trolley system, downtown housing and shopping. I think those are two cities that are within easy reach of downtown Raleigh.

8 Have you seen any features you’d like in other downtowns that we currently don’t have? To me, the biggest thing we’re lacking is a pedestrian environment. I think Raleigh has made some great strides in the last decade or so. It means bringing more things like the Contemporary Art Museum, the Convention Center and the Performing Arts Center. It also means more restaurants, more sidewalk café activity, which is wonderful because you can stop, pause, have a drink, see people you know. We’re starting to have some of that in Raleigh, but we need more of it.

9 What’s your favorite comfort or indulgent food? I love vodka martinis and oysters. When I get together with my kids, we eat oysters and drink vodka martinis, and those are my true indulgences.

10 Do you have any favorite movies you’d watch over and over again? I love baseball, so I’d say *The Natural*. It’s a wonderful movie. 🍷

Local Artist Wins



Voluntourism Contest

BY MELISSA SANTOS

Local artist Georges Le Chevallier was recently selected as one of the four grand-prize winners for Travelocity's Travel for Good® program. For this voluntourism contest, Travelocity sought out the most inspiring stories of service from a pool of online video submissions and then awarded the top four a \$5,000 grant. The grants will enable these deserving Americans to take a volunteer vacation and give back in a new corner of the world. The winners will travel to Ghana and Tanzania to help create lasting change with their own two hands.

Georges Le Chevallier, who comes from a family of artists, was born in in Garges-les-Gonnesse, Sarcelle, a suburb of Paris in France. Shortly

has curated many successful art exhibitions.

Georges Le Chavallier is currently a resident of Garner and works as a professor at The Living Arts College in Raleigh. Georges is the co-founder of Artists Unite for Haiti, an organization that

brings together artists from around the world. They donate unframed works on paper in multiple mediums and sell them for \$25 on a first-come, first-served basis. The artists only sign the back of the work; therefore remaining anonymous to guests of the exhibition until after the sale of

the work. All of the proceeds from the sales are then donated directly to Mercy Corps and designated to the immediate relief of the Haitian people.

This year he will be traveling to Tanzania with Cross-Cultural Solutions to volunteer on education, health, and social services initiatives in the community, thanks to his Travelocity Travel for Good Voluntourism Grant.

“Georges became one of the Top 25 Finalists by rallying his network to vote for him. Then a team of Travelocity judges selected his video as one of the four grand-prize grant winners. The judges were inspired by his work with low-income youth, teaching them

how to paint vibrant murals and his deep desire to donate his time in Tanzania,” says Alison Presley, manager of Travelocity’s Travel for Good.

While in Tanzania, Georges plans to teach art and create a mural with children in orphanages and schools. He also wants to teach the children about photography, so he’s bringing cameras he can give the children, allowing them the opportunity to take their own pictures. The photographs created by the Tanzanian youths will be printed and exhibited at a Raleigh art exhibition sometime next spring, and the money raised from the show will be sent back to



help the children’s school or orphanages.

This project, however, will require a lot of cameras. Georges is gladly accepting donations, “If you have any old digital cameras, please donate them; they would be great for this project and I and

the children would extremely appreciate it.” Readers can email cameras@raleighdowntowner.com to arrange for camera or monetary donations.

Other winners include Tiffany Schivley from Kailua-Kona, Hawaii; Jessica Garlock from Honolulu, Hawaii; and Jeff Garkow from Littleton, Colorado. Schivley has been working in Hawaii with Teach for America, and will be headed to Ho, Ghana, with GlobeAware to volunteer in the local community and at the area orphanage. Garlock will be traveling to Tanzania with Cross-Cultural Solutions to volunteer on education, health and social services initiatives in the community. She is currently pursuing a PhD in Social Welfare at the University of Hawaii. Garkow, a teacher from Colorado, spent last winter volunteering in Kenya. This year he will be volunteering in Tanzania with Cross-Cultural Solutions.

Travelocity will be accepting the next round of applications for its voluntourism grants contest July 1 through September 30. An additional four \$5,000 voluntourism grants will be awarded when the contest closes on December 31.

To view Georges’ winning submission, visit www.volunteerjournals.com/volunteer-travel-grants/entries/send-visual-artist-teach-art-tanzania or his website, glcart.com/home.html.

More information on the Travelocity volunteer grants and detailed instructions for entering are available at www.travelocity.com/TravelForGood/voluntourism.html and www.volunteerjournals.com.

Website: glcart.com

Facebook: www.facebook.com/pages/Georges-Le-Chevallier-Art

Twitter: twitter.com/glcart
Tumblr blog: backofthe-house.tumblr.com/

YouTube: www.youtube.com/user/glcARTcom

Melissa can be reached for comment at melissa@raleighdowntowner.com.



after he was born, his family moved to Puerto Rico, where he lived for 13 years before they moved again, this time to El Segundo, California.

After traveling around the globe, he moved to Madrid, Spain, where he studied painting at the Academia de Bellas Artes de San Fernando. From there, he went on to receive his BFA degree in Drawing and Painting from California State University in Long Beach, and his MFA degree in Painting from Hunter College in New York City. Georges first moved to North Carolina in 2000. Since then, he’s made a name for himself through his paintings, photographic works, and public art installations—all of which have been exhibited extensively nationally and internationally in distinguished galleries and museums. In addition to creating art, Le Chevallier also has over ten years of teaching experience at the university level and



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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: With the temperature already in the high 90s, I would like to know what the recommended SPF protection is for sunscreen. Also, what is the difference between sunscreen and sun block?

A: Sun Protection Factor or SPF is the measure of effectiveness of a sunscreen against the sun's UV-A and UV-B rays. The higher the SPF, the more protection against UV-A rays (the ultraviolet radiation that causes long term skin damage), and UV-B rays (the ultraviolet radiation that causes sun burn). Most sunscreens absorb ultraviolet light with ingredients such as oxybenzone, or reflect ultraviolet light with ingredients such as titanium dioxide or zinc oxide. Sun block is also called physical block and is usually white in color that stays visible on the skin. I recommend using a sunscreen with SPF of 30 or more, and reapplying at least every two hours when out in the sun.

The Food and Drug Administration recently announced changes to the rules governing sunscreen labeling:

1) Sunscreens that absorb both UV-A and UV-B rays will be labeled "broad spectrum", 2) Sunscreens can no longer claim to be "waterproof," "sweat proof" or "sunblock", 3) The use of "water-resistant" on the bottle will need clarification as to whether it will last a half hour vs. an hour, 4) Lotions with SPFs of 14 or lower can only claim to help prevent sunburn, and not claim to prevent skin cancer or premature aging, 5) Still debatable is whether or not sunscreens with an SPF of higher than 50 give additional protection.

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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The Curatory

RALEIGH DENIM RETAIL STORE BY MEGAN FRENCH

In most denim factories, the pockets of jeans are cut by a laser and sewn on in less than 11 seconds. At the Raleigh Denim workshop, a sewer carefully cuts, stitches and irons the pockets onto each pair, completing the process in about 20 minutes. This craftsmanship and detail is what grabbed the attention of Barneys New York three years ago and helped launch the brand's success. In September 2010, the company opened The Raleigh Denim Workshop and the Curatory, its flagship store and factory combined into a single space. It provides customers with the unique opportunity to see their jeans being made and buy garments right off the sewing machine.



Sarah and Victor Lytvinenko, spouses and co-founders of Raleigh Denim, both graduated from North Carolina State University and started designing jeans from their home before moving to a small space downtown. The company continued to grow and expand after its first big order of 114 pieces for Barneys, and now Raleigh Denim is sold at a handful of high-end retailers nationally alongside brands such as Citizens of Humanity and Rag & Bone. The jeans have been featured in magazines such as *Nylon*, *Elle* and *Sports Illustrated*.

Last year, the Lytvinenkos upgraded to a larger space when they opened the Raleigh Denim Workshop and the Curatory at 319 West Martin St. in downtown Raleigh's Warehouse District. The boutique is urban and uniquely decorated with the ceiling covered in formations of paper airplanes. A lengthy window stretches along one of the walls, creating an intimate setting and allowing customers to see what's going on behind the scenes in the workshop. The factory employs six sewers who each make five pairs of jeans a day. Although the brand has expanded, the Lytvinenkos still design all the clothing, individually train each sewer and work on the production. They personally sign the inside pocket of each pair and sew the jeans in small, numbered batches to ensure high-quality products.

Every piece of Raleigh Denim clothing is hand-sewn on machines from the 1920s or 1940s that were salvaged from the old Levi Strauss & Co. factories. The usage counter on one piece of equipment shows that it has punched buttonholes for millions of jeans. The store is rich in history and emphasizes the creative and productive side of Raleigh. It is also a reminder of the textile industry that was formerly located in North Carolina but has now been outsourced abroad.

The Raleigh Denim team opened the Curatory as an outlet for selling their own all-American products and to support other designers with similar values. There are many heritage brands such as Sapone Alla Mandorla, which produces its beauty products using techniques from the 19th century. Another line you'll find at the shop is Hollander & Lexer, which makes shirts in the endangered garment shops in Brooklyn, NY, to help keep them alive. "The clothing may be more expensive, but you're putting your money where it counts and empowering people," says John Webb, the Curatory sales manager who played a large part in the shop's startup. "The other brands we have in store have the same amount of integrity and craftsmanship, and they pay attention to the source of raw materials."

Supporting the local economy and sustainability are two of the most important company goals. All of the raw materials can be found within a 65-mile radius of Raleigh. The denim, for example, comes from Greensboro, which is not only convenient for fast deliveries, but it also leaves a low carbon footprint.



The jeans come in a wide variety of washes from classic denim to indigo, and the prices generally range from \$240–\$325. They are made in mostly traditional fits such as straight leg, skinny leg and boot-cut in order to fit any body type or lifestyle. "We don't do anything too extreme," Webb said. "There's nothing really slouchy, tight, low or high. It's the workmanship." The men's line also includes shirts and ties, and belts cut by the brand's private leather-maker. In mid-July, Raleigh Denim is planning to launch a women's collection of shirts and jackets and produce hand-knitted sweaters for the fall.



If customers come in and purchase a pair of jeans, they can have them tailored in five minutes. The Curatory owns three rare union special hemmers to quickly and easily hem the bottoms of jeans. There are only about 20 of these machines left in the world, and Webb calls them the holy grails of sewing.

The Lytvinenkos and Webb chose the downtown location because they wanted to be a part of the revitalization of Raleigh and work in a creative neighborhood with nearby museums and restaurants. They purposely steered clear of major shopping areas like Cameron Village and North Hills because of their distinct mentality on how clothes should be produced and sold. The Curatory is active in the downtown community and has shown clothing on the runway at local shows such as FashionSPARK. On the first Friday of each month, the store tries to partner with a local business to host a gathering, such as a catered shopping event.

Webb says in the future they may look into opening more stores, but they do plan to avoid online shopping. "We want people to come in and see it for themselves and the other lines are similar situations," he said. "We want human contact, not to just be a package on your doorstep. When you see the face of the person who makes your clothing and see them handle your garments, it makes you treasure and appreciate the value. It makes it more real."

The Curatory is open Tuesday-Sunday from 12pm to 6pm and can be reached at 919.917.8969. Visit their website at www.thecuratory.com or follow @RaleighDenim on Twitter. 📍

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WINESPEAK: SWEET, DUDE!

BY JEFF BRAMWELL



In talking about wine, there's no bigger troublemaker than the word "sweet." It can carry different meanings, depending on the context. In the most literal form, a wine that is sweet contains residual sugar (measured in grams per liter) that was not converted into alcohol during fermentation. It's virtually impossible to ferment every bit of sugar out of wine, but generally speaking, a wine with fewer than ten grams of sugar per liter is considered to be a very dry wine.

So the "sweet" discussion is simple enough when we're talking about flat-out sweet wines. The real question is how sweet the wine is: a just-barely sweet wine is referred to as off-dry while one that is unpleasantly and excessively sweet is referred to as cloying. A lot of mass-market wines will leave just a bit of residual sugar in the wine as it can help mask some undesirable qualities such as bitterness or under-ripe fruit.

What gets tricky is talking about wines that are technically dry, but can come across as sweet in other ways. Wines that are made from ultra-ripe grapes can easily fall into this category, as the two sweetness-balancing qualities in a wine — acid and tannin (the astringent, mouth-drying quality found in red wines) — decrease as the grape ripens. The exuberant fruit-forward nature of these wines can cause even the most seasoned wine drinker to think it conveys some sweetness. Oak influence can also impart aromas and flavors that can make a dry wine seem sweet. Oak barrels are charred over an open flame, creating varying levels of "toast." The vanilla, coconut, caramel, coffee, and chocolate aromas that can result from this process will be absorbed into the wine as it ages, and tend to imply sweetness without contributing any actual sugar content to the wine.

There's a common misconception that all sweet wines are bad. Granted, there are plenty of bad ones out there, but you shouldn't let those wines ruin the entire category. Many of those sub-standard examples are made with inferior quality grapes, and there's no way to make a great wine out of bad fruit. But assuming the grapes are of good quality, the real key is acidity. When

a wine has enough acidity, it can make even the sweetest of dessert wines taste perfectly balanced, despite the fact that those wines are capable of containing incredibly high levels of residual sugar.

German Rieslings are the usual starting point for discovering high-quality wines at varying levels of sweetness. Those that bear the term "kabinett" on their labels tend to be made in the off-dry style, with perceptible but far from overbearing sweetness. Those labeled as "auslese" or "spatlese" will have more overt sweetness, but, assuming the wine is well-made, the acidity will keep the wine feeling light and lively on the palate and result in a fresh finish that will leave drinkers wanting more.



These wines have famously successful matches with spicy Asian dishes, but are also great with pork chops, grilled sausages or spicy shrimp tacos.

As great as those Rieslings can be, they're not the only sweet wines that are worth investigating. Lightly-sparkling Moscato d'Asti from the Piedmont region of Italy is a perfect mid-summer sipper. They're low in alcohol and refreshingly effervescent, and the moderate sweetness can play very well

with barbecue and other foods that are typically tough on wine. Chenin Blanc-based wines from the region of Vouvray and Montlouis in France's Loire Valley come in a range of styles, from bone-dry to super-sweet. Those that are on the dry to lightly sweet side can match well with fried chicken, white-fleshed fish and most salads.

August is an especially good time to check out any or all of these wines, but when the weather starts to cool off, you can start enjoying a greater number of dessert wines that will provide the ultimate proof of the excellence of sweet wine. I'll revisit the topic this fall with some recommendations for some of the world's great dessert wines.

Jeff Bramwell is a co-owner of The Raleigh Wine Shop (along with fellow wine industry veterans Seth Hoffman and Ryan Fulkerson), located at 126 Glenwood Ave, across Jones St. from 518 West. He is also the author of the recently released cookbook VinoBurger, which combines wine country-inspired recipes for gourmet burgers with wine education. Check out VinoBurger.com for more details or drop Jeff a line at Jeff@TheRaleighWineShop.com.

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ARTISTPROFILE

Jennifer Partridge **Creator, innovator and mother** BY ASHLEY FAHEY

In Jennifer Partridge's world, art is not about looking at a painting in a museum, talking in hushed voices and not touching. Art is something to get your hands on and interact with in a playful way.



"Art in my youth was fun. It was something you got your hands into. It was something you were very, very interactive with," says Jennifer. "If you drop a piece, that's kind of how life is. Things break. I'd rather people play with my art and it accidentally get broken than for it to sit on a wall."

Her philosophy led to the idea of creating interchangeable pieces, making a puzzle-like game out of her artwork. Jennifer starts with one picture made out of moveable pieces of tiles. The tiles allow people to

move, change and rearrange all of the pieces until a new picture is made. Jennifer says her art is all about interaction — not simply how people interact with her art, but how people interact with one another in order to figure out the second picture.

"My interchangeable pieces almost require people to talk to each other. It's like a psychological experiment, to see who talks to whom," she says.

Jennifer's first interchangeable piece took seven months, equating to hundreds of hours planning, designing, creating, painting, and playing with her artwork. In the end, 80 pieces were created, which made an abstract picture of her son. Once the pieces were rearranged, they formed a picture of a crossword puzzle.

She says one of the most rewarding parts of being an artist is the experiences she goes through in order to reach a final product. With the interchangeable piece, Jennifer wanted to prove to herself that she could plan something big and see it

through to fruition. It was the whole experience of being up at 4 o'clock in the morning, painting at her kitchen table, that made the project well-worth it and rewarding in the end.

In Jennifer's other projects, her experiences have been the most important part of the artistic process as well. She created a tree made out of plumber's foam, which gave it a unique texture. In just a month's time, Jennifer had completed a life-sized tree. Recently, though, the limbs have fallen off and there are some elements about the tree Jennifer would like to change, now that she has been able to step back and look at it.

"Another important part of being an artist is recognizing that just because something falls apart, it isn't broken. It is yet another opportunity for creativity. All the limbs fell off, so how can I change this? How can I make it so the limbs don't fall off?"

A little bit of creative thought led Jennifer to the idea of tethering the limbs together with a



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spider web, which would support the limbs in a visually pleasing and one-of-a-kind way.

Having no previous examples for her artwork, Jennifer has to plan carefully and accept that failure or setbacks are bound to happen along the way, always asking herself, "You don't have to want to, but are you willing to do it?"

And Jennifer always finds herself willing, even in her busy double life as a mom and an artist. Being a mother to a four-year-old is busy enough, but Jennifer manages to tackle her art projects and spend eight hours a week at her Bonded Llama studio in addition to her full-time job as a mom.

"I am home with my son but I go to my art studio and this is very important. Everybody in my family knows it's important and they've been very supportive," says Jennifer.

Since her interchangeable pieces take a lot of time, money and dedication, Jennifer also works on smaller side projects. Recently, she has been



Going to Pieces (phase 2)

making jewelry and photographic gems, which she hopes to sell in an Etsy.com shop in the future.

In addition to being an artist, Jennifer is a passionate photographer and goes everywhere with her camera. Some of her biggest inspirations are found in the places she goes, and capturing these inspirations on camera is crucial.

"I like to take a photograph of something really close up, so people have to question what it actually is. When you put it in the right frame, you can't tell what it is. A lot of my inspiration is drawn from looking at something in a different way," says Jennifer.

Jennifer has been living in Raleigh since she began attending N.C. State University in 1996 for Biomedical Engineering. She wound up graduating with a degree in communications media. Jennifer didn't begin pursuing art until she was 23, along with her interest in photography. She opened her studio at the Bonded Llama two and a half years ago and has been working and showcasing there ever

since. She hopes to expand and showcase in more places in the future, but for now, she is content with creating and learning.

"I don't want 15 minutes of fame. I'm working towards making my mark in a way that is



Viewers interacting with Jennifer's rearrangeable painting My Hope: A Turtle in the Sun

lasting. I want to pass it on to my son, and prove that patience and working hard for something are good things."

You can view some of Jennifer's artwork at www.bondedllama.com/wordpress/tenants/jennifer-partridge.

Ashley can be reached for comment at ashley@raleighdowntowner.com.

FROM OUR READERS

At the *Downtowner*, we get a LOT of emails, close to 400 a day or 12,000 a month. That's a lot of electronic data we 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 every month and they're what keep 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 the coming year and we look forward to sharing them with you.

"Great coverage of what's happening downtown." JOYCE, RALEIGH

"My boyfriend and I love it! We really loved the Downtown Dogs issue." TIFFANY, RALEIGH

"I like the personal touch in the articles." STEVE, CARY

"I've been living downtown for a year and [enjoy reading the *Downtowner*]. It's the best source of information on what is happening in our city." DIANE, RALEIGH

"Good articles, stuff you wouldn't find anywhere else." CHANDLER, DURHAM

"Love the selection of articles that reflect different aspects of downtown living." MANUEL, RALEIGH

"It always has a lot of informative news of the great city Raleigh. The pictures are always so very 'in-the-moment.'" ROSE, RALEIGH

"Great alternative to the *Independent* that focuses specifically on downtown Raleigh!" MARANDA, RALEIGH

"Love it! I use it to visit so many new places to eat and be entertained. Thanks!" VERNITA, CLAYTON

"Living in the burbs, I love getting updates about downtown through your paper." TODD, APEX

"Love it, always gives us new restaurants to try and activities to participate in." JESSICA, RALEIGH

"I like to leaf through the magazine and find cool stuff to invite/take my friends and family to. They are always impressed and want to know how I find all the hidden treasures. Thanks to my secret weapon." CLIFTON, CARY

"Awesome insights into all of the comings and goings downtown." ANDY, RALEIGH

"This is a great magazine. I love being downtown and supporting the restaurants, museums and many art festivities. I like to know what is going on every week in Raleigh, so this is a great way to be informed. Thank you for making this possible!" SYLVIA, RALEIGH

"Good coverage of various restaurants and events with some history thrown in the mix." TONY, RALEIGH

"I'm new to the area and find this magazine for helpful in finding out what happening and where to go in the Raleigh area." PAULA, CLAYTON

"We enjoyed picking it up for the first time. Thank you for helping our North Carolina Symphony. We are volunteers for them. They do so much for the state of NC. We also enjoy reading about local history and restaurants. The reminders about events coming up are great to have, so that you can put them right on your calendar. Thanks so much!" MIKE AND GINNY, RALEIGH

"Great graphics and photos, fun to read, very informative." JANE, CARY

"I enjoy the *Downtowner*. I have gone to restaurants and events highlighted in articles. We use it for guidance for food!" SALLY, RALEIGH

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DOWNTOWN SNAPSHOT

From the Downtown Raleigh Alliance



DAVID DIAZ
President and CEO
Downtown Raleigh Alliance
www.YouRHere.com

Dear Reader,
Mark your calendar for the Third Annual Downtown Raleigh Restaurant Week scheduled for Monday, August 22-Sunday, August 28. This popular event has now expanded to also feature beer and wine pairings at select venues, for an additional \$10. As always, participating restaurants will offer three-course prix fixe dinners for \$20 or \$30 per person, depending on the venue.

Check out the Restaurant Week website, www.DineDowntownRaleigh.com, for information about participating venues and links to OpenTable reservations for many of the restaurants. Menus will be posted as they are submitted by participating venues and are subject to change upon product availability.

This year, Restaurant Week will also coincide with a special tasting event at the Raleigh Downtown Farmers Market scheduled for Wednesday, Aug. 24 from 10 am-2 pm in City Plaza. During the Market, select restaurants will offer bite-sized samples from their menu.

You will find a convenient calendar of downtown events scheduled during the upcoming months and information about parking, maps, and the free R-LINE circulator bus at www.YouRHere.com.

Please enjoy this issue of the *Raleigh Downtowner Magazine*.

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July 15-24

The Raleigh Little Theatre presents **Gooney Bird Greene and Her True Life Adventures**. School is back in session and the students of Watertower Elementary School are having trouble concentrating. They are bored and listless until in walks a new student, Gooney Bird Greene, wearing pajamas and cowboy boots. The class is never the same again. Tickets can be purchased online at raleighlittletheatre.org or by calling the RLT Box Office at 919-821-3111. Showing at Gaddy-Goodwin Teaching Theatre.

July 23-31

North Carolina Theatre presents **Hairspray**. This production will sweep you away to 1960s Baltimore, where the '50s are out and change is in the air. Can a loveable plus-size heroine manage to integrate a television show and find true love... without ruining her hair? We dare you to stop your toes from tapping to this joyful and infectious score, full of 60s dance

music and downtown rhythm and blues. Showing at Raleigh Memorial Auditorium in the Progress Energy Center for the Performing Arts in downtown Raleigh. Call 919/831-6941 x.6944 or visit www.nctheatre.com.

July 29 (Fri)

Bon Iver will play Raleigh Amphitheater on Friday, July 29 with special guests The Rosebuds. Visit www.raleigh-amphitheater.com for more information.

July 30th (Sat)

ComeUnityNow Festival at the City Plaza in downtown. Replacing Raleigh Wide Open this year, the ComeUnityNow Festival is a benefit aimed at raising funds for tornado victim and their families. Two stages of live music with over 50 bands, food, live art, and lots more from 10am to 10pm. Visit www.comeunitynow.com for tickets and more information.

August 3 (Wed)

Goo Goo Dolls at the Raleigh Amphitheater. Visit www.raleigh-amphitheater.com for more information.

August 5 (Fri)

First Friday in downtown is one of Raleigh's most popular evening escapes and is a great fun-filled, self-guided tour to Raleigh's exciting art, music and dining scene on the first Friday of every month. Galleries, live music and culinary delights abound. Experience art in all of the downtown districts. Use the R-Line for convenience!

August 9 (Tues)

Ke\$ha's Get Sleazy Tour will play the Raleigh Amphitheater on August 9 with special guests LMFAO & SPANK ROCK. Visit www.raleigh-amphitheater.com for more information.

Aug 19-21; 25-28; Sept 2-4

Theater in the Park presents **Of Mice and Men**. Lennie is built like an ox, but has the mind of a child. George is a slight, shrewd and fast-talking man of the road. Drifting from ranch to ranch in 1930s California, struggling to make a living as migrant workers, they depend on each other in their loneliness and alienation, their complex bond strengthened by dreams and plans for a better life on a farm of their own. Steinbeck's towering classic tragedy set against the backdrop of the Great Depression is a poignant portrait of the flipside of the American Dream and a friendship tested to its limits. Call 831-6936 for ticket information or visit www.theatreinthepark.com.

August 19-27

The Raleigh Ensemble Players presents **Dog Sees God: Confessions of a Teenage Blockhead**. In this unauthorized parody, the gang we all grew up with finds themselves in the throes of high school. When CB's dog dies from rabies, CB begins to question the existence of an afterlife. His best friend is too high to provide any coherent speculation, his sister has gone goth, his ex-girlfriend has recently been institutionalized, and his other friends are too inebriated to give him any sort of solace. Visit www.realtheatre.org for more information. This production is intended for *mature audiences*.

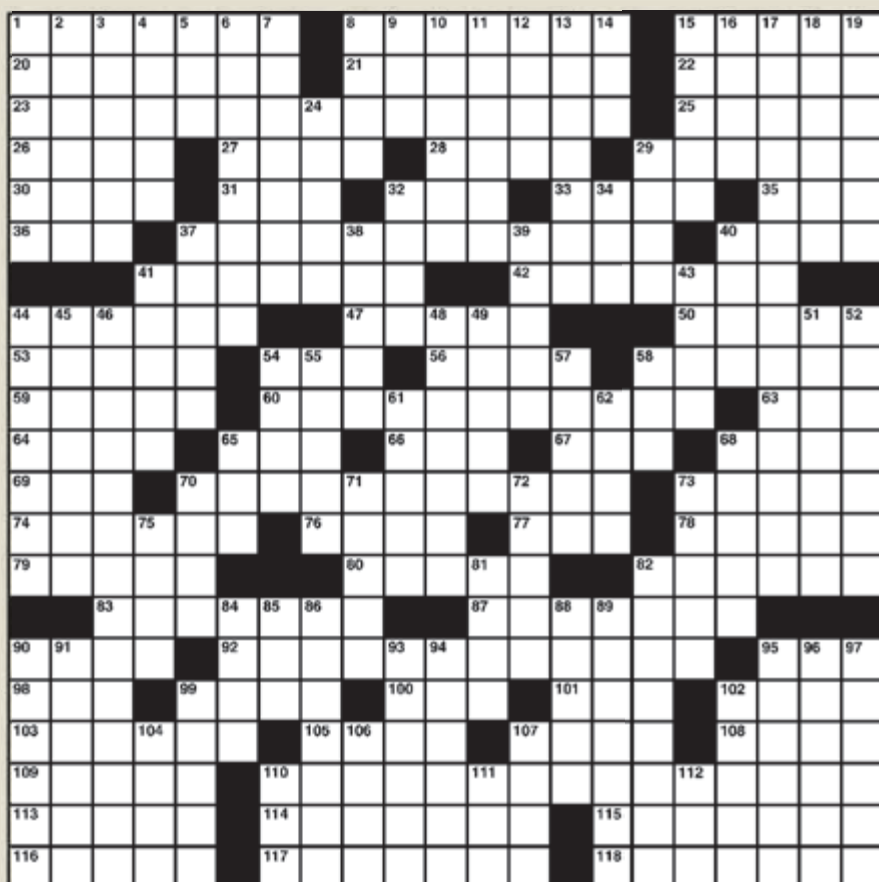
(If you would like to have your downtown Raleigh events listed, please email to chris@raleighdowntowner.com. Space is limited, but we will try.)

GOTTA INTERN?

The Raleigh Downtowner Magazine is interviewing for fall and spring semester interns. Learn about writing, publishing, graphic design, public relations, photography, and much more in one of the best work environments anywhere. If you're passionate about Raleigh and everything about it, send us an email with your resume and semester choice to: office@raleighdowntowner.com



RALEIGH DOWNTOWNER MONTHLY CROSSWORD PUZZLE



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By Donna S. Levin from the Los Angeles Times
Edited by Rich Norris and Joyce Nichols Lewis

"Sword play"

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