



TRIANGLE

# Downtowner

M A G A Z I N E

VOLUME 9, ISSUE 9

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

WHAT, IT'S FREE?!

## FALL IN THE TRIANGLE (IT'S TIME FOR THE FAIR!)

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**ON THE COVER:** Thomas M. Way's 2011 photo captures the essence of the NC State Fair. To see more gorgeous night fair photos, visit his site at <http://bitly.com/thomasfair>.



Answer to crossword puzzle on page 27



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# FALL *in the Triangle*

BY CRASH GREGG, WITH HELP FROM NANCY THOMAS AND NICOLE ASSEF | PHOTOS BY RANDY BRYANT AND THOMAS M. WAY

It's that time of year again. The hot, muggy days of summer have subsided; the leaves are beginning to change; school is back in session; evening comes sooner, and Halloween is on the way. Locally, this means it's time to enjoy the North Carolina State Fair, fall food, and outside activities in the cool, crisp air. For some, the NC State Fair is an annual not-to-be-missed tradition with their family. The rides, games, food, animals, and exhibits bring them back year after year. Cooler temperatures also make it more enjoyable for other outdoor activities such as visiting local farmers' markets for new fall produce, walking and biking on the many miles of our great greenway system, and heading out to local corn mazes, haunted trails and hay rides.



Follow us on our social media pages and share your favorite fall photos through the month of October on Twitter (@triangledowntowner), Instagram (/triangledowntowner) and Facebook (/TriangleDowntowner). The grand prize winner will score a \$100 restaurant gift card, and five runners up will win a cool *Downtowner* T-shirt.

## NC State Fair

If you're new to the Triangle (or even the state or the country), you may not know much about the NC State Fair. Since 2010, there's been an average of over 1,000,000 visitors per year, making it the most visited annual event in the state. Founded in 1853, the State Fair originally took place east of Raleigh and moved to its current location at the State Fairgrounds in 1928. Running from Thursday, Oct. 17 through Sunday, Oct. 27, the 11-day fair—housed on

a massive 344-acre site—hosts a myriad of attractions including an amusement midway and food vendors of all kinds, plus livestock, agricultural, arts and cultural exhibits, and nationally acclaimed musical performances each night.

## What's New This Year

This year, the fair has some new additions to celebrate their 160<sup>th</sup> anniversary. First is the Gantry Bike, an 18-ft. high, moving machine that showcases aerialists, acrobats and contortionists while strolling the fairgrounds. Also new is Agriculture Today, presented by North Carolina's soybean farmers, which will feature a 10-ft soybean waterfall and showcase the food and fiber derived from soybeans that we use in everyday life. In the Exposition Center Lobby, fairgoers can check out the replica of Dorton Arena built from more than 15,000 cans of food as part of the fair's commitment to the community and Food Lion Hunger Relief Day festivities. At the end of the fair, the cans will be donated to the Food Bank of Central and Eastern NC.

## The Food!

A trip to the State Fair is not complete without trying the food. As always, there's at least one new over-the-top item every year that elicits either a yuck! or a yum! reaction (depending on your predilection to strange fried foods). Last year's Krispy Kreme doughnut-bun cheeseburgers and deep-fried Girl Scout cookies were the big hit. We'll see what the vendors come up



with this year. Other than the crazy fried foods, there's plenty of "normal" food at the fair including roasted corn on the cob, BBQ, hand-turned ice cream, sweet potato funnel cakes, candy and caramel apples, ham biscuits, homemade doughnuts, and other good stuff.



## The Rides, the Rides!

Many people love the fair for the rides, eager to discover what's new and see if their favorites are back. There are over 100 rides this year and the longest lines are usually for the most thrilling rides including the Zipper, Toxic Shock, Orbiter, Freak Out, and Sky Diver, a beautiful 1960s-era ride recently purchased and refurbished by Powers Great American Midway out of Burgaw, NC, the Fair's contracted ride company. It looks like a traditional Ferris wheel, but passengers ride in cages and can spin in a barrel roll fashion. The 90-foot-tall ride was completely overhauled with a spectacular lighting display composed of about 100,000 energy-efficient LED lights. In fact, Powers has made a huge effort in recent years to become more eco-friendly and has replaced the majority of all its ride lights with LEDs and uses B20, a soybean-based biodiesel, to power all their generators. There's a new ride this year called Rampage but we'll let you discover what it's all about for yourself.

Ride tickets are \$1 each, with rides >>>

varying from two to eight tickets. Advance ride tickets can be purchased for a discount at [www.ncstatefair.org/2013/Tickets](http://www.ncstatefair.org/2013/Tickets) at 18 for \$10 (prior to Oct. 17). For the ride junkies, be sure and check out Preview Day on Thursday, Oct. 17. For \$28, visitors can get a wristband good for unlimited rides between 3:30pm and midnight.

### City Kids (Young and Old), Welcome to the Farm

Yes, there are plenty of people (more than you might imagine) who have never seen a farm animal up close and personal. Sure, they might



have seen a mounted police horse downtown, or the occasional lost duck or maybe a goat at a small petting zoo, but there's nothing like seeing, touching and smelling a real farm-raised 1,500-lb steer or a pig the size of a small horse. Fairgoers can even try their hand at milking a cow. And for the little ones—and those who are a little nervous—there are also rabbits, small goats and sheep, baby chicks, and other less intimidating farm animals. There's even a "Vegetable Petting Zoo" (seriously), where kids can see and feel the differences between fresh fruits and vegetables and the ones they see on the dinner table.

In the Heritage Circle, visitors can enjoy the taste of homemade ice cream, apple cider or a hush puppy from the Old Grist Mill while witnessing firsthand as artisans demonstrate traditional methods of woodcarving, blacksmithing and chair-building. In the Village of Yesteryear, more than 75 artists and crafters creating, displaying and selling time-honored handmade crafts, including rug and pottery makers, wood carvers, basket weavers and more. Native American crafts such as hand-coiled pottery, beadwork and stone carving are also featured. Kids and kids-at-heart can even make their own dolls or stuffed toy to take home.

Discover food products from across NC at the Got to Be NC Agriculture exhibit, located just outside the Scott Building. The exhibit is full of locally grown and locally produced food products on display with free samples, goods for purchase and plenty of prizes. More than 20 local vendors will participate in the exhibit throughout the course of the fair. The fair's "buy local, shop local, eat local" tent will also feature a booth for its local direct-marketing website, [NCFarmFresh.com](http://NCFarmFresh.com), which helps visitors find farmers' markets, roadside stands and pick-your-own farms throughout the state.

### Have Lunch at the Fair

Want to check out those not-so-healthy but ever-so-decadent deep fried Snickers bars or maybe a fried turkey leg for lunch, or maybe grab a Funnel Cake or Cotton Candy for dessert? Stop in at either Gate 9 or Gate 12 after 11:30am weekdays, buy a lunch card for \$8, enjoy lunch at any of the fair vendors, return to the same gate by 1:30pm, and you'll get a refund for your \$8 lunch card. Remember the food vendors only take cash, so come prepared or find one of the many ATMS before waiting in line (you can find these on both the printed map and the one inside the NC State Fair app).

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## Parking

So you want to go to the fair but don't feel like dealing with the hassle of parking? Capital Area Transit has you covered. For just \$4 round trip, fair-goers can park and ride from various locations in Raleigh, Chapel Hill, Durham, RTP, and Garner. Most of the buses run every 20 minutes during fair hours and children under 40" tall ride free with a paying passenger. Visit <http://bitly.com/fairshuttle> for pickup times and locations.

## Get the App!

The fair has its own app this year, which works on both iPhone and Android phones. It has the daily schedule, fair map, hours, ride and food finder and can even purchase tickets through the app.

There's a wealth of information on the Fair's app including where to stay for those coming in from out of town, where to park, show times, a fair map (with bathrooms!). Unfortunately the app just goes back to the NC Fair website for the Food and Ride Finder, which wasn't complete at press time. But don't worry, according to fair officials, it'll be up and running before the fair begins.

## The Big Finale

Perhaps the most popular free show at the fair is the fireworks display with more than 2,000 shells of custom-made pyrotechnics lighting up the sky every night. The show is produced by Zambelli Fireworks International and takes place across the street from the fairgrounds to make it easier for evening traffic to drive in and out. The performance starts at 9:45pm each night and offers a spectacular show of the centuries-old Chinese dance of gunpowder and fire. It's a perfect way to end a great day at the NC State Fair.



## Fall Produce Abounds at Local Farmers' Markets

Many people don't realize the State Farmers Market on Lake Wheeler is open year 'round, with lots of great veggies and fruits coming into season this month. The farmers' markets in Durham, Wake Forest, North Raleigh and West Cary are also open all year. There are plenty of root vegetables available through the fall including sweet potatoes, radishes and turnips. Also in season are spinach, snow peas, apples, raspberries, pecans, pears, >>>

**NC State Fair**  
1025 Blue Ridge Rd, Raleigh, NC 27607 | [www.ncstatefair.org](http://www.ncstatefair.org)

Fairground gate times: Thur. Oct 17: 3pm to midnight;  
Fri & Sat, Oct 18 & 19: 8am to midnight; Sun-Wed,  
Oct 20-23: 8am to 11pm; Thur-Sat, Oct 24-26: 8am to  
midnight; Sun, Oct 27: 8am to 11pm.

Midway rides times: 10am and run until Fair closing  
time except opening day when they start at 3pm.

Exhibit hall times: Open 9am to 9:45pm daily  
(except 4pm to 9:45pm on opening day)

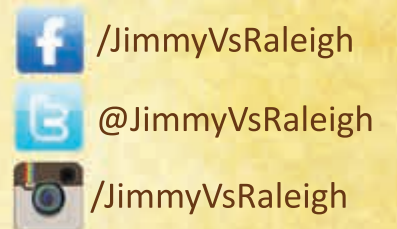


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Raleigh, NC 27601  
[jimmyvsraleigh.com](http://jimmyvsraleigh.com)  
[info@jimmyvsraleigh.com](mailto:info@jimmyvsraleigh.com)



**919.256.1451**

2.5% of all Jimmy V's Osteria + Bar revenue will be donated to benefit The V Foundation for cancer research. Additional information for The V Foundation is available at [jimmyv.org](http://jimmyv.org)





## Out and About on the Triangle's Greenways

For those who want to enjoy a quiet, local outdoor adventure, tie down the bike racks and literally hit the road by exploring our extensive NC greenway systems. With over 100 miles of trails, the Capital Area Greenway System and the Greenways and Trails overlapping Durham, Cary and Wake Forest connect many of the parks and recreational areas that invite visitors to explore the Triangle. Visit <http://bitly.com/greenwaymap> for a PDF map of existing and planned greenway trails. There's even a greenway app called RGreenway, and is an interactive map of trails with additional features like weather reports and the ability to track time and distance travelled. Check out <http://rgreenway.com> for more info or just download it from the App Store (Apple) or Google Play (Android).

Be sure to join us for the **Cross Triangle Bike Ride and Reception** on Friday, Oct. 25. This 47-mile cross Triangle group ride (not a race) celebrates the development and progress of the Greenway Trails connecting Durham-Raleigh. There are two starting points so bikers don't necessarily have to travel the entire length of the ride. The main



ride begins at the American Tobacco Campus in Durham. For more information and to register, visit <http://ecgtriangleride2013.eventbrite.com>.

## It's Country Time

The change in season brings a host of fun things to do with the kids (and those of us who are just big kids). Get out of the city and enjoy a little bit of country by taking a field trip to some family-friendly fun such as pumpkin patches, hayrides and corn mazes, haunted trails and houses, and more. We've listed just a few popular spots below but be sure to visit

<http://bitly.com/fallfunguide> for a HUGE list of many, many more all over the Triangle. 🍂

### Ganyard Hill Farm

407 Sherron Rd | Durham, NC 27703  
919.596.8728 | [www.pumpkincountry.com](http://www.pumpkincountry.com)  
Pumpkins, hayride, corn maze, cotton, animals and more

### Green Acres Farm

1132 Morrisville-Carpenter Road | Cary, NC 27519  
919.481.2435 | [www.greenacrescary.com](http://www.greenacrescary.com)  
Corn maze and pumpkins

### Ken's Korny Corn Maze

3175 Benson Highway | Garner, NC 27529  
919-779-4765 | [www.kenskornycornmaze.com](http://www.kenskornycornmaze.com)  
Mazes, wooden playground equipment, hayrides, mini golf and more

### McKee's Corn Maze

5011 Kiger Rd. | Hillsborough, NC 27527  
919.732.8065 | [www.mckee.com](http://www.mckee.com)  
Two separate mazes: 12 acres and 2-acre children maze, pumpkins, hayrides, farm animals, Maple View ice cream

### Mrs. Ruth's Farms Corn Maze

1361 Greenlevel Rd. | Apex, NC 27523  
[www.mrsruthsfarms.com](http://www.mrsruthsfarms.com)  
Zombie paintball hayrides, 5-acre corn maze, picnic area, pumpkins, general store and more



## From the Publisher

Wow, what a month of downtown events we had across the Triangle in September—Hopscotch, the International Bluegrass Festival, Innovate Raleigh, Triangle Entrepreneur Week, Sparkcon, Bugfest, Midweek Music Concert, Oak City 7, Triangle Battle of

the Bands, and so many more. It seems September was one of the busiest months of the year. We're glad fall is finally here and things will slow down a little, cool off a lot and we can savor all the great new fall menus from our favorite restaurants. And then of course, hockey is here! Plus Halloween and Thanksgiving are just around the corner, my personal favorite time of the year.

Our new column [TriangleBiz.org](http://TriangleBiz.org) is coming along nicely with another great article this month on a spirited local entrepreneur in Chapel Hill. We've been busy working on the website, which will be revealed in just a few months. It'll be an aggregate site with hundreds of links to area business sources and original content on starting a business in the Triangle. We'll also have original interviews with CEOs, business owners, engineers, fashion



designers, and a slew of other people who have made a difference in the Triangle's entrepreneurial landscape. We're still looking for contributing writers, web developers and bloggers who are interested in helping us spread the word about how great the Triangle is for starting a business. Send us an email to [biz@welovedowntown.com](mailto:biz@welovedowntown.com) if you'd like to get involved or send us ideas, suggestions, leads, contacts, etc. Small business is what makes local economy successful and we'd like to help showcase some of the great talent in our community.

We'd like to give a shout out to our First Friday artist for October, Ryan Cummings. We hope you'll stop by the office anytime during the month of October to check out his work. You can read our artist profile of him from Issue 4, <http://bitly.com/artistprofileryan>.

*Crash*

CRASH GREGG  
Publisher, *Triangle Downtowner Magazine*  
[publisher@welovedowntown.com](mailto:publisher@welovedowntown.com)

# WATTS GROCERY

BY BRIAN ADORNETTO, FOOD EDITOR | PHOTOS BY CRASH GREGG



In recent years, we've seen the idea of local, seasonal food progress from trend to movement and from movement to standard. Amy Tornquist, chef and owner of Watts Grocery, is one of the vanguards of this evolution. However, the Durham native is more than just a proponent of sustainable agriculture and environmental stewardship; she is also president of the board of directors for the nonprofit SEEDS, whose programs promote these values by teaching others to garden and grow their own food.

Amy was born across the street from the original Watts Grocery—an old food store that used to be nearby—and raised in the adjoining neighborhood. She named her restaurant after the store, her favorite childhood spot for snacks and candy. Despite its modern decor, Watts Grocery possesses a certain nostalgia and sense of place. Its large L-shaped contemporary bar has a section that serves as an oversized shadow box. It's filled with personal wedding, baby and dance recital pictures alongside



*Chef Amy Tornquist*

handwritten recipes that have yellowed with age, packets of vegetable seeds and old menus. On the walls hang art depicting old Bull City landmarks, most inscribed “Happy Birthday Amy” or “Merry Christmas Amy,” gifts from her husband, Jeremy Kerman, a professional artist and trained chef.

The phrase “Local ingredients by the forkful” is painted in bright yellow letters across the side of the building, so it stands to reason that most of the restaurant's ingredients come from nearby farmers' markets. What isn't sourced from the markets comes directly from vendors and artisans—many of whom are less than two hours from Durham. Tornquist's support for local business doesn't end at the kitchen door: the Watts Grocery bar provides a rotating assortment of North Carolina draught beers and has begun to feature local liquors.

These practices lead to an ever-changing menu, so don't get too attached to any one dish. It's safe to say that the Watermelon, Salted Peanut and Feta Salad with Tabasco Vinaigrette (\$8),

a refreshing yet nutty and slightly spicy favorite, will probably be gone by the time you read this. But I have a hunch that the Roasted Pepper Pimento Cheese (\$8) and the Baby Mustard Green Salad with Deviled Egg Filling might still be around. While the pimento cheese is rather traditional, the roasted red pepper relish that tops it adds tasty layers of smoke, heat and acidity. The mustard greens salad, with its rich deviled egg filling, Calavander cheese (Chapel Hill Creamery's version of Asiago), and house-cured bacon is both unique and familiar. Crunchy, creamy and meaty... peppery, sweet and salty, it's the best salad I've had in ages.

The presentations of the Pan Roasted Chicken (\$21), North Carolina Flounder (\$23) and House Made Pappardelle (\$20) will probably be tweaked as the season changes, but that's the point. On our visit, we sampled all three. The wing-on boneless chicken breast was juicy, tender and bathed in a rich, deep brown jus that was simply beautiful. It was served with crisp green beans and slightly undercooked dirty rice. The flounder was browned on top and buttery in the center, just the way I like it. It was sauced with fresh tomato





fume and accompanied by sautéed Swiss chard and black-eyed pea succotash. It tasted like summer on a plate! The silky pappardelle, tossed with yellow squash, green peas, roasted tomatoes, and a caramelized onion nage, was light, but lively thanks to a final drizzle of goat cheese crema.

To finish off our meal, we had Chocolate Cheesecake (\$8). The big, dense slice had an Oreo-like crust, a thick layer of chocolate ganache on top and a side of caramelized bananas. It was a sweet ending to a fabulous meal.

Well-prepared, hyper-seasonal food in a restaurant with a community-first mindset and native owner is a rare find. Don't miss it. Get to Watts Grocery. 📍

*Brian Adornetto is a food writer, professional chef and culinary instructor. His business, Love at First Bite, specializes in private cooking classes and intimate dinners. For more information, please visit [www.loveatfirstbite.net](http://www.loveatfirstbite.net). Brian can be reached at [brian@welovedowntown.com](mailto:brian@welovedowntown.com).*

### Watts Grocery

1116 Broad Street | Durham, NC  
919.416.5040 | [www.wattsgrocery.com](http://www.wattsgrocery.com)

\$\$\$\$

Lunch: Tuesday-Friday 11:00a-2:30p  
Brunch: Saturday & Sunday 11:00a-2:30p  
Dinner: Tuesday-Sunday 5:30p-10:00p  
Cuisine: Contemporary Southern  
Atmosphere: Bright and hip  
Dress: Casual  
Service: Knowledgeable and friendly  
Decor: Trendy, modern  
Alcohol: Full bar  
Reservations: Recommended on weekends  
Parking: Private lot  
Noise Level: Moderate to high  
Wine List: Global with over 20 available by the glass or carafe  
Features: Vegetarian and gluten-free options, bar dining, al fresco dining, take out, special dinners, cooking classes, separate catering space  
The Low Down: Group-friendly, accepts credit cards, no Wi-Fi, no TVs  
Downtown Tip: Learn more about SEEDS, the Durham-based organization, at [www.seedsnc.org](http://www.seedsnc.org). Amy also owns and operates Hummingbird Bakery, which serves breakfast, lunch and baked sweets. It's just a few blocks down at 751 Broad Street in Durham [www.hummingbird-durham.com](http://www.hummingbird-durham.com).

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nightlife, music, history, beer,  
sustainability, charities, visual and  
performing arts, cooking, fitness,  
food, local biz, and anything else  
that shows how great the Triangle  
is to live, work and play. Send us  
an email and please include samples  
or links to your work.

---> [volunteer@welovedowntown.com](mailto:volunteer@welovedowntown.com)

TRIANGLE  
**Downtowner**  
MAGAZINE

# TOPO Distillery: Spirited Local Entrepreneurs BY VICTORIA NIEMEYER

*TriangleBiz.org is not only our entrepreneurial column for the Downtowner but also a soon-to-be non-profit aggregate website for all things entrepreneurial. Visitors will find links to articles and how-to's on starting a business; video interviews with CEOs, developers, investors, fashion designers, artists, and all walks of business owners; resources for accounting, financing, tech, and much more. We're looking for volunteers interested in helping us create and update the site with links to startup content, locate mentors, hold business networking functions, etc. If you'd like to join us in our entrepreneurial endeavor, please drop us a line to biz@welovedowntown.com.*

Entrepreneurs come in all types, as do the businesses they start. Some are centered on technology, some on professional services, some on the retail or the arts, and then there are those entrepreneurs who come up with something completely different.

Scott Maitland, Esteban McMahon, Dana McMahon and their TOPO Distillery team is introducing America to legalized spirits brewed right here in the Triangle. They've focused on three cocktail favorites: Carolina

Whiskey, Vodka and Piedmont Gin. You can even buy a whiskey kit for yourself, small wooden barrel included.

I had the opportunity to meet and enjoy some time (and maybe a spirit or two) with Esteban and his wife, Dana. I enjoyed seeing the passion they have for their patrons, the industry and spending quality time with good people. I sat down with Esteban McMahon for a Q&A, we'll let you see for yourself the caliber of spirited people TOPO represents.

**When and where did the idea for TOPO's distillery happen?** The idea for a micro-distillery actually



*Esteban pours samples of their TOPO spirits.*

started with micro-canning. In 2004, the Top of the Hill Restaurant & Brewery became the first micro-cannery in the South, and started canning excess beer at the brewery. Distribution was limited to Whole Foods, Weaver Street, and the local Harris Teeters. At this same time, business was starting to pick up at the restaurant, and we no longer had excess beer, so we stopped canning for distribution. In 2006, we started exploring the idea of building a separate micro-canning facility, but realized that for the first three years we'd be either over-producing or under-utilizing the facility while we waited for distribution to pick up to match production. We thought that we could distill any beer that we were unable to sell; but the closer we looked at distillation, the more excited we became. The main reason being we could distill local, organic, and world-class spirits. In 2007, we started the process of raising funds to build the distillery.

**Who is/was involved in the beginning and who has pivotal roles now?** Involved in the beginning: Scott Maitland, George Dusek, Guy Murphy (GM at Top of the Hill Restaurant & Brewery) and Trey Cleveland (Executive Chef at Top of the Hill Restaurant &

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Brewery). The TOPO distillery team now consists of Scott Maitland, Proprietor; George Dusek, Head Distiller; Keith Crissman, Assistant Distiller; Esteban McMahan, Spirit Guide; Dana McMahan, Chief Marketing Officer; and Simmon Hinson, Warehouseman. Guy and Trey are partners in the distillery but not involved in daily operations.

**You currently have Vodka, Whiskey and Gin. What makes these special/different from other vodkas/whiskeys/gins?** The first thing that differentiates us is that we are the only local and organic distillery in the South. We distill all our spirits from 100% Certified Organic soft red winter wheat, grown on the Jack H. Winslow Farms in Scotland Neck, NC, less than 100 miles from the distillery. All of our spirits have been awarded gold medals in various international competitions.

TOPO Vodka was recently recognized by F. Paul Pacult's Spirit Journal as one of the top vodkas in the world: "Five Stars—Classic, Highest Recommendation. That rare, highly distinguished, distinctive and classical product that represents a benchmark within its category."



TOPO Piedmont Gin also received a great review from the Spirit Journal: "Four Stars—Superb / Highly Recommended. A far better than average product whose attributes are of exemplary quality and character within the established standards of its category."

Our TOPO Carolina Whiskey is an unaged whiskey, what some would call moonshine. However, since it is wheat-based, TOPO Carolina Whiskey has a completely different flavor profile than traditional corn-based moonshines. We are currently in the process of aging our whiskey, and should have a full aged whiskey program out by the fall of 2014. At that point, we will be one of a handful of Wheat Whiskies; differentiating us from the several hundred bourbon distilleries.

**What has the growth of TOPO & TOPO Distillery been like?** Our growth has been steady and is accelerating now; winning the awards has helped us quickly gain recognition. We are only available in North Carolina at the moment, but next year we'll be moving into other states. We've partnered with Southern Wine & Spirits as our distributor and they'll be helping us move first regionally and then nationally.

TOPO has tours most Thursdays and Fridays at 6 and 7 pm, and Saturdays at 4 and 5 pm. The tours last about an hour, and include tastings of our spirits. Sign up at [www.topodistillery.com](http://www.topodistillery.com). TOPO Spirits are in ABC stores throughout the state of North Carolina. To find one near you, visit [www.TopoDistillery.com/buy](http://www.TopoDistillery.com/buy).

Now that you have had a chance to hear from the spirit guide himself, we honestly hope you'll be inspired to chase your dreams... keep on distilling them, if you will. Some things (if not most) are better with age, they're definitely better with world-class accolades and a delicious mixer. Or straight-up.

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# 25th Anniversary of the Thad and Alice Eure Walk for Hope

INTERVIEW BY CRASH GREGG | ARTICLE WRITTEN BY LINDSAY K. SAUNDERS

Most of our readers in the Triangle have heard of the Angus Barn as well as 42<sup>nd</sup> Street Oyster Bar. They are both incredibly unique fine-dining restaurants located in Raleigh. What many probably are not familiar with is the special connection the two restaurants hold to The Foundation of Hope for Research and Treatment of Mental Illness. Recently, the daughters of the late Thad and Alice Eure met with our publisher Crash Gregg at The Pavilion at The Angus Barn to talk about the legacy began by their parents, how it's grown and thrived, and the remarkable 25<sup>th</sup> anniversary of the Annual Walk for Hope as it approaches on Sunday, October 13.

Because their beloved son Thad Eure, III endured numerous struggles with mental health issues, Thad and Alice Eure established The Foundation of Hope in 1984 with a commitment to funding mental illness research. "It doesn't just happen to one person in a

family; it happens to everyone. Our parents, after experiencing this and seeing what little research and funding was out there, decided they wanted to do something to help," shares Shelley Eure Belk,



Executive Director of The Foundation of Hope. "They realized they might not be able to do much for their son during their lifetime, but they knew, 'We've got to do something to make a difference.'"

Four years after the Foundation began, Thad Eure Jr. passed away in 1988. His dedicated employees of the Angus Barn, Fat Daddy's Restaurant and 42<sup>nd</sup> Street Oyster Bar decided to honor his memory by raising money for the Foundation of Hope. They called their fundraising event the Thad Eure, Jr. Walk for Hope. The participants walked 12 miles from The Angus Barn to 42<sup>nd</sup> Street Oyster Bar. Van Eure, Walk for Hope Chair and owner of The Angus Barn explained, "The theory was that they were going to walk from Dad's first restaurant to his last restaurant."

They kept the same walk again the following year before realizing that it might be easier to begin and end at the same location, the Angus Barn. Thus the



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Van Eure and sister Shelley Eure Belk

current format for the Walk for Hope was born. There are people who are devoted to the event and come back year after year to be a part of it. The Foundation doesn't even have to reach out to them. "They know this is the season for the Walk and they're ready," explains Shelley.

"Some people have a more personal reason for participating because they have suffered through mental illness or have a family member who has

been affected," says Van. "Some don't really know the reason for the Walk because in spite of how tragic and sad the cause is, we really do make it a fun day."

Last year was their biggest year with over 3,500 walkers and more than \$600,000 raised. In addition to the Walk, there are also 5K and 10K Run for Hope events that take runners from The Angus Barn through a loop at William B. Umstead State Park nearby and back to The Angus Bar. Both runs are certified so interested runners can get credit towards their national ranking. Participants are required to raise a minimum of \$60 to register, with a \$30 minimum for students and kids five and under participate for free. Prizes are awarded to the largest fundraisers and there's something for everyone at the event, including a breakfast before the event and a post-Walk celebration with kids' activities, food, live music, and more.

One hundred percent of the money raised on Walk Day goes to fund research locally at UNC-Chapel Hill. The Foundation of Hope has a medical advisory team to assist with the many grant requests they receive every year.

"We feel really good that all the Walk Day money raised stays right here in North Carolina," says Shelley. Van finishes her thought by adding, "And the research that's done can benefit the world."

The mission of The Foundation of Hope is to promote scientific research aimed at discovering the causes and potential cures for mental illness in order to develop more effective means of treatment. With that mission in mind, Shelly is proud to tell us, "To date, we've funded \$3.7 million in research from our local community. We're so thankful to everyone who joins in to help and we look forward to this event every year."

For the first time ever, the man who inspired the Hope Foundation, Thad Eure, III spoke out in a personal written letter on their site. You can read his story online: <http://bitly.com/thadeure>.

Consider joining Shelley and Van and the thousands of others in the Walk for Hope this year. Visit their website to sign up or for more information, [www.walkforhope.com](http://www.walkforhope.com). We hope to see you at the Walk! 📍

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



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# EUGENE BARNES, III *of* CAROLINA BALLET

BY COLTON WOOTEN

Who can forget the movie *Black Swan* and its seamy depiction of the ballet underbelly? Natalie Portman pirouettes her way from obsession to insanity until finally—like the swan she purports to portray—she sprouts feathers of her own and dies by her own ambition right there on stage. She receives a standing ovation at the finale, so perhaps the end justified the means, after all.

But that was Hollywood, and according to Eugene Barnes, 27, of the Carolina Ballet, the fight for brilliance is, in his experience, not quite as destructive, though no less hard won. On a September evening outside the Morning Times Cafe, Barnes admits he has not seen *Black Swan* for philosophical reasons.

“One of our guest ballet mistresses, Olga Kostritzky, who coached Natalie Portman, read the script and said, ‘You have to change this, this is wrong, this would never happen,’” Barnes explains. “I know what people think of it, and I think I’d take



it very personal, especially the perception from people who are not in the dance world that we are all very manipulative and catty and out to sabotage one another like showgirls.” Here in North Carolina, ballerina relations are instead amicable—no one is sneaking glass into the slippers or tossing marbles onto the stage.

But the obsession over perfection is real, even if the undermining isn’t. “Even if I have idle time and

idle thoughts, it’s usually about ballet; I can barely think of times when I’m not thinking about it,” says Barnes. “I never had a social life until I moved here, and even now it’s the last thing I think about when I go to bed. What I can improve upon is the first thing I think about when I wake up. It can be seen as an obsession, but that’s what passion is—you obsess over things.”

For Eugene, it all began when he was a 12-year-old eighth grader. “I had meningitis with a case of encephalitis and I was very ill and in a coma for three weeks. I had to re-learn how to write, walk, everything,” he says of the dark days leading up to his talent. “I remember when I was in rehab, there was this bar that was across the wall, and I started doing ballet steps.” His mother decided that he would be a dancer and that was that—all questions had been settled.

He attended four years of secondary education at



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the Baltimore School of Arts, where he lived at home and commuted to classes. He spent two summers at Miami City Ballet Summer Intensive; one summer with San Francisco Ballet and one summer with the Dancer Theatre of Harlem. In 2003, Barnes took a class with a coach from Goucher College, who just happened to be the artistic director of Carolina Ballet, Robert Weiss. Weiss invited him to audition with the company, which began his Carolina Ballet career at the age of 18, dancing with the troupe since. In 2009, Barnes was promoted to soloist.

Nine years later, Barnes isn't old but feels like it sometimes. "I'm no longer 18," he says. "I wake up in the morning and can't walk at times; I have to do stretches before I get out of bed." Rehearsal times vary, depending on the day or the week or how deep into the season the company has progressed, but Barnes does get weekends off (when there's not a show), and summers too, so it's not so bad.

But what's the average life expectancy for the precocious dancer? After all, Ponce De Leon never did perfect a youth serum, and Bengay and Retin-A only go so far.

"We have dancers in their 30s and they're in their prime," Barnes assures me. "I've heard through various people that when you hit your 30s, your body is in a good place and your mind starts to absorb what's



happening; you become a smarter dancer, you really can use your mind to manipulate your body through pain, through difficult steps. When you're younger, you just do things because you have talent."

Barnes admits that having surgery for the first time after a dance-related injury caused him to think about his career and where it could go, and the possible limitations of physicality: "The thing is, there are no limitations, it's all mental. If someone tells you you're not capable of doing a step, you can accept it and limit yourself, or you can work on it and get it done."

When he's not dancing, Barnes loves watching TV ("I have Scandal parties.") "I just finished the *Mistresses* with Alyssa Milano. I like drama shows, mostly because there's some sort of light hearted qualities, and there's the dramatic suspense to get you ready for the next thing," he says. "And I like it because I actually see it as something I can use as a parallel to ballet—there are so many textures within those dramas where you know something's going to happen."

More to the point, Barnes appreciates the extent to which television can act as a prism for understanding more about his own life.

"In *Scandal*, [the main character] always wears white. Even in her turmoil, she's always wearing white; her apartment is white. She's a flawed character and that's what's great about it. She is dysfunctional in her

personal life but can really get anything done in her work life, which reminds me of myself. Regardless of whatever storm is going on outside of ballet, I always get stuff done inside the studio."



Barnes appears in all of the programs for this year's Carolina Ballet season and is dancing the principal male in *Rondo alla Zingarese*, part of the Balanchine program in October. Visit [www.CarolinaBallet.com](http://www.CarolinaBallet.com) for show information, ticket and more information about the company. 📱

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

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## Local Gallery News BY MAX HALPEREN, ART EDITOR

Drive past the student center at North Carolina State University, where the Gregg Museum's offices and showrooms once existed, and you will find nothing but gaping holes.

As the center is being reconfigured, the museum, with its immense holdings, now wanders from the university's African American Cultural Center at the Witherspoon Student Center to the old Chancellor's House on Hillsborough Street, and even to Meredith College. Its offices and storerooms are elsewhere on the campus.



Ultimately it will be domiciled, hopefully for good, at the chancellor's onetime home at 1903 Hillsborough.

But today it has filled the gallery at Witherspoon with "Measure of Earth: Textiles and Territory in West Africa." Here you will find some of the brightest, showiest and most interesting textiles you're likely to see hereabouts, almost all of it drawn from the Gregg's own stores—gowns, banners, samples

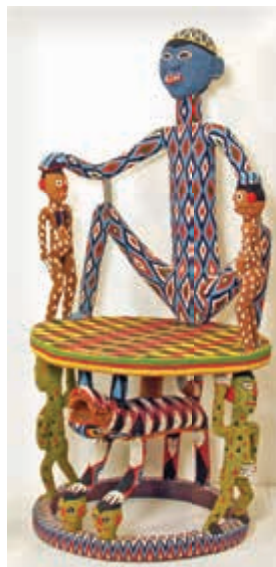
of cloth, stools, masks, a puppet, with some of it donated fairly recently by members of the Peace Corps.

According to Roger Manley, museum director, few of the great variety of designs and patterns exist for their own sake but "announce family origins, proclaim what stage in life or rank in the local hierarchy the wearer has achieved, or indicate what event is being celebrated."

The most colorful object in the room is a banner containing icons of certain West African rulers—"The Twelve Kings of the Alladahonu Dynasty" (1620–1892). Applied birds, cows, savagely toothed animals, and a shark adorn the banner and interspersed among these icons. A gun, cutlass and seagoing vessel serve as reminders of some of the grimmer aspects of the monarchy: the rulers and their aristocrats grew enormously wealthy through the slave trade. At the bottom of the banner, a line of images recalls beheadings and eviscerations of traitors who aided French invaders. With the last king (the shark) sent into exile, the kingdom became part of French West Africa, and with independence, Benin.

The most intriguing items in the show are two helmet masks, one apparently intended for a king's son during coronations. Made of wood and leather and decorated with cowrie shells, glass beads, goat hair and plant fibers, it is surmounted by an elongated rod emerging from the top of the head and curving until it seems poised to pierce the face. It may, we are told, represent the male member (but at the top of the head?).

The brightest and most useful objects in the show are, of course, the superb garments for men and women. Some are resist-dyed, some are narrow sewn strips, but all are quite beautiful. In one group, dense, intricate, yet elegant designs—swirling leaves and stems, stylized blossoms—circle the gowns. Indigo dyes cover other



gowns, one clearly standing out with a white blossom or large insect or bird embroidered on its back.

In another group, gray cotton strip-sewn garments, elegantly folded, seem well-nigh hieratic; one, decorated with gold lace, seams have strips running horizontally and vertically.

On loan to the Gregg is the most spectacular item in the show: a beaded throne in the form of a man, its body columnar and its hands resting on the heads of two pregnant women. The flat wooden seat is supported by a fearsome animal figure and to demonstrate the power of the

owner, two severed heads.

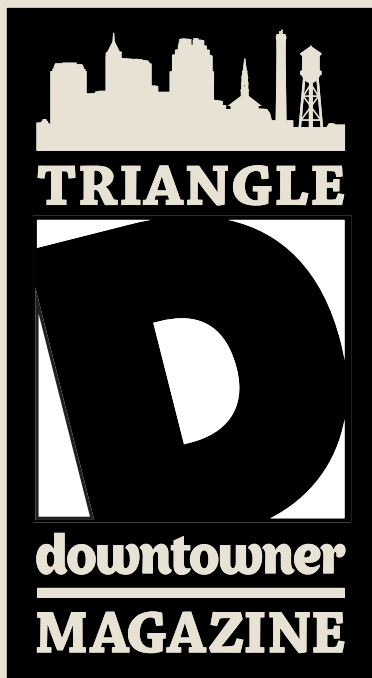
Surely the most surprising work in the gallery is a set of pigmy loincloths, not woven or sewn but made of tree bark beaten flat and decorated with linear patterns. Elsewhere on surrounding walls are panels of embroidered raffia of the sort worn by women of the Kuba confederation as dance skirts. A collection of decorated raffia panels, we are told, were "labor intensive," not used as clothing but for "bridal dowries, exchange currency, erasing debts, royal gifts" and shrouding the dead. From elsewhere in Africa come a stunning number of panels and wraps in various forms requiring many skilled hands.

At last count there were 54 objects in the show plucked from an area ranging from deserts to jungles, from groups and sub-groups each with its own traditions and religions and histories—signatures of a huge continent unknown to most of us.

Co-curated by staffers Janine LeBlanc and Mary Hauser, the show will run through December 18. At the chancellor's house, another will open November 21: "And with this Shell, the Sea: the ceramic art of Siglinda Scarpa."

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





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## Dr. Alfonso Elder, College President and Civil Rights Leader: Hidden in Plain Sight

BY ANDRE D. VANN, COORDINATOR OF THE UNIVERSITY ARCHIVES AND PUBLIC HISTORY INSTRUCTOR, NORTH CAROLINA CENTRAL UNIVERSITY

Dr. Alfonso Elder, by moral persuasion and personal example, taught a generation of college students the importance of working for a cause greater than oneself.

On February 26, 1898, Alfonso “Toby” Elder was born to Lucy Phinizy and Thomas J. Elder, a high school principal in Washington County, Georgia. Elder received his bachelor’s degree in 1921 from Atlanta University and came to North Carolina to teach, first at Bennett College in Greensboro and then Elizabeth City Normal College. In 1923, North Carolina College President James Shepard recruited Elder to teach mathematics. Shepard received a master’s degree in 1924 and Ed. D. in 1938 from Columbia University. He completed post-graduate work at the University of Chicago and Cambridge University in England. In 1931, Elder married Louise Holmes of Atlanta.

At North Carolina College, Elder served as head of the Graduate Department of Education and dean of the College of Arts and Sciences. He left in 1943 to become chairman of the graduate department at Atlanta University. After the death of Dr. Shepard, Elder was named president of North Carolina College in 1947.

Whereas Shepard had been reluctant to share authority, Elder introduced a more democratic philosophy and sought input from faculty and

students. Elder’s famous motto, “Excellence without excuse: a shared responsibility,” underscored his dedication to participatory democracy in the pursuit of scholarship. Enrollment grew, and the school changed from an all-black college to an integrated one. Within a few years, North Carolina College became one of only 18 black colleges admitted to full membership in the Southern Association of Colleges and Secondary Schools.



PHOTO CREDIT: NCCU ARCHIVES

The 1957 Royal Ice Cream Parlor sit-in in Durham and the 1960 Woolworth’s lunch counter protests in Greensboro energized the NCC campus. Young African Americans were no longer content with the status quo.

In explaining the significance of the protests, Elder said, “We are seeking a new world order of things. We are seeking respect as complete human beings in every walk of life.” At the regional meeting of the National Student Association, he said that students and faculty members were also citizens with a right to get involved.

Elder’s recognition of the civic roles faculty and students played gave the protest movement a powerful voice, especially in light of the school’s vulnerability as a state-funded institution that could suffer from being seen too closely aligned with the civil rights movement.

Elder’s words and actions made him an activist hidden in plain sight. He never was expected to march himself, but he provided safety, security

and freedom to those actively involved in the civil rights movement.

In May 1963, students from NCC participated in the largest mass protests in the Durham’s history. The protests targeted half-a-dozen public restaurants, theaters and other facilities. More than 1,000 protestors were arrested over three days. On May 21, Mayor Wense Grabarek met with protestors as they rallied at St. Joseph A.M. E. Church. He promised to address their complaints and asked for their support. By July, 90 percent of Durham’s restaurants, all 11 motels, the swimming pools, libraries and Chamber of Commerce had agreed to desegregate because of the pressure exerted by civil rights activists.

Elder retired on September 1, 1963, the same year as the desegregation of many of Durham’s businesses, banks and city schools.

On August 7, 1974, at the age of 76, this prominent educator and quiet civil rights leader died in Durham’s Lincoln Hospital. NCCU’s Alfonso Elder Student Union is named in his honor. Through his leadership, Elder taught a new generation of college students that freedom, justice and equality do not come free and must be paid with sacrifice in school and in the community at large.

*The Museum of Durham History is a non-profit organization dedicated to bringing Durham’s history to life and encouraging appreciation for our community’s heritage, pride in its accomplishments and support for its potential. The Museum’s home, the History Hub, is located downtown at 500 W. Main St. and will hold its Grand Opening on October 12, 2013. For more information, see [www.museumofdurhamhistory.org](http://www.museumofdurhamhistory.org).*





# Vinos de España

BY PHILLIP ZUCCHINO

It might surprise you to learn that Spain has the largest amount of land devoted to wine grape growing in the world—nearly three million acres. For some perspective, France, the world's largest wine producer, produces approximately 45 percent more wine than Spain by volume, but planted on almost one million fewer acres. For a country with such widespread wine cultivation, and located in the heart of the Old World wine regions, it is surprising that Spanish wines are not as common on wine store shelves as those from France or Italy.

Spain's position in the shadow of many of its European neighbors is largely due to the tumultuous political and economic climate of Spain throughout most of the 20th century. Vineyards and wineries were destroyed during the Spanish Civil War from 1936 to 1939, and the economy was further devastated by World War II. After WWII, while many European countries recovered from the war, Spain remained under the rule of Francisco Franco until 1975, and as dictator Franco suppressed both the Spanish people and the Spanish economy. Fortunately, since the 1980s, Spain has taken great strides in modernizing and investing in its wine business, and the results are delicious!

With a recent uptick in interest in Spanish wine, Spain may not be behind much longer. Many wine drinkers already know that Spanish wines can be great values. While the Rioja, Priorat, and Ribera del Duero regions command higher prices, other Spanish wine regions produce excellent wine at bargain prices mainly because their regions of origin and grape varieties are lesser known than those of Italy and France.

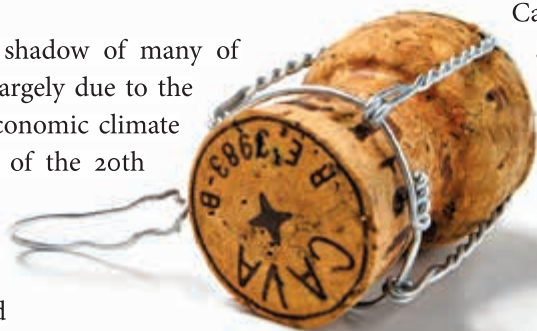
Spain has a variety of approachable, indigenous grapes that are grown in diverse areas with the goal of producing quality, delicious wine. While selfishly I'd love for Spanish wines to remain one of the best buys in the world, as someone who loves to share wine with others, I want everyone to enjoy the diversity and quality Spain has to offer. But, the question is, can wines as reasonably priced as Spain's really be worth drinking?

Yes, absolutely! Here are some of my favorite Spanish values:

**CAVA FROM PENEDÈS**—While Cava can be made in many of the regions throughout Spain, almost 90 percent is made in Penedès. The dominant three grapes—Macabeo, Xarel-lo, and Parellada grown in limestone

soils at the high altitudes of the region can be intensely tart, more akin to the acidity of Champagne than the fuller sparkling wines California tends to produce.

**MONASTRELL FROM JUMILLA**—Monastrell may not be famous either from Spain or from France, where it is known as Mourvèdre, but it deserves a far better reputation. Monastrell thrives on Jumilla's impoverished soils, and despite the low yields inherent in the arid conditions, prices are very affordable, and value can be high. Have your friends who enjoy California Merlot give it a try—they're sure to enjoy.



**ALBARIÑO FROM RÍAS BAIXAS**—Rías Baixas means "lower fjords" or estuaries, and water is the prevailing feature of the landscape. And with lots of rain, mist, and humidity, the vines have to be trained high on pergolas to avoid rot.

Even white grapes can struggle for ripeness in cooler, wetter years, as ideal summers in Rías Baixas are only about two and a half months. The growers of Rías Baixas have wisely embraced Albariño as their grape of choice as it creates a lean white wine with delicious green apple and lemon notes.

**GARNACHA FROM CALATAYUD**—Garnacha can be friendly and cheap or complex and powerful, but some tasters find it to be something altogether different in Calatayud—rich, sappy, minty, but more importantly, reflective of the complex terroir of Calatayud. The rugged countryside offers red and white clay, quartz, limestone, and slate in high and cool plateaus, or in warm and sunny pockets among the mountains and escarpments.

**TEMPRANILLO FROM TORO**—The massive character of Toro's full, plush, and sometimes overpowering wines is the result of the warm conditions, ideal exposures, and very loose soils. The elevation, as with Spain's other top spots, gives the wines structure, relative elegance, and ageability. All that attention has sent prices spiraling upward, but a good deal of Toro wines remain very good values.

The next time you are looking for a wine adventure, think of Spain! Your wallet and your taste buds will thank you. 🍷

*Phillip Zucchini has three years of wine production experience in France and is the co-owner of TheWineFeed.com, which is expanding its online offering by opening a retail wine store and wine bar in early November. Feel free to contact Phillip at [phillipzucchini@thewinefeed.com](mailto:phillipzucchini@thewinefeed.com).*

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# HOPSCOTCH

Once again, the Hopscotch Music Festival drew record crowds of music lovers to the Triangle. With nods and mentions from the likes of Spin, The New York Times, Pitchfork, and other national publications, Hopscotch has placed itself among the best music festivals in the country. Big ups to co-directors Greg Lowenhangen and Grayson Currin for another great year.



Local Natives

Photos by Rodney Boles and Bryan Regan for Triangle Downtowner Magazine



Hank Sinatra



Valient Thorr



Mount Moriah



The Breeders



Torres



The Rosebuds





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### Sept 25, Oct 2, Oct 9, Oct 16, Oct 23, Oct 30 (Wed) - Downtown Raleigh

**Raleigh Downtown Farmers Market** livens up City Plaza in downtown Raleigh every Wednesday from 10am to 2pm. Interact with community farmers, cheese makers, bakers, and more with all products grown or made here in North Carolina. Buy local, eat local! View the complete vendors list and get more at [www.godowntownraleigh.com/farmers-market](http://www.godowntownraleigh.com/farmers-market).

### Sept 25, Oct 2, Oct 9, Oct 16, Oct 23, Oct 30 (Wed) - Downtown Wake Forest

**Farmers Market**, every Saturday 10am–noon. Offering seasonal produce, meat, eggs, honey, handmade crafts and more. Parking lot of OneCare, Inc. 150 N. White St, Wake Forest. For more information, visit [www.wakeforestfarmersmarket.org](http://www.wakeforestfarmersmarket.org).

### Sept 27 & 28 (Fri & Sat) - Downtown Raleigh

**Wide Open Bluegrass** is a two-day festival and a part of IBMA's annual World of Bluegrass event: bluegrass music's annual industry gathering and family reunion. Held for the first time in Raleigh, North Carolina, World of Bluegrass

runs from September 24–28. The International Bluegrass Music Association—IBMA—is the professional trade organization for the global bluegrass music community. It's bluegrass without limits and offerings for every music fan! From newgrass, jamgrass, traditional bluegrass, old-time and more! Artists to appear include Steve Martin and The Steep Canyon Rangers featuring Edie Brickell; Special performance featuring Sam Bush, Jerry Douglas, Bela Fleck, Alison Krauss, Del McCoury, Tony Rice & Mark Schatz; Punch Brothers; The Infamous Stringdusters and many more! At the Raleigh Convention Center. <http://bluegrass-fanfest.org>

### Sept 28 (Sat) • Raleigh

**Food Truck Rodeo with GOUGE Wrestling**. Free family fun event! All proceeds go toward keeping The Saturday Market at Rebus Works alive. We are growing our Farmers' Market with your help. GOUGE Wrestling line up for Saturday, Sept 28: Enjoy a night of beer, body slams, and food! GOUGE will present a night of highly entertaining sports entertainment featuring brawlers, luchadors, nice guys, vampires, cowboys, Roman conquerors, nerds, grapplers, sheiks, and amish ruffians! Hank Sinatra will play in the ring at 6pm with wrestling to follow! Not a rasslin' fan? How about great food truck food, cold beer and a nice spring evening outdoors. Maybe check out some really cool art at Rebus as well. 5pm–9pm at Rebus Works. [www.facebook.com/events/267049096718513](http://www.facebook.com/events/267049096718513)

### Sept 28 (Sat) - Downtown Raleigh

**Raleigh Irish Music Festival** is a free festival featuring Irish bands, and Irish dancers who will perform throughout the day. Irish and Celtic products, along with a great selection of area-produced gifts and crafts will be available for purchase. Children's entertainment and a wide variety of food and refreshments will be available as well. Bring your lawn chairs and make some new friends. 11am–7pm at Moore Square Park. [www.raleighirishfestival.com](http://www.raleighirishfestival.com)

### Sept 28 (Sat) - Raleigh

Have fun exploring downtown Raleigh's hidden nature preserve during **Festival of Motion** and enjoy a full day of family fun around our activity loop along the Walnut Creek Greenway. Start at the Walnut Creek Wetland Center and

stop off at tent stations along the Greenway for live music, arts activities, games and interactive displays for the whole family. Make your way around the circuit with fitness challenges, our disc golf demo course, live animals, and a host of other nature activities. The natural beauty of Raleigh is just waiting to be discovered. 11am–2pm. <http://festivalin-motion.com>

### Sept 28, Oct 5, Oct 12, Oct 19, Oct 26 (Saturdays) - Cary

**Western Wake Farmers' Market**. The Western Wake Farmers' Market was conceived by a set of Wake County moms in 2009 with a desire to feed their families with locally grown food. Lots of fresh, seasonal produce, meats, cheese, eggs and much more! On any given Saturday visitors may encounter, face painting, storytelling, music, or other local entertainers. Saturdays 8:00am–12:00pm. <http://westernwakefarmersmarket.org>

### Sept 28, Oct 5, Oct 12, Oct 19, Oct 26 (Saturdays) - Downtown Chapel Hill

The **Chapel Hill Farmers' Market** was started in April 2008 by Farmers of Orange, a state non-profit organization created for local farmers by local farmers. All of our farmers and artisans live within 60 miles of Chapel Hill, NC and bring fresh, quality produce, value-added farm products, and crafts to market year-round. The market is vendor run and operated by our market manager. Saturdays from 8:00am–12:00pm. [www.thechapelhillfarmersmarket.com/index.html](http://www.thechapelhillfarmersmarket.com/index.html)

### Sept 28, Oct 5, Oct 12, Oct 19, Oct 26 (Saturdays) - Downtown Durham

**Saturday Art Market** is an outdoor market featuring gorgeous locally produced arts and crafts, including metal, jewelry, fabric arts, pottery, and more. Saturdays 9:00am–1:00pm at 214 Hunt Street. 919.688.8267 or <http://artmarketatvegmetals.com>

### Sept 29 (Sun) - Carrboro

**The 16th Annual Carrboro Music Festival** is a day long, free festival featuring all styles of music at numerous indoor and outdoor venues around downtown Carrboro.

The event is a product of a coordinated effort by the Carrboro Recreation and Parks Department and the Carrboro Music Festival Planning Committee. Since its inception in 1998 (originally called Fête de la Musique), the Music Fest has drawn musicians and music lovers from all over. Each year the players change on the 25 stages from one end of Carrboro to the other, but the sweet strains of music that fill the town are nothing short of incredible! Location: Downtown Carrboro. [www.carrboromusicfestival.com](http://www.carrboromusicfestival.com)

### Oct 1–5 - Durham

Celebrate the second annual **Global Cardboard Challenge** at the Museum of Life & Science as we use your creations to bring this year's theme to life—Colossal Cardboard Imagination Machine! Will your piece move, connect or tower above the rest? Use our supplies to create and construct your own addition and watch as the machine changes from day-to-day! The final room-size cardboard machine will be unveiled for all to see and add to on Saturday, October 5th. Location: Museum of Life and Science. <http://lifeandscience.org/visit/events/cardboard-challenge>

### Oct 4 (Fri) - Downtown Raleigh

**First Friday Gallery Walk** is one of Raleigh's most popular evening escapes. Join us on the First Friday of every month for a fun-filled introduction to Raleigh's exciting art, music and dining scene. Enjoy a self-guided tour of local art galleries, art studios, museums, retail, restaurants and alternative art venues on the first Friday of every month. Look for the First Friday Flags to easily locate participating venues. A detailed map/guide will be available at each location. Pick up your very own FREE copy for easy event navigation. Visit the galleries, listen to live music, and delight in a divine culinary experience and take advantage of the First Friday Specials offered by all participating restaurants. 6pm–9pm. [www.godowntownraleigh.com/first-friday-raleigh](http://www.godowntownraleigh.com/first-friday-raleigh)

### Oct 4 (Fri)–6 (Sun) - Downtown Raleigh

The **International Festival of Raleigh** is celebrating its 28th birthday at the Raleigh Convention Center from October 4–6. The annual celebration of multiculturalism brings together nearly 60 international groups who call the Triangle home. A key component of the Triangle's cultural

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and artistic scene, the International Festival of Raleigh is a three-day event packed with activities and fun for the whole family: Watch traditional ethnic dances on Main Stage, performed by artists in authentic dress. Taste your way through the Sidewalk Cafes with culinary offerings from around the globe.

Stroll through the Cultural Exhibits to learn about the rich history and traditions of many different cultures. Visit the Biergarten Stage to dance and hear bands and musical performances from around the world. Bring the kids to Sophia's Corner for facepainting, storytelling and games. Learn about traditional arts, crafts and cooking at the Demonstration Displays. At the Raleigh Convention Center. [www.internationalfestival.org](http://www.internationalfestival.org)

#### Oct 4-27 - Raleigh

**Spring Awakening.** A rock-and-roll take on a story of teenagers in late-19th century Germany discovering the inner and outer tumult of sexuality. Originally banned in Germany because of its frank portrayal of mature and visceral content, this Tony-winning musical weaves a coming-of-age story with a ravishing musical score. The New York Times described it as "haunting and electrifying," and many have called it "Rent for the next generation." Cost: \$25.00. Raleigh Little Theatre. <http://raleighlittletheatre.org/shows/13-14/spring.html>

#### Oct 5 (Sat) - Raleigh

**The 2nd annual Run For Their Lives 5K race** is on October 5! Benefiting SAFE Haven for Cats, this healthy family-fun competitive get-together consists of a 5K for runners/walkers on a newly certified 5K course and a dog jog/family two-mile walk. And it's all for the cats! Time: 8:30am. Place: Start & Finish at SAFE Haven for Cats. <http://safehaven5k.org> for updates, insider scoops, and other info regarding the race.

#### Oct 5 (Sat) - Durham

**The World Beer Festival** Durham returns for its 18th year! Held at the Durham Athletic Park in downtown Durham, World Beer Festival attendees will be taken on a one of a kind adventure through the world of craft beer and education. Do all of this while also eating local food, listening to

live music, and enjoying the company of the incredible NC beer community. The World Beer Festival has two sessions, ticketed separately. Each session is four hours, 12-4pm and 6-10pm at the Durham Athletic Park. <http://allaboutbeer.com/gather-for-beer/world-beer-festival/durham-nc>

#### Oct 6 (Sun) - Downtown Chapel Hill

**Chapel Hill's annual celebration of the arts, Festifall,** transforms Franklin Street with a diverse artist market, live entertainment for all ages, hands-on activities, and local food. Chapel Hill residents and people from neighboring communities will have the opportunity to explore our booming local art scene supporting the artists that make our communities and local economy vibrant. Selected artists representing all types of media will be a part of this event. This is a free event. [www.townofchapel-hill.org/index.aspx?page=2098](http://www.townofchapel-hill.org/index.aspx?page=2098)

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

The **2ndFriday Artwalk** takes place in Carrboro and Chapel Hill from 6:00-9:00pm on the second Friday of every month. It's a great opportunity to explore the many arts venues and businesses in both towns as well as socialize with other art lovers in the community. With over twenty venues, there's something for everyone. Many of the galleries will have live music and other art related entertainment. The 2ndFriday Artwalk is presented by The Chapel Hill Downtown Partnership. Check out their official site here: <http://www.2ndfridayartwalk.com/>

#### Oct 13 (Sun) - Raleigh

**Walk For Hope.** For nearly 25 years, the Foundation of Hope has been hosting the annual Thad and Alice Eure Walk for Hope, which starts at the Angus Barn Restaurant in Raleigh, N.C., and passes through William Umstead State Park. There are three Walk options: 1) 10k (6.2 miles), 2) 5k (3.1 miles), 3) 1-mile Family Fun Nature Hike around the Angus Barn lake. Taking place on the same day is the Run for Hope, a USA Track & Field certified 5k or 10k run (same route as the Walk for Hope). The Walk is a day full of family fun and prizes! All participants receive a T-shirt and are invited to join our post-Walk celebration with kids

activities, food, music and more! Top fundraisers receive special prizes and recognition, and everyone is entered into our raffle for more great prizes! [www.walkforhope.com](http://www.walkforhope.com)

#### Oct 13 (Sun) Downtown Raleigh

For the **Downtown Raleigh Food Truck Rodeo**, the 50+ food trucks will start lining up single file, one side of the street, at the State Capital end of Fayetteville Street. City of Raleigh Museum will be open and hosting activities. Tables and chairs will setup along the way for on-street seating. Free from 12-5pm. <http://downtownraleighfood-truckrodeo.com>

#### Oct 17 (Thurs) - Durham

**Museum Afterhours: Brains.** This October the Museum of Life and Sciences is being taken over... by BRAAAAAINSSS! (scientists) These scientists will help you find out why you think your thoughts and feel your feelings. Grab a beer (and touch a brain) and discover why Zombies think brains are just the tastiest. Join the Museum Afterhours crew and our partners at Duke's Institute for Brain Science as we get insane in the membrane with a night full of brainy fun. Get touchy-feely with real brains, ask brain scientists your most burning cranial questions and play mad mind games! Don't forget to save time to explore the museum exhibits, grab a bite from your favorite local food truck, jam out to our featured DJ and, of course, slurp a brain-shaped JELL-O shot. Cost: \$8.00. <http://lifeand-science.org/visit/events/museum-afterhours>

#### Oct 17-27 - Raleigh

The **North Carolina State Fair** is a first-class, family-oriented entertainment and educational event occurring each October in Raleigh. It's the largest event in the state of North Carolina and the largest 10-day agriculture event in the nation, surpassing 1 million visitors to the 2010 State Fair. At the NC State Fairgrounds. [www.ncstatefair.org/2013](http://www.ncstatefair.org/2013)

#### Oct 18 (Fri) - Downtown Durham

**Third Friday** is a local Durham gallery crawl hosted by Culture Crawl on the Third Friday of each month. It "officially" began in 2007 and has been growing every year since. The number of venues that have participated reaches nearly 100,

but on average, there are usually 16 featured events each month from 6pm to about 9pm. [www.thirdfridaydurham.com](http://www.thirdfridaydurham.com)

#### Oct 20 (Sun) - Durham

This fall, don't miss the inaugural **Bull City Race Fest and Food Truck Rodeo** showcasing historic, downtown Durham, Oct. 20 at the American Tobacco Campus. This fall festival has something for the fastest runners and families alike. Choose from half-marathon, five-mile and one-mile distances and enjoy a crisp fall morning of running and post-race food. <http://bullcityracefest.com>

#### Oct 24-26 - Cary

**A Reel-ly Scary Cary Halloween Movies Series.** Scary movie enthusiasts and those that love all things spooky are invited to attend an event that has become a fall fan favorite, Reel-ly Scary Cary! The majestic trees and winding path at Cary's Koka Booth Amphitheatre are transformed into towering pines and a Spooktacular Haunted Trail that provide the perfect setting for spine tingling chills. Patrons will thrill to some of the most scary movie classics on the big screen, while moonlight and fright set the stage for a new addition, the Trail of Terror! As you enter the venue, take a stroll through the Creepy Corridor, just enough thrills for fans 12 and under. If you're really brave, try the all new "Trail of Terror" located on the Crescent deck. This section is clearly not for the faint of heart and not appropriate for children under 12. Cost: \$5.00. <http://boothamphitheatre.com/reel-ly-scary-cary>

#### Oct 27 (Sun) - Downtown Raleigh

The **Raleigh CROP Hunger Walk** is the heart and "sole" of Raleigh! It is the only event that brings together all members of our community—young and old, all faiths and walks of life for a common goal—to end hunger, one step at a time! This year's family friendly event will feature live music, a Halloween costume contest, arts and crafts, and a global village! Please come out to have fun and support our local community. Local benefiting agencies include the Interfaith Food Shuttle, Raleigh Urban Ministries, The Food Bank of Central and Eastern NC, North Raleigh Ministries, and Catholic Parish Outreach. Begins at Marbles Kids Museum. [www.cropwalkraleigh.com/index.php](http://www.cropwalkraleigh.com/index.php)



Photo courtesy of Mike Shield

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## Modernizing the Modern BY RACHEL MUKAI STARK, ASLA, URBAN DESIGNER

Roughly 50 years ago, Raleigh's media was reporting on a transformation that was about to occur in Downtown Raleigh between Hargett, Martin, Fayetteville, and Wilmington Streets. At the time there were three blocks in that small portion of downtown, where the new development of the Wachovia Bank Building was to begin. The City worked with the developers to transform the small cross streets of Market and Exchange into pedestrian plazas on the site.



Designed by Landscape Architect Richard Bell, working alongside the architects of the 227 Fayetteville Street Wachovia building, Exchange

Plaza was completed first, followed by a portion of Market Plaza. They were successful and celebrated places that offered lush respite for downtown employees. These mini-plazas featured a pool and a variety of plants that were congruent with the tastes of the era.

Although the plazas received a facelift and Market Plaza was completed in the mid-80s, for the most part they have remained unaltered. Meanwhile, Downtown Raleigh has gone through layers of change. Segregation ended. More people spread out into Raleigh's suburbs. Companies moved to RTP to have the space to develop new products. A renewed interest in downtown occurred and people and businesses came back downtown to live, work and play. The population grew exponentially. The culture changed with the new generations.

Today downtown is a booming place of business, culture and life. There is a need for flexible outdoor public space that accommodates café dining, concerts and farmers markets. They need to be a place for downtown employees, visitors, children, teens, and adults. The area should provide environmental benefits such as carbon

sequestration and storm water runoff mitigation to reduce flooding and pollutants. These places need to provide support to local businesses by increasing visibility and creating spaces where people want to be and spend time.



That is our challenge, 50 years later, with the redevelopment of 227 Fayetteville Street. It is time to meet today's needs and breathe new life into these formerly inspiring places. This is what we seek to accomplish as we develop designs and work with the community. We encourage readers to stay tuned to upcoming public meetings and provide feedback to what they would like to see in order to make this an inspiring destination in Raleigh once again.

For more information contact Rachel Stark at 919.996.4644 or [Rachel.Stark@raleighnc.gov](mailto:Rachel.Stark@raleighnc.gov).




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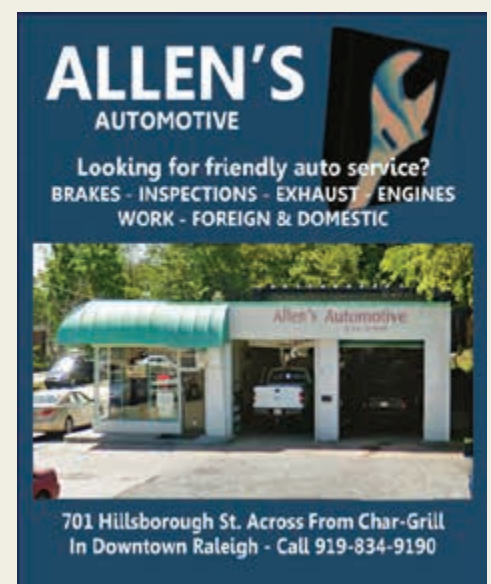
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# LOCAL YOUTH HELP TO PRESERVE THE LEGACY OF THE LATTA HOUSE

PHOTOS BY BRANDI NEURWIRTH

This past month, seven youth in the historic community of Oberlin Village participated in the construction of an interpretive signage project at the landmark site of the Reverend M.L. Latta House and University, designated by the City Council as a Raleigh Historic Landmark in



2010. Ranging in ages 12-17, the boys and girls were chosen based on their leadership skills, work ethic and character. They worked alongside professionals from Brodie Contractors Inc., Turner Masonry Co. and Phoenix & Associates. The sign they helped to create was erected at the front of the two-acre site at

the base of the driveway and consisted of a bronze sign housed by original handmade bricks that were salvaged from fire that consumed the house back in 2007. The ribbon-cutting ceremony for the new sign took place on Thursday, October 3, at the Latta homesite, 1001 Parker Street. There was a ceremonial cornhusk tea toast (which Rev. Latta mentioned drinking with his family in his autobiography) and live entertainment featuring Voronina McKinney and Ron Baxter Jazz. Descendants of Rev. Latta performed the ribbon cutting ceremony.

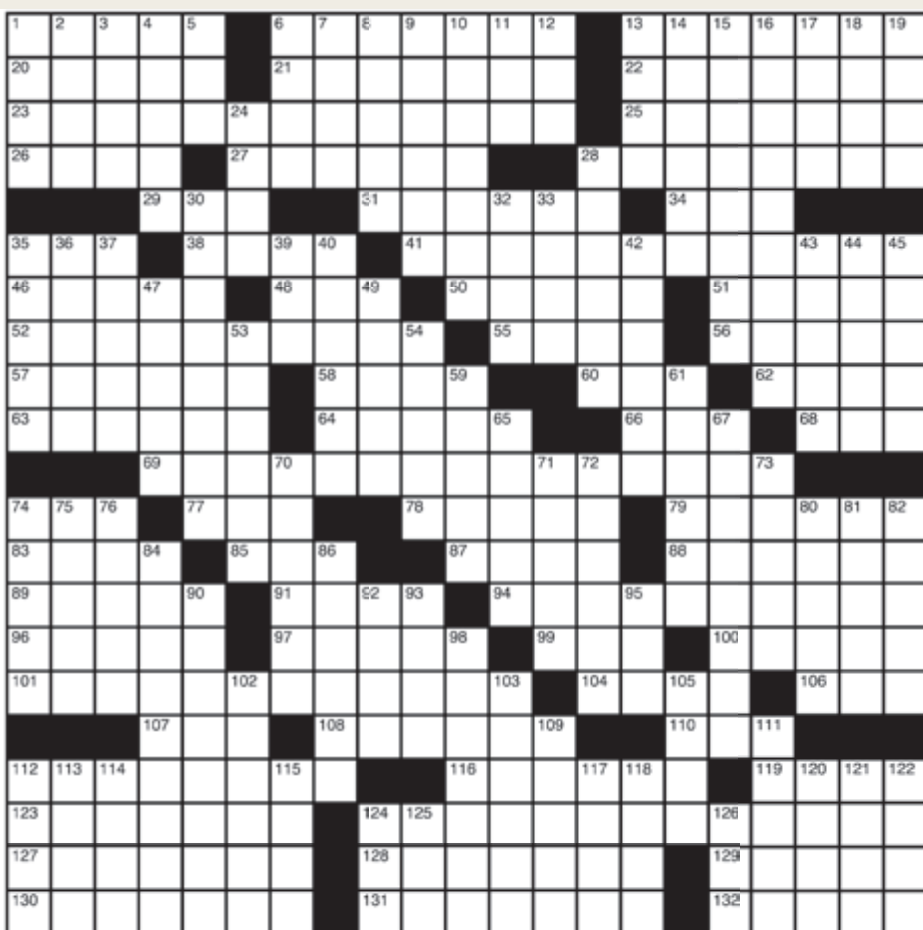
“The legacy of Rev. Latta and his mission still lives on through our future. Brick masonry was one of the trades taught at Latta University, and it is only appropriate to provide youth an opportunity to make history by preserving it,” says Judith L. Guest, Latta House Executive Director. “This is a hands-on approach to learning and investing in their community.”

Learn more about Rev. Latta and the Latta House Foundation at [www.lattahouse.org](http://www.lattahouse.org).

PHOTO RIGHT: Mike Harris is all smiles while volunteering for the Latta House sign project.



## MONTHLY CROSSWORD PUZZLE



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By Peter A. Collins from the Los Angeles Times  
Edited by Rich Norris and Joyce Nichols Lewis

### “Cross Country”

#### ACROSS

- 1 Family nickname
- 6 Waltz king
- 13 Artificial surface football injury
- 20 Places
- 21 Kitchen worker's wear
- 22 In the zone
- 23 Border sharers of Europe?
- 25 Slows
- 26 Ignore
- 27 Dyeing occasion
- 28 Named person
- 29 Harry Potter's Hedwig, e.g.
- 31 Building near a track, maybe
- 34 End of many addresses
- 35 Energize, with “up”
- 38 Frosty coat
- 41 Border sharers of Europe and Asia?
- 46 Raneé's wrap
- 48 Relax, with “out”
- 50 Burn covering
- 51 Birth of \_\_\_
- 52 Border sharers of South America and Asia?
- 55 Acronymous WWII gun
- 56 Three-star off.
- 57 Give a charge to
- 58 “Go placidly \_\_\_ the noise ...”: Ehrmann
- 60 With 17-Down, “Cross Creek” Oscar nominee
- 62 Shore thing
- 63 We're-together link
- 64 Start of something big?
- 66 Dirt road feature
- 68 Jeans giant
- 69 Border sharers of Europe and Asia?

- 74 Poetic body
- 77 E. Berlin's Cold War home
- 78 Chapel topper
- 79 Some Great Lakes natives
- 83 Bit of salon artistry
- 85 “Gross!”
- 87 Dirty
- 88 Sun Bowl city
- 89 It merged with Molson in 2005
- 91 With 97-Across, like many catalogues
- 94 Border sharers of Asia and Africa?
- 96 Recess retort
- 97 See 91-Across
- 99 Sigma preceder
- 100 Music rights gp.
- 101 Border sharers of Asia?
- 104 “\_\_\_ it get to me”
- 106 Surprised cries
- 107 Thrive, in Rx's
- 108 Makes impure
- 110 Madonna, according to the stars
- 112 Boorlike
- 116 Actress Headly
- 119 Dazzling duo in Dover?
- 123 Pub-crawl
- 124 Border sharers of North America and Asia?
- 127 Enigma machine user
- 128 Rapidly
- 129 Heavenly helper
- 130 Most prized
- 131 Enjoys a few ribs?
- 132 Gaggle members

#### DOWN

- 1 Serious service
- 2 Setting for Camus' “The Plague”
- 3 It's taken after an order is given
- 4 Fast ballroom

- 5 Simile center
- 6 Branch of Islam
- 7 Salon services
- 8 Civil disturbances
- 9 Stops at the Sorbonne?
- 10 Opens, in a way
- 11 “\_\_\_ of Love”: 1989 film
- 12 Porker's place
- 13 Hurried
- 14 Paris-based cultural org.
- 15 Reasoned
- 16 Archaeologist's finds
- 17 See 60-Across
- 18 Renaissance faire word
- 19 “Anything \_\_\_?”
- 24 Change places, briefly?
- 28 Regis University city
- 30 Aftereffect of an overlong run, maybe
- 32 Cote sounds
- 33 Light tune
- 35 Computer code acronym
- 36 Minorca's capital
- 37 Lithograph, e.g.
- 39 Co-star of Richard in “The Night of the Iguana”
- 40 Distinguish from the original, as a corrected file
- 42 “Casino” star
- 43 “Love Story” author
- 44 2011 East Coast hurricane
- 45 History Channel owner
- 47 Philanthropist Yale
- 49 Flip out
- 53 Other than
- 54 Minor furniture damage
- 59 Dullards

- 61 Pound
- 65 Often sautéed veggie
- 67 Pregame party site
- 70 Quake follower
- 71 Rosey of the Rams' Fearsome Foursome
- 72 Oracle site
- 73 Mulletts hide them
- 74 William of \_\_\_, logician known for his “razor”
- 75 Not at all tight
- 76 Organisms of a region
- 80 First name in medieval traveling
- 81 Basketball Hall of Famer Thomas
- 82 They're sold in bars
- 84 Knocking spot
- 86 Friendliness
- 90 “This guy ...”
- 92 Notion
- 93 Director Riefenstahl
- 95 Common letters in an email address
- 98 Auctioneer's helper
- 102 Wakes up
- 103 “About time!”
- 105 Grades K-5: Abbr.
- 109 La Rive Gauche locale
- 111 Imperiled layer
- 112 Sent an email dupe to
- 113 Penny or passing follower
- 114 Aquatic predator
- 115 Barcelona-born architect
- 117 Tar Heel St.
- 118 Siestas
- 120 Lawn border
- 121 Peters out
- 122 Rep's goal
- 124 Three-sided sail
- 125 California's Santa \_\_\_
- 126 Major interest, slangily

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