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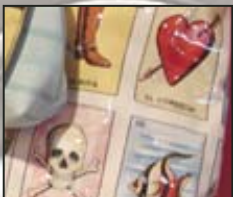
VOLUME 3, ISSUE 9

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DOWNTOWN PETS

By Fred Benton
City Style Editor

Lavish condos are springing up on every corner and even the smallest houses are selling for country club prices. Downtown is hot and folks are moving downtown in droves. New restaurants are being built to meet the demand as well as retail shops, bars, salons, and yes, pet-related services. It seems that many of the new residents downtown are animal lovers and want to make sure their furry roommates are as glad about being downtown as they are.

Last fall, while writing my first article for the Raleigh Downtowner, I discovered that Raleigh pet lovers are quite savvy when it comes to responsible ownership and care of their furry friends. However, even the most dedicated owner can succumb to the unintentional endangerment of their loved ones as evidenced by the recent pet food poisoning.

As we shop the pet food aisles of the supermarkets and pet superstores we have faith in the manufacturers of the products they make. Little did we know that so many of the pet foods were produced cheaply overseas, particularly in China. Recently, many loving pet owners unintentionally poisoned their beloved pets with poor quality products. This has led to owners to seek food alternatives by making their own foods and treats. At the end of this article you will find two doggie treat recipes that are simple

to make for your pooch. You can also find other ideas for homemade cat treats and other food for your pets listed with the recipes.

“GO FOR A RIDE?”

Regarding the recent Michael Vick dog fighting case, several news commentators cited that this horrendous incident brought on more vitriol from incensed dog lovers than practically any other case in recent history. I can understand the feeling. I have, in fact, just experienced it less than an hour ago while in the midst of writing this article. My dog Pearl loves to go for a ride. The summer has been so hot that I haven't taken her for a ride in months. Today, it was finally cooler (80 degrees) so on the springboard of a quick errand to a restaurant, I decided to let Pearl come with and go for a ride. I put copious amounts of iced water in the car for her, left the windows down far enough to circulate the air and left her to go inside the restaurant knowing I would only be inside for just a few minutes. Less than ten minutes later I was back sitting in my car preparing to leave when an angry lady was knocking on my window. She was incensed that I'd left my dog in the car! Patiently I tried to explain to her that I, too, was a dog lover, that I was in the restaurant for a very short time, Pearl had water, etc. She belligerently cited she was calling 911! I frowned deeply, put the window up and left. I was furious at this woman. Was I really guilty of abuse?! When I arrived back home I immediately called Raleigh Animal Control, explained the incident and



asked if I was wrong. Did I abuse my dog and was what I did illegal?

You know what? My antagonist—and I hate to admit this—was right, according to Tracey Alford, Animal Control Supervisor for the city of Raleigh, who explained, “I know you didn't mean to potentially harm your dog but in times of high humidity combined with heat—whether it's 100 degrees or 79—a dog can have a heat stroke in a matter of minutes. It doesn't matter whether the windows are open or the

Continued on Page 3

■ Welcome to the Raleigh Downtowner Volume 3, Issue 9: Downtown Pets



ON THE COVER: Raleigh Downtowner mascot Brisco poses in front of our new office on W. Jones Street. Special thanks to Toni from Salon 21 for the wheels.

UPCOMING ISSUES

Issue 10: Fall Fashion & Food

Email us your favorite places to fashion shop or favorite fall recipes for our Fall issue and you could win free cooking lessons from one of the top chefs in Raleigh!

Issue 11: Shopping Guide

Issue 12: Holiday Gift Ideas

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OUR NEW DOWNTOWN OFFICE:

617 West Jones Street ■ Raleigh, NC 27603
Phone: 919.821.9000 Fax: 919.821.4998

General inquiries may be sent to editor@raleighdowntowner.com

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PUBLISHER / EDITOR-IN-CHIEF Crash Gregg
FOUNDERS Randall Gregg, Sig Hutchinson
CITY STYLE EDITOR Fred Benton
FASHION WRITER Kelly Hubbard
CONTRIBUTING WRITERS Kendra McCleskey, Raleigh City Museum
Mondy Lamb, SPCA

The Raleigh Downtowner is a monthly publication dedicated to coverage of downtown Raleigh and the surrounding local community.

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Pets at work: AnnCabell and office pup Irene at the Glenwood Agency

more about dog safety, Tracey considers it a major part of his mission to educate the public, so feel free to call him at 831-6005 (weekdays, business hours).

PEOPLE FOOD

I've always thought that feeding my dog human food—mainly giving her bits of what I'm eating—was fine: what's fine for me is fine for her, right? WRONG!!! While grapes and raisins may be healthy for us, they can be toxic to dogs, and even small amounts can cause organ shut-down. Onions, which I use liberally in practically everything I make, are also bad for dogs. Avocados—a healthy, recommended source of fat for humans—are a canine no-no. In the recipe section of this article, I've included an online site address where you can find out all the do's and don'ts of feeding your dog from the human food supply.

Bottom line, we love our dogs so much that we easily humanize them. That could be a major problem. So this is the gist of this year's article: are we loving our dogs to death? Do we really know dogs as well as most of us think we do?

TRAVELING FUR AWAY

I now travel with Pearl, temperature permitting, whenever possible. There is a growing number of pet-friendly hotels, motels, inns and B&B's that are

dog-friendly. And there are many websites devoted to traveling with your dog and identifying those establishments. But word of caution: always call beforehand to find out what pets may be barred, any weight restrictions and fees associated with housing pet in your room (typical is \$10-\$20 per pet). I just prefer to have Pearl with me rather than kenneling her but taking your dog to a good kennel is certainly a viable option and may be the best idea if your dog doesn't travel well, is elderly or in poor health.



Pets at work: Geoff Lamb, owner of Big Boss Brewing Company, with Bentley

your pet may be taken. According to the American Humane Society, consider these guidelines when choosing a kennel:

- Does the facility look and smell clean?
- Is there sufficient ventilation and light?
- Is a comfortable temperature maintained?
- Does the staff seem knowledgeable and caring?
- Are pets required to be current on their vaccinations, including the vaccine for canine kennel cough (Bordetella)? Such a requirement helps protect your animal and others.
- Does each dog have his own adequately sized indoor-outdoor run or an indoor run and a schedule for exercise?
- Are outdoor runs and exercise areas protected from wind, rain, and snow?
- Are resting boards and bedding provided to allow dogs to rest off the concrete floor?
- Are cats housed away from dogs?
- Is there enough space for cats to move around comfortably?
- Is there enough space between the litter box and food bowls?
- How often are pets fed?
- Can the owner bring a pet's special food?
- How are rates calculated?
- What veterinary services are available?

dog has all the water it can possibly drink, a danger still exists. You and I can ward off the effects of heat better than a dog." So, when will the temperature be safe for my car-loving dog to participate in errands? Tracey suggested when the temp in the 60s with low humidity. I officially apologize in print to the well-meaning lady for my rudeness. I was wrong; she was right (and that makes me gag but I was glad to learn what I did for Pearl's sake). If you see a dog or any animal for that matter that you suspect is being treated inhumanely call 911 or 833-6311. To learn

HOW DO I FIND A GOOD KENNEL ?

Ask a friend, neighbor, veterinarian, animal shelter, or dog trainer for a recommendation. You can also check the Yellow Pages under "Kennels & Pet Boarding." Once you have names—even ones you got from reliable sources—it's important to do a little background check.

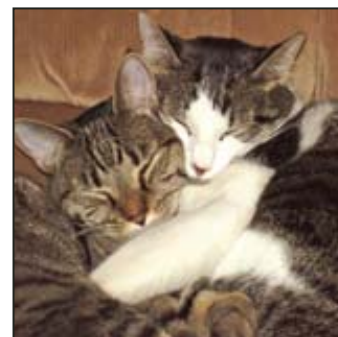
First, find out whether your state requires boarding kennel inspections. If it does, make sure the kennel you are considering displays a license or certificate showing that the kennel meets mandated standards.

Also ask whether the prospective kennel belongs to the American Boarding Kennels Association (719-667-1600), a trade association founded by kennel operators to promote professional standards of pet care. Check, too, with your Better Business Bureau to see whether any complaints have been lodged against a kennel you are considering.

After selecting a few kennels, confirm that they can accommodate your pet for specific dates and can address your pet's special needs (if any). If you're satisfied, schedule a visit.

WHAT SHOULD I LOOK FOR WHEN KENNELING?

On your visit, ask to see all the places



Leanne Nichols' spoon sleepers Scotti and Seamus

ASK AN EXPERT

Since our Downtown Dogs issue last year I've researched canine behavior as a hobby, but I'm no expert. However, Sylvie Pleasant, of K9 Solutions here in Raleigh, is. She's often credited as being the number one dog trainer in the area. I had lots of questions, and I knew that Sylvie would have the answers:

1. Let your dog know who's boss! This can sound heartless and controlling but is it really a bad thing?

Just semantics of course but we prefer to use the term "leadership." Even in human society, leadership is key to our

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success at home and in business. Humans function better with great leaders motivating them, appreciating their work, and empowering them. Similarly, dogs are more relaxed and happy when they understand their role in the pack hierarchy. They don't feel the anxious need to control their environment because they trust their leader to take responsibility for all needs.

2. What are some of the most common signs that your dog is making you a part of his/her pack rather than you being the leader?

Not coming when called, not sitting when asked the first time, not listening, jumping on owners and guests, pulling on the leash, anxieties, aggression.

3. What is an acceptable way to punish your dog—and when should you?

We never advocate hitting your dog, scruffing the neck, or alpha rolling—if you are a great leader in a way that is understandable to the canine species, there is no need for that abuse. Owners should have the kind of relationship with their dog that they can glare at them and say no to end the behavior. If they are unable to do so, then their relationship is not at its fullest potential. Proper punishment depends on the unwanted behavior and the dogs' temperament. It can be a No, a time-out, taking something good away, etc.

For example, whenever my Shepherd played well



Downtowner City Style Editor
Fred Benton and Pearl

with his stuffed toys, I gently praised him. As soon as he started the tear it, I would say No. Initially he ignored me so I would immediately get the toy and put it away until the next day. Three times and he learned that the quickest way to get rid of his toy was to tear it! Since he likes his toys and wanted to keep them, he learned to play correctly. The positive action here is just as important as the negative action.

4. Is it bad to feed my dog food off my plate?

Most dogs learn to beg that way. It's best to put all food into their bowl. Of course you need to be

aware of what you should and shouldn't share with your dog.

5. I've thought of a crate much like caging my dog. Is using a crate cruel for my dog?

It's not any more cruel than putting a baby in a playpen! Any tool including a simple leash can become abusive when not used properly. Crates are a fabulous way to give yourself some time off from puppy-hood, save your furniture, prevent house soiling, etc. Crates become cruel when used excessively. Dogs also need to be properly exercised before and after crating.

6. I love to take Pearl out for a ride in my car. What precautions should I take to ensure my dog's safety? Is just being in the back seat enough?

We personally recommend a crate or seat belt. Dogs have been known to crash through windows in accidents of when brakes had to be applied unexpectedly. This is very traumatic for everyone. Do not allow your dog to hang his head out of the window. We realize that it's very cute but also very unsafe.

7. I understand that my dog in the car is a no-no in hot weather but how about cold? Isn't the fur protection enough?

It depends on the dog. A Chihuahua will not tolerate cold like a St. Bernard can. Know your dog's limitations.

8. Is ice in dog's water bowl in hot weather helpful? My dog, Pearl, actually loves to chew ice.

Absolutely!

9. I think nothing of taking my dog with me when I travel, and I always stay in pet-friendly establishments. But is my dog really having a good time? How can I tell if when traveling, if my dog is stressed or miserable?

Know your dog. By training and playing with your dog on a daily basis, you will learn your dog's body language and thus can pick up on their moods under different circumstances. Often, behavior modification and training can make a huge difference in helping your dog cope and enjoy the situation. Sometimes you have to decide to do what's best for your dog. There are plenty of activities available for all types of personalities.

10. Dogs love to chew. What are the best

Continued on page 5

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dog treats to give dogs for chewing?

I give my dogs hormone-free, antibiotic-free, digestible chewies such as dried potato skin on hemp rope, bully sticks, tendons, tracheas, etc. Go to a retail pet store that researches the quality of chewies carefully.

11. Is properly training a dog actually good for the dog or is it just good for us to have a well-mannered pooch?

It's great for the dog and owner! I am still, after 12 years, amazed to see how happy and relaxed my clients' dogs are on the second session after I've given them their leadership and self-control tools. And owners feel empowered and can fully enjoy their buddy.

Find out how many years of actual hands-on experience the trainers have. Ask them how experienced they are with a variety of breed and are they willing to tweak their training style according to each dog's temperament or do they believe that one training style works for all dogs. Obviously you want to hear that they understand canines so well that they can individualize the training. And remember, training is fun!

For more information you can contact Sylvie at K9 Solutions Inc 919-779-3813 or info@k9solutions.com www.TriangleCanineSolutions.com

MAKE YOUR OWN TREATS

Perhaps the biggest trend to hit the canine set since our pet issue last year

is the prevalence of owners who prepare the foods which they give to their pets as an ongoing practice. I, for one, am no longer prepared to leave my dog's safety up to American makers of pet foods or to China. I compiled three easy recipes for treats below.

But, safety first —



know foods to avoid that could harm your dog. Check starbreezes.com/11/foodsafety.html or go to any ASPCA site or ask your vet.

Flea Hater's Dog Biscuits

These treats are said to help keep fleas at bay (brewers yeast is a natural anti-flea remedy). From the marthastewart.com archives, presented by GourmetSleuth.com

Makes about 5 dozen bone biscuits

INGREDIENTS

- ✎ 1 cup flour
- ✎ 1/4 cup wheat germ
- ✎ 1/4 cup brewer's yeast (available at health-food stores)
- ✎ 1 teaspoon salt
- ✎ 1 tablespoon plus 1 1/2 teaspoons vegetable oil
- ✎ 1 clove garlic, chopped medium, or 1 teaspoon powdered garlic (optional**)
- ✎ 1/2 cup chicken stock plus 3 tablespoons for basting

INSTRUCTIONS

Heat oven to 400 degrees. Line a sheet pan with parchment paper. Mix flour, wheat germ, brewer's yeast, and salt together in a medium bowl. In a mixing bowl, combine oil and garlic. Alternately add 1/2 cup chicken stock and flour mixture in 3 parts; mix until well combined. Knead about 2 minutes by hand on floured surface; dough will be sticky.

On a lightly floured surface, roll dough out about 3/8 inch thick. Cut out bone shapes; place on prepared baking sheet. Bake 10 minutes, rotate baking sheet, and baste with remaining 3 tablespoons chicken stock. Bake 10 minutes longer. Turn off oven, leaving oven door closed. Leave pan in oven for 1 1/2 hours longer

**Garlic and Onions can be toxic to dogs. Typically the problem is with large quantities not "seasoning portions". You should seek the advice of your veterinarian to find out if any garlic use is appropriate for your pet. If in doubt, leave the ingredient out.

Microwave Dog Biscuit Treats

From RecipeGoldmine.com

INGREDIENTS

- ✎ 1 cup whole wheat flour
- ✎ 3/4 cup dry milk
- ✎ 1/4 cup cornmeal
- ✎ 1/3 cup shortening
- ✎ 1 tablespoon bouillon granules

- ✎ 1/2 cup plain flour
- ✎ 1/2 cup quick-cooking oats
- ✎ 1 teaspoon sugar
- ✎ 1 egg slightly beaten
- ✎ 1/2 cup hot water

INSTRUCTIONS

Combine flour, cornmeal, milk, oats and sugar. Cut in shortening. Add egg, bouillon and hot water. Knead 5 minutes. Roll 1/2-inch thick and cut out into favorite shapes. Microwave at 50% power for 5 to 10 minutes, rotating plate. These don't last long, so make a bunch.

Storing Dog Treats

In general you should store dog treats the same way you would homemade people cookies. That being said, there are two main variables that determine storage time - the amount and type of fat in the recipe and your local weather conditions. If your recipe uses fats such as butter, or meat bits or juices then it will be more prone to rancidity than a recipe that uses some vegetable oil or shortening. Your treats may mold or spoil much faster in humid or very hot climates.

Refrigeration and Freezing

Refrigeration will prolong the life of more fragile dog treats. Make sure to store in a tightly sealed container or zip lock bag. You can also freeze most treats in zip lock freezer bags. Allow to thaw completely before use.

■RD

SPCA Benefit a Big Success

by Amy Bullard

A sweet surprise happened upon the shop owners at Seaboard Station last month when a tiny and tired kitten was found down by the tracks behind Red Pin Gallery. He



Down By The Tracks raised over \$15,000 for the SPCA

was aptly named Boxcar and at first, was as wild as they come.

Once he had become accustomed to hanging out around Seaboard Imports, its owner Adelaide Stallings along with owners from Red Pin, Gallatea, and some smitten employees from Logan Trading Company, pitched in to cover expenses not afforded to most tomcats.

After some one-on-one time with Dr. Dave Close, Raleigh's own mobile veterinarian, Boxcar is settling into his new digs at Seaboard Station.

Recently this downtown kitty showed he could really get down when he came out and partied at the annual SPCA of Wake County fundraiser "Down by the Tracks" which, thanks to so many Raleigh folks, helped raise \$15,000, contributing to saving the lives

of thousands of animals throughout Wake County.

Thank you Boxcar and thanks to a downtown community who cares about their pets.



Boxcar keeping watch outside Seaboard Imports

Why Can't These Dogs Find Homes?

Hint: It's Not What You Might Think

Courtesy Wake County SPCA

Why do people come to an animal shelter to adopt a pet? If you are in the business of adopting animals, this is an important question to answer. National studies reveal the top two reasons people won't adopt a shelter animal are the following.

Reason number one: "Shelter pets are damaged goods." After all, someone didn't want them, someone threw them away and therefore, something must be wrong with them. That's why they are at an animal shelter in the first place.

Reason number two: "I'm so sad when I walk into an animal shelter, it upsets me too much. I want to take them all home." Faced with the overwhelming image of rows of animals behind fences, the public chooses not to visit an animal shelter at all.

Not too long ago, many potential adopters would not walk into the SPCA's original pet adoption center in Garner for these same reasons.

This original adoption center, constructed of durable concrete block in 1971, now serves as the SPCA's Lost & Found Pet Center. Between 1971 and 2004 when the new SPCA Curtis Dail Pet Adoption Center was built, over 73,000 animals had been placed into new homes over 73,000 animals had been placed into new homes or reunited with grateful owners.

Despite all these happy endings, the chain link fence, concrete blocks and faded paint gave the perception of a negative animal shelter stereotype in people's minds.

One step inside the lobby of the SPCA Curtis Dail Pet Adoption Center, built in 2004, will dispel that stereotype. In fact, that's why the SPCA built this modern, beautiful, user-friendly animal shelter.

People who have refused to set foot in an animal shelter come into this building. People who have never considered adopting a shelter animal walk into this building, meet the high quality pets and realize their fear of getting "damaged goods" is unfounded.

But has the SPCA unwittingly



Pictured Above: "Siegfried" & "Roy" were found off Six Forks Road in Raleigh in early January 2007 and brought to the SPCA's Lost & Found Pet Center. The two puppies stayed at the Lost & Found Center for five days before going to the SPCA's Curtis Dail Pet Adoption Center. They since have been adopted into new homes.

made things so happy that people forget these animals are homeless and desperate to be loved by a family of their own?

In an e-mail from a recent adopter telling the SPCA how incredibly happy his family was with their new kitten, he wrote about the adoption experience: *"It's a lovely facility that is very clean. We almost felt bad taking our kitten home with us because he seemed to be having so much fun there!"*

While the positive feedback is immensely rewarding (*keep it coming we love it!*), the SPCA has to wonder, how many people look at the animals in the adoption facility and think, "these pets are happy here so I won't take one home?"

Many owners of shelter pets (who know how rewarding saving a pet's life

can be) will refer to their adoption experience as, *"I rescued my pet from the shelter."* Which means, *"I saved this animal from possible death at the shelter."*

It would be difficult for anyone to believably say, "I rescued my pet from the SPCA Curtis Dail Pet Adoption Center," and mean the same thing.

Every pet in the adoption center has an adoption guarantee, which is a promise from the SPCA that the animal will not be euthanized for any reasons of time or space and, barring any health or behavior complications, the SPCA will find it a home.

However, this guarantee does not extend to animals that have not been accepted into the adoption program. The SPCA refuses to euthanize a pet that it has already made a commitment

to in order to make room for another one.

Consider the following:

- For each animal at the Adoption Center waiting for a home, there is an animal at the Lost & Found Pet Center waiting for an opening at the Adoption Center.
- For each animal at the Lost & Found Pet Center waiting to move over, there is an abandoned, abused or neglected animal desperate to have a place at the Lost & Found Pet Center.

This is the homeless pet that is truly being rescued. But an adoption saves all THREE of these lives: the pet on the street, the pet waiting at Lost & Found and the pet going home.

So how does the SPCA bring potential adopters back to that place of being slightly uncomfortable about an animal's fate? How does the SPCA let potential adopters know that the contented, happy pet they are removing from the SPCA's care will save not one life, but three?

It's a good question and if you are in the business of adopting animals, this is an important question to answer.

More communication and an open dialogue are two first steps that the SPCA is addressing with the launch of a new on-line initiative beginning in late April. This new website will provide a new window into the life-saving work of the SPCA, including the journey that the homeless pets take before they fill that open slot at the adoption center.

REGISTER on the site, the SPCA has a strict privacy policy and will not share your information.

By registering, and signing onto the site when you visit, you can receive e-mail newsletters and personalized content.

Visit often to see what's new, learn what's going on with animals in this community and enjoy SPCA e-cards and other virtual goodies.

To adopt, visit the SPCA Curtis Dail Pet Adoption Center at 200 Petfinder Lane in Raleigh, call the SPCA Adoption Team at 919-772-2326 or email adoptionstaff@spcawake.org.

I Want to Break Your Heart

By *Mondy Lamb*
SPCA Marketing Director
Courtesy Wake County SPCA

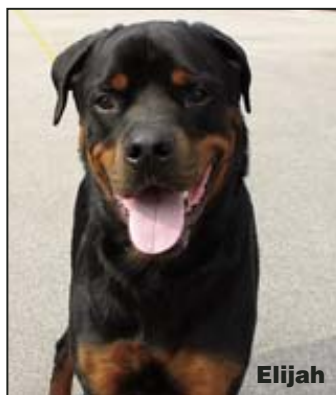
One of my job responsibilities here at the SPCA is to help you see the SPCA. My job is to show you, and communicate to you, what happens here in a way that informs you and engages you to keep helping. So I fill the pages of this newsletter with hundreds of triumphs the SPCA achieves because you deserve to know and celebrate the joy and good that your continued donations make possible.

You deserve to see the dirty, starving pups transformed into plump, healthy pets. You deserve to know the immense impact a rescued pet can have on a person's life, and to know the happy ending of the abandoned pet that goes on to love and be loved. You deserve to experience the look of gratitude when an animal finds safety and redemption in the shelter that your support helps run. I want to give you every happy ending.

But do all these happy stories make you want to sit back and smile, content at the good that has been done in your name? Or does it make you want to keep helping because there is so much more to do? It makes me question whether success stories are the best motivators and it got me thinking about what moves different people into action.

So today is a little different. Today, I'm going to tell you some sad things. I'm going to tell you about some of the ones we couldn't save.

I keep a picture in my office of a nameless kitten who died a few days after she came to the SPCA. In the photo that I took, her tiny paws are straining outward through the bars in desperation to reach me for some brief



moment of affection or to provide a safe island in a sea of the unknown and the unfamiliar. She died sometime during the night. A staff member found her in the morning. Although well cared for at the SPCA, she still died alone, lonely, and scared, and no creature deserves that. I keep this picture close because it breaks my heart. And that's what moves me.

I thought I was alone in my morbid motivation until I discovered Kristen, an SPCA adoption counselor, keeps two photos of dog on the inside of her locker.

Kristen could choose any one of a thousand adopted animals that she has placed into loving homes in her three years at the SPCA. She could choose any one of the photos we get daily of smiling families exuding happiness and thanking her for her help.

But I see she hasn't chosen any of these. The photo is of Elijah – a sweet Rottweiler that many of us loved so much even until the end of his life when he didn't recognize us anymore. I asked her why she kept them, and her reply shouldn't have been a surprise to me because it was my reason too: to remind her of why she's here, to remind her of why she needs to make a difference to the next animal and the one after that. She keeps his picture in her locker because it inspires her.

"Elijah"

Elijah was large, clumsy and goofy and he was unfailingly friendly, despite all the neglect and abuse that had been dealt to him. He came to the SPCA from a bad home and he was severely malnourished. The SPCA nursed him back to health.

Ten months after he had been adopted, an SPCA staff member happened to pass by a trailer with a large, skinny Rottweiler chained to a tree. She barely recognized him as the same dog, but there was no doubt it was Elijah.

Despite the SPCA's request that an animal be returned to us instead of being given away, the request had not been honored and the home that was promised to Elijah at his adoption had given way to a sad life of living every day chained to a tree subsisting on table scraps. And as we came to find out, Elijah had been hit by a car six months earlier and received no medical care for his injuries.



When Elijah returned to the SPCA he was a different dog than the happy-go-lucky animal we all knew. In addition to multiple orthopedic injuries, something was different in Elijah's head. His behavior was erratic, spontaneously aggressive and dangerous.

His head injuries from the car accident were suspected and no behavior modification could fix that, even though we tried so hard. In the end, all the king's horses and all the king's men couldn't put this broken dog back together again. Elijah had so much love while he was here at the SPCA and when it came time; it was the people who had loved him the most that helped him leave this world.

"Mouse"

Mouse was my foster kitten. I only knew her for 10 days but she will be with me forever. Mouse was one of the liveliest, most inquisitive and most in-love-with-life kittens we had ever met, despite a horrible injury. Mouse was brought to the SPCA with a shattered pelvis and she could not move her back legs at all. Plus she was incontinent.

But she was so full of life, using her front paws to pull herself forward, and so happy to be petted that we agreed to take a gamble. She would come home with me to see if the paralysis was caused by any swelling around the spinal cord (in which case she might improve within a few days time.) My husband is a veterinarian and he

agreed to monitor Mouse's pain. If the kitten's paralysis and incontinence continued, the difficult but humane choice of euthanasia would be her fate.

I loved having Mouse with me and she loved being carried around in a laundry basket where she could see the world. At home, she refused to sit still and would drag herself around the kitchen, watching the birds through the glass door. This broken little kitten was so feisty, and so absolutely determined to live, that I dared to imagine her future. I pictured a life for her with a loving family and one of those carts with wheels that many handicapped animals are able to thrive in.

But Mouse's injuries were not improving and she stopped pulling herself around to investigate everything. And she now seemed to be in pain.

My voice shook as I called to schedule her euthanasia for the following day. I planned to hold her, as she would slip peacefully away. On our last night together, I petted her gently and told her I was so, so sorry. She wanted to be here in this world and she wasn't given enough time. Not nearly enough.

I woke up early the next day and went to check on Mouse; she was curled up in her soft little bed but she didn't meow to greet me. She had died in her sleep that night and left this world as she had lived in it: on her own terms.

■RD

An Interview with David Diaz, DRA

The Downtown Raleigh Alliance (DRA) is a non-profit organization responsible for building partnerships and collaborations with the public and private sectors to address issues facing Downtown Raleigh. Originally formed to address merely business commercial issues, the DRA has grown exponentially into one that is approached to solve problems including business recruitment and retention, urban planning, municipal regulatory reform, homelessness, and marketing. Comprised of less than ten full time employees, the Alliance leverages its funding for programs and initiatives through project-related fund development and sponsorships. As the reputation of the organization's efficacy has improved within the community, its scope of work has increased proportionally.

The Alliance is guided in daily operations by its new President and CEO David A. Diaz, who was recruited from Roanoke, VA. He brings a wide range of public and private sector downtown experience to the DRA. The Downtowner had the pleasure of meeting with David for a personal interview, transcribed below. We're pleased to comment it is our opinion that David is committed to a long term relationship with Raleigh and will be a positive influence on steering Downtown Raleigh as it continues to grow and prosper.

RD: You've been in Raleigh now for a few months. What was one of the first things you did when you arrived that helped you get an idea of what's going on in downtown Raleigh?

Diaz: My first week here, I had the manager of our Safety Ambassadors drive me around the entire downtown district for two hours on our ATV ("it's kind of a great souped-up golf cart"). It was amazing to see was that our downtown is so diverse. You really do have definable districts; some sort of defining characteristic, and while Fayetteville street is at the center—and it's where we really want to have the downtown heartbeat—it's really important that we also connect with other areas like Glenwood South. The restaurants and activity around there is phenomenal; then we have the warehouse district, the way that's developing; and the Moore Square District with all its events; and then you've got the government area with the state buildings. It's a big downtown with a lot of assets, and I think what's important is not only promoting the entire downtown and its individual unique parts, but also connecting them, and in several different ways.

First, you have to connect them development-wise. We've got these great restaurants within walking distance from one part of downtown, but not another. We have to decide whether we need to connect them and how; whether by a downtown circulator bus or some other program, that's very important. From the same perspective you need to think about other areas, and that is, how do we connect, for example, the warehouse district to the center of downtown. I know there's been a lot of discussion about doing some kind of transit-oriented development, but there have been delays with the light rail development, but there are other ways we can do that.

I would say that marketing also helps you to connect the dots so to speak; really promoting the uniqueness of each area individually, but also the entire downtown. So I think that branding downtown and begin-



ning to develop the sort of publications like the Downtowner and other media outlets that help put a coherence on downtown as a whole. We want to show our members that we're really trying to do our part for the business retention piece by helping to promote existing businesses. We know that the development is going to come, and we're involved in recruiting more development, but retention is very important. I see it and I think the DRA board sees it as well, which is very good. As we promote existing businesses, we're connecting the districts. Preparing for the opening of the convention center is very important, and that's where I see us leveraging our partnerships as much as possible. We've been meeting with the Chamber, the Convention and Visitors Bureau and the Convention Center to begin that discussion about how do we make sure that the new convention center opening is not only a big success, but you also really have to think about what new programs you want to build in so that we make sure it's successful. Convention centers are being built all across the country and my point is that it's very competitive to make one successful and to the extent that visitors want to come back. It's not just a convention role; it's our role too because of where it's located, so I'm very excited about partnering to do that, to make that happen.

RD: Have you had any interesting personal experiences downtown yet?

Diaz: I'm really convinced that when it comes to downtown, people in the real estate business know that it's all about location, location, location. But downtown already sells itself. People know it's the center of town and the location is self-promoting. For example, yesterday we went for our first time to Mellow Mushroom. I'm a pizza guy; I love pizza. I grew up in Philly and you have to love pizza there. We arrived at 11:20 on a Sunday morning and there were 40-50 people outside and it hadn't even opened yet. It wasn't because it's such a great location, it's because people like the food. Now it's a self-fulfilling prophecy: once people get the word of mouth out, it's there,

and it's going to work. To learn my way around and get a feel for the area, I'm trying to eat at almost every downtown restaurant whether it's for business or not.

RD: Are there any other business groups that you'd like to recruit downtown?

Diaz: I'd like to see more technology companies in the center of downtown. When I first came here and heard so much about the Research Triangle Park, I was trying to find that presence in downtown, and really didn't see it as much as I thought I would. There are ample opportunities for technology companies that may not be interested in a sort of office park environment but maybe want to be in a cool downtown space.

RD: What are your long-term goals/aspirations for Downtown?

Diaz: Well, I think a bigger skyline than what we have now, and that's in addition to what's already been announced, because Raleigh's at a different level than cities with a smaller downtown.

There are two predominant types of downtowns. There's the smaller downtowns which are less developed but more historic. They have a lot of charm and people generally like that kind of downtown. It has a lot of potential for growth.

Then you have the downtown that has a skyline that you would hope that when books are written about skylines for the whole country, your downtown is featured in there. I think that's a different kind of downtown, one that can offer more, because you can have the new *and* the old. In Raleigh, we could easily have 20, 30, 40,000 more workers in downtown, and that's going to fuel retail and residential development and all these other things, so I think our trajectory is a very good one right now. It's going to be a downtown with a great skyline, and I think anything we can do to recruit business headquarters to move to downtown is important. More businesses like technology companies that want to be in a downtown setting are key, and we should try to make that happen.

We have a lot of people living in and around downtown, but I would like to see that double, specifically the number of people who live right in downtown. We really need a critical mass of people who live down here, so that new skyline will hopefully involve not just office buildings but residential towers, or mixed-used buildings where we can have not just a lot more workers downtown, but a lot more people living here. I would hope to see more shopping amenities in downtown, but this is probably the most difficult thing to accomplish.

Usually downtowns that are growing follow a certain path, and something will act as a catalyst for it. It can be arts and culture as many downtowns have used to really brought people back. Roanoke was like that. It made people feel like there's something there worth coming to see and experience. Here in downtown Raleigh you can tell that the number of workers and people living downtown are going to be the one of the catalysts for growth. We're just at the tip of the iceberg. It's going to be exciting and I'm glad to be here for it.

■RD



Education in Olde Raleigh

By Kendra McCleskey, Raleigh City Museum

Today education is a hot topic in Raleigh. Our rapid growth as a city has led to overcrowding in our schools. However, more students than schools is not a new problem, and we have always found a way to provide a quality education for our children. When the city was founded in 1792, part of the reason

no one wanted to live here was the fact that there were no schools in Raleigh. When the state government began requiring its officers to move to the city, one of their first concerns was the education of their children.

In 1801, forty citizens in Raleigh, including predominate figures such as Nathaniel Jones and William Peace, came together and wrote a petition to present to the General Assembly so they would be able to build a school. Three years later the Raleigh Academy was born. Raleigh's earliest school was nothing more than a small, crowded house. As the years progressed the school's student body began to grow. By 1805, sixty or more students were being taught at the school. The little school house was busting at the seams. More schools were desperately needed and additional private schools began to open up.

In 1839, the city of Raleigh decided to fund and build the first public school. These schools were free to students but many parents were skeptical of their quality. As a result, initial attendance in public schools was low. However, in August of 1842, with the help of William Boylan, the Gum Spring School opened on the corner of Cabarrus and McDowell. With this development, along with the help of several hard-working teachers, the Raleigh Public school system began to improve its reputation. By the time of the Civil War enrollment was beginning to increase.

In addition to needing institutions for higher education, there was also the need for special education. The Raleigh School for the Deaf and the Blind was established in 1845. Originally called the North Carolina Institution for the Instruction of the Deaf and Dumb, their main purpose was to show that the deaf and blind could be taught. Its founders, Dr. William McPheeters and Joseph Gales, wanted to teach the deaf and blind ways to communicate. As the years progressed, the school began to grow and expand.

UNC's charter (1789) predated the founding of Raleigh, but the need was also felt for more institutions of higher education. North of Raleigh, the school we now know as Wake Forest University was founded in 1834. A flurry of other schools founded in the city soon followed: St. Mary's in 1842, Peace College in 1857, Shaw University in 1865, St. Augustine's College in 1867, North Carolina State University in 1887 and Meredith College in 1891.

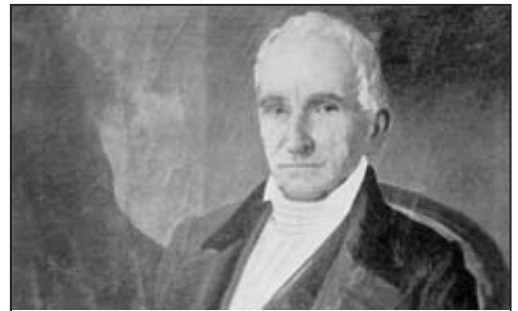
Citizens of Raleigh have always valued a good education. Today we are still looking for ways to improve and grow. With over 100 public and private schools, Raleigh ranks 21st in terms of raw numbers of schools and Wake County schools are often ranked among the best in the State.

The Raleigh City Museum is committed to the education of our citizens on the topic of local history. Be sure to visit the museum, peruse our exhibits, and/or participate in one of our many educational programs. Free personalized tours are available upon request for any group. The museum is open Tuesdays-Fridays from 10am to 4pm and Saturdays from 1pm to 4pm at 220 Fayetteville Street. For more information, call 832-3775 or log on to www.raleighcitymuseum.org.

Photos courtesy of the Raleigh City Museum



At least one of the small buildings of the Raleigh Academy survived long after the school was closed.



William Peace not only founded Peace College, he also helped to start Raleigh's first school, the Raleigh Academy.



In addition to being a prominent editor and businessman, William Boylan also helped to start the city's first public schools.

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One on One with George Williams

St. Augustine's Athletic Director and Head Track & Field/Cross Country Coach

In our last issue we featured interviews with many of the top coaches in Raleigh. We were unable to interview Coach Williams as he was out of the country until after our Sports issue. We managed to catch up with the Coach once he was back Stateside and include his interview below. While interviewing some of the other sports coaches, including Kay Yow from NCSU, they all mentioned their respect and admiration for Coach Williams both as a coach and role model for those around him.

RD: How did you first become involved with track and coaching?

Williams: Well, I ran track in high school and in college, although that wasn't my number one sport. Basketball was always my first passion. But it was when I was the assistant basketball coach here at St. Aug's that Dr. Davis, who was the dean of students, asked me to take over track until they find someone permanent. That was in 1976. I was "interim track coach" until 1996. I guess they finally decided to make it official and let me stay for good.

When I went to my first meet, we only had about six or seven athletes and I think we scored a total of four points. I said to myself there's something wrong with this. I talked to Dr. Walker and he started helping me with my track mechanics and my technique, and gave me a couple of his books to read. That's how all this got started, and we ended up with a really good program.

RD: What did you run in track?

Williams: I did a little bit of everything; I ran from the mile to the hundred, I long jumped, I triple jumped, whatever my coach asked me to do. I'd try my best, even if I hadn't done it before. I remember trying to pole vault in high school one day, back when we had those big aluminum poles. I went up, the pole came back down and hit the coach in the head. He told me *never* to get on a pole again in my life; in my *whole life*. That was it, but if I hadn't hit him in the head I probably would have tried it again until I could do it.

RD: Who were your role models growing up?

Williams: In my neighborhood in Miami, all my role models were our community leaders: the teachers, the undertakers, everybody who had what we thought was a prestigious job.



Coach Williams poses by just a few of his NCAA awards (these are just the last two year's worth). With an astounding 29 National championships including the 2007 NCAA Division II men's and women's indoor track and field national titles, Saint Augustine's College will debut "A Force Behind Champions" George "Pup" Williams Exhibit on Thursday, October 18, 2007, at 5 pm on the campus of Saint Augustine's College in the Seby Jones Fine Arts Gallery.

There were four of us who were great friends, and we always said we wanted to do more than just hang out in Miami. We had a good attitude about trying to be somebody and do something better than what we started with. I look at the four of us and where we are now, and how we got here. It's really very simple. I teach my kids that it was our character and our attitude. We worked hard, showed good character and we all had a great attitude about what we were doing.

RD: What was your most memorable track meet?

Williams: It's hard to pick just one. The first championship I ever won is of course one of the most memorable. It came out of nowhere in 1985. We had some really great meets after that too; two or three that we won by only one point, and had to win that in the mile relay at the end of the meet. It's the good kids who show great character and attitudes, those are the meets I'll always remember. Just this year we won two indoor championships, men and women, and any time you win—and don't expect it—it's great.



RD: What do you attribute your incredible success as a coach?

Williams: You know, I think it's getting good student athletes, finding kids who want to graduate, those with good attitudes and good personality. I always tell kids there's three things you need to do to be successful: academics first, track second—which will pay for your academics—and a controlled social life. If you keep them in that perspective you won't have a problem. But if they get off balance, I'll send them home, and I do sometimes. I'm not going to let their mothers or grandmothers who work hard send them up here for a vacation. They know I'm for real; I treat them all the same, even though the talent's not the same. My kids graduate close to 95-98% which really makes me proud. We don't worry about what any other school has; we worry about what can we do with what we have. It may not be much but we do the best we can and that's the way we handle it.

RD: What do you like the most about being in Raleigh?

Williams: I'm really pleased with the City of Raleigh, because even though I'm in a small school, they have embraced us tremendously. And not because of the championships but because of the things that I try to do for the community, and for the people I bring in. Most of these league athletes that finish school at St. Aug's stay and live in the area. If it weren't for the City, we wouldn't have our track. I believe in the City and the mayor and the City Council; they've always been in my corner and have tried to help me as much

as they can. They embrace what I'm trying to do for young people, and that's why I like Raleigh. They know that I'm not going to be winning all the time but I'm helping people, and I don't think you'll find many cities like that.

RD: What do you think of the level of sports here in Raleigh, both college and professional now that we have hockey?

Williams: I think it has grown tremendously, when I got here it was just St. Augustine's, State, Carolina, and Duke. Now we have a professional arena, and a hockey team, a soccer program. I love going to soccer games. I don't feel our community is embracing it enough like they should but hopefully that will change. I myself try to participate as a spectator in as much sports as I can each season; going to two or three hockey games, two or three soccer matches. I'd like to see the community do the same thing a little more.

RD: What's your favorite sport's movie?

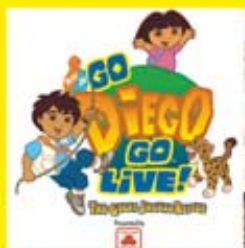
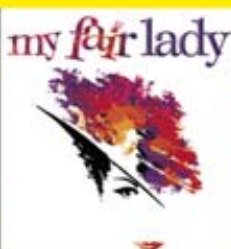
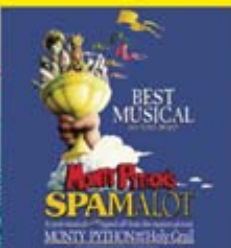
Williams: Oh man, I have two, maybe three that I really like. I love *The Natural* and *Field of Dreams*. *Rudy* was a good movie, but it wasn't as inspiring because back then most of us couldn't even get into Notre Dame. But to see the *Field of Dreams*, how things just move forward, like we all dream something hard enough that it becomes a reality. *The Natural* is more about just doing good and coming up from nothing. I like that lesson it teaches.

Special thanks to St. Augustine College Director of Communications, Katrina Dix, who valiantly helped us "track" down Coach Williams amid a busy schedule.

■RD

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It's All in the Handbag



By Kelly Hubbard

Purse, handbag, pocketbook, satchel, no matter what you call it—that pouch we ladies cannot leave home without—has evolved into a personal fashion statement. Following the cliché “you are what you eat,” does the same go for a woman’s purse, “you are what you carry?”

“I guess a handbag and what you keep in it can tell a lot about a person,” said Michelle Felmy, a senior relationship specialist at Wachovia. Felmy always keeps her mobile phone and lots of lip gloss by her side, no matter which purse she carries. Ann-Cabell Baum Anderson, a realtor for The Glenwood Agency, on the other hand would miss her Tide stain stick and Sharpie marker.

Sometimes we seek out the perfect carry-all companion but other times we come across a wonderful find by chance. Anderson has a fun “dress-up” bag made out of pieces of coconut shells and twine that she found while traveling in Nags Head, N.C. “I love it because I thought I would give it to a girlfriend,” Anderson said. “I was getting ready to wrap it up as a gift and just couldn’t do it, it matched everything.”

Felmy has noticed that Holly Aiken bags are growing in popularity in the Raleigh scene. Her favorite bag for everyday use is the Holly Aiken Sedan, “It is a large tote that fits everything I need without being too bulky,” she said.



A graduate of N.C. State’s School of Design, Holly Aiken opened Stitch in downtown Raleigh in 2004 as the design studio and retail showroom of Holly Aiken Bags. The Sedan (\$94) has a vinyl base, an interior pocket and is fully lined with a snap closure. Currently you can find this style bag in Strato, which has wavy, thin stripes and die cut holes to showcase a contrasting color underneath, or you can hit the road with the Daytona, which features bold racing



Holly Aiken Doctor Tote with die cut poppies and nickel grommets; Large Sedan Tote with Daytona racing stripes

stripes on both sides of the bag.

After grabbing lunch around Glenwood South or walking to Peak Fitness, you should take the time to stop by Stitch. The 1930s flat with exposed brick interior and refurbished garage door create the perfect backdrop for Aiken’s colorful, retro bags. Not only will the crisp, vinyl bags catch your eye but you may not be able to resist the charm of ReyRey, Aiken’s three-year-old yellow lab. “He’s likes to give kisses,” Aiken said of the endearing dog that has grown up in the studio.

Nowadays consumers are looking for the “it” factor when they carry a handbag; women want to find a purse that makes a statement about who they are. In Stitch, customers are able to browse an extensive collection of hand-made Holly Aiken products such as handbags of all shapes and sizes, as well as wallets, clutches and toiletry totes. Since



ReyRey knows her way around Stitch, Holly Aiken’s yellow lab has grown up as a part of the studio.

binations like pink and raspberry, jade and avocado or sand and violet, the decision may be difficult to make.

Aiken’s style is very contemporary, the sleek lines and vintage-inspired hues have been noticed by distributors across the country. The Holly Aiken Baby Bomber, as featured in Parenting Magazine, is a diaper tote bag that will meet the needs of any downtown mama on the go. The Bomber runs for \$162 and comes with a matching, roll-up changing pad. It has a vinyl base, three interior pockets, Velcro closure, expandable sides and is fully lined. What a great gift for a baby shower!

Holly Aiken meets the demand for the bags that women use every day. When planning for a night on the town, many Raleigh locals turn to Cat Banjo in Cameron Village to browse its wide selection of snazzy clutches. N.C. State freshman Kimberly Barnum owns a lot of oversized bags and went to Cat Banjo in search of a black clutch to go out for the night, “Sometimes it gets annoying carrying a giant purse around,” Barnum said.

Continued on Page 13

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Clutches on display at Cat Banjo

FASHION, Continued from Page 12

The colossal purse syndrome seems to be a wide-spread condition during the day, but when the sun goes down women tend to diminish their baggage and let loose with smaller purses. A clutch can be inconspicuous enough to sit on the table when dining out and slender enough to tuck under your arm while socializing over drinks. If you do not always want to “clutch” your clutch, many designers have built in hidden shoulder straps or detachable wristlets to make them easier to carry.

The envelope-styled bags are the way to go this season. Grab one by Amici

Accessories with a tan Herringbone-patterned fabric and dark brown patent leather angle to accentuate the flap top (\$46). Browse through Cat Banjo and you will notice another major trend among the handbags: bold and scaly, but in a good way. Clutches, in particular, are incorporating reptilian skin patterns with vibrant colors, such as a cobalt blue, tan and brown snakeskin clutch with gathered material and a wristlet band tucked inside (\$40).

Most of Cat Banjo’s clutches average around \$40 but they also have some cutting-edge bags to spice up your every day look. Tutela Handbags offers some cool creations such as a plastic-covered

tote displaying Spanish phrases such as “el melon” beneath a watermelon and “la cavera” beneath a skull that give a Tarot card feel (\$75). Another small over-the-shoulder bag features a rounded square pattern on the flap and a striped blue pattern on a faux suede base (\$50).

With high fashion handbag prices on the rise, women can look no farther than the downtown area to find an affordable yet fashionable bag to make a statement. No matter what look you are looking for, Raleigh can answer your handbag desires. So keep filling those purses up, ladies. You never know when you might need that Sharpie!

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Pam Valvano Strasser and Wilma Levine with NC Theatre Executive Director Wally Jones at the Backers Club reception of the NC Theatre production of La Mancha



NC Attorney General Roy Cooper and wife Kristin (center and far right) in the NCT Backers Club. Mr. Cooper is accompanied by Roy Cooper Sr. and his wife Beverly, and daughter Natalie.



NC Theatre's dynamic trio: Emily Bruce, Kristen Kingsmore, and Lisa Grele Barrie



Mayor Meeker in front of the new Raleigh Convention Center under construction



Cheryl, Tommy and Felicia

AROUNDTOWNAROUNDTOWNAROUNDTOWNAROUND



Sam from Sullivan's and Leslie from the Downtowner



Raleigh Arts Commission Executive Director June Guralnick, and NCT's Wally Jones



The recently signed "Declaration of Raleigh Arts" penned by Raleigh cultural organizations to "mutually pledge to each other and the citizens of Raleigh our commitment in building a world-class City of the Arts." Attendees and signors included Mayor Meeker, Artspace, Artspllosure, Burning Coal Theatre, Carolina Ballet, Raleigh Arts Commission, NC Theatre, Raleigh City Museum, Raleigh Little Theatre, Visual Art Exchange, and many others.



Bud and Toni at Amra's

Brenda Peterson of the GRMA at work with her dog Spratley





Tori, Nancy, Blair and Emily (left) and Parker, Kristin, Francis and Virginia (right) at the NC History Museum Oyster Roast Fundraiser

Photos by Dr. Bill Keither



Volunteers and players from the Ed Shook Golf Classic at North Ridge Country Club. The tournament is an annual benefit for the Frankie Lemmon Foundation. Pictured below (l to r): One of the children from the Frankie Lemmon School with Muddy the Mudcat, event volunteers with Lenora Evans, Director of the Frankie Lemmon Foundation (center) and Tommy Williams (back center), Don Walston



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The photos below were taken at the recent fashion show at Mosquito Nightclub benefitting the local chapter of Meals on Wheels. NV and Bebe supplied the clothes for the event. Photos by Jeff Basladynski of JBaz Photography <www.JBaz.net>



let's do lunch

Hayes Barton Café



By Fred Benton,
City Style Editor

I asked Frank Ballard, who along with his wife Marget, owns and operates Hayes Barton Café, if his eatery had ever won a “best burger” category in any of the *Best Of* competitions that are run tirelessly year after year in numerous publications. He replied that they hadn’t. That’s a travesty in my opinion. As to best burger Hayes Barton gets my vote because this two-handed wonder complete with an over-generous portion of crispy krinkle-cut fries is memorable and has me coming back to Hayes Barton like a pilgrim to Mecca. At least a week before my visit, I cut calories and exercised (okay, I didn’t exercise) just to get ready for my burger feast. Of course the dining experience would not be complete without a thick slice from any of the best cakes in Raleigh that are showcased as you enter this retro-styled eatery. The cakes are of the proverbial mile-high genre in an almost Dr. Seuss carica-



World War II memorabilia and 40s Hollywood photos adorn the walls of Hayes Barton Café

ture of a lavishly rich dessert. You can almost see the Cat in the Hat holding one of these cakes in his gloved hand, a glint in his eye knowing that he’s sorely tempting you.

There are merits galore to dining at Hayes Barton Café. First, you have a front row seat in the hub of the inner

sanctum of old Raleigh—I mean the *real* old Raleigh, not *Olde* Raleigh. Second, you can indulge yourself on really good food, and third, you can take a journey through time looking at Frank’s collection of WWII memorabilia, some of which have been proffered by customers. Hayes Barton reminds me of what I assumed the Stage Door

Canteen must have resembled in the 40s when burgers and fries didn’t come in boxes (and taste like the boxes they came in) and everyone’s mom and grandmom made cakes just like the Hayes Barton does. Cerise walls like Marilyn Monroe’s lipstick electrify the place. Pictures of a now-defunct Hollywood glamour set dot those walls. If you’re a classic movie buff you’ll be in heaven! You almost want to chew bubble gum and suck down a fountain cherry Coca-Cola through a straw (and no, I’m not a child of the 40s!).

Put aside the urge to be a 40s “bobbysoxer” and get into the moment—which is what I did when my publisher and I lunched at Hayes Barton Cafe and Dessertery. Crash ordered the burger and although I was mightily tempted to order the same for me I didn’t give into temptation. After all, our mission was to sample a variety of lunch-time offerings. The day before I had lunch at 18 Seaboard and failed to order a sandwich which had interested me: a fried green tomato BLT—which just happened to be a special at Hayes

Continued on page 17

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Barton. I accompanied this with two sides: deviled eggs and macaroni salad. The fried green tomatoes served on focaccia bread with crispy bacon and my choice of Swiss cheese was delicious, the deviled eggs, cold as all get-out and “family reunion” good. The mac salad was a tad sweet for me but I enjoyed the texture of al dente macaroni and a still crispy brunoise of veggies. My next adventure in the Hayes Barton food was the Chicken Salad Club Croissant (\$7.50). This was good but there are better choices on the

menu. The chicken salad was a bit bland, a consistency more pasty than chunky and the croissant pulled rather than flaked. But it was with this croissant that I finally got my order of the best fries in Raleigh. As a faithful carb-watcher, I seldom eat fries anymore but at Hayes Barton—just as it is with a slice of cake—to forgo these treats would be like going to Harry’s Bar in Venice and *not* ordering a bellini.

“Let them eat cake!” And we did. Frank reeled off the types of cake featured on the day of our visit, one being Cookie Dough with Caramel Icing. I’ve never

been a cookie dough fan but I’m a fool over caramel icing. As it happened Frank delivered to our table a large platter filled with modest slices of all the desserts. The coconut cake here has long been a favorite of mine but somehow my fork cut into the Cookie Dough Cake and it was love at first bite. From the standpoint of appearance the cake looks moist and super-dense, almost like a fallen or sad cake but to my sur-

prise it was tender with dense crumb, no glutinous feel at all. I was surprised. And the caramel icing? Well, slap my face and beat me with a broom, it was fantastic!! Very light, creamy—yummy! Crash’s favorite selection was the chocolate pecan pie. Ya know, it’s okay to have dessert here at Hayes Barton Café and Dessertery. The permission is tacit to dive in—and *dive in* you must!

■RD



Café owners Frank Ballard and wife Marget in their favorite corner booth, sitting amid photos of a bygone era

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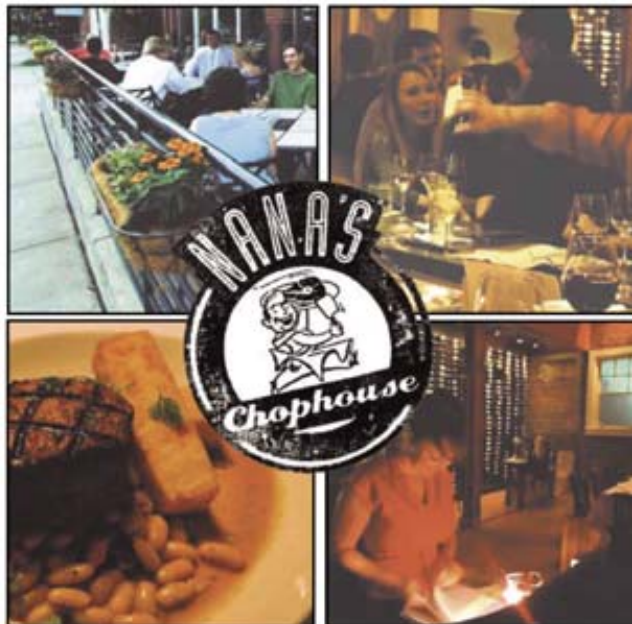


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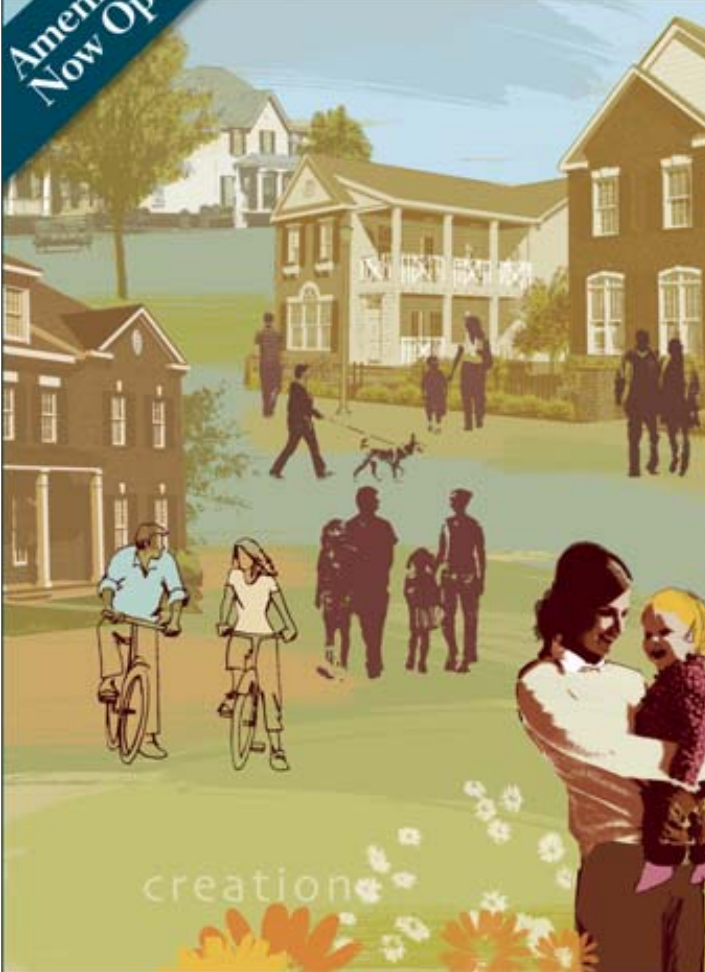
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We appreciate all our loyal readers who have been signing up for reader rewards. The Downtowner is proud to continue another issue with Reader Rewards. Each month, we'll be giving away lots of gifts and services to our lucky readers. This month, we have \$400 in Rewards for our Readers!

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 as well as receiving the new online edition of our newspaper, which will begin later this fall. Our newsletter will help keep you informed about all the latest news and events happening in and around Downtown Raleigh, plus give you even more chances to win great prizes.

THIS MONTH'S READER REWARDS

- Four \$25 gift certificates to the **Salon 21**, located in the heart of Glenwood South. Trendy and cutting edge, Salon 21 knows your hair speaks volumes about your style. www.salon21raleigh.com
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We want to thank all our readers and advertisers for making the Downtowner a huge success. Reader Rewards are our way of saying thanks. **Be sure and sign up and win your share!**

Watch for great rewards coming up this fall including plenty of tickets to the North Carolina Theatre, Broadway South shows, Carolina Ballet, and more.

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BETTER LIVING

Fred Benton *knows* the Triangle! Benton, former syndicated columnist, long-time food editor of SPECTATOR Magazine, reviewer for Citysearch.com and a food writer for METRO Magazine, is pleased to recommend to our readers the following as "better living" businesses of particularly high standards and quality.

York Simpson Underwood Realty
Our roots in the Triangle community run deep. To learn more about the residential real estate company voted "Best In The Triangle" visit www.yshomes.com.

Angus Barn - Glenwood Avenue, close to RDU International Airport, 787-3505. The premier steak house in North Carolina: the legend of the fine cuisine here continues every evening. Award-winning wine cellar. Reservations recommended.

Bistro 607 - 607 Glenwood Avenue, 828-0840. Chef-owner Heath Holloman is, in my opinion, one of the most talented chefs in the area! Pay special attention here to foie gras preparations and farm-raised salmon dishes. Open for lunch and dinner. Reservations strongly recommended. Bistro607.com

42nd Street Oyster Bar - 508 West Jones Street, Raleigh, 831-2811. Best fried oysters ya ever smacked lips over! 42ndstoysterbar.com

EVOO - 2519 Fairview Road (at corner of Oberlin Road), 782-EVOO. This neighborhood-feel eatery serves up exceptional Mediterranean cuisine under the watchful eye of well-respected and loved chef Jean Paul Fontaine. Open for lunch and dinner. 782evo.com

larrysbeans.com - Your web site for premium "fair trade" coffees; can't live without their El Salvador Dali coffee blend or this time of year, the holiday blend. Larry's Beans purveys to only the finest coffee houses. 828-1234

Seaboard Imports - Seaboard Station, Raleigh, 838-8244. My favorite store! Fun and funky to chic sophistication home and personal decorating. Fashion statement jewelry.

Nina's Ristorante - 8801 Leadmine Road, Harvest Plaza, 845-1122. Owned and operated by "mom and pop" Chris and Nina Psarro. Nina, to me, is the Goddess of Italian cookery. Nina's Ristorante is critically acclaimed as the best Italian restaurant in the area!

If you would like to propose your enterprise as a better living business to be included on this list please write fred@raleighdowntowner.com or call 782-5276.

Edible Art Bakery & Dessert Café - 3801 Hillsborough St., 856-0604. The artistry of all the celebratory cakes made here (wedding, birthday, bar mitzvah, bat mitzvah) is unparalleled in the Triangle. These cakes feed the eye as well as the palate. 25 years in business explains why. Very recommended.

The Point at Glenwood - 1626 Glenwood Avenue at Five Points, Raleigh. Neighborhood ambiance. New menu! 755-1007

NoFo - 2014 Fairview Road, Five Points, Raleigh. The café for breakfast, brunch, lunch & dinner. And the retail for provisioning the luxurious larder and cooking accouterments to turn functional kitchens into art spaces. nofo.com 821-1240

Seaboard Wine & Tasting Bar - Seaboard Station, Raleigh, 831-0850. Uptown ambiance with focus on exceptional European wines with knowledgeable staff. Complimentary wine tasting, Saturdays, noon to 4 p.m. seaboardwine.com

Sew Fine II Draperies and Interiors - Sutton Square Shpg Ctr, 5850 Payetteville Rd, Durham, 806-3638. A Hunter-Douglas Centurion member. Free at-home consultations. Visit sewfine2.com

William and Garland Motel - Salterpath, 252-247-3733. 50s-60s feel with 21st century comforts. Pet-friendly! <http://wgmotel.hypermart.net>

The Lamplight Inn - Henderson, 252.438.6311. A country bed and breakfast. Pet-friendly, close to Kerr Lake. www.lamplightbandb.com

Vacuum Cleaner Hospital - 300 S. Elliott Road, Chapel Hill, 919.968.0711 or 800.755.9057. The Triangle's specialists for CENTRAL VAC systems! Free estimates! Visit vacuumhospital.com

Glenwood Grill - Glenwood Village Shopping Center, 782-3102. Upscale casual, very neighborhood with memorable food prepared by chef John Wright. Menu changes every 2 weeks. One of my favorite hang-outs. Glenwoodgrill.com

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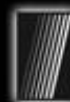
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By Peter Eichenberger

“All theories could be true until disproven,” said Fred Willard from a cloud of cupric oxide dust as we hacked barnacles and toxic anti-fouling paint off the hull of a 30 foot sail boat, the field vessel to be used by the Lost Colony Center for Science and Research to settle the oldest question surrounding the origins of the English-speaking U.S. “Most historians never get out of their armchairs to do the field work.” Many historians’ modus operandi amount to finding data to support a pet theory, ideally a result of their scholarship, then spending the rest of their careers heaping insult and opprobrium on anyone who dares disagree. If the possibly back-asswards notion finds enough support from various fawning acolytes, the pet “theory” becomes a thin sort of “reality,” often to the disservice of the complete or actual truth.

A frequently cited Lost Colony thesis of David Beers Quinn, a Brit and acknowledged dean of Raleigh (as Sir Walter spelled his own name – usually) Scholarship holds that the other colonists, heeding orders to go to Chesapeake, left and were killed. “The most that can be said with some degree of possibility is that a handful of them may have contributed some genes to the Hatteras Indians, the last three or four of whom were known to be living near Cape Hatteras in 1729, but that is all.” A good analogy would be the ocean-going vessel, buried in mire at the edge of the Great Dismal Swamp, close enough to the Lost Colony to be associated with it, that traveled to where it could neither continue nor turn around – literally up that well known creek.

The sheer numbers who cite and believe one theory while rejecting out of hand equally or more plausible possibilities illustrate a great disservice the academic system extends at times to the ultimate importance, that of truth. The disservice in this case is to the better-founded, older assimilation theory, that the beleaguered colonists, desperate for succor as Facy, the

The Lost Columnist

Ex-Indy writer Peter Eichenberger found alive and well, and researching the Lost Colony debates on the NC coast

captain of the relief trip went plundering in the Caribbean, abandoned the Roanoke colony to join with coastal natives, some of them ending in Robeson County in the body of what are known now as Lumbee.

This long-held theory, now relegated to the “other” column was formerly given enough credence via the colony’s Governor, John White (Virginia Dare’s grandfather), two carvings on trees, Cro and Croatan, plus accounts by later explorers, to be voiced by the U.S. Secretary of the Interior, Franklin K. Lane in 1913, and published in “Young People’s History of North Carolina,” a 1923 N.C. textbook. “I have twenty three citations. Quinn had two, one from William Strachey, that from a distance of forty years” smiles Willard. The Center is augmenting legend, myth and primary documentation from original accounts and courthouse records with actual physical evidence, all of it being gathered and sifted, not to prove a thesis, but to simply find what happened to one hundred and seventeen quite mostly ordinary people, largely from Devon, Hampshire and Chichester, three towns in jolly old, after their disappearance.

In the quest, the Center has attracted a host of world renowned academics, bringing to the morass of conjecture, finger pointing and vociferous rancour a synergy of disciplines. In the rarified world of academic inquiry, where other disciplines are often viewed as competition, Willard and company have created a project “that is unfundable,” says Willard. Multidisciplinary approaches don’t get the money from agencies and individuals who wish to see their spectrum of the rainbow in the spotlight, often at the expense of knowledge. What will change the world will be the physical, provable beyond conjecture and hypothesis. “This stuff has to be rock solid,” Willard said stoically.

The work is similar to how a good detective operates: throw out a net and let facts steer the answer. Many scenarios, no matter how far-fetched, are patiently investigated until what started as hunch can be proven by evidence. Much of investigation involves heavy dirty work, in places so hostile as to dissuade most from even entering, much less tarry, even in this twenty first century: the snake and mosquito riven swamps and forests of eastern North Carolina. The Center’s methods are paying off. Willard and the Center have uncovered artifacts that predate any others found in sites associated with the Lost Colony, in places inconsistent with Quinn’s extermination theory, to the west, along the Alligator River, in the area known as Croatan. At the incongruous setting of a Holiday Inn in Williamston, I had the opportunity to handle an artifact embroiled in the oldest mystery in this Raleigh’s case (as he spelled his own name – usually): the famous “Dare” stone, purportedly made by the father of Virginia, Anaías Dare, a misshapen hunk of Quartzite the size of a dictionary, found in a place

where such rock is of great rarity, “the most dramatic hoax or the most important find,” said Willard.

This Symposium was the latest effort of the Center’s confluence of disciplines peopled by people as ordinary as those who traveled on those leaking, rancid, scrofulous heaps of wood, into an unknown that could turn out as real and tangible as the “new world,” to maybe find out what may have happened to ancestors who may or may not have traveled on those ships, via genetics. They were there to be swabbed and tested. Magic was palpable in the room. Here were nearly one hundred people who had traveled, some from great distances, to find similarities that cut across the arbitrary differences of class and the myth of race. Here they were, gazing with a measure of wonderment at each other, at what was unfolding before their eyes.

“Are you an Archer?” Beth Miller Little, of Eufaula Oklahoma, asked me as I breezed by a table she shared with Lonnie Simmons from Ahoskie. I had to allow I wasn’t, but eyeing the picture of the generations dead man, neither did it appear were his descendants who sat side by side, this jolly blond woman and a fellow impossible to call one ethnicity or another, so complex was his visage, containing recognizable element of native, European and African. Every shade of skin was here, an African shadow of Zakiyya Muhammad, a Tuscaroran tawny of Melinda Cannon, the milky white of Roberta Estes. “It changes the way you look at people,” remarked Estes. From my place, in the assembly, that was without question, this mixed up cross section of people was a mirror of the U.S. population. These people, joined by a curiosity that transcended class and ethnicity, to find out where they were from, was a harbinger of the healthy and long needed reassessment of the entire notion of personal identity. The other, the entire concept of “successful” colony was at question.

While the Jamestown colony succeeded in bringing peculiarly rigid “English” notions of class structure and law to the new world, to say that it was the first “successful” inhabitation of Europeans my become bound for the discard can in light of what the Center may be poised to prove. Plymouth Rock Pilgrims John and Priscilla Alden count their descendants in the millions says one source, leaving me to wonder how many of Roanoke’s walk this land. In Raleigh, I cornered Bob Kendall, a friend, about one of the artifacts found, a Kendall signet ring. “You might be a Lost Colonist,” said I. Bob wondered for a moment, his eyes hunting back and forth. “Wouldn’t surprise me. My family’s been traced back to Sir Francis Drake,” he who left hundreds of people, Portuguese, Moors, Africans, South American native and others in the new world, some via maritime catastrophe, others to make room for the first batch of colonists who’d simply had enough, two years before the second colony simply disappeared. ■RD

A Very Cold Case

A Progress Report on the Search for the Lost Colonists

Explore one of history's most astonishing unsolved mysteries! Mysteries of the Lost Colony is presented by the N.C. Museum of History in collaboration with the Roanoke Island Historical Association, producer of the outdoor drama "The Lost Colony." A New World: England's First View of America is presented in collaboration with the British Museum in London, England. The exhibition is open through January 13, 2008.

Mysteries of the Lost Colony examines England's first attempts at a permanent settlement in America and what may have happened to the colonists at Roanoke Island. At its heart is A New World: England's First View of America, featuring more than 70 watercolor drawings made by John White on the voyages to Virginia (now North Carolina) in the 1580s (see image to the right). This is the first time in over 40 years that this complete collection of White's original watercolors is on view outside of England.

Visitors will gain a deeper understanding of England's attempts at colonization and offer several perspectives



surrounding the colonists' disappearance. Exhibit items, such as Algonquian Indian artifacts and other 16th-century objects, offer clues to the unsolved puzzle. For example, a 1583 English sixpence that was likely brought to North Carolina on a Roanoke voyage and various objects from America's first "science laboratory" set up by the colonists will be on view.

Visitors can follow the 70-year history of the famous "The Lost Colony" outdoor drama and walk through an Indian village made with set pieces from the production, where North Carolina star Andy Griffith began his career. The Indian village will feature hands-on activities and the opportunity for further exploration with museum docents.

In a rare appearance, several engravings from the 1500s by Theodor de Bry, a Flemish publisher who engraved prints based on White's watercolors, are on exhibit. De Bry's engravings were

used to illustrate Thomas Harriot's written account of the 1585 Roanoke voyage, A brief and true report of the new found land of Virginia. An exceptional 1590 German hand-colored version of Harriot's manuscript is featured. Background

John White, a gentleman and artist, was appointed governor of the Roanoke Island colony in 1587. That same year, his granddaughter, Virginia Dare, became the first English child born in America. Weeks after her birth, White traveled to England for supplies. When he returned three years later, the entire colony had vanished.

Today, the Lost Colony mystery remains—as do White's detailed renderings of New World flora and fauna and Algonquian Indians. These extraordinary images provide the only surviving visual English record of America at the time of European contact. London's Daily Telegraph has called A New World: England's First View of America "enthraling" and "unmissable."

Visit the NC History Museum's website for more information: www.ncmuseumofhistory.org

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BLUE MARTINI MUSIC CALENDAR

Tue. Oct 9 > Open Mic Night w/ M. Kush	Mon. Oct 22 > Russ Thompson
Wed. Oct 10 > Voodoo Flute (ladies nitel)	Tue. Oct 23 > Open Mic Night w/ M. Kush
Thu. Oct 11 > Ron Baxter's "R-Effect"	Wed. Oct 24 > Voodoo Flute (ladies nitel)
Fri. Oct 12 > Big Rick	Thu. Oct 25 > The 3tet
Sat. Oct 13 > Chop Shop	Fri. Oct 26 > Chop Shop
Sun. Oct 14 > Andy Coats	Sat. Oct 27 > The West Street Band
Mon. Oct 15 > Russ Thompson	Sun. Oct 28 > Open Blues Jam
Tue. Oct 16 > Open Mic Night w/ M. Kush	Mon. Oct 29 > Russ Thompson
Wed. Oct 17 > Voodoo Flute (ladies nitel)	Tue. Oct 30 > Open Mic Night w/ M. Kush
Thu. Oct 18 > Prime Rib Blues Band	Wed. Oct 31 > Halloween Bash
Fri. Oct 19 > The Heaters	\$5 Halloween Martinis,
Sat. Oct 20 > Tad Walters	\$5 Cosmos + Free appetizers for
Sun. Oct 21 > Rock n Blues Benefit	ladies, Chop Shop Live, NO COVER!

EVENTS CALENDAR

ON STAGE CALENDAR

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For more information: www.blackmoresnight.com

MULTIPLE DAY EVENTS

Now through Jan 13, 2008

North Carolina Museum of Art: Landscapes from the Age of Impressionism
A beautiful exhibition of 40 paintings, Landscapes from the Age of Impressionism features work by celebrated artists Pierre-Auguste Renoir, Claude Monet, Gustave Courbet, Alfred Sisley, and many of their acclaimed American peers, including John Singer Sargent and Childe Hassam. Organized by the Brooklyn Museum. Tickets available through the Box Office: 715-5923 or on-line at www.ncartmuseum.org. \$15 General admission; \$12 Students, seniors, and groups of 10 or more; Members and children under 6, free.

October 18-31

Raleigh Jaycees' Haunted House
111 Seaboard Avenue, Downtown Raleigh
The Raleigh Jaycees are holding their annual haunted house in downtown Raleigh this year! Outbreak at Possum Creek will open its doors October 18.

Don't miss this Halloween tradition; consistently voted the Triangle's best haunted house, the Raleigh Jaycees' haunted house is run entirely by volunteers and all proceeds benefit area causes and charities.

October 25-27

Preservation North Carolina Annual Conference. Home! Sweet Home!
Preservation of Our Historic Homes and Neighborhoods
Join Preservation NC in downtown Raleigh as we discuss hot topics and controversial issues relevant to historic preservation and like-minded professionals. Keynote speakers will address "going green," teardowns and McMansions, and building public will for historic preservation. First Lady Mary P. Easley has been invited to

address the group on Thursday, October 25. Events include an opening reception at the North Carolina Executive Mansion, honor awards presentations, and a series of historic architecture tours in downtown Raleigh and beyond. For more details or to register online, visit www.PreservationNC.org

DAILY EVENTS

20 Oct - Saturday

Raleigh City Museum Pieces of the Past: "Fayetteville Street: Past, Present, and Future!" 2pm, Raleigh City Museum, 220 Fayetteville Street
Join Kris Larson of the Raleigh Urban Design Center as he presents the city's plan for the future of Fayetteville Street. This exciting plan includes the reopening of the southern blocks of the street to vehicular traffic. He will also discuss plans for the new City Plaza, which is due to open on the south end of the street in 2008. Following this half-hour presentation we will tour the street for an hour long historical walking tour. This program is done in connection with an exhibit on Fayetteville Street due to open in October of 2007.

21 Oct - Sunday

A Rock n' Blues Sunday
Blue Martini, 110 North West Street, Raleigh, 7pm
Blue Martini and Future Marketing have teamed up to create the Rock n' Blues Sunday. A complimentary buffet, drinks specials, and there will be live music performed by some of Raleigh's best local musicians. Donations at the door will benefit local underprivileged children receive music lessons and instruments. www.bluemartiniraleigh.com

25 Oct - Thursday

N.C. Museum of History - Young

Associates Mysteries of the Lost Colony Evening 7-9pm, N.C. Museum of History, 5 East Edenton Street, Raleigh \$30 museum members/ \$35 non-members (includes exhibit entrance fee)
The Young Associates group, at the N.C. Museum of History, invite you to a private evening to view the Mysteries of the Lost Colony exhibit. <http://ncmuseumassoc.com>

27 Oct - Saturday

Capital City Cheers Wine Festival in Moore Square 11:00am - 7:00pm, \$20.00 at the door, \$18.00 in advance
Outdoor festival will feature North Carolina wineries with over 100 wines, live music, cooking demonstrations, and gourmet foods as well as over 30 unique artist exhibits. 800-830-3976 www.capitalcitycheers.com

17 Nov - Saturday

Artspace 6th annual Collectors Gala and afterparty, Artspace After Dark
Individual tickets are \$125 per person and table sponsorships are available at the \$5,000, \$2,500 and \$1,500 level. All Gala tickets include a ticket to Artspace After Dark. Artspace After Dark tickets will be sold separately for \$20 per person in advance and \$25 at the door.
This year's Collectors Gala is a celebration of Artspace's contribution to Raleigh's creative class.

The evening will begin with cocktails at Artspace (201 E. Davie Street) at 6:00 p.m. and will include the unique opportunity to sit for dinner in the artists' studios, as well as participate in live and silent auctions. The evening will continue with Artspace After Dark starting at 10:00 p.m. where desserts, live music, and dancing can be enjoyed. All proceeds benefit Artspace exhibitions, educational programs, and community outreach programs for at-risk children and adults. www.artspacenc.org

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Masatoshi Tsujimura of Waraji

By Fred Benton, City Style Editor

"If you knew sushi like I know sushi" then you would know that sushi does not mean raw. To think of sushi as raw fish is mostly the fault of pop culture-mongers, which for the last two decades through sitcoms and other vehicles has alluded to the brave heart it takes to eat sushi. Sashimi is raw fish. Sushi is merely "sushi rice plus" and the "plus" can be vegetarian or cooked seafood such as shrimp and crab. You can order raw fish sushi but sushi mainly refers to the sticky Japanese rice that's marinated in a sweet liquid then drained and formed into the traditional cigar-shape by pressing rice into the palm of the hand. Cooked shrimp, for example, is served atop a portion of rice and is usually secured by a band of nori (a black strip of seaweed). A chunk of filet mignon cooked well done and attached in such a way to this rice can also qualify as sushi. From what I've noticed lately, the new generation of kids (high school and college) has taken to sushi like my generation did to pizza.

And there's something else I know about sushi and that is whenever a group of Raleigh sushi lovers are gathered together inevitably the name Waraji is proclaimed as one of the best places for sushi in the Triangle. And the man responsible is Japanese-born chef Masa who honed his skill at this cultural art when he first arrived in this country from his native Shimonoseki, Japan to work at what was actually the first sushi restaurant in central Florida. Waraji, which chef Masa explained means "enjoy the taste" is a decade in business and is located in Duraleigh Corners Shopping Center on Duraleigh Road, closest to the intersection of Pleasant Valley and Duraleigh roads.



Chef Masa whose full name is Masatoshi Tsujimura is married and has three kids, all of whom enjoy the fruits of their father's labor but they're partial, Masa confided, to Bojangles chicken. Watching Masa make all the intricate preparations that goes along with making sushi—which can take years of practice—I had to ask him

who did the cooking at home. He replied that his wife did the home chore except when they entertained guests, when he gladly takes over.

Some friends and I decided to pig out on sushi one recent evening and it was to Waraji we went. One member of our party of three had never had sushi before and based on my assurances that this didn't mean he was going to turn into a seal and clap for raw fish, he was game. You'll miss a great deal of wonder and fun if you don't sit at the sushi bar. I typically will sit at the bar and chat with the chefs during which I order some different types of sushi, then later on move to a table, thereby letting others have a chance at bar seating. But on this evening we all stayed put. Chef Masa's almost choreographed motions truly hypnotized me whether he was thinly slicing some

salmon or other fish filets or combining and shaping ingredients into perfect rolls. This, as it happened, was one of the best dishes—out of so many—that I loved at Waraji. The scallops were first topped with a sliver of boursin cheese (my favorite soft cheese on earth!) then browned with the torch and finished with thin slivers of chives. I was awed by the pairing of scallops and boursin! Yumm! The scallops truly tasted as if they'd just been captured from Neptune's chest. The sublime clarity of their flavor was almost robust. The only thing missing was a glass of ice-cold brut champagne to wash it all down with, not to infer that the moist succulence inherent in these scallops wasn't enough to make them slide down the gullet with ease and elegance.

Be sure to check out the menu of house specialties that you shouldn't miss. The selections here are fabulous, and I happily tried many of them. Space prohibits my listing them all so I shall narrow it down to the ones I enjoyed the most: Crunchy Roll (\$7.55) which is a fantastic adventure in texture brought about by the inclusion of "tempura bits" which are droplets of tempura batter, fried. These bits partnered with the soft fish roe, shrimp and crab stick was absolute fun for the palate; Suzuki 500 (\$8.50) rivals my top choice with the scallops and boursin preparation. Suzuki features salmon, shrimp, eel, avocado and scallions, fried. What this tastes like is a dense salmon cake that I just couldn't stop eating.

It was a pleasure to meet and talk with chef Masa and to later watch him literally perform a cultural art—with such tasty results! I am pleased to recommend his restaurant, Waraji—which, not so incidentally, will offer up another choice for sushi downtown by taking over the old Est Est Est space on Hargett Street.

Waraji Japanese Restaurant
5910-147 Duraleigh Road,
Duraleigh Corners Shopping Ctr.
 919-783-1883
warajirestaurant.com

Lunch: Mon-Fri 11:30 am to 2 pm
 Dinner: Mon-Thurs 5:30 to 9:30 pm
 (extending to 10:30 pm on Fri & Sat)



Raleigh Christmas Parade and Xmas CD

The time for the 63rd Raleigh Christmas Parade is fast approaching. The parade will be held from 9:30 am to noon on Saturday, November 17th. The official parade route starts on Hillsborough Street at St. Mary's Street, turns right on Salisbury Street, left on Morgan Street and right on Fayetteville Street, ending at Fayetteville and Davie streets. The map below shows the parade route and can also be viewed at www.RaleighChristmasParade.org along with other info.

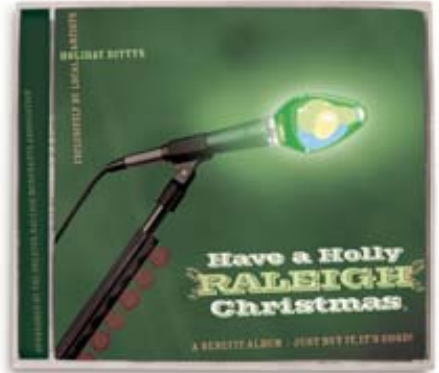
The Parade will feature floats, marching bands, large Macy's Parade-style floating character balloons and a

number of other entertaining acts. Live television coverage will be featured from 10am to noon. "Thanks to the continued support and sponsorship from WRAL-TV, the Raleigh Christmas Parade will be televised live again this year," said Kevin Coggins, president of GRMA. There will be refreshment tents again this year along the parade route, and additional free parking.

The Raleigh Christmas Parade draws an estimated 50,000 spectators from across the state to downtown Raleigh and reaches more than 250,000 through television and radio coverage. It is the largest single-day event in Raleigh each year.

The refreshment tents will be selling the "Have a Holly Raleigh Christmas" CDs. The CDs are \$10 each with the proceeds going to benefit the Community Music School. All songs on the CD were written and performed by local Raleigh bands. The songs are family friendly, and there is something for everyone. Bill Leslie from WRAL performs on this year's CD.

For more information about the CD or to view the rest of the bands on the Christmas music CD, visit their website www.HollyRaleighChristmas.org.



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