



RALEIGH DOWNTOWNER

MAGAZINE

VOLUME 5, ISSUE 6

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ISSUE 7: EAT LOCAL To celebrate the upcoming Restaurant Week downtown in August, we talk to local farmers, restaurant owners and chefs to find out what makes cooking and eating local so great. We'll even cox a few recipes from your favorite downtown chefs. Meet people who have back yard gardens and find out what you can grow at home, even if you don't have a back yard. Ideas? eat@raleighdowntowner.com

ISSUE 8: HEALTH & WELLNESS In this issue, we'll talk to downtown experts in the fields of health and wellness and compile a great resource list of all the businesses where you can go to look and feel like a million bucks. Know someone that should be included or have a great health story? Email us! health@raleighdowntowner.com



On the cover The R-Line is an eco-friendly approach to urban transportation. This free circulator service features hybrid electric buses that will connect you to restaurants, retail, entertainment venues, museums, hotels, and parking facilities in downtown Raleigh. Buses run about every 15 minutes, so whether you're a resident, employee or visitor, it's a great new way to get around downtown. The next time you're taking in downtown Raleigh, be sure to take the R-Line.

On the left Raleigh Rickshaw provides over 60 green jobs in downtown Raleigh and it's the one completely eco-friendly form of transportation in downtown and Wake County. In the past two and a half years, the company has tripled its number of rickshaws to over 20, now providing service six days a week, with all-day service on the weekends. Wedding packages and historic tours also available. Learn more or reserve your own rickshaw at www.raleighrickshaw.com.



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

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Salon 21
 The Cupcake Bakery Shoppe
 Primp SalonBar
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 Lee Hansley Gallery
 Bliss Salon
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 NC Museum of History
 NC Dept. of Labor
 NC Dept. of Agriculture

FIVE POINTS/HAYES BARTON

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 18 Seaboard (sidewalk)
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 Moore Square, by Big Ed's

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Going Green

IN DOWNTOWN RALEIGH

In our third annual “Going Green” issue, we decided to forgo the usual—and often repetitive—lists of how to consume less power and water, recycle more efficiently and better utilize our natural resources. For those who are environmentally-conscious, most of the common methods for conserving assets and eliminating waste have become second nature. Instead, we’re spotlighting local downtown businesses and organizations that are doing their part to be greener.

Raleigh itself has been slowly moving towards being more energy-efficient, with Mayor Charles Meeker listing one of his top priorities as making Raleigh a model “green city.” As an indication of the green directive, the new Convention Center is the most sustainable building the City has ever built. The Center’s green strategies include water-efficient landscaping and fixtures, construction waste diverted from landfills, a recycling program, energy-efficient lighting and thermal control, materials with recycled content that were manufactured regionally, and site sustainability. The Convention Center should be LEED certified (Leadership in Energy and Environmental Design) later this summer by the United States Green Building Council. Along with energy-efficient LED fixtures in downtown parking decks and street lights, rainwater harvesting, a new bicycle plan, free R-line bus service aimed at reducing traffic in the downtown core, and many other green initiatives, Raleigh is slowly but surely heading in the right direction (*see link at the end of this article for a partial list of the City of Raleigh’s accomplishments over the last 12 months*). Following are just a few of the businesses doing their part to make Raleigh a lighter shade of green.



“This award represents real recognition of what we’ve been working so hard to achieve,” said Daniel Whittaker. “We are proving that you can set and reach business goals while reducing your carbon footprint in the process.”

Eating Green

Located in downtown Raleigh, Green Planet Catering, founded by Daniel Whittaker and Peter Pagano (owner of Tir Na Nog) has the distinction of being one of—if not *the*—most sustainable catering companies in the U.S.

How does a company reach the lofty goal of being the most sustainable caterer in America? Green Planet does this by utilizing locally-grown produce (free of pesticides and herbicides), fresh NC seafood, hormone-free meats, trade-free products, and choosing eco-friendly goods whenever possible. Many of the more commonly grown produce items they use for catering are grown at Marks Creek Farms, Green Planet’s co-op farm located just off Highway 64 in Wake County, in partnership with Southport Seafood. MC Farms is their newest venture, creating a much larger operation from their preceding location, Green Planet Farm. At the new farm, field crops, greenhouse, as well as aquaponics (symbiotic fish/plant farming) are being implemented and researched.

Green Planet Catering not only focuses on the *before* aspect of catering (farming/growing), but also the *after* (disposal/reuse). MC Farms just happens to house their Green Planet Biodiesel Facility, where their used fryer oil is refined and transformed into a clean-burning petroleum alternative biodiesel fuel.

Currently the facility produces about 100 gallons of B100 fuel per week which is used to run their catering delivery trucks. In addition, most of the paper and plastic products used in their catering are compostable or biodegradable, and they offer a composting pickup service for waste-free events.

Green Planet Catering was recently honored for their efforts by winning the 8th Annual Sustainable NC Award in the Entrepreneurial Effort category. The award recognizes small for-profit and for-benefit businesses that have demonstrated a positive impact on their employees, community and environment.

“This award represents real recognition of what we’ve been working so hard to achieve,” said Daniel Whittaker. “We are proving that you can set and reach business goals while reducing your carbon footprint in the process.”

Plug It In

Progress Energy, Advanced Energy and the City of Raleigh are working together on a pilot demonstration of several different charging station technologies. The goal is to deploy nine charging stations downtown and on Centennial Campus at NC State by the fall of this year. The pilot will provide valuable information on how the stations work, consumer acceptance, ideal locations, and how future stations might charge for electricity and manage peak load. Ideally this will lead to a more robust deployment in 2010 to match up with mass market introduction of plug-in vehicles and ease any concerns over the ability to refuel with electricity. In the meantime, the small but growing population of Tesla’s and plug-in conversions will be able to utilize the early charging network.

Raleigh was selected as one of the first three cities in the Rocky Mountain Institute’s “Project Get Ready” effort to serve as a model of what it takes to make a community ready for electric transportation. In addition to the planned charging station deployment, Raleigh and its partners, Progress Energy and Advanced Energy, are participating in working groups to address potential issues, such as permitting of stations, fleet adoption and public awareness. >>>



PHOTOS—LEFT: The Convention Center. CENTER: Marks Creek Farming Team L to R: Jason Stigal-Partner & owner of Southport Seafood, Charles Keefer-farmer, Daniel Whittaker-Partner, Aaron Vaughan-Executive Chef, John Botta-Partner, Katie Featherstone-Farm Director, Pete Pagano-CFO, Ben Keefer-On-site Farmer RIGHT: The first demonstration charging station, installed at NC State University



Progress Energy has one of the most active electric transportation programs outside of California and a test fleet of seven plug-in vehicles throughout our territory. The company also has been working closely with research groups and automakers to help identify and address any potential barriers and to bring vehicles to market early. One recent example of this was the partnership announcement with Nissan to help bring their all electric vehicles to market as soon as 2010 in the Triangle.

Electric transportation is a key component of a more sustainable transportation solution. A recent study co-produced by the National Resource Defense Council determined that deploying plug-in hybrids on a national scale would reduce CO₂ emissions by about 45 percent compared with conventional vehicles and would result in a net reduction in air pollution, especially in urban areas. This is equivalent to taking 82 million cars off the road, a enormous number considering there are 247 million registered vehicles in the U.S. (counting trucks and buses in the most recent NC DOT statistics).

Selling Green

The term EcoBroker has been around since 2002, but there are still less than 20 EcoBrokers listed in Raleigh. So what is an EcoBroker and why should it matter? The EcoBroker designation is a certification for real estate professionals who promote energy-efficient and “green” features for new and existing homes. Professionals earning this certification have completed 18 hours of instruction including assignments and exams. Required yearly continuing education keeps those certified informed on the newest information and technologies.

One EcoBroker office in downtown is Citygate Real Estate founded by Doro Taylor. They currently have six EcoBrokers listed with their company who have all completed the National Association of Realtors Green program, more than any other firm in Raleigh.

Another local Raleigh EcoBroker is Heather Rand of PruYSU who became certified in 2007, a time when Heather says, “our economy began shifting, our energy costs were beginning to increase, and our dependence on foreign oil became glaringly apparent. Buyers were beginning to look at the expense of monthly energy costs just as much as they were



the price and amenities of the home. This shift coincided with an article that I read about EcoBrokers and the advantages of using a real estate professional with the certification. I was interested in learning more and being at the forefront of this new client demand in the real estate market.”

Heather went on to say that many of her clients were under the assumption that being “green”

at home involved composting, growing their own food, only using recycled materials, or installing solar panels. While those are very environmentally responsible efforts, there are so many simple changes that homeowners can do to improve energy efficiencies in their home and reduce their environmental footprint. Homeowners can now go into their local home improvement store to choose from products that will improve their home’s indoor air quality or make their home more energy and water efficient.

A recent statistic states that 70% of homebuyers would choose a “green” home over a conventional home in a down market (McGraw-Hill Construction’s 2008 SmartMarket Report). EcoBrokers help educate their clients on how green home improvements can be marketed when reselling their home. The Triangle Multiple Listing Service has recently added several “green” features to their listings, making it even easier to market and search for homes with these green improvements. As a buyer, with increasing energy costs, it may become more and more important when comparing two similar homes in a neighborhood, and one home uses half the monthly energy costs than the other.

Affordable (and Green) Downtown Living?

BY CHRIS MOUTOS

Affordable. Green. Downtown Living. These four words are truly an unusual combination of terms when referring to downtown Raleigh housing. Thanks to Builders of Hope, there is an enclave in the southeast downtown Raleigh area that has brought “green” renovations in a large scale to a different level not seen in our area until now. Welcome to State Street Village.

The concept is simple, yet remarkable. Over a period of several years, the city purchased a block of land made up of parcels containing severely deteriorated housing as part of redevelopment efforts. These uninhabitable structures were demolished and the land (some with superb downtown skyline views)



PHOTOS—TOP: Progress Energy’s test plug-in hybrid Ford Escape. BOTTOM: One of the donated homes in the midst of a complete remodel.

became available. In line with its mission, Builders of Hope saw the opportunity to provide affordable housing in an area that is within walking distance to three schools, less than a block from city transit, close to greenway trails, Chavis Park, and the new City of Raleigh Wetlands Education Center, as well as being just a couple of minutes from the heart of downtown. The property was platted for twenty-five homesites, fifteen of which are located in a cul-de-sac. Houses slated for tear-down from other locations in Raleigh are being donated by their owners and moved one-by-one to their new location in State Street Village. The donors pay \$5,000 towards the relocation costs of moving each house, which is much cheaper than typical demolition costs. As an added bonus, Builders of Hope is a 501(c)(3) not for profit organization, allowing the expense to become a charitable deduction for tax purposes.

According to Mike Dasher, the construction manager for the project, "once the houses are sited on their new locations, they are evaluated for the extent of renovations necessary. Most of the houses have to be stripped down to the studs in order to assure that the maximum insulation rating is achieved. Furthermore, walls are removed to accommodate more



open floor plans popular today." According to Nancy Murray, CEO of Builders of Hope, "if someone makes a reservation, all they need to do is tell us the size of the home they desire. We will locate a donor house, move it to the selected lot and then renovate and customize it for their needs."

The renovations are thoughtfully planned to make each recycled house as "green" as possible. Builders of Hope works closely with Advanced Energy, a company that is involved in all types of energy improvement and energy conservation. According to Murray, "Advanced Energy certifies that the >>>

PHOTO—A splendid view of downtown from the State Street Village project.

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- Jason Mraz with G. Love & Special Sauce and K'naan hosted by Bushwalla Wednesday, July 29

AUGUST

- Soul Picnic featuring Mint Condition, Doug E. Fresh and more Saturday, August 8
- Old Crow Medicine Show David Rawlings Machine featuring Gillian Welch, The Felice Brothers, and Justin Townes Earle Monday, August 10
- Beer, Bourbon & BBQ Festival Saturday, August 15
- La Ley Festival Sunday, August 16
- O.A.R. Sunday, August 23

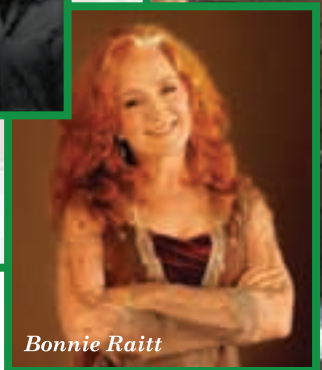
SEPTEMBER

- Heart Friday, September 4
- Rock and Roll Hall of Fame Benefit Concert II Sunday, September 6
- Triangle Uncorked Wine Festival Saturday, September 26

OCTOBER

- Diwali Saturday, October 10
- E.I.D. Festival Sunday, October 11
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construction, indoor air quality, structure efficiency and materials are as efficient as possible. Once certified, Advanced Energy guarantees the energy efficiency, costs to a certain amount depending on the size of the house, with an average of \$35 per month for heating and air.”

Builders of Hope partnered with various organizations to keep its costs low in order to offer the homes at very reasonable prices and to get the community involved. According to Nancy Murray, “all the brick foundations for the homes are being donated by General Shale. We also have a Work Mentor Program in conjunction with the Raleigh Rescue Mission which provides training and employment for those who are unable to find jobs.”

Now the surprising part. How much are these houses? Most of the homes receive a gut renovation with completely new kitchens and baths. All are energy efficient with guaranteed costs and come with granite countertops, new HVAC systems and a small piece of land, not to mention the downtown view. Currently, there are home available with between 1,096–1,200 square feet priced from \$109,000. There are no restrictions on how large a home you can reserve (as long as it fits on the lot). So far, four of the five houses are either under contract or reserved,

and five of the cul-de-sac lots have been reserved. Since State Street Village is considered a revitalization area, there are programs available for down payment assistance or second mortgages through the city of Raleigh. These plans are in addition to any federal credits available to first time homebuyers (up to \$8,000).

A note of interest: 70 percent of the homes will be sold to households that are at 80% or below of the area median income. This is a wonderful commitment. According to Murray, “two-thirds of the working population in Raleigh is at or below the area median income which includes state employees, civil employees and many other professionals. The percentage is based on the size of the household being supported.”

There are more projects slated for this non-profit to provide “green” economical housing for the residents of Raleigh. These projects are in areas where the structures are again beyond cost-efficient repair, especially in a green certified manner. These homes will be available for purchase or rental.

State Street Village is located on State, Bragg and Coleman Streets in the southeast area of downtown Raleigh. Anyone interested in donating or purchasing a home may contact Lisa@BuildersOfHopeUSA.org.

For more information:

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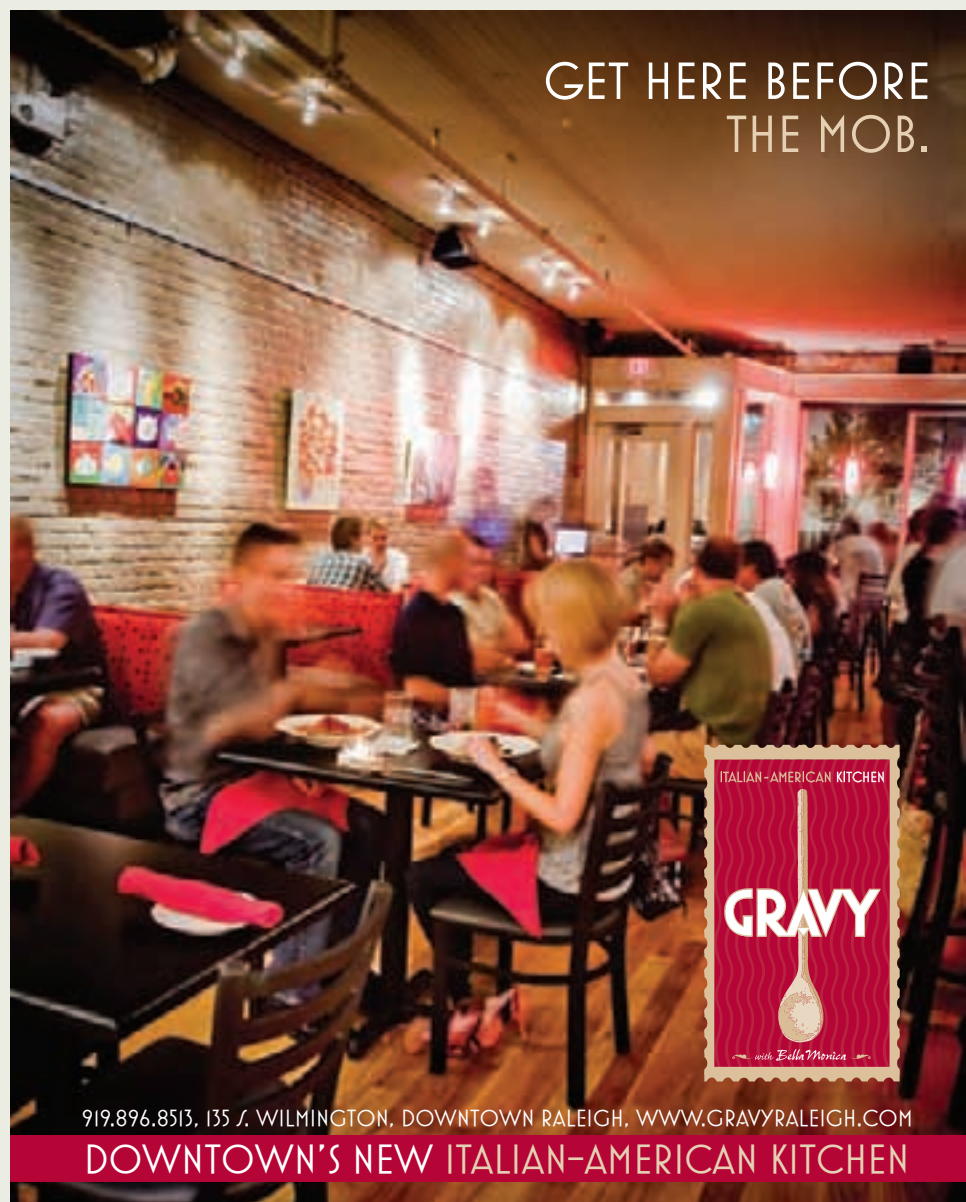
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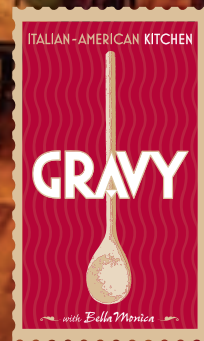
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RALEIGH DOWNTOWNER MAGAZINE

Thaiphoon Bistro

BY BRIAN ADORNETTO, *Contributing Food Writer*

If you've longed to vacation in Southeast Asia but are waiting for the economy to turn around, you're in luck. For a visit to the Far East, go no farther than Glenwood South. From the beautiful hand-carved statues to the brightly colored walls and accessories to

the soothing indoor fountain and lush outdoor water garden in the patio area (complete with large colorful Koi and lily pads), Thaiphoon Bistro will make you feel like you're really in Thailand.

Brothers Steven and Tony Sittichai are natives of Thailand, moving to Raleigh

after 18 years of owning and managing six restaurants in New York. They oversee all aspects of Thaiphoon Bistro with the help of other family members. The quiet but hospitable Sittichais decorated the room with orange tables, stylish white art deco chairs, and Asian pendant lamps. Both upper and lower dining rooms have exposed brick walls, adorned with orange tile, stained wood walls and traditional Thai art. The menus are bound in DVD cases and cocktail lists are presented on 12 inch vinyl records, highlighting the brothers' lighthearted restaurant design.

It quickly becomes apparent that details are extremely important at Thaiphoon Bistro. Not only is every menu item colorfully and artfully presented but diners are also given ornate bronze tableware with which to eat. The striking knives, forks and spoons are embossed with depictions of the Hindu god Vishnu and were imported from Thailand. Even tableside

water service is stylish, poured from impressionistic doughnut-shaped water pitchers and garnished with lemon slices.

Thaiphoon's menu includes shellfish, tofu, chicken, duck, beef, fish, pork, and vegetable dishes. Whether you crave something spicy, sweet and sour, creamy or sweet, this menu has it covered. The most popular vegetarian item is Pad Kra Prow (\$13), a fiery entree featuring a seasonal mix of market-fresh vegetables sautéed in a garlic, Thai chili and basil sauce. Other favorites include Gang Keow Whan (\$14), your choice of protein with mixed vegetables in a Thai green curry and coconut milk sauce, and Ped Ma Keur (\$16), a combination of sautéed shrimp, pork, chicken, and eggplant in a basil ginger sauce.

Our meal began with the Grilled Beef Salad (\$10) and Crispy Cups (\$7). The salad featured thinly sliced marinated flank steak, mixed greens, peppers, tomatoes, and red onions. The steak was cooked to



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a perfect medium rare and the lemon cilantro sauce that dressed the salad was spicy yet surprisingly refreshing. The shrimp, chicken and vegetable-filled Crispy Cups were publisher Crash Gregg's favorite. He thought they would make a fantastic, light take out dinner to enjoy while relaxing outside on a patio or porch. We then enjoyed the de rigueur Pad Thai, served with shrimp, bean sprouts, chopped peanuts, lime wedges, and house-crushed Thai chilies. The rice noodles were perfectly cooked and the dish had an abundance of whole shrimp.

Our final course was Ped Grob (\$20), roast duck in a garlic, Thai chili and tamarind sauce paired with steamed white rice and baby bok choy. Tamarinds are a main ingredient in Worcestershire sauce, and



are a tropical, sweet and sour fruit that is shelled and made into a paste. The duck meat (pulled from the bone) was tender, juicy and studded with crispy skin. It was balanced with crunchy fried noodles that pleasingly contrasted the texture of the duck. The complex sauce was spicy in a sneaky sort of way, which creeps up on you after three or four bites when you're not expecting it.

To temper the spiciness of the food, we sampled a few of Thaiphoon's signature cocktails. The non-alcoholic Thai Ice Tea looked delightful in its tall glass. The burnt orange-toned tea was topped with billowy hand-whipped cream. It was lusciously creamy, sweet and cool. Finally, we tried the Mango Martini. With Thaiphoon's characteristic attention to the finer points,

it was poured into a stemless martini glass and served in a small, ice-filled glass bowl to keep it cold. It's the perfect drink for a hot summer night.

Thaiphoon Bistro is a staycationer's (and daycationer's) dream. As soon as you walk through the doors of this hidden treasure in Glenwood South, you'll feel completely immersed in what feels like a faraway Thailand restaurant where you can indulge your taste for exotic foods and tropical drinks, all without leaving downtown or breaking the bank. 🍷

Our favorite local foodie, Fred Benton, is taking some time off from his Food Editor position at the Downtowner.

Brian Adornetto is a culinary instructor, freelance food writer and personal chef. He teaches regularly at A Southern Season in Chapel Hill and his business, Love at First Bite, offers private cooking classes and intimate dinner parties. For more information, please visit him at www.loveatfirstbite.net.

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Remembering John Chavis

BY JENNY LITZELMAN, RALEIGH CITY MUSEUM

Since the city's founding in 1792, Raleigh has been home to many influential historical figures including President Andrew Johnson and mental health advocate Dorothea Dix. Not many people recognize the name John Chavis but most of us have heard of Chavis Park and Chavis Heights Apartments, which begs the question, "who was John Chavis?"

Born to a free African-American family in 1763, John Chavis was a preacher, teacher, war veteran, and much more. Historians know little of Chavis' early life because records are scarce, a common problem surrounding early African-American history. However, many historians believe he became indentured to James Milner, a lawyer in Halifax, Virginia. Milner maintained one of the best libraries in the area and could have exposed Chavis to classical subjects, thus beginning his extraordinary education.

Prior to attending college, Chavis served in the Fifth Regiment of Virginia during the Revolutionary War. After com-



pleting his service, he studied to become a Presbyterian minister as the private student of John Witherspoon at the College of New Jersey, now known as Princeton University. Following the death of Witherspoon, Chavis went on to complete his studies at what would become Washington and Lee University and earned his preaching license around 1800. He became the first African-American to receive a college education in the United States.

Chavis moved to North Carolina several years later and settled in the Raleigh area. In addition to preaching at the Orange Presbytery, he started a school and taught white and free African-American children. At first Chavis taught in an integrated classroom. White parents, however, insisted that Chavis separate the children and he taught white children by day and African-American children at night.

Many prominent families sent their children to Chavis to be educated. Famous students included Archibald and John Henderson, sons of Chief Justice Leonard Henderson; Abram Rencher, Territorial Governor of New Mexico; Charles Manly, North Carolina Governor; and Willie P. Mangum, United States Senator.

Life changed dramatically for John

Chavis after the Nat Turner Rebellion in 1831. Following the insurrection, strict legislation regarding the education of African-Americans ended Chavis' teaching career. To help supplement his remaining income the Orange Presbytery arranged for Chavis to receive \$50 a year until his death in 1838.

John Chavis' remarkable influence reverberates throughout Raleigh. In 1938, one hundred years after his death, the North Carolina Department of Cultural Resources erected a historic marker on East Street to commemorate Chavis' life. 1938 also marked the dedication of Chavis Park and Chavis Heights Apartments, both named in Chavis' honor.

Come celebrate John Chavis' life and legacy on July 11, 2009 at 11:30am as the City of Raleigh and the South Park-East Raleigh Neighborhood Association unveil a new, updated John Chavis marker at its East Street location. Prior to the unveiling, there will be light refreshments and a presentation with broadcast journalist Melvin McCray at 10:00am at the Chavis Center on Martin Luther King Boulevard.

The celebration will continue at 2:00pm at the Raleigh City Museum as we host a viewing of McCray's 30-minute documentary about Chavis' life. After the film, Mr. McCray will answer questions and discuss the historical documentary filming process. 📽

*The Raleigh City Museum is located at 220 Fayetteville Street in downtown Raleigh and is open from 10am-4pm Tuesday through Friday, and 1-4pm on Saturdays. Check out our newest exhibit, **Portraits of Raleigh: Images of a City and Her People**. If you have any questions please check out our website at www.raleighcitymuseum.org or call 919-832-3775.*



*Chavis Park Train, 1959
Courtesy of Lonnette Williams*

pleting his service, he studied to become a Presbyterian minister as the private student of John Witherspoon at the College of New Jersey, now known as Princeton



Glenwood-Brooklyn

HISTORIC DOWNTOWN NEIGHBORHOODS: PART 7 of 7 BY CHRIS MOUTOS

Have you ever wondered why this neighborhood has a hyphenated name? Around 1905 the local Raleigh streetcar system built a new line extending its service from downtown in a northerly direction. This line went down what is now Glenwood Avenue, cutting a path down the middle of the street in what is now the grassy



median of the neighborhood. It divided approximately 67 acres of land that the Glenwood Land Company began platting for the development of homes for working and middle-class people.

The Glenwood-Brooklyn district is bounded by the railway to the east, Wade Avenue to the north, St. Mary's Street to the west, and Peace Street to the south.

The areas of Glenwood and Brooklyn were part of the plantation lands owned by Joel Lane.

Early history accounts have rumored that two men from a wrecked slave ship off of the coast of North Carolina were brought inland in the 1760s. Joel Lane did not claim them as slaves. Instead, he began to care for them, assist them and provide for their needs. Colonel Lane even built the two men—Will and Mark—a cabin on his property. The two men lived there until their deaths and the area where the cabin was located became “Will’s Forest.”

In 1842, Margaret Lane Mordecai married John Devereux, Jr., and shortly after, they moved to a house located in Will’s Forest between what is currently Glenwood Avenue and West Street.

This was a part-time residence (they had a plantation house in Bertie County), but the residence became a full-time one during the Civil War. Mr. Devereux was the Chief Quartermaster for NC and this duty kept him in Raleigh. According to various historical accounts, there



were Confederate fortitudes spanning along the crest of the hills located behind what is now Cleveland and Wills Forest Streets curving around to St. Mary’s Street (note: Mr. Devereux was a member of the delegation that surrendered Raleigh to General Sherman.)

In the years that followed, various heirs of the Devereuxs received tracts of land. His daughters, Ellen and Mary, along with their husbands, built homes in the area. Ellen and her husband John Hinsdale built a house named “Glenwood” on the northwest corner of Peace and Glenwood. Other lands to the west of the Devereux family became known as Brooklyn, giving the neighborhood its distinctive Glenwood-Brooklyn name. 🏠

Chris can be reached for comment (and sales inquiries!) at chris@raleighdowntowner.com.



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The 8th Annual Kirby Derby BY DEVIN MCKIM

If you've never been to a Kirby Derby you have no idea what you're missing. There are certain things about this event that make it fun, wacky, absurd, and ultimately memorable.



First: There's a parade. In order to be eligible for any of the competitions (except the pine car mini racers), participants must join in the parade. The procession circles around Kirby Street, onto Bilyeu Street and then back to Kirby. This is where all the Soapbox Derby racers show off their creations, which vary from traditional soapbox cars to mechanical devices made from bike parts and lots of imagination. A few of this year's parade favorites were a "tall-bike," a giant Nintendo game Donkey Kong

pixilated with post-it notes and plenty of 80s-inspired characters.

Second: There's a gender-confused speed walking race or more specifically, a "Drag Race" (pun most definitely intended) with the following rules: If you're a man, you must wear at least wear a skirt



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In the "Drag Race," men must wear a dress and minimum 2" heels.

or dress plus heels (2 inch minimum). Women must wear loosely-laced men's work boots at least three sizes too big. Running is not allowed, and if both feet are off of the ground at the same time, the racer is disqualified. Hilarity ensues shortly thereafter.

Third: There will be some stellar wrecks in the soapbox derby.

Fourth: One of the most important things to realize is that the Kirby Derby is a community effort put on by the Kirby Street neighbors, and one in which the whole neighborhood participates. The event is open to everyone, has no entry

fee and no parking fee...and that's what makes the Kirby Derby special. It's just a good old-fashioned block party, with the sole purpose of encouraging fun and bringing the community closer together—something there doesn't seem to be enough of these days.

This was the 8th Annual Derby, and according to bystanders, the event has grown every year. The theme for this Derby was centered around "The 80s," more specifically: "Kirby Derby 8: Pity the Fool and All Things 80s." Even if you didn't know the theme, it would clearly be evident from all the

denim, professional wrestler costumes, shutter shades, boom boxes, and Ray-Ban Wayfarers.

The 8th Annual Kirby Derby was a smashing success, and was a shining example of a local event that helps create a healthy community. If you've been to a Kirby Derby, then you know what it's all about. If you've never been before, make plans for the 9th Kirby Derby next summer! 📸

This article courtesy of GoodnightRaleigh.com where Devin is a contributing writer.



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Wine Can Be Green Too

BY KERRY SMITH, *Certified Wine Educator*



For years the word “green” in wine circles referred to negative attributes such as unripe fruit that was used for wine production. Changing the minds of wine aficionados and vintners alike, the efforts

of wineries like Honig Vineyards in Napa Valley California are proving that being “green” can also be an incredible plus. Michael Honig, the owner and president, has taken his family-owned operation and turned it into the utmost leader in sustainable vineyard and farming methods. He serves on the board of the California Sustainable Winegrowing Alliance and has chaired an initiative to develop a code for “sustainable wine growing practices.”

Honig’s green endeavors have filtered to every phase of the winery’s business. It starts in the vineyard by planting cover crops to provide nutrients and soil microorganisms, introduction of owl, blue bird and bat boxes for natural rodent and insect control, biodiesel-driven vineyard tractors, tilling instead of applying herbicide, and drip irrigation. The winery itself has been switched completely over to solar power.

It is one of the largest systems of its kind and will reduce the winery’s carbon dioxide production by over seven million pounds over the next few decades. With the goal

of being the greenest wine operation in the world, Honig also focuses on water conservation, recycling and reuse of materials, compost, bee and butterfly profusion, and most interestingly, the use of sniffer dogs to find specific insect threats in the vineyard. Golden retrievers are specifically trained by the Assistance Dog Institute in Santa Rosa to detect mealybugs, an invasive species of insects. Early detection of the bugs allows the grower to treat or remove a vine or two, alleviating the broad use of pesticides.



Rat poisons are replaced with owl and bat boxes.

This has all been done while debunking the thought that you can’t make world class wine while minimizing the winery’s affect on the Earth at the same time. Just knowing how much effort is put forth to do things that are environmentally correct makes drinking the outstanding Honig wines taste all the better. You can read more about

the Honig Vineyard and Winery and their green initiatives on their website, www.honigwine.com.

Kerry Smith has worked in the wine field in the Triangle for the last 13 years, including ten years running the Wine Cellar at the Angus Barn and General Manager for Total Wine. Kerry is currently the sales manager for Tryon Distributing, a statewide wine and beer wholesaler. Kerry became a Certified Wine Educator in 2002, a distinction few hold from the Society of Wine Educators.



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Downtown Recycles, Now More Efficiently

BY BIANCA M. HOWARD



Trash cans don't usually conjure up images of sunsets, but the peaceful image gracing this truck is a sign of progress. The vehicle may look like an ordinary garbage truck, but it represents an increase in efficiency for the still growing *Downtown Raleigh Recycles!* program. The City of Raleigh added the truck to its fleet in January of this year. In May, the signage was changed to promote the program's website, www.raleighnc.gov/downtownrecycles.

Three city employees, known as the Central Business District (CBD) crew, collect recyclable materials from more than 140 individual companies in downtown. The driver and two laborers provide a high level of service, collecting both garbage and recycling Monday through Saturday of every week. The CBD crew even works on holidays, with the exceptions of Christmas and New Year's Day.

Before the split-body truck was added to the fleet, the CBD crew collected recycling using a rear-loading truck. After completing the route, they returned to the Solid Waste Services office on Peace Street to get a different rear loader for collecting garbage. Recycling collection was offered only four days per week because it took so much time.

Now, the CBD crew can collect garbage and recycling at the same time. Newspaper, glass bottles and other recyclable items are emptied from blue carts into the driver's side of the hopper. Food, paper napkins, plastic cups, and other trash, usually contained in green carts, are tipped into the passenger side of the hopper. Using the split-body truck saves the crew time, and has benefited customers, too, who may now set out recyclables six days a week.

According to Solid Waste Services management analyst Bobby Broadaway, the new truck "actually holds less" than a traditional rear loader garbage truck. However, its smaller capacity is perfect for a limited area such as the downtown route.

Service specialist Warren Bryant likes the new truck, but wishes customers would be more helpful by only putting out their recycling carts when they are full. "We have to check every cart that's out, whether there's anything in it or not," he said.

Green and blue carts and stacks of cardboard on downtown sidewalks are a familiar sight to visitors seeking happy hour drinks or an early dinner. According to City ordinance, the carts should not go out until 3:00 pm on collection day. It is the responsibility of cart users to move them away from the sidewalk (preferably inside or out of sight) by 9:30 am the day after collection.

CBD crew members begin each workday by going to the East Wake Transfer Station to deposit the garbage collected the previous day. That garbage eventually goes to the South Wake Landfill for burial. The truck space dedicated for recycling usually takes two days to fill. In a typical week, the crew makes three trips to Sonoco Recycling in east Raleigh to drop off the items. Sonoco employees sort the material and package it into bales so it can be sold and shipped to factories around the world.

On average, the CBD crew collects 41 tons of recyclables each month. That figure is impressive, but the City's downtown business customers still send nearly twice as much waste, 71 tons, to the South Wake Landfill each month. Add in the waste generated from the high-rise buildings that use private haulers for collection and disposal, and it's easy to understand that downtown's environmental reputation has the potential to get a whole lot greener. 🌱

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John Kane, Melanie Wilson, Greg Hatem, and Mitch Silver at a forum presented by WakeUp Wake County at Sitti (with Samantha Smith & little George in the background)

Jason out downtown celebrating his birthday with Clark



Ricardo and Samad

Amanda and Sis outside at Mosaic



Jeff out at the Mint



Mandie and Amy enjoying dinner and wine at Cashmere

AROUNDTOWNAROUNDTOWNAROUNDTOWN

Don out with friends enjoying a night off from Solas



Heather, Natalie and Amber at Brooklyn Heights



Liz and Sam after a night of great sushi at Sono

Faith and Mike having dinner at Gravy



Anna and Amber after dinner at the Mint Restaurant

Irina, Katya and Sahar at Solas



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Von Trapp family's hearts with her compassion and spirit, and eventually Maria and the Captain fall in love, and they marry. World War II and Nazi Germany is the backdrop to the story and their narrow escape is an inspiration to all. The musical was the winner of six Tony Awards and five Oscars.

Said NCT's Executive Director, Lisa Grele Barrie,

"NC Theatre is excited to bring back one of the favorite musicals of all times. Audiences are guaranteed a Broadway-quality production without the expense of traveling to New York. It's the perfect "Stay-cation" experience for the whole family!"

This year's show will run from July 25- August 2 and will feature all seven of the Von Trapp siblings cast by Raleigh children: Alex Bowers (Liesl), English Brewer Bernhardt (Louisa), Daniel Marhelko (Friedrich), Roxanna Demers (Brigitta), Trey Fitts (Kurt), Gabby Simone (Marta), and Mary Kate Englehardt (Gretl). Kate Fisher (from Broadway productions of *Les Misérables*) will be playing the lead as the high-spirited "Maria" and Tom Galantich (TV's *Law & Order* character Joe Schapell) has been cast as "Captain von Trapp." Al Sturgis is the musical director and conductor for *The Sound of Music*, his second show at NCT. Sturgis has been the music director of the NC Master Chorale in 1993 and is also the music director for The Carolina Ballet and the Tar River Philharmonic Orchestra. Last season, Al made his Lincoln Center debut as a guest conductor for the New York City Ballet.

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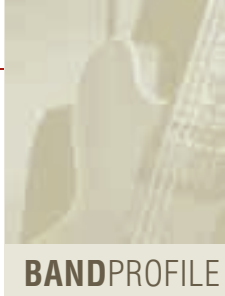
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BANDPROFILE

Gray Young

BY DAN STROBEL, *Music Editor*

As I follow Gray Young's bassist Dan Grinder into his and bandmate Chas McKeown's third-story studio apartment, I am greeted by standard indie-rock décor: multiple acoustic and electric guitars leaning haphazardly against walls, stacks of CDs and vinyl records laying scattered and collecting dust, and posters of local and national underground bands covering the walls. Things are messy, but not dirty.



But the disorganized state of their apartment is where the comparisons to most young and local bands ends. The major difference is the age and occupations of everyone in the band. Grinder is 24 and works in the human resources department of a company in Cary. McKeown, guitarist and vocalist, is 31 and works at Helios coffee shop on Glenwood Avenue, and drummer Jeff Dopko is 41

and owns a cabinet-making business in Zebulon.

The big age gap between its members has its advantages and disadvantages, according to Grinder: "On one hand, we all bring something different to the table in terms of influences and life experiences, but on the other, we all have different life responsibilities which make touring and getting together as a band hard sometimes."

But their songwriting doesn't show any difficulties the band faces. Ethereal and breathless, the Gray Young's trio's music is a mix of highs and lows, sparsely punctuated by McKeown's vocals. Their mainly instrumental catalog has earned them comparisons to international acts like Explosions in the Sky and Mogwai, but locally, they're a breath of fresh air from a music scene some have called stagnant as of late.

The band is quick to praise the efforts of Slim's Downtown and Tir Na Nog Irish Pub in supporting local music, especially the latter's Local Beer Local Band night every Thursday where Gray Young has played.

"Raleigh needs another King's Barcade," says McKeown. "A place that showcases bands who are just starting out and lets them play any night of the week."

The group has weathered the difficulties brought on by their age differences, occupations and being unsigned to a label, though their self-released EP from 2008 and their first full-length *Firmament* from 2009 did relatively well.

"Self-releasing the album was something we

all wanted to do," Grinders states with an air of accomplishment. "We all felt like we didn't need a label to make the record we wanted."

Extensive touring remains an option but is still in its early stages. "We kind of suck at touring," Grinder admits. "We all want it to happen but aren't sure when."

Until then, look for Gray Young in Raleigh and the surrounding areas, including Slim's Downtown on July 25. 📍

Dan can be reached for comment by email at music@raleighdowntowner.com



Gray Young

Members: Dan Grinder-bass
Chas McKeown-guitars and vocals
Jeff Dopko-drums

Website: www.myspace.com/grayyoung

Sound like: Four minute bursts of mainly instrumental emotion that tug at the heartstrings





LET'S DO LUNCH

The Remedy Diner BY BRIAN ADORNETTO, Contributing Food Writer



Our favorite local foodie, Fred Benton, is taking some time off from his Food Editor position at the Downtowner. Local chef, culinary instructor and food writer, Brian Adornetto is filling in during Fred's absence.

Owners Scott Williams and Angie Holder opened The Remedy Diner in March 2009 to fill what they felt was a missing niche in Raleigh. They wanted an alternative to the impersonal restaurants they saw opening around them. What Scott and Angie wanted to create was a setting that was comfortable, friendly and fun. They were determined to bring a personal touch back to downtown by employing local talent to serve local people. The concept behind The Remedy Diner is just that . . . a diner to cure what the owners feel has been ailing in the area.

Scott, a musician in the local hard core punk band Double Negative (who has an album coming out this fall), has experience working in and managing restaurants, while Angie has years of business experience and is known for her perseverance. Joining forces on the project brought out their spirit and passion and was what fueled the opening of the The Remedy Diner. The duo built the bar and renovated the space themselves (the original 1935 location of the Richard B. Harrison Library) with a little help from their friends. Later they plan to open a beer garden area in the courtyard behind the diner. Scott describes the venture as "rewarding, exciting and fun," adding "we're glad to be a part of the revitalization of downtown."



Remedy owners Angie and Scott

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Lilly's Pizza - Five Points, Raleigh, 833-0226. lillyspizza.com *BEST pizza! BEST house side salad! BEST beer selection!*

Trish the Dish Catering - Raleigh, 852-0369. *Fabulous fun food for the budget-minded!*

Cafe Tiramisu - North Ridge Shpg Ctr, near Ace Hardware, Falls of Neuse Road, 981-0305. *BEST stuffed pork chop! BEST fried cheese souffle!*

William and Garland Motel - Hwy.58, Salter Path, 252-247-3733. *BEST budget-friendly family accommodations on the Crystal Coast!*

The Black Mountain Inn - 828-669-6528. *Best in Black Mountain! Pet-friendly!* www.blackmountaininn.com

Nina's Ristorante - 801 Leadmine Road, Harvest Plaza, 845-1122. *BEST NY-style Italian!*

Waraji Japanese Restaurant - Duraleigh Road, corner of Duraleigh and Pleasant Valley roads, 783-1883. *"If you knew sushi like I know sushi." BEST sushi!* warajirestaurant.com

larrybeans.com - 828-1234. *Your web site for BEST coffees.*

The Lamplight Inn - Henderson 252-438-6311. *Pet-friendly; great breakfasts!* www.lamplightbnb.net

Springfield Inn - a bed and breakfast, 252-426-8471, springfield@springfieldbb.com. *In Hertford, BEST breakfast! Farm-fresh everything!*

Simpson's Beef & Seafood - at Creedmoor and Millbrook roads, 783-8818. *BEST prime rib! BEST coconut shrimp!*

Apex Chiropractic - Apex, 362-9066. *I could hardly walk. Acupuncture saved my life!*

Broadway Series South - Progress Energy Center for the Performing Arts, 831-6060. *BEST dramatic arts performances; stellar 09 season that includes "Chorus Line" and "Wizard."*

READER EMAIL POLL: What is your favorite restaurant in Raleigh? Please send your vote to betterlivingnc@yahoo.com.

and artists sitting beneath the outdoor umbrella-shielded tables and inside on the low-back booths. The Remedy's tranquil green stucco walls are decorated with an assortment of edgy photos and art produced by neighborhood talent. Shelves are filled with an entertaining collection of "Gunnies" (we'll let you ask about those when you visit). The hand-made bar has a red cross centered on its mirror and there are a few apothecary jars here and there to continue the pharmacy theme of the diner.



Nowhere is this medicinal theme more prevalent than on The Remedy's menu. Within the sections titled Natural Cure Alls, A Dose of Your Own Medicine, Alternative Therapies, and Prescription Only (to name a few), you'll find huge entrée-sized composed salads (you can also design your own, and they're available as a side), traditional and vegetarian sandwiches (served with tortilla chips and homemade pico de gallo) and a varied selection of vegan dishes. Be on the lookout for daily specials in their Daily Prescriptions section (which will soon include Blue Plate Specials), and don't forget about the All Day Breakfast menu which features The Remedy's to-die-for Smoked Gouda Grits.

Some of the most popular lunch and dinner plates at The Remedy are the Spinach Salad (\$7.50, with marinated and grilled portabella mushrooms, fontina cheese and



toasted almonds), the Vegetarian Chicken Salad Sandwich (\$7.50, made with vegan chicken salad), the Turkey Pesto Sandwich (\$7.95, with creamy avocado, house made pesto and bacon—our personal favorite), and the Veggie Meatball Sub (\$7.50, with homemade veggie meatballs, tomato sauce and melted mozzarella). But whatever you choose, save room for dessert.

Angie's mom, Sheila Holder, makes the desserts from scratch using family recipes and they're definitely not to be passed up. In addition to traditional pies and crisps, The Remedy offers a wide variety of vegan pies (\$4.25, Key Lime and Coconut Crème on our visit), brownies (\$2.50) and cookies (\$1.75). The traditional Blueberry Pie we sampled was incredible. It had a thick, crisp graham cracker crust, sweet blueberries and a creamy cheesecake-like filling. Get a slice. You can thank me later.

The laidback, friendly, cool servers at The Remedy Diner aim to cure what ails you. It doesn't matter if you're a carnivore, herbivore or anything in between; you just need to be a locavore. 🍴

Brian Adornetto is a culinary instructor, freelance food writer and personal chef. He teaches regularly at A Southern Season in Chapel Hill and his business, Love at First Bite, offers private cooking classes and intimate dinner parties. For more information, please visit him at www.loveatfirstbite.net.

The Remedy Diner

137 E. Hargett St.
Raleigh, NC 27601
919.835.3553
www.theremedydiner.com

Hours: Sun-Wed 11am-10 pm, Thurs-Sat 11am-12 am
Average meal price: \$10
Cuisine: Healthy Luncheonette
Meals: Breakfast (available all day), Lunch, Dinner, and Sunday Brunch
Dining Style: Family-friendly
Menu Type: Ala Carte
Ambiance: Funky, Eclectic, Comfortable
Dress: Come as you are
Features: Bar Dining, Non-Smoking inside, Parties, Take Out, Vegetarian, Low Carb, Vegan, CC accepted
Alcohol Served: Beer, Liquor, Wine
Parking: Street and nearby lots
Wireless: Not yet
Reservations: Accepted



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The Deep South

Local Music Review

Each month we look at three local bands within a wide range of music types, from rock to reggae, country to classic. You won't find any negative or bad reviews here, just bands worth hearing in your favorite local music hangout. Enjoy the reviews, check out the bands when they're in town and be sure to mention you read about them in the *Raleigh Downtowner* Deep South Local Music Review.



The Deep South Local Music Review is written by Dave Rose with contributions by Elizabeth Barrett. Dave is the co-founder and co-owner of Deep South Entertainment. Formed in 1995, Deep South Entertainment is a record label, artist management company and concert event production company with offices in Raleigh, North Carolina and Nashville, Tennessee. Deep South is best known locally as producer of the Bud Light Downtown Live summer concert series, featuring national recording artists. Their latest addition to downtown Raleigh is Deep South—The Bar. Elizabeth is a UNC student working part time for Deep South and the Downtown Live concert series. She also manages Lucid Talent Agency, a booking agency for weddings, corporate events and venues specializing in all genres of local and regional talent.



The Beast

Album: *Catalyst*
Genre: Hip-Hop/Jazz/Soul
www.myspace.com/thebeastreality

Eric Hirsh (piano), Pete Kimosh (bass) and Stephen Coffman (drums) first met while earning their music degrees. The group played as a trio for years before joining up with Beast emcee, Pierce Freelon. Like his bandmates, Freelon has an extensive background in music, as his mom is six-time Grammy-nominated Jazz vocalist Nnenna Freelon.

In the past two years they've been featured on NPR and CBS News and have served as the opener for one of their music inspirations, The Foreign Exchange. The Beast's debut EP, *Belly*, was released in September 2008. Their most recent EP, *Catalyst*, is a free digital download that showcases The Beast in a live-performance setting. Expect a full-length album from the group this fall.

Not only are these four good musicians, but they're just all-around good guys. They've worked in cultural outreach projects and have developed workshops for adolescents and college students on creativity and the history of African-American music.

Catch them July 11 when they play with Joan Jett at Raleigh Downtown Live in Moore Square Park.



Sleep Control

Album: *The Adverse Fever*
Genre: Indie/Psychedelic
www.myspace.com/sleepcontrol

According to their MySpace page, Sleep Control sounds like "Radiohead phoned Massive Attack but got connected to Spacehog who was on the other line with Lou Reed." Uh, what?

While their self-description may leave you scratching your head, Sleep Control's recorded tracks (and awesome live show) definitely will not. The group's origins date back to 1997 when James Forgey (guitar/lead vocals) started making music at a friend's house. Back then, however, he and that friend went by the name of The Kung Foo Squishies and their first track was called "Pissin' in a Can." Nice.

A few years later, Forgey joined forces with David Marzetti (drums) to form two-piece band James and the Giant Ego, which helped pave the way for what would later become Sleep Control. Steve Tucci (guitar/vocals) joined the band in January 2009, while newest member Jon Christie (bass) joining just last month.

Although the group's current lineup is new, their music sounds solid. They bring crazy energy to each show, keeping everything in motion and involving their audience throughout.

Sleep control will be playing at The Berkeley on July 10 and at Deep South-The Bar on August 7 with Shiloh.



Brian Willoughby

Album: *Brian Willoughby*
Genre: Pop/Rock
www.myspace.com/brianwilloughbyofficial

From heavier rock like Daughtry and Nickelback to softer sounds like John Mayer and Dave Matthews and even to melodic pop like Kelly Clarkson and Katy Perry, Brian Willoughby's music is not for the single-minded listener.

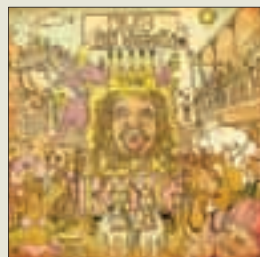
Willoughby's love for music began as a child. His family's taste for oldies, soft rock and southern country served as some the inspiration for his own singing and songwriting. He started playing the guitar at 13, when he began learning the tracks of music legends such as Jimi Hendrix and the Eagles. His style started to surface after writing his first song three years later.

Brian Willoughby's self-titled debut album was released under the Lamont Records label in Nashville. The album's first track "When I Dream" was just made into a music video and is scheduled to be his first single release.

What Gen Y & Z are listening to...

BY ELIZABETH BARRETT
(Deep South Entertainment)

Wonder what music college and high school students are listening to and downloading onto their iPods? Each month we'll give you a quick look as to what you're likely to hear blaring out of dorm room windows on college campuses and out of car windows throughout the Triangle.



Dave Matthews Band

Album: *Big Whiskey & The GrooGrux King*
Genre: Acoustic/Jazz/Rock
www.davematthewsband.com



The Cinematic Orchestra

Album: *Ma Fleur*
Genre: Electronica/Jazz/Soul
www.myspace.com/thecinematicorchestras



The Ting Tings

Album: *We Started Nothing*
Genre: Alternative/Pop
www.myspace.com/thetingtings

Saturday, July 11: Joan Jett & The Blackhearts—Legendary Female Rocker, Joan Jett, will heat up the Downtown Live stage. With crowd favorites, "I Love Rock N Roll" and "I Hate Myself For Loving You," Joan Jett & The Blackhearts will rock us into the night! • Also Playing: The T's, Violet Vector, Schooner

Saturday, July 25: The Charlie Daniels Band—Likely best known for his classic, *The Devil Went Down to Georgia*, Charlie Daniels, a NC-born talented and showy fiddler, and his band fuse hardcore country with a hard-edged Southern rock boogie and blues. The group has always been known for their instrumental dexterity, but they were also notorious for their down-home, good-old-boy attitude! Join us for a knee-slapping, good ole time with The Charlie Daniels Band. For more information, visit www.raleighdowntownlive.com.

July 11—Saturday

Designers Downtown Market • Location: Ornamentea, 9 am-3 pm (Raindate: Sunday, July 12) • You'll find amazing, unique and one-of-a-kind items including pottery, jewelry, clothing, gifts, mixed media art and prints, hand stamped paper goods, blown glass and lampwork beads, hand felted hats and scarves, embroidered items, handcrafted soaps, windchimes, photography and much, much more! The event will be held in the parking lot of Ornamentea. For more information, visit: www.designersdowntownmarket.com.

July 11—Saturday

Koka Booth Amphitheatre **2009 Summerfest: Play! A Video Game Symphony** • Joan Landry, Assistant Conductor, The Concert Singers of Cary Chamber Choir • Show Time: 8:30pm, Featuring award-winning music from a catalogue of blockbuster video game

titles, and outstanding graphics projected on large screens above the orchestra accompany the scores, this program highlights memorable moments from the world's most popular video games. \$25 in Advance; \$30 Day of Show

July 12—Sunday

The Life and Legacy of John Chavis • Raleigh City Museum, 2pm • John Chavis, born into freedom, lived during a time when African Americans had few opportunities for advancement. Chavis served in the Revolutionary War, attended Princeton University, was a Presbyterian minister, and taught white and free African American children here in Raleigh in the early 1800s. To celebrate his life, join the Raleigh City Museum with broadcast journalist Melvin McCray, who will show a 30-minute documentary on Chavis' life. McCray's extensive resume includes 28 years as an editor for ABC News, a reporter for Time magazine, an adjunct journalism professor at the Columbia Graduate School of Journalism, and much more. With a passion for history and John Chavis, McCray will discuss the process of filming historical documentaries and will entertain questions from the public following the film viewing. Visit www.raleighcitymuseum.org for more information.

July 17—Friday

Koka Booth Amphitheatre **Corey Smith with Special Guests American Aquarium and Randy Rogers Band** • Reserved and table seats (must be purchased in multiples of 2) are \$25, lawn tickets are \$20 (\$25 at the door) and kids 2 and younger are free. For more information, visit www.boothamphitheatre.com. For more information on the artists, go to www.coreysmith.com.

July 18—Saturday

Koka Booth Amphitheatre **2009 Summerfest: Russian Masterpieces** • William Henry Curry, Resident Conductor and Summerfest Artistic Director • Show Time: 7:30pm, This all-Russian program features stirring music from Tchaikovsky and Rachmaninoff's enduring Piano Concerto No. 2, played by virtuoso pianist Valentina Lisitsa. \$20 In Advance; \$22 Day of Show

July 23—Thursday

Koka Booth Amphitheatre **Robert Cray Band with special guest Shemekia Copeland**, 6:30pm • Reserved and table seats (must be purchased in multiples of 2) are \$42.50, lawn tickets are \$24.50 and kids 2 and younger are free. For more information, visit www.boothamphitheatre.com. For more information on the artists, go to www.robertcray.com.

July 25—August 2

North Carolina Theatre presents **The Sound of Music** • Coined as the world's most beloved musical, *The Sound of Music* tells the story of the high-spirited Maria, a woman who is sent to serve as governess for the seven children of a widowed naval captain. At first the captain's stern nature is a problem for Maria, but as time goes on, she touches the Von Trapp family's hearts with her compassion and spirit. World War II and Nazi Germany is the backdrop to the story and their narrow escape is an inspiration to all. For more information on the show, visit www.nctheatre.com.

July 25—Saturday

Pirates Ahoy! at the N.C. Museum of History • 5 East Edenton Street • Set sail for the North Carolina Museum of History on July 25th from 10-11:30am to

Brought to you by 42nd Street Oyster Bar and its commitment to the performing arts and artists in Raleigh. 919.831.2811 | 508 West Jones Street, Raleigh

July 9, 16, 30—Thursdays

Movies by Moonlight at Koka Booth Amphitheatre 7/9 - *He's Just Not That Into You* (PG 13) 7/16 - *Twilight* (PG 13) 7/30 - *Blades of Glory* (PG-13)

On Thursday nights from June through August movie buffs are invited to attend this family-friendly event that provides the perfect opportunity and atmosphere to sit back, relax and enjoy the stars of the big screen under the stars at one of the region's most popular venues. Patrons can bring a blanket or chair as Booth Amphitheater's spacious lawn is turned in to an outdoor movie theater. Tickets are a mere \$3 for adults and kids age 12 and under get in for free. Venue Gates/Box Office Open at 7pm and the movies start at dusk. Cash only. Seventy-five cents from each ticket sold is donated to the Just For Kids Campaign at WakeMed. For more information, visit www.boothamphitheatre.com.

July 11, 25—Saturdays

Bud Light Downtown Live • Moore Square, 2 pm-11 pm • The Triangle's premier free outdoor concert series, located in Downtown Raleigh's Moore Square. All events rain or shine.

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July 11-Joan Jett & The Blackhearts
July 25-Charlie Daniels Band
Aug 8-Tonic / Marcy Playground
Aug 22-Better Than Ezra

www.BudLightDowntownLive.com

hear pirate tales, learn about Blackbeard and other notorious seafarers, make a seaworthy craft, and challenge a real pirate to a sword fight. Participate in a solo sword "fight" with pirate re-enactor Wes Caudill. In the duel, kids use a sword that made from Funnoodles (foam pool toys that resemble noodles). Caudill is a member of the Raleigh Fencing Club and the Ship's Company, a group known for its dramatic presentations of pirate sword fighting. Children ages 5-8 with an adult are welcome. There is a limit of 20 participants, so call to register now. The fee for this program is \$10 (\$8 Museum Associates members). To register, call 919-807-7992 by July 22.

July 29—Wednesday

Koka Booth Amphitheatre **Jason Mraz—The Gratitude Café Tour with special guest G. Love hosted by Bushwalla**, 6:00pm • Reserved and table seats (must be purchased in multiples of 2) are \$45, lawn tickets are \$35 and kids 2 and younger are free. For more information, visit www.boothamphitheatre.com. For more information on the artist, go to www.jasonmraz.com.

July 29—August 9

The Turn of the Screw • Co-sponsored by the Raleigh Downtowner | General Admission \$22, Seniors, Military and Students \$18 • Based on the provocative tale of suspense, horror and repressed sexuality, this adaptation directed by Adam Twiss gives the famous story yet another turn of its own. A young governess journeys to a lonely English manor house to care for two recently orphaned children. But she is not their first governess. Her predecessor, Miss Jessel, drowned herself when she became pregnant by the sadistic valet, Peter Quint, who was himself found dead soon after under mysterious circumstances. Now the new governess has begun to see the specters of Quint and Jessel

haunting the children, and she must find a way to stop the fiends before it is too late. But one frightening question tortures the would-be heroine: Are the ghosts real, or are they the product of her own fevered imagination? Visit www.hotsummernightsatthekennedy.org for more information.

August 1—Saturday

The 29th Annual Crape Myrtle Festival Gala • All Saints Chapel, 110 S. East Street • Featuring Emmy Award-winning actor Leslie Jordan from "Will & Grace" and "Sordid Lives", Emcees John Paul Womble and Mary K. Mart, the Legends House Cast, and the BVDs of Drag Bingo. 7:00–11:00pm with a Silent Auction from 7:00 to 10:00pm. For more info & tickets, email info@crapemyrtlefest.org.

August 1—Saturday

Cancer Sucks!!! A Benefit for DJ Scott at Artspace • 201 East Davie Street • DJ Scott was recently diagnosed with colorectal cancer. Now that he is being poked and prodded the last thing he needs to worry about are medical bills. So, anyone that likes to party for a good purpose and raise money to help a buddy out, now is your chance! Some tasty brew from Top of the Hill will be on tap along with food, live entertainment and a silent auction featuring local goods. The party will start at 8pm and last all night...the harder you party, the more you'll help! For more info & to see how you can help out more, call 606-1287. Hosted by Kevin & Shelly Baird, and Kyle & Emily Reece.

August 6 & 13—Thursdays

Koka Booth Amphitheatre **Movies by Moonlight**
8/6 - *Mama Mia* - PG 13

8/13 - *Tale of Despereaux* - G

On Thursday nights from June through August movie buffs are invited to attend this family-friendly event that provides the perfect opportunity and atmosphere to sit back, relax and enjoy the stars of the big screen under the stars at one of the region's most popular venues. Patrons can bring a blanket or chair as Booth Amphitheatre's spacious lawn is turned in to an outdoor movie theater. Tickets are a mere \$3 for adults and kids age 12 and under get in for free. Venue Gates/Box Office Open at 7pm and the movies start at dusk. Cash only. Seventy-five cents from each ticket sold is donated to the Just For Kids Campaign at WakeMed. For more information, visit www.boothamphitheatre.com.

August 7—Friday

First Friday • First Friday is one of downtown Raleigh's most popular evening events, with thousands of participants joining in each month to appreciate local art and enjoy a glass of wine or a beer along with a few hors d'oeuvres. Join us on the first Friday of every month for an informal introduction to Raleigh's exciting art, music and dining scene. Look for the First Friday flags to locate local art galleries, art studios, museums, retail, restaurants and alternative art venues each month. More info at www.RaleighDowntowner.com/FirstFriday.

August 8 & 22—Saturdays

Bud Light Downtown Live • Moore Square, 2 pm-11 pm • The Triangle's premier free outdoor concert series, located in Downtown Raleigh's Moore Square. All events rain or shine.

Saturday, Aug. 8: With hits like "You Wanted More" and "If You Could Only See," the LA-based trio, Tonic, will bring the heart and soul to the Downtown Live stage

this summer. Marcy Playground will be sure to light up the Downtown Live stage with their brand of catchy, pop-driven rock music. The band will be playing hits such as "Poppies," "Punk Rock Superstar," and their #1 smash hit "Sex and Candy."

Saturday, Aug. 22: Better Than Ezra helped open the floodgates for alt-pop acts of the late '90s by merging college rock influences with mainstream aspirations. You will remember their hits "Good," "Desperately Wanting," "A Lifetime," plus many more! For more information, visit www.raleighdowntownlive.com.

August 8—Saturday

Koka Booth Amphitheatre **The Soul Picnic with Mint Condition, Doug E. Fresh, Carl Thomas and more**. Noon–11pm • Reserved and table seats (must be purchased in multiples of 2) are \$60, reserved (front of stage – no cover) are \$52.50, lawn tickets are \$35 and kids 2 and younger are free. For more information, visit www.boothamphitheatre.com. For more information on the artists, go to www.thesoulpicnic.com.

August 10—Monday

Koka Booth Amphitheatre **The Big Surprise Tour with Old Crow Medicine Show, David Rawlings Machine featuring Gillian Welch, The Felice Brothers and Justin Townes Earle**. Gates open at 5pm, event starts at 6pm. • General Admission Pit and reserved and table seats (must be purchased in multiples of 2) are \$35, lawn tickets are \$28 (\$30 at the door) and kids 2 and younger are free. For more information, visit www.boothamphitheatre.com. For more information on the artists, go to www.crowmedicine.com.

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DOWNTOWN SNAPSHOT

From the Downtown Raleigh Alliance

Dear Reader,
The summer months in downtown Raleigh provide great opportunities for people to explore downtown, whether it's trying a new restaurant, staying after work to catch a show or taking the family to an event. The Downtown Raleigh Alliance (DRA) is cultivating relationships and creating partnerships, both public and private, to position downtown as a business-friendly environment that provides unique offerings to the growing number of people that work, live and visit downtown.



DAVID DIAZ

President and CEO
Downtown Raleigh Alliance
www.YouRHere.com

The DRA Clean and Safe Ambassador program helps keep downtown streets and sidewalks clean, parking decks secure and assists people with a variety of needs. To facilitate better navigation downtown, the City of Raleigh recently launched a wayfinding program including signs that help orient both pedestrians and drivers to various destinations, parking facilities and prime access corridors.

In this edition you'll learn more about businesses and services that in one way or another are "going green," such as the R-Line hybrid-electric circulator. As downtown continues to grow, it is important for the private and public sectors to consider best practices in energy efficiency and resource management. The City of Raleigh's Sustainability Program is undertaking several initiatives, including energy efficiency building standards for city-owned buildings, strategies for greenhouse gas emission and fossil fuel reduction, and is one of three U.S. cities selected to pilot Project Get Ready to prepare and promote electric vehicle infrastructure and use within the region.

I encourage you to take advantage of all that downtown Raleigh has to offer this summer.

Check out www.YouRHere.com for a calendar of exciting events happening downtown as well as maps showing parking locations and the R-Line route and stops.

I hope you enjoy this issue of the *Raleigh Downtowner Magazine*.



Frank Harmon Architect, PA

BUSINESS PROFILE BY KIM WEISS

Raleigh architect Frank Harmon and his firm are synonymous with “green” architecture. Nationally renowned for his modern, innovative and regionally-appropriate designs, he embraced environmental sustainability long before “going green” became trendy.



PHOTO: JEFFREY JACOBS

Since founding his firm in 1979, Harmon has completed over 200 architectural projects ranging in size from an artist’s small studio to a 70,000-square-foot corporate headquarters. Yet his firm is intentionally small in keeping with the spirit of a design studio rather than a traditional firm. Harmon and his current staff, which includes two registered architects and three architectural interns, work in one big open room in an old warehouse-turned-studio on Mountford Street in the historic Boylan Heights neighborhood.

“We have found that a few people working together in the same room can accomplish the work of many more in a larger organization,” he explains.

All members of his staff have project management responsibilities under his direct supervision to ensure their ongoing professional development. Equally important, Harmon believes part of his professional mission is to pass on his expertise and design sensibilities to a younger generation of architects. And that sensibility is grounded in sustainable design, “arguably the most important architectural issue of our time,” he says.

According to Harmon, regional architecture addresses “context, materials, textures, colors, and form, using both traditional and non-traditional methods, and connects clients’ needs and aspirations to a profound sense of place.”

And he frequently notes that he has learned more about sustainable design by studying

vernacular structures, such as old barns and farmhouses, than from any other source because “all vernacular architecture is sustainable. It has to be. And it is always inherently related to the region. It is a common misconception that relatively exotic systems, such as photovoltaics, geothermal ground-coupled heat pumps and vegetated roofs, make a building ‘green.’”

He explains: “Farmers had an instinct for understanding their land. They never built on the best part of their land; they saved that for their crops. They typically built on a low-rise for good drainage. They knew exactly where the breezes came from to cool their houses and their barns. They knew how to plant trees to shade their houses in the summer, but they knew the leaves would fall off in the summer so the sun could come through and warm the house.

“Throughout North Carolina, Virginia and Georgia, you see these patterns repeated over and over. Yet there’s no textbook for this. There has never been anything written down to explain it, which leads me to believe that it was an instinctive approach to design. And ultimately, I think it’s the most profound way to approach design, because these people were making the houses they would live in themselves.”

Raleigh Projects Underway

Harmon and his team are currently at work on three green projects in Raleigh:

Working with the City of Raleigh Parks &

Recreation Department, Harmon is helping transform 49 acres of abused, polluted wetlands in Southeast Raleigh into the **Walnut Creek Urban Wetlands Park**, a revitalized natural resource that will promote understanding and protection of an urban wetland, enhance community pride, and encourage economic development.

Phase one of this project is a 7,000-square-foot Visitors Education Center. Harmon will perch the Center six feet above the wetlands flood plain. The all-wood construction will utilize recycled materials wherever possible and an abundance of windows will provide natural ventilation and illumination. Regional materials include cypress siding milled from trees downed by Hurricane Isabel in the Great Dismal Swamp.

Harmon is also updating the **First Presbyterian Church campus** to make it a more modern, “greener” contributor to downtown revitalization. The project includes renovating the existing Sanctuary and adjacent spaces and replacing the existing Education Building with a newer, larger facility. The parking lot will become a landscaped link that connects the two sides of the campus. The project will feature a habitable green roof, geothermal wells, rainwater collection, natural ventilation and day-lighting, and the use of locally available materials.

And on Peace Street near the Government Complex, Harmon’s design for the future headquarters of the **N.C. Chapter of the American Institute of Architects** will defer to the natural



L-R: Matthew Griffith, Will Lambeth, Frank Harmon, Erin Sterling, Ashley Ozburn, Joey Fonte



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PHOTO: TIMOTHY HURSELEY

Page 27 & 28 home photos: This home in Raleigh was designed by Harmon and won the 2009 Custom Home Design Award from Custom Home Magazine

topography and reuse every shovelful of earth. A special paved yet porous parking garden will support cars and function as open, green space. It will also eliminate storm water runoff and model a “green” solution for parking needs.

A modern shell with a green heart, the AIA/NC building will feature natural day-lighting and ventilation. Its vegetated roof will filter rainwater, mitigate the heat-island effect in the inner city, and introduce the concept of green roofs to downtown Raleigh. A rainwater collection cistern will capture every drop of rainwater for reuse, and open porches on the south and west elevations will underscore a sense of outreach to the greater community.

“The overriding objective of our concept is to demonstrate and encourage aesthetic and ecological integrity,” Harmon said.

About Frank Harmon

A graduate of NC State University School of Design and the Architectural Association in London, England, Harmon founding his own firm, Frank Harmon Architect PA, in Raleigh in 1979. He is also an adjunct professor of architecture at the NC State College of Design. And in 1995, he received the North Carolina Architecture Foundation's Kamphoefner Prize for Distinguished Design over a Ten-Year Period.

Harmon's work has been featured in numerous national and international journals, magazines and books on architecture including *The Green House: New Directions in Sustainable Architecture* (Princeton Architectural Press), and has been exhibited in the National Building Museum in Washington, D.C. In 2005, Frank Harmon Architect PA was named “Top Firm of the Year” by *Residential Architect* magazine. He has been featured in *Dwell Magazine*, on “The Story” with Dick Gordon (American Public Radio), and he has conducted four consecutive seminars entitled “Architects Discuss America's New Regionalism” at the American Institute of Architects' National Conventions.

More recently, his firm was named number 26 of the top 50 firms in the nation in *Architect Magazine's* 2009 “Architect 50” ranking; a house he designed in Charleston, SC, received a 2009 Housing Award from the AIA; two houses he designed—one of which is in Raleigh—won 2009 Custom Home Design Awards from *Custom Home Magazine*; and the Ocean Conservation Center he designed for Duke University in Beaufort, NC, received a Wood Design Award in the Green Building Category from WoodWorks-Southeast, a division of the Wood Products Council of North America for non-residential construction.

Kim Weiss is an award-winning journalist and principal of blueplate pr in downtown Raleigh—www.blueplatepr.com. She served as managing editor of the former Spectator magazine and North Carolina Architect for 18 years.

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1 QUESTIONS

David Diaz—President and CEO, Downtown Raleigh Alliance

BY CHRIS ADAMS

Since June 2007, David has led the Downtown Raleigh Alliance as its President and CEO. During that short period, David has initiated a retail strategy, a marketing campaign to create a new image and brand for downtown, and has positioned the Alliance as an entrepreneurial and reputable nonprofit organization in the Triangle. Between 2000 and 2007, David's career was moving fast as he worked in Roanoke, Virginia first as a City Planner, then as an Assistant City Manager, and finally as President of Downtown Roanoke, Incorporated. In May 2005, David was ordered to active duty where he was awarded the Bronze Star for his service in Operation Iraqi Freedom as a trainer and intelligence officer.



great. My wife works as a Guidance Counselor for Knightdale Elementary and her family is from Roanoke, so they come and visit us. I was born in Puerto Rico then moved to Philly.

1 When you first arrived in 2007, what did you think of downtown Raleigh compared to Roanoke? I think that Raleigh is bigger than Roanoke with a population close to 400,000. Roanoke is more historic and right off the Blue Ridge Mountains. But Raleigh has the potential to be a much larger city than Roanoke and there are so many unique things about Raleigh.

2 How is the DRA helping to brand downtown? We did research for the "You R Here" campaign to try to define the essence of downtown Raleigh, to be differentiated in the market. Other cities are not as strong as Raleigh due to multiple urban centers. In Raleigh, you have uptown in Crabtree which 100,000 people drive by, and North Hills, Downtown, Cameron village, etc. We have to be different from all of those folks. We found that Raleigh is still a clean slate. We're growing so quickly and we're really shaping the future of the city as we go.

3 Please tell us about your family. I am a proud dad with two boys who are four months old. I give a lot of presentations to different groups and explain why downtown is for families, and not just for young professionals and empty nesters. We live less than a mile from downtown and that's

4 What are three new businesses, events or places that you'd like to see in downtown Raleigh within the next five years? I'd like to see a grocery store, an outdoor concert amphitheatre with about 25-30 concerts a year with 5,000 people and a separate tent amphitheatre. It's very important to bring more amenities for people to come downtown. I'd like to see an outdoor ice-skating rink during the winter, a Saturday's farmers market on Fayetteville Street and live/work space for artists. We could have 50 artists on the bottom floor, but they all would live upstairs. I'd love to see more small live music venues, and a better defined entertainment district that is anchored by an amphitheatre but spawns out to other areas.

5 What can publications like the Downtowner do or continue to do to assist in promoting downtown? I think the Downtowner is doing a great job of promoting downtown. It's a solid publication and we want the Downtowner to stay true to its mission and stay focused on downtown. There is a lot of content to write about here. We definitely need and appreciate having a downtown magazine.

6 Why is downtown Raleigh better than downtown Charlotte? First, I would say we have better

and more museums. The Natural Sciences Museum is second to the Biltmore Estate in most visited in the state of North Carolina. We had 2.8 million people come to downtown and 900,000 came to the Natural Sciences Museum alone. We have the NC History Museum, Marbles, and the Raleigh City Museum. We are clearly better. They're bigger than we are with more office space, but our retail is just as strong as theirs, if not better. I think we stand on our own with the restaurant scene, but they're better at entertainment destinations, with pro football and basketball teams, and arenas that are better. It's good that I can give an objective opinion, because I'm not from North Carolina.

7 When communicating with business colleagues, do you prefer phone, email or text messaging? I would say I email first, phone second, and text third. I text with my in-laws all the time.

8 Why is it important to have an Alliance specifically for downtown? No one should take for granted that the downtown is going to be supported politically. I've been here only two years and what I've heard about was how neglected downtown was for two decades. Then we started seeing some change. We've had great elected officials that were trying to push for downtown a long time ago, but the focus has always been on the suburbs and we're 20 years behind on a city our size. Our population is larger than Pittsburgh, with almost 400,000 in the city. If you don't have an organization like ours advocating downtown, attention could go elsewhere. It takes that kind of focus to push as much as we have.

9 What's your favorite food? Asian is my favorite cuisine, whether it's Thai or sushi.

10 Do you have a favorite movie or TV show? I find myself quoting lines from Seinfeld. I'm always thinking about Seinfeld when I'm talking. I relate everything back to that show. I would say the Matrix is my favorite movie. 🍿

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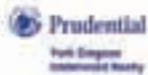


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Internships Available

The Raleigh Downtowner is looking for three interns for the remainder of the summer and/or fall semester. Duties include reporting, photography, graphic design, business accounting, event coverage, music coverage, editing/proofreading, and more. Send email with paragraph of interest to writers@raleighdowntowner.com.

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