



RALEIGH DOWNTOWNER

MAGAZINE

VOLUME 5, ISSUE 8

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

FREE

the candidates are coming!



DOWNTOWN DINING

The newest additions to downtown dining: Cashmere & Sauced



NIGHTLIFE

Mosaic Wine et Lounge, Raleigh's House Music Pioneers

RALEIGH DOWNTOWNER

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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!

DOWNTOWN CONDOS

The Dawson
510 Glenwood
Park Devereux
The Cotton Mill
The Paramount

Palladium Plaza
The Hudson
West at North
RBC Plaza

DOWNTOWN

In all Raleigh Rickshaws
Wake County Courthouse
Raleigh City Council Building
Raleigh Chamber of Commerce
Office of the Secretary of State
North Carolina Theatre office
Broadway Series South box office
Raleigh Urban Design Center
Empire Properties
Raleigh City Museum
Downtown Raleigh Alliance
Raleigh Times Bar
Sitti
Gravy
Morning Times

French | West | Vaughn
Landmark Tavern
Sheraton Hotel info desk
Progress Energy building lobby
Cooper's BBQ
Capital City Club lounge
Progress Energy Building commissary
Fins
Crema
Raleigh Visitors Center

HILLSBOROUGH ST./NCSU

Second Empire Restaurant
WRAL-TV5 lobby
Porter's Restaurant (sidewalk)
Irregardless Café
Char-Grill (sidewalk)
Goodnight's Comedy Club
Clarion Hotel
YMCA Hillsborough Street

Theatre in the Park
Beansprout Restaurant

CAMERON VILLAGE

Harris Teeter/Suntrust Bank
BB&T
Capital Bank
Cameron Village Library
Village Draft House
York Companies
Village Deli
Great Outdoor Provision Company
Foster's

GLENWOOD SOUTH

Sullivan's Steakhouse
510 Glenwood business foyer
510 Glenwood (sidewalk)
Mellow Mushroom
Hibernian
Pouch/Bassment

Catch 22
Sushi Blues / Zely & Ritz (sidewalk)
Helios Café (sidewalk)
Salon 21
The Cupcake Bakery Shoppe
BB&T
Primp Salon/Bar
Fly Salon
Lee Hansley Gallery
Bliss Salon
Revolver Boutique

HISTORIC DISTRICT

Legislative Building cafe
Peace Street Pharmacy
NC Museum of History
NC Dept. of Labor
NC Dept. of Agriculture

FIVE POINTS/HAYES BARTON

Hayes Barton Pharmacy
Hayes Barton Cafe and Dessertery

Nofo @ the Pig
Rialto
Five Points Post Office (sidewalk)
Third Place Coffee
Lilly's Pizza
J. Edwin's Salon
Hayes Barton Salon

SEABOARD STATION

Seaboard Imports
Seaboard Fitness
Seaboard Wine
18 Seaboard (sidewalk)
Ace Hardware
Galatea

MOORE SQUARE

Artspace
Duck and Dumpling
Tir Na Nog Irish Pub
Moore Square, by Big Ed's

POWERHOUSE DISTRICT

Blue Martini
Napper Tandy's
42nd Street

WAREHOUSE DISTRICT

Flying Saucer Bar
The Pit Restaurant
Jibarra Restaurant
Deep South—The Bar
Stuff Consignment

MIDTOWN/N. RALEIGH

Barnes & Noble (Crabtree)
Borders Bookstore (Creekside)
Carolina Ballet office
Capstrat Advertising
Suntrust Bank (Creedmoor)
Q Shack



The Candidates Are Coming!

INTRODUCTION BY BARDEN CULBRETH

Just when you thought it was safe to answer the knock at the door, there's a new threat walking the streets of Raleigh: City Council candidates. Bunches of them. But not to worry; they just want to hear what you have to say. With voters voicing their concerns from land use to transit taxes to downtown development, these guys (and gals!) are sure to get an earful, and no matter where you stand on these and other issues, it's important to at least know who these folks are and what their election night victory or loss would mean for the face of the City Council.

Let's take a moment to address what I believe will be the biggest change to the City Council next year, regardless of who wins. "Councilman No," Philip Isley will no longer hold a seat representing District E (North Hills and Five Points). City Council races are nonpartisan in label only, but Councilman Isley was not without his bona fide conservative credentials. Running for his seat are the young North Hills manager, Bonner Gaylord, and environmental consultant Waheed Haq. With no voting record and an unaffiliated and Democratic registration, respectively, they are sure to bring a new alignment to the council.

First, councilman Roger Koopman faces a challenge from political veteran John Odom in neighboring District B (Northeast Raleigh). Koopman was elected in 2007. Odom once served on the City Council, and ran an unsuccessful challenge to Mayor Meeker in 2003.

In District D (N.C. State area and Cameron Village) the old adage that ones greatest enemy is themselves may be playing itself in October. This race will feature incumbent Thomas Crowder against challenger, Ted Van Dyk. Both are Democrats. Both are architects. And both have been advocates for public transit and the transformation of the Dix Hospital campus into a new urban park. With neighbors picking different sides in this race, I believe this could be an interesting match to watch play out.

Finally, the race for Raleigh's two at-large seats has drawn a crowded field of opponents. The two incumbents, Russ Stephenson and Mary Ann Baldwin, are both trying to hold their seats, with dark horse candidate Lee Sartain nipping at their heels. Sartain recently garnered the endorsement of the local Police Benevolent Association and has been courting many local civic groups seeking support.

Stephenson has been on the council since 2005 and has advocated keeping property taxes low through

impact fees and responsible land and water use. Baldwin is completing her first term on the council and has found her voice for advocating transit and land development issues. This race has also drawn a number of other candidates, even one named Bill Shakespeare.

October 6 will be D-Day for all of these candidates as they seek to overturn or hold their seats. As with most municipal elections, the turn-out will not be spectacular and a handful of votes could easily give a councilmember the boot. They know this, which is why they are hitting the streets hard. Every vote truly does count. You can check your voter registration at www.wakegov.com and let your voice be heard on October 6th!

Barden has enjoyed politics nationally, statewide, and locally since he was in the cradle. He works downtown and writes objectively. You'll have to ask for his opinion.

Raleigh Downtown Magazine Mayor & City Council Candidate Questionnaire

BY CRASH GREGG

We asked the candidates currently running for City Council a series of five questions to learn more about their backgrounds, their views and their ability to summarize themselves in ten words or less. Read the most comprehensive collection of responses included in any publication below.

Candidates for City of Raleigh Mayor

Mark Enloe

Website: enloeforraleigh.com
Email: markenloe@enloeforraleigh.com
Lived in Raleigh: 40 years



Please tell us why you are running for City Council. Forbes says we're the top city for business, but we've cut funding for programs and we pay our police officers below average in this region. We've cut positions in road maintenance and Parks and Recreation. With the growth we've experienced and a thriving economy relative to other areas, we should have the best mass transit,

social services, entertainment, healthcare and roads in the nation. I want to make that happen.

Please describe one accomplishment or contribution of which you are most proud. I've taken the initiative to help the people of Raleigh receive the services they deserve and have paid for and to see Raleigh build on its successes and live up to its potential. Raleigh has stood still while other cities in North Carolina have forged ahead and are being transformed. Taking a leadership role in seeing the city of Raleigh move into another phase of innovation and progress is an accomplishment that I'm very proud of.

Describe your most important personal characteristics or traits as they relate to the office you seek. I declined an invitation to attend an event for candidates paid for by the Raleigh Chamber of Commerce being held at the Pinehurst Resort because my campaign addresses the need to bring new revenue to Raleigh. I've already made the decision to do what's right even when it may not be an easy or popular thing to do. In the future I'll try to bring this Chamber conference to Raleigh.

Given any resources and time allowances (within reason), please describe the first Raleigh project that would be on your agenda. Given any resources, it would be simply to provide the services that would help improve the lives of the people of Raleigh, and to take care of its elderly and those who have difficulty finding affordable housing and healthy meals, to provide easy access to transportation for those who need help getting to the grocery store and doctor.

Describe yourself in 10 words or less Looking forward to bringing needed change as new Raleigh Mayor.

Larry D. Hudson II

Website: www.electlarryhudsonmayor.com
Email: hudsonformayor@gmail.com
Lived in Raleigh: 8 years



Please tell us why you are running for City Council. The city council is currently made up of 8 members 6 of which live within a 2 mile radius of Fayetteville Street. I believe the city should have an equal representation inside and outside the beltline.

Please describe one accomplishment or contribution of which you are most proud Obtaining Eagle >>>



Scout has been the one accomplishment that I am very proud to have obtained. Through Scouting all youth are taught valuable leadership skills and service to God and Country. I know that these values hold true in my many endeavors. Once elected, I will strive to serve Raleigh with the utmost character, by delivering on my promise to serve the community with honesty and integrity.

Describe your most important personal characteristics or traits as they relate to the office you seek. I am a great compromiser. I understand that my personal views are not wholly correct, nor do I expect my constituent's to be. This is what makes me a great compromiser I am very open for additional suggestions and input. Therefore, I value others opinions especially when there are important gains and losses at stake.

Given any resources and time allowances (within reason), please describe the first Raleigh project that would be on your agenda. Leesville and Falls of the Neuse Roads will be a starting place. Wake county schools opened Sycamore Creek Elementary at the beginning of last year. Since 2008 widening has been a slow process on Leesville Road. Falls of the Neuse Road has seen great debate regarding a five lane flow of traffic and a divided four lane flow of traffic. Residents fear that they will not have adequate access to their neighborhoods given the current designs. They have cited evidence that a four lane with a center turn lane is safer than the current plan. I would like to resolve this issue before construction begins 18 months from now.

Describe yourself in 10 words or less. Kind, cheerful, charismatic, thoughtful, loving, friendly, courteous, and silly.

Gregg S. Kunz

Website: <http://kunzformayor.blogspot.com/>

Facebook: <http://tinyurl.com/mtvty6z>

Email: greggkunz@gmail.com

Lived in Raleigh: 10 years; Five Points Area: 7 years, Brooklyn-Glenwood: 3 years



Please tell us why you are running for City Council. To provide a fresh perspective and leadership prioritizing and addressing the issues facing our *entire* community. I envision the City of Raleigh as a model for the nation—we have the foundation and the resources, but the Council (for whatever reason) does not push decision making down to the appropriate level which I believe limits its effectiveness. I intend to identify, prioritize and *act* on the ten most important issues. Action not inertia: leadership *now*.

Describe your most important personal characteristics or traits as they relate to the office you seek. I believe a public servant needs to have vision and goals, the ability to work with others and a passion for problem solving. My 25-plus years in business have given me experience with strategic planning, consensus building and creative problem solving. I also understand first-hand the business principles of proactive communication and customer service. This, combined with honesty and sincerity, are the skills and traits that I bring to the City Council.

Given any resources and time allowances (within reason), please describe the first Raleigh project that would be on your agenda. An increase in gang-related

unleashes the power and spirit which made America great. America has lost much of the 'I can' attitude and permitted others to create doubt in ourselves. America remains on the side of "Right" but we seem to be questioning that and our potential. We determine our destiny—not our government. Let's wake up!

Describe your most important personal characteristics or traits as they relate to the office you seek. Integrity, honesty and an urgency to act rather than defer decision-making into the far future. Encourage thoughtful analysis to create and act on a strategic plan and to use the Office as a platform for common sense leadership which includes being heard at the State and Federal level when appropriate. We all have a voice; I intend to use mine to serve all of our citizens and enable them to realize their potential.

Given any resources and time allowances (within reason), please describe the first Raleigh project that would be on your agenda. Provide our citizens with a sense of hope that their involvement and action will pay off for themselves and their future generations. Generally speaking we have a safe city but our low income neighborhoods have not evolved to create opportunities towards middle-class economic advancement. I would immediately increase police presence in unsafe neighborhoods to encourage business development and hence employment from within that area. Jobs and income produce pride in community that will not allow urban blight and hopelessness to persist. Everyone may not be in the same car, but we can be on the same train.

Describe yourself in 10 words or less. Apolitical self-reliant optimist who embraces America's founding principles.

Charles Meeker

Website: www.charlesmeeker.com

Email: charles.meeker@ci.raleigh.nc.us

Lived in Raleigh: 34 years, since June 1975



Please tell us why you are running for City Council. While Raleigh has had a successful run in recent years, we are now in the midst of a very substantial recession. I want to assist the City and its residents in making

this recession as short as possible and positioning Raleigh to moving forward once the recession ends.

Please describe one accomplishment or contribution of which you are most proud. The reopening of Fayetteville Street required two years of planning and two years of design and construction. Throughout this process, there were many divergent points of view. As Mayor, I assisted in keeping the City Council focused on the key goal—bringing commercial and pedestrian life back to one of North Carolina's great main streets.

Describe your most important personal characteristics or traits as they relate to the office you seek. My strengths are (a) perseverance and (b) working with

a variety of people to find common ground on which progress can be made.

Given any resources and time allowances (within reason), please describe the first Raleigh project that would be on your agenda. The City should continue to focus on obtaining and spending Federal Stimulus dollars as well as keeping funded capital projects underway. We also must look after the least fortunate in our community through food and affordable housing programs. It is the City's role to attempt to minimize the bad effects of this recession as well as to end the recession as soon as possible.

Describe yourself in 10 words or less. Focused on getting things done for our City.

Raleigh City Council-At-Large

Mary-Ann Baldwin

Website: www.maryannforraleigh.com

Email: mabaldwin@nc.rr.com

Lived in Raleigh: 20 years



Please tell us why you are running for City Council. I originally ran to ensure that Raleigh grows in a smart and balanced way, to promote transit options and improve communication with our Legislative delegation

(which has a profound impact on the City). I am running again to continue my work on transit initiatives, to work with our Legislative delegation to benefit Raleigh citizens (we got four important bills passed this year), to promote a gang prevention initiative, and to uphold our new comprehensive plan.

Please describe one accomplishment or contribution of which you are most proud. My work on transit—especially building much-need business support, to the launch of the R-line circulator bus, to the founding of Capital Area Friends of Transit. All these are important first steps for Raleigh. I've also worked with our Legislative delegation to pass legislation that will expand options for new transit opportunities including "express" bus service and light rail. In addition, my service on the Triangle Transit Authority is also a chance to represent Raleigh's interest on an issue that I care very much about.

Describe your most important personal characteristics or traits as they relate to the office you seek. I believe a public servant needs to have vision and goals, the ability to work with others and a passion for problem solving. My 25-plus years in business have given me experience with strategic planning, consensus building and creative problem solving. I also understand first-hand the business principles of proactive communication and customer service. This, combined with honesty and sincerity, are the skills and traits that I bring to the City Council.

Given any resources and time allowances (within reason), please describe the first Raleigh project that would be on your agenda. An increase in gang-related



crime has created a sense of urgency on this issue. I am working on the establishment of a gang prevention program that promotes mentoring and student success. Currently, we focus most of our efforts on *policing*; I'd like to focus additional emphasis on *prevention*. We are currently working with the County, the Raleigh Police Department, Parks & Recreation, and Community Services to come up with a multi-faceted approach to prevention that involves the creative use of current resources, teamwork, mentors, tutoring and recreation. Investing in at-risk youth must be a top priority.

Describe yourself in 10 words or less. My husband says "intense, hard-working, sensible, honest, smart, fun-loving, compassionate."

Champ Claris

Website: whatifraleigh.com
 Email: champclaris@gmail.com
 Lived in Raleigh: Since 1996



Please tell us why you are running for City Council. I am running for City Council because I feel the current Council has lost touch with its citizens and has taken their eye off the ball when making some crucial decisions.

I am also running because with our ever growing population and revitalized downtown, I see Raleigh as a young vibrant city and think we need a representative on the Council that can mirror that image.

Please describe one accomplishment or contribution of which you are most proud. When I got into real estate in 2003, I had to literally start from scratch. Armed only with a license to practice I dove in and crossed my fingers that I would survive that first year which many real estate agents do not. I had to come up with a business plan, marketing strategy, and learn on the job since I hit the ground running. I am certainly not a wealthy person, but what I am most proud of is that I have grown my business every year. It is the real world experiences I have gone through and my ability to adapt that I know will help me lead Raleigh in the same positive direction.

Describe your most important personal characteristics or traits as they relate to the office you seek. I am not afraid to speak out and am willing to stand up for something I believe is right though it might not be the popular choice. However, I enjoy working with others and understand that to get the most accomplished you have to be willing to compromise. I try to be a listener and it is the duty of elected officials to make an effort to listen to the people that put them in office.

Given any resources and time allowances (within reason), please describe the first Raleigh project that would be on your agenda. I would propose a citywide traffic study and find out how we can improve our roads. Whether it be synching traffic signals or filling potholes, we have room to improve! We would implement the findings and reduce headaches such

as those on Capital Blvd. and Glenwood Ave. When you think of all the money we have spent downtown doesn't it make sense to make the gateways into the city more passable and attractive in order to entice citizens to visit? Eliminating potholes on Glenwood and Wade and improving the landscape on Capital and Saunders will have a positive effect on downtown and Raleigh as a whole.

Describe yourself in 10 words or less. I hope to give Raleigh an energized fresh perspective!

Lee Sartain

Website: www.sartainforraleigh.com
 Email: lee@sartainforraleigh.com
 Lived in Raleigh: 10 years

Please tell us why you are running for City Council.



I am running for Raleigh City Council to ensure that we have high quality job growth and economic development today and for years to come. I want to couple this job growth with good planning that will position our city as

an international model for growth and prosperity.

Please describe one accomplishment or contribution of which you are most proud. I feel that one of my greatest contributions to council is the ability to analyze situations and datasets to create synergies to solve our pressing needs. I have been privileged to do this in the education sphere, and my work has led to over \$35M in new funding for North Carolina students over the last two years.

Describe your most important personal characteristics or traits as they relate to the office you seek. My most important characteristic traits are my enthusiasm for Raleigh's future and the ability to unite different groups around a shared vision for the city.

Given any resources and time allowances (within reason), please describe the first Raleigh project that would be on your agenda. The first item on my agenda is the creation of the Raleigh Innovation and Technology Zone (RITZ) downtown. This economic development zone is designed to incubate the companies and innovations of the future. This project will be a catalyst for job growth in our region for the next 50 years.

Describe yourself in 10 words or less. High energy, excited, dedicated, comprehensive, analytic, synergetic, enthusiastic, collaborative, communicator.

Russ Stephenson

Website: www.RussForRaleigh.com
 Email: Russ@RussForRaleigh.com
 Lived in Raleigh: Since 1975



Please tell us why you are running for City Council. My professional education in architecture and environmental design taught me to be an active listener and problem solver to make people's lives better.

I bring the perspective of growing up around the world, but with deep Raleigh roots. I have a Council record of hard work and integrity to keep Raleigh healthy and competitive. Finally, I love Raleigh, I am here for the duration and will continue working every day to make Raleigh great.

Please describe one accomplishment or contribution of which you are most proud. One of the toughest jobs of a Councilor is to bring fundamental change to government bureaucracies. After the 2007-08 drought, I studied the city's largest enterprise—our water and sewer system. What I found was a business model financially dependent on putting tens of millions of gallons of drinking water a day on the ground (for irrigation) at the same time supplies are running short and the cost of new treatment plants are skyrocketing. After a year of effort, I convinced my fellow councilors to adopt a conservation-based model that will extend our water supplies for more years at lower cost.

Describe your most important personal characteristics or traits as they relate to the office you seek. Same as answer to Question 1

Given any resources and time allowances (within reason), please describe the first Raleigh project that would be on your agenda. The opportunity to preserve the Dorothea Dix property as a world-class destination park is a once in a lifetime opportunity that must be realized. Like any great undertaking, this project will require patience and perseverance on many fronts. We must meet our mental health responsibilities while planning another goal that would make Dorothea Dix proud: transforming the remaining 306 acres of Dix open space and the historic reminders of her work into a world-class destination park—our gift and Dorothea Dix's renewed gift to future generations of Raleigh and North Carolina citizens.

Describe yourself in 10 words or less. I am committed to keeping Raleigh healthy and competitive.

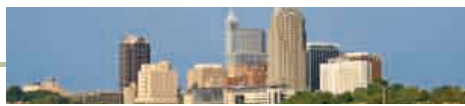
Raleigh City Council—District A

Nancy McFarlane

Website: www.nancymcfarlane.com
 Facebook: <http://www.facebook.com/nancymcfarlane>
 Blog: <http://nancymcfarlane.blogspot.com/>
 Email: nancy.mcfarlane@ci.raleigh.nc.us
 Lived in Raleigh: 25 years
 Lived in your district: 25 years



Please tell us why you are running for City Council. We enjoy a wonderful quality of life here in Raleigh. With our rapid rate of growth, we face many issues that threaten to diminish those qualities which we often take for granted. I want to make sure that Raleigh is a great place to live, work and play. I want to ensure that we plan for the future. Growth and development must be approached in a sustainable, environmentally sensitive way. >>>



Please describe one accomplishment or contribution of which you are most proud. In 2002 I started MedPro Rx. MedPro Rx is a specialty pharmacy that focuses on injectable therapies in the home for patients with certain chronic disease states. My husband and I are both pharmacists, and bring different professional backgrounds to our firm. Starting with a second mortgage on our house, we have grown to become the fastest growing company in the triangle. We have 33 employees and patients across the US. Owning and running a business provides me with an appreciation of many important aspects of the city, such as budget, finance and personnel. I strongly support local business and understand the challenges they face.

Describe your most important personal characteristics or traits as they relate to the office you seek. I am a good listener and ensure that I hear all viewpoints. I try very hard to be fair. I also love to learn. As a city councilor, we are faced with many challenges on behalf of the city. Over the past two years I have studied issues from traffic engineering to water treatment facilities. I recognize that I can't know everything, but I can work to find the people with the knowledge on the subject to point us to the answer. I have enjoyed meeting so many Raleigh citizens and have been the beneficiary of a host of resources from those that I have met.

Given any resources and time allowances (within reason), please describe the first Raleigh project that would be on your agenda. It's hard to narrow it down to just one. The first things that come to mind are protection of Falls Lake and water quality, transit and passing the update of the comprehensive plan and the subsequent rewrite of our code. Falls Lake is suffering from decreasing water quality. As we continue to grow, we must address the issues of both quality and quantity of our water supply. We need to treat water as a finite resource that should be managed across the board. Water supply, treatment, storm water, on-site retention, and reuse water are some of the many factors that need to be managed together. It's time to get creative where water is concerned.

Describe yourself in 10 words or less. Passionate about and committed to the future of Raleigh

Raleigh City Council—District B

Rodger Koopman

Website: www.rodgerkoopman.com
 Facebook: www.facebook.com/rodgerkoopman
 Email: info@rodgerkoopman.com
 Lived in Raleigh: 6 years
 Lived in your district: 4 years



Please tell us why you are running for City Council. My wife, M'Liss and I both served proudly in the Armed Forces and believe that service to country is a matter of obligation. When two years ago the opportunity to extend

my commitment to civic involvement presented itself I ran for City Council to represent District B. Good local government matters because it can make a huge difference in people's lives. I'm committed to making sure local government works for people and not just wealthy special interests.

Please describe one accomplishment or contribution of which you are most proud. In 1983 I enlisted in the Air Force as an E-1 making \$700 a month. When my daughter was born we were so poor my family and I qualified for WIC. I put myself through college at night and on the weekends and became an officer. Fifteen years later I retired with a great and varied career behind me, with two Master's degrees, and a great future ahead of me. It took hard work and dedication, and I'm proud of that.

Describe your most important personal characteristics or traits as they relate to the office you seek. Leadership and teambuilding are a priority for me. Being pragmatic, I understand things only get done when you work with others. It is also important to stand by your principles, and be very passionate about the issues that directly affect people you hope to serve. Coming from humble beginnings and valuing hard work gives me a broad perspective of what it takes to deal with complex issues. As a community, we must continue to work hard to preserve our great quality of life, and not yield to special interests on issues like growth.

Given any resources and time allowances (within reason), please describe the first Raleigh project that would be on your agenda. Increase both the quality and quantity of public transit. This means more buses, but at some point in the future also light rail. A close second is securing natural areas and open space for future generations, like the rare opportunity that Dix Hill represents after our communities mental health issues are addressed. We also must modernize the vision of our water utility from an enterprise that treats water as infinite and just tries to sell more of it, to one that understands water is a finite resource and seeks to manage it as a whole.

Describe yourself in 10 words or less. Compassionate, passionate, decisive, effective, driven, pragmatic, involved, educated, experienced, caring.



John Odom

Website: None
 Email: jodom8@nc.rr.com
 Did not reply to questionnaire.

Raleigh City Council—District C

Charles (Chuck) Reisinger

Website: www.chuckisgreat.com
 Email: chuck@chuckisgreat.com
 Lived in Raleigh: 8 years
 Lived in your district: 8 years



Please tell us why you are running for City Council. During the last election, James West ran unopposed and did not fill out the candidate form for the News and Observer. That upset me at the time, and I decided that I would run, hoping that he would fill out the form if opposed.

Please describe one accomplishment or contribution of which you are most proud. I would not consider anything I have done to be out of the ordinary for the average person. I feel that local elected officials should be ordinary people with ordinary perspectives on living life in the area for which they are running for office. If there is one thing I feel shows my dedication to the neighborhood that I live in, is that I once got an email from someone on a online forum saying they decided to move into my neighborhood based on the information that I provided.

Describe your most important personal characteristics or traits as they relate to the office you seek. I think that my ability to listen to people and do what they ask is the most important quality related to being on the Raleigh City Council. The job of a councilperson is to carry out the agenda of the people they represent and not to carry out their own agenda.

Given any resources and time allowances (within reason), please describe the first Raleigh project that would be on your agenda. I think the first thing Raleigh needs is public transportation that works in the form of an improved bus system. I would love to see bus stops that are more than two pipes and some half-rotted wood. I would like to see bus routes that would serve the people better. I am also big on the City maintaining its public spaces in hopes that it will encourage the citizens to keep their own property in order.

Describe yourself in 10 words or less. Honest, outspoken, fun, hard-working, one heck of a guy.

James West

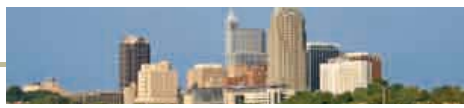
Website: None
 Email: james.west@ci.raleigh.nc.us
 Lived in Raleigh: Forty years
 Lived in your district: Forty years



Please tell us why you are running for City Council. To complete the work we started over ten years ago to improve public safety, enhance neighborhood quality and stimulate economic growth in fragile communities to make them more sustainable and competitive.

Please describe one accomplishment or contribution of which you are most proud.

I am most proud of establishing a civic empowerment organization—the Southeast Raleigh Assembly. I dreamed of creating a civic organization that connected city government and business with Southeast Raleigh citizens. The Southeast Raleigh Assembly (SERA) is a model for change and innovation that



communities across the state and country want to replicate. I pledge to make SERA more responsive to our community needs by transforming it from a government-dependent entity to a new and independent non-profit organization, SERA INC.

Describe your most important personal characteristics or traits as they relate to the office you seek. The trait that makes me successful as a council member is the ability to build guiding teams, inspire a shared vision and create aligned teams where individuals will sacrifice personal interest for the good of the whole.

Given any resources and time allowances (within reason), please describe the first Raleigh project that would be on your agenda. In recent months, I have been energized by and am eager to see the fruits of the formation of the Southeast Raleigh Quality of Life Coalition, an organization dedicated to an action plan titled "An Impetus for Progress" comprised of specific quality of life actions to immediately improve public safety, job and economic opportunities and issues that face youth and families at-risk. We will establish an intergovernmental initiative including local community leaders and other private partnerships to improve conditions that affect the quality of life of residents of Southeast Raleigh and other fragile neighborhoods.

Describe yourself in 10 words or less. I am working on my soul!

Raleigh City Council—District D

Thomas G. Crowder

Website: crowderforcouncil.com

Email: crowderforcouncil.com

Facebook: www.facebook.com/pages/Thomas-Crowder/86186258886

Lived in Raleigh: All my life

Lived in your district: Since I was born with the exception of 3 years in the early 80's



Please tell us why you are running for City Council. As a native with family roots reaching back to Raleigh's beginning, I have a great love for our city and the district I live in. As an architect, planner, business owner, two-term Planning Commissioner, current Chair of Triangle J Council of Governments and three-term City Councilor, I constantly communicate with my constituents and have the skill sets and experience needed to address current and future challenges facing Raleigh and my District.

Please describe one accomplishment or contribution of which you are most proud. Was Co-Chair of the Livable Streets Committee and worked on three councils that led the vision to make downtown the 24/7 place to be in the Triangle. Authored Raleigh's first mission statement focusing the city on sustainability and innovation, which was adopted by the current city council. Led the city to develop environmental

sustainability policies, including requiring all new city facilities over 4,000 SF being constructed to LEED design standards. Built consensus on council to get Hillsborough Street construction underway, enhancing pedestrian safety, calming traffic, creating additional on street parking, and the infrastructure to jumpstart economic redevelopment.

Describe your most important personal characteristics or traits as they relate to the office you seek.

Visionary: Was first on Council to commit to making all 306 acres into a world-class urban park when the State announced it was closing Dorthea Dix Hospital.

Leader: Created the District Neighborhood Alliance and DDNA 2030 Study Groups to educate, empower and engage District D residents in city government and the 2030 Comp Plan Update.

Helpful: Have an excellent record of constituent service.

Given any resources and time allowances (within reason), please describe the first Raleigh project that would be on your agenda. I would get the first leg of the planned light rail system from Downtown to RTP Airport constructed, which would also include detailed area planning and design standards for Transit Oriented Districts at each station.

Describe yourself in 10 words or less. Loyal, helpful, personable, courteous, creative, pragmatic, strong, courageous, a leader.

Ted Van Dyk

Website: www.tedvandykforcouncil.com

Email: Ted@TedVanDykForCouncil.com

Lived in Raleigh: 25 years—less 4 years in Seattle for grad school

Lived in your district: 15 years on and off



Please tell us why you are running for City Council. Raleigh is at the crossroads of growing into a 21st century city or making mistakes that will hamper our future. I want to contribute to a vibrant, sustainable and prosperous future

for all of Raleigh's citizens. District D is at the Center of the City's potential for growth and prosperity. We need a positive voice on Council to make the best progress for our citizens.

Please describe one accomplishment or contribution of which you are most proud. I am proud of several things: I have been Principal of new City Design Group since 1996. We have made many contributions to the quality and character of Raleigh's built environment, including Hibernian, Solas, Porters Tavern, Saint Marys Faculty Housing, and many others. I recently worked with Glenwood South stakeholders to align parking requirements with downtown to offer a level playing field for those businesses. I have served two terms on the Raleigh Appearance Commission. I am also proud of the work that Joyce Kekas and I did to bring about planning staff review of the Hillsborough Street Project, which led to fewer roundabouts, identification of economic and planning challenges that were not originally

identified in the plan, and a budget that was half of original estimates.

Describe your most important personal characteristics or traits as they relate to the office you seek.

I think that I can find the best in others, and always prefer looking for common ground to setting up adversarial relationships. I have business and professional relationships that have lasted for decades. I am persistent, will work hard for those whom I advocate for, and in the end, try to find the best in each situation.

Given any resources and time allowances (within reason), please describe the first Raleigh project that would be on your agenda. I think that transit, on all levels, must be a priority. Increased bus service, including stop with shelters, could benefit many underserved parts of the City and reduce dependence on cars. More physical, dependable and visible transit is needed to engender ridership and popularity of a broad system, along with more frequent service. On Hillsborough Street, a light rail would bridge much of the gap created between the RBC and downtown. The multimodal station downtown and planning for regional rail must also be considered. The prospect of high speed service from DC to Atlanta through Raleigh could offer a realignment of the way we think of ourselves and our relationship to our region—we need to begin planning with forward looking vision now.

Describe yourself in 10 words or less. Tenacious, creative and optimistic. A positive voice for Raleigh.

Raleigh City Council—District E

Bonner Gaylord

Website: www.BonnerGaylord.com

Email: BGaylord@BonnerGaylord.com

Facebook: www.facebook.com/bonnergaylord

Lived in Raleigh: 31 years

Lived in your district: 30 years



Please tell us why you are running for City Council. I am running for District E because I believe I am the best choice to make sure Raleigh maintains its high quality of life and we continue to head in the right direction. I was born

and raised in Raleigh; I grew up in the district, and I want to use my business background and my experience as a planning commission member to ensure we manage our growth, keep our taxes low and control spending.

Please describe one accomplishment or contribution of which you are most proud. I am very proud of what I have accomplished as General Manager of North Hills. My team and I have been able to reduce costs, increase services, save energy, improve relationships, and increase profits in the midst of one of the worst economic climates of this century. These achievements were the result of intense 100-hour work weeks and I am very proud of my team for making it all happen.

Describe your most important personal characteristics or traits as they relate to the office you seek. I >>>



am hardworking and deeply passionate about the city of Raleigh. I am a collaborator and consensus builder who works well in teams and can broker compromise between a variety of stakeholders and constituencies. I am analytical and approach issues pragmatically and with practical solutions. I am compassionate and care about the people of our community. I am thoughtful and conscientious in hearing all sides of an issue.

Given any resources and time allowances (within reason), please describe the first Raleigh project that would be on your agenda. The first project that would be on my agenda would be managing growth. I believe we need to manage our growth in a thoughtful, comprehensive way. To that end, we need to improve our roads, provide more transportation choices, and work closely with our neighboring cities and towns to plan for our future growth and address our transportation challenges.

Describe yourself in 10 words or less. I work very hard to be a servant leader.

Waheed Haq

Website: In progress
 Email: waheed557@gmail.com
 Lived in Raleigh: 24+ years
 Lived in your district: 9+ years



Please tell us why you are running for City Council. I will work with the city to help strengthen our base of small businesses and work with our Chamber and economic development officials to expand new technology industries like clean energy and biotechnology and offer better parks & greenways. If I am elected to City Council, I will make myself readily available to all my constituents and will hold regular office hours to respond to questions and concerns you may have about your local government.

Please describe one accomplishment or contribution of which you are most proud. My business experience in environmental & engineering consulting arena has prepared me to apply a balanced approach towards a planned growth to balance both the vibrant needs of Raleigh in the development area and the need for preserving environment. If I am elected, I will continue to apply my experience in expanding job base along with Raleigh's projected growth over the next 20 years. Having been fortunate to be part of the creation of the very first NC Ethics Commission, I will continue to be a voice of reason and common sense.

Describe your most important personal characteristics or traits as they relate to the office you seek. Responsive, smart worker, open to new ideas.

Given any resources and time allowances (within reason), please describe the first Raleigh project that would be on your agenda. Good government has been a tradition in Raleigh. We have been blessed to have civic minded men and women who have given freely of their time, energy and effort to build a better community. We must expand the base of investment. The city needs to reach beyond its downtown core and look at our gateways corridors especially focused on Capital Blvd, Hillsborough Street and Glenwood Avenue. We need to work with local residents and businesses to develop a long-term plan to improve to visual impact of our gateway corridors throughout the city.

Describe yourself in 10 words or less. Maintain regular office hours; respond to my district/all Raleigh citizens.

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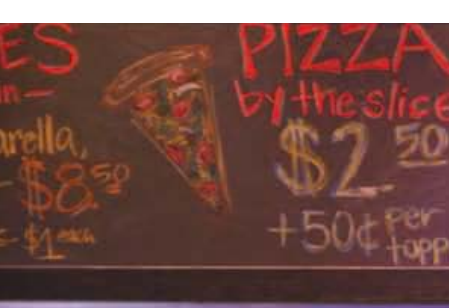
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Sauced BY BRIAN ADORNETTO, Contributing Food Writer



While our regular foodie Fred Benton takes some time off from his Food Editor position at the Downtown, Brian Adornetto will be filling in. Brian 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, specializes in private cooking classes and intimate dinner parties. For more information, please visit Brian at www.loveatfirstbite.net.

Glenwood South, the wait is finally over. There is now a place to get a “slice” as well as a whole “pie.” Sauced, located in the old Enoteca Vin space, is a brand new pizza pub offering an easy, quick lunch, a family-friendly dinner or a cure for those late night munchies. (But keep in mind, it’s slices and cash only after last call).

Mike Lombardo and Kurt Lam, owners of Sauced and former college

wrestling rivals, are creating a fun and friendly environment for a wide range of customers. There are flat screen televisions, video games, an ATM machine, a full bar, and value-driven lunch and dinner specials. To run the kitchen, Lombardo and Lam hired John “D” DeAngelis of the long-running Raleigh Italian restaurant, Amedeo’s (John is the owner’s son and still part-owner). At Sauced, John D is dishing up thin crust NY style pizza, calzones, hoagies, salads, and a handful of pub-style appetizers.



Since Sauced has been so well-received, there are already plans to expand on the daily specials, so be on the lookout for John D’s version of stuffed crust pizza, as well as a more robust dinner menu. Local delivery will probably be available in the not-so-distant future as well.

Among the appetizers are breaded



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cleverly named “Waste Management” pie. For this one you get to choose seven toppings that John D will pile on top. The belly-busting calzones (actually Italian for “drooping sock”) are savory, baked turnovers made from pizza dough and stuffed with cheese and various combinations of pizza toppings. If all of that is too much for the little ones in your party, Sauced has a special Kids’ Menu with all items priced at \$3 including a drink.

Whatever you eat, though, be sure to save some room for dessert. Sauced features selections from Hayes Barton Cafe and Dessertery including Key Lime Pie, New York Cheesecake and Sauced’s Original Italian Cream Cake made exclusively for the pizzeria.

To keep up with daily drink and food deals, Sauced is on Facebook, Twitter and has a blog and an email list. You can grab a coupon just for signing up. Some recent specials included half-priced bottles of wine, Free Food Friday (giving customers free pepperoni pizza bites and fried ravioli from 4-6 pm) and half-priced appetizers. However, the best deal on Glenwood (if not all of downtown) is the \$1 slice Mondays.

“We want families to be just as welcome and comfortable here as the customers who will be in for a late-night slice or sporting events,” says Lombardo. To that Lam adds, “Our goal is to have different people come in for different reasons.” From the response so far, it looks they are well on their way. 🍕

chicken wings, fried ravioli, cheeses sticks, pepperoni rolls, and bacon mozzarella fries. Sandwiches are also a popular option. Sauced prepares hot and cold hoagies, including the Italian standard, Chicken Parmesan. If you prefer something a little lighter, the entrée-sized salads are the way to go. Some of the more popular choices are the Greek and Caesar and the Caprese with braided breadsticks, melt-in-your-mouth fresh mozzarella, Roma tomatoes, and romaine lettuce drizzled with a balsamic vinegar glaze.

The spotlight at Sauced, however, is always on the pizza. While there are certainly multiple toppings for everyone, the initial customer favorites include the Popeye (Spinach, mushrooms and tomatoes), the South Jersey (a meat lover’s delight) and the Hawaiian (Canadian bacon and pineapple). For the daring pizza lover, there is also the

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Thursday through Saturday 11:30-3 am
Sunday 12 pm-12 am

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Meals: Lunch, dinner and late night

Dining Style: Pizzeria

Menu Type: Ala carte

Ambiance: Pizza pub

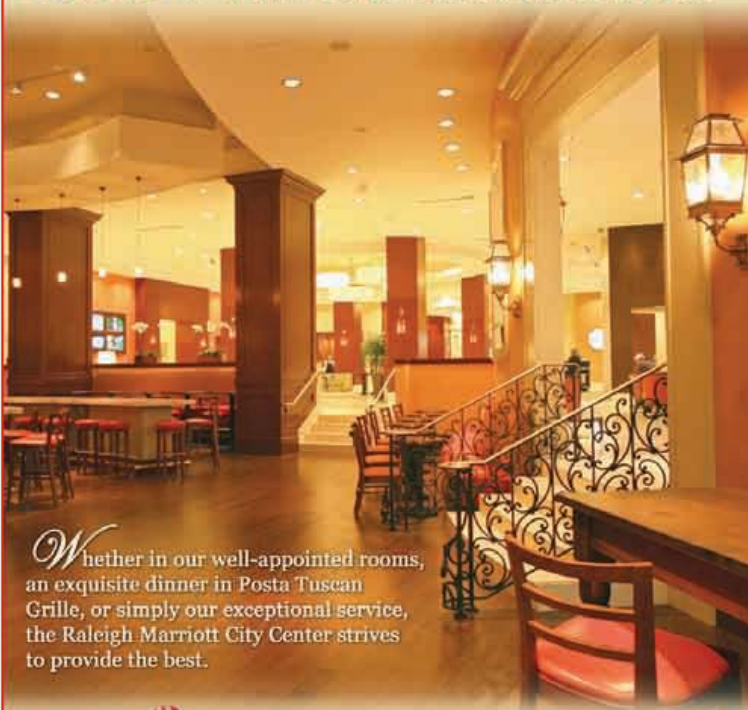
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Mosaic Wine et Lounge on Jones Street bridges the gap between Glenwood South and the Powerhouse District. It also bridges the gap between New York City and Miami on the East Coast for a nightclub scene rich with a myriad of the best house music varieties from top DJs. The music's strong cultural identity, which is largely African, Arabic, Brazilian, and Latin, figuratively and literally sets the tone for the Mosaic experience.

The lounge and dance club is quickly making a name for itself as a destination for house music on the East Coast. This past May, Mosaic owner Samad Hachby turned up the volume on his passion for soulful, funky house music with the creation of the Mosaic SpringMusic Fest. And he has a similar one planned for October, the FallMusic Fest.

"Mosaic's house DJ Keith and about seven other resident DJs were invited to have a party at the Winter Music Conference in March in Miami," he says, explaining the inspiration for the Mosaic Music Fest this past spring. "When I saw what was going on there and what a huge success it was, I knew I wanted to create that same experience at Mosaic."

Mosaic's intimate yet international feel is the ideal setting for just such an event. The music scene has changed, with more of a focus on smaller clubs where the DJ's art comes alive on a personal level in an intimate setting. It's this experience that people are craving, according to Hachby, and one that Mosaic is pioneering here in the Triangle.

"Ever since we opened, our focus has always been international music—salsa and meringue—along with theme nights like Brazilian, Persian and Russian," Samad says. "It's not the commercialized entertainment that is so accessible in so many other places. Instead we offer quality, soulful house music that gives a community something that has been missing, something they've been



wanting. It's alluring, sexy and beautiful without being intimidating or offensive. It's like a party at someone's house."

Mosaic's SpringMusic Fest in late May and early June stayed true to its promise to keep it real, giving this community 11 days of music from nearly 50 local, national and international DJs and artists. The DJs

brought a broad range of musical styles—from house to Latin, Reggae, Brazilian, and Hip-Hip all spun in variations in electronic beat.

San Francisco's well known Hallo was among the select group to spin at the festival this spring. "You wouldn't think that North Carolina would be a place for house music and soul," he comments, "but you can see here (at Mosaic) that it is. I've been here on many occasions, and this was one of the best events of its kind—and you can tell that it was put together from the heart. It's more like the club experiences in Europe and other parts of the world where I've played."

Hallo was joined at Mosaic by other DJs from across the country who also highlighted the festival, including Keith, Sabo, Merlin, Son of Sam, Jazzy Nice, Chris Soul, Feinberg, and Nickodemus. Many of them have been DJing for decades in the States and around the world.

It was Chris Soul's first time in North Carolina. He made the trip from New York City. "I loved the vibe at Mosaic—from the space and from the people once I started playing," he says. "It's definitely different from other places in the area—and it's what this area needs. I see a lot of the Top 40 and Mashup. Sadly enough, house music started in U.S., but an entire generation doesn't know about the soulful music. Mosaic definitely brings it—and that's really important for people who are looking for a special place like this without having to leave the area."

Mosaic spins house music every night of the week, from 6 pm to 2 am. And this fall, Mosaic brings the world beat from the dancing scenes of Miami, London and Paris to Raleigh once again with the Mosaic FallMusic Fest, October 1-10. Details will be available soon on their website.



Mosaic Wine et Lounge 571 W. Jones Street, Raleigh, in Glenwood South | www.mosaicwinelounge.com



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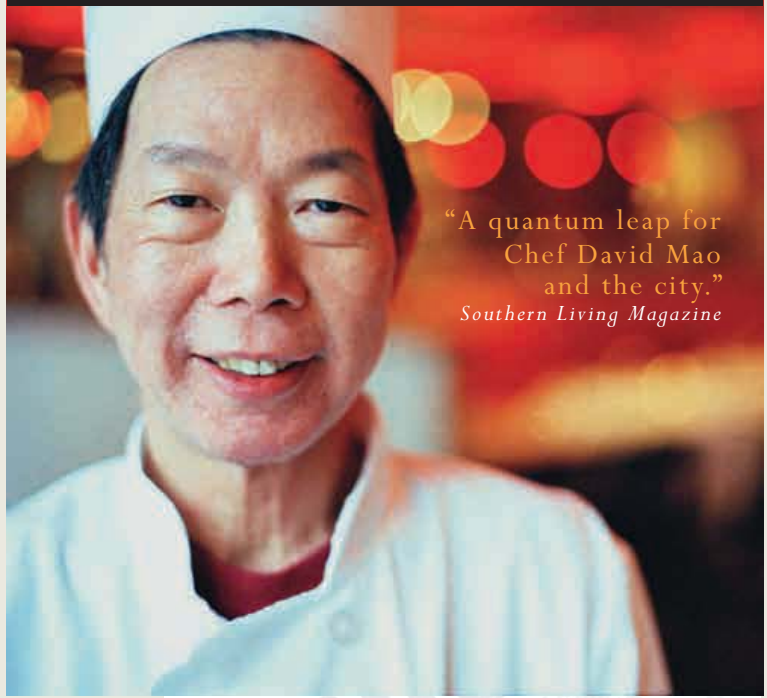
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★ Toying with the Past ★

BY JENNY LITZELMAN, Raleigh City Museum Staff

Growing up, each of us had a favorite toy that entertained us for hours and engaged our imaginations in fun and exciting ways. Prior to the 1900s—with the exception of the upper class—most families and children made their own toys. With the shift towards mass industrialization and changing attitudes about the importance of childhood, toys quickly became an important consumer item in local businesses.



Hudson Belk window display with toys, ca 1940s

At the turn of the 20th century, several stores in Raleigh sold toys. J.D. Riggan Company, located at 132 Fayetteville Street, is considered the city's first official toy store. According to a 1901 advertisement in *The Morning Post*, J.D. Riggan claimed to have the largest stock of toys, candy and china in North Carolina. Several years later, Mrs. Medlin and Co. also opened a toy store. Initially, the two stores competed, but by 1913, the stores had merged into Toyland at 8-10 E. Hargett Street, and in 1919, expanded into a second location at 131 Fayetteville Street.

Other businesses included toys among their regular products. Customers visited Briggs Hardware to purchase toys along with hardware supplies, and Hudson Belk on Fayetteville Street also attracted consumers with its toys. By the 1950s and 1960s, shopping extended outside the city to growing developments such as Cameron Village.

So what were some of the most popular toys of the 1900s? Here are a few that are still popular today:

Raggedy Ann In 1906, a young girl named Marcella found a worn rag doll in her grandmother's attic. Her father, Johnny Gruelle, a newspaper cartoonist and illustrator, helped his daughter revive the old doll by patching it and painting a new face with a distinctive triangular nose. They named the doll Raggedy Ann after two characters: "The Raggedy Man" and "Little Orphan Annie" from two of their favorite poems by James Whitcomb Riley. Gruelle introduced Raggedy Ann into his comic strip and eventually went on to sell the doll. When Marcella died of smallpox, Gruelle coped with her death by writing and illustrating the *Raggedy Ann Stories*.

Mr. Potato Head Mr. Potato Head, created in 1950 by George Lerner, was the first toy ever advertised on television. Lerner's initial idea was



Toy aisle in Briggs Hardware, ca 1961.

to create plastic pieces that could be pressed into various foods—a literal way to play with your food. As with Lerner's idea, Mr. Potato Head evolved over time and in response to anti-smoking campaigns, he retired his signature pipe in 1987.

Pez In 1927, Eduard Haas III of Austria created a peppermint flavored brick-shaped candy. (Peppermint in German is "pfefferminz"; the name was shortened to Pez.) Pez became a popular substitute for smoking, and knowing this, Haas created a dispenser similar to a cigarette lighter that could be opened with one hand to release the mint. When Pez came to United States in 1952, Americans did not immediately adopt Haas' idea. Haas changed the formula to have a fruit flavor and manufactured the tablets in colors. Eventually he decided to market Pez as a children's product and modified the dispensers into fun characters such as Mickey Mouse and Popeye. 🐭



PHOTOS COURTESY OF THE RALEIGH CITY MUSEUM.

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, *Abstractations: Capital City Inspirations and Observations* opening October 2, 2009 in conjunction with First Friday. If you have any questions, please call 919-832-3775 or check out our website at www.raleighcitymuseum.org.

Raleigh Typhoon 3

Scavenger Hunt, Downtown Style BY JUAN MATTA, Raleigh Typhoon Organizer

The heart of downtown Raleigh serves as the playing field for the Raleigh Typhoon scavenger hunt. Over the past two years, nearly 750 participants have teamed up to find specific items and perform tons of fun tasks in the hopes of capturing the grand prize.

Some of the previous scavenger hunt tasks have included riding a Raleigh Rickshaw, tasting chocolates at Escazu, participating in "Bar Olympics," finding dozens of Frida Kahlos at Dos Taquitos, acting out crimes at White Collar, finding a "Waldo" look-alike, playing video games, being a human bowling ball at Endless Grind, and deciphering a few puzzles. One of the puzzles had hunters figure out that the "pan-optic-cylinder" was our iconic Clarion hotel, led them to a suite, prompted them to knock, and revealed a password which granted them access to the rooftop to search for an octopus. Another puzzle led participants to a fountain, figure out where the survey marker is on the Capital building

and find wolf statues that were part of the Red Wolf Ramble. Each team is required to bring back certain objects and take pictures with a digital camera in order to prove that they found clues such as statues, dates, names, logos, Raleigh's acorn,

the hidden side of a building, the two sides of our great Raleigh flag, and many more.

The Raleigh Typhoon is designed to be challenging, entertaining, educational, and most importantly, a great way to spend time in downtown Raleigh with your friends. The Raleigh Typhoon is not a race. Participants are encouraged to take

their time, and more often than not, each team will face a few pitfalls that will delay and amuse them along the way.

This year, the grand prize winner will take home a \$2000 reward. The rest of the prizes will be given away throughout the

clues this year, so be sure to pick up a copy of their next edition, Issue 9, and keep it handy! Visit www.theraleightyphoon.com to sign up early. Don't miss out on the fun and discover a little more about downtown Raleigh's treasures. 📄



The Raleigh Typhoon 3

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JJ, Jason and Hunter at Brooklyn Heights

Staff at Solas for their one-year anniversary



Taylor, Abe, Quentin, and Garrett



Liz of Revolver Consignment with Sarah at the Traffic Jam event



Robert & Ashley out for her birthday at Cashmere



Alma & Matt at the soon-to-be-open Noir



Jim and friends at Jibarra for a great brunch



Daniel, Qaiys and Kelly at Oxford



Alex, Bill & Trevor



Clyde and Tina downtown



Raleigh Downtowner and Empire Properties staff out at Rush Hour Karting



Niall with Matt of Vertigo and fan

The photos below are from the Annual Chef Challenge which kicked off the 25th Anniversary Triangle Heart Ball campaign



Chef Scott James, Midtown & Bar 115



Rachel Starr, Triangle Heart Ball Director and Liz Wallace, Exec. VP, Rocky Top Hospitality



Eileen McPartland, COO, Allscripts & the Chef Challenge Champion Chef Ricky Moore, Glasshalfull



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Mike Mortimer, Exec. EVP & CAO, Quintiles

Chef Roeh Lewitt, from Gravy, one of Empire Properties newest restaurants



AROUNDTOWNAROUNDTOWNAROUNDTOWN



Fernanda, Mike, Blair, and Lisa at Sauced Pizza

Christy and Brit at Cashmere



Adam Peele and wife Hiromi

Lisa, Meg, Michelle, and Alex out for Michelle's birthday



Paris Alexander from Artpsace



Theresa, Lee and Bresh at Sullivan's



Cashmere BY BRIAN ADORNETTO, Food Writer

Located in the old April and George space, Cashmere is the newest place-to-be in the hip Glenwood South District. The lounge, which shares a lobby with Sullivan's Steakhouse in the historic Pine State Creamery building, is the creation of Brandon Klintworth, co-founder owner of the popular nightclub Ess in the Depot District. Since starting his landscape company Environmental Property Service with his brother-in-law, Klintworth has been steadily making his mark in Raleigh. In addition to Cashmere and Ess, he will be opening Bada Bing at 222 Glenwood later this year. It will feature New York style pizza, pastas, Italian ices and include a street-side service window that will cater to the late night crowd. And if that wasn't enough, the ever-industrious Klintworth is currently scouting a location for another large nightclub.

Cashmere features martinis and tapas, stylish servers and a romantic urban vibe.

Bathed in metallic earth tones, it has a granite-top backlit bar wrapped in alligator skin, half moon booths, a glass water wall, and cozy "L" shaped banquette. The rich fabric draping and knotted silk strand curtains also add to the sexy atmosphere, as do the attractive men and woman that staff the lounge. Everything about

Cashmere is decadent yet comforting—like its namesake.

Plans have already begun to renovate the kitchen at Cashmere and expand the food selections into a full dinner menu. Until then, there is a petite collection of light tapas (divided into four sections: appetizers, salads, large plates, and

dessert) perfect for sharing over cocktails from Cashmere's drink menu. The comprehensive list boasts just under a dozen classic martinis, over 40 contemporary ones (broken up into the sub categories "Fresh n' Fruity" and "Sweet n' Succulent"), nine signature drinks, domestic and imported beers, and a wine list with numerous by-the-glass options. Be on the lookout for Cashmere's drink and/or food specials, especially the very popular "Tinis and Tapas Night" with half-priced martinis and tapas.

From Cashmere's appetizer list, we sampled the Spring Rolls, Micro French Dip, Smoked Salmon, Edamame Hummus, and Shrimp. These light and delightful Spring Rolls are filled with shrimp, cucumber, bell pepper, cellophane noodles, mint, and cilantro and rolled in rice paper. They're then steamed and served with a trio of sauces: spicy mango, peanut and hoisin. The Micro French Dip is



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Cashmere's riff on gourmet finger sandwiches. Thinly sliced roast beef is topped with melted gruyere cheese, sliced roasted portobellos and au jus then sandwiched between grilled circles of bread. Colton, publisher Crash Gregg's son, enjoyed them so much that he took an order to go. Next we tried the Smoked Salmon. It's spread with a dill cream cheese, topped with asparagus, wrapped into roulade form with cucumber ribbons, and generously garnished with caviar. These memorable roulades were mild and cool—just the right foil to an icy vodka martini. As an interesting alternative to traditional hummus, Cashmere has created an edamame version by adding steamed and pureed edamame to the usual hummus ingredients. Our final appetizer was the Shrimp, which was steamed and served with a sweet and spicy Creole cocktail sauce. These were Crash's favorite; he loved the well-balanced sauce.

The salads at Cashmere are light yet



filling. The Goat Cheese Salad with spring lettuce and tomatoes is dressed with orange vinaigrette, garnished with toasted macadamia nuts and highlighted a generous helping of goat cheese. Another salad that has been met with enthusiasm is the Caprese Salad, which combines fresh tomatoes, mozzarella, micro greens and dressed with balsamic vinegar, basil and olive oil.

At present, Cashmere's Large Plates menu contains a handful of wraps, all served with kettle chips. (But keep in mind that this will soon be changing to a more diverse and full hot menu.) The Turkey Wrap with spicy



arugula, tomatoes and slightly sweet honey mustard and the Vegetable Wrap with cucumber, roasted mushrooms, tomatoes, red onion, and traditional hummus are two of the more popular selections.

Right now, Cashmere has two dessert choices: The Chocolate Duo Mousse, with white and dark chocolate mousse, chocolate sponge cake, and garnished with raspberry coulis, is airy and light but will still satisfy the sweetest tooth. The second option, a Berry Crumble with mixed berries and currants is finished with vanilla gelato and caramel.

So whether you're looking for a romantic spot to indulge, a sexy scene to dance and party, a comfortable setting to unwind with live music, or a hip site to nibble, nothing feels like Cashmere. 🍷

Brian 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, specializes in private cooking classes and intimate dinner parties. For more information, please visit Brian at www.loveatfirstbite.net.



Cashmere

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Wine Primer

PART I BY MATT FERN



For those of you who read this column in the Downtowner on a regular basis, this particular article may seem a little rudimentary. While talking to a few friends, they recommended I write a few articles on the basics of wine which would provide new wine drinkers with bit more confidence when ordering wine. With that said, if you are a sommelier or a studied wine aficionado you may want to save yourself a few minutes and stop reading now. Or you better yet, read on and send us your ideas for future articles.

With over 8,000 varieties of grapes and at least as many wine-growing regions, reading a bottle of wine and making an educated guess on its value can at times be tricky. Understanding the difference between Old and New World wines is a good first step. The “Old World” will consist mainly of France, Italy, much of Spain and Germany. The “New World” will consist of, well, pretty much the rest of the world. The Old World will typically label wine by the region that it originates, while the New World will label the wine by the variety of grape or possibly, a proprietary name. When we talk about “variety of grape” we are discussing the species of grape that the wine comes from. The most common examples that I can think of are Chardonnay, Cabernet Sauvignon, Merlot, Pinot Noir and Pinot Grigio. These are all examples of grape names that identify the contents of the bottle. Though, this doesn’t mean that this is the only grape in the bottle. For example, wine from California labeled as Cabernet Sauvignon only has to be 75 percent Cab to be labeled as such. The rest of it can be made of what ever is grown within the region listed on the bottle. This isn’t true for all of the New World, as Australia will label every grape in the bottle typically in the order of highest to lowest percentage, much like the ingredients of a cereal box.

As I just mentioned, the Old World will label wines based on the region they hail. Some of the best examples would be Chianti, Bordeaux and Rioja. Since most of these wines are blends of several different grapes you will have to learn what is in them or be willing to drink a wine that is not a single variety of grape. Not all Old World wines are blends, the best example being Burgundy. If you are drinking Red Burgundy it is and will always be Pinot Noir, while if you are drinking White Burgundy it will always and forever be Chardonnay. Gasp! I said Chardonnay! This will almost always be different in style than California Chardonnay, which has received a bad

rap in the recent past for being too Buttery or Oaky. (This concept will be covered in a future column.)

For the most part, restaurants will make their wine lists functional enough so that you can have an idea as to what you are ordering. Most lists will be broken up into White and Red. Inside of that they will be broken into varietals or regions and hopefully have some kind of continuity as far as the order of information. What I mean by that is that after reading a wine list, you should know who the producer is as well as the region it comes from, possible varietals, and hopefully a vintage.



It’s time to get past what you already know about wine and try new things. Don’t be afraid to order something different, mispronounce a word that is on the wine list, inquire about a wine you don’t recognize, or verbalize what it is you like in a bottle of wine. Ask questions of your local wine retailer and your server while out. If you think that a wine tastes like a good cup of coffee than say so. If you think that a wine has a silky feel in your mouth, say so, and if you think a bottle of wine tastes like a pile of dirt and you didn’t care for it, say so, too (in a kind way of course). It’s comments like these (and what you learn from them) that will bring you one step closer to becoming a savvy wine consumer. 🍷

Matt Fern wants to help you drink better wine for a better price while not sounding like a common fool in public.

Making a Difference in the Lives of Others

The Assistance League of Raleigh BY MEGAN HENDERSON

For centuries, the golden rule has been used to summarize ethical teachings among diverse religions and cultures. The philosophy “treat others as you would like to be treated” has become a moral standard and is often embraced in society by people known as volunteers.

Much like the golden rule, volunteers help make the world go ‘round. Volunteers understand the effect and impact their actions have on the lives of others. One organization that puts caring and commitment into action by giving back to the community through volunteer service is the Assistance League of Raleigh. As a nonprofit organization—one of 122 national chapters—Assistance League of Raleigh implements philanthropic programs that support the needs of less fortunate children and seniors in our area.

Through a program called Operation School Bell, dedicated League volunteers provide new clothing or uniforms, books, and personal care kits to students

attending Hope Elementary Charter School and Helen Y. Stough Elementary School. Another noteworthy program offered by the League is H.O.P.E. for Kids, which is a tutoring and mentoring program for at-risk students in grades K-5 at Stough. Volunteers provide one-on-one tutoring in reading, math and social skills to children who need extra help. To date, nearly 1,000 students total have received much-needed assistance.

In addition to realizing and serving the needs of under-privileged youth, Assistance League volunteers are also an important part of the daily lives of residents at Litchford Falls Healthcare and Rehabilitation Center. Through Assistance League of Raleigh’s Silver Slippers Program, volunteers provide structured activities and human contact to residents critical for good mental health. They also provide warm smiles, which are powerful yet highly underrated in creating a positive attitude and healthy outlook for residents. They organize a wide variety

of social activities for women and men including Nintendo’s Wii games (which are wildly popular with the residents), Bingo and Nail Polish Day. The volunteers make sure that life inside a nursing home doesn’t have to be boring, frustrating or lonely.

“Effort and care go into every activity that is planned,” says Brenda Griffin, president of Assistance League of Raleigh. “It’s a blessing to be able to host programs that meet the social, spiritual, physical, cognitive, and creative needs of the Litchford residents,” Brenda adds. More than 1,600 seniors in the Raleigh community have been served by Silver Slippers.

Since 2005, Assistance League of Raleigh has been identifying and addressing needs in local schools and nursing home communities and most importantly, making a difference in the lives of others. Through fundraising activities and charitable contributions, the League is able to provide support to disadvantaged young and old in our community.

Visit www.raleigh.assistanceleague.org to learn more or become involved.

ObeY the golden rule and volunteer. It’s good for health, both yours and the people you help. 🙏



Megan E. Henderson is founder of Looking Glass Communications, Inc., an integrated communications company that provides strategic public relations, brand development and management, and creative marketing services. Imagine possibilities. See results. megan@lookingglassnc.com.

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Preserving Our City's Past in City Cemetery

BY PETER EICHENBERGER

Easy to miss, concealed as it is behind an intricate iron fence (a fence, in fact, that has its own story) on East Street, City Cemetery exists in the recesses of the city's public consciousness. Even this Raleigh kid who prides himself as having been everywhere has to admit to a lack of enlightenment about this rich swath of history available to the curious in the midst of downtown. Until a few months ago, I'd somehow managed to overlook even a cursory walk through City Cemetery.

One recent sun-splashed morning, I had a superb opportunity to rectify this fact with a tour of the Cemetery of Raleigh's founders and those who erected the fabric of our town. Jane Thurman, chair of the Raleigh City Cemeteries Preservation, Inc., fought to preserve the repository of the dead, since even the best-laid plans for trips to the beyond frequently come undone by the elusive nature of families and the vicissitudes of the human condition that engender apathy—a cemetery's worst enemy.




The original four-acre City Cemetery was founded in 1798 by an act of the General Assembly: two acres for residents, one for visitors and one for slaves and free men. Subsequent years saw an enlargement to the current seven acres (little has changed save for the ravages of the years). Upon the founding of Oakwood, after the war and its subsequent adoption by Raleigh elites, City Cemetery's appearance suffered from a pattern of neglect that prompted a writer in an 1884 news story to describe conditions as "dilapidated," and a state archives spokesman in 1973 to say, "I think the City of Raleigh should be ashamed of the condition this cemetery is in."

Conditions have vastly improved upon the founding of the Corporation, which is modeled on ideas similar to Jane's, "I started researching how to start this public-private partnership. I called other cities like Boston who had a similar public/private partnership movement before the bicentennial. They wanted to have their cemeteries ready for the bicentennial."

As we gingerly weaved among the family grave sites Jane pointed out the value and demands placed

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on cemeteries in the urban environment, “There’s the layer of green area; it’s an open space, a place for solitude, reflection. And then, of course, it’s a graveyard. Then there’s the layer of history of the people who are buried here. And it’s also an archaeological site.”

“There are lots of remnants here and we are all very protective about that because it needs restoration work; the fragments really need to be preserved and taken care of. You really have to watch where you’re walking.”

While City is the final resting place of many of the Boylans, Blounts, Lanes, Peaces, the father of U.S. President Andrew Johnson, and other luminaries of early Raleigh, the space also includes lesser-knowns who contributed to Raleigh’s material culture: the carpenters, merchants, mechanics, and a brace of Scottish Stonemasons imported to work on the granite capitol building. (One particularly

literal stone shows a hammer clenched at the end of a brawny, cocked arm.)

Now to the matter of the fence surrounding the front of the Cemetery and its history. Silas Burns moved here from Andover, Massachusetts, in the ‘40s (as in 1840s) establishing a “novelty” iron foundry that eventually became Peden Steel. Burns hammered out a decorative iron fence to keep pigs that ranged freely through the city off the Capitol grounds, and the same fence came to surround the Cemetery upon its removal from Union Square.

The fence, suffering from neglect, damage and inappropriate repairs, remains unlocked at night, allowing activity, traces of which, clothing and bottles, disfigure the graves. “One of the first things the city of Boston did was lock the gates of all their cemeteries and step up security, working with neighborhood groups to keep watch for vandals. I think it would help. I think that’s going to be happening here as well. We are partnering with Peace College to start a project in the fall semester with Dean Ruedrich to start a pilot and restore one section of the Cemetery, and secure some of the fragments. We’re really excited about that. And then there’s the history of the city. Everybody who founded it is here,” Jane said.

A whole story remains of Raleigh’s unknowns, among them one Anna J. Cooper, “a free person of color” whose extraordinary educational and

professional achievements contrast with her humble origins. Cooper, who had an A.B. and A.M. from Oberlin College and a Ph.D. from the Sorbonne in France, taught at St. Augustine’s and Oberlin College and later became principal of M Street High school in D.C., a professor of languages at Lincoln University, and eventually President of Frelinghuysen University in D.C. Cooper is on my short list of potential subjects for a statue on the Capitol ground that could begin to right the slighted, unheralded contributions of both women and people of African heritage.

The Raleigh City Cemeteries Preservation is actively seeking new members to aid in raising funds for the restoration and rehabilitation of the City Cemetery as well as Mt. Hope and O’Rorke Cemeteries. Visit their website at www.rccpreservation.org for more information and how you can help. 📧



Peter is a freelance writer who has graced the pages of many publications and websites with his penmanship for many years. He can be reached for comment at peter@raleighdowntowner.com.



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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.



Milagro Saints

Album: *Warm Soul Sunshine*
Genre: Americana/Folk Rock
www.milagrosaints.com

SD Ineson (vocals/guitar), Lee Kirby (hammond organ/piano/harmonica), Roberto Morales (guitars), Smitty (lap steel), Ed Root (drums/vocals), and David Kaminiski (bass) make up Milagro Saints. Two of the group's three co-founders worked in NYC with noteworthy artists like the Talking Heads and The Ramones before moving to North Carolina and forming Milagro Saints.

These guys have been featured on the bill for every conceivable outdoor festival and venue in RTP over the last few years. *Warm Soul Sunshine*, the band's fourth album, has gained them even wider success in the area. This release follows 2006's *Let It Rain*, which featured "Jack Kerouac"—a break-out track that led to an invitation to play in Lowell, MA (the author's birthplace) on the 50th anniversary celebration of Kerouac's cult-classic novel *On The Road*.

Don't miss the group when they play at The Pour House Music Hall on August 23.



Johnny Orr & the South Station Band

Genre: Country/Rock/Southern Rock
www.myspace.com/johnnyormmusic

According to WQDR's morning show, Johnny Orr & the South Station Band are "going all the way to Nashville." We agree. They've been the support act for Kenny Chesney, Lee Ann Rimes, Phil Vassar, and the Zac Brown Band. In addition, the group has dominated several local music competitions and the WQDR/ Kenny Chesney "Next Big Star" competition. Johnny was also a national finalist for *Nashville Star*—out of 20,000 contestants—and was featured on CMT's nationally-broadcast *Big Break* with Sara Evans.

Their music and vocals are similar to those of Keith Urban, Little Big Town and Big & Rich, but they bring a stage presence that's distinctly theirs. Johnny's stage experience extends outside of music as he's done a fair amount of acting over the years, including Subway and Goody's Powder commercials.

Be sure to catch them with Gretchen Wilson at Time Warner Cable Music Pavilion at Walnut Creek Amphitheatre on September 12 for the *Got to Be NC Ag Jam*.



Radio Silent Auction

Genre: Alternative/Indie/Rock
www.myspace.com/radiosilentauction

Radio Silent Auction got its start in Raleigh in early 2008. According to the group, their formation was the result of a "mutual vision to create independent rock music that is original, genuine and dynamic." Such vision comes from the four members' vast experience in the industry, which spans across local music scenes in Raleigh, Asheville, Virginia and Washington, D.C. Members include Brett Durham (vocals/guitar), Bucky Fairfax (guitar), Jeremy Cartner (bass) and Ash Stevens (drums).

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DOWNTOWN SNAPSHOT

From the Downtown Raleigh Alliance

Dear Reader,

I hope you have been able to experience downtown Raleigh during these past summer months. Whether your interest is in attending a gallery exhibition,



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

live music concert, performing arts show, Moore Square Farmers Market, or the recent Downtown Raleigh Restaurant Week, downtown businesses and event producers continue to deliver a diverse offering of events and activities which keeps the downtown community thriving.

In this edition you will learn more about all of the candidates running for Raleigh City Council. There are many new choices for Council this year, with four in the City Mayor race. I encourage you to learn more about each candidate so that in October you can enter the polls to make an informed, decisive vote. Challenge your neighbors, co-workers and friends to make their voices heard by casting their vote in this upcoming election. Your choices will help shape the future of not only downtown Raleigh, but the entire city.

Check out everything that is happening downtown during September on the calendar of events, as well as information about parking, maps, and the R-LINE circulator bus at www.YouRHere.com.

Please enjoy this issue of the *Raleigh Downtowner*.

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EVENTS CALENDAR

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

September 11 & 12

Theatre In The Park presents **The Mystery of Irma Vep** • Who is Irma Vep? That's the mystery at the heart of this outrageously funny tour-de-force. A comedy that satirizes everything from Hitchcock's Rebecca and Victorian Melodrama to The Mummy's Curse. • Visit www.theatreinthepark.com. Tickets can be purchased through www.etix.com.

September 12

Pops in the City Park • Location: Moore Square • Time: 7 pm • Sit under the canopy of oak trees in downtown Raleigh's Moore Square for a free live performance by the NC Symphony and the Red Clay Ramblers. Attendees are welcome to bring low-profile chairs, blankets, and picnic dinners.

September 13-Sunday

The Magnificent Mile • Location: Downtown Raleigh • Time: Registration (12:30 pm); Men's Competitive Mile (2 pm); Women's Competitive Mile (2:20 pm); Recreational Mile (2:45 pm); Kids Races (3-15 pm); Closing ceremonies and awards presentation (3:30 pm) • The Magnificent Mile was first run in November 2006. It is the inspiration of Sarah Witt who has Primary Lateral Sclerosis, a motor neuron disease related to ALS or Lou Gehrig's disease; and Scott

and Amy Corsmeier, siblings who have Hereditary Spastic Paraplegia, a hereditary motor neuron disease. Sarah was an avid runner and marathoner until her illness in 2004. Now, she is confined to a wheelchair and unable to speak. Scott and Amy were diagnosed when they were young children. • Co-sponsored by Raleigh Downtowner. Visit www.magmilerace.com for more information.

September 13-Sunday

The Glory of J.S. Bach—music on historic instruments • Presented by Raleigh Chamber Music Guild • Location: Fletcher Opera Theater at Progress Energy Center • Time: 3 pm-5 pm • The Raleigh Chamber Music Guild opens its 68th concert season with an all-Bach program. Cost: \$25; \$10 students. • For more information, visit: www.rcmg.org.

September 17-20

Sparkcon and Visual Art Exchange Street Painting Festival • Location: Fayetteville Street • As a Community Volunteer effort, our SPARK Components are determined by those people in the public who have the energy, vision and heart to make it happen. Our job at SPARKcon is to help give Organizers the tools they need to make it happen. • Festivities include a kickoff party, artSPARK painting, fashionSPARK wear what you are event, bazaarSPARK local talent shows and wares, and a gourmetSPARK Fayetteville Street brunch. • A full schedule will show up at www.sparkcon.com/schedule as it becomes available.

September 17-October 4

Carolina Ballet presents **Swan Lake** • Fletcher Opera Theater at the Progress Energy Center for the Performing Arts • For tickets, call the BalletLine at 919.719.0900, visit the box office at the Progress Energy Center for the Performing Arts at 2 East South Street, or visit www.ticketmaster.com.

September 19-Saturday

The 919 • Time: 9-11 pm • Location: All Saints Chapel • Triangle Blvd, LLC, the Triangle's largest Web TV network, will host The 919, an event benefiting United Way of the Greater Triangle. Local emerging artists Nick Hagelin, The Remix Project, Guillo Carias and several DJs, including Grammy Award Winning Producer and Artist 9th Wonder. North Carolina Photographer of the Year Jason Arthurs has orchestrated a gallery of local photographers. These original works of art will be sold in a silent auction. • Tickets \$25 at www.919united.com (\$35 at the door). 21 and over. • Visit www.919united.com, www.TriangleBlvd.com or www.unitedwaytriangle.org.

October 3-Saturday

Koka Booth Amphitheatre **Triangle Memory Walk** • Time: Registration begins at 8:30am; the Walk begins at 10am • Thousands of people across the Triangle are expected to participate in this year's event to raise awareness and funds to create a world without Alzheimer's. At this year's Memory Walk-a Health Resource Fair, from 8:30 to 11:30am, professionals will be on hand to answer your health or caregiving questions. Music, entertainers, and food round out the day. • To register on-line or to make a secure on-line donation, please visit www.alznc.org. No fee to register, but raise \$50 and receive a 2009 Memory Walk t-shirt. To have a brochure mailed to you or to make a donation, contact the Eastern North Carolina Chapter at (919) 832-3732 or (800) 228-8738.

Upcoming Events

Koka Booth Amphitheatre
 Sept 19, 3:00pm: **Celebrate Cary at Sunset**
 Sept 24, 6:30pm: **Zac Brown Band Breaking Southern Ground**
 Sept 27, 5:30pm: **Carolina Hope Festival Featuring the Indigo Girls and Matt Nathanson**
 Sept 28, 6:00pm: **Rob Thomas with special guest One Republic and Carolina Liar**

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The Annual Jimmy V Golf Classic and V Foundation Gala

ARTICLE AND PHOTOS BY R. GREGG, COURTESY RALEIGH CHRONICLE | EDITS BY DOWNTOWNER STAFF

In August, Raleigh was host to the annual celebrity-studded Jimmy V Golf Classic weekend which raises money for the V Foundation for Cancer Research and the grants it endows for cancer research. The V Foundation was founded by the beloved former basketball coach at NC State University who took his ragtag 1983 team on to an unlikely win in the NCAA tournament that year. His tenacity for living, his zest for life and his positive outlook are cornerstone in the foundation and its efforts in cancer research. From the humble beginnings of a small group Valvano recruited of family and friends, the Foundation has raised more than \$90 million and awarded cancer research grants in 38 states and the District of Columbia.



The Jimmy V Golf Classic Celebrity Gala on Saturday night was the black tie portion of the Jimmy V weekend and was held inside the colossal Raleigh Convention Center. Guests enjoyed a wide array of

food and plenty of celebrities to meet, as they mingled throughout the floor. A few of the well-known guests included "24" actor Dennis Haysburt, pro wrestler Bill Goldberg and actor Dennis Haskins, better known as Mr. Belting from "Saved By the Bell," Arnold Palmer, former Boston Celtics coach and executive M.L. Carr, Carolina Hurricanes captain Rod Brind'Amour, ESPN commentators Stuart Scott and Terry Gannon (who is also a former NCSU basketball player), and many others.

The festivities started with the NC State University bagpipe and drum band marching across the floor to the stage.

During the evening's dinner, several special videos were shown including the famous video of Coach Valvano giving his celebrated ESPY speech in which he encouraged everyone to "to laugh, to think, and to cry" every day and to "never give up, never, ever give up."



In addition, a special video was shown on the jumbo screen in front of the crowd about Kay Yow set to music, highlighting scenes from her career and her triumphs in basketball, but also some poignant scenes from her fight against cancer. Some in the audience were drawn to tears as they listened to Coach Yow in her own words in the video.

After the video, Terry Gannon spoke to the audience about his experiences with Kay Yow at the NC State basketball program, "Kay Yow was the most sincere and genuine person I've ever met and if she told you something, she earnestly meant it."

He added that she never seemed to tire of making a connection with people in the NC State family, her co-workers, her players, and others in the community. "It didn't matter if she was tired or undergoing treatment, she always tried to sign autographs, talk with NC State fans, or spend time helping others," he said.

During the live auctions, actor Dennis Haysburt got

BETTER LIVING

BEST OF THE BEST!! And now our new READER POLL!! (see below) Fred Benton knows the Triangle! Benton, long-time lifestyle journalist covering the Triangle for over 20 years, has definite ideas about businesses that he feels are particularly consumer-friendly and offer superlative product and service. This list is the sole property and decision-making of Fred Benton and BetterlivingNC Productions and is not affiliated with the Raleigh Downtowner. This list is a companion information guide that Benton presents on WCKB radio and is heard throughout southeastern NC.

Angus Barn - Glenwood Avenue, close to RDU International Airport, 787-3505. *The BEST steaks!*

42nd Street Oyster Bar - 508 West Jones Street, Raleigh, 831-2811. 42ndstoysterbar.com *BEST Seafood Salad!*

The Point at Glenwood - 1626 Glenwood Avenue at Five Points, Raleigh, 755-1007. *BEST Reuben Sandwich!*

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.

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up on stage with the auctioneer as did ESPN's Stuart Scott. With his deep voice and leading-man persona, Haysbert made the perfect emcee for the black tie gala.

"You're in good hands," he joked to the crowd, playing on the slogan he often uses as a spokesman for Allstate Insurance in their TV commercials.

After dinner, the crowd was entertained by a performance from four time Grammy award winner Lyle Lovett and Large Band, with music from his hit live album, "It's Not Big, It's Large." Afterward the Gala, many of the attendees took advantage of Raleigh's great nightlife, visiting various bars and nightclubs throughout the city including Solas, The Raleigh Times and others.

Although the Jimmy V Golf Classic hosts a number of events with golf, celebrities, and lots of



fun involved, the organizers this year have also tried to put a spotlight on the researchers who receive the money raised each year through the V Foundation.

During a speech on Friday night to the crowd gathered at one of the dinner events, Nick Valvano, the CEO of the V Foundation and the brother of the late Jim Valvano, said that he wanted people to remember why they were there.

"We're here to fight cancer," said Valvano to the audience. "I want to return the focus on why we're raising money."

Valvano said he would be happy if someday a cure could be found and there was no longer any need for the Jimmy V Foundation.

"I don't want to work here," he joked. "Help me get out of this job, please."

On a serious note, Valvano said that the disease is costing too many lives. "I'm tired of losing friends to this disease," he said.

Nick Valvano said that it is important to inform the public about the research being done through the V Foundation and that as a result this year they were launching a series of symposiums to highlight research and treatment efforts.

On Saturday morning, the free public symposiums



were held at the Raleigh Convention Center with doctors and researchers in attendance and treatment machines and lab equipment on display. The symposiums included treatment specialists from local hospitals including prostate cancer patient coordinator Lori Larimer from

Rex Hospital. Also present were researchers from NCSU, UNC, and Duke Universities.

Valvano said that the foundation is working harder to coordinate efforts between the three Triangle research universities to share knowledge and information.

"You can't do it if you're myopic and parochial," said Valvano.

In attendance at the Foundation events were university officials from all three schools, including UNC Chancellor Dr. Holden Thorpe, as they pledged their support to work together to battle the disease.

There have been similar symposiums on the west coast through the V Foundation for the past six years, but Valvano said these were the first on the east coast and they hope to repeat and expand those efforts next year.

For more information on the V Foundation, visit www.jimmyv.org.

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Hi, my name is Dr. Chad Chisholm, and if you've got any kind of back, hip or leg pain, your worries maybe over in just a few minutes. Why? Because I'm the Director of HealthSource™ clinics of Raleigh, and we've discovered what may be the best healing secrets for "bad backs"-EVER! I'd be stupid to make such a claim if I couldn't back it up. But I'm so confident we can help your back, I insist



Dr. Chad Chisholm, D.C.

on giving you a "TRIPLE PLATINUM PROMISE" at our HealthSource™ clinics (details on other side). I hate empty promises, and I also hate the lies most folks have been told about their backs. That's why it's important I expose these MYTHS about back pain:

MYTH #1: Sciatica (pain down your leg) is always caused by a herniated disc!

No way...even though most doctors will sell you a \$3,000 MRI at the first sign of leg pain. But they don't tell you about a 5-inch muscle in the hip that can squeeze the sciatic nerve. And it feels EXACTLY like you've got the worst slipped disc on earth. It's a major discovery and... The good news is that it can be easy and inexpensive to correct! How? Just keep reading! But first, here's a picture to show you where the pain comes from.



MYTH #2: Stiffness from Arthritis means you're getting old...and it must be the reason for all your pain and stiffness!

Not true, because thousands of folks with arthritis in their backs have absolutely NO PAIN! Then why do YOU feel like your back will snap if you bend forward or twist too fast? Because the truth is: Your stiffness may be caused by a hidden, even more dangerous problem than arthritis, and it can lead to a hip replacement! You see, most folks believe that something mysterious (like maybe an "arthritis fairy"? waved a wand over them, and they're cursed...doomed to suffer forever. But did you know that many arthritis problems are CAUSED by a combination of unseen imbalances in the spine and surrounding muscles. It's the most common cause of hip replacements but not that hard to correct if we catch it in time. It's like the tires on your car... If the alignment is off just a teeny-weeny bit, at first you don't notice, but over a few thousand miles you start to see signs of wear... that is, it you're lucky enough to catch it before a flat on the freeway ruins your day. In your spine, you're lucky if you catch untreated imbalances before they ruin your spine! How to fix them? Just look at Myth #3.

MYTH #3: Your Back is "Out"!

Sure, that's exactly how it feels.. But oldfashioned chiropractors (the ones who only 'manipulate' your back) really thought the spine worked this way. Now we know better. New research provides a whole new arsenal of toolscalled Progressive Rehab™. You see, there are 7 different reasons for that painful, locked-up and stuck feeling that causes so much misery:

- low-grade spasm
- pelvis torque and tension
- imbalance of hips
- fallen or dropped arches
- stiff vertebra joint
- adhesions in leg muscle
- pinched nerve

It's NOT just your spine, and it's NOT just your muscles. As a matter of fact, if one of the major muscles that stabilize the spine is partly spasmed, a "2nd stringer" will have to carry the load.. But this is a serious problem... It's like having your plumber doing all the dangerous electrical work! Sure, he may get it done, and it may work at first, but how long until there's a fire? Or your back locks up? Which leads me to our next myth:

MYTH #4: "It's Only a Muscle!"

Boy, it's scary how many people think muscle problems are no big deal. Unfortunately, tight, bound-up, and spasmed or tight muscles can wear out joints faster than you can say, "Charley Horse"! That's why it's important to examine the spine AT THE SAME TIME as the muscles that control it. It's also why we've had such outrageous success with even the worst backs at HealthSource™. Because we deal with BOTH the spine and muscles at the same time. We have spine people (chiropractors) and muscle people (therapists) and together they deliver the absolute best way to help "bad backs"...EVER!! This ties in to Myth #5 and the diagram:

MYTH #5: "Muscle Relaxants" will help your muscles heal! Good grief, NO!

Your muscles tighten up for a reason, and muscle relaxants are like turning back the clock on a time-bomb...you know it's still going to blow up! Sure, you may feel better now, but you'll pay later...and pay "in spades"! So don't fall for these lies about your low back. They'll keep you hurting, frustrated and exhaustedforever! WOULDNT YOU RATHER: Turn over in bed without pain waking you up? Get up in the morning without bing as stiff as a board? Be able to stand for as long as you want without sitting down for relief? Lean forward over the sink without that "stabbing" in your back or leg? Then cut out my FREE coupon NOW! Call NOW! RALEIGH 919-829-5757 (Corner of Hillsborough St. and Glenwood Ave.) "Far Too Much PAIN!" "I had low back pain after wrenching my back changing the tire on the car. It hurt so much I could do nothing...far too much pain. Now I feel wonderful after only one week of treatment." -Michael Stoltz



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- Trigger Point...zinging pain to butt-check
- Stiff as a board...creek and groan when you first out of bed in the morning
- Traitor...can't trust your back and what it's going to do-or when!
- Vice-like...constantly locked down tight!
- Shooting...vicious but short-lived
- Lumbago...hard to pin it down-just seems to hurt all the time, but it's hard to say where
- One sided...right at that "bone" on one side
- Jack hammer...pounding off and on like a heart-beat or a toothache in your back
- Aching from 1-5 years
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\$8,000 Tax Credit for first time homebuyers
must be under contract by September 30th to meet deadline

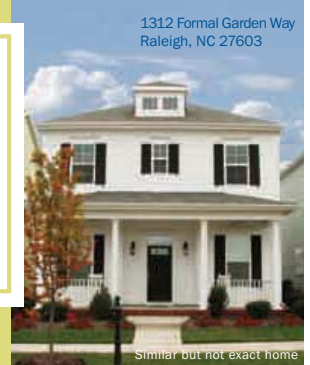


From Downtown Raleigh take S. Wilmington to Right on Tryon Rd. Community on Right. Proceed to traffic circle 3/4 around and continue on Olympia Drive. WinStar model homes on right.

Payments with PITI approx

\$1,460/month*
Only \$237,975!

3 Bedrooms, 3 Full Baths, Study with French Doors, Rocking Chair Front Porch, Covered Rear Porch, 2-Car Alley-Entry Garage, approx. 1,925 sq ft



Payments with PITI approx

\$1,650/month*
Only \$269,000!

First Floor Bedroom, 3 Bedrooms, 3 Full Baths, Loft/Retreat, Screened Rear Porch, Rocking-Chair Front Porch, 2 Car Alley-Entry Garage, approx. 2,068 sq ft



Parade of Homes Special!
Model Home Perfect

Only \$297,900!

First Floor Bedroom, 4 Bedrooms, 3 Full Baths, Loft/Retreat, Screened Rear Porch, Walk-out Balcony, Rocking-Chair Front Porch, 2 Car Alley-Entry Garage with Covered Walkway, Upscale Features Throughout, approx. 2,311 sq ft



www.WinStarHomes.com WinStar Homes at Renaissance Park Open 7 Days! 919.773.9073



*Prices and interest rates subject to change without notice. 100% Financing for qualified buyers w/ builder's preferred lender. Payment is approx. based on 4.75% interest fixed rate 30 year loan. Approx. payment does not include HOA dues. Copyright 2009 WinStar Homes, Inc. ©