



RALEIGH DOWNTOWNER

MAGAZINE

VOLUME 6, ISSUE 4

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

FREE

The 5th Annual Raleigh Downtowner

Going Green

Celebrating sustainability and environmental awareness



DOWNTOWN EATS

A remarkable dinner (taste *AND* price) at Caffé Luna



FARMERS MARKET

The Downtown Farmers Market kicks off with Ed Mitchell from The Pit

RALEIGH DOWNTOWNER

READER REWARDS

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On the Cover

Photo shoot of downtowners on their alternative forms of transportation: Electric car, electric hybrid, Segways, rickshaws, bicycles, skateboard. Shout out to Matty, Anna, Todd, Sandy, Donald and the boys, Clark, Melissa, and Rachel.



Puzzle answers from page 25



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The Downtowner is a local monthly print magazine dedicated to coverage of downtown Raleigh. Our online publication encompasses downtown and the surrounding area. The current print issue, ad rates/media kit, rack locations and archived issues are available at

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

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 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
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 Morning Times
 French | West | Vaughn

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 Sheraton Hotel info desk
 Progress Energy building lobby
 Cooper's BBQ
 Capital City Club lounge
 Progress Energy Building commissary
 bu-ku
 Carolina Café
 Crema
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 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

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 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 (foyer)
 510 Glenwood business foyer
 510 Glenwood (sidewalk)
 Mellow Mushroom
 Hibernian

Pourch/Bassment
 Sushi Blues / Zely & Ritz (sidewalk)
 Helios Café (sidewalk)
 Brueggers Bagels
 Bada Bing Pizza
 Salon 21
 The Cupcake Bakery Shoppe
 Primp SalonBar
 Fly Salon
 Lee Hansley Galleries
 Bliss Salon
 Revolver Boutique

HISTORIC DISTRICT

Legislative Building cafe
 Person Street Pharmacy
 Oakwood Bed & Breakfast
 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
 Third Place Coffee
 Lilly's Pizza
 J. Edwin's Salon
 Hayes Barton Salon

SEABOARD STATION

Seaboard Fitness
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 18 Seaboard (sidewalk)
 Ace Hardware
 Galatea

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Artspace
 Duck and Dumpling

Tir Na nOg Irish Pub
 Big Ed's (sidewalk)

POWERHOUSE DISTRICT

Napper Tandy's
 42nd Street
 Vintage Bar

WAREHOUSE DISTRICT

Flying Saucer Bar
 The Pit Restaurant
 Jibarra Restaurant
 Deep South—The Bar
 White Rabbit

MIDTOWN/N. RALEIGH

Barnes & Noble (Crabtree)
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GOING GREEN

INTRODUCTION BY PETER EICHENBERGER

For the emerging “green” lifestyle to rise above mere fad and exact actual change requires forces greater than the usual outside entities. Just think of the power that millions of individuals can exact on macro-economic systems by making even the smallest environmentally-friendly changes in their lifestyle.

Global petroleum supplies are up and prices are down, mirroring a drop in global consumption. While a measure of this is clearly economic, there are components of the market that defy conventional analysis. In contrast to the sensational Hollywood “end of the world,” a variant read on the 2012 scenario, is that humanity is spinning away from a coarse, materialistic, industrial world-cancer and a spontaneous mass evolution of consciousness back to what was practiced since the “beginning.”

This is not to propose deprivation. One can choose to participate as one can, creating a world based less on what one “gets” and more on what has been already gathered or produced via renewable sources. A salve for the ills of thoughtless plenty could be seeded by a heightened consciousness of the exchange between the self and the earth, what you acquire, eat, how you travel, how to recycle more than only typical recyclables, and limits on power consumption. On this pond with neither beginning nor end, reducing the ripples one’s life leaves (a heightened extension of more than just turning off unneeded lamps) can become absorbing and meditative. I call it “geoethics” or the “low wake lifestyle”—consideration of the future of every mote of non-renewable material, every joule of energy.

Minuscule related behavior helps balance our world: composting, parking the car and vacuum cleaner in lieu of the bicycle and broom, extracting every shred of commodity from sturdy, well-made objects before recycling or discarding. Practically, the simplified life can greatly extend resources and money. We all have a lot we can give.

For our 5th annual Going Green issue, we’ll be looking at the City of Raleigh and some of its sustainable initiatives and accomplishments, as well as one downtown resident’s aim at creating a low-footprint home.

NC Get Ready! is one of the first initiatives in the nation making a true commitment to the widespread adoption of “green” automotive technologies—bringing cleaner air, better health, job growth, lower dependence on foreign oil and an even greater sense of pride in our community.

Raleigh is committed to becoming a leading sustainable city—economically, environmentally and socially. In June 2008, the City Council adopted its Mission Statement which included principles that articulated its commitment to sustainability. Further demonstrating its commitment, the city is making changes to its budgeting practices to reflect its goals for sustainability.

What exactly is sustainability? Sustainability is a broad term that addresses three fundamental principles: economic strength, environmental stewardship and social equity. A sustainable community is a thriving community, one that provides opportunity for all residents, cares for the environment, and has long term vision for a prosperous future.

The City of Raleigh uses the following definition from the President’s Council on Sustainable Development: “Sustainable communities encourage people to work together to create healthy communities where natural and historic resources are preserved, jobs are available, sprawl is contained, neighborhoods are secure, education is lifelong, transportation and health care are accessible, and all citizens have opportunities to improve the quality of their lives.”

Budgeting policies can have a significant effect on environmental stewardship, economic strength and social equity in our community. The decisions made about the budget affect what the city buys, how they build and how they choose to operate, and their budget demonstrates how they value their employees, workforce and community.

Consistent with their sustainability vision, the City of Raleigh has made great strides to move the community forward in its vision for

economic, environmental and social prosperity. A few of the city’s accomplishments include:

- Creating a citizens Environmental Advisory Board
- Establishing full-time positions for Sustainability Initiatives Manager and Energy Manager
- Adopting a fossil fuel reduction goal
- Enacting a standard for energy efficiency using the US Green Building Council’s LEED rating for all city-owned buildings
- Endorsing the U.S. Mayors Climate Protection Agreement to develop a greenhouse gas emissions reduction strategy for the city
- Becoming the first LED city in the nation
- Adopting tiered water rates designed to reward conservation
- Being one of the first three U.S. cities selected to pilot Project Get Ready to prepare and promote electric vehicle infrastructure and use within the region



Raleigh continues to make adjustments and additions to their Comp Plan to ensure it will be a city that values and fosters development that provides economic prosperity, housing opportunity and equity for all Raleigh residents. Environmental conservation, energy efficiency and sustainable development are all paramount to our future. We hope that Raleigh will be a great place to live with distinctive and attractive neighborhoods, plentiful parks and green spaces, quality schools and educational opportunities, and a vibrant downtown. >>>

Just a few of the sustainability polices and action items in the Proposed Comprehensive Plan Update for Raleigh are below:

- Manage watershed supply areas to minimize impervious surface cover and protect the quality of the water supply
- Protect natural resources and promote the conservation of contiguous open spaces
- Promote the development of mixed-use activity centers with multi-modal transportation connections to provide convenient and accessible residential and employment areas
- Establish bus stop facilities within mixed use centers
- Design new residential development with common and usable open space that preserves the natural landscape
- Create a well-connected, multi-modal transportation network that meets the needs of residents and visitors of all ages, incomes, and abilities
- Expand bikeable greenway trails and bikeways, and bike lanes
- Promote pedestrian connections in new and existing development
- Champion the recovery of the Neuse River

- Protect wildlife habitats and sensitive natural areas from development
- Maintain Raleigh's competitive edge in attracting and nurturing key industries that provide economic security and good jobs with good wages
- Increase financial resources of Raleigh residents, particularly low- and moderate-wealth households
- Provide a range of housing types throughout Raleigh and provide housing opportunities for all segments of the City's population
- Maintain existing passive and active parks and facilities
- Acquire new park land to maintain a high level of service and accessibility for all residents
- Provide better interconnectivity between the parks, greenways, and open space system locally and regionally
- Integrate parks and recreation system into a broader context of green infrastructure to maximize ecosystem conservation

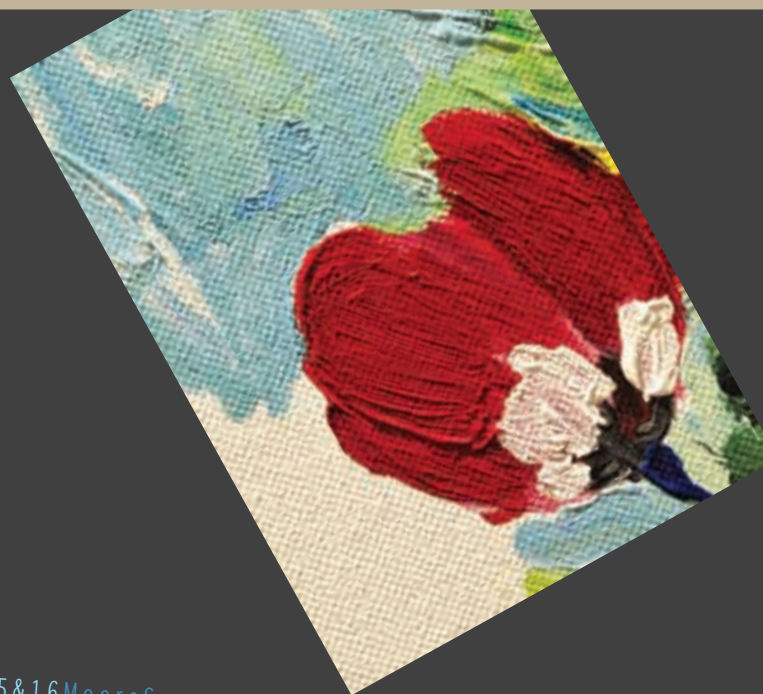


Another great green initiative is Raleigh's involvement with Project Get Ready. Raleigh was chosen as one of the first three cities to participate in



collaboration between Advanced Energy, Progress Energy and the Rocky Mountain Institute to develop the "best practices" to implementing the infrastructure for the electric vehicle charging stations.

Electric and plug-in hybrid vehicles must be charged while parked. To create infrastructure, consideration to charging requirements must be addressed in terms of where vehicles may be

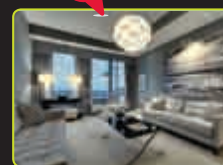


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parked and have been separated into residential, private sector and public sector. Residential includes single and multi-family housing as well as apartment complexes. Charging should be accessible for all forms of parking: garage, driveway or parking lot. Private Sector charging includes parking at workplaces, shopping centers or other locations where neither the vehicle owner nor the municipality owns the parking space. Public charging includes on-street parking and any public lot or parking deck.

NC Get Ready! is one of the first initiatives in the nation making a true commitment to the widespread adoption of "green" automotive technologies—bringing cleaner air, better health, job growth, lower dependence on foreign oil and an even greater sense of pride in our community.

An Investment in the Future

Scott Shackleton, a former CPA, has become a real estate investor, buying and renovating smaller homes in the Oakwood area. Always interested in green technology, both from financial and environmentally-conscious standpoints, Scott decided to build his version of a truly green home in downtown Raleigh.

Relying on information he researched on many different green websites as well as from local business professionals and city organizations, Scott chose several different technologies for energy savings and reducing his carbon footprint. There are as many low-tech solutions implemented as there are high-tech, much of which he says can be afforded by anyone building a home.

The design of the house was probably the most important. Building a home only as large as you need is crucial, he says, thereby eliminating wasted energy and resources. The exterior walls are six inches thick, allowing ample room for spray foam insulation to create a very tight protective barrier around the house and reducing the need for much of the typical heating and cooling.

Another low-tech solution was the installation of a rainwater harvesting system. Scott explains it wasn't a financial return on collecting rainwater that convinced him to add the feature to the home, but more of an environmentally-conscious decision: "The collected water will be used for washing clothes, flushing the toilets and watering my garden. We're helping to reduce water consumption which could be important should we have another drought like we did in the past few years."

Some of the high-tech solutions include solar electric power generation and solar thermal. The solar electric system cost about \$28,000 and is usually installed on much larger homes (Scott's house will be 1,400 square feet). Even with the initial cost, 65 percent of that will be returned in tax credits the first year. Because of the design of the house and how well-insulated it is, the house won't use as much electricity to heat and cool, so his house will >>>



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actually create more power than it will consume. This means each month he will receive a check from Progress Energy, which buys back consumer-generated electricity.

While the solar electric system may be out of reach financially for many homeowners, the solar thermal system is an affordable and

relatively inexpensive way to save energy and significantly reduce electric use. Hot water generation is one of the least energy efficient systems in many homes and accounts for a sizable portion of the electric bill. Scott's solar thermal system is tied into a radiant floor that utilizes the hot water to aid in heating the home.

The final cost for Scott's green house will be 20-25 percent more than building a traditional home, but much of that will be recouped in the first year through state and federal energy tax credits. He tells us the remaining cost difference will be recovered in ten years or fewer through energy savings. Scott explains, "Even if you don't plan on staying in a house for the entire ten years, the value of the home will still be there, so the cost can be recovered immediately if the house is sold."

Scott hopes to complete his house sometime in June and move in shortly after. He's anxious to see how the systems all work together and how much energy the house actually consumes. The combination of saving money and decreasing your carbon footprint on the environment make for a great investment in the future.

To follow Scott on his green house project, along with renovations of shotgun-style homes on Oakwood, visit his blog at www.oakwoodcottages.blogspot.com.



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- Four \$25 gift certificates to **The Mint Restaurant** located on Fayetteville Street, in the heart of downtown. www.themintrestaurant.com
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- Ten \$10 gift certificates to **Spize Cafe** on Fayetteville Street. Soups, salads, noodle salads, fresh rolls and baguettes. Green-friendly restaurant! www.spizecafe.com

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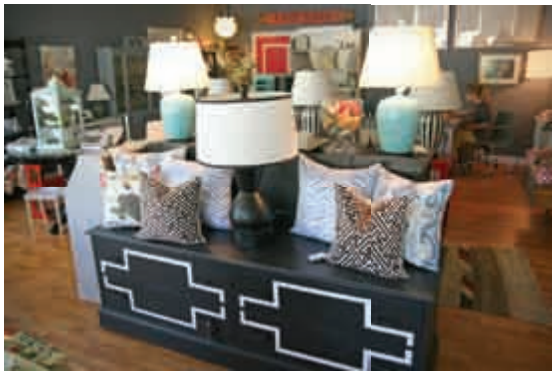
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RALEIGH DOWNTOWNER MAGAZINE

Furbish Studios BY MELISSA SANTOS

We all know that repurposing goods from vintage and thrift stores is a great way to recycle as it reduces the amount of trash in landfills and our consumption of consumer goods, but let's face it: not everyone has the time for do-it-yourself projects. But don't worry; the recently-opened Furbish Studios can help you save the environment—as well as your time.



Situated in the heart of the Glenwood-Brooklyn neighborhood on the corner of Glenwood Avenue and Washington Street, Furbish is owned

by interior decorator Jamie Meares. Jamie marries environmentalism and convenience by taking vintage pieces and reworking them into chic, custom pieces perfect for any décor (she'll even change the color or hardware to suit your style) and priced for every budget.

You'd think that given the attention to detail of all her pieces, it would take Jamie a dedicated plan and days to turn a buffet or table from blah to ooh-la-la, but as she explains, "A lot of times I won't have a plan. I'll just go down to the basement with a coat of paint and see what happens. If it's wood, solid and structurally-sound, I can do something with it."

Aside from furniture, Furbish also carries art from Caroline Cobb Wright, Jamie's personal flea market finds and eco-friendly fabric including Mod Green Pod, a line made from organic cotton. Furbish sells it by the yard in nearly every color, print or pattern imaginable because as Jamie says, one of the easiest and greenest ways to decorate is



to simply slip-cover or reupholster your existing sofa and chairs.

If coming into her store and picking out what you like seems too time-consuming, Jamie also offers in-home consultations. For only \$75/hour, she'll help you re-vamp your rooms and re-imagine your furniture to create that room you always wanted, but never got

around to redecorating on your own.

With all that Furbish has to offer, you can now renovate your home at a fraction of the cost as buying new items and at a fraction of the time of doing it yourself. 🏠

Melissa can be reached at melissa@raleighdowntown.com.

Furbish Studio

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www.awarenessday.org/awareness-nc

Ed Mitchell Kicks Off New Downtown Farmers Market BY CHRIS MOUTOS

Barbecue anyone? And not just any ol' barbecue, but Ed Mitchell's barbecue, which is about as addictive as listening to his family's history and plans for the future. Ed loves cooking, and it's clearly evident from talking to him. As the eldest of his siblings, he began cooking at the age of 14 with his parents at their small community grocery and grill in Wilson, NC. According to Ed, "Barbecue is a way of life and a family tradition for many eastern North Carolinians. One day not long after my dad died, I was having lunch with my mom at the store and someone came in for a hot dog but saw the barbeque I made and asked for it instead. Mom asked if it was OK and I said sure. Word got out and before we knew it, people were asking for our new barbeque."

Ed describes his barbecue cooking method as "authentic." As a native North Carolinian, I was expecting his response to be either eastern or western, or maybe a hybrid of both. Ed says he is a true barbeque connoisseur and he likes it all, even burned. He cooks the whole pig and mixes the meat. "That's what I consider authentic," he says with a grin. He must be doing something right, as his reputation is known around the country. He's been featured in The New York Times, Gourmet Magazine, in television documentaries on NC barbecue, and won his Throwdown in Downtown Raleigh against Iron Chef Bobby Flay for his legendary Carolina Ribs. Even in New York City, people line up every June for over ten blocks to try Ed's barbeque at the Big Apple BBQ Block Party.

Beginning at 10 a.m. on October 28, Ed will be preparing his barbeque for all to enjoy when The Raleigh Downtown Farmers Market kicks off its inaugural season at City Plaza with a classic eastern NC pig pickin'. "It is an honor to be asked to participate in this important kick-off event. I buy as much product from local farmers as I possibly can and feel that the farmers market concept is a great way for consumers to buy fresh and quality products from our great state," Ed says.

I look forward to my next visit with Ed as we sit on a stump, chat and cook. Make sure you visit him on October 28 at the Downtown Raleigh Farmers' Market. If you are unable to attend the Downtown



Raleigh Farmer's Market each Wednesday and like buying fresh, local goods, don't fret as the NC State Farmers' Market is open daily in the southwestern quadrant of downtown at 1208 Farmers Market Drive off of Lake Wheeler Road behind Dorothea Dix. You can also check out the Five Points Farmers Market which begins Saturday May 1st in the lower parking lot at Nofo. The market will be open every Sunday morning from May 1–October 30 from 8am to noon. 📍

More information

Raleigh Downtown Farmers Market: www.godowntownraleigh.com/farmers-market

State Farmers Market: www.ncagr.gov/markets/facilities/markets/raleigh/index.htm

Five Points Farmers Market: www.FivePointsFarmersMarket.com

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Caffé Luna BY BRIAN ADORNETTO, Food Editor

Having eaten at Caffé Luna several times over the past years, I knew exactly what to expect: a friendly welcome, a bright and relaxing atmosphere and a jovial and gracious host. Whether I dine with my wife, family or friends, we're always greeted with a warm smile and seated promptly by the ultimate Maitre d'Hotel, owner Parker Kennedy, who exudes grace, charm and knowledge while making sure every guest feels welcome. While chatting in between courses, we can gaze at the wonderful pieces of art by award-winning Nicole White Kennedy, renowned local artist and owner of Nicole's Studio and Art Gallery in downtown Raleigh, and the high ceiling and natural light along with the pale

yellow and wood tones throughout Caffé Luna bring back memories of a Tuscan spring.

Then there's the food. "We've eaten here just about every day since we opened in 1996 and we have always started with fresh, high quality ingredients. We make sure all of the food is great every day,"



Parker Kennedy

explains Kennedy. Not to mention a great value. Where else can you eat a gourmet dinner with a glass of wine for around \$20 per person and walk out happy and full?

We began our dinner with Calamari Fritti (\$6.95) and Antipasto (\$7.25). The thick-cut calamari was lightly floured, highly seasoned and flash fried. Our Antipasto consisted of thinly-sliced salami, cappicola (a dry cured pork shoulder or neck cold

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cut that comes from Naples), sopresata (a dried salami typically from the Apulia and Calabria regions of Italy), and Pecorino Toscano (an aged sheep's milk cheese from Tuscany).

Our entrées included Caffé Luna's Fantasia di Mare (\$14.95), the night's special, Costolette di Vitello della Griglia—Grilled Veal Chop—(\$16.95), and Lasagna (\$12.95). All paired extremely well with our bottle of Marchese di Frescobaldi "Remole" Chianti (just \$16!), a slightly fruity, easy drinking table wine. The Fantasia was composed of an abundance of fresh black taglierini (long, thin noodles made with squid ink), diced and sautéed grouper, shrimp, garlic, and Roma tomatoes. The thick and juicy chop was seared then finished with a brown butter, lemon and caper sauce, and served with roasted potatoes and asparagus. The veal was as tender as butter and the sauce was light and perfectly seasoned. However, the real show stopper was the Lasagna. It was layered with fresh pasta, ground veal, pork and beef ragu, three different cheeses, and a creamy béchamel (a classic white sauce). Caffé Luna's sinful version is rich, meaty and robust. When ordering this, make



sure your bread basket is filled because you'll want to sop up every last drop of the delicious sauce.

For dessert, we opted for the Tiramisu (\$4.95), which is made in-house, and the homemade Tartufo (\$4.95). We washed it all down with a fresh brewed Cappuccino, Espresso and Macchiato (\$2.95 each). The airy Tiramisu was fluffy and light. My childhood (and adult) favorite, Tartufo, was a quartered orb of goodness. It's a large maraschino cherry wrapped in a layer of chocolate ice cream that was surrounded by a layer of vanilla ice cream then enrobed in a chocolate shell. It was a fabulous way to end a terrific evening.

Pleasant surroundings, exceptional food and courteous service defined our dinner experience. Parker Kennedy expresses it simply, "Every day is customer appreciation day at Caffé Luna." I couldn't have said it better myself. 🍷

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



Caffé Luna
136 East Hargett Street
919-832-6090 | www.caffeluna.com

Lunch: Monday through Friday 11:30am–2:30pm
Dinner: Wednesday through Saturday 5–10pm

Cuisine: Italian
Dining Style: Upscale casual yet reasonable
Menu Type: à la Carte
Meals: Lunch and dinner
Ambiance: Tuscan Villa
Service: Warm and accommodating
Dress: Casual but neat
Features: Take out, Vegetarian and low carb options, Specials, Private 200 seat banquet room, Credit cards accepted
Alcohol: Wine, beer and liquor
Wine List: Good wines at exceptional prices (only three of the 35 plus bottles are more than \$35)
Parking: Free parking is available from 6pm - midnight in the corner lot on Hargett and Blount; Additional on streets and nearby lots.
Reservations: Recommended on weekends
Recommended Dishes: Lasagna, the Special Veal Chop, Tartufo
Downtowner Tips: If you're going to a show in the Progress Energy Center, park in the complimentary lot across the street, eat, and then take the free shuttle in front (afterwards the free shuttle will bring back to the same spot). Go for lunch when you can have most of the items on the menu for the price of a sandwich elsewhere. If you're looking for an extra special wine or celebrating a special occasion, you may want to ask for the posh "reserve wine list."

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Green Square Complex BY CHRIS MOUTOS

In this downturn economy, it's great to see construction cranes high above the ground in downtown Raleigh meaning that at least one big project, Green Square, is moving forward.

Green Square is a two-block, multi-use sustainable development project that brings NC's state environmental offices and a nationally significant Nature Research Center to the heart of the capital city enabling the Department of Environment and Natural Resources (DENR) and the NC Museum of Natural Sciences to promote stewardship to the general public.

Included within the city blocks being developed is office space for the DENR, the Nature Research Center (NRC), a Science Cafe restaurant and retail area, and above-street connecting bridges. Jill Pafford, the project manager states that other divisions that will make the move are the Customer Service Center, Pollution Prevention & Environmental Assistance and the regulatory divisions of Air Quality and Waste Management. Currently in leased space around Raleigh, it will be great to have them downtown in close proximity to the rest of DENR.



According to Pafford, "The Nature Research Center building will primarily be an extension of our current Museum of Natural Sciences. The current museum showcases what we know about science; the NRC will showcase how we know it. The NRC will combine observation of real-life labs with hands-on learning labs exploring all areas of scientific research. Also, the NRC will have the iconic 'Daily Planet,' a 3 story projection screen space where scientists can present their research

work or give informative talks in front of an audience."

The design of the complex allows for the visitor to enjoy everything the facility will offer without the worries of inclement weather or the dangers of crossing streets. The DENR office building, NRC and Museum of Natural Sciences will be designed to connect via a bridge beginning at the intersection of Jones and Dawson Streets and continuing through the inter-

"In the demolition process, we salvaged 98 percent of the material from the existing buildings on-site, and we will be reusing salvaged bricks, marble and trees in the two new buildings."

section of Jones and Wilmington Streets. Separate project plans provide for the DENR offices and the NRC to be connected to a 900-car parking deck behind the NRC along McDowell Street and another bridge from

the existing museum to where the NRC is proposed.

One of the goals of the construction of Green Square is to apply the principles of green building and sustainable design to qualify the complex for a minimum of LEED Gold certification. From the beginning, green methods were used. As Pafford says, "In the demolition process, we salvaged 98 percent of the material from the existing buildings on-site, and we will be reusing salvaged bricks, marble and trees in the two new buildings. The construction contractors for both buildings are recycling about 85 percent of their construction waste." Furthermore, the site is designed to emphasize the conservation and protection of resources and the natural environment by setting goals to reducing potable water demand by at least 50 percent of offices or museum buildings its size. Roofs will be constructed as "green roofs" to reduce storm water runoff, reuse storm water and reduce heat island effect. It collects



rainwater in cisterns for reuse, such as the flushing of toilets. The landscape will utilize native and regional plants. Any required irrigation will be accomplished with collected rainwater. Condensation from air handlers will be routed to the landscaping or cisterns.

Learn more about the project and see up to date construction webcam and photos on the NCDENR website: <http://portal.ncdenr.org/web/greensquare/home>.

DISCOVER

Hillsborough ST

BY PETER EICHENBERGER

In our final installment of *Discover Hillsborough Street*, we reach the end of the area most affected by the recent construction. We hope that these past few issues have helped bring much needed exposure to the wonderfully diverse businesses and shops along one of Raleigh's favorite streets.

Closing in on Chamberlain Street, we enter the nosh zone, the center of the world—as far as the NCSU food zone goes. This is the part of the tour where you'd best bring your appetite; no room for whiners here. You have your uptown and you have your downtown, places to bring your mom and those that are pure calories on the run.



First stop, the second pizza joint in half a block. I've slaved under the hot NC sun days on end chopping mortar and the same is true for Joe Valleis, a third generation Italian stone mason. He grew up in the working-class heart of steel country where a seven course meal might often as not be a hoagie and a six pack. Joe knows Pizza and I Love NY Pizza is where he goes for lunch. This is no fancy-schmancy red tablecloth joint here, bud. It's the real deal, sort of a refueling station with all the ambiance of a subway station but, man, do these guys serve some mean pie by the slice.



Next up the street is El Rodeo, your basic Mexican establishment but a notch up on the ambiance

level; a real restaurant although modestly priced. Great food, good service, lots of chips, and FRESH salsa. Good prices (\$6-\$8 for dinner, less for lunch). A little noisy, but this is still the kind of place you might go on your lunch break off the job on a Friday.



When I was at State, Golden Dragon was a perfect fit for my budget. It takes a little getting used to, very industrial in feeling, somewhat like I Love NY Pizza, but amorphous, a heap of carbohydrates with what pleases you mounded on top. You have the fuel, monster calories en extremis, which is perfect for the busy type who hasn't time to engage in the triviality of actually cooking but needs more than a sandwich.



Now Porter's is where you bring your date. We old Raleigh types might miss the Rathskeller formerly located at the same address, but Porter's is a fine replacement. The first thing you notice is the interior, all post-modern curves, angles and soothing shades. Like the old Rat, you will feel comfortable whether you are there for a sit-down meal or simply for a drink. The wait staff is friendly and attentive and the food is quite good

and as the restaurant serves NCSU, you won't feel too much of a bite out of your wallet when the check arrives.

Mitch's Tavern, like Player's Retreat, is a slice of old Hillsborough Street. The main advice here is that it is easier to get there than it is to leave. The unbroken stairway leading from street level to the second story bar/restaurant should engender caution if you've had a few of the reasonably priced drinks from the bar at the top. If you're there for food, Mitch's full kitchen offers up what you'd expect from a college area place.

Mitch's location has some history: Mitch's did yeoman service as a location for the bar scenes in the Kevin Costner vehicle, *Bull Durham*. That gig closed the place for weeks amid great fleets of semis, bright lights and cop tape. Political monster, Mitch Hazouri, who ran for mayor at one point, took over the space in the 70s. To this day he can still be found there, ready to engage and dispense wisdom on any number of subjects associated with the street. Be prepared to hunker down for a spell. 🍷

Peter can be reached at peter@raleighdowntowner.com.



I Love NY Pizza
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El Rodeo
2400 Hillsborough St | 919.755.9697

Golden Dragon
2402 Hillsborough St | 919.834.2626
www.goldendragonnc.com

Porter's
2412 Hillsborough | 919.821.2133
www.porterstavern.com

Mitch's Tavern
2426 Hillsborough | 919.821.7771
www.mitchstavern.com

David Eichenberger BY CHRIS MOUTOS



After graduating with a Bachelor in Fine Arts from the Savannah College of Art and Design, David moved back to Raleigh and began doing mural work with Clark Hipolito and illustrations for various print publications. Feeling the need to explore other talents, David began painting works of art of various themes. David had his first opening at Third Place Coffee Shop in 2002 to show his work. From that point, he experimented with different techniques, forms



and themes. Over the years, he has developed a penchant for Pop Surrealism creating various artwork based on various subcultures and pop cultures.

According to David, "When I paint, it makes me feel like a kid again, sitting on the floor of my mother's living room drawing whatever comes to mind. This feeling of innocence is what I try to capture when I make art. Through these choices we lose our innocence, our ability to imagine, to play and to be illogical. In my

paintings I try to allow the viewer to remember their childhood and not take life so serious."

David enjoys being a part of the great downtown Raleigh art scene and believes that it will continue to expand David says "I see Raleigh as a close-knit community that is burgeoning, yet will always remain one in which people will look out for you". David's work has been shown in many places over the years and until recently he was in Artspace as one of the area's emerging artists. Currently, David's studio is located at the Bonded Llama and his works can be seen at the \$25 PBR Show at Design Box on May 7. David likes the concept since all the artwork by the artists will be \$25.



For those who do not know, the Bonded Llama is a fairly new artist collective located at 1505 Capital Blvd. Started by two local artists in November of 2005, the studio is both a means to reinvigorate a forgotten section of the city and a communal working environment for local artists. Bonded Llama is now the artistic home to twelve artists, including David, whose works run the gamut of 2-D and 3-D art: painting, printing, watercolor, papermaking, metal and clay sculpture, installation art, jewelry design, and architectural design.

<http://bondedllama.com/wordpress/tenants/david-eichenberger/>

Chris can be reached for comment at chris@raleigh-downtowner.com

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Literacy Council
WAKE COUNTY

the Fashion of summer

BY CHRISTINA GRANILLO

Ah, Raleigh in the summer. Whether you're dining al fresco at your favorite neighborhood spot or having fun at one of the many outdoor events our city has to offer, there is one thing that comes with summer that no one enjoys—humidity! While your first instincts may tell you to run naked through a sprinkler or vow to wear nothing but flip flops and cotton shorts, thanks to the many clothing stores in the area that carry some of summer's most popular trends, neither your neighbors nor your style have to suffer due to the heat.

This summer is about maximum style with minimal effort. Local boutiques are housing the hottest pieces that make looking "put-together" easy. You'll also notice something while hitting the stores this summer; fashionably speaking, this is a time of contrasts. Beside prairie-chic floral sundresses you'll find menswear inspired tailored pants, and across from a wall of Kool-Aid-hued pieces you'll see rows of neutrals in khaki, white and cream. Prints and patterns of all kinds are everywhere—from gingham to tribal to what Style.com calls "digital," anything is fair game this season. You can go for a soft or hard look, or both. The choice is yours, with the abundance of delicious options in stores right now, deciding what you *don't* like may be the hardest part!

Dresses prove their staying power season after season, and this summer it's obvious that isn't going to change anytime soon. There is nothing more get-up-and-go than throwing on a cute dress and running out the door. Whether it's a casual sundress for the day or a more tailored style for a night out, Raleigh boutiques are overflowing with them.

Bevello in Cameron Village carries affordable, well-made, beautifully-structured dresses of all styles in summer-friendly fabrics. Manager Lindsey Sorrell describes the overall look of bevello as "very feminine" and "love-centric," and with a plethora of color-coordinated dresses, tops, rompers, and purses, it's impossible not to fall in love with the store. Each piece is very of-the-moment yet classic enough to take into summers seasons from now.

Nativa, a locally owned boutique that originated 30 years ago in Puerto Rico, opened a store in Apex



two years ago and now has a location in North Hills as well. Owners Carlos and Amina and friendly sales associate Joan all agreed that dresses are Nativa's best sellers. The sophisticated, fun shop is filled to the brim with options that can take you from day to night and everywhere in between. Joan again touched on the contrast trend, pointing out that many of the hottest styles were single pieces containing two or more different fabrics and prints.

Dramatic accessories have been big the past few seasons and are still huge this year due to their ability to instantly and effortlessly add a punch of personality to any outfit. Unique purses, hair accessories and jewelry are all easy ways to turn a simple ensemble into a fashion statement. Bows are very big—literally. Whether oversized or tiny and dainty, you'll see them on everything. When the days are too hot to wear your hair any other way but up, add a headband adorned with peacock feathers or of course, a cute bow, and no one will know you're stylishly hiding the unfortunate side effects of humidity.

If you tend to be attracted to the unconventional, no place does it better than Cameron Village's SoHo, which carries cute, cartoony bags and wallets by Tookata People and bold, bright dresses by Desigual. For almost 25 years, owner Martha has filled her stunning shop with beautifully detail-oriented "investment pieces" by "cherry picking"

what she loves from designers instead of focusing on what's super-trendy. By keeping with her "anti-trend" philosophy, her clothing and accessories are always relevant and *always* in style. SoHo is also the only place in the area to purchase the uber-popular Melissa shoes, and they have plenty to choose from in styles ranging from platforms to oxfords—two very popular trends in footwear this summer.

If plastic shoes aren't your thing, than perhaps a pair of Toms are. For a huge variety of the comfortable shoes, look no further than bevello. Toms are the perfect summer alternative to the flip-flop and continue to grow in popularity, so it's no surprise that the canvas shoe is one of bevello's bestsellers. With sequins being a major presence on the runways this season, you can get in on the trend with a pair of sequined Toms in silver or gold.

For men this season, it's all about putting a new spin on old classics. Once again, catwalks were ablaze with outfits that gave a nod to the past while possessing a definite modern edge. The ultimate stop for the style-conscious man is Wardrobe, a Cameron Village boutique profiled in last month's issue of the Downtowner. Some of owner Robb Ward's favorite items of the moment are their colorful collection of skinny ties by local NC State designer Lumina. In light fabrics like treated linen and with a range of sherbet colors and prints like gingham, polka dots and stripes, you'll want to scoop one of each. They're the perfect addition to a simple button-up shirt (also a major fixture on the Spring/Summer runways). Pair it with some of Wardrobe's fitted jeans, and you're good to go. They also carry Penguin clothing, which offers fitted polos in an array of colors as well as swim trunks with retro prints—two definite summer must-haves.

Fussing over what to wear is never fun and with a few key staples in your closet, there's certainly no need to. So no matter what your style preference may be, there are plenty of options for looking hot this summer while staying cool—no nudity required. 🍷



Christina can be reached for comment at christina@raleigh-downtowner.com.



Lee and Christine at the MS Benefit at Solas



Michael of EdgeOffice and Iina of Dirt and Noise at one of her 5 o'clock Fridays



Emily, Greg and Barden (center) at his birthday party downtown



Downtown Magazine contributor George and family at the Earth Day Celebration downtown



Downtown Magazine Food Editor Brian and family at Raleigh Memorial Auditorium

Vermillion 5-year anniversary party at Flanders Gallery



AROUNDTOWN **AROUND** TOWN AROUNDTOWN

Pre-opening photos below from the new NC Museum of Art on April 6th. The museum is now open! www.ncartmuseum.org Photos by Crash Gregg and Ted Salamone (*)





Charles Graves, Gladys Inman and Mitchell Silver at the 30th Anniversary Gala of Planning and the Black Community. Congrats to Mitch for becoming the new APA President Elect!



Gigi and Taz at the grand opening of their 4th shop downtown

The Haddix family enjoying downtown after a recital



Photos below from NCT's production of *Cinderella*



AROUNDTOWNAROUNDTOWNAROUNDTOWN

Photos below from the Raleigh City Museum exhibit opening of *Abstract*



Exhibiting artist Christian Karkow

Museum staff Wade, Jenny and Siarra



Exhibiting artist Jason Craighead

Photographer Doug Van de Zande (3rd), wife Linda, daughter Georgia and her friend Jordan



Realtor and Downtowner contributor Louise and Deb



Exhibiting artists André Leon Gray and Louis St. Louis

Celebrating 50 Years of SNCC

BY SARAH BATTIS, RALEIGH CITY MUSEUM

We often think of the Civil Rights Movement on a national scale, noting many important figures such as Dr. Martin Luther King, Jr. and Rosa Parks. Yet, Raleigh played an important role in the Civil Rights Movement, too. Raleigh boasts the birthplace of the Student Nonviolent Coordinating Committee, otherwise known as SNCC (pronounced 'snick'), which celebrates its 50th anniversary of this month.

On February 1, 1960, four college freshmen at NC A&T University famously sat at a whites-only lunch counter at a Woolworths in Greensboro. Within the next two weeks, the sit-ins spread across North Carolina to Durham, Winston-Salem, Charlotte, Fayetteville, and Raleigh. Activists saw the passion and potential power behind these sit-ins and realized that in order to be most effective, the sit-ins and similar protests needed a more formal system of organization. SNCC became that organization.



Local activists waiting outside of a jail cell.

IMAGE COURTESY OF THE RALEIGH CITY MUSEUM.

SNCC was formed April 15-17, 1960, at Shaw University under the guidance of NAACP organizer Ella Baker. Over 300 activists participated in the first meeting. The group first met under the sponsorship of Dr. Martin Luther King, Jr.'s civil rights organization, the SCLC (Southern Christian Leadership Conference). Like Dr. King and the SCLC, SNCC adhered to a belief in nonviolence. However, SNCC would prove to be an entirely new kind of civil rights organization.



In response to the sit-ins, white business owners removed the seats to the lunch counters.

IMAGE COURTESY OF THE RALEIGH CITY MUSEUM.

SNCC's leadership style differed from that of older civil rights organizations because it was a youth-led organization. The majority of SNCC's members were between the ages of 15 and 22, and Ella Baker encouraged the group to reject outside adult leadership. These younger members were dedicated activists, saw each individual as contributing to their leadership and believed that widespread change must first occur on a local level.

Initially, SNCC members disagreed on the group's aims. Some members wanted SNCC to continue to focus on direct action against segregation—that is, to continue the sit-ins and other forms of peaceful protest. Others wanted to concentrate on registering African American voters. Eventually, SNCC members agreed to do both. While members may have disagreed on other strategies, the belief in nonviolence unified them. SNCC's statement of purpose articulates their goals: "Through nonviolence, courage displaces fear; love transforms hate. Acceptance dissipates prejudice; hope ends despair. Peace dominates war; faith reconciles doubt."

Raleigh's Dr. Eleanor Nunn, an early SNCC activist, explains some of the

reasons she joined SNCC, "I grew up in a neighborhood where I played every day with a little white boy, only every day he came home wondering why I wasn't at his school and [I came home] wondering why I wasn't at his. I always felt that we were one people, citizens of Raleigh, citizens of the USA, but there was such a dual life. What resonated in my mind was that there were two of everything, white water fountains, white movie theaters; it seemed



Students having a sit-in at a local lunch counter.

IMAGE COURTESY OF THE RALEIGH CITY MUSEUM.

like a great economic waste, and the lesser things were always designated for people of color. As we began to talk together we began to realize there are many more likes than dislikes, more common denominators than uncommon factors."

Celebrate the 50th anniversary of SNCC on April 15-18, 2010, with the SNCC planning committee, comprised of original members of the movement. Shaw University is hosting numerous workshops and the conference will conclude with a Saturday evening reception featuring special guest Danny Glover. For more information go to www.sncc50thanniversary.org/index.html.

The Raleigh City Museum is located at 220 Fayetteville Street in downtown Raleigh and is open from 10am-4pm Tuesday through Friday, and 1pm-4pm on Saturdays. Check out our newest exhibit, *Green Frame: An Exposition in Reclaimed Materials* open through April 2010. If you have any questions, please call 919-832-3775 or check out our website at www.raleighcitymuseum.org

SECOND ANNUAL MOSAIC SPRING MUSIC FEST

The 2nd Annual Mosaic Spring Music Fest (MSMF), to be held at Mosaic Lounge in Raleigh's Glenwood South district from May 13 to the 23, is the latest edition of the popular Mosaic Spring & Fall Music Festival series. Drawing inspiration from their "Mosaic In Miami" events at the Miami Winter Music Conference and their experiences at other music festivals around the globe, planners Samad Hachby, Keith Ward and Steven Feinberg have once again teamed up to host the 11-day festival showcasing local, national and international DJ and musical talent in the Triangle.

The aim of MSMF is to promote new and independent artists, musicians and DJs in the Triangle area and beyond. It also has the goal of supporting numerous electronic and world music genres not commonly showcased around the Triangle. Salsa, Reggae, Samba, Ambient, Merengue, Downtempo, World Beat, and House are but a few of the genres that will be featured during the festival. Each night will have a different theme, including Latin, Afro-Brazilian, World Beat, Techno, House, R&B/Funk/Soul, and a special "Live Artist" night featuring a number of Triangle-area musicians. Both the interior and outdoor patio will be set up for sound, providing two separate areas for DJs and musicians to perform.

Over 40 local DJs and musicians will participate, along with some of electronic and world music's most talented DJ/Producers from around the globe, including Julius The Mad Thinker (Chicago, IL), Halo (San Francisco, CA), Sleazy McQueen (Orlando, FL), Ivy (Boulder, CO), Poranguí (Brazil) & Boddhi Satva (Central African Republic). A number of live bands will also participate, including Carnavalito, LizH, Michael Gonzalez, Mercurial & Evenkeel, Funkuponya, the Paco Band, and many more.

Mosaic Lounge's multicultural theme and long-time music policy promoting underground electronic and world music have had a profound impact on the tone and goals of the Mosaic Music Festivals. They invite you to join in supporting the Triangle music community as they bring performers and aficionados together in a friendly and casual atmosphere while advocating artistic exchange between musicians, artists, and DJs.

Full lineups, tickets, schedule, location, and more information, can be found at www.mosaicspringmusicfest.com.



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Annuals BY DAN STROBEL, Music Editor

Few bands in Raleigh illicit the reaction that Annuals get when brought up in conversation. Mainly, the question of “Where have they been?” since 2006’s *Be He Me* exploded onto the blogosphere and the Annuals enjoying a period of relative fame. Two appearances on *Late Night with Conan O’Brien* followed by performances at big festivals like Lollapalooza and Bonnaroo aided their signing with Canvasback Records, a subsidiary of Sony. Their 2008 release, *Such Fun*, was met with lukewarm reviews and Canvasback folded six months later. So, what have they been doing since then? According to drummer Nick Radford and lead vocalist Adam Baker, Annuals have been patiently waiting and recording their new EP, *Sweet Sister*.

“It’s been kind of like starting over, honestly,” said Radford. “We’ve had to find a new label, work out all the negotiations with that, and it’s taken a lot longer than we thought it would. We’re all ready to be touring again and playing, though; there has been too much downtime.”


Soon, Radford and his bandmates will get their wish. A month-long tour in May in support of *Sweet Sister* that wraps up with a show in Durham at Duke Gardens is on the schedule. *Sister*, released jointly by Annuals’ own label Terpsikhore and

Banter Records, finds Annuals reverting smartly to a more upbeat, *Be He Me*-style of sound. “All the reviews we’ve heard of *Sweet Sister* have been good, and we’re really happy with how it sounds,” said Baker.



With all of its members having grown up in the Triangle area, Raleigh couldn’t ask for more of a hometown band. “We all really like it here, and don’t see any reason to move,” said Radford. “Raleigh seems to have everything bigger cities have but isn’t as crowded.” A motley assortment of jobs keeps Annuals in the Raleigh area as well; Baker works at Guitar Center on Capital Boulevard, Radford at a piping company, while keyboardist and vocalist Anna Spence is a hostess at The Pit.

It remains to be seen whether or not Annuals will be able to recapture the hype that *Be He Me* brought them a few years ago. However, if *Sweet Sister* is any indication of their desire to rise to the top of independent charts again, they should be a blog-worthy band again in no time.

Annuals recently played a show at The Pour House with Bright Young Things and Gray Young, their last hometown show for some time. Baker’s side project Sunfold, which also includes three other members of Annuals, will continue to perform while the band is still in the area. Keep up to date with all Annual’s news and music at their website, www.myspace.com/annuals. 

Dan can be reached at music@raleighdowntowner.com.

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CALIFORNIA WINE COUNTRY

Outside the Ordinary

BY JOEL MORGAN



When most people hear California Wine Country, they automatically think of Napa and Sonoma. Those areas are great and are responsible for making California wines synonymous with outstanding wines on the world stage, but ever since Napa got a Wal-Mart and a NASCAR race, many wine lovers have been looking for other areas, counties and AVAs to tell their friends about. Oh, AVA is short for American Viticultural Area, which is basically a designated wine grape-growing region in the United States distinguishable by geographic features. AVA boundaries are actually legally defined by the Alcohol and Tobacco Tax and Trade Bureau. The more obscure or lesser known a place is to the general public, the more we wine geeks will gravitate toward those wineries. There are a number of counties that contain great wine AVAs both north and south of the twin realms of Napa and Sonoma, and I'll highlight some of the better ones.

Let's begin with the Temecula AVA in Southern California. This region began in the mid-1960s when the Kaiser Land Developmental Company purchased what is known as the Vail Ranch in 1964 and began investing in and marketing the agricultural potential of the Temecula Valley.

The first commercial vineyard in Temecula was the Cilurzo Winery, which was purchased two years ago by Imre and Gizella Cziraki and is now the Bella Vista Winery. *Bella Vista* makes 12 wines: red, white and rose. They also have a wine festival in the fall complete with grape stomping, a Lucy Look-a-Like Contest, BBQ, and live entertainment.

Another winery in Temecula is the *Longshadow Ranch Winery*. Longshadow still uses the Belgian Draft horses on the grounds of the winery and also offers carriage rides throughout the valley. Their selection of reds is a pretty diverse offering of the normal Cabernet Sauvignon and Merlot along with Cabernet Franc, Cinsault, Petite Verdot, a White Merlot (don't sneer), and a Muscat of Alexandria. There are other wines in their portfolio, and they also have limited offerings on a seasonal basis. The rustic Old West feel of the winery creates a nice ambiance and is quite popular with younger wine devotees.

Next we'll travel north to the El Dorado AVA in El Dorado County. In history, El Dorado was the supposed City of Gold sought after by European explorers. The soil of El Dorado AVA is mostly decomposed granite with the exception of Apple Hill which is east of Placerville. Apple Hill is actually an old lava flow from an extinct volcano that has since eroded down.

Sierra Vista Winery, located in Red Rock Ridge 30 miles west of Lake Tahoe, sits on hillside slopes ranging from 2,800 to 2,900 feet above sea level and practices Sustainable Agriculture in addition to using solar power. Their

wines are a full range of Rhone grapes as well as the more mainstream ones. Look for their Roussanne, Mourvedre, "Reeves Vineyard" Zinfandel, and Fleur du Montagne. The wine maker will be in the Triangle Area the first week of May and will be hopefully hosting a special Winemaker's Dinner at the Point at Glenwood Monday May 3.

Forty-five miles east of the state capital of Sacramento is *Boeger Winery*. The winery is located on the old Fossati-Lombardo homestead roughly 15 minutes away from where gold was discovered in California. The Italian heritage of the winery still is evident today with such varietals available as Primitivo, Refosco, Barbera, and Muscat Canelli. In addition to these varietals, they also have the more mainstream grapes, but the Italian varietals really stand out. Their innovative approach to winemaking was evident when they were of the very first wineries in California to plant Merlot. Although the repercussions of the movie *Sideways* are still being felt in the realm of Merlot, Boeger Winery has one that is well worth tasting.



Kelly enjoys one of the many wines offered at the Mint on their tree-shaded outdoor patio, available for lunch and dinner.

In addition to the two previously mentioned wine regions, Amador County, Lake County and Paso Robles are all regions worth visiting. I can honestly say I have never had a wine from Paso that I did not like. The wines seem to have an intensity that goes beyond most other areas, and the winemakers seem to have a mad scientist approach to creating wines. If you plan on taking a trip to California, you owe it to yourself to see these areas. They are much less commercial than the standard regions most people would visit and you can also have a better chance of actually meeting the winemaker. But if California isn't in your near future, there are a variety of locally-owned wine shops that have wines from the more interesting areas of California mentioned in this article. 🍷

Joel is a wine distributor for Epicure Wines, committee member for Triangle Wine Experience and an avid wine geek. He can be reached at joel@epicurwines.com.

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Healthy Track Cafe BY BRIAN ADORNETTO, Food Editor



Linda Anderson, co-owner and manager of Healthy Track Café, is attempting to redefine the concept of health food. She despises the idea of dieting, saying “the first three letters of the word spell die,” and there is no granola, tofu or sprouts on her menu. Instead, she tries to help her customers create a lifestyle that gives them healthy, flavorful choices without making them feel deprived. After speaking with Linda for just a few minutes, it is easy to see that she genuinely wants to help, motivate and support people who need to learn how to change their eating habits. In addition, Linda believes in supporting the community’s less fortunate; she even donated a portion of the café’s Easter sales to the Raleigh Rescue Mission.

Throughout the many years of running restaurants with her husband in their home state of Texas,

the couple frequently indulged in fried food so much so that they “went through five pounds of Crisco a week.” Then, in 1988, her 39-year-old husband passed away. This tragic event is what motivated Linda to



Linda Anderson and Chef Juan

learn as much about diet and nutrition as she could. Since then, she has been zealously spreading the word and Healthy Track Café is the next step in Linda’s quest. She’s using the café as a medium to put what she has learned onto every plate that’s served.

Healthy Track seats roughly 40 people with additional outdoor seating coming soon. The immaculately clean café also benefits from a brisk take out and catering business. Its walls showcase paintings and wooden sculptures by North Carolina artist Anna M. O’Brien as well as photos of the café’s food choices.

Healthy Track’s menu will change a few times per month “to keep diners from getting bored.” With the exception of the chips, bread, and pork BBQ (which is made by Linda’s long time friend and co-owner Jim Lancaster of Lancaster’s BBQ), everything on the menu is made fresh in the café daily, no frozen



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products or fried food are ever used and all pastas and breads are whole wheat. Additionally, all menu offerings are 500 calories or less and are chemical, margarine and preservative-free.

Our visit provided us with a scrumptious and healthy lunch. We sampled the Chicken Salad (\$5.99), Texas Beef BBQ (\$5.99), Turkey Cobb Sandwich (\$6.99), Chicken Marsala (\$6.99), and Greek Tilapia (\$6.99). The Chicken Salad was crunchy, light and cool. It had celery and eggs, but no onions. The BBQ Beef was shredded, sweet and tangy. The popular Turkey Cobb featured crisp bacon, avocado, tomato, lettuce, and hardboiled egg. The Chicken Marsala, Crash's favorite, was a hearty, tender and juicy breast sautéed, served over whole wheat pasta, and



topped with a light, mushroom-laden Marsala sauce. My favorite was the mouth-watering Greek Tilapia. Crowned with sautéed spinach, diced fresh tomatoes and feta cheese, the

perfectly cooked filet was delivered with a side of delicate and moist brown basmati rice.

By using only fresh, all-natural ingredients in the proper combination and controlling their portions, Health Track Café is providing a much-needed healthy food option for downtown. This refreshing café makes eating nutritious and wholesome meals easy, filling and flavorful. 🍴



Brian is a culinary instructor, food writer and personal chef. His business, Love at First Bite, specializes in private cooking classes, culinary workshops and intimate dinners. For more information, please visit Brian at www.loveatfirstbite.net.

Healthy Track Cafe

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Deep South the Bar BY MELISSA SANTOS

It seems I always have the most fun when I have no idea what I'm getting myself into. Don't get me wrong: I will never say no to a glass of bourbon at my go-to bar, knowing that the only thing it will lead to is another glass, but some nights I need something different. And a great place to find that—as well as the best Cherry Bounce in town—is Deep South the Bar.

You probably know Dave Rose as the suit-wearing co-founder of Deep South Entertainment, but at Deep South the Bar, he's the casually-clad co-owner/handyman/whatever else is required of him that day. As he describes it, "Deep South the Bar is a separate entity from Deep South Entertainment. It was never planned as a place to showcase our artists; in fact, I didn't even want to have live music when the bar first opened two-and-a-half years ago." Originally opened as "the kind of bar [Dave] would want to hang out at," Deep South has transformed into a place he, I, you, and everyone we know would want to go.

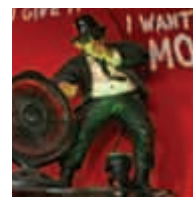
Dave admits he had no idea what he was doing at first, and says friends and partners Kevin Frazier (City Limits) and Chris Post (Slim's) were instrumental in helping him with bar basics. As far as the décor, well, it's pretty much the same as the atmosphere: anything goes. Lyrics scrawled

all over red walls? Sure, that'll work. Add some tables and chairs and boom, open for business!

Any other additions have been a result of Dave keeping his mind open and going with the flow: "One of the mistakes people who open bars make is saying, 'I'm never going to do this or that because then you limit your clientele and become known as a particular type of bar.'" Case in point: while Dave had initially said no to live music, they're now featuring it seven nights a week, in every genre, at every level.

So, even though Dave claims he *still* has no clue what he's doing when it comes to the bar business, it's clear that he's having fun. And you know what? We are too, Dave. 🍸

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



Deep South the Bar

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www.deepsouththebar.com
 Monday-Friday: 4:30 pm-2 am
 Saturday & Sunday: 8 pm-2 am

The 10th Annual Second Empire 5K Classic BY BRIAN VAN NORMAN

The Second Empire 5K Classic (www.secondempireraceraaleigh.com) celebrates its tenth anniversary on May 2, 2010 in downtown Raleigh. Founded by Second Empire Restaurant and Tavern owner, Kim Reynolds, the 5K Classic has been hugely successful in raising money for various North Carolina charities.

This year is no exception, as the 5K

Classic will benefit Hopeful Parents, (www.nchopefulparents.org), a Raleigh-based nonprofit organization that provides community support and education to adoptive and birth families. Formed in 2001 and organized as a nonprofit in 2004, Hopeful Parents has helped more than 400 members of the adoption process: adoptees, adoptive parents and birth parents.

Reynolds, an adoptive parent herself, chose Hopeful Parents because she understands the joys and anxiety associated with the adoption process. "Choosing to adopt or place a child for adoption is an emotionally trying time," Reynolds says. "Hopeful Parents offers its unyielding support to so many and that can make all the difference. I'm proud to partner with them."

As the beneficiary of this year's 5K Classic, Hopeful Parents plans to utilize funds donated to expand its offerings. Currently, the organization provides nearly 10 support and educational programs and services. These include: hosting baby showers for recently placed couples, giving gift and educational bags to birth mothers, assisting birth mothers in need with maternity clothes and funding, and infant/child CPR educational classes.

"We're trying to include something fun for participants of all ages, all while supporting a great cause," adds Reynolds. "We had a great turnout last year with

more than 800 participants, and we hope to beat that total this year."

Held on one of the fastest 5K courses in the Triangle area, the 5K Classic includes a competitive and non-competitive 5K run/walk, a one-mile recreational run/walk and a kids' dash. The event will also include an adoption expo with professionals from North Carolina-based organizations on hand to speak with participants.

Registration for the 5K runs is \$20 through April 24; \$25 from April 25-May 1; and \$30 on race day. The cost to participate in the one-mile recreational run/walk is \$10 and \$5 for the kids' dash. Further information regarding registration, entry fees, prizes, and packet pickup is available at <http://tinyurl.com/5KClassic2010>.

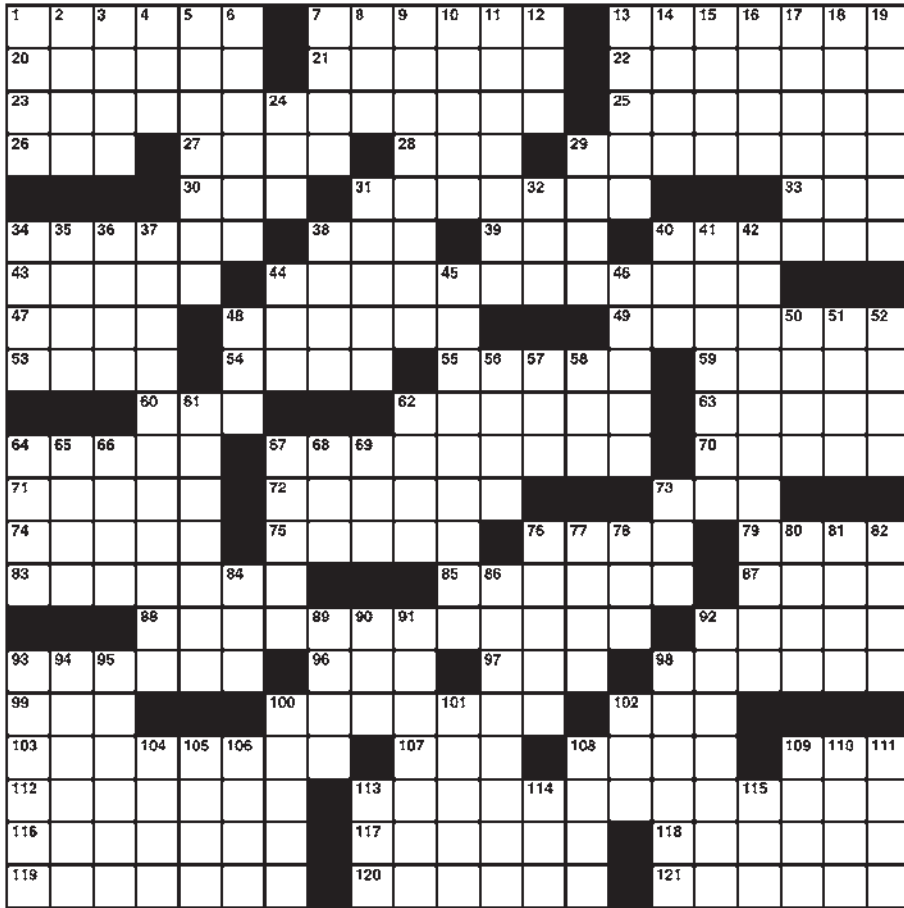
The Raleigh Downtowner Magazine is a proud co-sponsor of this event. 🍷

Brian Van Norman is a freelance writer and public relations specialist for Articulon. He can be reached at brian@articulon.com.



L to R: Rod Garnas, Reynolds Garnas, Kim Reynolds, and Ted Reynolds

MONTHLY CROSSWORD PUZZLE



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By Kathleen Fay O'Brien from the Los Angeles Times
Edited by Rich Norris and Joyce Nichols Lewis

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Puzzle answers on page 2

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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. 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.



N.E.D. (No Evidence of Disease)

Genre: Rock/Folk-Rock
www.motema.com/ned

There are many reasons to start a band, but for N.E.D. it was about bringing hope and encouragement to women suffering from gynecologic cancer and raising awareness about the disease. The band, which formed in March 2008, consists of six musically talented gynecologic oncology surgeons from all over the U.S., including two from Chapel Hill. The band's original rock and folk-rock songs encompass the emotional rollercoaster of battling gynecologic cancer—the twists and turns, the ups and downs, the hardships of fighting the disease, the sadness and anger of losing a beloved woman and mostly, the joy and hope oncologists have for their patients—no evidence of disease, the final battle and ultimate defeat of cancer. N.E.D.'s current CD is available for purchase online at www.motema.com/ned/. All proceeds from CD purchases and live performances are donated to the N.E.D. Cancer Foundation.



The High and Mighties

Album: Evolution EP
 Genre: Rock/Reggae/Pop
www.myspace.com/thehighandmighties

This is the perfect band to get you ready for summer. The High and Mighties bring a reggae groove to rock & roll that leaves one envisioning a warm breeze, toes in the sand and not a care in the world. The High and Mighties are Chapel Hill natives consisting of members Mark Belk (guitar, vocals), Matt Brown (bass), Patrick Smith (trombone), Eric Mrozkowski (drums), and Tim Smith (keyboard). Originally a Sublime cover band, the band turned to creating only original material in 2006 and things just kept getting sweeter. "While pushing their original chilled-out good time message of summertime romance, they have won attention and approval throughout the inner workings of the music industry." (www.reverbnation.com/thehighmighties) The High and Mighties bring a personal touch to every song, writing of troubled pasts and failed romances, allowing anyone to find something to relate to and appreciate. If you like the sound of sweet summertime (and really, who doesn't?) make sure to check out The High and Mighties online for upcoming shows and merchandise.



KinGator

Genre: Funk/Jazz/Rock & Roll
www.myspace.com/kingator09

Funk? Check. Jazz? Check. Rock & Roll? Check. This Raleigh band combines elements of all three genres to form a smooth sound ideal for those who appreciate a good jam session. KinGator consists of members Kyle Spangler (keys, vocals), Jeffrey Szczesny-Pumarada (guitar, vocals), Wes Hazelgrove (guitar), Dave Lamb (bass guitar, vocals), and William "Byrd" Davis (drums).

Get ready to get funky, as KinGator assures listeners, "KinGator comes to party, and those who listen party with KinGator, and everyone has a good time." If this sounds like your idea of a jammin' good time, make sure to check KinGator out at Deep South the Bar on April 10 at 10 p.m. Guests can expect to enjoy one-of-a-kind extended improvisational jam sessions. Can't make it? No sweat. You can still listen to their jazzy creations online at the provided web address.

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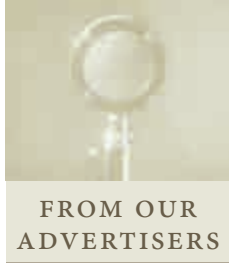
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FROM OUR
ADVERTISERS

This column will be a monthly feature including news from a few of our great partners here in the *Raleigh Downtowner Magazine*.

Peace China announces that it will begin its Music on the Porch series beginning on Friday, April 30 at 7pm. This adult- and kid-friendly Friday night event has become popular with ages 1-100, so come out and enjoy beer, wine, conversation, and food while listening to live music by talented local musicians. Located on the porch in front of Peace China at the back of Seaboard Station just past Ace Hardware. Visit www.peacechina.com for more information.

Nofo @ The Pig is proud to announce The Five Points Farmers Market Grand Opening on Saturday, May 1 from 8 am until Noon and every Saturday until October 30. The market will set up in the lower parking lot of Nofo and will feature seafood, meats, cheeses, produce grown in 5 Points, honey, eggs, flowers, baked goods and many other local items. Nofo Cafe will serve breakfast beginning at 8 am with a full brunch served from 10am-3pm. Visit www.FivePointsFarmersMarket.com for more information.

Neighborhood News

The Mint Restaurant has sprung into spring with a new menu featuring many new and exciting items. Be sure to check them out for lunch or dinner. www.themintrestaurant.com

Jibarra Modern Mexican and Tequila Lounge is open for lunch, dinner and Saturday/Sunday brunch. They have recently unveiled their new menus featuring many delicious lower priced items for your dining pleasure. Lunch and dinner items begin at \$5.50.

Seaboard Ace Hardware announces that aside from having the most extensive hardware selection inside the beltline, it is now offering a complete kitchen accessory department.

Carlton Place Apartments is pleased to announce that it will be on the Downtown Raleigh Home Tour on Saturday, May 15. Come and see downtown Raleigh's unique and affordable apartment living at 450 E. Davie just steps to all the vibrant activity of center city.

Tesoro Hair Design has opened at 320 Glenwood Avenue. Their hours are M-F 10am-6pm, W-Th 10am-7pm, Sat 10am-5pm. Give them a call at 896.7206 or visit www.tesorohairdesign.com.

Z-Mech Auto has opened a location at 101 South Blount Street. Their hours of operation are M-F 9am-6pm. Call 754.1300 or visit www.zmechauto.com.

Taz's has opened another location at 17 E Martin St with late night hours 7 days a week. They can be contacted at 838.9440.

Harmony Farms announces that it has opened its cafe located at 5653 Creedmoor Rd. Featuring 100% organic produce and many gluten-free products, visit them at www.harmonyf.net.

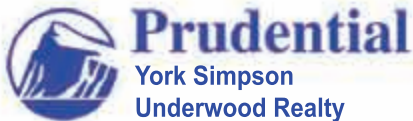
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DOWNTOWN SNAPSHOT

From the Downtown  Raleigh Alliance



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

Dear Reader,
Along with great weather, spring brings some exciting news from the Downtown Raleigh Alliance. The Raleigh Downtown Farmers Market will launch its first season at City Plaza on Fayetteville Street, Wednesday, April 28 from 10am–2pm. The kickoff event will feature an eastern North Carolina pig pickin’ prepared by legendary pit master Ed Mitchell. The market will operate 27 weeks, every Wednesday, April 28–October 27, from 10am–2pm.

Opening day festivities include an official inauguration by Mayor Charles Meeker, chef demonstration by Ed Mitchell, and bluegrass music by Old Habits. The market opens at 10am, but the celebration will officially begin when Mayor Meeker rings the market’s opening bell, the farmers markets’ version of a ribbon cutting. In addition, shoppers can embrace green initiatives by signing up for the Smart Commute Challenge, a program aimed at reducing our carbon footprint.

The new market is a reinvention of its predecessor, the Moore Square Farmers Market. Its relocation to City Plaza on Fayetteville Street places the market in the heart of downtown activity. In addition to the new location, the market has a new name, new look, and new website, RaleighEatLocal.com. The market will feature the highest quality farmers and food artisans, and the 2010 season will feature food festivals, chef demonstrations, tastings, and weekly entertainment.

The Raleigh Downtown Farmers Market, a program of the Downtown Raleigh Alliance, strives to be a guiding force in shaping the environmental, social and financial health of downtown by bringing the highest quality local growers and food artisans together to the Raleigh Community. The farmers market contributes to the sustainability and success of downtown by serving as a community gathering place, a vehicle for a regional economy, and a center for fresh, local, and healthy food.

Market partner, Blue Cross and Blue Shield of North Carolina, an independent licensee of the Blue Cross and Blue Shield Association, is helping to make the 2010 farmers market season possible. BCBSNC shares the market’s philosophy of encouraging a healthy lifestyle.

I hope you are able to take advantage of a number of unique events that are scheduled downtown during the next couple months. To learn more about events, parking, maps, and the free R LINE circulator bus check out www.YouRHere.com.

Please enjoy this issue of the Raleigh Downtowner Magazine.



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FINANCIAL FOCUS

Invest in Businesses — Not Wall Street

If you’re an investor, you might be shaking your head in dismay after looking at your recent brokerage statements. In fact, you might even be thinking about giving up on Wall Street altogether. But before you do, consider the following story.

Two typical American children, Mary and Michael, begin their day with a hearty breakfast of oatmeal produced by Quaker Oats, a subsidiary of PepsiCo, based in Purchase, New York. At school, they work on a computer, using a Windows operating system produced by Microsoft, based in Redmond, Washington. Upon returning home, they do their homework under a lamp containing light bulbs produced by General Electric, headquartered in Fairfield, Connecticut. That night, their parents, pressed for time, take them to McDonald’s, whose corporate office is in Oak Brook, Illinois, and the children eat Big Macs and drink Cokes, produced by Coca-Cola, based in Atlanta, Georgia. Before going to bed, Michael and Mary wash up with Ivory Soap, produced by Proctor & Gamble, based in Cincinnati, and are thrilled to learn their parents are going to take them to Walt Disney World, owned by The Walt Disney Company, which operates out of Burbank, California.

You get the picture. None of these businesses are on Wall Street — and when you invest in them, you’re not investing in “Wall Street,” which is really just a shorthand term for our system of trading stocks. Unfortunately, many people seem to think they are actually investing in the system itself, rather than in individual businesses, so when they repeatedly hear that “it’s been a wild day on Wall Street,” they start believing that the very act of investing has become too risky for them.

But that’s not the case. As you can tell by their products, the companies mentioned above are likely to be around for a long time — or at least until people stop using computers, washing their hands and eating hamburgers.

Does that mean that the stock prices of these types of companies will just keep climbing? Of course not. These businesses, like all businesses, will go through good and bad periods, and their stock prices will reflect these ups and downs. But here’s the key point: Barring an unforeseen calamity of epic proportions, there will be always be businesses in which you can invest. And if you buy quality companies, and hold them for the long term, you’re going to increase your chances for success.

So when you’re considering your investment strategy, don’t worry about today’s turbulence on “Wall Street.” Instead, look at tomorrow’s prospects for the companies in which you’re interested. Are their products competitive? Do they belong to an industry that is on the ascent or the decline? Do they have good management teams? Have they been consistently profitable over the years? By answering these and other key questions, you should be able to get a good sense of whether a stock is a good investment candidate.

By thinking more about the individual businesses in which you might invest, and less about “Wall Street,” you can become a more focused investor. And, over the long term, that focus can pay off for you.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, its employees and Financial Advisors do not provide tax or legal advice.



CAPITAL BANK

Brought to you by Capital Bank and its commitment to the performing arts and artists in Raleigh. 800.308.3971 | www.capitalbank-us.com

April 17, Saturday
SPCA K9 3K Dog Walk at Moore Square. 9-10:45am: Day of Registration (pre-registration is highly encouraged). 2:00-5:00 PM Bark Before Dark after parties

April 21, Wednesday
 Broadway Series South presents **Alice in Chains** in Meymandi Concert Hall. Call 831-6060 or visit www.broadwayseriesouth.com for ticket information.

April 22–May 9
 The Carolina Ballet presents **Romeo & Juliet** in the Fletcher Theatre at the Progress Energy Center for Performing Arts. For ticket information, call BalletLine 919.719.0900 or visit www.carolinaballet.com.

April 24, Saturday
World Beer Festival at Moore Square. Visit www.allaboutbeer.com/wbf for more information.

April 24, Saturday
The 5th Annual 5k Run For Our Heroes begins at Nash Square beginning at 9 am. For more information and registration, visit www.runforourheroes.org.

April 28, Wednesday
Downtown Raleigh Farmers Market and Pig Pickin' grand opening in City Plaza.

April 30, Friday
Raleigh Rocks Free Concert in City Plaza from 7-11pm. Rock and Roll Hall of Fame Weekend in the Triangle kicks off with a free public concert featuring performances by Professor Louie & The Crowmatix, 94 East and Troubled Identity in the heart of downtown as Raleigh Rocks April 30, 2010.

April 30, Friday
Benefit for the Diabetes Bus Initiative at Amra's on Glenwood Avenue from 5:30-8 pm. Come out and support this non-profit that provides free diabetes education in underserved communities. Tickets are \$20 and can be purchased at www.thediabetesbus.org.

April 30, Friday
 Peace China presents **Music on the Porch** from 7–9 pm. This weekly event every Friday through the fall presents live music, spirits and fun for both adults and kids. Join the music and festivities on the porch and parking lot at Peace China in the Shops at Seaboard Station.

April 30–May 1, Friday/Saturday
A Night at the Opera presented by the NC Symphony in the Meymandi Concert Hall. This spectacular concert showcases the world of opera, with overtures, intermez-zos, arias and duets from Handel, Mozart, Bizet's enduring Carmen, Wagner and Verdi—plus a few surprises along the way. Grant Llewellyn, Music Director. For ticket information call 733.2750 or visit www.ncsymphony.org.

May 1, Saturday
Downtown Raleigh Festival of Hope from 10 am–2pm beginning on the streets in the 300 block of E. Hargett in front of the Raleigh Rescue Mission. Bring the whole family for a day of fun, live music, food, games, giant inflatables, face painting, our 5th Annual Big Barbeque Showdown and more! You can tour the Mission and learn more about our ministries to the homeless and poor. FREE event open to the community and is our way of saying thanks for your support all year round!

May 2, Sunday
The 10th Annual Second Empire 5K Classic beginning at 2 pm benefiting Hopeful Parents, an organization that celebrates adoption and supporting hopeful parents. There is a 5K run, a kid's dash and a Child's Hope 1 mile Fun Run/Walk. For registration and more information, visit www.SecondEmpireRaceRaleigh.com.

May 4–9, Tuesday-Sunday
 Broadway Series South presents **Riverdance**, a thunderous celebration of Irish music, song and dance that has tapped its way onto the world stage thrilling millions of people around the globe. Raleigh Memorial Auditorium. Call 831-6060 or visit www.broadwayseriesouth.com for ticket information.

May 7, Friday
 Experience art in all of its forms with **First Friday** in all Downtown Raleigh districts! Enjoy a free self-guided tour of local art galleries, art studios, museums, retail, restaurants and alternative art venues on the first Friday of every month beginning at 6 pm.

May 7–8, Friday/Saturday
 The NC Symphony presents an evening of pops with **Our Favorite Things**. Join the symphony as they share some of Grant Llewellyn's very favorite music of all time, from Baroque to Broadway and everything in between. Also featuring the amazing and multi-talented singers Phyllis

Pancella and Stephen Powell. Also, there will be two audience-determined selections—one chosen in advance by on-line voting, and the other by instant feedback at the concert. Visit www.ncsymphony.org or call 733.2750 for more information.

May 8, Saturday
Puppy Mill Awareness Day from 11 am–5pm at Moore Square. Visit www.awarenessday.org for more information.

May 8, Saturday
The 3rd Annual Capital City Classic presented by AthleticsNative. Packet pickup at 6 am, Kids Dashes begin at 8 am and the 10K begins at 8:30 am. Begins on Fayetteville Street. Visit www.capitalcityclassic10k.com for more information.

May 14, Friday

Phil Wiggins & Corey Harris presented by Pine-Cone—Piedmont Council of Traditional Music from 8–11pm at the Fletcher Opera Theater at Progress Energy Center. An acoustic harmonica-guitar blues duo who are uniquely able to showcase the synthesis of African and European elements that co-exist in the blues. For more information, visit www.pinecone.org. Tickets at the box office or call 664.8302.

May 14–15, 21–22/Thursday/Friday

The Raleigh Little Theatre presents **Songs for a New World** at the RLT outdoor amphitheatre. From the deck of a 1492 Spanish sailing ship to a ledge 57 stories above Fifth Avenue, a cast of characters perform 16 songs, each telling its own story: how to survive in a new set of circumstances—a new world. These are songs about that new world in which definitions of family, distance, money, technology, the very nature of human contact is changing everyday, a world in which the rules don't apply as often as they do, a world in which the solutions our parents found don't work for us, and a world in which today's answers probably won't apply tomorrow. This unique musical is the brainchild of Tony-Award winning American Musical Theater lyricist and composer Jason Robert Brown. Tickets on sale now from etix.com or from the RLT Box Office at 919-821-3111.

May 15 & 16, Saturday/Sunday

Artsposure presents the 31st edition of its namesake **spring arts festival** in and around Moore Square in downtown Raleigh, a premier arts festival in NC, the event showcases all forms of art up and down Blount, Martin and Hargett Streets near Moore Square and City Market. Kidsposure provides activities and entertainment for children. Kids will discover their inner artists by creating the make-and-take offerings at the event. In addition to the many arts and crafts available, the Kidsposure Stage will provide live family-friendly entertainment. The Student Art Exhibition features a juried selection of artwork by students from Wake County High Schools and Middle Schools. This aspect of the weekend is an exciting glance into the artistic talent of local students. The exhibition will be in the Zanzibar Room at Marbles Kids Museum. Artsposure is free to the public and is held rain or shine.

May 15–16, Saturday/Sunday

Nickelodeon's musical adventure **Storytime Live** at Raleigh Memorial Auditorium. Come play along with your favorite preschool pals live on stage. Leap into Fairytale Land with "Dora the Explorer," journey through Purewood Forest with "The Backyardigans," hop into Wonderland with "Wonder Pets!," and monkey around on The Monkey King Adventure with "Ni-Hao, Kai-lan." Call 831.6060 or visit www.broadwayseriesouth.com for more information.

May 15, Saturday

Henside the Bellline Tour d'Coop. 10 AM to 4 pm, rain or shine. For Admission, please bring a non-perishable food or cash donation for Urban Ministries of Wake County. 100% of the food and money collected as admission goes to Urban Ministries. Tickets are available only on the day of the Tour. Visit www.hensidethebellline.blogspot.com for more information.

May 15, Saturday

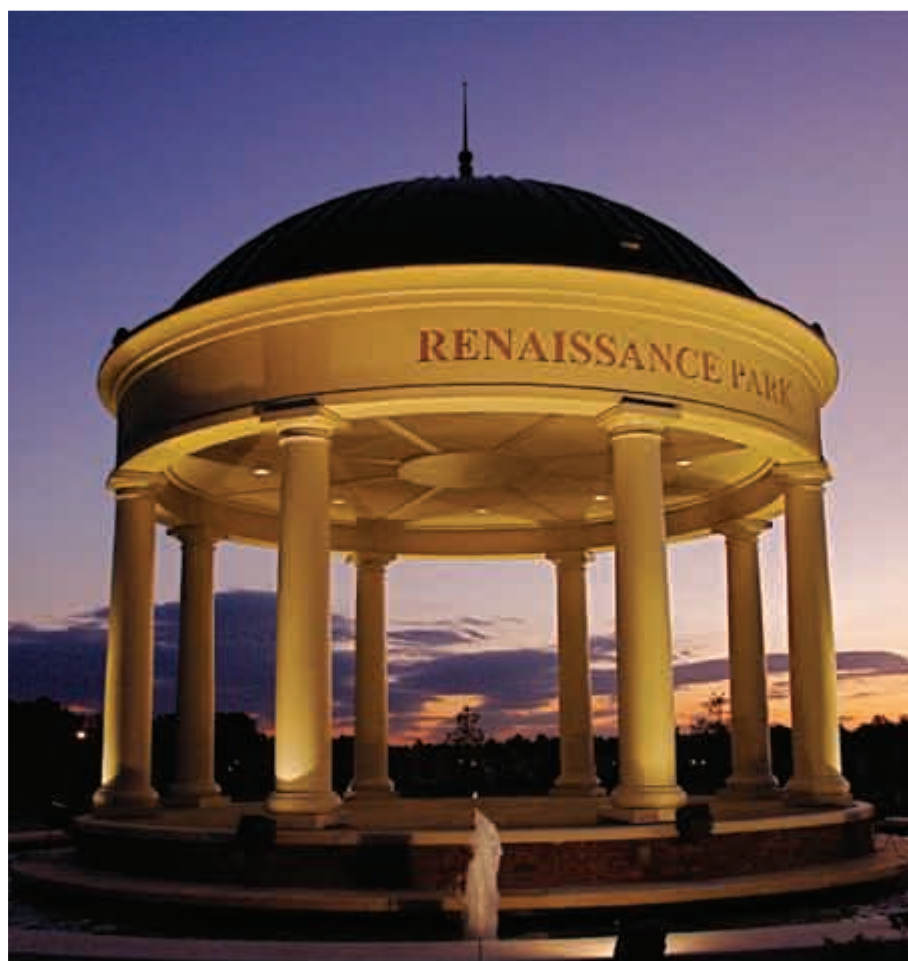
The 6th Annual Downtown Raleigh Home Tour from 10:00 am until 6:00 pm. The Home Tour is a self-guided tour showcasing condos, townhomes, apartments, and single-family residences. For more information about the Home Tour and ticket pricing, visit www.DowntownRaleighHomeTour.com.

May 16, Sunday

Misha & Cipa Dichter, Duo-Pianists presented by the Raleigh Chamber Music Guild. Since Misha and Cipa Dichter's first performance together in 1972, the duo has delivered exquisite performances of often-neglected works of the two-piano and piano-four-hand repertoires. From 3–5 pm at the Fletcher Opera Theater at Progress Energy Center. Visit www.rcmg.org for more information.

May 22, Saturday

Band Together NC, a nonprofit organization that uses musical events to raise funds and awareness for select Tri-angle charities, has announced that acclaimed reggae, hip hop fusion artist Michael Franti & Spearhead will top the bill for this year's charity concert May 22 outside Lincoln Theatre in downtown Raleigh. Visit www.bandtogethernc.org to purchase tickets.



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For more information or to schedule a showing, please contact CityGate Real Estate online, by phone at 919-828-7390, or by emailing Brooke@CityGateRealEstate.com.



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