



TRIANGLE Downtownner MAGAZINE

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The A to Zs of NEOMONDE



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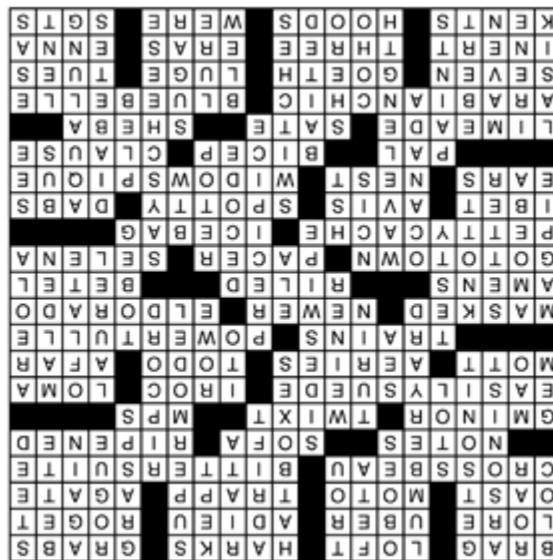
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4. The A to Zs of Neomonde
9. From the Publisher
10. Local Beer: Fortnight Brewing Company
13. We ♥ Food Trucks! KocinA
14. The Best Of North Carolina 2015 at Gallery C
15. Hear Here: Personal Accounts of Triangle History
16. Buried History: Raleigh's Time Capsules
18. #DrawThisTown
19. Beach Trip!
20. Buzzed and Local: Coffee Roasters in the Triangle
22. Crossword Puzzle
23. Durham History: Take a Walk through Durham Neighborhoods



Answer to crossword puzzle on page 22

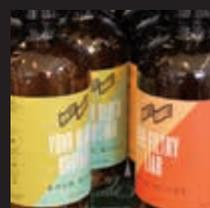
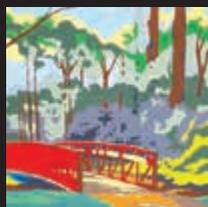
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ON THE COVER: *The Saleh family—Joe, Chris, DeGaulle, Cecilia, Sam, and Laura—pose in the Morrisville Neomonde bakery as thousands of pieces of bread are kneaded, shaped, baked and loaded nearby. Since 1977, their family has been dedicated to excellence, freshness and quality with friendly service, a devotion to community, and authenticity of tradition.*



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The A to Zs of Neomonde

BY CHRISTY GRIFFITH | PHOTOS BY NANCY THOMAS



Joe, Cecilia and Sam Saleh are the epitome of good hospitality.



My most recent experience at Neomonde was one of overwhelming amazement. During our *Downtowner* lunch profile, I ate enough incredible food that I didn't eat again for over 24 hours. In fact, I didn't want to eat again, unless it was more Lebanese cuisine made by the Saleh clan, the most gracious group of folks you will ever have the pleasure of meeting.

Between the sheer number of delectable eats, charming family stories, and wonders hiding back in the kitchen, I couldn't decide how I should even begin to tackle this story. While pita and hummus may be the proverbial bread and butter of the restaurant, there is so much more to Neomonde than I could fit on these pages. I hope you'll indulge me as I present to you a brief (-ish) introduction to our wonderful afternoon visit: the A to Zs of Neomonde.

Ambition. It dates back to 1974, when 21-year-old Samir (Sam) Saleh arrived in the United States looking for opportunity. His uncle, Moussa Domit, had already been living in Raleigh as the Director of the North Carolina Museum of Art. Two years later, the war in Lebanon accelerated the need for the rest of Sam's family to come to the U.S. Joining Sam and his wife Betty in Raleigh were his mother, Cecelia (Moussa's sister), brothers Joseph (Joe), Mounir, and DeGaulle, and sister Maha. Uncle

Moussa had the desire to open up a French bakery, and with the rest of the family, Neomonde was born. Initial offerings included both artisan and Lebanese pita bread. Moussa left Raleigh in 1981, but Cecelia and her sons continued with the business; they were able to grow it further by increasing production and selling bread to local restaurants in addition to the retail storefront, where customers could pick up Middle Eastern items. The original bakery was on Medlin Drive, but the following year the bakery moved to its current Beryl Road location. This provided much more room for expansion, where eventually the café division would start in 1992 with the help of Cecelia's well-loved recipes. To keep up with increasing customer demands, the Morrisville bakery opened in 2001 and its café the following year.



Neomonde has someone in the kitchen dedicated to hand-rolling about 700 stuffed grape leaves each day.

Baba Ghanouj (\$7.99/lb). I never truly enjoyed baba ghanouj until Neomonde came into the picture. Their roasted eggplant dip, blended with tahini, lemon juice, garlic, and spices is a big bowl of silky, slightly smoky heaven on earth. I enjoyed this with fresh pita bread and pita chips at the restaurant, and later at home when I ran out of bread, it was just as good with my fingers. Fun fact: so much hummus and baba ghanouj are made each day at Neomonde that there is a woman in the kitchen dedicated solely to making the magic with two giant food processors. I would like to get her number.

Butternut Squash and Chickpea Salad (\$7.99/lb). This dish is slightly sweet because of the roasted butternut squash and the pomegranate dressing, until red onion and fresh mint put everything into perfect balance. This salad is divine, and when pumpkin is in season, you'll find it swapped out for the squash.

Cabbage Delight (\$6.49/lb). This is a dish you're just going to have to try, because what it looks like is not what it tastes like. It's still a pretty dish, with pops of color from fresh spinach and bell peppers, but when it enters your mouth, you're going to be shocked, in all CAPS and **boldfaced** and *italicized* and underlined and with an obnoxious amount of punctuation!!! Because the cabbage, spinach, peppers, onions, and cracked wheat are sautéed in an amazingly remarkable spice mixture that take this from what could have been "Meh, cabbage" to ***OMG, BEST CABBAGE EVER!!!***

Cabbage Salad (\$5.99/lb). If you aren't a fan of the typical shredded cabbage slathered in mayonnaise, I suggest you try the Neomonde version of this southern staple. Shredded cabbage and spinach are tossed in a red wine vinaigrette and flecked with diced tomatoes, parsley, and green onions. This light salad is delightful on its own, but you could add it to your sandwich at work and be the envy of your cube-farm.

Cheese Pie (\$3.99/ea). The specialty pies at Neomonde are made from their pita dough, and although sauceless, they look like these adorable personal-sized pizza pies. Popular with kids and adults alike, this pie is a Mediterranean version of the white pizza: cheesy and garlicky, stippled with sesame seeds and parsley. Your children will love this, if you're feeling nice enough to share.



Some of the Saleh family and Neomonde staff at the Toast to the Triangle benefit. Their Mjadarah dish took home the Best Entrée award.

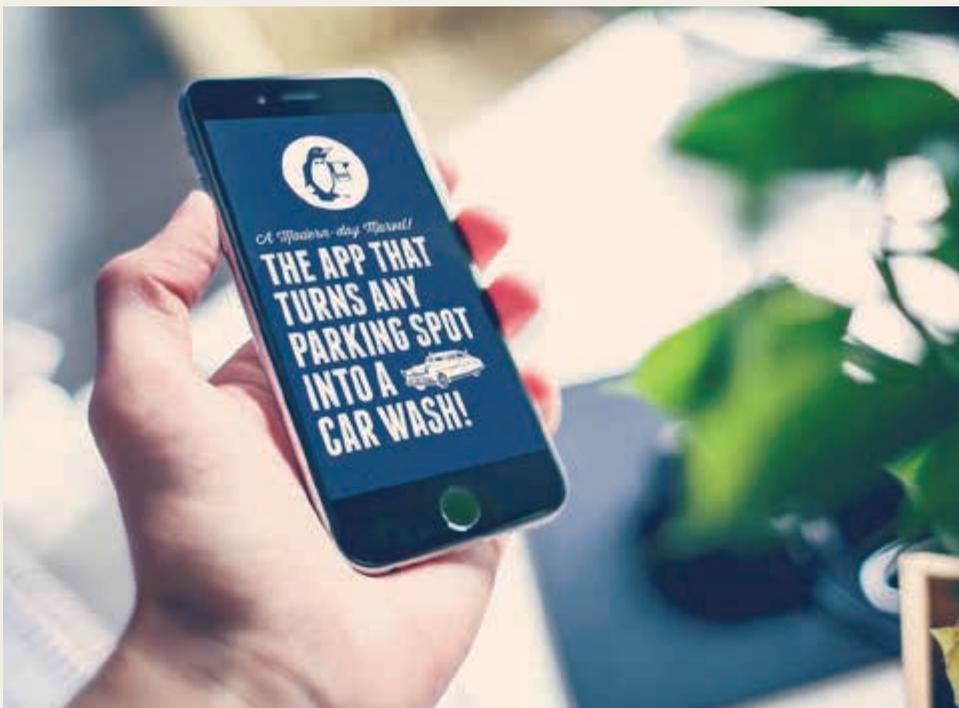
Chicken Salad (\$8.99/lb). If you stuffed a pita pocket with Neomonde's chicken salad, you might just rethink your entire life. This isn't the mayonnaise-laden salad with canned chicken over lettuce that you may have seen your grandmother prepare for her Bridge club luncheon. This is chopped, freshly poached chicken tossed with celery, golden raisins, walnuts, parsley, and just enough mayonnaise to hold it together. A hint of unexpected cinnamon takes it over the top. If your grandmother did prepare her chicken salad this way, I am officially and retroactively jealous.

Catering. Clients are drawn to Neomonde's healthy and fresh menu options, so it's no surprise that one-third of their business is from catering. Most recently, they've also moved into full service events like weddings and banquets.

Desserts (prices vary). The dessert case at Neomonde is a thing of glory. Be prepared to order some sweets, especially if you're there with your kids, because the magnetic force between child and sugar is not a force you can easily repel. There are far more options than space here would allow, but I'd definitely make a point to try the Baklava. Lots of it. They've perfected the recipe for layers and layers of flaky, moist fillo dough and there are several varieties to choose from. My favorites were the White Chocolate-Orange Baklava and the "Choclava" (chocolate-filled baklava), although picking a favorite here is like trying to pick your favorite child... hard, but not impossible. Additionally, Neomonde provides a selection of desserts from JP's Bakery for those of you looking for gluten-free options.

Everyone works here. Although each member may have a different title, they all tend to be the >>>

RIGHT: Family matriarch Cecilia working in the family bakery in 1977



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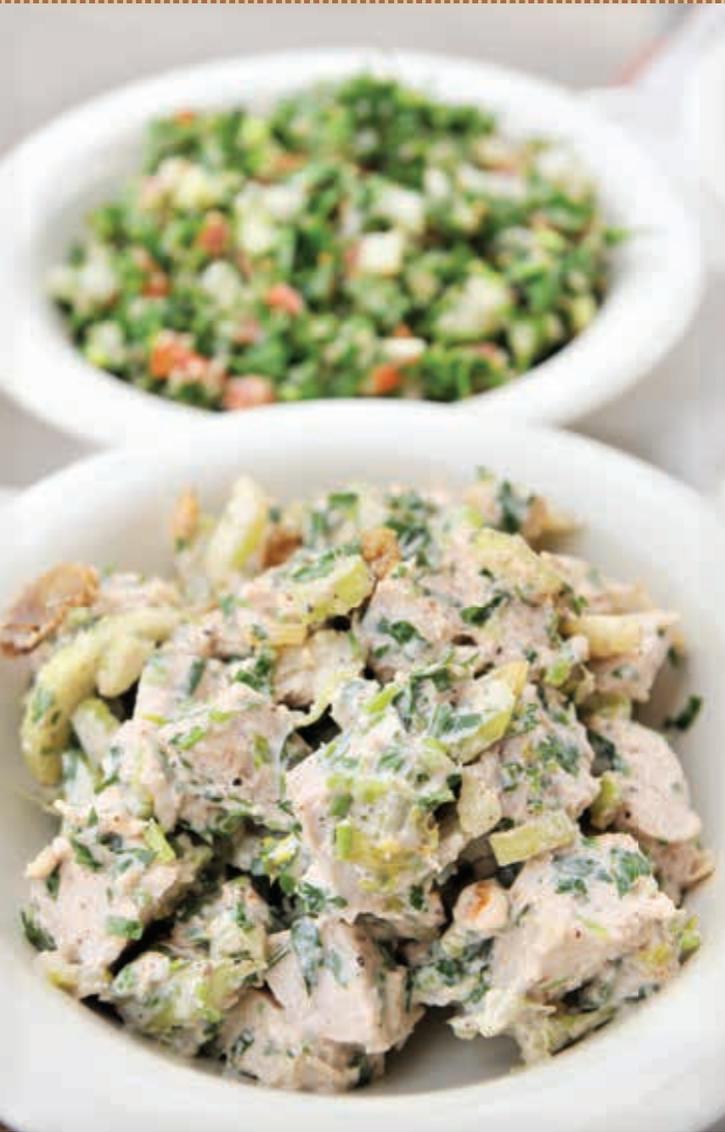
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Jack(s) of All Trades. Cecilia, now 87, still comes to give her input and make her tatziki. When I spotted her in the kitchen, she told me that all her family is at Neomonde, so if she wants to see them, all she has to do is come to work, which she thoroughly enjoys. Sam, the CEO, focuses on the retail operations. His wife Betty is in charge of Research & Development and creating new recipes; she travels to Lebanon to search out new products for the Market as well as getting inspiration for new food trends. Chris, their son, is head of the Restaurant Division and Marketing. Laura, Chris' wife, is Director of Catering and Events. Joe is head of the Bakery Division (and what a big division that is!). Youngest brother DeGaulle is head of Wholesale Bakery Sales. The family each describes one another as important pieces in the operation, the whole machine dependent on each and every Saleh cog.

Falafel (\$5.99/lb). If you've never had falafel before, you'll be surprised when you bite into one of these fried patties and find the insides tinted a light emerald green. The falafel gets its color from the parsley, which is blended with chickpeas, garlic and Mediterranean spices. Crisp, brown

and bespeckled with sesame seeds, they are the perfect vegetarian filling for a pita sandwich, although they're just fine on their own, served hot from your fingers to your face. Forks optional.

Fatoush (\$7.99/lb). It's a big bowl of beauty and simplicity. The brilliant green of the crispy romaine is tossed with large chunks of ripe tomato, sliced cucumber, green pepper, red onions, chopped parsley, and crunchy pita croutons. It's as if the farmer's market parked directly in your mouth. The extra-virgin olive oil dressing is so delicious that you'll be turning up the bowl after it's all said and done to enjoy every last drop.

Grape Leaves (\$8.99/lb). In the same room where Super Woman #1 makes hundreds of pounds of hummus and baba ghanouj, there is an equally important team member who is dedicated to rolling about seven hundred stuffed grape leaves every day. This isn't a quick process, so her hands are yours to thank for the delicious Mediterranean-spiced rice and tomato mixture that gets rolled into each and every last grape leaf. The cigar-shaped delicacy is hard to explain to those who haven't had the opportunity to try one. I'll just

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mention that the pleasant sourness of the leaves is amped up by the accompanying tangy yogurt dip. These are served hot, but are also delicious at room temperature or straight from the fridge.

Hummus (\$5.99/lb). Neomonde makes 500 pounds of hummus a day. Yes, I said POUNDS. It's not fussy. Chris tells me that the number of ingredients in the famous Neomonde recipe can fit on one hand: chickpeas, tahini, lemon juice, garlic, and spices. They don't go making crazy Asian-Lebanese fusion bean dips or edamame-tofu spreads with bulgur sprouts. They make regular hummus, and regular hummus is the best. THEIR regular hummus is the best. You should be eating Neomonde's regular hummus on the regular.

Innovation. "We stay true to traditions," says Laura, "But we also bring in new and innovative dishes to align with consumer trends, like our Kale & Roasted Fresh Beets, and Quinoa Tabouli for our gluten-free customers."

Joie de Vivre. If the "joy of life" to you includes the joy of eating, you've come to the right place. "We approach our business with great passion! We make everything from scratch...we are a *real food* and *slow food* restaurant, and there is great value in that," says Betty. If the joy of cooking is important to you too, then check out the market at each location, filled with exotic Middle Eastern spices, olives, tahini, olive oils, and much more.

Kabobs (\$3.59/ea). Vegetarians can get Thanksgiving-full at Neomonde, but those who partake in the eating of ridiculously good meat should definitely order a kabob—or four. We sampled the chicken, lamb, and beef filet, each tender, flavorful, and moist. An extremely garlicky whipped spread is the perfect accompaniment to the char-broiled meat, though you may want to make sure the person you are with eats it too. (It's worth the garlic breath. Promise.) The kafta kabob, or "Lebanese hamburger," as Betty says of her favorite menu item, is made of ground beef with sweet and savory spices. This is truly a unique treat, and you'd be absolutely silly not to try it.

Kale Salad (\$9.99/lb). Okay, I know I've occasionally slammed kale in the past, but this is the one kale dish you need to try. It doesn't taste like a superfood; it tastes like a **SUPER!**food. (See what I did there?) The greens are dressed in a red wine vinaigrette and studded with golden raisins, red bell pepper, green apples, and walnuts. This is not the bitter vegetable you might expect in an overpriced cold-pressed juice. Everyone should be eating this kale.

Kibbeh (\$7.99/lb). This savory dish is a filling

Mediterranean delicacy. Neomonde layers a mixture of spiced ground beef and cracked wheat with a layer of spiced pine nuts and sautéed onions before topping it off with another layer of the beef and wheat. Although kibbeh may be served raw in the Middle East, Neomonde's is cooked and served warm, then cut into delicious rectangles.

Labneh (\$5.99/lb). This is a very concentrated, rich yogurt (think Greek yogurt on steroids) as most of the whey has been strained off resulting in a thick and creamy yogurt cheese. Betty brought us out a bowl of it drizzled with a fruity extra-virgin olive oil before sprinkling the top with zaatar seasoning (also for sale in their market). Served with crunchy pita chips, it was a humble yet remarkable dish. I will admit to polishing off an entire pound of this when I got home and worked up the will to eat again after enjoying so many dishes during our visit at Neomonde.



Sam loading bread in the original bakery oven, still in use to this day.

Lentil Salad (\$7.99/lb). French lentils are firmer than other lentils, so they hold up fabulously in this salad, tossed with parsley, red onion, tomato, and dill in a lemon vinaigrette. It screams that spring has sprung, and you'll be springing your face all over this bright and satisfying dish. I foresee this as the perfect poolside meal in a few months.

Makoubla (\$7.99/lb). This was the most surprising and most visually low-key dish we tried: chicken, cauliflower and carrots in rice. However, once you taste a forkful, you'll have to resist chucking the fork and using your fingers because you won't be able to get it into your mouth fast enough. The chicken and rice are infused with mythical magical spices and a mellow taste left behind from cauliflower that seems to melt into

the rice. Don't always trust your eyes, just trust that whatever you try from Neomonde is sure to be so much more than you ever expected.

Meat Pie (\$3.99/ea). I found the meat version to be the most filling of the specialty pies I tried. Ground beef, parsley, tomato, onion, and garlic are spiced in a distinctly Middle Eastern way, making for a sensational topping to the equally sensational pita that it rests upon. Plus, it's kind of fun to say, "More meat pie, please!"

Mjadarah (\$5.99/lb). On the surface, this reads as a simple, unassuming rice and lentil pilaf. It may not sound exciting to some, but one bite of the hearty dish will change your mind. It's the best of both savory and sweet. The rice and lentils are cooked together with spices that turn the ordinary into something far more complex. The entire dish is topped with caramelized onions and served hot. You might not be able to spell or pronounce this one, but if you have a finger, you can point through the glass case with enthusiasm. When I asked Sam what his mother's favorite dish was, there was a lot of passionate discussion between the two in Arabic before he announced "Mjadarah!" I suppose I'd have a hard time picking just one favorite, too. This dish also won Neomonde the Best Entrée award at the 2015 Toast to the Triangle.

Neomonde means "new world" in French.

Original menu: Baked Kibbeh, Grape Leaves, Hummus, Labneh, Tabouli, Spinach Fatayer, Zaatar Pie, Meat Pie, Baklava, and Maamoul. If practice makes perfect, you're in for a treat. The kitchen staff have been making these items for so long they could probably whip them up in their sleep.

Pomegranate Salad (\$7.99/lb). This is one fetching salad! Mixed greens, kale, walnuts, feta, and ruby-red strawberries are tossed in a house-made pomegranate dressing. This tastes as yummy as it sounds, and it is also what I would order if I were famous and knew the paparazzi were coming to take pictures of me eating.

Potato Salad (\$5.99/lb). This is not your grandma's Duke's-smothered potato salad...unless your grandma is a Saleh. Creamy red potatoes are tossed with lemon juice and extra-virgin olive oil, and bright specks of fresh herbs convince you that this is just as healthy as eating a salad. Honestly, there probably is no healthier (or tastier) way to enjoy a potato, so feel free to chow down without all that residual *I-ate-too-many-mayonnaise-based-salads-at-the-cookout* guilt.

Quality assurance. To ensure that the products you find in each restaurant are of the same high quality, some items are made at one location >>>

and transported to the other. You can rest assured that the hummus you purchase in Morrisville is the same as you'd find in Raleigh. Chris seems to be the unofficial Neomonde taste-tester, the proud owner of two thumbs that will point upward if what he's sampling is reflective of their lofty standards.

Ratatouille (\$7.99/lb). I'm going to be honest here: I do not care for ratatouille...or so I thought. Then Betty set a piping hot bowl of it in front of me, and my life was changed forever. The roasted eggplant is sublime in a tomato sauce with onion, garlic, and green pepper. There is no skin that is awkwardly hard to bite through, and there is no trace of bitterness or sponginess that often accompanies a poorly prepared eggplant. Neomonde roasts theirs to a buttery and creamy perfection. So, from now on when I think I don't like something, I'm just going to assume I haven't had it prepared by a Saleh yet.

Shawarma (\$4.59/half-sandwich, \$7.99/whole). If the pita bread at Neomonde wasn't amazing enough on its own, then try it stuffed with chicken or Chris' favorite menu item, the beef and lamb shawarma. Both are marinated and served thinly sliced with fresh tomato, onion, and Lebanese pickles, in addition to their to-die-for lemon-tahini sauce. The tender shawarma melts in your mouth faster than you can order a second half, so you may want to consider getting a whole one on your first trip to the deli case. Neomonde leftovers are tops, if you find yourself in that situation.

Spinach Pie (\$3.99/ea). This specialty pita pie is topped with spinach, onion, feta, and garlic and it's a winner. Since it's covered in green, I'm going to say eat as many as you want, because it's the closest pizza-like creation you're going to get to a salad all day.



Mounir and Joe ready Neomonde pita bread for delivery.

Tabouli (\$7.99/lb). This quintessential Lebanese dish, both Sam and Laura's favorite, will make you realize that parsley is so much more than an after-thought garnish on a dinner plate. Tons of minced parsley is combined with tomato, cracked wheat, cucumber, and scallions before being tossed in a lemony-olive oil mixture. It's a very green herbal salad, and the fact that I did not leave with any

between my teeth meant it was a sign from the food gods that this should be one of your go-to sides the next time you visit Neomonde.

Tatziki (\$6.99/lb). It's a simple yogurt dip with cucumber, garlic, and mint. Cool and refreshing, Neomonde's tatziki pretty much goes with everything, from sandwiches to pita. It's basically the diamond studs of the food world, in that it goes with just about everything. But in the end, it trumps the earrings because it even goes with sweatpants.



The Pomegranate Salad tastes as good as it looks with mixed greens, kale, walnuts, feta, and ruby-red strawberries.

Tomato and Olive Pie (\$3.99/ea). The combination of green olives and tomatoes on a pizza had never crossed my mind before. After having this particular pita pie rich with cheese and garlic, I'm going to be adding it to my lengthy list of items I must eat the next time I'm at Neomonde. (My list would put your kid's list for Santa to shame.)

Unusual and lesser-known menu item: Chickpea Fries with House-made Harissa Sauce (\$3.79).

Vegetarian and vegan-friendly. You'll be able to fill your herbivore bellies three times over with the huge selection of high-protein, meatless offerings, in addition to many gluten-free options.

Visuals. They say you eat with your eyes, so you'll be in luck when you feast at Neomonde. One of their most recent awards include Best Visual Display for their artisan breads and pastries, and for good reason. Even the simplest of salads in the deli case are works of art.

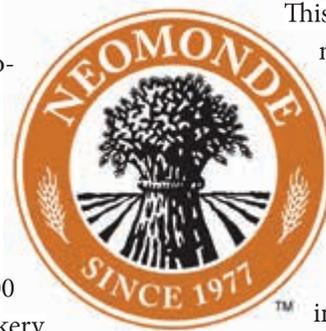
Wholesale baked goods. To say Neomonde bakes a lot of bread would be an understatement of historic proportions; they use approximately twenty-six tons of flour in the Morrisville bakery every week. Some of those tons (TONS!) go to the 12,000 pita rounds made *each day*. The bakery runs 24 hours a day to pump out enough breads not only for the deli and market, but for other restaurants that proudly feature Neomonde bread on their menus. Then add the hospitals, hotels and

institutions that house cafeterias, and it totals over 450 wholesale customers that Neomonde bakes around the clock for. I forced Joe to pick a favorite artisan bread, and he handed me a warm ciabatta roll. If Heaven is a place on earth, I'm thinking its GPS coordinates might land you in Morrisville.

X-Factor. Neomonde has what so many others lack: the chutzpah to take leaps of (well-researched) faith with a unique, dynamic menu that keeps them as a leader in the local restaurant scene. Their brand has attracted a legion of loyal followers (the *Neomonde Nuts*) for decades on end. As I sat with Sam, his phone beeped and in came a glowing email from someone hundreds of miles away with the subject line, "BEST BREAD EVER!" Fortunately for the rest of us, the best bread ever is just a short drive down the road.

Younger generations. DeGaulle, the youngest of the Saleh brothers and self-described "bridge between the generations," was eleven when his family started Neomonde. He describes his older brothers as "extra fathers" as he grew up in the family bakery. Sam and Betty's son, Chris, started learning about the business when he was young as well, and now he and wife Laura are the next generation of Neomonde. It's not unusual to find three generations of Salehs in the kitchen on any given day.

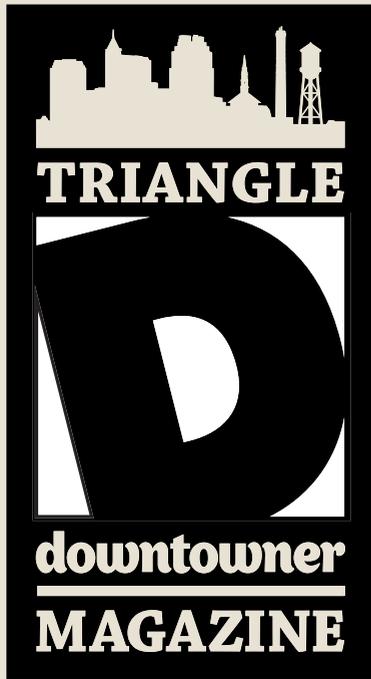
Zaatar Pie (\$2.49/ea). This is the simplest of the specialty pies. Extra-virgin olive oil and zaatar seasoning top a pita before being baked. I found that the pie was not only good on its own but went with *everything*, as I dipped it into hummus, baba ghanouj, and even labneh sprinkled with more zaatar. Zaatar (or Zatar) is an unusual, extraordinary spice blend of sesame seeds, sumac, and a type of thyme unique to the Middle East. This pie would be a great introduction to zaatar, and after you decide for yourself how delicious it is, you can purchase bags of it in the market to take home. I've been sprinkling it on everything in the days since my visit, like a Mediterranean Tinkerbell.



This is not an exhaustive list by any means (of dishes or reasons to visit Neomonde), but I'll leave it to you to come in and fill in the blanks for yourself. There's so much more to experience than space will allow, but I trust you'll find there are more reasons than letters in the alphabet why Neomonde has been an important part of our community for more than 30 years. 🍞

Be sure and visit our YouTube channel for a short video of the Neomonde bakery in action, <http://bitly.com/neomonde-video>.

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From the Publisher



Our lead story in this issue features the family-owned Neomonde Bakery & Deli. The article started off as a typical restaurant profile but while in the midst of interviewing the Saleh family and sampling their food and breads, our food writer, Christy, called to tell us there was so much more than she usually has space for. The Salehs exemplify a dedication to excellence, freshness and quality with friendly service, a devotion to community, and authenticity of tradition. We're proud to feature them on this month's cover and tell their story on the pages herein.

Coming up in the next issue will be the much-awaited results of our Best of Downtowner Awards.

We're looking forward to seeing who topped all of your Triangle favorites as we tally up the votes. And reading through all the winners is a great way to find new (and forgotten) places to visit, explore and experience.

Live music will be the focus of the following issue, in which we interview music venue owners, musicians, promoters, community leaders, and live music fans. Hear what they have to say about the state of live music in the Triangle and why it's important to our economy, our community and our future.

We hope you enjoy this issue of *Downtowner Magazine* and be sure to connect with us between print issues on Facebook, Twitter and Instagram for news, photos and more.

Cheers,

CRASH GREGG
Publisher, *Triangle Downtowner Magazine*
publisher@welovedowntown.com

Fortnight Brewing Company BY RUSSELL PINKSTON

A little over a decade ago, I had the great fortune to spend several months in England, lost in a dizzying expedition through its multitude of public houses (or “pubs,” as they’re better-known). So I speak from experience when I say that these are not the dingy hovels of warm, flat beer and stale bread that the popular stereotype may portray. Rather, they are places of community where neighbors can gather to relax, spin a yarn or two, and clink their glasses. Pubs are not so different from our local craft breweries, at their core, the main difference being that they are far older. Beer has been brewed in Britain since before the Romans got there in 54 BC (that’s a long time to hone your recipes).

One of the things that makes living near the Research Triangle Park so unique is that it attracts some of the most talented people from all over the world, who then integrate with our community and, in so doing, diversify the culture we all share. Thankfully, we need not endure the long voyage across the pond to sample what it means to visit a public house.

Among us is a craft brewery that is both foreign and domestic, with beer as traditional as you’d find in the oldest pubs in Britain, but only minutes away at Fortnight Brewing Company in Cary.

Just to get this out of the way for all those stymied by the British jargon, a fortnight is a period of two weeks (or “fourteen nights”), which Fortnight Brewing playfully refers to as “the amount of time required to brew a fantastically delicious, English-inspired, craft ale.”

Fortnight was founded by Stuart Arnold, a British expatriate who came to us via Cisco Systems, and grew up in Yorkshire, a county in Northern England well-known for its exceptional pale ale (or “bitter,” as the Brits call it). “My first experience with brewing came when I was about 12 years old,” Stuart tells me. “My entire family was made up of miners. My granddad used to go foraging



Fortnight co-founder Stuart Arnold

for berries, and one of his hobbies was making wine. And so from an early age, I was around the fermentation process.” In his youth, Stuart spent some time working at some of Yorkshire’s best breweries. “I was lucky enough for my local pub to be a Sam Smith’s pub,” he says. “We had 10,000 people in our village and we used to have 15 pubs there. There was almost one on every street corner. We were spoiled for good beer.”

In his twenties, Stuart did a stint in the Royal Air Force and then spent a few years working for IT companies, traveling to and from the Triangle. Eventually, he decided that he’d had enough—“I hated cube life,” he says with a cringe—and wanted a return to his brewing roots. His idea was to bring this image of a British public house to the Triangle, to show us how the British drink a pint, right down to the way it’s served.

“The biggest thing I miss about England is the beer,” he admits. “Beer is different in the UK than it is here in the States. You can go to just about any pub in England and there will be a cask beer in the cellar, which is the only way you could get a beer up to a century ago.” Though you can get their beers in cans, growlers, and kegs, the brewers at Fortnight differentiate themselves from most other breweries in the Triangle by offering their flagship beers in-house straight from the cask.

This is how it works: a portion of each batch is drawn off to be separately cask-conditioned. Cask ale is carbonated naturally by the yeast still in suspension in the unfiltered beer, rather than the beer being filtered and then force-carbonated



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with CO₂. This is what is commonly known as “Real Ale,” and must be served via a special hand pump called a “beer engine” that draws the ale up from the cask and into your glass. This is a very common serving technique in the UK, but is nearly absent in the states. “Most of our regulars now drink the cask ale and not the keg,” he says. “We encourage people to drink them side-by-side and invariably they say, ‘Hey! You’re right about that cask beer.’”



According to Stuart, “The average cellar temperature in the UK naturally varies between 50-55 degrees Fahrenheit. When Americans who’ve been to England say that the beer is flat and warm, it’s because they’ve had cask ale. But we’re not afraid of letting you have that beer sit for an hour, because—if it warms up somewhat—you’re going

to get a much more flavorful beer. It will release the aromatics that should be released by serving it at a warmer temperature.”

Fortnight’s lineup of beers is consistent with what you would find in most British pubs. They have an English “session” Ale (3.3% ABV), which is a lower-alcohol beer that’s smooth and malty with just a hint of East Kent Goldings, the staple British hop. Their Porter (4.8% ABV) is robust and nutty with hints of coffee and dark chocolate. Their ESB (5.6% ABV), one of their most popular beers, is the quintessential English bitter with a rich copper color and notes of dark fruit. For those new to British craft ale, their Blonde (5% ABV) is clean and floral, with a bit of wheat for complexity—also available as a Strong Blonde (7.1% ABV). In a slight divergence from British tradition, they offer a Coffee Amber (5.5% ABV), which delivers rich coffee notes on top of a backbone of British amber malts, and their “X-Pat” IPA (5.5% ABV), which is a fusion of robust, slightly sweet UK malts with American hops that goes down smooth without that lingering hop finish that “strips the enamel from your teeth.”

Fortnight Brewing Company proves the point



that locally-brewed craft beer is not an American invention. Beer has, for thousands of years, been a staple of British culture, whose pubs have long served the local community not only with full pints of quality beer, but as a place for neighbors to connect, conspire, and become friends.

The taproom at Fortnight is open nightly, and they invite food trucks most Wednesdays, Fridays, and Saturdays, and a traditional British pub roast dinner every Sunday. They give tours on weekends, have a homebrew supply store on the far side of their building, and are kid-friendly, bring-your-own-food-friendly, and pet-friendly. So invite a few friends and stop by to enjoy these well-crafted English Ales. 🍺



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Around Town in the Triangle

▼ Photos below are from the media preview party for the 15th Annual Lebanese Festival, which takes place in downtown Raleigh's City Plaza on April 4th. This is a free event from Noon to 7pm with Lebanese food, belly dancers, games, and more. Visit www.tlanc.us for more festival information. ▼

Articulon's Kim McKeeman, founder Cindy Stranad, Caroline Schmid, Whitney Williams, Mike Gauss, and Jessica Pope



Festival staff Amal Hammond, Nadine Masri, festival director Bearta Al-Chacar, Karim El-Raddaf of Aladdin's Eatery and event sponsor, Naji Hilal, and Sona Hilal



Crafty Beer Shop owners Glenn Carr and Wendy Harris with Mike Hanlon



▼ Photos below are from the VIP opening of Sarah Anne Johnson's *Wonderland* at the Contemporary Art Museum (CAM) in downtown Raleigh, which runs until May 5th. Read our last issue (<http://bitly.com/TDMi107>) for a profile of *Wonderland* & learn more about CAM at www.CAMRaleigh.org. Photos by Karen Diaz ▼



Sig Hutchinson, Willa and John Kane, and Nancy Hutchinson



Kelsey Melville, Jack Glasure, Steve Sweetman, and Duane Williams



Exhibit artist Sarah Anne Johnson (center) with her father and step-daughter Jordayn



Charman Driver and Frank Thompson



Harvey Schmitt and Scott Cutler



Samuel Beam of Iron & Wine + friends



KocinA

BY B. REEVES



Larry's Coffee loves to sponsor this column because we believe in locally grown entrepreneurs, hard work and tasty things that arrive in trucks! www.larryscoffee.com

Chef J.P. Murcia's KocinA, the subject of this issue's "We ♥ Food Trucks" column, should lay to rest any lingering doubts about the legitimacy of food trucks.

While every purveyor of mobile cuisine has a story to tell, Murcia's is particularly interesting and, furthermore, his culinary C.V. should make even the snobbiest of foodies take notice.

Born and raised in Cali, Colombia, Murcia moved to the United States in 1991 to attend the prestigious Culinary Institute of America ("CIA") in Hyde Park, NY. From there, Murcia went on to become the executive chef at Shea Stadium, cooking for the Mets' premium services (aka "not concessions"). Following that, Murcia became the district chef for New York University where he oversaw all of the chefs at each of NYU's numerous eateries. Then, while serving as executive chef at the famous Marriott Marquis in Times Square, he got the call to come to North Carolina to interview for the same position at Wake Forest University. In a fateful twist, while in Winston-Salem for the Wake Forest interview, Duke University brought him in and made him an offer he could not refuse: "Yep, I'll do it." With that, Murcia and his wife Kelly left the Big Apple for the Tarheel State.



Mojo Marinated Grilled Chicken with rice beans and yucca

Having served as head chef for Duke hospitals from 2007-2013, Murcia was tapped to become executive chef for IBM in the Research Triangle Park. While still at IBM, he realized that he was

due for a change and bought a half-built food truck for sale in Boone. Simply put, "I got tired of corporate and opened my food truck," says Murcia.

Cocina is Spanish for kitchen but Murcia spells his version with a "K" and a capital "A" to honor his daughters, Kendall and Anna Sofia. KocinA opened for business in the fall 2013 shortly before Murcia left his IBM gig. With his newfound freedom, he was now able to cook exactly what he wanted: South American food. Though he is Colombian by birth, Murcia says, "We are a South American truck, combining the flavors of Colombia, Venezuela, Argentina, Peru, and Brazil."

Murcia's father, a chef in the Merchant Marines who was "exposed to food and ingredients across the world," clearly influenced his culinary palette. However, he says his dishes derived "mostly from my mom's Colombian recipes and techniques."



The culinary CV of KocinA's chef, J.P. Murcia, is as impressive as the dishes he creates

KocinA has been steadily building a reputation in the Triangle for the last year and a half. Murcia, mainly an army of one (with the help of his wife and friends), has participated in area food truck rodeos and has won the Carolina RailHawks Pick Pickin' competition three years in a row. He can also be found on TV cooking for Fox 50's *Hola North Carolina*. "It's all about the brand," says Murcia.

Murcia kindly uses this brand for community outreach at every opportunity. Beyond charity rodeos, he has generously given his time and proceeds to CIS (Community In Schools) as well as other various endeavors to help local children in need.

KocinA currently has two catering options as well as a breakfast menu and an ever-changing lunch/dinner menu. We recently visited the KocinA truck for an evening photo shoot and a sampling of Murcia's culinary creations where we were treated to an amazing array of food. I apologize for the long list, but everything was so good, I wanted to include it all:

Arepa (\$8): grilled flatbread made of maize dough stuffed with choice of chicken, ropa vieja or chorizo with pico de gallo, avocado and cotija cheese served with sweet plantains (from Colombia/Venezuela); Tostones (\$6): green plantains with garlic and KocinA Sauce (South America); Empanadas (\$6): savory wheat flour crust turnovers filled with choice of beef or spinach with chimichurri mayo, pico de gallo and cheese (Latin America); Yucca (\$4): fried root vegetable with



Chicken Tacos served with pico de gallo, avocado, radish and cotija cheese

yellow pepper sauce (Caribbean, South America and Africa "cassava"); Sweet Corn Arepa (\$4): sweet corn arepa patty topped with fresh mozzarella, cotija cheese and butter (Colombia and Venezuela); Sweet Plantain (\$4): ripe plantain sprinkled with cotija cheese (Latin America); Mojo Chicken (\$10): mojo-marinated grilled chicken served with rice, beans and yucca (Latin America); Pork Milanese (\$10): breaded pork cutlet served with garlic fries and lemon wedge (Argentina); Ropa vieja (\$10): shredded, seasoned beef served with rice, beans and sweet plantains (Latin America); Tacos (\$6): choice of tilapia, steak or chicken, served with pico de gallo, avocado, radish and cotija cheese (Central America); Flan (\$4): traditional Latin Caramel Custard Dessert.



This is some of the best food I have ever eaten, be it from a food truck or a posh restaurant. Period. Thankfully, Murcia plans to open a brick and mortar restaurant "within a year or so." Until then, J.P. Murcia can be found by tracking the KocinA truck throughout the Triangle. 📍

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B. Reeves has written for the *London Evening Standard*, the *New York Daily News* and *Raleigh Metro Magazine*. Born and raised in Raleigh, he returned in 2009 after living in London and New York for many years. Follow him on Twitter @b_reeves and at grossbard.tumblr.com.

The Best Of North Carolina 2015 at Gallery C

An extensive collection of landmark pieces by important NC artists from the 19th and 20th Century BY LINDA KRAMER

Charlene Newsom, gallery owner and art historian, has been enhancing the Raleigh art community for almost 30 years at her Gallery C, presenting thought-provoking exhibitions with the expertise and sure-footed balance of a master curator.

Charlene spends much of each year traveling the state searching for landmark works by known North Carolina artists. She has assembled her most recent finds in an annual showing that is eagerly anticipated by collectors and connoisseurs. The thirty-seven pieces by twenty-five artists in this year's exhibit represent examples from the 19th and 20th centuries and, for the first time, includes four artists who have never been previously shown: Johannes Oertel, Merrill Wheelock, Frank Stick and Hester Donnelly.

This important survey show is a rare time capsule into North Carolina's history and includes works that cover the broad ranges across the artistic spectrum from contemporary, portraiture, figurative, landscape and traditional to the edgy works of



Merrill G. Wheelock (1822-1866). "New Bern, North Carolina", c. 1861-1865

Minnie Evans, the "queen" of North Carolina outsider art. There's plenty of wall power to go around including works of Clare Leighton, one of the world's foremost printmakers, wood engravers and hard-to-find Civil War art of Merrill Wheelock and Johannes Oerter. A self-portrait by James McClean, who in 1929 founded North Carolina's first art school, the Southern School of the Creative Arts in Raleigh, compliments the historic collection.

Art always tells a story and some art does more than simply engage the eye. This storied history of art in North Carolina, told in it's regional vernacular, provides a narrative embedded in a cultural consciousness that has the power to transform us.

Don't miss this comprehensive showing that dramatically opens the vibrant, visual world and the artistic spirit of North Carolina from over the years and reminds us of the importance of preserving our historic and artistic legacy. The Best of NC 2015



Mary Anne K. Jenkins, "Landslide", 1970

show runs through May 31. Visit www.galleryc.net to preview all the artwork for this show online.

North Carolina artists represented in alphabetical order:

- | | |
|-----------------------|-----------------------|
| George Bireline | Johannes Oertel |
| Sarah Blakeslee | Henry Pearson |
| Robert Broderson | Elsie Dinsmore Popkin |
| Elliott Daingerfield | Charles Quest |
| Hester Donnelly | Joe Chris Robertson |
| Minnie Evans | Francis Speight |
| Maude Gatewood | John Adams Spelman |
| Claude Howell | Frank Stick |
| Mary Anne K. Jenkins | Duncan Stuart |
| Clyde Jones | James Tucker |
| Clare Leighton | Merrill G. Wheelock |
| Edith London | Bayard Wootten |
| James Augustus McLean | |

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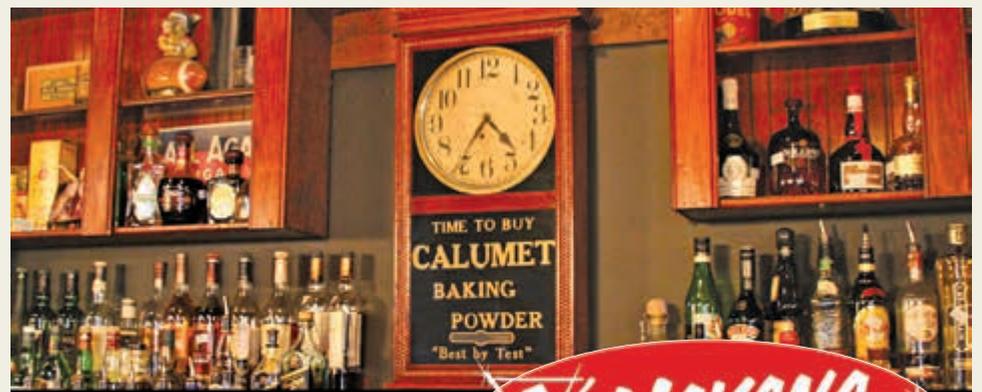
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Hear Here: Personal Accounts of Triangle History

BY CRASH GREGG

Fortunately for history lovers, Raleigh and the entire Triangle area are rich with stories of our past. From electric streetcars to the North Carolina Executive Mansion built entirely of materials from around our state, ghost stories from the State Capitol to Cameron Village, the first outdoor shopping center of its kind in America, we've got it all.

With two out of every three Triangle residents hailing from other cities, states and even countries, most are unfamiliar with our local and regional history. Even for the few locals who are native to the area, many of the great stories of our past are virtually unknown. To help preserve some of these personal history stories, we created the Triangle Video History Project, in which we interview local residents to hear their individual experiences of watching Raleigh, Durham and the rest of the Triangle grow up around them.

We had the pleasure of interviewing local leaders Smedes York and Rufus Edmisten for our first few videos.

Smedes was born in Raleigh and his history here is a long one. His past accolades and achievements include attending NCSU where he played

four years on the Wolfpack basketball team under the direction of Coach Everett Case, sitting on the Raleigh City Council from 1973 to 1979, and serving as mayor of Raleigh from 1979 to 1983. Prior, he served in the Korean War for two years and afterward earned an MBA from UNC-Chapel Hill in 1968. Upon graduation, Smedes joined his father's company, York Construction where he remained until 1993, then held the title of president of York Properties until 2009, when he appointed his son, George, to the position. In 2007, Smedes was inducted into the Raleigh Hall of Fame and two years later was inducted into the NC Business Hall of Fame. Coincidentally, Smedes recently co-authored a book on growing up in Raleigh, available on Amazon (Kindle): <http://bit.ly/yorkbook-amazon> and in print at local bookstores.

Rufus was born and raised in Boone, NC. He earned an undergraduate degree in political science with honors at the UNC Chapel Hill, and a J.D. from the George Washington University Law Center



Smedes York

in Washington, D.C. In 1973-1974, Rufus was the Deputy Chief Counsel for the Senate Watergate Committee, and served the subpoena to the White House for the Watergate tapes. He was elected state attorney general in 1974 and served in that post for ten years. He ran for Governor in 1984, and in 1988 and 1992, he won the office of Secretary of State. In 1996,

Rufus launched a legal practice, of which he became a partner in 2010. He has served on the NC Capitol Foundation for 25 years, and founded and runs Foundation for Good Business: Extra Special Super Kids, which provides college scholarships to underprivileged high school students who wish to pursue higher learning.

To view our interviews, visit our Downtowner Magazine YouTube channel and click on the Triangle Video History Project playlist. Also on our channel are other videos of people and places we've visited in past years. We hope you enjoy watching the videos and learn a little more about the community we live in and the people who helped shape them. New videos will be added each month: <http://bitly.com/YouTube-playlist>.



Rufus Edmisten

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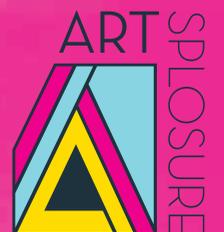
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BURIED HISTORY: RALEIGH'S TIME CAPSULES

BY GINNY S. GILLIKIN

While members of the newer generation post photos and comments on social media sites like Facebook, older folks honored their traditions and memories by burying time capsules. Several such capsules are buried throughout Raleigh.

The International Time Capsule Society (ITCS), established in 1990, has headquarters at Oglethorpe University in Atlanta, Georgia. According to the ITCS, "Properly prepared time capsules preserve the salient features of history and can serve as valuable reminders of one generation for another. Time capsules give individuals, families and organizations an independent voice to the future."

The oldest known capsule in Raleigh was buried in 1894 within the cornerstone of the North Carolina State Confederate Monument. Created to honor North Carolina citizens who served in the Civil War, the monument was unveiled to the public on May 20, 1895. The capsule contains maps, Confederate currency, newspapers, a songbook, and personal belongings from General Robert E. Lee.



Plaque marking the Wake Tech time capsule location

Over 80 years later, in 1976, the state of North Carolina buried another time capsule in downtown Raleigh. Commemorating the U.S. Bicentennial, the capsule is located next to the North Carolina Museum of History, across the street from the State Legislative building. A plaque marks the spot where the capsule is buried and a replica of the Liberty Bell sits nearby. The bicentennial capsule contains items produced in North Carolina. According to ncpedia.org, "The capsule, containing a Bic pen, Salem cigarettes, cellophane tape, razor blades, Leggs pantyhose, Goody's headache powder, and other objects, is to be opened at the nation's tricentennial."

A second bicentennial time capsule is also located in downtown Raleigh at the historic First Presbyterian Church, on the corner of Salisbury and Morgan Streets. Situated at the base of the church sign, the capsule lies along the sidewalk on Salisbury Street. A plaque marking the capsule's location reads, "First Presbyterian Church Bicentennial Capsule Buried July 4, 1976 to be Opened July 4, 2076."

After celebrating the nation's bicentennial, the city of Raleigh

marked its own 200th anniversary on December 31, 1992. Following a parade, a time capsule was buried in the center of downtown's Nash Square. A wooden acorn, fashioned from the fallen "Henry Clay" oak tree, was among the items buried. The tree stood at the intersection of North Blount and East North Streets from around the time of the city's founding until 1991.



Cardinal Theatre

Local legend states that there was a time capsule buried in front of the Cardinal Theatre, formerly located at North Hills. The capsule was placed under the pavement on June 8, 1967, to commemorate the opening of the theater. A restaurant currently occupies the site, but the capsule is still scheduled to be opened in 2017.

More recently, students at Wake Tech Community College buried a time capsule at the school's Northern Wake campus, located in north Raleigh, in 2008. An MP3 player, a copy of TIME magazine, a Styrofoam cup and plastic bottle, and a North Carolina quarter commemorating the Wright brothers' first flight are among the items included in the capsule. An engraved marker at the site specifies April 8, 2058, as the date to unearth the capsule.

While you wait to see one of Raleigh's capsules unearthed, you can create your own time capsule for your family or business for future generations. Instead of including original newspaper articles, which can turn yellow and deteriorate, photocopy them onto archival paper. Black and white photographs last longer but you can use quality acid-free paper to help preserve color photos. Freeze-dried foods are acceptable, but avoid canned foods, as they may explode due to trapped gases. Tape and adhesives can stain other items, so avoid using them as well. Zip-lock type plastic bags should be used to separate individual items and acid-free tissue can be used to wrap them. Coins and metal objects should be placed inside tarnish-reducing materials. Don't use plastic packing items such as bubble wrap or Styrofoam peanuts as these are not meant for long-term use. Make sure you bury your time capsule in a spot that you think (or hope) will be undisturbed for a long period of time. Good luck with your project to contribute to our local history!



Raleigh's Civil War time capsule is buried inside the cornerstone of the NC Confederate monument by the Capitol Building.

Ginny Gillikin writes for her personal enjoyment and has written for publications in Raleigh, NC, Richmond and Blacksburg, VA as well as for the Raleigh blog, candidlice.com, where this article originally appeared.

[FOUND]

Located by:
Jamie
Palomares

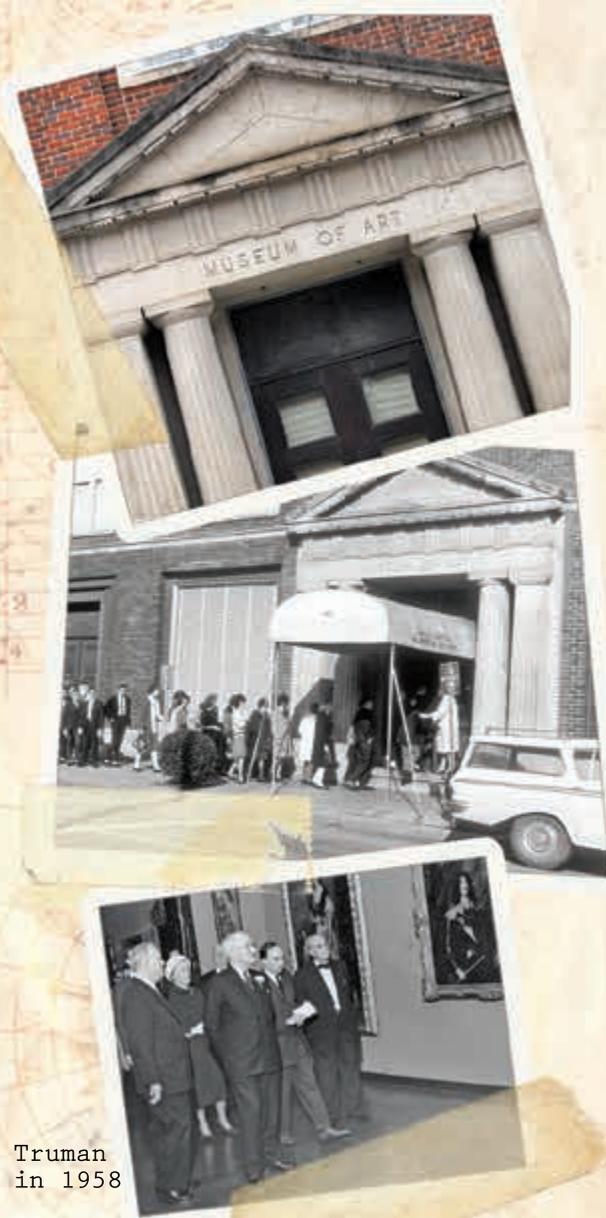
Discovery site:
Downtown
Raleigh

Some of the best discoveries are the things you find along the way to somewhere else, or when you're not really looking for anything in particular. Glancing in just the right direction while you're waiting at the corner for the light to turn, flipping through an old book at a thrift shop, exploring a hidden part of downtown, or looking through an old building.

Our find this month is the entrance to the original location of the North Carolina Museum of Art at 107 E. Morgan Street. Opening in 1956 to grand fanfare, the museum was dubbed the "Miracle on Morgan Street" by local media. The NCMA was the first art museum in the country to be established using only state funds. The museum's initial acquisition of 139 works of European and American art was made in 1947 with a \$1 million appropriation of state funds. Artists represented included Gauguin, Manet, Renoir, Monet, and Van Gogh. Time magazine described it as "the newest major art museum in the United States." Aside from the National Gallery of Art in Washington D.C., NCMA was bestowed the largest and most significant Kress gift, which included 69 paintings and two sculptures. The Morgan Street building unfortunately lacked the humidity and temperature control for the proper care of works of art and eventually outgrew the location. After 27 years and much debate on whether to keep the museum downtown, the NCMA moved to its current nationally (and internationally) renowned location on Blue Ridge road. For more information on the North Carolina Museum of Art, visit www.ncma.org or call 919.715.5923

Have something you think would be perfect in [FOUND]? Let us know how/where you found it and include a photo. If we pick yours, we'll trade your find for a cool Downtowner t-shirt. Find us: found@welovedowntown.com

Harry S. Truman
at NCMA in 1958



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www.artspacenc.org



#DrawThisTown

by Daniel Hedglin

Welcome to our third #DrawThisTown column. Like to buy an 11" x 17" print of this month's drawing signed by the author? They're available for \$15 and all the profits (about \$13.50 of each) is used to buy art supplies for local children's charities, specifically PLM Families Together

(www.plmft.org) and the Salvation Army's Project Catch (www.bitly.com/project-catch). Our great business neighbors at Askew Taylor Paint and Art Supplies (Kirk & Helen) have generously offered us a discount so we can buy even more with the money we raise (www.askewtaylor.com). Check

out all of Daniel's prints on his Twitter page @DHedglin and then email us for ordering information (drawthistown@welovedowntown.com).

Who is Daniel? "I'm an urban planner who is passionate about cities and the people who live in them. Through my #DrawThisTown Project, I hope to understand Raleigh, Durham and Chapel Hill better and to capture the spirit of the places that make these areas so dynamic and livable. You can find me on Twitter at @DHedglin and my drawings via #DrawThisTown. My goal is to draw every building in the Triangle area (and maybe the world)."

About this month's drawing from Daniel "Anyone who has gone to UNC knows about Top of the Hill. Whether you're celebrating after a Tar Heel victory or on a Friday night date, the memories you make there will last for years to come. If you're lucky enough to snag a table on the patio in the early evening, you'll get to admire the sunset and watch the lights slowly turn on as Franklin Street prepares for evening festivities. Though the view is great, it's hardly Top of the Hill's most notable feature: their grit cakes are out of this world!" 🍰



This is the first of a monthly column highlighting some of the dogs and cats who have called the SPCA of Wake County home for far too long. Since the SPCA is a no-kill shelter, their adoptable pets stay with them as long as it takes them to find a home. This means that when the shelter is full, there's no available space for new pets. Some of these wonderful animals are older or have traits that require special attention or medications but want and need to be loved all the same. We hope you'll consider giving one of these (and the many other) long-timers a place to call home where they can feel safe and be cared for. Visit the SPCA of Wake County for more overlooked pets who could use a new family. You can also visit www.spcawake.org/longtimers or call 919.772.2326. 🐾 Photos courtesy InBetween the Blinks Photography

Louise, 3 years old spayed female, American Staffordshire Terrier mix—Louise is an adorable black and white American Staffordshire Terrier mix. She is a playful girl who is full of spunk. Louise loves to fetch and would be fantastic at frisbee! With training, she'd be a great candidate for agility or fly ball competitions! She's looking for someone to be her partner in life and her "one and only." If you have another dog in the home, we definitely recommend you bring her to the SPCA to meet Louise, just because Louise has a funny rough-and-tumble play style. Louise would probably do best in a cat-free home. Do you have room for this happy-go-lucky girl? Come down to the SPCA to say hello with her or visit www.spcawake.org/adopt to read more about her.



Sassafrass, 10 year old spayed female, Gray & White Domestic Shorthair—Sassafrass was adopted from the SPCA years ago as a kitten. Her owners fell upon hard times and had to return her. She is one of the SPCA's senior cats at the age of 10. Many people tend to overlook seniors because of their age, but honestly with Sassafrass, they are overlooking a great girl. She is a grown-up sophisticated cat, who doesn't like the shenanigans of kittens' play style. She's not really interested in toys, but enjoys a relaxing day napping in the sun. She would love nothing more than to curl up with you on a rainy day while you read a good book. This girl deserves a home that will love her forever. Are you that home? Come check Sassafrass out at the SPCA. For more information please visit www.spcawake.org/adopt or call 919-772-2326.



home? Come check Sassafrass out at the SPCA. For more information please visit www.spcawake.org/adopt or call 919-772-2326.

BEACH TRIP!

If you've lived in the Triangle for more than a year or two, you probably know that it feels like half the population migrates to our gorgeous NC beaches all summer long and into the fall. We love keeping our readers up to date on events all over the Triangle and thought why not follow our readers to the beach this year and include a list of upcoming events taking place along the coast. If you know of any noteworthy events, please email us at calendar@welovedowntown.com. We look forward to finally saying goodbye to Mother Nature's crazy winter weather and hellllllo to the warm sun and sand of our Carolina coast. 🌴



Southport Spring Festival: Chili Cook-off and 5K Run/Walk

Fri, April 3 10am-4pm-Sat, April 4, 10pm-5pm
Franklin Square Park, 130 East West St, Southport, NC 28461
www.ncbrunswick.com/event/543
910.279.4616
Cost: Free



Easter Egg Hunt Carnival

Wilmington
Fri, April 3, 10am-2pm
#1 Battleship Rd
www.battleshipnc.com/Events/EasterEggHuntCarnival
910.251.5797
Cost: \$5, free for ages 2 and younger

Alligator Egg Hunt

Kure Beach
Fri, April 3-Sat, April 4
900 Loggerhead Rd, Kure Beach, NC 28449
www.ncaquariums.com/archives/25555
910.458.8257
Cost: Non-member Child: \$20, Member Child: \$11, Adults: \$10.95. Recommended for ages 3 to 10

NC Azalea Festival, Wilmington

Weds, April 8-Sun, April 12
5725 Oleander Dr, Unit B7, Wilmington NC 28403
www.ncazaleafestival.org
910.794.4650
Cost: Admission charged for some events

Pleasure Island Chowder Cook-Off: 19th Annual, Carolina Beach

Sat, Apr 11, starts 11:30am
Atlanta Ave & S. Lake Park Blvd, Carolina Beach, NC 28428
www.pleasureislandnc.org/events-details.php?id=168
910.458.8434
Cost: Tickets \$5, Children 12 and under Free

Oak Island Lighthouse Run & Walk

Sat, April 18, 8am
NC Baptist Assembly, Fort Caswell
100 Caswell Beach Rd, Oak Island, NC 28465
www.oakislandlighthouse.com
800.457.6964 | 910.457.5787
Cost: \$35-\$60

5K Race for the Planet, Kure Beach

Sun, April 19
Check in: 7:30am, Race: 8am
NC Aquarium at Fort Fisher, 900 Loggerhead Rd
<http://reservations.ncaquariums.com/fortfisher/Info.aspx?EventID=19>
910.458.7468
Cost: \$30, Registration After April 1: \$35

Kure Beach Street Festival

Sat, April 25, 11am-7pm
105 Atlantic Ave, Kure Beach NC 28449
www.townofkurebeach.org/annual-street-festival.aspx
910.458.8216
Cost: Free

Cape Fear Comedy Festival, Wilmington

Wed, April 29-Sat, May 2
265 N. Front St, Wilmington NC 28401
www.facebook.com/capefearcomedyfestival
910.409.1262
Cost: Passes until March 31: \$15 (Covers all shows except Sara Schaefer but pass holders receive a \$5 discount)
Passes until April 15: \$20, Passes until day of: \$25

41st Wooden Boat Show, Beaufort

Sat, May 2nd, 10am-4pm
North Carolina Maritime Museum, 315 Front St, Beaufort, NC 28516
www.ncmaritimemuseum.com

252.728.7317
Cost: Free

Carolina Beach Street Arts Festival

Sat, May 16, 10am-5pm
Cape Fear Blvd, Carolina Beach NC 28428
www.facebook.com/CarolinaBeachStreetArtFestival
910.458.7822
Cost: Free

Carolina Beach Double Sprint Triathlon

Sun, May 17, 7am
Carolina Beach, NC 28428
www.setupevents.com/index.cfm?fuseaction=event_detail&eventID=2691
Cost: To Register- Before April 9: \$60, Before May 13: \$75, On-site Registration: \$95. Free to spectate and cheer on your favorite athletes.

50th Annual Battleship NC Memorial Day Observance, Wilmington

Mon, May 25, 17:45
#1 Battleship Rd
www.battleshipnc.com/Events/MemorialDay
910.251.5797
Cost: Free

Battleship Alive, Wilmington

Sat, May 30, 8am-5pm
#1 Battleship Rd
www.battleshipnc.com/Events/Battleship101Alive
910.251.5797
Cost: Included with Battleship admission.



55th Beaufort Old Homes and Gardens Tour

Fri., Jun. 26-Sat., Jun. 27
100 Block Turner St, Beaufort NC 28516
www.visitnc.com/event/55th-beaufort-old-homes-and-gardens-tour
252.728.5225
Cost: Tickets are \$18 in advance or \$20 on the day of the event

Buzzed and Local: Coffee Roasters in the Triangle

PART 3.5—BY JAMIE PALOMARES

In our previous three issues, we featured profiles of 16 local coffee roasters here in the Triangle. In an effort to be all-inclusive, we managed to find one more micro-roaster in Durham and wanted to make sure we gave them proper ink. If you didn't catch the previous coffee roaster articles (along with a great intro on the history of coffee), be sure and read Issues 105, 106 and 107 online at www.WeLoveDowntown.com.

Bethesda Roasting Company

Founded in 2008
919.423.3772
lance@bethesdacoffee.com
www.bethesdacoffee.com
Tw: @bethesdacoffee
FB: BethesdaCoffee



Owners Lance and Ashley Odvody

History Ashley: "We've been in the restaurant industry for over 20 years, including the last 13 years in the Triangle. Lance is a professional sommelier/

wine geek and Ashley has decades of experience in mentorship to college students. Lance often tasted the flavor profiles for wines and found that the skill was easily transferable to coffee. Analyzing coffees of a distinct, singular origin for quality, flavor, flaws and food pairing results in the best coffees for our customers."

About Our Coffee Lance: "Our regular offerings are all 100% Arabica (the best quality) and come from Mexico, Costa Rica, Sumatra, Papua New Guinea, and Kenya. We've featured coffee from Ethiopia and Tanzania, and will be featuring more Central and South American, African and Pacific Rim limited release coffees this year. We also offer blends of these (never using Robusta beans!) and offer a high quality multiple origin decaf. We are committed to aiding countries of origin. We have given over \$3000 in financial gifts to organizations such as African Children's Choir, Stop Child Trafficking, and to help rebuild a Haiti orphanage after the earthquake. These organizations work to

create protection and opportunities for the most marginalized in society."

Where to Buy Currently Bethesda coffees can be purchased through their website and they sell whole bean and ground coffee as well as hot and cold brew iced coffee every Saturday from April through November at the Cary Downtown Farmers Market from 8am to 12:30pm.

Future Plans In late spring, Bethesda Roasting Company plans to launch a region-wide subscription service. A \$24 subscription will deliver coffee roasted just 72 hours straight to your door. Deliveries will rotate each of their coffees and blends, along with new limited release offerings. This will be promoted with a gift referral program and will be announced via Twitter and Facebook. They also plan to release a series of tasting videos on YouTube and the Bethesda website about their coffees, flavor profiles, and why it's important to taste. ☞



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Tasu - 2007 Walnut St., Cary • (919) 896-7289 • www.Tasucary.com
Tasu - 8919 Brier Creek Pkwy, Raleigh • (919) 544-8474 • www.Tasubriercreek.com



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PALE ALE

SHOTGUN BETTY

HEFEWEIZEN

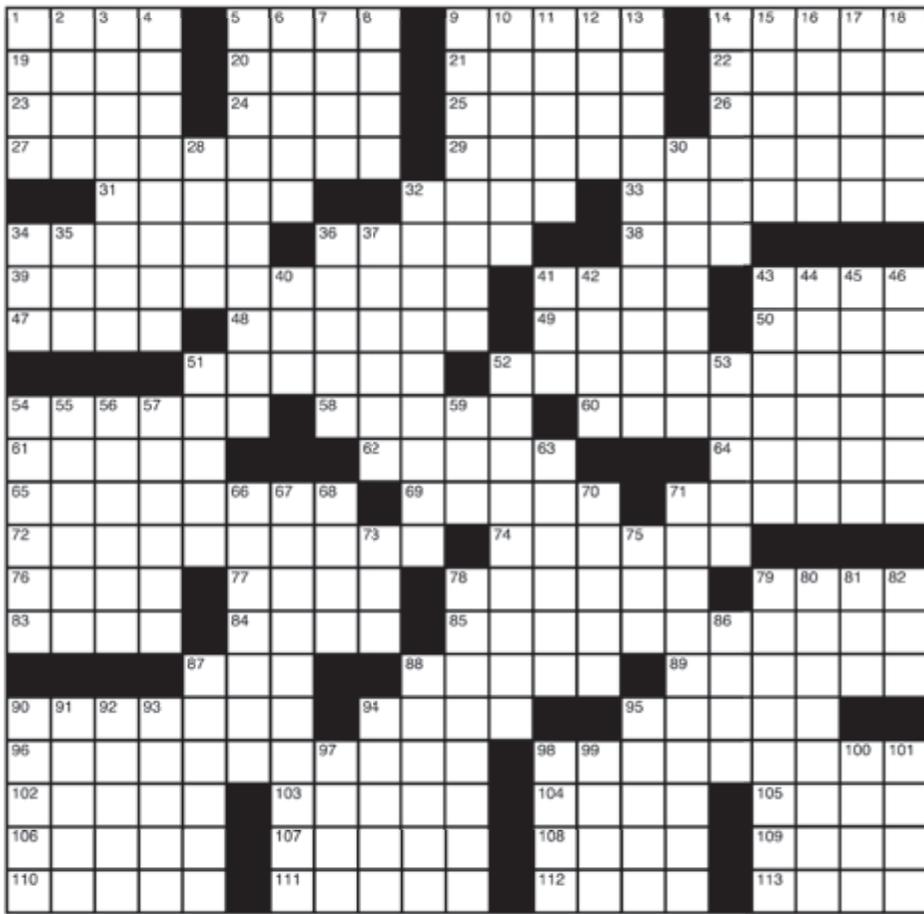
SWEET JOSIE

BROWN ALE

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**DOWNTOWNER MONTHLY
CROSSWORD PUZZLE**

Want to win a Downtowner T-shirt? Email us a photo of your completed puzzle to xword@welovedowntown.com. Heck, these things are hard, partially completed is fine too. We'll pick a random winner each month. No cheating!



"French Twists"

ACROSS

- 1 Show no humility
- 5 Golf club feature
- 9 Refers (back), as to a prior subject
- 14 Apprehends
- 19 Old wisdom
- 20 Transportation network app
- 21 So long, in Avignon
- 22 He had a way with words
- 23 Hops drier
- 24 '30s Lorre role
- 25 1959 Broadway family name
- 26 Multicolored marble
- 27 Testy lover?
- 29 Musical work expressing resentment?
- 31 Musical symbols
- 32 Ikea offering
- 33 Came to fruition
- 34 Key of Mozart's 40th symphony
- 36 'Mongst kin?
- 38 Cops on base
- 39 Napped fabric, without a doubt?
- 41 Camaro ___-Z
- 43 Southwestern hill
- 47 Quaker abolitionist Lucretia
- 48 Eagles' 84-Acrosses
- 49 Bustle
- 50 Beyond the horizon
- 51 Wedding followers
- 52 Bridezilla's fabric of choice?
- 54 Like Catwoman, e.g.
- 58 Less fusty
- 60 City once sought by Sir Walter Raleigh
- 61 Revival chorus
- 62 Primed for a fight
- 64 Stimulating nut

- 65 Act without restraint
- 69 Worrywart, at times
- 71 One-named Tejano singer
- 72 Measly computer storage?
- 74 Sprain application
- 76 Doubling words
- 77 Latin 84-Across builder
- 78 Irregular
- 79 Brylcreem applications
- 83 "I'm all ___"
- 84 Chick's starter home
- 85 Surviving spouse's irritation?
- 87 Gal follower?
- 88 ___ curls
- 89 Sentence component
- 90 Citrus refreshment
- 94 More than satisfy
- 95 Queen of Kings
- 96 The latest in foal fashions?
- 98 Beauty needing a lift?
- 102 Cristiano Ronaldo's longtime jersey number
- 103 Doth proceed
- 104 Olympic event involving runners
- 105 Calendar col.
- 106 Still
- 107 Common fairy tale number
- 108 Swing and others
- 109 City whose name differs by one letter from a nearby volcano
- 110 Micronite filter cigarettes
- 111 Monastery sights
- 112 Hurston's "Their Eyes ___ Watching God"
- 113 Pepper and Stubby: Abbr.

DOWN

- 1 Allied voters
- 2 2013-'14 Katy Perry hit
- 3 One with a burning passion
- 4 Wastes no time
- 5 Place for cutting boards
- 6 Orchestral winds
- 7 Vegan Greek salad omission
- 8 Slangy slacks
- 9 Cloche carriers
- 10 Out of control, at sea
- 11 Rodeo catcher
- 12 Wouldn't surrender
- 13 Big one on a runway
- 14 Apprehends
- 15 Rascalion
- 16 "There you go ___": Reagan
- 17 Davis of "Dead Ringer"
- 18 "... a ___ flying fearless and fleet": Longfellow
- 28 Small one on a runway, briefly
- 30 Chute mechanism
- 32 Glancing blow
- 34 Little shiner
- 35 "Women hold up half the sky" proclaimer
- 36 Winter Olympics host before Vancouver
- 37 "Mad Men" creator Matthew
- 40 Diver's milieu
- 41 Olympian Midori
- 42 Investment firm T. ___ Price
- 43 Victory emblem
- 44 Recently
- 45 "The Streets of San Francisco" co-star
- 46 Iris ring
- 51 Ready to snap
- 52 Steep cliff
- 53 "Ain't Too Proud ___": Temptations hit
- 54 Chatty flier
- 55 Pond protozoan
- 56 Popular gundog
- 57 Fife player
- 59 That woman, in Brasilia
- 63 Solve, in a way
- 66 It precedes Oilers games
- 67 Kindred spirits are often on the same one
- 68 CBS maritime drama
- 70 Pave anew
- 71 Obeys a shooter
- 73 Post-FDR prez
- 75 Texter's after-thought intro
- 78 Alternates
- 79 Hyperglycemia cause
- 80 Apparatus co-invented by Cousteau
- 81 Do diner work
- 82 "... blind, but now I ___"
- 86 Roman commoner
- 87 Oils, e.g.
- 88 Tempted
- 90 Type of refractive surgery
- 91 Sherlock's adversary Adler
- 92 Connoisseur
- 93 His final blog post closes with "I'll see you at the movies"
- 94 Courageous woman
- 95 Sweets-lover's craving
- 97 Pacific salmon
- 98 Erupted
- 99 Tempt
- 100 Forgoing time
- 101 Those women, in Bolivia

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Take a Walk through Durham Neighborhoods

BY JOHN SCHELP, DURHAM NEWS



Coach K gets his hair cut in an old church between an old grocery store and an old millpond. The grocery is now a tire store on Hillsborough Road and the mill pond is now Station Nine apartments. Hillsborough Road was Highway 10, the first highway to cross the state. Old NC 10 connected many of the old cotton mills in North Carolina. Its path through Durham followed the ridge between the Cape Fear River basin to the south—and the Neuse River basin to the north.



Women and girls in Brookstown, ca. 1940

Folks said you could walk along this ridge, from the settlement of Pinhook (or Pin Hook as it was often written) to the backcountry town of Hillsborough—and never get your feet wet. Pinhook was 100 yards southwest of the southwest corner of Erwin Mills No 1. This old traveler's rest, which was here before Durham, was right across from what's now the Hilton Garden Inn.

Stand right here, on West Main, and you're standing in a microcosm of Durham history. The

historically white, blue-collar mill village of West Durham stretched from Duke Gardens to EK Powe. Just to the south and west, stretched the old neighborhoods of Brookstown, Hickstown, and Monkey Bottom. Dirt poor whites and African Americans lived in homes that were lost to the East-West Expressway. Farther south was the Maples—a 17-room estate owned by the Fitzgerald's, a wealthy African American family. On the other side of Blackwell's fairgrounds & racetrack (East Campus) stands Walltown, a historically African American neighborhood where many early residents worked in the tobacco factories. North of the mill village was a band of teachers, pastors and merchants who lived along streets like Englewood Avenue. North of that was Club Boulevard, where shop owners and doctors lived in bigger houses, near the all-White Watts Hospital.

Why do neighborhoods change so quickly in Durham? Take Englewood Avenue. This east-west street crosses several hilltops and creek bottoms. The hilltops offered fresh, cool breezes and bigger houses—while the bottomlands had factory smoke, flood waters and shacks.

Watts-Hillandale was historically white, Walltown was historically black, Trinity Park was white, Allergy Creek (South Ellerbe) was black, Duke Park was white, Avondale was black.

John D. Loudermilk was born in a little bungalow next to a ditch—behind what's now Monuts. The songwriter told me he had a girlfriend in West Durham, a girlfriend downtown and a girlfriend in East Durham. On his way to visit his girlfriend in

East Durham, he often stopped at Walgreen Drugs to pick up a candy bar. The store was having a sale on flowers so, he bought her a rose and a Baby Ruth. And he wrote a song about it in 1958. When radio stations started playing "A Rose And A Baby Ruth," lawyers from the Baby Ruth Co. sent Loudermilk a letter ordering him to immediately cease and desist. As Baby Ruth sales shot up, though, a second letter arrived saying it was okay to continue. The song zoomed up the American pop charts and went on to sell more than a million copies.



A postcard of Erwin Mill from the 1940s

Loudermilk also wrote the song, "Tobacco Road." As a kid, he lived for a while in a house next to a creek on Dezern Street—right across the street from the old church where Coach K gets his hair cut. 📷

The Museum of Durham History is a 21st-century museum that uses stories about people, places and things to foster curiosity, encourage further inquiry, and promote an understanding of diverse perspectives about the Durham community and its history. The Museum's home, the History Hub, is located at 500 W. Main St. and is open Tuesday-Saturday, 10am to 5pm. There is no admission charge. For more information, visit www.modh.org.

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