



RALEIGH DOWNTOWNER

MAGAZINE

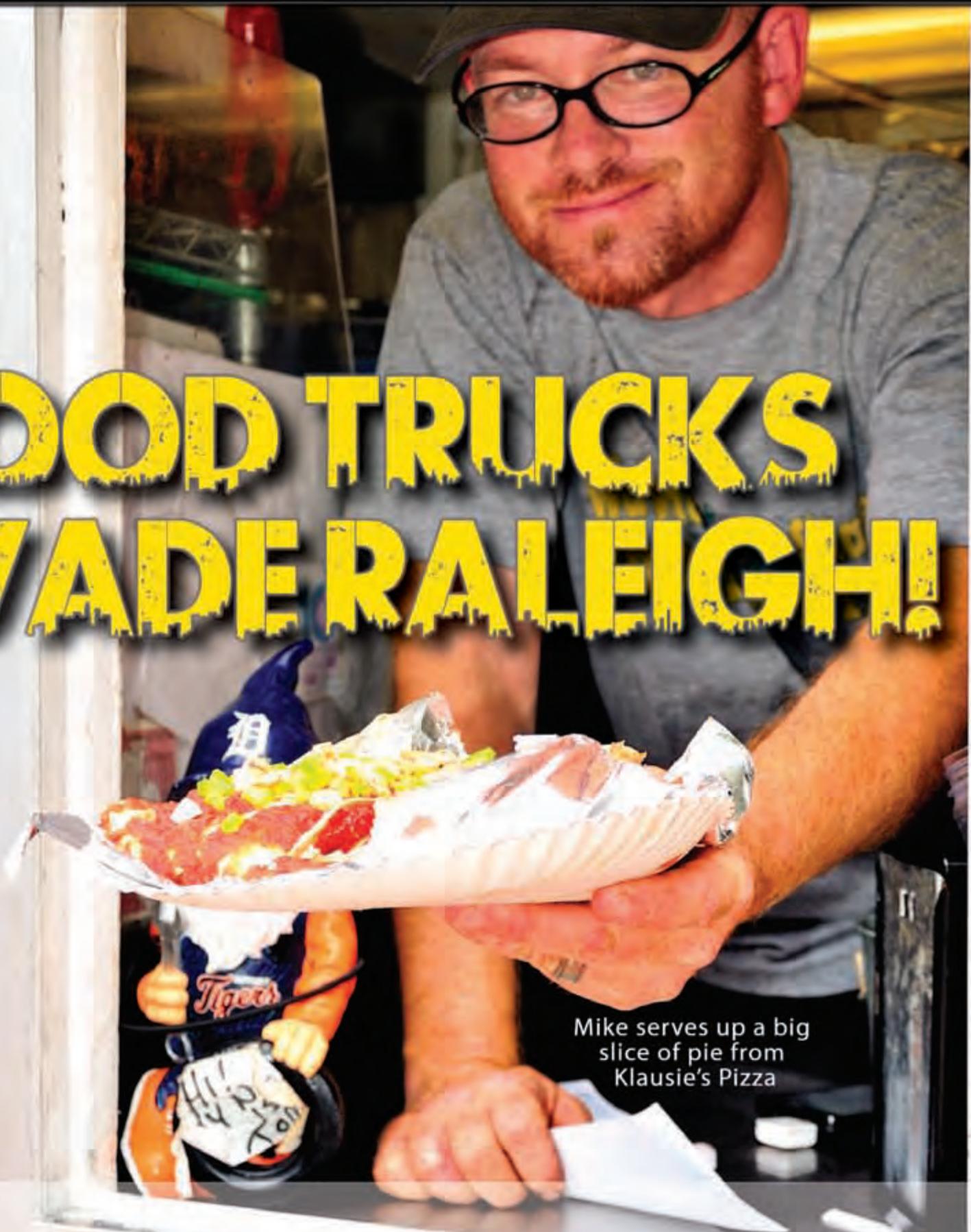
VOLUME 7, ISSUE 9

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

FREE



FOOD TRUCKS INVADE RALEIGH!



Mike serves up a big slice of pie from Klausie's Pizza



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features

3. Meals on Wheels
24. Local History: The Changing Faces of the Catawba Nation

arts & entertainment

10. Art on the Move
22. @Art: Local Gallery News
26. Hopscotch
29. Artist Profile: Leah Preiss—'Curiouser and curiouser'

food & wine

8. Triangle Dining: Second Empire
11. Downtown Raleigh's Oldest Farmers Market
14. Local Beer: Aviator Brewing Company
18. Let's Do Lunch: Wilmore Café
20. Uncorked: Wine Storage Basics

business

12. From the Publisher
12. Where's it @?
21. Did You Know?
27. Neighborhood News
28. Downtown Snapshot From the Downtown Raleigh Alliance
31. Designing Great Places: Downtown's Bike Culture is Growing!

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Puzzle answers from page 27



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www.RaleighDowntowner.com

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Meals on Wheels

Food Trucks Invade Downtown Raleigh BY MELISSA SANTOS

Even though you might think food trucks are a recent fad, they've actually been around since the Nineteenth Century. In 1866 after seeing how hard it was to serve meals on cattle drives, Charles Goodnight took an old Army wagon and installed shelves and drawers inside that he filled with salted meats, beans, coffee, and water. The result? A "chuckwagon," the very first food truck in America. Shortly after in 1872, Walter Scott parked a horse-drawn wagon outside the Providence Journal and started selling sandwiches and hard-boiled eggs to night workers and men's club-goers. Business became so good he started selling food from his wagon full-time. But modern day food trucks didn't start trending until 2008, when Chef Roy Choi from Le Bernardin rolled out his Korean taco truck Kogi BBQ in Los Angeles. Three years later, food trucks were serving everything from fried chicken to fried rice and crab cakes to cupcakes.

The Triangle has its own stable of mobile kitchens. People travel all over the area for a breakfast burger from Only Burger, a taco from Bulkogi BBQ or a slice from Klausie's Pizza. Some fans are so devoted they've set up Twitter accounts just to find out where these trucks are heading next. While Raleigh residents have had to drive to Durham to sample sweets from Daisy Cakes or pizza from Pie Pushers, they'll be able to enjoy them downtown soon.

A new food truck ordinance will finally allow vendors to operate within downtown Raleigh, with a few regulations. Trucks are allowed on privately owned lots but must park at least 100 feet from any eating establishments and outdoor eating areas and 50 feet from pre-permitted food vending carts. Only one truck is allowed on lots

smaller than a half-acre. Two trucks can operate on lots between a half acre and one acre, and three are allowed on those larger than one acre. Food can be sold between the hours of 6am to 3am; however, if a truck is located within 150 feet of a residential neighborhood, they may only sell food from 7am to 10pm. (The map on page five shows possible food truck locations, based on the required 100 foot distance from restaurants and

and Fullsteam Brewery is exciting and inspiring," Catotti says.

Durham City Councilman Mike Woodard concurs, stating, "I think the food trucks have been a great addition to Durham's restaurant scene and the feedback I've gotten from our residents has been extremely positive. The trucks are very popular with folks all over town and have really developed a following. I've seen up to 50 people wait-



Team Chirba Chirba!

existing private surface parking lots. Thanks to Andrew Campbell of the DLA and Travis Crane from the City of Raleigh, whose two maps we combined to create ours.)

"Food trucks are a dynamic way to provide quick and creative food to folks on the go. Within restrictions, I don't believe that food trucks will cannibalize existing restaurants," states Raleigh City Council member Bonner Gaylord. "I believe they will stimulate heightened esteem for unique local fare, which will in turn buoy our local brick and mortar establishments. As per the old axiom, a rising tide lifts all ships," he continues.

Aside from new dining options, Durham City Councilwoman Diane N. Catotti thinks they bring a sense of community, "Food trucks in Durham have contributed to the vibrancy of our community. To see hundreds of people outside on a weekday night visiting food trucks and surrounding businesses like Motorco Music Hall

ing in lines to get food from the trucks at special events. As for brick and mortar restaurants, I've only heard positive things from them. It's complementing what they do, rather than detracting from it or taking away business from them."

We at the Downtowner backed the trucks from the beginning, sitting through numerous lengthy City Council debates in their support. We think all the local and national press that our local food >>>



Delicious BBQ from Bulkogi



A SteveO Hero from Valentinos



truck scene has gotten will help bring more people who are curious to see what all the hype is about downtown to check them out. And more people coming downtown is beneficial to everyone, including existing restaurants. As long-time food truck advocate Leo Suarez of the popular blog dtraleigh.com explains, "I think there was an opportunity to welcome and grow this new industry, but that may take longer with the approved restrictions. Either way, I think the trucks will be a complement to the many things that downtown brings to citizens and visitors. I hope we continue to pursue new and diverse services for downtown Raleigh."

Durham's Mayor William Bell had good things to say about food trucks in downtown Durham, where they've become extremely popular, "All the feedback I've gotten about the food trucks has all been very positive. Personally, I've never received any complaints from restaurants. It doesn't mean there aren't any, but to my knowledge, nothing has come to the Mayor's office about it. I think they've definitely found a niche in Durham. Of course, Durham is a foodie town anyway, so I think that adds to it. We have a very eclectic sort of restaurant scene here."

Our own Mayor Charles Meeker is also pro-food truck, telling us, "The food trucks certainly have a place in the downtown economy. It will mean more late night choices as well as creating dining options for parts of the city that don't have restaurants. We'll have to wait and see how many food trucks we see around and when, but I think it's probably more likely to be in the evening and late night."

To celebrate the food trucks' arrival, *Raleigh Downtowner Magazine* and Hurricane PR are presenting Food Truck King, a free event in downtown's City Plaza on Thursday, Oct. 20 from 5-9:30 pm. The event is a benefit for Meals on Wheels of Wake County, with 100 percent of net proceeds donated to this worthy non-profit organization.



Durham Mayor Bill Bell

This free event will feature live music from two of our favorite bands, national recording artists The Annuals and Jack the Radio, along with fire dancers, circus performers, hula hoopers, plenty of PBR (just \$3!), and several local breweries, who will be selling their craft beers. And since this is an event fit for a king, there will of course be a huge metal 6-foot crown created by local artist Matt McConnell.

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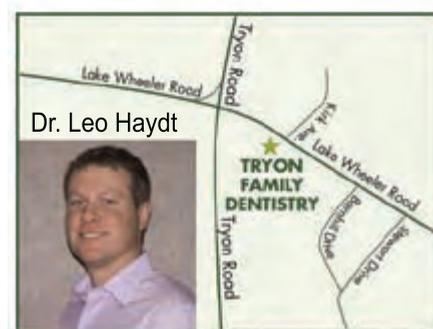
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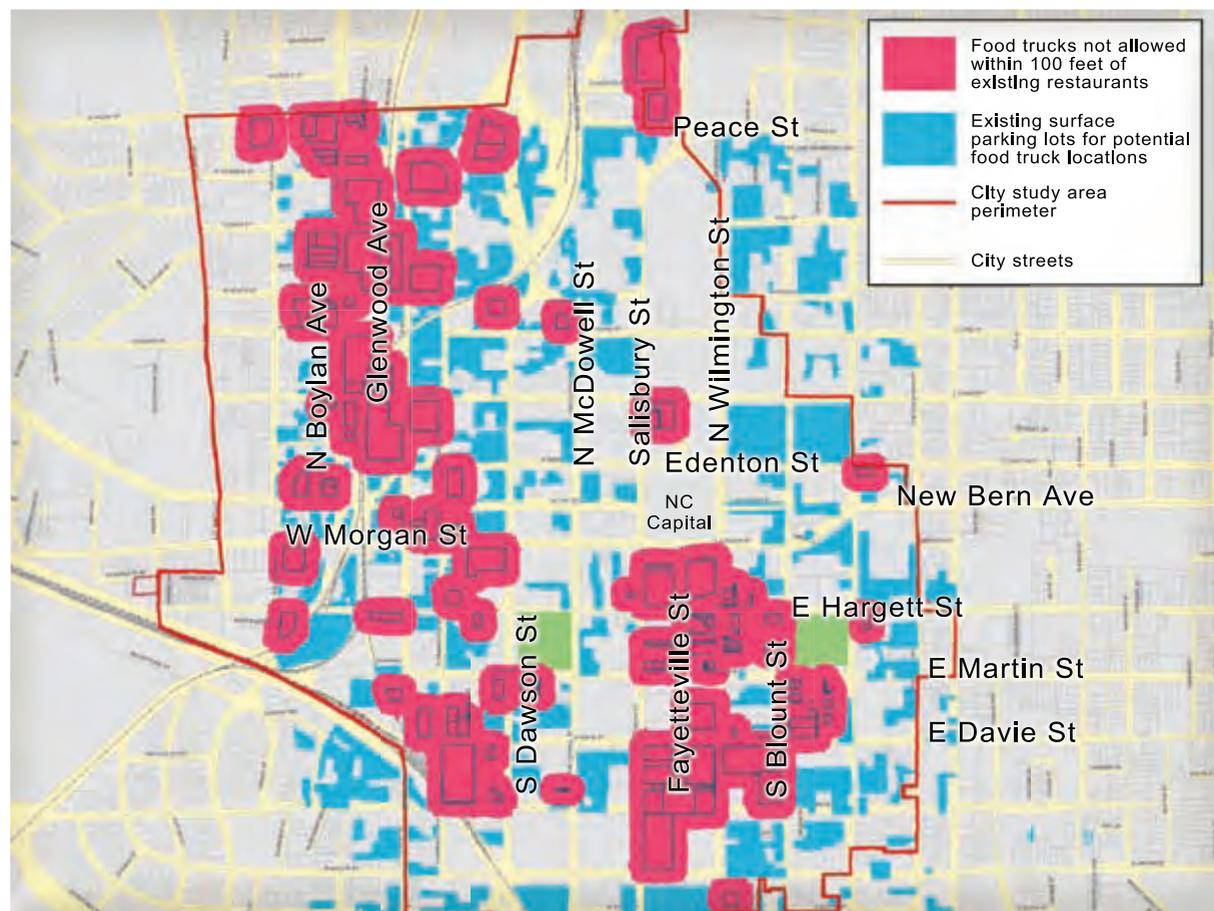


Please visit www.foodtrucking.com for details and to buy your VIP ticket. Regular admission without the food truck sampling is free, but you'll need to sign up for your free ticket to attend. And don't worry, after the VIP tasting and voting is over, the food trucks will be open for business to everyone.

During the first hour (5-6pm), the food trucks will dish out free samples to VIP Tasty Ticket holders. These ticketholders will cast their vote in five categories; votes will then be tallied and the Food Truck King will be crowned during the half time show between bands. VIP ticket holders also receive two free beers and a chance to win over \$250 in restaurant gift cards, PBR swag, Downtowner T-shirts, and a chance to pose with the Food Truck King winner in a photo that will appear in the following *Raleigh Downtowner Magazine*. Only 250 of these tickets will be sold for \$25 so go to www.foodtrucking.com to get yours before they're gone. You can also sign up for a free ticket there, too.

Below are a few bios on some of the food trucks that'll be battling for the title of Food Truck King:

Bulkogi Korean BBQ Jin So was a used car dealer and his wife Jenny So was a stay-at-home mom with a dream of owning her own restaurant. After Jin was forced to close his dealership due to the economy, he and Jenny decided to combine his passion for cars and her dream of having a restaurant. Bulkogi was born. Jin customized an old step van, installing



all the equipment and even cutting out the serving window on the side himself. They serve authentic Korean dishes like spicy bulkogi, Kimchi Bokkeumbap as well as items that are a fusion of Korean and Mexican cuisine. Tacos start at \$2 and nothing is over \$10.50. www.twitter.com/ncbulkogi

Chirba Chirba The Chirba Chirba team consists of Yin Song, Ali Safavi, Nate Adams, and Chela Tu who met while students at UNC. Since her undergrad days, Yin had dreamed of opening a dumpling shop. When food trucks emerged with a bang on the scene, it was the perfect opportunity to launch the dumpling dream. Since all four friends loved eating and making dumplings, it was an easy sell to get the rest on board for adventure. Chirba Chirba prices are \$5-\$9.50; they also offer sides like sweet and savory Hong Kong style sweet sausage for \$2.50.

www.chirbachirba.com
www.twitter.com/chirbachirba

Old North State BBQ Old North State BBQ is a BBQ food truck run by the Livers family. They hosted an annual pig pickin' that got bigger and bigger each year. Attendees loved the food so much they told them to open a restaurant. Not wanting to get into the grand scale of a owning and operating a restaurant, they settled on the mobile food truck idea. They have BBQ, pork tenderloin sandwiches, ribs, hot dogs, fried okra, veggies, and more—all for under ten bucks. www.onsbbq.com | www.twitter.com/onsbb

Parlez-Vous Crêpe Judy Argote, a former caterer and French professor, got into the food truck business after she saw the course education was taking. With the skills she learned from a crêperie in Beaune, France, Judy started a mobile crêperie that she set up

in homes and offices. In 2008, she bought a trailer so she'd have a place where customers could find her on a regular basis. You can purchase her sweet crêpes for around \$5 and her savory ones for about \$8.

www.parlezvouscrepe.com
www.twitter.com/parlezvouscrepe



Welcome to Parlez Vous Crepe

Valentino's Steve and Christina Valentino moved to Raleigh in 2009. When Steven couldn't find a job, he decided to become his own boss. Initially he wanted to start a hot dog cart that served other options, but because of the county laws, he opted for a mobile kitchen instead. Steven dishes out the same Italian comfort food his family used to make every Sunday, but incorporates his own unique flair. Nothing on the menu is more than \$8.

<http://valentinofoodtruck.wordpress.com>
www.twitter.com/valentinotruck

The other food trucks who'll be competing for the crown at Food Truck King include:

Big Al's BBQ: www.bigalsbbqonline.com

Farmhand Foods: www.farmhandfoods.com
www.twitter.com/farmhandfoods

Klausie's Pizza: www.klausies.com
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Kona Ice: www.konaiceraleigh.com

Localmotive: www.localmotivenc.com

Only Burger: www.onlyburger.com
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RALEIGH DOWNTOWNER MAGAZINE

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- Four free tickets to a **NC Theatre** production worth \$45 each. Upcoming shows include *Hairspray* and *Evita*. www.nctheatre.com
- Five \$20 gift certificates to **Tuscan Blu Restaurant**. Authentic Italian cuisine by Chef Maurizio Privilegi in an intimate casual setting. www.tuscanblu.com
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Second Empire

BY BRIAN ADORNETTO, FOOD EDITOR | PHOTOS BY CRASH GREGG



Set in the historic Dodd-Hinsdale House, Second Empire has been charming diners, winning awards and delighting palates since the late 90s. This beautifully restored pre-Civil War mansion and its staff exude elegance and grace. The main and upper levels of the mansion comprise the “Restaurant,” a series of proper dining rooms. Each individual room has its own distinct personality and can be employed to serve as a private dining room, meeting room, banquet facility, or overflow dining room. The lower level of Second Empire is known as the “Tavern,” a slightly less formal area with a more casual menu that houses an old New York City style tavern room, a bright airy Charlestonian atrium and a sophisticated bar.

Due to the talent and foresight of Owner/Manager Kim Reynolds, Executive Chef Daniel Schurr, Manager Nick Saddlemire, and Manager/Special Events Coordinator Tracy Thorpe, Second Empire has become a nationally-acclaimed success. Second Empire has enjoyed the honor of receiving the AAA Four Diamond Award,

the DiRoNa Award and the Wine Spectator Award of Excellence every year since 1998.

The Pan Fried Georgia Quail (\$13), Applewood Bacon Wrapped Key West Shrimp (\$14), and Chilled Asparagus Soup (\$10) are a few of the first course options in the restaurant. The quail is moist and juicy and served with a savory smoked cabbage, slaw, apple pear chutney, and a grilled corn and scallion pancake in a ginger molasses reduction. The well balanced bacon-wrapped shrimp are sweet and salty while the mushroom risotto beneath them is earthy and smoky. The refreshing and bright asparagus soup is served with crunchy asparagus tips and a drizzle of citrus crème fraiche; it’s a wonderful palate cleanser.



In the Tavern, some of our favorite appetizers were the Cider Vinegar Slow Roasted Pulled Pork Shoulder Asian Wrap (\$13), Pan Fried Green Tomato Salad (\$13), and Crispy Empire Chile Relleno (\$13). The sweet and tart pork was roasted, pulled and placed into a steamed rice wrap before being sautéed. It was served with jasmine rice, thin and crisp green beans, and a

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creamy peanut sauce. The fried green tomato salad was a Napoleon of sorts. Alternating layers of pimento cheese, tempura-battered green tomatoes, and grilled red onions were deftly paired with vinegary braised kale and a bright cucumber mango salsa. Chef



Schurr's chili relleno was absolutely sublime. If the Triangle had a Culinary Hall of Fame, this one would be in it. This stuffed chili was bursting with pulled roast duck meat, Latin American rice, and Monterey Jack cheese. On the side was a light corn and jicama salsa and the entire dish was finished with a smoky, spicy, sweet, chorizo, and mango vinaigrette.

With all the great selections, choosing an entrée in the Restaurant can be difficult enough on its own. Sitting in the Tavern's Atrium Room with both Restaurant and Tavern menus in hand is flat out daunting. After much deliberation, we decided on the Roasted Colorado Rosemary Lamb Chop (\$33), Five Spice Pennsylvania Duck Breast (\$29) and "Off the Hook" Mahi Mahi (\$25) from the Restaurant menu. Additionally, we selected the Grilled Certified Angus NY Striploin Medallion (\$27) from the Tavern. Second Empire's lamb chops were more like T-bones. The flawlessly roasted lamb was buttery and earthy without a hint of gaminess. It was accompanied by a wonderful beet and peach salad, green lentils, and an enchanting roasted garlic, oregano and yogurt sauce. The duck, with its deep golden brown and crispy skin, was cooked to a textbook medium rare. The saffron and smoked tomato risotto that came with it was as good as any that can be had outside of Milan. The piney rosemary currant jus

complemented the duck perfectly. The North Carolina Mahi had an impeccable sear on the outside and a sweet, moist interior. Together with a sautéed polenta triangle and an extraordinary grilled lime-poblano pepper vinaigrette, this dish went over the moon.

The grilled strip steak had a hearty beefy, charbroiled flavor and was simply seasoned with salt and pepper. Paired with it was a crunchy square of bacon mac and cheese goodness. Add a cucumber and beet salad and Schurr has another dish in the Triangle Culinary Hall of Fame.

As every foodie, restaurateur, food critic, and American diner knows, the last course can send customers home in a delirious food coma or leave them with a bad taste in their mouths. That's where Pastry Chef Amber comes in. Everything from the first bit of bread to the last morsel of dessert is made by her deft hands. Her Empire Chocolate Soufflé (\$10) with Chantilly Cream is other-worldly—think death by chocolate with creamy clouds of sweetness. If chocolate isn't your flavor, her house-made sorbets and ice creams (\$9) are so magnificent you'll turn your nose up at anything from an ice cream parlor. As for her Key Lime Pie (\$9), fuhgeddaboutit. Foodie bliss...

So, come on, what are you waiting for? An invitation? You're officially invited to come by enjoy a truly wonderful dining experience at Second Empire. 🍴

Brian is a culinary instructor, food writer and chef. His business, Love at First Bite, specializes in private cooking classes and intimate dinners. For more information, visit www.loveatfirstbite.net. Brian can be reached at brian@raleighdowntowner.com.

Second Empire

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\$\$\$\$

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Downtowner Tips: If you dine in the Tavern, you have the option of choosing from both the Restaurant and Tavern menus. Don't miss Second Empire's fabulous cheese selections. There are also exclusive opportunities to dine in the kitchen at your very own Chef's Table.



MUSIC CALENDAR

Thursday 9/29 L-Dub & Mr. Smith	Saturday 10/8 Time Machine	Friday 10/21 Josh Warren & the Revelation
Friday 9/30 Soul Psychedelique	Thursday 10/13 Chad & Paul of Remedy	Saturday 10/22 Crush
Saturday 10/1 Magic Pipers	Friday 10/14 Mule	Thursday 10/27 Lawn Darts (Evita Afterparty)
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ART *on the Move*

BY SUSAN RAMSAY | PHOTO BY THOMAS. M. WAY



Take a closer look at many of Raleigh's CAT buses and you'll notice something unique: they're adorned in vibrant artwork. The City of Raleigh Arts Commission, in partnership with Capital Area Transit (CAT), has selected twelve original designs by local artists for the public art project, ART-ON-THE-MOVE. The first art-adorned buses were unveiled in September 2007, and since then new designs have been rolling out each year.

To select the most eye-catching artwork, a panel comprised of community members and representatives from the Arts Commission and CAT review the submissions and recommend their final selections to be approved by the Arts Commission and the Raleigh Transit Authority.

This year, the artwork of Linda Dallas, Patrick FitzGerald, Paul Friedrich, Amanda Hagemann, Jenn Hales, Ann Harwell, Lillian Jones, Sean Kernick, Justin Thornhill Phillips, Ian Sands, Amy Sawyer, and Garrett Scales made the cut, and these artists have created a virtual art gallery on wheels. You'll see imaginative designs including a multiple whimsical tribute to cats, a colorful representation of the Pullen Park carousel, and graphical designs that highlight the intersection of man-made and natural worlds. The new designs were unveiled at Raleigh's Artsposure festival on May 21, and each piece of original artwork was wrapped onto the buses through a vinyl heat-wrap process.

"Usually you just see advertisements on the side of city buses, so the idea was to shake things up and put some artwork on them instead," said Kim Curry Evans, Public Art Coordinator for the City of Raleigh Arts Commission. "It's been very popular not only with bus riders, but also with people

on the street." The Capital Area Transit has even taken the project a step further by blowing up and permanently installing the artwork from the past two in their new transit operations facility. The project has become so popular within the local community that it has become a public art version of "Where's Waldo." Excited bystanders comment on the "Art-On-The-Move" Facebook page when they spot their favorite bus cruising around.

Each piece of artwork has an inspirational story behind it and ties into the greater Raleigh community. With her choice to portray Raleigh's Horseshoe Farm Park, Amy Sawyer chose a direct contrast to the concrete, steel, and asphalt of city streets. While Ann Harwell took a stance on the

decommissioning of Dorothea Dix Hospital by painting the one hundred year-old weeping cherry tree on Dix campus overlooking downtown.

Riding the bus and listening to music have always gone hand-in-hand for Sean Kernick, so, "It seemed only right to honor North Carolina's finest jazz musicians with my art contribution," he says. "The twists, turns, and rhythms of the bus possess a similar energy to the legendary music of North Carolina-born Thelonius Monk, JHeath and Max Roach. They're the North Carolina dream team quintet, no question."

The City of Raleigh Arts Commission thanks the Capital Area Transit for their continual enthusiasm and collaboration on a wonderful public art project, to American Image Graphics for the quality installation of their bus wraps, and the artists for their creative spirit. The artwork will remain on the CAT buses until November of 2011 so be sure to choose your favorite designs and take a chance to ride in style. Check out the Facebook page to see video footage of the buses and hear the artists discuss their visions for moving art.

One thing's for sure, it's "a beautiful way to ride!"

To view all the images along with artist statements, visit:

www.raleighdowntowner.com/artonthemove/2011.pdf

Art on the Move Facebook page: <http://on.fb.me/artonthemove>

Raleigh Arts Commission: <http://1.usa.gov/raleighartscomm>

Art on the Move Raleigh Arts Commission page: <http://1.usa.gov/nfURYR>

Susan can be reached for comment at suan@raleighdowntowner.com.



Justin Thornhill Phillips, "Musical Trip"



Jenn Hales, "Gears"



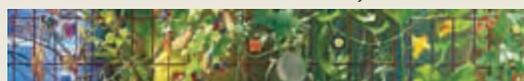
Lillian Jones, "After Dark in the Park"



Ian Sands, "Zonkey Street"



Garrett Scales, "CAT Eyes"



Linda Dallas, "Fruition"



Patrick FitzGerald, "Ride On!"



Sean Kernick, "North Carolina Jazz Quintet"



Paul Friedrich, "Cheetahs Chasing Tigers Chasing Leopards"



Amanda Hagemann, "Space Cat"



Amy Sawyer, "Bird's Eye View of Horseshoe Farm"



Ann Harwell, "Weeping Dorothea"

DOWNTOWN RALEIGH'S Oldest Farmers Market

BY KATRINA KEMPNEY



Nestled on the corner of East Davie and Blake Streets you'll discover great local fresh food hidden behind Artspace on the old cobblestone drive. City Market Produce, run by Ricky Davis and Charlie Coats, is part of the historic City Market, a downtown collective of boutiques, restaurants, and shops established in 1914. The produce store's large, open-air space is shared between the two owners.

The sign perched on the wall outside states the name and operating hours—nothing fancy, but the store's delicious-looking food advertises itself on tables under the awning, tempting and beckoning shoppers inside. A stack of enormous watermelons sits alongside ears of corn near a wall of jams and pickles.

City Market Produce is open year-round and sells local in-season produce. "In the summertime, when we can get local, it's all local," says Davis, who recommended the hand-shelled butterbeans, "If you haven't had them, you're missing out!" The store's space is filled with fresh fruit and vegetables and preserves. "We sell all kind of shell peas, butterbeans, corn, fruits, all the country stuff while it's in season, and all kinds of jams and jellies and pickles. We offer some of everything," says Coats.

The store has been providing fresh, tasty produce to the downtown area for decades.

Davis's family has been selling at the City Market since 1913. Coats's family has been operating in this store for around 25 years, although they've been on Blake Street for 60 years. The store survived the market's transition in the 1950s to two-thirds furniture store and one-third market space, with the market now dedicated to all produce and market space again.

Although it may be a bit hard to find, City Market Produce definitely has its fans. "We have a lot of regular customers and we've got new ones coming in and out all the time," says Charlie. One customer, with a bag full of vegetables, stopped to say that she has visited the market since she was a child. For fresh, local food during the summer and fresh appetizing foodie finds year round, City Market Produce is a great addition to any visit downtown.

Read up about the other farmers markets in downtown in previous issues:
www.bit.ly/buyfresh-buylocal | www.bit.ly/2newdowntownfarmersmarkets



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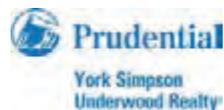


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Where's it @?



Do you know where this photo was taken? Visit www.raleighdowntowner.com/where to send in your answer and you could win a Downtowner T-shirt. We'll select a random winner from the correct answers. (Correct answers can be the spot where the photo was taken FROM or the SUBJECT of the photo. It's just for fun, so we're not picky).

Don't worry, we have new T-shirt designs coming soon you can order in case you don't win. They're \$15 and \$7.50 of each shirt going to local charities. Cool shirts for a good cause. What could be better?



<<<

Congratulations to **Charity Theiron** who correctly identified last month's photo as the newly restored water fall and fountain in front of the Raleigh municipal building located at 222. W. Hargett Street, home to the Mayor's office, council chambers and the Miriam Preston Block Gallery, as well as other city departments. Visit www.bit.ly/blockgallery-current for more information about the current art exhibit.

Shout out to the first five Downtowner readers who also correctly identified the Where's it @ photo: Roger Loving, Nicole Valentin, Lee Turlington, Robert Heckler, Nikki White, and Pamela Alston. Thanks for entering and try your eye-spy skills again on this month's photo.



RALEIGH'S FAVORITE MONTHLY FEATURE MAGAZINE
ENTERTAINMENT • DINING • EVENTS • ARTS & CULTURE • BUSINESS • HISTORY • MUSIC • WINE

From the Publisher

It may have taken awhile, but food trucks are finally allowed in downtown Raleigh. While the laws aren't everything the trucks and supporters were hoping for, I'm sure they can work with what they were given. We think that having a wider variety of food available in downtown will bring more business to ALL the restaurants in the area. Plus the press and all the hype will bring new people into downtown, curious to see what the buzz is all about.



I don't know about you, but we like to celebrate good news when we hear it. And when we celebrate, we like it to be for a good cause. So on Thursday, Oct. 20, Raleigh Downtowner Magazine and Hurricane PR are proud to present **Food Truck King**, an event that brings in actual meals on wheels to raise money for Meals on

Wheels of Wake County. Thirteen food trucks will whip up their best dish in hopes of being crowned the Food Truck King at our festival and a lucky 250 people who purchased VIP Tasty Treat tickets get to sample them all, then vote to decide who will be king. Aside from all the delicious food, there will be live music from national recording artists the Annuals and local favorites Jack the Radio, fire dancers, circus performers, plenty of PBR (just \$3!) and PBR swag giveaways, and several local breweries with their fabulous craft beers for sale. And since this is an event fit for a king, there will be a huge

metal six-foot crown created by local artist Matt McConnell, which we'll present to the winner during the festival.

The event is free to attend; however, you'll need to grab a ticket to help us get a good idea of how many people plan to attend. To claim yours, just visit to www.raleighdowntowner.com/FTK and reserve your ticket. We will also be selling only 250 Tasty Treat VIP tickets at \$25 each. VIP gets you two free beers, a sample from ALL the food trucks, and a chance to win some of over \$250 in free prizes, including restaurant gift cards, PBR swag and a chance to appear with the Food Truck King winner in the following issue of the *Downtowner*. **One hundred percent of all net proceeds from this sale will be donated to Meals on Wheels.** Hey, when it comes to fundraising, we don't play around. For more information, see the full list of participating food trucks and get your free or Tasty Treat VIP tickets visit www.raleighdowntowner.com/FTK. It's good to be King!

We hope you enjoy this issue of Raleigh Downtowner Magazine. See you in City Plaza Oct. 20!

Crash

CRASH GREGG
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Aviator Brewing Company

BY MICHAEL HANSBURY | PHOTOS BY MICHAEL M. WAY

Brewer, pilot, engineer, and Aviator Brewing Company owner Mark Doble first developed his love of beer while coming of age in Holland almost 30 years ago. “When I started brewing, there was no internet, no brewing clubs. In Europe you can drink when you’re 16, so we started riding our motorcycles around and hitting bars and drinking all these really cool beers. A guy showed me how to make beer, and I started buying little home kits and doing it like that.” Fast forward 30 years and you can see how far Mark has grown as a brewer in that time. Aviator now brews five year-round brews and two seasonal selections four days a week at their brewery in Fuquay Varina. Their first offering was the HotRod Red, a classic Irish

Red Ale with a bit of a malty finish that went on tap for the first time November 28, 2008. Since then, Aviator has added the SteamHead California Common, HogWild IPA, MadBeach American Wheat, and the Devils Tramping Ground Tripel.

Current seasonal selections include the Marzen-styled Octoberbeast (a malty starter with a great smoky finish) and the soon-to-be-released FrostNipper, a malted dark brown ale. Although I sampled

them all at the same time, I have to say the Mad Beach American Wheat and the Devils Tramping Ground Tripel really stood out to my pallet. The MadBeach has a nice, full body complemented by a clean finish that left me wanting another taste. The Devils Tripel is the heavy



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hitter (and my personal favorite) of the group, weighing in at 9.2% ABV. But I challenge you to say that it tastes high in alcohol. This golden beauty starts out smooth and bright, and finishes strong and clean, surprising for a beer with this level of alcohol. The devil is in this beer for sure.

Aviator Brewing Company first opened in 2008 in a hanger at the Triple W Airport. Mark still keeps his experimental plane hangered there. Last year, they moved into their new brewing facility where they continue their rapid expansion. "We're going through a huge growth phase. We're just under 4,000 barrels per year and are done with the building expansion. We should easily be able to hit 8,000-12,000 soon." They have a new brew house ordered, which will allow them to increase their production to thirty barrels per brew, and have five new 60-barrel fermenters on order as well. All this room will allow Mark to do one of his favorite things, brewing multiple styles of beer. "My personal preference is to brew a lot of different types of beer. It's boring just drinking the same two or three beers all the time. We're trying to have eight to ten beers going all the time. We love all different styles and really like exploring



those different beers." Mark and company recently completed setting up the bottling line, and hope to begin bottling soon. Kegs and growlers will still be available at the taproom, restaurant and brew house. Expansion isn't limited to the brew house, though. Aviator has had their neighborhood tap room packed for over a year now, and at the recently opened SmokeHouse

Restaurant across the street from the taproom where business is booming as well.

Expect to start seeing bottles of Aviator beers at your local grocer and bars soon. While they currently sell almost all their beer in the area (99 percent within 40 miles of the brew house), the new expansions and addition of the bottling line will allow them to increase not only the quantity of beer produced but the number of styles they craft as well, propelling them out into new markets. Their commitment to quality should ensure a wide following. "We're very particular about the malts we use. They tend to change over time, so we're always looking for the best we can find. We don't put a lot of emphasis on trimming down on the cost because we'd rather make a better beer and we have a lot of confidence that ours is top quality."

Want to visit the guys at Aviator? Brewery tours are offered every Thursday and Friday from 5pm-8pm (tour at 6pm), and Saturday from 3pm-8pm (tours start at 4pm). The Aviator SmokeHouse is located at 525 E. Broad St. in Fuquay Varina and is open daily Monday-Thursday 11:30am-10pm, Friday-Saturday 11:30am-11pm, Sunday 12-9pm. You'll find the Aviator beers in stock along with BBQ, beef brisket, and plenty of sides, open for lunch and dinner. More info at www.aviatorsmokehouse.com.

Aviator TapHouse has all Aviator Beers on tap along with experimental brews (when available). Open daily Monday-Thursday 12-12, Friday-Saturday, 12-1am, Sunday 12-10pm. 🍺



Aviator Brewing Company

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Frank, Marvin and Louis at the Contemporary Art Museum's new Deep Surface exhibit opening reception



Sarah, Kate and Nicole keeping CAM running smoothly



Serving up at Amra's

The photos below were taken at Spy Bar Raleigh for the first Downtown Raleigh Marketing group's first meeting



Kevin and Lindsay



Chuck and Jeff



Derrick and Tyler

AROUNDTOWNAROUNDTOWNAROUNDTOWN

The photos below were taken at the inaugural WakeMed Scrub Run in Moore Square



Debbie Laughery (WakeMed VP of Public Relations), Tom Gettinger (Executive VP/COO), Vicki Block (Wakemed Raleigh Campus Administrator)



LEFT
10k winners
Brad Belfiore
(winning time
34:43), James
Lavin (2nd), Matt
Lavin (3rd).



RIGHT
5k winners
Josh Blatherwick
(winning time
18:40), Katarina
Pibl (3rd), John
Evan (2nd)





LEFT
Fleet Foxes
show at the
Downtown
Raleigh
Amphitheater



RIGHT
Wilco live with
Nick Lowe

Photos by
Rodney Boles



Sand sculpture from Bugfest 2011 held at the
North Carolina Museum of Natural Sciences

For more photos of these two shows and many more downtown Raleigh events and scenes, visit
www.facebook.com/raleighdowntowner

Photos below from SPARKcon in downtown Raleigh (photos by Rodney Boles)



AROUNDTOWN **AROUND** TOWN AROUNDTOWN



Indy's Gloria Mock and Bob preparing for Hopscotch



Ken Bowers and wife Lynnea at VAE for First Friday



Raleigh City Council members Nancy McFarlane and Russ Stephenson at Oktoberfest in Historic Oakwood



Service with a smile at Tuscan Blu



Bull City Syndicate performing live in Moore Square



Robson Spinelli fashion show at Babylon



DJ Chico Scott at Flanders First Friday



Wilmoore Café

BY BRIAN ADORNETTO, FOOD EDITOR | PHOTOS BY THOMAS M. WAY

After nine years of owning and operating Café Udine in Hanover Square, David Fowle decided he wanted to expand his coffee business to include fresh food made in-house. So, he found the perfect space and opened the Wilmoore Café in the old Raleigh Loan Office building on Wilmington Street. Home to decades of interesting stories, the shop was run by Phillip Horwitz, uncle to Phil Horwitz, owner of the present day Reliable Loan, just a block south on Wilmington Street. Phil told us that the Raleigh Loan Office operated from 1928 until around the mid-'50s. His father worked in the shop until opening Dixie Pawn further north on Wilmington (in the current Taz's location); the Raleigh Loan Office remained in that location until 1995. He remembers shooting guns at the wall in the basement of the pawn shop, and to this day, you can still see evidence of their rambunctious youth on the old basement wall. If you happen to look up above the front door of the Wilmoore, you

can still make out the faded letters spelling Raleigh Loan Office painted on the original glass. Inside hangs a large faded photo of the old pawn shop as a tribute to the café's former tenant. Even the logo chosen by Fowle pays homage to the space's roots, incorporating the three orbs which have represented pawn shops since the late 14th century.

With a healthy respect for the past and an eye on the future, Fowle kept the black and white tiled



vestibule and tin ceiling from the pawn shop, the streetside merchandise display areas from when the space housed a men's clothing store (The House of Style), but he tore out the walls to expose the beautiful turn of the century brick work and ripped out the carpets to refinish the oak flooring that was hidden beneath. Fowle has updated the building with wifi, modern local art, a deck for outdoor seating, and concert posters from area bands.

Just offering homemade food isn't good enough for Fowle. He wants all of Wilmoore's menus to use the freshest ingredients that money can buy—and he doesn't stop there. The Wilmoore strives to include as much from local producers as possible. The coffee comes from Carrboro Coffee Roasters, the milk from Homeland Creamery, most produce from New Grass Garden, and the bread from La Farm Bakery. The meats used come from Ashley Farms, Coastal Cattle Company and Top Hogs ENC. Of course, being the über locavore means

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the entire Wilmore menu is subject to change not only seasonally, but also based on the availability of local products.

The lunch menu consists mostly of sandwiches but the café does offer a daily salad and soup special. The Pimento Cheese sandwich (\$3.95) and the BLT (\$5.25) are early favorites among the cold sandwiches. A thick layer of pimento cheese sits simply between two slices of white bread. For the BLT, beautiful slices of juicy ripe hearty tomatoes, a hearty portion of sweet, crisp smoky bacon, a few leaves of deep green lettuce, and just the right amount of Duke's mayo are placed between two slices of toasted honey wheat bread. It is outstanding.

Among Wilmore's hot sandwiches are the Braised Beef Brisket Sandwich (\$6.50), Roasted Chicken Panini (\$6.75) and Portabella Banh Mi (\$5.95). The brisket sandwich is the café's play on the Philly cheese steak. The brisket is sliced thin and served in a baguette with peppers, onions and cheese. Two other changes to this filling sandwich include a schmear of horseradish aioli and a side of whole grain mustard. The Panini is comprised of a chicken breast, prosciutto, a little bit of fontina cheese, and tomato relish on a press grilled ciabatta roll. The Bahn Mi, a Vietnamese salad sandwich, starts with soy glazed portabella mushrooms and is then topped



with pickled daikon (a large mild Asian radish) and carrots, cilantro leaves, sliced fresh jalapeno, and aioli. It's earthy, tart, bright, and spicy. This well thought-out and executed sandwich gets top honors.

Wilmore's desserts (all made in-house) change almost daily. If you happen upon the Pound Cake or Nectarine Cake, try them. The pound cake is light, moist and nicely browned while the nectarine cake is spongy and slightly sweet with fresh slices of the fruit.

When it comes to coffee, Fowle proves why he's the king. He takes his coffee seriously and it shows. He gets his beans from Carrboro Coffee Roaster and uses only Guittard Chocolate. Fowle even uses coffee ice cubes to cool down the iced coffee he serves. From what I've tasted far in Raleigh, the brews at Wilmore are without rival.

Wilmore Café is a simple urban sandwich shop offering fresh, local food and downtown's best coffee. It respects downtown's history, supports our community and promotes local talent. Check it out sooner than later. ☺

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. Brian can be reached at brian@raleighdowntowner.com.

Wilmore Café

223 S. Wilmington Street, Raleigh, NC
919.424.7422 | www.wilmorecafe.com

\$\$\$\$

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Thursday, Friday & Saturday: 5pm–10pm

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Cuisine: Sandwiches and coffee
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Ambiance: Hip, urban diner
Noise Level: Moderate

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Alcohol: Beer and wine

Wireless: Yes

Parking: Moore Square parking lot right next door, street



FROM OUR READERS

"It provides a well rounded view of the Triangle area including historical info, places to go and eat plus entertainment info. I look forward to reading it online in the future. Thanks."

JOEL, CARY 27519—(PICKUP LOCATION: REX LABS IN CARY)

"I enjoy it as it affords me the opportunity to be well informed as I transition to this city from Charlotte, NC."

SHAYANNA, CLAYTON 27520
(PICKUP LOCATION: DOWNTOWN RALEIGH)

"I love your news articles. It's good to know there is a magazine which caters to keeping residents/businesses updated on various events, restaurants as well the nightlife in the downtown Raleigh area. I use it to schedule my weekend activities. It's a very cheerful magazine which you don't mind opening and reading the various articles because they are so vibrant in color and storyline. Once I pick it up I can't put it down until I have read the entire thing. KEEP UP THE EXCELLENT WORK!"

JEANNETTE, GARNER 27529
(PICKUP LOCATION: CAPITAL BANK)

"This publication provides a fresh look into the city venues in addition to providing information regarding current trends. Absolutely a 5 star rating."

ANGEL, RALEIGH 27606
(PICKUP LOCATION: LIBRARY)

"I am able to learn about new places. Great job."

JINKY, CHAPEL HILL 27514
(PICKUP LOCATION: AIRPORT)

"Love the stories on local artists and restaurants!"

SARAH, RALEIGH 27603
(PICKUP LOCATION: CAMERON VILLAGE LIBRARY)

"I have only read a few issues but so far I love it!"

MEREDITH, RALEIGH 27604
(PICKUP LOCATION: SEABOARD STATION)

"It's a great place to get the latest information about things happening downtown. It also looks great."

KOO, RALEIGH 27603
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"You have a great publication, and I really love the great restaurant write-ups! I have a ton of your pages cut out for new dining ideas. Thanks so much!"

MICHAEL, RALEIGH 27609
(PICKUP LOCATION: BUSY BEE AND CHAR GRILL)

"I think it's a great magazine. Very informative about downtown activities and great places to frequent."

ROBERT, NEWTON GROVE 28366
(PICKUP LOCATION: RALEIGH MUNICIPAL BUILDING)

"What a great magazine! I have just recently discovered it. Twelve boyfriend's colleagues from Sweden are coming to visit in October. I got a copy for each one of them for their stay."

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"Love it! Very informative and great reviews of restaurants I want to try."

JONATHON, RALEIGH 27607
(PICKUP LOCATION: CAFE CAROLINA)

"Interesting & informative; it's a good way to keep up-to-date on happenings."

BRENDA, RALEIGH 27605
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Wine Storage Basics

BY JEFF BRAMWELL



The vast majority of wine that's purchased in the United States is consumed the same day it was bought, usually within the amount of time it takes to get the wine home from the wine store (that's sometimes jokingly referred to as "highway aging"). But if you're the type of wine drinker that takes the time to read this article each month, then I'm guessing you've got a stash of bottles on hand at all times, whether that's a few bottles in the fridge, a small wine rack or a full-blown cellar. This month, I'm focusing on how the properly treat those bottles, no matter how basic or deluxe your accommodations.

First and foremost, you've got to get your wine home from the shop in good shape. Fortunately we're through the worst of the heat for the year, so you're more or less off the hook until next spring, though you shouldn't leave a bottle in the car overnight if we're near freezing temperatures. In the summer, you've got a very finite amount of time to get your wine home safely when the temperature in your car hits triple digits. I recommend an absolute max of 15 minutes on the hottest of summer days; even at far more modest temperatures you may be pushing your luck if you leave a bottle in the car for more than 45 minutes.

Once it's arrived home, the most common storage area for a handful of bottles is also the area that can kill a bottle faster than anywhere else in the house: the kitchen. Wine prefers to be stored in a consistently cool, humid (but not overly damp), dark and relatively vibration-free environment. The rapidly changing temperature in a kitchen is the number one culprit in shortening the shelf life of a bottle of wine, and the vibration of a fridge's compressor constantly kicking on and off makes it a less-than-ideal long-term storage solution. Unless you're interested in buying a wine-specific fridge, your best bet is to keep your bottles tucked away in your coolest, darkest closet.

We see more and more wines being sealed with a screw cap these days. We're a big fan of these caps for wines that are intended to be drunk within a year or two of their release. Since there's no oxygen exchange those bottles can be stored upright without fear, but be sure to keep those cork closures on their side so the cork doesn't dry out before you've had a chance to enjoy the wine.

Another common mistake in storing wine is over-estimating the shelf life of a bottle once it's been opened. With

just a handful of exceptions, most wines are at their best on day one and still very drinkable on day two, but after that, oxidation starts to set in. The fruit flavors and aromas typically start to fade and acidity starts to over-assert itself around day three. There are a handful of vacuum pumps and inert gases that, combined with storing the wines in the fridge, can extend the life of the bottle an extra day or two, but by the time it's been open for a week, the wine is basically vinegar. Champagne and other sparkling wines will always be at their best on day one, as the bubbles virtually disappear by day two. On the other end of the spectrum, some dessert wines, such as tawny Port, Madeira and certain Sherries, are great for a month or more.



If you're not likely to finish a full bottle within a few days, then you may want to look into box wines. I know what you're thinking, and yes, most box wine is of marginal quality at best. But the technology of the bag-in-box itself is great; once you tap into the box you've got upwards of a month to finish it off. It's also great for when you need just a cup or so of wine to cook with. There aren't many great ones out there, but that's slowly starting to change. The standouts that we've found for The Raleigh Wine Shop are the Sant'Evasio Barbera (red) and Cortese (white) at \$20 per three-liter box, equal to \$5 a bottle. For a fuller bodied red we've also been really happy with the Alandra red blend from Portugal at \$25. So in addition to allowing you to enjoy a glass here and a glass there, they also offer tremendous value. Just don't keep the box next to the stove! 🍷

Jeff Bramwell is a co-owner of The Raleigh Wine Shop (along with fellow wine industry veterans Seth Hoffman and Ryan Fulkerson), located at 126 Glenwood Ave, across Jones St. from 518 West. Drop Jeff a line at Jeff@TheRaleighWineShop.com.



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Ask the Pharmacist



Pharmacists John Johnson and Jamie Freehling work side-by-side at Hamlin Drugs in Raleigh to handle all of the pharmacy needs for several generations of Raleigh customers. Email your pharmacy questions to askthepharmacist@hamlindrug.com.

Q: What should I look for when choosing a pharmacy/ pharmacist?

A: A pharmacy/pharmacist should be part of your overall healthcare program, and considered an extension of your medical team. Convenience is a factor to consider. Does the pharmacy handle all the details for you when transferring prescriptions and contacting your physician with questions? Are they located in close proximity to your home or office? Do they accept your insurance? Do they deliver? Finally, a pharmacist who listens, respects your privacy, and shows caring doesn't hurt.

Q: What do you think about the new trend in ordering prescription medications from other countries that sell them at a much lower cost and often without proof of a prescription?

A: It is important to be able to document the pedigree of drugs consumed. This can be achieved by purchasing from reliable local sources. I think ordering prescription medications from other countries without a prescription and proper oversight could prove to be a very dangerous and even deadly practice. Drugs from other countries may not have regulated and quality dispensing, may be exposed to tampering across the distribution channels on the way to the U.S., and cannot necessarily be traced back to its origin if something goes wrong.

About Hamlin Drugs

Originally opened in 1904 as People's Drug Store and renamed in 1907, Hamlin Drugs on Hargett Street in downtown Raleigh is the oldest African American owned pharmacy in the United States. Pharmacist John Johnson has owned and operated Hamlin Drug Store since 1957, and prides himself in keeping the old-time traditions of hospitality and excellent customer service that the pharmacy was founded on over a century ago. Hamlin Drugs offers free delivery, accepts all major insurance programs including Medicaid and Medicare, and is certified in medication therapy management for the purpose of maximizing better health outcomes for their patients. For more information, visit www.hamlindrug.com, or follow us on Facebook and Twitter @HamlinDrug.

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Local Gallery News BY MAX HALPEREN, ART EDITOR

Bold is the word for “Rhymes in Time” at Meredith College—bold in execution, bold in conception. It plays with the idea that many old, apparently innocuous, nursery rhymes about women have hidden meanings, sometimes referring to dark passages in our history. For the four artists who collaborated on the multi-media installation—Emily Cash Wilmoth, Catherine Thornton, Emily Howard, and Kelly Smith-Campbell—the chosen jingles point to female stereotypes and roles, sometimes as victims, sometimes as victimizers: “By investigating the symbolism and history through generations, we discovered that these women were depicted as harlots, jezebels, overeaters, murderers, preachers and politicians.”

Conceived and organized by Wilmoth and funded by the United Arts Council, the show is visually captivating. While intriguing, the idea that a cute, seemingly innocent nursery rhyme may contain a nasty sexual joke or even encompass the reign of a murderous religious fanatic might seem rather questionable. The first quite striking image I saw on entering the gallery was a take on “Peter, Peter pumpkin eater/ Had a wife but couldn’t keep her/ He put her in a pumpkin shell/ And there he kept her very well.” The wall note insists that the pumpkin shell into which Peter drops his wife is actually a medieval chastity belt—held by several large, heavy locks and belts. A white cut-out over seven feet high, the “pumpkin” is shaped like a fat bulging torso pinned by lines of thick black paint. Lost in the center of all this is a tiny spot of color—a small female figurine suggestively dressed and posed, and obviously very well kept.



Old Lady who Swallowed a Fly installation, drawing by Emily Cash Wilmoth, ceramic sculptures by Catherine Thornton, intestines by Warner Hyde’s sculpture class

Unfortunately, the belief that pumpkins somehow symbolized chastity belts doesn’t work for me as pumpkins didn’t exist in medieval Europe. They were a product of the Americas. But that’s nitpicking on my part. That childlike images may balloon into something films would warn children about is a concept that may lead down more than one path. Are there implications beyond the obvious? How clear is Peter about his wife? Is she as fleshy as the torso



Little Miss Muffet Who Sat on Her Tuffet installation, ceramic sculptures by Catherine Thornton, drawing by Emily Cash Wilmoth, web created by Emily Soldin Howard’s fibers class

painted by Wilmoth? Is she as well kept as the figurine, one of Catherine Thornton’s superb ceramics?

The most complex installation in the show has Mary the famous contrarian doubling as “Bloody Mary,” the 16th century English ruler who, in the name of Catholicism, persecuted and executed British protestants: “Mary, Mary, quite contrary/ How does your garden grow?/ With silver bells, and cockle shells/ And pretty maids all in a row.” In honor of Mary, the walls and floor of a partially enclosed area are filled with images of massive tree trunks and heavy foliage, hiding whatever lies behind; walls and floor are also lined with clear messages about Mary’s fierce will: bells and shells, we are told, refer to instruments of torture; the garden is a graveyard; the pretty maidens, all head choppers. A video of pretty maidens concludes with one of them under a guillotine. Below it is a rough “garden,” headstones clearly indicating its nature.

In the center of the gallery, Wilmoth has suspended a long white banner that carries the entire tale of the old woman who swallowed creature after creature, from fly to horse, and ultimately proved “Dead, of course.” It hints clearly, if whimsically, of the dark readings given the “Rhymes in Time.” The fierce, toothed image of the old woman herself,

guts dangling, is embodied in another installation; she appears also in a collection of nine delightfully imaginative figurines by Thornton. The old woman is the largest in the series, the horse the smallest; she is, after all, supposed to harbor all the rest. But in a huge pen and ink drawing covering most of one wall, Wilmoth has pictured the horse as the container of everything else.

One “rhyme” in the show stands apart, taking a very different direction. For “Mary had a little lamb,” though it resides next to the “Bloody Mary” installation, Wilmoth has provided a highly personal reading that has nothing of the feminist or anti-feminist feel about it. Scarcely traditional, the rhyme was written by Sarah Joseph Hale and published in 1830. Mary’s lamb becomes, for Wilmoth, a reference to Christ. “Every time I read this nursery rhyme, I kept replacing the word ‘Lamb’ with the word ‘Jesus.’” She has filled a large pen and ink drawing of an imagined, quite hilly landscape with references to events and places cited in the New Testament, and filled it also with lines and phrases plucked from “Mary had a little lamb.” If the lamb is Christ, the bits and pieces of the poem covering the land suggest to Wilmoth, that Jesus “follows you wherever you go.”

The gallery is the perfect venue for this show. Its gleaming white walls, white ceiling and white trestles create a stark, pitiless background for images that, though sometimes comical (witness John Knox as the eight-legged spider about to frighten Miss Muffet) may also suggest human savagery. Books of all sorts are scattered about or rest on pillars, many topped by tiny Thornton figurines, books that may also contain hidden messages about the people on top.

The show, at Meredith’s Frankie G. Weems Art Gallery, runs through October 30. 📍

Max can be reached for comment online at max@raleighdowntowner.com.



Artists in the exhibition, l-r: Emily Soldin Howard, Kelly Smith-Campbell, Catherine Thornton, Emily Cash Wilmoth

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The Changing Faces of the Catawba Nation

BY CATHY SEMONES, RALEIGH CITY MUSEUM

The Catawba are a Native American tribal nation that currently maintains a small reservation in Rock Hill, South Carolina. This group of people used to dominate the Piedmont region with a network of trade that stretched over 55,000 miles from Virginia to South Carolina. After many years of disease, war and other forms of violence brought upon by settlers of the 16th, 17th and 18th century, the Catawba dwindled in number and power. Yet the Catawba are still an alive, active people with a rich culture.



A significant part of Catawba culture is pottery. The Catawba rigorously guard their art of pottery, at one point they even had a tribal law prohibiting the art from being taught to non-natives. The tradition is closely guarded with good reason. One of the most important reasons is because of the cultural significance of the pottery to the Catawba, along with economic reasons.

The Catawba are a diverse group of people and this creation story does not represent all Catawba beliefs, but it does help explain why certain clay digs are reserved for natives and have traditionally been hidden from most non-native visitors. Catawba potters have revealed to researchers, however, that they dig their clay at Pine Tree Hill, near modern Camden. Once called Cofitachique, Pine Tree Hill was the center of Catawba power in the 1500s. Thus, Catawba pottery is not just an art, but a part of their culture and heritage.

Pottery also provided a basic income to Catawba families. Some Catawba potters worry

that if others learn how to create Catawba pottery, then the natives will lose their own pottery market to non-native artists. Many artists, however, find the Catawba pottery process to be too restrictive, since it diligently adheres to traditional forms and methods.

The Catawba have been bartering and selling pottery for over 500 years. At the time of the arrival of Europeans, the Catawba boasted a trade network of over 55,000 square miles. Whereas other tribal nations, such as the Cherokee and Tuscarora, interacted adversely with the new settlers, the Catawba originally initiated friendly relations with the Europeans. These transactions are described by explorer John Lawson in his accounts of expeditions in the Carolinas. Though the Catawba traded in animal skins and native slaves, pottery has been a constant source of income.

Originally, Catawba pottery provided a stable income to families. Catawba pottery was not a profitable enough trade for others to want to emulate. To sell their work, the Catawba would travel from town to town along trade paths. As soon as they sold all of the pottery they brought along, they would travel back to their home to create more pottery and begin the process again. Beginning in the 1920s, a boom occurred in the peddling of pottery. With the invention of the automobile and improvement of roads after WWI, tourists found their way into the Cherokee country of the Great Smoky Mountains. Infatuated with the culture, they wanted souvenirs to return home with. The Cherokee catered to the tourists with baskets and stone and wood carvings, but had no pottery to offer the tourists. The Cherokee pottery tradition ended around 1900 with the last of

the Katalstas. Two Catawba potters, Nettie Owl and Susannah Owl who had married into the Cherokee tribe, introduced Catawba pottery to the tourists. They created a demand for Catawba pottery that they could not fulfill on their own, and other Catawba potters began to create pottery to be sold in the mountains. The selling of Catawba pottery in the Great Smoky Mountains became known as the North Carolina Mountain Trade. Unfortunately, this trade sparked mass production and promoted poorly crafted work, decreasing the price of the pottery from the 1930s to the 1960s.

Not until the 1970s did pottery become profitable. In 1973, Steven Baker organized a showing of Catawba pottery at the Columbia Museum of Art. This exhibit exposed Catawba pottery to a new market that appreciated the hard effort and artistry of the ancient pottery tradition. Prices rose dramatically and potters finally earned more than minimum wage.

The Catawba have faced various challenges to their identity throughout the colonial and modern period. Disease and various wars have devastated the population, governmental treaties have stolen ancestral lands, and discriminatory practices have limited their social mobility. Yet, their culture still lives on today, an undisputable fact that is often overlooked. 📷

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. Please call 919-832-3775 or check out their website at www.raleighcitymuseum.org.



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Beleza

A LOCAL BOUTIQUE WITH A GLOBAL MISSION

BY JESSICA SICILIANO | PHOTOS BY THOMAS M. WAY

The term “fair trade” has become somewhat of a buzzword recently, making its way onto everything from coffee to clothes as a way to indicate a product is both ethically and environmentally sustainable. The fair trade movement has taken root right here in Raleigh at a charming boutique in Cameron Village called Beleza, owned by husband and wife Philip and Sara Dail. Beleza is bursting at the



Beleza co-owner, Sarah Dail

seams with beautiful hand-crafted accessories, clothing and gifts from around the world—each with its own heart-warming story.

Although the boutique opened in November 2005, Philip’s passion for unique regional handcrafts began long before that. He has a self-proclaimed travel addiction, visiting more than 20 countries during his lifetime. On his adventures, he continually found himself buying beautiful items from local artisans to bring home as gifts and souvenirs. He recalls being startled by the reality of the people that he had met and how hard they worked to make a living, “I was humbled by seeing what people could do with so little, in contrast to what we do with so much.” He was immediately struck with a desire to help these craftspeople in any way he could.

Philip found his chance to act when he received an email from his former student Kylie Schmidt, a graduate of the College of Textiles. Schmidt had been living in Madagascar after joining the Peace Corps and it was there in a small village called Saotanana that she stumbled across the *lambas*. *Lambas* are delicate shawls and scarves made from a variety of hand-dyed raw silk that can only be produced in Madagascar. As a textile design major, Schmidt knew that she had found something special. She contacted the College of Textiles, seeking help to provide an American market for the *lambas* and in turn, help sustain the community of Saotanana. Philip jumped on the opportunity and began an endeavor that would become a life mission.

After working with the women of Saotanana for nearly a year, Philip was finally able to visit their village and see the impact of their cooperation for himself. He was immediately moved by how gracious and grateful the villagers were and recognized the potential to help artisans and craftspeople all over the world by giving them a market for their skills and a means of supporting themselves, their families and their communities. Philip says, “No matter what our economy is here, we still have so much more than them. They are offended



by the word charity. They are working for themselves and creating a livelihood from their talents.”

So, with zero retail experience, Philip opened Beleza in November of 2005 with the aim of helping as many communities as he could through fair trade practices and offering unique and quality products to the people of Raleigh. A year later, Philip married Sara and it is to her that Philip attributes the success of Beleza. He credits her marketing experience for taking his vision for the store further; though, she jokes it’s really her lifetime of shopping experience that helped.

The couple is constantly on the lookout for new and unique products for the boutique, travelling to underdeveloped countries to scour craft districts, markets and other events featuring local artists and craftspeople. Currently, Philip is working with artisans in Guatemala and Nicaragua who use intricate beadwork to create beautiful handmade Christmas ornaments.

Each time Philip and Sara introduce a new product at Beleza, they form a direct and long-term relationship with the artist based on trust and respect. Adhering to the basic principles of fair trade, they pay the craftspeople the prices they deserve up front, not on commission or consignment. Philip says “Fair trade means treating people the way they should be treated; not just respecting their culture but appreciating it—understanding and support for the abilities of people who make real things.”

Philip swears he could never pick a favorite item in Beleza but there are some that have a very special place in his heart, such as the oil paintings by Ugandan artist Eddie Epira. Painted on barkcloth, these paintings help fund an art therapy program for street children in Uganda, most of whom have known nothing but war and terror their entire lives.

No project carries more significance to Philip than the *lambas* from Saotanana, however. After eight years, the Dails are still cooperating with the village to export its beautiful textile products and help create financial stability for the community. Since 2005, Beleza has helped sell more than 1,000 *lambas* and the village has been able to purchase livestock to trade with neighboring communities, build a nursing clinic and send a few children to a city boarding school for a high school education. Now, they are planning to build their own school in the village, something they have never had before.

Education is the most important and most challenging aspect of operating a fair trade business, according to Philip. Specifically, educating people as to why they should support fair trade. And why should they? “Because it’s a win-win situation,” says Sara, “Not only are you getting a remarkable product, but you’re supporting a livelihood. When you buy a fair trade product, you are affecting a person’s life in a positive way.”

Beleza

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HOPSCOTCH

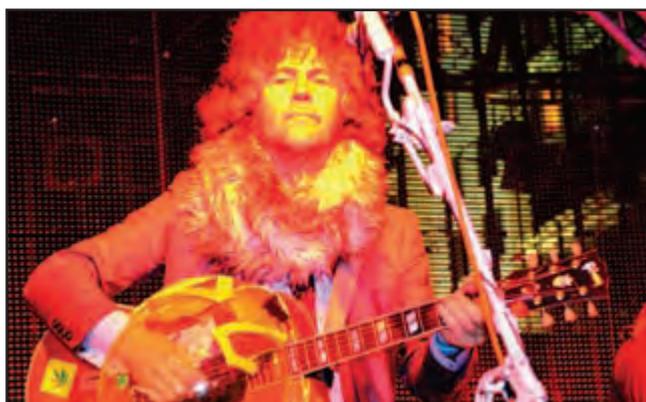
Big thanks to Greg Lowenhagen, Grayson Currin and the Indy staff for a great job with Hopscotch 2011. 3 days, 132 bands, 12 venues, 400,000 people (more or less). We're already looking forward to next year. Photos below by Raleigh Downtowner Magazine photogs Rodney Boles (◇) & Thomas M. Way (●).



The Annuals ◇



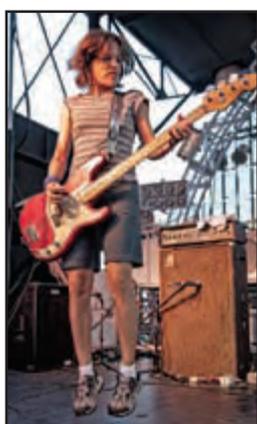
The Annuals & Jack the Radio headline Food Truck King, a music benefit for Meals on Wheels Oct 20. More info on page 4, 5 & 6 of this issue.



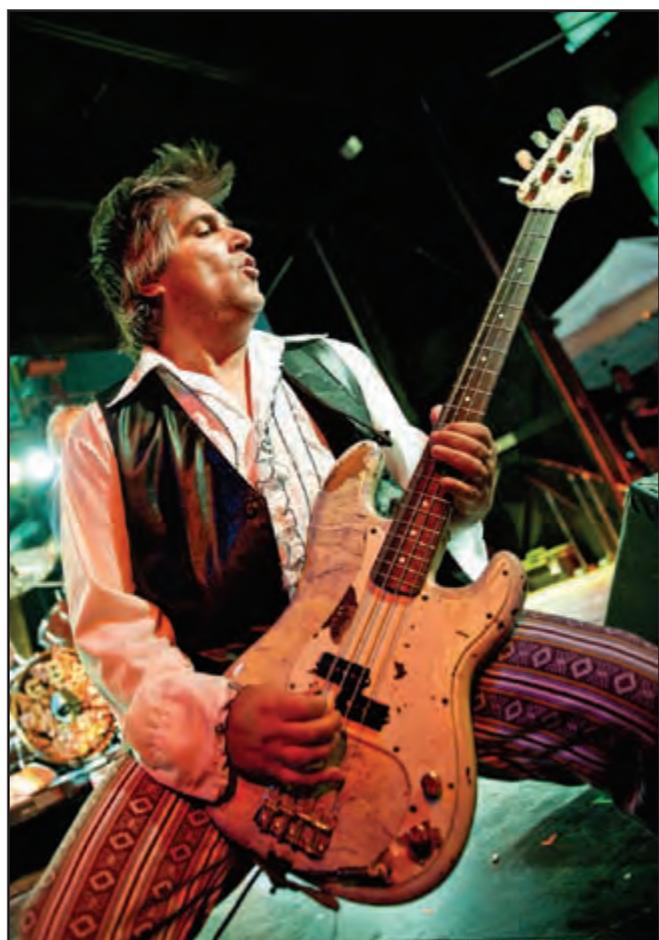
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Neighborhood News

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DOWNTOWN  **SNAPSHOT**

From the Downtown

Raleigh Alliance



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

Dear Reader,
The fall season will soon be upon us and we are excited to present Honey Buzztival on October 5th at the Raleigh Downtown Farmers Market at City Plaza. Join us for this sweet celebration of bees and all things honey! The market will be buzzing with honey samples, cooking demos, an observation hive, recipes, and an abundance of honey-related products. Live music will be presented by Russ Thompson featuring Q Jones and kids are welcome to participate in a Kidz BEE Bash. I hope you

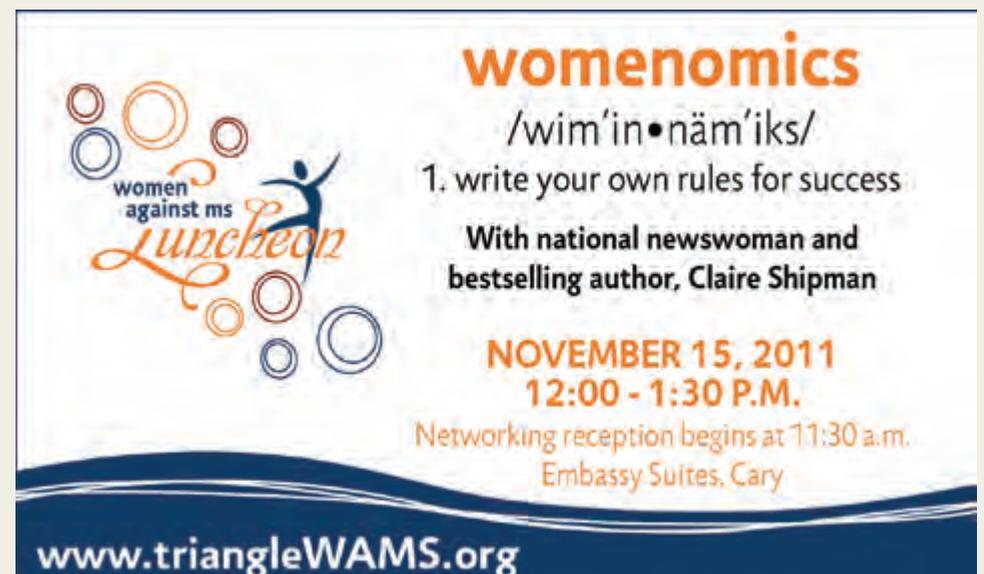
will have the opportunity to support our local farmers and artisans at the Raleigh Downtown Farmers Market every Wednesday 10am-2pm through the end of October. For more information on the market, visit www.RaleighEatLocal.com.

You will find a convenient calendar of downtown events scheduled during the upcoming months and information about parking, maps and the free R-LINE circulator bus at www.YouRHere.com.

Please enjoy this issue of *Raleigh Downtowner Magazine*.



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LEAH PREISS

Curiouser and curiouser

BY ASHLEY FAHEY

What is art? It's a question most people struggle to answer comprehensibly. For some, it's about classic Renaissance paintings in a gallery. For others, it's splattering paint abstractly on a canvas. For others still, it's about the physical structure of statues and architecture. But for local artist Leah Palmer Preiss, art is a creative medium through which to tell a story.

"I'm always telling a story when I'm working," says Leah. "There's always another twist; I love looking for new things to try."

Leah has been interested in art since she was a child, growing up in an art-centric family. She went on to major in art at Smith College, but after graduating, she didn't know where to start her career. "I took a summer job working at an ad agency. I didn't enjoy it really, but I was making money and doing art," she says.

After she found her love for illustration, she started to get her name out there to greeting card companies, children's book publishers, and anyone who might take even the slightest glimpse at her art. Her work has been featured in Cricket Magazine, a publication of children's stories, as well as in children's books, including an undiscovered book of Louisa May Alcott short stories, "Flower Fables," and one that she wrote herself. Her belief in being "curiouser and curiouser" led her to adopt the name "Curious Art" which for her, she explains, represents "the nerdy edge to the stuff she does."

Leah certainly doesn't follow the normal standard found in gallery art. Her work dares viewers to look beyond the ordinary and see something in

a new, strange way. No matter what her illustrations or artwork shows, though, a narration can always be found within it.

Leah's love for gardening and finding the unusual in the natural world around her is a primary inspiration behind her colorful, whimsical pieces of imaginative artwork.

"By far, my biggest inspiration is natural things. Beautiful to me doesn't have to be a flower; it's all beautiful in my eyes," Leah says. "That is where I get a lot of the physical shapes that I'm interested in."

Although Leah's main focus has been illustrating children's stories, she confesses that she has an urge to explore all art media, from digital art to calligraphy. These days, I'm working mostly in acrylics with some collage, but I also do some stuff completely on the computer," Leah says. "For a while, I was in a Photoshop phase, but there's something about actually making the marks on canvas or paper, where there's always a conversation going on between what's in your head and what actually happens. Textures you weren't expecting to happen lead you in a different direction."

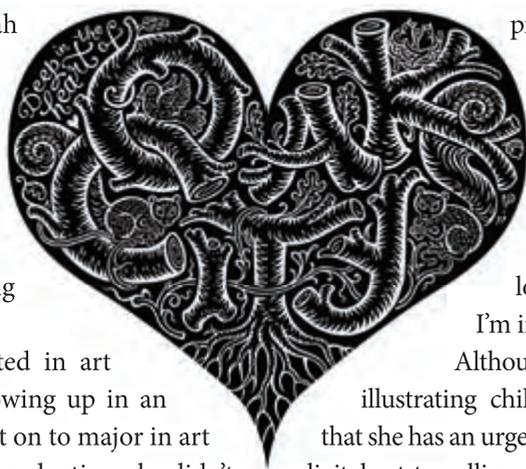
One of Leah's unique talents as an artist is her skill in calligraphy. She says many people are not familiar with the art form, and despite the onset of computers and the digital age, calligraphy is still in demand. "I've always done calligraphy because if all else fails, there's always someone who wants calligraphy. It's been a good niche," she says.

So, what is the most challenging part about being an artist for Leah? "Deadlines. They drive me nuts," she says. "I'm a perfectionist and want to make everything just the way I want them,

but it's hard. There's always a tight deadline and I never feel ready."

Leah's journey as an artist has been one of doubt and uncertainty, but after going through what she calls an "early mid-life crisis," she finally knew what she wanted to do. "Up until then, I never really felt satisfied. I realized it was because the ideas weren't right, not so much the execution. When I let my imagination loose, it was fun again, like when I was a kid," she says. "That was really the turning point. Since then, I've been really restless, so I try new media and play around with stuff."

Leah has wanted to try animation since she was a teenager, if not younger, and she hopes it will be her next endeavor as an artist. "I just got a grant to learn animation," she says. "The software is now there and everybody can try it, so I'm really psyched about it."



Now that her twin sons are grown up, Leah spends as much time as possible inside her home studio in downtown Raleigh. But when she's not working on art projects, Leah enjoys hula-hooping, gardening and reading as many books as possible. She hopes to continue exploring in creative outlets and artistic mediums.

"I'm curious about the world and about things that are strange; it just sort of fits. It sums up my approach to art and to life." 📖

Ashley can be reached for comment at ashley@raleighdowntowner.com.



MORE INFO ON LEAH AND HER ART:

<http://leahpalmerpreisscuriousart.blogspot.com/> (Finished art)

<http://curiousartlab.blogspot.com/> (Process)

<http://oddmnts.blogspot.com/> (Odd creatures on odd days)

<http://curiousillumination.blogspot.com/> (Experiments in animation)



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September 30 (Fri)

Serenity Girlz presents **Meet & Greet the Stars of the Fall Foliage Benefit Concert**. Come Out and meet the stars and enjoy great food and beverages. All donations received the night of the event go to support the LGBT Center of Raleigh! Free. Location: LGBT Center of Raleigh on Hillsborough St.

October 1 (Sat)

10th Annual Big Bad Ball, a gala event for Hospice of Wake County, presented by the Young Executive Members of the Capital City Club. This popular black tie event brings generations together to support the compassionate services of Hospice of Wake County, a Triangle United Way Agency of Excellence. Visit www.bigbadball.com for event and ticket info. The Downtowner is a proud Silver Sponsor again of this year's Big Bad Ball.

October 1 (Sat)

Special Olympics NC presents **Over the Edge of the Wachovia Capitol Center** building in downtown Raleigh. Rappel 32-stories in this thrilling fundraiser to help over 38,000 athletes participate in Special Olympics year-round. A donation of \$1,000 is required to participate. Register at www.OvertheEdgeFundraiser.com.

overtheedgefundraiser.com. Create a personalized online fundraising page at www.Firstgiving.com and ask friends and family through email and social media to support you. Must be at least 16 years old and weigh between 110 -300 pounds to participate.

October 1 (Sat)

2011 Wake Med Scrub Run and Fun Fest in Moore Square from 8:30 am-2 pm. Visit: www.wakemed.org/landing.cfm?id=1443.

October 2 (Sun)

Come celebrate the **SPCA Fur Ball** for a animal-friendly night of auctions, art, food and fun with host WRAL anchor Gerald Owens. Tickets are \$125/person @ <http://www.spcawake.org/furball>.

October 6 (Thur)

The Carolina Hurricanes presents **Think Ice**. City Plaza from 9 am to 6 pm.

October 6 (Thur)

Amplified Art Music on the Market Series. Through November 17, City Market will host weekly concerts every Thursday night from 5 pm-9 pm. Effigy is the featured band for Thursday, October 6.

October 7-9

LEGO Kids Fest at the Raleigh Convention Center.

October 7

First Friday Gallery Walk in all the downtown districts

October 7-23

The Raleigh Little Theatre presents **The Woman in Black**. This spine-tingling chiller is one of the longest running plays in London's West End: "a truly nerve shredding experience." Visit www.raleighlittletheatre.org or call 919.821.3111 for more information.

October 8 (Sat)

Voter Education Rally in Nash Square.

October 8 (Sat)

Triangle Run/Walk for Autism at Moore Square. Visit www.trianglerunwalkforautism.org.

October 15 (Sat)

Artstober!! Celebrate the launch of a new fall tradition in downtown Raleigh at the Progress Energy Center for the Performing Arts. The Carolina Ballet, Hot Summer Nights at the Kennedy, NC Symphony, NC Theatre, NC Opera and PineCone will offer free programming from 10 AM to 10 PM. Marbles Kids Museum, Artspllosure and a Plein Air Arts Festival on Lichtin Plaza will add to the festivities. For information and complete listing of free and ticketed events, visit www.progressenergycenter.com.

October 15 (Sat)

Light the Night Walk on Bicentennial Plaza. The Leukemia & Lymphoma Society's annual event to raise funds for cures. Funds raised support researchers for better therapies and cures for leukemia, lymphoma and myeloma. Anyone can take part—children, adults and seniors are all welcome. This is a casual Walk with no fitness requirements. Visit www.lightthenight.org.

October 20 (Thurs)

Raleigh Downtowner Magazine and Hurricane PR present **Food Truck Kings**, a benefit for Meals on Wheels. Food Truck Kings is a free concert festival at City Plaza in downtown Raleigh from 5 until 9:30pm. Jack the Radio and a surprise band will be performing along with fire dancers, circus performers and hula hoop experts. Food trucks, PBR (just \$3) and plenty of local breweries will be on hand to satisfy your thirst and appetite for yummy food. \$25 VIP Tasty Tickets are also available for 250 lucky people who get a sample of ALL the food truck fares, two free beers and a chance to win part of over \$250 in restaurant gift certificates. Visit www.raleighdowntowner.com/FTK to order your free ticket or \$25 Tasty Treat ticket. 100% of all net proceeds benefit the Meals on Wheels nonprofit organization.

October 22 (Sat)

The NC Theatre presents **Evita**. For tickets call 919-831-6941 x6944 or visit www.nctheatre.com. Memorial Auditorium.

October 28-29 (Fri-Sat)

The NC Symphony presents Zarathustra. The theme from **2001: A Space Odyssey** launches a concert to remember. Maestro William Henry Curry presents triumphant works by Strauss and Wagner and renowned pianist Ignat Solzhenitsyn performs Beethoven's tender Piano Concerto No. 4. Meymandi Concert Hall. Visit ncsymphony.org or call 919.733.2750.

October 29 (Sat)

United Way 8k. Put on your best Sir Walter Raleigh costume with your running shoes or at least slap on a mustache! It's the newest runner's race to hit Raleigh and it's going to be incredible! 1:00 p.m. starting from Moore Square. Visit: www.unitedway8k.com.

October 29 (Sat)

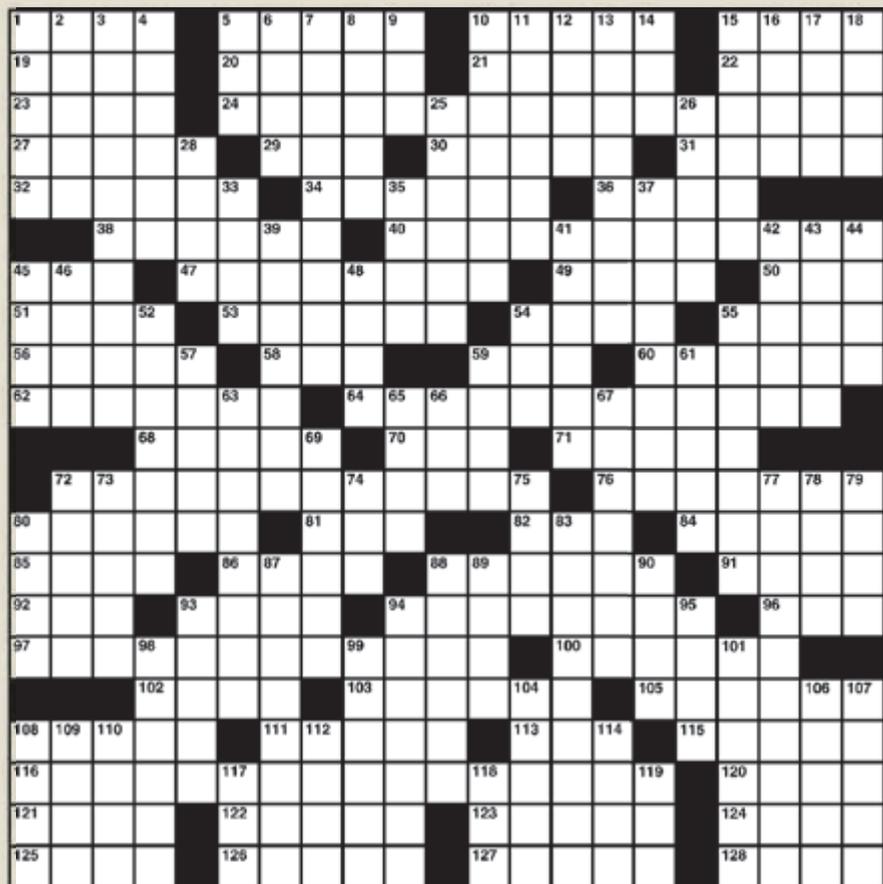
Cystic Fibrosis Climb for Life. 28 Floors | 56 Flights | 1019 Steps | One Reason: Cure Cystic Fibrosis! Go beyond ordinary expectations to take steps toward a personal victory and play an important role in the victory of others. Join the Triangle's 2nd annual CF Climb For Life. Wachovia Capitol Center building. Registration begins at 9 am. Register at www.CFClimb4Life.com.

November 19 (Sat)

Join the Downtowner Magazine as we help sponsor a special 10th anniversary celebration of the **Collectors Gala at Artspace** benefitting Artspace exhibitions, educational programming, and community outreach to children and adults in difficult circumstances. The event features the unique opportunity for guests to dine in artists' studios and to enjoy purchasing local artwork in both the live and silent auctions, as well as purchasing artwork displayed throughout the building. http://artspacenc.org/collectors_gala.html for more information.

RALEIGH DOWNTOWNER MAGAZINE

MONTHLY CROSSWORD PUZZLE



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By John Lampkin from the Los Angeles Times
Edited by Rich Norris and Joyce Nichols Lewis

"SEAS THE DAY"

ACROSS

- 1 Sax object?
- 5 Passing fancies
- 10 Hospital delivery
- 15 Dandelion's home, often
- 19 Wonka's creator
- 20 Like much floor tile
- 21 In ___: awaiting delivery
- 22 South, in a north wind
- 23 Suit to ___
- 24 Course for sailors?
- 27 Taking drive-thru orders, e.g.
- 29 "When I Take My Sugar to ___": 1931 hit
- 30 Leaves out
- 31 Outdoes
- 32 Ones in concert with con artists
- 34 Pollen-bearing organ
- 36 Insurance gps.
- 38 Moistens overnight, perhaps
- 40 Measures to ensure restful sleep on-board?
- 45 "I'd like to buy ___"
- 47 Comy jokes
- 49 Comy picks
- 50 Audit trailer?
- 51 Plane front
- 53 19th-century Mexican president Juárez
- 54 Five-O booking agent
- 55 Sleeper's choice
- 56 Suit that beats the other three
- 58 Addams family cousin
- 59 Dastard
- 60 Bug barrier
- 62 Bug killers
- 64 The Red Baron,

- belowdecks?
- 68 Beat badly
- 70 English sl, at sea
- 71 Noodle rings?
- 72 Result of eating French fries at the ship's wheel?
- 76 Sweats
- 80 Word spoken before a shot
- 81 Suffix with Caesar
- 82 H.S. math course delivery
- 84 Political house-cleaning
- 85 Flag throwers
- 86 "Ring around the collar" detergent
- 88 Pesto herbs
- 91 Try to find on the road, say
- 92 Some busts
- 93 Stable upstairs?
- 94 Stout, for one
- 96 Citi Field team, on scoreboards
- 97 Irrational weeping over a broken spar?
- 100 St. Clare's town
- 102 Drain stain
- 103 Barbizon School artist
- 105 "Uncle!"
- 108 Sock synthetic
- 111 Yeshiva leader
- 113 Four times daily, in an Rx
- 115 How many night-clubs are lit
- 116 Philosophical shrug about channel markers?
- 120 Gad about
- 121 French fashion mag
- 122 Quintessential flop
- 123 "___ in Words": New Ager's memoir
- 124 Deservedly get
- 125 Copyright datum
- 126 1970s Big Apple mayor
- 127 Lane associate

128 "___ Tu": 1974 hit

DOWN

- 1 John in the White House
- 2 Closing mechanism
- 3 Positive report from a deck hand?
- 4 Fútbol cheer
- 5 Wheeling's st.
- 6 Clue or cue
- 7 Like the ocean's roar
- 8 What I might eat in defeat?
- 9 ___-mo
- 10 Downers
- 11 "If ___ broke ..."
- 12 Musical based on Puccini's "La Bohème"
- 13 Raccoon attractor
- 14 Refuse to share
- 15 Least believable
- 16 Stout alternatives
- 17 Headed out
- 18 Butterfly catchers
- 25 Classical guitar family name
- 26 Poetic blacks
- 28 Campus unit: Abbr.
- 33 Balkan native
- 35 Be an accessory to
- 37 In a moody way
- 39 "Alas!"
- 41 Home, metonymically
- 42 Wheel on a spur
- 43 Bay window
- 44 Singer Loretta
- 45 Bug film in which Gene Hackman voices General Mandible
- 46 Ibsen's "doll"
- 48 Silents star Naldi
- 52 Frat bash refuse
- 54 Bug for payment
- 55 Bind tightly
- 57 Heist participants, to cops
- 59 Sky over Paris
- 61 Bite
- 63 Ravine-crossing hauling systems
- 65 "All the Way" lyricist
- 66 See
- 67 Dickers
- 69 Out-of-the-box feature
- 72 Toondom's Princess of Power
- 73 Johansson's jabs
- 74 Chew the fat
- 75 False front
- 77 Bit of gear for a nuclear-powered dinghy?
- 78 Punk star ___ Pop
- 79 Be crawling (with)
- 80 Jam-pack
- 83 Celebratory drinks
- 87 Good way to take things
- 88 Security holder, in law
- 89 Asian sea
- 90 Zairian dictator Mobutu ___ Seko
- 93 Eschews
- 94 Court action
- 95 Coat to peel off
- 98 Verne ___, Mini-Me portrayer in Austin Powers films
- 99 Symbol
- 101 Evening musicale
- 104 Tantamount
- 106 A polarizing filter reduces it
- 107 Choral offerings
- 108 Follow
- 109 Thing to follow
- 110 She gets what she wants
- 112 "Lohengrin" heroine
- 114 Force unit
- 117 Bug catcher
- 118 Intoxicating letters?
- 119 Biblical no-no

Downtown's Bike Culture is Growing! BY JENNIFER BALDWIN

The City of Raleigh is working to improve conditions for cyclists and promote biking as a valid form of transportation. This spring, the League of American Bicyclists (LAB) recognized Raleigh as a Bronze level Bicycle Friendly Community. Raleigh becomes the eighth city in North Carolina recognized by LAB, alongside Durham, Cary and Carrboro.

The Bicycle Friendly Community Program provides incentives, hands-on assistance and award recognition for communities that actively support bicycling. A Bicycle Friendly Community welcomes cyclists by providing safe accommodation for cyclists and encouraging people to bike for transportation and recreation. Cities are judged on their bicycle-friendliness in five areas, known as the "5 E's": Engineering, Education, Encouragement, Enforcement, and Evaluation & Planning. Below is a brief description of some of Raleigh's programs and initiatives that led to this recognition:

Bicycle Parking: Earlier this year, the City installed 75 new bicycle racks throughout downtown. The new racks, purchased through a North Carolina Department of Transportation's Division of Bicycle and Pedestrian Transportation grant, were installed by local contractor Mark Tibbens of Tibbens Construction. The grant was for up to \$24,000 and Tibbens' bid came in at \$18,000, with a final cost of \$18,875. Previously, there were 36 racks in the downtown area. With the addition of the new racks, the total is approximately 111 racks, equaling over 222 bicycle parking spaces. The City plans to apply for more outside funding in order to expand its bicycle parking program citywide.

Bicycle Plan Implementation: In 2009, Raleigh adopted

a Comprehensive Bicycle Plan that recommended over 440 miles of bicycle facilities, new policy initiatives to increase ridership and education strategies to reduce bicycle crashes and promote safe behaviors. The adopted plan makes a strong statement to increase mode share and safety for bicyclists and Raleigh has made significant progress implementing the plan. Last year, the city doubled its existing bicycle lane mileage, installed its first shared lane markings and hired a full-time Bicycle and Pedestrian Coordinator. Bike lanes were installed on Salisbury Street, from Peace Street to Lanes Street and new facilities are being designed for Hargett Street, Wilmington Street and Cabarrus Street. The city also saw a \$500,000 allocation in the Capital Improvement Fund for bicycle marking projects and the dedication of over \$250,000 in city funds for bicycle infrastructure grant initiatives. In summary, the city will spend approximately \$4.5 million dollars in bicycle facilities in the next three years, resulting in over 30 new miles of on-road bicycle facilities.

Police Officer Training: This spring, the Raleigh Police Department offered an In-Service Bicyclist Safety and Law Enforcement training course developed by Steven Goodridge, founder of the Peleton Project and a League Certified Instructor. The purpose of this course is to familiarize officers with the relationship between traffic laws and bicyclist safety, and to provide practical guidance on effective education and enforcement, targeting both bicyclists and motorists. Training objectives of the course are to: list the most common types of bicycle-related crashes and their causes, describe how the traffic laws apply to bicyclists

according to their legal status as vehicles, prioritize enforcement actions that address the most hazardous violations by bicyclists and motorists, and to describe the process of issuing warnings and citations to bicyclists. Materials for the course include a 25-page lesson plan, a PowerPoint presentation and a multiple choice test.

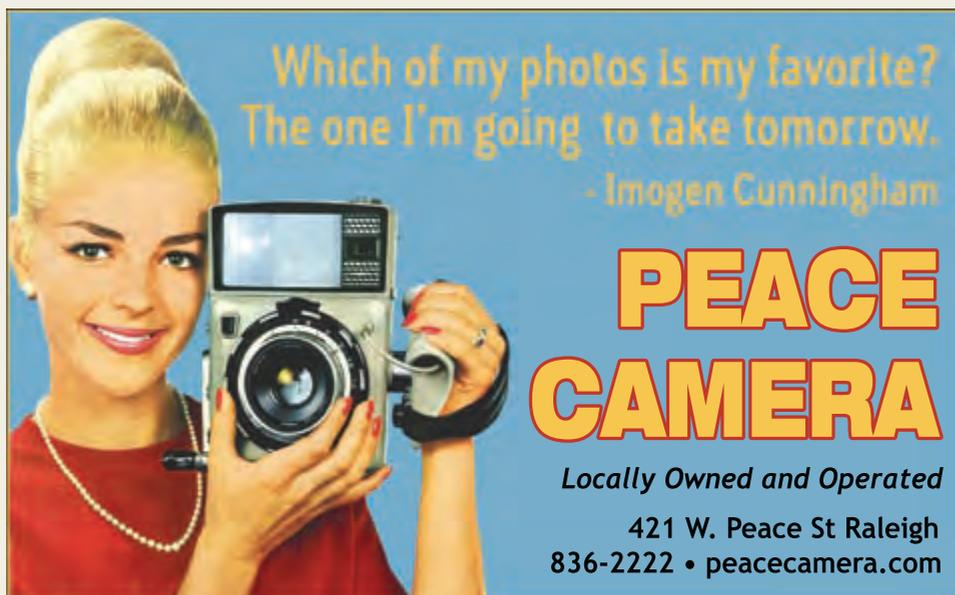


Education Campaign: The key to building a successful bicycle culture is to ensure all users interact safely and responsibly. The city is working on building an education program that will educate bicyclists and motorists about safe behaviors in a multi-modal roadway environment, enforce laws that make bicycle travel safer and encourage people of all ages and abilities to use bicycle and greenway routes for transportation purposes. The program will take many forms including hands-on riding instruction for adults and children, bicycle safety curriculum for all Wake County physical education teachers, and community wide messages encouraging physical activity, bicycle rodeos, and Bike to Work Days. 

If you would like more information about Raleigh's bicycle program or if you'd like to get involved, go online to: www.raleighnc.gov/environment/content/PWksTranServices/Articles/BicycleProgram.html



New bike lanes on Salisbury Street



Which of my photos is my favorite?
The one I'm going to take tomorrow.
- Imogen Cunningham

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