

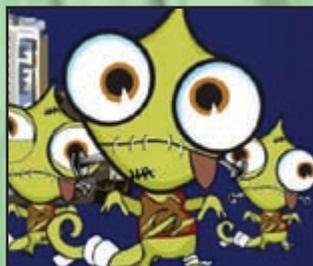
Tara poses with Lily, her downtown rescue puppy found in Moore Square. Read her adoption story inside and see our newly adopted Downtowner mascot Truman

## DOWNTOWN DOGS

Our annual downtown furry friends issue. Ruff!



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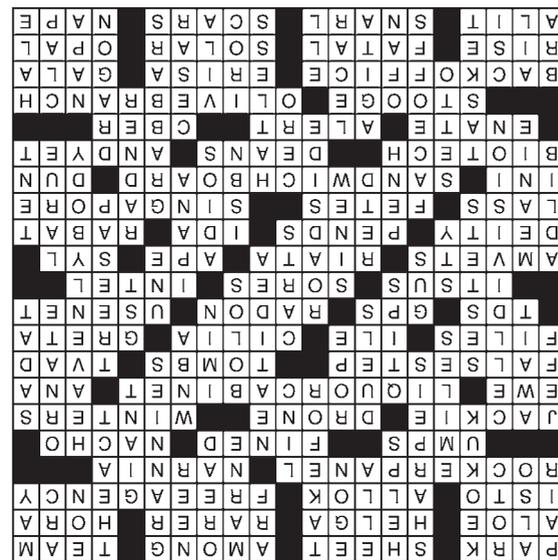


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COVER PHOTO: *Tara and her downtown rescue puppy  
 Lily. Read more about her story on page 4.*

PHOTO BY JEFF REEVES PHOTOGRAPHY



Puzzle answers from page 18

The Downtowner is a local monthly print magazine dedicated  
 to coverage of downtown Raleigh. Our online publication,  
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# Downtown Dogs

It would be impossible to argue against Downtown Raleigh being extremely dog-friendly. On any given day, regardless of the time, you'll see downtowners on almost every street walking, eating and relaxing with their dogs. Raleigh, it seems, is a city of pet-lovers.

We have pedestrian- and canine-friendly sidewalks as well as three local city dog parks (with dog baggie stations) that provide ample space and choices for fun along the way. There are an abundance of restaurants and bars with outdoor seating that welcome pets (see our list at the end of this article). Just as we enjoy walking down the streets and taking in the sights and sounds, our canines are able to enjoy the same gratification. Many downtown residents who work close by bring their dogs with them. We're glad to say that we finally have a new Downtowner mascot, Truman, a Feist rescue from Saving Grace Animals for Adoption. He has jumped into the role of our last mascot Brisco, an Australian Shepherd, who was with us for almost 17 years. Truman has big shoes to fill, but he's doing a fine job at being über cute so far.



*Truman is our new Downtowner mascot and is a Feist rescue from Saving Grace Pet Adoption. He loves sitting outside at downtown patios and walking from his home in Oakwood to our office. Be sure and say hello if you see him around.*

Downtown living doesn't mean you can't adopt a pet as a companion for your household. If you talk to anyone about having a pet and living in the downtown area, they'll tell you that it enhances their

life and experience of being in our city center. It doesn't matter whether you live in an apartment, condo, townhouse or single family home, have a small pet or a large one; life is good for all.

## Get Out and Run

You and your pup can walk for miles and enjoy Raleigh's vast green space. There are numerous downtown parks to enjoy such as Moore or Nash Squares and Chavis Park, plus the Capitol grounds and the vast green space of Halifax Mall just north of the NC Legislative Building. There are plenty of walking trails throughout the city as well as state parks, including the Fairgrounds Flea Market, that are a sure lure for hikers and their pets. There's an online Raleigh-based group called Trail Hounds for dog owners who enjoy walking with their pets. They take walks both within the city and beyond the city limits. More info at [trailhounds.homestead.com](http://trailhounds.homestead.com).

In addition to the green spaces of downtown Raleigh (where pets must remain leashed), Raleigh has three unleashed dog parks within close proximity to downtown. The first is Millbrook Exchange Community Park, located at 1905 Spring Forest Road. If you live city-center or inside the beltline, then the Oakwood Park Unleashed Dog Park is much closer, although it's smaller than the Millbrook facility. It's located at 910 Brookside Drive just north of Oakwood Cemetery and is an impressive expanse of tree-shaded, mulch-covered center-city acreage dotted with chairs and the occasional picnic table. There's a main run area and another for young, small or elderly dogs.

Raleigh's third area is Carolina Pines Community Park located at 2305 Lake Wheeler Road. The Oakwood and Carolina Pines are both daylight-only facilities; Millbrook has lights and is open until about 10pm.

For more information on local dog parks, visit [www.raleighnc.gov](http://www.raleighnc.gov) and type in "off-leash dog park" in the search field.

If you're thinking about getting a pet, please consider adopting from the Wake County Animal Shelter, the Wake County SPCA or other rescue organizations like Amazing Grace Pet Adoption. There are enough unwanted animals out there and



*SPCA rescue Keshia posing in the downtown Warehouse District*

PHOTO BY TARA LYNN

the best thing you could do for yourself and these animals is to obtain your new friend from a place where a love of animals—rather than money—is the focus.

**Wake County SPCA**—Founded in 1967, the Society for Prevention and Cruelty to Animals (SPCA) of Wake County rehomes over 3,000 animals each year. Last year, they provided direct, life-saving care to 12,831 animals in need. The SPCA is an autonomous organization and is not government-run or subsidized like many people might think. It is a private, non-profit that serves the pets and people of Wake County. Visit their website for more information at [www.spcawake.org](http://www.spcawake.org) to learn how you can help by donating your time or funds. Visit their site to learn more about our local Wake County SPCA and to see a list of available pets, [www.spcawake.org](http://www.spcawake.org).



*SPCA rescue Lily patiently posing for her photo in downtown*

PHOTO BY TARA LYNN

**Saving Grace Animals for Adoption**—We'd like to highlight this particular non-profit adoption facility since we were fortunate enough to find our new mascot Truman there. We were very impressed with how they treat all their animals and at Saving Grace, the animals come first. Their director, Molly, said it best, "Because after... 5,000 trips to shelters, cleaning diarrhea, the best volunteers ever, amazing vets and friends, cleaning up lots of vomit, bottle feeding puppies, many hikes with Karen and 20 dogs around Falls Lake for therapy and to restore sanity, mange, scrubbing diarrhea, the amazing SNAP team, first time nail trims requiring safety goggles, generous donors, parasites, puppy breath, removing embedded collars, the adoption of a senior dog, Wake Forest Animal Hospital, "I have a tick where!?!," a clear and present purpose in life, hosing diarrhea, the determination of a child to improve her pet's quality of life, driving a van with a couch in it, pig grunts, learning that time is the best teacher, being haunted by a shelter dog left behind, finding lots of limited resources, throwing the same tennis ball over and over, kennel cough, hosting fundraisers, more diarrhea, 334 photos to get a good one, a burning and addictive passion for improving the reputation of shelter animals, dingleberries, meeting a child in awe of my job, the dogs turned out to be my saving grace, witnessing the power of love and value of life each and every day, remarkable and kind parents who finally accepted this isn't a phase... and welcoming a new dog into our program as they shake their past haunted by neglect and loneliness >>>



Visitors to the dog park take over one of the picnic tables

PHOTO BY TARA LYNN

Raleigh? If you're anything like me, you'd go say hello! I was on my normal "day job" (more like third-shift) when I saw her—a tiny white and black pup curled up on a pink T-shirt sleeping away as downtown Raleigh was just beginning to wake up.

I walked over to the bench on Fayetteville Street and a man said, "She just started following us down the street." A woman approached and said the same thing. They explained that they were both homeless and were on their way to catch a bus in Moore Square and would have to leave her. The woman had a very kind heart and wanted to keep the puppy, but she obviously had no home to give. She shared her story of being evicted and told me how heartbroken she was to lose her two cats as well. One more look at this little Pit Bull puppy, and I knew I couldn't just walk away.

I immediately called the SPCA of Wake County, where I volunteer with the shelter taking photographs. The SPCA works hard as a no-kill shelter to rescue as many animals as possible and is often at capacity. I immediately offered to foster this

little wandering puppy in order to keep an open spot at the shelter for another dog in need.

I headed to my apartment to get a crate and she didn't make a sound when I picked her up and slept the entire ride curled home up on my lap. I was beaming ear to ear. When we arrived, she just sat there looking more adorable than should be allowed. I grabbed my camera and the little pup had her very first photo shoot even before stepping into my apartment.

I eventually took her to the SPCA to be checked in and posted on the lost and found page. By 5:30pm, she was in the back seat of my car headed home to stay with me for a while, perhaps forever.

If you ask anybody who knows about the "bench" puppy, they will tell you immediately that she would be a permanent fixture in my home. There was one hurdle, my four-year-old Beagle mix, Baxter. Baxter was quite jealous, curious and anxious. It would really be up to him to accept another dog in his space. Lily was perfect in every way. After just three

weeks, Baxter allowed Lily to come out of the kitchen and wrestle. It didn't take much longer until the pair were cuddling on the couch. Now Lily and Baxter both model for photographs on a regular basis. They are best friends and my life is all the better for it.

To this day, I think this puppy was waiting on that bench just for me.

*Tara Lynn is the owner of In Between the Blinks Photography, a business inspired from adopting her first pup Baxter after seeing his photo on an online adoption website. Tara is also a reporter for WRAL news and a volunteer at the SPCA.*

as they settle into a warm, dry bed and breath a sigh of peace on earth, I still love it!" We couldn't recommend them any more highly. Be sure to check out their website often if you're looking for a great pet to adopt, [www.savinggracenc.com](http://www.savinggracenc.com) or call 919.518.1180.

## A Downtown Success Story

BY TARA LYNN

What would you do if you saw a cute little puppy sleeping on a bench in downtown

## Registering Your Pet

The city of Raleigh makes it easy to register your pet, and like most everything else, tags and licenses are available online. Just visit their site [www.petdata.com](http://www.petdata.com) and select Raleigh from the menu. From there you can buy or renew your pet license, update your contact and pet information and find out how to search for or report a lost pet and more.

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One of last year's entries in costume contest at Down By The Tracks  
PHOTO BY AMY LARSON

## Upcoming Canine Benefit Events

There are several great pet organization fundraising events coming up that all animal lovers should mark on their calendar. Here are a few:

**The Wake County SPCA Fur Ball**—On Sunday, Oct. 7, the popular Fur Ball will take place. An annual event, this black tie gala is the most important event of the year for homeless pets in Wake County. Tickets are \$125 per person, with \$85 being tax-deductible. The event includes a live and silent auction, heavy hors d'oeuvres, beer and wine, and live jazz. Act quickly if you want to go as the tickets sell out each year. Visit [www.spcawake.org/furball](http://www.spcawake.org/furball) for more information or to purchase tickets and bid on auction items prior to the event.

**Down By The Tracks (DBTT XI)**—The 11th Annual Down by the Tracks, a fundraising block party, will be held on Sunday, Oct. 21st, at the Shops at Seaboard Station from 2-6pm. For a \$10 donation, visitors can bring their dog (or come sans dog and meet some) and enjoy free beer, a silent auction and an evening of live music by the Stray Dogs, doggie pools, food from local food trucks, family portraits, corn hole tournaments with prizes, and more. Children under 12 are admitted free. Last year over 1,500 people and 400 dogs came out to raise more than \$17,000 for the

SPCA. Visit [www.spcawake.org/dbtt](http://www.spcawake.org/dbtt) for more information.

**Dinner in the Village**—Enjoy dinner and music under the stars in Cameron Village at a themed table decorated as simply or elaborately as you choose, benefitting Canine Companions for Independence, 6-10pm. Act now and purchase early for best seating. For more information visit <http://bitly.com/dinnerinthevillage>.

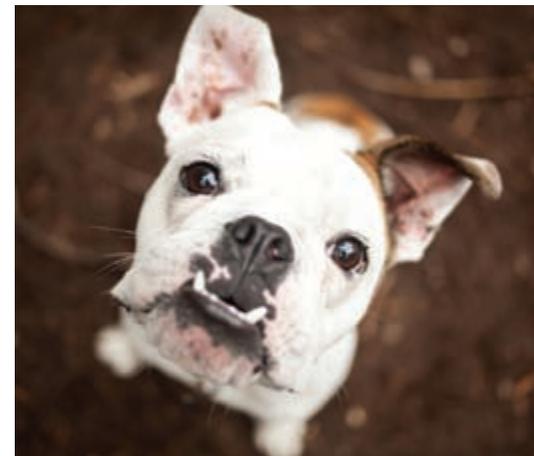
**Walk-n-Wag of Wake County**—Join the 4th WALK-N-WAG event of Wake County at the Koka Booth Amphitheatre on Oct 28, from 10am-4pm. This is a Bark For Life fundraising event of the American Cancer Society, hosted by Relay For Life of Cary-Apex-Morrisville, in partnership with the American Kennel Club. They will have a full day of dog and owner attractions, dog clubs, rescue groups, and much more. For more information visit <http://bitly.com/walknwag2012>.

**Furry 5K**—Join Second Chance Pet Adoptions for the first Furry 5K to raise money for homeless pets on Saturday, Nov. 3 at Bond Park in Cary. From 9am to 1pm. The event includes a 5K run, 2K dog

walk and 1K senior dog walk. It's fun for families, individuals and of course dogs. [www.secondchancenc.dojiggy.com](http://www.secondchancenc.dojiggy.com)

## Pet-Friendly Businesses and Local Adoption Facilities

There's certainly no shortage of pet-friendly restaurants and businesses in downtown either. For the next time you've got the itch to head downtown and want to bring along your furry best >>>



A curious snaggle-tooth visitor at the Millbrook dog park  
PHOTO BY TARA LYNN



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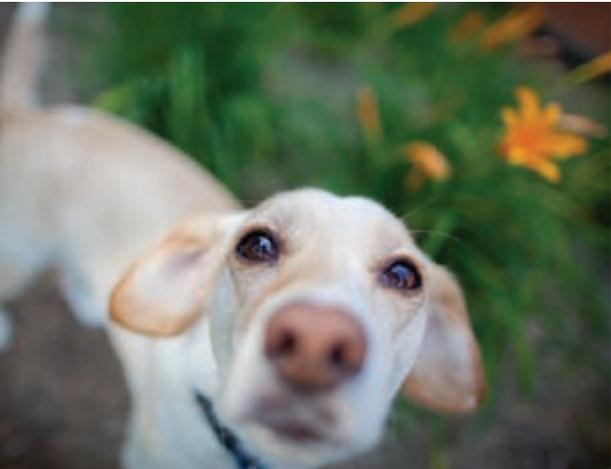
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friend, we've compiled a quick list of some of the businesses that welcome your four-footed roommate with open arms.



Rescue dog Baxter checking out the camera  
PHOTO BY TARA LYNN

Give us a shout if we missed any and we'll be glad to add them to our list (or if any of these aren't dog-friendly, let us know): [dogs@raleigh-downtowner.com](mailto:dogs@raleigh-downtowner.com). For more information visit our website [www.bit.ly/downtowndogs2012](http://www.bit.ly/downtowndogs2012) for a list of animal adoption facilities that can help you find your new best friend. Be sure and tell them about your lifestyle and what kind of pet you're looking for to make sure you find the perfect match. This will ensure that you're BOTH happy. 🐾

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## From the Publisher



What a great end to summer with SPARKcon and Hopscotch bringing in tens of thousands of visitors to downtown Raleigh. SPARKcon was larger this year than ever before with over 200 events at more than 20 venues with 1700+ participating performers and artists. If you missed it this year, keep watch on their website, [www.sparkcon.com](http://www.sparkcon.com), for info on next year's event and check out a few photos from this year's SPARKcon on page 15.

With the recent sale of the Independent to out-of-state owners, we were glad to hear that the ex-Indy owner kept Hopscotch

from the sale so it stays locally owned. Kudos to Grayson and Greg for another great job with the festival this year. Visit [www.hopscotchmusicfest.com](http://www.hopscotchmusicfest.com) for a recap of bands and photos and check out page 16 in this issue for photos from one of our Downtowner photographers.

There are lots of great festivals and charitable events coming up this fall worth your attention including the Thad & Alice Eure Walk for Hope for mental illness research Oct. 14 ([www.walkforhope.com](http://www.walkforhope.com)); and three we're proud co-sponsors for: Raleigh Roundup on Nov. 9, a fundraiser for cancer research where attendees get to sample LOTS of tasty food prepared by some of the best chefs in the area ([www.raleighroundup.com](http://www.raleighroundup.com)); The Artspace Collectors Gala on Nov. 17, the annual fundraiser

for the non-profit art collective ([www.artspacenc.org](http://www.artspacenc.org)); and a new event we're really looking forward to is Raleigh Living Dead where you can get your zombie on at City Plaza for Halloween on Oct. 27 (<http://livegumption.com/raleigh-living-dead>).

Come join us and enjoy some of the great things going on in Downtown Raleigh this fall.

Cheers,

*Crash*

CRASH GREGG  
Publisher, *Raleigh Downtowner Magazine*  
[publisher@raleighdowntowner.com](mailto:publisher@raleighdowntowner.com)

**Benchmark Autoworks: Reviving a corner of downtown Raleigh!**  
If you traveled the area just a few blocks southeast of the Wake County Courthouse the past few months, you will have seen a flurry of new activity at the former Buffalo Tire location. We've leased the property and have opened a new, refurbished auto repair and maintenance facility with high-end diagnostic equipment to service all popular makes and models of cars and trucks. We are very excited to be in downtown Raleigh.

Our focus so far has been to modernize the smaller front building, with significant electrical upgrades. Our showroom will be next, and we are working with an architect to make it a proper showroom worth visiting. Meanwhile, we are open for business and ready for customers.



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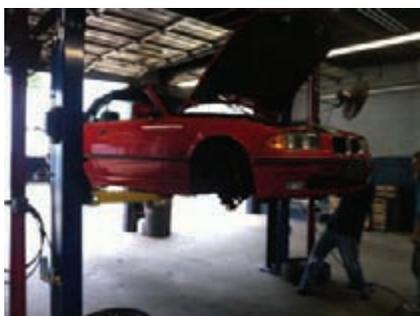
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# Zombies Invade City Plaza and Glenwood South Goes Global

BY JENN HALWEIL

**F**all is in the air, which can mean only one thing—festival season has taken over downtown. In addition to seasoned events like Hopscotch and SPARKcon, two new festivals have been added to this year's fall lineup: Raleigh Living Dead and Glenwood South Global Fare, both co-sponsored by *Downtown Magazine*.



**Raleigh Living Dead** According to Mayan prophecy, 2012 is the year the world will end. To celebrate in true apocalypse style, Gumption, a local Raleigh-based event company, is shutting down City Plaza for its first ever Zombie festival. On Saturday, Oct. 27th, families and young professionals can take to the streets of downtown Raleigh to explore deadly fashion, killer brews and eats, and dead-man walking Zombie street performers.

The event will run from 4pm until 11pm and will feature lessons on how to survive the imminent Zombapocalypse (as a Zombie of course!) with a dance camp, flash mob performance of *Thriller* and Zombie Olympic obstacle course. The festival will also feature a Little Walkers kids' arena, where the next generation of Zombies can enjoy undead face painting and other interactive entertainment. And to help all zombies maintain their fashionably grotesque sense of style, ReDress Raleigh—the eco-fashion organization that advocates thrifting, re-gifting, clothing swaps and sustainable fashion practices in NC—has partnered with Gumption to produce the first ever ReDress the Dead Zombie Fashion Show to help remind everyone that thrifting will never go out of style, and certain fashions will always remain undead.

To score your tickets before they're dead and gone, shuffle on over to their website at <http://livegumption.com/raleigh-living-dead>.



**Glenwood South Global Fare** Saturday, Oct. 13, Glenwood South is shutting down for its first ever (free!) downtown street festival. Dubbed the Glenwood South Global Fare Festival, this family friendly event will showcase the diverse smorgasbord of ethnic cuisine, boutiques and music venues on Glenwood South.

From noon until 6pm between Tucker and West Lane, Glenwood South will be filled with vendor tents, street performers, face painting, hula-hooping, interactive games, and cameos from local celebrities. The event will also showcase the various chefs along Glenwood, giving them a chance to compete for the title of "Glenwood South Global Chef." There will also be a throw-down between bartenders in the Battle of the Bars drink special competition. Both events will be viewer's choice, with ballots available on-site at the event.

A joint effort between the Glenwood South Merchants Association, Downtown Raleigh Alliance and Legacy Event Planners, the festival provides an opportunity for Raleigh residents to enjoy the sights, sounds and tastes of Glenwood while supporting the locally owned and operated merchant businesses of Glenwood South. For more information or to sign-up for a volunteer shift during the festival to get a behind the scenes taste of all the action, visit [www.legacyeventplanners.org/glenwood-south-global-fare](http://www.legacyeventplanners.org/glenwood-south-global-fare).

## Local Gallery News

BY MAX HALPEREN, ART EDITOR

As I entered Lee Hansley's gallery earlier this month, I momentarily forgot that I still had my sunglasses on, but Herb Jackson's luminous canvases still blazed from the walls—oranges against greens, blues against yellows—paint carved, cut and slashed to the point where two-dimensional canvases turn three-dimensional. I am told that his work occasionally holds as many as 100 layers.

Though his brushes and palette knives are at work everywhere, I was struck by the enormous variety in the show. One of his "Veronica's Veil" series has a pale blue background with a large trestle shape cutting into it, pulsating with strokes and slashes of yellows, oranges, pinks, and dabs of blue here and there as though they are remnants of the pale blue surface, which in turn is cut to reveal further backing.

On the other hand, the small but forceful "Night Visitor" relies on diagonal slashes of blue, white, red, leading from a yellow area at the top to another below. Forceful too is "Untitled (Black)," with pinkish foam pouring out of a dead black space surrounded by bright, multicolored slabs.



A Grand View by George Bireline at Gallery C

Startling because they lack the brilliant color of the others in the show are three small, muted and subtle pieces. One, "Sugar Mist," holds several strokes of gray above a vaguely khaki-colored, shapeless form resting on white, all bound together by thin lines cut into the surface.

Large and small, early and late, the 25 pieces in the show will be on view through Oct. 3.

At Gallery C the work of another North Carolina master is on display, that of George Bireline, whose restless spirit was constantly on the move, from the color field paintings that first brought him to critical attention to tromp l'oeil and points beyond.



Three of the Spectrum Analysis series by James Marshall at Flanders Gallery

There are some surprises in the show. I was startled to be told that a fine color field painting—"A Grand View"—was painted in 2000, toward the end of Bireline's life, not in the 1960s. Supplied by members of the family, the show contains several striking pieces I was unfamiliar with. "Two Views—Don't Look Back" is dark in theme and in color with an automobile windshield below, a familiar motif in Bireline's work. But there are also a toy horse and rider above, set against a forest of tree stumps. "Gardens of Delight" is a pseudo-collage: blue roses surround an open book, a panel of trees is on one side, a multi-colored checkerboard on the other; images of a stump, shelving, frames seem attached elsewhere. But "Gardens" is a single tromp l'oeil piece, jig-sawed so that it seems to be a collection of painted bits and pieces.

The show darts everywhere in Bireline's career, but is scarcely a retrospective. It omits grimmer work like "It's A Wonderful Life," a self-portrait of Bireline in a hospital bed, the artist kept breathing by a series of tubes. One side of the painting contains an empty hospital bed. Comments on current problems like AIDs and the environment are missing as are his magnificent open doorways into far flung

landscapes. His wife, Jen—herself a superb artist—told me that when Bireline felt that he had run out of steam, she would turn him back to his studio where he quickly got to work. The show closes Oct. 14.

Flanders is hosting "Spectrum Analysis," a group of brilliant hard-edged abstractions by James Marshall created last year. A series of large blue paintings fills the central space in the gallery. Marshall employs eight shades of blue to form huge diamonds and starbursts, sharp lines separating each hue into long tapered shapes (yes, the ruler becomes an artistic instrument).

But I found four smaller paintings, created the year before, more satisfying and more intriguing. Brilliantly multi-colored prismatic triangles, circles and bars thrust themselves into each other and grab our attention.

Under the pseudonym Dalek, Marshall came into the artistic realm with a comic street art character he dubbed "Space Monkey." As the gallery noted, he has come a long strange way to his current style. The show closes Sept. 30. 📍



Jackson's Veronica's Veil CXXII at Lee Hansley Gallery

EDITOR'S NOTE: Max has written the text for the Bireline retrospective "The Many Roads Taken." Max can be reached for artistic comment at [max@raleighdowntowner.com](mailto:max@raleighdowntowner.com).

# Bida Manda Laotian Restaurant and Bar

BY BRIAN ADORNETTO, FOOD EDITOR | PHOTOS BY RANDY BRYANT

There are a lot of questions circling around downtown Raleigh's newest restaurant opening up the old Duck & Dumpling/Fai Thai location. Two of the most common we've heard are: "What does Bida Manda mean?" And "What does Laotian food taste like?"

Bida Manda is the Sanskrit ceremonial term for father and mother. Vansana and Vanvisa Nolintha, the brother and sister team who own Bida Manda, chose the name as a way of honoring their parents. Vansana explains, "They gave us our love of food and showed us its power of bringing people together. We could not name it anything else." Not coincidentally, many of the restaurant's recipes are inspired by the food the siblings ate with their parents while growing up in Laos.

Laotian cuisine draws on the major Southeast Asian cultures, but also on its French colonial history. The food presents a sense of French refinement and flare paired with Thai, Chinese and Vietnamese flavors. To

recreate their cuisine, the Nolinthas selected fellow Laotian Lon Bounsanga to lead Bida Manda's kitchen.

Known for their hospitality and oneness with nature, Laotians strive for total awareness and respect for all things. As Vanvisa says, "To a Laos person, having a meal is a sacred experience encompassing not only the food being served but also the dialogues being exchanged, the moments being shared, and the space being felt."

The duo, ever nodding toward tradition, also bring a modern freshness to Bida Manda. The space is loosely divided in two by a floating windowed wall,

allowing guests to see and share each section's vibe. To the left is the bright and casual bar and lounge, while the somewhat more upscale dining room is on the right. Further connecting these distinct areas is the flow of "the sticks." The Nolinthas recruited their friends to help string up branches from cherry, pine, birch, maple, and oak trees. They made



Bida Manda brother and sister owners Vansana and Vanvisa Nolintha with Chef Lon Bounsanga



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wall paneling, drop ceilings and the bar with these stripped and slightly whittled limbs. They also had tables, chairs, and bar stools crafted with reclaimed wood from old local barns and churches.

The rest of the décor ranges from the bar's brightly colored orange chairs to rectangular picture boards portraying life in Laos. Simple pendant lights hang over the bar whereas the dining room is lit by a pair of antique chandeliers and the natural light coming in from Blount Street. Adding to the dining room's refinement, an already set table with fresh flowers and candles awaits guests.

Bida Manda is earning early raves for its soups. Loaded with shredded chicken and mushrooms, the Tom Ka Gai (\$5.90) is subtly flavored with coconut, scallions and galangal (a relative of ginger, but more flowery and intense). Another favorite is the Crispy Pork Belly Soup (\$14.90). A massive bowl is loaded with rice noodles, vegetables and tender pork belly bathed in a spicy coconut curry broth. It is enough for four people as an appetizer or can be enjoyed as an entrée. Another dish that can be eaten as a first or main course is the Crispy Rice Lettuce Wrap (\$7.90). Fresh vegetables, a bouquet of cilantro, a pan-seared sticky rice cake with peanuts and curry, and several hearty leaves of lettuce come out on a platter to build your own wrap. This one is a hit, too.

Chef Lon's Caramelized Ginger Pork Ribs (\$14.90) are served with a hard-boiled egg, green beans, and Jasmine rice. This elegantly plated dish has a rich, gingery brown sauce drizzled over three tender ribs. Although the sauce was wonderful,



I found the ribs to be a bit dry. The enormous saffron crêpe (\$14.90) is filled with sautéed shrimp, bacon, and fresh vegetables. With its sweet crunchy texture and light flavors, this is another sure winner in my book. Be sure to douse your crêpe with the sauce that comes with it and then place the micro greens on top for an extra layer of wonderful flavor. However, the

*Downtowner's* recommendation for an absolute must-try is Amphone's Chicken Curry (\$13.90). Amphone is Vansana and Vanvisa's mother and this recipe belongs to her. The colossal bowl is bursting with fresh vegetables, jasmine rice and chunks of tender chicken. The curry brings a touch of heat, but the overall taste is creamy and cool from the coconut milk.

If you save room for dessert, Bida Manda's Tempura Bananas and Trio Place are sure to please. Bananas are sliced, breaded, fried, and served with vanilla ice cream. The trio consists of mango sorbet, coconut pudding, and apricot-tamarind cobbler. The sorbet is refreshing and light, the sticky pudding is mildly sweet, and the cobbler hits all the right notes—sweet, fruity and savory.

The next time you're looking for original afterwork cocktails and appetizers meant for sharing or a classy yet exotic meal for two, check out Bida Manda, one of just a handful of Laotian restaurants in the U.S. 🍴

*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, please visit [www.loveatfirstbite.net](http://www.loveatfirstbite.net). Brian can be reached at [brian@raleighdowntowner.com](mailto:brian@raleighdowntowner.com).*



## Bida Manda

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\$\$\$

Mon–Wed 11am–12:30am  
Thurs–Sat 11am–2am  
Closed Sun

Meals: Lunch, Dinner  
Cuisine: Laotian  
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# Where's it @?



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



<<<

Congratulations to **Cindy Hartzheim** who was the first to identify last month's Where's It @ clue as the sign for Babylon Restaurant & Bar located at 309 N. Dawson St. at the corner of Lane Street. Stop in for authentic Moroccan cuisine guided by the confluence of multi-layered Spanish, French, Jewish, and African cultures. Babylon inhabits a more than century old restored building and is surrounded by a wall of brick and cedar, which encircles the outdoor dining terrace and pool in the southern European-inspired courtyard. Visit their website for photos, menus and more, [www.babylonraleigh.com](http://www.babylonraleigh.com).

Our runner-up winners were Jeff Hartzheim, Susan Smith, Erin Howes, Dikran Kabbendjia, and Craig Schaefer. Thanks for entering and be sure to try your guess with this month's photo.

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# Organic, Biodynamic and Sustainable Wines

BY PHILLIP ZUCCHINO

Every day, we make conscious decisions to purchase organic meats, produce, health products, and a myriad of other organic foods. However, as soon as we begin to wonder which wine will offer the perfect complement to our meal, the search for organic ingredients ends. We live in a community that supports a vibrant organic food movement. So then, why does this demand for organic food in the Triangle not coincide with a demand for organic wine?

This dichotomy is mainly due to a lack of understanding of what makes a wine organic. The terminology for identifying organic viticulture is vast, which leads to confusion and sometimes discourages consumers from trying organic wine. Hopefully the answers to the questions below will help clear up some of the confusion.

**What is organic viticulture?** Organic farming only utilizes substances that are naturally occurring. Thus, organic grapes are grown without the use of man-made compounds such as chemical fertilizers, synthetic pesticides, fungicides, herbicides, or materials or organisms that have been genetically modified.

**What are organic wines?** In some regions, organic wine is wine that is made from organically-farmed grapes. However, in Europe and the US, wine that is labeled "organic wine" (instead of "made with organically grown grapes") must also conform to certain winemaking practices. For example, organic wines in the US and EU restrict the addition of sulfites. In the US, no sulfites may be added and only naturally occurring sulfites may be present in the wine. In the EU, some may be added, but the total amount of sulfites permitted is less than what is permitted in non-organic wines.

**Why don't all producers who follow organic practices obtain organic certification?** There are many producers in the world who farm organically, but who have not yet obtained formal certification. Because they lack certification, these producers are not allowed to state that their wines are organic or that they are farmed using organic practices on their label. Despite this limitation, there are reasons an organic grower would choose not to obtain organic certification. First, obtaining the certification can be very expensive for small wine producers who don't necessarily have the extra resources. Second, the procedure to obtain certification is time-consuming. Finally, many producers who have farmed organically for centuries do not see the value in obtaining certification or view it as a marketing fad.

**What are biodynamic wines?** Biodynamic viticulture shares the principles of organic viticulture that eschew the use of industrial chemicals; however, biodynamic

viticulture involves additional practices and philosophies that are beyond the requirements of organic viticulture. Biodynamics promotes a holistic view of farming and aims to promote the health and sustainability of the land as a whole through the application of special organic composts and the integration of farm animals and beneficial wildlife and insects. Biodynamic farming also observes a calendar that integrates lunar, solar and planetary cycles that indicate the best times for particular vineyard work.

**What are sustainable wines?** The goal of sustainable wineries is to minimize harm to the environment while also maintaining an economically viable operation. A truly sustainable winery will take into account all environmental and community factors, not just those that impact the winery's vineyards or the wines. For example, the winery will consider purchases of any outside materials and the oil that would be used to ship those materials to the winery. Also, a sustainable winery will consider the overall safety, health and living conditions of its employees. In short, a sustainable winery seeks to "meet the needs of the present without compromising the ability of future generations to meet their own needs."

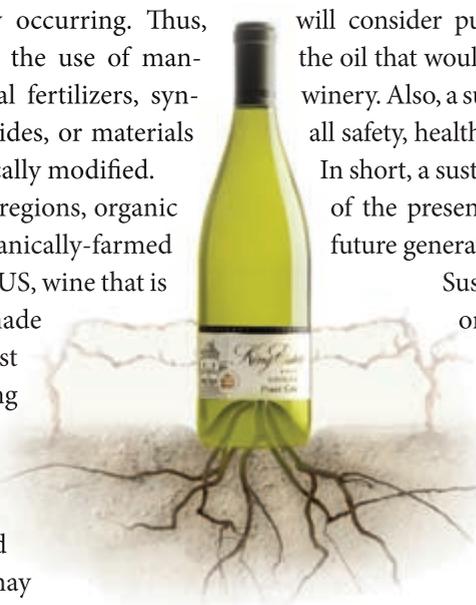
Sustainability does not have a consistent or a universally regulated meaning. There are independent organizations that certify "sustainability," but these organizations do not all have the same qualifications.

**This is starting to make sense, how do I find the right organic wine for me?** Ultimately, you're going to get more candor and communication out of shopping with your local wine experts rather than the grocery store. Find organic wine tastings around town or join an organic wine club. In the end, though, it's about empowering yourself with information, asking the right questions and demanding honest, knowledgeable answers. I find organic wines to be extremely satisfying to drink and encourage you to learn more about them!

There are several websites dedicated to organic, biodynamic and sustainable wines. Below are just a few for more information.

[www.organicvintners.com](http://www.organicvintners.com)  
[www.organicwinejournal.com](http://www.organicwinejournal.com)  
[www.organicwinefind.com](http://www.organicwinefind.com)  
[www.treehugger.com/green-wine-guide](http://www.treehugger.com/green-wine-guide)  
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*Phillip Zucchini has three years of wine production experience in France and is the co-owner of TheWineFeed.com, an online wine retailer with a focus on helping consumers identify their personal taste through interactive wine experiences. Feel free to contact Phillip at [phillipzucchini@thewinefeed.com](mailto:phillipzucchini@thewinefeed.com).*



*King Estate Wines in Oregon are well known for their organic wine philosophy*

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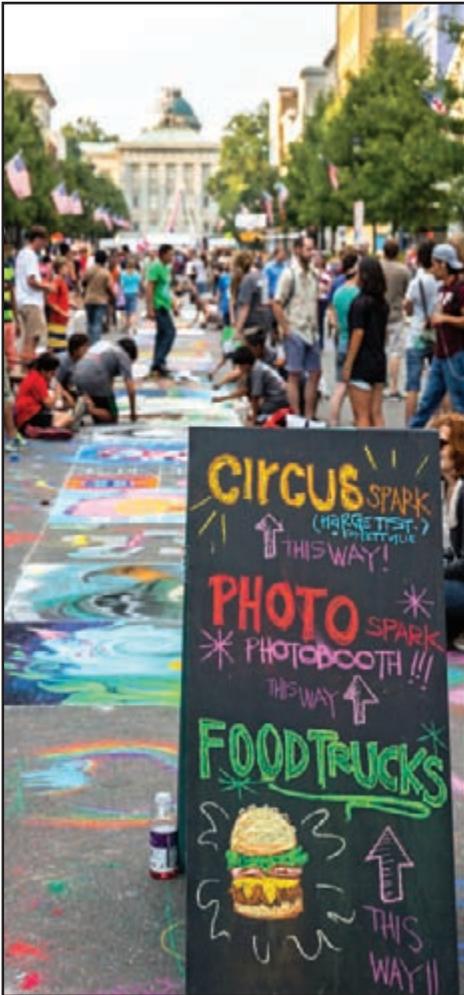
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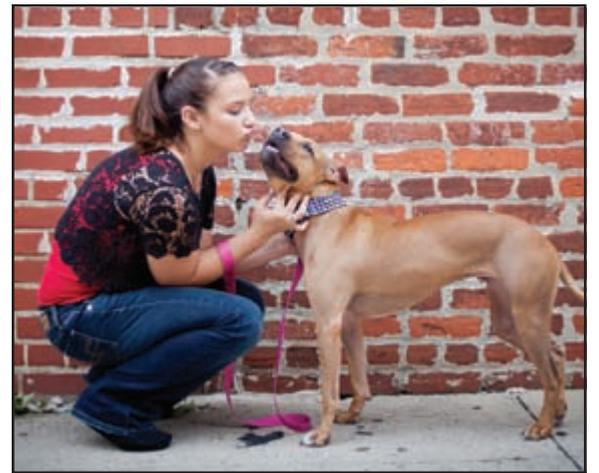
Colton and our new *Downtowner* mascot Truman out for a walk



Seth from the Raleigh Wine Shop and Scrapz catch a ride with Laura and Raleigh Rickshaw



Congrats to newlyweds Wilky and Stacia (and Lil Man too)



Lynn & Kesha stop for a hug while walking through the Warehouse District in downtown



All smiles with Tanya with Precious and Heather with Bruno



Taking a break at the SPCA Dogwalk in Moore Square



Mannish and Paddington at home in Oakwood



George and Sooki at the Raleigh Rose Garden

# AROUNDTOWNAROUNDTOWNAROUNDTOWN



Dr.'s Brett & Adam at Downtown Dental's grand opening



Maryam and Niloo at Babylon



Out for Regina's birthday at Battistella's (thanks Chef for a great meal)



Julie & G Patel at their opening night of Zynda



Kelly Neff and Quentin Jones jam out at London Bridge Pub



Jessica, Nicole and Michelle enjoy a glass of wine at Mosaic

All the photos on this page are from the recent Hopscotch Music Festival in early September. With 175 bands in 15 different venues in downtown Raleigh, this year's festival was a great success. National talent played alongside local bands with about 35% of the musicians hailing from the Triangle. The event proves our region's musician diversity and national relevance. Thanks again to co-directors Greg Lowenhangen and Grayson Currin for another great year. Photos by Rodney Boles.

# HOPSCOTCH



Andrew Dreyblatt performing with Megafavn



Deerhoof



Matthew E. White of One Incantation Under God



Flesh Wounds



Charlie Parr



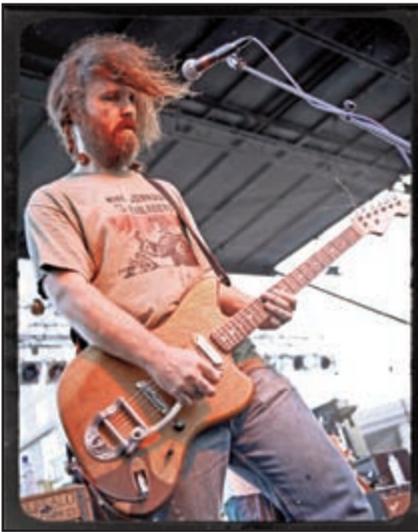
Grayson keeps things running smoothly



Phil Cook of Megafavn



Field Report



Bvlt to Spill



The Roots



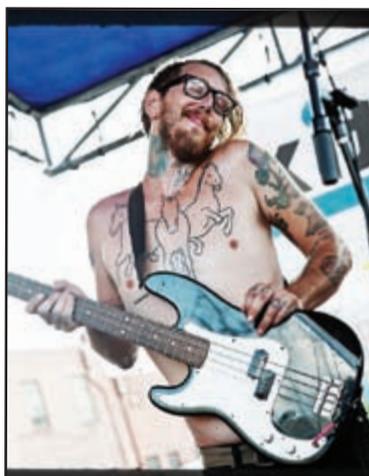
Movnt Moriah



John Mveller on drums with Death Blues



Missy Thangs of Love Language



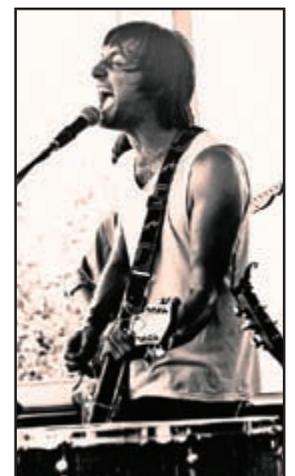
Justin Williams of Twelve Thousand Armies



The Bleeding Hearts



Colin Stetson



Stu McLamb of Love Language



"I just love knowing what's going on. My boys love going "to the city" so to speak. On the weekends, they always ask, 'Can we go downtown?'"

DANA LEWIS, MORRISVILLE 27560—READS THE DOWNTOWNER ON FACEBOOK

A big Thank You to our great readers for all the kind words and comments we receive each day. We love you guys! You're the reason we're one of the most-read magazines in Raleigh and we like to think one of the best too. We're dedicated to providing our readers with positive, community-oriented, local, interesting articles each and every month. One of the ways we like to show our appreciation is through our Reader Rewards program where we give away over \$750 in services and products from our wonderful advertisers. Check it out in every issue.

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on the center right and join our Reader Rewards giveaways to win lots of free stuff. Feel free to leave comments for us and we'll include them in this column. We work hard to make the *Downtowner* a worthy publication for our 70,000+ monthly readers and we love to hear suggestions, ideas and anything else you'd like to include. We love our readers as much as they love the *Downtowner*.

"I love the bright, colorful layout, not to mention all the great info regarding downtown Raleigh."

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READS THE DOWNTOWNER AT SEABOARD 18

"Love the *Downtowner*!"

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KRISTEN BROOKS, RALEIGH 27603  
READS THE DOWNTOWNER AT CITY MARKET

"I love your magazine!"

EVELYN TEMPLE, RALEIGH 27604  
READS THE DOWNTOWNER AT COOPER'S BBQ

"Awesome! Keep up the good work."

RANDY BLEW, RALEIGH 27604  
READS THE DOWNTOWNER AT RALEIGH TIMES

"Love ya!"

CHRIS CASEY, RALEIGH 27615  
READS THE DOWNTOWNER AT CHAR-GRILL

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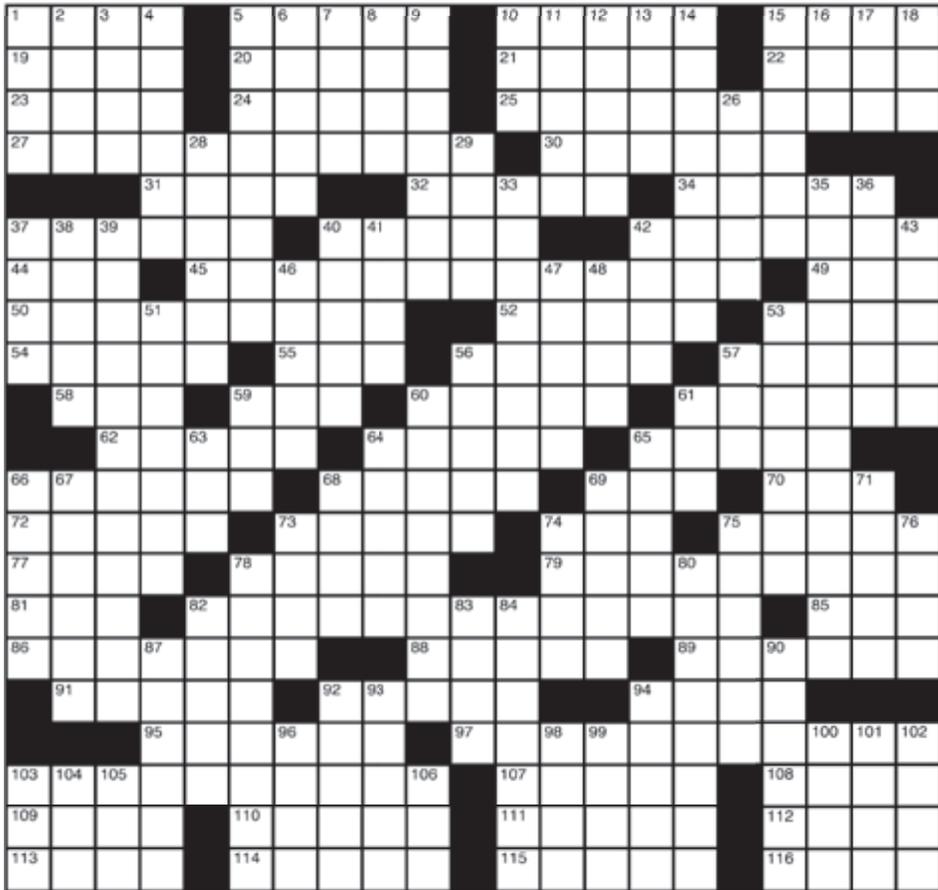
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MONTHLY CROSSWORD PUZZLE



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By Gail Grabowski from the Los Angeles Times  
Edited by Rich Norris and Joyce Nichols Lewis

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### Sept 29 (Sat)

The physicians and staff at WakeMed Health & Hospitals invite you to participate in the second annual **WakeMed Scrub Run**, a 5K/10K event benefitting WakeMed Children's from 8am-12pm at City Plaza. Visit [www.ncraces.com/events/scrub-run-5k-and-10k](http://www.ncraces.com/events/scrub-run-5k-and-10k) for more information.

### Oct 3 (Wed)

**Raleigh Downtown Farmers Market.** 11am-2pm at City Plaza.

### Oct 5 (Fri)

**First Friday Gallery Walk.** First Friday of each month at various venues throughout downtown. Visit [www.FirstFridayRaleigh.com](http://www.FirstFridayRaleigh.com) for more information.

### Oct 5 (Sat)

**Jewish Sukkot Fall Festival** in Moore Square from 5-8 pm. Visit [www.tboraaleigh.org](http://www.tboraaleigh.org).

### Oct 6 (Sat)

**Over the Edge Raleigh** at the Wells Fargo Capitol Center from 9am-5pm which includes a one hour training prior to your rappel time. Visit: [www.overtheedgeenc.com](http://www.overtheedgeenc.com) for more information on this event that supports the

Special Olympics NC athletes. Prepare for the thrill of a lifetime! Must be at least 16 years old and weigh between 110-300 pounds to participate. \$1,000 entry fee (all rappers receive a commemorative photo and event T-shirt).

### Oct 7 (Sun)

**Double Dutch For Diabetes.** This is a community affair. Bring your entire family and enjoy hot dogs, popcorn, bouncing stations, face painting and other fun family activities. Double dutch contest are being coordinated by the YMCA and the Boys and Girls Club. All donations of any amount will be accepted. Proceeds from the Double dutch contest will be donated to the children with diabetes foundation. Visit: [www.dymonddyva.com](http://www.dymonddyva.com).

### Oct 10 (Wed)

**Raleigh Downtown Farmers Market.** 11am-2pm at City Plaza.

### Oct 14 (Sat)

**The 24th Annual Thad & Alice Eure Walk for Hope** is a non-profit fundraising event to help fund research for causes and potential cures for mental illness. The Walk for Hope begins at the Angus Barn on Highway 70 and includes a 10k, 5k and 1-mile nature walk. Visit [www.walkforhope.com](http://www.walkforhope.com) for more information or to register.

### Nov 9 (Fri)

Saddle up for some fun at the annual **Raleigh Roundup** to help give cancer the boot! With signature savories from 15 local chefs, silent and live auctions, music from Emily Minor and Right On, casino-style gaming, mechanical bull riding, and a raffle from Diamonds Direct, this event is always sold out, so get your tickets early at [www.raleighroundup.com](http://www.raleighroundup.com).

### Nov 17 (Sat)

The annual **Artspace Collectors Gala** promises to be another great event of creative art, food and drink. Dine with the artists, bid in the silent and live auctions and enjoy plenty of hors d'oeuvres and small plate stations with great friends. Visit [www.artspacenc.org/events/collectors-gala](http://www.artspacenc.org/events/collectors-gala) for more information.

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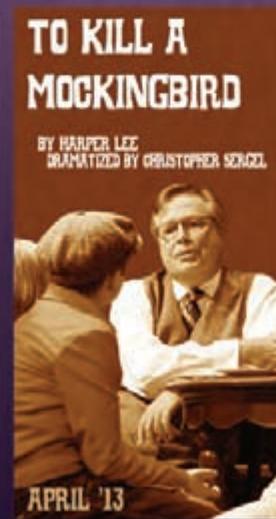
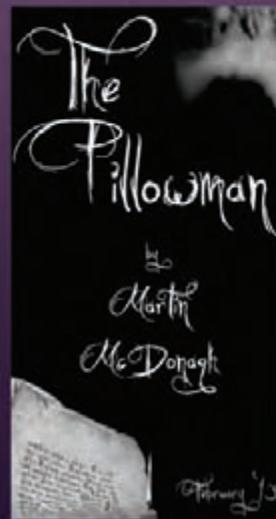
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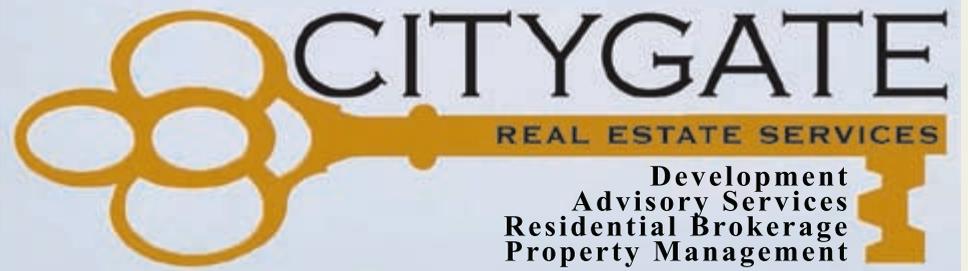
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# UNION STATION UPDATE

➔ Additional Funding for Phase One of the Union Station Construction Project ◀

BY ERIC LAMB, MANAGER, TRANSPORTATION PLANNING, DEPARTMENT OF PLANNING & DEVELOPMENT

On Sept. 4, the Raleigh City Council approved an additional \$3 million to cover a gap in funding for the Union Station project, Raleigh's multi-modal transit center.

The project includes the adaptive reuse of the Dillon Viaduct Building and the construction of railroad track improvements and station platforms and concourses. The total cost of the project, developed in partnership with the North Carolina Department of Transportation (NCDOT) and Triangle Transit (TTA), was projected to be approximately \$60 million.

On June 22, the City of Raleigh received notice that it had been awarded a \$21 million Transportation Investment Generating Economic Recovery (TIGER) grant from the United States Department of Transportation to help fund the first phase of the Raleigh Union Station project.

NCDOT pledged matching funds of \$9 million and Triangle Transit pledged an in-kind match of the building and land, conservatively estimated at approximately \$1.5 million. The City also pledged a \$3 million

match for construction of the station from proceeds from the transportation bond passed by City voters in Oct. 2011.

NCDOT notified the City that the combination of funding from various sources had left a \$3

million funding gap. The state agency requested that the City contribute the additional \$3 million needed to fully fund Phase One of the project.

The Raleigh Union Station is located on the proposed high-speed rail corridor planned for the southeast. The proposed line runs from Washington, D.C. to Raleigh, then to Charlotte and on Birmingham, AL. The station is scheduled to provide uninterrupted freight and passenger service within three years of the start of construction.

The Request for Qualifications (RFQ) for 25 percent Architectural and Engineering Design Services is being released on Monday, Sept. 10. The RFQ will be advertised nationally and is intended to solicit responses from internationally known design teams with specialized expertise in this area.

For more information, contact Eric Lamb, Transportation Planning, [eric.lamb@raleighnc.gov](mailto:eric.lamb@raleighnc.gov) or Roberta Fox, Raleigh Urban Design Center, [roberta.fox@raleighnc.gov](mailto:roberta.fox@raleighnc.gov), both of the City's Department of Planning and Development, 919.9962620.



Conceptual drawing of the planned Union Station. For more information visit: [www.raleighnc.gov/business/content/PlanUrbanDesign/Articles/UnionStation.html](http://www.raleighnc.gov/business/content/PlanUrbanDesign/Articles/UnionStation.html)

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Lilyan Vigo and Marcelo Martinez  
Photo by Tim Lytvinenko

## DOWNTOWN SNAPSHOT

From the Downtown  Raleigh Alliance



Dear Reader,

Mark your calendar for the Honey Buzztival at the Raleigh Downtown Farmers Market, Wednesday, Oct. 3rd, 2012, from 10 am-2 pm at City Plaza on Fayetteville Street. Plan to enjoy this sweet celebration of bees and all things honey! The market will be buzzing with honey samples, cooking demos, observation hives, recipes, and an abundance of honey-related products! BEE there for live music by Russ Thompson featuring Q Jones, a Kidz Bee Bash, a honey butter shakedown, and much more! Check out more details at [www.raleighheatlocal.com](http://www.raleighheatlocal.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](http://www.YouRHere.com).



DAVID DIAZ  
President and CEO, Downtown Raleigh Alliance  
[www.YouRHere.com](http://www.YouRHere.com)

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The Raleigh Downtowner Magazine is searching for the shiznit of contributing writers for web + print. If you're passionate about any of the topics below, or have another idea for a column, send us an email to [writers@raleighdowntowner.com](mailto:writers@raleighdowntowner.com).

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