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VOLUME 3, ISSUE 8

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ATTENTION SPORTS FANS

Raleigh has something for everyone

By Alison Barnwell
Director, Greater Raleigh Sports Council

Once just a stop on the illustrious Tobacco Road, Raleigh and the surrounding area have emerged as a major player in the sports industry in the past decade. We're home to professional hockey, baseball and soccer, an NCAA soccer championship tournament, a Division I conference basketball tournament, three major universities, two women's colleges, an Olympic coach and much, much more. There is something here for every sports fan...all you have to do is look around!

Whether you're a long-time hockey fan or someone who is new to the sport, you can't find a better team to watch than the Carolina Hurricanes. In ten seasons, they've been to the playoffs twice with the most recent trip bringing Lord Stanley's Cup for a year's visit to the Triangle. The organization's ability to hold on to most of its top players and bring in some amazing new recruits has this season shaping up to be another exciting one. If you aren't a hockey fan yet, check out a 'Canes game this fall, and if you have the time, do a little tailgating beforehand. The ample RBC Center parking and warm weather make us one of the few hockey cities that can turn a two-hour



No matter which is your favorite college team, Raleigh residents pull for the Carolina Hurricanes

game into an all-day activity.

Summertime brings an array of sports opportunities. With two fantastic minor league teams in the Triangle, baseball fans can find a game to attend almost every night of the week. Head 30 minutes east of downtown Raleigh and you find yourself at Five County Stadium to watch the AA Carolina Mudcats. If you haven't been to a game lately, the stadium has

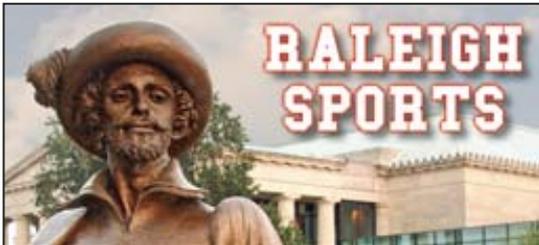
undergone some fantastic renovations over the past couple of years and the 64 bypass gets you there in a flash.

In the opposite direction, travel 30 minutes west of downtown Raleigh and you're at the DBAP, home to the Durham Bulls—a team made famous around the country by Crash Davis and Annie Savoy. The DBAP has had its own renovations recently and is an excellent way to enjoy America's favorite pastime. For all of the Durham Bulls' vegetarian fans, you don't have to eat before you go. The park was voted the most vegetarian friendly stadium by PETA.

Bulls or Mudcats, you can't go wrong. Minor League Baseball is one of the best sports you can watch. The tickets are cheap, the seats are great, and the players appreciate their fans. These guys aren't making millions of dollars—they barely make thousands of dollars—but they out there every day rain or shine playing their hearts out because they love the game. Of course, some of the guys will make it to the majors, and then you can brag about seeing them play "before they were famous!" If you want to see the

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Welcome to the Raleigh Downtowner Volume 3, Issue 8: Raleigh Sports



ON THE COVER: The newly restored 11-foot statue of Sir Walter Raleigh shows off his sports prowess in front of the Progress Energy Center for the Performing Arts.

UPCOMING ISSUES

Issue 9: Downtown Pets!

Send us your favorite pet photos, ideas for great places to take pets, and interesting pet stories to office@raleighdowntowner.com. You might just see your pet in the Raleigh Downtowner!

Issue 10: Fall Fashion & Food

Email us your favorite places to fashion shop or favorite recipes for our Fall issue and you could win free cooking lessons from one of the top chefs in Raleigh!

Issue 11: Shopping Guide

Issue 12: Holiday Gift Ideas

RALEIGH DOWNTOWNER

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international stars before they hit the big league, then keep an eye on USA Baseball, the national governing body of amateur baseball in the US. They opened a national training complex in Cary over the summer that will host both domestic and international competitions.

If soccer is your game of choice, you'll be happy to hear that professional soccer returned to the area this summer. The Carolina RailHawks, a USL team, are wrapping up their first season at SAS Soccer Park in Cary. They've had a decent first season but what has really been exciting is their dominance of the Lamar Hunt US Open Cup. The Cup competition pits 40 teams from across Major League Soccer, United Soccer League and the amateur ranks in a single elimination tournament played throughout the season. At the time of this writing, the RailHawks have advanced to the semifinals and knocked off some MLS teams in the process.

It's impossible to give an accurate account of Raleigh sports without including our universities. The NC State Wolfpack has always been a source of pride for local residents. Who will ever forget the men's basketball team's national championship under the late Coach Valvano back in 1983! The athletic program, like so many others across the county, had some rough years, but when Lee Fowler took over as the athletic director in 2000, he ushered in a new era of athletic excellence. The university has been busy revitalizing nearly every athletics venue and support facility and is now building an 18-hole, state-of-the-art golf course set to open in 2009. In the past few years,

NC State has played its way into five bowl games, earned spots in numerous NCAA tournaments in a variety of sports, and won a national championship in cheerleading. The athletic program even made the top 10 in a listing put out by The Sporting News that factored in athletic and academic excellence. Raleigh also boasts two prominent members of the CIAA—Shaw University and Saint Augustine's



The Carolina Railhawks are the newest addition to sports in the area

College. The Shaw Lady Bears have been a dominant force in CIAA and NCAA Division II basketball for years. Located in the heart of downtown Raleigh, Shaw University unveiled a new athletics logo in early August, and judging from the excitement exuding from the student-athletes, the rest of the CIAA schools better beware!

Head over to the Oakwood district and you'll find Saint Augustine's College and Coach George Williams. Under his leadership, the Falcons have

brought home more than 25 NCAA National Championships in Track and Field and have dominated the CIAA since the 1970s. Coach Williams himself has coached three U.S. Olympic Teams and has won more than 90 national coach of the year awards. Watch for an article on Coach Williams in next month's Downtowner.



Coach Williams of St. Augustine's College

As if we don't already have enough entertainment for the average sports fan, the future brings a whole new realm of possibilities. The revitalization of downtown Raleigh, combined with a new convention center and several new hotels, will make us a much sought after site for additional tournaments and elite events. And let's not forget that looming somewhere down the road is an NHL All-Star game!

If you want to be more than just a spectator at the area's sporting events, check out the Greater Raleigh Sports Council. Founded in 1997 with the mission to promote the area as a sports marketplace and provide promotion and support for those franchises and events located here, the Council is comprised of Triangle business and community leaders. Members play an active role in marketing Raleigh and Wake County as a major site for sporting events and organizations, enjoy exclusive networking opportunities with local sports celebrities and participate in unique interactive activities. For more information on the Greater Raleigh Sports Council, visit www.thesportscouncil.org

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Call 919.664.7070 or visit our Web site at www.thesportscouncil.org.

join us



CAROLINA HURRICANES and Coach Peter Laviolette

THE HURRICANES

The New England Whalers were born in November 1971 when the World Hockey Association awarded a franchise to begin play in Boston, Massachusetts. In March 1997, Whalers owner Peter Karmanos announced that the team would leave Connecticut after 1996-97. In July, Karmanos announced that the Whalers would move to Raleigh and the new later-named RBC Center in Raleigh, become the Carolina Hurricanes, and change their team colors to red and black. Due to the relatively short time frame for the move, Karmanos himself thought of and decided upon the new name for the club.

Unfortunately, the RBC Center wouldn't be complete for two more years, and the only other hockey building in the Triangle was Dorton Arena, a 5,100-seat, 45-year-old building which was unsuitable for NHL hockey. The Hurricanes were thus forced to play home games in Greensboro, ninety minutes away from Raleigh, for their first two seasons after the move.

After their final move to the brand-new RBC Center in 1999, the Hurricanes claimed the eighth seed in their 2000-2001 season, which nosed out Boston, and landed a first-round date with the defending champs, the New Jersey Devils. Although the Hurricanes were bounced by the Devils in six games, the series is seen as the real "arrival" of hockey in the Triangle. Down 3-0 in the series, the 'Canes extended it to a sixth game, thereby becoming only the tenth team in NHL history to do so. Game six in Raleigh featured their best playoff crowd that year, as well as its noisiest. "These people were crazy," goalie Arturs Irbe said of the crowd. "If anybody now says there is no future for hockey here or that hockey doesn't belong here then they are wrong. They opened their hearts to us and we felt that way to them."

Despite the 5-1 loss, Carolina was given a standing ovation by their crowd as the game ended, erasing many of the doubts that Raleigh wouldn't warm up to hockey.

The 'Canes made national waves for the first time in the 2002 playoffs. Expectations were low entering Round One against the defending Eastern Conference champion New Jersey Devils. However, Arturs Irbe and



Kevin Weekes were solid in goal, and two games were won by the Hurricanes in overtime as they put away the Devs in six games. In the third period of Game 4 in Montreal, down 2-1 in games and 3-0 in score, Carolina would tie the game and then win on an overtime goal. The game became known to Hurricanes fans as the "Miracle at Molson" and; Carolina easily won the next two games to win the series.

2005-06 Championship

The outcome of the 2004-05 NHL lock-out led to the shrinking of the payroll to \$26 million; many fans were not optimistic about the 2005-06 season, still the first game back was to a sold out arena. The 'Canes, however, turned out to be one of the NHL's biggest surprises, turning in the best season in the franchise's 34-year history. They finished with a 52-22-8 record and 112 points, shattering the previous fran-

Crowd favorite number 10 Ron Francis waited for 15 years to hoist his first Stanley Cup



chise record set by the 1986-87 Whalers. It was the first time ever that the franchise had passed the 50-win and 100-point plateaus. The 112-point figure was one point behind the Ottawa Senators for the best record in the East, and tied the Dallas Stars for third-highest in the league.

In the 2006 Stanley Cup Playoffs, Carolina lost the first two games of their Eastern Conference Quarterfinal at home against the seventh-seeded Habs, leading many to believe that the Canes' grand season would come to a sudden end. Laviolette made what would prove to be a fateful decision, lifting goalkeeper Martin Gerber in favor of rookie Cam Ward. The Hurricanes went on to win both games in Montreal, tying up the playoff series and turning the momentum around. They returned home and took Game 5 to take a 3-2 advantage in the series.

The Finals began on June 5 as the Hurricanes hosted the Edmonton Oilers in Raleigh. The Canes rallied from a 3-0 deficit in Game 1 to win 5-4 after Rod Brind'Amour scored with 30 seconds left. In Game 2, the 'Canes shelled the Oilers 5-0 to take a two-game lead, threatening to turn the series into a romp.

The Oilers won Game 3 at Rexall Place, but Carolina rebounded in Game 4 and came home with a chance to win the Cup on home ice. However, game five saw the Oilers in a stunning 4-3 overtime win. In Game 6 in Edmonton, Carolina was defeated 4-0.

The ace in the deck for the Hurricanes was their home advantage in Game 7.

In Game 7, before the second-largest home crowd in franchise history (18,978), the Hurricanes jumped to an early 1-0 lead with an Aaron Ward score. With just under two minutes left in regulation, Eric Staal put the puck out to center ice where Justin Williams gathered it and scored on an empty net, sealing the Hurricanes' first Stanley Cup championship in franchise history.

Ward was honored with the Conn Smythe Trophy for the playoffs' MVP, and became just the fourth rookie to be honored with the award.

Rod Brind'Amour and Bret Hedican had both waited over 15 years to raise Lord Stanley's Mug, while Glen Wesley — the last remaining Hartford Whaler on the Hurricanes' roster — had waited 18 seasons.

The Hurricanes' Stanley Cup championship marked the first professional major league sports title for a team from the Carolinas. They are the only NHL team in history to lose 9 or more games in a year's playoffs, yet still win the Stanley Cup.

The Carolina Hurricanes will hit the ice for the first official practice of the 2007-08 season on Friday, Sept. 14, at 8:00 a.m. at the RBC Center in Raleigh. All Hurricanes practices throughout training camp will be held at the RBC Center and are open to the public and the media.

The Eighth Annual Chevrolet Caniac Carnival will be held at the RBC Center immediately before the Hurricanes' first preseason game against the Washington Capitals on Sunday, Sept. 16, at 3:00 p.m. and will feature rides, interactive games, a live band, BMX stunt shows and more. Admission to the game against the Capitals is free to those who attend the carnival while ticket supplies last.

COACH PETER LAVIOLETTE

Peter Laviolette Jr. (born December 7, 1964 in Norwood, Massachusetts, USA) is an American former National Hockey League defenseman and current head coach. Since the 2003-04 NHL season he has been the head coach of the Carolina Hurricanes. He

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led them to the Stanley Cup in the 2006 season.

As a player, Laviolette spent the majority of his 10 year career playing for various minor league teams. He played twelve games in the NHL for the New York Rangers in the 1988-89 season. At that point, Laviolette made the choice to try his hand in coaching.



He began his coaching career as head coach of the ECHL Wheeling Nailers. In one season as coach, he led his team to a 37-24-9 record and took his team to the playoffs where they lost in the third round. He left Wheeling to take over the head coaching job for the Providence Bruins. In 1998-99 he coached the team to a 56-15-4 regular-season record. In the playoffs Providence won the AHL Championship and hoisted the Calder Cup with a 15-4 playoff record. Laviolette was named AHL Coach of the Year for his efforts.

Laviolette's success in the AHL earned him a stint as an assistant coach for the Boston Bruins. Soon after he left for the head coaching job on Long Island. After taking over the New York Islanders, which had suffered seven years of post-season futility prior to his arrival, he led his team to the playoffs in both seasons he was there.

Laviolette came to the Carolina Hurricanes in the 2003-04 season. After a rebuilding first season as coach, he led the Hurricanes to their first Stanley Cup championship in the 2006 playoffs. He was runner-up in the Coach of the Year Award, which was awarded to Lindy Ruff in the closest vote ever recorded for this award, 155-154.

Laviolette later coached the U.S. Olympic Men's Hockey Team at the 2006 Winter Olympics in Turin, Italy. He is currently preparing to start the 2007-08 season with the Canes.

Q & A with the Coach

Peter Laviolette was kind enough to take time out of his pre-season schedule to sit down for an interview with the Raleigh Downtowner.

Q: Raleigh and the rest of the Triangle have really taken the Hurricanes to heart and the fans seemed to stick with you last year despite the record. How has the fan base felt to you since winning the cup?

A: It's great that we have such passionate fans, but like with all sports, wins certainly help bring that passion to a higher level. I think we saw that as we went deep into the playoffs. We were able to grab the entire area-not just the hockey fans-Raleigh and the communities around it. That's what makes it special and we're looking forward to getting it back.

Q: Are you and the team excited about this season?

A: I think that there's a lot of excitement based on a new season. We have a lot of players back from two years ago, and we've unfortunately had a lot of time to rest, heal and get stronger. We used the long summer to get motivated for this season. I don't think anybody is very happy with last year, so the sooner we get back into it, the better everybody will feel.

Q: Any new players or breakout stars we should watch for this season?

A: The only new player we're adding to the mix is Hamilton. He's an exciting player, he's a goal scorer, and you'll see him in the shootouts. Offensively, we're going to give him a chance to shine. We're getting Matt Cullen back, which will help our team offensively as well. They both played point on the power play and they're good in shootouts, and they'll help the depth up front. And this could be the year where Ladd steps into that top nine and tries to put his mark into the offensive categories. The rest of the team, everybody's seen her before. We hope Eric Staal gets back to that form when he was one of the top scorers in the league. Cory Stillman's coming off an injury, and was a high point-getter. There are a lot of names that have been here so everybody will know the players.

Q: Has your game strategy changed any since you've been coaching the Hurricanes?

A: I think it's been consistent. The game plan was the same, but yet the game wasn't. We need to get back to that attacking, relentless style that we had a couple of years ago. I feel like at times we had it last year, but we weren't consistent enough with it. I'm not a big believer that systems win championships. I think that all different types of systems are capable of winning; I think it's how well a team can grab onto that system and how hard they play that system together as a team.

Q: What do you do in the off-season?

A: We travel a little bit, going to Florida for five weeks, leaving in July and coming back the first week in August. That's really our main residence just south of Tampa. Plus we have a home up in Massachusetts and we see some family up there. It's not like I dive into anything else and just spend some time with the family. I get to play with the kids, enjoy golf every once in a while; that's really about it.

Q: How hectic is your schedule once the season starts?

A: It goes from really no activity through the course of the summer; the draft, a few meetings and things that like to pretty much checking out for nine or ten months. There's quite a change in home life that affects my wife and my children.

They're use to it, I'm used to it by now. It's a real big difference than what we get used to during the summer.

Q: Anything about you that people might not know?

A: Well, my wife tells me I have two personalities: Summer Peter and Winter Peter. She seems to like Summer Peter a whole lot better than Winter Peter.

Q: Any favorite foods?

A: A lot of people like a certain dish or a certain kind of food, but I just like to enjoy a glass of wine and some nice appetizers, and spend time talking instead of sitting down to a formal meal.

Q: How does Raleigh compare to the last place you called home?

A: Well, I came from Long Island and it's about as packed of a place as you can have; gridlocked all the time, people moving to get places as soon as they can, as quickly as they can, and not a lot of new building going on because it's already been built up to the max. It's completely different from Raleigh which is a community which is expanding-the highways are newer, the malls are newer, the subdivisions are newer, and it's more spread out because there's more room. When it comes to slowing things down a little bit, it's nice to come here and do that.

Q: What do you enjoy the most about being in Raleigh?

A: I do like the weather here. I come from the north, so it gives me just enough winter, where I can say that half inch of snow and that little bit of ice that just melted, is more than enough; bring on the spring. I like the travel location as far as my job goes, where we're located here. My wife and I have really enjoyed the Raleigh area just because it's a bit of a change from up north where things are a little faster paced. People have a genuine sincerity to them down here. It's a nice place to raise a family and we've enjoyed that.

Q: What's your opinion of sports here in the city of oaks?

A: I think what I like about sports in Raleigh that even though hockey hasn't been here for a long time, fans are united and very passionate about the Carolina Hurricanes. When it comes to talking about the three or four big college sports around here, things can get heated quickly. I like the fact that no matter what college you're from and no matter how many alums are in a room, they all seem to pull for the Canes. That's a nice feeling.

Q: One final question. What's your favorite sports movie?

A: You know, I love the movie Tin Cup. I just love the fact that he keeps going for it over and over until he makes it. He's crazy, but I love it. Funny movie.

■ RD





NCSU FOOTBALL and Coach Tom O'Brien

Coach Tom O'Brien knows about hard work. It was his mother's cure-all for every task he faced as a child. It was a requirement for him and every other plebe and midshipman at the Naval Academy. And it is the primary trait that allowed him to be a fundamentally sound football player and successful coach.

"I have never been afraid of a little hard work," says O'Brien, who was hired to be the 33rd head coach in NC State's 115-year football history on Dec. 9, 2006. "When I was a kid and I couldn't get something done, my mother would tell me to 'use a little more elbow grease.' That solved everything – just work a little harder.

"It taught me to never be afraid of challenges."

O'Brien served nine years in the Marines after his high school graduation, serving at the Quantico Marine Base in Quantico, Va., and tours of duty in California and Japan. He eventually reached the rank of major in the Marine Corps Reserve. He also began his football coaching career as an assistant for Navy's plebe (freshman) team.

In 1975, O'Brien was hired by then-Navy head coach George Welsh as an assistant coach. But not before



O'Brien looked for a different line of work.

O'Brien got his first opportunity to lead a major college program in December, 1996, when he took over at Boston College. There, he turned around a program that had been wracked with a gambling scandal and instability. After three years he guided the Eagles to eight consecutive winning seasons and an

NCAA-best eight consecutive bowl victories. He posted nine-win seasons in four of his final five years at Chestnut Hill, posting a 75-45 record and leaving the school with more wins than any coach in Boston College history. Heading into the Eagles' 2006 bowl game, BC ranked as the 18th winningest program of the 21st century (from 2000-06).

Just as impressively, O'Brien's teams were successful in the classroom. The American Football Coaches' Association gave him its 2004 Academic Achievement Award for posting a 100 percent graduation rate. BC was ranked No. 1 in the country by USA Today when that publication recently re-ordered its 2005 regular-season poll and the final 2005 football Top 25 by APR (Academic Progress Rate) score to measure a combination of athletic and academic success.

O'Brien would later be recruited by NC State where he thought they had the most passionate and loyal fans in the ACC. When he had the opportunity to become the Wolfpack's head coach, O'Brien jumped at the chance to return south to a large public institution where football is a centerpiece for students, alumni and fans. The recent upgrades to Carter

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NCSU MEN'S BASKETBALL and Coach Sidney Lowe

From the time Sidney Lowe first picked up a basketball, he has been preparing for this job.

In fact, when Lowe was named the 18th men's basketball coach in NC State history on May 5, he simply reassumed the reins of a program he had already coached to an NCAA championship. The first time, however, he was still in uniform, a coach-on-the-court point guard for Jim Valvano's team that made its improbable run to the 1983 national title.

Valvano said it so many times: He sent Lowe onto the floor and told him not to come off until after the win was secured. That's why in that famous game on April 4, 1983, in Albuquerque, N.M., Lowe never came out of the game. And he played to near perfection: 40 minutes, eight points, eight assists and no turnovers.

"He may be the finest point guard to ever play in the ACC," the late Valvano said after that miraculous season.

This time around, it's a little different: Lowe will be in control of the Wolfpack from the sidelines, a task he began preparing for when he first took up the



game in Washington, D.C., youth leagues.

"I know I am the right person for this job," Lowe says. "Basketball-wise, I have had the experience of being in the game for a long time. I have played this game on [the college level] and on the highest level and in the biggest national championship game ever. That is something I can pass on to our players.

"I can speak from experience. When you are talking to kids, they know you have been through the wars. I know a lot of kids aspire to play in the NBA. I feel like I can work with them and teach them the things they need to know.

"My love for this university and for this area runs deep. My commitment here will be second to no one else who would have gotten this job."

And that is why athletics director Lee Fowler turned to Lowe to become the eighth former NC State athlete to lead

the men's basketball program.

"Sidney Lowe is representative of the storied tradition that is NC State basketball," Fowler says. "Since his playing days here, he's gained an unbelievable amount of experience at the game's highest level.

Lowe surrounded himself with a staff that is both familiar to him and to the legacies of NC State basketball. He hired Monte Towe, the point guard on NC State's 1974 NCAA Championship and the 1973 and '74 ACC Championship squads, away from his head coaching job at New Orleans. He also retained Larry Harris, who was a member of former head coach Herb Sendek's staff for 10 years. He also turned to Pete Strickland, another DeMatha product who was a college teammate of Harris at Pittsburgh.

In 1992, he began his NBA coaching career as an assistant for Minnesota,

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NCSU WOMEN'S BASKETBALL and Coach Kay Yow

There is no right place to begin when talking about NC State's head coach Kay Yow. Her accomplishments extend beyond the basketball world, but it is within that world that she has become so accomplished. Beginning her 37th year in the coaching ranks in 2007-08, Yow has achieved what most coach's only dream of. She is one of the most admired and respected coaches on the national and international scenes.

In her 36 years as a head coach at the college-level, she has led her teams to a combined record of 708-324 and is one of only six Division I head women's basketball mentors to achieve 700 career victories. Yow has guided her squads to 20 of the 26 NCAA Tournaments, 11 trips to the Sweet 16, and a trip to the Elite Eight and Final Four in 1998. She has also collected five ACC Championships, four ACC Tournament titles, amassed 20, 20-win seasons and a staggering 28 winning seasons. Her career record is fifth

among active coaches in the NCAA and in 2003-04, won her 650th game to become the first ACC women's basketball coach to eclipse that special milestone.

In the 2005-06 season at the helm of the Wolfpack, Yow became the first women's basketball coach in ACC history and fifth in NCAA history to coach 900 games at the same school. Also that year, Yow became the fourth Division I head women's coach to surpass 1,000 career games on the sideline. As one can see her resume is full of unbelievable statistics, but those are just scratching the surface.

The 2006-07 season, her 32nd with the Pack, may have been the most tumultuous to date, but also maybe the most rewarding. Four games into the season, Yow was forced to take a leave of absence because of progression in her breast cancer, which was originally diagnosed in 1987. In all, Yow missed 16 games before making a triumphant

return to the bench in a Wolfpack win over long-time rival Virginia on January 26.

The club began to feed off the emotion that Yow returned with and led her troops to 10 wins in their next 11 games, which included her 700th career victory and a win over No. 2 North Carolina. That evening on Senior Night, the Reynolds Coliseum court was christened "Kay Yow Court". Not to be out done, two weeks later the Pack downed the then unbeaten and top-ranked Duke Blue Devils in the ACC Tournament.

From that point on, the Wolfpack were the darlings of the women's basketball world. With fans rooting for NC State from across the country, the club earned its 11th trip to the "Sweet 16" with a pair of victories over Robert Morris and



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CAROLINA RAILHAWKS and Coach Scott Schweitzer

THE RAILHAWKS

The Carolina RailHawks are a United Soccer League expansion team that will enter the USL First Division in April 2007. The squad will play 14 regular season home games and four additional home play-off and exhibition games each year, with all home games played at SAS Soccer Park in Cary, N.C. Under Rochester Rhinos co-owner and USL Hall of Fame inductee Chris Economides, the RailHawks organization was formed in October 2005 and awarded the USL franchise in January 2006.

COACH SCHWEITZER

The Carolina RailHawks introduced former N.C. State star Scott Schweitzer as the team's first head coach. Schweitzer will lead the United Soccer Leagues First Division franchise in their inaugural season which kicked off this past April.



The Rahway, N.J. native played college soccer at North Carolina State University, where he led the Wolfpack to an NCAA Final Four appearance in 1990. A two-time All-American, Schweitzer earned Atlantic Coast Conference Player of the Year honors in 1992 and made the conference's 50th anniversary men's soccer team in 2002. Schweitzer, 35, previously an assistant coach for the Raleigh Elite of the USL

Premier Development League, enjoyed a 13-year professional career, including eight seasons with the Rochester Raging Rhinos of the USL First Division.

"I'm eager to be working alongside Chris Economides again, this time as a head coach, after spending seven seasons working with him as a player in Rochester," Schweitzer said. "My leadership experience as a player will serve me well as a coach in building a successful team here in Cary with the Carolina RailHawks."

His professional soccer career kicked off in France, where he played for Brest and Guingamp. Schweitzer's USL career started in 1996 with the Greensboro-based Carolina Dynamo. He then left the Dynamo in 1998 to join the Rochester Raging Rhinos, the team he would become most closely identified with for his playing career.

Schweitzer led the Rhinos to three USL-1 championships and a U.S. Open

Cup victory in 1999 during his seven-year stint with the team. Twice named USL-1 Defender of the Year, Schweitzer racked up four straight league first-team honors from 1998 to 2001. Schweitzer played one season for the USL First Division Syracuse Salty Dogs in 2004 before returning to Rochester for one final season in 2005. He then retired and returned to the Triangle area to coach at the Next Level Academy in Morrisville. He currently resides in Apex with his wife, Kirsten. Schweitzer also suited up eight seasons for the indoor soccer Cleveland Crunch of the National Professional Soccer League. In his time with the Crunch, Schweitzer won two NPSL titles, earned All-Star honors four times and took home Rookie of the Year in 1995.

"The RailHawks are excited to have someone of Scott's caliber as our head coach," said Chris Economides, president and general manager of the Carolina RailHawks. "During my years in Rochester, I saw first-hand that Scott

Finley and the commitment to building a strong football program cemented O'Brien's decision.

Getting to know his new school has convinced O'Brien that he made the right choice to head south for what he believes will be his final head coaching job.

"One thing I learned from George Welsh was to never shy away from hiring good people," O'Brien says. "I always try to hire guys who are smarter than me and are better coaches than I am. That challenges me all the time. The things I look for when I put my coaching staff together were guys who have good moral values, are good communicators and are good educators.

"Those are the types of guys who influenced me when I was a young coach."

Material courtesy: NC State

The Raleigh Downtowner had the opportunity to ask Coach O'Brien a few questions:

RD: BC has an exemplary record of being top-notch both on the field and in the classroom. How do your players balance the two?

O'BRIEN: NC State has an excellent Academic Support Program and we feel that if we give our student-athletes all the tools necessary to exceed in both areas, they will be able to balance the two with no problem.

RD: Will you use the same type of strategy from Boston College or will it change based on your existing player talent here at State?

O'BRIEN: Our philosophy will stay the same, but your game plan always has to be based on your personnel.

RD: What are your expectations for your first season and do you have any players you're relying on already for assistance in leadership with the team?

O'BRIEN: Our goal is to win an Atlantic Coast Conference Championship. We might not be able to do that this year, but that will be our goal. Our captains, John Dunlap, Martrel Brown and Marcus Stone have done a great job with leadership, but we're going to need all of our veteran players to become leaders.

RD: Are there any players we should plan on watching who will possibly contribute most to a W in the win-loss column?

O'BRIEN: We need every player who gets on that field to contribute in order to stay in the win column.

RD: Did your tenure at the Naval Academy help prepare

you for coaching?

O'BRIEN: It helped prepare me for life, not just coaching. The discipline and teamwork is something that has definitely carried over into coaching, however.

RD: What have you found you enjoy most about being in North Carolina?

O'BRIEN: The people have been great. When I went around the state recruiting and on the Wolfpack Club trips, it was great to meet such good, genuine people and such passionate, supportive fans.

RD: Being a coach in the ACC since 1997, you've experienced sports in Raleigh for some time. What do you think of the level of competition here and what do you think the future holds for professional sports in Raleigh?

O'BRIEN: There is definitely a sports atmosphere in this area and the triangle offers a great fan base for a variety of teams.

RD: Could you tell us one of your favorite sports movies and why?

O'BRIEN: Field of Dreams because of the family values it promotes.

Visit GoPack.com for more information about Coach O'Brien and the upcoming NC State football season.

■RD

under head coach Jimmy Rodgers. Within a year, he was elevated to head coach, a position he held for two-and-a-half seasons.

He joined Mike Fratello's staff with the Cleveland Cavaliers in 1995 and stayed there for five years, before rejoining the Timberwolves in 2000 as an assistant under Saunders.

On June 1, 2000, Lowe was named the head coach of the Vancouver Grizzlies. He led the team in its transition from Vancouver to Memphis, before ending his tenure eight games into the 2003 season.

In 2004, Lowe rejoined Saunders' staff in Minnesota, then moved with Saunders to Detroit, where they took over the defending NBA champions. He remained with the Pistons, even after he was named the head coach at NC State, helping the team reach the Eastern Conference finals before it was eliminated by eventual NBA-champion Miami.

For Lowe, coming back to Raleigh, where he has maintained a residence since 1985, is not exactly leaving the nest – it is returning home to the place where he had his greatest glory as a player, where he got the bulk of his education, where he met his wife, Melonie, a Winston-Salem native and an NC State graduate.

On the day he was hired, Lowe met with more than 800 Wolfpack fans at the Paul Derr Track who welcomed him home. In the months since, he has worked hard to reconnect with former teammates and fellow former Wolfpack players.

Both are a testament to his connection with NC State's basketball history and his goals for the future.

"I have thought a great deal about the people who preceded me in this position," says Lowe, born Jan. 21, 1960. "To know that I now sit in the same position as Coach Case, Coach Sloan and Coach Valvano is just an unbelievable, unreal situation for me. Two of those are guys I played for and the other was the one who got it all started here.

"I have a tremendous pride in being associated with this university. I have always tried to stay close to what is happening here, and now that I have returned, everything seems magnified 100 percent."

The NC State men's basketball team will face 10 teams that advanced to last year's NCAA Tournament this upcoming season, as the ACC and NC State announced the Wolfpack's 2007-08 schedule on Thursday afternoon. In addition to the 10 NCAA Tournament teams, the Pack's schedule features three more teams that competed in the NIT, and NC State will have at least 23 games on TV.

Material courtesy: NC State, written by Tim Peeler

The Downtowner was fortunate to have the opportunity to ask Sidney a few questions about being back in Raleigh:

RD: How did it feel at your first game on the floor as head coach for NCSU?

LOWE: It just felt great to become a part of the great legacy of basketball coaches that have been at NC State. But honestly, when it's game time, I'm not really thinking about anything but the game.

RD: How was your first season as head basketball coach and how did your coaching style/strategy change over the season?

LOWE: I enjoyed my first season and I really enjoyed the players that I coached. My style didn't change much, but obviously your strategy has to change based on your opponent. We also had to change our

strategy when we lost our point guard, Engin Atsur, to injury.

RD: What game from your first season did you enjoy the most?

LOWE: Obviously our win over North Carolina was big for our team and our fans, but I enjoyed the run through the ACC Tournament. Playing four games in four days really gets your adrenaline pumping.

RD: How are the fans different here at NC State compared to Cleveland and Minnesota?

LOWE: It's a unique kind of fan here at NC State. State fans definitely live and die with their team.

RD: Are there any players you'll be relying on this season or new players you're expecting a lot from?

LOWE: We'll rely on everybody to contribute and that includes our new players. I think we've added some talented young guys and now we've got some veterans with solid experience, so hopefully everybody will step up.

RD: How has sports in Raleigh changed since your college days?

LOWE: The love of college basketball in this area hasn't changed, which is one of the things I love about Raleigh. I guess the biggest change would be now have a professional sports team in town.

RD: What do you enjoy most about being back in Raleigh?

LOWE: It's just been great to be around old friends and teammates on a daily basis and to reconnect with people I haven't seen in years.

RD: What's your favorite sports movie?

LOWE: I actually don't watch many movies.

To find out more about Coach Lowe and Wolfpack basketball, visit GoPack.com.

■RD

Baylor at the RBC Center in Raleigh.

Accolades began to pour in for the courageous Yow. North Carolina Governor Mike Easley presented her with the Laurel Wreath Award, the state's highest sports recognition, before the game with Baylor. In April, Yow was selected for a Naismith Award for her Outstanding Contribution to Women's Basketball and during the ACC Tournament, Yow and Virginia coach Debbie Ryan, both cancer survivors, were co-recipients of the 2007 Bob Bradley Spirit & Courage Award.

In 1975, Yow was hired by Willis Casey to be the head coach of the women's basketball program at NC State. She was installed as the head coach of both the softball and volleyball teams and was the coordinator of women's sports - all while developing women's basketball in its infancy. As a female leader amidst a mostly male coaching staff, Yow took her first squad to the WNIT and completed the season with a 19-7 record. Since that first year, Yow has coached some of the nation's most well known players of all-time. Yow is a pioneer of the sport and continues to be today.

Yow is part of an elite group of Olympic coaches. She is one of eight coaches chosen to lead USA Basketball in the pursuit of an Olympic gold medal in women's basketball.

NC State and the Atlantic Coast Conference announced the women's basketball schedule for the upcoming 2007-08 season. The Wolfpack will play 15 home games and participate in two in-season tournaments. The Pack is

slated to play eight games on television, including one national broadcast on ESPN2.

Head coach Kay Yow returns for her 33rd year on the sidelines at NC State. She has brought in another stellar crop of freshman. This year's incoming class was once again ranked in the top-20 by many scouting services.

Material courtesy: NC State. The Downtowner would like to thank Annabelle Meyers for her helping make this article possible.

Coach Yow was kind enough to answer a few questions for the Raleigh Downtowner about her career and her NC State team:

RD: You come from a basketball lovin' family! How did you originally get interested in basketball and when did you know you wanted to coach as a career?
I received my first basketball goal when I was seven years old for Christmas. Both of my parents played basketball either in high school and/or for mill teams where they first worked. I had no idea I would coach until I took my first job as an English teacher and the principal, Mr. Doyle Early talked me into coaching the girls team.

RD: How does this upcoming season look compared to last year?
Last year we had six seniors - very experienced. This year we have 11 freshmen and sophomores - Both groups are hard working and enthusiastic.

RD: Do you have any returning or new players that will be standouts for the team?

pretty good one.

RD: How are the soccer fans in Raleigh compared to other cities?
SCHWEITZER: They've been great. This has been my first experience with an expansion team and for a new team in its first year, we've been happy with the turnout. We're getting our name out there, telling people what we're all about and fans have a good time when they come out to see us play. We play a good game of soccer and we give everything we have at every game.

RD: Any players the fans seem to enjoy watching?
SCHWEITZER: Yeah, they really enjoy our captain Frankie Sanfilippo who really puts in his full effort every time he steps out on the field. And Jonny Steele from Northern Ireland. He's a really flashy, attacking type of player.

Two starters - Khadijah Whittington will be a candidate for All ACC First team. Plays both 4 & 5 positions - has an excellent chance to play professionally later! She goes by KD and she is our lone Senior. Shayla Fields is our one Junior and the other returning starter. She is a point/shooting guard. No one else has much playing experience. There are a number of players who could become standouts. But, we have to wait and see.

RD: What is your most memorable game?
1976 vs. UNC - We won for the first time and it was the first televised game for women's basketball in the state. It was on public TV.
1980 - First ACC Tournament Championship vs. Maryland on their home court.
1998 - First Final Four defeating Connecticut in the Elite Eight to go to Final Four.
2007 vs. UNC and Duke - Defeating two number one seeds for the NCAA Tourney during the season.

RD: You've received so many rewards over your career, including the recent Inaugural Jimmy V ESPY Award for Perseverance in July. Is there one that touched you more than the rest?
FCA Hall of Fame and the AIA Hall of Champions because of what they stand for. Carol Eckman Award voted on by all my peers and the John & Nellie Wooden Award because Coach Wooden has been my role model and the ESPY Award because of the Lord's strength and so many prayers that enabled me to persevere.

RD: You're a North Carolina native. In all your travels, what do you miss the most about the Tarheel State while you're gone?

We've got David Stokes and Chris Carrieri who played at Chapel Hill; Caleb Norkus from Sanford - local kid, local product. Different groups all have their favorite players.

RD: What do you think of sports in general in Raleigh?
SCHWEITZER: I love it. I went to school NC State so I know how great sports are here. The fans are always great and they just want to see sports.

RD: Do you have any interest stories about your career as a player?
SCHWEITZER: Probably nothing you can print in the paper. I guess I wasn't really liked by road teams. There wasn't any dirtiness in my game, but just a hard-nosed player and played 100%. At home, I think fans appreciated my work ethic and passion for the game.

I love the greenness of the state and all the pine trees and other beautiful trees native to our area. All seasons have their special beauty in our state. I love both the mountains and the ocean. It is truly a great vacationland of course. I'm very partial to the people of our state.

RD: You started your tremendous career at State while Valvano was coaching the men's team. Is there anything he told you (or taught you) that stands out through the years?
He loved and knew a lot about junk defenses. I was encouraged to use them more when needed. He was always willing to make a change or adjustment - even if they were large ones - to be in a position to win. We both liked motivation and looking for the positive. He found humor in so many day-to-day happenings.

RD: What do you think about the level of sports in Raleigh (both college and professional) and what do you think the future holds in the next 25 years?
ACC sports are at the top in the country. I think much entertainment is provided at a high level. Fans get to see some outstanding teams and individuals.

RD: What is one of your favorite sports movies and why?
Rudy and Hoosiers, of course! The pure love for the game and the eagerness to practice so hard and to pursue a dream. I love everything Rudy and Hoosiers stand for. I guess I love to see an underdog achieve at the highest level and provide an inspiration for everyone that anything is possible.

Visit GoPack.com for more information about Coach Yow and her Wolfpack women. ■RD

is a leader on the soccer field as a player. I have no doubt that he will be just as successful on the sidelines as a head coach."

Courtesy: CarolinaRailhawks.com

Coach Schweitzer took time to speak with us about his career and being in Raleigh:

RD: How has the first season been for you and the Railhawks?
SCHWEITZER: It's been okay. We had a tough stretch there in July where we had a lot of games where it was hard for us to find some wins and get results. But we're learning from each other and it's been good overall. I think for a first season, we've had a

RD: What do you enjoy most about being back in Raleigh?
SCHWEITZER: I really enjoy the way of life here. People are nice and people are genuine. The weather's great. My wife is from Cleveland and I played there for a long time, and also outdoors in Rochester. I'm from northern New Jersey. It's an interesting place, but it's dirty and it's hard. I like Raleigh because it's just cleaner living.

RD: And what's your favorite sports movie?
SCHWEITZER: I'd have to say probably Hoosiers.

Visit www.CarolinaRailhawks.com to learn more about the team and Coach Schweitzer. ■RD



Ten Years With The 'Canes!

By James Sutton, Raleigh City Museum

In 1997 the Hartford Whalers announced that they'd be heading south to North Carolina and changing their name to the Carolina Hurricanes. Although they would play their first two seasons in Greensboro, Raleigh was to be their new permanent home.

Looking back over the last ten years, Raleigh and North Carolina seem to have been good luck for a franchise that had experienced limited success prior to their move. In 17 years with the NHL, the franchise had managed only one Division Championship, and they had never managed to advance to the Conference Finals. In fact, for five straight seasons prior to moving, the Whalers had gone without a playoff birth. Since their move to North Carolina, the 'Canes have been to the playoffs four times, proceeded to the Semifinals three times, made it to the Stanley Cup Finals twice, and won the Stanley Cup once.

The first two years were tough. The team struggled to find fans in an area that favored college basketball. Average attendance for games in Greensboro during the first year was less than 10,000 per game. Nevertheless, by their second year in North Carolina the team was able to win the Southeast Division and clinch a playoff spot. Momentum seemed to be building and North Carolinians had gotten their first taste of NHL Playoff Hockey.

In 1999 the new arena in Raleigh was finally finished and the Hurricanes settled into their new home by having a solid season record of 37-35-10-0. Although this record wasn't good enough for a playoff spot, the following year the 'Canes would find their way back to postseason play for the second time in four years.

However, it was the 2001-2002 season that saw things really start to heat up for the 'Canes. They would not only finish with the best record in the Southeast Division for the second time in four years, they would also proceed through the Quarterfinals and the Semifinals before falling to the Detroit Red Wings in Game 5 of the Stanley Cup. This was the first time in franchise history the team had made it to the Finals.

Despite the heartbreaking loss to the Red Wings, the once skeptical North Carolina fan base was now sold on their new team. The arena in Raleigh was selling out for Hurricanes' games and the team would set back-to-back season attendance records over the next two years.

Following a lock out that canceled the 2004-2005 season, the Hurricanes would come storming back the following year. This time they wouldn't be satisfied with a mere Conference Championship. In a dramatic Game 7 of the Stanley Cup Finals, the 'Canes would defeat the Edmonton Oilers to win the first ever major professional sports championship for the State of North Carolina.

The Raleigh City Museum is committed to preserving all aspects of Raleigh's history and joins the rest of the city in cheering on the Carolina Hurricanes as they prepare for their 2007-2008 season. Currently on display in the museum is The Thrill of Victory: Sports & Recreation in Raleigh. This exhibit features memorabilia from the Hurricanes' 2006 Stanley Cup run. The Raleigh City Museum is open Tuesdays-Fridays from 10am to 4pm and Saturdays from 1pm to 4pm at 220 Fayetteville Street. For more information, call 832-3775 or logon to www.raleighcitymuseum.org.

'Canes fans will also want to join us as we celebrate "10 Years with the Carolina Hurricanes" in a free event held at the museum on Saturday, September 15th at 2pm. Featured guests include John Forslund, "The Voice of the Hurricanes" and Stormy, the Hurricane's mascot.

Photos courtesy of the Raleigh City Museum



Following their Stanley Cup Victory in 2006, Bret Hedican shows off the trophy to fans.



The Raleigh City Museum hosted the Stanley Cup for a few hours following the Hurricanes 2006 victory. Pictured here is the famous trophy with Dianne Davidian and Brian Shaw



Included in the museum's Canes exhibit are Eric Staal's gloves, Mike Commodore's helmet, and a jersey signed by all the players and presented to Mayor Charles Meeker after the Hurricanes won the 2006 Stanley Cup.

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Cupcake Shop Serves Up 'Little Pieces of Heaven'



Bakery started by NC State grad sweetens the Glenwood South scene

By Jenny Fredette

Pretty in Pink, Cookie Monster, and the classic Black and White are just a few of the made-from-scratch buttercream cupcakes you'll find at Raleigh's newest specialty bakery. The Cupcake Shoppe Bakery, located at 104 Glenwood Avenue near the intersection of Hillsborough Street, has opened its doors to satiate the sweet-tooth cravings of everyone from children, to young couples on a date, to families, seniors, and anyone searching for a treat.

For owner and baker Sara Coleman, opening her own bakery wasn't exactly a lifelong dream. But about one

year ago, all roads converged to make this sweet opportunity the perfect fit.

Coleman, a business marketing graduate of N.C. State, has always enjoyed baking. Since the age of 15, she helped in her aunt's catering business in Greensboro. While Coleman loved whipping up goodies in the kitchen and considered baking one of her favorite hobbies, it had never been her full-time job. After working for several years in the corporate world, her company suggested she enter a six-year management training program in New Jersey. The prospect was less than thrilling for this Raleigh native. She began to look at other options.

An exciting alternative began to take shape when she came home for a family visit last Thanksgiving. Coleman saw a sign for some commercial space

in the upcoming and eclectic Glenwood South district. The spot was a promising storefront that originally belonged to an antiques dealer. Coleman felt inspired.

"I immediately thought the cupcake shop concept would work well here," said Coleman. "I visited several bakeries in New York to get ideas. It seemed like The Cupcake Shoppe Bakery would be very unique and reflect all the growth that's happening in downtown Raleigh."

And so the idea became reality. Coleman spent months gutting the building, upfitting the facilities, and building the kitchen. She was also careful to choose décor that matched her inspiration – a theme of pink and brown, classy, comfortable, a bit of a kickback to a 1940s-style old-fashioned bakery.

"I wanted this bakery to have the homey, neighborhood-feel that fits so well in this area. With several new condo developments opening in Glenwood South, this is an area where people enjoy strolling around. The foot traffic has already been great for us."

The bakery offers 8-10 standard cupcake flavors, as well as a weekly featured cupcake that matches the season: fresh berry flavors in summer, pumpkin in the fall, and who can wait for the winter holidays specialty – an eggnog cake topped with peppermint icing. There are also three to four types of muffins each day, a few kinds of jumbo cookies, old-fashioned milk bottles, local Larry's Beans coffee, and juices.

The cupcakes are made from scratch every morning using fresh, local ingredients. There are no powders or mixes. Even the recipes themselves

are home-grown, having come from Coleman's family or evolved through the years. The bakery features a viewing window so customers can peer into the kitchen and glimpse magic in the making.

The Cupcake Shoppe Bakery also offers catering of special events such as weddings, showers, birthday and anniversary parties.



While friends and strangers suggest she add ice cream or other pastries to the menu, Coleman insists cupcakes are the way to go. "I'd rather do one thing and do it really well," she said. "After all, who doesn't love a cupcake? It's your own little piece of heaven... that you don't have to share!"

The Cupcake Shoppe Bakery is open from 10:00a.m. to 8:00p.m. Tuesday through Thursday, 10:00a.m. to 11:00p.m. Friday and Saturday, and closed Sunday and Monday. For more information, visit their website www.TheCupcakeShoppeRaleigh.com or call (919) 821-4223.

Owner Sara Coleman serves up cupcakes in the Cupcake Shoppe's 1940s bakery decor





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Maybe It's Because I'm a Londoner

Visiting Brit fashion writer Natasha Neale comments on contemporary Raleigh fashion



By Natasha Neale

Coming from London, I wasn't sure what to expect for the standard of fashion here in Raleigh, NC. London is a place of experimentation and obsession with clothes. Our every move, decision and mood is very much dependent on and dictated by what we happen to be wearing at that point in time. We follow every magazine slavishly for the newest runway looks, and we are constantly forcing ourselves to forget that the obscenely expensive Marc Jacobs parachute dress we recently purchased will be pushed to the back of our wardrobes in approximately four months when the fickle fashion wind changes direction.

We Londoners are also spoilt for choice. Stores like Top Shop, Mango, Zara and Urban Outfitters duplicate designs seen on the catwalk, for a fraction of the price. Another tier down, shops like Primark (my personal haven) and TK Max steal those designs from Top Shop etc., and sell them for yet another fraction of the price. Thus, everyone can afford to be fashionable. Unfortunately, another direct consequence of this is that individuality is near to non-existent when it comes to clothes. Everyone I know owns the very same pair of Top Shop faded grey skinny jeans. And I have never been so frustrated as when I bought a pair of silver gladiator sandals from Office for £40, only to discover that my friend owned an identical pair, but bought for £4 from Primark.

Therefore, the first thing I noticed when I started my tour of Raleigh boutiques and stores was the sheer uniqueness of every shop. I was so accustomed to finding the same pairs of leopard-print leggings or platform sandals reproduced in shop after shop on London's Kensington High Street or Oxford Street, but each store in Raleigh had its own style and atmosphere, marking it as refreshingly different to its competitors.

I was also struck by the friendliness that was directed my way at every turn: having stepped from the blazing heat of July into the blast of air conditioning, I was immediately bombarded with smiles and enthusiasm from the shop assistants. London shoppers are used to being able to remain almost completely inconspicuous everywhere in London, and to receiving a patronizing/infuriated stare from an assistant if any of us shoppers dare ask for help or – God forbid – another size of our chosen jeans. So I was simultaneously astounded and intimidated by the fact that Raleigh shop assistants actually wanted to do their job, and with obvious happiness to do so.

My shock at this aside, I was pleasantly surprised by what I saw. Granted, Raleigh is not what one would call 'fashion forward' – although SoHo in Cameron Village claims itself to be otherwise – but there are several key trends infiltrating the shops that would be very much approved of over the pond:

1. LEGGINGS: I am pleased to see that Raleigh has not quite succumbed to 'legging mania' like



Sue London ballet slippers at Beanie and Cecil

London, which has almost reached the point of terrifying, but it is certainly a trend to be reckoned with. Uniquities is the place to go for good quality and comfort, but Target also has a large range of colours at a much more reasonable price.

2. PRINTS: designers like Roberto Cavalli and Diane von Furstenberg campaigned for bold prints in their Autumn/Winter collections, and Raleigh has caught on. Visit North Hills Shopping Centre for the best range of patterns; my favourite was Uniquities'

Continued on Page 13



Bold print tunic by Trina Turk available at Uniquities in Cameron Village

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Twelfth Street Printed Uneck Tunic. Chico's in Cameron Village also has some good styles.

3. BIG BOWS: huge at the Marc Jacobs house, bows are everywhere. Try a



Big bows are everywhere, including this Betsy Johnson dress from SoHo in Cameron Village. Stop in and ask long-time fashion mave Martha what else is hot for the fall.



Boot cut jeans are back in style and gray is the new blue for the fall. Find these James Jeans at Uniquities.

black and white spotted Minnie Mouse-type hair band from Orion in North Raleigh, or a pink bow-decorated trapeze dress by Betsey Johnson at SoHo in Cameron Village.

4. BALLET SLIPPERS: the most comfortable way to be bang on trend, find the best range at Beanie and Cecil, Cameron Village.

5. CRAZY ACCESSORIES: Cat Banjo, Cameron Village, sells huge gold arm bangles and skull wristbands, for an easy way to dress up your outfit.

6. JEANS: skinny jeans are out, and the much more flattering boot cut is back in with a vengeance. There is a huge

range to choose from, from James Jeans to Miss Sixty, so it is very easy to find your own jeans brand that suits your shape perfectly. The gray James Jeans are hot for fall!

However, my favourite experience of all was visiting the one and only Target (or as I learned to pronounce "tar-jhay", giving it a French flair to perhaps suggest that it's a step up from competitor's level of merchandise). The equivalent of London's Primark - but oh so much more exciting - the clothes section manages to imitate many of the key styles of more expensive chain brands, but at amazing prices.

■RD



For something different, try a skull wristband, anchor necklace (top photo), or gold arm cuff (bottom) from the huge funky jewelry collection available at Cat Banjo

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<u>Saturday 9/8 (9:30pm-1:30am)</u> TERRY WILEY BAND	<u>Thursday 9/20 (9pm-1am)</u> ADRIAN DUKE PROJEK
<u>Sunday 9/9 (9:30pm-1:30am)</u> SAM FISHER	<u>Friday 9/21 (9:30pm-1:30am)</u> RISSE
<u>Wednesday 9/12 (9pm-1am)</u> BIG RICK & THE BOMBERS	<u>Saturday 9/22 (9:30pm-1:30am)</u> RALEIGH ALL-STARZ
<u>Thursday 9/13 (9pm-1am)</u> SOUL PSYCHELIQUE	<u>Sunday 9/23 (9:30pm-1:30am)</u> SAM FISHER
<u>Friday 9/14 (9:30pm-1:30am)</u> MEL MELTON & THE WICKED MOJOS	<u>Wednesday 9/26 (9pm-1am)</u> BIG RICK & THE BOMBERS
<u>Saturday 9/15 (9:30pm-1:30am)</u> RICH EMILY	<u>Thursday 9/27 (9pm-1am)</u> COOL HEAT (BLOCK PARTY!)

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Dara and Megan at Amra's



Navid and Ebony enjoying the music at Haven



Amy Lumpkin, Realtor with the Glenwood Agency high atop the crane at the West Condo in progress



Alan, Peggy and Ed



Mark Mitchell and Cameron

AROUNDTOWNAROUNDTOWNAROUNDTOWNAROUND



Friends out at the last Downtown Live



96 Rock's Salt and Demetri broadcasting from the Bud Light Downtown Live



Kevin Frazier (co-owner of City Limits Saloon), with Dave Rose and Andy Martin of Deep South Entertainment in front of their new venture Deep South, The Bar



Enjoying the music from the VIP tent at the last Downtown Live of the summer

We spoke with Andy Martin from Deep South about the upcoming grand opening of Deep South, The Bar:

"I think it's something that's been coming for a long time and it's finally here. We'll be located at the corner of South Dawson and West Cabarrus (near White Collar Crime and Nana's Chophouse in the Warehouse District) and should open around mid-September. We brought in Kevin and his crew to bring in their vast bar experience to make sure things run smoothly and we're able to offer the best experience for our customers. Unlike some people have guessed from our music background, there won't be live bands at the bar, but instead we'll have good music and good drinks for good friends. Memberships are free until we open and are available by visiting www.deepsouththebar.com. We look forward opening soon and seeing everyone there."



Kim celebrating her birthday downtown with Heather



Sonja catches a convenient ride near the Power District with Raleigh Rickshaw pedaller Chris



Revellers at the Mosaic / Amra's "Carnival" party

Michael, Calvin and Kelly at Blue Martini



Melissa, AnneMarie and Erin

TOWNAROUNDTOWNAROUNDTOWNAROUNDTOWN

Think your picture should be in the Downtowner?
Send us your downtown pics to photos@raleighdowntowner.com. Include your photo location and subject names.



Batchelor party girls at City Limits Saloon



Kelly and Frank from Sullivan's

A young lady at the recent Health Fair held by Hamlin's Drug Store (see story on page 19)



Family and friends enjoying the 100th year celebration for the Boylan Avenue neighborhood community

Long-time Raleigh favorite The Connells put on a good show at the Boylan Bash



Sign Up for Free Reader Rewards!

thank you to all our loyal readers who have been signing up for reader rewards. The Downtowner is proud to continue another issue with Reader Rewards. Each month, we'll be giving away plenty of gifts and services to our lucky readers. This month, we have \$400 in Rewards for our Readers!

To sign up for Reader Rewards, just visit our website at www.RaleighDowntowner.com and click on the SIGN UP NOW! button. You'll be eligible to win Reader Rewards each month as well as receiving the new online edition of our newspaper, which will begin later this fall. Our newsletter will help keep you informed about all the latest news and events happening in and around Downtown Raleigh, plus give you even more chances to win great prizes.

THIS MONTH'S READER REWARDS

- Four \$25 gift certificates to **Primp Salonbar** near Glenwood Avenue. Go ahead, cheat on your stylist!
www.primpsalonbar.com

- Four \$25 gift certificates to the **Blue Martini**, located in the Powerhouse District. Lots of daily specials, great music, and never a cover charge.
www.bluemartiniraleigh.com



- Four \$25 gift certificates to the **Amra's**, located in the heart of Glenwood South. Live music, spirits, stogies.
www.amrasraleigh.com

- Four \$25 gift certificates to the **The Point Restaurant & Bar**, located on Glenwood Avenue at Five Points. Good food, drinks and friends.
www.thepointatglenwood.com

Congratulations to last issue's readers who won all of these great Reader Rewards below.

- Four \$25 gift certificates to Primp Salonbar
- Four \$25 gift certificates to the Blue Martini
- Four \$25 gift certificates to Amra's
- Four \$25 gift certificates to the the Point

We want to thank all our readers and advertisers for making the Downtowner a huge success. Reader Rewards are our way of saying thanks. **Be sure and sign up now!**

Watch for great rewards coming up this fall including tickets to Hurricanes games, the North Carolina Theatre, Broadway South shows, Carolina Ballet, and more.

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Friday and Saturday 5-11



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Monday, September 24, 2007

43RD ANNUAL
Ed Shook

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Hamlin Drug Company Celebrates 100 Years

This year Hamlin Drug Company celebrates over 100 years of service to the community making it both the oldest community drug store in Raleigh/Wake County and the oldest African-American owned drug store in North Carolina.

The pharmacy opened in 1904 as People's Drug Store and in 1907 the name changed to Hamlin Drug Store. Moving to several different locations on Hargett Street through the years, Hamlin's finally settled into its current location on 126 East Hargett Street in 1963. John M. Johnson and Clarence Coleman purchased the drug store in 1957 and worked as partners until Clarence passed away in 1990.

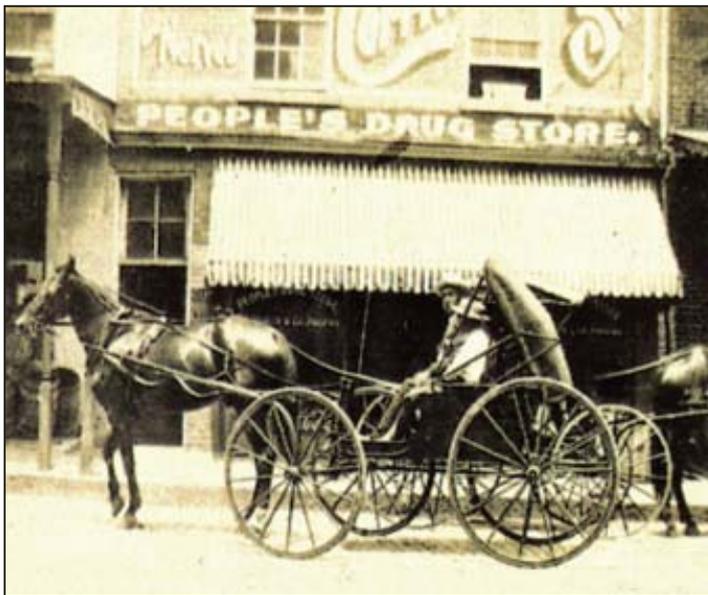
While many things have changed over the past century, many have remained the same such as the personal service and community spirit of the pharmacy. Mr. Johnston is still behind the pharmacy counter filling prescriptions, greeting everyone who enters with a smile calling regular customers by name. Mr. Johnson is often replied to with a "Morning, Doc" in return.



Mr. Johnson helping one of the many customers that frequent Hamlin Drug

Phyllis Gray has been a customer of Hamlin Drug Company for all of her 55 years. On her first visit, she was a newborn baby carried through the aisles by her parents. Today she values the service at Hamlin Drug Company even more. If she's running late, she calls the pharmacy and Johnson will stay late if possible or even drop it by her house that evening. "Good pharmacists like Mr. J make sure not to just fill prescriptions, but make sure that you have the information you need to make wise health care choices."

Phyllis has fond memories of eating in the restaurant that used to be downstairs with her parents when she was small, her eyes lighting up when she talks about eating the ice cream sun-



The storefront of People's Drug in 1904 before it was renamed Hamlin Drug

daes and the delicious fried chicken. She explained that in the days of segregation, there were not a lot of restaurants where African Americans could eat. "You could either stand outside and eat at Cooper's or sit inside at Hamlin's. And my parents were not about to stand outside."

Mischelle Corbin, John Johnson's daughter, recalls growing up around the pharmacy. She feels the atmosphere of the pharmacy helped her develop a sense of community and acceptance of anyone who came in the pharmacy. She learned quickly that "We are all in this together. All unique. All the same."

CENTENNIAL CELEBRATIONS

Mischelle and her sister, Kimberley Scott, wanted the centennial celebration to encompass the community, the pharmaceutical industry, and the historical significance of the pharmacy. "The celebration is not just about the pharmacy, but about the community that the pharmacy has served for the past century," said Mischelle. The pharmacy has also established the Hamlin Drug Foundation to promote interest in science among young people and is planning on awarding scholarships for students to attend pharmacy school.

Giving back to the community they've watched grow up around them, Hamlin's recently hosted a health fair on July 28th at the Progress Energy Center. Over 1500 people attended the event, which promoted healthy lifestyle options and aimed to help close the gap

in health care disparity. In addition to the typical health screenings for blood pressure, cholesterol, and breast cancer, they offered alternative options such as massage and reflexology. Yoga, Pilates, and aerobics demonstrations were given throughout the day. Turkey hot dogs and wellness water was served for lunch to show that healthy food can

also be appetizing. Bone marrow donors were registered on site with four times the average amount of donors being registered. Hill Harper from the TV show "CSI New York" flew in from California to speak to the youth in the community and help promote healthy self-esteem. Mischelle and Kimberley have been approached to do the event next year and hope to make it an annual event.

On November 10th, the Hamlin Drug Company is holding a symposium "State of the Independent Pharmacy - Our Past, Present, and

Future" to create a dialogue between industry leaders, pharmacy schools, current pharmacy owners, and budding pharmacy students. In the evening, there will be an elegant gala to celebrate the historical significance of the centennial anniversary of Hamlin Drug Company.

Phyllis emphasized to us that the centennial celebration of the pharmacy is a celebration of what it means to invest in your community. She explained that the celebration is also a challenge to other black-owned business to continue to support and educate. "The community depends on Mr. Johnson and he is held in high esteem in our community. I hope that some bright young person out of pharmacy school with a vision for community service will step up. This pharmacy needs to be here 100 years from now."

Mr. Johnson stressed that the future challenge of the pharmacy is to continue to stay relevant with the changes to the health care. "This pharmacy has been a labor of love for me."

To get more information on Hamlin Drug Company and the 100-year celebration events, go to <www.hamlin-drug.com>.

MRD



Hamlin Drug Store at its current location on Hargett Street today

Pay-It-Forward

The Caring Community Foundation's Annual Fundraiser



Six years ago a Cary mom, friend, and wife received frightening news that she had breast cancer. After her recovery, Jill Wolford and her husband, Eric, wanted to "pay-it-forward" so they planned a backyard party for their friends and family. To pay-it-forward, Jill and Eric, along with the partygoers, passed a hat around and collected \$724. They anonymously donated this to another local cancer patient through Jill's Oncologist. That night birthed the Caring Community Foundation and the foundation's annual Pay-It-Forward event. The foundation has been able to operate fully under volunteer power and have not kept any of its collected funds for overhead costs. Each year, this event grows more and more. Don't let this be the year that you miss out!

The Caring Community Foundation's Annual Pay-It-Forward event will take place Saturday, September 15, 2007 at 7:00 p.m. at the Crabtree Valley Marriott. This is the sixth year that the Cary based non-profit has held an annual event to raise funds and awareness to help local cancer patients in need. Complimentary heavy hors d'oeuvres, beer and wine, and live music from The Retros will be provided throughout the evening. The main event will be a raffle featuring many auction items, including jewelry, weekend getaways to various hot spots in North Carolina (such as the Umstead including breakfast for two), and three fabulous condominium stays in Colorado, and many more great prizes.

In order to stress the importance of a community, the event will have a Community Fair theme with fun carnival games, midway performers, and prizes for every player.

One recipient of funds from The Caring Community Foundation says, "without your help and support we would have to go on dealing with a floor dangerous to walk on and an air conditioner that was rotting the entire floor it was sitting on. Thank you! You helped us when no one else would. Thank you for being there. God bless and keep you."

Jill Wolford, the Founder of the Caring Community Foundation said, "This event is truly a celebration of the spirit in our community. There are so many cancer patients in the Triangle that need help. This event allows us to get the word out and connect the generosity of our community with families in real need." Over \$400,000 has been raised through the Pay It Forward event since 2001, resulting in more than 400 families being connected to assistance from the Caring Community Foundation.



Caring Community founders Jill Wolford and husband Eric at a recent fundraising benefit at Exploris

From this event, The Caring Community Foundation is hoping to raise enough money to help over 250 cancer patients. Tickets for the event are \$25 per person and can be purchased online at www.caringcommuni-



Volunteers display one of the quilts auctioned to raise money for local cancer patients and their families.

tyfoundation.org, or by sending a personal check to The Caring Community Foundation Fundraiser, P.O. Box 1364, Cary, NC 27512.

The Caring Community Foundation is a 501(c) (3) charitable organization that provides financial assistance to cancer patients in need throughout Raleigh, Durham, Cary, Chapel Hill, and the surrounding area. The Foundation was created by a Cary cancer survivor, and is run entirely by volunteers. The aim of the Foundation is to expeditiously disburse funds and assistance through local clinics and hospitals, and help patients and their families with rent, utilities, groceries, medicines and other expenses that become more difficult to manage in the face of cancer treatment. The work of the Foundation has been featured in Cary Living magazine, The Cary News, The Raleigh News and Observer, The Washington Post, and People Magazine.

To learn more about The Caring Community Foundation, please visit www.caringcommunityfoundation.org or www.myspace.com/caringcommunity.

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MULTIPLE DAY EVENTS

August - October



Moore Square Farmer's Market
Downtown Raleigh
Every Wednesday 10:30am-2pm
The market, which will take place from
April through October, is located in
downtown Raleigh under the oak trees
in Moore Square near Blount Street
and the City Market plaza.

September 20-23

Sparkcon
Thursday-Sunday, September 20-23
Over 40 volunteers are organizing a
host of fun and inspiring events,
including:

- speakers and ideation sessions
- musicSPARK: music showcases in a
number of clubs throughout the week-
end
- fashionSPARK: a Triangle-wide
Fashion show including urban and for-
mal apparel design and body art such

as tattoos and body piercing

- artSPARK: an Image Slam of local
artists' work on the big screen, mixed
with modern dancing, breakdancing,
spoken word and other performance
art, also an open art exhibition at
Vintage 21 and an art competition.
- groundSPARK and grafSPARK: local
artist spontaneous artwork on the
street or on provided graffiti walls
- youthSPARK: local high school
youth show off their creativity in art,
music, drama, or whatever they come
up with. Plus much much more!
www.sparkcon.com

September 21-22

Raleigh Street Painting Festival
Visual Art Exchange, in conjunction
with DesignBox, is pleased to
announce the 2007 Raleigh Street
Painting Festival will be held
September 21-22 in City Market in the
Moore Square Art District. All festival
events are FREE and open to the pub-
lic.

This is not your typical art festival.
Moore Square and City Market will
be filled with over 300 artists actually
painting the street, using Martin
Street in Moore Square as their can-
vas. Their is no theme for this years
festival and the artists will have only
27 hours to complete their work.

In addition to the street painters,
there will be street performers, plein
air painters working on their easels
and musicians performing in the
neighborhood during the entire festi-
val. Music will be provided by local
bands and performers. All district
shops, galleries and restaurants will
be open throughout the Festival.
Other festival events will include a
fashion show, image slam and movie
night. Fun for the Entire Family!

For more information about how to
participate call 919.828.7834 or email
info@visualartexchange.org

September 28-29

Les Miserables, School Edition
This production of Les Misérables, the
worlds most popular musical, is direct-
ed by Terrance Mann and performed
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www.broadwayseriesouth.com or call
919.831.6060 for more information.

October 25-27

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Continued on page 22

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Blue Martini

BLUE MARTINI MUSIC CALENDAR

Thu. Sep 6 > Big Rick	Wed. Sep 19 > Voodoo Flute (ladies nite!)
Fri. Sep 7 > Skeeter Brandon	Thu. Sep 20 > Prime Rib Blues Band
Sat. Sep 8 > Chop Shop	Fri. Sep 21 > The Heaters
Sun. Sep 9 > Andy Coats	Sat. Sep 22 > Live jazz band TBA
Mon. Sep 10 > Russ Thompson	Sun. Sep 23 > Live jazz band TBA
Tue. Sep 11 > Open Mic Night w/ M. Kush	Mon. Sep 24 > Russ Thompson
Wed. Sep 12 > Voodoo Flute (ladies nite!)	Tue. Sep 25 > Open Mic Night w/ M. Kush
Thu. Sep 13 > West Street Band	Wed. Sep 26 > Voodoo Flute (ladies nite!)
Fri. Sep 14 > Big Rick	Thu. Sep 27 > Chop Shop
Sat. Sep 15 > Tad Walters	Fri. Sep 28 > Live jazz band TBA
Sun. Sep 16 > Johnny Swank	Sat. Sep 29 > Swamp Doctors
Mon. Sep 17 > Russ Thompson	Sun. Sep 30 > Live jazz band TBA
Tue. Sep 18 > Open Mic Night w/ M. Kush	Mon. Oct 1 > Russ Thompson

Neighborhoods

Join Preservation NC in downtown Raleigh as we discuss hot topics and controversial issues relevant to historic preservation and like-minded professionals. Keynote speakers will address "going green," teardowns and McMansions, and building public will for historic preservation. First Lady Mary P. Easley has been invited to address the group on Thursday, October 25. Events include an opening reception at the North Carolina Executive Mansion, honor awards presentations, and a series of historic architecture tours in downtown Raleigh and beyond. For more details or to register online, visit www.PreservationNC.org

DAILY EVENTS

16 Sept - Sunday

The Magnificent Mile

Benefits: Spastic Paraplegia Foundtn

30 Sept- Sunday

Second Empire 5k Classic

Benefits: Camp Woodbine for hearing impaired children

The Second Empire Grand Prix

Series provides one of the areas largest opportunities to spotlight local non-profit organizations dedicated to creating a better tomorrow for North Carolina residents. The Grand Prix Series gives North Carolinians a chance to meet a community challenge set in beautiful downtown Raleigh. For more information on the Second Empire Grand Prix Series and each of the participating races go to www.secondempireraceraaleigh.com or call Jim Young, race director at 919-873-1207.

23 Sept - Sunday

Down by the Tracks VI

The 6th Annual Seaboard Station Shopping Center Down by the Tracks event to benefit the SPCA of Wake County. Time: 4-8 pm. Admission is \$5.00 per person, kids free under 12 free. Live music by 2 local bands, silent auction, food vendors, best dressed dog contest, caricaturist, balloon artist and more. Call 838-8244 for more info

22 Sept - Saturday

City of Raleigh to launch art-on-the-move Public art project

The Capital City's acorn glowing against a radiant sky, fantastical creatures floating above Raleigh's chang-

ing skyline, and rainbow-hued cars zooming down a twisting highway. These are some of the images that will be featured in ART-ON-THE-MOVE, a new public art project sponsored by the City of Raleigh Arts Commission (CORAC) in partnership with Capital Area Transit (CAT). Artwork from 12 artists has been selected to be emblazoned on the sides of CAT buses traveling throughout Raleigh.

"This is going to be a great project for the city," said Brian Starkey, the newly appointed chair of the Arts Commission. "One of the Arts Commission's key goals is to increase opportunities for Raleigh citizens to engage in the arts - and definitely, ART-ON-THE-MOVE will help accomplish this."

ART-ON-THE-MOVE will roll out on Saturday, Sept. 22 in conjunction with Visual Art Exchange's Street Painting Festival and "World Car Free Day." A bus 'christening' will take place at 6 p.m. in Moore Square in downtown Raleigh. Mayor Charles Meeker and other City officials will be in attendance.

"We're excited about the opportunity

to partner with the Arts Commission," said City Transit Administrator David Eatman. "Hopefully, the art will both entice new riders to our buses and help people appreciate the importance of public transportation to our city."

ART-ON-THE-MOVE is a 30th anniversary public art project of the City of Raleigh Arts Commission. For more information, contact Belva Parker, the Arts Commission's 30th anniversary coordinator, at 890-3610.

6 Oct - Saturday

Capital Group Sierra Club Annual Wine Tasting & Silent Auction Fundraiser

Helios Coffee Co., 413 Glenwood Ave., Raleigh, N.C., 5:30pm - 9:00pm \$20 per person (cash or checks only) www.nc.sierraclub.org/capital/auction

The Capital Group Sierra Club is part of the largest, oldest, and most effective environmental organization in the country. Our political activism, and commitment to enjoy, explore, and protect our planet sets us apart from other grassroots environmental organizations. If you have questions about the event contact Sharon Hazouri, vicechair-cg@sierraclub-nc.org, 833-8467.

BETTER LIVING

Fred Benton *knows* the Triangle! Benton, former syndicated columnist, long-time food editor of SPECTATOR Magazine, reviewer for Citysearch.com and a food writer for METRO Magazine, is pleased to recommend to our readers the following as "better living" businesses of particularly high standards and quality.

York Simpson Underwood Realty - Our roots in the Triangle community run deep. To learn more about the residential real estate company voted "Best In The Triangle" visit www.yshomes.com.

Angus Barn - Glenwood Avenue, close to RDU International Airport, 787-3505. The premier steak house in North Carolina: the legend of the fine cuisine here continues every evening. Award-winning wine cellar. Reservations recommended.

Bistro 607 - 607 Glenwood Avenue, 828-0840. Chef-owner Heath Holloman is, in my opinion, one of the most talented chefs in the area! Pay special attention here to foie gras preparations and farm-raised salmon dishes. Open for lunch and dinner. Reservations strongly recommended. Bistro607.com

42nd Street Oyster Bar - 508 West Jones Street, Raleigh, 831-2811. Best fried oysters ya ever smacked lips over! 42ndstoysterbar.com

EVOO - 2519 Fairview Road (at corner of Oberlin Road), 782-EVOO. This neighborhood-feel eatery serves up exceptional Mediterranean cuisine under the watchful eye of well-respected and loved chef Jean Paul Fontaine. Open for lunch and dinner. 782evoocom

larrybeans.com - Your web site for premium "fair trade" coffees: can't live without their El Salvador Dali coffee blend or this time of year, the holiday blend. Larry's Beans purveys to only the finest coffee houses. 828-1234

Seaboard Imports - Seaboard Station, Raleigh, 838-8244. My favorite store! Fun and funky to chic sophistication home and personal decorating. Fashion statement jewelry.

Nina's Ristorante - 8801 Leadmine Road, Harvest Plaza, 845-1122. Owned and operated by "mom and pop" Chris and Nina Psarro. Nina, to me, is the Goddess of Italian cookery. Nina's Ristorante is critically acclaimed as the best Italian restaurant in the area!

If you would like to propose your enterprise as a better living business to be included on this list please write fred@raleighdowntowner.com or call 782-5276.

Edible Art Bakery & Dessert Café - 3801 Hillsborough St., 856-0604. The artistry of all the celebratory cakes made here (wedding, birthday, bar mitzvah, bat mitzvah) is unparalleled in the Triangle. These cakes feed the eye as well as the palate. 25 years in business explains why. Very recommended.

The Point at Glenwood - 1626 Glenwood Avenue at Five Points, Raleigh. Neighborhood ambiance. New menu! 755-1007

NoFo - 2014 Fairview Road, Five Points, Raleigh. The café for breakfast, brunch, lunch & dinner. And the retail for provisioning the luxurious larder and cooking accouterments to turn functional kitchens into art spaces. nofo.com 821-1240

Seaboard Wine & Tasting Bar - Seaboard Station, Raleigh, 831-0850. Uptown ambiance with focus on exceptional European wines with knowledgeable staff. Complimentary wine tasting, Saturdays, noon to 4 p.m. seaboardwine.com

Sew Fine II Draperies and Interiors - Sutton Square Shpg Ctr, 5850 Fayetteville Rd, Durham, 806-3638. A Hunter-Douglas Centurion member. Free at-home consultations. Visit sewfine2.com

William and Garland Motel - Salterpath, 252-247-3733. 50s-60s feel with 21st century comforts. Pet-friendly! <http://wgmotel.hypermar.net>

The Lamplight Inn - Henderson, 252.438.6311. A country bed and breakfast. Pet-friendly, close to Kerr Lake. www.lamplightbandb.com

Vacuum Cleaner Hospital - 300 S. Elliott Road, Chapel Hill, 919.968.0711 or 800.755.9057. The Triangle's specialists for CENTRAL VAC systems! Free estimates! Visit vacuumhospital.com

Glenwood Grill - Glenwood Village Shopping Center, 782-3102. Upscale casual, very neighborhood with memorable food prepared by chef John Wright. Menu changes every 2 weeks. One of my favorite hang-outs. Glenwoodgrill.com



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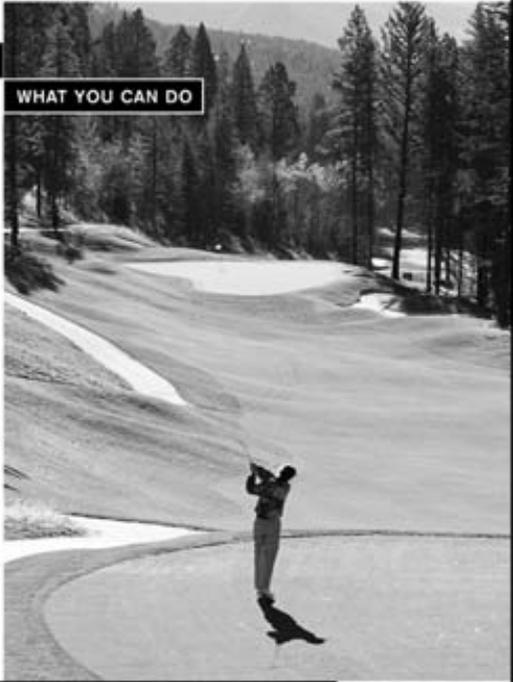
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So What Is SparkCon?



“work” of Spark Con 06. Then, we opened up the rest as a festival to celebrate whatever “creativity” people wanted to show off. It was a landmark event that led not only to city planning changes, but to innovative collaborations throughout the Triangle as well. Last year, one repeated refrain was: “is all this talent really from here?”

By Aly Khalifa

SparkCon is a living experiment that aims to “connect the creative community.” We define the words ‘creative community’ in the broadest sense: including not only traditional members of the creative community (artists, performers, designers, artisans), but those who make something where there was nothing: technology innovators, entrepreneurs, parents, chefs, and many others.

In 2006, we created the conference based on the Stone Soup parable; we would provide the “stone” of workshops aimed at building our creative community. Starting from topics like technology, the arts, diversity and independent business, participants brainstormed ideas that could help render the community more hospitable/supportive to creative endeavors. This was the real

Now In our second year, we’ve been inspired to incorporate open-source and decentralized systems models. As a result, SparkCon is comprised of many moving parts, or “Sparks”. Visionary, dedicated volunteers have created events to support and expose various creative entities. Here’s a quickie look at the lineup for September 20-23:

- **IdeaSPARK**, the conference itself, has replaced workshops with a more “unconference” style. This allows more free time for people to become acquainted and to forge new connections. Joined by community leaders armed with presentations as well as compelling questions, attendees will certainly participate in a powerful community dialogue.



One of the street painters from last year’s GroundSPARK. Courtesy of SparkCon/Lynn Ruck

- **FashionSPARK** involves more than 18 designers involved, and includes a substantial presence of local body artists. This show might be twice as big as last years.

- **MusicSPARK** has grown this year and will cover diverse musical ground from Hip Hop and Indie Rock to Blues and Experimental. All in downtown, over 25 acts in 7 different venues will participate.

- **ArtSPARK**, our most diverse event last year, includes an Image Slam: local visual artists’ works projected on the big screen in Moore Square. Intermingled with this are spoken word and break-dancing events, as well as theatrical and dance excerpts from local productions.

- **GroundSPARK** returns with the Raleigh Street Painting Festival: this year, longer hours and more artists.

- **FilmSPARK** has also expanded to two shows: one Saturday night featuring live music; one Sunday evening demonstrating local filmmakers’ projects.

New programs this year, include:

- **GourmetSPARK** will showcase local wines, beers and foods.

- **ChiliSPARK**, a cook-off between local chefs for the best chili in town, will be the preliminary qualifier for the national chili competition.

- **GrafSPARK** will feature local graffiti artists collaborating with street painters.

- **BazaarSPARK** will include local craftspeople, businesses and foods.

- **YouthSPARK** will provide attention to the coming generation of creators throughout all of the various events.

Ultimately, SparkCon is an experiment composed of a number of the Triangle’s most interesting volunteers. We’ve been continuously surprised and pleased that so many diverse and creative people wish to participate. This positive feedback and energy has propelled this growing event forward. The truth is, we’ve got amazing talent assembled in our community. It only takes a spark to have it catch fire!

Special thanks to my fellow “Bobbleheads.” Lia Newman, Isaac Panzarella, Gab Smith, and Ty Beddingfield

Please visit www.sparkcon.com for more details. SparkCon runs September 20-23 in downtown Raleigh.

■ RD

Model at the 2006 FashionSPARK
Courtesy of SparkCon/Kurt Schlatter





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full details at www.sparkcon.com

also check out myspace.com/musicspark






chef profile

John Wright of Glenwood Grill

By Fred Benton, City Style Editor

It is often said that getting older is a rich experience, a time in our lives when wisdom reigns over impulse. Hooley! There's nothing good about getting older when most of your income is tied up in health insurance costs and struggling out of bed gets you the same burn as running four blocks did way back when. For my standpoint, one positive experience is taking in the fact that Glenwood Grill, a popular eatery in Glenwood Village Shopping Center (at the corner of Glenwood Avenue and Oberlin Road), is already celebrating its 17th year anniversary. Heck, I still think of Glenwood Grill as new! But then I still can't believe that Colonial Store isn't there in the same shopping center anymore (but in its place, Harris-Teeter is). Or that yesteryear when I interviewed a chef I was the 30-something chatting with a 50-something chef. Tables, they have turned: the other day I sat across from Glenwood Grill's chef, John Wright, and wanted to pat him on the head and tell the young man to keep up the good work! And an



equal pat on the head to even younger sous chef Adam Reid.

John, as some of you might remember, was executive chef at the Grill from 1997 to 2005 when he left to conquer

new horizons. But those horizons conquered, he's back! Plus the Grill has a new look: sand colored walls replace the chilly gray to engender a much warmer ambiance. And best of all, those rigidly contemporary chairs,

that looked so sleek but yet were as comfy as most sleeper sofas to the back are gone! Comfort reigns now so we don't all have to kill each other to get a banquette.

The hallmark of the Wright kitchen has got to be one of the best renditions of Shrimp & Grits (\$17) that I've found in the Triangle. And I say that with somewhat of a heavy heart. I'll explain. I was raised on this low-country staple by virtue of one of my mother's best friends, Sara Armstrong who grew up in Savannah. Mom, true to Sara's teachings, would cook plain grits, then sauté freshly-peeled shrimp in lots of butter with simply a seasoning of salt, cayenne pepper and major squeezes of fresh lemon. This is served atop grits. There, the dish was done. Bill Neal while at Crook's put shrimp & grits on the map by adding lots of other things such as cheese, scallions, bacon and more. I've always preferred the simpler way. But when my buds first hit those grits enlivened with pepper jack from the Grill, I was hooked! I could have made a meal on the grits alone

Continued on page 27



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Glenwood Grill has been located in the Glenwood Village Shopping Center for 17 years

JOHN WRIGHT, Continued from page 26

(and one can as a side dish, \$3), never mind the shrimp, the concasse of tomatoes, mushrooms, tasso ham, Italian sausage and scallions. You've got to try Wright's rendition—of which this young chef—all of 36—is immensely proud, and rightfully so.

Our evening at the Glenwood Grill on a quest to taste the culinary wares of John Wright began by a copious tasting of bartender Peter Hansma's fantastic mango margarita-tini. (have it with hot sauce if you dare). If I'm ever in the hospital and need to be intravenously fed, please Peter, come immediately and hook me up to a pitcher of these substantial martinis! I'll waft away a happy man.

But back to dinner, one of the best appetizers in my opinion is Fried Green Tomatoes, accented with pimento cheese (could Sissy Ashby and Jean Martin, co-owners of the Glenwood Grill and formerly of Simple Pleasures and Jean now of NoFo ever be a part of any business that didn't serve up the best pimento cheese!?), avocado-black bean relish and cracked black pepper mustard dressing (\$7).

Then afterwards, for an entree you cannot miss the Carpetbagger (\$27, \$17/half)—which is a 6-ounce filet mignon with roasted mashed Yukon gold potatoes, sautéed spinach, oysters fried in Parmesan crust, sauce béarnaise and port-veal reduction.

I really like the fact here that dishes can be halved or doubled depending upon your appetite: a nice touch! When I

return this is a dish I must have: Salmon & Carolina crab griddlecake with cheese grits, spinach, poached egg and hollandaise (\$8, listed as a "Starter.") And how about Carolina Rainbow Trout with Lobster Basil Corn Pancakes, cucumber remoulade and turnip greens tossed with smoked peppered bacon (\$21). Gotta have it!

I found John Wright talented, informative and easy to get to know. Ladies, he's single, well versed in low-country cuisine and despite all his food knowledge is a simple man at heart. In his fridge at home at the time of this interview was jelly, milk and cereal (so not many trips to the grocery store to win his heart). And his favorite fast food? You won't have to shell out megabucks when it's your turn to treat: he had high praise for the double cheeseburger with all the fixings at Snoopy's.

And last but not least I want to compliment the friendliness and accommodations of the Grill's new manager, Laura Rozman. She adds her own brand of warmth and hospitality to the Grill experience.

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