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SEC OF STATE ELAINE MARSHALL, AND THE  
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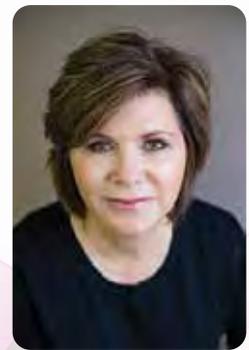
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*Triangle Downtowner Magazine has acquired BOOM! Magazine and both have been merged into one locally owned and run publication.*

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TRIANGLE DOWNTOWNER MAGAZINE — ISSUE 146

- 4 Triangle Dining – Saint Jacques French Cuisine
- 7 From the Publisher
- 8 Nonprofit Spotlight – Arts Access
- 10 Around Town News
- 12 North Carolina Theatre's All-Local 2019-2020 Season
- 14 Charity Spotlight – North Carolina Partnership for Child Nutrition
- 16 Community Leaders – An interview with NC Secretary of State, Elaine Marshall
- 18 Crossword Puzzle

**ON THE COVER:** Arts Access is NC's only non-profit dedicated solely to making the arts accessible to people with disabilities. Staff in our cover photo for this month (left to right): Megan Bostic, Tamar Harris-Warren, and Betsy Ludwig.

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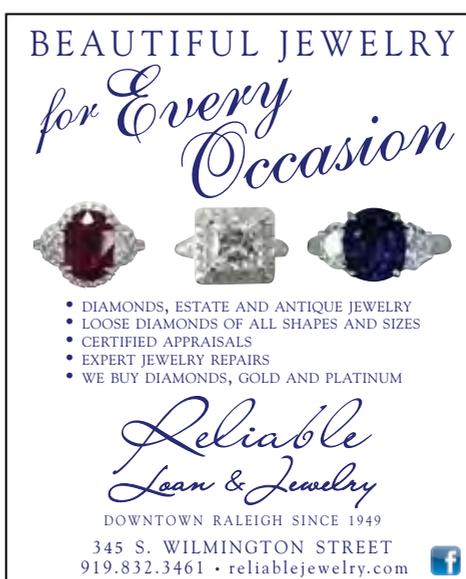
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Photo: Saint Jacques

# SAINT JACQUES FRENCH CUISINE

BY CHRISTY GRIFFITH • PHOTOS BY CRASH S. GREGG

Trust me, if someone promised you French fine dining and you arrived in the parking lot of this strip mall, you'd think your leg was getting pulled so hard that it would come out of the socket. (French fine dining in a strip mall is literally the description that appears on Google Maps.)

It had been ten years since I last dined at Saint Jacques in north Raleigh, but I had not forgotten the amazement of rounding the corner of a Hallmark store, passing the Great Clips, and walking through a portal that separates the echoes of 90s Raleigh suburbia from timeless haute cuisine. It's remained in my memory a place for special occasions, reserved for times demanding white tablecloths and multiple sizes of flatware lined up in descending order. Ten years later, it's still special, but the energy Chef Serge Falcoz-Vigne brings to Saint Jacques makes it worthy of finding more occasions to declare special. In short, don't think twice about making reservations here, even if it's only to celebrate Tuesday.

While we peruse the wine list, Serge appears with a flute of ruby red Kir Royal (\$10) in each hand. "For your pleasure. Pairing wine with food is one of my favorite things," he says. I close the menu. I have no business trying to



pretend I'm going to do anything but let the Frenchman tell me what we should drink. The not-so-secret secret to the sparkling brut aperitif here is the housemade crème de cassis that provides a well-rounded sweetness and beautiful color to the drink. "You can't find French crème de cassis here, so we have to make it ourselves. The stuff in the ABC store is all sugar and red food dye!" He's right, and I think instinctually we knew it all along. It's just that most of us wouldn't bother to take the time to make

our own black currant secret sauce unless our backs were hurting too much to bend down to the bottom shelf.

Serge reemerges with an amuse-bouche to set our mouths' expectations of what's to follow. The two-bite savory crème brûlée is made of rich foie gras custard and local blueberries, a distillation of all that a charcuterie board dreams to be. How something can be so equally full-bodied and delicate at the very same moment is nothing short of magic unless Serge had paraded these delicacies in on the back of a two-headed unicorn.

And now, for the beginning of our French lesson, let's start with Les Entrées Froides (Cold Appetizers). We were treated to Foie Gras Cuit au Torchon des Bistros Parisien (\$16), which



is a pair of savory medallions of chilled duck foie gras. Smearred onto the accompanying baguette slices, the foie gras melts on the tongue like a luscious, umami-filled butter. The apple mango chutney and raspberry ketchup trimmings are bright and will cut through the fat, although the fat here is so good that you might not want to sever that ephemeral feeling from the tongue. Eating foie gras is such an indulgent experience, and the sweet Sauternes (Château Andoyse du Hayot 2007, 2 oz., \$10) only enhanced what previously seemed unenhanceable. Which, according to the squiggly red underline in MS Word, does not appear to be an actual word. Between my made-up English and the for-real French, spell check is going to be a doozy on this one.

Les Entrées Chaudes (Hot Appetizers) features things that you think couldn't possibly be more French: Snails! Frog legs! But then they throw in pasta and I'm like, WHAT? Next thing they'll tell me is that France and Italy are neighbors or something. Ravioles du Royan au Saumon Fumé (\$13) are the miniature cheese-stuffed ravioli that will make you question why we

even have borders. Pasta and smoked salmon are enrobed in a creamy basil sauce and topped with microgreens. Like the foie gras, it's a masterclass in marrying the best parts of all good things rich and all good things delicate. You'll want to sop up any remains of the sauce with some warm bread and wash it all down with a sweet, easy-going glass of Vin de Savoie, Les Chais du Lavieu Apremont 2016 (\$13). Basically, whatever Serge brings you, put it in your belly. If you don't like it, you're wrong.

Back to the stuff that I don't think crossed over into Italy. Escargots de Bourgogne au Beurre D'ail (\$13) are the classic slightly chewy, buttery, garlicky, parsley-dressed snails you would find on a maiden voyage to France. For those of you who are hesitant to try these, just remember- a snail is a mollusk. Delicious like clams! Mussels! Oysters! Scallops! Calamari! All that's missing from your life is a snail with an exclamation point.

My favorite of the hot appetizers were the Traditionnelle Cuisse de Grenouille à L'ail et Persil (\$14). These crispy

frog legs have the appearance of very small drumsticks, but they taste so much better than chicken. More butter, more garlic, more parsley. Sautéed greens, tomatoes, and potatoes. A brightness from fresh lemon juice. Just thinking about this dish again has me incapable of writing complete sentences. All I want is more crispy frog legs, admittedly a sentence I'd never imagine myself saying.



Now, onto Les Plats (Main Course). From the Les Poissons et les Crustacés (Fish and Shellfish) section, I highly encourage you to go for the Vol-au-vent Saint Jacques (\$36). The most perfectly seared scallops – I mean it – with a golden crust that would make Monsieur Maillard himself come back from the dead just to say, “THIS IS WHAT I WAS TALKING ABOUT!” (Bonus French lesson: French chemist Louis-Camille Maillard first described the science behind the chemical reaction where foods take on that gorgeous caramelization that produces amazing flavor. Think about the difference between a sad, gray steak and a deep-brown, seared steak. No one wants to eat a sad steak.) As if the world's most perfect scallops weren't enough, bacon and mushrooms up the ante for some serious savory action. The whole thing is deglazed with Sherry and is presented on a bed of local veggies upon which a square pillow of flaky puff pastry sits, filled with a creamy lobster sauce. Serge paired this with a bold, crisp, fruity Jones von Drehle Estate Petit Manseng 2015

(\$13), a winery that he believes to be North Carolina's finest. You will not have leftovers. If you do have leftovers, you are doing it all wrong.

From Les Viandes et les Volailles (Meats and Poultry), we had Magret de Canard Sauté, Sauce au Pomegranate, Fève et Piperade au Jambon Cru (\$36). This is duck breast, sautéed and sliced so you can see the beautiful

red of the meat surrounded by a thin layer of unctuous duck fat. A tangy pomegranate sauce and a silky, earthy celeriac puree are a match made in heaven. Tucked under the duck is a semi-firm disc of piperade – a Basque-region mixture of tomato, peppers, and onion – and creamy, porky fava beans add je ne sais quoi. Of course, the experience is only enhanced once you hear Serge present it to you with his accent; I'm convinced he could read the Taco Bell window posters and make it sound like the tasting menu of Michelin-starred restaurant.

A plush, tannic Syrah – Côtes du Rhône, Château de Saint Cosme 2017 (\$11) – not only paired exquisitely with the duck, but also with the Carré d'Agneau Rôti en Croute (\$37). That's French for AWESOME LAMB DISH. Specifically,

a juicy rack of Dijon-crustured lamb served with glistening, blistered haricot verts, savory roasted tomatoes, and gratin potatoes that would make Jesus himself come back and call mulligan on the last supper, just so they could do a take-two with these creamy, buttery, soulful, life-changing potatoes. They taste like every good dream you've ever had came to life in a bubbly, hot ramekin, and if you don't agree, you're still wrong.

Les Desserts at Saint Jacques are no half-hearted afterthought; I suggest the Mousse au Chocolat Maison et son Coulis Orange Grand Marnier (\$11) – an ambrosial dark chocolate mousse with a citrusy Grand Marnier glaze. You'll have room for it, no worries about that. And there's no going wrong with the handsome dish of Gratin de Fruits Frais au Champagne (\$11) which is a fresh berry gratinée served in a warm champagne sauce. Neither of these desserts are cloying, and both taste of a simple sophistication that less truly is more if done with remarkable ingredients. Serge paired these with a white Port >>>



(Ferreira Branco N.V. White Porto, \$10), and its honeyed taste lingers on the tongue for a nice long finish. The kind of finish where you're skipping the after-dinner mint because there's still so many memories on your palate. With all this decadence Serge provides to his guests each night, I wanted to know what his favorite kind of food is. Without hesitation: "Whatever I am eating that makes me happy! It has to be prepared with love. Too many people see food as fuel and not for enjoyment. We are not cars! Food is not gasoline!" He emphatic proclamation has his face flushed. And, after a moment, he adds, "Mexican food is very good." 🍷



**Saint Jacques French Cuisine**  
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## From the Publisher

It's hard to believe summer's already over and fall is just a step away. In Raleigh, the fall season most assuredly means plenty of events and fundraisers are coming up soon. There are a few we'd like to help give a push and hope you'll join us.

- As you'll read in the article on page 12, the NC Partnership for Child Nutrition is having a month-long fundraiser at many of your favorite local restaurants. It's as simple as telling your server you'd like to add \$5 to your dinner bill for Support School Meals and all \$5 will go to this great organization trying to help make school lunches healthier for Wake County kids. Participating restaurant list here: [www.supportschoolmeals.org](http://www.supportschoolmeals.org).
- Did you know a group of private citizens that comprise the State Capitol Foundation are responsible for the interior restoration and all educational programs for our beautiful 186-year old State Capitol Building? The State Capitol Foundation Oyster Roast, their largest fundraiser of the year, is coming up on Friday, October 11 on the Capitol grounds. This grand event features the Band of Oz and includes dancing, oysters (of course), BBQ, wine, desserts, and a massive list of silent auction items. Gov. Roy Cooper and First Lady Kristin Cooper are scheduled to attend along with many Raleigh notables. Tickets start at just \$30 and can be purchased at [www.ncstatecapitol.org](http://www.ncstatecapitol.org).
- Innovate Raleigh takes place on October 3 at Union Station in downtown Raleigh. This organization helps to make the region a top center for innovation and entrepreneurship in the nation by bringing together entrepreneurs, investors, and supporting organizations and connect them with funding, talent, and opportunities to help fuel growth. [www.innovateraleigh.com](http://www.innovateraleigh.com)
- If you haven't attended the Thad & Alice Eure Walk for Hope (walk, run, and festival) at the famed Angus Barn, then you're missing out on a great party. The Walk for Hope is



*City of Raleigh Assistant Manager Jim Greene and I enjoying coffee with Maggie Kane, Executive Director for the pay-what-you-can nonprofit café, A Place at the Table. Congrats to Maggie for her recent Thad Eure, Jr. Memorial Award and the upcoming expansion into the space next door!*

one of the nation's largest and oldest fundraisers benefitting mental health research and treatment. The 31st annual event takes place on Sunday, October 13 and features a certified 5K run, a 1-mile walk around the Angus Barn Lake, and an all-day family-friendly festival with live music, local radio DJs, games, face-painting, ice cream sundae bar, funnel cakes, magician, pony rides, and plenty of fantastic food from the Angus Barn. Pick up your tickets at [www.walkforhope.com](http://www.walkforhope.com), and please join us to help raise funds for mental health. The Downtowner is proud to be a Circle of Hope sponsor again this year. Be sure and check out our Walk for Hope interview at the Angus Barn with Van Eure, Charlotte Moore, and Dr. Stephanie Zerwas on our YouTube channel, [www.youtube.com/downtownermagazine](http://www.youtube.com/downtownermagazine).

Cheers,

*Crash*

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As seen on this month's cover. L to R: Arts Access staff Megan Bostic, Tamar Harris-Warren, and Betsy Ludwig



Filmmakers Brad Jones (*Waking Dreams*) and George Yionoulis (*George, My Autism*) at the SOFE film screening at the Cary Theater (<http://mywakingdreams.com>, <http://bit.ly/georgeyfilm>)



# ARTS ACCESS

BY CHANDLER BYRD

As the saying goes, the Earth without 'art' is just 'eh.' This is why having an accessible arts community is absolutely essential to any city. Arts Access is a 501(c)(3) nonprofit that has worked diligently to increase access to North Carolina's arts community for people with disabilities since 1984. They focus on promoting inclusive spaces and accessible cultural opportunities around the Triangle and beyond.

Executive Director, Betsy Ludwig, has been with Arts Access for ten years and believes that increasing accessibility makes the art community stronger as a whole. "When you make an experience, or a venue better for one group, you make it better for everyone.

For example, a ramp or elevator can be used by parents with a stroller, a person using a wheelchair or someone with a mobility issue," Ludwig said.

By offering training and assistance for organizations and venues throughout the state, Arts Access is able to support inclusive art environments where all people are accepted and able to participate. Some of the topics covered in their training services include disability awareness and sensitivity training for interacting with people with disabilities.

In addition to the workshops & training that Arts Access provides, they also host events, promote the work of artists and offer consultation services to arts

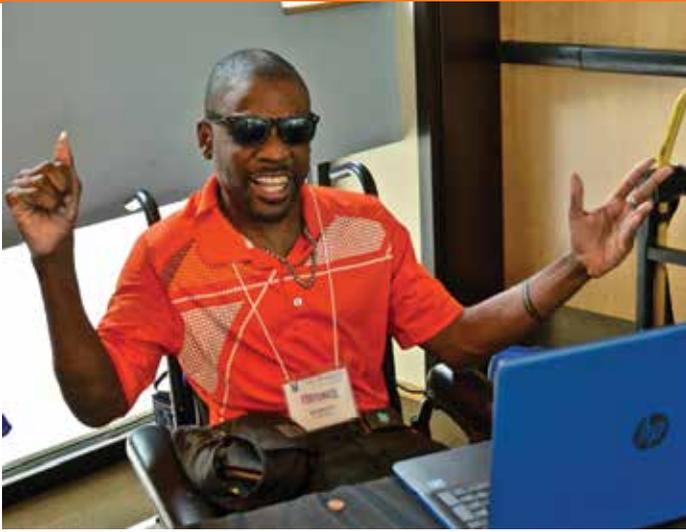
organizations. Arts Access offers support to facilities to ensure they are in compliance with the Americans with Disabilities Act (ADA), and also assists with writing organizational ADA plans.

They recently launched a new initiative to promote the work of artists with disabilities called the Artist Link Project (ALP). This will serve as a directory of NC artists that will allow artists to promote their work to a broader community. Visual, performing, literary and teaching artists are all included in the database and ALP also offers workshops to all members.

Increasing accessibility for the community's youth is another goal of Arts Access and they have been hosting specially designed workshops since August 2017 to achieve this goal. The Wake Arts Inclusion Project (WAIP) hosts these workshops in order to prepare art educators to work with school-age children with disabilities.

Each spring, Arts Access hosts the Series of Fortunate Events (SOFE) which features artists with disabilities across many art platforms. The annual art series showcases the work of visual, musical, public, theater and film artists in the community. The Artist Link Project provides a database of artists to select for SOFE, but there are also open calls for art and talent that anyone can participate in.

Creating an inclusive environment can be done in a variety of ways. To help those who are blind or have low vision, Arts Access provides audio description for theaters and galleries. This is a narration service provided through a headset to the user that adds the visual



DJ Smooth (John Russ) at the opening gala for Series of Fortunate Event. John is sight-impaired but is certainly doesn't affect his ability to DJ!



Triangle Special Taiko, a Japanese drumming group that includes drummers with disabilities.

elements to the content they are experiencing either through sound or tactile experiences.

For anyone looking to help make the arts community more inclusive, Arts Access suggests a multitude of ways to get involved. Sponsorship opportunities are available to businesses and individuals looking to support specific events throughout the year. Monetary contributions are greatly appreciated and can be used to support community workshops on accessibility, fund art classes for children or adults with disabilities, provide Audio Description Services for live theater performances and fund

workshop scholarships for arts educators.

Beyond donating, Arts Access encourages all members of the community to attend their workshop training and events. "These workshops provide valuable information on what it means to be accessible, understanding the ADA, and going beyond the law," Ludwig said. People of all abilities are also invited to attend networking workshops, where they attempt to connect members of the arts and disabilities communities.

Looking ahead, Arts Access hopes to continue growing to meet demand in the community. "We have

attempted to grow our Artist Link Project and hold workshops and one on one work sessions to help artists develop websites, edit photos, design business cards, etc.," Ludwig said. "Overall, the cultural community has embraced this work and we are excited as we add new partners every day."

You can learn more about Arts Access on their website, [www.artsaccessinc.org](http://www.artsaccessinc.org). Join us at the upcoming Arts Access workshop Accessibility 101 on October 21 at the Cary Arts Center, <https://artsaccessinc.org/news-and-events/>.

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# Around Town News in the Triangle

We love hearing about new local businesses and sharing it with our readers. Please keep us posted on any new locally owned restaurants, bars, retail shops, or businesses opening in downtown Raleigh, Durham or across the Triangle. Send an email to [news@welovedowntown.com](mailto:news@welovedowntown.com) and clue us in. To say “Thanks Y’all,” we’ll pick a random tipster each month to win a free Downtowner t-shirt.

P.S. We’re looking for contributing writers who want to help us report on what makes the Triangle a great place to live, work, play, and shop for both our print issue and our website, [www.TriangleDowntowner.com](http://www.TriangleDowntowner.com). We have writing opportunities on a wide range of topics: business, visual and performing arts, dining, breweries/local beer, music/bands, tech, startups, charities, personalities, and just about anything else interesting and different. Email us at [writers@welovedowntown.com](mailto:writers@welovedowntown.com) if you’re interested. Be sure to include a few writing samples and we’ll get back to you asap.

To keep up with news between issues as well as lots of event and food photos, be sure to follow us on all of our social media pages: Facebook [www.facebook.com/triangledowntowner](http://www.facebook.com/triangledowntowner) • Instagram [www.instagram.com/triangledowntowner](http://www.instagram.com/triangledowntowner) • Twitter [www.twitter.com/welovedowntown](http://www.twitter.com/welovedowntown)

## Weaver Street Market opens

The **Dillon’s** newest tenant is the locally owned sustainable, healthy food cooperative, **Weaver Street Market**, located at 404 W Hargett St. Raleigh marks their fourth location, with others in Carrboro, Chapel Hill, and Hillsborough. Weaver Street is an employee-owned, value-driven, and community-minded store where customers can shop for healthy fruits, vegetables, meats and fish, cheeses, bread and baked items, beer and wine, and much more. They also offer a large selection of prepared foods and have both inside and outside dining areas. Learn more about Weaver Street at [www.weaverstreetmarket.coop](http://www.weaverstreetmarket.coop).

## SmokeStacks Cafe open in Historic Oakwood

**SmokeStacks Cafe** has opened in the previous home of Quality Grocery – both new and old iterations – at 701 E Lane Street in **Historic Oakwood**. They’re currently open from 9am to 3pm Thursday through Sunday and will open for dinner soon once their beer and wine permits come through. Their weekend brunch menu features items such as Pimento Cheese Dip, Bruschetta, French Toast, Curry Chicken Salad, Pressed Grilled Cheese, Pork Belly Salad, Croque Monsieur/Madam, and more. [www.instagram.com/smokestackscafe](http://www.instagram.com/smokestackscafe)

## Little Hen is back! Well, almost

**Laurel Bar & Food** is opening soon in Fuquay-Varina from **Chef Regan Stachle** (the previous chef/owner of the locavore heaven Little Hen in Apex). Laurel will be teaming up with the folks at **Cellar 55**, a fine wine and craft beer store located at 1351 E. Broad St. in the Fuquay Crossing shopping center, adding seating for 30 to the wine bar. The initial menu will be Mediterranean-focused small plates that pair well with wines. Regan is looking to expand Laurel and is shopping for a location in Cary. <https://cellar55nc.com>

## Scott Crawford’s Jolie has finally opened

After a LOT of consternation with permits and planning, **Scott Crawford’s** perseverance has finally paid off, and his French bistro-inspired **Jolie** has open next door to **Crawford & Son**. With more than 3000 online reservations made right after the announcement, Scott’s new venture was packed before it even opened the doors. A warm French

blue and cream interior juxtaposes the gray and black interior of Crawford and Son and the hard-fought-for rooftop plen-aire dining Scott named the restaurant after his daughter, with the concept arising from a trip to Paris, where he and his family fell in love with food and atmosphere of the neighborhood bistros. Scott chose Raleigh native **Madison Tessener** as his chef de cuisine, who arrived back in Raleigh via Charleson, SC where she previously worked at FIG, Chez Nous, Husk, and McCrady’s. Jolie is open Monday through Saturday, from 5pm to 10pm. Congrats to Scott on the second successful venture for his restaurant group in downtown Raleigh. Visit their website [www.restaurantjolie.com](http://www.restaurantjolie.com) for more info.

**Alimentari has opened in Transfer Co. Food Hall** **Alimentari** at Left Bank is open for business in east Raleigh’s **Transfer Co. Food Hall**. Alimentari is a partnership from chef and owner **Josh DeCarolis** of **Mothers and Sons** in Durham and **Left Bank Butchery** in Saxapahaw, NC. In addition to serving a farm-fresh menu of serious Italian specialties and fresh pasta by the pound, Alimentari will offer the only local whole-animal butchery and charcuterie shop in downtown Raleigh. The menu will focus on tigelle’s, Northern Italian style small flatbreads stuffed with a variety of Left Bank Butchery’s meats and charcuterie, fresh local cheeses and vegetables. [www.alimentariatleftbank.com](http://www.alimentariatleftbank.com)

## 401 Main open in Chapel Hill

**401 Main** is a joint venture of Chris Baldwin and Al Bowers of Al’s Burger Shack and will feature sandwiches (including seafood and veggie po’boys), shareable bar snacks, vegetarian options, and salads. The “upscale dive bar” will feature a great beer selection, wines by the glass, and a spin on classic and frozen cocktails. They’re located at 401 E Main St., **Carrboro** at the intersection of Rosemary and Main Streets in downtown Carrboro and have two dog-friendly outside patios. <https://401main.com>

## Downtown Garner is growing again

A new BBQ joint called **Shady’s** is going up at 106 E. Main St. in **downtown Garner**. Jeff Bradley will be the Pitmaster, and it looks like they plan on having a beer and cocktail menu along with all

sorts of BBQ. No word on the opening date. Check out their Facebook page for updated info, [www.facebook.com/shadysgarner](http://www.facebook.com/shadysgarner).

## It’s getting fishy in Garner

**Carolina Fish Fry Co.** should be open at 1566 Benson Road on Highway 50 in **Garner** by the time this issue goes to print. They have locations in Wilmington, Jacksonville, Clinton, Wallace, and Dunn. No website for the new location (or any of the others for that matter), but you can find what their menu will most likely feature on Door Dash for their Wilmington location.

## October PopUp in Durham

If you’re over in Durham, you can check out the next two **PopUps** at **American Tobacco Campus** (<https://popupdurham.com>) during October. A previous employee of Durham’s Counter Culture is opening **Jet Plane Coffee** at 812 N. Mangum St, but will take over the PopUp space at 359 Blackwell St. first. [www.instagram.com/jetplanecoffee](http://www.instagram.com/jetplanecoffee). The second popup will be **Sweet Charlies** delicious rolled ice cream, who also has another permanent location in South Durham. <https://sweetcharlies.com>

## Food Trucks galore

Love food trucks? There are still a few food truck rodeos left on this year’s calendar. The **Raleigh Food Truck Rodeo** ([www.downtownraleigh-foodtruckrodeo.com](http://www.downtownraleigh-foodtruckrodeo.com)) takes place Oct. 6, **Knightdale Food Truck Thursdays** (<http://bitly.com/knightdalefoodtruckrodeo>) are held the third Thursday of each month through this month, **Wake Forest Food Truck Rodeo** ([www.facebook.com/wakeforestfoodtruckrodeo](http://www.facebook.com/wakeforestfoodtruckrodeo)) happens Oct. 27, and **Durham Food Truck Rodeo** (<https://durhamcentralpark.org/events/food-truck-rodeo-info>) is Nov. 3.

## Join the Wegmans fan club

**Wegmans** has finally opened near Trader Joe’s off Wake Forest Road with huge fanfare and a long line of 3000 excited Wegmans-lovers on the opening day of their 100th store. With 104,000 square feet, the Raleigh Wegmans is actually on the small side compared to other locations, but you

- Continue on page 11

# Around Town News in the Triangle

continued from page 10

wouldn't know it from all they have inside this family-owned grocery. We took a tour a few days before the opening at 1200 Wake Towne Drive. Lots of people talk about Wegmans' prepared food and how delicious it is. During our visit, we sampled pizzas (cooked in a large stone oven) which were indeed delicious, freshly made sushi (made with American rice from California and some with super fresh Salmon flown in from New Zealand), their "Sunday Sauce" (you will not believe this amazing sauce comes out of a bag!), and a few of their amazing cheeses, which all arrive at the store in huge wheels and are cut into portions in-house. The Burger Bar wasn't operational yet, but they make their own burgers in house, offer the Impossible Burger, and you can buy cocktails and wine at the Burger Bar! Wegmans purposely uses less salt and sugar in their prepared foods so it's healthier for their customers, and they use only naturally made colors in their pastries, cakes, baked goods, and their other products. They carry a LOT of beer and wine ranging from \$6

to over \$1000 (in their fine wine walk-in cooler). They also carry 32 linear feet of local NC beers, 16 linear feet of NC wine, a large Craft Your Own Pack assortment where you can mix and match your own pack of different brands and beer styles, just like at a bottle shop. Wegmans says they keep the prices on everyday items priced as low as Walmart, and prices are an average of 33% lower than Whole Foods on their organic groceries. Each local store tries to partner with and utilize as many local farms and resources as possible, including grains, produce, and ingredients in their prepared foods. Their new store has hired over 400 local employees, with more coming later. We found all the employees we chatted with, including Ryin, Kate, Mary, Doug, and Hallie to be extremely knowledgeable about the store and their products, proud to be part of Wegmans, and were super friendly. As a family-run business, we could definitely feel that vibe and look forward to shopping here. Plans are in the works for four more local stores with two in Cary, one in Holly Springs, and one in Wake Forest. More at

[www.wegmans.com/stores/raleigh-nc.html](http://www.wegmans.com/stores/raleigh-nc.html).

## Dinner and a T-bird?

In case you missed it, Crossroads Ford has opened a diner at their dealership in Apex. Yes, a real diner, not a tiny eat-while-you-wait-for-your-oil-change one. Mustang Charlie's serves breakfast, lunch, and dinner, 7:30am to 7pm, Monday through Friday and 7:30am to 5pm Saturday (closed Sundays). The prices are surely a throw-back to cheaper times. You can pick up a breakfast bacon, egg, and cheese biscuit for \$3, a Shelby Chicken Club for \$6.50, and a Grilled Ham and Cheese for \$4. They also have a huge kids' play area. [www.crossroadsfordcary.com/Mustang-CharliesDiner.html](http://www.crossroadsfordcary.com/Mustang-CharliesDiner.html)

Hear a rumor about a new restaurant, bar, or local business anywhere in the Triangle? Know about something opening soon or already open? Send us an email to [news@welovedowntown.com](mailto:news@welovedowntown.com) or give us a call at 919.828.8000.

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NC Theatre President and CEO, Elizabeth Doran



NC Theatre Producing Artistic Director Eric Woodall

# NC Theatre's All-Local 2019-2020 Season

BY CRASH S. GREGG

Last month, we sat down with Elizabeth Doran, NC Theatre's President and CEO, and Eric Woodall, Producing Artistic Director, for an interview to talk about their upcoming season. For their upcoming 2019-2020 season, NCT has decided to produce all six shows, something that's never been done before. But why the change locally-produced? We asked Elizabeth and Eric just that.

But first, a bit of history about NC Theatre. Founded in 1983, the City Manager of Raleigh created a directive that formed the Carolina Regional Theatre. This new entity, with the founding direction of De Ann Jones, made its permanent home in Raleigh Memorial Auditorium under a contract with the City. A commitment to four major productions a year was also agreed upon. The Mission was written to reflect the Theatre's focus on producing major Broadway musicals of universal appeal as a way to help revitalize Raleigh's downtown. The Theatre made an agreement with the Actors' Equity Association (the union for national performers) to hire a significant number of Equity performers for each production. Using the highest level of professional talent supported the Mission's goal of maintaining a professional theatre company in North Carolina. The Theatre debuted with the musical Camelot in May of 1984, starring Terrence Mann as King Arthur and Sharon Lawrence as Guinevere. Mann, a graduate of the UNC School of the Arts, has played Javert in Les Misérables, The Beast in Beauty and the Beast, and Rum Tum Tugger in Cats on Broadway. Lawrence, a UNC student, found fame as Sylvia Stipowitz on NYPD Blue, Velma Kelly in Chicago and countless other roles on TV, stage, and film. The successful formula of producing top quality musicals with top national performers and local

talent was born, and the company's name was changed to North Carolina Theatre.

Cue to 2019. Elizabeth has been NCT's President and CEO for two years, bringing with her 20 years of theatre production and leadership. Originally hailing from NC and appearing on the NCT stage in high school, Eric had worked in NYC as an acting director and for the past 16 years as one of New York's top casting directors. Along with the NCT Board of Trustees, Elizabeth and Eric decided to produce all six of their shows for the upcoming season. Although many patrons might not realize the difference between shows that are produced (created in-house) versus presented (tours which are created elsewhere, traveling to each venue, bringing with them most of the cast and crew), NCT wanted to show off all the great NC talent.

"Originally, NCT could boast that they produced all their own work. Through the years, it morphed a bit," Eric explained. "We take pride in knowing that we're making everything here for next season. To do six shows like that is brand new. What that means is we're actually providing something different from DPAC or other places that present incredible tours. Coming from the casting world, I cast a lot of those tours, and they're wonderful and it's a way for audiences to see some great titles. But what we do is take those titles and put our own spin on them. And for each production, it's over 100 local people who get experience and jobs, something the tours can't say. The more that we do that and the more that we're able to show audiences that we're producing everything here, they'll start to know, 'Oh, that's North Carolina Theatre.' The shows will have a certain feeling and be at a certain level and I think that will define our brand and our identity, which we're

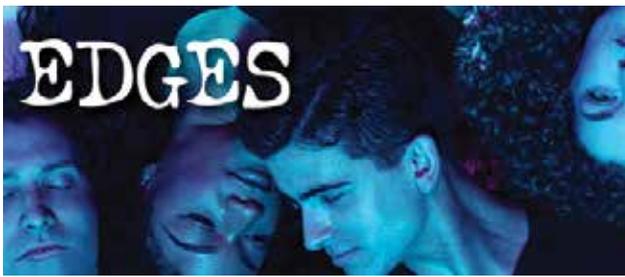
continuing to develop."

Diversity is also something NC Theatre is. "My first show here when I came to NCT was being directed by Eric, which was Jesus Christ Superstar," Elizabeth recalled. "It was a beautiful production and the cast was very diverse and I was very excited about that. One of the things that really matters to me is audience and artist development around diversity and inclusion, and here was this production with a beautiful world view representing everyone in the Triangle."

Diversity is an important aspect of the shows that NCT produces, as Eric elucidated, "Diversity on all levels, from different ethnicities and cultural backgrounds, to continuing to work with actors with disabilities and including equal and more opportunities for women in a business that can be male-heavy are all opportunities we're very aware of, not only with the titles we choose, but also with the actors on stage as well as those off stage."

"We want to express compassion, drive empathy, bond people together, and create unity," Elizabeth explained as Eric affirmed, "We want to entertain, we want to inspire, and we want to challenge."

Their titles and talent in their upcoming season should easily elicit all these responses and more. The following six shows make up their 2019-2020 season: West Side Story: The world's greatest love story takes to the streets of New York in the landmark Tony Award-winning musical. October 15-20 Having Our Say, The Delany Sisters' First 100 Years: Trailblazers, activists, sisters, and best friends Sadie and Bessie Delany – both over 100 years old – take audiences on an inspiring and entertaining journey as they recount the triumphant stories of their



lives, from growing up in Raleigh as the daughters of a former slave, to integrating a NYC suburb during the Harlem Renaissance. November 8-17 Kinky Boots: Winner of six Tony Awards, a Grammy Award, and featuring 16 original songs by pop icon Cyndi Lauper, Kinky Boots is the huge-hearted, high-heeled hit that took Broadway by storm. February 11-16 Memphis: From the underground dance clubs of 1950s Memphis comes the Tony and Olivier Award-winning musical that bursts off the stage with explosive dancing, irresistible songs, and a

thrilling tale of fame and forbidden love. March 24-29 Edges: From the same songwriters as Dear Evan Hansen, La La Land, and The Greatest Showman, Edges is musical song-cycle looks at what happens when we teeter at the edge of our lives. May 1-10 The Sounds of Music: This captivating classic chronicles the changes of the von Trapp family through song and spirit, while the rest of the world is on the brink of war. July 28-August 2

For the extended version of our interview with Elizabeth and Eric as well as to hear great synopses

of upcoming shows, watch on our YouTube Channel ([www.youtube.com/downtownermagazine](http://www.youtube.com/downtownermagazine)) or listen to our podcast ([www.soundcloud.com/downtowner](http://www.soundcloud.com/downtowner)). You can find links to both on our website ([www.triangle-downtowner.com](http://www.triangle-downtowner.com)), on our Facebook page ([www.facebook.com/triangledowntowner](http://www.facebook.com/triangledowntowner)), and Instagram ([www.instagram.com/triangledowntowner](http://www.instagram.com/triangledowntowner)).

Visit the NC Theatre website for info on upcoming shows, buy season or individual show tickets, and info on venues, seating, parking, etc. [www.nctheatre.com](http://www.nctheatre.com).

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# NORTH CAROLINA PARTNERSHIP FOR CHILD NUTRITION

**This group says school meals are ready for a makeover and they need your help.**

For years, parents bemoaned school lunches. From running around to buy lunch meats, peanut butter, and healthy snacks; to waking up early to prepare these meals; to arguing with their kids on what to pack that day, frustration levels may right be up there with potty training.

When asked, why not just have their kids buy meals at school, parents tend to look at you with a “get serious” face or say things we can’t print here. They don’t trust the quality of the food, their children don’t like the choices, and they feel the food is too processed, too similar every day, or just not healthy. These are only a few of the typical reasons we’ve heard.

Now there’s an organization attempting to change all that, and they’re taking a completely unique approach. NC Partnership for Child Nutrition (NCPCN) was formed by several Wake County parents with the vision to create an environment where the majority of all students (and their teachers) actually choose to purchase lunch at school. While the goal is simple, getting there will be a challenging road as there are inherent system issues, costs, and structural challenges to meet such a vision.

What makes this vision unique? According to Board President, Steve Mangano, “For years, the focus has been on how to balance the budget while meeting strict federal nutrition guidelines. While the guidelines are well-intentioned, they have had the negative effect of many systems moving away from scratch-made meals and moving towards pre-processed alternatives that simply meet guidelines and costs.”

Mangano continued, “The direct impact of this created a parent culture where a significant number simply opted out of school lunches and instead, packed food at home for their children to take with them. This had the effect of creating a tiered structure of kids who either brought their lunch and kids who eat lunch at school (paid or free). The impact was less money paid into the system causing a greater reliance on processed foods and the cycle continued. By comparison, you can imagine any restaurant would not last long if over half of their guests brought their own meal.”

NCPCN believes they can break the cycle by engaging parents and the school system to develop a shared vision and value set. They have undertaken a study of best practices across the country and are publishing the results soon. Their unique take is that if more students (and eventually teachers as well) choose to buy lunch at school, then there will be more money for better tasting (and less processed) foods, which leads to more people interested in eating meals



NCPCN’s Board of Directors (L to R): Jonathan Perry, Jessica Crawford, Jenifer Simone, Stephen Mangano, and Matt Cunningham.

at school. In essence, reversing the school lunch trend of the last few decades.

This sounds like a tall order and as the organization is fond of saying, which comes first, the chicken or the egg? Meaning, does food have to change for parents to buy into the concept of their kids buying lunch at school or will parents buy in earlier to enable the system to be self-funding?

This is precisely this reason that Moore Square Middle School parent and NCPCN Board VP, Jenifer Simone, feels NCPCN is needed. “Parents I’ve spoken with have lost faith in school meals. Most have a misperception of the current state of the food offerings and don’t have the confidence it will meet their child’s needs. An external non-profit can serve to advocate for both sides. NCPCN can dive deep and help with the challenges and resources that a school system needs in order to make the desired change while encouraging parents to try school lunches and come on board with the journey.”

It’s clear the folks at NCPCN are passionate about school meals and when asked why, Mangano states, “Where else can you have an opportunity as a parent to actually spend less money and time on something and make a substantial societal impact?”

Mangano feels that if parents encourage their children to buy lunch at school, they will actually spend less money and a lot less time in both shopping and preparation. School lunch currently costs \$2.75-\$3.00 depending on the grade level. Who wouldn’t want more time with their kids in the morning instead of preparing lunch for the day?

Steven Greene (Heron’s), Cheetie Kumar (Garland) and Sean Fowler (Mandolin) all participated in a NCPCN launch

event earlier this year. They, along with many of their fellow chefs, jumped on board to support this initiative.

When asked how chefs can continue to get involved, Steven Greene stated, “We’re ready to get engaged for the school lunch system in creative ways.”

NCPCN board member, Jessica Crawford (Crawford & Son, Jolie) adds, “Wake County is unique in the country. We have a dynamic and innovative culinary scene, a robust and engaged public school system, and a network of farmers supplying local ingredients. There’s no reason we can’t be a leader in the country for school lunches.”

Ultimately the impact of every child and teacher choosing to buy lunch at school will not only help with improved school meals but will also help combat childhood hunger via removing the stigma around school meals and impacting equity by bringing the community together through food.

No Kid Hungry NC, led by State Director Lou Anne Crumpler, has been working to end child hunger statewide since 2011. Data supplied by the Department of Public Instruction shows that of the almost 900,000 public school students in NC who qualify for free or reduced-price school meals, 71% eat school lunch, yet only 42% eat school breakfast.

“One of the biggest barriers to students accessing school breakfast is the stigma associated with eating school meals,” Crumpler said. “Reducing that stigma will lead to more students participating in these programs, including school lunch. And more students eating school meals means more revenue to support school-based nutritional programs that provide quality products. We are excited to partner with NCPCN on their goal of engaging more families to buy lunch at school and help eliminate this stigma.”

The community is optimistic about NCPCN’s approach, and if the restaurant list participating in their upcoming campaign is any indication, they are off to a tremendous start. The organization is interested in working closely with other entities that focus on child health and nutrition and have made early inroads in establishing this connection.

NCPCN hopes to launch a pilot with the public school system to begin the process on a small scale. They will use the knowledge gained from other systems to jumpstart the process and outcomes. Mangano admits, “it will be a long journey, but we can get there with the support of the parents, community partners, and ultimately school leadership. We’re fortunate to have great leadership in our system that wants NCPCN to enable the outcomes the community desires.”

*Learn more about NCPCN at [www.ncpcn.org](http://www.ncpcn.org).*

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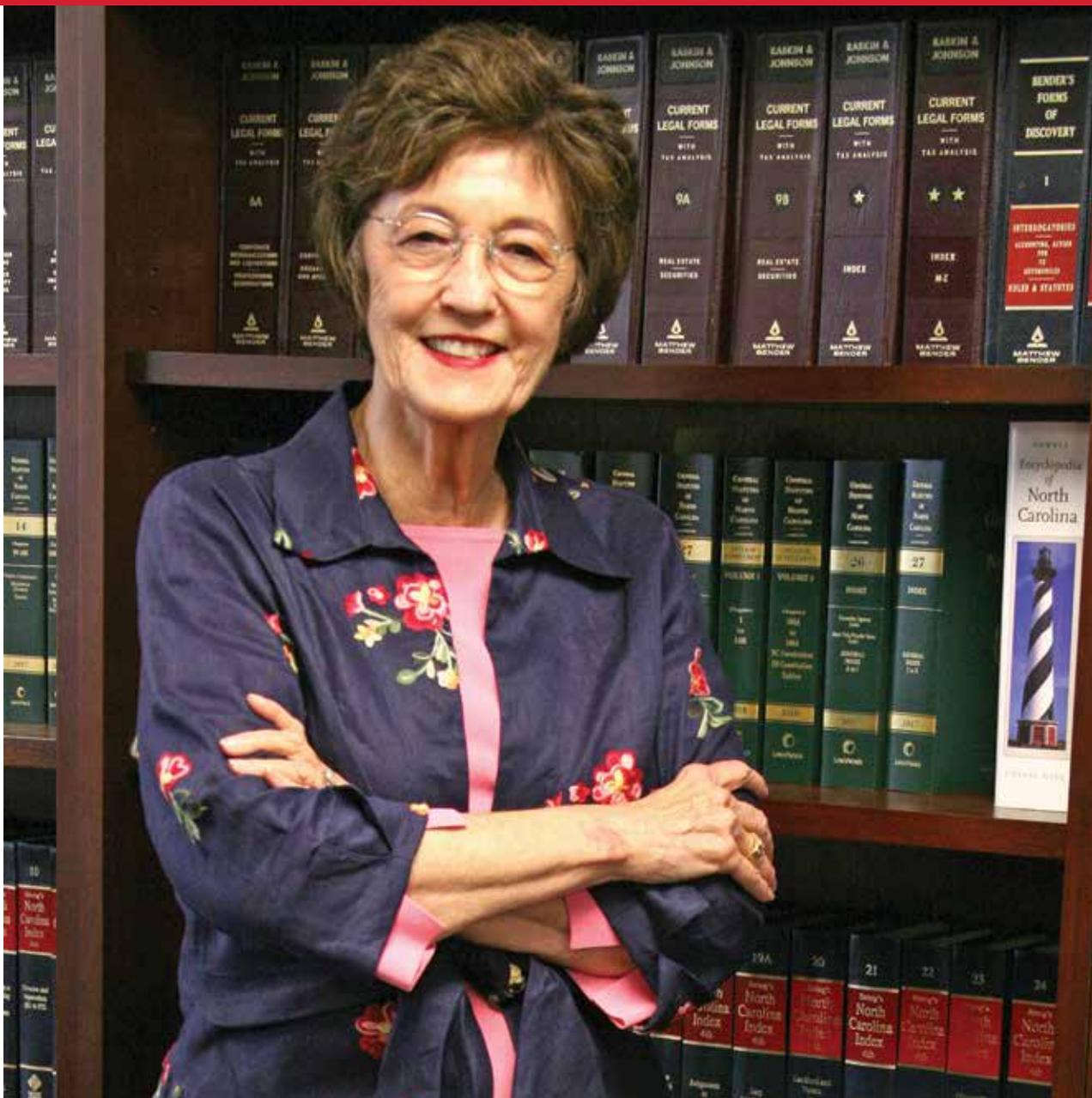
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An interview with our  
NC Secretary of State

# Elaine Marshall

BY CRASH S. GREGG

the securities industry with all of the stockbrokers and financial advisors of this state falling under our jurisdiction. We have over 200,000 stockbrokers and advisors registered in NC. One thing most people don't know about our office is that we have law enforcement authority, which is rare for a Secretary of State. I really do have the strongest office of its type in the country. We go after brokers who go rogue or people who are flat out crooks. We do our best to protect the people of North Carolina.

**Crash:** *What do you enjoy most about your job?*

**Elaine Marshall:** Problem solving. People will call us who are upset about something and we try to get them calmed down and then explain to them what the reason is behind the law they're concerned about. For example, some people will choose a corporate name, have a sign made or stationery printed, then find out they can't use the name. We try to help them find a way to find a name that's close so they can hopefully still use their name as a DBA [Doing Business As]. We get into some really odd situations and we have to referee a lot of things. I enjoy digging into the law books here around behind me to figure out answers. I have staff to do some of that, but sometimes I find the time to dig into it. We try to craft a way to make something happen if it's legal. We're not going to go around the law, but if someone has a problem, maybe we can find a clear path to get them through that problem. Helping business owners like that is exciting to me.

**Crash:** *How big is your staff?*

**Elaine Marshall:** We have a little less than 200 people – a fairly small agency – but we are the third highest income-generating agency for the state. The Department of Revenue is way up here, the DMV is next, and we are way down at the bottom when you compare it to those folks, but last year we did over \$125 million in receipts. Most of what we do is fee-based, which generates income for the State.

**O**ur Community Leaders interview for this issue is with North Carolina Secretary of State Elaine Marshall. Ms. Marshall describes her home life growing up as “a farm girl from Maryland.” She attended public school and was the first person in her family to attend college, which she credits to being involved in the 4H program. She graduated from the University of Maryland with a degree in Textile Clothing and came to North Carolina right after college to be married. She was a high school teacher, then taught in community college. While teaching, she started a decorating business and opened a card and gift store. After a few years, she decided it was time for a new path in life and attended the nearby Campbell School of Law. She graduated with a law degree, practicing in Lillington. She later ran and served in the North Carolina Senate, and then as the North Carolina Secretary of State. She's now serving in her sixth term.

**Crash:** *What originally brought you to run for your first term as Secretary of State?*

**Elaine Marshall:** I like being a problem solver and back then I was practicing a lot of domestic law. People didn't specialize in certain areas that much, so I did a little bit of everything. Traffic court, criminal court, domestic court, bankruptcy court, business formations.

I was upset about some things in domestic laws in particular, so I ran for the Senate and got elected. I was also unhappy about how things were run at the Secretary of State's office and knew that it was not customer friendly or very efficient. If you sent off an application for a corporation, it would be two months before you even think about having it returned to you. No one could operate a business that way. I was in the Senate at the time but lost my senate seat. The Secretary of State was leaving office early and there was a strong movement that it was about time a woman served in a statewide executive branch office. I ran for Secretary of State and won.

**Crash:** *Tell us a little about your job, your department, and the types of work projects you're responsible for.*

**Elaine Marshall:** The role of the Secretary of State's office is sometimes misunderstood and people don't know we have a lot of different functions. We are the heartbeat of the business community and its infrastructure. Folks that want to start a business or raise capital come through this office. Corporations, limited liability companies, nonprofits, all of those companies are started here. Banks file certain lending papers here that represent a huge impact on the economy. We hold the liens in case something goes sideways. We regulate

**Crash:** *If not for your current job and professional path, what avenue might you have taken as a different career?*

**Elaine Marshall:** I probably would have gotten back into decorating or doing something with fiber art. The other path is I might have run a baking kitchen. I love to bake.

**Crash:** *What is your proudest accomplishment as Secretary of State?*

**Elaine Marshall:** My proudest accomplishment falls under the name of technology. There was none present when I came to this office. We got a little bit of funding from the General Assembly which we had to make go really far, so we actually did our own programming for the website and our databases. I engaged a contractor who came in and we developed our own system. At one point, there were 15 states using our software on a mutual agreement basis. It was really novel because we're still running it and we're not beholden to a vendor. We have an in-house technology staff and the saying around here is, "If mama's not happy, nobody's happy." [Laughs]. One of the things that makes me swell



Watch our interview with Elaine Marshall on our YouTube Channel, [www.youtube.com/downtownermagazine](http://www.youtube.com/downtownermagazine)

up with a lot of pride is when someone tells me, "I wish the Secretary of State's office at 'insert another state here' could be more like North Carolina."

**Crash:** *So we hear you're quite the chef! What are a few of the favorite dishes you enjoy cooking?*

**Elaine Marshall:** Well, I'm really a baker, so that's what I like best. My specialty is chocolate chip cookies and I'm going to enter them into the fair this year. Now that I've said that publicly here, I'm going to have to

enter! I like to make breads like muffins, and my other big specialty is my sweet potato loaf bread. It's really, really good! I'm working on making the perfect tomato pie right now.

Learn more about the NC Secretary of State's office on their new website, [www.sosnc.gov](http://www.sosnc.gov). Watch our interview with Elaine Marshall on our YouTube Channel, [www.youtube.com/downtownermagazine](http://www.youtube.com/downtownermagazine) and listen to the podcast at [www.downtowner-podcast.com](http://www.downtowner-podcast.com)

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 An advertisement for writers. The background is dark with white text. At the bottom, there is a photograph of a man wearing a hat and glasses, sitting at a typewriter. Confetti or small white particles are falling around him.

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 An advertisement for Tesoro Hair Design. The top half has a purple background with white text and a pair of scissors icon. The bottom half shows a photograph of a hairdresser in a light blue shirt cutting a woman's hair.

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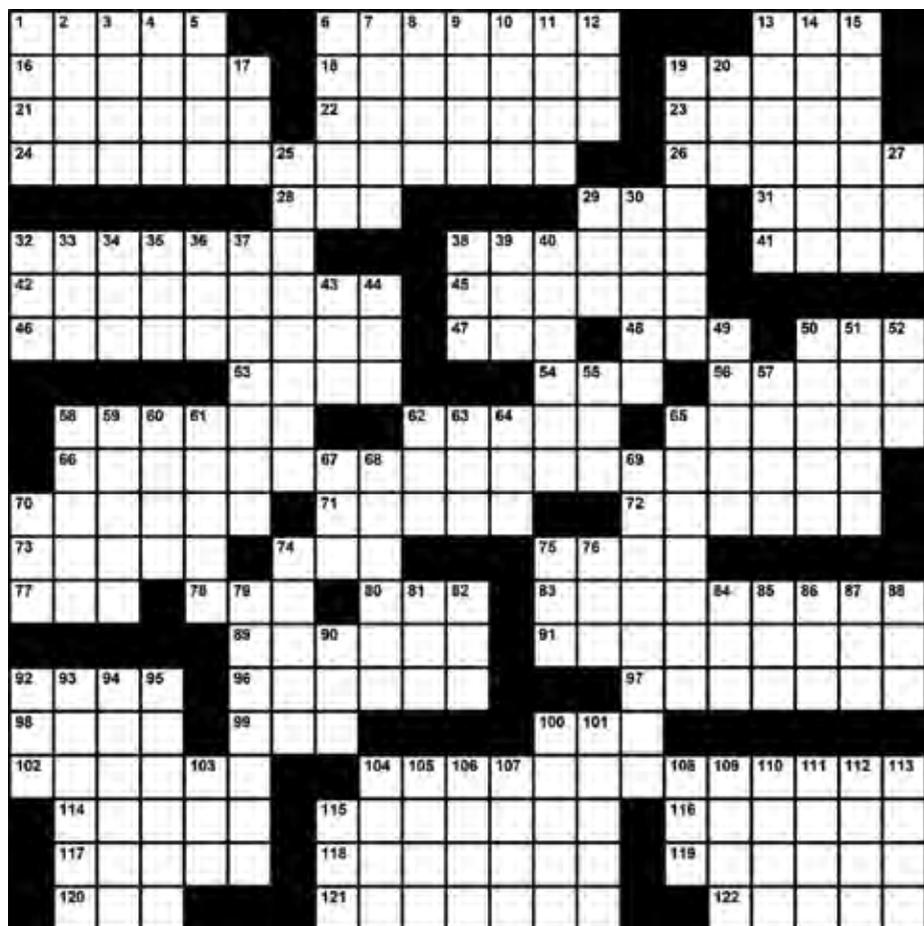
**We take reservations! 919.821.1240**

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Want to win a Downtowner T-shirt? Email us a photo of your completed puzzle to [xword@welovedowntown.com](mailto:xword@welovedowntown.com). We'll pick a random winner each month. Need a hint? Visit [www.triangledowntowner.com](http://www.triangledowntowner.com) and search for xword for the answer key. No cheating!



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**Aquatic Occupations**

**ACROSS**

1. Savory taste
6. Driveway type
13. Squealer
16. Readying an apple for pie
18. Scratched a lot
19. Wet
21. Knitted fabric
22. Braids
23. Flirt
24. Cousteau, for one
26. Salt
28. Butt
29. Squeeze (out)
31. Size up
32. Community for the avant-garde
38. Mystical remedy
41. California's Santa Valley
42. Brandy cocktail
45. Never again
46. Torment
47. Eat dinner
48. Funny
50. Military rank, abbr.
53. Persevere
54. Thesaurus abbr.
56. Lord of the Rings kingdom
58. End up as a raging success
62. Patronage
65. Exit
66. They come up with beautiful things
70. Combat flying
71. Harbingers
72. Promoters
73. Young's partner
74. Greatest boxer

75. Bluenose
77. Approves
78. Internet provider, for short
80. Baton Rouge campus, briefly
83. Mediterranean section
89. Mountaintop homes
91. Happened sooner
92. Indian dress
96. Marquand sleuth
97. Glucose and fructose, e.g.
98. Abba's "\_\_\_ the Music Speak"
99. Sounds of woe
100. Tucked away
102. Deck supervisors
104. Naval position
114. Accord maker
115. Down Under natives
116. '2001: A Space Odyssey' author
117. Spheres
118. Least possible
119. Flew for the first time flying
120. Some are numbered in N.Y.C.
121. Beach adjacent to Copacabana
122. Looks after

**DOWN**

1. To that point
2. Artist Chagall
3. "Strength, Courage and Wisdom, singer, India
4. Insulation
5. Close \_\_\_ (approach)
6. Latin stars

7. Split
8. Warm-up
9. Dish of leftovers
10. Church recess
11. Lecherous look
12. N.F.L. stats
13. Actress Swank
14. Solo
15. Move in a circle
17. Ford muscle car
19. Fairy tale sister
20. Gray
25. Diploma receiver
27. Pince-\_\_\_
29. Skeleton opener
30. Russian city
32. Flattish bread roll
33. "Bravo!"
34. The lady's
35. George Strait's "All My \_\_\_ Live in Texas"
36. Actress, West
37. Pitch
38. One-striper (abbr.)
39. Gehrig or Costello
40. Damage
43. Dolls of the 80s
44. Facilitate fiber removal
49. Showed off the car, in a way
50. Strapped for cash
51. Magnetic induction unit
52. Nobel invention, abbr.
55. Cable alternative
57. "Zoolander" star
58. Icelandic singer
59. Nets
60. Places for rent, abbr.
61. Port-au-Prince is its capital
62. Big galoot
63. Dark time for poets
64. Kind of station
65. V.I.P.'s
67. Musical "G"
68. Designer Pucci
69. More delicate
70. Website ranking technology, abbr.
74. Silly trick
75. Actress Zadora
76. Director Howard
79. Indian turnovers
81. Congeal
82. G.I. entertainers
85. War locale, informally
86. Fr. noblewoman
87. One engaged in, suffix
88. Blurbs
90. Classified abbr.
92. Bro, for one
93. Maui "good-byes"
94. Turn (to)
95. Music downloader
100. Top performers
101. Unit used in electromagnetism
103. Confidentiality agreement, abbr.
104. Witty remark
105. Annapolis sch.
106. "Q \_\_\_ queen"
107. "The \_\_\_ of the Ancient Mariner"
108. TV hosts
109. Quite often
110. Ad headline
111. Suffix in nuclear physics
112. Survived, just
113. 1990 World Series champs
115. French for friend

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Cocktails 7 pm | Dinner 8 pm  
Talley Student Union State Ballroom  
North Carolina State University

*Special Artist Performances*  
*Live & Silent Auctions Featuring Arts & Travel Experiences*  
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<https://one.bidpal.net/guesswhogala>

*Proceeds directly support the Artists in Schools Program*



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