



TRIANGLE  
**Downtown**  
MAGAZINE

ISSUE 152 • THE TRIANGLE'S LONGEST RUNNING MONTHLY • 145,000+ MONTHLY READERS • E-ISSUES AT [WWW.TRIANGLEDOWNTOWNER.COM](http://WWW.TRIANGLEDOWNTOWNER.COM)

**BOUR**  
**BLACK**  
**COLLARS**  
**MATTER**

**IN THIS ISSUE:**

**150+ BLACK-OWNED RESTAURANTS &  
RETAIL TO SUPPORT IN THE TRIANGLE**

- CHEETIE KUMAR LEAVES HER MARK IN RALEIGH
- MINDREADING IN DURHAM



"New Horizons Raleigh" by Dan Nelson www.twitter.com/danheartman

# Where to Order Takeout, Curbside Pick-Up, & Delivery in Downtown Raleigh

Downtown Raleigh restaurants are deemed essential businesses under the current stay-at-home order in Wake County and North Carolina. The Downtown Raleigh Alliance has created an ever-updated page on their website, which shows how you can continue to support local establishments by ordering takeout, curbside pick-up, and delivery, even while staying at home.

Visit [www.downtownraleigh.org](http://www.downtownraleigh.org) and click on the COVID-19 menu, then "Where to Order Takeout, Curbside Pickup, & Delivery at Downtown Restaurants & Bars" or type in the link below.

[www.bit.ly/dra-takeout](http://www.bit.ly/dra-takeout)

On the DRA COVID-19 page, there are also links for finding:

- All downtown retailers with extended services
- Where to buy groceries and other essentials in downtown
- The City of Raleigh's Temporary Curbside Parking information
- Downtown Raleigh virtual experiences
- How to work out at home with DTR fitness studios
- How to help DTR non-profits and community organizations
- 7 tips for supporting local businesses while staying safe
- More resources, including news and small business info

There are now temporary City of Raleigh curbside parking zones throughout downtown providing designated areas for customers and restaurants to safely interact. Until further notice, parking is also free of charge for on-street parking.

Remember, the first priority for everyone is to take appropriate steps to limit the spread of COVID-19 and ensure our entire community remains healthy. However, if you can, support the Downtown Raleigh small business community when it most needs your help.

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[www.downtownraleigh.org](http://www.downtownraleigh.org)



[www.triangledowntowner.com](http://www.triangledowntowner.com)



Triangle Downtowner Magazine has acquired BOOM! Magazine and both have been merged into one locally owned and run publication.

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www.TriangleDowntowner.com  
Please call to schedule an office appointment

919.828.8000

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www.triangledowntowner.com/pages/contact

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press@welovedowntown.com

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- CO-FOUNDERS Randall Gregg, Sig Hutchinson
- FOOD EDITOR Brian Adornetto
- LEAD DESIGNER Cyndi Harris
- PHOTOGRAPHERS Martin Evans, Darryl Morrow, Randy Bryant (in memoriam)
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The Triangle Downtowner Magazine is a locally-owned monthly print magazines dedicated to positive coverage of the Triangle area. Current and archived issues of the Downtowner are available at [www.TriangleDowntowner.com](http://www.TriangleDowntowner.com)

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Founded in 2005 with the purpose of featuring stories of our collective Triangle community and all people within it, promoting local business, and highlighting the good around us.

## TRIANGLE DOWNTOWNER MAGAZINE — ISSUE 152

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**ON THE COVER:** T-shirt design from Durham-based Kente Lifestyle Apparel in this month's lead story. Check out their shop at [www.kentelifestyle.com](http://www.kentelifestyle.com).

Follow us on our social media pages for photos and more news between print issues.



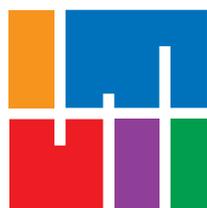
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Please recycle or give to a friend after you're done reading!

This magazine is proudly printed on recycled paper and uses toxin-free, environmentally-friendly soy ink.

## The Downtowner is a proud member of the following organizations



DowntownRaleigh Alliance





Beyú Caffè

# 150+ Black-Owned Restaurants, Retail, & Services to Support in the Triangle

We're proud that the Triangle area is a diverse and inclusive place to live, work, and play, where all are welcome. Together, we can make this an even better place to shop, dine, meet, and visit. Black owned businesses have been disproportionately affected by the effects of COVID-19, so what better way to show support for our community than to visit and become a customer to help businesses stay open and even grow during these difficult times. Seeking out and supporting local Black-owned businesses is an incredibly easy way to contribute to racial justice and support African American members of our community. This solution is also particularly local and influences economic and social equality right in

our backyard.

The list below is a combination of website directories from VisitRaleigh.com and DiscoverDurham.com, and augmented by our own search. Our list includes only brick and mortar businesses, so for a more comprehensive set of food trucks, online, wholesale, and other businesses, check out the two websites mentioned above. Please note: Some of the places listed may have decided to stay closed temporarily due to the COVID-19 crisis. We highly suggest checking the business websites or their social media pages before making plans or traveling.

## RALEIGH & SURROUNDING AREAS

**A Adara Spa**  
608 W Peace St. Raleigh, NC  
[www.adaraspa.com](http://www.adaraspa.com)

**Alpha Dawgs**  
6209 Rock Quarry Rd. Suite 102  
[www.alphadawgsinc.com](http://www.alphadawgsinc.com)

**Artikle.74 Clothing Company**  
602 W. South St., Raleigh, NC 27603  
[www.artikle74.com](http://www.artikle74.com)

**Awaze Cuisine**  
904 N.E. Maynard Rd., Cary, NC 27513  
[www.awazecuisine.com](http://www.awazecuisine.com)

**Balloonz**  
6260 Plantation Center Dr M 103 Raleigh, NC  
[www.theballoonzshop.com](http://www.theballoonzshop.com)

**Beans and Bubbles**  
3607 Falls River Ave  
[www.facebook.com/BeansBubblesBedford](https://www.facebook.com/BeansBubblesBedford)



Body Games Center

**Bestow Baked Goods**  
4208 Lassiter Rd., Holly Springs, NC 27540  
<https://bestowbakedgoods.com>

**Blalock's Barber & Beauty Salon**  
217 S Wilmington St  
<http://barberblalock.tripod.com>

**Boss of Vegan**  
2161 S. Wilmington St., Raleigh, NC 27603  
[www.bossofvegan.com](http://www.bossofvegan.com)

**Carolina Elite Women's Care**  
2501 Atrium Dr  
<http://carolinaelitewomen.com>

**Chick-N-Que**  
420 S. Main St., Rolesville, NC 27571  
<https://www.chicknque.com>

**The Chocolate Boutique**  
8480 Honeycutt Rd., Ste. 100, Raleigh, NC 27615  
[www.thechocolateboutiqueraleigh.com](http://www.thechocolateboutiqueraleigh.com)



Armstrong Center for Hope

**City Market Barber**  
307 S Blount St  
919.755.1544

**CORE Fitness Studio**  
1105 Capital Blvd  
<http://coreraleigh.com>

**Crema**  
421 Fayetteville St., Ste. 101, Raleigh, NC 27601  
<https://cremaandmore.com>

**D&S Cafeteria**  
1177 Buck Jones Road  
[www.dscafeteria.com](http://www.dscafeteria.com)

**Dame's Chicken and Waffles**  
1823 N. Harrison Ave., Cary, NC 27513  
<https://dameschickenwaffles.com>

**The District**  
317 W. Morgan St., Ste. 117, Warehouse District, Raleigh, NC  
[www.thedistrictraleigh.com](http://www.thedistrictraleigh.com)

**Find a Way Fitness**  
3607 Falls River Ave  
[www.findawayfitness.net](http://www.findawayfitness.net)

**The Fish House Seafood Market**  
837 Perry Rd., Apex, NC 27502  
[www.thefishhouseapex.com](http://www.thefishhouseapex.com)

**Holt Brothers Construction**  
421 Fayetteville St #1300  
<http://holtbrothersinc.com>

**Jack's Seafood & Soul Food Restaurant**  
1516 New Bern Ave., Raleigh, NC 27610  
[www.jacksseafoodandsoulfood.com](http://www.jacksseafoodandsoulfood.com)

**Jamaican Grille**  
5500 Atlantic Springs Rd  
<https://jamaican-grille.hub.biz>

**Jamaica Jerk Masters**  
1909 Poole Rd., Raleigh, NC 27610  
<https://jamaicajerkmasters.com>

**Jersey Mike's Subs**  
8111-107 Creedmoor Rd

1121-105 Falls River Ave

**Jonathan's Sports Lounge & Grill**

3400 New Birch Drive  
<https://jonathans-sportslounge.com>

**Joyce and Family Restaurant**

129 S. Main St., Fuquay-Varina, NC 27526  
[www.facebook.com/joyceandfamily](http://www.facebook.com/joyceandfamily)

**Kandy Apples by K**

6320 Capital Blvd  
[www.kandyapplesbyk.com](http://www.kandyapplesbyk.com)

**The Kupkake Fairy**

10123 Chapel Hill Rd., Morrisville, NC 27560  
[www.kupkakefairy.com](http://www.kupkakefairy.com)

**Kwench Juice Café**

9660 Falls of Neuse Rd  
[www.tapgo.to/kwenchjuiceraleigh](http://www.tapgo.to/kwenchjuiceraleigh)

**Lee's Kitchen**

4638 Capital Blvd  
1110 North Raleigh Blvd  
<http://leeskitchenjamaican.com>

**Little People Preschool**

4210 Saint James Church Rd  
[www.littlepeoplepreschoolnc.com](http://www.littlepeoplepreschoolnc.com)

**Mum's Jamaican**

3901 Capital Blvd  
[www.mumsjamaicanfood.com](http://www.mumsjamaicanfood.com)

**Nail Yeah**



*Bull City Dental*

22 Glenwood Ave.  
[www.nailyeah.com](http://www.nailyeah.com)

**Oak City Fish and Chips**

2822 New Birch Drive, Raleigh, NC 27610  
411 W. Morgan St., Raleigh, NC 27603  
[www.oakcityfishandchips.com](http://www.oakcityfishandchips.com)

**ORO Restaurant & Lounge**

18 E. Martin St., Raleigh, NC 27601  
<https://ororaleigh.com>

**Premier Cakes**

6617 Falls of Neuse Rd., Ste. 105, Raleigh, NC 27615  
[www.premier-cakes.com](http://www.premier-cakes.com)

**Progressive Taekwondo Academy**

702 Laura Duncan Rd. Apex  
<https://progressivetkdacademy.com>

**Proverbs Bakery**

2000 Cary Reserve Drive, Cary  
[www.proverbsbakery.com](http://www.proverbsbakery.com)

**Pure Juicery Bar**

716 Slash Pine Dr, Cary, North Carolina 27519  
[www.purejuicerybar.com](http://www.purejuicerybar.com)

**Rocket Fizz**

121. S Fayetteville St.  
<https://rocketbox.shop>

**Social Status**

308 Parham St., Raleigh, NC 27601  
[www.socialstatuspgh.com](http://www.socialstatuspgh.com)

**Swahili Grill**



*Gavin Christianson Bridal*

3721 Sumner Blvd., Ste. 100, Raleigh, NC 27616  
[www.swahiligrill.com](http://www.swahiligrill.com)

**Sweet Tea & Cornbread Grill and Eatery**

5 E. Edenton St., Raleigh, NC 27601  
[www.ncmuseumofhistory.org/sweet-tea-and-cornbread](http://www.ncmuseumofhistory.org/sweet-tea-and-cornbread)

**Sweetheart Treats**

10930 Raven Ridge Rd Suite 105  
[www.sweethearttreatsnc.com](http://www.sweethearttreatsnc.com)

**The Tumble Gym at Falls River**

10501 Shadowlawn Dr  
<http://thetumblegym.com>

**Uncorked**

10511 Shadowlawn Dr.

<https://uncorkedraleigh.com>

**Walking Crab**

1549 US 70 W., Garner, NC 27529  
<https://sites.google.com/view/walkingcrab>

**The ZEN Succulent**

208 S. Wilmington St., Raleigh, NC 27601  
<https://thezensucculent.com>

**DURHAM**

**The 360 Approach**

404 Hunt St #135  
[www.the360approach.com](http://www.the360approach.com)

**A-1 Lock & Safe**

3315 Guess Rd.  
[www.a1locksafefnc.net](http://www.a1locksafefnc.net)

**A'mare Beauty Spa**

1020 S. Miami Blvd  
[www.amarebeautybar.com](http://www.amarebeautybar.com)

**Accessibull Healthcare**

2609 N Duke St Ste 101  
[www.accessibullhealthcare.com](http://www.accessibullhealthcare.com)

**Acrosport Gymnastics**

3109 Rose of Sharon Rd  
[www.acrosportgymnasticsnc.com](http://www.acrosportgymnasticsnc.com)

**Alpha Bootcamp**

2210 Dominion St.  
[www.vagaro.com/alphabootcamp](http://www.vagaro.com/alphabootcamp)

**APlus Test Prep**

3500 Westgate Dr #403  
[www.aplushigherscores.com](http://www.aplushigherscores.com)

**The Armstrong Center for Hope**

5315 Highgate Drive, Suite 102  
[www.armstrongcfh.com](http://www.armstrongcfh.com)

**Ashley Squared Salon**

2232 Page Rd #104  
<https://square.site/book/536H6Q39BA3TJ/ashley-durham-nc>

**The Aura Galleria**

3742 Durham-Chapel Hill Blvd.  
[www.theauragalleria.com](http://www.theauragalleria.com)

**Backyard BBQ Pit**

5122 NC-55  
[www.sweetribs.com](http://www.sweetribs.com)

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www.styleseat.com/m/v/  
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1200 Broad St  
919.423.1536

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341 W Main St and at @DukeU  
www.beyucaffe.com

**Big C Waffles**  
2110 Allendown Dr #9201  
www.bigcwaffles.com

**Bikram Yoga Durham**  
103 Belt St.  
www.bikramdurham.com

**Black Moon Art Jewels**  
914 Vickers Ave  
www.icre8temagic.com

**Blackspace**  
212 W Main St  
www.theblackspace.org

**Body Games Center**  
3823 Guess Rd  
www.thebodygamescenter.com

**Boricua Soul**  
406 Blackwell St #150  
www.boricuasoulinc.com

**Bull City Apparel**  
3023 Fayetteville St.  
www.thebullcitystore.com

**Bull City Car Wash**  
1810 W Markham Ave  
www.bullcitycarwash.com

**Bull City Dental**  
106 West Parrish Street #1  
www.bullcitydental downtown.com

**Bull City Music School**  
3329 Chapel Hill Boulevard,  
Studio D  
www.bullcitymusicschool.com

**Calculus Commercial**  
108 1/2 E. Parrish St.  
www.calculuscommercial.com

**Capital Seafood**  
1304 University Dr.  
919.402.0777

**Catalyst Therapeutic Services, PLLC**  
3616 Shannon Rd., Suite 200  
www.catalystnc.com

**Chicken Hut**  
3019 Fayetteville St  
www.chickenhutnc.weebly.com

**Choice Cutts Barber/ Styling**  
208 Foster St.  
www.choicecutts.com

**The Choice Performance Center**  
5314 Highway 55, Suite 10  
www.strongerandfasterdurham.com

**Clemons Cosmetic And Family Dentistry**



Accessibull Healthcare

5011 Southpark Drive Suite 110  
www.smilesbyclemons.com

**Creative Care Early Learning Academy**  
702 E Maynard Ave  
www.creativecareelp.weebly.com

**Crissy Shined Nails**  
1910 Sedwick Road, Bldg. 200,  
Suite D  
www.crisshinednails.com

**Dame's Chicken & Waffles**  
530 Foster Street  
www.dameschickenwaffles.com

**Desiree T. Palmer, DMD, PA and Associates**  
105 Newsom Street, Suite 204  
www.anewreasontosmile.com

**Durham Family Medicine**  
2400 Broad St #1  
www.durhamfamilymedicine.net

**Durham Vape Shop And Lounge**  
4422 N Roxboro St. A  
www.durhamvapelounge.com

**Ego Barber Lounge**  
3823 Guess Rd., Suite K  
www.egobarberlounge.com

**Elizabeth Ashley & Co**  
6011 Fayetteville Road, 201  
www.elizabethashleyco.com

**Empower Dance Studio**  
109 W Parrish St  
www.empowerdancestudio.com

**Empowered Minds Academy**  
311 Oakwood Ave.  
www.empowermindsacademy.com

**Exotique**  
319 W Main St  
www.theexotique.com

**EZ Rentalz LLV**  
804 Junction Rd.  
www.ezrentalz.com

**Favor Desserts**  
5607 NC-55  
www.favordesserts.com

**For Alma Home**  
737 9th Street, Unit 270  
www.foralma.com

**Farrar Family Dentistry**  
7010 NC-751, Ste. 103  
www.farrarfamilydentistry.com

**Gavin Christianson Bridal**  
125 E Parrish St  
www.gavinchristiansonbridal.com

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www.georgestevensinsurance.com

**GMMC Digital**  
112 Hunt St.  
www.gmmcdigital.com

**Goorsha**  
910 W Main St  
www.goorshadurham.com

**Hairizon**  
3119 Guess Road  
www.hairizonbeauty.com

**Harlem Beer NC**  
2210 E. Pettigrew St.



Saltbox Seafood



Total Fitness



Zweli's Kitchen

https://harlembeernc.com/

**Harper's Parlour**  
902 Old Fayetteville St. Suite 109  
919.491.6994

**Harvest Learning Center**  
2400 Nelson Highway  
www.harvestlearningcenter.com

**Hayti Heritage Center**  
804 Old Fayetteville St.  
www.hayti.org

**Head Mechanics Barbershop**  
3315 Guess Road #2  
www.headmechanicsbarbershop.com

**The Heir Salon**  
4104 Sures Ct #5  
www.theheirsalon.com

**The Hemptender**  
1920 NC-54  
www.thehemptender.com

**Hersey Pharmacy**

4711 Hope Valley Road, Suite 5F  
www.herseypharmacy.com

**Jackie Moore Salon**  
905 W Main St, Suite 24D  
www.jackiemooresstyle.com

**JC's Kitchen**  
706 E. Main St  
www.jcskitchens.com

**Jeddah's Tea**  
123 Market St Suite A  
www.jeddahstearoom.com

**Just the Right Touch Massage & Spa**  
731 Broad Street Suite-A  
www.justtherighttouchspa.com

**Kente Lifestyle Apparel**  
www.kentelifestyle.com

**Kidz Kamp Drop-In Care, LLC**  
912 Ninth St.  
www.kidzkampdropin.com

**Knox St Studios**  
1307 W Knox St  
www.knoxststudios.org

**Kompleks Creative**  
106 West Parrish St. Suite 2  
www.komplekscreative.com

**Kreative Kidz NC**  
2022 S Miami Blvd  
www.kreativekidznc.com

**The Lather Lounge**  
2902 Hillsborough Rd, # B  
www.thelather.com

**The Law Office of Julian M. Hall**  
817 North Mangum Street  
http://jmhllawpllc.com

**Lionel Nelson Family & Cosmetic Dentistry**  
3325 Durham-Chapel Hill Blvd.  
#303  
www.nelsongentledental.com

**Lula And Sadies**  
30 Foster St Suite 1  
https://durhamfoodhall.com/eat/  
lula-and-sadies

**M&M Tutoring Service**  
3326 Durham Chapel Hill Blvd.,  
Suite C-120  
www.mmedugroup.org

**Mechanics & Farmers Bank**  
116 W Parrish St.  
www.mfbonline.com

**Mindful Bodies**  
1058 West Club Blvd  
www.mindfulbodies.net

**Morehead Manor**  
914 Vickers Ave  
www.moreheadmanor.com

**Nailz**  
3209 Guess Road Suite 202  
www.nailznc.com

**Nolia Family + Coffee**  
1004 Morning Glory Ave  
www.noliacoffee.com

**Nora's African Groceries**  
4837 NC 55 Hwy  
www.norasafriancgroceries.com

**Northstar Church Of The Arts**  
220 W Geer St  
www.northstardurham.com

**The North Carolina Center for Dermatology**  
6216 Fayetteville Rd. Suite #102  
www.nccdermatology.com

**North Carolina Mutual Life Insurance Company**  
411 W Chapel Hill St.  
www.ncmutualife.com

**Nzinga's Breakfast Café**  
826 Fayetteville St #110  
www.nzingasbreakfastcafe.com

**Open Wide Family Dentistry**  
121 Sherron Rd #108  
www.openwidefamilydentistry.com

**The Palace International**  
1104 Broad St  
www.thepalaceinternational.com

**Perkins Orchard**  
5749 Barbee Rd  
www.perkinsorchard.com

**Persessi Hemp**  
714 Ninth St. Suite 102  
www.persessihemp.com

**Pierce McCoy's Shoe Shine**  
341 W. Main St.

**Polar Panda's Snoballs Of Durham**  
116 N Mineral Spring Rd.  
www.polarpandasnoballs.com

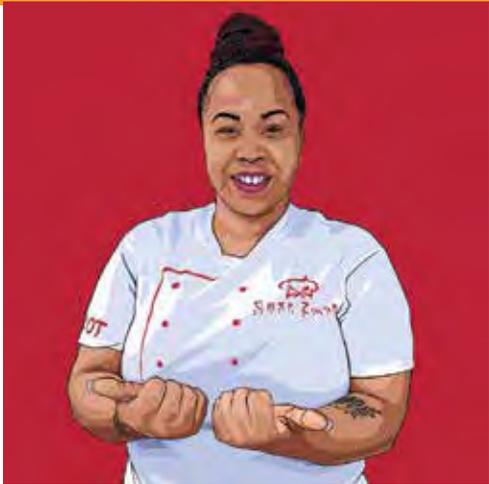
**Portfolio Group LLC**  
1543 Cooper St. Suite E  
www.portfoliogroupllc.com

**Prime Athletic Training and Fitness Institute**  
3738 Durham-Chapel Hill Blvd  
www.patfi.com

**Providence Smiles**  
632 Gary St.  
www.providence-smiles.com

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411 W. Chapel Hill St.  
www.provident1898.com

**Psychological Assessment, Consultation & Therapy Center**



Nzinga's Kitchen



Renaissance Barber

911 Broad Street  
www.pactnc.com

**The Renaissance Barbershop**  
7001 Fayetteville Rd #131  
www.therenaissancebarbershop.com

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3825 S Roxboro St #138  
984.219.6043

**Roy's Kountry Kitchen**  
2514 Fayetteville St  
www.facebook.com/RoysKountryKitchen

**Russell's Pharmacy**  
2116 Angier Ave  
www.russellspharmacyshoppe.com

**Saltbox Seafood Joint**

608 N Mangum St  
www.saltboxseafoodjoint.com

**Shaw's Karate**  
1921 N. Pointe Dr. #140  
http://shawskarate.com

**Shear Luxury Salon**  
2905 Guess Rd #3  
www.tiffanydenise.com

**Sho Nuff Seafood**  
518 E Trinity Ave.  
www.shonuffseafoodnc.com

**Sincerely Yours Salon**  
2718 Hillsborough Road  
www.sincerelyyourssalon.com

**Skewers Bar & Grill**  
1013 W Main St.  
www.skewersbarandgrill.com

**Skin Wellness Dermatology Associates**  
245 East NC Hwy. 54, Suite 202  
www.skinwellnessdermatology.com

**Sophisticated Catering & Event Planning**  
408 Christian Ave., Ste. 3  
www.sophisticatedcatering.com

**Soul Good Vegan Café**  
4125 Durham-Chapel Hill Blvd, Suite 1  
www.soulgoodvegancafeapp.com/

**Speights Auto Services Center**  
4723 Fayetteville Rd.  
www.facebook.com/speightsauto

**Spring Metro Grooming Lounge & Spa**  
2200-G Dominion St.

www.springmetrogrooming.com

**Sweet's Smoothies**  
2506 Fayetteville St.  
www.sweetssmoothies.business.site

**Tater Bread Café**  
1108 Morning Glory Ave  
919.251.9265

**Tips and Needles, LLC**  
1230 Avondale Dr Suite 16  
www.facebook.com/tipsandneedles

**TNP Fit**  
308 S Driver St  
www.tnpfit.com

**Total You Fitness & Nutrition, LLC**  
1005 Holloway St.  
www.facebook.com/

TotalYouFitness1

**True Flavors**  
5410 Highway 55 Suite AJ AK  
2022 Chapel Hill Rd  
t www.rueflavorsdiner.com

**U-Dirty Dog Selfwash Spa**  
105 W NC-54, Suite 255  
www.udirtydogselfwash.com

**United Thai Boxing & MMA**  
4900 NC Hwy 55  
www.unitedthaiboxing.business.site

**Unity & Respect Barber Styling**  
4823 Meadow Dr. #102  
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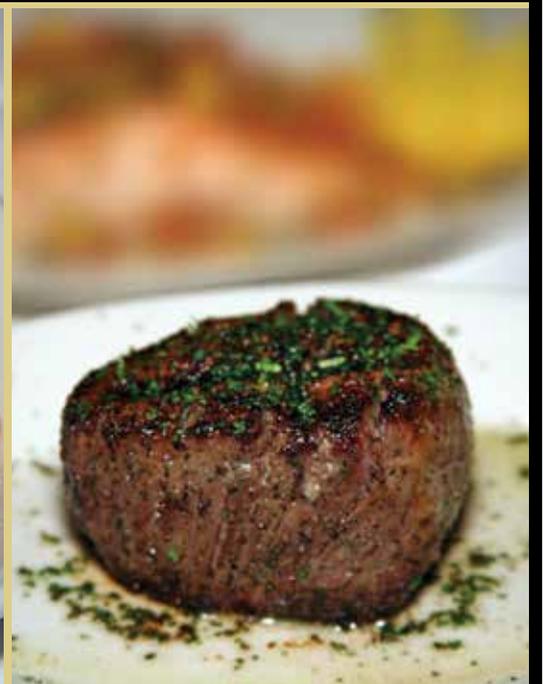
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# Cheetie Kumar leaves her mark on Raleigh's Food Scene



**C**hef-musician-small business owner Cheetie Kumar was recently named a James Beard Award finalist for Best Chef: Southeast for her work at Garland, an Indian- and Asian-inspired restaurant in downtown Raleigh. She's also an ambassador for Raleigh, N.C., to an international audience in a new video from Brand USA (link at the end of this article).

Since opening her spice-driven restaurant, Garland, in downtown Raleigh in 2013, Cheetie Kumar has more than made her mark on Raleigh's food scene, along the way earning heaps of praise from the food media during her ascent from local celebrity to nationally-acclaimed chef.

Southern Living named the chef-musician-small business owner one of "30 Women Moving Southern Food Forward," *Food & Wine* dubbed her "a rock star chef, literally," *Garden & Gun* called on the rising star to give readers an inside tip on eating like a local in Raleigh and Kumar—who grew up in India—was

featured in a piece by *The New York Times* (Exuberant Diwali Sweets from a Rock-Star Chef). "Her food is nuanced and edgy, and so is she," the Times wrote.

And while 2020 is proving to be a challenging year for restaurants (Garland had been temporarily closed due to COVID-19 but is now offering "heat and eat" meals for pickup), it's also Kumar's breakout year in at least one respect.

Her dishes – pakora chaat, Moroccan hummus, tandoori chicken, vegetable curry and the like – earned her four consecutive James Beard semifinalist nominations for Best Chef: Southeast before being named a finalist for the same award (winners will be announced Sept. 25, 2020). It's the biggest honor to-date of Kumar's young career.

Kumar's accomplishments as a small business owner (she's co-owner of not just Garland, but also KINGS, a music venue, and Neptunes Parlour, an underground cocktail bar) also make her a perfect ambassador for Raleigh to an international audience.

Brand USA, the official destination marketing organization of the United States, has a video series called "Ask a Local" which uses a documentary-style approach to sharing travel experiences through the voices and faces of U.S. residents. These first-person recommendations highlight local attractions, food, nightlife, music, and scenery throughout the 50 states, five territories, and the District of Columbia.

In her video appearance, Kumar shares what she believes makes Raleigh special and highlights some of her favorite local places: Boulton Bread, Poole's Diner, Raleigh Denim Workshop, Guest House Raleigh, and more!

Check out her Brand USA video at <https://bit.ly/cheetie-video>.

*Photos via VisitNC.com and VisitRaleigh.com. This article originally appeared on VisitRaleigh.com.*



# From the Publisher



As the pandemic continues to cause distress for so many of our local businesses, they need our help more than ever. Reports show that Black-owned businesses have been affected disproportionately more than others, so for this issue, we've curated a list of Black-owned restaurants, retail, and services throughout the Triangle that we can all help support. Seeking out and supporting local Black-owned businesses is an incredibly easy way to contribute to racial justice and support African American members of our community. This solution is also particularly local and influences economic and social equality right in our backyard. As businesses hopefully begin to open back up from the stay-at-home order later this month, we hope you'll check out our list and choose to safely dine out or use products or services from these businesses. Lifting each other up in times such as these is the right thing to do.

We're hoping North Carolina's Phase 1 will begin on time this month, with Phase 2 coming a few weeks later, if the statistics allow it. Life is certainly more difficult while we all work through COVID-19. If you missed last month's issue, be sure to give it a read on our website at

[www.triangledowntowner.com](http://www.triangledowntowner.com). Our lead article discusses how businesses are pivoting to deal with the pandemic, and includes stories of hope as well as a list of COVID-19 resources for individuals and businesses. Please stay safe by staying at home as much as possible and limiting your exposure. Help others who may need a hand shopping for groceries, taking care of their pets, or performing other daily tasks. Let essential workers know that you appreciate their dedication and their efforts to keep us safe. Order take out when possible to help the hospitality industry. If we can all do just a little, it adds up to a lot.

Cheers,

*Crash*

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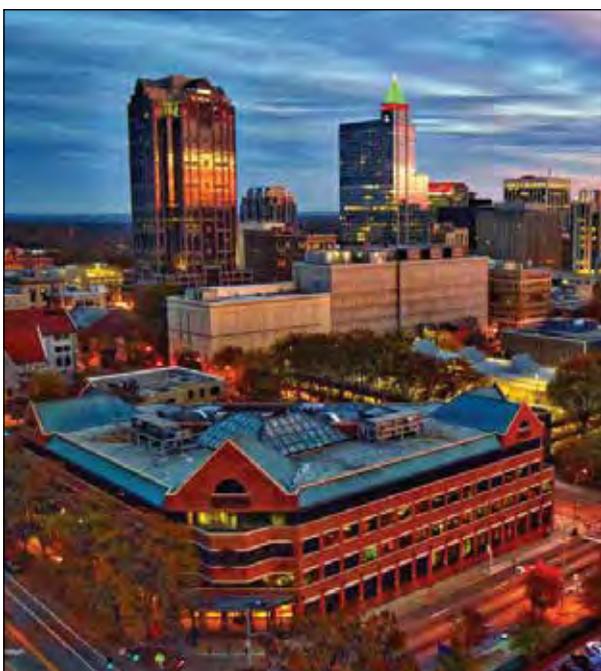
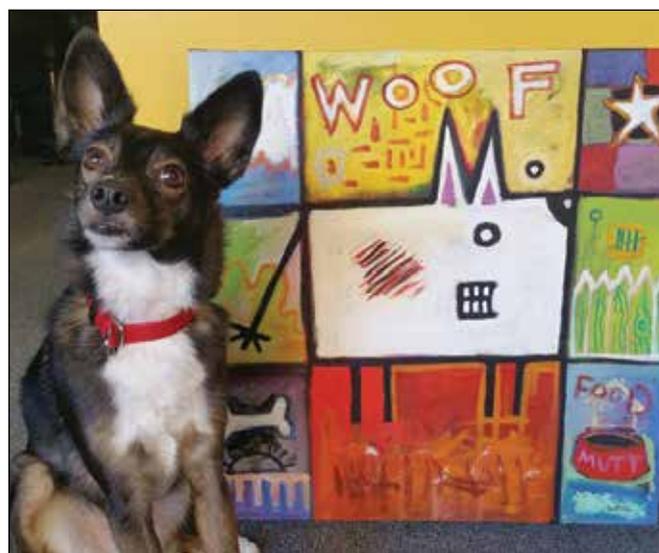
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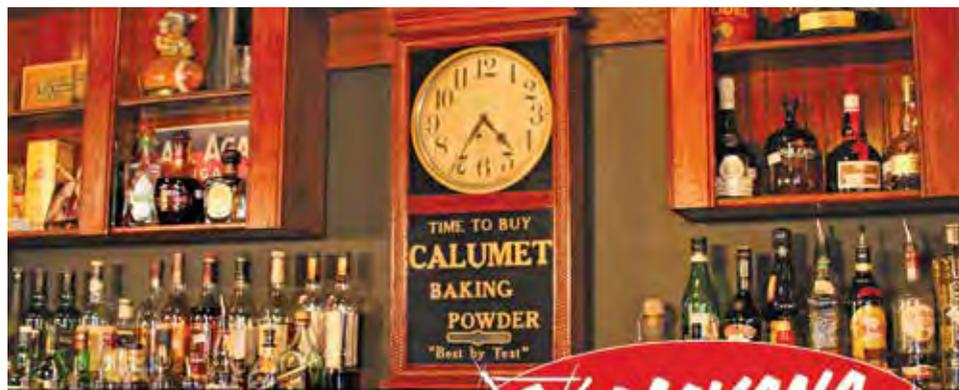
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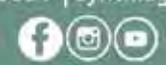
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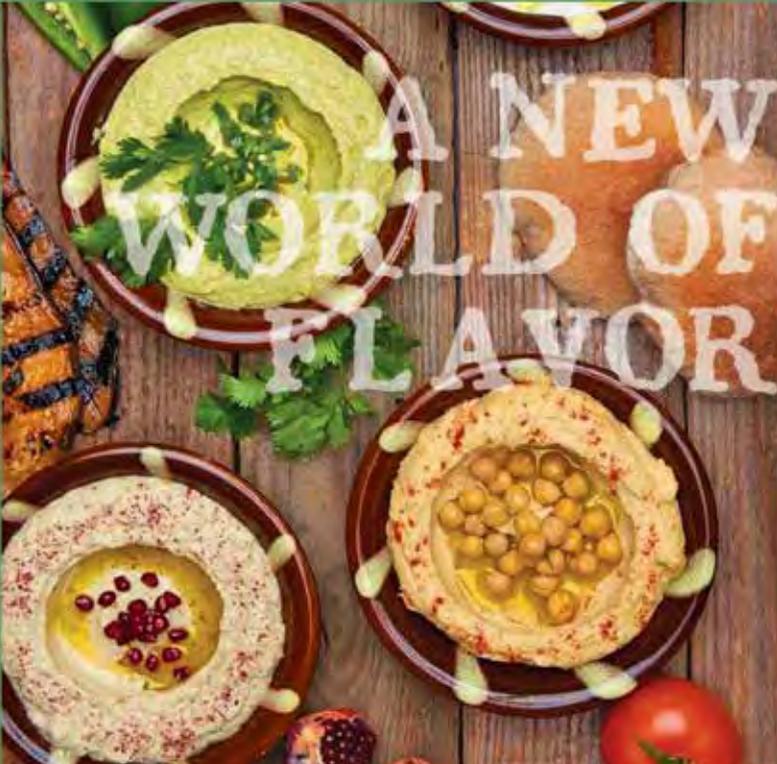
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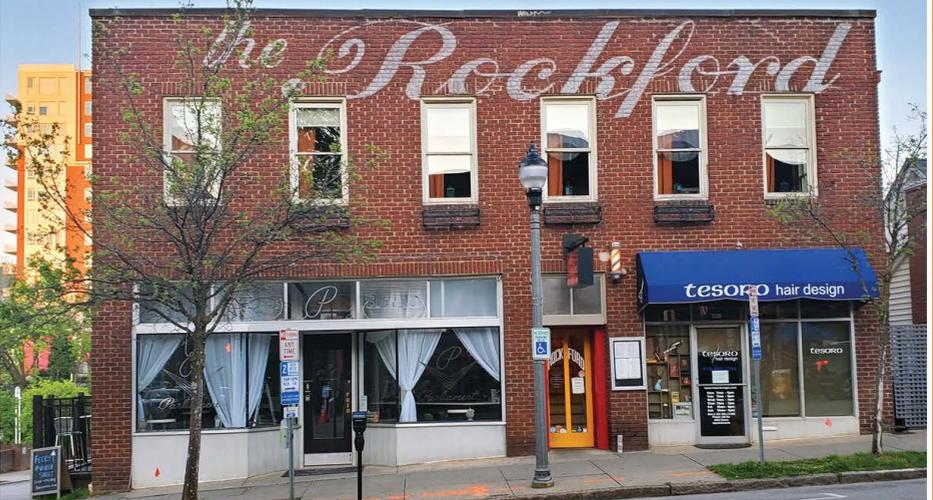
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# Mindreading in Durham

BY BOB CHAPMAN



For 85 years, Durham has been a well-known center for the study of psychic experiences – including telepathy, clairvoyance, psychokinesis, and precognition.

Researchers affiliated with the Duke University Parapsychology Laboratory in the 1930s, with Duke's Institute for Parapsychology and the Psychical Research Foundation through the 1970s, and with later organizations including the Foundation for Research on the Nature of Man and today's Rhine Research Center, have been attempting to determine whether ESP can be scientifically proven or disproven.

The earliest academic studies of ESP occurred at Stanford in 1911. Research in Parapsychology began at Duke in 1927 with the arrival from Harvard of Dr. William McDougall to head Duke's psychology department. President William Preston Few supported McDougall's interest in paranormal research, including his desire to find proof of life after death.

McDougall invited Joseph Banks Rhine and his wife Louisa Rhine, both of whom had earned PhDs (in Botany) from the University of Chicago, to come to Durham. J. B. Rhine joined the faculties of Psychology and Philosophy.

Earlier, J. B. had heard a lecture by Sir Arthur Conan Doyle on communicating with the dead. He wondered whether he, as a scientist, could design repeatable experiments and use statistical analysis to find the truth. He left plant physiology behind and began working with the Boston Society for Psychical Research. J.

B. and Louisa co-authored an article in the *Journal of Abnormal and Social Psychology* that exposed a very popular Boston medium, one of Doyle's favorites, as a fraud. It is said that Doyle responded in a Boston newspaper, "J. B. Rhine is an ass."



*Symbol cards the Rhines used to test the psychic ability*

By 1935, J. B. Rhine had coined the term extrasensory perception (ESP), established parapsychology as an academic pursuit, and become world famous. He defined four forms of ESP: telepathy (mind-to-mind communication without known physical means), clairvoyance (seeing things not present), precognition (knowing things before they happen) and psychokinesis (mind over matter). Dr. Rhine believed by proving ESP was real and that it operated independently of the physical and mortal body, there might also be something about humans that could survive the death of the body. Rhine's interest in ESP was derived from the fact that ESP was largely non-physical and could sustain the notion that there was something non-physical that might survive death of the body.

Over the next five decades Rhine would conduct hundreds of thousands of iterations of the same experiments, often using decks of 25 cards – five cards of five symbols – a circle, a plus sign, wavy lines, a square, and a star. By simple chance anyone should be able to guess right once in every five tries. Very early on, one Duke student reportedly had an average of 9.6 hits (correct guesses) out of 25 in 1,000 trials. The Rhines believed they were on to something.

Duke's Parapsychology Laboratory started in an office in the medical school, and for 30 years it was housed in on East Campus. Louisa joined J. B. full time in 1948. The lab became the Institute for Parapsychology. When J. B. retired in 1965, sponsorship was transferred from Duke to the newly formed Foundation for Research on the Nature of Man, just across from East Campus at Trinity and Buchanan. The work continues today at the renamed Rhine Research Center near West

Campus.

Individuals from around the world with reputed psychic abilities came to live in Durham, a few to work with the Rhine Lab, others with a parapsychology group affiliated with Duke's Electrical Engineering department, and others with the Psychical Research Foundation, a spin-off from the Rhine lab run by Bill Roll. Roll was a well-known ghost hunter and Dr. Rhine wasn't really interested in things that couldn't be studied in a lab. Oddly, I met Dr. Roll several times while I was hitchhiking. He could surely tell good ghost stories.

I remember one other strange event that happened one very snowy day in 1976. I was involved with the Duke student FM station. A filmmaker was promoting a new movie named William Shatner's *Mysteries of the Gods* with a very nice elderly lady named Anna Mitchell Hedges. She owned an anatomically correct crystal skull that she said she found in the Mayan ruins of Labantuum. It was a very eerie object believed by some to have strong occult powers. I asked her if we could carry it over to Dr. Rhine's lab on the other side of campus so he could look at it. She said, "Yes, but it's quite heavy, so you'll have to carry it." I'll never forget walking across a snow-covered East Campus carrying the skull in its velvet box. When we got to the lab, no one knew where the Rhines were. "Don't worry," we were told, "They've never missed a day of work – regardless of the weather. They'll be here." Finally, Louisa called in and was told about the skull awaiting them. They called again later and said they wouldn't be able to come in after all. Crystal skulls really weren't the kinds of things the Rhines were interested in. They wanted to concentrate on things that could be tested and measured.

The work of J. B. and Louisa Rhine and others continues today at the Rhine Research Center located at 2741 Campus Walk Avenue in Durham. Learn more at [www.rhineonline.org](http://www.rhineonline.org).

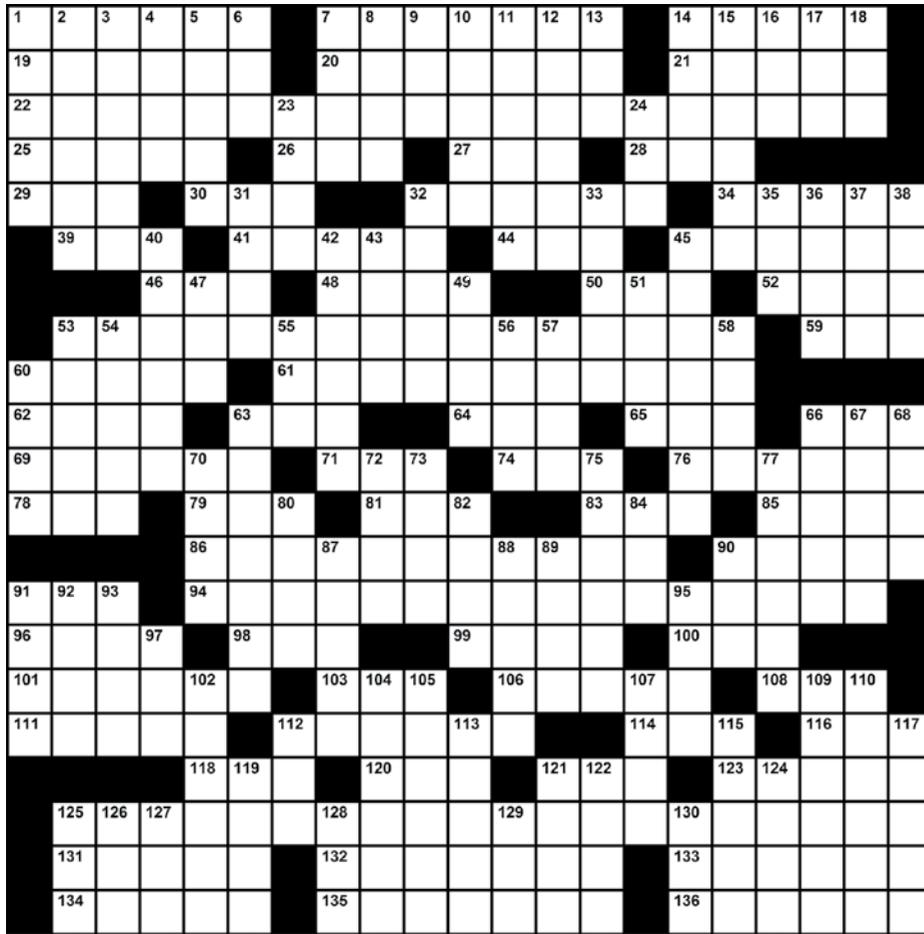
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*Rhine was among the first parapsychologists in America*



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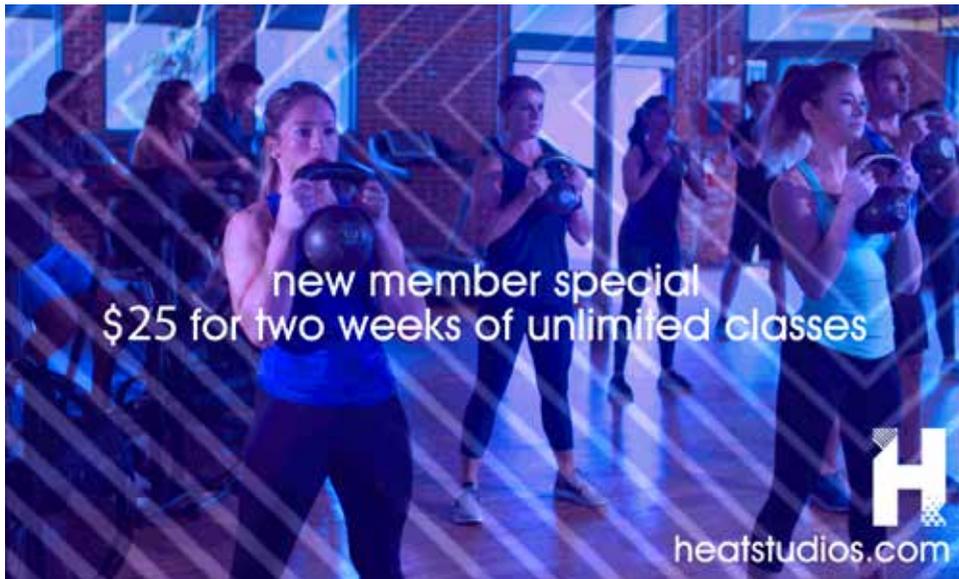
1. Dismissal from a position
7. Mythical twin
14. Social class
19. Found
20. Iridescent
21. Arches
22. See someone committing a crime
25. Despite
26. They are Blue in Vegas
27. Turkish title of rank
28. Many months of Sundays
29. "Thanks a \_\_\_!"
30. Massage locale
32. Get hot under the collar
34. Locate
39. Porcino
41. Oafish
44. Attend, as a movie
45. Wreak havoc
46. Farm animal
48. Consider
50. "Who \_\_\_ we kidding?"
52. Puppy's cry
53. What a bulldozer runs on
59. Sue Grafton's "\_\_\_ for Lawless"
60. Bay of Naples isle
61. Fading
62. Head problem
63. Binary
64. "Don't \_\_\_!"
65. Justified
66. Scrooge's cry
69. Civil War battle
71. Grass
74. 1984 Leon Uris bestseller, with "The"
76. Interstellar gas cloud
78. "If only \_\_\_ listened ..."
79. Excel chart

81. Native American
83. Last, for short
85. Vitamin C ingredient
86. Grant voting rights to
90. Necktie
91. Gangster gun
94. 1958 Elizabeth Taylor/Paul Newman drama
96. WWII coalition of countries, with The
98. Belief
99. Tolkien creatures
100. Costume mo.
101. Gentle breeze
103. Square \_\_\_\_, round hole
106. Lateen-rigged sailing vessels
108. Galahad's title
111. Departure
112. Undergo diffusion
114. Comic character comment
116. Electrical unit
118. Kernel keeper
120. Off-broken promise
121. Reliever's stat
123. Spokes
125. What anglers are often doing
131. Old Irish writing
132. Inculcate
133. Crisp bread
134. Fertile soil
135. Physician's prescription
136. Most crafty

**DOWN**

1. \_\_\_'s Razor
2. European language type
3. Arbitrate
4. Dashboard instrument

5. Group character
6. Legal thing
7. "La Dolce Vita" setting
8. Sports event
9. Kind of jacket
10. Arm bones
11. Feudal lords
12. Certain Christian
13. Pol with a six-yr. post
14. Small salmon
15. "To do" list
16. Dead, e.g.
17. Sue Grafton's Kinsey Millhone, e.g.
18. D.C. time setting
23. Arabian Peninsula land
24. Course area
31. Loading site
32. Inscribed pillar
33. Ticker
35. Climbing plant
36. Scottish Highlander
37. Wrinkled skin fruit
38. Brings spirit
40. Tube-nosed seabird
42. Newspaper executive
43. Lambaste
45. Election extender
47. Chinese river
49. Latino rock group
51. Bust, so to speak
53. Hiding place
54. Garden pest
55. Handle rudely
56. Hurry up
57. Currency of Bangladesh
58. Leg joint
60. Alternative to plastic
63. Feature of the top of Mt. Everest
66. Swindle
67. Nonchalant
68. "Stop!" at a check-point
70. Gp. with Indonesia and Algeria as members
72. Chinese currency
73. European erupter
75. The right way
77. Makes foolish
80. New newts
82. Reflection of sound
84. Wahine accessory
87. Frolics
88. Large group
89. Desire
90. Semicircle
91. \_\_\_ Strip
92. Pink-slipped
93. Indian lodging (var)
95. Nozzle
97. Lady described
102. Desert bloomers
104. Migrator
105. Film-maker, Jean-Luc
107. Prosperity
109. Treat with element 53
110. Large-horned mammals
112. Samurai's sash
113. Pinger
115. African pen
117. Strength
119. Current measures
121. Units in physics
122. Torn
124. Italian wine center
125. Army rank, for short
126. "Long, long time \_\_\_"
127. Specifying article
128. Bag
129. "\_\_\_ Hard" Willis film
130. Typographer's concern



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