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INTERNSHIPS/APPRENTICESHIPS:

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- PUBLISHER & CO-FOUNDER Crash S. Gregg
- CO-FOUNDERS Randall Gregg, Sig Hutchinson
- FOOD EDITOR Brian Adornetto
- LEAD DESIGNER Cyndi Harris
- PHOTOGRAPHERS Darryl Morrow, Crash S. Gregg, Randy Bryant (in memoriam)
- WRITERS Brian Adornetto, Christy Griffith, Peter Eichenberger (in memoriam)
- SOCIAL MEDIA & PRINT SUPPORT Madison Callahan

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**ON THE COVER:** Get your scream on at some of the many great local ice cream shops and you might discover amazing creations like the Double Dark Chocolate Milkshake with Red Velvet Cupcakes at Andia's Homemade Ice Cream in Cary.

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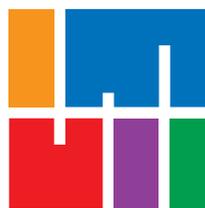


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*Ice cream popsicles are just a few of the sweet treats you'll find at Mama Bird's Ice Cream.*

# The Inside Scoop on Local Ice Cream

BY MEAGAN BYRNE

The Raleigh area's agricultural background and vibrant artistic culture are together helping local chefs create unique spins on everyone's favorite summertime treat. With fresh and local ingredients such as milk from local grass-fed cows to ripe peaches and strawberries from local farmers, Raleigh's ice cream makers are creating desserts you shouldn't miss on any summertime road trip.

## *Andia's Homemade Ice Cream*

A family-owned business led by Andia Xouris, Andia's Homemade Ice Cream is proud to serve up its national award-winning ice cream made with premium ingredients and often served as part of an over-the-top creation. The shop offers a wide variety of decadent flavors as well as a vegan flavor and two sorbets, always available for their lactose-intolerant and vegan friends. In July 2020, they opened a second brick and mortar location in Cary to better serve their loyal customers.

10120 Green Level Church Rd, #208, Cary, NC 27519



*You can always find over-top amazing creations at Andia's Homemade Ice Cream.*

1008 Ryan Rd, Cary, NC 27511  
919.901.8560  
<https://andiasicecream.com>

## *FRESH Local Ice Cream*

Brett Hillman and his wife began their ice cream journey back in their hometown in N.Y. where they owned a Carvel franchise. A few decades later, the couple brought their love of the frozen treat to Raleigh where they knew they could find local organic farms and a

*With three locations, FRESH Local Ice Cream has a big Triangle fan base for their organic-made ice cream treats.*





Goodberry's frozen custard is whipped until there's no air left, resulting in "concrete" so thick you can flip it upside down, as you'll see their servers often do.

by trade, Buck first made his ice cream as a treat for his kids. After seeing how much they loved it, he took a year off and studied the ins and outs of ice cream making. His first batches were only available via hand truck in downtown Raleigh, but now you can find Lumpy's in Wake Forest and their roving ice cream truck.

306 E. Wait Ave., Wake Forest, NC 27587  
919.878.7700  
[www.lumpysicecream.com](http://www.lumpysicecream.com)

strong community that would love their product as much as they did. They took over Fresh Local Ice Cream on Glenwood Ave. in 2011 and business boomed. Their ice cream base comes from a nearby farm, ensuring that their flavors are made fresh daily. They also have locations in downtown Cary and Apex.

6033 Glenwood Avenue, Raleigh, NC 27612  
919.785.5030  
[www.freshlocalicecream.com](http://www.freshlocalicecream.com)

### Goodberry's Frozen Custard

Not technically ice cream but a frozen treat staple in Raleigh. Opening its doors in 1988, Goodberry's Frozen Custard focuses on pure, honest ingredients to make their frozen treats. In the beginning, not many Southerners knew what frozen custard was, but the concept of their "concrete" quickly caught on. The term "concrete" comes from the fact that their custard is whipped until there is little to no air left, resulting in a thick, creamy texture. So thick, in fact, that you can flip your cup upside down and the custard will not pour out (as you'll see the servers often do before they hand over your order. Made fresh hourly, locals know to check out the flavor of the day on their website and customize their concrete with a variety of toppings and sauces.

2042 Clark Ave., Raleigh, NC 27605  
They have two other North Raleigh locations, two in Cary, and one each in Wake Forest, Garner, and Durham. Visit their website for locations and hours.  
919.833.9998  
[www.goodberrys.com](http://www.goodberrys.com)

### Howling Cow Ice Cream

North Carolina State University's own Howling Cow ice cream has long been one of Raleigh's favorite hidden gems on the Wolfpack campus (the ice cream debuted at the North Carolina State Fair in the 1970s, and at the student library in 1980), but the new Dairy Education

Center and Creamery – which opened in 2020 – has given customers better access than ever to this dangerously good dessert that uses fresh milk and cream from the cows that live on the 329-acre on-site campus farm. As the name states, the Dairy Education Center and Creamery is more than just another location to find this tasty treat (the ice cream is still served at several locations on campus today, and also found in some local Harris Teeter grocery stores) – it's also a destination learning center equipped with interactive video exhibits so visitors can enjoy an ice cream sundae while learning about the plant's operations and discovering the many facets of the state's dairy industry. Guided tours of the farm, research facility, Education Center and Randleigh Heritage Dairy Museum are also available.

100 Dairy Ln. (off Lake Wheeler Rd), Raleigh, NC 27603  
919.513.4695  
<https://howlingcow.ncsu.edu>



You'll always find local all-natural ingredients and hormone-free milk and cream from nearby farms in Lumpy's ice creams.

### Lumpy's Ice Cream

The brainchild of chef Buck Buchanan, Lumpy's Ice Cream is based on a simple philosophy: keep it simple and keep it local. A chef by training and restaurateur



Just a few of the many flavors at Mama Bird's in Holly Springs

### Mama Bird's Ice Cream

What started as an experiment in flavor, quickly evolved into a community-wide obsession for making the best quality ice cream for anyone who walked in their door. From the kitchen counter to the farmers market and beyond, their dedication to unique flavors crafted from premium ingredients and passion for pleasing has brought Mama Bird's to where they are today. With their main location Holly Springs, ice cream fans can also find their scoops in the Morgan Street Food Hall (although they're temporarily closed for COVID-19 at the time of this writing). At Mama Bird's, you'll always find a bevy of rotating creamy handmade ice cream flavors to choose from, as well as ice cream pies and cakes, popsicles, cookie cakes, soda floats, milkshakes, brownies, and more.

304 N. Main Street, Holly Springs, NC  
919.762.7808  
[www.mamabirdsicecream.com](http://www.mamabirdsicecream.com)

### Sunni Sky's Homemade Ice Cream

For a humble ice cream shop tucked away nearly twenty miles south of downtown Raleigh in Angier, N.C., Sunni Sky's owners Scott and Staci Wilson sure have made a name for themselves. The shop's Cold Sweat ice cream flavor – made with a variety of chili peppers and hot sauces – has been dubbed the "spiciest sweet on the planet" and earned attention from Food Network,

>>>



Left: More than 120 homemade flavors are crammed into the menu at Sunni Sky's.

Right: Fresh locally-sourced ingredients are the secret to Two Roosters ice cream.

### Two Roosters Ice Cream

Roaming the streets of the Raleigh area in a turquoise 1965 Ford truck since 2014, Two Roosters Ice Cream is hard to miss and easy to love. Founded by North Carolina State University alum Jared Plummer, the locally-sourced ice cream truck was such a hit that they opened their first brick-and-mortar location (where every day is a wonderful day for ice cream) in summer of 2017 to better serve their fans. The ever-changing menu is a mix of seasonal and permanent flavors – we're big fans of the blackberry hibiscus and roasted strawberry with honey flavors from the "forever" selections. Rotating flavors are announced on the first of each month on Instagram.

7713 Lead Mine Rd., Ste. 49, Greystone Village, Raleigh, NC 27615  
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Good Morning America, and beyond. With hours that stretch until 11pm seven days a week during the warmer months, the shop, along with the front porch and signature rocking chairs waiting outside, is nearly always packed (with a line that moves quicker than you'd expect thanks to a hustling staff). More than 120 homemade flavors are crammed onto the menu – Blueberry Cheesecake, Pumpkin Pie, Coconut Fudge, Sour Apple Sherbet, and plenty more (ask to taste as many samples as you'd like, and they'll happily oblige). With super low prices (it's just \$4 for a triple cup or cone – cash only, by the way), it's no wonder why this ice cream parlor is a favorite for so many.

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## From the Publisher

Enjoying a sweet and tasty treat at one of the area's locally owned ice cream shops is a great way to not only forget about all the crazy politics and stress about COVID, but it's also an easy way to help support local businesses. Check out our lead story in this issue, "The Inside Scoop on Local Ice Cream," and stop by to discover a new favorite place to entice your taste buds.

Supporting local businesses is something we've always been very passionate about, and now more than ever. After being closed for months, many retail and hospitality shops are still limited by capacity, with many regular customers still choosing to not go out in public as often, if at all due to health concerns. If you're venturing out (and even if you're not), please try to support as many local businesses as you can. Buy local whenever you can because it does make a huge difference in our economy. It may cost a little more sometimes, but the end result is well worth the small price difference. Spending local supports businesses that buy local resources, employ local workers, and in turn, your dollars are re-spent locally, raising the overall level of local economy. On average, 73% of money spent with local businesses stays in the local economy but only 43% spent with non-local businesses remains. This 30% is a huge

difference in dollars that will be spent and re-spent right here in the Triangle. Does it sometimes take extra work and effort to support? Yes, and using Amazon is super easy and convenient, but the dollars you spend online with megagiant companies leave our community to never come back. To make spending local easier, we recommend visiting one of the many websites that provide lists of locally owned providers, like Shop Local Raleigh ([www.shoplocalraleigh.org](http://www.shoplocalraleigh.org)) and Shop Durham ([www.shopdurhamnc.com](http://www.shopdurhamnc.com)). You can also contact any of the local Chambers of Commerce and ask for a list of locally-owned businesses.

We hope you'll join us in supporting local businesses, especially during these difficult times. For many business owners, sometimes just a few more customers each week can make the difference between staying open and closing. Let's make sure we do all we can to make local a priority.

*Crash*

Crash S. Gregg

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Photo just before a much-needed post-COVID shave and a haircut at Tesoro Hair Designs on Glenwood Avenue. If your COVID 'do is in need of trimming, stop by and you'll be right in no time.

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*If you need to know what a perfectly cooked scallop looks like, you better hope that Kevin Ruiz is cooking them.*

## CHEF KEVIN RUIZ (AT LADY LUCK)

BY CHRISTY GRIFFITH  
PHOTOS BY CRASH S. GREGG

*Editor's Note: Lady Luck has closed its doors since we visited, due to both COVID-19 and a recent social scandal by its owner (not mentioned in this article). However, in the interest of the staff, particularly Chef Kevin Ruiz, we decided to run this profile to showcase Kevin's kitchen talents. We did not include any photos of the restaurant itself, only Kevin and his food. The profile is written in present tense even though the restaurant is closed. We've heard rumors that the owner of Lady Luck may be re-opening the restaurant with the same theme, possibly with a different name. We'll see. On a positive note, we were recently informed that Kevin will be the new chef at The Rockford Restaurant in Glenwood South. We're looking forward to trying the new dishes he's working on and wish him well.*

Luck. There's enough neon inside that you might second guess the decision to leave your sunscreen at home.

In anyone else's hands, the vibe might scream trying too hard but in the case of the uber-talented management team of Kevin Ruiz (Chef), Megan Corbally (Beverage Director), and Cat Edman (General Manager), they effortlessly pull it off. You had no idea Glenwood Avenue was missing a place with Gucci tiger wallpaper and astroturf floors, but it was.

The place is as loud as it looks, but that's by design.



*The Heirloom Seaweed Salad was a fresh take on what you can really do with these special greens.*

"I went to Miami to find the best and most intense version of Miami food, drinks, and art. Lady Luck is a social room and a gathering place. We've got that lounge ambiance where you can listen to great music but not feel like you're at a giant bar where people are on top of you. We're here for the young professionals who want great food and great drinks," says Ruiz. And once you see the food coming out, you know he's serious as he states, "I want to win a James Beard Award."

But it's really loud. And servers wearing mandatory masks will try to explain the food they are bringing out to you. You will not be able to understand their muffled descriptions. It will not matter. Just dive in because if someone has said aloud that they want to win a James Beard Award, they aren't sending out day-old mozzarella sticks – he's sending out the good stuff. Come hungry.

Like many concepts of late, Kevin embraced the small plate/food-is-better-when-you-order-a-bunch-of-plates-and-share-it-with-your-friends mentality. I love it, and it's not that I'm a commitment-phobe – I'm just so damn indecisive when it comes to food. Please bring me the whole menu and we'll worry about splitting the



*The Charred Zucchini Salad is the little black dress of the menu – simply elegant and elegant because of its simplicity.*

bill later. That's not to say I wouldn't dive into their Steak Frites (which already have a cult following), but a part of me would be really disappointed that I missed an opportunity to have a steady parade of Instagram-worthy plates appear before me. I'm never not ready for food.

The current menu isn't terribly meat-heavy, instead letting most of the vegetables take center stage. This means you can eat more plates without feeling weighed down. It's a great place to bring people with different food preferences – carnivores, vegans, vegetarians, pescatarians, and gluten-free fans will all be able to find something to love, and if not, that only means they didn't have very good taste to begin with.

Having only eaten sesame-forward seaweed salads at Japanese restaurants, the Heirloom Seaweed Salad (\$10) was a fresh take on what you can really do with these special greens. The seaweed still has that slightly chewy yet silky texture that you're familiar with, but the addition of the season's bright tomatoes and cooling cucumbers and mint just taste like summer. You'll come across some grilled habaneros in there, but don't worry



*I'm confident the Blistered Octopus Salad – tossed with cucumbers and tomatoes – is what mermaids eat in summer.*

too much – the heat is milder than you'd expect. It's a perfectly balanced dish, unlike me who is often accused of being much too salty.

Throwing romaine on the grill is a magical way to get a meaty flavor into the lettuce, but I'd never had it with a sweet edge before. Try the Grilled Romaine (\$9) – it comes dressed to the nines in a strawberry-rhubarb vinaigrette with some fresh grapes and jalapeños. A savory chive finishing oil ties everything together, right before you dive in to tear it all apart. It's the sexiest

lettuce you're going to eat this summer.

If you don't order the Pork Belly Empanadas (\$10), you're failing miserably. These are fried so crispy that they arrive with beautiful bubbles on the outside reminiscent of an egg roll, except these are not at all greasy. They are shatteringly crisp to bite through, holding in an unctuous and herbaceous filling of pork belly and manchego. Neon pink pickled red onions are nestled below the empanadas to cut through the richness, and it all sits in a shallow pool of "tiger's blood", which is a most delicious garlicky sauce that to me tastes like the love child of ranch and ketchup. (Forget Frank's – I'd put this s\*\*\* on everything.)

The Charred Zucchini Salad (\$12) is the Little Black Dress of the menu – simply elegant and elegant because of its simplicity. A luxuriously creamy whipped goat cheese hides under thick hunks of grilled zucchini and yellow summer squash, meaty in texture and kissed with fire. It's hard to make squash feel indulgent, but Kevin has cracked the code. Maybe we should send him all the kale and see what he does with it.

If the zucchini is the LBD, the Blistered Octopus Salad (\$25) is the Cartier you put on your wrist when you wear it. (Not that I would really know. The closest thing I have to a watch is a FitBit I stopped wearing years ago.) This is a statement dish. The grilled tentacles



*The talented and versatile Chef Kevin Ruiz embraced the order-a-bunch-of-small-plates-and-share-it-with-your-friends mentality.*

(served cold) are mild in flavor and tender – no chewing the cud with this one. Tossed with cucumbers and tomatoes, I'm confident this is what mermaids eat in summer. The pepper-forward cream dolloped beneath the beautiful mess expertly adds heat and cools it down all at once. It's just as tasty as it is pretty, and it's pretty damn attractive.

The quintessential tapas offering in Spain might just be patatas bravas but swap out the potatoes for something less carby and you get Brussels Bravas (\$12). These showstoppers arrive in dramatic fashion on a long black plate, lined up single file on top of a shallow river of smoky bravas sauce, stained a punchy red from peppery paprika. Lady Luck is not the first to fry Brussels sprouts, but their savory version is a brilliant departure from the sweetly sauced sprouts out there. Coronavirus aside, what a strange time to be alive where we are literally fighting over who gets to eat the last Brussels sprout.

When we visited, the Catch (\$25) of the day was scallops, and if you need to know what a perfectly >>> cooked scallop looks like, you better pray that Kev-



*The Pork Belly Empanadas are fried so crispy that they arrive with beautiful bubbles on the outside.*



Megan Corbally's beverage menu includes the Trash Tiki, a gin drink flavored with sherry, watermelon, dill, Greek yogurt, and lemon.

on both sides while remaining buttery and tender and sweet on the inside. There were some delicious potatoes and peppers served along with, but the scallops absolutely, 100%, without a doubt, completely, truly, in no uncertain terms, believe me when I tell you, totally, unreservedly stole the show.

AND THEN AFTER THOSE LIFE-CHANGING SCALLOPS, THEY BROUGHT OUT DESSERT. The Tres Leches Cake (\$8) had quite the act to follow, but dang, that was the perfect way to end a perfect meal. The spongy cake is soaked in three milks – evaporated milk, sweetened condensed milk, and half-and-half – chilled, and topped with a thick layer of luscious whipped cream. It's not overly sweet but it's terribly good. It might be the goodest thing ever. Hell, it might even cure coronavirus.

Megan Corbally's beverage menu reflects some of the time she spent in Japan researching Japanese whiskey and developing Asian-inspired cocktails. All drinks offered are equal parts quirky and exceedingly photogenic. Thaied to You (\$13), a rum-based cocktail, is playfully served in a Taiwanese papaya milk can (one of the ingredients) with a housemade Thai tea, mango, and mint. Sunburnt on a Cloudy Day (\$11) features Japanese whiskey with a tart tomatillo-jalapeño shrub, grapefruit, and aloe vera. The Scandinavian High Ball (\$10) out-Ikeas Ikea by transforming rosemary-infused vodka, fennel, lingonberry orange cordial, housemade soda, and absinthe mist into a cohesive masterpiece. The summer drink for which Lady Luck will be known is the Trash Tiki (\$15), a gin drink flavored with sherry, watermelon, dill, Greek yogurt, and lemon. This is the most masterfully balanced drink on the menu – is it sweet, savory, creamy, refreshing? The answer is yes. It's everything you never knew could harmoniously exist. And it comes in a miniature roll-out trash can, so there's that.

The curious thing about this place is that I ate a lot of food and drank a lot of drinks... but I didn't feel overstuffed in the slightest. Normally this is the time in the profile where I tell you how much I ate and how I was so



The Tres Leches Cake was the perfect way to end a perfect meal. Not overly sweet but terribly good.

glad I wore spandex and how I needed to pop some antacids and how I was going to go home and hibernate for a few days. But I didn't wear spandex and I didn't take antacids and I didn't go home and fall into a long carb nap. Is this what it feels like to eat and drink in Miami? Foods that don't leave you bloated when you walk around in your bikini? Right now, we can all agree that Miami food tastes better (and safer) in Raleigh, and no shirts, no shoes, no masks, no service is something that will keep it that way.

Christy is a lover of all foods. When she's not cooking food, eating food, or taking pictures of food, she and her husband are working on a new restaurant in Fuquay Varina called the Pimiento Tea Room. Follow their progress on Instagram @pimientotearoom. Opening soon!

in is cooking them when you're there. These are the scallops by which all other scallops shall be judged. Getting a good sear on one side without overcooking is a feat, but they manage to get an amazing color and crust

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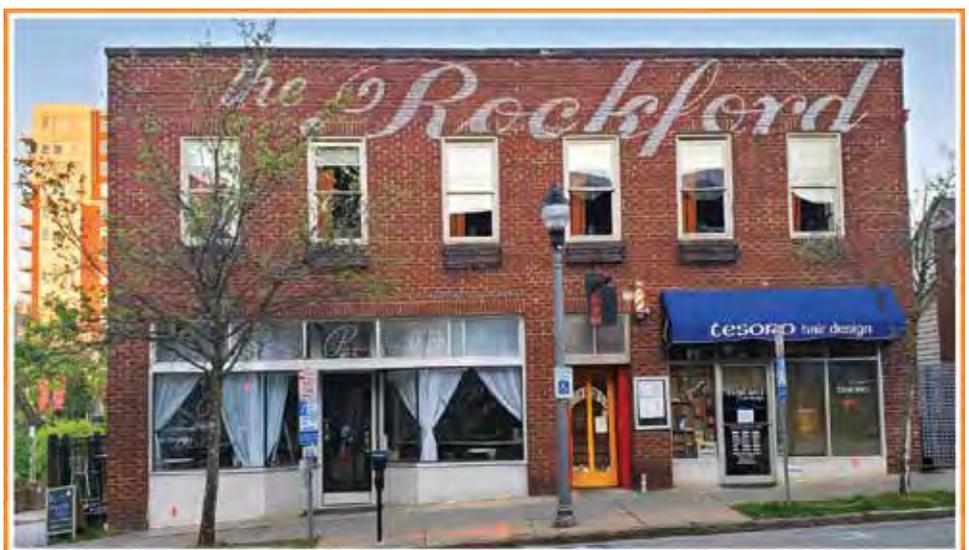
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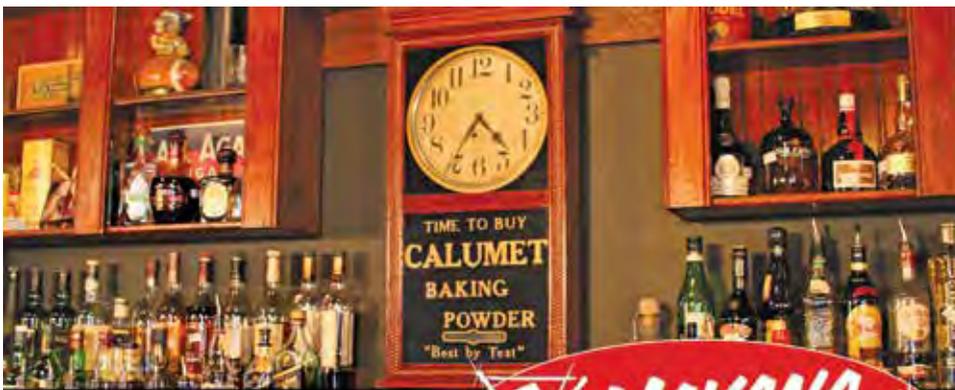
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# The 2020 World of Bluegrass, Online

By David Menconi

While the coronavirus shutdown has canceled thousands of music events worldwide, Raleigh, N.C.'s annual bluegrass shindig will go on this fall – albeit in a very different form. The International Bluegrass Music Association's (IBMA's) annual business conference and concerts, originally scheduled for Sept. 29 - Oct. 3 in and around the Raleigh Convention Center, will be an all-online virtual affair this year.

More than 200,000 music fans attended the 2019 edition of the festival, the seventh time the event was held in Raleigh after moving to the City of Oaks from Nashville in 2013. It has become one of North Carolina's biggest annual events. For 2020, everyone involved is hoping to make the best of it.

"We're ripping it all apart and starting from scratch," said David Brower, executive director of festival producer PineCone (the Piedmont Council of Traditional Music). "There are a number of platforms and formats we're talking about using. All the events will happen, on a slightly stretched-out timespan so that everybody doesn't get too 'Zoomed out.' The conference will go a little longer, and the performance aspect will be spread out over the course of the week, too, since we're not looking at programming 12 hours a day Friday and Saturday. We'll do a combination of live and pre-recorded pieces."

World of Bluegrass has faced challenges in years past, especially in 2015 when storms drove all the street-festival events inside. With less than 24 hours' notice, organizers converted the convention center into a veritable bluegrass hurricane party.

But this year's model represents a level beyond even that, with festival events happening virtually and in isolation. Organizers are committed to putting on all aspects of the festival, so you'll be able to tune in online to see acts that would have played the Bluegrass Ramble nightclub shows as well as the outdoor street festival, IBMA Bluegrass Live! powered by PNC.

Online versions of business conference panels and seminars like the Gig Fair meetings between musi-

cians and presenters (also known as "Bluegrass Speed Dating") will go on, along with the 31st annual IBMA Awards, plus interactions between vendors and attendees that would have happened in-person at the convention center's exhibition hall. And behind the scenes, IBMA will also conduct its annual board meeting virtually that week.

"We're kicking the tires of several different platforms to see what best suits our needs," said IBMA exec-



Garrett Poulos



Meantime, bluegrass foot soldiers like Joe Newberry are working on how they'll take part in this year's virtual World of Bluegrass. A longtime IBMA regular (he played the street festival last year) as well as an IBMA board member, Newberry will be a part of various aspects of the festival throughout the week. It's a new world that puts him in mind of John Hartford, the late great virtuoso folk-music showman who died in 2001.

"It's just a different set of things you have to roll with the punches on," Newberry said. "As always, I try to be like John Hartford. Whatever happened with him on-stage, things going wrong or not working out the way he thought they would, he always made it part of the show. So everything was fair game—and everything always worked out in the end."

*More World of Bluegrass info at <http://ibma.org>. Produced in partnership with Raleigh Arts, <https://raleighnc.gov/raleigh-arts>.*

*Through a collaborative partnership with Visit Raleigh, the Downtowner is proud to help promote Raleigh and the entire Wake County area. The Greater Raleigh Convention and Visitors Bureau (Visit Raleigh) is the official and ac-credited destination marketing organization for all of Wake County. For more things to do in the Raleigh area, check out [www.visitRaleigh.com](http://www.visitRaleigh.com), where this article originally appeared.*

utive director Paul Schiminger. "There's technology now that allows us to put this on virtually in a way that would not have been possible 10 or even five years ago. It goes without saying that we'd all rather be gathering together in Raleigh. But we have the high priority of helping our professional community. It's what we're about and why we exist. So we figured, let's do this."

Admittedly, this will be a blow to the bottom line for both the IBMA and the city. More than 200,000 people come to Raleigh for World of Bluegrass most years, and the event has generated \$80 million-plus in direct economic impact over the past seven years. World

of Bluegrass also produces a major part of the IBMA's budget, although some sponsors (most notably PNC) have softened that blow by maintaining their sponsorship roles.

One piece of good news to emerge is that negotiations are already underway to extend the IBMA's contract with the city to keep the festival in Raleigh. With the current agreement set to expire after the 2021 festival, the goal is to extend that another three years.

"It's likely we'll have to get through this year first," said Schiminger. "But we hope everything will come together to do an extension through 2024."

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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)

**Longleaf Swine** announced that they will be moving into the old Oakwood Café location at the corner of Edenton and Person Streets. They had originally planned on moving into the Transfer Co. Food Hall on East Street. They will be open for pickup and takeout while they finish working on the kitchen and interior of the restaurant. Follow their progress [www.longleafswine.com](http://www.longleafswine.com) at and on [www.facebook.com/LongleafSwineBBQ](http://www.facebook.com/LongleafSwineBBQ).

The Triangle's (and probably NC's) first Laotian food truck is now on the road (and actually has been for almost a year. Who knew?!). **Lao-Lao** serves up authentic Laotian cuisine. You can usually catch them at the Rebus Works Night Market. More Lao at [www.instagram.com/laolaofoodtruck](http://www.instagram.com/laolaofoodtruck).

If you live near Five Points and are looking for a new coffee joint, look no further than **Idle Hour Coffee** on Oberlin (around the corner from Mandolin Restaurant). They will offer premium coffees and teas plus baked goods as well as Vietnamese cuisine. We're looking forward to checking them out. Learn more at [www.instagram.com/idle-hour\\_coffee](http://www.instagram.com/idle-hour_coffee).

As we mentioned earlier in this issue in our first-ever profile of a closed restaurant, **Lady Luck** has closed its location at 222 Glenwood Avenue as a result of COVID-19 and a social scandal by the owner. All social media accounts have been deleted but the website is still up. No word if they will re-open later under a different name, but

their talented chef Kevin Ruiz has since re-located to The Rockford Restaurant just two blocks down the street.

Congratulations to **Saltbox Seafood Joint** and **Ricky Moore** for winning the \$25,000 Discover Eat it Forward campaign award, which celebrates Black-owned restaurants. Learn more about Saltbox at [www.saltboxseafoodjoint.com](http://www.saltboxseafoodjoint.com).

*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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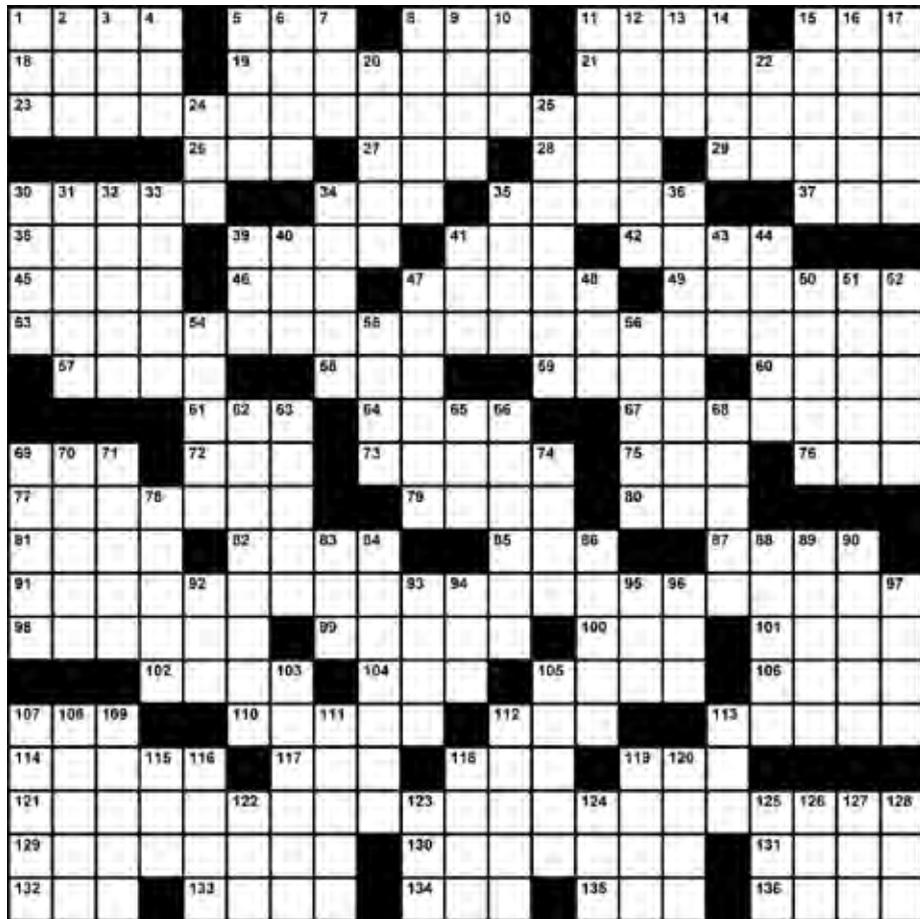
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**ACROSS**

1. Pool exercise
5. PC program
8. Wee hour
11. Alternative to plastic
15. Abbr. after a comma
18. Beget
19. File
21. Blade of a rotor
23. Mamas and the Papas' song
26. German resort
27. "Have some"
28. Cap material?
29. Filch
30. Colorful parrot
34. Least amount (abbr.)
35. Autocrats of old
37. Doze (off)
38. Bug-eyed
39. Hidden valley
41. Prevent
42. Ponzi scheme, e.g.
45. Sparkling wine
46. Harebrained
47. Jute fiber
49. Beloved
53. Thelonius Monk song
57. Gaelic language
58. Be indisposed
59. Conclusion starter
60. First family's home
61. Basis of some divisions
64. Luck, in Ireland
67. Minds
69. A fifth of "Hamlet"
72. Beluga yield
73. Construct
75. Long, long time
76. "\_\_\_ to Billie Joe"
77. Coleridge character
79. Word repeated after "Que," in song
80. Cellular stuff

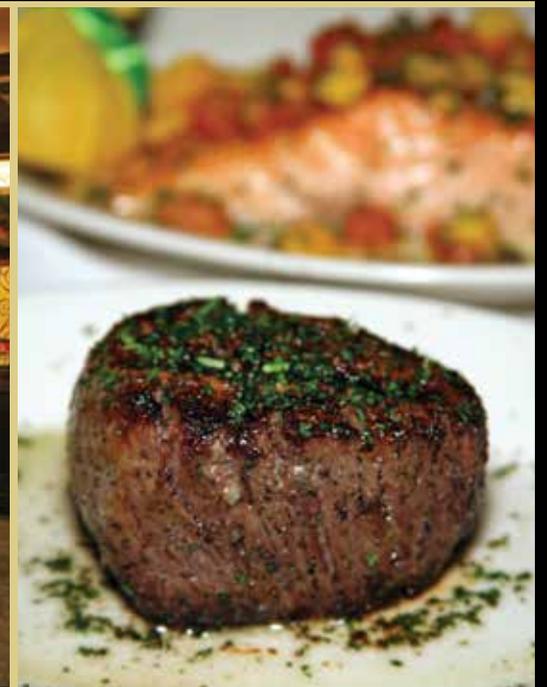
81. Caddie's offering
82. "Anna and the King of \_\_\_"
85. Photo \_\_\_
87. Bank posting
91. Drifters' song
98. Record player
99. Nursemaids of India
100. Charged item
101. "Little Caesar" role
102. Broken
104. Epitome of easiness
105. Halftime lead, e.g.
106. New driver, typically
107. Be up
110. Hail
112. Took the cake, say
113. Gives a hoot
114. Charm
117. Aquatic shocker
118. Biblical verb ending
119. Global finance group
121. Stones' song
129. Wyoming city
130. Someone who keeps a journal
131. Brain wave
132. Chucklehead
133. Lavish affection (on)
134. Animal house
135. Advanced degree?
136. Picks up a pickup, maybe

- Daddy"
6. D.C. bigwigs
7. Fraternity letter
8. Hyperion, for one
9. Whip mark
10. Bonanza find
11. Approximately
12. Arab rulers (Var.)
13. Masseur's workplace, maybe
14. Does some tailoring
15. Fey
16. Beat
17. Belief system
20. Draft holder
22. Cattle call
24. Kitten's cry
25. Throw a monkey wrench into, e.g.
30. Defensive spray
31. Mojave plant
32. Nightclub charge
33. Materials derived from algae
34. TV, radio, etc.
35. Bangladeshi currency
36. Metrical analysis of poetry
39. Clock standard, abbr.
40. Note
41. "Humph!"
43. Magazine revenue source
44. Choral work
47. Leering watchers
48. Dashboard abbr.
50. Bucking bronco show
51. Alter
52. Doltish
54. Long (for)
55. "Good one!"
56. Mathematician
62. Ends one's travels
63. Chill-inducing
65. "Get the picture?"

66. Codfish and haddock
68. Gobble down cookies
69. Cockeyed
70. Diamond measure
71. Cache
74. Spanish appetizer
78. Lifeless
83. Carte start
84. Center of some dances
86. Insinuating
88. Blood line
89. Judge
90. Mike holder
92. Contents of some bags
93. Attack, with "into"
94. Everyday article
95. Toothed wheel
96. Chemical suffix
97. Many eras
103. "They go offstage," in Shakespeare plays
105. It'll knock you out
107. Berry
108. Wet nurses
109. Radio sounds
111. Little laugh
112. Hindu principle
113. Freon, generically
115. Farm area
116. Got a good look at
118. Buffalo's county
119. Research facility, abbr.
120. Maker of holes
122. Married a Beatle
123. Annex
124. Folks
125. Emergency \_\_\_
126. Altar vow
127. Green, in a way
128. Neon, e.g.

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