



April 5, 2010

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Latest Buzz on ... Fashion, Food & Fun

Family Matters - CoolKidz Expo April 17 & 18

The first-ever **CoolKidz Expo** - the show to inspire and entertain today's family - debuts April 17-18, at the Raleigh Convention Center.

CoolKidz Expo is a new consumer show targeting the kids and family market of the Triangle and beyond. This show offers an accessible and exciting setting in which the region's thriving family demographic will become familiar with the latest products and services - the Hot Products and Cool Concepts - to enhance their lifestyle.

In Need of Local Talent!

A special **casting call** for "**The Rusty Bucket Kids**" (TRBK) TV Show on SUNDAY, APRIL 18, starting at NOON at the Raleigh Convention Center.



All Expo attendees 8 years or older will have the opportunity to audition for various scenes in future episodes of TRBK as part of the SUNDAY ONLY casting call. Registration begins at 10 am at the Peak City International Film Festival Theatre located inside the Expo. The first 1,000 people to register for the casting call will have a guaranteed spot at the SUNDAY ONLY screening. Information regarding the location of the casting call will be provided at the registration desk. The casting session will be conducted by nationally-known director Kevin Robert McDermott and actor Scott Andrew Taylor, who portrays Abe Lincoln in the pilot. More casting call details for the Sunday, April 18 event can be found first at

http://coolkidzexpo.com/expo/trbk_faqs.html or by emailing casting@therustybucketkids.com.

Be Creative!

At this Expo there will be musical entertainment aplenty and more on the Busch Gardens/Water Country USA Stage and in Kidsville News! Showcase Central. Kids and families will engage in fun and educational interactive activities in the Activity Zone, Fitness Zone and Play Zone. Encounter new and creative ideas in the Go Green and the Arts & Crafts Centers. Take a break and refuel with a healthy and affordable CoolKidz Meal Bag or relax in the ice cream parlor and coffee lounge.

CoolKidz Expo supports positive lifestyle pursuits for kids and families by promoting proficiency in academics, a positive self-image and a healthy

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lifestyle. Sponsor and exhibitor prizes will be raffled off throughout the weekend, with proceeds benefiting the American Heart Association through the Jump Rope for Heart and Hoops for Heart programs. Mix 101.5, WRAL.com's Go Ask Mom, Kidsville News!, Carolina Parent and Metro Magazine are the media partners.

The Expo hours are Saturday, April 17 from 9am-8pm and Sunday, April 18 from 10am-5pm. Admission is \$9 for Adults, \$7 for Seniors (age 65+), \$4 for CoolKidz (ages 3-15) and free under age 3. Discount coupons are available online. Website: www.CoolKidzExpo.com. Contact: Martin Armes 919-608-7260, martinarmes@nc.rr.com



To Bee or Not to Bee

As the World Churns

It's not the '70's or '80's anymore! Today's fast-paced, achievement oriented culture demands much of adolescents and their parents. Teens are in the midst of the most rapid developmental growth since they were in preschool with brain-based changes, maturing bodies, social pressures, increased academic expectations and demands for more independent functioning. It's no wonder teens are often tired, moody, unpredictable and difficult to reach!

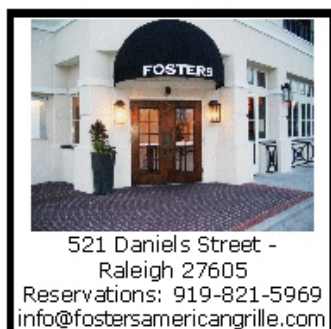
Parents face a dazzling array of pressures, worries, expectations and responsibilities themselves. The world seems bigger and the risks and stakes higher than when you were a teen. And the carefully considered and practiced parenting techniques that worked so well with your elementary-aged child seem to have lost their magical power!

What's a parent to do? It's time to shift gears. You need a different set of skills for parenting teens. A basic mantra to follow is "Coach, Don't Control." Parenting a teen requires you to serve as a trusted and experienced consultant, one who offers encouragement and advice when needed, but allows the teen to make age-appropriate decisions. Your focus shifts to teaching your teen to be independent, while maintaining a watchful eye and imposing consequences when appropriate. Other tips:

- Stay connected to your teen. Don't "let go," just "hold on differently."
- Stay abreast of teen culture
- Give your teen the benefit of the doubt
- Allow your teen to have her own opinion and to disagree with you
- Forgive your teen his/her mistakes and move on



For more information and practical advice on parenting teens, visit www.skillsense.org or contact **Tammy Finch, PhD** at tfinch@skillsense.org.



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Live Music Venues & Dates

Lincoln Theatre:

04/06: Amos Lee w/ Mutlu
04/08: Easy Star All-Stars w/ Crucial Fiya
04/09: Pico vs Island Trees w/TBA
04/14: The Wailers w/ Steve Martinez & The Give Thanks Band
04/15: Disco Biscuits w/ Sci Fi
04/16: The Packabelles; The Movement
04/17: Mastodon w/ Between the Buried and Me
04/18: Leon Russell w/ Medusa Stone
04/20: WE The Kings & The Maine w/ Cartel, Stereo Skyline
04/22: Enter The Haggis w/ Caravan of Thieves
04/23: ZOSO w/ Backseat Confidential (all female AC/DC Trib.)

Berkeley Café

04/06: South Memphis String Band
04/10: One Eyed Doll w/The Succubus Sorority
04/11: Nick and the Babes w/ Anna Vaughn
04/15: Jay Clifford, Haley Dreis, Jeremy Current
04/16: Here Lies w/ Gross Reality
04/17: Trainspotting
04/18: Official Carolina Rollergirl's After Party
04/21: Iggy Cosky & The Real McCoy w/ A TIN DJINN
04/23: Hearts & Daggers w/ Pinche Gringo, The Malamondos

Fosters American Grille: (SEE OUR AD & Coupon Special)

Every Wednesday Wind Down: Half price glasses of wine
Prime Rib Fridays - \$18 & Steve Hobbs Trio
Saturday Couples Night: 4 Course - \$50 per couple
Fantastic Saturday & Sunday Brunch - 11-3pm ([Menu](#))

The Pour House:

04/06: YARN (CD release Party) w/ BJ Barham
04/07: Technoiz Wednesdays w/ Juan Juevos
04/08: Holy Ghost Tent Revival w/ Sol Driven Train
04/09: Old Habits w/ Mandolin Orange
04/10: Zach Deputy w/ Motion Pictures
04/13: Backyard Tire Fire

Tir Na Nog:(SEE OUR AD / Sunday Brunch)

04/08: The Temperance League
04/09: Hercules Mulligan, Suckerpunch
04/10: Inish Cairde Irish Dance, Signature Sounds
04/15: Bellefea, Curtais of the Night, In the Year of the Pig
04/16: Gerry McCrudden (Irish), Sun Domingo
04/17: Irish Dancing, Paddy Gibney
04/22: Light Pines, Adam Parker of the Annuals
04/23: Mitch Ferguson & Finn Vara (Irish); Aftershock
04/24: The Johnnies



The Junior League of Raleigh
order your copy of
You're Invited Back
www.jlraleigh.org



Sunday Brunch (10:30am-2:30pm) & Irish Family Day (3pm - 8pm)

Solas: (See Our AD)

New: Solas Sunday Brunch (10am - 3pm)

First Friday Farm Fresh Dinner ([Menu](#))

Tuesdays: Select [Menu](#) of 1/2 Priced Wines by the bottle

Wednesdays: Half priced lounge menu; \$3 draft beers; No Cover

Thursdays: Universal Euphoria; music vibe from around the world; No Cover

Tobacco Road Cellers Wine Series @ Solas ([Info](#))

Upcoming Fine Wine Dinners @ Solas (reservations required)

- 04/29: Silver Oak Cellars - 4 courses w/different vintage wines - \$85 pp. ([Menu](#))

Monday - Friday (4:30-7pm) - Now serving petite plates ([Menu](#))

The Well:

04/08: Matt Gwynne 10:15pm - no cover

04/10: TOM-TOM

04/16: B-Side Breakdown

04/23: Major Magick

04/24: Sign of the Rhino

Ess lounge and nightclub:

Wednesdays: Chill Nite w/ local DJ's

Thursdays: College Night Thursdays - transportation to/from campus

Friday/Saturday: Best DJ's in town

Progress Energy Center For the Performing Arts:

04/09-18: North Carolina Theater - Cinderella

04/09-11: Capitol Opera

04/09-10: NC Symphony - Beethoven's Emperor Concerto

04/16-17: North American Brass Band Association Convention

04/22-05/09: Carolina Ballet - Sleeping Beauty

Durham Performing Arts Center:

04/09: David Gray

04/21 - 05/16: Wicked

05/18: Chicago

05/25-30: The Color Purple

06/08-13: Disney's Beauty & The Beast

Doubt: A Parable by John Patrick Shanley 2005 Tony Award Winner Best Play! Directed by Ira David Wood III Featuring Lynda Clark, David Henderson, Rasool Jahan and Michelle Wood April 9-10, 15-17 8pm April 11, 17-18 3pm Tickets \$13-21 **Theatre In The Park** 919.831.6058 or www.theatreinthepark.com

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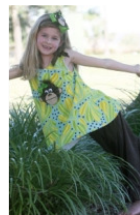
[Linville Cabin Rentals](#) -1 to 3 bedroom cabins in beautiful Linville, NC near Grandfather Mountain, Linville Falls, Boone, & Banner Elk areas.



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"You're Invited Back" cookbook is focused on the city of Raleigh and is full of the best recipes from **The Junior League of Raleigh** members. Complimenting the recipes are beautiful photographs by Tammy Wingo and menu suggestions for every occasion with helpful culinary tips. For more information, or to order your copy of **You're Invited Back**, visit [Website](#).



Pattywhacks - Children's clothing from fun to fancy! Located at 1245 Kildaire Farm Rd, Saltbox Village, Cary. Girls: Infants through size 10 and Boys: Infants through size 7.

Sabika South seasonal collection offers a sophisticated sparkle for southern women. **April Specials:** "Trays of the Month": Tray 8 and 10: **Buy one seasonal item at full price and receive 30% off all other items in those Trays.** Contact Julia Massarelli for a private appointment or to host a Sabika South get together. Email: jmassarelli@nc.rr.com, (919) 788-8446 05 (919) 621-5735. www.sabika-jewelry.com.

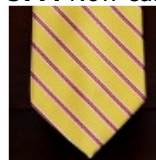


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pieces of jewelry they have designed in B & T's 2010 Sterling Additions Catalog Supplement! **Click on Lynne Daniel** to view the entire catalog, to book a Party and receive free jewelry. Price range for the new collection is \$19 - \$169. There's something for everyone and every price range. Contact Lynne Daniel: Silpada Design Representative, Email sterlinggirlyllynne@gmail.com, 919.272.3040.

McKenzie Tribe -Mention the Buzz and get an additional **10% OFF.** Now carrying Peter Millar and exclusive Collared Greens tie ware , polo shirts for men and women. Winter Sale - Most Items 40% to 60% Off!North Hills, (919) 510-5467, [Website](#)



[Spring Fling at Raleigh Moravian Church](#) - April 17th, 10:00-3:00 pm. Simply spectacular shopping! (See our Ad)


Raleigh Moravian Preschool - at 1816 Ridge Road, 27607. Currently registering for Fall 2010 and Pre-Summer Camps. Please contact



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Thanks to you - our readers and advertisers - we have gone from start-up to over 5,000 weekly subscribers. Our vision for an on-line grapevine has become a reality. We look forward to your continued ideas and articles so we can spread the word about fashion, food, and fun in the Triangle.

Keep spreading the word to all your friends and family and tell them to sign up for this special *online grapevine*. The newsletter will come out once a week so by all means submit your articles or ideas on anything you think we'd love to hear. Go to our [Website](#), click on 'articles' and submit. The worker bees at [TheBeltlineBuzz](#) will format it and include it in the weekly edition. But remember...the Buzz is all about YOU!

Sincerely,
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