



May 17, 2010

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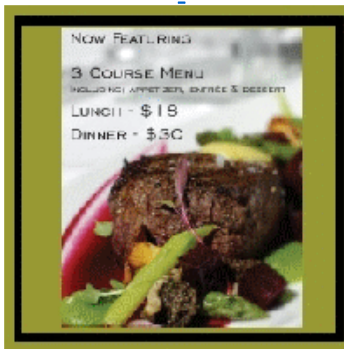
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The Latest Buzz on ... Fashion, Food & Fun

Chop and Roll - Triangle Restaurant Week 2010

Industry peeps call it amateur hour. We call it bang-for-the-buck binging. Whatever your take, the third annual **Triangle Restaurant Week** is back and better than ever on May 17- 23. During this weeklong celebration of culinary excellence, participating restaurants from Cary and Raleigh offer three-course, prix fixe menus at lunch and dinner for \$15 and \$25, respectively.



There's no better time to get out and enjoy the delicious cuisine Greater Raleigh chefs have to offer. [Click Here](#) for information.

So many restaurant deals, so little time. So, what's plan of attack? ... Monday's fun day; Tuesday's booze day; Wednesday's ... Wait a minute! This is getting a little overwhelming (and money's tight). Can you help us out with a Restaurant Week survival guide? Of "course" (or 2 or 3) - see below. So make reservations, chop and roll, and remember to please tip nicely.

BEE BON APPETIT - Beltline Buzz Recommendations:

Foster's American Grille:

Our Advice: Go for lunch (app, entrée, dessert) - [Menu](#).

Don't Miss: Spring Bruschetta, Steak Foster's or Shrimp & Grits, Granny Smith Apple Crisp

Extra, Extra: Glass of wine (red or white) or other fine spirit

Vitals: Cameron Village, 521 Daniel's St., Raleigh 919.821.5969 [Website](#)

Solas:

Psst: Dinner Only: - [Menu](#).

Yum: Everything's delicious! Filet Mignon, Sautéed Trout, Spring Vegetable Risotto, and more. Start with the She Crab Soup or BBQ Duck Quesadilla.

Sweet: There's a Sorbet Duo with Fresh Mint & favorite Vanilla Bean Crème Brulée.

Go For It: Glenwood South, 419 Glenwood Avenue, Raleigh 919.755.0755 [Website](#)

Solas has the energy of a big-city restaurant/nightclub. Its three polished levels (main-





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Raleigh 27605
Reservations: 919-821-5969
info@fostersamericangrille.com

CLICK HERE for COUPON

floor restaurant, private rooms and a swank, open-air rooftop lounge) rise above Glenwood Avenue. Executive Chef *Clifton Vogelsberg's* inspirational menu of small and large plates features showstoppers such as the Hot Rock -- tenderloin and shrimp seared tableside on smoldering granite. Get a \$75 gift certificate to dine at Solas for only \$35! Purchase now, before they run out - [Click Here](#)

The Mint:

May We Suggest: Lunch or Dinner - More Bang for Your Buck! [Menu](#)
Dig In: For dinner, Braised Lamb Shank, Soy Glaze Salmon, or Angel Hair Pasta. For lunch, bite down on the Steak Sandwich or Savory Tuna or Classic Burgers.

Pretty Neat: The Truffled Mac & Cheese & Yellow Tomato Soup are available at lunch, too.

Info: 219 Fayetteville Street, Downtown Raleigh 919.821.0011 [Website](#)



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If you're going out on a first date and you want to make sure there's a second, make reservations at **The Mint**. The former bank building on Fayetteville Street has a metropolitan feel. Chef *Chris Hylton* enjoys pairing recognizable foods with international flavors and ingredients to create unique dishes that are powerful in

flavor and beautiful in design. Join them Tuesday through Friday for lunch or Monday through Saturday in the dazzling dining room, the upstairs opulent eXchange bar, or outside on their colorful plaza. **The Mint** will prove to your date that you know how to appreciate the better things in life!



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To Bee or Not to Bee

**The Real Deal ... Y'all Comin?
Got to be NC Festival**

There's one thing this town's got enough of ... transplants. That's why you should attend the **Got to Be NC Festival** this Friday through Sunday May 21-23 at the NC State Fairgrounds. Show your NC pride and get into the southern way of livin!

A fish fry joins the food lineup for Friday, May 21. Bring your appetite for fresh North Carolina mountain trout, catfish and shrimp. Hours are 11 a.m. to 8:30 p.m., and the food will be served beside the Expo Building. Cost is \$10 per plate.



The popular N.C. Pig Jig -- a barbecue contest pitting Masonic lodge teams against one another -- returns on Saturday, May 22. Once the pork has been judged, it will be chopped and sold at 11 a.m. as a fundraiser

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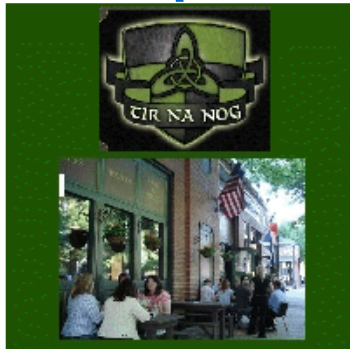
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for the Masonic Home for Children and the Central Children's Home, both in Oxford. The N.C. Pig Jig will be held beside the Expo Center. Tickets for all-you-can-eat barbecue are \$10 for adults; children 12 and under eat free.

At the NASCAR Street Tour you can check out tricked-out Ford vehicles sporting big-screen TVs, satellite hookups and more. The NASCAR Street Tour will be located between Dorton Arena and the Jim Graham Building.

Visitors will find plenty of their favorites, including antique tractors and farm equipment, draft horse pull, tractor pulls, lawn mower racing, bluegrass music competition, classic cars, a Harley-Davidson drive-in, music, and an expanded carnival with rides and games. There will also be two entertainment stages featuring country, alternative, beach and bluegrass music.

Admission is Free. Festival hours are 9 a.m. to midnight May 21, 9 a.m. to midnight May 22 and 9 a.m. to 10 p.m. May 23. For more about the festival, go to www.NCAgFest.com.



Bee Line to... Blah Blah Blabity Blah!

Live Music Venues & Dates

Lincoln Theatre:

- 05/21: Anberlin w/ Story of the Year, Terrible Things
- 05/22: Band Together for StepUP Ministry - Michael Fronti & Spearhead w/ The Old Ceremony, One Eskimo
- 05/25: Mayday Parade w/ A Rocket To The Moon, Sing It Loud
- 06/03: Reggae Festival - Sanchez & Terry Linen w/ Nicola Lionfish, Empress Charmaine, Tru Souljah, Crucial Fiya
- 06/04: The Del McCoury Band w/ TBA
- 06/06: PKM, Nantucket & Friends w/ Sidewinder
- 06/09: Martin Sexton w/ Ryan Montbleau Band
- 06/10: Ballyhoo w/ The b Foundation
- 06/11: Ingrid Michaelson w/ Matt Morris
- 06/12: Reflection Eternal (Talib Kweli & Hi-Tek) w/ Actual Proof / DJ BRORABB
- 06/14: GWAR w/ Dirge Within, Mobile Deathcamp
- 06/18: Night Prowler (Bon Scott & AC/DC tribute)
- 06/19: Corey Smith w/ TBA

Berkeley Café

- 05/18: Betty Soo
- 05/19: Glossary & Come Go With Us
- 05/22: Bee Ball
- 05/26: Music Industry Networking Party
- 06/05: Sarah Borges & The Broken Singles w/ The Honeycutters
- 06/07: Jason Boland & The Stragglers
- 06/10: Wreckless Eric & Amy Rigby
- 06/15: Aslyn & Toby Lightman

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06/25: Eilen Jewell w/ TBA
06/27: Sam Baker, John Fullbright, Natalia Zuckerman
06/29: Off With Their Heads, Battle!, Thieves

Fosters American Grille: (SEE OUR AD & Coupon Special)
Happy Hour is Back! \$5 appetizers Mon-Thurs (5-7pm)
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

05/18: The Pointless Forest w/ Tunnels Under The Citadal
05/19: Raplord.com showcase
05/20: Raplord.com showcase
05/21: The Small Ponds w/ Luego & BJ Barham
05/22: Peasants of the Apocalypse w/ SukiT & DJ Summa
05/23: Wholesome News w/ Mesa Nada's & Goodbye Providence
05/24: Widespread Panic's Dirty Side Down CD Release Party

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

05/20: Brett Harris, Luego, Jack the Radio
05/21: Barrowburn (Irish), The One Eyed Chicken Band
05/22: Inis Cairde Irish Dancers, Paddy Gibney & Bill
05/27: Spider Bags
05/28: Live Bluegrass - Rye Mountain Boys, Silver State
05/29: Shine
06/03: Local Beer, Local Band - TBA
06/04: The Irish Wolfhounds, TBA

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

Solas: (See Our AD)

Solas Roof is Now Open All Week (weather permitting)
New: Solas Sunday Brunch (10am - 3pm) - [Menu](#)
Birthday Specials (complimentary specials for the honored guest - dependent on party size - call or [click for details](#))

Tuesdays: Select [Menu](#) of 1/2 Priced Wines by the bottle
Wednesdays: **Select Sounds of Solas**- Live Music, 1/2 Priced Lounge Menu, \$3 Drafts, \$3
Thursdays: Universal Euphoria; music vibe from around the world; No Cover

Upcoming: [Triangle Restaurant Week 2010](#) - May 17 - 23: 3 Courses, \$25pp, [Menu](#)

The Well:

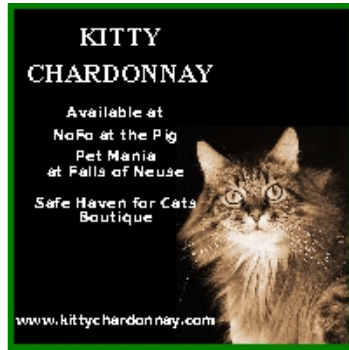
See and be seen all summer!

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

Theater In The Park:

06/11-20: **November - by David Mamet** - Regional Premiere! Starring Ira David Wood III. David Mamet's political satire on an incompetent Commander-in-Chief running for re-election. June 11-12, 17-19 8pm; June 13, 19-20 3pm. Tickets \$13-21. Theatre In The Park. 919.831.6058 or [www.theatreinthepark.com](#)



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[Progress Energy Center For the Performing Arts:](#)

05/20-05/23: Carolina Ballet - Sleeping Beauty
 05/29: Sister Sledge
 06/12: 8-Track Saturday Night - Early Days of Motown: Martha Reeves, Spinners, The Contours
 06/27: America: 40th Anniversary Tour w/ special guest Ambrosia
 07/10: Uptown Series: Jay Black, Gary Lewis & The Playboys

[Durham Performing Arts Center:](#)

04/21 - 05/16: Wicked
 05/18: Chicago
 05/25-30: The Color Purple
 06/08-13: Disney's Beauty & The Beast

An evening reception and talk sponsored by the **North Carolina Psychoanalytic Foundation Building Emotional Muscle in Children** featuring by Kerry Kelly Novick and Jack Novick, PhD How do you know what to ask of your children? What is too much, what is too little and what is just right? Kerry Kelly and Jack Novick will lead an exploration of how to foster strength and resiliency in children of all ages. Join us for a night of mingling. Hear new approaches for maintaining balance and nurturing the children in your life. Friday May 21, 2010 7:30pm-9:30pm Gallery C (Next to Whole Foods, Raleigh) \$35 (\$40 at door) Public Welcome Order online at www.ncpsychoanalysis.org or Call 847-2323

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The Bargain Buzz Wannit?... Come 'n Get It!

SUPER SAVER COUPONS - NEW for 2010

[Casa Carbone](#), [Fosters American Grille](#), [Uncle Fatty's Drive-In](#) -

Click on the above names to download new coupons (with new expiration dates). For more information check out their Buzz ads.

Blueprint for Luck and Love Singles Dating Event

Lucky2Service in collaboration with Allure Life, will be hosting a "Blueprint for Luck and Love"; a Singles Dating Event, at Yancy's VIP Lounge, Wednesday, June 16th, from 6pm-9pm. The cost per person is \$30. The fee includes complimentary hor'dourves and specialty drinks will be available for purchase. For any additional information or to RSVP call 919.651.9508. Visit our [website](#). Tickets will be available through Pay Pal. Lucky2 and Allure Life look forward to an exciting evening of Luck and Love and seeing you!

Beach House Rental - 5 bedroom 2 ½ baths 2 living areas at **Atlantic Beach on Ocean Ridge Rental.** Across from beach access walkway. \$1875/week. Call for more info: Earl Johnson (919) 614-3001, or Willis Smith (919) 786-1270. (See our ad for photo)

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Buzz offer March-May: Stay 2 nights and get additional nights at 1/2 Price. (excluding Memorial Day weekend) Call today... Pick your cabin...Make your Reservations. 828-898-5848. Email: linvillecabinrentals@gmail.com. [Website](#).

Fifth Avenue meets Glenwood Avenue - Downtown Raleigh hot-spot **Solas** hosts **Saks Fifth Avenue** for a night of fashion and shopping! What better way to see the latest in spring and summer fashions than a **fashion show** featuring designs straight from the runway? On Thursday, May 27 from 7:00-10:00pm, the second floor of Raleigh's hottest downtown restaurant and lounge, Solas, will turn into a Saks Fifth Avenue boutique! Attendees of the event will actually be able to purchase the fashions they see that night on the runway at the exclusive Saks boutique on the second floor of Solas and take 15% off...instant gratification for the Raleigh fashionistas out there!

This event will also give back to the community. A percentage of sales from the evening will go to the North Carolina Museum of Art Contemporaries and many of the models featured in the show are part of triangle based Models for Charity, an organization of professional men and women who raise money for local charities through modeling. Solas is located at 419 Glenwood Avenue, Raleigh, NC. For further info, contact Saks Fifth Avenue Raleigh Marketing Director Cara Fratto at 919-792-9100 x. 5202 or cara_fratto@s5a.com.

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Pattywhacks - Month of May Special... In honor of moms and expecting moms... Buy one regularly priced item (attire only) from spring/summer 2010 collection & get a second regularly priced item (attire only) that is of equal or lesser value...**30% Off**. Location: 1245 Kildaire Farm Road, Saltbox Village, Cary. (919)468-1928 <http://www.pattywhacksinc.com/> (see our ad)

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The Junior League of Raleigh

Present its newest cookbook, **You're Invited Back**. For more information, or to order your copy of **You're Invited Back**, visit www.jlraleigh.org. This 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](#). (See our Ad)



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seasonal collection offers a sophisticated sparkle for southern women. **April Specials:** "Trays of the Month": Tray 1 and 13: **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 or (919) 621-5735. www.sabika-jewelry.com.

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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 sterlinggirlyllyne@gmail.com, 919.272.3040.

Wag - An upscale Pet Boutique offers Buzz subscribers a special offer. **Click Here for Coupon** and take an additional **15% Off** on all non-food items. Visit them at Stonehenge Shopping Market, 7414 Creedmore Rd. 919.841.5093.

Elizabeth Galecke Photography Trunk Show of Hand-Made Smocked Children's Clothes for Good Seed International. Tues. May 18th, 9am - 1pm. 1113 Glen Eden Dr. Raleigh Purchases with cash or check only. All who attend entered to win a free photo session and 10% discount coupon for photo session with purchase on May 18th. For information: www.elizabethgalecke.com 919-785-0620

Nearly New Clothing Exchange - Fall/Winter Sale - Aug. 2010 - Raleigh Location TBA Interested in Consigning? Contact us nearlynewce@yahoo.com www.nearlynewclothingexchange.com

READ MORE OF THE BARGAIN BUZZ - [CLICK HERE](#)



TheBeltlineBuzz Welcomes New Subscribers

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,
Carol Lynn Foster





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TheBeltlineBuzz items are selected by our editors. No one can pay to be featured on TheBeltlineBuzz. That's what advertising is for, and it's always labeled as such. Selling ourselves (literally) would destroy the legitimacy, integrity, and fun of TheBeltlineBuzz. Plus, we'd never earn your trust that way. So we'll never make a dime off your meal at a restaurant nor a penny from the sale of the latest accessory we told you about.

That said, on occasion, we will send out "Dedicated" e-mails on behalf of sponsors. You'll recognize them from the subject line: "TheBeltlineBuzz Dedicated E-mail." Yes, these are paid for. And, no, we would never sell our subscriber list to anyone. Not for any amount of money.

We hope that you continue to enjoy your BeltlineBuzz. We look forward to delivering it.

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