

My City



Nov/Dec 2015

In This Issue:

*Cheers
Charlotte*

**GIRLS
ROCK
CHARLOTTE**

CLTCH

Fabulous fashion, make-up and gifts

...and much more!

Contributors in this Issue



John Hairston, Jr.
Cover Illustrator



Ellen Gurley
Owner, Sales, Columnist, Photographer



Alex Barnette
Webmaster



Jason Burke
Creative Director



Amanda Dickinson
Columnist



Kat Sweet
Graphic Designer



Kacie Smagacz
Columnist, Photographer



Brian "BT" Twitty
Columnist, Photographer



Martin "The Clown" Barry
Columnist, Illustrator



Bill "The Thrill" Cleveland
Columnist

LETTER FROM THE EDITOR

Hello Charlotte,

I hope you are ready to gobble gobble and hear the jingle bells because that time is upon us. Thank you for picking up this copy of My City Magazine. We will keep you warm in this issue with Copper Barrel Distillery. We assure you that NoDa Farmers Market will remain open all year long. Go with us as we meet the women at Salon du Monde and have Amanda Dickinson introduce us to the men of Cheers Charlotte. Guest writer Becky Huskins gives us a profile of Charlotte's Tiff Tantrum. Walk with us through new boutique CLTCH and let's go fishing with John Morehead. Kacie Smagacz tells us why Girls Rock Charlotte is important to her and, as always, Martin brings us his advice column. As a special treat Bill "the Thrill" Cleveland talks to us about pizza and Brian "BT" Twitty gives us a glimpse at the creations of Chef Cat. We hope you enjoy this issue. Don't forget to check out the exhaustive event listing on www.MyCityMagazine.net and subscribe to our weekly event newsletter.

Enjoy your holidays and each other.

Ellen Gurley and the other My City Magazine personalities

www.MyCityMagazine.net

P.O. Box 5606

Charlotte, NC 28299

704.575.6611

twitter: @mycitycharlotte

like us on Facebook

Media kits with advertising information can be obtained by contacting ellen.gurley@mycitymagazine.net

Cover illustration by: John Hairston, Jr. Hire him for your next commission or event (he does live art). john.hairston@mycitymagazine.net

CONTENTS

2 CHEF CAT, RAW VEGAN CRAFTSMAN
BRIAN "BT" TWITTY

4 JOHN MOREHEAD OF THE FISH FACTORY
ELLEN GURLEY

5 CLTCH: PLAZA-MIDWOOD'S NEWEST BOUTIQUE
ELLEN GURLEY

7 GIRLS ROCK CHARLOTTE
KACIE SMAGACZ

10 CHEERS CHARLOTTE: A PODCAST FOR BEER LOVERS
AMANDA DICKINSON

12 COPPER BARREL DISTILLERY
ELLEN GURLEY

13 MARY POPPINS MEETS JOEY RAMONE: TIFF TANTRUM
BECKY HUSKINS

15 SALON DU MONDE
ELLEN GURLEY

18 THESE ARE A FEW OF MY FAVORITE 'ZAS
BILL "THE THRILL" CLEVELAND

20 ADVICE: ASK THE CLOWN
MARTIN "THE CLOWN" BARRY

21 NODA FARMERS MARKET
ELLEN GURLEY

21 EVENTS IN YOUR CITY

p 7



p 2



p 5



p 18



p 10



Chef Cat

Raw Vegan Craftsman

BY BRIAN "BT" TWITTY

At first mention of the phrase “raw vegan food” most people peer back at me with a look that is as confused as it is filled with instant disdain. They think of sprouts on bean bread with maybe only a spread of bland hummus to add a little flavor. But they are not knowledgeable. They have no understanding of the groundbreaking techniques used to make the food “more palatable.” Nor do they understand the detoxification qualities involved in such a lifestyle or the pure, artistic craftsmanship that is involved. I know these insights to generally be true because I’ve been there, but for almost a year now I have blessed Brian Williams, aka Chef Cat, with my devout interest in his craft and, of course, my biting wit that leads to the sketchiest jokes on the planet. My reward: a learning experience unlike any other.

I first met Chef Cat in the music world. He was a young hip hop head and emcee known as Cataclysm, hence the moniker “Chef Cat”. He was hungry, he was smart and he was good... the latter two traits being those needed to struggle as a hip-hop musician these days. Fortunately for vegans of the world, this would prove to be a good plight for Cat because his interest in the creation of food became more of a focus. He became hungry for food in many different contexts.

Chef Cat’s interest in cooking was born when his father began teaching him so he could prepare food for himself in college. Says Cat, “...bachelor food, burritos and stir-fry, lol, but it instilled a love for the process and a fascination for international cuisine. I studied poli sci and languages with the intent of traveling and much later my trips to China, Japan, Taiwan and especially Mexico lit up my brain and forever made indelible impressions.” He became vegan in 2008 and continued building his style around international cuisine, stating, “[with] all the colors on the plate, I didn’t understand how anyone could ever be bored.” What followed is his current vegan platform but as he grew to learn more about and embrace the benefits of healthy eating, he took it a step further into raw veganism.

This journey to better his health and gain as much knowledge as possible led Cat to Matthew Kenney Culinary in Santa Monica during the summer of 2014. “This took my skills to the next level, giving me a foundation in advanced raw techniques and fermentation from Kombucha to cheeses, to mustards and kimchi.” While there, he also worked at Kenney’s restaurant, M.A.K.E. to gain commercial experience in the raw fine dining world.

Fermentation became a great interest and an integral part of Chef Cat’s style and like many health and food academics, he believes society’s movement away from such natural preservation concepts and toward chemical-based



preservatives explains many current poor health trends.

Chef Cat owns and operates Terra Flora, a raw vegan platform through which he offers raw vegan pop-up dinners at various locations in Charlotte. His recent dinners have been at Packard Place, a downtown co-working space that offers local entrepreneurs a place to “set up shop.” At the pop-ups, Cat’s creativity is genuine and technical. Chef Jonas Marcho took sous responsibilities at a summer dinner and had this to say: “Cutting edge concepts in raw dining that transform humble and healthy ingredients into fascinating and delicious works of vegan

cuisine. Chef Cat is part Matthew Kenney, part Beastie Boy, and uniquely Charlotte’s own.” The dinners are as much a display of culinary art as they are a peek into the world of Chef Cat himself. Realizing that not everyone can afford the cost of his dinners, he hosts workshops regularly, including a recent workshop as part of the International Breakin’ Convention, a collaborative effort between Blumenthal Performing Arts and the Zulu Nation that combines the elements of hip hop with theatre. He thrives in the world of education and is driven to inspire children and adults alike to be more health-conscious and he usually finds a productive way for children to be involved. Be sure to take them

to the workshops because Cat loves the kids and he makes it fun for them. Nourish co-owner, Julia Simon says, “Brian’s food is fabulous, but it’s also about his attitude.. curious, kind, eyes twinkling, he’s thrilled to feed you, there’s all this grace and gratitude - and that pushes you to think harder, taste more deliberately, be more open.” Cat’s stage experience, approachable personality and knowledge unite to lend him great comfort when addressing an audience. His passion is obvious and it is clear he loves his craft.

Chef Cat’s knowledge of fermentation and belief in probiotics as preventive and alleviating agents inspired him to start his kombucha brand, Bucha Fresca. He offers new and refreshing flavors like tamarind ginger habanero and orange basil achiote on a limited basis but is currently searching for the perfect space to conduct a larger brewing scenario. He also has confirmation of future dinner events at Birdsong Brewery (tentatively November) and is open to hosting dinners at other locations. I have purposely not detailed Chef Cat’s processes with hopes that you will either attend a dinner or workshop or go a step further and host one at either your establishment or home.

If you are interested in hosting events or want to place an order for Bucha Fresca, contact Chef Cat. He would be as delighted to share his love with you as I know you’ll be to experience it.

Photography by Brian “BT” Twitty

callingchefcat@gmail.com

Facebook: Terra Flora and Bucha Fresca

Home Portraits
by Saundra

Unique Gift: Your Home in Watercolor
Saundra Hardy | (704) 488-5800 | HomePortraitsBySaundra.com



John Morehead of the Fish Factory

BY ELLEN GURLEY

Sometimes when fishing around for local artists, you get a bite from across the pond. That's what happened in my case, when someone caught my eye from Salisbury. I saw a fin sticking out in the middle of Cheerwine country and it belonged to one John Morehead. Social media showed me a picture of a fish made completely out of the caps from this local, iconic soft drink. I thought it was amazing and as soon as I told him so, he said not one but three Cheerwine fish had just swam away before he could even hang them up.

Lucky for me, he had other fun, finned friends to show me. I drove up one afternoon from Charlotte and played marco polo with over thirty pieces on display in Pottery 101. There are fish fashioned from old Brownie cameras, clock parts, table saw pieces and even musical instruments.

Assuring me he was not cray, I doubted him as the sculptures he created show the work of a mad man. He says he has been "doing this" since as far back as he could remember. And just where does he find his little metal pieces that he throws together into beautiful art? That's

right, he fishes around for them sometimes finding himself dumpster diving and often tossing his net into boxes at flea markets. Not a day goes by that he isn't reeling in more. (These fish puns are kraken me up.)

Having not yet hung the "gone fishing" sign on his 9 to 5, he is still living very much like a light-hearted, hobby-hungry retired person who is having a whale of a time. He plays the guitar, the mandolin, the occasional banjo and is even in a play here and there. Morehead doesn't see an end in sight for his little wave of art. Having recently gotten his hands on a boatload of vintage Cheerwine caps, he assures me that another school of pop art fishes will be served up very soon. If you're ever in Salisbury, check out his commissioned sculpture attached to the side of the Norvell Theatre on (get this) Fisher Street. Keep up the good work, John.

Photography by Ellen Gurley

Salisbury, NC

jmorehead@carolina.rr.com

704-202-7660

Fish Factory at

www.Pottery-101.com

704-209-1632



COMPLETE

AUDIOVIDEO

SOLUTIONS, INC.

Custom Design. Sales. Installation.

HOME AUTOMATION | MEDIA ROOMS | HOME THEATER

WHOLE HOUSE AUDIO/VIDEO | LIGHTING CONTROL

SHADE CONTROL | CLIMATE CONTROL | STRUCTURED WIRING

COMPUTER NETWORKING | OUTDOOR LIVING

COMMERCIAL AUTOMATION | RESTAURANTS & BARS

STRUCTURED CABLING | DIGITAL SIGNAGE

APPLE INTEGRATION

Complete Audio Video Solutions is a custom design company that specializes in home entertainment & automation control. We offer you reputable consultation design & installation.

completeaudiovideosolutions.com

704.840.9216

811 Central Ave., Suite 1, Charlotte, NC 28204



CLTCH

Plaza-Midwood's
Newest Boutique

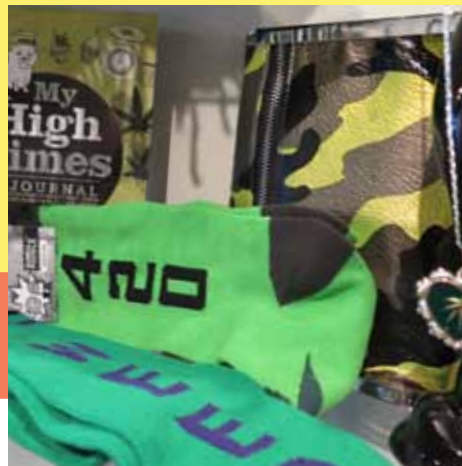
BY ELLEN GURLEY

There is a fine line between bombshell and diva that Scott Weaver, Lesa Kastanas and Linda Martinez rightfully straddle. Having been in several local bands (Babyshaker and Miami Dice just to name two) and the DJ and host of the longest running weekly in the Charlotte area (Shiprocked Thursdays at Snug Harbor), Scott Weaver is a local celebrity often going by the name Chaka. Lesa Kastanas has owned many nightclubs and restaurants with her husband Andy (Aqua, Mythos, Diamond, and Soul Gastrolounge) making her one of the most VIP people in town. And Linda Martinez has styled hundreds of local personalities for over twenty years with her business "Styled Now" and through her old Dilworth job at Sloan. Together they bring us CLTCH, the newest boutique to hit the scene.

My City Magazine recently got the deluxe tour of CLTCH with all three owners. The walls are covered in local art and the shelves are perfectly dressed up with everything from chunky bangles to wooden neckties. They sell fun flasks and classy statement pieces making them a go-to for anyone wanting a special gift for themselves or someone on their list. Linda can do your wardrobe and Scott can skillfully do your face. Don't miss out on these professional services available to you.



One could easily spend hundreds of dollars there though all of their stock is modestly priced. I fell in love with several handbags, scarves and ponchos while highly coveting the locally designed Carolina Panthers tee shirts. While I was there, several people came in to get said tee shirts after seeing them on social media. I'm not one to keep a secret, so I'm sharing their store with you today and hope you tell the people you care about to visit them, too. Sharing is caring and you wouldn't want your friends walking around with you without their "fab on", now would you? They literally have everything but U in CLTCH. Fix that.

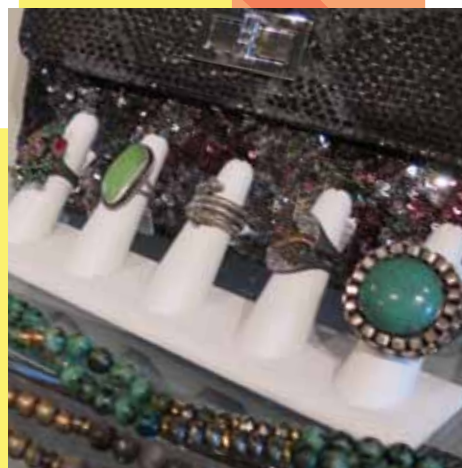


Photography by Ellen Gurley

CLTCH

1512-A Central Ave.
Charlotte, NC 28204
704-375-2444

www.Facebook.com/CLTCH





GIRLS ROCK CHARLOTTE

BY KACIE SMAGACZ

"Isn't a bikini body just a body that has a bikini on it?" "Why can't I find a girl that looks like me? Not everyone looks like this." "I am an athlete. I have muscles. I can't find a single female athlete in Sports Illustrated. Why?"

To some, these questions might seem pretty simple. To me, hearing these questions and more like them, so passionately expressed at Girls Rock Charlotte, was profound. I sat there, almost speechless at some of the piercingly honest questions and observations from the brains of eleven and twelve year old girls, as they looked through current popular magazines and shared their unfiltered thoughts. Questions that, as a twenty-seven year old, I had yet to even think of asking.

My City

magazine

READ


Pick up a copy of My City Magazine in local restaurants, boutiques, breweries, salons and fitness centers. You can also visit the website to keep up. Read about local people and entertainment options in each issue.

ADVERTISE

To see your ad in My City Magazine in print and on social media, call Ellen Gurley today 704-575-6611. Join our savvy advertisers in reaching our wonderful readers.

NEWSLETTER

Sign up for a weekly event newsletter from My City Magazine by going to the bottom of any page on MyCityMagazine.net

 MyCityMagazineCharlotte


 mycitycharlotte  MyCityMagazineCharlotte




15% off
Pounds of Coffee
on Wednesdays!

Espresso | Iced Drinks | Pastries | Gifts | Free WiFi

We want to be your
neighborhood coffee shop!

 @CentralCoffee

 CentralCoffeeCo

 @centralcoffee

719 Louise Avenue, Charlotte, NC 28204 | 704.335.7288



What I realized is that some of these girls have not been raised to believe that they are anything other than enough. They know that they are capable of doing anything they want. Some of these girls know full well that being female is a strength that they can own. For others, Girls Rock is a catalyst for this transformation into self-confidence and becoming a more empowered human. Some of the campers, mentors and volunteers are learning for the first time that they have a voice that can impact their immediate community in a powerful way. This is why Girls Rock, and programs like it, matters.

Part of Girls Rock's enrichment includes workshops that incorporate more than musical training. In this particular workshop, where the theme was "deconstructing media", I saw girls at an age before we are pitted against one another by society, seeking to repair emotional tears and to not shame the differences in one another, but to embrace what sets them apart. In this workshop I realized even more so why Girls Rock is a necessary tool for positive change within the lives of those involved. In this workshop I realized how much I needed this week at Girls Rock and the "unjaded" minds of these girls.

Girls Rock Charlotte is a member of the international Girls Rock Camp Alliance. The GRCA has camps from Seattle, Washington to Paris, France, and onward into Sweden, along with several places in between. The GRCA was formed when representatives from



seven music-based camps for girls formed a connection. With one motive, empowering young girls to find their voice, the GRCA moved forward and camps have been spreading across the world. In Charlotte, Kelly Finley, a professor of Women's and Genders Studies, a mother, a wife, an empowered female, sought to bring Girls Rock home after bringing her daughter to the camp in Raleigh/Durham- and bring it home to Charlotte she did.

Girls Rock Charlotte had its first camp in 2014 and was held again this past summer of 2015. The girls use the week long camp to learn an instrument, form a band, write a song and then perform it in front of an audience. This year, the Blumenthal Performing Arts Center hosted the camp and concert. Each day at Girls Rock, the campers spend time with their band directors

and volunteers, their instrument coaches and mentors. This past year featured confidence-building workshops and special guest performances by local female musicians from the volunteer staff bands to local rapper, Lockstarr, who talked about her experience as a female in a male-dominated industry and how to use the beauty of your mind to propel you forward as an artist. Girls Rock Charlotte seeks to make sure that the campers are "taught by leading women, musicians, artist and professionals."

Girls Rock is inclusive. Girls Rock welcomes girls and gender diverse youth from every belief system, train of thought, nationality, learning style, physical ability, economic status, home life, gender expression, sexual orientation and more. Girls Rock offers scholarships and that is one way you, dear reader, can support the growth of Girls Rock Charlotte. Why? Because every girl needs to know that she is a candidate for amazing success in whatever she puts her time and effort into. Because every girl is capable and every girl needs to know that she is. Because there should be female athletes all OVER Sports Illustrated. Women who are strong, have a sense of accomplishment and are breaking barriers with their minds and bodies to go against previously set expectations. Because, according to

Girls Inc.'s most recent Harris survey, "when asked whether girls and boys have the same abilities and strengths, only 47% of the girls among the 2,028 third- to twelfth-graders surveyed responded yes. Just 29% of boys thought girls equal." Because in Charlotte, and around the world, Girls Rock, and they deserve every opportunity to have their voices heard.

"Creativity is in my lifeblood and I am beyond elated to share my knowledge with children. Being a mother of a girl myself, and a female in a male dominated profession, I am very driven to change equality issues for young girls and women through the universal language of music. Seeing the kids build confidence in themselves is the most rewarding thing I have ever experienced and I look forward to continuing to empower females of all ages. We really can be anything we want to be!" (Krystle Baller, music director and bass instructor)

"There's such synergy in my life. Everything I do is centered on empowering girls, women and everyone. My energy and passion for Girls Rock Charlotte is boundless and positive because I am surrounded by so many talented, passionate and supportive people. I'll be rockin' this gig for many years to come" (Kelly Finley, Founder and Director of Girls Rock Charlotte)

Photography by Kacie Smagacz

HOW TO SUPPORT?!

Buy some shirts or donate some money for scholarships!

<http://www.cafepress.com/girlsrockcharlotte>
<http://www.girlsrockclt.com/sponsorship/>

VOLUNTEER!

<http://www.girlsrockclt.com/volunteerapply/>

GIVE YOUR TALENT! From photo/video to staging to graphic design: <http://www.girlsrockclt.com/friends-of-grc/>

Have an instrument to give? Give it!
<http://www.girlsrockclt.com/band-equipment/>

UPCOMING EVENTS:

Amplify Workshops - workshops on media, creativity and confidence with a jam session, held at the Behailu Academy in NODA: November 21, January 23, February 20, March 19, April 16

<http://www.girlsrockclt.com/amplify-workshops/>

CAMP 2016 - dates to be announced soon. Sign up starts in January 2016.

<http://www.girlsrockclt.com/2016-summer-camp/>



Cheers Charlotte

A Podcast for Beer Lovers

BY AMANDA DICKINSON

Jay Brown, Ford Craven, and Cesar Leyva have a weekly ritual of grabbing some tasty beers while going over the notes for the current week's podcast. This jovial crew run down the show sheet and bounce ideas off each other all while throwing in a few jabs and jokes. Recently, I had the pleasure of sitting down with them for a flight at the Beer Growler on South Boulevard. These three friends came together about a year and a half ago and have recorded around 120 episodes, all available on iTunes and Stitcher. They share a mutual love of craft beers, stemming from different backgrounds. Jay and Ford are both North Carolina natives, and Cesar hails from San Diego. All are avid homebrewers, and each have a strong foothold on the Charlotte area brew scene. Each podcast runs about an hour long and covers recent news, a weekly guest, in studio music, a home brewer spotlight, and calls from the Draft line. They have quickly established themselves as a staple in the Charlotte Craft Beer scene.

Local is what these guys are all about. Weekly guests are almost entirely from the Charlotte area, as well as the in studio musicians, and hometown breweries. All three guys have been heavily involved with events such as, Charlotte Oktoberfest, The Moo and Brew festival (Cesar is one of the founders), and The Brewers Ball. Shout outs to Charlotte Breweries include, but aren't limited to, Heist, Free Range, and Wooden Robot. They are all about some local music, too. Some of their favorites are, Diarrhea Planet, Junior Astronomers, the Loudermilks, Of Good Nature, and Sinners & Saints. Justin Fedor, a solo performer and member of The New Familiars, was the studio musical guest for the episode I attended, to promote a benefit concert for the Levine Children's Hospital. Jay, Ford, and Cesar keep it close to home.

When asked about the current Charlotte craft beer scene, they cite many changes in the past few years to bring about its development. Watching small home brews develop into big breweries, the growth of Charlotte, and the vast creativity displayed by our local brew houses, they know our city is nowhere near capacity. Improvements they would like to see are, letting breweries continue to self-distribute. House Bill 278 would prohibit breweries

from self-distributing if their production reached over 25,000 barrels. This would discourage growth for our local companies. Some breweries have stated that they would stop production at just under the mark to avoid being forced into brining in an outside distributor. They collectively believe that this decision should be left up to the individual company and not forced upon them. Cheers Charlotte also feels it's important to keep our small pubs around and supported. Growth in Charlotte has seen the destruction of many independent bars and music venues to make way for new housing and the light rail.

The future is wide open for the Cheers Charlotte crew. Although they have cemented themselves as a fixture in the scene, there are still plenty of people to reach. They are planning more live podcasts soon, as well as hosting more events. Keep an eye and an ear out for them to get the scoop on everything in the Charlotte craft scene. You'll be glad you did.

Photography by Amanda Dickinson

www.Cheerscharlotte.com

Draft Line: 1-515-4WE-Brew

Follow on Facebook: Cheers Charlotte

Follow on Twitter: @CheersCLT

CHEERS CHARLOTTE RECOMMENDS:

Beer Exploring Day Trips from CLT:

Asheville
Charleston
Hickory
Morganton

Favorite Beer Festivals:

Charlotte Oktoberfest
Black and Blue Beer Festival
Salud Funkfest
Fillmore Craft Beer Sessions

Best Beer Bars/Stores:

Brawley's Beverages
Salud
Good Bottle
Rhino Market
The Beer Growler
Carolina Beer Temple
Lil' Robert's Place
Earl's Grocery

BEST SELECTION IN TOWN!

Nov. 27TH BLACKFRIDAY

#REPO RECORD RECORD STORE DAY

3325 COMMONWEALTH

WE WILL OPEN AT 9AM

Limited LP releases

**BRIAN WILSON ZOMBIES
S.O.A. ZAPPA NIN BOWIE
SRV ENF CASH CLASH
TENACIOUS D ISLEYS WEEEN
FUNKADELIC SIR PAUL JETT
LYNRD SKYNYRD BB KING
MGMT HIGH FIDELITY ELVIS
SHARKNADO+3 DEL MCCOURRY
EAZY-E KINKS LINK WRAY**

SUPPORT INDEPENDENT MUSIC STORES

WE BUY, SELL, AND TRADE!!

SOUL · JAZZ · COUNTRY · ROCK · PUNK

N.O.D.a
BREWING COMPANY

NOW OPEN

NEW N. TRYON ST LOCATION

Please join us at our new **North End** location at 2921 N. Tryon St. It's the same great NoDa beer you love just a new taproom in our new, larger brewery location.

NORTH END HOURS

MON: 4pm - 8:30pm
TUES: 4pm - 8:30pm
WED: 4pm - 9pm
THR: 4pm - 8:30pm
FRI: 4pm - 9:30pm
SAT: 12pm - 10pm
SUN: 1pm - 6pm

2229 N. Davidson St. location still open!
(Limited hours after Oct. 1.)

COPPER BARREL DISTILLERY

BY ELLEN GURLEY



North Carolina is still in the middle of a craft beer boom. I don't see an end in sight for

this. While we are all enjoying the growth in that movement, there is something else creeping up to gain our attention: distilleries. Let it be known that they've always been there but with the relaxation in statewide laws, we are now seeing distilleries popping up all over the place. Right in the heart of North Wilkesboro is a place that knows what it means to have always been around but just now being allowed to announce themselves. The city didn't just create NASCAR but it was the moonshine capital of the world. (Google it, NASCAR literally was borne out of running moonshine out of the county.)

Copper Barrel Distillery is the brainchild of George Smith. He used to work for a fortune five hundred company but accepted a modest package to leave and he was on his way to join others in the alluring life of distilling. Upon joining the Charlotte Bourbon Club and having become the President, Smith met a lot of people through classes and bourbon dinners. At one of these dinners, he met Bill Samuels, Jr. (who was the president and of CEO of Makers Mark for thirty seven years) and he told him that he was thinking about opening a distillery himself. Samuels introduced him to "everybody" he "needed to know in the business". During a trip to visit Samuels in Kentucky, he decided that THIS was really happening. He was starting a distillery.

At the North Carolina Main Street Conference, wanting to learn about grants that were available to new businesses, Smith was approached by the mayor of Wilkesboro asking him about these plans for opening a distillery. The mayor



insisted that Smith come to Wilkesboro and open his distillery there. Now, mind you, this was just one out twelve cities who were inviting Smith to come and Smith visited ALL of the cities that invited him and he ultimately chose North Wilkesboro. The mayor, delighted with Smith's choice, asked him who his master distiller would be. Smith not knowing yet was in for the best piece of advice yet.

Smith was told that he needed to meet a Buck Nance. Buck's father Floyd was a moonshiner back in the day making Buck second generation. Let it be known that before Smith met Buck, he had tried well over two hundred moonshines from all across America and had a pretty idea for what he wanted to go with and what direction he was fixing to go with the taste. Upon meeting Buck, he brought out a bottle of his stuff and Smith was impressed beyond words asking if it could be reproduced this way exactly each time. And Buck assured him that yes, yes it could be done. Buck told him "not only that, George, I can teach you how to do it". Setting up and installing the system at the distillery, Buck realized he wanted to work there full time. Smith gladly accepted and the rest is history.

Buck and George are happily partnered in the newest regional distillery and, ladies and gentleman, this is the stuff you want. They directly inject steam into the mash to perform the distillation (a system invented by Floyd Nance in the early 1900s). (Fun fact: ideally you should have some copper in the process to strip out the carcinogens.) Copper Barrel Distillery's moonshine comes in many flavours with real fruit in the jar from recipes that were all perfected by Buck over many decades and will soon be available in ABC Stores. Make that drive and get some moonshine to bring back home to keep you nice and warm this winter.

Photography by Ellen Gurley

www.CopperBarrel.com

508 Main St.

N. Wilkesboro, NC 28659

336-262-6500



MARRY POPPINS MEETS JOEY RAMONE

Tiff Tantrum is the Fiesty Sweet Darling of Charlotte Punk Rock

BY GUEST REVIEWER BECKY HUSKINS

"I'M ACTUALLY A PRETTY FIERY INDIVIDUAL."

When asked if she was an angry person, that's how Tiff Tantrum describes herself. For a person who labels herself as the singer and "screamer" for a local Charlotte punk band called No Anger Control the quick assumption would be one of the angry female, but after talking with Tantrum's friends and fans and with Tiff herself, that assumption would be quickly squelched.

"I focus on happiness and being positive now. I do still get angry, but I direct it all into my music now, so that when dealing with the individuals or situations that anger me.....I can just smile and treat them the same as I would anybody else. With love."

Fronted by Tantrum on vocals, Levi Erickson on guitar, Jason Damiano on bass and John Ehlers on drums, No Anger Control is a punk rock band with a lot of buzz in the underground music scene of

Charlotte playing at venues like The Chop Shop, The World Famous Milestone and various clubs in the Plaza-Midwood neighborhood having recently taking part in the 8th Annual Punk Rock Picnic at Tremont Music Hall.

When asked about women in the local music scene, Mark Lynch of the band, The Chalkies, had this quick response, "do you have a specific question or should I just tell you how great Tiff Tantrum of No Anger Control is?" And that answer was given, by the way, without even mentioning Tantrum's name. "I really like No Anger Control. You should check them out," was another don't-think-just-answer quip from Robert Childers at Snug Harbor. Even with all the fans coming out to shows and the support of her friends, Tantrum still can't seem to believe her luck.

"Honestly, it's still hard to wrap my head around comments like these. I always get embarrassed when my friends tell people we have just met to check my band out or that we are awesome. I guess I will always see myself as just another person in the crowd, enjoying the music, and sometimes being lucky enough to be the one making the music."



Described by friends as “an amazing lady with a big heart” one of the most surprising things to learn about Tantrum might be that she has earned a Child Development degree, interned at Wake Medical Center as a student, and has a day job as a nanny here in Charlotte.

“To see her get up on stage and belt those lyrics like she owns that stage ... I have never met anyone like her before!” says fan and close friend, Sarah Reinhart, who books shows for The Common Market. For a woman that has been playing music in various bands and on many stages for the past twelve years, the ultimate goal would appear to be a major label contract or national tour. With influences ranging from The Ramones and The Cramps to David Bowie and The Psychedelic Furs, big-time success would appear to be on the agenda. “I used to want fame. To be known by everyone, everywhere. I wanted to literally spend my life touring and creating new music. I can still tour and create new music without being famous though. I think now I just want to have fun, to spend time creating incredible music with my bandmates, to learn from their talent, and to grow from all of these experiences. I am very lucky to be working with some very gifted guys, and writing and working with them is amazing.”

And that talent is, in fact, amazing. But the stand-out ferocity of Tantrum can’t be denied in the band’s live shows. It’s ironic that a performer who sees herself as a “nerd on stage like Joey Ramone” could bring forth the kind of power needed for songs like “Mom’s Basement” and “Slut Shaming” on their self-titled first album.

“I once mentioned that I wanted to become famous by talent, and not by how much skin I could show off. I had somebody tell me I was a slut shamer for saying this, and it angered me. I have never had a problem with how others live their lives, and in that statement I spoke of nobody but myself. I figured if I don’t care how you live your life, than you shouldn’t have a problem with how I want

to live mine either. Unfortunately people will find any reason to get angry at you, so I bit my tongue, and wrote a song instead. If that person were to ever show up at a show; I would secretly be smiling when I sang that song.” Even though Tantrum may be enjoying telling someone off in a song, no one could deny her sweet nature off the stage as evidenced

by her swath of friends and supporters. Particularly, female supporters in other bands or who see No Anger Control’s shows and become instant fans.

“The women in Charlotte are incredible! I have never felt any competition, and constantly feel like I have nothing but support. I have had many females approach me out at our shows, or just at shows in general, to let me know that I’m inspiring. I have actually been told before that seeing me on stage allows other females to feel like they can be in a band too, particularly punk.”

“When it comes to women in the music scene I get so pumped,” says Reinhart. “‘F*** yeah, girl power!’ is what runs through my head when I see females make a huge impression in the punk scene. It melts my heart and makes me so proud.” However Tantrum and No Anger Control have plenty of male friends and fans, too, and Tantrum says

“I’m out there for everybody.” According to Mike Benson, a long-time rock guitarist in bands like 1three4, Queen City Rejects and From the Gun, “Tiff is like a caged animal pacing the stage, ready to pounce, while the band blares out riff after riff of punk rock mayhem. Then, out of nowhere, she attacks!”

Maybe what makes Tantrum such a great performer is that she’s such a big fan herself. “If anything, I just know I love music, and will get my hands on more local bands’ stuff and touring bands’ stuff nowadays before ever going for “bigger” bands. I want to hear the dirty, underground, hardworking, blood sweating, sleeping on floors kind of bands.”

Even with all the anger, sweat and sleeping on floors, Tantrum’s positivity and energy just can’t be tamped down. Maybe it’s all that nanny sweetness in her downtime. “I’m very blessed. I guess if anything I just want to be remembered. I just want to make a difference to somebody, even if it’s just one person. I’m just happy to be able to be in a band. It’s the best thing I ever did for myself, having the guts to pick up that mic and sing in front of people. I don’t think I’ll ever stop.”

Photography by Elizabeth Perkins (color) and Gene Lazo (b&w)

Tiff’s band No Anger Control will be playing Saturday, December 19th at the last show at Tremont Music Hall as they prepare to close their doors for good after a twenty year run.





Salon Du Monde

BY ELLEN GURLEY

Barbara Steffon has been doing hair for over twenty years and the lot of that time has been spent working in a dreamy home on Monroe Road in the “salon and tattoo shop district” (as I call it). She has been doing my hair lately and has been asking me to do an article on her salon. I kept thinking “why? It’s just a salon”. I imagined myself meeting estheticians and nail technicians and getting bored. Yeah, this is NOT that type of salon. While you can get beautified, utilize a salon that only uses natural lines, purchase Atomy and itWorks! products, get locally made jewelry and receive scalp and hair treatments (to promote regrowth), this salon sets itself apart from other salons as they, how can I put this, are not a typical salon. You won’t see rows of women getting their hair did but you will see a group women who focus on healing, energy and empowerment. Let me introduce you to the team.

Cheryl’s gig is “The Whole You School of Massage & Bodywork”. She spent her early life as a social worker and has always had an interest in the mental and spiritual experience and how stress affects this. Learning about the alleviation of said stress brought her to learn therapeutic touch. A consummate learner of meridians and energy, she broke out of the system and delve into massage therapy which was not an accepted form of healing by medical professionals. Yet due to her presence in her community, clients came to her quite readily and she has become a supplement to many doctor’s current therapy for healing. From her experience working with dyslexia, she has found that we all have a form of it. If it’s not a dyslexia with arithmetic, it’s dyslexia with relationships or a dyslexia with money making. This ties in with her relationship with stress relief as it pertains to the body and the mind connectivity. This stress is born

out of our dyslexia with a certain aspect of our lives. She helps you with structural rebalancing. One has to develop enough self love and confidence in order to be where you want to be. “In the awareness, everything changes.” She invites us all to be present and open to the healing that your body requires by listening to the messages it is telling you. You are a healer of yourself and we all just need a little empowerment which is done through energy, our tissues and our thinking. Book a session or class today with Cheryl that isn’t just a massage it’s a discovery that happens within yourself when you find awareness of self that goes past all of the “stuff” that you claim. She wants to “take the woo woo out of your emotional attachments to mental garbage”. “I help people to accept their own truth and allow others to have their own truth. (Not the preacher’s truth or your mother’s truth - your own truth and belief system.)”



Barbara Steffon, the owner of Salon du Monde, has been doing hair for over twenty years.



Velories is a Reconnective Healing Practitioner™. As far as she is concerned, “we are all on our own path, we are all equal and we all need support.”



Britt does energy exchanges with clients and she makes accommodations based on what the client comes to her to accomplish.



Fatosh, a Reiki Master, explains that, “Reiki is cosmic, divine energy that is available for everybody, but most of our chakras are closed. Reiki Masters open those blockages.”

When I met Britt, the paralegal, she began by asking me what my birthdate was. This is to get a feeling on what my root / base is starting with my astrological sign. She just gave me the basics of numerology and I felt like it was pretty right on with my personality and how I interact with people. From a numerology approach, she can begin to make determinations. She does energy exchanges with clients and she makes accommodations based on what the client comes to her to accomplish. It's possible that they came for a healing session. Perhaps they came to get read. Energy can be seen and read. But ultimately “people come for something to catapult them into a way that they can take action and notice something to work on and improve in their physical realm.” She does this through tarot, she does this during tea readings, she does this with aromatherapy, she does this through hypnotherapy, she does this through nutritional counseling and she does this through life coaching. She says “sometimes you don't even have to read energy as their vocabulary and body language can tell you so much”. “Meditation is done with a client who is open to viewing the patterns that occur in their lives (sometimes going back to past lives)” and in healing sessions there is often a reprogramming of language and a finding of purpose. By communicating with your archangels, she can see what your purpose of visiting is; is it for detoxification, is it a reading, is it a specific ailment that needs attention? By using her “bag of tricks” and your needs or goals, a lot can be done with a chat with her. Call to make an appointment.

Fatosh is a Reiki Master. She explains that “Reiki is cosmic, divine energy that is available for everybody, but most of our chakras are closed. Reiki Masters open those blockages.” As a level three master, she is able to send energy for far distances while a level one can only send it within one area or room. She says that she has to keep herself out of the goal (results) because she says that “energy is intelligent and knows where to go”. She says she doesn't call herself a healer

(though a visionary told her that she was a shaman in a past life) because she believes that she's not the one that's healing. She is just the channel or facilitator for the energy. She also works with Seraphim Angel Energy. Call to secure some time with her.

Terry comes from a place where she wants to empower people to protect themselves (especially women and children). Tai Chi working through the personal defense systems from Isshin Ryu Karate can equip you with the skills to keep yourself out of a bad situation. As a sensei, she wants you to know that “its never okay to be abused” and it's heartbreaking to her when someone gets abducted or attacked. As an advocate for women and children, she wants you to know that there is just one simple move that can get you out of the wrist grip with so much more to learn when reinforcing these lessons with building the strength of the body, the awareness of the mind, and the willingness of the spirit. Seeing Terry for just a few sessions or an entire six week series, she hopes to get you to realize that you have the right to defend yourself. “No means no is not enough.” By learning some basic, critical moves and building your endurance, you can be a more prepared individual. “Awareness, knowledge, and training can prove that you are mentally prepared to escape, counter as needed, and make police aware.” Self-defense is the nature of the art in which she will educate you and self-confidence is a by product of this training. Win win with fun mixed in. Sign up today for November and December classes.

Velories is a Reconnective Healing Practitioner™. Let it be known she used to practice law and studied at Harvard but realized that this was not her dream for her life but perhaps her father's. She went into exploring her own truth. “In this culture, there has been has disconnection between our authentic selves and what we are presenting. We need techniques to reintegrate ourselves. By diffusing some energy, you can get to know yourself (again) and then things will

fall into place.” She looks to get her client “clicking again” and feeling whole. “We fight against ourselves and our DNA / ancestors. As a spiritual transformation coach, my job with angel therapy work and kinesiology uses frequencies to help people to get them on the life path they need to be on. And if they're already on that path, it accelerates it.” She doesn't think that there's “anything to be healed, only God to be revealed.” She believes that we are more than just third dimensional beings. Call today to come and meet Velories for a private session or to ask about some workshops. You'll be glad that you did. She is a very calming soul. She's “always excited to see what comes from within” her “clients when” they “work together”. As far as she is concerned, “we are all on our own path, we are all equal and we all need support.”

Salon du Monde is a salon. This is true. Is it your typical salon? I like to think that we just determined that it was not. The women on this team want to empower you in one way or the other. They want you to remove some emotional baggage or otherwise improve and relax yourself. This is making you beautiful from the inside out. That's the best kind. Call this holistic salon today to find out about seeing one of the team members. Barbara's customers have been coming to her for decades and she is now attracting new ones. Come find out why. It doesn't have to be a New Years resolution thing, but it definitely can be a new you type of thing. Get on it.

Photography by Ellen Gurley

5308 Monroe Rd.
704-532-5550

www.SalonduMonde.net



Cheryl's gig is "The Whole You School of Massage & Bodywork." We all just need a little empowerment, which is done through energy, our tissues, and our thinking.



Seeing **Terry** for just a few sessions or an entire six week series, she hopes to get you to realize that you have the right to defend yourself.



Modeling | Styling | Wardrobe Consultant | Photography

512 E. 15th Street, Suite 3 Charlotte NC 28205 // #staydappermyfriend // LeMondModeling@gmail.com

Across the street from
the Thrifty Beaver

CHIEF'S
SMOKE SHOP

- E CIGARETTES - PIPES - CIGARETTES -
- ROLLING PAPERS - DOMESTIC TOBACCO -
- INCENSE - CIGARS - HOOKAHS -

BEER & WINE

1306 CENTRAL AVE. CHARLOTTE, NC 28205 | (980) 938-6028

**27 Years of the Best
Home Cooking in Charlotte**

www.LupiesCafe.net

<p>Charlotte Hours: M-F 11am - 10pm Sat: 12pm - 10pm 2718 Monroe Road Charlotte, NC 28205 (704) 374-1232</p>	<p>Huntersville Hours: M-F 11am - 9pm Sat: 11am - 9:30pm 101 Statesville Road Huntersville, NC 28078 (704) 948-3959</p>
---	--



1

Teddy's Pizza

5820 E. W.T.Harris Blvd; 28215
704-536-1660

I know the number to Teddy's by heart and, after a lap through the lush hills of flavor country in Teddy's deliciousmobile, you will as well. Everything I have had from the Ted-ster has been fantastic; his pasta game is strong, regular pies are plenty tasty, and there is an assortment of sandwiches, burgers, and sides that will keep you salivating into a food coma for however long you so desire. As wonderful as the entire menu is, however, the crown jewel of Teddy's flavor empire is, without a doubt, the sheet pizza. I call it sheetza because I'm into portmanteau play, just how I roll. Whatever you choose to call it, the full baking-sheet sized pizza is undeniably delicious... and available in a half sheet size. Honestly though, why would you deny yourself the novelty of eating a cartoonishly large pizza? Once you open the box and wrap your mind around the Olympian proportions of the sheetza, your eyes will come into focus on a delectable rectangle comprised of baby rectangles, each adorned with two slices of pepperoni. I don't know how that figure sounds to the uninitiated but, believe you me, the proportions to every facet of this edible flagship are dialed in to such perfection as to bring a tear to the eye of Michaelangelo; turtle or artist, matters not. The crust presents itself without being overbearing. Teddy uses a proprietary sauce that, I imagine, is under security tighter than something that is hyperbolically tight. Then comes the cheese. Dear god, the cheese. I feel about cheese the way corporations feel about tax breaks and Teddy slings 'em just the way I likes 'em: veritably slathered in the stuff. Sorry, can't help myself, have to sing it aloud to the world: THE CHEESE IS LUSCIOUS AND COPIOUS! But, I digress; the woods are lovely, dark, and deep, but I have many 'zas to eat. To crown his culinary chef-d'oeuvre, Sir Teddyfred of Cleveland has made the sheetza available with any topping, or combination thereof, you select from their assortment. I am a traditionalist and stick with pepperoni; like the kids say, "if it ain't baroque, why is there a harpsichord?"

AN ODE TO THE PIZZA SCENE IN CHARLOTTE:

THESE ARE A FEW OF MY FAVORITE 'ZAS

BY BILL "THE THRILL" CLEVELAND

The world is full of over seven billion humans and, while many may be very similar, each person is unique and identifiable by their specific characteristics and personality. Likewise, the criterion for what makes one human attractive to another fluctuates from person to person. Such are my feelings towards the most glorious, and undoubtedly most popular, of foods: pizza. Pizza is the Hamlet of cuisine; every iteration speaks to the creator's perspective and interpretation of the original source material. Thus, I find the concept of any one pizza being "the best" to be fallacious; every pie is a work of art. Over the next few issues I will be exploring the pizza scene in our fair Crown Town and it is my sincere hope that you will join me on this culinary voyage.

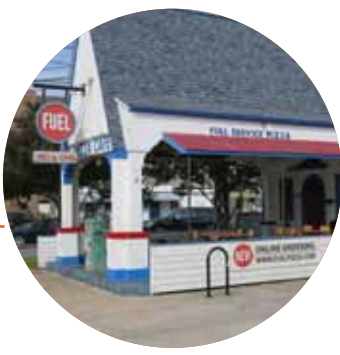
2

Fuel Pizza

1501 Central Ave; 28205
704-376-3835

[As well as locations all over the dang place. Seriously, beyond the original location in Plaza Midwood, there are two locations downtown (uptown, whatevs), one in Southend, Park Road Shopping Center, another off Rivergate Parkway, Davidson (the town, not the road), and Rock Hill. Oh, and four locations in the Washington DC area. Fuel Pizza: doing big thangs, dreamin' real big.]

What isn't to love about Fuel Pizza? They are doing it and doing it and doing it well. Their menu includes calzones, strombolis, salads, garlic(&cinnamon!) knots, wings of many flavors, and all the wonderful pizza you can shake a stick at; though I prefer eating it to stick shakery. Their dough is an absolute delight. To adorn the dough, a multitude of ingredients shake hands and get familiar with each other and, in doing so, create a sauce that is robust and dynamic. Seriously, y'all, I am pretty bananas about the sauce at Fuel, it is really good. Also available are barbeque and cream sauces, sometimes I like to go a little wild and combine sauces! Give it a go, be your own flavor scientist, the squad at Fuel will be more than happy to make whatever sort of pizza your heart desires. But there is more to pizza at Fuel than a toothsome array of toppings, cheeses, and sauces. Fuel Pizza may be the most convenient pizza ever, furreals. There are locations everywhere and they are open super late on the weekends, 3am! Nothing tops off a wonderful night of merry making and carousing around Plaza Midwood like fresh, hot, Fuel Pizza. Everyone on staff is an excellent human and wonderful to talk to, but I would be amiss if I did not give shout outs to Billy and Ed for putting up with my mischief and all of the delicious 'za over the years. Lub y'all.



3

Due Amici Pizza

5346 Prosperity Church Rd; 28269
704-948-1999

Due Amici Pizza resides in an unsuspecting corner of a shopping center, crouched like an authentic New York and Sicilian style flavortiger ready to pounce upon passersby. I have only been to this fantastic wonderland of pizza once, but, good golly, did they make one heck of an impression. From the first step into the establishment, I felt welcomed. The visual palette carries warmth that matches that of the proprietor and his staff; it is immediately apparent this restaurant is family owned and operated. I sampled a small handful of their offerings and, from the moment my food was brought to the table with a smile by the owner, every dish was a delight. The slice of pepperoni was out of this world. The cheese was crisp to soft, in that it could (and did!) pull without losing the structure that makes chewing a joy. The sauce was very solid without being overly present. The pepperoni is incredible; the pie was excellent without it, but the 'roni definitely put some extra pep in my tongues' step. The other slice I had I also highly recommend ordering, the margherita was super refreshing while still satiating. Brilliant color delivers brilliant flavor, ordering it again. The garlic knots were wonderful, flaky, spiraled Italian biscuits with a mild crunch and butter that peeks when pulled, c'est magnifique. Buckle up, buttercups, because here comes dessert, do NOT miss the tiramisu! There are so many options for desert but the tiramisu is, in a word, decadent. The cream is luxurious and the flavors and texture meld into a symphonic bite of sweet abandon. Due Amici Pizza brings authentically delicious pizza, and more, to the northern bounds of Charlotte.



4

Libretto's Pizzeria

Epicentre, 210 E. Trade St #164;
28202
704-971-9088

[As well as locations in ParkTowne Village (E. Woodlawn), Ballantyne, and New York City] I discovered Libretto's when I was a bar back at Strike City way back in aught nine, I have been a fan ever since. Bretty-O's serves authentic New York pizza, and their pasta game is tight as hail as well. One of my favorite things about their pie is that they have crispness mastered to perfection, each bite is elation. I have sampled, more or less, the entirety of the menu over the years and I cannot say that I have a favorite, everything Libretto's serves is p.dang awesome. Protip: Strike City's menu is produced by Libretto's and their bloody mary's are amazing (source: I was one of the guys that made the mix when I worked there). Pizza Brunch, football, and bowling are all within your grasp and combinable for the Voltron of Sunday Funday (don't forget to top off every Sunday Funday with karaoke at Snug Harbor).



This concludes the first installment of the definitive guide to pizza in Charlotte; I will be bringing you four more excellent pizza joints in the next issue, so stay tuned! Now go out there and treat yourself to some delicious pizza, and don't forget to tell 'em Bill sent' cha!

ASK THE CLOWN

ADVICE FROM MARTIN "THE CLOWN" BARRY



Do you have a question for The Clown?
Write him at
Martin@MyCityMagazine.net

Q.

Dear Clown,
I feel like I have no privacy in my own home. I keep a diary and write down random thoughts and store this in a spot that, until recently, was known only to me. My husband has been snooping through my diary lately. I discovered this due to displacement of my notes. He has also been looking through my closet, jewelry box, computer, and my personal items. What can I do?
Sincerely, Violated

A.

Dear Violated,
Lay down boundaries immediately! Ask why he is behaving as such, of course, but assert your right to keep your personal items and thoughts private. If this continues, leave. Love cannot live where there is no trust.

Q.

Dear Clown,
It is currently early October and I am seeing Christmas items up in stores. I think this is ridiculous and I wanted to have your take on it.
Sincerely, Xmas is for December

A.

Dear Xmas,
I am certain that retailers would have Christmas items available in July, if they wanted to. Here is the important thing... every day we vote with our dollars. If a retailer participates in a practice that does not agree with what you like/believe/feel, then do not shop that retailer. The beauty of a competitive market is that there are several options for any given item on your list. Except cable.

Q.

Dear Clown,
I am a teacher. Over the past ten years, I have been noticing a sad trend in the behavior of my students and of the parents I meet with. While it does not apply to all, it has become an increasing majority. Students feel as though they do not have to work to master the skills I am attempting to teach them and I have parents arguing that I am at fault when their children fail a test or a class. I fight daily to make a difference, but I could use advice on new approaches.
Sincerely, Exasperated Educator

A.

Dear Exasperated Educator,
First, let me thank you for being one of the teachers that refuses to give up. As for the students not doing their work, I am certain that you have offered alternatives and admonitions on the consequences. Perhaps adding a parent notification for each incident would encourage them more. This would also help you have a document trail to share with parents when you meet. Any parents that treat you as the source of failure do not deserve to have their children in your classes, quite frankly. There has been enough of the dumbing down; everybody gets a trophy in our culture already.

Q.

Dear Clown,
I am a single mother of three and I have been dating a man for the past year. My children have become close to him during this time and he has been very good with them. I recently found out something about his past, through a background check, that is making me distant. Without stating the problem, I will say that we have discussed this and he assures me he is not the same person. What do you advise?
Sincerely, Suspicious Mind

A.

Dear Suspicious Mind,
As the issue is not stated, I cannot make a direct assessment. I will say, however, that if you feel strongly enough that this issue will cause a dangerous situation to you or your children, ties should be broken. If this is something that you feel will fade as you discuss it and your situation with this man is good, then carry on and be happy.

Q.

Dear Clown,
I am seeing a woman that I regard as the girl of my dreams. I'm excited to have her in my life and I am working toward a day where we can live together and eventually marry. My trouble is that I don't get to see her as often as I like. When she is available, I am there, but it seems that I initiate plans more often than she does.
Help?
Sincerely, Sincere Suitor

A.

Dear Sincere Suitor,
Slow down, my friend! Take a moment to analyze what each of you contribute and look at the development of your relationship. If this seems to be a partnership developing, move forward. If this a situation where one of you is extending more than the other, slow down the efforts to make things comfortable. Know what you bring to the table, but don't be afraid to eat alone.





NoDa farmer's Market

BY ELLEN GURLEY

NoDa Farmers Market

**Saturdays from 8am-12pm
In the Neighborhood Theatre**

**511 E. 36th St.
Charlotte, NC 28205**

NoDaFarmersMarket.com

Welp, it's winter which means no farmers markets, right? Nope. That's not what it means. Sure, there are a few markets open here and there one weekend a month, but NoDa Farmers Market will not only remain open but they are inside the Neighborhood Theatre. Brilliant. While you may see a dwindling of vegetables, many of the vendors have greenhouses so you will still be able to get your fresh goodness not to mention the yummy jams and breads that will still be there year 'round.

www.Zone7Foods.com is still selling their local, sustainable, organic TV dinners and now soups. www.TwoMoonsFamilyFarms.com and www.MaryLFarm.com always have grass fed beef, pasture raised pork, butter, eggs and more. Orrman's Cheese Shop is in the house and so are Burton Farms, Commonwealth Farms, Dover Vineyards, Midwood Hill and many more. And I am saving the best news for last ... THE BAR IS OPEN! My Bloody Mary and I will see you there.

Photography by Ellen Gurley

EVENTS in your city

My City Magazine has the most exhaustive event listing in town. We kid you not and we know that we do as we've seen all of the rest. Why go to all the websites when you can go to just one and see the only go-to event listing in town? Subscribe to the weekly event newsletter while you are there. You can do this at the bottom of any page. We spend a lot of time on our list and want you to be able to enjoy it. We no longer have room to list all four pages of events that we normally run in our print edition but we urge you to go to www.MyCityMagazine.net and subscribe today.

Here are just a few events in the Charlotte area for the months of November and December.

Sundays @ the Double Door
the Charlotte Blues Society Monthly Meeting

Sun., Nov. 22nd @ Belk Theater
Frankie Valli & the Four Seasons

Sun., Dec. 6th @ Time Warner Cable Arena
Billy Joel

Mon., Dec. 7th @ Ovens Auditorium
Daryl Hall & John Oates

Tuesdays @ the Chop Shop
(every 3rd Tuesday Beard & Mustache Club of NC
monthly meeting)
www.BMCofNC.com

Tues., Nov. 3rd @ Belk Theater
Ben Folds w.Y Music, Dotan

Tues., Nov. 24th @ Tremont
GWAR, Born of Osiris, Battlecross

Wed., Nov. 11th @ the Fillmore
Sound Tribe Sector 9

Thurs., Nov. 5th @ Knight Theater
Jim Jeffries

Fri., Nov. 6th @ Ovens Auditorium
Bill O'Reilly & Dennis Miller (Don't be a Pinhead
Tour)

Fri., Nov. 27th @ Repo Record
Record Store Day / Black Friday : Limited
Releases

• Saturdays on www.WFNZ.com 610 AM Sports

Franchise Radio
8-11am Ray Terry's About Your House Radio
1st Saturdays a month 10-11am
www.MyCityMagazine.net 's Ellen Gurley
11.07 Amanda Dickinson of
www.ABabeinBeerLand.com (My City Magazine's
new beer writer)
12.05 www.WRHI.com 's Chuck Boozer

Sat., Nov. 14th @ Time Warner Cable Arena
Stevie Wonder

Sat., Nov. 14th @ the Grady Cole Center
www.GayBingoCharlotte.org Presents: How to get
Away with Bingo

• Nov. 6th-8th 2015 @ Charlotte Motor Speedway :
World of Outlaws World Finals

• Nov. 6th & 7th @ Belk Theater :
www.CharlotteSymphony.org Presents: Mahler
Symphony No. 5

• THRU Jan. 1st @ the Charlotte Museum of
History : Daniel Coston's Photography - On the
Way to Here : Adventures in Photography, Music
& Life

Events on our website include: sports (for
November & December: Checkers, Hornets,
Panthers), activities, live music, plays, poetry
readings, book signings, comedy, theatre,
symphony, opera, dance, museums, art,
philanthropy, trade & interest shows, radio,
festivals, dance music, DJs, burlesque, karaoke,
speakers, film, fashion & so much more. Here are
just a few for this issue. Go to
www.MyCityMagazine.net and subscribe today.



Janus Real Estate



WE HELP OUR CLIENTS MAKE THE

**RIGHT
DECISIONS;**

CHOOSING US IS THEIR FIRST ONE.

HOMES | CONDOS | INVESTMENT

www.JanusCLT.com 704.906.1645

22 years experience in Charlotte Real Estate



* NoDa * Midwood * Chantilly * Wilmore * Southend * Uptown * Belmont * Villa Heights *
* Commonwealth * Elizabeth * Country Club * Wesley Heights * Sedgefield * Dilworth *



DAVEDE VARNER

MASSAGE THERAPY

704.345.7184 ✧ NC LMBT 4209