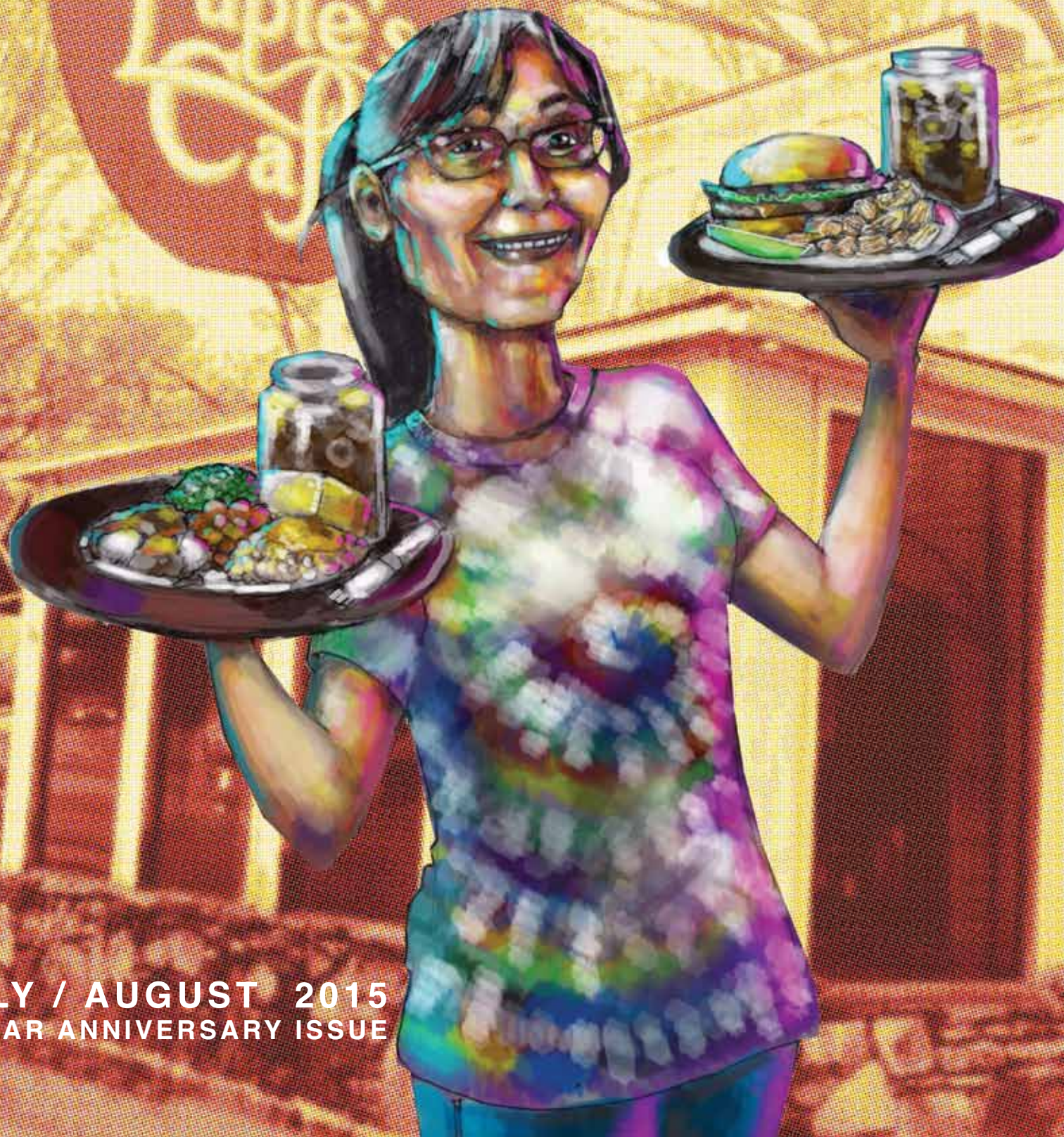


# My City

magazine



**JULY / AUGUST 2015**  
**2 YEAR ANNIVERSARY ISSUE**



# Contributors



**John Hairston, Jr.**  
Cover Illustrator



**Ellen Gurley**  
Owner, Sales, Content Manager



**Michael K Earle**  
Columnist



**Martin Barry**  
"The Clown"  
Columnist, Illustrator



**Brandon Lunsford**  
Columnist



**Grant Baldwin**  
Photojournalist



**Alex Barnette**  
Webmaster, Ad Designer



**Tonya Russ Price**  
Photojournalist



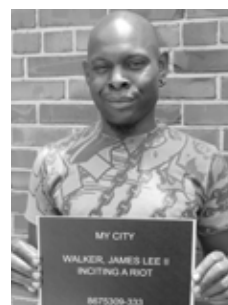
**Kat Sweet**  
Graphic Designer



**Mandi English**  
Columnist



**Kathleen Johnson**  
Columnist



**James Lee Walker II**  
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FOOD  
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Hi Charlotte,

This issue celebrates My City Magazine having been (online for three and) in print for two years. We could not have done it without the overwhelming support from the community. We try to keep you abreast of all things good in town and we thank you all for indulging us, advertisers and readers alike.

Come with us within this issue as we present to you the Ultimate Charlotte Area Food Truck Guide, honour Total Lizaster of the www. CharlotteRollerGirls.com, and introduce you to new releases and insider news in the Didja Know section. We get lit at the Light Retreat with Carol Lovell Calvert and meet the guys down at 100 Gardens. We also take you with us as we indulge in brunch at Toast Café, check out the Clown's advice column and comic strip and read along as Kim Irene Barker and Jason Herring do a tag team review of each other's albums. There's a celebration of the life of Lupie Duran of Lupie's Café and we enjoy a review on local musician Gideons Smith's new movie. Don't forget to visit our event listing as it is literally the most exhaustive in town. We appreciate your picking up this copy and we hope you enjoy My City over and over and over again.

Enjoy today and every day,

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**

Cover illustration by: John Hairston, Jr. Hire him for your next commission or event (he does live art). [john,hairston@mycitymagazine.net](mailto:john,hairston@mycitymagazine.net)  
(This issue's cover is Lupie Duran of [www.LupiesCafe.net](http://www.LupiesCafe.net))

Media kits with advertising information can be obtained by contacting [ellen.gurley@mycitymagazine.net](mailto:ellen.gurley@mycitymagazine.net)



# Micro Monsters

BY MARTIN "THE CLOWN" BARRY



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# DIDJA KNOW, CHARLOTTE?

Charlotte has gotten another new brewery. Go have a taste from **Wooden Robot Brewery** at 1440 S. Tryon Street, Suite #110. [www.WoodenRobotBrewery.com](http://www.WoodenRobotBrewery.com)

Local illustrator, **Dustin Harbin**, is still "shipping out a bunch of sketched-in copies of" his "new book DIARY COMICS and" his "old book BEHOLD! THE DINOSAURS! Those and "a bunch of other stuff" are available at [www.DHarbin.BigCartel.com](http://www.DHarbin.BigCartel.com)

There's a cigar being rolled in Statesville. Afficiandos, have a try. [www.FlorDeAmericaCigars.com](http://www.FlorDeAmericaCigars.com)

**The Hawthornes** are a band based out of Charlotte. They recently released their debut CD entitled "More than Eyes Can See". Give them a listen at [www.TheHawthornesMusic.com](http://www.TheHawthornesMusic.com)

Local chef **Jason King** ([www.facebook.com/ChefJasonKing](http://www.facebook.com/ChefJasonKing)) has begun his own blog at [www.CooksStory.com](http://www.CooksStory.com). Check it out.

**Justin Cross** is a songwriter from the area. His signature indie-electronic sound can be heard on his recently released EP. [www.JustinCross.com](http://www.JustinCross.com)

[www.House-of-Brews.com](http://www.House-of-Brews.com) (a home brew supply store) just had their brick and mortar grand opening in June (3611 Tryclan Drive) and [www.CustomHomePubs.com](http://www.CustomHomePubs.com) (another brew supply spot) has moved from it's Independence Boulevard location to 1640 Sardis Road North (Suite 120). Get your goods.

**Chris Sanchez**, who has recently released a CD, says his next release will be digital and vinyl. Keep up with him at [www.ChristopherSanchez.com](http://www.ChristopherSanchez.com)

The **Greek Isles Restaurant** will be leaving their location on Bland Street at the end of July. We promise to let you know when they nail down a new spot. [www.GreekIslesRestaurant.com](http://www.GreekIslesRestaurant.com)

Local TV show host (WCCB) Chef **Troy Gagliardo** has published his own cookbook : Psuedo Southern. Get yours: [www.ChefTroy.net/Shop](http://www.ChefTroy.net/Shop)

**American Beauty Garden Center** just moved from it's Central Avenue location to 4400 A/B Independence Boulevard. So see their new spot.

Charlotte's **Rissi Palmer** has a new album out. Listen to it at: <https://soundcloud.com/rissi-palmer/sets/the-back-porch-sessions-s-zySsj> or <https://itunes.apple.com/us/album/the-back-porch-sessions-ep/id991330466>

Charlotte will get it's first distillery in August. [www.DocPorters.com](http://www.DocPorters.com) will be making vodka, gin, whiskey and more. Looking forward to seeing you all there.

---

**VisArtVideo.net** will be moving from it's current location on 7th Street to Eastway Drive on September 1st.



---

**NoDaFarmersMarket.com** just celebrated it's grand opening, and it is amazing. I've never seen so many vegetables and tattoos in the same place before. Go see them at 711 E. 36th Street EVERY Saturday from 8am to noon.



# CAROL LOVELL CALVERT AT THE LIGHT RETREAT

BY ELLEN GURLEY



When I first heard of the Light Retreat, it was all I could do to not roll my eyes. It made me think of drumming circles and twirling hippie dippies. I shut down and nothing they said after that made any sense. I could smell some sort of essential oil (in my mind) but I couldn't hear their words. It took hearing about light therapy from another friend to attempt to open up to what I was originally presented. The Light Retreat is run by a Carol Lovell Calvert. She actually looks like light; all soft, blonde, bouncy hair and bright, blue eyes ... and a smile that literally lights up the room. She looks calm and in turn makes you feel the same.

I asked for a tour of the Light Retreat and as I approached the space, to my delight on a ninety degree afternoon in June, the lightest of drizzle came out of the sun. The first thing I noticed after that was a wild life habitat (ducks, cardinals, geese) frolicking peacefully around a pond. Driving out of center city down Providence Road and into this scene, I was already feeling calmer. I had agreed to take part in some of her services, admitting to her that I was a skeptic.

People will try nearly anything to leave the hustle and bustle of their day-to-day lives and find a moment of relaxation. Some like yoga, some like massage, some like a good day drive out of town ... and some like light therapy (an increasing number at that). There are five different ways to receive light therapy at the Light



“ People will try nearly anything to leave the hustle and bustle of their day-to-day lives and find a moment of relaxation. ”

Retreat. One is a light bed that resembles a tanning booth, one is an ultraviolet light sauna, one is a pad upon which you lay, one is a teeth whitening and nutrient added face light and the final are units (much like athletic straps) that you place on your body and your face. I opted for the last three. It didn't hurt that there were three women at the retreat that were giving me live testimonials of their experiences. Not only are they visiting the retreat regularly for stress relief, they see other positive benefits of it in other aspects of their wellness (pain management, infection prevention, weight loss, energy restoration, circulation improvement, detoxification, anti-aging, balancing biological functions, etc.).

The sauna is not like the hot, sweaty saunas that you see at the Holiday Inn. It's an Infrared Sauna that you sit inside of and relax. Jan Jenson (who will tell you the dangers of fillings, cell phones, high-rise condominiums, power lines and other modern day disturbances... if you'll sit a listen) recently broke a few vertebrae, hips, and knees and attributes the light therapy (obtained from the use of the sauna and her at-home light pads) to her quick recovery. ([www.VizualExplorations.SmugMug.com](http://www.VizualExplorations.SmugMug.com))

The bed is called a Light Canopy. Krista Sigmon, a certified health coach, had a high risk of hereditary breast cancer. Upon getting her first preventive screening (thermagram), she was shown how high of a risk. She promptly started light therapy and her follow-up was hopeful; the risk had gone down. She stopped doing the lights and her next screening was back up again so she has been doing the lights religiously and her risk has not increased a bit upon the implementation of this regular regime. ([www.KristaSigmon.com](http://www.KristaSigmon.com))

The Peace Mat was designed specially by Carol herself for commercial and personal use. Upon my visit, it was so fresh in its organic goodness that I was only the sixth person to lie upon it. The White by Light Teeth Whitening was just something to do. I used to use traditional white strips but felt too much sensitivity. The light promises results with no pain. I was game.

The Star Trek Mind Fit and the body pad with straps are warm to the touch. One goes on your lower back (adrenals), one goes on the chis (the thighs) (and you place your hands atop this), and the last one goes across your eyes. Kathy McNally who suffers daily from rheumatoid arthritis says that she HAS to visit twice a week as the retreat aides in relinquishing her constant discomfort.





Carol also carries both nutrient packed / activated water and a "jiggle machine" (Whole Body Vibration) that the girls all swore by. In addition she offers biofeedback and life coaching sessions. You may spend the night in one of her three available suites, book a team building weekend, enjoy all of her on-site accommodations or just pop in for an hour or two and indulge.

Carol has another light therapy design in the works (remember her Peace Mad). Soon she will celebrate a tabletop version that you can just set up in your home and go about your day while you and your pets reap the benefits. More local educators and doctors are opening their minds to more and more alternative medicine options and in turn have become advocates of Carol's but due to certain laws (FDA) no one who receives or practices

light healing can say certain words (fix, heal etc.) but I do know that I met some women that were literally testifying upon behalf of the benefits. Mind you, I don't know if it was the lights, the water, the peaceful (and informative) host, the rainforest music or the overall relaxing feel and serenity of the place itself, but I left feeling rejuvenated. That was not my final visit to the Light Retreat.

Until July 31st, Carol is running a special for \$35.00 wherein you can visit and try any of the services or light / energy modalities offered at the retreat for a flat rate. So, get hydrated, bring a towel and make your appointment with the Light Retreat today. Your body and mind will thank you and may even pay you back twofold.

*Photography by Ellen Gurley*

**[www.LightingUpCharlotte.com](http://www.LightingUpCharlotte.com)**

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## The Warrior Spirit: The Legend Of Gideon Smith

See Gideon Smith's new movie "the Warrior Spirit" produced by journalist Peter Gordon Donald (Ex-Fox Televisions Stations Productions), Rolling Stone, Vanity Fair, GQ, and a former manager of Travis Meeks/Days of the New.

"The movie offers a glimpse -- just a glimpse into the life of one of rock's most complex individuals. There is a haunting nature to much of the film, much like Gideon's poetry, that reflects both light and dark. Glimpses of his shamanistic philosophy are given, his mantra, his soul... Gideon Smith has pioneered southern 'stoner rock' as a shaman, sage and veteran of the genre. The mosaic form of the film reveals much, yet still remains mysterious." - Ripple Media, CA

"...the effect of having this group of likeable rock 'n' roll lifers sitting around, goofing and playing is life-affirming.. It will introduce to more people the charm, grace and shamanic charisma of the man himself." - Crows N Bones, England UK

**[facebook.com/thegideonsmithmovie](https://facebook.com/thegideonsmithmovie) | [www.gideonsmith.net](http://www.gideonsmith.net)  
[youtube.com/watch?v=xJtGDnr8hrM&feature=youtu.be](https://youtube.com/watch?v=xJtGDnr8hrM&feature=youtu.be)**



# KIM VS JASON!

GUEST WRITERS, JASON HERRING (OF JASON HERRING & THE MYSTERY PLAN) AND KIM IRENE BARKER (OF SUGARPUMP), DO A TAG TEAM OF SORTS AS THEY REVIEW EACH OTHER'S ALBUMS THIS MONTH.



## LONG SHADOWS

BY JASON HERRING & THE MYSTERY PLAN

*Review by: Kim Irene Barker (of Sugarpump)*

A melancholy adventure with swelling landscapes narrates the third album, **Long Shadows**, by **Jason Herring & The Mystery Plan**. "Midnight Trail" begins the journey exactly as the title would lead one to believe - with its airy vocals and shyly in-your-face flute vamp. Layers of celestial lyrics sweetly haunt this well thought out, softly plugged in, organic composition. Most of the songs were penned underneath the moonlight Southern sky by native Charlotteans, Jason and Amy Herring. The tender instrumental track "Meadow" paints a picture of lovers swinging on an ethereal hammock pressed together yet innocent enough not to act upon an impulse; an orchestra of perfectly placed guitar, violin, and little birds. "Swingset", title track "Long Shadows", "She Paints With Dark Colors" and the whimsical "Happy Dizzy" continue to tell the story of woebegone joy. The conclusion of this rich pilgrimage ends in a surprisingly funky and intricate remix of "Midnight Trail Ride" by Vonfunkauser. Flautist Patty MacLaughlin, electric guitarists Charles Holloman, Royce Guin and Paul Jensen add unquestioned dimensions of superior humility throughout this dichotomously heart yearning and content record.

<https://itunes.apple.com/us/artist/jason-herring-mystery-plan/id842864413>

## SUGAR RUSH

BY SUGARPUMP

*Review by: Jason Herring (of Jason Herring & The Mystery Plan & Muchacho)*

Hailing from both England and America, **Sugarpump** has not only brought back a sound that I have adored for years, the record, **Sugar Rush**, also shows us where pop music could go. Tyrax V. Ventura and Kim "Sweet Irene" Barker met in France where she was recording.

Before sessions and during breaks, Kim would go to a tea shoppe owned by Tyrax, and eventually they got around to talking about music. Soon thereafter, they were recording. Not long after the record was finished, the duo were approached to have a song in the film *Throw of a Dice* shot in London. You can also catch their videos on Indian music channels (Tyrax is Indian). The music...well the music has a distinct, fuzzy atmosphere, with haunting, pop hooks whirling all around the bass lines. The rhythms and guitars are driving, but the melodies are what get you. Full disclosure; I have known Kim for a good many years now.

She even sings on a record of mine. But I have always been a sucker for her sweet, and sassy tones, while her intelligent and thoughtful lyrics invite you in. I am especially excited to hear her voice with the intense guitar and bass riffs on this album. Tyrax has a vocal style that is heavy in nature, but the hooks put that intensity floating in the clouds. Bottom line, whether you are out drinking with friends, driving on the Autobahn, or working out, this record will work. Once it starts, good luck trying to turn it off.

[www.facebook.com/Sugarpumpmusic](http://www.facebook.com/Sugarpumpmusic)

<https://itunes.apple.com/us/album/sugar-rush/id968636241>







Charlotte has a truckload of good restaurants but most of my favourite eateries are on wheels. It's not impossible to find a food truck as many are set-up like good little boys and girls outside of breweries (where they belong) and there are a bunch of food truck rallies (see the My City Magazine event listing). You can also bring a food truck to your own event (they are hireable). Surprisingly, I also found a handful of coffee and doggy treat trucks. That means that there's literally something for everyone. My City has had wonderful experiences each time we've visited a truck for food, however we especially enjoy Yummi Banh Mi's entire menu (you can't miss them with a Pac-Man painted on their truck), we've fallen in love with the Tin Kitchen's tacos and we have a special place in our hearts for the Food Freaks of NC's stuffed burgers. We certainly aren't done trying them all and we look forward to welcoming the Garbage Truck and the Gyro Twins to the streets of town soon. Here is a guide to chew on. Eat up.

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# THE ULTIMATE CHARLOTTE AREA FOOD TRUCK GUIDE

BY ELLEN GURLEY



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# 100 GARDENS

BY ELLEN GURLEY

Often times when people name their company, it's difficult to ascertain what they do. With 100 Gardens, their mission statement is right there in the title. This operation hopes to have one hundred gardens. What have they done to get started? Quite a lot. Ron Morgan, the proprietor, got the idea for this business when he was an urban planner. He was offered an opportunity to develop a new village in Haiti and due to a lack of funding, he never got to follow through. With a lot of inspiration from an innovative, late, homeless man (yes, homeless ... a George Powell) coupled with his architectural knowledge and romance with this region, he finally followed through on this. With the help of co-director, Sam Fleming (whom Morgan met happening into former Be Well / Queen City Hydroponics), Haiti now has a fully operating (almost sustainable) aquaponics system filling a void in this plant-thirsty community.

Having also fallen in love with helping Haiti, Sam gives me a little lesson, "In the 1600's, the French owned what we now know as Haiti. They basically killed off the entire Native population and they imported about 500,000 African slaves during the same time we (Americans) were doing the same. Haiti was the most profitable slave plantation in the entire world. Most of the sugar cane and coffee for the whole world was grown here. In the late 1700's, some voodoo ceremonies and highly organized secret societies planned a slave revolt and a general" jumped on board "and brought his military power". As a result, "Haiti won their independence and started a democracy. We (Americans) were so scared that our slaves would do the same thing that we put a trade embargo on Haiti" just as did many other countries to halt the spreading of this message. "Haiti went into a state of poverty with this disconnect from the world and over the course of the next two hundred years, they have such little land on which to farm and all of the deforestation" (they cut down trees for fuel) "created erosion making the soil slide off the mountains and into the water. Their coasts are ruined due to all of this sediment and there are 10 million people living on this island with little to go by." Therein lies their collective interest in this region. Lots of compassion and vision.



Now I know what you're thinking? Haiti? Aquaponics? How does any of this affect me and what the heck are aquaponics. You all know what hydroponics are. Sam explains that while "hydroponics is the growing of plants using no soil and added jugs of mineral based nutrients, aquaponics substitute the jugs of nutrients with the presence of fish". So while both use water, there is tilapia poop water literally feeding the plants. No sh\*t. This is brilliant. And to address the 'how does this affect me' part of the equation, learning how to set up and operate this type of system in other places, means that they have returned to do some of the same things in our very community while still maintaining their love affair with Haiti.

100 Gardens has set up aquaponic and traditional gardens in Stonewall Jackson Youth Development Center. Some of the food produced there is used in their own kitchens and most are donated to places like Meals on Wheels (to foster an interest in philanthropy / giving back to the community). The participants get to rehabilitate themselves while gaining plant therapy and skills that 100 Gardens promises to employ upon their exit, as Sam says, "in the new emerging, local, food economy".

Garringer High School has used 100 Gardens to come in and set up operations there so that the students can take over. This brought on the system at Myers Park High School (ground broke in June). And, like the name states, they seek to have 100 Gardens, so with your help and interest, there can be one in every area school.

Currently, 100 Gardens operates out of Seeds (at 200 East 36th Street) and hopes to expand into neighbouring greenhouses and into your school, church or community center. Get to know Ron Morgan and Sam Fleming today. They will have a full on garden center by 2016. Good people. Good things.

#### *Fun facts:*

There are all male fish used in the aquaponic process.

100 Gardens brews their own fertilizers on site at Stonewall Jackson.

Sam is also the guitarist for local band, the Dirty South Revolutionaries.

*Photography by Ellen Gurley*

**www.100Gardens.com**

**200 East 36th Street  
Charlotte, NC 28206**

**704.280.9109**

**sam@100gardens.org**





## Liz "Total Lizaster" McLaughlin

is an All-Star jammer for the Charlotte Roller Girls, our region's internationally-ranked roller derby league. She describes modern roller derby as "speed chess while bricks are being thrown at you". It's fast-paced, strategic and full contact. As a jammer, she has to fight through the pack in order to score points while opposing blockers try to hit, slam and force her to the ground or off the track. The skaters see their share of bruises, broken bones and knocked out teeth... but that doesn't stop them from coming back for more. They even won the 2015 "Best of the Best" Award for "Most Badass" if that tells you anything!

The Charlotte Roller Girls travel all over the world to compete, but you can see the action locally at their home games at the Grady Cole Center. High-speed, hard-hitting action on roller skates while sipping a cold PBR—what's not to love?! Upcoming bouts are July 25th and September 12th at 6 PM.

The team is also currently recruiting new skaters, referees, coaches and volunteers. No experience needed-- a dedicated team of trainers teach newbies all the skills needed to play. Summer skating workshops will start July 19th at the "Shark Tank", their practice space in NoDa. Meet & Greet events will be held at Hattie's Tap and Tavern throughout July as opportunities to learn more about the league and ask questions to recruiters and veteran skaters.

For more information on joining the league or coming to a game, check out [www.CharlotteRollerGirls.com](http://www.CharlotteRollerGirls.com) or like them on Facebook: **Charlotte Roller Girls**



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# LUPIE DURAN OF LUPIE'S CAFÉ

BY ELLEN GURLEY

This month, we are celebrating a woman beloved in our community, Miss Lupie Duran. If you have been in Charlotte for any amount of time you have probably eaten at Lupie's Cafe. If you have not, shame on you. Stop reading this article and go get some home-cooking. Lupie has been in business for twenty eight years. Nothing has changed a bit since the beginning and nothing ever will. Consistency is queen at Lupie's. You get the same food year after year and sometimes even the same faces. These faces are the people that Lupie really cares about. There are a number of framed photos of her extended family (present and past staff) on the largest wall in the café. In her opinion, they make Lupie's what Lupie's is today.

A humble woman, who has touched the lives of so many Charlotte

people, works at her own restaurant; greeting and seating and ringing folk up. This says a lot about this owner; despite her success she is not above but right there beside her employees and customers. Being located right on the line of Grier Town and Elizabeth, she knows class division but doesn't ascribe to it. Bankers, barbers, rockers and socialites all dine here ... together. A strong advocate of the disenfranchised groups she still rubs elbows with the more affluent people in town. People are people to Lupie who has also supported the LGBT community and assisted other single moms, like herself (myself being one of those women).

Lupie is a strong and loyal woman. As a child of only eleven years, she was taking care of her three younger brothers and a mother who was bedridden

with Multiple Sclerosis. She is stubborn and she is capable. She was then, too, but after years of this, her (chosen) godmother made sure they all stayed together in Thompson's Orphanage. "She said that as long as she had breath, that she would look after us and she did and still does today".

Born Guadalupe, now going by Lupie (after some debate with a worker at the home who thought she should be called Pete), she is a rock of love and support. Having never left Charlotte, Lupie has relationships with so many people in town (not just the Double Door, ANTISEEN, St. Martin's affiliates but so many individuals that she met and kept throughout the years). I love hearing stories of her days of old; the "Fancy Parties", Bongo's Viking funeral (former well-known journalist), and longtime friendship with Mr. Roy (of



barhopping fame) known for his phrase "mighty fine".

Refusing to pose for a photograph to accompany this interview, she redirects me to photos of her mother, her friends and all of the paintings of Lupie's Café done by local artists. The two people that Lupie cares for the most are undoubtedly her daughter, Larkin, and her niece Ashley Duran. Some thirteen years ago, the Huntersville location was opened and is run by her family. Now that's what I call a legacy. What's not to love about a woman and a place that you know will always be the same when you see them again; warm, wonderful and home.

*Photography by Ellen Gurley*

**www.LupiesCafe.net**

**Lupie's #1**

**2718 Monroe Rd.  
Charlotte, NC 28205**

**704.374.1232**

**Lupie's #2**

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# ASK THE CLOWN

ADVICE FROM MARTIN "THE CLOWN" BARRY

**Q.**

Dear Clown,  
My sister is in an abusive relationship. I want to get her out of it, but I don't know where to start. She lives with the monster, works two jobs and gets beat up for her efforts. What can I do?

Sincerely, Concerned Sis

---

**A.**

Dear Concerned Sis,  
Thank you for looking out for your sister. Each and every time you witness her being abused, please report it, encourage her to press charges, and offer her a safe place in your home. I hope you can get this person restricted right out of your lives. At the same time, you may wish to obtain a weapon and train on its use. Please be safe.

**Q.**

Dear Clown,  
My mother watches my child while I work and lives with us. I love her dearly and I am thankful that she is there for us. Lately, however, she has been teaching my child that some people are bad based on their country of origin or the color of their skin. We are African American and my son is bi-racial. I do not want my child to think this way at all. What can I do to prevent her teachings?

Sincerely, Proud Mama

---

**A.**

Dear Mama,  
PLEASE have a discussion with your mother immediately about this! Hate and discrimination should never be taught to anyone. Discrediting her to your child is difficult as well. Perhaps you can do so without breaking the bond between any of you.



Do you have a question for The Clown? Write him at [Martin@MyCityMagazine.net](mailto:Martin@MyCityMagazine.net)

**Q.**

Dear Clown,  
My sister did not invite my family to my niece's graduation from high school. Our parents and our brother and his family were invited and attended the ceremony and small party following. We sent a gift, but kept quiet about not being invited. Next year, our son graduates from high school. I am thinking of excluding my sister's family just as she excluded ours. What is your advice?

Sincerely, Bruised Aunt

---

**A.**

Dear Bruised Aunt,  
First, I suggest you invite your entire family for the celebration of your son's graduation next year. Never exclude family and remember that the day will be very important to your son. As for the exclusion of your family this year, there are several possible reasons, other than willful hurt. The number of people each graduate may invite might be limited, your niece may have forgotten to mail invitations, or the postal service may have lost the item. Please think positively and continue to be caring to your sister and her family.

**Q.**

Dear Clown,  
I am a single parent and I have a problem that has been bugging me more and more. My children are in high school and making good grades, we are financially stable, and we are a solid family. The thing that bugs me is that I miss companionship. I have tried online dating, activity groups for singles and other things for over a year now. I have expressed interest in others and gone on some dates, but it seems that the other person does not connect well with me. There have been multiple causes including my children, being "too nice," and not being a good fit. What else can I do?

Sincerely, Nice Dad

---

**A.**

Dear Nice Dad,  
I can personally identify with a lot of what you have experienced. My suggestion to you is to back away from online dating altogether. Reconnect with friends, get out and do more of what you love to do. As the old saying goes; once you stop looking, it will find you. Keep your filters on for the ones always looking for a bigger, better deal since they lead only to pain. Don't ever lose sight of what is most important in your life. It seems you have a handle on that already. Best of luck, my friend.





# TOAST CAFÉ

BY ELLEN GURLEY

I'm a bit of a brunch hound. Maybe it's because I drop my kids off at their dads on Sundays, maybe it's because it's acceptable to have drinks that early (on Sundays), and maybe it's because eggs benedict are one of the greatest creations in history. These extremely important motivations brought me to Toast Café in Dilworth, by way of word-of-mouth suggestion. Yes, I have my favourite brunch spot in the same neighbourhood, that I won't mention, in the 300 block of East Boulevard, but we can't eat at the same place every Sunday. I branched out and I'm glad that I did. I'll keep my one true love but this place is like the best side thing out there.

Toast Café' began as one location in Huntersville and quickly expanded to Davidson, Ballantyne and Dilworth. Shortly thereafter, owners and best friends, Brian Burchill and Robert Maynard, opened Toast Café to franchising. That chance was snatched up by people in Tega Cay, Cary and Mooresville. Toast can now boast six locations. Whether you're looking for a career option or the perfect eggs, this is a tasty opportunity for you.

I was delighted upon my arrival to discover that not only did they have a classic eggs benedict, but they had several twists on the original. Unable to decide upon one, my colleague and I opted for the Fresh Main Lobster Benedict, the Avocado Benedict AND the Country Benedict. Ask me which one was my favourite? No, don't. I really couldn't decide. While the split avocado Benedict was "like butter", the lobster one was special like your first wedding and the country version took me back to a place which I can no longer visit



(mummy's kitchen). I have given thanks for these dishes daily since I had them.

As if my confusion was enough with the attempt at choosing a favourite Benedict at Toast Café, out came the Stuffed French Toast and Flavored Flapjacks. The fluffy Raspberry Walnut pancakes were so lovely I didn't think I could try the French toast ... but it was calling to me ... with its raspberry, blueberry, peanut butter, banana and cream cheese ... all oozing out. I'd have to say that I loved them both equally but nothing can take the place of my favourite part of the meal; the Pig Candy Bacon. I would easily spend upwards of thirty dollars a pound of this stuff to send people around Christmas or Valentine's Day. It's the best thing to have touched my lips in years. I can still taste the cayenne, brown sugar and maple syrup (but that's because I took some to go.)

I recommend this place with both hands and invite you to try their housemade margaritas, bloody marys, bellinis and the wonderful cocktail list of

coffee, liquor drinks. It is brunch after all. I have made the Dilworth one my favourite location, but you can get toasted at five other spots, too. And for information on franchising, see the website. Enjoy.

*Photography by Ellen Gurley*

**[www.ToastCafeOnline.com](http://www.ToastCafeOnline.com)**

**Dilworth:**  
2400 Park Rd.  
Charlotte, NC 28203  
704.215.4166

**Mooresville:**  
134 Mooresville Commons Way  
Mooresville, NC 28117

**Tega Cay:**  
2429 Highway 160 West  
Tega Cay, SC 29708  
803.548.1440

**Davidson:**  
445 South Main Street, #440  
Davidson, NC 28036  
704.997.5471

**Ballantyne:**  
8430 Rea Rd.  
Charlotte, NC 28227  
980.613.8343

**Cary:**  
316 Colondes Way, #210-C  
Cary, NC 27518  
919.655.1971



Photograph courtesy of Ann Norment

# THE LEGEND OF GIDEON SMITH: THE WARRIOR SPIRIT

REVIEW BY GUEST DEANNA ST. CROIX

There was recently a release of an independent art house film based upon early events in the life of Gideon Smith. Gideon is a singer, songwriter, poet, life student and Zen master. The movie is based upon the book by Gideon Smith: *The Way of the Outlaw Spirit*. This experimental film weaves together a collage of Zen and bad ass situations which are crucial to the creation of Gideon Smith - legend and warrior. Part experimental indie film and part found footage, this film attempts to develop a complex character and history by piecing together existential and gritty reality-based scenes making for a unique blend, indeed.

Each scene is a recreation of crucial events in Gid's life, as played out by actors, collaborators and friends. Each vignette presented here is a significant event in the formation of the mystical strong man and musician. What made Gideon the philosophical, down-to-earth, well loved and respected man so many love and admire? It isn't just his kick ass music, of which we are treated to throughout the short film, it is also the impact that these life events had on Gideon making him what he is and why he came to mean so much to so many.

The only downfall is the sound quality, especially in the first live gig scene and the editing could have been better executed to convey the same ideas and expectations (some single focus shots may appear too long). The symbolism involved in setting the mood was well done, as parts of the film has little to no dialogue. In these moments, we are left with the power of the nonverbal imagery that inspires a dialogue about life and death as it relates to the formation of music, words and one man's existential journey.

I very much enjoyed the conversation in the limo and where that led. That scene had a very distinct Tarantino vibe. The overall acting was good

and the imagery powerful in this tale that needed to be told. How much can a single event impact someone; like the death of a friend, strife and conflict, parties, rock clubs and the late nights? We often forget we are who we are because of the effect of crucial events and people in our lives. Each contributing to the whole, in this film we get a glimpse of the people and events that shaped Gideon Smith.

If you have read Gid's book and are expecting all of the writer's intricate nuance and insight, forget it. This is an experimental art house film and it is up to the viewer to piece together the story as told by the director while sifting through the symbolism of the film. However, that being said, the story does get told in small relevant pieces (many of them powerful, existential and symbolic). One scene is particularly emotionally powerful: the death of a friend. I teared up here and it was the director's focus and intention that made this happen.

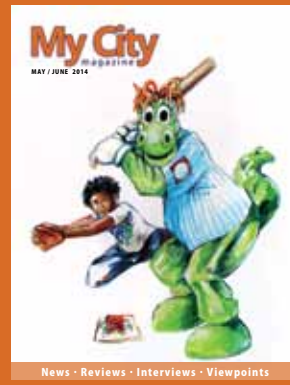
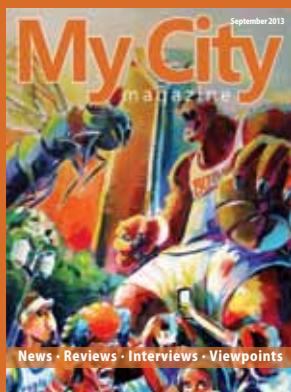
Overall, this is a decent attempt at portraying the complicated and deep life of one of North America's best loved and respected musicians. The making of the film itself is a testament to the respect so many have for Gideon Smith and is a microcosm of how well loved and respected he is. A man who may appear bad ass is actually a kind, caring soul who is seeking and imparting truth through knowledge and experience with words and music.

[www.facebook.com/  
thegideonsmithmovie](http://www.facebook.com/thegideonsmithmovie)

[www.gideonsmith.net](http://www.gideonsmith.net)

View it here: [www.youtube.com/watch?v=xJtGDnr8hrM&feature=youtu.be](http://www.youtube.com/watch?v=xJtGDnr8hrM&feature=youtu.be)





# EVENTS in your CITY

**SUNDAYS IN JULY / AUGUST 2015:**

## SPORTS / ACTIVITIES:

• [www.CharlotteKnights.com](http://www.CharlotteKnights.com)  
 7.05 @ Gwinnett 2:05pm  
 7.12 @ Norfolk 6:05pm  
 7.19 vs. Norfolk 5:05pm  
 7.26 @ Gwinnett 2:05pm  
 8.02 @ Indianapolis 1:35pm  
 8.09 vs. Rochester 5:05pm  
 8.16 @ Toledo 6pm  
 8.23 vs. Indianapolis 5:05pm  
 8.30 @ Durham 5:05pm

Sundays @ Common Market (Plaza-Midwood)  
 2pm Slow Riders - 15 mile bike ride

Sundays @ Olde Mecklenburg Brewery  
 2:30pm Bike-In

Sundays @ Charlotte Motor Speedway  
 7.26 Red Bull Global Rallycross  
 8.09 Mello Yello Presents: Circle K Monster Bash

## BEER / WINE / FOOD:

Sundays @ NoDa Brewery  
 Tap Room open 1-6pm / food truck: Imperial Sandwich Company  
 / Brewery Tour 3pm

Sundays @ Olde Mecklenburg Brewery  
 open 11am-10pm / tours 2, 3 & 4pm

Sundays @ Sir Edmund Halley's  
 1/2 price wine by the bottle

Sundays @ Triple C Brewing  
 Curbside Deli (food truck) + bike ride

Sundays @ Zen Fusion  
 1/2 price by the bottle (under \$45)

## LIVE MUSIC:

Sundays @ Tommy's Pub  
 6:30pm Bluegrass open jam w. Greg M. Clarke

Sundays @ the Wine Vault  
 Jared Allen

Sun., July 12th @ the Milestone  
 The Little Books, the Gladysdeads, Morrowville, the Cocker  
 Spaniels

Sun., July 19th @ PNC Music Pavilion  
 Fall Out Boy, Wiz Khalifa

## PLAY OR POETRY READINGS / BOOK SIGNINGS:

Sundays @ Red at 28th  
 "Soulful Sundays" feat. poets, vocalists, comedians, musicians,  
 DJs

## COMEDY / THEATRE:

Sun., July 19th @ the Comedy Zone  
 Jokes on the Fly

## MUSEUMS / ART:

Sundays @ the Last Word (UNCC)  
 2-3pm K-8th art classes (\$7)

Sundays @ the Levine Museum of the New South  
 free admission (for groups no larger than 10)

Sundays @ the Mint Museum (Uptown)  
 1-4pm free admission for kids + hands-on art activities, yoga &  
 more

## DANCE MUSIC / DJs / BURLESQUE OR DRAG:

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Sundays @ Cathode Azure  
DJ Lil Betty

Sundays @ Scorpio  
Gypsy Starr Presents: "Sexy Sundays" feat. DJ RageN'Ray

Sundays @ the Bar at 316  
noon Brunch w. Buff Faye / 4-8pm Buff Faye's Showtune Sing-A-Long Sunday - followed by Karaoke (9pm-2am)

#### KARAOKE:

Sundays @ Snug Harbor  
karaoke w. Bryan Pierce

#### SPEAKERS:

Sun., July 19th @ the Hilton Center City  
12pm Crossing Over w. John Edward

#### MONDAYS IN JULY / AUGUST 2015:

#### SPORTS / ACTIVITIES:

• www.CharlotteKnights.com  
7.06 @ Gwinnett 6:35pm  
7.20 vs. Durham 7:05pm  
7.27 @ Louisville 7:05pm  
8.10 vs. Gwinnett 7:05pm  
8.17 @ Columbus 7:05pm  
8.24 vs. Gwinnett 7:05pm  
8.31 @ Norfolk 7:05pm

Mondays @ Sir Edmund Halley's  
7pm Trivia Night

#### BEER / WINE / FOOD:

Mondays @ Bonterra  
service industry night - 1/2 wine by the glass / Meatball Mondays

Mondays @ Bulldog Beer & Wine  
6:30 MEAT Up

Mondays @ Lebowski's  
1/2 off bottles of wine

Mondays @ NoDa Brewery  
Tap Room Open 4-8:30pm / Brewery Tour 6pm

Mondays @ UpStage  
7pm Iron Bartender

#### LIVE MUSIC:

Mondays @ Bradshaw Social House  
open mic

Mondays @ the Comet Grill  
Hunter's Travesty

Mondays @ the Double Door Inn  
Monday Night All Stars

Mondays @ the Evening Muse  
"Find Your Muse" open mic band night w. guest headliners

Mondays @ Puckett's  
open mic w. Piece Bucket

Mon., July 20th @ the Fillmore  
Primus, Dinosaur Jr.

#### PLAY OR POETRY READING / BOOK SIGNINGS:

Mondays @ Morehead Tavern  
7pm last Monday of every month : "Artistic Fusion" feat. spoken word, models, sketch artists, photography, open mic & featured artists

Mon., July 13th @ Plaza-Midwood Library  
6pm NC Musicians & NC 1960s Rock & Roll book talk w. author Daniel Coston

#### COMEDY / THEATRE:

Mondays @ Tommy's Pub  
9pm Wickedly Witty Comedy Showcase w. Daryl Smith

#### MUSEUMS / ART:

Mondays @ Twenty-Two  
Figure Drawing & Beer Tasting

#### DANCE MUSIC / DJS / BURLESQUE OR DRAG:

Mondays @ Crown Station  
"Blue Mondays" (last Monday of every month) w. residents Foundless & KT Caustic

Mondays @ Growler's Pourhouse  
DJ Elon Shomaker

Mondays @ Snug Harbor  
Fresh Grounds Presents: "Knocturnal" w. residents: Justin Aswell, Swan Mega, Ray + Bboy & MC cyphers

Mondays @ Soul Gastrolounge  
DJ Mookie Brill

#### TUESDAYS IN JULY / AUGUST 2015:

#### SPORTS / ACTIVITIES:

• www.CharlotteKnights.com  
7.07 vs. Durham 7:05pm  
7.21 vs. Durham 7:05pm  
7.28 @ Louisville 7:05pm  
8.04 vs. Buffalo 7:05pm  
8.11 vs. Gwinnett 7:05pm  
8.18 @ Columbus 7:05pm  
8.25 vs. Gwinnett 7:05pm

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

Tuesdays @ the Common Market (Plaza-Midwood)  
8pm PMTNR 15 mile bicycle ride w. a new route weekly (by Pamela Murray)

Tuesdays @ Olde Mecklenburg Brewery  
6:30 Yoga on Tap

Tuesdays @ Pint Central  
8pm Mindless Minutia Trivia

Tuesdays @ Hackerspace  
7:30pm open meeting

#### BEER / WINE / FOOD:

Tuesdays @ Bonterra  
Taco Tuesday

Tuesdays @ Sir Edmond Halley's  
BBQ Tuesdays

Tuesdays @ NoDa Brewing Co.  
"NoDable Series" (new beers released in their taproom) / Tap Room open 4-8:30pm / food truck: OooWee BBQ / Brewery Tour 6pm / #charitytuesday

Tuesdays @ Nan & Byron's  
1/2 off by the glass & bottles of wine

Tuesdays @ Rhino Market  
1st Tuesdays of the month beer tasting

Tuesdays @ Terra  
all-you-can-eat mussels

Tuesdays @ Zen Fusion  
1/2 price wine by the glass & select bottles

#### LIVE MUSIC:

Tuesdays @ the Comet Grill  
Red Rockin' Chair

Tuesdays @ Dvine  
open mic w. Shannon Lee

Tuesdays @ the Double Door  
Bill Hanna Jazz Jam

Tuesdays @ Petra's  
1st & 3rd : Perry Fowler Presents: "Broken Mic Night" (signups at 8pm)

Tuesdays @ Smokey Joe's  
9pm Band Open Mic Night w. resident band the Smoking J's (feat. Peter Gray, James Brock, John Shaughnessy & Colby Dobbs)

Tues., July 7th @ PNC Music Pavilion  
Van Warped Tour

Tues., July 28th @ Tremont  
In Dying Arms, Neurotic November, Nevada Rose, Our Waking Deception, It Lies Within, Design the Skyline, Illuminate Me, the Things They Carried, Vanity Strikes, the Funeral Portrait, the Paramedic, DV, Persistent Shadow, Skylight Heights, Cross Stitch, Damien Deadson, Jynzo, Aiccan, Chasing Ghosts, the Culturalist, Equivalent Exchange

Tues., July 28th @ the Uptown Amphitheatre  
Rob Thomas

#### PLAY OR POETRY READINGS / BOOK SIGNINGS:

Tuesdays @ Apostrophe  
open mic spoken poetry w. Jah Smalls

#### COMEDY / THEATRE:

Tuesdays @ Jackalope Jack's  
Open Mic Comedy Night hosted by James Dugan

Tues., July 21st @ the Comedy Zone  
Johnny Millwater & Friends

#### DANCE MUSIC / DJS / BURLESQUE OR DRAG:

Tuesdays @ Soul Gastrolounge





## DJs Shanti & Brad Pressley

Tuesdays @ the Stashe House  
DJ DR

Tuesdays @ Texicali  
Salsa Night w.Charlotte Latin Dance

## WEDNESDAYS IN JULY / AUGUST 2015:

### SPORTS / ACTIVITIES:

• www.CharlotteKnights.com  
7.01 @ Norfolk 7:05pm  
7.08 vs. Durham 7:05pm  
7.22 vs. Durham 7:05pm  
7.29 @ Louisville 7:05pm  
8.05 vs. Buffalo 7:05pm  
8.12 vs. Gwinnett 7:05pm  
8.26 vs. Gwinnett 7:05pm

Wednesdays @ the Spoke Easy  
6pm (pay what you can) Yoga

Wednesdays @ Brixx Pizza (Fairview)  
8pm South Charlotte Wednesday Night Bike Ride w.Leisure (to the Lodge for a social then back to Brixx)

### BEER / WINE / FOOD:

Wednesdays @ Birdsong Brewing  
6:30pm brewery tours

Wednesdays @ Bonterra  
1/2 wine by the glass

Wednesdays @ Central Coffee  
15% off of pounds of coffee

Wednesdays @ the Common Market (Plaza-Midwood)  
7-9pm Free beer tastings

Wednesdays @ Fairview Plaza (5970 Fairview Rd.)  
SouthPark Eats Alternative Food Truck Wednesdays www.  
SEA-NC.com

Wednesdays @ JJ's Red Hots  
kids eat free (w.purchase of an adult combo)

Wednesdays @ NoDa Brewery  
Tap Room open 4-9pm / food truck: Papa Libretto's Street Pizza /  
Brewery Tour 6pm / Run Club 6:30pm

Wednesdays @ Pisces  
1/2 off bottles of wine

Wednesdays @ Sir Edmund Halley's  
1/2 wine by the bottle

Wednesdays @ Triple C Brewing  
Papi Queso (food truck) + Pilot Batch Release

Wednesdays @ Zen Fusion  
Robert Fernandez + 1/2 price Sangrias

### LIVE MUSIC:

Wednesdays @ the Comet Grill  
Open Mic Jam

Wednesdays @ the Evening Muse  
(every 1st Wednesday of every month) John Tosco Presents: "the  
Tosco House Party")  
7.22 BJ Barham

Wednesdays @ the Fern  
Jim Garrett

Wednesdays @ Petra's  
Perry Fowler's Totally Awesome Midweek Matinee

Wednesdays @ Rhino Market  
Wak Wednesdays w.Derrick Hines 1st & 3rd w.open mic

Wednesdays @ Romare Bearden Park  
6-9pm (thru Aug.) Party in the Park w.live music

Wednesdays @ Sam Ash Music  
7-8:30pm singer/songwriter open mic (\$10 Sam Ash gift card to  
all performers)

Wednesdays @ Smokey Joe's  
Rock Fabulous & the Mystery Machine

Wednesdays @ the Uptown Amphitheatre  
7.08 Barenaked Ladies  
7.29 My Morning Jacket, Lucius

Wed., Aug. 5th @ the Neighborhood Theatre  
Hot Club of Cowtown

Wed., Aug. 5th @ Knight Theater  
Boz Scaggs

Wed., Aug. 26th @ Tremont  
Leisure Cruise

### COMEDY / THEATRE:

Wednesdays @ Crown Station  
8:30pm Open Mic Comedy Throwdown

### DANCE MUSIC / DJs / BURLESQUE OR DRAG:

Wednesdays @ Scorpio  
Tiffany Storm, RageN'Ray

Wednesdays @ Soul Gastrolounge  
7.01, 7.15, 7.29, 8.12, 8.26 every other Wednesdays w.DJ That  
Guy Smitty

## THURSDAYS IN JULY / AUGUST 2015:

### SPORTS / ACTIVITIES:

• www.CharlotteKnights.com  
7.02 vs. Gwinnett 7:05pm  
7.09 vs. Durham 7:05pm  
7.16 vs. Norfolk 7:05pm  
7.23 vs. Durham 7:05pm  
7.30 @ Louisville 7:05pm  
8.06 vs. Buffalo 7:05pm  
8.13 vs. Gwinnett 7:05pm  
8.20 vs. Indianapolis 7:05pm  
8.27 @ Durham 7:05pm

Thursdays @ Queen City Bicycles  
6:30pm Tub Ride from there to Birdsong (free 12oz. to those with  
www.BicycleBenefits.com)

### BEER / WINE / FOOD:

• www.PBSCharlotte.org  
8:30pm Charlotte Cooks

Thursdays @ Area 15  
5-8pm (every 2nd & 4th) NoDa Alley Mother Trucker of all Food  
Truck Rallies (benefiting Optimist Park, Free Store & more) +  
live music

Thursdays @ Bonterra  
Tapas Night & 1/2 all Spanish wines by the glass

Thursdays @ the Chop Shop  
6-9pm www.CLtute.org Presents the NoDa F.A.M. Rally (food  
trucks, art & music)

Thursdays @ the Common Market (South End)  
6-8pm Free beer tasting

Thursdays @ NoDa Brewery  
Tap Room Open 4-8:30pm / food truck: Tin Kitchen / Brewery  
Tour 6pm

Thursdays @ Triple C Brewing  
Herban Legend (food truck) & Run Club + Yoga

Thursdays @ Twenty-Two  
1/2 off wine by the bottle

### LIVE MUSIC:

Thursdays @ Blue  
John Alexander, Ron Brenale, Chris Garges www.JaJazz.net

Thursdays @ the Craft Tasting Room & Growler Shop  
8-10pm JoJo & Friends feat.local musicians & songwriters

Thursdays @ the Shoppes at University Place  
6-9pm Spring Concert Series

Thursdays @ Tommy's Pub  
open mic w.Zach Moss

Thurs., July 9th @ CJ's Pub  
Mitch Hayes

Thurs., July 9th @ Langtree (Lake Norman)  
5pm Live After Five w.Gal Friday

Thurs., July 9th @ the Belk Theater  
the Temptations & the Four Tops

Thurs., Aug. 27th @ the Evening Muse  
www.InkFloyd.com Presents: God Save the Queen City Night #1  
8pm feat. Ravenna Colt, Water Liars, Amigo, Justin Fedor

### PLAY OR POETRY READINGS / BOOK SIGNINGS:

Thursdays @ UpStage  
www.Touch1Productions.com Presents: "We are Art" - spoken  
word poetry w.Jaycee Cowan McField

### COMEDY / THEATRE:

Thursdays @ the Comedy Zone  
7.09 Dominique  
7.30 Steve Byrne

8.13 Huggy Lowdown

### DANCE MUSIC / DJs / BURLESQUE OR DRAG:

Thursdays @ Cathode Azure  
"SouthBeach Invasion" w.DJ Rob Reeves

Thursdays @ Snug Harbor  
10pm DJ Scott Weaver Presents: "Shiprocked"

Thursdays @ Rhino Market  
DJ Jah-Sun Rising (Jason Herring) + 1st Thursdays of the month  
wine tasting

Thursdays @ Thomas Street  
10:30pm-2am DJ That Guy Smitty

### KARAOKE:

Thursdays @ Jackalope Jack's  
karaoke w.Greg Martinez

## FRIDAYS IN JULY / AUGUST 2015:

### SPORTS / ACTIVITIES:

• www.CharlotteKnights.com  
7.03 vs. Gwinnett 6:05pm  
7.10 @ Norfolk 7:05pm  
7.17 vs. Norfolk 7:05pm  
7.24 @ Gwinnett 7:05pm  
7.31 @ Indianapolis 7:15pm  
8.07 vs. Rochester 7:05pm  
8.14 @ Toledo 7pm  
8.21 vs. Indianapolis 7:05pm  
8.28 @ Durham 7:05pm

• www.CharlotteHounds.com  
7.03 @ Launch 7:30pm  
7.17 @ Rattlers 7:30pm

• www.CharlotteRollerGirls.com  
7.24 HOME opponent TBA

Fri., July 31st @ the Rabbit Hole  
Nerd Mag. Presents: Geektopia Strikes Back

### BEER / WINE / FOOD:

• in South End (Camden & Park)  
"Food Truck Fridays" (+ 1st Fridays of the month South End  
gallery crawl)

Fridays @ NoDa Brewery  
Tap Room Open 4-9:30pm / Brewery Tour : 6pm / Food Truck:  
Chrome Toaster / Live Music 6:30-8:30pm

Fridays @ Stumptown Park (Matthews)  
5-9pm food truck Fridays (w.live music)

Fridays @ Triple C Brewing  
Vitos Pizza (food truck)

### LIVE MUSIC:

Fridays @ the Comet Grill  
the Lenny Federal Band

Fridays @ Heist Brewery  
Matt & John Duo

Fridays @ the Milestone  
7.10 Black Cat Attack, the Anti-Queens, Wolves & Wolves &  
Wolves & Wolves, the Bleeps, the Commonwealth  
7.17 Beach Formal Party w.Justin Aswell, Sext Message,  
Stereoloud, Malibu Shark Attack & the Gore Gore Luchadors

Fridays @ Tremont  
7.03 the Fill Ins (CD Release)  
7.24 Coathanger, Lust of Decay, Abhorrent Deformity, the Blood  
of Isis, Labyrinthe, Jynzo, Abyssius, As Thron Burns  
8.21 End of Summer Rock Fest w.Red Eyed Romance, Shadow  
of Myself, Mon Abyss, Fifty Flies

Fri., July 3rd @ the Neighborhood Theatre  
Sinners & Saints, Elonzo Wesley (7" Vinyl Split Release Party),  
Megan Jean & the KFB, Everymen

Fri., July 24th @ Amos'  
Beres Hammond

Fri., Aug. 28th @ the Chop Shop  
www.InkFloyd.com Presents: God Save the Queen City Night #2  
8pm feat. D.Planet, Kansas Bible Company, Water Liars, Pujol,  
Ancient Cities, Bubonik Funk Music Band, Jr. Astronomers

### COMEDY / THEATRE:

Fridays @ the Comedy Zone  
7.10 Dominique  
7.31 Steve Byrne

Fri., July 3rd @ McGlohon Theater  
Bianca Del Rio's Rolodex of Hate Comedy Special

#### MUSEUMS / ART:

Fridays @ the Charlotte Art League  
(every 3rd Friday) 6-10pm "Brush & Beats"

Fridays @ Ciel Museum  
6:30-8:30pm 3rd Fridays - Lets Make Earrings Ladies Night

#### DANCE MUSIC / DJs / BURLESQUE OR DRAG:

Fridays @ Char Bar 7  
10pm-2am 1st & 3rd Fridays w.DJ That Guy Smitty

Fridays @ the Common Market (Plaza-Midwood)  
2nd & 4th Fridays 9pm-1am w.DJ That Guy Smitty

Fridays @ Label  
"Bassment" w.residents Melodious Funk, JLazy, Chris E. Greene

Fridays @ Sullivan's Steakhouse  
"Beer & Beats" w.resident DJ Selector E (Eric Brayman)

Fridays @ Tyber Creek Pub  
DJ Wiiz Kid (Steve Warwick)

Fridays @ Vinmaster Wine Shop  
DJ DR

Fridays @ Whiskey Warehouse  
DJ Matt Bolick

#### FILM:

Fridays @ Cinebarre  
1st & 3rd : Rocky Horror at Midnight feat. [www.ThatType.com](http://www.ThatType.com)

#### SATURDAYS IN JULY / AUGUST 2015:

#### SPORTS / ACTIVITIES:

- [www.CharlotteKnights.com](http://www.CharlotteKnights.com)  
7.04 @ Gwinnett 7:05pm  
7.11 @ Norfolk 7:05pm  
7.18 vs. Norfolk 7:05pm  
7.25 @ Gwinnett 7:05pm  
8.01 @ Indianapolis 7:05pm  
8.08 vs. Rochester 7:05pm  
8.15 @ Toledo 7pm  
8.22 vs. Indianapolis 7:05pm  
8.29 @ Durham 6:35pm

- Saturdays on [www.WFNZ.com](http://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.com](http://www.MyCityMagazine.com) 's  
Ellen Gurley  
7.04 guest is headbrewer of [www.NoDaBrewery.com](http://www.NoDaBrewery.com) Chad  
Henderson  
8.01 guest is Carol Lovell Calvert of [LightingUpCharlotte.com](http://LightingUpCharlotte.com)  
Light Retreat

- [www.CharlotteHounds.com](http://www.CharlotteHounds.com)  
7.11 vs. Launch 7:30pm  
7.25 @ Bayhawks 7pm

- [www.CharlotteRollerGirls.com](http://www.CharlotteRollerGirls.com)  
7.25 6pm HOME B-Dazzlers vs. Greenbrier Roller Vixens  
8.08 AWAY B-Dazzlers vs. Star City

Sat., July 11th @ Queen City Bicycles  
12pm topless bikini bike & car wash

#### BEER / WINE / FOOD:

Saturdays @ Atherton Market  
9am-12pm free pickles & entertainment with the Pickleman from  
Pickleville

Saturdays @ Earl's Grocery  
1pm (once a month) mixology w.Bob Peters (next one TBA)

Saturdays @ NoDa Brewing Co.  
Tap Room open 12-10pm / Brewery Tour 5pm

Saturdays @ Olde Mecklenburg Brewery  
open 11am-11pm / tours @ 2, 3 & 4pm

Saturdays @ Triple C Brewing  
Chef Street Bistro (food truck)

Sat., July 11th @ the Fillmore  
5-9pm Craft Beer Sessions + DJ That Guy Smitty

#### LIVE MUSIC:

Saturdays @ the Fillmore  
7.25 Raekwon, Ghostface Killah  
8.29 7pm [www.InkFloyd.com](http://www.InkFloyd.com) Presents: God Save the Queen  
City Night #3 feat. Dean Ween Group, Futurebirds, Benji Hughes,  
Alternative Champs, Justin Fedor (solo) & more

Saturdays @ JSam's  
Grey Brewster

Saturdays @ the Milestone  
7.04 Dinner Rabbits, Aloha Broha, Cat Glenn, Nerve Endings,  
Crackers & Snackmeat, This is Catastrophic  
7.11 Muscleshark, Cross Stitch, CrazyEyes, From the Gun,  
Hexxes

Saturdays @ the Neighborhood Theatre  
7.26 Blue Dogs  
8.29 the Steeldrivers

Saturdays @ Tremont  
7.25 Stichey C., Kev MarKuet, 403 MOB, Trevie Jones, the  
Jerkanator, Big Lo (485 Shawty)  
8.08 3pm the 8th Annual Punk Rock Picnic feat. Corporate  
Fandango, Yarbs, Swell Friends, the Chalkies, the  
Commonwealth of American Natives, Southside Punx, Random  
Conflict, No Anger Control, T/Cutter, the Bleeps, Aloha Broha &  
the Commonwealth  
8.29 Take it Easycore feat. Crunkasaurus Rex, Trophy Room,  
Settle Your Scores, Until we get Caught, Boulders, Messenger  
Down, Southview, Erased, Anchors to Anchors, Hope Sets Sail,  
Sunnydale, the Oh Whales, City of Sirens

Saturdays @ the US Nat. Whitewater Center  
River Jam Series (THRU Sept) 7-10pm

Sat., July 11th @ Romare Bearden Park  
Just Fedor (solo) & more

Sat., July 11th @ Beantown Tavern (Matthews)  
12pm-1am Beanstock II (benefiting the Elam family) feat.live  
music

Sat., July 18th @ Tommy's Pub  
Eskimo Brothers (reunion show), Starved Out, Altar Blood, Bad  
Acid (Pants' bday)

Sat., July 18th @ the Double Door  
the Get Right Band

Sat., Aug. 29th @ NC Music Factory  
3pm [www.InkFloyd.com](http://www.InkFloyd.com) Presents: God Save the Queen City Day  
#3 feat. Temperance League, Pullman Strike, Black Market, the  
Sammies, Hungry Girl, Giant Squid Squad

#### COMEDY / THEATRE:

Saturdays @ the Comedy Zone  
7.11 Dominique  
8.01 Steve Byrne

Saturdays @ Madison's Coffee House (Indian Trial)  
"Cup of Humor" (every first Saturday) feat. comics: Darryl Smith,  
Rob McDonald, Roxanne McDonald, James Dugan, Ed Fox

Sat., Aug. 15th @ Uptown Amphitheatre  
Jim Gaffigan

#### MUSEUMS / ART:

Saturdays @ ClearWater Artists Studio  
every 2nd Saturday 10am-4pm Open Studios

#### DANCE MUSIC / DJs / BURLESQUE OR DRAG:

Saturdays @ Bar 316  
Buff Faye & Patti O'Furniture's Big Fun Comedy Drag Hour

Saturdays @ Bistro La Bon  
"Alter Ego Saturdays" w.DJ That Guy Smitty

Saturdays @ Cathode Azure  
resident DJs Rob Reeves & Fotizo

Saturdays @ the Chop Shop  
8-11am Wake-N-Shake bikini coffee party w.DJ Tober

Saturdays @ Doma Lounge  
DJ Tober

Saturdays @ Nan & Byron's or 5 Church  
DJ Wiiz Kid (Steve Warwick) rotates between venues

Saturdays @ Roxbury  
DJ Jody

#### SPECIAL OR MULTIPLE DAY EVENTS:

SYMPHONY / OPERA / DANCE:  
• Aug. 25th - Sept. 6th @ the Belk Theater  
: Motown the Musical

MUSEUMS / ART:  
• THRU July 12th @ Daniel Stowe  
Botanical Gardens : ZimSculpt (an  
international sculpture exhibit)  
• THRU Sept 6th @ Mint Museum  
(Randolph or Uptown TBA) : Body  
Embellishments  
• July @ Ciel Gallery : Colloboratus  
(reception July 3rd 6-9pm)  
• THRU June 30th @ Elder Gallery :  
Carolina's Got Art feat.100 artists  
• THRU June 20th @ Jerald Melberg :

Charles Basham - World of Change  
• THRU Sept. 7th @ Bechtler Museum : the art books of Henri  
Matisse

#### TRADE / INTEREST SHOWS & FESTIVALS:

- Aug. 22nd : [www.YorkSummerFest.com](http://www.YorkSummerFest.com)
- Aug. 15th-16th in uptown : [www.CharlottePride.org](http://www.CharlottePride.org)

#### WEEKLY SPECIALS/ENTERTAINMENT:

- Fridays & Saturdays @ Zen Fusion : 1/2 off tapas
- Saturdays & Sundays @ the Common Market (Plaza-Midwood)  
: Mimosa Bar
- @ 316 Fridays & Saturdays : DJ Eric B. / Tuesdays & Sundays :  
Karaoke w. DJ Skittlez
- Tuesdays & Thursdays @ Dakota's : Poker Night
- Mon-Thurs @ Dilworth Neighborhood Grille : Kids Eat Free  
(w.purchase of one adult entree)

#### INTERNET RADIO:

- check out [www.PMCRadio.org](http://www.PMCRadio.org) for a schedule of DJs daily

#### TRAVEL TO EVENTS:

#### LIVE MUSIC:

- July 3rd @ the Millenium Center (Winston) : 5pm Heavy Rebel  
Weekender w.the Bo Stevens, the Menders, the Othermen,  
Sinners & Saints, Truckstop Preachers, the Straight 8s & much  
much more
- Aug. 6th-9th @ Nashville, TN : [www.IniFestival.com](http://www.IniFestival.com) - Americana  
- Kustom Kulture - Roots - Ink-N-Iron feat. Merle Haggard, Cheed  
& Cambria, Sharon Jones, Suicidal Tendencies, Misfits, Wanda  
Jackson, Shooter Jennings, Reverend Horton Heat & much more

#### PLAY OR POETRY READINGS / BOOK SIGNINGS:

- NC Musicians book signings w.author Daniel Coston : July 10th  
Boone 1-5pm, July 11th Valle Crusis 11am-3pm

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

- July 4th Fireworks Extravaganza
- July 5th, 12th, 19th & 16th Cool Summer Nights
- July 11th-13th Scooby Doo & Shaggy
- July 19th-27th K-9s in Flight Frisbee Dogs
- Aug. 9th & 10th Riders in the Sky

GREAT SMOKY MOUNTAINS : [www.GSMR.com](http://www.GSMR.com)

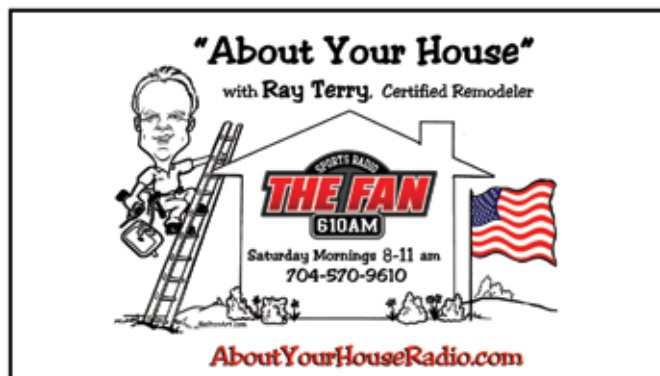
- July 17th-19th 24th-26th & Aug. 1st & 2nd Dinosaur Train

\* Events highlighted in **RED** are advertisers. Become one  
yourself. Email  
[ellen.gurley@mycitymagazine.net](mailto:ellen.gurley@mycitymagazine.net)

\* To see a listing of farmers markets and farms, see the  
venue list at [www.MyCityMagazine.net](http://www.MyCityMagazine.net).

\* This list was compiled in June. To see an UPDATED LIST,  
please visit the event page on the website and while you are  
there, subscribe to the weekly event newsletter.

\* To see your event on our list, email it to the above  
aforementioned email.





# Check out some of our upcoming Events!

**7/2- Royal Thunder w/ Wild Throne & Musket King**

**7/3- SOMA presents REVOLUTION starring Son of Kick**

**7/11- SUMMERSPLASH FESTIVAL- Tribute to Bradley Nowell feat. SunDriedVibes,  
Of Good Nature, Lovely Budz, Big Break & much more!!!!**

**7/17- MORGAN HERITAGE w/ special guest Jemere Morgan**

**7/18- MANDYLAND presents: First Annual Summer Carnival and Ballyhoo**

**7/19- Deniro Farrar**

**7/23- SOMA presents DESERT DWELLERS**

**7/24- Coast2Coast**

**7/25- GF\*W**

**8/1- BLOOM III**

**8/7- Mark Battles**

**8/14- The Sweet Spot**

**8/15- Nashville Pussy w/ Valient Thorr**

**8/27- Dirtwire**

**8/28- God Save The Queen City**

**Check out more events - Get more info:  
CHOPSHOPNODA.COM**

**Coming Soon: BLOctoberfest,  
Epic Rap Battles of History,  
Emancipator Live Band, CFF Benefit,  
ALS Benefit & much more!!**

399 E. 35th ST.  
28205

