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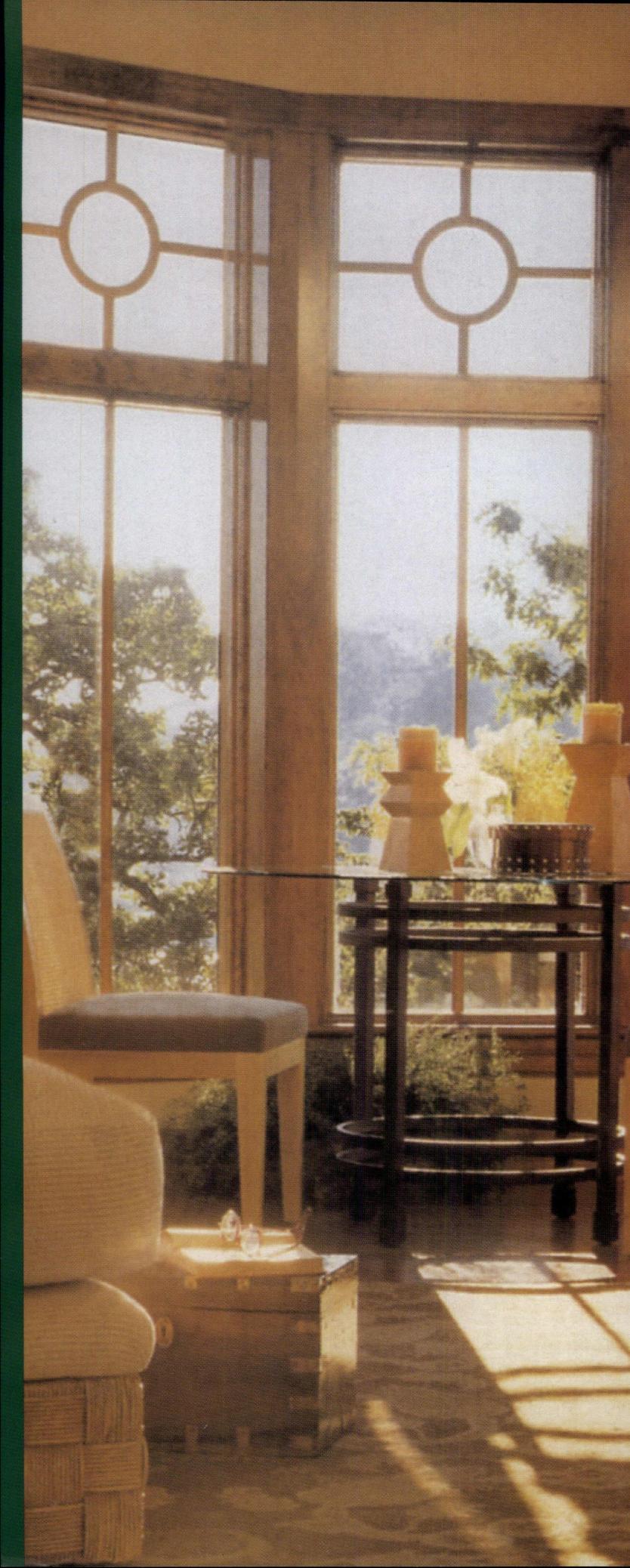


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A HUNDRED YEARS



The DuBose House

PHOTO BY O'NEIL ARNOLD / OAPHOTO.COM

Don't ask how, but I had a long lunch with the Ethiopian finance minister in London a few years back. At every sip of his mid-day libations he would offer the toast "a hundred years," meaning may you live that long and nowadays that prospect is not very far-fetched considering the mind-boggling advances in medical science over the past few decades.

A lion's portion of those strides are occurring right here in the Triangle at Duke and UNC, the Research Triangle Park and down the road a bit in Greenville at East Carolina University's medical school. If these guys keep it up, a hundred years may be young in a hundred years.

And *Metro* will be there covering the latest techniques in keeping us all alive and kicking with our quarterly health and medicine special report. This issue senior editor Rick Smith concentrates on sports medicine and sports psychology, the latest in LASIK surgery procedures, 3-D software imaging, a chat with the departing CEO of Raleigh's WakeMed and an exclusive story on plans for the American Institute for Healthcare and Fitness, a one-stop health, therapy and well-being complex contemplated for completion in 2005 off Lead Mine Road in North Raleigh.

Tucked up on a hillside near the Meadowmont development on the Raleigh side of Chapel Hill is the stately DuBose house now serving as the Paul J. Rizzo Conference Center. In MetroDesign, Diane Lea tours the house and is delighted with its carefully preserved architectural elements

from a bygone era, noting that the home and the DuBose family continue their tradition of involvement with the history of the state and the university.

The verdict is still out on the ranking of Father's Day in the calendar of gift-giving annual events, some saying it was contrived by greeting card companies to increase business. But face it, good old Dad has been taking it on the chin in this era of male-bashing and Martha Burke and needs a little TLC if only once a year. Carroll Leggett's column will make you stand up and demand that we rank Father's Day right up there with Christmas and the 4th of July when you read what it was like to grow up without one.

Now that it's time to hit the beach with regularity, tracking down the right restaurant on the coast can be frustrating. But not to worry, Maudy Benz reports that Blue Moon Bistro in Beaufort is sure to please even the crankiest palate. And while you are there, take note of this month's MetroStyle column and let Molly Fulghum Heintz suggest the right sandals, the right beach bag and what to read while soaking up the beneficial rays.

This issue we introduce a new regular columnist, the sassy and talented artist and bon vivant Louis St. Lewis, who, as "artist-at-large," kicks off his musings with a lightning tour of Chapel Hill galleries as part of his master plan to unearth talented artists across the region. Gallery owners, museum curators, look for Louis to appear suddenly anywhere from the Triangle to the coast and

take proper precautions. Appropriately then, we present alongside Louis's debut our semi-annual MetroGallery, a visual feast of area artistic talent for you to peruse, and perchance purchase just the right picture or sculpture to suit your karma.

Now that you are free to move about the magazine, stroll the panaoply of area events in MetroPreview, drop in on the latest in books of interest in Art Taylor's New & Noteworthy, meet singer and songwriter Jon Shain in PvV, learn about a former Navy aviator Top Gun who has turned his nerves of steel to high-tech management in After.com, take away useful tidbits from MetroIndex and "set" a spell with me in the back of the book, reminding some of you that no concealed weapons are allowed on the premises.

In July get ready for the results of the annual "best of" MetroBravo balloting and a special report on the August 27-29 Raleigh International Spy Conference, <http://www.raleighspyconference.com>. (Suggestion: Tickets are a great idea for a Father's Day gift.) In August we present our famous High-tech special section and in September a feature on famous Tar Heels that just can't leave North Carolina far behind.

And don't forget to subscribe at www.metronc.com or by calling our subscription hotline at 1-800-567-1841.

Until next time, a "hundred years" to you and yours.

—Bernie Reeves, *Editor & Publisher*

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Correspondence

POSITIVE FEEDBACK

I just wanted to let you know how much positive feedback we have had as a result of Rick Smith's March article in *Metro* about UNC Neurology. This feedback has come from our patients, new acquaintances, friends, UNC employees and perhaps most impressively, our colleague physicians around the Triangle. Rick did an outstanding job capturing the flavor and energy of

our department and, on top of all that, got the technical parts right. This article has been of great interest and help to many people. You are lucky to have such a talented writer.

Frank M. Longo, MD, Ph.D.
Professor and Chair
UNC Neurology
Chapel Hill

EXCELLENT COVERAGE

The feature article on Washington in the new *Metro Magazine* [May 2003] is beautiful beyond words! I was in Raleigh for Arts Day on May 8 and took copies to Senator Basnight, Representative Williams and the North Carolina Arts Council. Everyone was thrilled with the write up and the inviting photographs taken from new perspectives.

Thank you both very much for this coverage and for also including the Beaufort County Arts Council. The arts will play a major role in the revitalization of downtown Washington. The *Metro* article will surely attract many new visitors to our scenic community.

Please know everyone throughout the city is very proud and most grateful for this excellent coverage of Washington.

Wanda H. Johnson
Executive Director
Beaufort County Arts Council
Washington, NC

THE FRENCH CONNECTION: PUTTING IT STRAIGHT

Rex Wheatley Jr. implies in a letter to the editor in the May issue [of *Metro*] that the French "hedged their bets" and showed up at Yorktown only after deciding to come down on the Continental side in the American War of Independence. But if they hadn't, there would be no United States of America.

Yorktown turned the tide, and Yorktown was not possible without the French, and not just the navy, but especially the guns and troops of the Comte de Rochambeau, who probably thought up the strategy of striking at Yorktown rather than New York.

Here is what the official military history of the US Army says about it:

"For all the American virtues and British difficulties and mistakes, the Americans still required French aid, in money, supplies, and in the last phase, military force, to win a decisive and clear-cut military victory."

Most of the muskets, bayonets and cannon used by the Continental Army came from France."

Rochambeau is thought so highly of by US military historians that his name is

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CORRESPONDENCE

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included in standard collections of US military biography, right there along with the Grants, Shermans, Washingtons and Black-jack Pershing.

One of them describes Rochambeau: "Unlike many other European officers who served in the Revolution, Rochambeau was distinguished by the grace with which he accepted Washington's authority as commander in chief, at the same time maintaining commendable discipline among his own troops."

The fact that some present-day French politicians don't agree with what some of our politicians want cannot alter the history of the country and its seminal debt to France.

Roy Parker Jr.
Former Editor, Fayetteville Observer
Fayetteville

BULL DURHAM

The book review on page 16 of your current *Metro* magazine [April 2003] is remarkable. You frequently write about philosophic thought and political intrigue, but in this instance you took the time to read and had the insight to write a concise, correct and complete summary of the *Bull Durham Business Bonanza*. It is a small, local book written by two local people who are definitely passionate about the connection and significance of Durham and the tobacco industry. My brother, Ben, and his wife, Snow, really appreciate your attention to

their enterprise, which has without question consumed their time, heart and mind.

Metro Magazine is great!

Surry Roberts, Durham

MAGNIFICENT ARTICLE

Thanks for the magnificent article on Washington, NC [May 2003]. I am certain all Washingtonians are both extremely pleased and impressed.

Congratulations to writer Diane Lea for writing one of the best articles I have read on Washington. It was truly outstanding! Also, kudos to photographer O'Neil Arnold, who did a terrific job as well.

Herbert Hoell
Chapel Hill, NC, and Washington native

KUDOS TO BERNIE REEVES

In browsing the Net tonight, I had my first reading of something by Bernie Reeves... I LIKE this guy! Thirty years ago I did extensive study about the influence the press has in writing history, and their actions have bothered me ever since. Mr. Reeves nails the idiots and broadens the perspective for future generations. Bravo!... and thank you, so much.

Via the Internet

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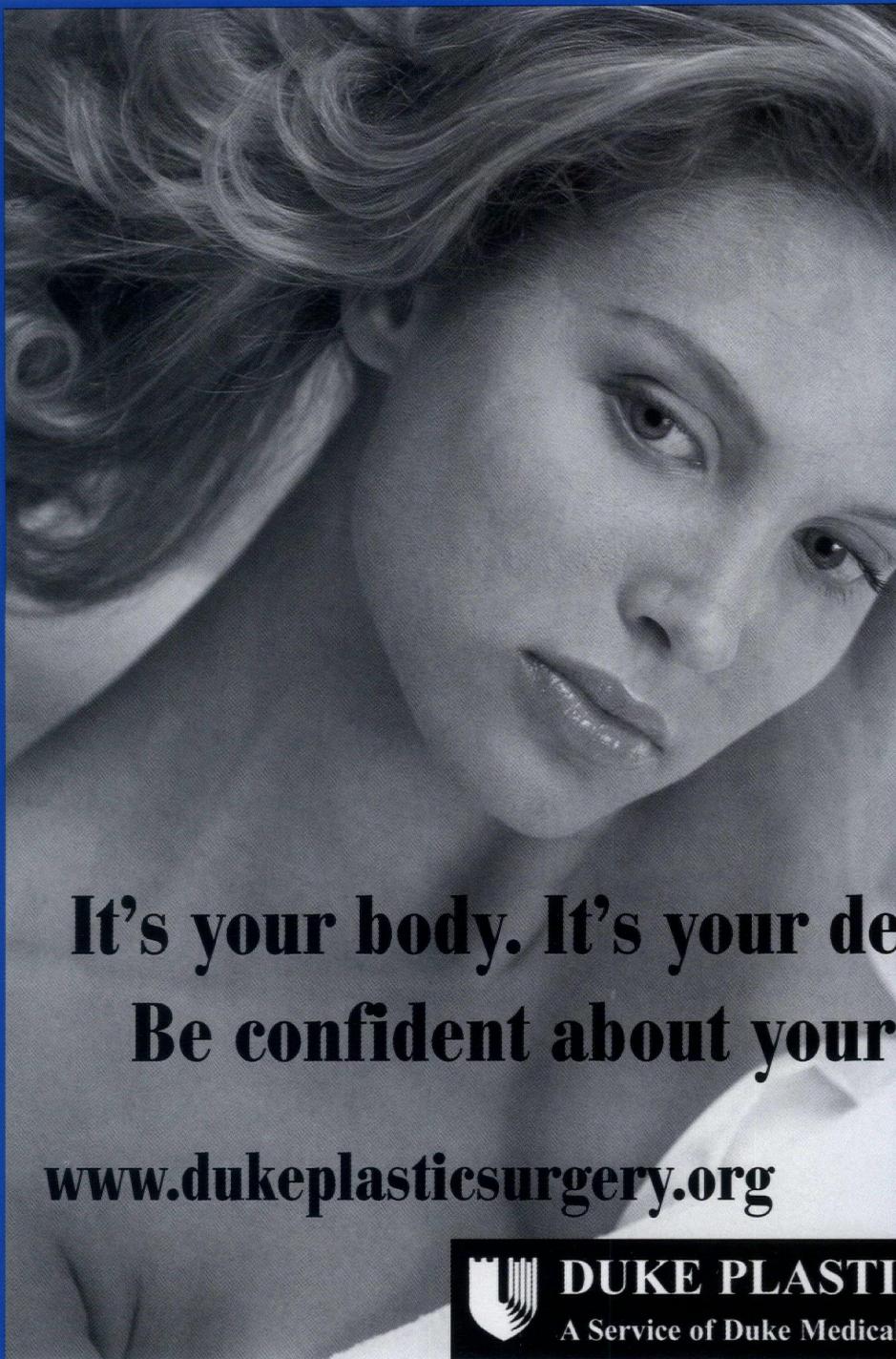
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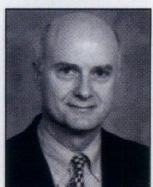
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SECRETS OF STATE

**Important agent
for coagulation**

UNC-CH AND ECU IN PLATELET THERAPY LICENSING COMPACT

Hemocellular Therapeutics, expected to produce the first platelet-based therapeutic available to doctors for the immediate treatment of active bleeding, has established an exclusive licensing agreement with UNC-Chapel Hill and ECU, company officials recently announced. Key technology developed by researchers at the two universities was central to the development by Hemocellular of a plan to create lyophilized, or "freeze-dried," human platelets (the component of blood primarily responsible for initiating coagulation). The licensing agreement provides for both universities to receive equity in Hemocellular and to share in royalties on the sale of products.

Hemocellular's freeze-dried platelets are the result of a decade of research supported by initial federal research funding of \$10 million. The company's scientific founders, Dr. Arthur P. Bode of ECU and Dr. Thomas H. Fischer of UNC, have led the research efforts.

Richard A. Basile, Hemocellular's chief executive officer, said that the licensing agreement is key in advancing platelet development to the next stage: human clinical trials. No other functional hemostatic agent is known to be in this stage of development, he said, and the need for such an agent to be developed is critical, particularly in acute-care settings. Human trials could start as early as 18 months from now, he added.

"We see tremendous implications for this technology," said Basile. "Our primary focus, ultimately, is to bring doctors and other health-care professionals a new tool in dealing with the very serious medical challenges associated with clinical bleeding. We also see this as a means to strengthen our nation's biodefense efforts."

"HENRY ISAACS' GARDEN PAINTINGS"

A special exhibition of paintings by Henry Isaacs will open on June 6 at Gallery C in Raleigh as a fundraiser in support of the J.C. Raulston Arboretum. Guests at the opening will receive a signed, limited edition giclée print by Henry Isaacs for attending and donating \$25 to the cause. Isaacs will be present for the June 6 event and will give a gallery talk at 7:30 p.m. on the subjects of plein-air painting and the timeless relationship between the artist and the garden. An internationally recognized artist, he has shared his love of plein-air painting and drawing while teaching in European and American art schools and in workshops across the country. Prestigious awards for his work include a Pollock-Krasner Foundation grant and a National Parks Service Residency. His oils and pastels hang in numerous institutional and museum collections including those of Duke University, Harvard's Fogg Art Museum and the Philadelphia Museum of Art. "Henry Isaacs' Garden Paintings" will remain on view at Gallery C, 3532 Wade Avenue, Raleigh, until July 8. For more information, call 919-828-3165 or 888-278-3973 or visit www.galleryc.net.



Arboretum II, by Henry Isaacs, oil on canvas

COURTESY OF GALLERY C

The technology licensed to Hemocellular modifies human platelets to be a hemostatic agent that has a long shelf life (as long as five years), is safe and sterile and provides immediate response to platelet-related bleeding.

A summer's work: improving trails, constructing bridges

SCOUTS ENHANCE NCMA'S PRESERVE

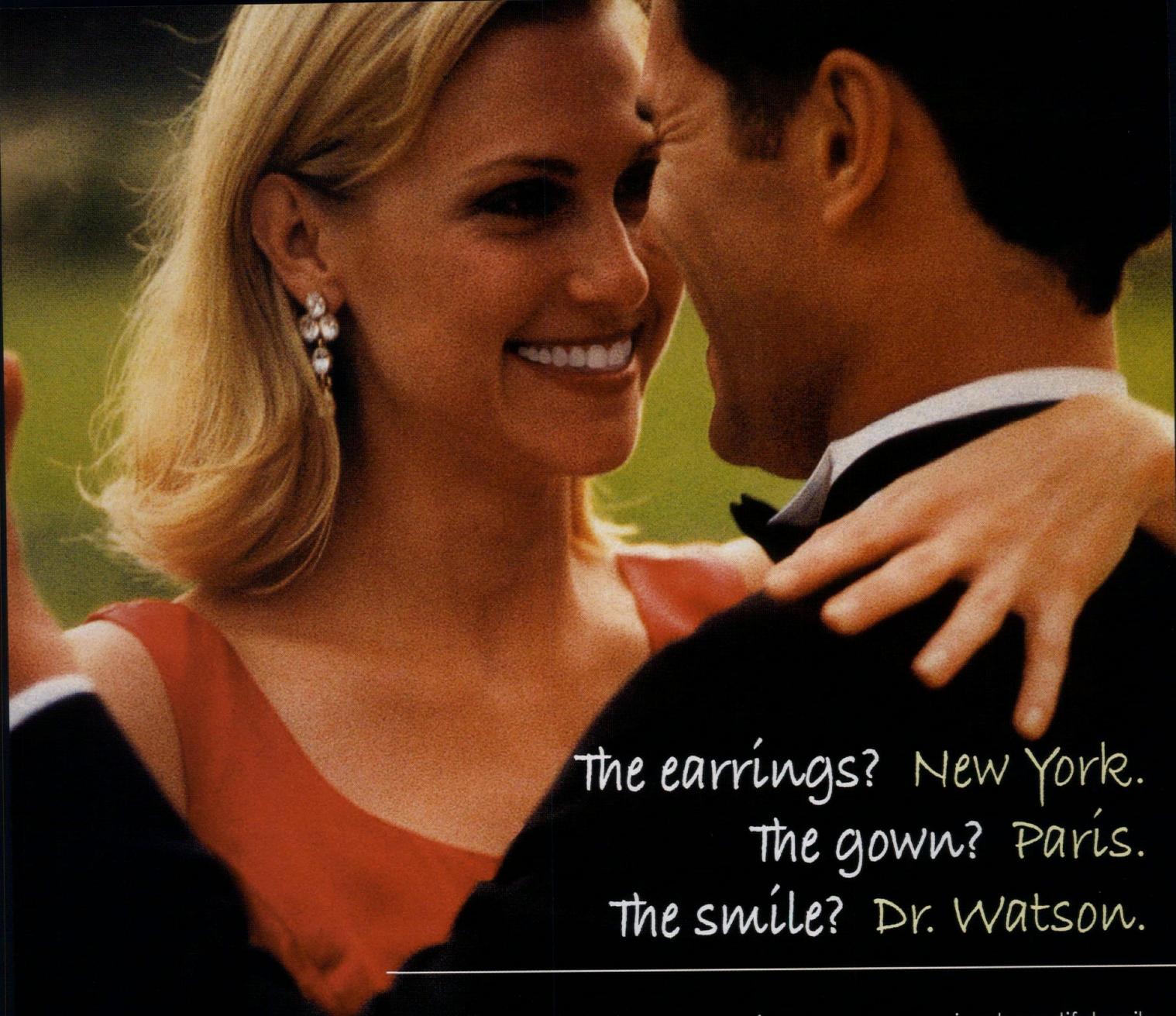
The Museum Preserve behind the North Carolina Museum of Art will receive a welcome boost this spring and summer from three local Eagle Scout candidates. The scouts have already

begun work to improve trails winding through the Preserve, fulfilling a community service requirement for their Eagle Scout final projects.

"Each scout's project will be a significant addition to the Preserve's development," said Dan Gottlieb, the Museum's deputy director for planning and design. "After these initial completed projects, I hope the Museum can maintain a strong relationship with the Scouts to help build a network of trails. Eventually troops may adopt sections of trails for ongoing maintenance."

From planning and design to fundraising, Nico DeBarmore of Raleigh's Boy Scout Troop 104 will add a footbridge over a small ravine along the Preserve's Upper Woodland Trail.

continued on page 17



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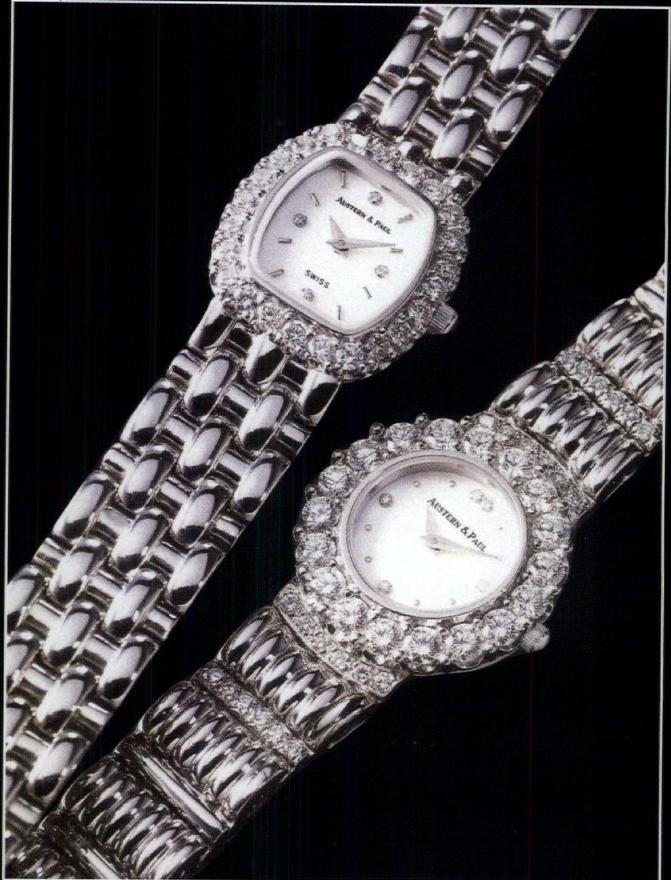
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continued from page 14

"The most rewarding part of the project is that it will last and thousands of people will see it," said DeBarmore. He and other volunteers will install the bridge sometime in June.

Brian Harper, also of Raleigh, has mapped and blazed a new Lower Woodland Trail in the Preserve. This extension of the current trail system will add 1500 feet and will be connected to the paved greenway, which is scheduled for completion in about 18 months.

John Willard, Raleigh Troop 207, chose a project to enhance Harper's trail extension, including a footbridge crossing over a creek. "I live very close to the NCMA and visit it often," he said. "I wanted to give back to the Museum and help others enjoy it more." Willard's construction should be completed by summer's end.

During the scouts' projects, volunteer coordinator Romie Throckmorton will continue recruiting volunteers for trail cleaning and projects. For more information on volunteer opportunities at the Museum, call the Museum's Volunteer Department at 919-839-6262, ext. 2106, or visit www.ncartmuseum.org.

First African American house museum

POPE HOUSE BEING RESTORED IN RALEIGH

In the 500 block of South Wilmington Street in Raleigh stands a National Treasure, the 1901 home of Dr. Manassa Thomas Pope, prominent African American physician, businessman, soldier and politician. The house was officially listed on the National Register of Historic Places in 1999 and that same year the Pope House Museum Foundation was created to preserve the house and grounds and bring it and its remarkable historic story to public view. The Pope House Museum will be the only historic house museum of an African American family in North Carolina.

Although it is not yet known who designed and built the house, its architecture has similarities to other Raleigh homes built

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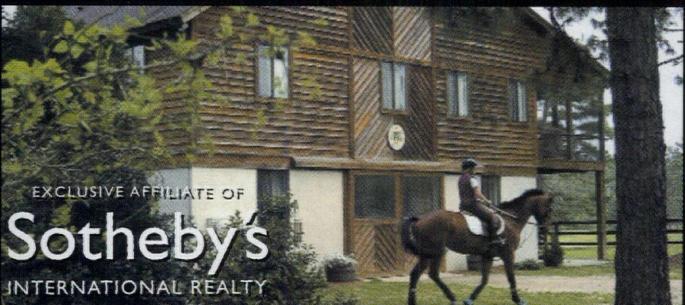
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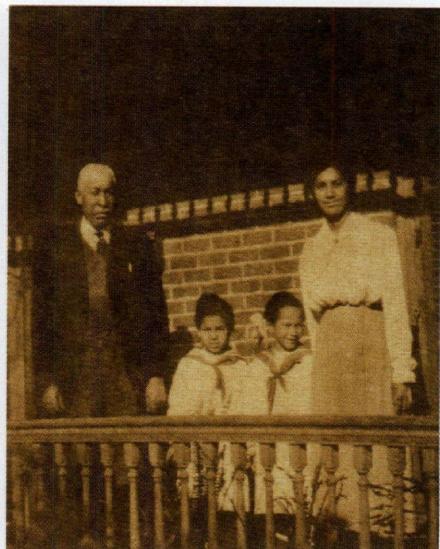
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Pope family on the front porch of their home, ca. 1915

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during the period, especially houses in Oakwood. It is built on the plan of an urban row house—two stories, a side stair and dining room adjoining the parlor. The exterior features a one-story porch with gable roof supported by turned posts on the Wilmington Street façade and a smaller porch located in the rear. The interior finishes included varnished wood trim, doors and floors, a handsome staircase and a stained glass window in the front hall. The house was equipped with state-of-the-art technology for its day, including combination gas and electric fixtures, a kitchen with running water, a full bathroom on the second floor, coal burning heating stoves and even a telephone (when there were fewer than 500 telephones connected in the city of Raleigh). Many of the original furnishings and fixtures remain in the house and numerous artifacts, significant to African American history, including Dr. Pope's 1902 Voter Registration Card, have been preserved.

The foundation has adopted a plan to restore the structure to its 1919 appearance (the year Dr. Pope ran for mayor of Raleigh), and is purchasing additional land for parking and a Visitor's Center. Although initial funding is being provided by a generous donation from the Evelyn B. and Ruth P. Pope Charitable Trust, those funds are limited and quickly diminishing. The Foundation is working to establish an endowment that will

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TOP SECRET

raleigh
international
spy conference
SPIES, LIES & TREASON
THE KGB IN AMERICA



- SUBJECT: SPIES, LIES, & TREASON: THE KGB IN AMERICA
- LOCATION: NORTH CAROLINA MUSEUM OF HISTORY
- WHEN: [REDACTED] AUGUST 28-29, 2003

SITUATION:

Recent intelligence confirms an unprecedented convergence of the world's top-ranking espionage specialists and field operatives in Raleigh, NC. Wiretaps and other [REDACTED]

surveillance indicate the meeting's purpose is to examine the infamous years of Soviet KGB undercover activity directed against the United States. Co-sponsors are the N.C. Museum of History Associates, the N.C. Museum of History, and Bernie Reeves of Metro Magazine.

KEY FIGURES:

Dr. Christopher Andrew:

Premier scholar and author specializing in espionage during the Cold War. Dr. Andrew is the official historian of the British Security Service (MI5), professor of modern and contemporary history and president of Corpus Christi College, Cambridge University.

Brian Kelley:

The "wrong man" accused in the investigation of FBI turncoat Robert Hanssen.

Keith Melton:

Owner of the world's largest collection of spy paraphernalia [REDACTED] and detection devices [REDACTED].

KGB General Oleg Kalugin:

Former chief of Soviet counterintelligence and supervisor of United States double agents, spies, [REDACTED]

Hayden Peake:

Curator of Historical Intelligence Collection at CIA.

James Leutze:

Conference chairman. UNC-Wilmington [REDACTED] chancellor and military [REDACTED] intelligence scholar.

MISSION:

Attend conference and gather intelligence at cocktail reception, book signings, displays of Melton's collection, screenings of espionage films and museum exhibit donated by family of North Carolinian George Watts Hill, a WWII OSS officer.

CONTACT:

Vincent Cavallari [REDACTED] the NC Museum of History Associates at (919-733-3076, x: 291).

REGISTRATION:

\$250 if made before July 1 and \$300 after. Registration can also be made through Vincent Cavallari or online in the registration section of the Raleigh Spy Conference website. Use mirror to decode the website below:

0-151646- [www.raleighspycouference.com](http://raleighspycouference.com)

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continued from page 18

insure the financial stability of the museum well into the future.

If you wish to help with the preservation of this important part of North Carolina's lost history, contact the Pope House Museum Foundation, 511 South Wilmington Street, Raleigh, NC 27601, or call 919-833-4633. You can visit the foundation's Web site at www.thepopehousemuseum.org.

Annual list promotes heritage, tourism

NATIONAL TRUST NAMES EDENTON DISTINCTIVE TOWN

The National Trust for Historic Preservation, the country's largest private, nonprofit preservation organization, recently named Edenton (population 5394) to its 2003 list of America's Dozen Distinctive Destinations, an annual list of unique and lovingly preserved communities in the United States.

History is on proud display in Edenton's historic district, which showcases three centuries of architecture—including the 1767 Courthouse and the 1750 Cupola House, which are among the nation's finest Georgian buildings. Providence Burial Ground, which dates back to the 19th century, is one of 11 stops on a newly developed walking tour of significant African American historic sites. Waterfront parks and a canoe and kayak trail help visitors explore Albemarle Sound.

Although Edenton was home to a signer of the Declaration of Independence, many women helped put the town on the map. In 1774, Penelope Barker, whose residence is now open to visitors, organized the Edenton Tea Party, the earliest known example of political action by women in the American colonies. Almost a century later, Edenton native Harriet Jacobs wrote *Incidents in the Life of a Slave Girl*, which has been reprinted in more than 20 languages.

In recognizing Edenton, the National Trust singled out its rich architectural heritage—along with family-oriented attractions



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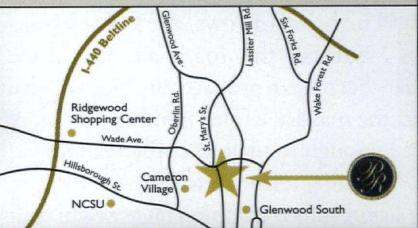
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Sports medicine

by Rick Smith

UNIVERSITIES SPEND BIG TO PROVIDE PHYSICAL THERAPY AND SPORTS PSYCHOLOGY

Ilian Evtimov's battle, alongside trainer Charlie Rozanski, to return to the Wolfpack basketball court typifies how schools protect their investments. Aquatic therapy, shock wave therapy, even 3-D software are new means of regaining and boosting athletic performance.

The brow furrows, the sweat breaks out on the forehead, the smile becomes a grimace, the biceps bulge and the massive left leg trembles. It's more than enough to make an observer cringe.

Watching torture? No. Physical therapy.

Ilian Evtimov is lifting a huge weight with his leg. On the front of his left knee is the evidence of why he is sweating on a cool morning at the weight room just off the basketball court at NC State's Reynolds Coliseum: a nasty, red scar in the form of a T.

"I'm not quite in shape yet," he says with a smile.

Just as the Wolfpack kicked off its basketball season last fall, with sophomore Evtimov expected to play a major role after the promise he showed as a freshman, he blew out the anterior cruciate ligament in the left knee during a meaningless exhibition game. Reconstructive surgery sidelined him for the entire season.

Now, months later, he's working out every day, determined that when basketball practice resumes this fall he will be back with the Pack.

"My goal now," he says, "is to lift my leg straight up."

Watching and keeping careful track of Evtimov's every movement is Charlie Rozanski, director of sports medicine at NCSU for the past 11 years. Once done with the weights, Evtimov goes onto the court, puts on a black knee brace and goes through an exhausting regime of running, jumping and dribbling drills as he slowly but surely regains strength and flexibility in the knee. Rozanski has in his hands detailed notes of a program specifically designed for Evtimov's rehabilitation.

"He still has a 35 percent deficit in one leg," Rozanski says. It's his job to get

Evtimov back on two full legs and ready to contribute.

But to Evtimov, Rozanski is more than a trainer driving him. "He's also a great friend," Evtimov says. "He definitely helps me mentally face things. If I'm going through a tough time, he tells me not to worry about it."

"Sometimes, I don't want to do something he tells me," Evtimov says with a smile. But Rozanski's will prevails.

STRESSING MENTAL AND PHYSICAL

The mental aspect of helping athletes cope with the pressure of rehab—along with academics, student life and performance

on the court or field—should not be underestimated, says Dr. Wallace Andrew of Raleigh, an orthopedic surgeon who volunteers to help NCSU's athletic program.

"Restoring an athlete's self-confidence is just so important," he says, pointing out that NCSU is among a growing number of schools who have retained sports psychologists to help with the mental side of the game. Dr. Richard Keefe, an internationally known sports psychologist, author and professor at Duke, for example, works with NCSU's basketball program. When players are hurt or need help, he's available. (See related interview with Dr. Keefe in this special medical report in *Metro*).

Charlie Rozanski, NCSU sports medicine program director, assisting Scooter Sherrill with his stretching exercises

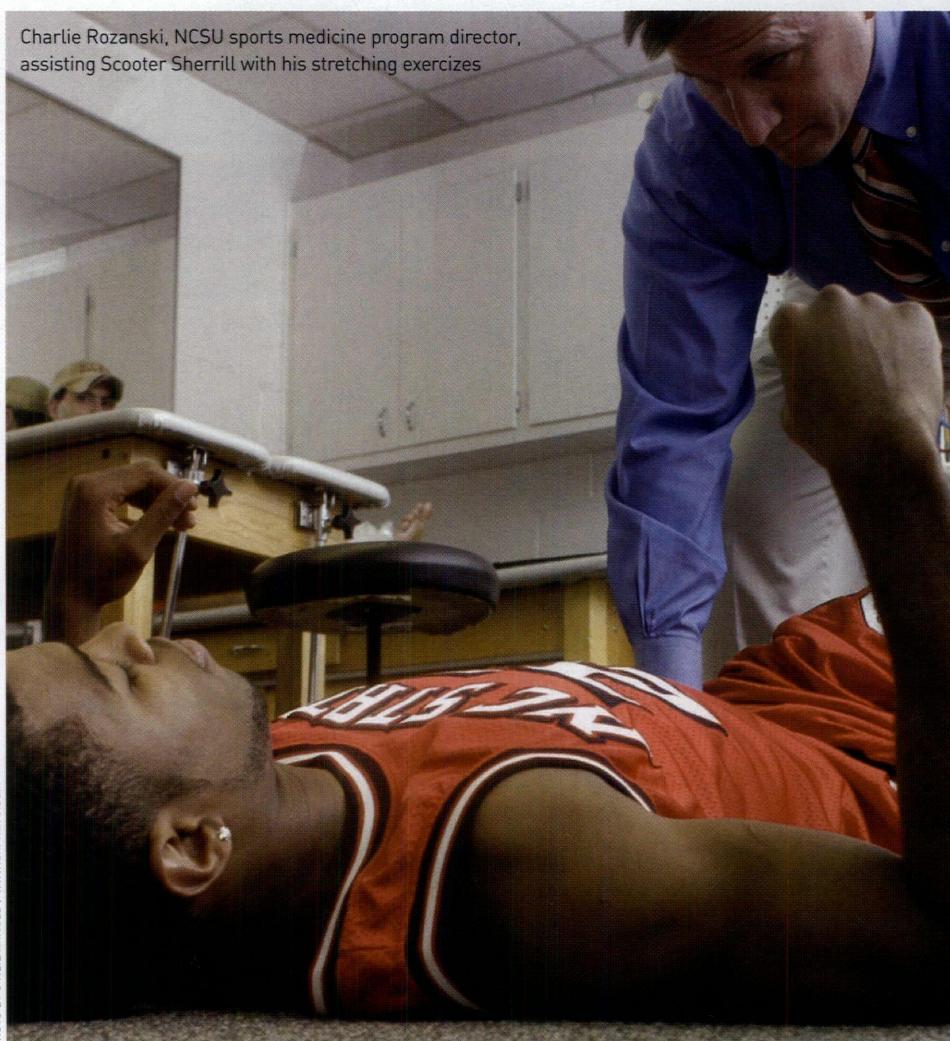


PHOTO BY O'NEIL ARNOLD / WWW.OAPHOTO.COM

The images of Evtimov working and Rozanski directing create a snapshot of the importance of sports medicine and training to college programs these days.

"The mental part is really what kills the athletes," Dr. Andrew says. "We're talking about their dreams, their hopes. First, they deny the injury happened. Then they wonder, 'Why did it happen to me?'"

Even when injured and not practicing, players still face many demands. "They also are still going to class, and then there is the rehabbing," Dr. Andrew adds.

The sight of Rozanski working one-on-one with Evtimov became a common sight once Evtimov was back on his feet after the injury.

"I remember at the Georgia Tech shoot-around," Andrew recalls. "Charlie had Ilian running the steps while the team was practicing."

Technology and research leading to new

procedures and techniques for everything from diet and training to surgery and rehab, all round out efforts to get athletes in shape, to keep them from getting hurt or to help them recover faster.

Dr. Andrew notes that injuries such as the one suffered by Evtimov "used to be career threatening," but due to advances in surgical techniques and rehabilitation, the threat is not as severe. "Rehabilitation is much more aggressive," he says. "Now, athletes can be running again within four months."

Rozanski points out that "shock-wave therapy" is a new tool that will help athletes who get hurt. "Over the next couple of years, it will be the buzz word," he says. The shock-wave treatment is somewhat similar to technology used to shatter kidney stones. Already it is being used in Canada and Europe to promote rapid healing while reducing swelling and inflammation.

Rehab experts such as Rozanski represent a major investment every significant collegiate athletic program has to make to keep their athletes on the floor. Long gone are the days of trainers simply taping ankles and knees. Rozanski has a full-time staff of eight certified trainers and nine graduate assistants and a budget of around \$1 million. Their jobs are to work with the coaches on getting athletes "bigger, faster, and stronger," preventing as many injuries as possible with improved training techniques and then working with physicians who are on retainer to help out as needed.

They also act as mentors. And Evtimov readily volunteers that he needed help—from teammates, coaches, doctors and Rozanski. The knee injury was devastating.

"The hardest part was mental," he explains. "The injury was just like a disaster. Sitting on the bench during all the games didn't help. We had big victories over Duke and UNC, we reached the ACC finals, and we made the NCAA tournament, and I couldn't play. That was very hard."

"Some days, my knee and leg are really sore, but I know I have to deal with it."

Although he has just made 31 free throws in a row and also several 3-pointers, his shooting fundamentals as strong as ever, Evtimov concedes, "I have a long way to go. I made 145 straight free throws once. My Dad (who played professionally in Europe) made 212!"

WHAT ABOUT OTHER UNIVERSITIES, 'CANES?

The Duke Sports Medicine Center has a 70-year history of treatment of athletes—amateur and professional. In addition to upgraded football facilities, Duke athletics can call on the resources of the university's medical school.

The Center includes four programs:

- Duke Sports Medicine Clinic
- Duke Sports Medicine Physical Therapy
- The Michael Krzyzewski Human Performance Lab (known as the K-Lab)
- Duke Sports Performance Program

The K-Lab and the Sports Performance Program focus especially on injury prevention and how to enhance performance.

UNC's Sports Medicine program includes a Sports Medicine Research Laboratory, and also includes a Center for the Study of Retired Athletes.

When UNC upgraded Kenan Stadium, it also built a state-of-the-art football center with weight room and training facilities.

East Carolina has its own megaplex for training and other uses. The Pirate athletic program opened The Murphy Center in September of last year. The \$13 million facility, covering 52,475 square feet, is named after Pete and Lynn Murphy of Rose Hill. The building includes the strength facilities for the ECU athletic program.

ECU also is home to the Human Performance Laboratory, which is part of the School of Health and Human Performance. Its mission is to "discover and disseminate knowledge in the area of exercise physiology."

Not to be overlooked are the Carolina Hurricanes. The National Hockey League franchise has its own head athletic therapist/strength conditioning coach, an associate athletic therapist and a massage therapist. The Canes also have designated a head orthopedic physician, head medical physician, team dentist—and even a team optometrist.

WEB SITES FOR MORE INFORMATION

To learn more about the sports programs at the universities and in professional sports, check out the following sites:

NCSU Athletics: <http://gopack.ocsn.com>

UNC Sports Medicine:
<http://tarheelblue.ocsn.com/genrel/ksportmed.html>

Duke University Sports Medicine:
www.dukesportsmedicine.com

ECU Athletics:
www.ecupirates.com

Carolina Hurricanes:
www.hurricanes.com



AQUATIC THERAPY

As Evtimov continues his rehab, he soon may be able to run in a new aquatic pool at NC State's recently opened football facility. The pool is specifically designed for athletes recovering from knee, leg or ankle injuries so they can begin "running" while partially immersed in water, thus avoiding the gravity and pounding of running on a track or treadmill.

"We are really catching the wave on aquatic therapy," Rozanski says.

The pool itself is a microcosm of the technological effort being devoted to athletes. It includes a flat-panel computer display designed to track every movement as well as underwater cameras so trainers such as Rozanski can watch and make sure the athlete is not picking up any bad habits while running.

"The player stands on a treadmill and is lowered into the water. Water jets create resistance," Rozanski explains. "It's pretty impressive."

In that football facility alone, NCSU spent \$600,000 on equipment devoted to sports medicine.

3-D SOFTWARE EMERGES AS WELL

Sports medicine technology is not limited to rehabilitation or conditioning.

For example, Dr. Bing Yu at UNC Chapel Hill has designed a 3-D software program that he says will help athletes improve their performance.

The software captures every move an athlete makes and generates a 3-D animation which athletes and coaches can study to detect flaws or ways of improving mechanics.

Yu, an associate professor of physical therapy at UNC's School of Medicine, also is part of the university's Center for Human Movement Science. His initial targets were top discus throwers.

BIG, BIG BUSINESS

If you are among those who still harbor doubts that collegiate sports is big, big business, just consider the football facility building frenzy that has been going on at the four biggest universities in the region, UNC, Duke, NC State and East Carolina.

From a profit-and-loss perspective, athletes are the assets for college sports

NCSU's aquatic therapy facility

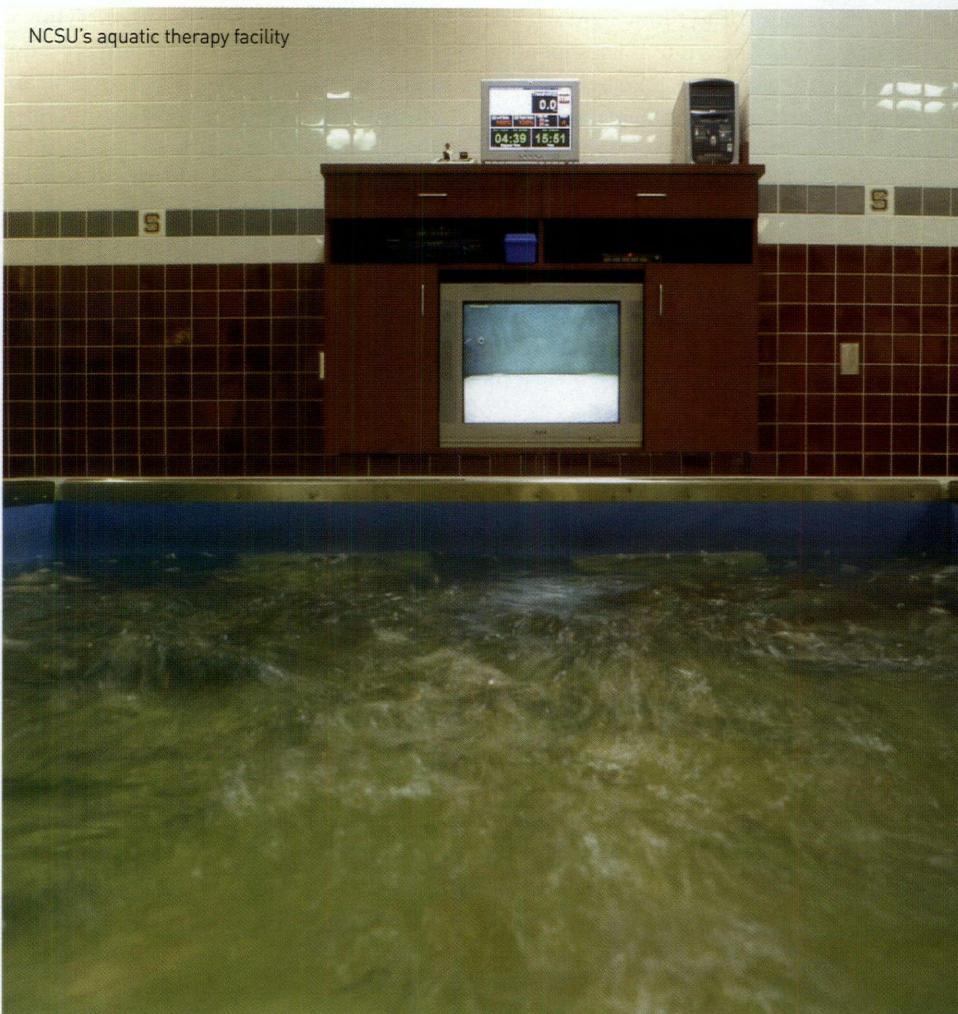


PHOTO BY O'NEIL ARNOLD / WWW.DAPHOTO.COM

programs and professional franchises like the Carolina Hurricanes hockey franchise. The return on investment of recruiting, training, supporting with scholarships and coaching those "assets" is their performances. The bottom line is victories.

Ailing athletes like Evtimov also "hurt" the bottom line. Besides the millions of dollars a year spent on trainers, sports medicine programs and retainers for doctors who are on the sidelines at events to help when an athlete is hurt, schools also now retain psychologists, dentists, oral surgeons, general surgeons and more if needed.

"These doctors are willing to see athletes at a drop of the hat," points out Dr. Andrew. But that's not to say the trainers and doctors are there just to help teams win and to get athletes back on the field.

"We provide for the care, prevention and rehabilitation of our athletes," Rozanski says. "We provide a support network, from treating colds to having registered dieticians."

"The most important thing is to prevent injuries from occurring," he adds. "Everybody wants to do the right thing—knowing how hard to push, encouraging a desire to do better, getting better, and doing so in a safe environment."

In expensive and extensive efforts to prevent injuries, as well as to help athletes improve performances, all the universities have devoted space, dollars, staff and resources to buy and use weight training and conditioning equipment that's straight out of the latest, most innovative human performance research-and-development labs.

The stadium upgrades and special new buildings designed for sports medicine reflect the universities' collective investment in their athletes. Just last month, NC State followed in the steps of Duke, UNC-Chapel Hill and East Carolina with the opening of its football Taj Mahal known as the Wendell E. Murphy Football Center. It cost a cool \$26 million.

The red, red, red building, at Carter-Finley Stadium is focused on football, but deep inside is the sports medicine facility. Though largely designed by Jamey Coll, the head trainer for football, the facility will help other NCSU athletes as well.

THE MISSION: HEALTHCARE

While trainers aren't doctors, Rozanski insists they are all about health and well-being—physical as well as mental.

"Our operation is a healthcare operation," he says. "We are an integral part of every coaching staff, every meeting. We

provide daily updates to the coaches." Every athlete, he adds, is tracked individually. "Sports medicine is like a cafeteria," Rozanski adds. "Not every athlete needs everything on the menu."

While trainers derive great satisfaction from seeing athletes succeed at rehabilitation, they also know the best result is seeing as few as possible of their players suffer injuries.

Despite the training, the food, the technology, the professional staffs and coaches, sports competition remains a dangerous game with ever bigger players—men and

women—making bodies do things sometimes not thought of before. When a breakdown does occur, the mental rehab often becomes as important as the physical.

Evtimov won't forget how stunned he was when he could not move his leg.

"The muscles were not reacting to my commands," he recalls. The slow recovery, led by Rozanski, has developed within him an appreciation for the values of perseverance—and patience.

"This has taught me how to be patient," Evtimov says, but adds with a shake of his head, "I really learned the hard way." **MM**

Hitting the "sweet spot"

DUKE PSYCHOLOGIST HELPS ATHLETES IMPROVE PERFORMANCE

Athletes are getting bigger, faster, stronger. Richard Keefe's job is to make them smarter, pointing them to "the effortless present."

Richard Keefe knows what it's like to be an athlete, constantly fighting the internal demons that drive an individual to get better while at the same time screaming when a shot goes awry.

"My inner voice and I have never been properly introduced," the psychologist and Duke professor writes in his new book, *On the Sweet Spot: Stalking the Effortless Present*.

As a football wide receiver at Princeton and later as he learned to play golf, Keefe came to realize that he was his own worst critic—or enemy. "Takes one to know one," he said. "I have been very critical of myself on the golf course (at one time a 3-handicap) and in football. I know it hurt my performance.

"You get discouraged," he added in a recent interview. "We discourage ourselves better than anyone else does."

Deciding he needed to help himself and others find a way to tame tempers and turn self-criticism into a positive experience rather than a flogging, Keefe, who has written three previous books on brain disorders, researched and developed a concept he calls "the effortless present."

Others label the feeling as being "in the zone" or "on the sweet spot," which he appropriated for the book.

To see an athlete in the zone brings pictures of near-perfection to mind—like watching Michael Jordan in his prime, scoring 50 points in a playoff game. Or Tiger Woods running away from the field at the Masters. Or Mark McGwier and Sammy Sosa hitting mammoth home run after home run.

"The effortless present is like being in the zone," he explained. "All the activities that normally are so difficult and strenuous become effortless. There's also the feeling that you're not thinking about the next shot or the last shot. You just focus on the one in front of you."

"Tiger Woods and Michael Jordan are probably two of the best examples. That's one of the things

that makes them so fascinating."

Of course, Jordan and Woods also have talents many others lack. But both have singled out mental preparation and working on the fundamentals of their respective sport as crucial keys to success.

And how often has anyone ever seen either of them throw a tantrum, draw a technical or break a 3-iron over his leg?

"VISUALIZATION OF THE MOMENT"

Teaching mental discipline applies to all sports, Keefe added. And he is not alone in that. Sports psychology has become a big business. Richard Koop, a professor at UNC-Chapel Hill, is well known for working with athletes. And there are many more. Athletic self-help books are as plentiful as bogeys on a public course.

To succeed, Keefe said, athletes must concentrate on what he called "the now" and "visualization of the moment."

"A couple of things help the most successful," Keefe said. "The first is imagery. Visualization of the moment seems to help a lot—to have a very clear image of what they expect to happen. Then the athlete can focus on that. It serves as a beacon on which to focus, and it eliminates a lot of other distractions.

"The other is to put emphasis on what happens in the now. It's all in the present. You want to leave behind the bad and the good outcomes, really. If you blow a putt, obviously when you get to the next tee you have to focus on that shot and forget the putt."

Another factor, he added, is to be able to visualize a shot or at-bat in the context of the event. You need a strategy for a hole, knowing how it plays, then executing it.

"It's a matter of developing a good strategy, believing in it, shifting focus to that and doing nothing else."

"The context weighs in the decision to be made—it's 215 yards, a lot of bad things can happen, but also a lot of good. Now, you've chosen the swing, you're going to execute it, so the context is no longer relevant. In fact, context can only hamper performance.

"Hit that one shot."

THE REAL FEAR FACTOR

Teaching the concept, however, isn't easy because of the way humans are made.

"If it were easy, we would do it all the time. It's difficult to do, but not impossible," he explained. "The brain is built in such a way that context is really important. We are biologically built so that we can respond to fear at a moment's notice. That's how we have survived."

"There aren't saber-toothed tigers on the golf course, only a ball going in the water. It's just a matter of training yourself to handle that fear response and utilizing context is a way to do that."

Keefe is in big demand these days, working with the Duke football program, the NC State basketball program and numerous individual athletes such as golfers. Athletes continue to get bigger, faster and stronger through better workouts, weight training and diet. But it's "upstairs" where the next great improvements can be made in athletic performance, Keefe said.

"There's only so much you can do to improve the body, not that athletes are perfect physical specimens," he explained. "But the brain has more capacity for change and development, so the idea is change the mind, improve the performance."

NEGATIVE PARENTS, COACHES

Keefe also said that youth coaches and parents need to practice a better means of psychology themselves.

"I'll get athletes who come to me with remarkably unsophisticated, critical approaches to their game. Why would you think that? Why be so negative and hard on yourself?" he asked rhetorically. "It's so destructive."

"What that says to me is that a lot of coaches could benefit more from a sports psychology approach. This is the area where coaches, athletes and parents can improve the most."

"Create a positive focus. Use imagery. Self-talk is a big thing. Eliminating the negative component is critical. People get so negative, especially golfers."

"The things they say to themselves you would not believe." **MM**

by Rick Smith

You can see clearly now...with LASIK surgery

by Rick Smith

KEEPING AN EYE OUT FOR SHARPER VISION

Sports stars and the Pentagon are embracing LASIK, and other means to improve vision. Even duffers want a chance to tee off without annoying glasses or contact lenses. And new technology is on the way to offer more people a chance at "eagle vision."

Is correcting or improving vision beyond 20/20 a means of improving athletic performance? A growing number apparently believe so. Several high-profile sports stars have wasted little time capitalizing on the opportunity to deal with vision problems without having to wear glasses or contact lenses any more.

Golfer Tiger Woods, Atlanta Braves pitcher Greg Maddux and even well-known basketball official John Clougherty are among those who have opted for LASIK surgery.

Clougherty put aside his contacts for the LASIK solution from the Duke Center for Vision Correction two years ago.

"I had heard all of the stories about people claiming that laser vision correction was like a miracle in their lives," Woods said in a statement about his surgery. "When I recall how poor my eyesight was my entire life, I feel like I've experienced a miracle."

But professional athletes aren't the only ones opting for LASIK.

The office of Dr. Michael Kelly, the first eye surgeon to offer LASIK in Raleigh, says he is treating more and more golfers who want to be able to swing at the ball without the distortion glasses, contacts or just natural vision create when looking down at the ball and trying to follow its flight down the fairway.

By far the largest number of users, however, are the millions of Americans who need vision correction and have embraced LASIK in recent years. Prices vary on type of treatment and number of visits, starting under \$1000 per eye. After a rash of lawsuits and public concerns expressed about the quality of LASIK services in the past couple of years, the business is expected to grow by 4 percent this year, a research group recently told *Business Week*.

Dr. Michael Kelly



PHOTO BY O'NEIL ARNOLD / WWW.DAPHOTO.COM

Helping drive business are major improvements in LASIK as well as new options on the way for people whose eyes are not conducive to the treatment (such as thin or thick corneas).

In less than a decade, LASIK has become a common word for many people—especially those who for years have had to wear contact lenses, glasses and reading glasses.

They long for the days when they had clear, natural 20/20 vision—or wonder what it would be like to see au naturel, something they never experienced.

LASIK is the acronym for Laser-Assisted In Situ Keratomileusis. Now you know why LASIK is the preferred term. Eye surgeons use a knife called a microkeratome to cut a flap in the cornea—the clear covering on the front of the eye. The flap is folded back and a specially programmed laser uses pulses to vaporize portions of the underlying cornea layer known as the stroma. By altering the

cornea, surgeons sharpen how light is refracted, addressing nearsightedness, farsightedness and astigmatism.

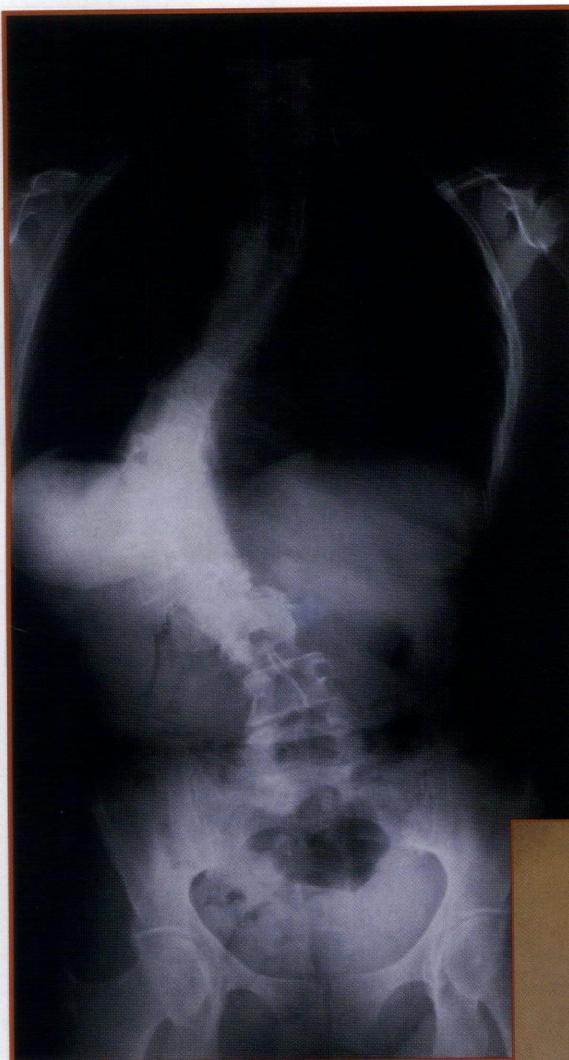
More than 1.5 million Americans a year attempt to improve their vision through LASIK.

Kelly, who operates his practice just across the street from Rex Healthcare, has been treating patients with LASIK from just about the time the procedure was approved by the FDA in 1995.

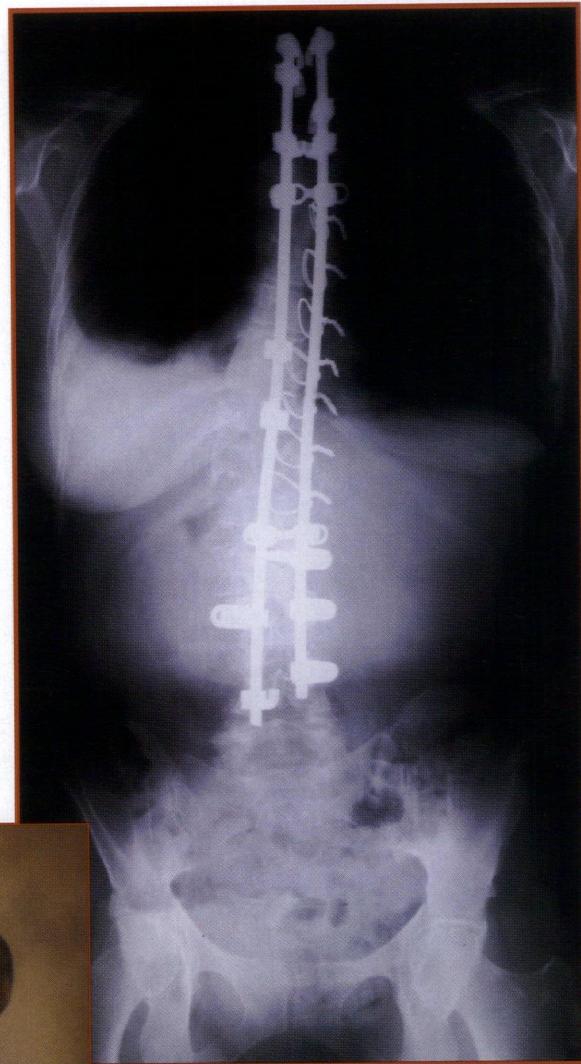
"LASIK/Retrofactive surgery gives me great satisfaction," he said. "I, as the surgeon, can give people back their natural vision in a matter of minutes. Most people that have LASIK have been dependent on either their glasses or contacts since grade school. To restore their vision gives me the greatest satisfaction."

During a recent typical day, Kelly treated 50 patients. One included a woman who had worn contacts for more than 30 years who said quite excitedly that she

Scoliosis isn't just for kids.



Mary's spine before surgery.



Mary's back after surgery.



-Mary Baldy, scoliosis patient

Mary was 18 when diagnosed with scoliosis. As she grew older, the curve in her spine worsened, leading to a painful, obvious hump in her back and difficulty breathing. Mary was told her only options were pain medications and physical therapy. In her late forties the situation became desperate. "After years of searching for treatment, I found help at Consulting Orthopedists in Dallas where I had spinal reconstructive surgery," says Mary, now a 51-year-old pediatric clinical nurse manager. "I am able to stand straight and without pain for the first time in decades. Although it has only been a short time since my surgery, I have returned to work full time."

Consulting Orthopedists is a nationally and internationally known facility devoted exclusively to the treatment of severe scoliosis. We specialize in treating pediatric and adult spinal curves, revising previous scoliosis surgeries and managing pain caused by scoliosis. We are among a handful of facilities in the country, and work diligently to accommodate a variety of health plans. Help is available.



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couldn't wait to be free of them. Patients gathered from around central North Carolina to undergo the surgery.

Kelly is convinced that forthcoming technologies will mean eye surgeons can offer more means of improving vision for people—helping those whose conditions are not conducive to LASIK or making the

outcome of corrective measures even clearer.

The FDA recently approved Conductive Keratoplasty, or CK, which is a non-laser procedure for the treatment of people over age 40 who suffer from farsightedness. The treatment involves use of radio frequency energy to reshape the cornea and can be done in less than three minutes.

WILL LASIK WORK FOR YOU?

The FDA has produced a four-part checklist for people who are considering LASIK surgery. The first is to help determine if a person is a candidate for the procedure. The second is a list of facts and background information that helps answer questions about LASIK. The third helps to find the right doctor. The last deals with expectations. (For more information about LASIK, visit: www.fda.gov/cdrh/lasik)

PART ONE: KNOW WHAT MAKES YOU A POOR CANDIDATE

Career impact—Does your job prohibit refractive surgery?

Cost—Can you really afford this procedure?

Medical conditions—e.g., Do you have an autoimmune disease or other major illness? Do you have a chronic illness that might slow or alter healing?

Eye conditions—Do you have or have you ever had any problems with your eyes other than needing glasses or contacts?

Medications—Do you take steroids or other drugs that might prevent healing?

Stable refraction—Has your prescription changed in the last year?

High or Low refractive error—Do you use glasses/contacts only some of the time? Do you need an unusually strong prescription?

Pupil size—Are your pupils extra large in dim conditions?

Corneal thickness—Do you have thin corneas?

PART TWO: KNOW ALL THE RISKS AND PROCEDURE LIMITATIONS

Overtreatment or undertreatment—Are you willing and able to have more than one surgery to get the desired result?

May still need reading glasses—Do you have presbyopia?

Results may not be lasting—Do you think this is the last correction you will ever need? Do you realize that long-term results are not known?

May permanently lose vision—Do you know some patients may lose some vision or experience blindness?

Development of visual symptoms—Do you know about glare, halos, starbursts, etc. and that night driving might be difficult?

Contrast sensitivity—Do you know your vision could be significantly reduced in dim light conditions?

Bilateral treatment—Do you know the additional risks of having both eyes treated at the same time?

Patient information—Have you read the patient information booklet about the laser being used for your procedure?

Source: FDA

PART THREE: KNOW HOW TO FIND THE RIGHT DOCTOR

Experienced—How many eyes has your doctor performed LASIK surgery on with the same laser?

Equipment—Does your doctor use an FDA-approved laser for the procedure you need?

Informative—Is your doctor willing to spend the time to answer all your questions?

Long-term care—Does your doctor encourage follow-up and management of you as a patient? Your preop- and postop-care may be provided by a doctor other than the surgeon.

Be comfortable—Do you feel you know your doctor and are comfortable with an equal exchange of information?

PART FOUR: KNOW PREOPERATIVE, OPERATIVE, AND POSTOPERATIVE EXPECTATIONS

No contact lenses prior to evaluation and surgery—Can you go for an extended period of time without wearing contact lenses?

Have a thorough exam—Have you arranged not to drive or work after the exam?

Read and understand the informed consent—Has your doctor given you an informed consent form to take home and answered all your questions?

No makeup before surgery—Can you go 24-36 hours without makeup prior to surgery?

Arrange for transportation—Can someone drive you home after surgery?

Plan to take a few days to recover—Can you take time off to take it easy for a couple of days if necessary?

Expect not to see clearly for a few days—Do you know you will not see clearly immediately?

Know sights, smells, sounds of surgery—Has your doctor made you feel comfortable with the actual steps of the procedure?

Be prepared to take drops/medications—Are you willing and able to put drops in your eyes at regular intervals?

Be prepared to wear an eye shield—Do you know you need to protect the eye for a period of time after surgery to avoid injury?

Expect some pain/discomfort—Do you know how much pain to expect?

Know when to seek help—Do you understand what problems could occur and when to seek medical intervention?

Know when to expect your vision to stop changing—Are you aware that final results could take months?

Make sure your refraction is stable before any further surgery—If you don't get the desired result, do you know not to have an enhancement until the prescription stops changing?

"CK is going to be very popular among presbyopic (patients who need reading glasses only)," he explained. "It is designed to make slightly farsighted patients slightly nearsighted to allow reading vision without affecting distance vision."

Another remarkable advance, according to Kelly, is Implantable Contact Lenses.

"ICLs are the breakthrough procedure for those patients who have extremely high prescriptions for either nearsightedness or farsightedness," he said. "It will also be the procedure of choice for large pupil patients and patients who have thin corneas."

"The procedure itself is performed like no-stitch, no-patch, no-needle cataract surgery. A tiny incision is made on the periphery of the cornea and a silicone lens with a prescription is implanted behind the pupil. Visual recovery is quick, very much like with LASIK."

A third improvement, called Wavefront, will make many procedures more accurate because of improvements in the data collected before surgery is performed, according to Kelly.

"Wavefront technology is the communication between a topography unit (a precise photograph/topographical map of the eye) and the laser itself," Kelly pointed out. "It will primarily be used for some, not all patients, who have larger pupils or slight aberrations in their vision. Wavefront technology provides more quantitative and qualitative data on irregular astigmatism and higher order aberrations than we have ever had."

Some 94 percent of treated eyes attained 20/20 vision after receiving the Wavefront LASIK treatment, based on data recently disclosed at the American Society of Cataract and Refractive Surgery meeting in San Francisco. Of those eyes, 74 percent were measured at 20/16 or better.

The technology also reduces complications that develop sometimes from LASIK treatment, including nighttime vision troubles as well as glare and halo effects.

"This new technology has been tremendously beneficial to the patients, because we have provided them with enhanced sharpness and quality of vision with fewer complications, which means higher patient satisfaction," said Dr. Douglas Koch, MD, a trial investigator and professor of ophthalmology at Baylor College of Medicine

in Houston, TX, in a statement. "In addition there is an important diagnostic role, since it enables us to approach the surgery with a clearer understanding of each individual's unique correction needs."

All the means of improving vision appeals to people far beyond athletics. The US military has endorsed Wavefront technology and has set up a \$15 million budget for its "Warfighter Refractive Surgery Program."

Their goal, *BusinessWeek* reported recently, is to provide warriors with "eagle vision." **MM**

Health and fitness complex to open in 2005

ONE-STOP HEALTHCARE COMING TO RALEIGH

by Rick Smith

The American Institute of Healthcare & Fitness is projected for completion in 2005.

A new paradigm in the packaging and provision of healthcare is on the drawing boards and moving toward construction on Lead Mine Road in North Raleigh.

The American Institute of Healthcare & Fitness is the brainchild of Dr. Jay Stevens, a family physician in Cary and team physician for the Carolina Hurricanes, along with Matt Person, former hospital administrator at Rex Healthcare and global health consultant at RTI International, and longtime Raleigh construction executive and developer Mason Williams and his wife Catherine.

The four have created plans for one 167,327-square-foot structure covering four levels in which people will be able to find an assemblage of healthcare services ranging from cardiology to dentistry, nutrition to sports medicine, a fitness center and executive health.

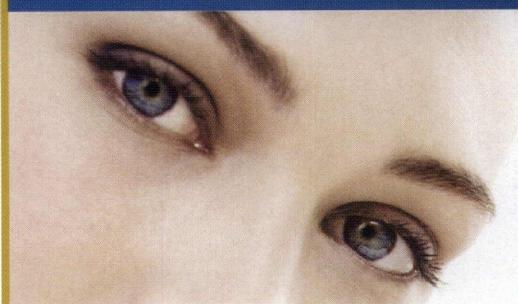
Planned to be built partially into a hillside and overlooking a lake, the complex also will include a cafeteria and wellness center.

"Our mission is to help individuals achieve optimum lifelong health through prevention, education, diagnosis, treatment and research," Person said. "We will provide and integrate state-of-the-art medical care, exercise, nutrition, wellness and counseling services."

"We strive to make it more convenient for people to receive total healthcare and attain well-being in a single location and through a very personalized approach."

"Our business model is to attract the top healthcare providers, who will commit to an integrated delivery of care and services, with a strong emphasis on prevention," Person, a former executive vice president at Rex Healthcare, added as he outlined

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the concept. "The Institute will be formed around provider partners, strategic business partners, a management company that Jay and I will operate, and a not-for-profit foundation designed to reach broader populations."

The four plan to build the health center on more than 10 acres of land owned by Catherine Shaw Williams and her family. They estimate the cost at \$26 to \$30 million. The plan is to begin construction in 2004 with the center opening early in 2005, assuming they secure the necessary zoning permits.

Plans call for various practices and businesses to

be grouped by specialty into what Person calls "pods." Individuals can schedule visits to multiple offices on the same day within a few feet of each other.

- Pods will include:
- Executive Center
 - Sports Medicine
 - Medical Specialties
 - Surgical Specialties
 - Fitness/Wellness Centers
 - Diagnostics
 - Conference Facilities

INTEGRATING HEALTHCARE & FITNESS

The American Institute of Healthcare & Fitness proposes to group practices and offices into seven different "pods." They will include:

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Clinical Research
Management Services Organization

Pod 2: Sports Medicine

Family Practice/Sports Medicine
Orthopedics
Physical Therapy
Podiatry

Pod 3: Medical Specialties

Cardiology
Gastroenterology
Internal Medicine/Gerontology
Neurology
Pediatrics
Psychiatry
Pulmonology

Pod 4: Surgical Specialties

Dentistry
Dermatology
Facial Pain
General Surgery
OB/GYN
Otolaryngology
Reconstructive Surgery

Pod 5: Fitness/Wellness Centers

Cafeteria
Chiropractic/Acupuncture
Complementary Medicine
Elite Training
Fitness Center
Nutrition Center
Ophthalmology/Optometry
Pharmacy
Wellness Center

Pod 6: Diagnostics

Laboratory
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Pod 7: Conference Facilities

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Source: AIHF



The American Institute of Healthcare & Fitness left front elevation plans

The biggest space commitment is for a 40,000-square-foot athletic club.

The concept of creating something akin to one-stop shopping for healthcare will help people deal with what Person calls the "fragmentation" of service. "Healthcare is very, very good in this country, but it's often expensive and often fragmented. We have a new approach to balancing the iron triangle of healthcare—quality, cost and access. As we are successful, those we serve will be better satisfied with their healthcare and the overall cost of healthcare will be contained or maybe even reduced."

Mason Williams, who worked with developer Jud Ammons before forming Mason Williams Construction, said he and his wife often talked about some sort of healthcare complex.

The Williams family owns extensive areas of former dairy farm land along Lead Mine Road. Williams said the nearby Springmoor Life Care Retirement Community—that he helped develop 20 years ago as a "cutting edge elder care" concept—triggered thoughts about what to do with their property.

"The 45 to 65 population represents a significant

aging bubble. We want to do something special with our land that means so much to all of our family. Over time, we have talked about and envisioned the idea of an active adult community—a new generation of what Springmoor is. When Matt and Jay approached us with their new concept, we discovered we all had not only similar ideas, but also similar values and aspirations."

In what Williams conceded was "a rather odd set of circumstances," he and Stevens met as part of a group of "some old guys who go surfing for a couple of weeks in Costa Rica." During his days at Rex, Person worked with Mason's father, Peter Williams, and was "eager to continue a business relationship with the Williams family."

The property had not been listed for sale but Person and Stevens approached Williams, who commented, "Their concept of healthcare and our idea for life care all seemed to philosophically fit together."

Person and Stevens, who operates a family practice in Cary, have known each other for years since Person, while at Rex, recruited Stevens. Person's career plan, hatched in college, was to enter into hos-

pital administration, then do a stint in global health consulting followed by the development of a new healthcare model. When he called Stevens to tell him he was ready to begin the final stage of his plan, Stevens responded he already had a model in mind.

The group is currently sharing the concept with physicians, service providers and possible corporate tenants. The plan calls for an outside group to manage the athletic club and for tenants to become part owners of the complex.

By making them stakeholders and part owners, Williams said, they believe the healthcare providers and business operators will be more fully committed to the project's collective and long-term success.

They also plan to equip the complex with the latest technology, such as secure, high-speed network connectivity. Person also wants the Institute to be a place for research and study.

"It's encouraging to see people's initial reaction to this plan," Person added. "People like our concept of multiple entry points; one can go to the Institute to see his or her healthcare provider, visit any of our centers, or attend a specific educational program." MM

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Pictured left to right: Drs. Pickett, Pryor, Gunn and Wilke

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CEO of WakeMed to retire in July

by Rick Smith

RAYMOND CHAMP WORKED MAGIC AT WAKEMED

Raymond Champ loves magic tricks and is learning how to be a magician. But the magic he has achieved at Raleigh's WakeMed complex over the last 20 years is his greatest performance.

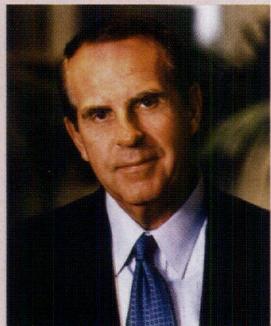
"I've heard people say that," Champ chuckled in a recent interview with *Metro Magazine*.

Champ came to the capital city in 1983 with the task of revitalizing what was then a publicly supported hospital. In July, he leaves his chief executive officer post with WakeMed—a sprawling, modern complex that has become a shining beacon of light for healthcare in Raleigh.

"It's hard to distill it down to one thing," Champ said when asked about the proudest achievement of his tenure. "I keep coming back to the atmosphere of pride that is held by all who are associated with us, particularly our employees."

"That was a goal from the start. Pride was missing here, and it took a long while, but we've gotten there."

WakeMed's central complex includes the latest in medical facilities, including a 40,000-square-foot rehabilitation center. Its new "Health Park" includes a putting green, a general store, a bank and even a simulated boat on which people can be reintroduced to the joys of fishing amidst the swells of a lake.



Raymond Champ

Beyond the main facility on New Bern Avenue, WakeMed has added satellite facilities in Cary, North Raleigh and Clayton.

But even with growth, new technology and more facilities, WakeMed also remains a privately held not-for-profit enterprise true to a core mission: providing services to those who can't afford them.

In 2002 alone, despite the need to make money in a tough economic climate, WakeMed delivered some \$52 million in charity care. The hospital provided 90 percent of the Medicaid care for Wake County.

There is no doubt in Champ's mind, however, that those services are a precious part of any hospital's mission.

"It is indeed a juggling act—you have to make a profit every year to stay viable and sustainable," he explained, "yet you have a mission in the community—to take care of all."

"I do, indeed, believe in that. That's why hospitals were founded in the community, not as an economic benefit to those who run the hospital but as a health resource for the community."

Such thoughts aren't shared elsewhere in the healthcare industry. "I'm afraid," he said, "we've moved away from that."

Champ convinced Wake County's commissioners in 1996 to transform the hospital into a private concern yet still committed to providing charity care. And he said he would leave his post confident that WakeMed would remain true to its mission as well as remain independent. "I have great faith in my successor and great faith in the Board of Directors," he said.

Bill Atkinson, CEO of New Hanover Regional Medical Center in Wilmington, will replace him.

DEDICATED TO THE JOB

Champ has devoted his career to healthcare ever since his college days. He grew up in Grand Rapids, MI, and attended Michigan State where he worked his way through school as a hospital operating technician.

"I felt very much at home in hospitals," he explained. "The culture of the hospital was what intrigued me—how people worked together in what is a very laudable mission."

He majored in institutional management and later joined the Air Force, working in the administrative side of hospitals. After leaving the military in 1970, Champ remained involved in hospitals and came to Raleigh after serving three years as the CEO of a hospital in Huntington, WV. (Champ also earned a Masters in healthcare administration at George Washington University. His wife, Meredyth, operates her own interior design business. The couple has two children.)

In taking the reins at WakeMed, Champ set about instilling pride by becoming a very active, very visible CEO. Even today, several times a week, Champ is roaming the halls. Every Friday he makes "formal rounds" checking on housekeeping and maintenance.

"Being as close as I can get to the employees on the floor, being visible, and making sure we treat everyone right economically and treat them right from a managerial point of view," he responded immediately when asked about the secrets to his success as a manager. "That's one of my keys—to know as much as I can by walking around."

He is well aware that other executives don't share the same philosophy when it comes to investing in employees. "What they don't understand is that employers get it back 10-fold in productivity, in quality of service," Champ said. "It's a good investment."

Champ also is not guilty of executive hubris. He said he has always sought input from others and shared credit for good ideas.

"A true leader is a person with a fairly good dose of humility," Champ explained. "Someone who recognizes those around him really have the best ideas."

He cited the Health Park as an example, noting the "incredible feats of recovery" that take place there. But, he hastened to add, "I can take no credit for that. It was the idea of our therapists. They needed those venues, and they designed the park."

Over the years, Champ has been involved in a number of organizations outside of WakeMed. But he has scaled back as retirement has neared.

"I really want to take six months to decompress, not to be committed to anything else," he said.

In addition to playing golf and "learning how to play the piano better," a project he began 10 years ago, Champ also is planning to polish his magician's act.

"Card tricks are my favorite," he said with a laugh. "Coins give me real problems." MM



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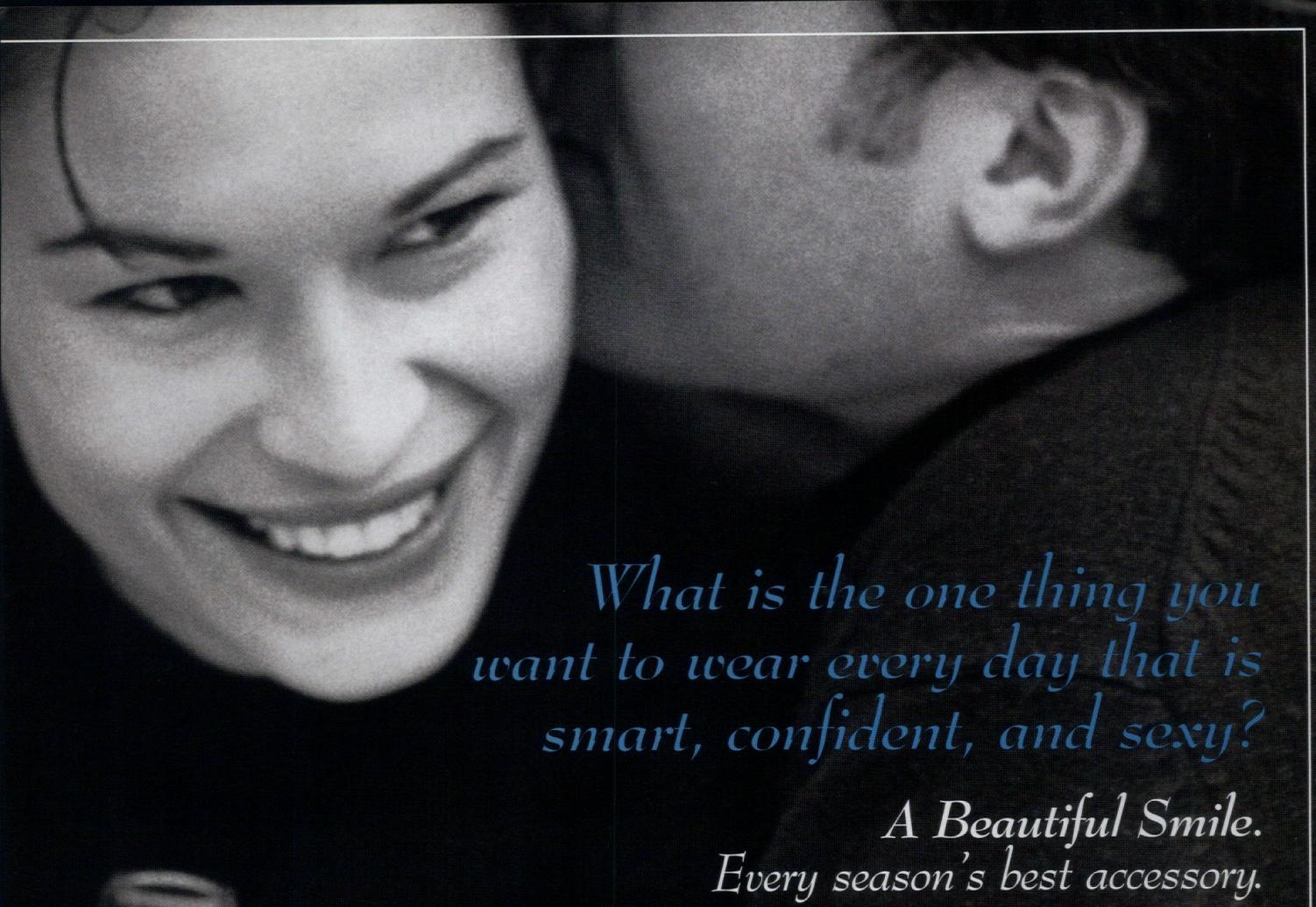
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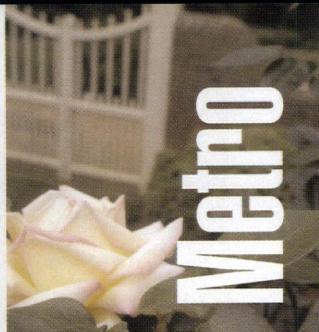
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by Diane Lea

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DUBOSE HOME SERVES A NEW CENTURY

The DuBose House, located between Durham and Orange Counties at the southwest edge of Chapel Hill's mixed-use Meadowmont community, is one of North Carolina's most distinguished country homes. Constructed in 1933 for David St. Pierre DuBose and his wife Laura Valinda Hill DuBose, daughter of Durham businessman John Sprunt Hill, the civic leader, philanthropist and benefactor of the University of North Carolina, the residence served happily as the DuBose family home until St. Pierre DuBose's death in 1994.

Prior to her death in 1989, Valinda DuBose asked that the home and a 28-acre setting be deeded to the University of North Carolina at Chapel Hill, along with a generous endowment for the maintenance of the house and gardens. "My parents thought that eventually the house might serve as the residence for the President of the greater University system," says J. McNeely DuBose, MD, one of three DuBose children who grew up in the house. "[However,] My father lived in the house until he died and shortly thereafter, Chancellor Michael Hooker made the decision to allow the Kenan-Flagler Business School to develop the DuBose House and grounds for use as a residential conference

center for business executives."

Dr. DuBose is one of a nine-member advisory board that worked with the University and the Kenan-Flagler Business School to adapt the DuBose House and its setting as the Paul J. Rizzo Conference Center, a state-of-the-art facility for lifelong learning for national and international executives. Rizzo, a former top IBM executive, served from 1987 to 1992 as Dean of the Kenan-Flagler Business School and strongly supported the Executive Education Program. The Center, which opened in 2000, includes two new sympathetically designed structures: Loudermilk Hall, for meetings and classroom space; and McLean Hall, a residence and conference facility. The DuBose House occupies a position of prominence on the crest of the Center site and is used as a gracious central gathering place for dining and socializing.

Dr. DuBose combines a personal history of the residence and gardens with knowledge of the home's inspiration and architecture. "It is foremost a family home," says Dr. DuBose, who grew up in the house during the World War II era. "My father and mother admired the residences of Annapolis and Maryland's Eastern Shore and incorporated elements from some of them in [the home they

called] Meadowmont."

A 1921 graduate of The University of North Carolina, St. Pierre DuBose was trained as an electrical engineer and worked in Baltimore for the Consolidated Gas and Electric Company from 1922 until the early 1930s when he, Mrs. DuBose and their first son, David St. Pierre DuBose Jr., returned to North Carolina. In 1931, DuBose, who had long been interested in creating a rural estate, purchased the first tracts of land where he proposed to establish his home and a working farm.

The land he assembled included the original homeplace of early settler William Barbee of Middlesex County, Virginia, whose 1753 grant of 585 acres from the Earl of Granville was the first of two land grants in what is now the Chapel Hill-Durham area. Though William Barbee died shortly after establishing himself and his family in North Carolina, one of his eight children, Christopher Barbee, became an important contributor to his father's adopted community and to the fledgling University of North Carolina. Though chartered in 1789, the year George Washington became President, the site of the nation's first state university was undecided until Christopher Barbee deeded to the University

Trustees a 221-acre tract of land that became the heart of the University campus.

On the tract that DuBose purchased, he built Meadowmont, known now as the DuBose House. The symmetrical Georgian Revival design and elegant interior wood-work of the house are the result of a successful collaboration between St. Pierre DuBose and Baltimore architects Herbert G. Crisp and James R. Edmunds Jr. "Meadowmont has two front elevations," notes Dr. DuBose. "You can enter from the east entrance if you like Georgian, or from the West if you like Colonial Revival."

STEP INSIDE

The east entrance to the DuBose House is one of the most pleasing aspects of any residence in North Carolina. There is the sweeping gravel drive, the encircling landscape of woods, walks, lawn and gardens, and the sandstone steps that carry the visitor into the symmetry and beauty of Meadowmont. The east entrance door is adapted from the Hammond-Harwood House in Annapolis, Maryland. Walking through it, the visitor enters a world of hospitality and graciousness, created by two people of talent, taste and vision.

Inside Meadowmont, one is immediately struck by the graceful arrangement of the home's main staircase that forms a half-paren above the reception hall that extends the width of the house. In this very pleasing space, the sumptuous breakfast, luncheon and dinner buffets are now set for the Rizzo Center's numerous conferees. The dramatic room achieves warmth and color from fine oriental rugs, some of which are original to the house. A striking portrait of St. Pierre DuBose's father, the Reverend McNeely DuBose, is displayed in the reception hall with a portrait of St. Pierre DuBose.

To the right is the main dining room, once the family's dining room, which retains an original sideboard set against blue-striped wallpaper. The focal point of the room is the reeded Federal Revival mantel embellished with aptera. Floor to ceiling windows flank the mantel and in the frieze of their surrounds is a rectangular grill decorated with fluting, fans and a central medallion that echoes elements in the Federal Revival mantel. The distinctive grills in the window friezes are part of the then



The reception hall



The dining room

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SILESTONE
by Cosentino

The morning room



state-of-the-art air conditioning system, one of the innovations St. Pierre DuBose incorporated into his home.

To the left, perfectly matched in proportion to the dining room, is the former drawing room, now set with linen-covered dining tables and a part of the Rizzo Center's dining and social area. The room's elaborate paneling features a projecting chimney breast and flanking windows. In a crosseted flat portrait panel above the reeded Federal Revival mantel is a portrait of Valinda Hill DuBose. The color scheme of the room, with its soft green woodwork and flowing floral patterned draperies, makes the former "drawing room" one of the most delightful settings in the DuBose House.

A two-leaf door on the east wall of the drawing room opens to the morning room, a surprisingly modern space with a vaulted ceiling, tiled floor in black and white marble and classical niches embellished by graceful sculptures. The morning room serves as a sunny sitting area and the corridor to the library, considered by many to be the most architecturally and historically significant room in the home.

When DuBose chose the site for the house, he dismantled William Barbee's original homeplace. The heart-pine salvaged from the 18th-century farmhouse was milled and carved for paneling in Meadowmont's library. Here all window and door openings are defined by fluted Ionic pilasters as are groupings of three shelved bookcases on the north and east sides of the room. Handsome portraits of Mrs. DuBose's parents, Annie Watts Hill and John Sprunt Hill, grace the library walls. Another attractive

feature is the distinctive fireplace with a black and gold marble bolection surround. Beyond the library, a porch overlooking the South Garden has been glassed in for year-round enjoyment.

Anne W. Cates, a member of the University of North Carolina's Board of Governors and a Meadowmont Advisory Board stalwart, remembers that the distinguished Atlanta design firm Ferry, Hayes and Allen, charged with the renovation and decoration of Meadowmont, initially recommended that the furnishings in the library be in tones of blue. "The library had always been done with shades of crimson in the draperies and upholstery," says Cates. "We just asked that the designers defer to that precedent." The result is a pleasing blending of patinated wood and softly glowing fabric.

A SUCCESSFUL ADAPTATION

One of the greatest challenges of adapting the DuBose House at Meadowmont to the Paul J. Rizzo Conference Center's social and dining space was accommodating modern building codes and reconfiguring private bedrooms and sitting areas to more public spaces. Tina Narron, Director of Operations and Planning for the Executive Education Program, notes that the second level of the DuBose House has been slightly reconfigured to allow for the addition of an elevator for physically challenged guests and to provide a comfortable lounge and bar area for more intimate receptions and relaxing. "The former night nursery became the club room and bar, which was named the Christopher Barbee Room," says Narron. "The room is decorated with a series of Rod Pittman sketches of both old and new



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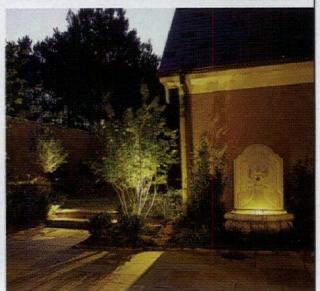
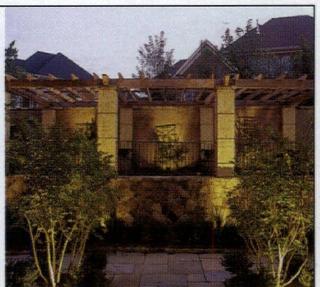
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University buildings. It and the adjoining rooms are available for relaxing and networking, or for less formal receptions."

Also on the second level, the former Children's Wing was modified to accommodate a rebuilt staircase to the third-level powder rooms and a handsome sitting

There are four guest rooms in the DuBose House, the three on the third level which adjoin a landing sitting area ,and a second level suite furnished in black and cream toile.

room. The sitting room is furnished with comfortable leather sofas set against deep green walls where an extensive collection of hunting scenes and bucolic landscapes are displayed. Narron points out that there are four guest rooms in the DuBose House, the three on the third level which adjoin a landing sitting area, and a second level suite fur-

nished in black and cream toile. "Most of the alterations on the first level of the residence were made so the kitchen could accommodate culinary preparation for up to 110 people at once," says Narron.

Early-on, Valinda DuBose named the home Meadowmont for its location at the top of a small mountain overlooking the meadows and bottomlands along the Little Creek in Durham and Orange Counties. The setting and the perfect siting of the residence on the knoll are as important to the success of this splendid home as its fine architectural detailing and steel framed and brick construction.

MEMORIES LINGER

Thomas S. Kenan, III, remembers visiting the DuBose House with his parents Frank H. Kenan, and Harriet DuBose Kenan, whose father was a cousin of St. Pierre DuBose's father. Young Tom was close in age to the DuBose daughter Frances Faison DuBose, and the two often enjoyed riding and picnicking with other young people on the extensive riding trails that wound through the almost 1000 acres that sur-

rounded Meadowmont. "It was a self-contained world. We'd sometimes hitch horses to the carriage and when friends were invited out to ride, we'd have lunch at the stable." Kenan also remembers what a treat it was to be invited to dinner at Meadowmont. "Everything we ate came from the farm. They had their own dairy, they grew beef cattle and raised turkeys and chickens and, of course, there was a big vegetable garden." Kenan remembers. "We all loved being in that great house, too."

As Dr. DuBose contemplates the evolution of the DuBose House at Meadowmont (the name now encompasses the nearby residential and shopping area), he recognizes that neither of his parents could have anticipated the role their home would play as part of the Great University they sought to support. "They are both buried here below the walled South Garden," says Dr. DuBose. "They loved Meadowmont, and it is a beautiful environment in which to entertain everyone from the Chairman of the Federal Reserve Board to a promising young business executive. I think they'd be very pleased." MM

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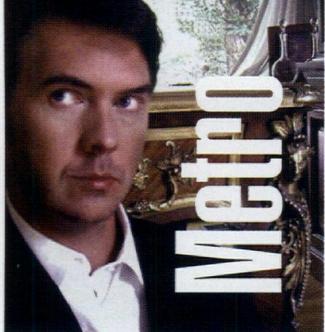
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CHAPEL HILL ROAD TRIP

After checking the lapels of my Vivienne Westwood suit for creases and adjusting my Versace cravat, I slung back the last of my morning mimosa and hopped in the

room for interpretive dance.

Wayne Trapp's luminous oil paintings glowed on the walls, and I noticed several red dots. Wayne is a veteran artist, and his sculptures are scattered across the

doesn't back down to curators, art critics or galleries (he has been through both Somerhill and Gallery C prior to his recent incarnation at Tyndall). Tyndall Gallery is on the right track with

another art venue recently moved into the mall. This gallery is a who's who of national and international art stars from Miro to Warhol, Picasso to Matisse. "Are these Dali works

Tyndall Gallery



z-3 to go check up on the local art scene. Strutting into Jane Tyndall's new gallery space in Chapel Hill's University Mall makes you feel like you're almost in New York City. It is without a doubt a stunning space—high ceilings, great light and plenty of

nation. The garden behind Fearington House, just south of Chapel Hill, features one of his lovely laminated marble sculptures, as does the interior courtyard fountain behind Durham's Parizade restaurant. Mr. Trapp is a veteran of the local art wars and

an ever-growing stable of sophisticated artists. Sally Sutton and the amazing Sally Bowen Prange will be exhibiting in June.

Since Jane Tyndall wasn't around to chat, I walked down the mall to see what was up at Animation and Fine Art Galleries,



fake?" I inquired. (You have to ask nowadays, you know. In the '80s a dealer asked me to drive a set of Dali prints down from his gallery in Washington, DC, to his location in the South, and the ink was still wet!!). The knowledgeable staff assured me

that all the works have excellent provenance and documentation, and I heaved a sigh of relief. The space is colorful and elegant and your pockets don't need to be TOO deep to walk out with a modern masterpiece. Several nice works by Matisse caught my eye as I strolled to the exit. Just across the aisle, Turning Point Gallery has ditched all those horrid works by "painter of Light" Thomas Kinkade and now has a much more attractive mix of painting and sculpture. The space is dark and intimate, but the artwork glows with an intensity. No shock value here,

time later this year, things should really be hopping for the galleries at the revamped University Mall.

DOWN THE ROAD A BIT

I skipped down the road less than half a mile to Eastgate shopping center, passed by the huge outdoor metal sculptures dotting the lawn of Steinway Gallery on 15-501, checked in the rearview mirror and popped into Somerhill Gallery to see what was up. Joe Rowand was looking extra svelte (Atkins diet?) and greeted me warmly. Dorothy Gillespie's painted and twisted metal paintings and

up in the executive boardroom. Joe is a real trooper and, if my memory serves me correctly, has the oldest gallery in the area—with perhaps the exception of the Little Art Gallery in Raleigh.

Mr. Rowand also takes risks from time to time and, in fact, once had a show of quilts made from fuzzy toilet seat covers sewn together that made even MY jaded eyes bug out. Maude Gatewood, the noted artist and educator who has lived and worked in the region for quite some time, will be showing this fall at Somerhill. We should all pile out to pay patriotic homage

Louis Vuitton bag when I walked in, and she gave me the tour. The gallery is definitely stocked, and it could take you awhile to take in the sights. The walls are hung salon style and stacked to the ceiling. It makes for a great impact overall, but I wish the space for solo exhibitions were more defined. Gordon Jameson will be showing in June.

Of course, it should go without saying that a trip to the Ackland Museum and the Hanes Gallery on the UNC campus is in order if you make the trip to Chapel Hill. The new sculpture

Somerhill Gallery



but I would think that decorators could have a field day with the images on display—Ruffin Hobbs' metal sculptures looked good in the space, and the staff couldn't be friendlier. With A Southern Season opening a HUGE store at the mall some-

sculptures were on display, and I do admit they made an impressive sight—colorful, sleek and undulating on the gallery walls. I could imagine plenty of corporations plunking down the big cash to have these glittering, twisted metal pom-poms nailed

to this local human monument and see her lovely images while she is still painting.

Green Tara Gallery is just a few steps away from Somerhill and is worth the visit. Owner Donna Soto was holding one of her two toy poodles and a great

recently acquired by Do-Ho Suh, Korean artist of Venice Biennale fame, is worth the trip by itself. In many ways the contemporary curator Barbara Matilski is the most daring and imaginative of the local museum curators. Her efforts glow.



Green Tara Gallery

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With the exception of the Ackland Museum, the private galleries in town far outshine the nonprofit venues with quality of art. But the town is unfortunately beleaguered with several hideous public murals of sea turtles, parrots and pencils. Add to that the scary metal sculptures that seem to be springing up with amazing regularity in every government doorway. I suggest sticking to the above mentioned galleries unless you have a specific show you are looking for, or if you are a glutton for

**Acme restaurant in Carrboro
is a great place to see fresh
art and eat fresh food**

any art. Speaking of gluttony, if you are going to be dining during your field trip to Chapel Hill, Acme restaurant in Carrboro is a great place to see fresh art and eat fresh food. Al fresco lovers can pop the cork on a bottle of Veuve Cliquot at Weathervane's outdoor dining terrace located at A Southern Season just across the parking lot from Somerhill, and visitors to University Mall can take in salmon tartare at the new Spice Street restaurant. **MM**



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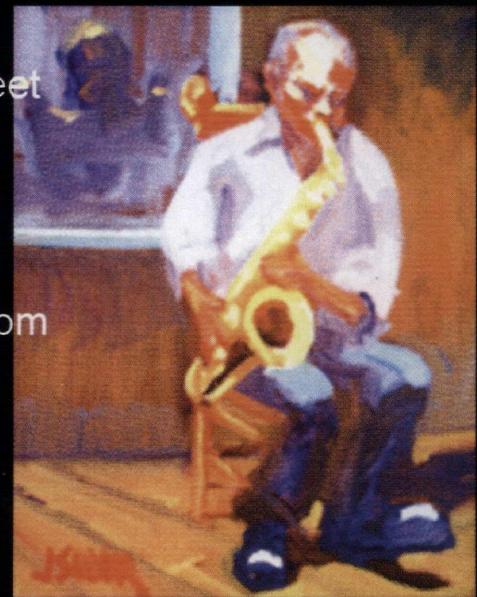
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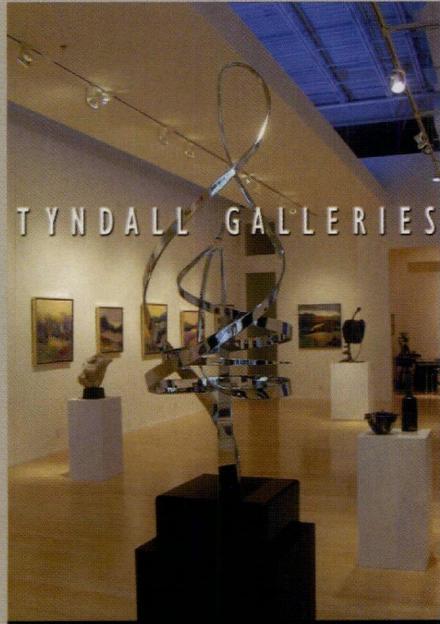
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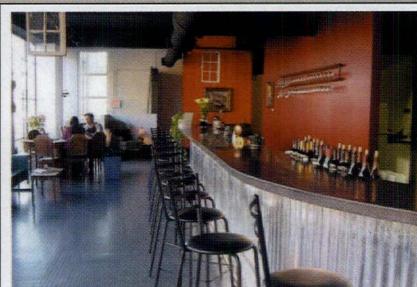


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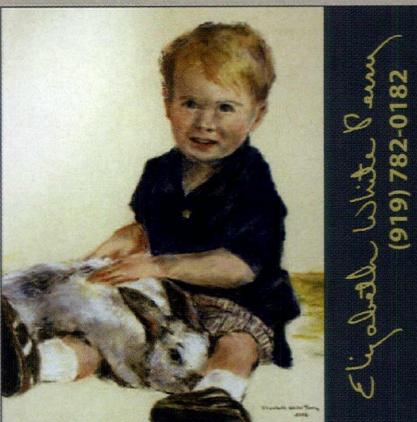
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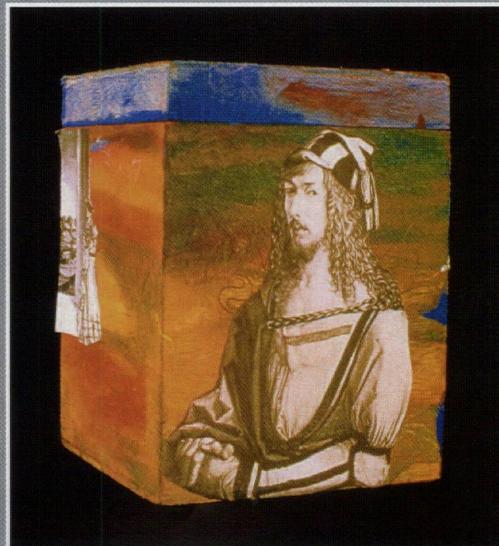
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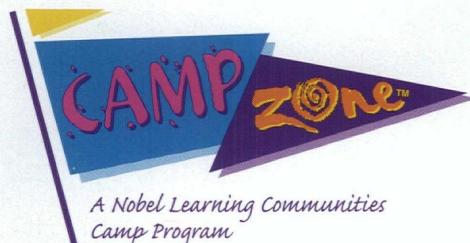
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This year marks the International 70th Anniversary season of the American Dance Festival. Presented again on the campus of Duke University, the 2003 Festival will introduce 10 world premieres and three US premieres featuring artists from France, India, Russia, Japan, China, Taiwan and the US. Included will be such perennial favorites as the Paul Taylor Dance Company, Pilobolus Dance Theatre and the sensation of 2002, Cloud Gate Dance Theatre of Taiwan (dancer shown at right). The six-and-a-half week Festival will run June 5-July 19. Following is a quick rundown of June performances: June 5-8, Reynolds Theater, Cloud Gate Dance Theatre of Taiwan; June 10-14, Page Auditorium, Pilobolus Dance Theatre; June 17-18, Reynolds Theater, Pascal Riout Dance Theatre; June 19-21, Page Auditorium, Compagnie Maguy Marin; June 22, Page Auditorium, Samuel H. Scripps Choreographers Award; June 24-25 Reynolds Theater, La Maison; June 26-28, Page Auditorium, Twyla Tharp Dance Company; June 27-July 8, various Triangle-area venues, Eiko and Koma.

The 70th anniversary season is dedicated to late ADF Co-Director Stehanie Reinhart, who died in 2002. For more information on donating to the fund or for information about performances, call 919-684-6402. For tickets call 919-684-4444 or visit www.americandancefestival.org.

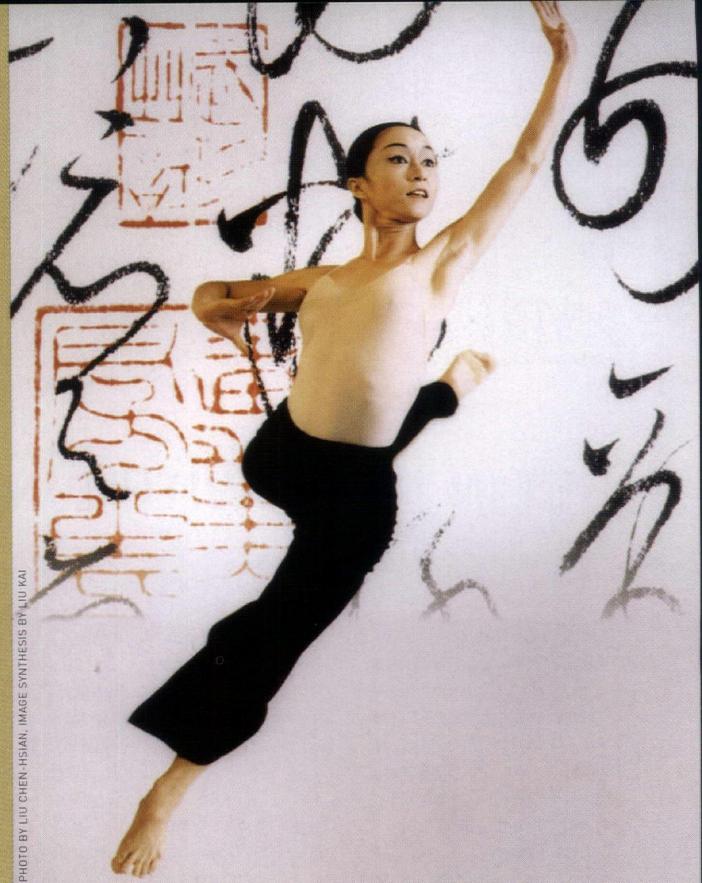
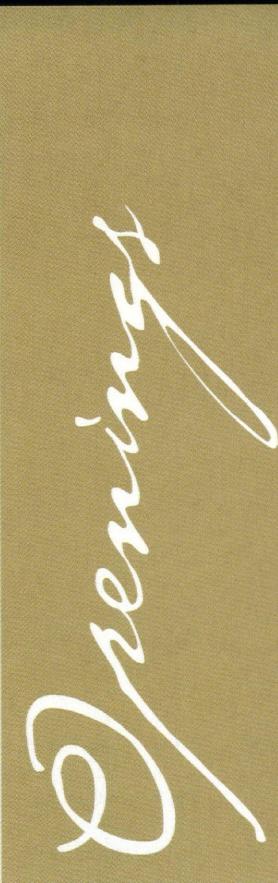


PHOTO BY LIU CHEN-HSIAN, IMAGE SYNTHESIS BY LIU KAI



COURTESY OF ECU/LOESSIN SUMMER THEATRE

Wright Flight—*A Symphonic Narrative* will be presented July 1-3, as part of the "illuminations" program in the Outdoor Pavilion at Roanoke Island Festival Park, Manteo (shown at right), bringing the 2003 First Flight Centennial Celebration close to the setting of the original first flight. This production blends an original orchestral composition with live narration that includes the Wrights' own words and historic photographs projected on a film screen.

Award-winning North Carolina School of the Arts composer-in-residence **Lawrence Dillon** developed the concept and script and wrote the music as a tribute to the events of Dec. 17, 1903. The descriptive music evokes the beauty of the landscape as well as the exhilaration of flight.

Three narrators' voices will retell the perspectives of Wilbur and Orville Wright as well as that of John T. Daniels, a member of the Kill Devil Hills Lifesaving Station who was an important figure in the drama of the first flight. The script is based on actual events, and the Wright brothers' text comes directly from their letters and journals.

For more information call 252-480-1331 or visit www.roanokeisland.com/ illuminations.

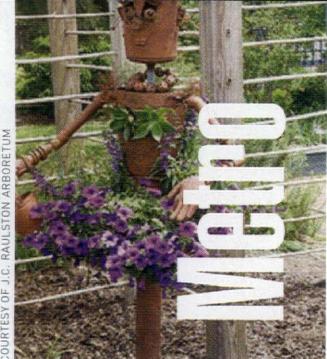
There's something new and different afoot at the 2003 **ECU/Loessin Summer Theatre** in Greenville. The new "Three Rivers Concept," embracing the region between the Neuse, Tar and Pamlico Rivers, is laying the groundwork for summer-long regional performing arts festivals that will bring a variety of theatrical productions—drama, musical theater and dance—to Down East audiences.

This season the Summer Theatre offers seven productions: In McGinnis Theatre—the **Jeffrey Ensemble Dancers** (shown left), June 13 & 14; three **Shakespeare plays**, *Romeo and Juliet*, June 25-29 and July 1 & 2; *The Taming of the Shrew*, July 9-12, July 13 and July 15 & 16; and *Much Ado About Nothing*, July 23-26, July 27 and July 29 & 30; and in the renovated Studio Theatre, three **cabaret-style musicals**—"Rodgers & Hart: A Celebration," June 19-22; "Tapestry—The Music of Carole King," on July 3-5 and July 6; and "Cole is Hot," July 17-19 and July 20.

For information call 252-328-6829 or visit www.theatre-dance.ecu.edu/Productions/Box_Office/index.htm.



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Build a Boat in a Day, boat-building workshop; N.C. Maritime Museum on Roanoke Island, Manteo; June 6. Call 252-475-1750.

The Malpass Family, PineCone cosponsors country with a little bluegrass on the side; NC Museum of History, Raleigh. June 8. Call 919-715-0200 or visit www.ncmuseumofhistory.org.

Defining Moments: Two Centuries of Photography, 90 images highlighting photographers'

www.ncmuseumofhistory.org.

Back Porch Music Concert, Red Clay Ramblers featured; NC Museum of Art, Raleigh; June 14. Call 919-839-6262 or visit www.ncartmuseum.org.

Father's Day Concert, featuring Gregg Gelb Swing Band, back by popular demand; NC Museum of Art, Raleigh; June 15. Call 919-839-6262 or visit www.ncartmuseum.org.

"No Depression" Concert, Tift Merritt with Alejandro Escovedo; NC Museum of Art, Raleigh;

GALLERIES, EXHIBITIONS & ART TOURS

Sodom Laurel Album, photographs by Rob Amberg; Center for Documentary Studies, Durham; thru July 12 [closing celebration July 11]. Call 660-3663 or visit <http://cds.aas.duke.edu>.

The Elegance of (Still) Life, featuring Luis Guerra Barbarán's works in oil on canvas reminiscent of 17th-century Spain; thru Sept. 13; and **Homeland: New Landscapes**, featuring painter Gordon Jameson, a journey through color; thru August 2; both at Green Tara Gallery, Chapel Hill. Call 919-932-6400 or visit www.greentaragallery.com.

Hayti Retrospective Exhibition, Hayti Heritage Center, Durham; June 1-July 1. Call 919-683-1709 or visit www.hayti.org.

Four Artists Exhibit Series, works of carved stoneware, handmade felt and acrylic/graphite personality portraits by Artists Susan Parrish, Susan Simone, Sharron Parker and Trena McNabb; Durham Arts Council Bldg.; June 1-June 29. Call 919-560-2713 or visit www.durhamarts.org.

Liggett & Myers: The Final Year in Durham, photographs by Laura Drey; Allenton Gallery, Durham Arts Council. thru July 6. Call 919-560-2713 or visit www.durhamarts.org.

Mythopoeia Homo Synthus: Mythology for a New Race, Artist Wolf Bolz; Semans Gallery, Durham Arts Council; thru July 6. Call 919-560-2787 or visit www.durhamarts.org.

Marc Chagall, original art; June 3-28; and **Snoopy and other dogs... and yes some cats**, original cels and drawings of Snoopy and other famous dogs (and cats); May 27-Sept. 27; both at Animation & Fine Art Galleries, University Mall,



COURTESY OF ANIMATION & FINE ART GALLERIES

The Red Rooster (*Le Coq Rouge*) *Lithograph, 1957*, by Marc Chagall

Natural Sciences; June 6. Call 919-733-7450 ext 379.

Live Your Own Life: The Family Papers of Mary Bayard Clark

1854-1886, about the life of an exceptional woman who challenged the 19th-century stereotypes; NC Museum of History, Raleigh; June 5. Call 919-715-0200 or visit www.ncmuseumofhistory.org.

ability to inform & shape world visions; The Ackland Art Museum, Chapel Hill; June 8-Sept. 28. Call 919-966-5736.

Black Soldiers in Blue: African American Troops in the Civil War Era, History a la Carte with John David Smith lecturing; NC Museum of History, Raleigh; June 11. Call 919-715-0200 or visit www.ncmuseumofhistory.org.

June 21. Call 919-839-6262 or visit www.ncartmuseum.org.

Fine in the World: Lumbee Language in Time and Place, discussion of the Lumbee dialect with Walt Wolfram, Stanley Knick, and Linda Oxendine; NC Museum of History, Raleigh; June 21. Call 919-715-0200 or visit www.ncmuseumofhistory.org.



Recent Event, mixed media by Susan Brady, on view at Somerhill Gallery in Chapel Hill

Chapel Hill. Call 919-968-8008 or visit www.animationandfineart.com.

Scott Taylor Photography,
Roanoke Island Festival Park Art
Gallery, Manteo; June 2-30.
Call 252-475-1506 or visit
www.roanokeisland.com.

Summertime at Somerhill,
exhibit featuring four artists:
Laura Duis, Wendy Painter,
Susan Brady, and Beth Goldston;
Somerhill Gallery, Chapel Hill;
June 8-July 5 [reception June 8].
Call 919-968-8868.

New contemporary works;
gallery 1 features Wayne Epperly,
Wendy Painter & Grace Li Wang;
gallery 2 features Andrei Acris,
Marty Matthews, Angela Smith,
Jason Craighead; Grace Li
Wang Gallery, Raleigh; thru
June 30. Call 871-5800 or visit
www.graceliwang.com.

Second Friday Art Walk, festive
evening of art, entertainment and
hors d'oeuvres; Chapel Hill/
Carrboro; June 13. Call 929-2787
or visit www.artcenterlive.org.

Fourth Friday Gallery Nights,
tour of art galleries in Wilmington's
historic district; New Elements
Gallery, downtown Wilmington;
June 27. Call 910-343-8997 or visit
www.newelementsgallery.com.



Untitled, Girl with Purple Flowers by Andrei Acris on view
at Grace Li Wang Gallery in Raleigh

COURTESY OF GRACE LI WANG GALLERY

AT THE THEATER

The Lost Colony, Paul Green's historic outdoor drama; Waterside Theatre, Manteo; June 2-Aug. 22 [Monday thru Saturday]. Call 800-488-5012 or 866-468-7630 or visit www.thelostcolony.org.

NOTE: "Dare Week," June 2-5, free performances for residents of Dare County—canned goods to be collected for the Hatteras Island, Mt. Olivet & Beach food pantries. Donations appreciated.

American Dance Festival (ADF), 70th Anniversary Season—featuring more than two dozen modern dance companies, choreographers and writers in classes, seminars, and performances; stages on Duke Campus, Durham; June 5-July 8. Call 919-684-6402, tickets 919-684-4444 or visit www.americandance-festival.org.

TheatreFest, University Theatre summer series—24 shows in 32 days; Thompson Theatre, NCSU, Raleigh. Call 919-515-1100 or visit www.ncsu.edu/arts.

- *The Hollow*, Agatha Christie's mystery, June 1, 4, 7, 11, & 13
- *Funny Money*, Ray Cooney's farce, June 5, 6, 8, 12, 14, 15, 18 & 21
- *Death Trap*, Ira Levin's drama, June 19, 20, 22, 25-29

Twelfth Night by William Shakespeare, romantic comedy set in the kingdom of Illyria, presented by Cary Players & directed by Herman LeVern Jones; Sertoma Outdoor Amphitheatre, Bond Park, Cary; June 4-8. Call 919-836-0866 or visit www.caryplayers.org.

Three Words, Transactors completely improvised theater based on three audience-provided words to create a character; The ArtsCenter, Carrboro; June 6-7. Call 928-9756 or visit www.transactors.org; tickets 929-2787.

IMAX Theater Screenings—three films showing during June at IMAX Theater at Exploris, Raleigh. Call 919-834-4040 or visit www.exploris.org:

- *Apollo 13*, great achievement in flight, shown in tribute to the 100th anniversary of flight; first Hollywood film to be digitally remastered for giant IMAX screen.
- *Extreme*, incredible extreme sport action with narration



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- Opening June 27: *Pulse: A Stomp Odyssey* explores the sights and sounds of continents and cultures, guided by the internationally acclaimed performers of the sensational stage show *STOMP*.

Communicating Doors, Sandhills Theater Company production by Alan Ayckbourn that combines murder and time travel;

Sunrise Theater, Southern Pines; June 6-8 & 11-15. Call 910-692-3799.

Joseph and the Amazing Technicolor Dreamcoat

Dreamcoat; words & music by Andrew Lloyd Webber, music by Tim Rice; Raleigh Little Theatre Rose Garden Amphitheatre; June 6-8 & 12-14. Call 919-821-3111 or visit www.raleighlittletheatre.org.

Chicago, based on play by Maurine Dallas Watkins; presented by Opera House Theatre

Company, Thalian Hall, Wilmington; June 4-8, 13-15, 20-22 & 27-29. Call 910-762-4234 or visit www.operahousetheatre.net.

Much Ado About Nothing, Cape Fear Shakespeare Festival, North Carolina's oldest and largest free outdoor Shakespeare festival; Greenfield Lake Amphitheater, Wilmington; June 6-8 & 13-15. Call 910-341-7855.

Black Playwright Festival, showcasing a slate of one-act plays: *The Brown Overcoat* by Victor Sejour, *Happy Ending* by Douglas Turner Ward, *Contribution* by Ted Shine and *What Lot's Wife Saw* by Rita Disroe. ArtsCenter, Carrboro; June 12-14 & 19-21, 8 p.m.; June 15 & 22, 3 p.m. Call 929-2787 or visit www.artscenterlive.org.

Finale, a play by Ira David Wood III; years after the deaths of Abraham Lincoln and John Wilkes Booth, actor Edwin Booth (John's brother) unlocks an old trunk filled with mementos & forbidding memory; Theatre in the Park, Raleigh; June 13-14, 19-22 & 26-29. Call 919-831-6058 or visit www.theatreinthepark.com.

Good Night Desdemona, (Good Morning Juliet), a birthday crisis for a downtrodden academic; Thalian Hall, Wilmington; June 19-22 & 26-29. Call 910-343-3664 or 800-523-2820 or visit www.bigdawgproductions.homestead.com.

Brawdeville Sex and Death; City Stage, Wilmington; June 20-22 & 27-29. Call 910-342-0272.

Comedy of Errors by William Shakespeare; The Outdoor Pavilion, Roanoke Island Festival Park, Manteo; June 24-28. Call 252-475-1500 or visit www.roanokeisland.com.

King David Sweet Psalmist of Israel, presented by Emmrich Theatre; Rocky Hock Playhouse, Edenton; July 1-August 16. Call 252-482-4621.

CLASSICAL CONCERTS

North Carolina Symphony, free performance of a special composition *Inventing Flight: Three Thumbnail Sketches for Orchestra*, by William Bolcom; The Outdoor Pavilion, Roanoke Island Festival Park, Manteo; June 5. Call 252-475-1500 or visit www.roanokeisland.com.

North Carolina Symphony's Summerfest at Regency Park Amphitheatre, Cary. Call 919-733-2750 or visit www.ncsymphony.org:

- **Dianne Reeves**, two-time Grammy winner, with NC Symphony conducted by William Henry Curry; June 7.
- **American Salute**, featuring William Henry Curry, conductor; American music including Copland's *Suite from Billy the Kid* and Dvorak's *New World Symphony*; June 14.
- **Symphonie Fantastique and More: Vive la France**, Jeffrey Pollock, conductor, French favorites such as music from *The Tales of Hoffman*, the Can-Can from *Orpheus in the Underworld*, and excerpts from Berlioz's *Symphonie Fantastique*; June 21.
- **The Great Songwriters of Broadway**, featuring conductor William Henry Curry,



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North Carolina Symphony's salute to 20th century's greatest songwriters—Victor Herbert, Harold Arlen, George Gershwin and Richard Rodgers; June 28.

- **1812 Overture, Celebrations, Vacations & Festivals**, featuring conductor William Henry Curry; festive music by Grieg, Saint-Saëns, Respighi, and Tchaikovsky, July 5.

Raleigh Ringers Spring Concert; Meymandi Concert Hall, BTI Center, Raleigh; June 14. Call 919-831-6060 or visit www.rr.org.

North Carolina Symphony free outdoor pops concert, William Henry Curry conducting—outdoor concert for all ages; Market Square, Southern Village, Chapel Hill; June 15. Call 919-831-6060 or visit www.rr.org.

"**Illuminations**," Summer Performing Arts Series, five weeks of NC School of the Arts Summer Institute performances; Roanoke Island Festival Park, Manteo. Call 252-475-1500 or visit www.roanokeisland.com or www.ncarts.edu/illuminations:

- afternoon classics: piano and guitar solos (different daily program), June 24-28; July 1-5
- orchestra, narrative & film: world premiere of *Wright Flight—A Symphonic Narrative*, July 1-3
- brass and fireworks extravaganza, July 4
- concert, July 5

POP MUSIC

Singing and Playing the Blues, Bob Steele, blues guitarist; Cumberland County Public Library, East Regional Branch, Fayetteville; June 3. Call 910-485-2955.

Red Hot Chili Peppers, with Snoop Dogg & the Mars Volta; Alltel Pavilion at Walnut Creek, Raleigh; June 5. Call 919-834-4000 or visit www.ticketmaster.com.

Joan Armatrading, soul music; Carolina Theatre, Durham; June 5. Call 919-560-3040 or visit www.carolinatheatre.org.

Beach Music Cruise, Pleasure Island music weekend aboard *Winner Party Boat* with "Beach Music Show" by the Imitations; Carolina Beach strand; June 6 (Beach Blast 2003, June 7). Call 910-458-6835 or 910-200-3288 or visit www.winnerboats.com.

Concert in the Park, summer concert series; waterfront Jaycee Park, Morehead City; Fridays, June 7-Aug 29. Call 252-726-5083.

The Old Worlde Music Series: A Celtic Celebration, presented by NC Renaissance Faire, Historical Enrichment Society & Bass Music Enterprises, sponsored by Hibernian Irish Grill & Pub; NC State Fairgrounds—Dorton Arena, Raleigh; June 7. Call 919-755-8004 or visit www.NCRENFAIRE.com.

Summer Jam 2003, Big Tymers and others; RBC Center, Raleigh; June 14. Call 919-834-4000 or visit www.rbccenter.com.

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Steep Canyon Rangers, a young, energetic Bluegrass band, performs at the ArtsCenter in Carrboro

South Lawn Concert Series, Tryon Palace Historic Sites & Gardens, New Bern; Call 800-767-1560, 252-514-4900 or visit www.tryonpalace.org:

- **NC Symphony Pops Concert**, June 16.
- **East Carolina University Jazz Ensemble**, June 22.
- **440th Army National Guard Band**, June 30.

On Broadway, Triangle Gay Men's Chorus performance; Carolina Theatre, Durham; June 21. Call 919-990-1318 or visit www.geocities.com/TGMC2/index2.htm.

Third Annual Battleship Hootenanny on the Fantail under the stars with John Golden, Eric Bruton & a cast of local musical groups, proceeds to benefit Friends of the Battleship; *Battleship North Carolina*, Wilmington; June 24. Call 910-251-5797 or visit www.battleshipnc.com.

Durham Alive Concert Series, Sleeping Booty entertains, family event; Durham Bulls Athletic Park Area, Durham; June 26. Call 919-682-2800 or visit downtowndurham.org.

Steep Canyon Rangers, energetic bluegrass; The ArtsCenter, Carrboro; June 27. Call 919-929-2787 or visit www.steepcanyon.com.

Kate Campbell, folk music; The ArtsCenter, Carrboro; June 28. Call 919-929-2787 or visit www.katecampbell.com.

Lise Uyanik & The Mobile City Band, Shut Up and Dance Fundraiser Concert; The ArtsCenter, Carrboro; June 29. Call 919-929-2787 or visit

www.minnowmedia.net/uyanik.html.

American Idols Live! Tickets on sale now! Top finalists from FOX TV Channel's *American Idol*, presented by Pop Tarts; RBC Center, Raleigh; August 6. Call 919-834-4000 or visit www.ticketmaster.com.



Lise Uyanik & the Mobile City Band take the stage at ArtsCenter in Carrboro

COURTESY OF THE ARTSCENTER



COURTESY OF CRYSTAL COAST TOURISM AUTHORITY

On opening day of Cape Week (June 14–21), to celebrate the ownership transfer of Cape Lookout Lighthouse to the National Park Service, officials from the US Postal Service will unveil this Cape Lookout Lighthouse stamp. All week visitors can mail letters from the Lighthouse.

POTOURRI

Planetarium Summer Shows: Larry, Cat in Space; Extreme Weather; Sky Safari; Carolina Skies; The Secret Life; Sol & Company; Morehead Planetarium, Chapel Hill; throughout June. For times of each show, call 919-843-7952 or visit www.morehead.unc.edu.

Mary Holloway Seasonal Interpreter at Fort Fisher State Historic Site, guided tours by costumed college students; Fort Fisher State historic Site, Kure Beach; June 4–Aug. 10. Call 910-458-5538 or visit www.fisherfncsl.dcc.state.nc.us.

Fearnrong Spring Floral Seminar, with designer Bill Pressley demonstrating how to create spring arrangements for indoors and outdoors, includes continental breakfast and three-course lunch at Fearnrong House Restaurant; Fearnrong Village, Pittsboro; June 5. Call 919-542-1145 or visit www.fearnronggardens.com/.

Rachel Carson Birthday Party, celebrating the Rachel Carson Reserve, food, music, guided tours; Duke Marine Lab, Beaufort; June 6. Call 252-728-2170.

Scots Heritage Day, celebration of North Carolina Highland Scots & their involvement in Battle of Moores Creek—traditional Highland music, Scottish dancing, bagpipes, & broadsword demonstrations; Moores Creek National Battlefield, Currie; June 7.

Call 910-283-5591 or visit www.nps.gov/mocr.

21st Annual Quilt Show, hosted by Quilters by the Sea Guild of Wilmington; Coast Line Convention Center, Wilmington; June 7 & 8. Call 910-798-8153 or 910-259-3995 or visit www.quiltersbytheseaguild.com

Cape Week, events surrounding ownership transfer of historic Cape Lookout Lighthouse from US Coast Guard to National Park Service; Cape Lookout National Seashore, June 14–21. Call 252-728-2250.

NAWBO 25th Anniversary Gala, National Association of Women Business Owners Gala, Keynote speaker Pam Saulsby; The Matthews House, Cary; June 18. Call 919-406-5911 or visit www.nawbo-raleigh.org.

Mama Nider Tales, storyteller Barbara Armstrong; Bordeaux Branch Library, Cumberland County Public Libraries, Fayetteville; June 21. Call 910-483-1580.

Moonlight Cruise on the Henrietta III, first-day-of-summer cruise; Cape Fear Riverboats, Wilmington; June 21. Call 910-343-1611 or 800-676-0162 or visit www.cfrboats.com.

Snakes Alive! Dr. Floyd Waddle of Fayetteville State University sharing his love for snakes; Cumberland County Headquarters Library, Fayetteville; June 26. Call 910-486-7727 ext. 300.

Beaufort Old Homes Tour, 11 private historic homes, selected as one of Top 20 Events for month of June by the Southeast Tourism Society; Beaufort Historic Site, Beaufort; June 27–28. Call 252-728-5225, 800-575-7483 or visit www.historicbeaufort.com.

Antiques Show and Sale, in conjunction with Beaufort Old Homes Tour; Crystal Coast Civic Center, Morehead City; June 27–29. Call 252-728-5225, 800-575-7483 or visit www.historicbeaufort.com.

FIRST IN FLIGHT

First in Flight Flyers Invitational, aircraft of all types, demonstrations and displays, air and boat tours, and more; Edenton Northeast Regional Airport, Edenton. June 21–22. Call 252-482-4664.

25th Annual Wright Kite Festival, casual competitions for kids and adults; Wright Brothers Memorial, Kill Devil Hills; June 16–17. Visit www.kittyhawkkites.com or call 877-FLY-THIS or 252-441-4124.

Wright Flight—A Symphonic Narrative, orchestral composition with live narration and historic photographs; Outdoor Pavilion at Roanoke Island Festival Park, Manteo; July 1–3. Visit www.roanokeisland.com/illuminations.

SPORTS & RECREATION

Coastal Plain League baseball; Historic Durham Athletic Park, Durham; Call 919-956-9555 or visit www.durhamamericans.com. Durham Americans vs:



PHOTO BY SCOTT TAYLOR

Norcom House, ca. 1790, one of 11 historic homes on the Beaufort Old Homes Tour



The Finley-Nottingham Rose Garden at the J.C. Raulston Arboretum in Raleigh is in radiant bloom during the month of June. Call 919-515-3132 or visit www.ncsu.edu/jcraulstonarboretum

- Asheboro Copperheads, June 1
- Wilmington Sharks, June 6

Wilmington Sharks Baseball; Legion Sports Complex Wilmington; Call 910-343-5621 or visit www.wilmingtonsharks.com. Sharks vs:

- Fayetteville SwampDogs, June 5 & 22
- Florence RedWolves, June 7 & 19
- Peninsula Pilots, June 9
- Outer Banks Daredevils, June 10
- Durham Americans, June 12
- Wilson Tobbs, June 13
- Thomasville High-Toms, June 24
- Asheboro Copperheads, June 25
- Wilson Tobs, June 28

4th Annual Cobia Tournament, Pirate's Cove, Manteo; June 6-8. Call 800-422-3610 or visit

www.fishpiratescove.com.

Hammerheads Professional Soccer, Legion Sports Complex, Wilmington; Call 910-796-0076 or visit www.hammerheadssoccer.com.

Hammerheads vs:

- Northern Virginia, June 6
- Williamsburg, June 11
- New Jersey, June 21

Durham Bulls home games, triple-A baseball; Durham Bulls Athletic Park, Durham; Information 919-687-6500, tickets 919-956-2855 or visit www.durhambulls.com. Durham Bulls vs:

- Columbus, June 7-10
- Ottawa Lynx, June 12-15
- Pawtucket Red Sox, June 24-27
- Louisville Bats, June 28-29
- Toledo Mud Hens, June 30

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Big Rock Blue Marlin Tournament, one of East Coast's oldest and most exciting sportfishing tournaments; Morehead City waterfront; daily weigh-ins at 5 p.m., June 7-14.

Call 252-247-3575.

2003 Plane Pull benefiting Special Olympics North Carolina, corporate teams to compete to pull an American Airlines jet 25 feet, live entertainment, food and games; Raleigh/Durham Airport, UPS Tarmac; June 7. Call 800-843-6276, ext. 103, email adraughon@sonc.net or visit www.sonc.net/special_pp.htm.

Annual Bass Fishing Tournament, sunup till; Pembroke Fishing Center, Edenton; June 7. Call 252-482-5343.

J.T. Hoggard Athletic Booster Club, shot-gun start with Captain's Choice format; Castle Bay Golf Club, Hampstead; June 7. Call 910-397-0475 or visit www.castlebaycountryclub.com.

Youth Pier Fishing Tournament, sponsored by Carolina Beach Parks & Recreation for children 5-15; first 200 children receive a rod and reel, T-shirt and bait; Kure Beach Fishing Pier, Kure Beach; June 7. Call 910-458-2977.

Carolina Courage soccer games; SAS Soccer Stadium, Cary. Call 919-573-7626 or visit www.carolinacourage.com. Carolina Courage vs:

- Washington Freedom, June 11
- Atlanta Beat, June 14 & July 4

Carolina Classic Horse Show; Eastern Agricultural Center, Williamston; June 12-14. Call 252-792-5111.

USA League Tennis Senior Championship, hosted by Greater Wilmington Tennis Association & North Carolina Tennis Association; matches at Landfall Country Club, Porters Neck Country Club, Echo Farms Country Club, Holly Tree Tennis Club & Cape Fear Country Club; June 12-15. Call 910-452-2941 or visit tennis.wilmington.org.

Deep River Canoe Tour, monthly paddle on the full length of Triangle Land Conservancy's Deep River Priority Area including Moore, Chatham & Lee Counties; June 14. Call 919-833-3662 or visit www.tlc-nc.org.

Komen NC Triangle Race for the Cure, 5k walk/run & 1 mile fun run/walk to benefit Susan Komen Breast Cancer Foundation; Meredith College, Raleigh; June 14. Call 919-493-CURE or visit www.trianglerace.org.

Carolina Panfish Children's Tournament, free fishing for children; Riverside Park, Wilmington; June 14. Call 910-763-2453 or visit www.geocities.com/carolinapanfish.

YFlyer National Sailboat Races; Edenton Harbor; June 15-21. Call 482-3400 or 800-775-0111.

Annual Herald-Sun Golf Tournament, longest running amateur golf tournament in North Carolina; Hillandale Golf Course, Durham; June 16-22. Call 919-286-4211 or visit www.hillandale-golf.com.

NGA Hooters Pro Golf Tour, the third largest men's professional tour in the country; Carolina National Golf Course, Bolivia; June 16-22. Call 706-589-4444.

Annual Youth Fishing Tournament, open to youth 4 to 16; all fishing piers from Kitty Hawk to S. Nags Head; June 18. Call 252-441-5464.

North/South Women's Amateur Golf Championship, match play on No. 2; Pinehurst Resort; June 23-27. Call 910-235-8140.

WSO Golf Classic, Sixth Annual Golf Classic, \$225 fee per person, proceeds to benefit youth outreach

& education programs of Wilmington Symphony; Eagle Point Golf Club, Wilmington; June 23. Call 910-791-9262 or visit www.wilmingtonsymphony.org.

Cape Fear Blue Marlin Tournament, Governor's Cup Billfishing Series, annual sportfishing contest featuring cash awards for various categories & large cash prize for winner; Bridge Tender Marina, Wilmington; June 26-28.

Call 910-686-9778.

Fourth Annual Greater Wilmington King Mackerel Tournament, to benefit Teach a Kid to Fish, Children's Fishing Foundation—largest cash prize King Mackerel Tournament; June 27-29. Call 910-686-4131 or visit www.gwkmt.com.

FBFP Gaited Horse Club

Firecracker Jubilee; Eastern Agricultural Center, Williamston; July 4-5. Call 252-792-5111. MM

Our thanks to Suzie Humphrey and Becki Williams for their assistance with Preview.

EDITOR'S NOTE: Please send events information and color images, slides or photos six weeks before publication date to Frances A. Smith, Metro Magazine, 5012 Brookhaven Drive, Raleigh, N.C. 27612 or email fsmith5@nc.rr.com.

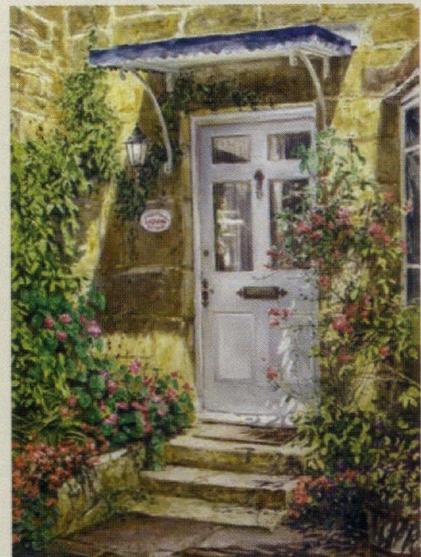
OF NOTE OUTSIDE THE REGION



Red skies in the Morning by Bennett Strahan is part of an exhibition at Studio ItaliAna in Asheville

Bennett Strahan's exhibition, "Paintings from the Road: North Carolina to New Mexico," featuring more than 20 works, will be on view at Asheville's Studio ItaliAna throughout the month of June. Strahan, who describes his work as "an abstract American Impressionism," unveiled a travelogue of paintings inspired by US Highway 64 (he travels the road between his homes in Raleigh and Lake Lure) at a reception at Studio ItaliAna in Asheville on May 30. Strahan is principal of Raleigh-based Strahan Associates, LLC, and is serving as architect of the Promenade at Crabtree, an 11-acre mixed-use project to be located behind Crabtree Valley Mall. He also has an art gallery, Buffalo Nickel, in Cimarron, New Mexico. Studio ItaliAna is located at 25 Patton Avenue in downtown Asheville. For more information, call 828-250-0567.

William Mangum, Greensboro artist who presented an exhibition, "Carolina Preserves," a pastiche of familiar North Carolina scenes, at the NC Museum of History in October 2000, has opened a new exhibition, "Proper Paintings," at his studio William Mangum Fine Art in Greensboro. The exhibition, which features original watercolors of the British countryside from Mangum's recent travels through England, will be on view throughout the month of June. Call 800-887-5380.



Shoestring Cottage by William Mangum is on view at William Mangum Fine Art in Greensboro

REPRODUCED FROM ORIGINAL BY BENNETT STRAHAN

The **TripKid Souvenir Stamp Program** offers souvenir stamps and stickers to visitors who come to member museums, welcome centers and attractions over North Carolina and seven other states. More than a dozen NC locations have already joined TripKids, agreeing to mark visitors' souvenir passports with a keepsake stamp or sticker. The stamps and stickers are free and souvenir passports are available for purchase at Greensboro Children's Museum gift shop, Linville Caverns gift shop, and online at www.tripkids.com, where program members are also listed. The nationwide program was developed by Game Technologies Inc. MM

FATHER'S DAY WITHOUT FATHERS

I am going to write a piece about Father's Day, but if anyone asks to see my credentials, my goose is cooked.

See, for most of life I haven't had one. My father died when I was six, and then Mother remarried, and my stepfather, with no warning, died a few years later in the pre-dawn hours of Christmas Eve. I remember



Mother sitting there on the couch being comforted by neighbors as she keened and asked rhetorically, time and time again, "Why does it always have to happen to me?"

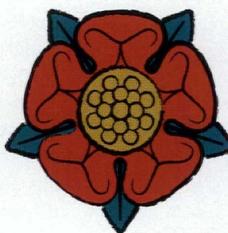
I guess I could have asked the same question, but, frankly, it never occurred to me to do so. But as a small child on Sunday, when our Baptist congregation prayed together, "Our Father, Who art in Heaven," it was a very personal thing for me. Of course, my father was in Heaven. I had been told that many times, and in my naïveté, I did not picture the grandfatherly figure that artists have painted in our minds, but a man of solid Bertie County stock with dark hair who looked remarkably like me and had a mole on his chin exactly where mine is hidden now beneath my beard.

As further disqualification to write on the subject, I have never been married and have "no children to speak of." Better to be a bachelor, though, they say, than the son of a bachelor. Something to that, although over the years as I have meddled in politics, I suspect I have been accused of being the son of a bachelor many times. As Hoover Adams, the sometimes controversial owner and publisher of the *Dunn Daily Record*, observed once, "I have been accused of everything except being a member of the church choir."

Father's Day, as a matter of information, is a much more recent invention than Mother's Day, which precedes it by a month. It was that old curmudgeon Richard Nixon who signed the proclamation and saw to it that fathers get their special day each year. (You'll have to go back and read last month's column to see when Mother's Day became a national holiday.)

Between you and me, I am not surprised that Mother's Day came first. Mothers just naturally seem to come first in our minds and in our hearts. Think about athletes reveling in a victory and being interviewed on national TV. "Hi Mom, hi Dad," they say. It's never, "Hi Dad, hi Mom," just as you never order "eggs and ham."

Someone put it this way: Mother's Day and Father's Day are just alike except that on Fathers' Day you buy a much cheaper gift. In other words, poor old Dad gets it in the neck again!



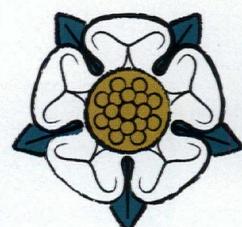
RED AND WHITE ROSES

I don't suppose you will be shocked to hear that Father's Day for a kid with no father was pretty much a non-event, except for one thing—there was that thing about wearing a rose to church on Father's Day. And Mother was a real stickler about it.

You wore a red rose if your father was alive and a white one if he had gone to see Jesus. If he had gone to jail, you still wore a red rose. I had a few friends whose fathers were simply no count, but they didn't have a color for that. It always bothered me to see them show up for Sunday School compelled to wear a red rose honoring a father

who was in the state pen or who had abandoned them and their struggling, embittered mother to chase off after some hussy a few miles down the road.

If you think about it, there are a lot more red rose bushes in the world than white ones. I guess that's because most kids have dads and need a red rose for their



lapels on Father's Day. But Mother would not be deterred. She would scour the neighborhood for a white rose, dutifully pin it on me, and send me off to Sunday School. I did hate to sit there for an hour wearing the only white rose in the room, feeling isolated and sorry for myself. My friend Milt Goetz, whose mother died when he was very young, said he had the same feeling on Mother's Day.

It never failed that some well-meaning lady of the church would come up to me, pat me on the head and ask mournfully, "Do you remember your daddy a' tall?" That, of course, meant, "Poor lil' devil, you ain't got no daddy, have you?" but she wouldn't come out with it for fear I would start bawling. "No ma'am," I would answer sadly—perhaps enjoying the drama a bit—while I looked down at the ground and drew a little semi-circle with the toe of my freshly polished shoe.

I was fibbing just a little, because I did have one very vivid recollection of my father. I was hoisted by someone in the family (my well-meaning mother, perhaps) so I could peer down at him as he lay in a casket in the Byrd-Walker funeral parlor in Windsor, North Carolina. But I chose to keep that indelible memory to myself.

Anyway, Mother, who could be brutally honest on occasion, once observed that she didn't think my father liked me very much because he could take me in only very small doses before patting me on the butt and telling me to "jog along"—his way of saying, I suppose, "go play in traffic."

We didn't have any "Big Brothers Big Sisters" in Buies Creek when I was growing up. The idea of such an organization to take up some of the slack for kids with no fathers had not been conceived. But I had good male role models and guys who reached out. My next door neighbor Preston Stephenson took me fishing and untangled my lines (turning red in the face and cussing under his breath all the while) and gave me a job in his soda shop so I could earn spending money. He signed my notes at First Citizens when I had to borrow money to buy a car or pay for another semester of law school.

Family friend L.M. Edgerton would yell across the way, "Hey, Peanut, want to go ride with me?" knowing I relished every moment I spent tooling around the county in his pick-up truck and hanging out at the county jail that his father-in-law ran. He took me to stock car races before stock car races were cool, let me go with the deputy sheriffs when they raided a liquor still, and even took me down to the Cape Fear River to see a drowning victim pulled from the water (they are purple and stiff)—all very important experiences for a boy growing up.

But when Father's Day rolled around Down East each year, Preston and L.M. didn't count. I still bore the stigmata—the dreaded white rose pinned securely to my coat lapel.

That day an orphan was an orphan, by God! No way around it.



HOW TO MAKE LEMONADE

Sometime when I have lots of space, I will tell you the whole story about two young men—brothers very proud of their Irish heritage—who are dear to me. But for the

moment, let me say simply that they were reared in an orphanage, and now at age 30 and 32 are gentlemen who are doing quite well for themselves on opposite sides of the United States.

Thinking I might do a Father's Day column, I asked them to write me a short essay on growing up without a father. Being honest with myself, I think I was motivated in part by my desire to see if their feelings in some way mirrored mine. They obliged and emailed me—one from Washington, DC, and the other from Los Angeles—two remarkably introspective pieces.

I want to share with you some of Patrick's observations, good proof that life is what you make of it and that when given



lemons you can, if you set your mind to it, make lemonade. I will save Michael's comments for another time. In fact, I think his thoughts have the makings of a book.

Patrick said, "Whenever people ask me about my father, I tell them he is deceased, and, invariably, I get the same response, 'Oh, I'm sorry.' From childhood, I've never understood why I am owed an apology or why it is that big a deal that I am fatherless. If, in fact, I had had a father, I would not be the person I am today, and I really like who I am."

Patrick, who is a graduate of Vassar, went on to observe that because he had no single role model, he picked the most admirable qualities of the men with whom he came into contact—teachers, house parents and others—and assimilated them. In his mind, he is the sum of those virtues—not that he is without vices or thinks so—and had a real advantage over kids with a father and basically a single role model.

The institution where he was reared was unique because it offered its kids a wide range of educational and cultural activities. "Like thousands of kids before me, my destiny was fundamentally altered the day I stepped through the school's gates," he said, "and as most of my fellow schoolmates had

either an absentee or deceased father, it never occurred to me that there was anything missing in my life. So seldom did I come across another child with a father that I found it rather odd when I did."

As I read this, I thought about all the people I have known from Down East who said, "We grew up poor but we never knew we were poor because everyone else was poor too."

"The resourceful child," Patrick said, "will seek out those nurturing influences he lacks. I was fortunate to have at my disposal adult males who would treat me, at least on the surface, as an equal. My intellectual mentors constantly suggested books to read and always seemed to use vocabulary just beyond my grasp. Many times I would rush to my room just to look up a word in the dictionary or a concept in an encyclopedia. This established one of the recurring themes in my life—self-improvement."

Like me, Patrick had lots of brothers.

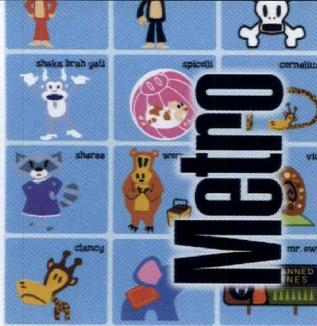
"I cannot overestimate the impact that my brothers have had on my life. When there was no other man around to set me straight, there were Shawn, Joseph and Michael—my Hell on earth and my salvation. Without them," said Patrick, "I would have suffered less grief as a child, but with them I have known joy and camaraderie that only one with brothers can understand. As the youngest, I benefited from



their mistakes. And whether it was learning how to ride a bike, court women, drink liquor or write poetry, my mentors always had a lesson for me."

Patrick wrote this without one word of self-pity.

In spite of all he said, my guess is, given a choice, Patrick would have chosen a loving father and a warm and protective family environment rather than an institution, house parents and a sleeping room with 25 or 30 other kids. Who wouldn't? But given no choice, he has played the cards he was dealt. Between you and me, that's about all any of us can do in this world. MM



Style

by Molly Fulghum Heintz

Sum sum summertime...

FASHION BOOKS AND FANCY TOTES

When I picked up Andre Leon Talley's new memoir, *A.L.T.*, I was expecting a glimpse into this *Vogue* editor's jet-setting life, sketches of his famous creative and socialite friends and maybe a few fashion pointers. Instead, I began reading a long meditation on his grandmother, Bennie Frances, and his memories of growing up with her in a modest house in Durham, NC. This book is a must-read for any fashion-lover who hails from the South, made even more fun for those from the Triangle area, who will recognize the names of schools, restaurants and special North Carolina customs.

It is somewhat of a shock to realize that the 53-year-old

summer, chicken and dumplings, sitting on the front porch and dressing up for church all ring true, and they also reveal the foundations of Talley's aesthetic sensibility. His grandmother taught him about everyday luxuries, such as pressed linens and home-cooked dinners, which developed his taste for the finer things in life.

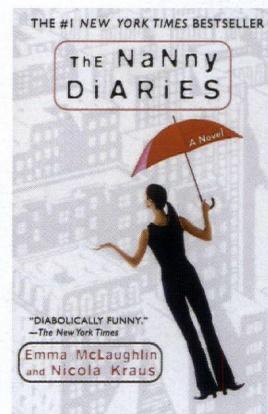
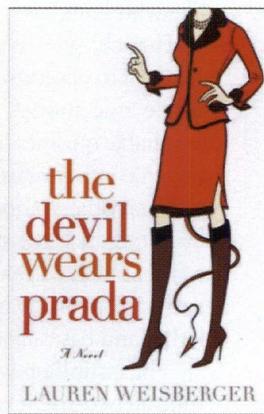
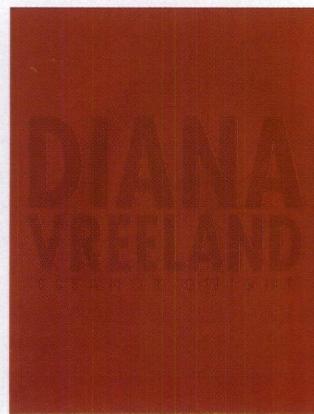
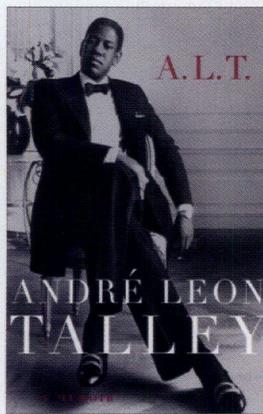
When he was a teenager in the sixties, Talley would walk to the store and buy a *New York Times* every Sunday. Every other week, he would buy a *Vogue*, which was then published bi-weekly. These provided an escape to a glamorous and much bigger universe, and acquainted Talley with the legendary Diana Vreeland, then

a regular at Studio 54. In the end, it was the simple lessons he learned from his grandmother that kept him grounded throughout his sparkling career.

A.L.T. is the perfect book to glide through while lounging on a fluffy beach towel. In it, Talley mentions a few of his own favorite tomes, which are also good summer fashion reads. One of these, which is out of print but not too hard to find, is *Chic Savages* by John Fairchild (Simon & Schuster 1989), the gossipy insider's view of the fashion business written by the publisher of *Women's Wear Daily*, the newspaper to the fashion trade. Talley's staunch supporter, Diana Vreeland, is illuminated in a new biography titled *Diana Vreeland* by Eleanor

(William Morrow 2002).

For those seeking something slightly more scandalous, *The Devil Wears Prada* by Lauren Weisberger was just released by Doubleday. This much-anticipated tale is based on Weisberger's time as the personal assistant to Anna Wintour, current editor-in-chief of *Vogue* and a notoriously tough boss. Weisberger gets her point across but does it with little finesse, painting what some may consider an exaggerated picture of life in the fashion fast lane and the plebeians who enable it. However, an acquaintance of mine who has held the same position at *Vogue* swears that every scenario is true to life. (Believe this or not, but I for one can tell you that scenes



"StyleFaxer," as he refers to himself in his *Vogue* column, is as down-home as they come. Descriptions of homemade biscuits, electrical storms in the

Vogue's editor-in-chief, who became his mentor when he moved to New York City after graduate school, worked at Andy Warhol's Factory and was

Dwight, which chronicles the life of the endlessly fascinating fashion editor and founder of the Metropolitan Museum of Art's Costume Institute

from *The Nanny Diaries*, the recent chilling tell-all by two former Manhattan nannies, have played out before my eyes in this crazy town.)

...AND THE BAGS TO CARRY THEM

Such a fashionable summer library requires an equally fashionable mode of transport. The bag of choice for art lovers this season is the Matisse Picasso tote from the Museum of Modern Art. Even if you didn't make it to this blockbuster spring show at the new MoMA, people will think you did (www.moma.org). For a very "Catch Me If You Can" look, check out Flight 001's signature vinyl tote (\$25) and/or, if you've got a heavy load, their Orla Kiely Wheeley bag (\$130) in white, yellow or red (www.flighthoo1.com). For a sporty look, there is Paul Frank's All Star Tote (www.paulfrank.com), and for girly girls, Lulu Guinness provides the charming Vespa tote or the polka-dot tote (with matching hat) (www.luluguinness.com). Of course, the non-plus ultra of totes is Longchamp's classic nylon foldable tote with leather handles. Available in a variety of sizes (\$95-\$110) and jewel-like colors, this heavy-duty tote is on many a sophisticated arm during long summer weekends (www.longchamp.com or www.saksfifthavenue.com).



Matisse Picasso tote from the MOMA (www.moma.org)



Longchamp's classic nylon tote (www.saksfifthavenue.com)



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TIGHTEN, TAN, GLOW

Some swear by self-tanners, one of the safest ways of achieving a golden sun-kissed look. Now there are new and better methods of application that save palms from turning orange and eliminate white islands in the hard-to-reach middle of the back. The Mystic Tan system involves a booth equipped with nozzles that evenly spray self-tanner all over the body. The best part is that the whole process takes about 60 sec-

onds and costs only \$25 per session at most locations. Mystic Tan booths are available at the Beach House in Cary and Tanatomy in Raleigh among other NC cities (www.mystictan.com).

I have not used a self-tanner since the time I applied some a few hours before going to bed and woke the next morning to find an outline of my body in bluish gray on the bottom sheet. I'm not sure if the tanner reacted with something I ate or if I was briefly abducted by aliens, but the image of my outlined body was too reminiscent of a crime scene ever to be repeated. I have garnered an array of products that give the impression of a tan but then wash off in the shower. For those who don't like the distinctive scent of self-tanners in action (and who are not prone to heavy perspiration), a little body makeup may be the way to go. Benefit, the makeup brand with the sassy packaging, has a trio of products to do the job. "Flamingo Fancy" lotion has the smell of a bouquet of white flowers and easily blends onto the skin leaving a light pink-brown glow. "Glamazon" is a liquid dabbed in small

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Minimum Room Dimensions:
8' x 7'

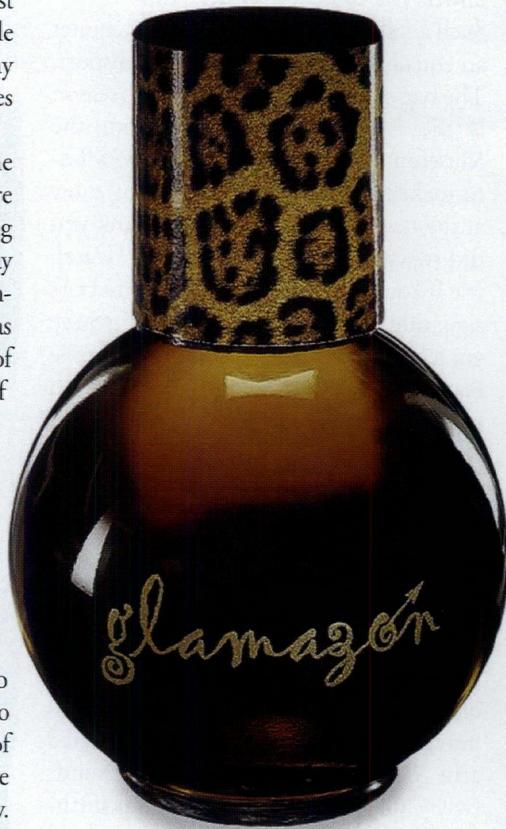
Mystic Tan Booth Specifications:
Length: 10' 0"
Height: 8' 0"
Width: 4' 5"

Electrical Requirements:
20-amp dedicated 110-volt circuit (compressor)
20-amp 110-volt circuit (booth)

Timer Requirements:
Compatible with T-Max Controller, or can be operated from a remote controller included with booth.

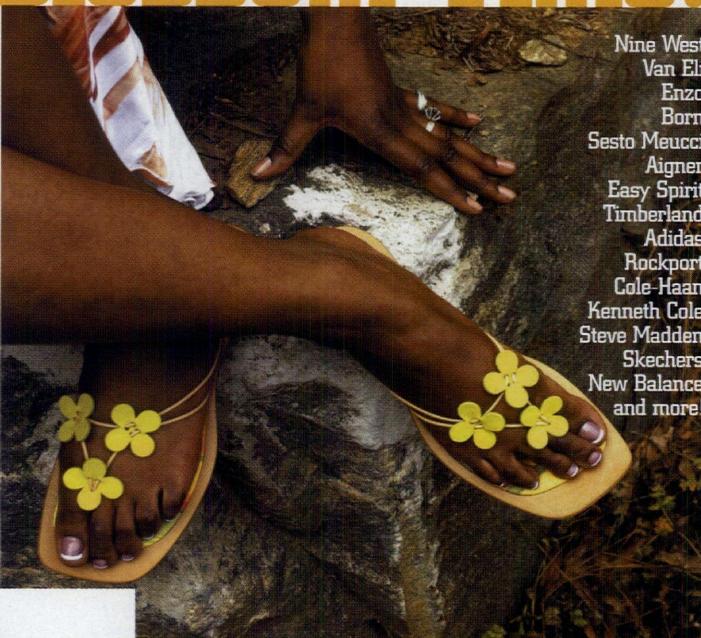
Other Requirements:
Above or below ground plumbing within room.

Mystic Tan booths at www.mystictan.com



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doses on the face for an instant natural-looking tan. For the final topping off, use "Hoola" bronzing powder for the face (www.sephora.com). Slightly easier to control, although in a much less fun package, is the Body Shop's no-nonsense bronzing gel for the face (www.thebodyshop.com).

I've happened

upon a few other top-notch beautifying agents recently. Shiseido's Body Creator Aromatic Gel claims to tighten what needs tightening if used regularly. After reading a few testimonials of trusted beauty editors, I decided to give the \$50 lotion a try before

bathing suit season

sneaked up on me. The lightweight formula with caffeine, natto and codata extracts has a distinctive citrusy scent and makes the skin tingle, and, miracle of miracles, seems to be working to some degree (www.bliss-world.com). Another fun find is by the classic teen makeup company Bonne Bell. One evening in the ladies' room, I asked a friend if I could borrow her blush, and she handed me a tube with red gel in it. It was so old that the name had rubbed off. "I'm using it sparingly," she said, "it's my last Bonne Bell blush." Well, I thought that it was so great and natural looking that I inspired her to track down some more for the two of us. She found it on Bonne Bell's website (www.bonnebell.com) under the heading of "Heritage," classic products that are no longer available in stores. I ordered three tubes at four dollars each, less expensive than the priority mail postage that got them to me two days later.

The best things in life: free (or almost) and in small packages. **MM**

Benefit makeup products: Glamazon (previous page), Flamingo Fancy (bottom) and Hoola (top)



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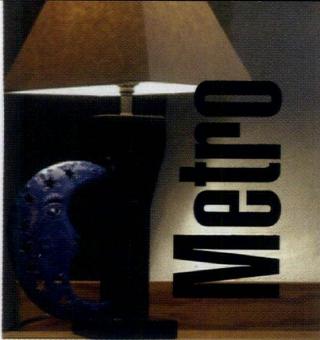
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Gourmet

by Maudy Benz

Blue moon rising

FRESHNESS AND INNOVATION SIGNATURES OF BEAUFORT BISTRO

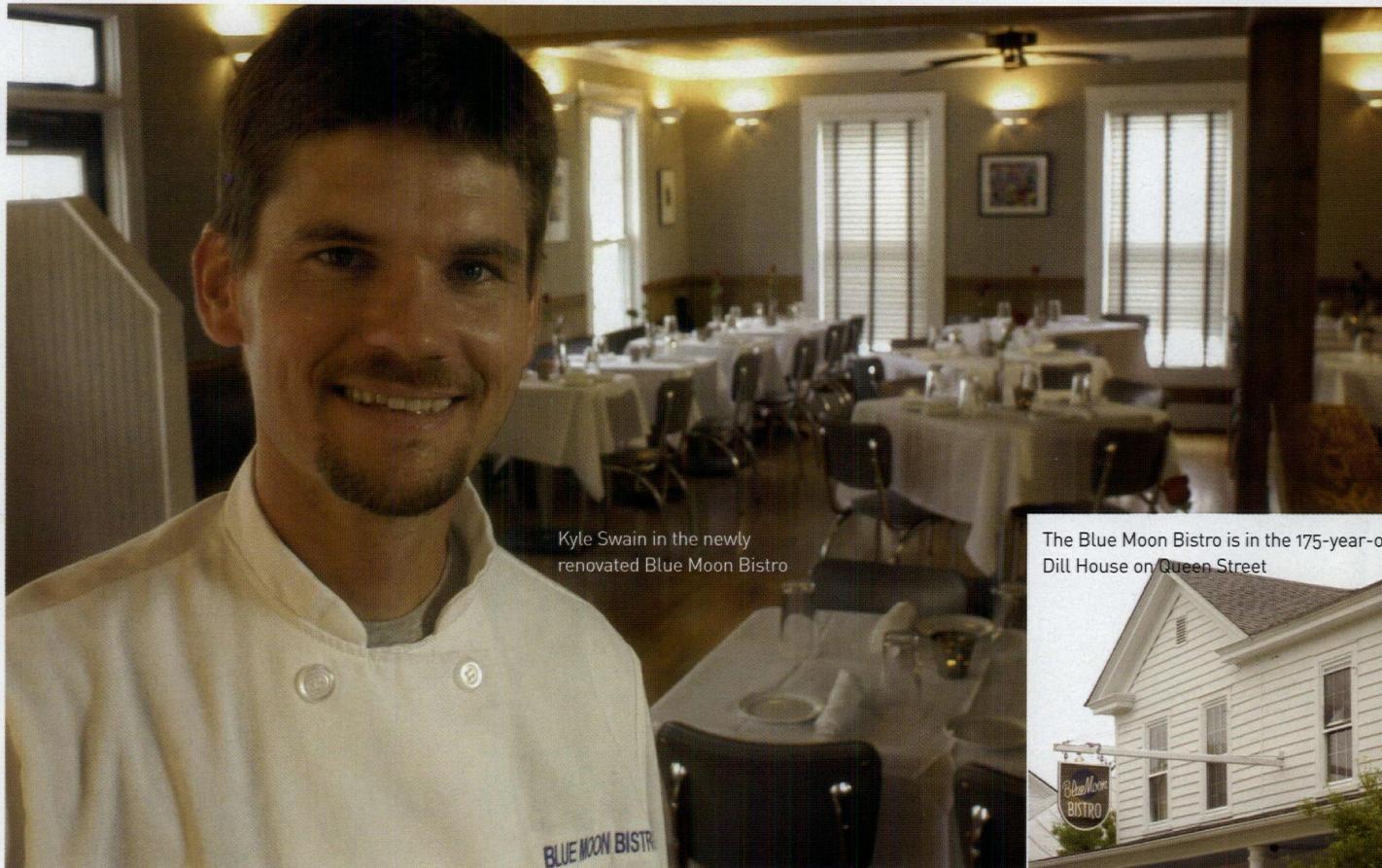
With the exception of Wilmington, now a large and bustling seaport city, dining on the North Carolina coast conjures up images of deep fried seafood and steak and burgers as the meats

head City-Beaufort-Atlantic Beach area (with the unfortunate appellation the Crystal Coast by the local visitor's bureau), new high-end restaurants are popping up like flying fish. Following on the heels of

Blue Moon Bistro operates out of the 175-year-old Dill House on Queen Street that Swain purchased when he bought the well-loved Blue Moon Café in January of 2002. For the next six months, he ren-

with high ceilings, a place that's casual and fun."

I couldn't agree more after experiencing this cozy, bright bistro with its oak woodwork, light blue painted wainscoting and terra cotta marbleized walls



Kyle Swain in the newly renovated Blue Moon Bistro

The Blue Moon Bistro is in the 175-year-old Dill House on Queen Street

du jour. For drinks you might be limited to domestic beers, an overly oaky California Chardonnay or a young Cabernet. But dream anew, all of you who appreciate fine food and a weekend at the coast. In the More-

the venerable Windandsea and Stillwater, are Tortugas on Emerald Isle, the Gourmet Café in Swansboro and restaurants with inquisitive chefs like Kyle Swain of Blue Moon Bistro in Beaufort.

ovated the interior and reopened July 4th with the name changed to Blue Moon Bistro to "give customers the feeling that we're carrying on the Café's spirit, but we only serve dinner. Bistro implies an open-air restaurant



where whimsical images of blue moons abound. We sat near the front of the dining space close to a fireplace with a stained glass front where a sleeping blue crescent moon curled in the design. Moons and suns of pressed tin hung above the bar at the back of the restaurant.

Swain's cuisine of the region features grilled yellow fin tuna on Yukon gold mashers with sautéed sugar snaps and "mixed up" mushrooms. He's also added some Asian-Southern fusion cuisine, such as the delectable appetizer sesame seared tuna on inverted nori/rice rolls with wasabi-lime beurre blanc.

His eclectic menu references cuisines from Asian to American to French. But what really fascinates Swain is the challenge to give every customer a menu that offers some choice that wouldn't be found on a menu anywhere else.

One such original creation is the oyster "martini" that we devoured as a second course. Swain doesn't just fry his oysters; he adds curry powder to the batter and serves them in a martini glass accompanied by a perfectly piquant Thai-style sauce. For another one-of-a-kind dish, Swain walks down to the shore and picks "glass wort" to use as

or truffles, but perhaps rarer, given the personal touch.

Swain grew up in Beaufort, and he knows this land well. He left home to study anthropology at UNC-Wilmington and then at UNC-Chapel Hill but his working life always found him apprenticed in restaurants, perhaps the ultimate anthropological experience. He began at Clawson's in Beaufort at age 13, then moved to Papagayo in Atlantic Beach at age 17 where he ended up "running the kitchen." In Durham he worked for Savory Fare for almost three years, and he credits owner Gary Wein as his mentor. "I learned classical French technique and how to get the best ingredients and present them beautifully from Gary," he said. "Not a day goes by when I don't draw from something I learned from him."

Swain also worked as the executive sous chef at The Governors Club Country Club in Chapel Hill and then as executive chef of the Windandsea Restaurant in Morehead City from 1996 to 2001.

THE BALANCED PLATE

I can't say enough about Swain's range. He's experimenting daily, offering two or three specials each evening with the regular menu. Although he mixes cuisines on the menu, he never mixes cuisines on the plate. "Everything will be composed on the plate," he emphasizes. "The Thai plate is all Thai, the American plate all American."

He also likes to offer a balanced meal on each plate. "There will be your basic food groups: meat, starch and vegetable," he said, reminding me of my mom in the '50s but he's too young to know what a mom in the '50s said about a balanced meal. I thought Dr. Atkins had done away with the notion of a

balanced meal, and it was nostalgic and edifying to hear it evoked again. Swain also eagerly prepares a vegetarian entrée daily, and works with changing the menu for children and people with special dietary needs.

As we ate each of our six courses, I understood why Swain used the word "creative" so frequently. The pan-roasted duck breast on arugula with warm dried cherry walnut vinaigrette harmonized taste and texture beautifully. The slightly bitter arugula, balanced with the sweet fruits, including pears, played to the richness of the duck and created a dish that should become a Swain signature appetizer.

Swain matches wines to cuisine for diners from his comprehensive list of 40 selections. We thoroughly enjoyed his choices for our courses, especially the clear, bright Murphy-Goode Fumé Blanc Reserve he paired with our pork pot-stickers appetizer.

"We've got five by-the-glass whites and reds," Swain noted, "and our list covers most of the main grape varietals from California, France and Italy." Of beers he said, "We keep it simple and offer five or six at a time, your basic imports."

Swain's "front of the house rosemary" marinated mini-lamb chops around potato/horseradish mille-feuille in Harnett Co. blueberry-infused Merlot reduction displayed his classical culinary training. The rich sauce placed over the lamb created a depth of flavor that brought my night together as the fair weather of day gave in to a torrential rain outside. Lightning dazzled the watery street and thunder crashed. But I didn't worry about the turn in the weather because I'd finished my bountiful main courses, feeling satisfied and very much at home.

Our waitress brought on

SPIDER ROLL (DECONSTRUCTED)
A local tempura-fried soft shell crab, glasswort and peppers over inverted nori rice rolls with wasabi and chili vinegar

Customers will discover that some of Swain's dishes possess names that could have been composed by James Joyce on an eating jag, but don't let that discourage you from ordering what essentially appeals.

a bed of greens under an appetizer. "It's a beady plant that tastes of the sea," he said. Consider the image: the chef at the seaside procuring your greens for the evening meal. It's a little like hunting mushrooms

desserts—sinful homemade ice creams I'd been warned about on the phone. Turbinado sugar ice cream, made from raw sugar, tastes of caramels, county fairs and lost love. As the storm let up some, I realized there was something of Proust's madeleines in all the tastes of the evening.

The fresh flavors spoke to me of the honesty of childhood when Mom didn't mind creating meals from scratch. Swain's commitment to procuring fresh produce and fish in season moves to that same rhythm. It's a comfortable rhythm you can count on, a diurnal

rhythm, like the sun and the moon rising and setting again. Yet, a blue moon is a second full moon in a month, and it rises only every two

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and half years. So I can't chart my return on the rhythm of the Bistro's namesake. I won't wait that long to return Down East to dine at the Blue Moon a second time. I already know what I want to order. MM

Off the menu

FATHER'S DAY LUNCH

The Angus Barn Restaurant will open for Father's Day Lunch with a special lunch menu. Sunday, June 15th, 11:00am-3:00pm

For additional information and to make your reservations, please call The Angus Barn at (919) 781-2444 or (800) 277-2270.

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Angus Barn owner Van Eure has been inducted into the National Restaurant Association's College of Diplomates in recognition of her emphasis on quality and customer service. The Angus Barn, which seats 650 and employs 240 people, was recognized on CBS's *48 Hours* program in 2001 as an example of quality service nationwide. The Association announced there are 230,000 restaurants in the US, employing over ten million people. Annual revenue generated in 2002 was over \$426 billion.



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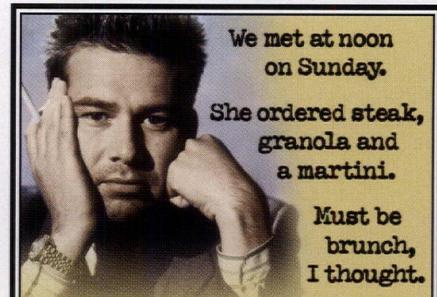
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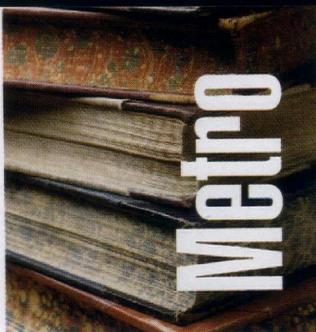
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Books

by Art Taylor

NEW AND NOTEWORTHY

First things first: Harry Potter No. 5 comes out June 21. We know you're thinking about it. We know you're planning for it. So we decided just to get it out of the way so we can move on to something else.

There's really little to say about the book itself. *Harry Potter and the Order of the Phoenix* (Scholastic Books) promises to be big in size and big in sales. What we can tell you is that many bookstores are planning Harry Potter parties on the evening of Friday, June 20, leading up to the first sales of the book at midnight. Among those who've contacted Metro about publication eve festivities are Raleigh's Quail Ridge Books (919-828-1588), Durham's Regulator Bookshop (919-286-2700) and the Cary Barnes & Noble (919-467-

3866). Contact these bookstores for more information.

And now on to other matters....

COAST, PIEDMONT, MOUNTAINS

Whether wittingly or not, UNC Press has recently published three books which—each in its own way—explore one of the three major geographical areas of the state. And each has a different approach, whether focusing on historic architecture, marine life or mountain music.

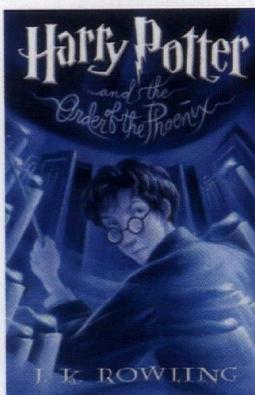
Completing a trilogy that reflects a quarter-century of fieldwork, Catherine W. Bishir and Michael T. Southern turn their attention to the state's central region for *A Guide to the Historic Architecture of Piedmont North Carolina*. Bishir was formerly the senior architectural historian at the North Carolina

State Historic Preservation Office, and Southern is a research historian with the agency. This final volume of three visits 34 counties and more than 2000 sites, ranging from early cabins and stone houses to the gothic stylings of Duke University and other 20th-century landmarks including Winston-Salem's Wachovia Building. While the book can function as a simple guide to the sites, its perspective is much broader, tracing the development of the state—its history, its culture, its economy, its people—through its architecture.

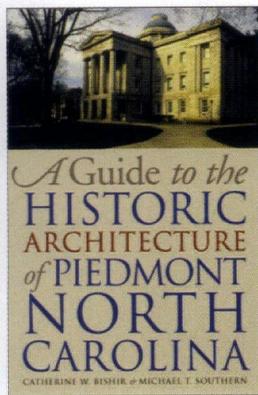
Frank J. Schwartz, curator of fishes at the UNC Institute of Marine Sciences in Morehead City, offers the generously illustrated *Sharks, Skates, and Rays of the Carolinas*. This guide covers each of the more than 90 species of these animals that can

be found off the coasts of North and South Carolina, and offers distinguishing features, color and size statistics, scientific designations and information on where to find these creatures (or where to avoid them, perhaps). Schwartz also offers discussion of shark attacks, shark fisheries and shark fossils, among other topics. And, dare we say it? It might be perfect for beach reading.

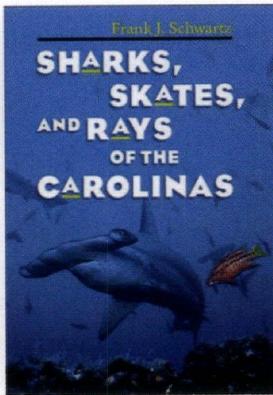
Finally, Fred Fussell's *Blue Ridge Music Trails: Finding a Place in the Circle* melds music and travel as it explores the rich musical heritage of North Carolina and Virginia mountains. From shape-note singing to fiddling to clogging, the author—director of the Chattahoochee Folklife Project—explores more than 160 venues and special events through descriptions, interviews and



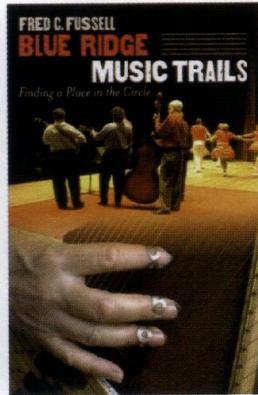
Harry Potter and the Order of the Phoenix
by J. K. Rowling
Scholastic Trade, 2003,
896 pp.



A Guide to the Historic Architecture of Piedmont North Carolina
by Catherine W. Bishir
and Michael T. Southern
UNC Press, 2003, 592 pp.



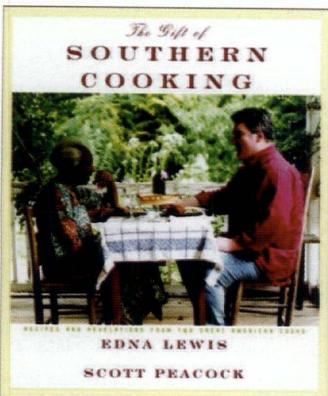
Sharks, Skates, and Rays of the Carolinas
by Frank J. Schwartz
UNC Press, 2003, 176 pp.



Blue Ridge Music Trails: Finding a Place in the Circle
by Fred Fussell
UNC Press, 2003, 320 pp.



Biscuits, Spoonbread, and Sweet Potato Pie
by Bill Neal
UNC Press, 2003, 360 pp.



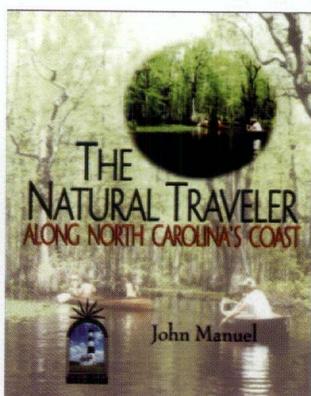
**The Gift of Southern Cooking:
Recipes from Two Great
Southern Cooks**
*by Catherine W. Bishir and Michael
T. Southern*
UNC Press, 2003

photographs (the latter by Cedric N. Chatterley). And for those who want to experience the music firsthand, there are also 10 maps and detailed driving directions.

SOMETHING TO EAT ALONG THE WAY

Also from UNC Press is Bill Neal's *Biscuits, Spoonbread, and Sweet Potato Pie*, originally published in 1990 and recently brought back in print. The book focuses on southern baking through 300 recipes drawing on tradition as well as on new twists. Neal, who died in 1991, founded the Chapel Hill restaurants La Residence and Crook's Corner. (His former wife Moreton, a co-founder of La Residence, now writes—in tandem with Maudy Benz—*Metro's Gourmet section*.)

Two other noted southerners have also recently published a guide to Southern cooking. Edna Lewis, author of *The Taste of Country Cooking*, and Scott Peacock, chef at the Watershed in Decatur, Georgia, have teamed up for *The Gift of Southern Cooking: Recipes from Two Great Southern Cooks*



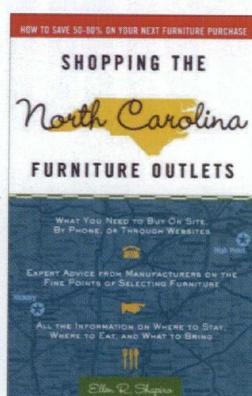
**The Natural Traveler:
Along North Carolina's Coast**
by John Manuel
John F. Blair, 2003, 304 pp.

(Knopf). The book is noteworthy for incorporating different influences of Southern cooking—Native American, Caribbean and African—in addition to more traditional fare, including recipes as basic as pan-fried chicken or grits. In all, 225 recipes are included.

NATURAL AND MAN-MADE

Durham resident John Manuel—an environmental writer who also works with the Haw River Stream Watch program—gives nature lovers of all kinds a variety of activities in *The Natural Traveler: Along North Carolina's Coast* (John F. Blair, Publisher). While giving due attention to noteworthy destinations such as lighthouses, national parks and aquariums, Manuel also offers suggestions for outdoor activities including canoeing, kayaking and hiking, and provides information on the area's natural history, its regional flora and fauna, and even its best lodging and restaurants—nicely timed for summer travel. Manuel will make a presentation and sign copies of his new book at Durham's Regulator Bookshop on Saturday, June 28.

A little less well timed (at

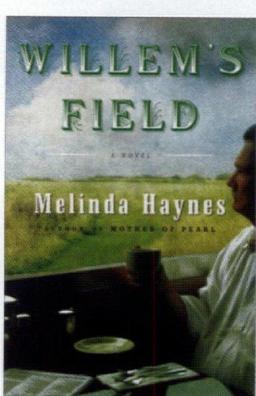


**Shopping the North Carolina
Furniture Outlets: How to
Save 50-80% on Your Next
Furniture Purchase**
by Ellen R. Shapiro
Three Rivers Press, 2003

least on my part)... Here's a title I missed back in April, when North Carolina enjoyed its much-famed furniture market: *Shopping the North Carolina Furniture Outlets: How to Save 50-80% on Your Next Furniture Purchase* (Three Rivers Press). Author Ellen R. Shapiro has written about furniture shopping for Arthur Frommer's Budget Travel and here distills some of her knowledge about the furniture capital of the world and gives tips for each stage of the purchase process—from measuring to selecting to negotiating. Perhaps there's still time to save.

OPRAH'S BOOK CLUB IS GONE...

...But its stars are still around. Melinda Haynes, who won Oprah honors for *Mother of Pearl*, returns to the area to promote her third novel, *Willem's Field* (Free Press), set in 1970s Mississippi. Haynes is a graceful and talented writer, and she'll be making several Triangle appearances: McIntyre's Books in Fearrington Village on Tuesday, June 24; Quail Ridge Books in Raleigh on Wednesday, June 25; and the Regulator



Willem's Field
by Melinda Haynes
Free Press, 2003, 416 pp.

Bookshop in Durham on Thursday, June 26.

AMERICANS IN PARIS

Perhaps no other group of 20th-century American writers has been so romanticized as the expatriates living in Paris in the 1920s and 1930s, whose lives conjure up images of sidewalk cafes, sparkling literary salons and enviable genius.

"*Geniuses Together: Literary Expatriates in Paris from Gertrude Stein and James Joyce*

A new exhibition at UNC-Chapel Hill's Wilson Library, explores two waves of expatriates

to Samuel Beckett and the Beats," a new exhibition at UNC-Chapel Hill's Wilson Library, explores two waves of expatriates (both American and English) through photographs, periodicals and the books themselves. The first wave, according to Dr. Charles McNamara, curator of the library's rare book collection, includes authors such as Stein, Joyce, Ezra Pound,

Ernest Hemingway, F. Scott Fitzgerald and Henry Miller, authors who appeared in the wake of the First World War. A second wave—after World War II—ranges from African-American writers such as Richard Wright and James Baldwin to Irish author Samuel Beckett to Beat figures Allen Ginsberg, William Burroughs and Lawrence Ferlinghetti (the latter, incidentally, a UNC-Chapel Hill alumnus).

The exhibit is open weekdays 8–5 and Saturdays 9–1. Admission is free. For information, call (919) 962-1143. [MM]

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IF IT'S THE UNIVERSE YOU WANT TO SAVE, JOIN NASA.



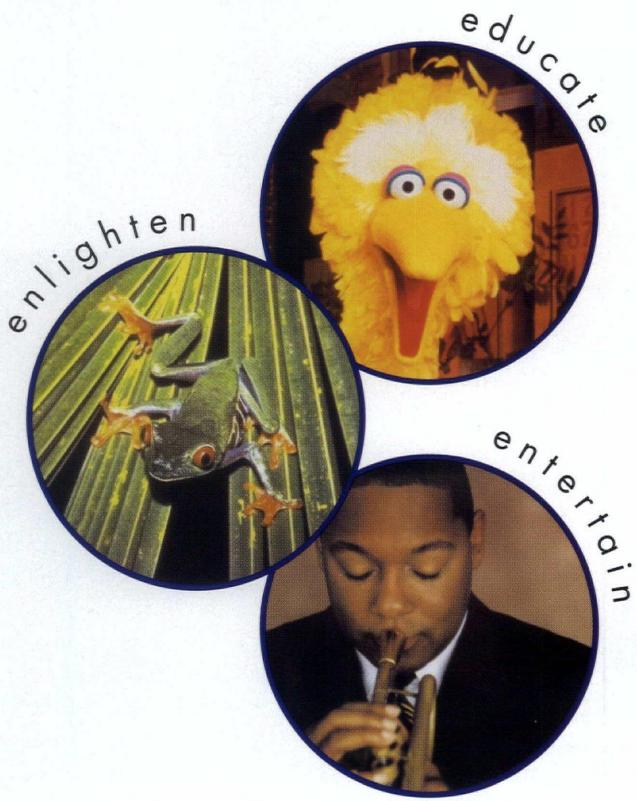
IF IT'S NORTH CAROLINA, JOIN NCCBI



NCCBI

North Carolina Citizens for Business & Industry

For more information on the benefits of becoming a NCCBI member, visit www.nccbi.org or call (919) 836-1400.



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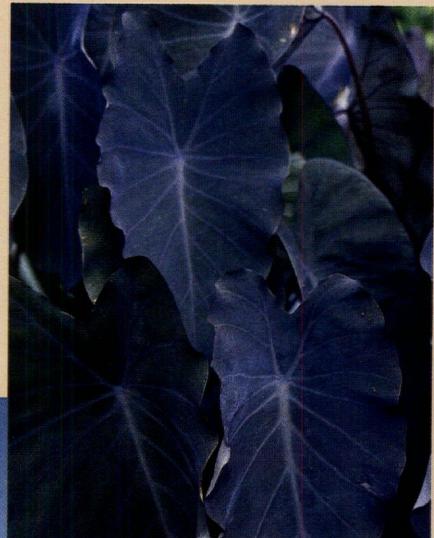
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Friday, July 11 8-5
Saturday, July 12 8-8
Sunday, July 13 1-5

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by Rick Smith

"Top Gun" Ben Griffith flies desk in Morrisville

FORMER NAVY PILOT SAYS TEAMWORK KEY TO SUCCESS

Ben Griffith is a high-flying RTP tech executive who truly earned the Navy's "Top Gun" honors. He flew F-14 Tomcat fighters in war and peace, around the world, constantly landing and taking off from aircraft carriers. He also excelled at the "Top Gun" fighter school at Miramar in California.

"I will ALWAYS miss the flying, especially the air-to-air

combat training," Griffith recalled. "Fast, furious and dynamic; much like a wrestling match, but under a few more Gs."

"Not sure I'll ever miss landing at the carrier on a pitch black night, though."

Griffith flies a desk these days, serving as general manager for Peak 10's ultramodern data management and hosting center at the old Interpath head-

quarters in Morrisville. His dogfights now are with rivals in a very competitive business. But as the United States went to war in March against Iraq, Griffith couldn't help but think about flying again—and the men he flew with before Gulf War I who had returned once more into harm's way.

"I would compare my feelings to those of a successful 'retired' athlete wanting back in his/her game," Griffith said in a recent interview. "When I chat with my peers on active duty, I'm reminded of how great a team our fighting men and women comprise. It's that degree of camaraderie I miss most, as it's tough to duplicate in the private sector."

"My last flight in the Navy was nearly two years ago, but I still possess the same energy and enthusiasm I enjoyed my first day of flight school. In short, it's difficult to be on the sidelines, but I know we've got the greatest team in the world defending what few other nations have the courage to do themselves."

And Griffith admitted he does get the urge to un-retire, suit up again and go rocketing off the deck of a carrier, his body slammed back in the cockpit, his face flattened by G forces.

"The catapult launch for an F-14 takes you from 0 to 140 knots in around two seconds. Needless to say, it's a kick

in the pants," he said. "Of course, launching on a moonless night is always unnerving, as you stare out at a pitch black sea and sky with no visible horizon."

"An arrested landing ('trap') is similar in force to jumping off a 12-foot wall. The aircraft actually lands at a speed of roughly 145 knots with about a 600-foot-per-minute rate of descent. Then the aircraft comes to rest just on a few hundred feet of the flight deck."

It's not something for the faint of heart—or for someone who doesn't believe in precision execution. And he didn't fly for pay but out of a sense of duty.

"I will always miss the excitement of flying in an F-14," he said. "I believe what the US and our allies are trying to achieve in the Middle East will create far-reaching, long-term benefits for all of society and especially the citizens of Iraq. Thus, I'd be very proud to participate in such an effort."

DESERT SHIELD TO SOUTHERN WATCH

Griffith, a US Naval Academy graduate, flew off the *USS Independence*, the first carrier to respond to Saddam Hussein's invasion of Kuwait in 1990. His call sign was "Dover," and he flew numerous missions as part of the VF-154 Black Knights in Desert Shield, but missed out on the war when the carrier

F-14 Tomcat lineup



IMAGES COURTESY OF BEN GRIFFITH



rotated out of the theater.

"We'd accomplished our mission of preventing further Iraqi invasion," he recalled.

Griffith later returned to the Middle East and flew missions over Iraq as part of the "Southern Watch" peacekeeping rigors. In all, he logged some 2000 flight hours.

Even as a fighter pilot—as independent and headstrong an individual as the military can produce—Griffith demonstrated team leadership. He served as the tactics training officer for the squadron and as a mission commander, which made him responsible for the flight mission of four F-14s.

In his Academy days, he played volleyball and was named team captain. He was graduated with a degree in engineering with an economics major—two tracks that helped prepare him for a business career.

NOT A LONE WOLF

People often think of fighter jocks as lone wolves. Griffith knows better. He now applies what he learned about management and teamwork in the Navy to Peak 10.

"I think the Academy and Navy both reinforced what I had always thought to be a critical focus in my personal life: Teamwork is everything," he explained. "I've always relied on

good people, whether they were teammates at school, a fellow crew member in the airplane or the folks that maintained my aircraft, ensuring I could execute my mission. People, people, people."

"In my current position as General Manager of Peak 10's RTP facility, I am fortunate to work with a team that possesses uncompromising integrity. To me, life is all about trust and wanting to reach new heights through a team's accomplishments, not just an individual's."

As those who have seen Tom Cruise and Val Kilmer in *Top Gun* well know, the Navy Fighter Weapons School teaches more than dog fighting. It's dangerous, tough and only for an elite few.

Griffith went there twice.

"Once as a student, and then a second time as an F-14 flight instructor," he recalled with pride. "I was also selected to be the lead F-14 Crew Coordination instructor fleet-wide for Tomcat aircrew. I had to become adept at learning to communicate with all walks of life, which certainly has its merits in the private sector."

"Aircrew depend on each other, and there's no room for indecision or inaction in such a dynamic environment."

TOP GUN'S LIFE LESSONS

Top Gun also taught him lessons about life.

"I've learned to try to get the most out of every waking day. I'm not always successful, but it's not for lack of trying. My military training serves me well in my current management role at Peak 10."

Griffith left the Navy in 1997 to spend more time with his family—a wife and three children. He flew in the

Reserves until 2001.

"A very difficult decision, but one I don't regret," he said. "I had a phenomenal 10-year ride with the best people one could ever hope to know, let alone work and play with. And I'm still very close to almost all of those folks. But the tradeoff was simple; I could now be home for my family."

These days, that means watching Cruise and Kilmer with the kids.

"Great movie, but certainly hokie by any aviator's standards," Griffith said. "In all fairness, though, the flying footage was well crafted, and the movie did a lot for the image of Naval Aviation. My boys still ask me to watch it with them when the movie comes on TNT... and that seems weekly these days."

His favorite character, by the way, isn't either heartthrob pilot Cruise or Kilmer.



Ben Griffith with wife, Jinny, and son, Brad

"Gotta love Goose," Griffith said, referring to Cruise's backseater in the two-man F-14.

"IT WAS ALL GOOD"

Griffith now focuses on family as well as Peak 10. After leaving the Navy he went to work for Disneyland in California, calling on his Naval and technical

experience to help design training and workflow programs for 1000 people. He moved to Raleigh in 1998 as part of Orion International Consulting Group's operation and then joined Inflow, another data hosting firm, as district sales manager. Griffith moved to Peak 10 when it decided to open an RTP operation last year.

The changes he sees in technology every day in his job also are reflected in the US military—something that leaves Griffith in awe.

"Technology changes over the last decade have been hugely effective in helping the US maintain its air superiority worldwide, but our commitment to adequate training ensures unparalleled proficiency and safety," he said. "We provide our aviators more training resources than any other nation in the world. Thus, our pilots

and aircrew are able to master the latest bells and whistles installed in and on their aircraft.

"Result: the finest fighting men and women in the world."

As for flying Navy, Griffith's love affair won't ever end. Asked what his worst experience was, he replied succinctly:

"It was all good." ■

PW

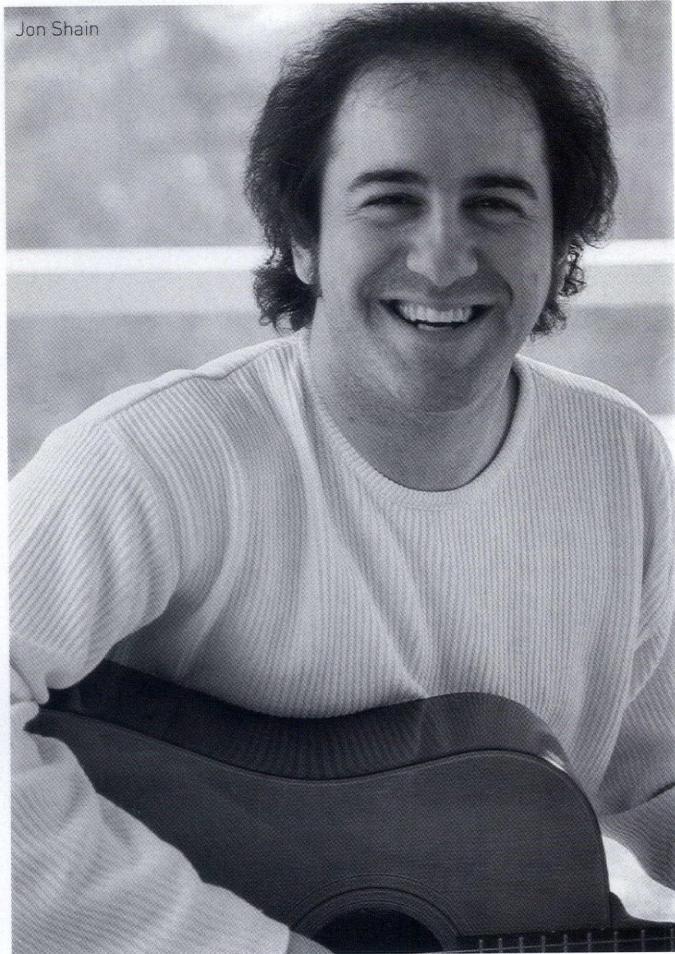
Jon Shain unbound

NO TAG, NO TAIL LIGHT IS PURE AMERICANA

Singer/songwriter Jon Shain has worked his way through several musical incarnations since his undergrad days at Duke University. He played lead guitar in the

band Flyin' Mice, which enjoyed a considerable East Coast following in the early '90s. When the Mice came apart, Shain founded the roots rock act Wake.

Jon Shain



band that backed the eccentric bluesman Slewfoot and also backed Piedmont blues artist Big Boy Henry. Jon was a founding member of the rock

In 1998 Shain went solo and acoustic, focusing on his songwriting and singing. In doing so, he entered what has become the most productive phase of

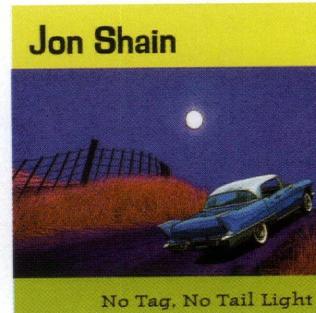
his music career thus far. He released his first solo album, *Brand New Lifetime*, in 1999. *Fools and Fine Ladies* followed in 2001 and earned the praise of *The Washington Post*, *No*

tune what it needs, whether it be the dark folk of "Merrimack," the cabaret blues of "Only the Blues" or the gentle twang of "Getaway Car." With *No Tag, No Tail Light* in his hip pocket, Jon Shain has his *bona fides* in order. He's a singer/songwriter who's at the front end of his prime and, appropriately, he's set a new standard for himself.

One of the outstanding features of *No Tag, No Tail Light* is the production overseen by Mattacks and Dube. The tracks have been deftly handled and are rich in subtle embellishments that add tremendously to their texture. All the musicians who contributed to this project really contributed. Their playing is tight and right, and always appropriate.

Asking Jon how *No Tag, No Tail Light* differs from his previous albums, he quickly cited the participation of Dave Mattacks as the crucial difference.

"I worked with producers this time, and I think that's the main difference," Jon allows. "I'd obviously heard Dave Mattacks' work before, and he happened to be one of my favorite drummers anyway. I knew he'd have his stuff together, but I didn't know what a fantastic musician he is. He's easily, hands down, the best professional musician I've worked with, and I've played with a lot of people I highly respect, you know."



Depression, Relix magazine and *The Village Voice*, among others.

This month, Shain will release his latest album, *No Tag, No Tail Light*. Produced by Dave Mattacks (Airport Convention, Mary Chapin Carpenter, Joan Armatrading, Brian Eno) and Tom Dube (Morphine, Richard Thompson, Reeves Gabrels), the record is by far Shain's most polished and nuanced work to date. He is a true Americana artist—one spin through the new album makes that evident. He's as comfortable working blues or rockabilly as he is with folk, rock, and country music.

Genres wax and wane from song to song as *No Tag, No Tail Light* unfolds. Shain isn't bound by any stylistic parameters; each song is clearly its own unique proposition, and he gives every

"His professionalism shows not just in his playing, but also in his approach to music, and in the manner in which he discusses his ideas," he added. "He brings out the best in the people with whom he's working. He not only plays drums on the album, but also plays keys. He also suggested chord changes on some of the jazzier numbers. He does a lot more than play the drums."

"When he offered to produce my album, I just figured he'd produced a ton of albums. I checked out his Web site and

found out that he hadn't produced a single album. So Dave chose my record to be his first producer gig. A lot of that has to do with his relationship with Tom Dube, the other producer on *No Tag, No Tail Light*."

Tom Dube is a Boston-based sound tech/producer who, among other achievements, produced Morphine's debut album.

"Tom's been Richard Thompson's sound man [monitor mixer] since about 1993," Jon noted. "At that time Dave was Richard's drummer and that's how Tom and Dave got to

know each other. Eventually, Dave came to the States and spent a month with Tom, who arranged a bunch of studio work for Dave. They ended up hitting it off so well that, about a year later, Dave and his wife decided to move to the U.S.

"Dave settled in the Boston area, and Tom has gotten him a steady stream of work," he continued. "He's currently touring as Mary Chapin Carpenter's drummer and doing side gigs with a number of Boston-area bands."

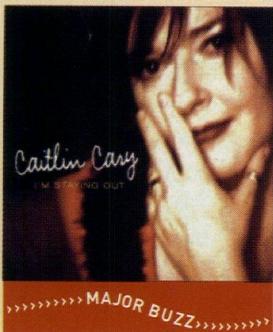
When asked how he came to hook up with Dave Mat-

tacks, Jon described it as a mix of dumb luck and his mother's unexpected connections.

"I have a very supportive mother," Jon explained. "She doesn't know much about the music business, but she's always sending my CDs to people. She wants to help. So, most recently, she calls up and says that one of the old family friends told her that a professional drummer has moved in next door to them, and he says he will listen to your CD [*Fools and Fine Ladies*]. Of course, I skeptically said, 'Oh really?' I mean, I know a few

MUSIC FOR SALE

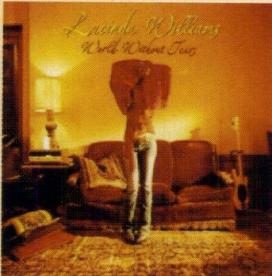
Caitlin Cary:
I'm Staying Out
(Yep Roc)



This extraordinary follow-up to Cary's debut album—*While You Weren't Looking* (2002, Yep Roc)—is a more confident, polished effort than her debut. It's easier to comprehend how Cary fits into the indie scene after listening to this new record. It's a telling coincidence that Mary Chapin Carpenter sings backup on three tracks, since Cary is very much in artistic sympathy with Carpenter. Like Carpenter, Cary is finding comfortable ground at the intersection where country, folk and rock meet. Her ongoing songwriting collaboration with Mike Daly has yielded yet more gems, including "Empty Rooms" and "Cello Girl"—a song that's destined to be a fan favorite. For a taste of pure country bliss, cue up "Please Break My Heart," a tune

Cary wrote with Thad Cockrell. Caitlin Cary's much-publicized stint with Whiskeytown has been relegated to the status of a career footnote by her solo albums.

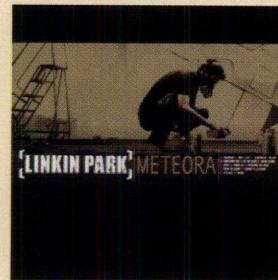
Lucinda Williams:
World Without Tears
(Lost Highway)



This sparse album, tracked in a 1920s mansion in LA, bears a strong resemblance to the introspective work of *Essence*, the record that immediately precedes it. The songs on *World Without Tears* are dark; darker, as a group, than what we heard on *Essence*. "Real Live Bleeding Fingers and Broken Guitar Strings" is a great rock tune about a junkie, animated by Doug Pettibone's rugged guitar solo. "Minneapolis," the most riveting, haunted, song on the album, may well be about rape or a shattered, illicit, affair. "Sweet Side" is definitely dealing with child abuse. Williams has never minded making her audience uncomfortable, but she's never been this relentless about it until now. She evi-

dently had a good deal of darkness to dispel this time around. The opening song, "Fruits of My Labor," is full of lush food imagery. It seems that Williams spends the rest of the album purging. Not necessarily the literal vomiting imagery we hear in "Minneapolis" and "Ventura," though that imagery is emblematic of the psychic purging that marks most of the songs on *World Without Tears*. This is definitely Williams' most disturbing album to date, and that's cool. What isn't cool is tracking two lame songs, and she's done that as well. "Atonement" is a laborious, annoying blues song, and "American Dream" is a dreary, unoriginal, tune that thoroughly deflates the last part of the album. Despite this pair of wasted tracks, *World Without Tears* is a provocative, challenging, work.

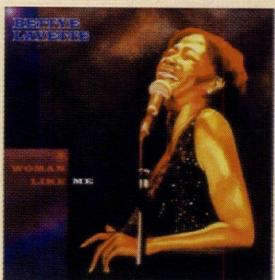
Linkin Park:
Meteora
(Warner Bros.)



The SoCal alt.metal crew hit the big time in 2001 with their debut

album *Hybrid Theory*. The things that set LP apart from the mediocrities of rap-metal/nu-metal—their songwriting, editing, tight musicianship—remain the things that set apart *Meteora* from the pack. Indeed, the songwriting is even better, and with a total running time of 36 1/2 minutes, *Meteora* shows an economy of thought and action that regularly eludes LP's peers. The question is whether or not the new album takes the LP sound to the next level. The answer is not exactly. The introspective bent of the lyrics is a great strength and an improvement over *Hybrid Theory*. The sound editing on *Meteora* is razor-sharp. The overall groove, however, is *Hybrid Theory Part II*. It may be that LP has already tapped-out their metal niche. Their next CD will be a challenge.

Bettye Lavette:
A Woman Like Me
(Blues Express)



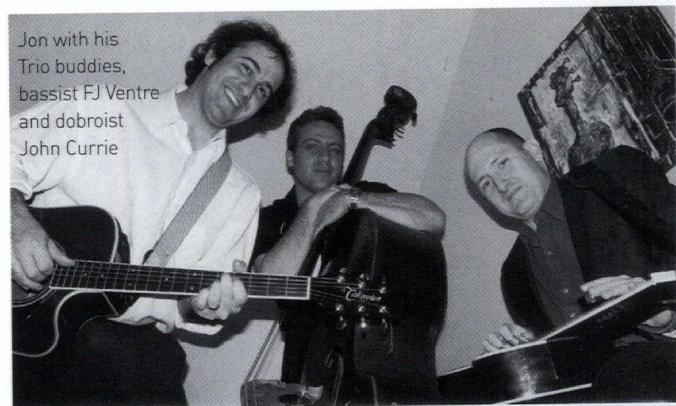
Bettye Lavette is a Michigan native who happens to be a hellacious

drummers myself. I asked who he was, and my mother didn't know. She called back later and said he was Mary Chapin Carpenter's drummer. I figured, well sure, whatever, and sent off a copy of the CD to my mother to give to him.

"About a month later," he continued, "after I'd completely forgotten about this whole thing, my mom calls and says that her friends' neighbor really likes the CD, and he'd like to talk to you about it. I replied, 'Really? What's his name?' She says, 'David Mattacks.' She

pronounced it like Maddox, so I just didn't make the connection. I asked her if she meant Dave Mattacks, but she didn't know. She told me to go look at his Web site and gave me the URL. I went to his Web site and realized, 'Oh my God, this is the guy from Fairport Convention.'

Jon's mother gave him Dave Mattacks' phone number, and Jon didn't waste any time getting up with Mattacks. They talked about the tunes on, and the production of, *Fools and Fine Ladies*, and Mattacks



allowed that he might be interested in producing Jon's next album. He asked to hear Jon's latest songs, so Jon and his

friend/collaborator F. J. Ventre (bass guitarist) got together and cut a 10-song demo tape for Mattacks, who listened to the tape and agreed to produce what would become *No Tag, No Tail Light*.

"One of the great things about this was that I told Dave I had a great group of guys I played with down here, and he said, 'Let's use them,'" Jon said. "So we didn't bring in any studio hot shots, except Dave, of course. I was able to get my guys up to Boston, and we had some gigs in the area, which helped pay their way. F.J. played upright bass, John Currie played dobro, Bill Newton was on harmonica, and Dave did drums. We cut all the basic tracks live."

"We went up there a month before the studio dates and had a pre-production meeting in Dave's basement," Shain recalled. "We played for 12 hours straight and worked out the details of every song. He wrote out notes, and we wrote out notes, and then it was like, 'OK, boys, take your notes home and practice.'"

Obviously everyone went home and practiced diligently, considering the overall excellence of *No Tag, No Tail Light*. For more info on Jon Shain, plus CD sales and tour dates (he frequently plays Down East, especially at the Backstreet Pub in Beaufort), check the Web at www.jonshain.com. MM

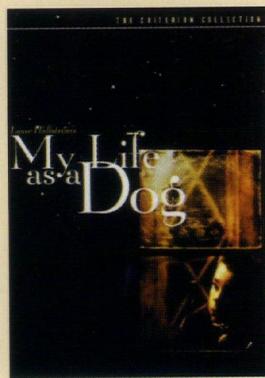
MUSIC FOR SALE, continued

soul and blues singer. She honed her chops in the Detroit music scene in the 1950s and '60s. This is only the second full-length album she's released. Over the years, most of her effort has gone into tracking singles. Lavette has a powerful, melodious, voice and an emotional delivery that would reach the last row of any venue in the world. She's backed on this CD by a very hip group of studio players whose work seals this deal. Any R&B/soul fan who isn't familiar with Lavette can correct that oversight immediately by snagging this fabulous album. Check <http://music.barnesandnoble.com>.

VIDEOPRINTIC

My Life as a Dog.

The Criterion Collection.
101 minutes.

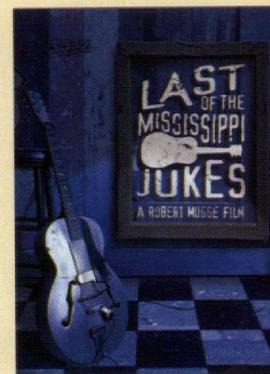


This may well be Swedish director Lasse Hallström's best film. He intimates as much in the interview that's included as a special feature in this DVD. The hero of *My Life as a Dog* (1985) is a 12-year-old boy named Ingemar (Anton Glanzelius) who's sent to live with his uncle and aunt in the country when his mother is diagnosed with tuberculosis. Ingemar has been a walking disaster area while living with his mother and older brother, and there's little hope of his mother's getting any rest while he's around. The move to the country proves fortuitous for Ingemar. His father is absent, loading bananas in some far-flung port, and he finds a surrogate in his uncle. *My Life as a Dog* is also a gentle coming-of-age film. Ingemar possesses the sort of inscrutable appeal that gets him in girl trouble fairly quickly, and his bouts (literally and figuratively) with Saga (Melinda Kinnaman) are tremendously amusing. The film is loaded with humor and bittersweet moments that unfold in the shadow of Ingemar's mother's ultimately fatal disease. Anton Glanzelius in the role of Ingemar is one of the must-see performances of European cinema.

Last of the Mississippi Jukes.

Starz Encore Entertainment.
86 minutes.
This Robert Mugge documentary takes a long look at the Subway

Lounge in Jackson, Mississippi. A legendary juke joint, the Subway has been in danger of being demolished, for it's located in the basement of the Summers Hotel, a building slated for demolition. The hotel itself is a historic building, being one of the only hotels in the area where African Americans could find lodging during the era of segregation. In addition to documenting the community effort to save the Summers Hotel and the Subway Lounge, Mugge also drops in on actor Morgan Freeman's Ground Zero blues club and restaurant in Clarksdale, Mississippi (Freeman's hometown). Blues artist Chris Thomas King (*O Brother, Where Art Thou?*) and Morgan Freeman are also featured interviews. The soundtrack includes tunes from Alvin Youngblood Hart, Bobby Rush, Eddie Cotton, Patrice Moncell, The House Rockers, Vasti Jackson and The King Edward Blues Band.





continued from page 20

such as the National Fish Hatchery, where an aquarium, exhibits and fishing ponds provide hours of fun, and historic Hicks Field, which boasts the oldest remaining wooden grandstand in the state.

"It is encouraging to see communities so committed to the preservation of their historic landmarks, the revitalization of their downtown areas and the protection of their unique heritage," said National Trust President Richard Moe. "Edenton represents a truly distinctive slice of America. That makes it an exciting alternative to the homogenization of many other vacation spots. It is my hope that more American cities and towns will follow Edenton's lead in preserving their own spirit of place."

The 12 winning communities met these criteria: well-managed growth, a commitment to historic preservation with a protected historic core and meaningful context, interesting and attractive architecture, cultural diversity, activities for families with

children, an economic base of locally owned small businesses, and walking accommodations for residents and visitors. In each community, residents have taken forceful action to protect their town's character and sense of place.

Outreach teaching ballet

CAROLINA BALLET GETS GRANT FROM GLAXOSMITHKLINE

Carolina Ballet, Raleigh's five-year-old professional ballet company, is the recipient of a \$500,000 grant from the NC GlaxoSmith-Kline Foundation to launch a pilot statewide education program. "This is a dream come true," says Robert Weiss, founding artistic director of Carolina Ballet. "Finally we can get into the schools in the outlying areas of the state and introduce this extraordinary art form to children who might not otherwise know about ballet."

GlaxoSmithKline is making a three-year commitment to Carolina Ballet with this grant to get the program "Dancers in Schools" off the ground. Carolina Ballet will receive \$250,000 for the 2003-2004 season and \$125,000 during the following two seasons. By the end of the 2005-2006 season both GlaxoSmithKline and Carolina Ballet hope that the program will be generating support from other sources as well, including the North Carolina General Assembly, so that "Dancers in Schools" will be ongoing for many years in the future.

Carolina Ballet's goal is to reach 10,000-20,000 fifth graders per year throughout the state during the next three years through "informances" and personal contact in classrooms. To spearhead this program will be a full-time education coordinator on staff at Carolina Ballet who will oversee the production of arts education resource tools for the educators that will demonstrate specific ways to link ballet with science and healthful living. The program will also provide opportunities for children to attend ballet performances. **MM**

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Dr. Edward L. Baker, former assistant US Surgeon General and director of the US Centers for Disease Control and Prevention's Public Health Practice Program Office, has joined **UNC-Chapel Hill's School of Public Health** as director of the **NC Institute for Public Health**. Baker also is a research professor in the school's department of health policy and administration. ■■■ The NC State University Board of Trustees has awarded the **Alexander Quarles Holladay Medal for Excellence** to five faculty members in recognition of their outstanding careers at **NC State**: **Drs. Eugene J. Eisen**, William Neal Reynolds Professor of animal science; **Major M. Goodman**, William Neal Reynolds Professor of crop science; **John R. Hauser**, professor of electrical & computer engineering; **John N. Wall**, professor of English; and **Jack W. Wilson**, professor emeritus of business management. The Holladay Medal is the highest honor bestowed on a faculty member by the trustees and the University. ■■■ **Risa Palm**, dean of **UNC-Chapel Hill's College of Arts and Sciences**, is leaving the University to become executive vice chancellor and provost at **Louisiana State University** as of July 1.

Chancellor James Moeser said, "On her watch, the College of Arts and Sciences has taken several major steps forward in improving the breadth, scope and quality of undergraduate education that we offer our students at Carolina." ■■■ Two faculty members at UNC-Chapel Hill and **C.D. (Dick) Spangler Jr.**, president emeritus of the 16-campus UNC system and a Carolina alumnus, have been elected fellows of the prestigious **American Academy of Arts and Sciences** in recognition of "preeminent contributions" in their fields. New faculty fellows honored for their contributions in the humanities and arts, are Drs. **Thomas E. Hill Jr.**, Kenan professor, department of philosophy, and **Alan R. Shapiro**, William Rand Kenan Jr. Distinguished Professor, department of English. ■■■ **Plantation Village**, a non-profit continuing-care retirement community at 1200 Porters Neck Road in Porters Neck Plantation, Wilmington, recently celebrated its **15th anniversary**. Established in 1988 with 127 units on 25 acres, Plantation Village now offers 190 units on 56 acres less than a half-mile from the Intracoastal Waterway. ■■■ **John V. Brown** has been appointed **Visiting Director of the Jazz Studies Program and the Jazz Ensemble** at Duke University for the 2003-2004 academic year. He currently serves on the faculties at Duke, UNC-Chapel Hill, and NC Central University and has performed as a bassist with Elvin Jones, Nnenna Freelon and Delfeayo Marsalis. He also performs with the NC Symphony, Carolina Ballet and the Opera Company of North Carolina. ■■■ An important cultural landmark in eastern North Carolina, the historic **New Bern Academy Museum**, reopened to the public recently after being closed for more than a year. The Academy closed in March 2002 when the state budget crisis forced cultural institutions & public agencies to cut

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Metro INDEX

Percent of North Carolina homeschooling families in 1997 that were black: 1 percent

Percent of homeschoolers that are black today in North Carolina: 5 percent

Number of black North Carolina families now homeschooling in Durham's 200-home Eno Trace neighborhood: 13

Number one reason among blacks for choosing to keep their kids at home: safety

Percentage of black kids in North Carolina's schools in 1989: 32 percent

Percentage of black students in state schools today: 41 percent

Percentage of black teachers in North Carolina schools in 1989: 19 percent

Percentage of African American teachers in the state schools today: 16 percent

Percentage drop in fatal crashes for 16-year-old North Carolina drivers when the state adopted stricter passenger restrictions: 23 percent

Percentage drop in fatal crashes when nighttime driving restrictions were added to the law: 43 percent

Number of tourists who visited North Carolina in 2002: 44 million

Ranking of North Carolina among most-visited states: 6

States that rank higher, in order: California, Florida, Texas, Pennsylvania and New York

Average speed of freight trains moving through the countryside in North Carolina: 50 miles per hour

Ranking of state in train-pedestrian collisions: 6

Distance it takes a train moving 55 mph and carrying 100 freight cars to come to a dead stop: about 18 football fields

Ranking of North Carolina among high-tax states in the Southeast: 1

Personal tax rate in North Carolina: 8.2 percent

Corporate tax rate in the state: 6.9 percent

Amount of tax on a pack of cigarettes in North Carolina, one of the few categories where the state is among the lowest in the nation: 5 cents

SECRETS OF STATE

expenses. Because of hard work and the support of an all-volunteer staff, the public can again explore the Academy's exhibits on New Bern's earliest history, its role in the Civil War, local architecture and early education. ■■■ The **North Carolina Museum of Art** has launched a new Web site devoted to celebration of the 100th anniversary of manned flight. Special emphasis is on the Museum's exhibition **Defying Gravity: Contemporary Art and Flight**, opening Nov. 2. The site also includes information on **Into the Blue**, a yearlong celebration of aviation and the imagination. Both exhibition and festival are sponsored by **Blue Cross and Blue Shield of North Carolina**. Visit the Web site at www.ncartmuseum.org/Flight/.

■■■ The **NC Arts Council** sponsors one- & two-month **residencies in California & Vermont** for emerging & established NC artists. One writer and one visual artist will be selected for 2003-2004 at Headlands Center for the Arts in California and at the Vermont Studio Center. Both have June applications deadlines. Applications are available through each residency center's Web site: Headlands, www.headlands.org; & Vermont Studio Center, www.vermontstudiocenter.org. ■■■ **Dr. John Shelton Reed**, Kenan professor emeritus of sociology at UNC-Chapel Hill, and author **Kaye Gibbons** were among those inducted recently into the prestigious **Fellowship of Southern Writers** during the 2003 Chattanooga Arts & Education Council Conference on Southern Literature. The two join such literary legends as Eudora Welty, Walker Percy and Cleanth Brooks as fellowship inductees. ■■■

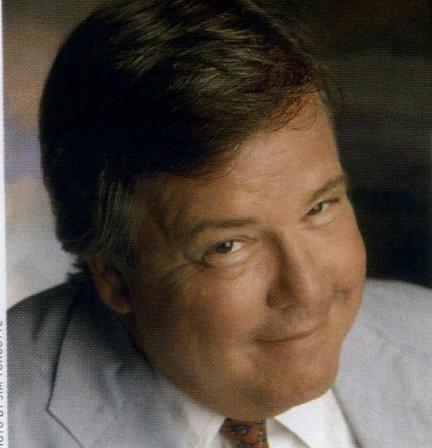
MerleFest 2003, the 16th annual festival in celebration of the music of the late **Merle Watson and his father Doc Watson**, held recently on Wilkes Community College campus in Wilkesboro, reports an estimated total participation of 77,337, an insignificant decrease from MerleFest 2002's record 78,294. Paid attendance was approximately the same as 2002 at 36,000. Wilkes Community College will present MerleFest 2004 on April 29-May 2, 2004. ■■■ **Joseph Ferrell**, who has quietly built a career at UNC-CH devoted to the mission of higher education and the service of his state, was honored recently by his University peers with the **2003 Thomas Jefferson Award**. Since 1961 this award has been given to a faculty member who "through personal influence and performance of duty in teaching, writing and scholarship has best exemplified the ideals and objectives of Thomas Jefferson." **Charlotte DiLeonardo**, CEO of **AlphaGraphics** of Raleigh, has been named Communications Chair of the Raleigh chapter of the **National Association of Women Business Owners** (NAWBO). The Association is a nonprofit membership organization

dedicated to promoting the growth and economic development of women business owners. ■■■ The newest initiative for children by the **ArtsCenter of Carrboro**, an after school arts program called **AfterSchool Arts Immersion** (AAI), has been awarded a \$22,000 grant by the National Endowment for the Arts (NEA). AAI was launched in January 2003 and is the area's only arts-based learning after-school program. It links professional teaching artists with children ages 6-12 for month-long residencies to help children develop artistic, interpersonal and academic skills. ■■■ Also from the ArtsCenter: **Colin Bissett**, executive director of The ArtsCenter, has accepted a position directing a major cultural center in central Florida. He will continue at The ArtsCenter until June 27 and assist in the search for a new executive director. During his three-year tenure at The ArtsCenter, Bissett has reduced the organization's deficit by more than 60 percent, instigated the first **Play Festival, World Arts Festival & Black Playwright Festival** and was responsible for the installation of **fixed theater seating** in the Earl Wynn Theater. ■■■

Two North Carolina students, **Shannon Stencil**, 17, of Garner and **Charlotte Rastas**, 11, of Wilson, were honored recently in Washington, DC, for outstanding volunteer service to others during the presentation of the **2003 Prudential Spirit of Community Awards**. The two, along with over 100 other top youth volunteers from across the country, received \$1000 awards at the eighth annual award ceremony held in the Smithsonian Museum of Natural History. ■■■ **Ann Vorus**, founder of **Raleigh Dance Theatre** has been selected as the **2003 NC Teacher of the Year by the NC School of the Arts**. She was recognized during the School of the Arts Commencement on May 31.

■■■ Eleven members of the legal team **Ward and Smith**, PA, of Greenville have been selected for inclusion in the 10th edition of the legal referral guide **Best Lawyers in America**. Managing partner **David L. Ward** was included for the 10th time, indicating his recognition in every edition of the publication's 20-year history. ■■■ A collaboration among Triangle cities, towns, counties, CVBs & Chambers has resulted in the launching of a public service campaign called,

The Triangle—A Family of Communities. The campaign hopes to facilitate collaboration on issues such as transportation and air and water quality. It will involve broadcast and print advertisements, logos, letterheads, a Web site and other communications vehicles. ■■■ **Dr. Jeffrey L. Houp** has announced that he will resign as dean of the **UNC-Chapel Hill School of Medicine** and chief executive officer of the UNC Health Care System by next May after completion of a national search for his successor. ■■■



My Usual Charming Self

by Bernie Reeves

PHOTO BY JIM TURCOTTE

MIRROR, MIRROR ON THE WALL, IS THE AMERICAN PRESS HONEST AT ALL?

That's what you get for reading the *New York Times*. I quit years ago so the Jayson Blair scandal is no surprise. They've been placing diversity over objectivity for the past 20-plus years—and it's no coincidence that the reliability of the "paper of record" for the US has declined proportionately. It is also another sad chapter in the continuing national affirmative action initiative in which qualified blacks are stained with the doubt by their white peers they are qualified for their professions. Consequently, Jayson Blair and his handiwork are hardly an aberration for the *Times*, or for most large city American newsrooms.

I pick up bits and pieces of the continuing scandal—the mea culpa, maxima mea culpa shindig at a Manhattan movie theatre where publisher Arthur Sulzberger and editor Howell Raines led what the Maoist Chinese used to call a "struggle session" to "get everything out" and admit you're a sorry so-and-so, but ultimately blaming everyone and everything but yourself for the mistakes and consequences of your actions. This New Age self-inflicted auto-de-fé is now de rigueur in our public life. Tell it all, brother, and it's as if it didn't happen.

Well, it did happen at the "grey lady" and that's bad enough—allowing reporters to fabricate the facts, even after warning after warning—but it's hardly new since the daily paper industry began to place affirmative action over accuracy in the late 1970s. Errors and shoddy reporting got so bad in the early 1980s there was real fear that the damage done was going to lead to the regulation of the "free" press. The *Post* and *Times* and others hurriedly hired "ombudsmen" to assuage the public and the Congress that the papers could police themselves. The big dailies formed the National News Council, naturally comprised of their own cronies, to add teeth to self-regulation.

All was well, it seemed, until the Janet Cooke cat got out of the bag in 1981. The incident is bandied about today in coverage

of the Jayson Blair affair, but no one is telling it all—so I will.

A SAD TALE BUT TRUE

The *Washington Post* hired Janet Cooke basically because she was a black female. Once on board she had the run of the house, nabbing big assignments and establishing her byline on the front page. Fueled by the fame she thought she had earned, she set her sights to write a Sunday "human interest" piece on the burgeoning drug problem in the District of Columbia. She chose to interview "Little Jimmy," an 8-year-old heroin dealer who had been driven to depravity by the cruel and unfeeling American social system.

Her editor on the piece at the *Post* was none other than Bob Woodward, who by 1981 had become a nationally known journalistic matinee idol as a member of the Woodward-Bernstein team that brought down Richard Nixon. He was so "hot," as the girls say today, that Robert Redford was selected to play him in the film "All the President's Men" about the *Post's* Watergate coverage. Back then, everyone was swooning over the new hero in America, the swaggering "investigative journalist" who would right all wrongs. *Atlantic Monthly* called it the "Woodstein" phenomenon after applications to journalism schools swelled as eager young boomers became intoxicated with the idea of being just like Bob and Carl.

Cooke's piece was a tearjerker and had the bien pensants chattering that America was a perverted place indeed for allowing conditions that created the sad life of Little Jimmy. Woodward lobbied the *Post* to nominate the story for a Pulitzer, but the Committee had already picked out a winner in her category. Under pressure from Woodward and *Post* editor Ben Bradlee to move it to another classification ("come on guys, this is a black woman writing about black issues," etc.) Janet and Bob and Ben and Little Jimmy won the prize.

Alas, the *Post* editors could not suppress the emergence of the real truth. It came out that she made up the whole Little Jimmy thing. Worse, poor Janet Cooke couldn't understand why it mattered. After all, she had done her duty and identified a problem that everyone knew existed, so why all the hullabaloo? Sadly for her, back then there were still in place journalists on the Pulitzer committee who thought the facts and the truth were more important than social causes. They took back their prize, but that was not the end of the story.

The tainted Pulitzer was awarded to Teresa Carpenter—the second place contestant—a New York City freelancer who wrote a series for the weekly *Village Voice* on high profile murders in the Big Apple. The article that ended up winning Cooke's stained Pulitzer was about the slaying of New York City left wing activist Allard Lowenstein, who had cut his teeth as a Freedom Rider in Mississippi and Alabama during the turbulent days of desegregation in the South. Twenty years later, a colleague from the old days in Selma and Oxford walked into Lowenstein's New York office and shot him dead.

THE NC CONNECTION

Lowenstein attended UNC-Chapel Hill in the late 1950s, as part of a tradition created by his New York father who sent all his four kids to Chapel Hill for a good liberal education. After crusading in the South, he appeared as an assistant professor at NC State in Raleigh. In 1968, in the teeth of the Vietnam War, he gained international fame for starting the "Dump Johnson" movement. He then returned to New York, won public office for a spell and then settled in as a sought-after political pundit. He was often quoted and basked in his role as an icon of the "Movement" until that fateful day when Dennis Sweeney appeared and shot him dead.

At that time I was friends with the co-founder of the *Village Voice*. I called Ed Fancher and congratulated him that the paper (which he and his partner sold in 1971) had won the Pulitzer, a first for the *Voice* and the alternative press. After a brief silence, Fancher

said, "Well, there's a problem. I suggest you call Allard's close friend Jim Wechsler." And I did. Jim Wechsler was highly regarded in old New York circles and was then deputy editor of the *New York Post*. I asked him why Fancher wanted me to call.

Reluctantly he related to me that Teresa Carpenter never interviewed the killer Dennis Sweeney and fabricated her story based on the juicy but unsubstantiated innuendo that Lowenstein and Sweeney were allegedly homosexual lovers back in the glory days in the South. Carpenter, who alleged she went to see Sweeney at Riker's Island prison, quoted the killer who said the murder was a lover's quarrel.

Unhappily, Carpenter, it turns out, never spoke with or visited Sweeney as she claimed. The problem then, said Wechsler, is that Lowenstein had been happily married for years and was the father of four children. When Carpenter's story claiming a homosexual motive first appeared in the *Voice*, the family decided not to raise a fuss to avoid bringing more attention to the allegations. Wechsler was particularly disgusted with Carpenter because under US law families cannot sue for libel posthumously.

Then the story ends up winning the tarnished Pulitzer and is circulated widely, bringing up the whole business again. Wechsler and the Lowenstein family acted in the only way they could and reported that Teresa Carpenter was no better than Janet Cooke and had made up the whole interview with the killer. The Pulitzer officials refused to go through another ordeal and allowed Carpenter to keep her prize. Wechsler and the Lowenstein family's only choice was to complain to the newly established National News Council. The Council, to their credit, censured Carpenter but she kept her Pulitzer and the Lowenstein family lives with the allegations with no other legal recourse.

WHAT WENT WRONG?

La affaire Janet Cooke, and the mostly unknown story of Teresa Carpenter's fabrications, did not stop daily papers from continuing to hire incompetent reporters, white or otherwise, if they exercised the correct political slant. Journalism schools, like the rest of their neighbors on campus, abandoned the rigors of traditional scholarship after Kent State and took on the righteousness of 19th-century muckrakers. J-school graduates poured out of the redoubt and into the newsrooms with a shaky education, hardly any sense of history and, like their campus radical counterparts, absolutely no sense of humor. As I learned in

the 1980s, and the *New York Times* learned to their great chagrin in the Jayson Blair case, these graduates are expert in resume writing and interview skills but do not possess a sound concept of the world around them nor any ethics anyone can detect.

Jayson Blair and Janet Cooke were coddled and promoted because they were black. But what about the continuing scandals involving white journalists at the *New Republic*, the *Boston Globe*, the *Wall Street Journal* and many others? The answer is that they too matriculated from J-school and radicalized liberal arts departments into the newsroom where their mentors (like *New York Times* editor Howell Raines) had signed on to the lowering of standards caused by the blind zeal to force diversity. Facts and reality become secondary when you are "empowering" the "victimized," "ennobling" lesser developed cultures, recasting history to discredit individual achievement to elevate the "masses," or verbally assassinating "enemies of the state," i.e. people who actually achieve something on their own.

Couple this with the radical scholarship now dominant on university campuses (and its trickle-down effect to grade schools) and you have a volatile cocktail of anti-Western agendas, shoddy standards and the destructive crusade for affirmative action. The consequence of this process is that the daily press, which creates the news agenda for broadcast media, has become a distorted mirror on society. It is a looking glass that needs to be turned inward onto its own true image of careless inaccuracy, an aversion to the truth if it fails to suit a pre-conceived agenda, the acceptance of mediocrity as long as it is "politically correct" and obsessive worship of the golden calf of diversity. The last 20 years of disservice by the daily press to its constitutional protections and the people's need to know the truth is the real scandal, not Jayson Blair.

NOTES FROM LA-LA-LAND

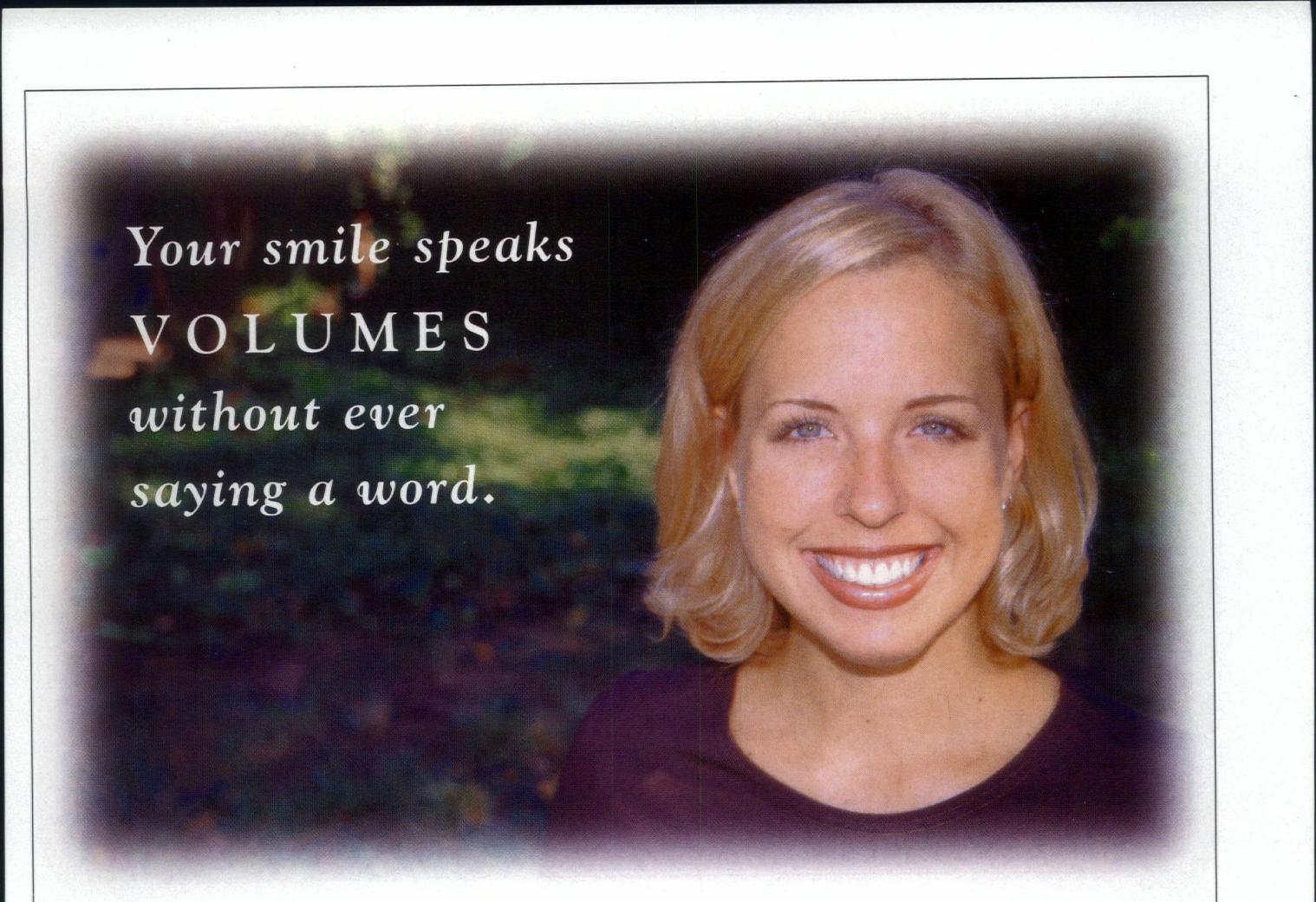
Funny that it was in 1981, the same year as the Janet Cooke/*Washington Post* Pulitzer scandal, that former KGB Major General Oleg Kalugin admitted that the Soviet intelligence agencies, after infiltrating "environmental and pacifist groups," in just that one year, "funded or supported 70 books, 66 feature and documentary films, more than 100 television stations, 4865 articles in magazines or newspapers, 300 conferences or exhibitions, and 170,000 lectures around the world." Is there a connection here with the politics of the modern newsroom and their incessant political agenda that relentlessly

attempts to distort the news?

Ask General Kalugin yourself August 27-29, when he will be present for the first Raleigh International Spy Conference entitled "Spies Lies and Treason: The KGB in America," founded by yours truly and sponsored by this magazine and the North Carolina Museum of History and its Associates group.

Kalugin will join the top intelligence experts in the world in Raleigh, including keynote speaker Chris Andrew of Cambridge, regarded as the leading intelligence scholar worldwide; CIA officer Brian Kelley, the "wrong man" in the Robert Hanssen investigation (Kelley appeared on *60 Minutes* this past February to discuss his ordeal); Nigel West, a former Member of Parliament and the leading expert on Venona, the recently declassified US signals intelligence operation that decrypted Soviet cables to American communists; Keith Melton, the spy technology guru and consultant to CIA and NSA who supplied most of the spy gadgets to the recently opened International Spy Museum in Washington, DC (and yes he is bringing many of his toys with him to Raleigh); Hayden Peake, Curator of the CIA's Intelligence Historical Collection; and Tom Kimmel, former FBI agent and the grandson of Admiral Husband E. Kimmel, who was commander-in-chief of the Pearl Harbor Navy base when it was attacked by the Japanese. Kimmel will provide newly declassified data proving KGB involvement in withholding information from Admiral Kimmel that the attack was imminent. Special guests will be here too for this significant and unprecedented espionage conference. Will you? Go to www.raleighspyconference.com, call the Museum of History at 919-733-3076 or Metro at 919-831-0999 to register or to find out more.

■■■ I can't leave the page without expressing dismay at Bill Bennett, not so much because he has a gambling problem but that it was the slots that did him in. That's like losing the farm at church bingo. ■■■ Why can't our lawmakers be more like Texas legislators? At least in the Lone Star State they get mad and show it. ■■■ To those who called me to say they were irate because in my May commentary I wanted to see "white smoke" coming out of the Vatican chimney, I wasn't calling for the Pope's immolation. White smoke billows when a new pontiff has been elected by the College of Cardinals. ■■■ To wind up on an upbeat note, hats off to the graduating students at NC State University who walked out of the barking-mad Commencement speech by Phil Donahue. Good show. ■■■

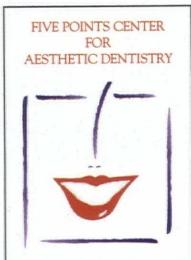


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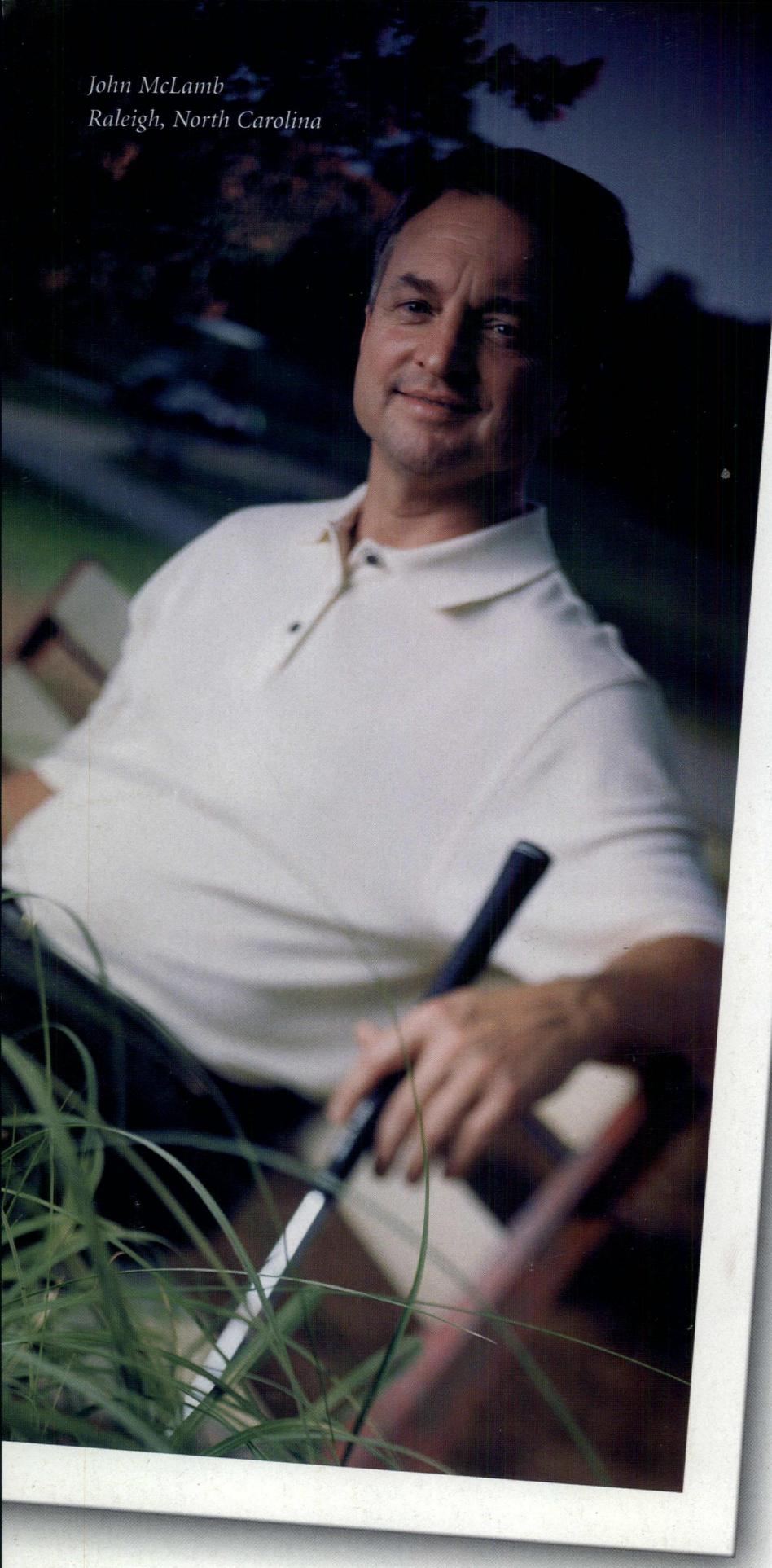
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