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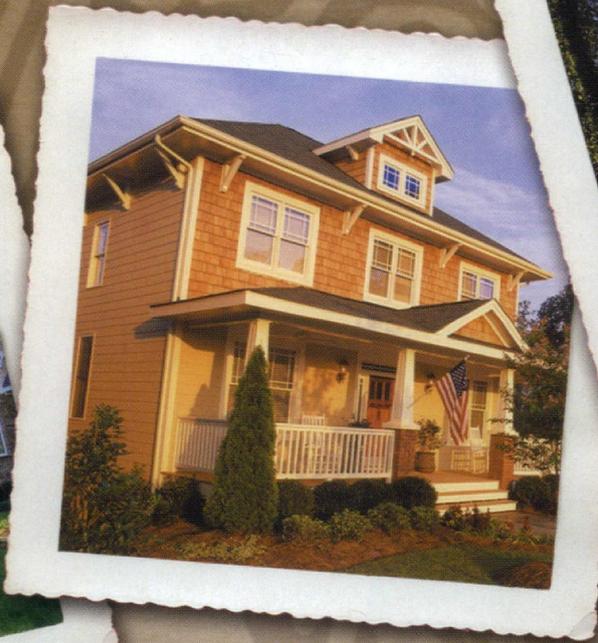
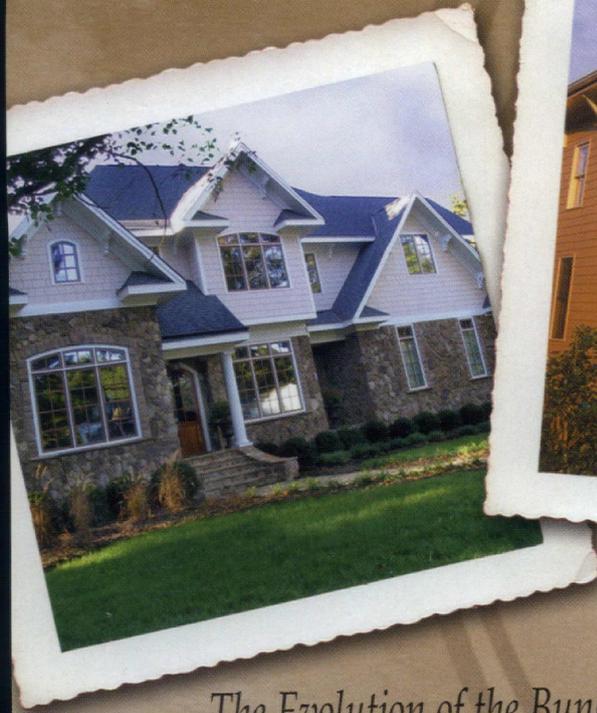
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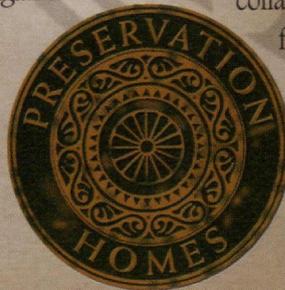
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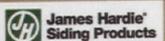
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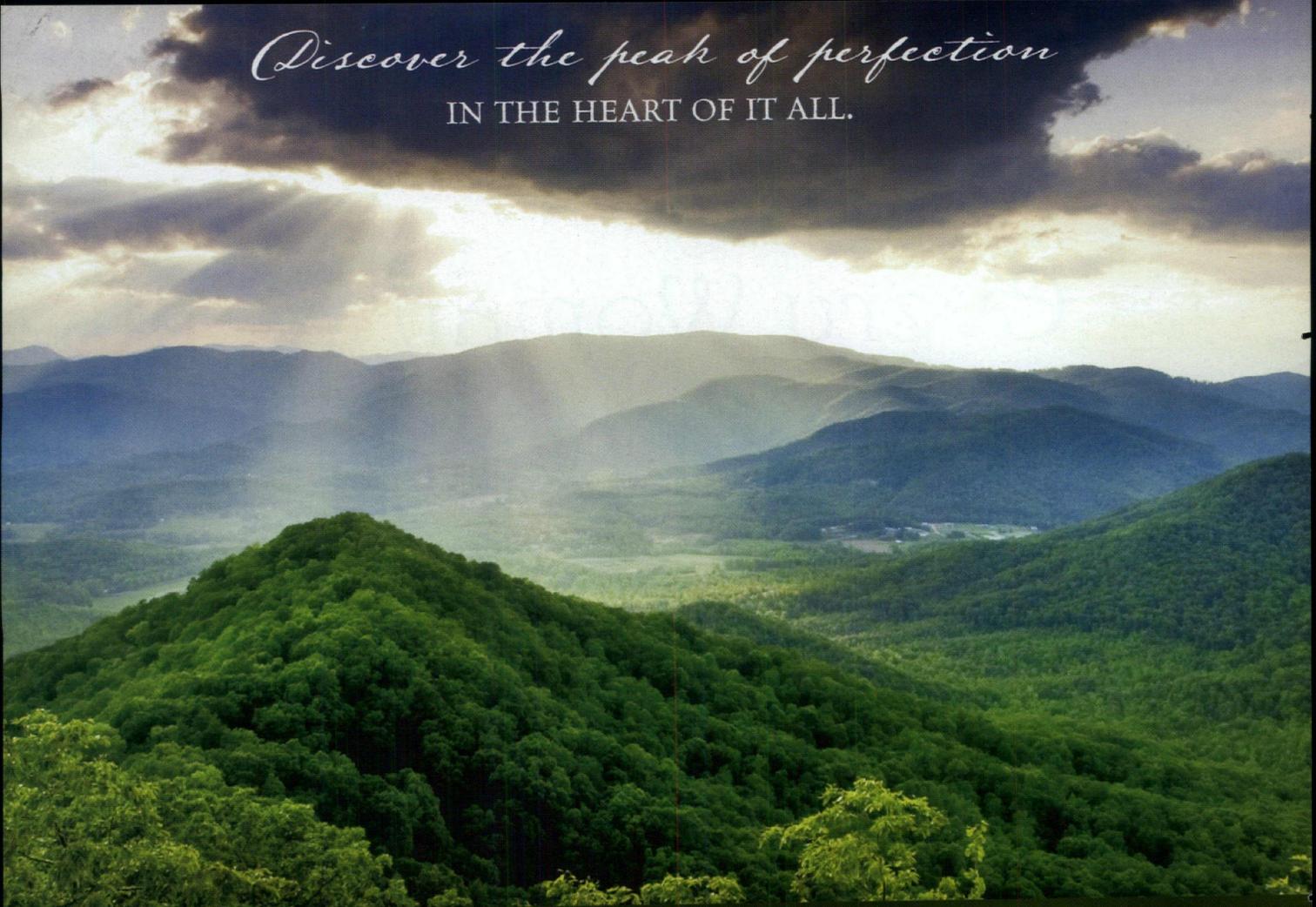
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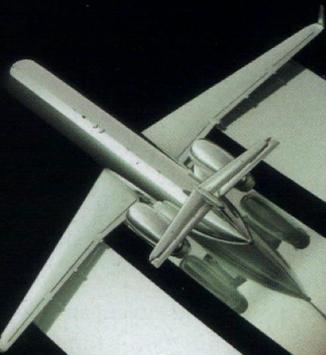
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Drawing by Ravenscroft second-grader Sophie Burkhardt of Raleigh — daughter of Kelly and David Burkhardt — was selected as the official holiday card for the K-12 private school.

PEACE ON EARTH

With hostilities on the decline in Iraq and terrorism receding worldwide, Christmas this year promises peace on earth and good will toward men. It also means Americans will be generous this holiday season.

For that perfect gift, consult the unusual and pleasing ideas in Part 2 of our annual gift guide, then move on to suggestions for the cook and vino aficionado by food editor Moreton Neal and wine editor Barbara Ensrud. Next, visit with fiction editor Art Taylor and non-fiction editor Arch T. Allen for interesting book gifts; and end up with music critic Philip van Vleck for the coolest in videos for under tree.

To bring the message of the season to us all, Carroll Leggett profiles a woman who proves every day it is indeed better to give than to receive. And to offer you the jump on pulling yourself together after the holidays, *Metro* provides a complete guide to area spas.

Southern Style is still in season in these parts. Proving the point, *Under The Tuscan Sun* author and furniture designer Frances Mayes has created a whole lot of Italy here in the Triangle. Diane Lea goes calling and also visits bungalow-style homes with interior designs by world-famous designer and Chapel Hill-native Alexander Julian and wife Meagan. And sure it's cold outside, but don't let that hinder you from seeking out garden and flower venues in the region as suggested by garden guru Helen Yoest. Go online at www.metroinc.com for an itinerary.

But what is style without fashion? Katie Reeves and Katie Poole set up a seasonal photo shoot at the new Umstead Hotel and Spa in Cary and came back with images to die for, featuring alluring couture and striking and beautiful models.

Also in this issue, world-trotting *Metro* columnists report from recent exotic outings. Jim Leutze draws on his experience as a former host of a global public television program to report on the latest in Turkey. And art critic Louis St. Lewis falls in love with beautiful Barcelona and its grand traditions.

We'll see you in the New Year with special issues in January and February featuring the ultimate To-Do List for 2008 — including checkups, fitness ideas, home remodeling, closet and clothes organization, security needs, cultural improvement and financial planning.

If it's January, it's time for our annual list of Who's Who in the region — always greatly anticipated as is *Metro's* highly regarded Medical Quarterly. And don't forget to mark your calendars for March 26-28 for the 5th Raleigh Spy Conference. It's a great gift idea: Go to www.raleighspyconference.com and call Jennifer Hadra at *Metro* (919-831-0999) to sign up or order a gift card.

May you continue to flourish in 2008!

—Bernie Reeves, Editor & Publisher

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RESPONSE TO REVIEW OF SOUTH RESTAURANT

I was not only surprised, but also irritated by Moreton Neal's restaurant review of South in your November 2007 issue. I view South's menu as a twist on Southern cuisine, but apparently she believes it should be something different than it really is. I'm not sure why she thinks some of the "European names" didn't make sense and provoked too many questions. Surely she knew what "pan jus" meant. Didn't she once own a French restaurant in Chapel Hill? Her article provoked only one question from me: What was her agenda in writing this article?

Ms. Neal's dining experience seems a far cry from the experiences my friends and I have enjoyed. I've had the fried green tomatoes and oysters, as well as many other dishes, and have found them all very tasty. Although I've never had the fried chicken, a couple of my friends love it so much, they order it every time they dine at South. And on every occasion I have been there, the staff has been friendly, warm and inviting.

I think Ms. Neal should focus on the positive and remember the old adage, "If you don't have anything nice to say, don't say anything at all." In the future, my hope is that she'll write reviews that will be more well-received by *Metro's* readers — the people who voted South the best new restaurant for the MetroBravo Awards.

Jason Taylor
Raleigh

MORETON NEAL RESPONDS:

Mr. Taylor's letter echoes the one I received from Kevin Jennings, owner of South. Both mention my "agenda," which I find curious. Prior to the November 2007 column on Southern cuisine — covering Watts Grocery in Durham, operated by Amy Tornquist, and South in Raleigh's North Hills, operated by Jennings' Urban Food Group — I had enjoyed Tornquist's food at Nasher Café, but no more so than I enjoyed some outstanding meals at Vivace and Frazier's, also owned by Jennings. I had written favorably about all these restaurants in previous *Metro Gourmet* columns.

My two dinners at South were disappointing, not just compared to Watts, but by the standards of Jennings' other restaurants. It's just that simple.

But as the saying goes, "a restaurant is only as good as its last meal." The faults I pointed out at South are not insurmountable and may have been addressed already. And it remains to be seen whether Watts Grocery can sustain the quality shown in its honeymoon phase. Ironically, I may have done Tornquist the greater disservice by creating such high expectations.

THE STATE OF HUNGARY

To: Balázs Szabó

Your article about Hungary's economic and political situation in the October 2007 issue of *Raleigh Metro Magazine* was very realistic from a real-life person's unbiased perspective. I think we both wish you could write about economic success and shining democracy, but it's not the case.

I am writing to you from Raleigh, but I was born in Budapest a few years after you in '57; my father was actually jailed by the "Hungarian KGB" (AVO) after the 1956 revolt and then chased into misery by the communist government. With his revolutionary background, he should have left in '56 but hope kept him home, and the whole extended family got moved onto the communist's blacklist.

I learned a lot of real history from my grandparents as a young boy, not from the government school. My grandmother used to whisper to me most of what he said about politics, while she was scanning around with her eyes. I did not like history in school, but now it's one of my hobbies, as fragments of real 20th century Hungarian/European history come to the surface via the Internet and people like you. I read everything with fascination as I'm searching for the truth and for a better future for my people — some of whom consider me a treasonous dissident of my motherland. And a small minority of Americans consider me an intruder wanting their jobs as I look for tech work as the industry is now going through a down cycle.

Hungary was the first East-Central European country gradually moving toward democracy and free enterprise as early as the 1970s. Poland followed and the Czechs right behind them. As you hinted, the big mistake Hungary made, unlike the Czechs, was not to lock up the communists after their well-deserved democracy arrived. You covered the rest; they grabbed all they could.

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The fact that Hungary was robbed from its natural resources when its 900-year-old territory was severely mutilated after WWI (Paris/Trianon Treaty), does not help its economy today either. That was an Austrian war and Hungary was an involuntary servant of the Hapsburg orders. On the other hand, this served the French well since they wanted to be the dominant breadbasket of the European food market.

In 1938, Europe recognized the unfairness of the Trianon Treaty that cut away two-thirds of Hungary's territory, but even worse, the partition did not follow ethnic population lines and 3.5 million Hungarians became hunted minorities in their own homes in the newly created "Czechoslovakia," "Yugoslavia," "Romania" and "Soviet Union." Most of these entities proved to be unfunctional communities and have broken apart, but our people were not re-attached to their motherland. By the way, the people of these partitioned nations are just as polarized as any other nation. I have good friends from all of the above countries, some of them Christians, some Jews. In the 1938 and '39 Vienna treaties, Europe recognized the unjustness and awarded Hungary 30 percent of its lost territories back, but Hungarians remained in the minority. By 1941, Hungary's borders were as fair and just as it can be after decades of deportations and ethnic cleansing of its detached brothers.

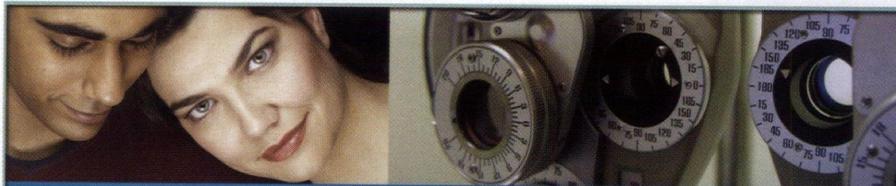
Unfortunately after WWII, when Hungary had to serve the unpleasant expansionist politics of Germany, Hungary's newly returned people and territories were cut away again. Keep in mind that between the two wars, Germany quickly filled the vacuum left by the Austrian Hapsburgs and made Hungary and Czechoslovakia its dependent

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servants. By 1938, Hungary imported 75 percent of its industrial products and raw materials from Germany, and exported 70 percent of its products to Germany. Do you think Hungary had a choice in whom to take sides with? On the other hand, Hungary never allowed establishment of concentration camps in its territory. Thank God.

As you mentioned, Hungary and its neighbors are simply a needed market for the wealthy Western Europeans. Any competitive industry and agriculture was already purchased, or demolished by our Western brothers. I could not believe it when I learned that the French managed to convince the EU that the agricultural production of Hungary and Poland had to be wiped out. This provided 60 percent of their income in the 1980s. Tens of thousands of live farm animals had to be slaughtered and hundreds of farms closed to obey the EU's orders. I can't believe the Brits bought into this. Now France owns the food market of the EU, and Hungary owns the thousands of homeless — as you mentioned.

I read some place that the better course for these new democracies would be to form

their own "EU East" (EUE) and speak with one big voice. Something like this was initiated before (The Visegrad Group) but the old Western trick of divide and conquer did away with it fast. On the other hand, back then there was more hope in EU prosperity for the East. Obviously, this "defection" requires other sponsors besides the EU that can offer real free enterprise and real democracy.

I believe that this region's fragile economic and political situation can't be stable until the minority issues are resolved. As Europe recognized the unfair national borders in 1938, it has to revisit the Vienna Agreements again and eliminate the national frictions by returning Hungary's borders to where its people actually live along the 1941 line, allowing the other new countries to retain their people. Without this, the EU will be able to continually play them against each other as they wish.

Does the US have any interest in this? Yes, because the US represents the true form of democracy where character counts and where an intelligent person picks friends or associates. Giving this gift to others is the purpose of our American life.

Steve Boman
Raleigh

DUKE CASE ENDURES

Regarding the infinite posterity of the Duke lacrosse rape story, *Metro's* obviously more seasoned editor, recognizing a lack of perspective on the story in the local press from the outset, felt a need to throw a different light on the situation, which ultimately exposed the fallibility of the press and gullibility of the public. That lack of perspective equals to the fact that reporters no longer seem attentive to the facts and that all is never what it seems.

Journalists now create. The local press (who really aren't local), were obviously dreamin' of putting names to a big ole stereotypical Southern story full of racial sins of the flesh and degradation, so much so, they couldn't wait to scoop the imagination of the false accuser into a worldwide pile of hogwash that the public wallowed in or endured for over a year, according to whether one believed her story or not.

It would seem that at least the local press would have paused long enough to consider

the long-term implications of what they were thinking and saying in order to preserve the good reputation of the area's people and businesses. But again, they aren't really local. They went Hollywood on this one and made money on it. It just goes to prove, you can rain all the terror on innocent people you want to. No sweat there if you have press immunity.

Only Duke and the people of Durham are paying now. By the way, where is the real story as to how this fiction got off the ground in the first place, above all others in the United States, enduring so long?

Kris Christensen
Durham

(Editor's Note: Go to www.metronc.com and "search" for Duke Lacrosse Case.)

JUST A MOVIE

I believe Mr. Reeves was himself showing his "whiteness" when he wrote his Nov. 8, 2007, *Between Issues* blog on the *Metro* Web site (www.metronc.com — "American Gangster Lawyer") regarding the movie *American Gangster*.

He totally tries to downplay the movie and actually sounds like one of the characters when he said, "No black man has ever, blah, blah, blah ... than the Mafia." I don't think the movie was trying to downplay any side and show up another, but it was telling a story from both sides.

Why should we believe anything Bernie says when he is doing exactly what he accuses someone else of doing?

Last point, when was Denzel Washington trying to justify playing the role of Frank Lucas? If you know Denzel Washington's motto, he plays roles that show the consequences of either being good, bad or in between. We tend to not like it when an actor who is usually known to be "good" shows that they can take it to the other side.

OK, so last point (really) IT IS JUST A MOVIE — doing what every other movie does to make it hype. Movies would not be so great if they were created otherwise.

Patricia
Via the Internet

(Editor's Note: The point of my piece was the connection to Raleigh in the Frank Lucas drama.)

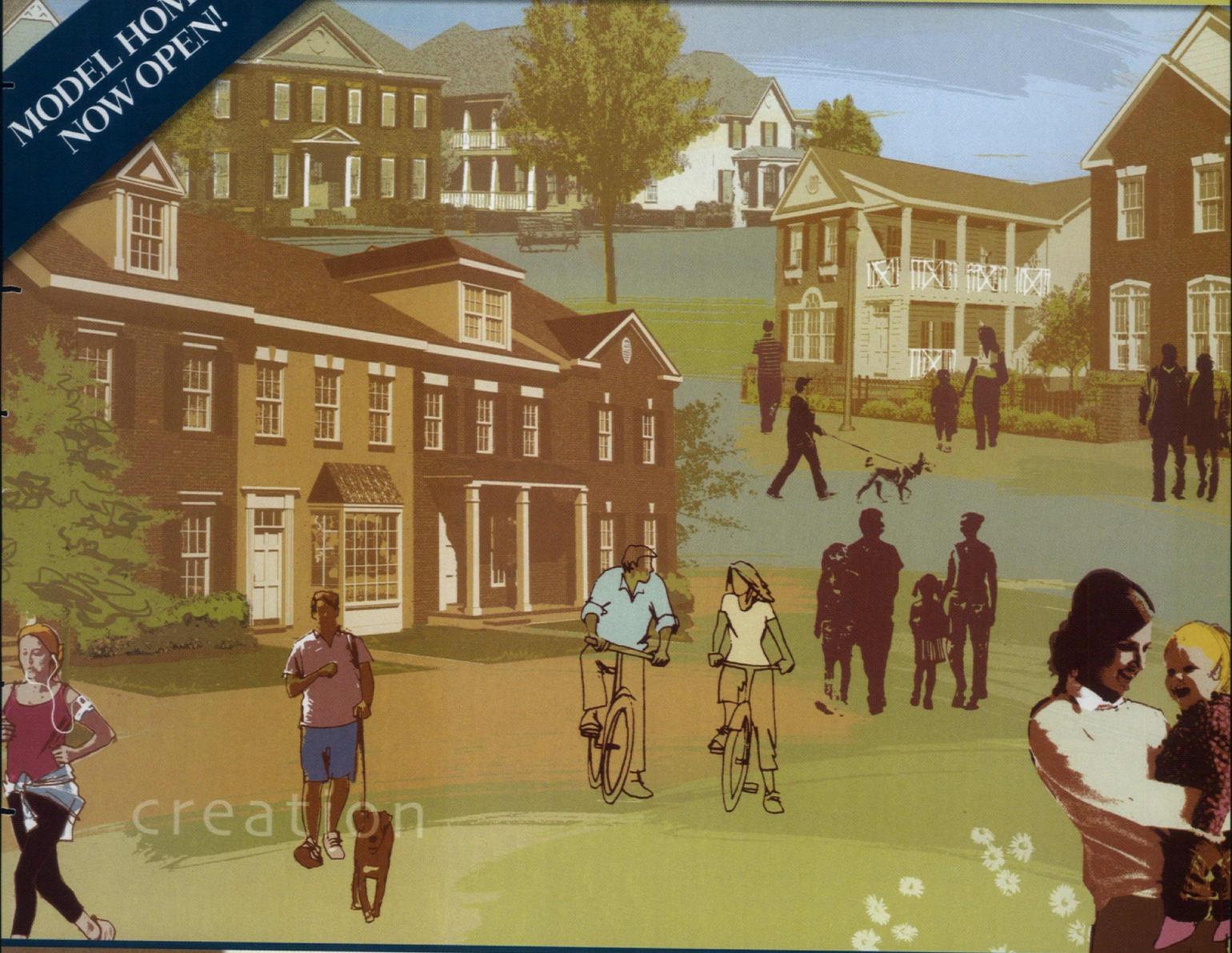
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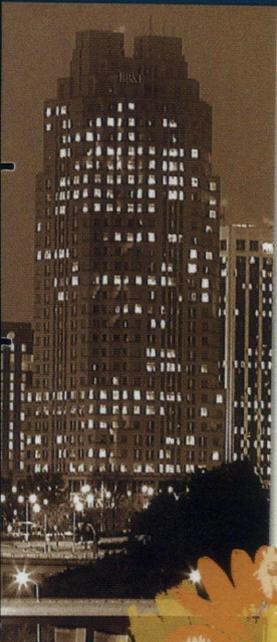
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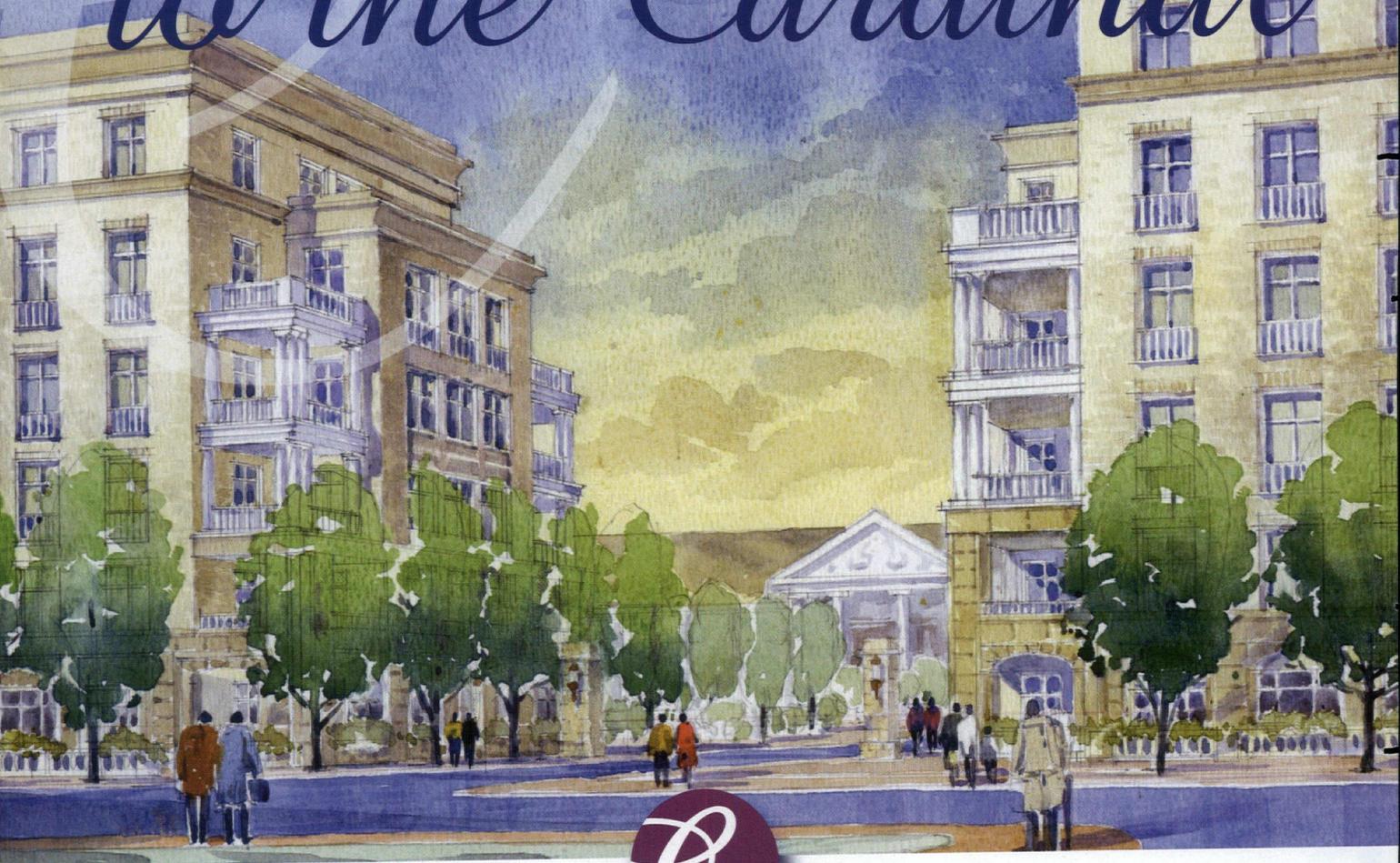
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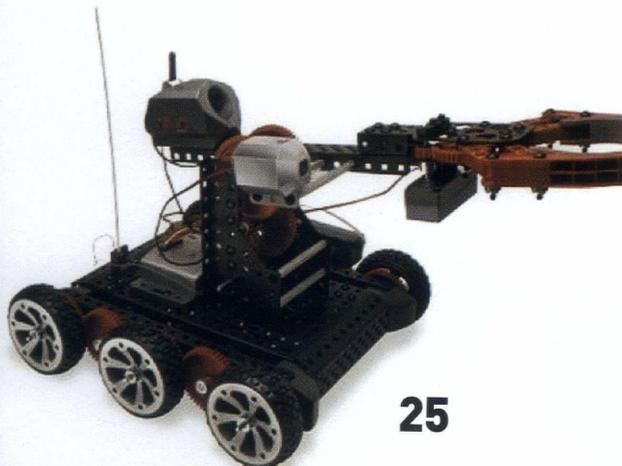


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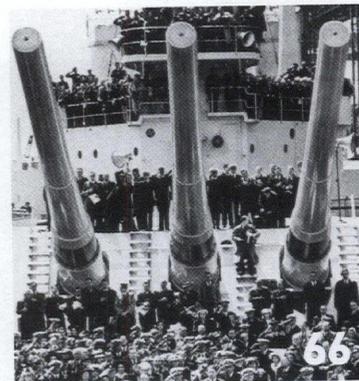
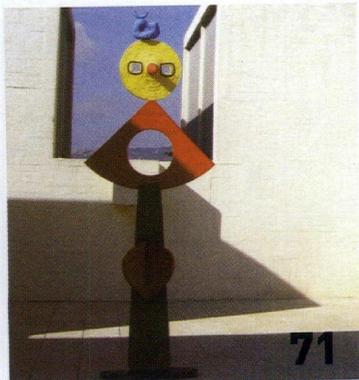
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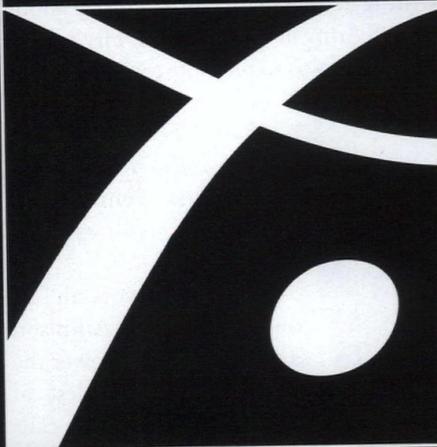
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Author Defends War Coverage

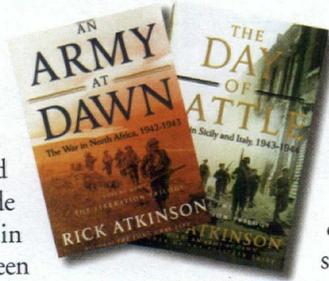
Rick Atkinson, veteran war correspondent for The Washington Post and a Pulitzer Prize-winning 1974 graduate of East Carolina University, stopped in Raleigh recently for a book-signing and delivered a strong defense of reporters trying to cover the war in Iraq.

Calling Baghdad and Iraq extremely dangerous, Atkinson said reporters had little choice but to stay inside the US security area in Baghdad known as the "Green Zone." He also said many reporters bravely ventured forth with US and Iraqi units as "embeds" in order to tell the world what was happening. Scores of reporters have been killed and wounded, including ABC Correspondent Bob Wood-

ruff who suffered massive head injuries.

Atkinson also said the US "needs more help" in Iraq and Afghanistan. "In the global war on terror, the best team wins," he added.

Atkinson, who has reported in depth about the war on terror and covered the first Gulf war in 1991, is in the midst of writing a huge "Liberation" trilogy about the US Army in World War II. His Raleigh visit was to promote the second part of that work, *The Day of Battle: The War in Sicily and Italy, 1943-1944*. The first volume, *An Army at Dawn*, won the Pulitzer.



Calling his work an "arduous process," Atkinson said he attempts to cover the war from "the grandest of grand strategies to the foxhole." He calls World War II the "greatest story of the 20th century," but notes one of the challenges to a writer and historian is dealing with the mass of available material needed to tell the

story — more than 14,000 tons at the National Archives.

—Rick Smith

Durham: A Self-Portrait Premieres

Durham: A Self-Portrait, a documentary film about the tobacco city from the Civil War to present day, premiered at the Carolina Theatre on Nov. 16 to a capacity crowd. Two additional weekend screenings were added to accommodate ticket demand.

Documentary filmmaker, Dr. Steven Channing of Durham, an historian who often examines issues of race and class, incorporated old photos and vintage clips interspersed with interviews of prominent Durham personalities, many of whom were involved in the events that shaped the city's unusual Southern story.

Historian John Hope Franklin sets the stage with a narration about "the secret game," a 1944 basketball contest between white Duke medical students and an all black Durham college team. This clandestine meeting of athletes, which took place on a Sunday morning when those who might object would be attending church services, becomes a metaphor for the nature of race relations that characterized the city's past.

Channing, an Emmy Award winner for

Lessons and Carols From Cambridge

On Christmas Eve WCPB-FM (89.7) will broadcast live from England *A Festival of Nine Lessons and Carols from King's College, Cambridge* from 10 AM to 11:30 EST. The service was initiated during World War I by the BBC to carry the message of Christmas to troops in the trenches. Combining readings and carols sung by the famous King's College Boy choir, the service evokes the beauty of the original Anglican Book of Common Prayer and the King James edition of the Bible.

Metro editor Bernie Reeves, who has underwritten the broadcast for several years, is joined this Christmas by WRAL-TV chief news anchor David Crabtree in underwriting the program. Go to www.theclassical-station.org.

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the film *Alamance*, has spent more than three years bringing this project to fruition:

“One of our wonderful interviewees, Dr. Brenda Armstrong, helped integrate Duke University in the 1960s. She tells us she did it for Duke and for the students to come. In a real sense,” Channing said, “I also have done this film for Durham and to inform and encourage the next generation with a better appreciation for those who created a unique community.”

Durham: A Self-Portrait was underwritten by corporations, foundations and private supporters under the auspices of the Southern Documentary Fund. **MM**

—Sharon Swanson

Pembroke Magazine Now Available

Pembroke Magazine, a literary review sponsored by the North Carolina Arts Council, the National Endowment for the Arts, and the University of North Carolina at Pembroke, published its thirty-ninth edition last month. The annual publication focuses on African American literature and features poetry, prose and short stories from

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a variety authors.

The book also includes a collection of photographs by Jan G. Hensley in Recognition of novelist Margaret Maron, the honoree of the North Carolina Writers' Conference in 2006, and photographs of mural projects by Dr. Ruth Winchester Ware. A native of Asheville, Ware has exhibited at the Durham Arts Council, the Carrboro Arts Center and twice in the juried exhibit in Chapel Hill.

This edition of *Pembroke Magazine* was edited by guest editor Dr. Lenard D. Moore, founder and executive director of the Carolina African American Writers' Collective. Other contributing writers include Nancy Olson, who owns and operates Quail Ridge Books & Music in Raleigh; Bland Simpson, a professor at the University of North Carolina at Chapel Hill; and Judy Hogan, the founding editor of Carolina Wren Press (1976-91).

For more information about *Pembroke Magazine* or to purchase a copy, visit www.uncp.edu/pembrokemagazine or call 910-521-6358. **MM**

Medal of Arts Winners

Six individuals and organizations received the City of Raleigh's highest arts honor, the Medal of Arts, last month. The award winners included: The North Carolina Symphony, North Carolina Theatre, gallery owner and community arts leader Rory Parnell, Carolina Ballet lead dancer Melissa Podcasy, Progress Energy and The Raleigh Ringers.

Award winning Broadway designer and North Carolina native William Ivey Long served as the master of ceremonies and North Carolina's first Lady Mary Easley and singer Tift Merritt were on hand to present and perform during the ceremony, which was held at the Fletcher Opera Theatre in the Progress Energy Center for Performing Arts.

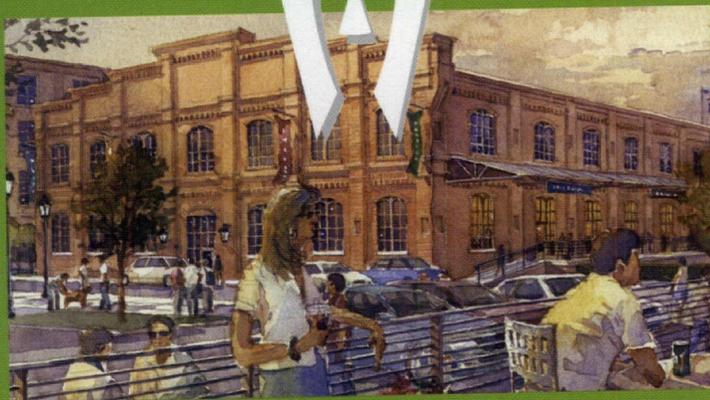


CAROLINA BALLET

Podcasy

Attendees at this year's Medal of Arts ceremony were treated to performances by Anita Burroughs-Price, a harpist with the North Carolina Symphony and a past

Blur The Lines Between Work And Play.



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Medal of Arts winner; The Raleigh Ringers; and the North Carolina Theatre, which presented a musical selection from the "Secret Garden."

The City of Raleigh Arts Commission established the Medal of Arts program in 1984. Past winners include author Betty Adcock, philanthropist Dr. Assad Meymandi, Raleigh Little Theatre and Arts Together. **MM**

IBX Newsletter Online

The Winter 2007 edition of the *Inner Banks (IBX) Newsletter* is now available online at www.venture-east.com/projects/IBXNewsletter.cfm. The newsletter covers the eastern region of North Carolina and its wildlife, forests, sounds, rivers, waterways, and beaches.

This issue's theme is North Carolina's Pasquotank River Region. Readers will



enjoy learning about happenings in the town of Manteo, the history of Currituck County and the canal that connects the town of South Mills to its heritage. In addition, the newsletters quarterly events calendar keeps readers abreast of Inner Banks events.

The IBX Newsletter is a byproduct of www.venture-east.com, a website that provides users with information about the all that the region has to offer in the various areas of history, culture and tourism.

For more information about the Inner Banks and other Venture East initiatives, visit www.venture-east.com. **MM**

continued on page 87

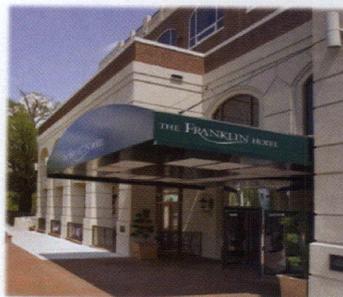
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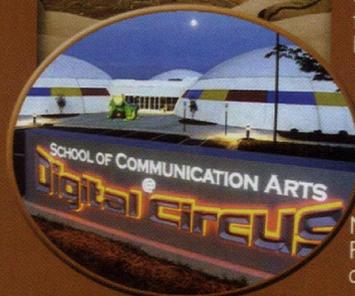
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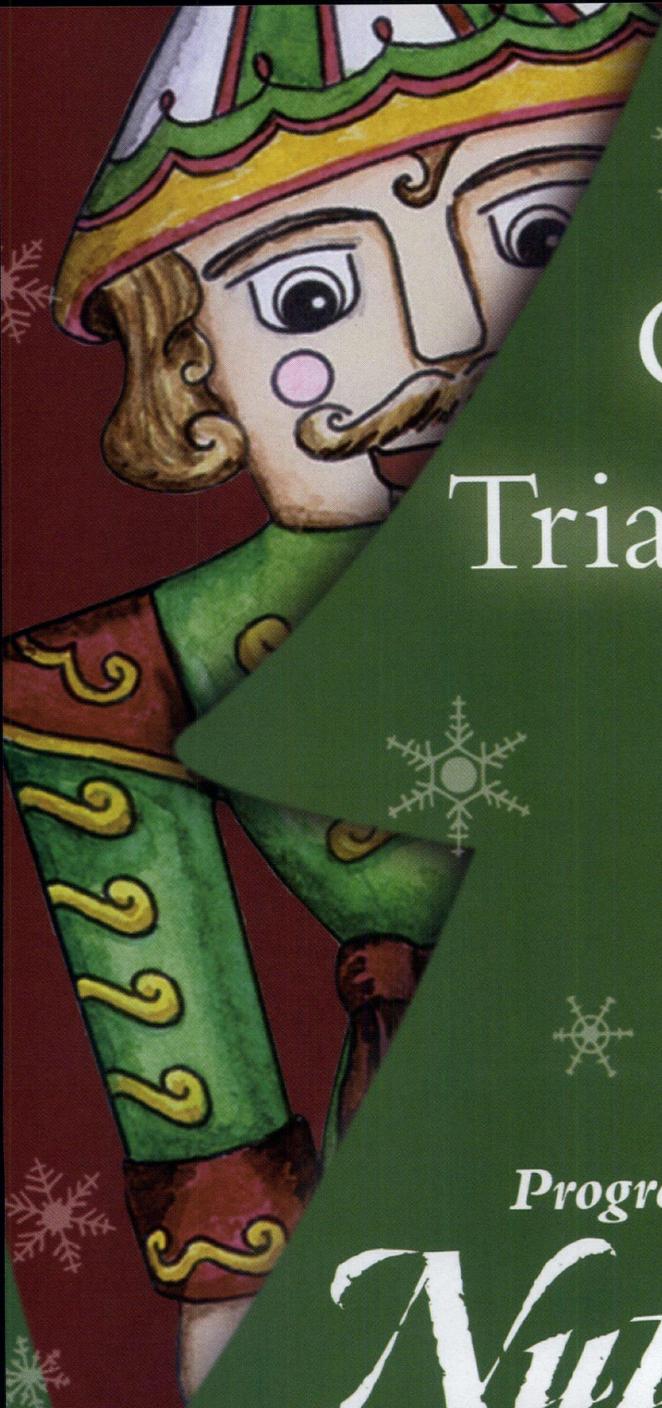
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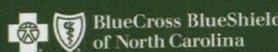
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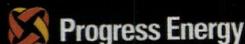
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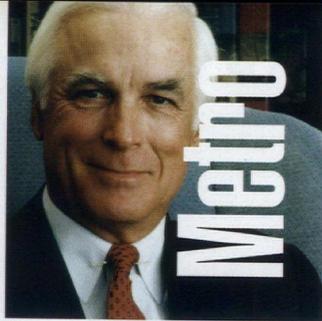
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Editor-at-Large

by Jim Leutze

VISIT TO TURKEY STIRS ISSUES

When we told people we wanted to go to Turkey, the first reaction was a blank stare followed by “why?” Regardless of what we might reply, the general advice we received was, “be careful.” If they had seen *Midnight Express* they meant be careful about doing drugs (no problem). If they’d seen *Lawrence of Arabia* it meant be careful around Turkish army officers with pencil-thin mustaches and high leather boots. But the overarching concern was terrorists. “They’re Muslims, aren’t they?” Well, yes and no. More on this later. In any case, we were not deterred.

Twenty years previously I had visited Turkey to do a program for North Carolina Public Television on the NATO Alliance. At that time, Turkey anchored an important part of the line of defense against our mutual enemy, the Soviets. Among others, I interviewed their president, Turgut Özal, whose son had attended UNCW. All in all it was a fascinating trip during which I came to admire the tough, resilient Turks who were defending their own and our interests with vigor. They were quick to remind me that they had also fought beside us in the Korean War and hoped that this, as well as their role in NATO, would lead to their inclusion in the just-formed European Union. (I had bad vibes about this when a representative at the British Embassy said to me, “After all, old boy, you wouldn’t want them in your country club, would you now?”)

My wife had also had a pleasant experience traveling to Turkey years ago, but it was two Turkish swimmers at UNCW who provided the direct impetus for this trip. Burak and Murat Erdem had been recruited by Coach Dave Allen in 1991, and they swam like Turks fight — with determination. Since graduation, both athletes settled in Wilmington where they run a successful import/export business. So, with this enthusiastic support, we planned a trip to include sailing along the Southern Mediterranean coast with a trip inland as far as Cappadocia, the mystical land of fairy chimneys and underground cities where Christians hid during early Roman times. There are, we

are told, more Roman ruins in Turkey than in Italy and more Greek ruins than in Greece — plus a church inaugurated by the Emperor Justinian in 537 AD. That church, the Hagia Sophia, was a religious icon for the Eastern Orthodox Church for almost a millennium, but when Constantinople fell to the Turks in 1453, it was converted to a mosque. It remained the principal mosque of Islam until the 1920s when it was converted to a religious museum by the secular Turks — rather ecumenical, don’t you think?



The issue of the day there, as here, was Iraq, but with a Turkish twist (or maybe a Gordian knot). The Kurds, who have minority populations in Iraq, Iran, the “stan countries” (Kazakhstan, etc.) and most notably Turkey, have taken the opportunity offered by the Iraq war to ramp up their violent agitation for an independent Kurdistan that would encompass a large chunk of Turkish territory. Supported by the Kurds in nearly independent Northern Iraq, the Kurdish independence terrorists have been attacking the Turks and taking military personnel hostage. Over the last 25 years, such raids and bombings have killed 30,000 Turks. That’s right — 30,000.

The newly elected Turkish government, already under suspicion for being too weak on Muslim fundamentalism, urgently needs to show some backbone — so they called on the US to restrain the Kurds in Iraq. The US response was sort of, “Who — us? We’ve got our hands full.” Not surprisingly, the Turks, who thought the war in Iraq was a mistake from the beginning, weren’t pleased by this

response. The Muslim extremists, however, were delighted, taking this as proof of their contention that the West — including the European Union — would never accept Turkey as what it really is, a Western-oriented, secular democracy.

Then, in a monument to inept political timing, the US Congress decided to resurrect the issue of the Turkish handling of the Armenians in 1915 by branding it as “genocide.” Don’t get me wrong, during World War I the Turks approached the Armenian issue disastrously; thousands of people died and to this day relations between Turkey and Armenia are severely strained. However, I might point out that some considered our handling of the Native Americans as genocide; ditto the British policy toward Ireland in the 1840s, and the Australians extermination of the Tasmanian Aborigines, and the Russian policy toward the Circassians has been called, “the largest genocide of the 19th century.” The point is that lots of awful things have happened, and the US Congress has not seen fit to officially brand each of those occasions as “genocide.” And anyhow, what standing does the US Congress have branding anything that went on 90 years ago as anything? Moreover, it seemed rather odd for a group that can’t do anything meaningful about Iraq, where we do have standing, to be messing in someone else’s domestic affairs.

The issue of the Kurds and their raids into Turkey continues to simmer as of this writing. If there is one thing we don’t need, it is to have the Turkish military, which is pretty tough, starting another war in Iraq.

But the weather was great, the food delicious, the Grand Bazaar is bizarre, but the sales people aren’t pushy, and the ordinary citizens, many of whom speak good English, are wonderful. Go to Turkey if you have a chance; it’s American Middle East policy they don’t like, they really do like Americans, are eager to demonstrate their Western ways and will do everything possible to show you a good time. (For tips on Turkey, send me an e-mail at email@metronc.com.) **MM**

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Metro Magazine's

Gift Guide

If the length of your shopping list is making you dread the arrival of Dec. 25, let Part 2 of *Metro's* holiday gift guide relieve your stress. We've made a list (and checked it twice) of presents that are sure to please on Christmas morning. Read and relax!

by **Jennifer Hadra**
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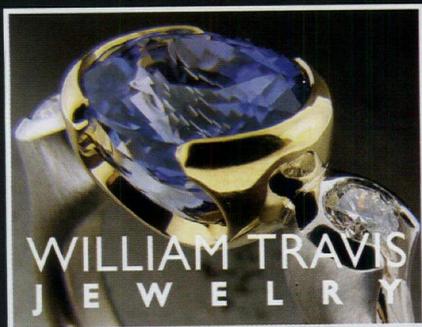
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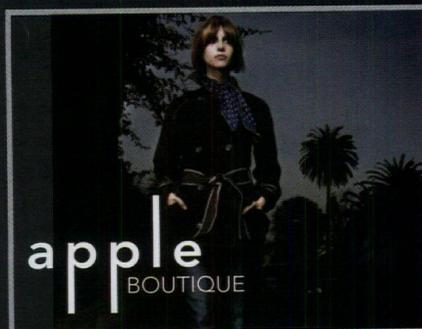
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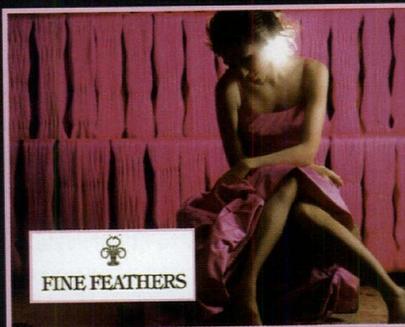
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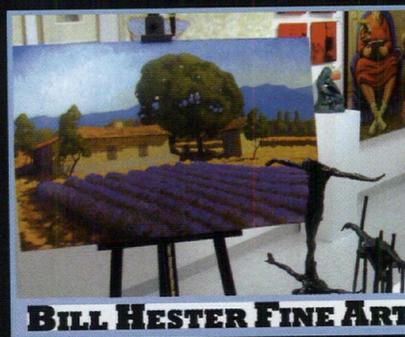
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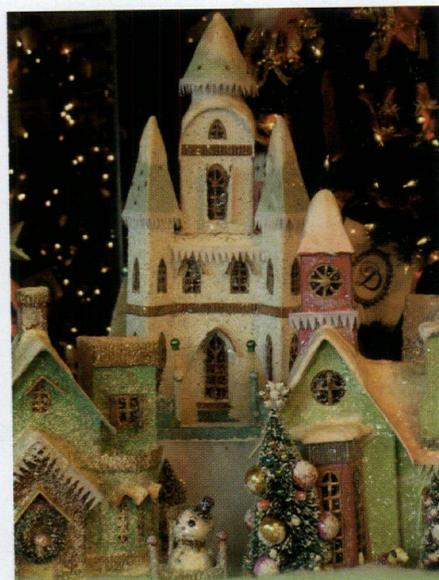
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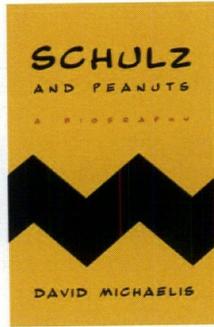


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Gift Guide continued on page 61



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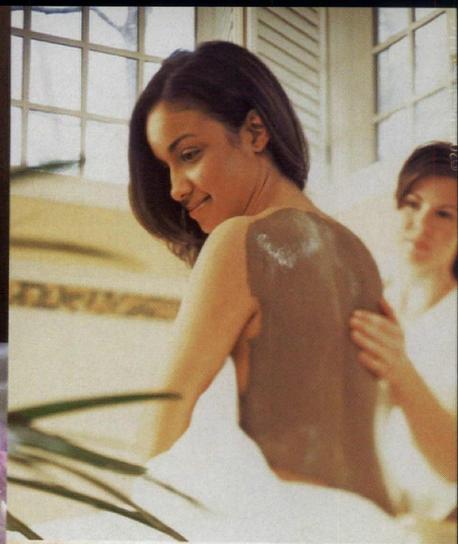
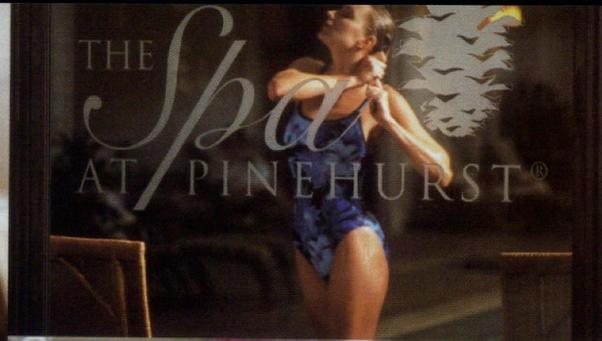
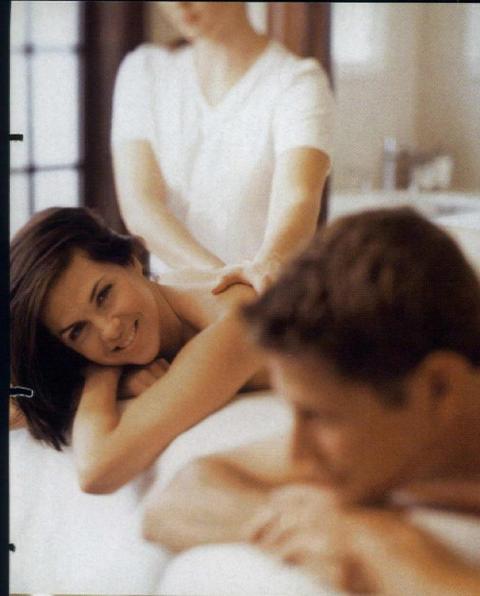
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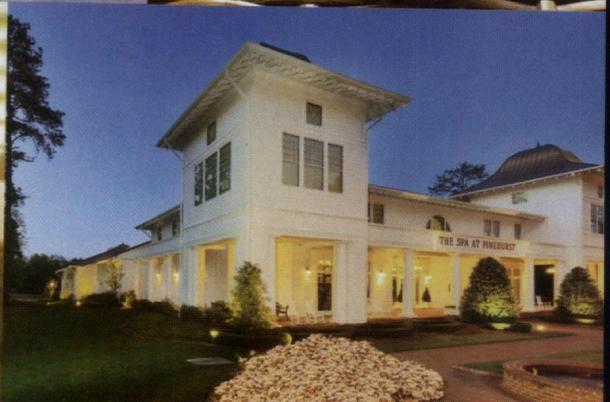
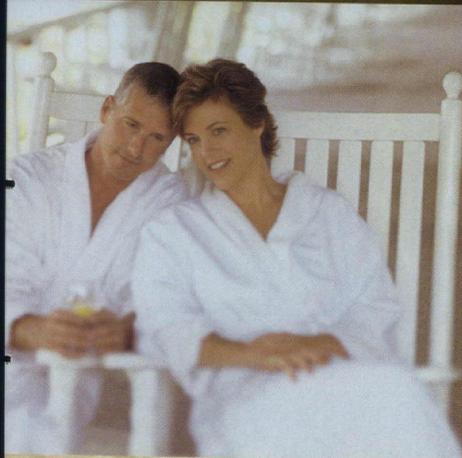
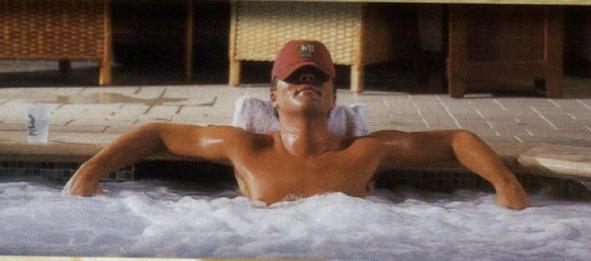


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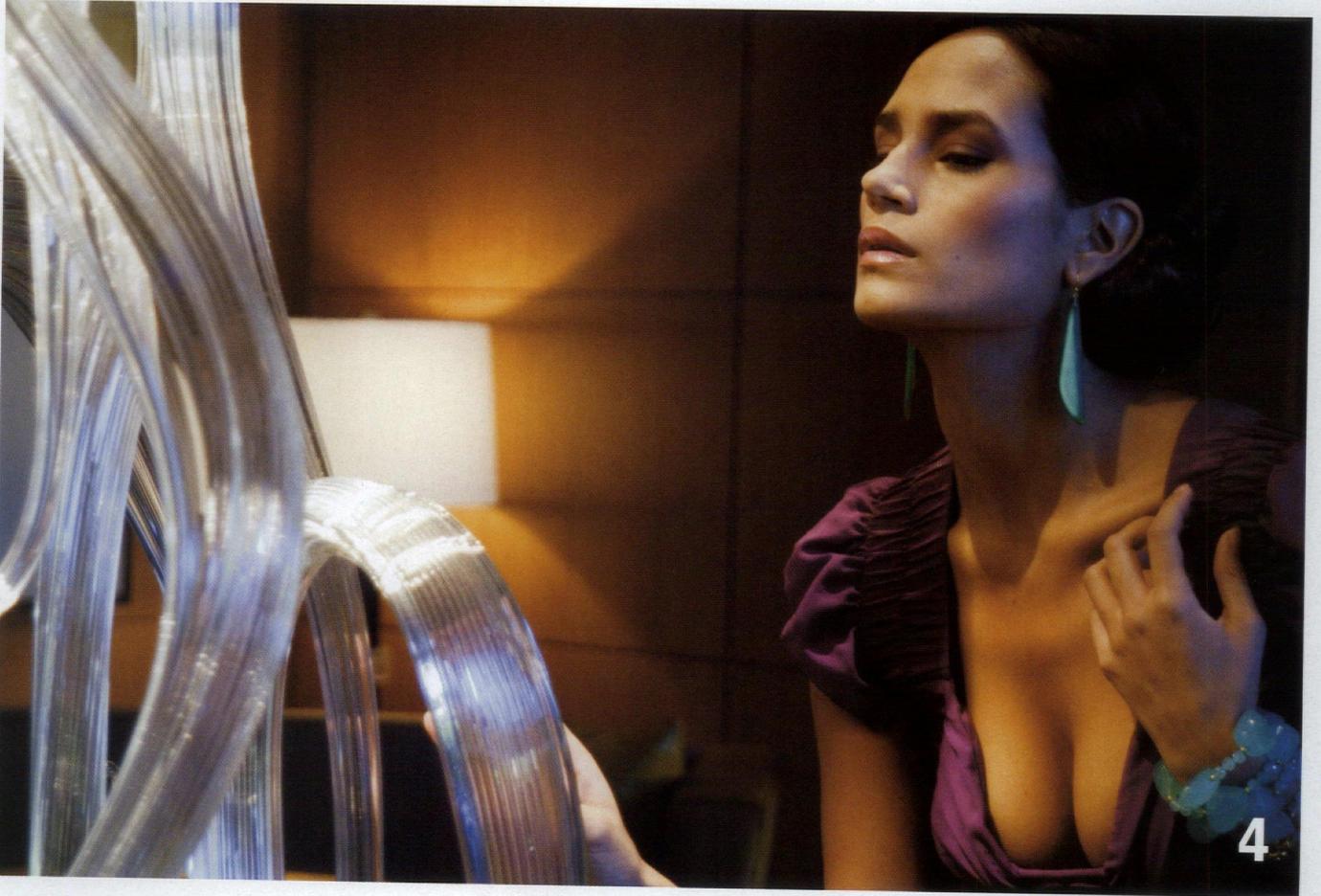
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Holiday Chic



MISSY McLAMB PHOTOGRAPHY

4



KINSLEY DEY

14



25

On the Cover

Teri Jon: Vickie Freeman - Floor Length Black Skirt
Saks Fifth Avenue
Fendi - Red Patent Perforated Platform Pump
Saks Fifth Avenue
Lafayette 148 New York - Black Silk Charmeuse Tank
Saks Fifth Avenue

4 **Holiday Chic**

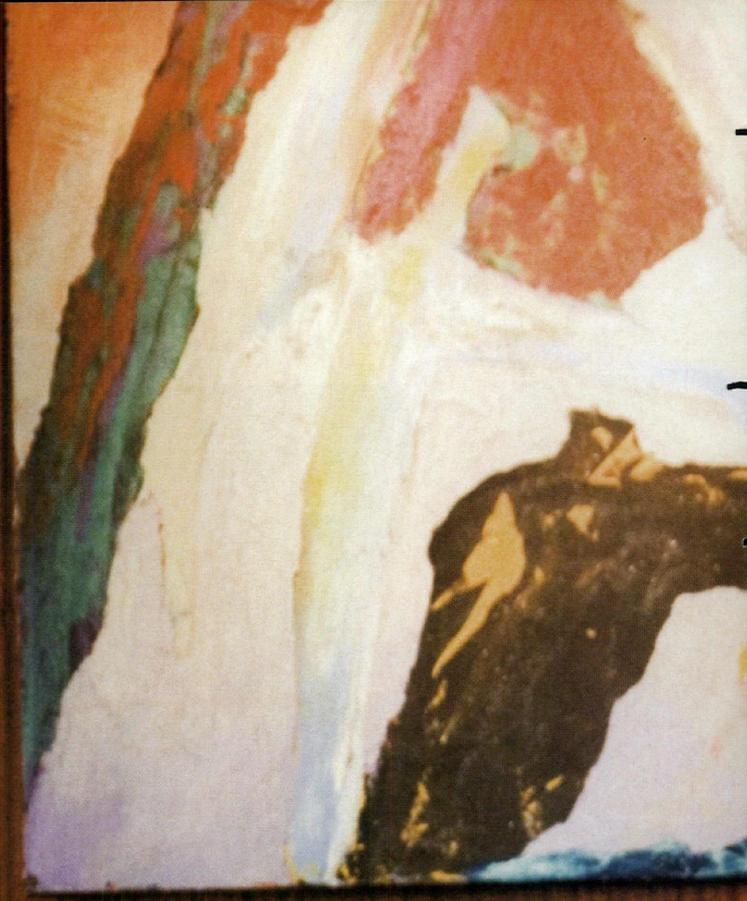
11 **Fashion News**

14 **Italian Touch in Durham**

Under the Tuscan Sun Author Frances Mayes brings an Italian touch to Durham County.

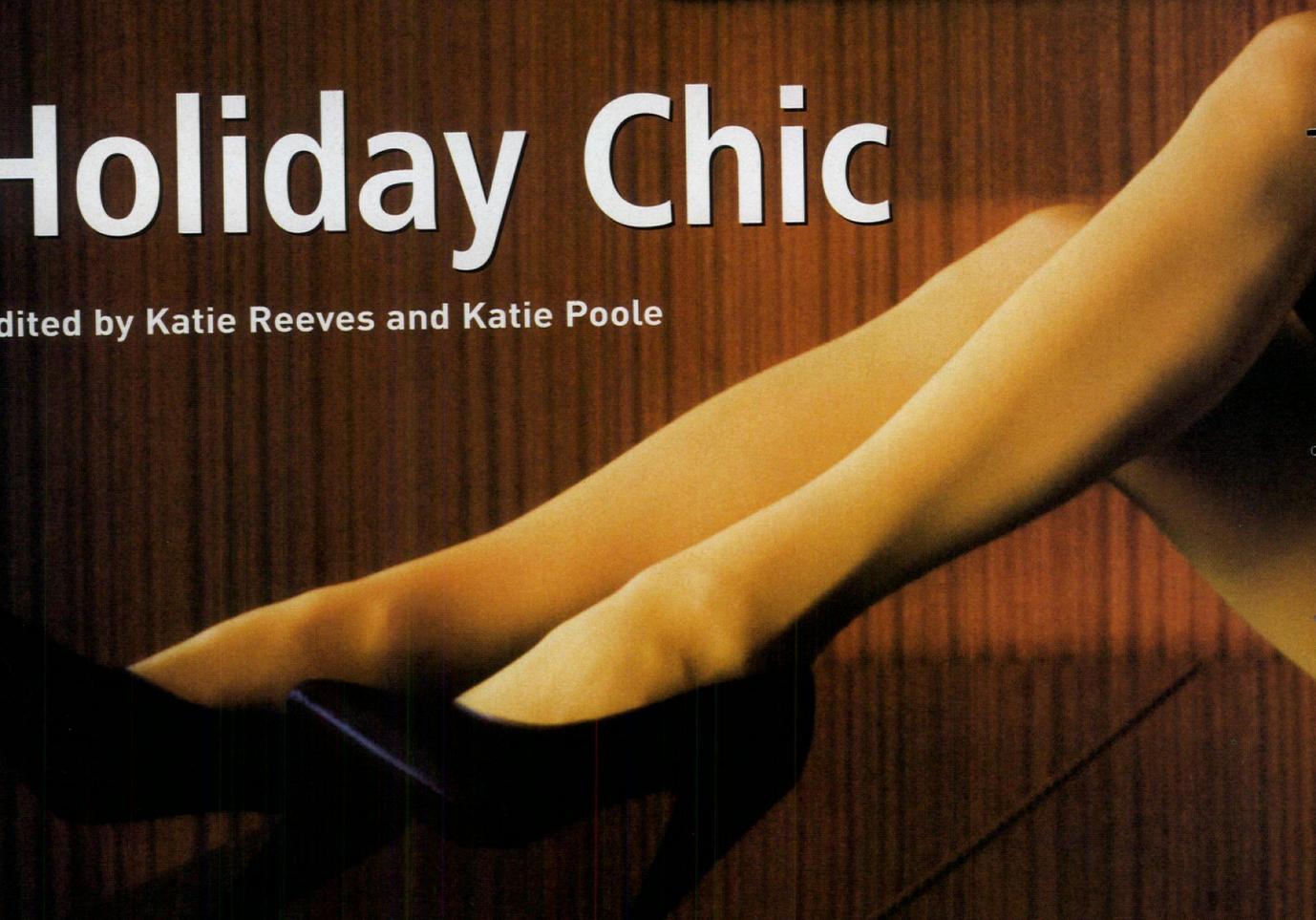
25 **Spa Guide 2007**

Spa locations in your area



Holiday Chic

Edited by Katie Reeves and Katie Poole



Photography by Missy McLamb Photography

Hair and Makeup by The Glam Lounge
Editorial Assistant: Meagan O'Daniel
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SOUTHERN STYLE



Proenza Schouler - Asphalt Satin Stacked Heel
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THREAD - Navy Duchess Satin Jumper
Beanie + Cecil



Notte by Marchesa — Black Chiffon Gown
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Erickson Beamon — Ball Earrings
Vermillion



Diamond Necklace
Fine Feathers
Magaschoni Collection — Black Velvet Suit
Belk-Crabtree Valley Mall
Ellen Tracy — Mercury/Silver Silk Top
Belk-Crabtree Valley Mall



LANVIN: Paris - Rouge Embroidered Dress with Beading
Vermillion

A woman with dark hair styled in a bun is sitting on a stone ledge. She is wearing a deep purple, sleeveless, form-fitting dress with a draped neckline. She is also wearing black high-heeled sandals with ankle straps, a large blue and white beaded bracelet on her right wrist, and a single green teardrop earring. The background consists of a stone wall with a herringbone pattern and a stone ledge.

Zac Posen - Deep Purple Slink Dress
Vermillion
Christian Louboutin - Black Crepe Satin Ankle Strap Shoe "Madeleine"
Saks Fifth Avenue
Alexis Bittar Green Drop Earrings
Gena Chandler



Alice + Olivia - Black and Silver Mirror Shift Dress

Gena Chandler

Christian Louboutin - Black Crepe Satin Ankle Strap Shoe "Madeleine"

Saks Fifth Avenue

Metallic Clutch

Main & Taylor

Jay Godfrey - One-Shoulder Berry Bow Dress

Gena Chandler

Black Patent Gloves

Saks Fifth Avenue

Fashion News

Nov. 30 – Dec. 1; Join **Charlotte's** for a **trunk show** featuring the unique jewelry collection from **Zina Sterling Silver**. The Lassiter at North Hills, Raleigh; 919.821.9828.

Arriving in December: **Beanie + Cecil Baby**, featuring clothing, furniture and accessories; Cameron Village, Raleigh. 919.821.7985

Dec. 1 – 2 ; **Hamilton Hill** will host a **trunk show** featuring **Greek jewelry designer Bikakis & Johns**. Durham; 919.683.1474. **Extended Holiday Hours: Open Sundays 1-5pm.**

Dec. 3 – 4; Join **The Elaine Miller Collection** for a **trunk show** featuring jewelry by **Slane & Slane** and a **special appearance from designer Heath Slane** on Dec. 3rd. The Lassiter at North Hills, Raleigh; 919.571.8888

Glenwood Village Holiday Open House- Dec. 6 from 5- 8pm. The evening festivities will include live holiday music, complimentary food and wine tasting by Glenwood Grill, Hereghty and Harris Teeter, mini spa services from Synergy Spa, special offers on the latest in fashion and accessories by CT Week-ends, as well as drawings, prizes and much more! Corner of Glenwood Ave. and Oberlin Rd., Raleigh. For information call: 919.510.5130

Dec. 6; Join **Monkee's** for a **holiday open house** from 4pm – 7pm. Chapel Hill; 919.967.6830

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Teri Jon — Green Silk and Black Velvet Dress with Short Jacket
 Fine Feathers
 Frida CV — Gold Hoop Earrings
 Gena Chandler

Dec. 14 – 15; Join **Scout & Molly's** for a **Laurie Snyder Jewelry trunk show**. The Lassiter at North Hills, Raleigh; 919.881.0303

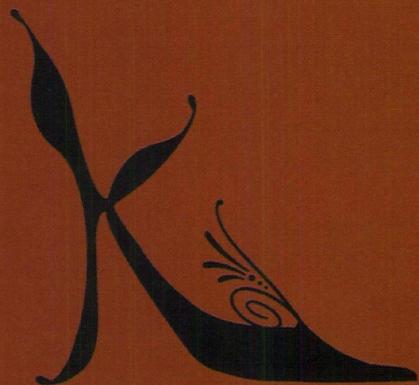
Dec. 14 – 15; **Hamilton Hill** will host a **trunk show** featuring unique jewelry made by **Indian designer, Arunashi**. Durham; 919.683.1474. **Extended Holiday Hours: Open Sundays 1-5pm.**

Fine Feathers is excited to announce that **party dresses** have arrived for the holidays as well as **cashmere accessories** which will make the perfect gift! University Square, Chapel Hill; 919.942.3151

Scout & Molly's invites shoe lovers to visit their **new sister shoe store, WALK**. The Lassiter at North Hills, Raleigh; 919.969.8886.

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- December 1: **Lagos Trunk Show** featuring the newest Holiday Collection.
- December 6 – 7: **Laura Mercier "Holiday Princess Event."** Makeovers for the Holidays. To book an appointment, call 919-792-9100 ext. 5362
- December 6 – 8: **Bobbi Brown "Pink Quartz" Holiday Makeover Event.** To book an appointment please call 919-792-9100 ext. 5361
- December 7 – 8: **Chanel Counter Event** – "How to Wear the Newest Holiday Colors". To book an appointment, call 919-792-9100 ext. 5362
- December 13-15: **Anzie Trunk Show** -featuring Necklaces, Bracelets and Earrings in 18K Gold with Semi-precious stones.
- December 15: **Roberto Coin Trunk Show** -featuring 18K gold Jewelry.



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Valentino Roma - Silk Cocktail Dress
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***Under the Tuscan Sun* Author Frances Mayes**

Brings Italian Touch To Durham County

by Diane Lea

Frances and Ed Mayes decided to leave the San Francisco Bay area and return to the South where Frances had grown up and where she retained strong ties with friends and family. Their first thought was to find a home that reflected the region's Southern vernacular architecture. They chose the Triangle area of North Carolina — rather than Frances' native state of Georgia — because the author's best friend from her Randolph-Macon College days lives in Chapel Hill. And because the location provided easy access to the renowned High Point Furniture Market in High Point where, in 2003, Frances — in cooperation with Drexel Heritage Furniture Company — introduced a successful line of furnishings based on her decades-long love affair with Italian life and design.

Under the banner *Frances Mayes: At Home in Tuscany*, the furniture and fabrics created by Drexel Heritage were soon joined by a line of outdoor furniture by Lane-venture and lamps produced by Wildwood. As her business flourished, so did her need for more frequent trips to the East Coast, and the relocation became inevitable. They and their daughter and grandson were soon house hunting in Durham, Chapel Hill, Raleigh and Hillsborough.

"We had just completed the renovation of a 12th-century hermitage in the mountains above Cortona, not far from Bramasole," says Frances, referring to the setting for her best-selling novel and the subsequent movie *Under the Tuscan Sun*. "The hermitage was built by followers of Saint Francis of Assisi and required three years of constant attention," she recalls. "So after looking at numerous historic houses that would require restoration or refurbishing, we found we just wanted to move into something already done."

The Mayes family finally settled on a house in northern Durham County, a traditional residence of pink brick with paired columns and decorative ironwork.

"What Southern girl ever gives up her dream of Tara

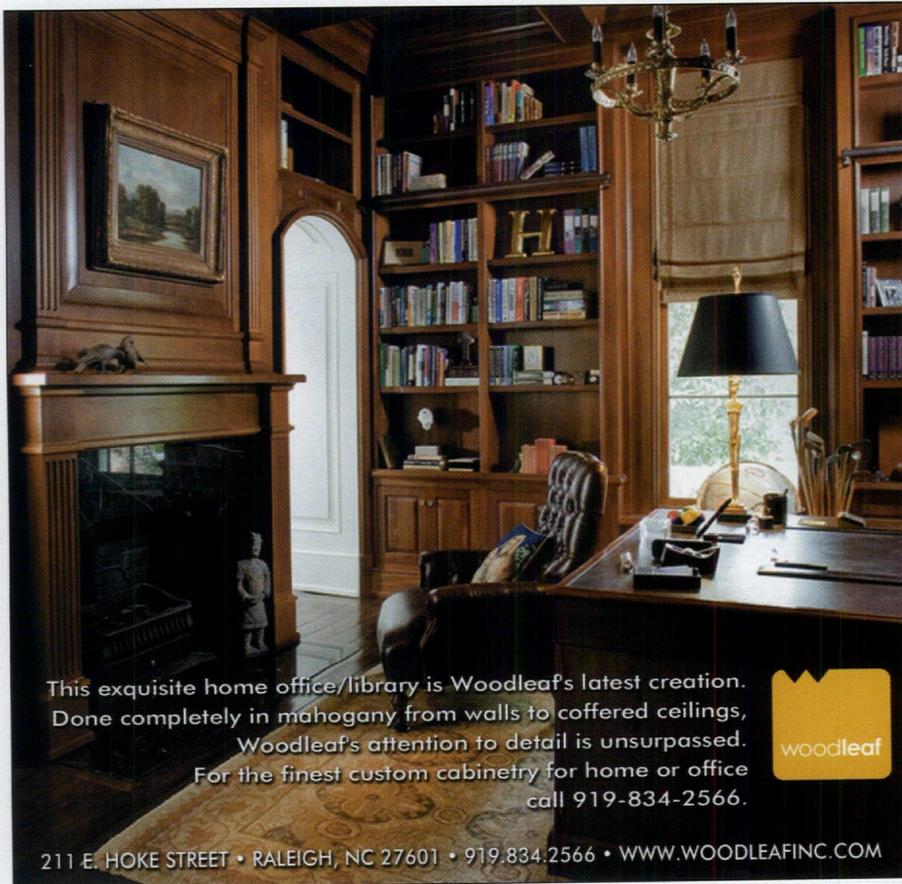
in Margaret Mitchell's *Gone with the Wind*?" says Frances.

THE WORLD AT HOME

As the tall double doors swing open to frame a long entrance hall leading to the living room, and a spacious terrace beyond, the refinement of Frances' educated eye and her familiarity with many cultures are apparent. Tribal rugs, some family pieces and others purchased in Istanbul from a rug merchant — who has become a friend and frequent visitor to Bramasole — provide much of the pattern in the décor, contrasting nicely with the home's Brazilian cherry floors. To the left of the entry, a metal angel with a trumpet, once a shop sign, heralds our entrance. An ornately embroidered child's dress with intricate metal emblems hangs casually from a tall-backed arm chair, the Palazzo Chair from her Drexel Heritage line. Frances describes the garment as a Turkish circumcision dress that she purchased in an Istanbul bazaar during a stopover en route to a sailing and hiking expedition of southern Turkey. (The trip is chronicled in her most recent travel book, *A Year in the World*, published in 2006.)

Photography by Kinsley Dey



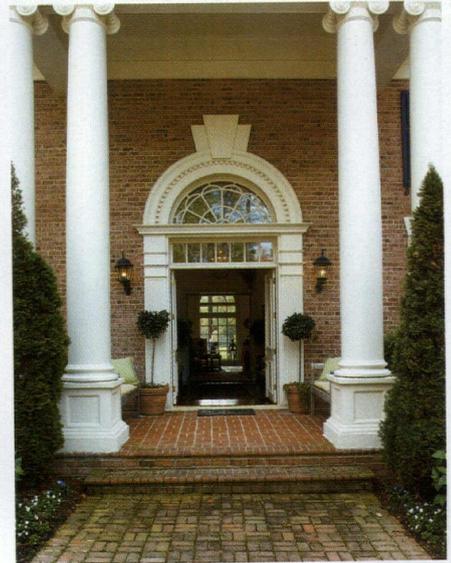


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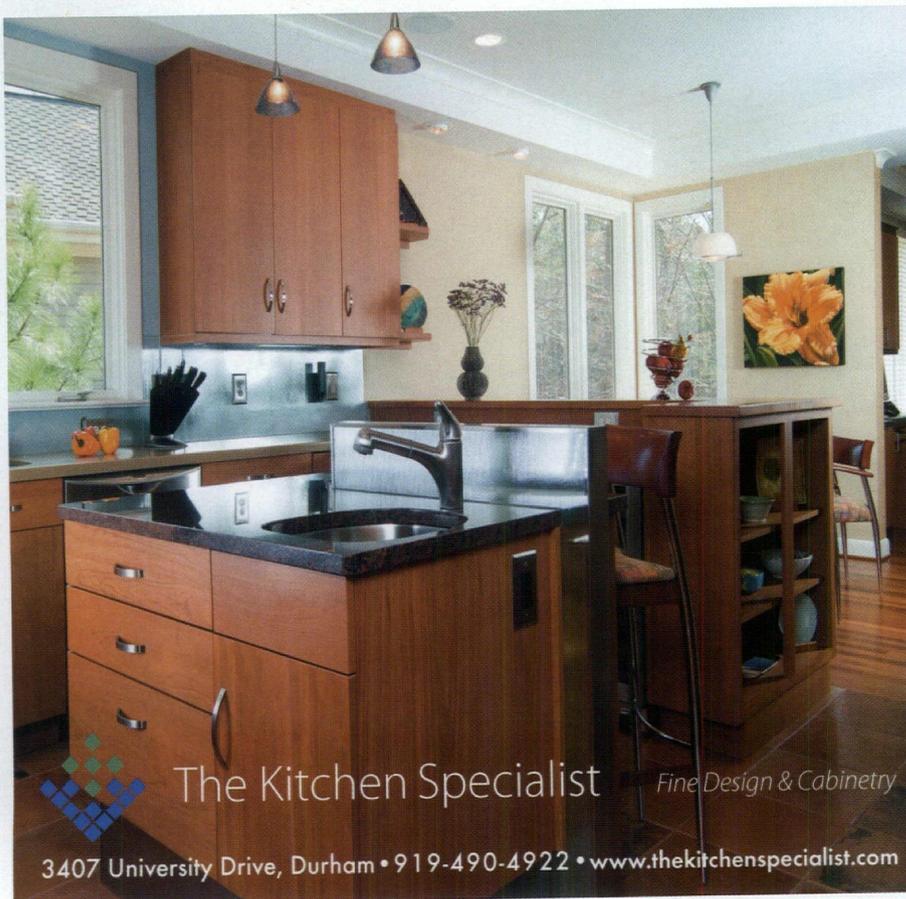
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From a balustrade above the entrance hall, a fall of lusciously striped fabric cascades — one of many lovely pieces of fabric, a number of them antique, that Frances uses for color and texture in table covers, throws, pillow slips and window dressings throughout the house. She admits to being fabric obsessed, the result of her upbringing as the child of a family who owned textile mills in the small town of Fitzgerald, GA.



The living room is filled with light through tall, arched windows that reveal the brick terrace and the tranquil, almost pastoral, view beyond. With a copse of slender trees in the foreground of a rolling greensward, the setting seems more English countryside than suburban golf course. In this spacious room, the variety of her own designs, and a few of the antiques from which she drew them, are shown to full advantage amidst her collections of fabrics, folk art and objects d'art, which often provide an unexpected twist. An octagonal table from her Drexel Heritage Collection displays antique silver candlesticks along with shards of pottery and a gracefully extended carved hand incised with numerals. A slender wooden figure stands supported by a triangular platform and another occupies a table top and appears to be encircled by a hoop skirt of wire.

"Those are old religious figures, saints, which often appeared fully wiggged and garbed in Italian churches," says Frances. "I removed the gowns and wigs to reveal



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The Mayes's living room is a perfect showcase for the fabrics, furnishings and objets d'art that Frances has collected in Italy and around the world.

their simple form and the gorgeous antique paint that makes them more art than religious artifacts."

DISTINCTIVE STYLE

The living room exemplifies Frances' distinctive style, which might be described as a complex layering of beautiful and unusual things. The wall behind the loose-cushioned sofa, a piece from her California days, invitingly upholstered in a substantial silk with sensuous fringe, is the backdrop for an 18th century antique

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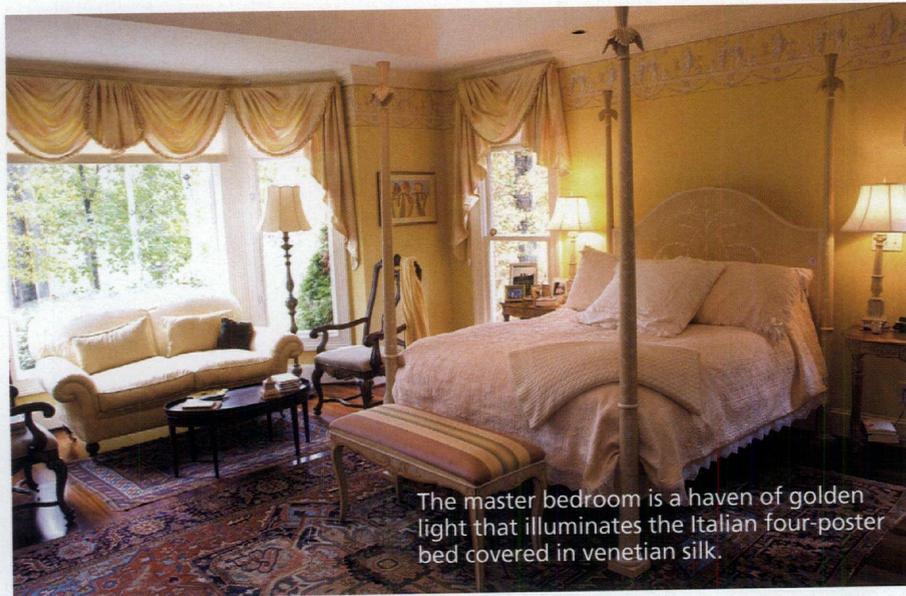
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The master bedroom is a haven of golden light that illuminates the Italian four-poster bed covered in venetian silk.

bookcase from Italy. Filled with books and assorted bibelots, the open-shelved cabinet was the inspiration for a centerpiece hutch in the Drexel Heritage Collection. The mellow tones of the original's chestnut wood were meticulously reproduced as one choice of finishes for the prospective purchaser. On the opposite wall, above the fireplace, a Murano glass mirror with

edges of gilt and soft tones of pink inset with jet details commands the eye. In the dining room, over a painted console Frances collected in an outdoor market in San Francisco when still a graduate student, another Murano mirror gleams with gilt and silver.

Frances recalls, "When I purchased the living room mirror, the shop owners gave

me this second mirror. It is so typical of the generosity of spirit one finds in the Italians."

All of the colors in the splendid living room can be found in the faded antique stucco walls of Frances' beloved Bramasole — pale peach, lemon yellow, buttercream and the omnipresent glow of apricot reminiscent of a summer's twilight. The subtle tone of a clear pink church drapery thrown over a circular side table with an aqua urn-shaped lamp plays well with the antique blue of the carved figures of saints. Frances notes that there is, indeed, a Southern gene for good taste. She individualizes hers by choosing things that nobody else has and being sure to add something quirky, like the bare wooden figures of the saints.

"It's like Wallace Stevens saying that a poem must always include one rough, ugly word," she laughs.

Three rooms adjacent to the living room — the breakfast room, kitchen and sun room — are the family area. The breakfast room is set with an oval-shaped painted table, purchased years ago when

◀ your mountains

your morning jog

your lunch date

your meeting

your Saturday at the museum

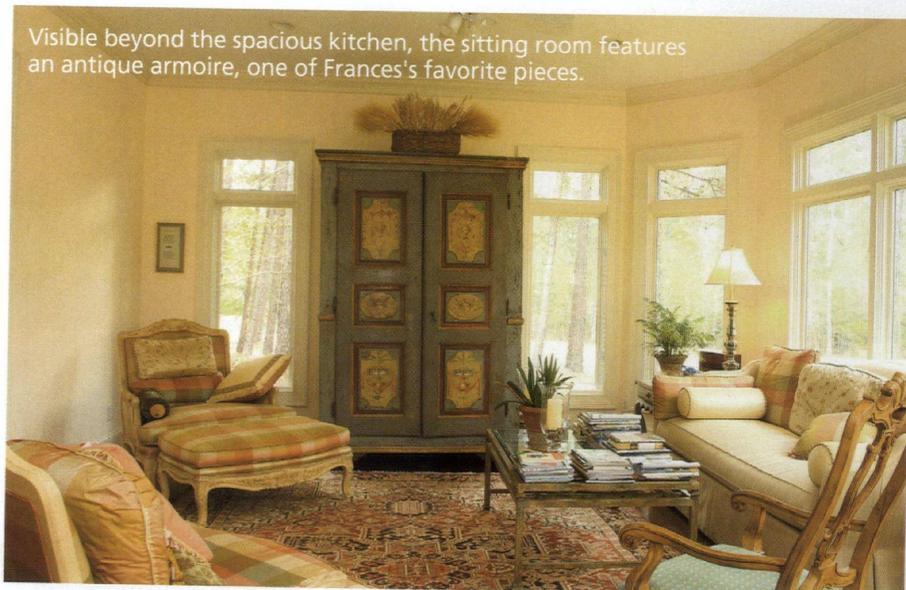
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Frances was collecting the Italian furniture line Patina. The table and matching chairs are close to the efficient kitchen where Ed is preparing an onion soup for dinner on the Viking range. His work space is surrounded by an island covered in creamy colored travertine. The countertop of the island gives space for drinking cappuccino while conversing with Ed, who perfects many of the recipes that appear in the couple's coffee table books *Living in Tuscany* and *Bringing Tuscany Home*. The sun room is filled with her favorite Drexel Heritage armchair, covered in a plaid silk with upholstered bench, and a nicely scaled loveseat with dressmaker's detailing in a creamy white fabric with rows of raised diamonds. The painted armadio that hold Frances' extensive cookbook collection is another find from her San Francisco days when she was the chairman of the Creative Writing Department at San Francisco State University.

BEDDING DOWN

As befits the Italian culture, the bed chosen by the betrothed pair is expected



Visible beyond the spacious kitchen, the sitting room features an antique armoire, one of Frances's favorite pieces.

to last a lifetime. Thus all the sleeping rooms in the Mayes home have elaborately designed and sumptuously dressed beds. The master bedroom features a painted four-poster by Patina. The pale, slender columns are carved with delicate flora patterns in an ivory-on-ivory tone and covered with a Florentine silk coverlet that echoes the bed's paint scheme. The

room is home to one of Frances' favorite Italian antiques, a painted bookcase cabinet.

"We chose the faded patina of the blue paint on this bookcase as a finish for the pieces in the *At Home in Tuscany* line," says Frances. "It absolutely goes with every color scheme."

A friend's painting of three perfect

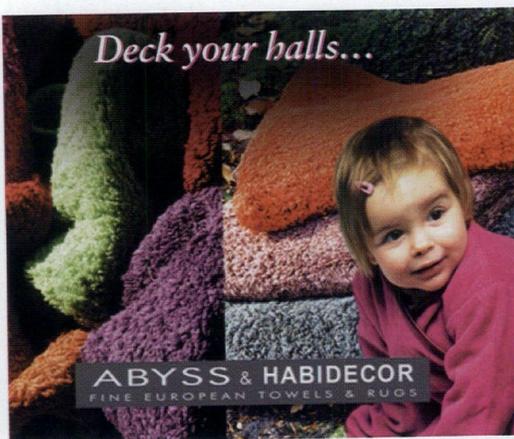


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peaches is displayed adjacent to a plump loveseat in a yellow silk, and silk window treatments in a faint yellow and apricot stripe complete the scene.

The guest room has temporarily become Frances' office and study. The ornate bed is covered in a luxurious tufted silk duvet that Frances designed. The night table, one of three in the house, is also Frances' design and extra tall to suit the bed. She carefully selected painted scenes of fruit to show to the furniture maker who executed the tables in an antique finish and hand painted the scenes on the table tops.

"Somehow I got a religious vignette instead of my fruit on one of them, but the colors and finishes are just right," she notes.

The Bramasole bed, named for the curvilinear wave pattern that Frances used in a stencil in the villa, occupies pride of place in the second guest bedroom. It is executed in dark wood, the favorite choice for an Italian room. Frances says the traditional Italian room contains dark wood, some ironwork, a painted piece and some-

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Design By Alexander Julian
And Wife Meagan:

PRESERVATION HOMES UNVEILS BUNGALOW STYLE HOMES WITH A DIFFERENCE

by Diane Lea

ALEXANDER JULIAN — a 30-year veteran of clothing and home furnishing design — and wife Meagan Julian have teamed with Preservation Homes, a Raleigh-based custom home builder, to create a new Alexander Julian collection of bungalow-style homes. Unveiled at the September opening of South Lakes, a new 750-home community in Fuquay-Varina, the residential designs offer a dozen bungalow house plans, with three to five exterior variations.



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Tom Bland, of Preservation Homes, is a huge fan of historic architecture. When he approached Alexander and Meagan Julian about the project more than a year ago, he won their collaboration with his comprehensive approach to designing, building and marketing custom homes with historic appeal. The work of Alexander and Meagan Julian redefines home design for medium-sized homes and includes quality features including cedar shake siding, customized shingles, gracious porches, handsome decorative brackets, columns and stonework. The 1500- to 3000-square-foot homes range in price from the low \$200,000s to \$400,000 with a median price of \$275,000. The Julians re-created period moldings and patterned flooring for the interiors and developed both interior and exterior color palettes. Bland reports that the company has begun two new Alexander Julian neighborhoods in Graham and New Bern.

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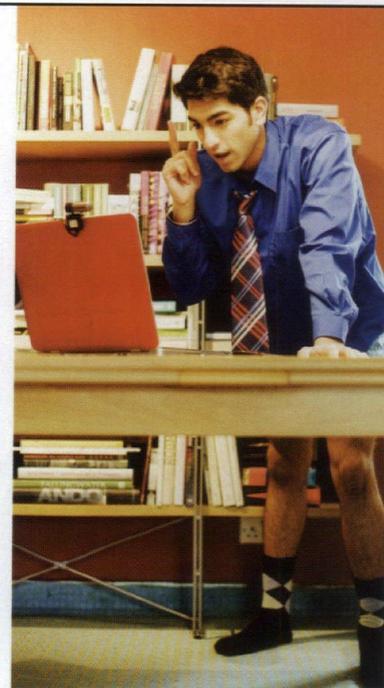
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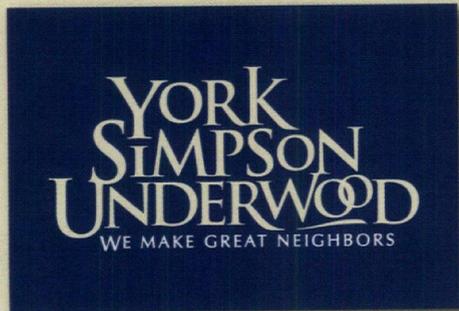


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N.C. Department of Transportation

Photo courtesy N.C. Division of Tourism, Film and Sports Development.

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thing of stone. This second guest room will no doubt some day include a proper stone accessory. For now, the room will make do with another of Frances' quirky selections, a French bonnet cupboard, which, due to its vertical lines and narrow



The guest bed is known as The Bramasole Bed and is featured in Drexel Heritage's At Home in Tuscany line of furnishings and fabrics.

span, is called the "Dead Man Standing." How fortunate to live so fully in the world as have Frances and Ed Mayes. And, how fortunate for us all they have come to call North Carolina home. □



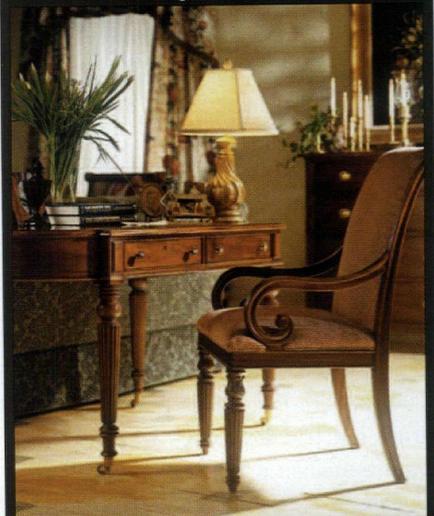
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Spa Guide 2007

by Meagan O'Daniel

With over 110 million people visiting 15,000 spas across the nation, what was once an indulgence for only those who could afford it has now become a regular part of both women and men's healthcare regime. Whether you live in the Triangle, on the coast or in between, there's no shortage of places to visit and reap the benefits of the spa lifestyle. In this edition of *Metro's* Annual Spa Guide, you'll find a spa to treat your needs and luxurious at-home products to keep him, her — and the environment — feeling good.

SPA LOCATIONS IN YOUR AREA

APEX

CARY SKIN CENTER
200 Wellesley Trade Lane
919-363-7546
www.caryskincenter.com
Services: body sculpting, facials, chemical peels, microdermabrasion and waxing

LIFE'S LITTLE PLEASURES

134 Salem Towne Court
919-362-6311
www.lifeplesures.com
Services: massages, facials, body wraps, nails, microdermabrasion, photo facials, cellulite reduction

NATURAL MARVEL'S SPA

912 W. Williams St.
919-367-9880
www.naturalmarvelspa.com
Services: massage therapy, skin therapy, skin resurfacing, hair removal, spa treatments

CARY

B. ROMAN SKIN & BODY THERAPY
2425 Kildaire Farm Road
919-851-2255
208 Ledge Stone Way
919-463-9575
www.b-romandayspa.com
Services: Vichy shower, salt polishes, wraps, bronzing treatments, gentlemen specials, sports massage, reflexology, aromatherapy massage, La Stone therapy, skin peels, nails, makeup artistry, waxing

BODYLASE SKIN SPA

501 Keisler Drive
919-851-8989
www.getbodylase.com
Services: laser hair removal, skin rejuvena-

tion, Botox, wrinkle fillers, lip augmentation, laser vein care, waxing, facials, eyelash extensions

CARY MASSAGE THERAPY CENTER
1330 SE Maynard Road Suite 203
919-319-4911
www.carymassagetherapy.com
Services: facials, massage, reflexology, acupressure, waxing, ear candling

IATRIA SPA AND HEALTH CENTER
The Arboretum at Weston
2058 Renaissance Park Place
Suite 200
919-870-6114
www.iatria.com
Services: facial treatments, dermatology, chiropractor, naturopathic, acupuncture, reflexology, massage, nails, body scrubs and wraps, waxing, coloring

LA THÉRAPIE DAY SPA
1000 Darrington Drive
919-380-0041
www.ltdayspa.com
Services: acupuncture, facial treatments, massage, body treatments, nail services, waxing, tinting

MY DAY SPA
2056 Kildaire Farm Road
919-816-8228
www.mydayspa.com
Services: nail services, Swedish and deep tissue massage, pregnancy massage, waxing

NIPPON SPA & NAILS
6448 Tryon Road
919-851-0101
Services: massage, body treatment, facials, waxing, nail care



SKIN SENSE, A DAY SPA
1269 Kildaire Farm Road
919-468-1230

www.skinsense.com
Services: nails, body treatments, salt rubs, seaweed

treatments, body wraps, facial treatments, Ayurvedic massage, microdermabrasion, hair removal, La Stone therapy, hydrotherapy, waxing, brow and lash tinting

STUDIO 180 SALON
210 High House Road Suite 101
919-851-2811
www.studio180salon.com
Services: hair styling and coloring, massage therapy, body wraps

TANAS HAIR DESIGNS AND DAY SPA
105 Baines Court
919-380-0221
www.tanashairdesigns.com
Services: hair, nail artistry, skin care, body wraps, lash and brow services, massage therapy, body treatments, hair removal

THE SPA BY MITCHELLS
1105 Walnut St.
Unit F-160
919-467-9641

Best of Citysearch 2007 for Color and Highlights

- "Go Out" Blow Out
- ~
- Thermal Straightening
- ~
- Spa Hair Treatments
- ~
- Waxing
- ~
- Spa Manicure & Pedicure
- ~
- Color Bar

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(919) 467-5400

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Services: healing massage,
cleansing facial, body
treatment, manicure and
pedicure

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2230 Walnut St.
919-859-0888
www.vonkekel.com
Services: facials, peels,
massages, eye treatments,
glycolic treatments, baths,
hair, nails, waxing

THE UMSTEAD SPA

100 Woodland Pond
919-447-4000
www.theumstead.com
Services: hydrotherapy,
massage therapies, skin
care, facials, nails, hand
and foot treatments, wax-
ing, tinting

CHAPEL HILL

**AVEDA INSTITUTE
SALON & SPA**
200 W. Franklin St.
919-960-4769
www.avedachapelhill.com

DAY SPA 255

255 S. Elliott Road
919-968-1066
Services: hair, makeup,
facials, nails, massages,
waxing

FOREVER YOUNG SPA

400 Market St.
Suite 100
919-928-9490
www.foreveryoung-spa.com

Services: hair, nails, skin
care, waxing, coloring,
massages

**KRISZTINA
KOZMETIKA**

304 W. Weaver St.
919-933-2400
www.krisztina-kozmetika.com
Services: specialty facial
treatments, waxing,
eyebrow and lash tinting,
massage

MINA'S STUDIO

400 S. Elliott Road
919-968-8548
www.minastudio.com
Services: nails, facials, ear
candling, massages,
sunless tan treatments,
waxing, tinting

SERENITY DAY SPA

161 Rams Plaza
919-932-6800
www.serenity-day-spa.com
Services: hair, nails, pedi-
cure, facials, body wraps,
mud and seaweed treat-
ments, sea salt body scrub,
foot reflexology, waxing,
massage

CLAYTON

**BOTANICALS II LASER
CENTER & DAY SPA**
11690 US 70 West
919-553-1293
www.botanicals2.com
Services: massages, facials,
nails, laser treatments,
waxing, Botox

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BELLA TRIO DAY SPA
5826 Fayetteville Road
Suites 103 & 110
919-484-1221

www.bellatrio.com
Services: hair, acupunc-
ture, nails, facials, body
treatments, wet/dry
sauna, massage, plastic
surgery, microdermabra-
sion, sunless tanning,
waxing, laser services,
lash and brow tinting

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DAY SPA**

6813 Fayetteville Road
Suite 101
919-572-1710
www.hwmedspa.com
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ments, aquatherapy body
treatments, body cocoons,
spa facial treatments,
intensive facial treatments,
clinical skin care, makeup
and image services, natu-
ral nail services.

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SPA SALON**

1843 Martin Luther King
Parkway
919-403-8159
www.sheer-blissdayspa.com
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facials, body treatments,
nails, waxing

THE BODY CAFÉ

SALON & DAY SPA
3400 Westgate Drive
Suite A-10

919-493-7900
www.thebodycafe.com
Services: nail care, mas-
sages, reflexology, waxing,
facials, hair, tanning

HILLSBOROUGH

THE SPA CENTER
437 Dimmocks Mill Rd.
919-732-1164
Services: scrubs,
aromatherapy oils, body
polishes

RALEIGH

AB SANCTUARY
1208 Raven Point
919-850-0785
Services: all natural prod-
ucts, massage, natural
springs hot tubs, facials,
body wraps, reflexology

**THE AESTHETIC
MEDISPA**

2304 Wesvill Court
Suite 360
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ments, injectable proce-
dures, hair and vein laser
treatments, anti-aging
therapies
BELLA VOI
2709 Blue Ridge Road
Suite 220
919-791-2791
www.bellavoispa.com
Services: facials, laser hair
removal, waxing, micro-
dermabrasion, Botox,
salon services, and IPL
Photorejuvenation.

BLUEWATER SPA

10941 Raven Ridge Road
919-870-6066
www.bluewaterspa.com
Services: laser hair
removal, microdermabra-
sion, aesthetic surgery,
therapeutic massages,
facials

BODY CHIC

4421-102A Six Forks Rd.
800-738-4617
www.bodychic.net
Services: VacuStep
therapy, cellulite reduc-
tion programs.

BODYLASE SKIN SPA

6531 Creedmoor Road
919-954-2288
www.getbodylase.com
Services: laser hair
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tion, Botox, wrinkle
fillers, lip augmentation,
laser vein care, waxing,
facials

**D'ELEGANCE DAY SPA
& SALON**

8801-113 Lead Mine Rd.

NATURAL BODY SPA AND SHOPPE

As a self-proclaimed "green spa," Natural Body Spa and Shoppe is committed to saving the planet while working to rejuvenate its clients. In 2008, the Raleigh spa will partner with Earth Share for the fourth consecutive year to help recycle used cell phones and PDAs and prevent toxic substances from entering the waste stream. In addition, Natural Body Spa and Shoppe chooses products free of harsh chemicals and utilizes the botanical energy of natural plant-based products and seaweed to help balance your body naturally. The spa's latest product line, Red Flower, is biodegradable, made with organic flowers and oils and free of dyes and other synthetic preservatives. Red Flower's body washes and lotions are available in two treatment collections, Red Flower Hamman and Red

Red Flower



Flower Japan, and a wide variety of culturally based scents from Indian jasmine to Italian blood orange. For more information on Red Flower and all of Natural Body Spa and Shoppe's green-friendly products and services, visit www.naturalbody.com.

919-844-6737
www.delegancespa.com
Services: massage, facials, waxing, nails, body treatments, hair

DEVINE SALON SPA & WELLNESS
5024 Old Wake Forest Road
919-850-9616

Services: treatments for nails, feet, scalp and hands, facials, massage, sauna, body and hydrotherapy treatments, stress relief, professional makeup artistry, full-service salon, day packages, couple packages and packages for men

ENGLISH SPA OF HAIR AND BEAUTY

181-102 Wind Chime Court
919-870-6122
Services: hair, nails, facials, waxing

ERLINA'S LATIN STYLE BEAUTY SALON AND DAY SPA — DOMINICAN

4404 Craftsman Drive
919-872-4899
www.Erlinas.com
Services: hair, skincare,

facials, waxing, massage, nails, polymer and acrylic nails

GENERATIONS DAY SALON & SPA
Briardale Shopping Ctr. 10370-101 Moncreiffe Road
919-361-9140
www.gensalon.com



Services: hair care, waxing, hand and foot relief, restore balance, spa lunch, massage, facial treatments, body wraps

IATRIA SPA AND HEALTH CENTER
8020 Creedmoor Road
919-870-1975
Wakefield Crossings
13200 New Falls of Neuse Road, Suite 113

919-488-7050
Two Progress Plaza
150 E. Davie St.
919-841-0043
www.iatria.com
Services: facial treatments, dermatology, chiropractor, naturopathic, acupuncture, reflexology, massage, nails, body scrubs and wraps, waxing, coloring

IMAGE HAIR & BODY SALON
7521-106 Mourning Dove Road
919-676-6630
www.imagehairandbodysalon.com

Services: hair care, facial treatments, nail care, waxing, massages, body wraps and polishes

JOLIE DAY SPA
412-201 Woodburn Road

919-834-1772
www.joliedayspa.com
Services: facials, massage, body treatments, waxing, makeup artist, hair design, nails, eyebrow and lash tinting

LUXE APOTHECARY
4209 Lassiter Mill Road Suite 126
919-881-7828 or 1-866-FOR-LUXE
www.luxeapothecary.com
Services: body treatments, facials, skin peels, eyebrow shaping and tinting

NATURAL BODY SPA AND SHOPPE
4120 Main at North Hills St.
919-510-6701
www.naturalbody.com
Services: body therapies, waxing, tinting, facials, hand and foot treatments, nails, massage

PHYSIOS SALON
703 Tucker St.
919-828-1080
Services: full-service salon featuring expert hair care, sunless tanning, HV bronzing, yonka skincare and massage therapy

SERENA SIGNATURE SPA & SALON
614 W. Peace St.
919-755-3990
www.serenasignature.com
Services: skin care, facials, massage, body wraps, waxing, nails, hair styling and coloring, makeup application

SKIN SENSE, A DAY SPA
6801 Falls of Neuse Road
8441 Brier Creek Parkway
919-870-0700
www.skinsense.com
Services: nails, body treatments, salt rubs, seaweed treatments, body wraps, facial treatments, Ayurvedic massage, microdermabrasion, hair removal, La Stone therapy, hydrotherapy, makeup artist

STUDIO 108
2900 Spring Forest Road # 108
919-872-3108
Services: hair, massage therapy, nails

SYNERGY DAY SPA
2603 Glenwood Ave. Suite 121 C
919-510-5130
www.synergyspacom

Services: facials, advanced clinical aesthetic treatments, microdermabrasion, natural skin peels, waxing, tinting, makeup artist, massages, body wraps, nails

TANAS HAIR DESIGN AND DAY SPA
9800 Leesville Road
919-870-6050
10940 Raven Ridge Road
919-870-7009
www.tanashairdesigns.com
Services: hair styling and coloring, nails, body treatments, facials, hair removal, massage, permanent makeup

TEENS TOO
8441 Brier Creek Parkway
919-870-0700
www.skinsense.com/teenstoospa
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3633 Harden Road
Suite 200
919-785-9696
www.themuseumspa.com
Services: skincare, massage therapy, permanent makeup, reflexology, laser hair removal, microdermabrasion, Botox, chemical peels, facials and other cosmetic treatments

Suite 103

919-518-1495
www.thespoofhealingarts.com
Services: massage therapy, pain and stress relief treatments, hypnotherapy, facials, organic skincare, nail salon, Ion cleanse

THE SPA BY MITCHELLS

Triangle Town Center
3721 Sumner Blvd.
919-792-2299
www.mitchellspas.com
Services: healing massage therapy, cleansing facials, body treatments, manicures and pedicures

VON KEKEL SALON SPA

4209-114 Lassiter Mill Road
919-782-0808
www.vonkekel.com
Services: facials, peels, massages, eye treatments, glycolic treatments, baths, hair, nails, waxing

THE SPA OF THE HEALING ARTS

9203 Baileywick Road

WEST MILL WELLNESS CENTER

6300 Chapel Hill Road
Suite 230
919-233-8641
www.westmillwellness.com
Services: nails, chiroprac-

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www.charlestonplace.com
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1000 Club Road Greensboro, NC 336-294-1800
www.grandover.com
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HATTERAS ISLAND SPA KORU

40920 Highway 12 Avon, NC 27915 252-995-3125
www.spakoru.com
Services: Massage therapy, skin therapy, hairstyling, natural nail care, waxing, fitness center. Specializes in wedding parties.

KINGSMILL RESORT

1010 Kings Mill Road Williamsburg, VA 800-832-5665
www.kingsmill.com
Services: massages, nail and hair treatments, facials, body treatments, Vichy shower, fitness center

THE SANDERLING RESORT & SPA

1461 Duck Road 800-701-4111
www.thesanderling.com
Services: hair services, waxing, massage, makeup design and lessons, facials

SEA ISLAND SPA AT THE CLOISTER

Sea Island, GA 912-638-3611
www.seaisland.com
Services: holistic therapeutics, body wraps, skin-care, nails, fitness and wellness center

THE GREENBRIER

300 W. Main St. White Sulphur Springs, WV 800-624-6070
www.greenbrier.com
Services: holistic treatments, massages, baths in

indigenous spring water, sprays, reflexology, body scrubs and polishes, facials, nails, hair and makeup

THE HOMESTEAD RESORT

1766 Homestead Drive Hot Springs, VA 866-354-4653
www.thehomestead.com
Services: fitness and relaxation lounges, massage

therapies, hydrotherapies, body wraps, facials, hair and nail treatments

THE SPA AT THE GROVE PARK INN RESORT

290 Macon Ave. Asheville, NC 800-438-5800
www.grovecparkinn.com
Services: nails, skincare, hydro-bath treatments, massage treatments,

body wraps

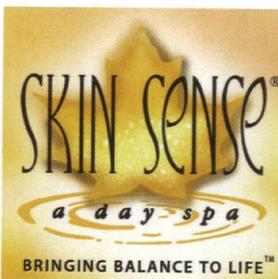
THE SPA AT PINEHURST

1 Carolina Vista Drive 910-235-8320
www.pinehurst.com
Services: treatment for nails, feet, scalp and hands, facials, massage, sauna, body and hydrotherapy treatments, whirlpool relaxation, stress relief

WESTGLOW SPA

224 Westglow Circle Blowing Rock, NC 800-562-0807
www.westglow.com
Services: face and body treatments, salon services, health and fitness therapies

For additional spa locations see our expanded spa guide online at www.metronc.com



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Peppermint Patty Pedicure \$65
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Mistletoe Mini - A Half Day at the Spa
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- 8441 BRIER CREEK PARKWAY
- 1269 KILDAIRE FARM ROAD
- www.skincare.com

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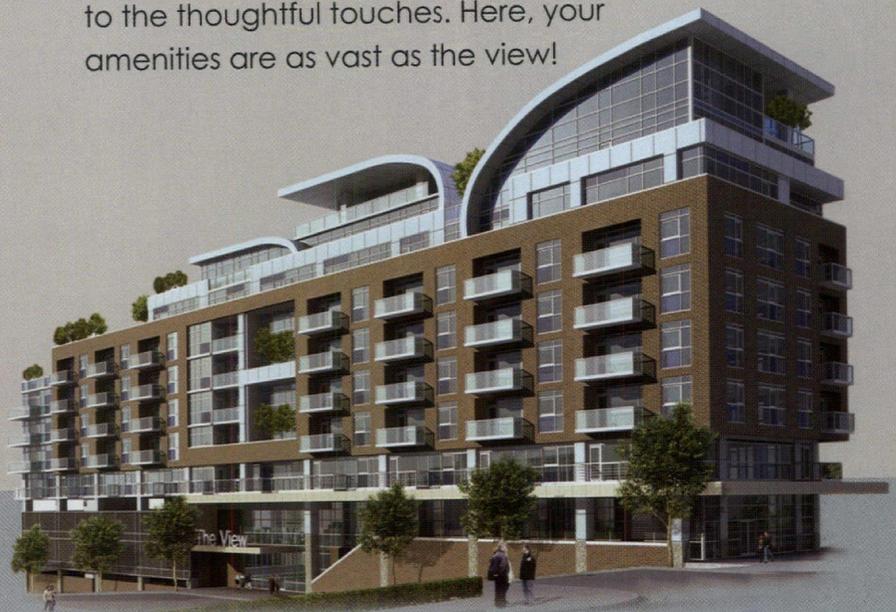
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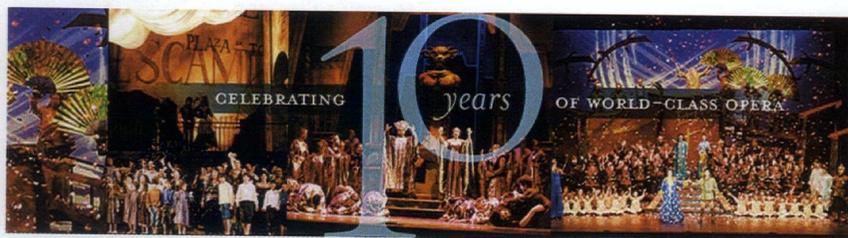


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Gift Guide continued from page 28



Entertain them with tickets to **The Opera Company of North Carolina**, celebrating its 10th anniversary season. Performances include: Donizetti's Lucia di Lammermoor and Puccini's Madama Butterfly. For more information, visit www.operanc.com or call 919.792.3850.

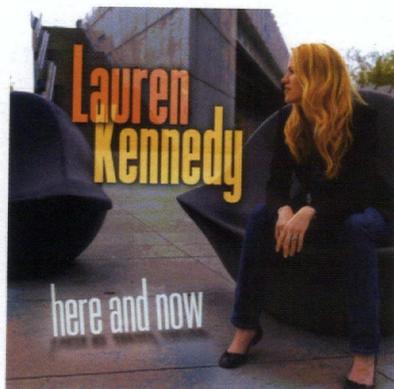


Stylish cell phone users will love **Verizon's latest phone**, the Venus, with sleek slider design and mirror finish. The Venus includes dual screens, touch-key vibration for button-like feedback, a music player and Bluetooth stereo for headsets and speakers. For more information, visit a Verizon Wireless Communications Store, www.verizonwireless.com or call 1-800-2 JOIN IN.

Anyone who fancies the music of the great white way will enjoy **Broadway star and Raleigh-native Lauren Kennedy's** second album, *Here and Now*. The CD offers an array of show tunes written by some of today's most prolific songwriters on the Broadway scene. For more information, visit www.laurenkennedy.com.



Celebrate the season with a bottle of Riesling or Pinot Grigio from **Chatham Hill Winery**. Both wines pair well with hors d'oeuvres like cheese and crackers or holiday dinner staples like turkey and roast beef. Available at Triangle-area wine retailers. For more information, visit www.chathamhillwine.com or call 919.380.7135.



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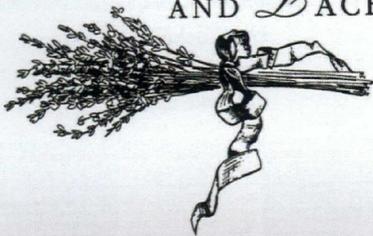
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Keep him looking good on-the-go with **The 4 Elements of the Perfect Shave Carry-On Kit** from The Art of Shaving. The ziplock pouch contains pre-shave oil, shaving cream pump, genuine badger shaving brush and aftershave balm that match any skin type and meet TSA requirements. For more information, visit www.theartofshaving.com.

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Holiday Exhibition: November 30 - December 31
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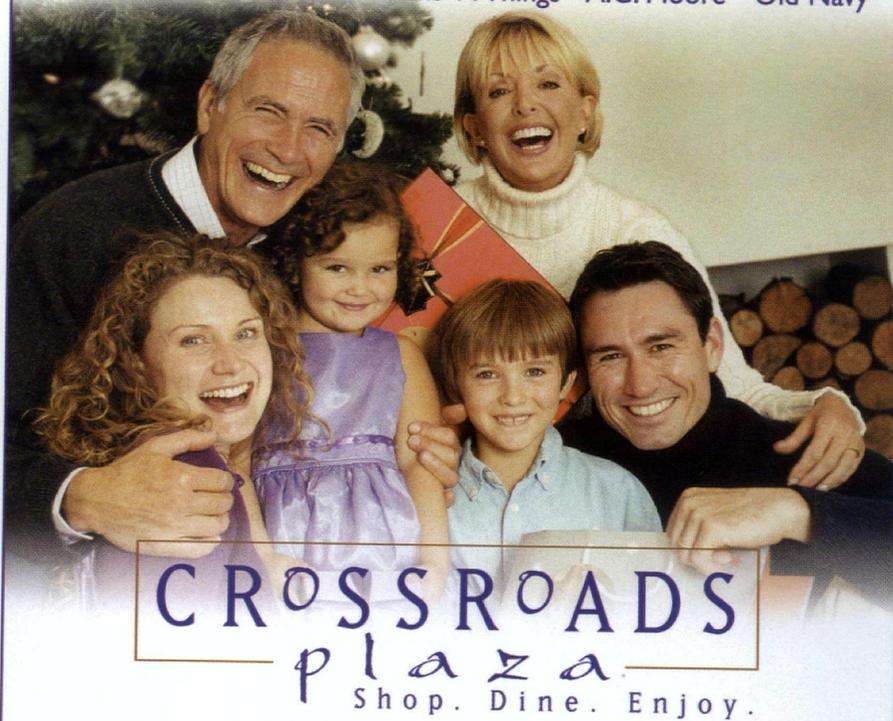
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Crossroads Plaza Gift Cards available for sale at the
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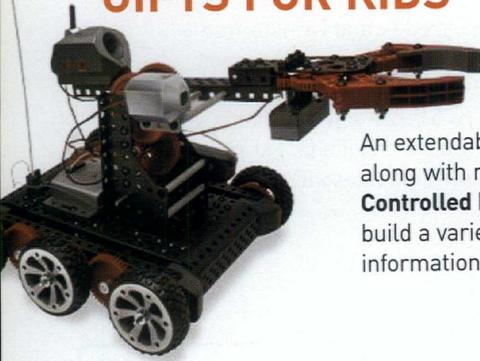
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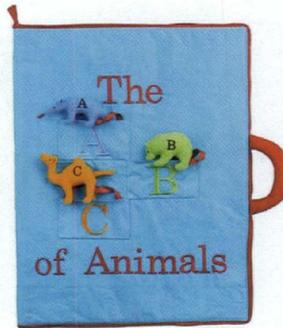
GIFT GUIDE

GIFTS FOR KIDS



An extendable arm, grasping claw and digital camera along with more than 300 other parts, the **Remote-Controlled Robot Kit** allows the little technology buff to build a variety of remote-controlled robots. For more information, visit www.hammacherschlemmer.com.

Perfect for the eager-to-learn child, each of the lettered pockets of the **ABC of Animals Activity Mat** contains an alphabetical stuffed animal inside. A secure zip closure and carrying handles keep your toddler entertained on-the-go. For more information, visit www.barnesandnoble.com.



She will be whisked off to Neverland in this **Castle Canopy** fit for a queen. Complete with a roll away door, a flag personalized with her name and a top loop to hang from the ceiling, this toy will complete any little girl's make-believe! For more information, visit www.lillianvernon.com.

Add a touch of winter to your back yard with this **inflatable children's ice rink!** Complete with easy directions for filling with water and freezing, this holiday gift will provide a winter full of family fun and skating. For more information, visit www.lillianvernon.com.



Begun as a Chinese tradition with the birth of a child, **100 Good Wishes Baby Quilt** is said to contain the energy, good fortune and loving wishes of the gift giver. Available in pink and blue, this quilt can be personalized with up to 50 characters for the perfect baby keepsake. For more information, visit www.redenvelope.com.

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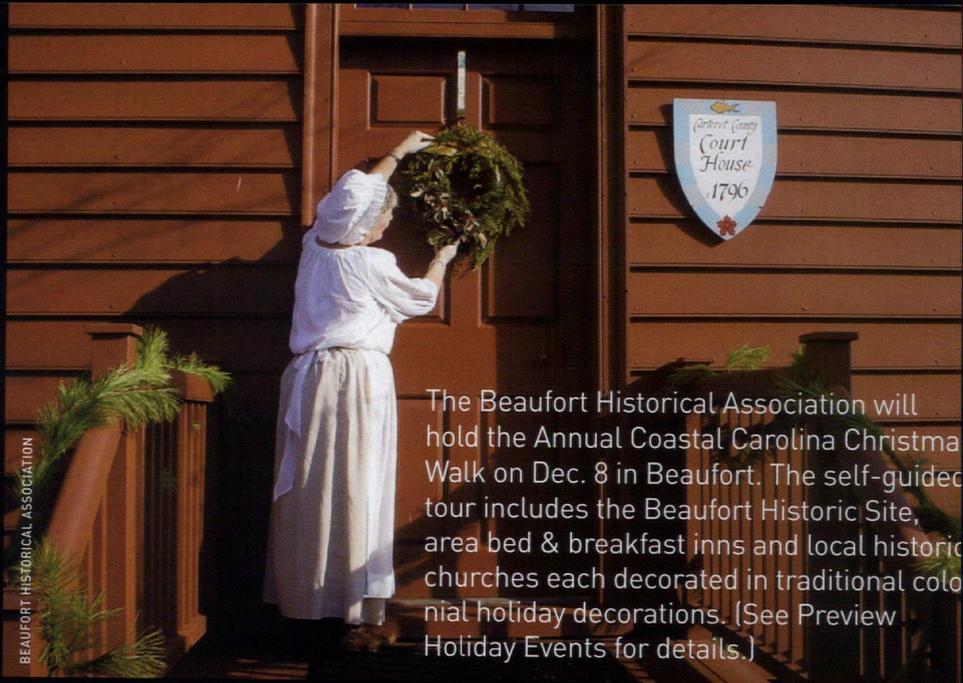
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The Preservation Society of Chapel Hill's Annual Holiday House Tour, *A Walk Down Franklin Street*, features seven historic homes decorated for the holidays and open to the public, Dec. 8 & 9 in Chapel Hill. (See Preview Holiday Events for details.)

CHAPEL HILL/ORANGE COUNTY VISITORS BUREAU



BEAUFORT HISTORICAL ASSOCIATION

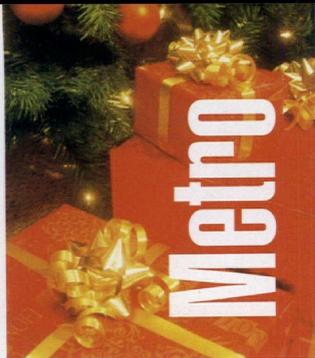
The Beaufort Historical Association will hold the Annual Coastal Carolina Christmas Walk on Dec. 8 in Beaufort. The self-guided tour includes the Beaufort Historic Site, area bed & breakfast inns and local historic churches each decorated in traditional colonial holiday decorations. (See Preview Holiday Events for details.)

Openings

A naval tradition continues on the Wilmington waterfront as the *Battleship North Carolina* is dressed in lights from the bow to the masts and stern in celebration of the holiday season, Dec. 7 through Jan. 6. (See Preview Holiday Events for details.)



© CAPE FEAR COAST CVB



Preview

by Mary Ward Boerner

THE HOLIDAYS ARE HERE, SPREAD THE CHEER!

GALLERIES

THE FESTIVE SEASON: A show of new work in a variety of different media by the gallery's member artists; The Hillsborough Gallery of the Arts, Hillsborough; Thru December. Contact 919-732-5001 or online at www.hillsboroughgallery.com.

RETROSPECTIVE OF THE PAINTINGS OF ANATOLY KOSTOVSKY: Featuring 42 oil paintings representing over 50 years of the artist's creative life; The Russian Art Gallery, Cary; Thru Dec. 14. Contact 919-468-1800 or www.russianartcary.com.

Stella, Anges Martin, Louise Nevelson, Donald Sultan and more; Animation and Fine Art Galleries at University Mall, Chapel Hill; Thru Dec. 13. Contact 919-968-8008 or www.animationandfineart.com.

23RD ANNUAL HOLIDAY SHOW: New Elements Gallery, Wilmington; Thru Jan. 5. Contact www.newelementsgallery.com.

NEW JEWELRY FROM BARBARA HEINRICH STUDIO: Somerhill Gallery, Chapel Hill; Thru Jan. 9. Contact 919-968-8868 or www.somerhill.com.

23RD ANNUAL HOLIDAY CRAFT EXHIBITION AT GALLERY C: Gallery C, Raleigh;

www.animationandfineart.com.

EVENTS AT FLANDERS ART GALLERY: Raleigh; Call 919-834-5044 or online at www.flandersartgallery.com.

• **STICKER SHOCK — NANCY BAKER:** Dec. 7-Jan. 3

• **SPEED OF LIGHT — VICKI DASILVA:** Dec. 7-Jan. 3

EVENTS AT ARTSPACE: Raleigh; Call 919-821-0383 or online at www.artspacenc.org.

• **LOST DREAMS AND TALL TALES — MARY SHANNON JOHNSTONE:** Visual Art/Photography; Upfront Gallery; Dec. 7-29 (Opening Reception Dec. 7).

• **GHOSTS IN THE MACHINE — MARK CRUMMETT:** Visual Art/Photography; ArtSpace Lobby; Dec. 7-29 (Opening Reception Dec. 7).

sure's First Night Raleigh; First Presbyterian Church Sanctuary, Raleigh; Dec. 31. Contact online at www.firstnightraleigh.com.

STAGE & SCREEN

RALEIGH LITTLE THEATRE PRESENTS CINDERELLA: AJ Fletcher Opera Theater at the Progress Energy Center for the Performing Arts, Raleigh; Dec. 7-16. Contact www.raleighlittletheatre.org.

PLAYMAKERS REPERTORY COMPANY PRESENTS THE LITTLE PRINCE: Paul Green Theatre, Chapel Hill; Thru Dec. 16. Contact 919-962-PLAY or www.playmakersrep.org.

MUSEUMS

EVENTS AT THE NASHER MUSEUM OF ART: Duke University, Durham; Contact www.nasher.duke.edu.

• **NASHER MUSEUM PRESENTS PERJOVSKI RETROSPECTIVE:** The first retrospective of the work of Romanian artists Dan and Lia Perjovschi; Thru through Jan. 6.

• **THE PAST IS PRESENT — CLASSICAL ANTIQUITIES AT THE NASHER MUSEUM:** On view thru Feb. 2008.

• **TASTE OF THE MODERN — ROTHKO, RAUSCHENBERG, OLDENBURG, KLINE:** Now Open

• **NEW AT THE NASHER:** On view thru July 6, 2008.

EVENTS AT THE NC MUSEUM OF ART: Raleigh; Contact 919-839-6262 or www.ncartmuseum.org.

• **LANDSCAPES FROM THE AGE OF IMPRESSIONISM:** Thru Jan. 13, 2008

• **HOLIDAY PATRON PARTY:** Dec. 5, 18

• **LECTURE/BEER TASTING — ART IN A GLASS, PART II:** Dec. 7

• **PUBLIC TOUR — CEREMONIES AND CELEBRATIONS:** Dec. 8, 15, 22, 29

• **LECTURE — A REVOLUTION IN PAINT, THE IMPRESSIONISTS AND THEIR NEW PAINT:** Dec. 10

• **HOLIDAY CONCERT — RALEIGH FLUTE CHOIR:** Dec. 16

EVENTS AT THE NC MUSEUM OF HISTORY: Raleigh; Contact 919-807-7900 or www.ncmuseumofhistory.org.

• **PLEASING TO THE EYE — THE DECORATIVE ARTS IN NORTH CAROLINA:** Permanent exhibit now open.

• **TRANSFORMATIONS — CHEROKEE BASKETS IN THE 20TH CENTURY:** Thru March 16, 2008

• **EXHIBITION: MYSTERIES OF THE LOST**



ANIMATION AND FINE ART GALLERIES

Frosty the Snowman and Karen, Don Duga — Rankin Bass Productions, 1969, original production cel & color pencil background, will be on view at Animation and Fine Art Galleries in Chapel Hill through Dec. 31.

THE DURHAM ART GUILD PRESENTS \$300 OR UNDER: All media — painting, photography, clay — all for holiday gift giving; The Durham Art Guild, Durham; Dec. 1-14. Contact 919-560-2713 or www.durhamartguild.org.

HOLIDAY EXHIBITION AT THE COLLECTORS GALLERY: New Works by gallery artists, gift wrapping and delivery available; The Collectors Gallery, Raleigh; Thru 31. Contact 919-828-6500 or www.thecollectorsgallery.com.

JIM WOOD FEATURED ARTIST FOR NOVEMBER AND DECEMBER: Mattie King Davis Art Gallery, Beaufort; Thru Dec. 31. Contact online at www.beaufort-historicsite.org

MINIMALISM & BLACK & WHITE: Featuring works by Kenneth Noland, Ellsworth Kelly, Richard Serra, Frank

Thru Jan. 8. Contact 919-828-3165 or www.galleryc.net/holiday-craft-exhibition-07.html.

A CELEBRATION OF THE SEASON — THE ANNUAL HOLIDAY EXHIBITION: Featuring works by gallery artists; Tyndall Galleries at University Mall, Chapel Hill; Thru Jan. 12. Contact 919-942-2290 or www.tyndallgalleries.com.

5TH ANNUAL RALEIGH AND WAKE COUNTY EMPLOYEES ART EXHIBITION: Miriam Preston Block Gallery at the Municipal Building, Raleigh; Dec. 7-Jan. 10. Contact 919-890-3610 or online at www.raleighnc.gov/arts.

HOLIDAY ANIMATION ART — CELS AND DRAWINGS FROM CLASSIC HOLIDAY ANIMATION FEATURES: Animation and Fine Art Galleries, Chapel Hill; Dec. 14-31. Contact 919-968-8008 or www.animationandfineart.com.

CLASSICAL

THE CHORAL SOCIETY OF DURHAM ANNUAL CHRISTMAS CONCERT WITH ORCHESTRA: Duke Chapel, Durham; Dec. 8 & 9. Contact www.choral-society.org.

NC MASTER CHORALE PERFORMS HANDEL'S MESSIAH: Meymandi Concert Hall at the Progress Energy Center for the Performing Arts, Raleigh; Dec. 8. Contact www.ncmasterchorale.org.

THE RALEIGH RINGERS W/DEAN SHOSTAK: Meymandi Concert Hall at the Progress Energy Center for the Performing Arts, Raleigh; Dec. 15-16. Contact www.glassmusic.com or online at www.rr.org.

TRANS-SIBERIAN ORCHESTRA: RBC Center, Raleigh; Dec. 20. Contact 919-834-4000 or www.livenation.com.

EVENTS AT THE DUKE UNIVERSITY DEPARTMENT OF MUSIC: Duke University, Durham; Contact 919-660-3333.

• **DUKE SYMPHONY ORCHESTRA:** Baldwin Auditorium; Dec. 5.

• **DUKE JAZZ ENSEMBLE:** With guest artists Nnenna Freelon, vocals; Baldwin Auditorium; Dec. 6.

• **DUKE UNIVERSITY STRING SCHOOL, HOLIDAY FESTIVAL:** Baldwin Auditorium; Dec. 8.

POP MUSIC

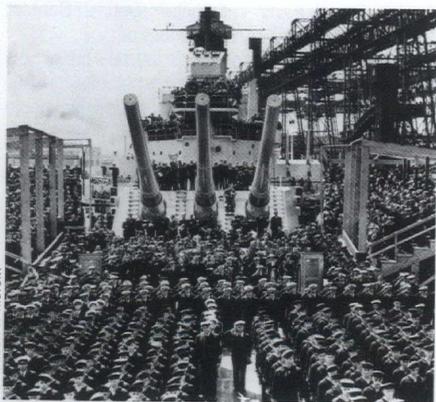
PINECONE PRESENTS MAGNOLIA KLEZMER BAND: Daniels Auditorium at the NC Museum of History, Raleigh; Dec. 9. Contact 919-807-7900 or online at www.pinecone.org.

DAVID PARMLEY & CONTINENTAL DIVIDE: Presented by PineCone and Tharlington Smith, LLP as part of Artspl-

COLONY: A NEW WORLD — ENGLAND'S FIRST VIEW OF AMERICA: Thru Jan. 13, 2008

• **NEW EXHIBIT — SHOWBOAT, THE USS NORTH CAROLINA (BB 55):** Thru Nov. 16, 2008

• **A KNIGHT TO REMEMBER — THE LIFE AND LEGACY OF SIR WALTER RALEIGH:** The North Carolina Collection Gallery at Wilson Library, UNC-Chapel Hill; Thru Jan. 31. Contact 919-962-1172.



NC MUSEUM OF HISTORY

SHOWBOAT, the USS NORTH CAROLINA, a new exhibit at the NC Museum of History in Raleigh, will feature artifacts, memorabilia and photographs that tell the story of the famous battleship, through Nov. 16, 2008.

EVENTS AT THE ACKLAND ART MUSEUM: UNC-Chapel Hill; Contact www.ackland.org.

• **THE HEALING ARTS — SICKNESS AND SOCIAL IMPACT:** Thru Jan. 13, 2008

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• **ENLIGHTENED PATRONAGE — ART IN SERVICE TO HUMANITY:** Thru Jan. 13, 2008

• **THE ART OF LOOKING — SELECTIONS FROM THE COLLECTIONS OF CHARLES MILLARD:** Thru Dec. 30, 2007

• **THEME AND VARIATION — PRINT SEQUENCES FROM ORNAMENT TO ABSTRACTION:** Dec. 9-Feb. 24, 2008

EVENTS AT THE MUSEUM OF LIFE AND SCIENCE: Durham; Contact www.lifeandscience.org.

• **30TH ANNUAL SANTA TRAIN:** Dec. 7-9, 13-16, 20-22

• **FLIP IT, FOLD IT, FIGURE IT OUT! PLAYING WITH MATH:** Thru Jan 2

• **CATCH THE WIND** — Ongoing Outdoor Exhibit

• **EXPLORE THE WILD** — Ongoing Outdoor Exhibit

EVENTS AT THE GREENVILLE MUSEUM OF ART: Greenville; Contact 252-758-1946 or info@gmoa.org.

• **COCKTAILS FOR CLAUS:** Dec. 14

• **BREAKFAST WITH SANTA:** Dec. 15. Contact 252-758-5242 for reservations.

• **GAIL RITZER ANNUAL HAND BUILT HOLIDAY SALE:** Thru Dec. 7

OUR SUNKEN HISTORY — ARCHEOLOGICAL TREASURES FROM NORTH CAROLINA SHIPWRECKS: NC Maritime Museum expansion site at Gallants Channel, Beaufort; Open Thursdays for guided tours; Contact 252-728-7317 or online at www.ncmaritimemuseum.org.



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LANDSCAPES
FROM THE
AGE OF
IMPRESSIONISM

October 21, 2007-January 13, 2008

NORTH CAROLINA
Museum of Art

In Raleigh the exhibition is made possible, in part, by the NC Dept. of Cultural Resources and the North Carolina Museum of Art Foundation, Inc.

From: Agostino Bonasconi, *Carta di un paese di campagna* (The Impressions of Campagna), 1906, oil on canvas, 10 1/2 x 21 1/4 in., Brooklyn Museum, Gift of Colonel and Mrs. E. H. Garbino

POTPOURRI

A BEING MORE INTENSE — BRITISH ROMANTIC WRITERS IN THE RARE BOOK COLLECTION: Wilson Library at UNC-Chapel Hill; Thru Dec. 31. Contact 919-962-4207.

THE AMERICAN SOLDIER — A PHOTOGRAPHIC TRIBUTE, THE CIVIL WAR TO IRAQ: An exhibition of 116 photographs from the Civil War to Iraq; DH Hill Library at NCSU, Raleigh; Thru Jan. 11. Contact www.lib.ncsu.edu/exhibits/americansoldier/.

POYNER & SPRUILL LLP NEW LEGAL ISSUES SEMINAR — ADVISING THE BUSINESS OWNER: North Raleigh Hilton, Raleigh; Dec. 5. Contact 919-872-2323.

14TH ANNUAL JINGLE BALL: Marbles Kids Museum, Raleigh; Dec. 6. Contact www.jingleball.org.

2007 GOODMOM AWARDS GALA — CELEBRATING TRIANGLE FAMILY VALUES: A family-style dinner and awards presentation with keynote speaker Dick Gordon from WUNC FM's "The Story" and music by the Will McFarlane Band; American Tobacco Campus Bay 7, Durham; Dec. 10. Contact www.leadershiptriangle.com.

EVENTS AT TRYON PALACE HISTORIC SITES AND GARDENS: New Bern; Contact 800-767-1560 or www.tryonpalace.org.

- **CENTURIES OF CELEBRATIONS AT TRYON PALACE:** Dec. 1-31
- **TRYON PALACE BOX & COX — A ONE ACT BRITISH FARCE:** Dec. 1, 15
- **TRYON PALACE HISTORICAL PUNCH & JUDY PUPPET SHOW:** Dec. 8
- **TRYON PALACE CHRISTMAS CANDLELIGHT TOURS:** Dec. 8, 15

HOLIDAY EVENTS

CHRISTMAS HOLIDAY FESTIVAL: The Johnston County Chorale presents this annual event with a gala reception and Santa in the lobby immediately following the

performance; Paul A. Johnston Auditorium at Johnston Community College, Smithfield; Dec. 8. Contact 919-209-2099.

THE CAROLINA INN'S 10TH ANNUAL TWELVE DAYS OF CHRISTMAS: The Carolina Inn will be festively adorned for the holidays with elaborate decorations based on the traditional song, "The Twelve Days of Christmas." Tours, gingerbread houses, dinners, dances, music and other events throughout the holidays; The Carolina Inn, Chapel Hill; Dec. 2-Jan. 6. Contact 919-933-2001 or www.carolinainn.com.

A CHRISTMAS STORY THE PLAY! One of the most beloved modern holiday films is now a stage show; Thalian Hall, Wilmington; Dec. 6-9. Contact 800-523-2820 or www.thalian.org.

30TH ANNUAL SANTA TRAIN: The Santa Train transforms the Museum grounds into a holiday wonderland; NC Museum of Life and Science, Durham; Dec. 7-9, 13-16, 20-22. Contact www.lifeandscience.org.

AFTERNOON TEA WITH SANTA: Every Saturday in December, parents and children are invited for afternoon tea with Santa with refreshments and a reading of "Twas the Night Before Christmas; Herons Restaurant at The Umstead Hotel, Cary; Dec. 8, 15 & 22. Contact 919-447-4200.

CHRISTMAS SPECTACULAR: The Encore Group with Philip Evancho from Craven Community College performs Christmas and Holiday standards; Athens Theatre, New Bern; Dec. 7-9. Contact 252-634-9057 or www.newberncivictheatre.org.

HOLIDAY LIGHTING OF THE BATTLESHIP NORTH CAROLINA: A naval tradition continues as the battleship is dressed in lights from the bow to the masts and stern; *Battleship North Carolina*, Wilmington; Dec. 7-Jan. 6. Contact 910-251-5797 or online at www.battleshipnc.com.

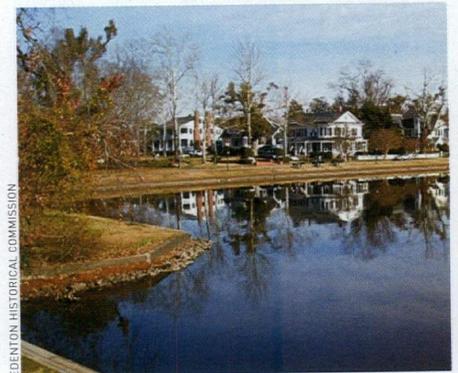
EDENTON HISTORICAL COMMISSION CHRISTMAS CAN-

DLEIGHT TOUR OF HOMES: Annual event offers a look inside festive holiday homes; Barker House, Edenton; Dec. 7-8. Contact 252-482-3400 or www.visitedenton.com.

2007 CHAPEL HILL HOLIDAY HOUSE TOUR — A WALK DOWN FRANKLIN STREET: Sponsored by the Preservation Society of Chapel Hill; Dec. 8-9. Contact 919-942-7818 or www.chapelhillpreservation.com.

NC SYMPHONY — HOLIDAY POPS CONCERT: Kenan Auditorium at UNCW, Wilmington; Dec. 8. Contact 910-962-3500 or www.ncsymphony.org.

NORTH POLE CRUISE TO PICK UP SANTA: Annual holiday cruise aboard the *Henrietta III* benefits the Salvation Army; admission is six cans of non-perishable food per person, board at foot of S. Water St. in Wilmington; Dec. 8. Contact 800-676-0215 or online at www.cfrboats.com.



Edenton Historical Commission sponsors the Edenton Candlelight Tour of Homes Dec. 7-8, tours will encompass several historical homes, as well as the 1767 Chowan County Courthouse Green.

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Christmas Walk**
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For more information contact (252) 728-5225 | (800) 575-7483

ANNUAL COASTAL CAROLINA CHRISTMAS WALK: A Beaufort Historical Association self-guided tour of historic buildings decorated in traditional colonial holiday finery; Beaufort Historical Site, Beaufort; Dec. 8. Contact 919-728-5225 or online at www.beauforthistoricsite.org.

WILMINGTON HOLIDAY PARADE: 5th annual parade with area bands, community groups and businesses will participate; Downtown Wilmington; Dec. 9. Contact 910-341-4602 or online at www.wilmingtonrecreation.com.

8TH ANNUAL HOLIDAY TOUR OF HOMES — MANTEO: Nine decorated homes and inns included on the tour sponsored by Manteo Preservation Trust; 108 Budleigh next to the Old Dare County Courthouse, Manteo; Dec. 9. Contact www.manteopt.com.

IT'S A WONDERFUL LIFE — THE RADIO PLAY: The award-winning NC Stage Company presents this clever adaptation of Frank Capra's beloved story in a new and intimate way; Thalian Hall, Wilmington; Dec. 15. Contact 800-523-2820 or www.thalian.org.

COLONIAL CHRISTMAS CELEBRATION: 18th century Christmas tradition with musicians, carolers and hot wassail; Burgwin-Wright House Museum, Wilmington; Dec. 15-16. Contact 910-762-0507 or www.burgwin-wrighthouse.com.

Our thanks to Cyndi Harris for her assistance with MetroPreview.

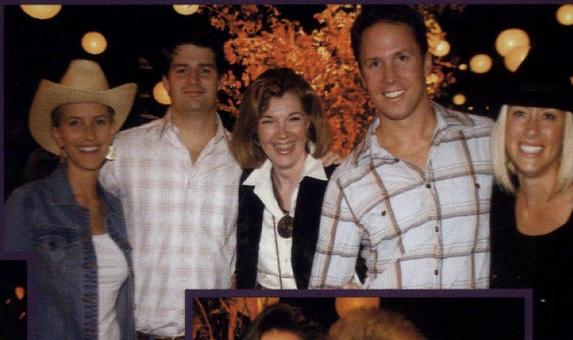
EDITOR'S NOTE: Please send events info and color images, slides or photos 6 weeks before publication date. Send to Mary Ward Younger, Metro Magazine, 1033 Oberlin Rd. Suite 100, Raleigh, 27605 or e-mail: mary@metromagazine.net.

On the town

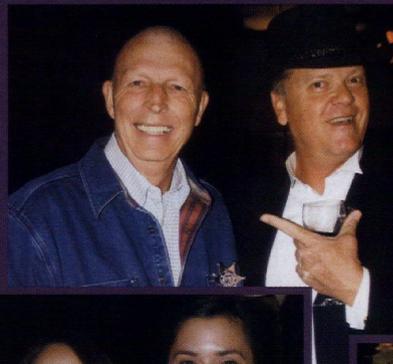
by Katie Poole

Raleigh Roundup

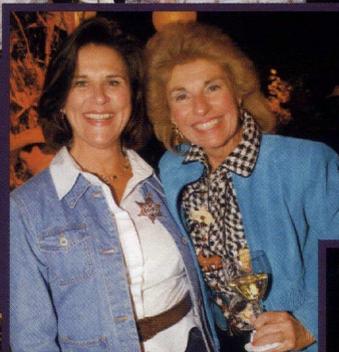
Presented by the Red Sword Guild
Kerr Scott Building
November 9th, 2007
Raleigh, NC



Frank and Helen Morrisy, Donna McCaskill,
Tucker and Courtney Shade

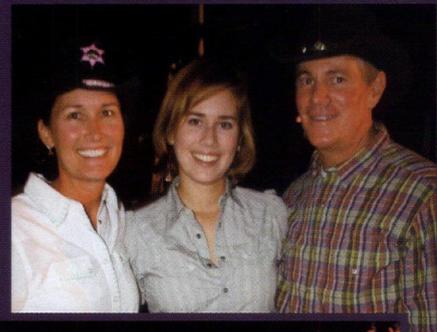


Jim Branch,
Mickey Faulk



Carolyn Younger,
Louise McLarry

Betsy, Katy and Eric Davis



Karen Lichtin, Hellen Wallace



Mary Laurie Cece,
Wren Rehm



John Toler with Bloomsbury Bistro

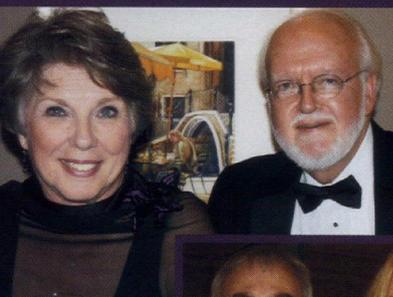
Collectors Gala

Artspace
November 17, 2007
Raleigh, NC

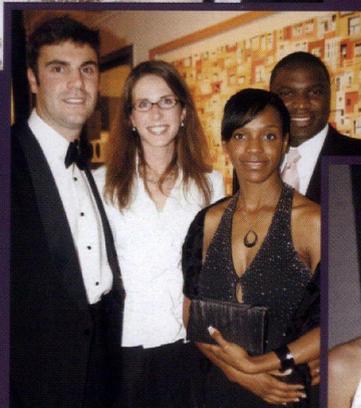


James Mattox, Reston Mattox, Ashley and
Clyde Harris, Abbitt and Elizabeth Goodwin

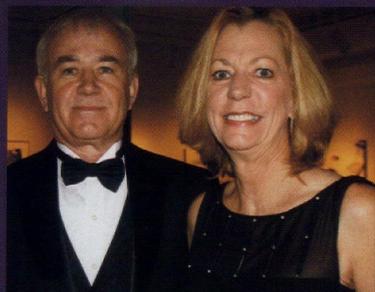
Mary Poole, Greg Norton



Nancy and Clay Taylor



William and Tracy Kimbrell,
Courtney and Byinna Crowden



Jerry Traynham, Kat Thompson



Kristen Bear,
Julia Kerr

On the Town

Guess Who's Coming To Dinner

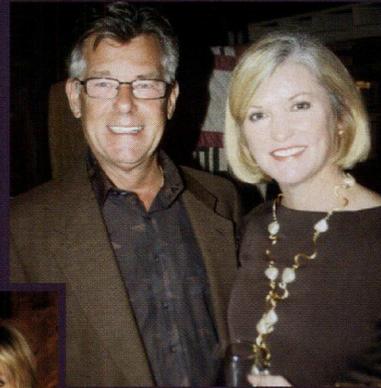
Honoring Ira David Wood
 Angus Barn
 October 31, 2007
 Raleigh, NC



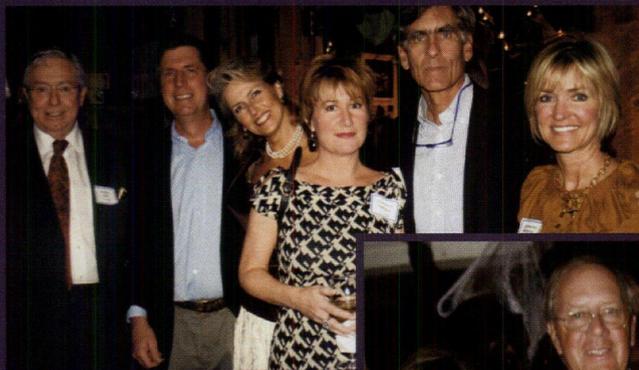
Jim and Peggy Fain



Larry Stogner, Carol
 and Lee Fowler



Stewart Woodard, Cecila Condrey



Ralph Falls, Lee Norris, Roro Taylor,
 Charlene Harles, Mason and
 Katherine Williams



Ashley and Ira David Wood



Anne, Ernie and
 Maggie Simons

Playmakers Ball

Honoring Louise Fletcher
 Carolina Inn
 November 10, 2007
 Chapel Hill, NC



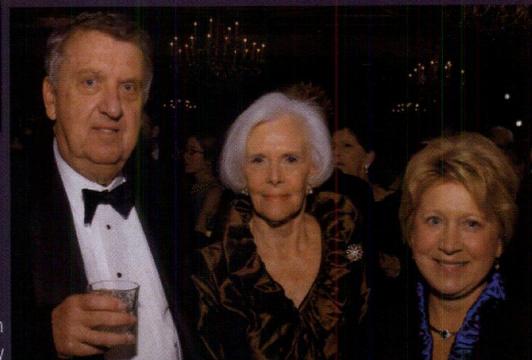
John and Celeste Stallings,
 Jim and Jean Carter



Louise Fletcher, Lewis St. Louis



Clay Thorp, Laura Francis-Thorp, Bo
 Thorp, Patti and H. Holden Thorp



Jimmy and Bren
 Cheatham, Linda Perry



Patti Thorp, Renee Anderson

Artist-at-Large

by Louis St. Lewis

BEAUTIFUL BARCELONA

Many of you may not know this, but I have travel in my blood. It seems quite natural actually, considering the fact that I was born on the *SS France* about 150 nautical miles off the coast of England. They found me in the boiler room of the luxury liner, cradled in a wicker basket, wearing a twisted chain of the finest silver bearing a locket, which simply said, "Brandy." I was adopted by an older couple on the ship and reared in the rolling hills of Virginia. Over the years, I have been a lot of places, from China to Mexico, from Russia to Rome, but recently I visited a city that really captured my imagination in a dramatic way ... Barcelona. Just the name to me sounds like a

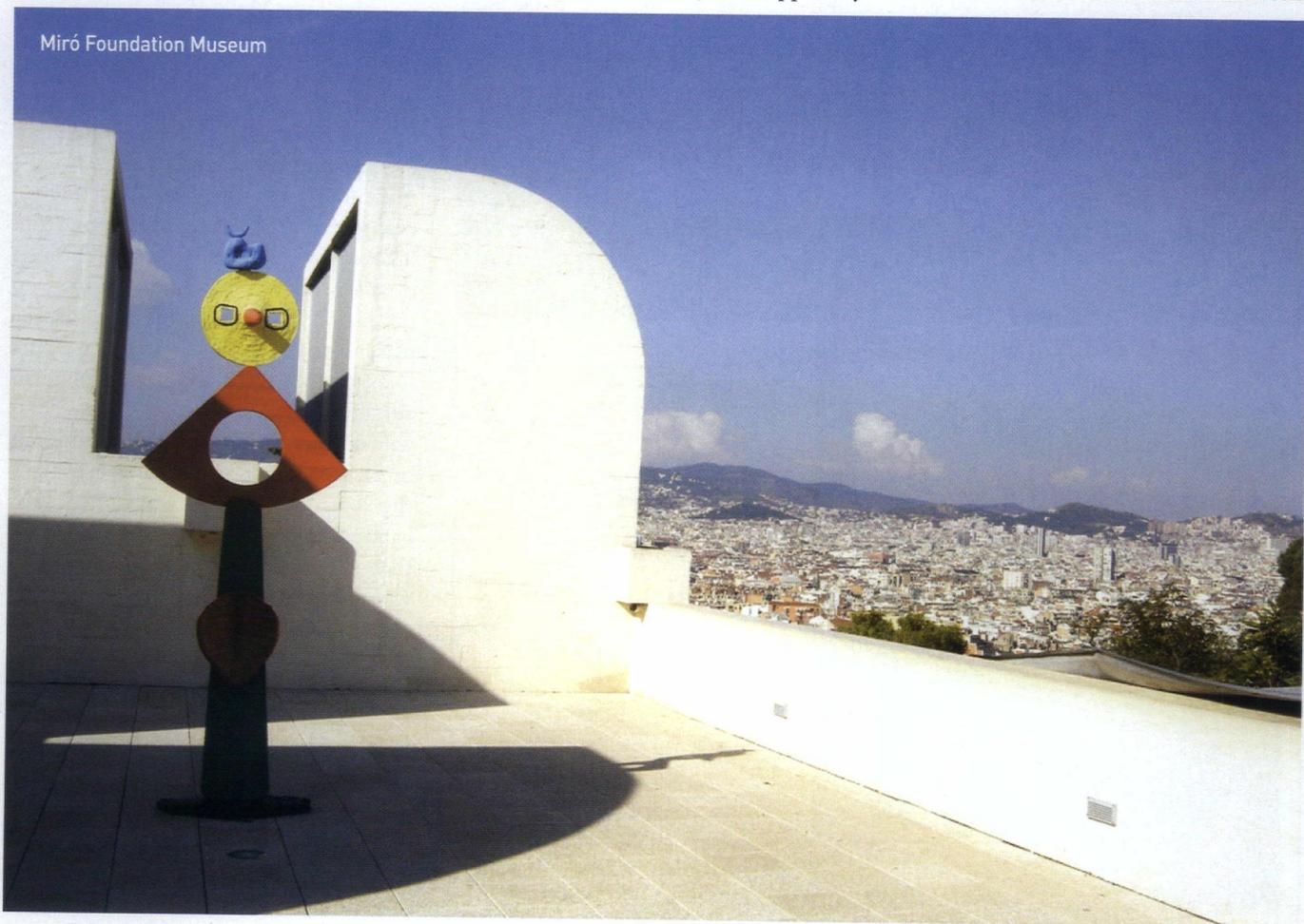
party, and in many ways it is. This gorgeous city in northeastern Spain on the beautiful Mediterranean Sea is nothing short of paradise.

The city is of manageable size, the metro is squeaky clean, the weather is typically sunny and the people exotically beautiful. Not to mention the fact that the food rivals Paris in quality and imagination. When I wasn't dining on the freshest morsels from elegant tapas restaurants — such as the Ciutat Comtal — I was strolling down Las Ramblas to purchase fresh foie gras that I simply seared and enjoyed with a silky glass of Sauterne.

Barcelona has been inspiring people for a very long time. The city was supposedly

founded by Hercules — of all people — 400 years before Romulus and Remus founded Rome, and was rebuilt by the Carthaginian Hamilcar Barca, father of Hannibal, who named the city after his family. History surrounds you on all sides and at all times. Just strolling down the streets is an experience. The architecture runs the gamut from ancient Roman walls and medieval mansions in the Barri Gòtic, to glimmering modernist structures by the likes of Mies van der Rohe, and the amazing over-the-top, seemingly drug-induced creations of Antoni Gaudí (1852-1926), whose obsessive, unfinished masterpiece, La Sagrada Família, is still under construction. All of Gaudí's architecture has a sen-

Miró Foundation Museum



suous organic flow, mad and visionary simultaneously, buildings once witnessed that are never forgotten.



Barri Gòtic

Something else that is not forgotten is the amazing art. Pablo Picasso, Joan Miró, Salvador Dalí and Antoni Tàpies all called the city home, and their ghosts haunt to this day. I spent an afternoon touring the cool white halls of the Miró Foundation (www.bcn.fjmiro.cat), which commands the most beautiful views of any museum I have ever visited in my life. Not only this, the museum contains my new favorite art-

work of all time. I was just strolling through the building, taking in the colorful images of Mr. Miró when I passed a fountain that caught my eye. A work of art by the American artist Alexander Calder (1898-1976), it glimmered in a hypnotizing way, the water splashing upon metal plates swaying in the air. But looking closer, you realize that this large fountain, which stands behind a glass wall with the city of Barcelona beyond, wasn't filled with water at all. Instead, hundreds of gallons of silver mercury gushed and pooled, a liquid mirror, beautiful and mesmerizing, seductive and deadly. I was captured.

I just visited the Picasso museum in Paris this summer, so it was a treat to be able to tour his museum in Barcelona (www.museupicasso.bcn.es), which is housed in the glorious palace of the Baron of Castellet. My very favorite part was the ability to sit surrounded by the 58 oil paintings called *Las Meninas*, Picasso's stunning variations on *The Maids of Honour* by Velázquez. Painted in 1957, these images showcase perfectly Picasso's searching intellect, command of color and creative genius.

DALÍ DAZE

After a few days, I felt the tug of wanderlust and hopped on the train for the short trip to the town of Figueres to visit the Dalí Museum (www.salvador-dali.org). Salvador Dalí (1904-1989) was a great



Car sculpture from the Dalí Museum.

showman, and since he helped to design and plan the museum, as you can expect, it was completely over the top. It was also completely a madhouse of art lovers. While the Picasso Museum was quiet and reverent, the Dalí Museum was a cross between Graceland, the Vatican and the State Fair. Women were praying, children were running wild and Dalí lay right there in his granite tomb surrounded by glass cases filled with examples of his jewelry designs in sparkling rubies and diamonds. The museum is crammed with wonderful examples of Dalí's creative output, from his stereographic paintings to the recreation of his Mae West room that forms an uncanny resemblance to the actress by the placement of a red lip-shaped sofa, a nose fireplace, two eye paintings and blond hair curtains. As creative as Dalí was, Gala, his wife and muse, must have had about as much as she could take because eventually she kept a separate castle where her husband had to make appointments to visit so that she could hide her much, much younger lovers from view. But since Dalí was himself dating a transsexual at the time, I guess what's good for the goose...

There is a psychosomatic illness called Stendhal Syndrome that causes rapid heartbeat, confusion, hallucinations and dizziness when an individual is exposed to an excess of outrageously beautiful art. With this trip to Barcelona, I had it bad. I want to encourage all art lovers to make the journey for the experience of a lifetime. **MM**

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The Season For Giving:

THE GOOD YOU CAN DO WILL COME BACK TO YOU

A few years back, I told a story about my cousin Gail Roberson — the Jamesville, NC, author, columnist and naturalist — and my grandmother Josephine Leggett. Christmas was coming, and Gail stopped by the Down East senior facility to visit and ask “Miss Josephine,” as I called her, what she would like to have for Christmas. This wise and gentle woman, who had lived a no-frills life as a country preacher’s wife, replied, “Could you give me some small things like toothpaste and hand cream that I can give to others?”

I often think of this selfless response, especially at Christmas when giving and all it entails is much on our minds. But giving is important all year long and fills needs within us that are often quite different. And sometimes it is hard to sit still and be on the receiving end.

Yesterday, a young couple, who are very dear to me, invited me to lunch. We had a great time. But, honestly, it bothered me that they were picking up the check. Their budget is tight, but I kept quiet, offered to leave the tip and thanked them graciously. I knew this act of friendship and appreciation for small things I have done was important to them. It gave them joy.

I suppose somewhere in the back of my mind I could hear my mother’s voice speaking about one of her favorite aunts. “Mittie drives me crazy sometimes. She can never let you give her anything without putting up a fuss.”

Claxton Hall, my former Sunday School teacher, talked with us about receiving gracefully. “Never fuss and say, ‘Oh, you shouldn’t have done this,’” he said. He understood that we need to give and to have our gifts accepted without reservation.

Recently, I attended the presentation of The North Carolina Humanities Council’s John Tyler Caldwell Award for the Humanities. Emily Herring Wilson — poet, biographer, essayist, social and political activist, and much more — was the honoree.

Emily, in her self-effacing way, said, “I really have never made much money. I have ended up giving away almost everything I have ever done.” And then, as she is apt to do in conversation

and in writing, Emily slipped up on us by adding this powerful thought: “The first time I ever gave something away was the first time I ever really felt empowered.”

Giving is empowering in countless ways. It enables us to produce joy in a friend, a neighbor or perhaps someone on another continent. It gives us the power to meet needs and advance causes.

The Z. Smith Reynolds Foundation on the Saturday before Thanksgiving gave its annual Nancy Susan Reynolds Awards to three extraordinary North Carolinians. One was Lillie Sanders

of Magnolia in Duplin County, who received the \$25,000 award in the personal service category. It was my pleasure to go Down East and interview Lillie for the documentary about her life and service that was shown at the awards luncheon.

Jobs are scarce and wages are low in Duplin County. There is no United Way, no Salvation Army — none of the services larger communities take for granted. Neighbors must help neighbors when they are in distress, and over the years, the hurting and the needy have wound up on the doorstep of Lillie Sanders.

Gradually, stories about how this woman with extremely limited personal resources has helped so many have made their

way out into the state’s philanthropic community. Lillie was surprised when she heard Raleigh’s Beth Briggs, president of Creative Philanthropy, refer to her as a “philanthropist.” Philanthropists are rich people, Lillie said. She lives a simple existence and, being deeply spiritual, believes the Lord will provide for her as she tries to provide for others.

But in the eyes of Beth Briggs and others, she has perfected the art of giving and has become a model for others, especially in low-resource communities such as Magnolia, which is about equally divided between whites, blacks and Latinos. Lillie, who is African American, ministers to everyone. “People don’t cry in English or Spanish. There is no difference in the tears of the needy,” she says.

She is motivated in part by an early life filled with depriva-



Lillie Sanders

tion. As a 12-year-old, she went to care for her grandmother. In the dead of winter, Lillie, who had no coat, was sent off to school in the best her grandmother could provide — an old housecoat. Children teased her and afterward she hid the housecoat in the woods on the way to school and retrieved it in the afternoon. She resolved that someday she would make sure no child had to go to school without a coat.

“For me, giving is a part of my healing process. I have to give, and every time I give it feels better and better and better,” she said with a broad smile.

People give her things — clothes, furniture, appliances, food — and she makes sure those who need them get them. A clothes closet provides free clothing. The furniture in Lillie’s house is forever changing. If someone needs something, she gives it to them. Food in the garage can be boxed on short notice and put into the hands of the hungry. She places the day’s bounty — donated eggs, tomatoes, potatoes, odd items — on a

table in her front yard for takers. She has no rules. “Sometimes I tell people I serve the needy and the greedy, but I don’t think it’s my place to try to distinguish between the two.”

She has shifted family around to make room for someone needing a bed for the night. One elderly friend, lacking family to care for him, came and stayed for years until his death.

Lillie has a special place in her heart for those who have lost their homes to fire. As a young mother, she lost everything and family had to take her in. She will work tirelessly to find temporary housing and to replace lost household goods. Her dream is to build two apartments on land she owns for burnt-out families and to send them on their way eventually along with all the furnishings. It will cost \$250,000, and she is raising the money a dollar at a time.

Lillie understands the needs of young people. She has started a program with grandparents, asking them to provide small monetary incentives to students who work

at their math and English. She has turned a small house into a recreation center.

She makes “bereavement baskets” — small baskets full of hard candy with a poem she has written — that she takes to homes where there has been a death. “They get me in the door and start a conversation,” she said, “and then I see if they need help.” Often families lack resources for burial expenses. “It’s bad enough to lose someone. Then on top of that, the whole community knows you are too poor to bury them.” She has started a small fund to help with expenses and negotiated with funeral homes so loved ones can be laid to rest with the family’s dignity intact.

I like this story best. Beth Briggs and associates arranged for Lillie to attend an international philanthropy conference so she could share her story. All expenses were paid, and she was provided spending money. Later, Lillie revealed that she had given most of her money to other conferees — \$5, \$10 and \$20 at a time — to help with their struggling projects. “It made me feel good that money from Magnolia, NC, could be helping out all over the world,” she said.

As I sat down to write, I put a CD on to play. I had a notion of what I was going to write, and Mahalia Jackson began to sing what sounded like a song intended just to inspire me.

“You may not be an angel and maybe don’t go to church. But the good you can do will come back to you, and it don’t cost very much. It don’t cost much to give a gentle touch,” sang Mahalia. “It don’t cost much to give a glass of water to a pilgrim in need. And the good you can do will come back to you, and it don’t cost very much.”

Between you and me, giving can be a complex thing if you make it so. But as Mahalia said, and Lillie Sanders has proved, it doesn’t have to be.

Merry Christmas. **MM**

(Editor’s note: Portions of this column are based upon materials prepared by the writer for the 2007 Nancy Susan Reynolds Awards presentation ceremony.)

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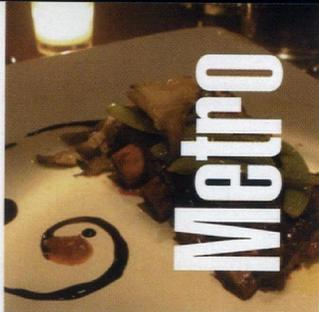
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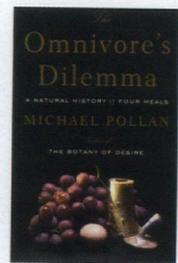
Gourmet

by Moreton Neal

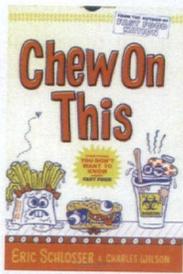
FOOD FOR THOUGHT

December, at last! As the song goes, it's the most wonderful time of the year, especially for foodies, the month we turn our minds to making Christmas cookies, planning belly-warming winter menus and shopping for holiday gifts. In my case, for gourmands and cooks.

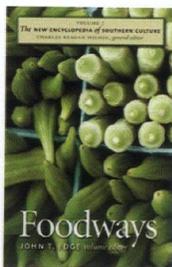
Browsing the cookbook section of local bookshops, food trends become apparent. This year's collections speak volumes about the direction of cooking and eating in this region. The biggest trend of the year, it appears to me, is not the latest silicon cooking gadget, designer beer, obscure grain or even sexy food network chef. Nor is it healthy cooking per se, though health benefits of chocolate, coffee, red wine, and the usual green and orange suspects are certainly evident. The trend I'm seeing is a result of our country's bounty of an affluent society in danger of losing our food traditions and small farms. I'll call it "food awareness," a thoughtful examination and appreciation of what we eat, why we eat it and where it comes from.



Last spring, I joined a crowd of almost a thousand food enthusiasts to hear Carlo Petrini, founder of Slow Food International, speak in Raleigh. The charismatic philosopher/activist captivated his audience with his ideas about the importance of savoring good food and a critique of what he calls, "the fast life." His new book — co-authored by Alice Waters — is *Slow Food Nation*, a must-read for those paying serious attention to the consequences of lifestyle choices.

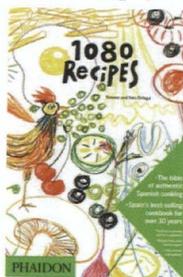


Another crowd-drawing speaker in the Triangle this year was Michael Pollan, the author of the eye-opening *The Omnivore's Dilemma*. A brilliantly written and entertaining read, *Dilemma* illustrates the principle, "You are what you eat," in unexpected and sometimes frightening ways.



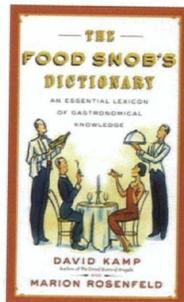
Following the success of his *Fast Food Nation*, Eric Schlosser's latest publication is *Chew On This: Everything You Don't Want to Know about Fast Food*. In a light, breezy style, Schlosser chronicles the origins of our country's many fast food chains and analyzes the cultural changes that followed.

Think, Eat, and Be Merry, edited by Fritz Allhoff and Dave Monroe, is a collection of essays about the philosophy of eating that addresses vegetarianism and sensuality. The book wraps up on a light note with a hilarious spoof on food fanaticism by that great philosopher, Woody Allen.



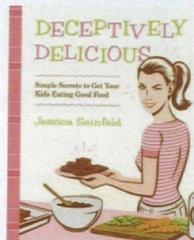
The long-awaited second edition of *The Encyclopedia of Southern Culture* just came out with a new format — a hard bound volume for each subject. *Foodways*, which can be purchased individually, is edited by food historian John T. Edge, and covers Southern food terms, influential chefs and all the cultural foodways that produced a distinctive regional cuisine.

We can lighten up with David Kamp's



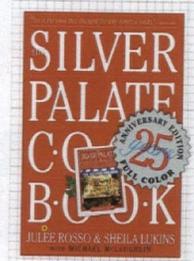
irreverent *The Food Snob's Dictionary: An Essential Lexicon of Gastronomical Knowledge*. Among other valuable tidbits, Kamp proclaims that "food enthusiast" is the new term for "foodie," now considered snobby and passé. Thanks, David. I'll try to be more careful.

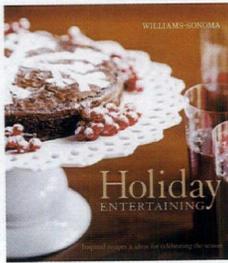
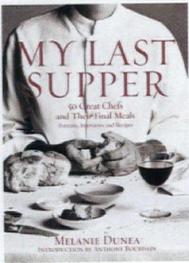
As I browsed local bookstores, I quizzed staff members about the hot books of the season. According to Nancy Olson, owner of Raleigh's Quail Ridge Books, "The two hottest cookbooks now are *1080 Recipes* and *A Love Affair with Southern Cooking*. The former is a huge book of Spanish recipes first published in Spain 35 years ago — everything you ever need to know about Spanish cooking. In *Love Affair*, Jean Anderson perfectly captures the essence of Southern cooking. It takes me back to my childhood and my grandmother's food."



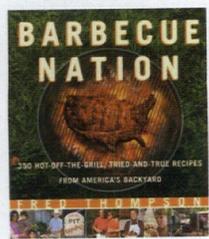
Jason Woodburn of Waldenbooks in Chapel Hill's University Mall surprised me by revealing that the very best-selling cookbook of the season is by Seinfeld! On closer look, I discovered that *Deceptively Delicious: Simple Secrets to Getting Your Kids Eating Good Food* is actually written by Jessica Seinfeld, mother of Jerry's three children. The secrets are fruit and veggie purees added to brownies and other vitamin-deficient kiddies' favorites. Apparently, the thousands of parents who have bought the book believe this is an idea worth trying.

McIntyre's, in Farrington Village, cookbook guru Jamie Fiocco reports that *Silver Palate Cookbook: 25th Anniversary Edition* is jumping off the shelves





— good news for those of us whose old edition is wearing out from so much use. *My Last Supper: 50 Great Chefs and their Final Meals* looks irresistible, as does *The Art of Simple Food* by the ever-popular Alice Waters. This is a book I'd like to

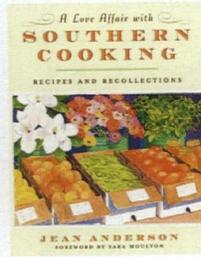
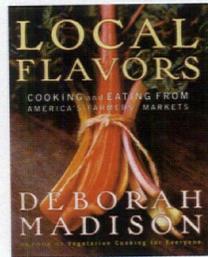


give to many of our local chefs. The simplicity of the title itself is an inspiration.

Stocked in all our bookstores are many wonderful cookbooks by talented Triangle chefs and writers. 2007 brought us Fred Thompson's *Barbecue Nation: 350 Hot-off-the-Grill, Tried-and-True Recipes from America's Backyard*; Sara Foster's *Casual Cooking*

Debbie Moose's *Fan Fare: A Playbook of Great Recipes for Tailgating or Watching the Game at Home*, the paperback edition of Karen Barker's *Sweet Stuff*; and Nancie McDermott's luscious *Southern Cakes*.

If I behave myself this month, maybe Santa will bring me two books I've had my eye on for months: Deborah Madison's *Local Flavors: Cooking and Eating from America's Farmers' Markets* and French blogger Clotilde Dusoulier's *Chocolate and Zucchini: Daily Adventures in a Parisian Kitchen*.



Now that I'm exhausted by all this shopping, I plan to sit down with my new copy of *Holiday Entertaining*, a Williams-Sonoma book by New Orleanian restaurateur, Georgeanne Brennan. Thumbing through these gorgeous photos of tradi-

tional and updated Christmas spreads, I'll enjoy fantasizing about these tantalizing holiday goodies.

Then I'll stop thinking about food and start cooking it.

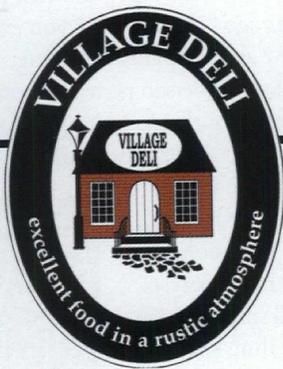
NIBBLES

A few other gift idea possibilities that stand out from the fray this year: the Big Green Egg (combination grill/smoker/roaster) will thrill those outdoor cooks who don't yet have one. The **VitaClay Rice N' Slow Cooker Pro**, is a multipurpose gadget that takes up little counter space and performs many useful functions. Using this, you'll never burn rice again. Wine lovers will enjoy Ted Allen's fascinating DVD set *Uncorked! Wine Made Simple*, available at Amazon.com, as well as the big chain bookstores. Finally, all cooks need a silicon baster or two in their stocking. I use mine every day.

For those searching for unusual bottles of wine, **Studio 91**, in Chapel Hill's Meadowmont, has morphed from a gallery to an "art bar" with frequent wine tastings. Throughout December, the studio will offer tastings and all bottles will be for sale in time for your holiday parties and gifts.

This month, you can pick up old-fashioned holiday baked goods at kiosks from **Dewey's vintage bakeries** in Triangle shopping centers: Cameron Village, Triangle Town Center, Crabtree, The Streets at Southpoint, and Cary Towne Center. Since opening in 1930, Dewey's has been baking traditional favorites such as Moravian sugar cakes, Moravian cookies, grandma and grandpa coffee cakes and Moravian lovefeast buns. Faithful to the origins of these time-honored classics, Dewey's still bakes in the homemade tradition, using original recipes. For more information about Dewey's Bakery, visit: www.deweys.com.

Looking for a kitchen-free holiday? **Il Palio** will offer a three-course lunch and five-course dinner on Christmas day. Chef Adam Rose has been using the incredible Cane Creek Ossabaw pork on his late fall menu. Chances are good you will see it on his holiday feasts, as well.



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Hérons at the Umstead Hotel is proud to announce that **Chef Phil Evans** has been named by Travel South USA to be one of three Culinary Ambassadors to represent the 12 Southern states at Toronto's Gourmet Food & Wine Expo this year. A hot ticket on New Year's Eve is bound to be Evans' elaborate four-course prix-fixe menu with live jazz throughout the evening in the lounge — \$150/per person. Contact Herons for more details at 919-447-4200.

Another option for the last day of 2007 is **Jibarra** in North Raleigh. The upscale Mexican restaurant will offer a four-course menu on New Year's Eve for \$45 per person, and for an additional \$18 they'll offer "endless" sparkling wine!

Big changes in downtown Raleigh at year's end include the closing of Nana's Chophouse to make way for a new barbecue restaurant. Featuring a menu designed by Eastern North Carolina porkmeister Ed Mitchell, **The Pit** should open by early

December. At Seaboard Station, Tookie's Grill is now serving burgers and its famous round-the-clock breakfast. And Poole's Diner should be in business, at last, on McDowell Street — just in time to usher in 2008.

Discover how the Christmas holidays are celebrated south of the equator at **blu seafood and bar** in Durham. Chef Tim Lyons will cook up a four-course traditional South American dinner to be served with appropriate wines on Dec. 12 for \$45.

Call 919-286-9777 for information.

For the food connoisseur who has everything, consider a gift certificate for a holiday chef's table at **Four Square Restaurant** in Durham. Chef Shane Ingram will introduce each course of a four-course dinner, describe the cooking techniques and pair each course with wine. Certificates will be redeemable all year. For more information, call 919-401-9877 or visit the restaurant at 2701 Chapel Hill Road in Durham. **MM**

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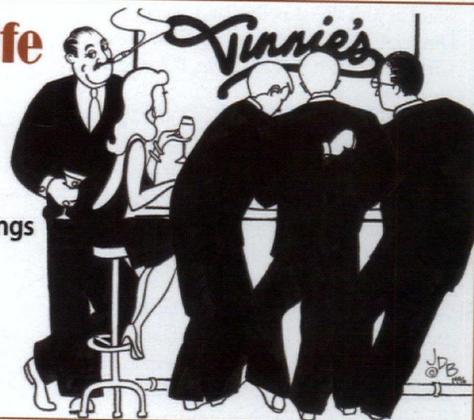
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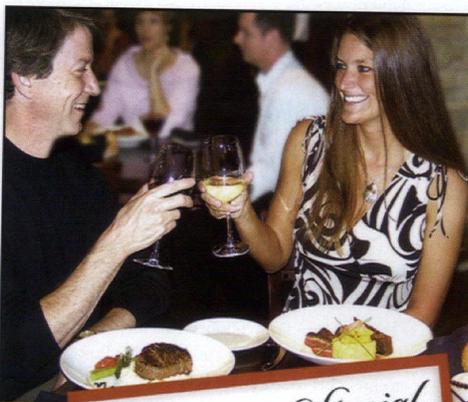
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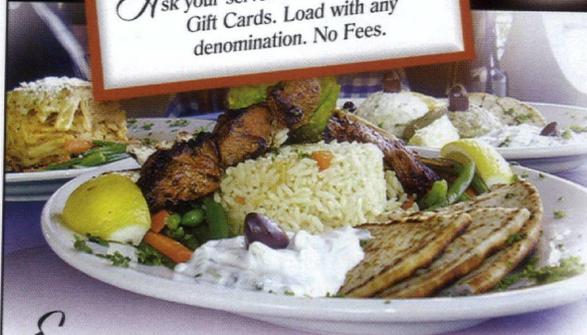
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METRO MAGAZINE RESTAURANT GUIDE

RALEIGH/CARY

42ND STREET OYSTER BAR – 508 W. Jones St., Raleigh. 831-2811. Serving quality seafood, steaks and pasta in a casual atmosphere. Steamed oysters and clams available. Lunch M-F; Dinner seven nights a week.

THE ANGUS BARN – 9401 Glenwood Avenue. Raleigh. 781-2444. www.angusbarn.com The Angus Barn, a Raleigh landmark offers Angus steaks, seafood, an extensive wine list, experienced and knowledgeable staff and much more in its eclectic barn setting. Since opening in the 1960s, the basic principals – hospitality, attractive atmosphere, and value have remained the same.

BELLA MONICA – 3121-103 Edwards Mill Rd., Raleigh. 881-9778. www.bellamonica.com. Authentic Neapolitan entrées from family recipes. Neighborhood wine bar with all-Italian list. Patio dining. Lunch & Dinner. Closed Sunday. Voted “Best Italian” by *CitySearch* & *AOL Cityguide*. *Wine Spectator* Award of Excellence.

BENTLEY'S AT CROSSROADS – 2007 Walnut St., Cary. 854-0644. www.BentleysAtCrossroads.com. Enjoy aged steaks, fresh seafood and seasonal produce in a casually elegant atmosphere. Lunch M-F from \$6. Dinner daily from \$14. Stunning bar area. Private A/V equipped Boardroom. Look for Bentley's Clock Tower. An LM Restaurant.

BLOOMSBURY BISTRO – 509 W. Whitaker Mill Rd., Ste 101, Raleigh. 834-9011. Sophisticated food and wine in a comfortable neighborhood setting. Featured in *Southern Living*, *Gourmet Magazine* and *USA Today*. Voted Best Restaurant two years running, Best Chef and Best Waitstaff 2006 MetroBravo Awards.

BLUE RIDGE, THE MUSEUM RESTAURANT – 2110 Blue Ridge Rd., Raleigh. 839-6262. www.nc-artmuseum.org. Offering renowned visual art and culinary masterpieces at the NC Museum of Art. Eclectic fare ranges from salads, sandwiches and entrées at lunch to sumptuous weekend brunches.

CAFÉ TIRAMISU – 6196-120 Falls of Neuse Rd., Raleigh. 981-0305. Northern Italian Cuisine: A family owned and operated restaurant originating from an old Raleigh favorite Piccolo Mondo restaurant. Slick and contemporary décor, will give fine dining at its best.

CAROLINA ALE HOUSE – 513 Creekside Dr., 835-2222; 4512 Falls of Neuse Rd., 431-0001; 7981 Skyland Ridge Pkwy., 957-4200; 2240 Walnut St., Cary, 854-9444. Hwy 98 bypass and US1, 11685 Northpark Drive, Wake Forest, 556-8666. www.CarolinaAleHouse.com. Award-winning menu served 11am until 2am. Catch all the sports action on 40+ TVs. Daily lunch & dinner specials, coldest \$2 pints, 99¢ Kid's Tuesdays. An LM Restaurant.

THE DUCK & DUMPLING – 222 South Blount St., Raleigh. 838-0085. www.theduckanddumpling.com. Overlooking Moore Square, this contemporary Asian Bistro is home to Chef David Mao's unique blend of Chinese and Vietnamese cuisine. Open for Lunch: M – F; 11:30am – 2:30pm, Dinner: T – Th; 5pm – 10pm, Fri and Sat 5pm – 11pm.

GIANNI & GAITANO'S – Towne North Shopping Center, 8311 Creedmoor Rd., Raleigh. 847-8223;

Wakefield Shopping Center, 14460 Falls of Neuse, Raleigh. 256-8100; Triangle Town Center, 3751 Sumner Blvd., Raleigh. 449-0728. Presented by the Cinelli Family, the unique environment at these three locations offers a choice of family or adult dining and authentic family recipes. With an inspired wine list and only the finest and freshest ingredients, a visit to Gianni and Gaitano's isn't simply a meal – it's a magnificent experience. Open for Lunch: M–Sat 11am–4pm; Dinner: M–Th 4–10pm, F–Sat 4–11pm; Sun Noon–9pm.

GLENWOOD GRILL – 2603-151 Glenwood Ave., Raleigh. 919.782.3102. glenwoodgrill.com. Triangle favorite features Chef John Wright, who continues to surprise with new tastes, new ideas. Personable waitstaff, great wine list. Lunch M-F; Dinner, M-S. Gift Certificates. Ask about Private Parties on Sun.

THE GRAPE AT CAMERON VILLAGE – 403 Daniels St., Raleigh. 833-2669. www.yourgrape.com. Enjoy our gourmet menu including steaks and chops, a full bar and 120 handcrafted wines by the glass. Open 7 days, late night dining Thu–Sat. Live entertainment, reservations recommended. Catering, private parties & events.

HERONS – 100 Woodland Pond, Cary. 447-4200. www.heronrestaurant.com. Now open at The Umstead Hotel and Spa offering modern American cuisine with regional influences and an extensive wine selection. Live music and classic cocktails in the bar.

JIBARRA RESTAURANT – 7420 Six Forks Rd., Raleigh. 844-6330. www.jibarra.net. The first upscale Mexican restaurant in the area featuring eclectic, flavorful dishes representative of each region of Mexico. Unique wine list and posh tequila lounge. Now offering Sunday brunch and new lunch menu.

JK'S STEAKS & SEAFOOD – 4381 Lassiter Mill Rd., Raleigh. 781-3919. www.jksraleigh.com. Hospitably comfortable in a handsome setting, JK's features aged Western beef and seasonal selections of fish and shellfish, baby back ribs and chicken, plus one of the best not-just-appetizer bar menus in the area.

KIN – 7713-39 Lead Mine Rd., Raleigh. 848-3535. www.kinfinedining.com. Charles Meteesatien- the chef/proprietor of Glenwood South's Sushi Blues and who brought big city chic to Raleigh dining with “shabashabu” – now conquers fine dining serving Thai & Japanese cuisine and Sushi at KIN. Private Tatami rooms, chef room, covered patio, extensive wine and martini list. Lunch and dinner.

MARGAUX'S RESTAURANT – 8111 Creedmoor Rd – Ste. 111, North Raleigh (919) 846-9846. At Margaux's, every experience is new. It's the relentless pursuit of innovation. Chef Andy Pettifer prepares a new menu EVERY night including our 3 Course Prix Fixe menu at \$27.95/pp. Check our website daily. www.margauxsrestaurant.com

NANA'S CHOPHOUSE – 328 W. Davie St., Raleigh. 829-1212. High energy, contemporary Italian-style chophouse infused with local flavors and ingredients. Complementary valet parking, live music and fresh seafood. Call for reservations.

MYTHOS MEDITERRANEAN BISTRO & LOUNGE – 6490 Tryon Rd. Cary. 233-7555. www.mythos-bistro.net Chef Pete invites you to explore your senses through his eclectic style of cooking in a homey and cozy ambiance. Offering only the freshest ingre-

dients found (seafood, Aged Beef, poultry). Live your myth through essence.

NINA'S RISTORANTE – 8801 Leadmine Rd., Raleigh. 845-1122. www.ninasristorante.com. Vibrant flowers, paintings and hand-crafted sculptures are arranged throughout the terra cotta walls of the restaurant. The restaurant provides the ever-growing area with Tuscan Cuisine that is heavy on flavor and light on the ingredients, *Wine Spectator* Award of Excellence 2000-2006. Hours of operation M–Sat. 5–10 p.m.

NOFO MARKET AND CAFÉ – 2014 Fairview Rd., Raleigh. 821-1240. 1125 Military Cutoff Rd., Wilmington. (910) 256-5565. Café, bar and patio seating. Award-winning salads, soups, sandwiches and entrées. “Best Salads” *Wilmington Magazine*, “Best Bloody Mary” *Metro Magazine*. Brunch Sat. & Sun., Lunch M-F and Dinner M-Sat.

THE RALEIGH TIMES BAR – 14 East Hargett St., Raleigh. 833-0999. www.raleightimesbar.com. The beautifully restored, 100-year-old *Raleigh Times* building is now home to a timeless local watering hole in Downtown Raleigh. Featuring hand-crafted, creative takes on classic bar fare favorites, an inventive drink menu and extensive Belgian beer selection. Open: M – Sat 11:30am – 2am; Sun, Noon – Midnight.

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SECOND EMPIRE RESTAURANT & TAVERN – 330 Hillsborough St., Raleigh. 829-3663. www.second-empire.com. Located in the historic Dodd-Hinsdale House. Offering elegant upstairs dining, as well as the lighter fare menu and casual atmosphere of the tavern. Winner of the DiRoNA Award, AAA four Diamond Award & the *Wine Spectator* Award.

SULLIVAN'S STEAKHOUSE – 414 Glenwood Ave., Raleigh. 833-2888. The atmosphere at Sullivan's resembles a 1940s steakhouse, featuring fine steaks and seafood. Enjoy the unparalleled martinis and live jazz played seven nights a week.

TAVERNA AGORA – 6101 Glenwood Ave. Raleigh. 881-8333. www.TavernaAgora.com. Taverna Agora absolutely Greek restaurant and bar is your passport to authentic cuisine with slow roasted meats and flavorful seafood dishes. Catering available. M–Sun 5–11p. OPA! An LM Restaurant.

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WINSTON'S GRILLE – 6401 Falls of Neuse Rd., Raleigh. 790-0700. www.winstonsgrille.com. A warm, friendly atmosphere with great food and exceptional service make Winston's Grille the ideal place for any occasion. Specializing in hand-cut steaks, prime rib, fresh fish and baby back ribs.

ZELY & RITZ – 301 Glenwood Ave., Raleigh. 828-0018. Fresh, organic, locally grown dishes served tapas style in an upscale yet hip and smoke-free environment. Named as one of the Top 20 Organic Restaurants in America by *Organic Style Magazine* and offering a

Wine Spectator Award-Winning boutique wine list.

ZEST CAFÉ & HOME ART – 8831 Six Forks Rd., Raleigh. 848-4792. www.zestcafehometart.com. Offering the freshest, finest food served with a zesty outlook since 1995. Dine in our café or outdoor patio. Enjoy the Home Art selection of fun and whimsical home accessories and gifts. Lunch Tues.-Sat., Dinner Wed.-Sat. and Sunday Brunch.

DURHAM/APEX

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CAROLINA ALE HOUSE – 3911 Durham-Chapel Hill Blvd., Durham. 490-2001.

GEORGE'S GARAGE – 737 Ninth St., Durham. 286-4131. Enjoy our casual upbeat atmosphere with the freshest seafood and authentic sushi bar. After-hour celebration and dancing and a fresh to-go market and bakery.

GLOFT – 737 Ninth St., Durham. 286-4131. For meeting friends after work, for after dinner drinks, or exciting late-night entertainment. Also available to host your private event where we can throw a party or a full sit-down dinner for a chosen few or a large gathering.

GRASSHOPPER – 2010 Hillsborough Rd., Durham. 286-1600. Experience the essence of pure Asian food – a balance of flavors with Chinese and Vietnamese influences that delight the senses while nourishing the body.

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VIN ROUGE – 2010 Hillsborough Rd., Durham. 416-0406. Vin Rouge, a French café and wine bar, treats guests to provincial cooking at its finest in a chic, intimate setting. Dinner Tues.-Sun. 5:30-11, Brunch Sun. 10:30-2

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BIN 54 – 1201-M Raleigh Rd., Chapel Hill. 969-1155. Chapel Hill's high-end steakhouse has it all: delectable dishes, stellar service and an atmosphere rich in stylish romance.

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GLASSHALFULL – 106 S. Greensboro St., Carboro. 794-4107. www.glasshalfull.net. Downtown Carboro's own optimistic wine bar, wine shop and kitchen serving small plates of the flavorful cuisines of the Mediterranean coast with an intriguing selection of wines from around the world. Wine shop specializes in affordable bottles for everyday drinking. Open for lunch and dinner Mon-Sat.

PANCIUTO – 110 S. Churton St., Hillsborough. 732-6261. www.panciuto.com. Fine dining blending Italian recipes with local North Carolina ingredients. All offerings prepared fresh daily. Pastas, breads, desserts made on-site. Upscale yet comfortable "old world" style dining room. Opens 6 p.m. for din-

ner, Tuesday through Saturday.

SPICE STREET – 201 S. Estes Dr., Chapel Hill. 928-8200. A revolutionary experience in dining entertainment, Spice Street is a culinary experience created to nourish the soul and share flavors from around the world. Spice Street celebrates food and life.

BEYOND THE TRIANGLE

BEAUFORT GROCERY CO – 117 Queen St., Beaufort. (252) 728-3899. www.beaufortgrocery.com Beaufort's oldest and continuously operating fine dining restaurant since 1991. Specializing in regional cuisine fused with global techniques and influences. Lunch M, W-Sat 11:30-3; dinner M, W-Sat 5:30-9:30 and Sun brunch at 11:30. Closed Tues.

BLUE MOON BISTRO – 119 Queen Street, Beaufort. (252) 728-5800. Coastal cuisine in a casual historic setting. Offering innovative dishes that bring a welcomed departure from other coastal venues. Chef Swain's eclectic menu includes references from Asia, France and America. For a balanced plate, enjoy a well-matched wine to accompany your entrée. Dinner Tues-Sat.

CHEF AND THE FARMER – 120 W. Gordon St., Kinston. (252) 208-2433. www.chefandthefarmer.com. A converted mule stable never looked so good. Blending old architecture and contemporary design with local ingredients and urban techniques makes this progressive eatery an epicurean oasis.

CHEF WARREN'S – 215 NE Broad St., Southern Pines. (910) 692-5240. Warren and Marianne Lewis invite you to their Bistro offering a variety of delicious specialties from an eclectic menu. "Local touch, international cuisine," *Metro Magazine's* Moreton Neal. Dinner Tues.-Sun.

DELUXE – 114 Market Street, Wilmington. (910) 251-0333. Offering upscale dining with an emphasis on fresh local ingredients. Largest selection of fine wines in the region and one of Wilmington's superior brunches. Open for dinner and Sunday brunch. *Wine Spectator* Award of Excellence, www.deluxenc.com.

FRONT STREET GRILL AT STILLWATER – 300 Front St., Beaufort. (252) 728-4956. www.frontstreetgrillatstillwater.com Historic Waterfront Bistro showcasing New World Cuisine. Perennial winner of the prestigious *Wine Spectator* Award of Excellence, serving lunch and dinner daily with inside and outside dining. New floating docks and outside waterfront bar.

SHARPIES GRILL & BAR – 521 Front St., Beaufort. (252) 838-0101. www.sharpiessgrill.com. Contemporary Coastal Cuisine served in an intimate setting. Rated four stars by John Batchelor. Enjoy house-made pastas, breads and desserts paired with fresh local seafood and certified Angus Beef. Outstanding wine list and full bar.

SHEPARD'S POINT – 913 Arendell St., Morehead City. (252) 727-0815. www.beaufortgrocery.com Contemporary fine dining in downtown Morehead City focusing on quality, value and service. Featuring seafood, steaks and spirits. Come casual and leave impressed. Dinner M, Th-Sat 5:30-10; Sun brunch begins at 11 a.m. Closed Tues.



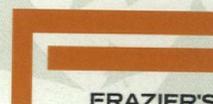
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by Barbara Ensrud

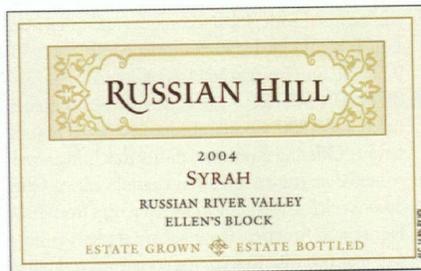


WINES TO HAVE, WINES TO GIVE FOR HOLIDAY FEASTING

What's in your dream stocking this Christmas Eve? A bottle of something really good, we hope. I'm thinking big, warm, luxuriant red wines that excite the palate without overpowering it, wines that go handsomely with holiday feasts, the likes of roast beef, leg of lamb, even perhaps a slab of venison. You guessed it: **Syrah**.

I've tasted some splendid Syrahs in recent weeks. If there's a wine lover on your list, one (or two ... or a case) of these wines is bound to please:

Fleming Jenkins 2005 Syrah, Black Ridge Vineyards, (\$38). Peggy Fleming was in the Triangle a few weeks back to host fundraisers for breast cancer (of which she



is a survivor!). She and husband Greg Jenkins brought wines from their own mountaintop vineyard in Los Gatos, CA, including a delightful Chardonnay grown right near their house. Their most impressive wines to me, however, were the reds, particularly two Syrahs from vineyards in the Santa Cruz Mountains, very near where they live.

The 2005 Black Ridge is dark and succulent, full of blackberry flavors with overtones of vanilla and a hint of licorice. Jenkins, a former physician, is a self-taught winemaker who has sought out expertise from some of California's top winemakers. He must be a quick study — the wines show excellent balance and finesse. Syrah fans will also like the **2005 Madden Ranch Syrah, (\$40)**, from sportscaster John Madden's vineyard in Livermore Valley — a little bigger in structure, built to evolve in bottle over the next five to seven years. Fleming Jenkins winery is very small. The wines are only available online (www.flemingjenkins.com), but they do ship to North Carolina. Better hurry if you're interested ... before they sell out.

Russian Hill 2004 Syrah, Ellen's Block, Russian River Valley, (\$30). A classic cool climate Syrah, deeply colored, with the meaty aromas associated with fine syrah — and in this wine an intriguing hint of tangerine rind. Spicy flavors, long on the finish, it is a highly seductive Syrah. Dr. Ellen Mack, also a physician, is very involved in the vineyard that adjoins the house and

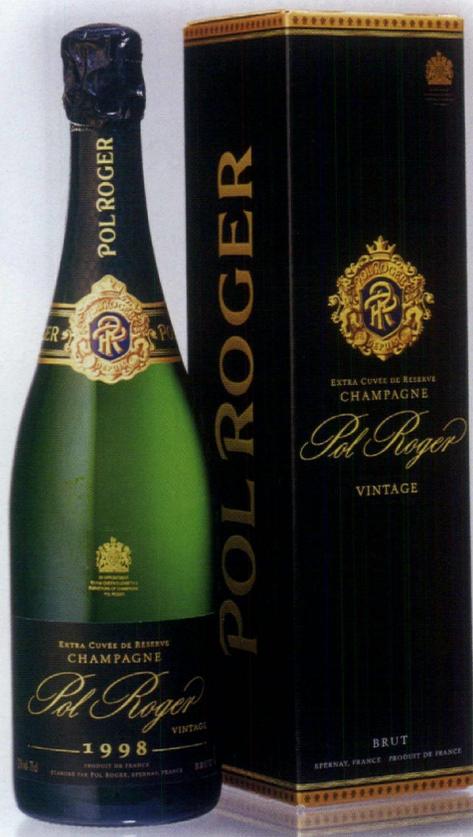
winery. "I'm out here in January," she said, as we walked the vineyard last September, "going vine by vine with pruning shears."

Another excellent rendition is **Russian Hill's 2003 Windsor Oaks Summit, (\$36)**, from an elevated vineyard across from the winery — very rich and juicy, with mouth-filling ripe fruit. We tried it in one of my recent wine classes at Duke, where it was a big hit. Russian Hill wines are available in the Triangle, so any wine shop can order them for you.

Syrah hails from the **Rhône Valley** in France — full-blown in such appellations as Hermitage, Côte Rotie, Cornas. They show more of a tannic edge than some of the intensely fruity New World Syrah/Shiraz. Rather pricey, too; in recent years, what with increased demand and the rise of the Euro, often well over \$100 a bottle. Definitely worth trying if you like Syrah, but some of that Rhône meatiness can also be found at more reasonable prices, as in **Châteauneuf-du-Pape**, which contains syrah but is usually predominantly grenache.

The 2005 vintage in the Rhône was superb, both north and south. I highly recommend **Paul Jaboulet's 2005 Châteauneuf-du-Papes 'Les Cèdres' (\$33-38)**, with its rich cherry/pomegranate fruit — excellent for a meaty winter stew or rack of lamb.

A few more warm-blooded reds for the wish list: **Malbecs** have become Argentina's signature red wine, producing some very rich, heady wines, such as **Trapiche's** magnificent single-vineyard Malbec from high in the Andes — the **2004 Victorio Coletto, (\$42)**. Others outstanding: **Catena Alta 2004, (\$37.50)**, **Michel Torino Don David 2005,**



bright and juicy, the best buy of the month at \$15.

Intense Merlots: **Shafer 2005**, (\$37); **Frog's Leap 2005**, (\$34); **Childress Reserve 2005 (NC)**, (\$25); **RayLen 2005 Eagle Select (63% Merlot)**, (\$25).

We're in the "r" months — prime for fresh oysters on the half shell. I love oysters in almost any form, but when served raw I prefer them from the cold waters of the Northwest or the North Atlantic. A few years ago, some friends and I ordered a mess of Kumamotos, Totten Inlets and Olympias from Taylor Shellfish Farms, whose oyster beds in Puget Sound yield up some very sweet and briny crustacea. My aim was to try some of my favorite matchups with raw oysters — **Chablis, Sancerre, Muscadet**. It was a terrifically fun evening. Six of us shucked and sipped through four dozen oysters and several bottles — confirming for me my first pick with oysters is **French Chablis**.

You can have your very own oyster fest this holiday. Throughout December, Taylor Shellfish Farms is offering the ultimate holiday special for oyster lovers. Four types in the shell, just harvested from Taylor oyster beds in the legendary, nutrient-rich waters of South Puget Sound can be shipped directly to your door for \$29 or \$48 plus shipping. In addition to the Pacific oysters, you also receive an oyster knife, shucking instructions, oyster guide and Jon Rowley's "Art of Eating an Oyster."

To order, visit www.taylorshellfishfarms.com.

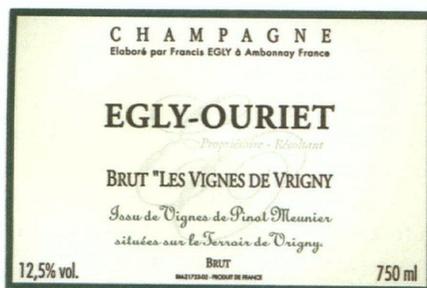
At Taylor's Web site, you will also find a list of top wines from the 2007 West Coast Pacific Oyster Wine Competition, organized each spring by Seattle oyster maven Jon Rowley. My own suggestions start with Chablis from **Moreau et Fils, Joseph Drouhin, Domaine Pommier, Olivier Leflaive, Louis Michel**. Stay in the \$23 to \$30 range to get the crisp, mineral Chablis that complements oysters best.

You can also go with Muscadet, a traditional choice in Paris brasseries or towns in Brittany — and quite the bargain; most

2006s go for \$9 to \$13 a bottle, under labels including Domaine de la Quilla, Jean Sauvion, Domaine de la Batardière or La Pepière.

PICKING BUBBLY

With all the Champagnes and sparkling wines flooding the market this season, how does one choose? Best values for the French

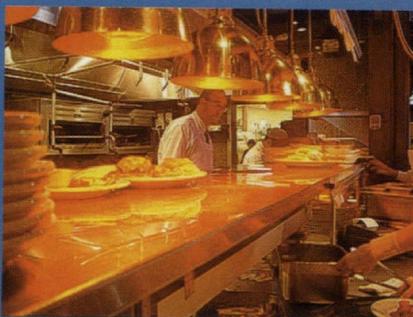


classic come with non-vintage Champagnes — still expensive with the soaring Euro. Each house has its own style, and you need to find your preferences. I love them really dry but with mouth-filling flavors, as in Brut styles from **Pommery, Pol Roger, Delamotte, Pierre Gimonet, Jacquesson** and **Egly-Ouriet**.

The best sparkling wines from California are creeping up there in price, too, at \$25 to \$35 a bottle — but their quality and racy style have advanced. **Schramsberg** of Napa Valley is making the best wines in its more than three decades of existence, ranging from the Blanc de Blancs to Brut Rosé to their top cuvée, J. Schramm. Other California sparklers I recommend: **Gloria Ferrer Royal Cuvée** and the richly flavored "J" from Sonoma.

A favorite holiday cocktail of mine is the Kir Royale, usually made with a drop or two of crème de cassis — but there are creative variations. Try it with a few drops of **Rimon Pomegranate** dessert wine from the shores of Galilee in Israel (500 ml bottle, \$35), or with **Hanover Park Blueberry** for an exotic blue tint (though this wine is luscious — not just *with* dessert but *as* dessert).

Cheers ... *Santé* ... *Salud* ... *Nas drovya!* **MM**



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WHAT'S COOKING FOR CHRISTMAS AT AREA BOOKSTORES?

by Art Taylor

We're just past the traditional Thanksgiving turkey at the center of the long table, rice or potatoes steaming in a big bowl, mounds of dressing (oyster dressing, my brother's favorite), a green bean casserole, some candied yams, a table full of desserts.

And just ahead of us, a Christmas goose in Dickens' time, but perhaps a ham more popularly now, or — again in my own family's case — a pork shoulder, slow-roasted for much of the day, just as my father has slow-roasted others overnight the night before to deliver as holiday gifts to a few select friends.

In each case, the hours in the kitchen mount up: prep time, cooking, clean-up. Certainly worth the effort, but between those big holiday meals, even the most enthusiastic of cooks may wish to spend a little less time standing over the stove.

That's where Rachael Ray comes in. And fortunately for us, she's coming to the Triangle this month — specifically to the Cary Barnes & Noble on Friday, Dec. 7 — to offer some up-close and personal advice on how to spend less time in the kitchen and more time ... well, doing most anything else.

Ray's new book is called *Just in Time!* and while her phenomenal popularity has been centered around the concept of the "30-minute meal," the recipes here also include more leisurely 60-minute meals and some "super-fast" 15-minute dinners — and by dinner, I mean more than just the entrée. Sure, there's a "Deli-Stuffed Eggwich" and a "Fresh Tuna BLT" in there, but scan the recipes and you'll see "Balsamic Chicken with Pesto Gravy and Bitter Greens" and "Sliced Steak Stroganoff in

French Bread and Dill Relish Dressed Salad" and "Poached Salmon with Cucumber-Caper Sour Cream Sauce, Green Beans, and Parsley Couscous."

Fifteen minutes? Really? After all, even a frozen pizza can take that long, and all you have to do is unwrap it.

In preparation for writing this review, I decided to check out one of the recipes in my own test kitchen. "Ham-and-Cheese Stuffed Chicken Cutlets" is billed as "Cordon Bleu lightens up" and features pounded chicken breasts stuffed with prosciutto, Fontina cheese and a little bit of thyme, pan-fried and then simmered in a little white wine. As an added bonus, the recipe also includes a side of asparagus prepared "while chicken cooks."

Start-to-finish, working single-handedly, I prepared the meal in about 19 minutes.

True, that's four minutes longer than advertised, but from watching Ray on the Food Network, I know she brings a certain *joie de* something to the kitchen that I just wasn't feeling that night — and I'll admit that I erred on the side of caution with how quickly I butterflied those chicken breasts. But when I sat down to the feast — with the rest of the bottle of Pinot Grigio opened for the sauce — I couldn't have been more pleased. Quick and delicious, just as promised. Now if Ray can just give us tips on how to manage a three-minute clean-up...

Ray's visit to the Cary Barnes & Noble on the first Friday in December is for a limited audience. About 375 wristbands will be handed out for the signing beginning at 8 a.m. that morning; the event itself begins at 7 p.m. that night. Additionally, Ray will sign a few extra books that will be sold the

following day on a first-come, first-served basis.

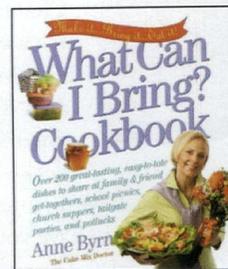
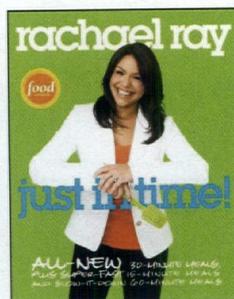
For complete information, contact the store at 919-467-3866. And whatever you do, arrive early! Or to stick with the book title, make sure you get there *Just In Time!*

COOKBOOKS AND CELEBRATIONS

Given the season, Rachael Ray isn't the *only* cookbook author visiting the area this month.

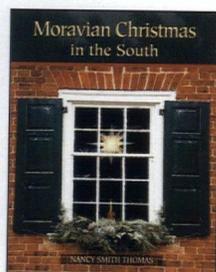
In addition to hosting Ray's visit, the Cary Barnes & Noble will also bring Anne Byrn — best-known as the "Cake Mix Doctor" — to the area on Monday evening, Dec. 3. Byrn will discuss her recently published *What Can I Bring? Cookbook* that boasts 200 recipes for "crowd-pleasing food that's designed to travel." While she points to events like dinner parties, church socials, reunions and cookouts as prime venues for the book's offerings, surely there's a holiday potluck around the corner that some readers might be attending.

Or if those same readers are focused on dessert: On Tuesday evening, Dec. 4, Chapel Hill cooking teacher and author Nancie McDermott will discuss her new book *Southern Cakes: Sweet and Irresistible Recipes for Everyday Celebrations* at Durham's Regulator Bookshop. I would say the book has cakes covered A to Z, but really it's just A-Y — from Alleghany County Molasses Stack Cake to a basic (but homemade!) Yellow Cake. Still, with more than



60 recipes in between, plus chapters on “Frostings, Icings, and Fillings” and a guide to Internet sources for equipment and ingredients, the book brims with ideas. And, of course, dessert will be served at the event.

The Regulator also hosts the first of two area appearances by Winston-Salem’s Nancy Smith Thomas, author of the new book *Moravian Christmas in the South*. Thomas has worked at Old Salem for nearly two decades and lectures frequently about holiday traditions that stretch back more than 200 years in this country — and even further back in the Old World. Thomas will discuss the book on Thursday evening, Dec. 6, at the Regulator and again on Friday afternoon, Dec. 7, at McIntyre’s in Ferrington Village. (Do note that the McIntyre’s event takes place at 2 p.m. — so plenty of time for dedicated fans to make this and the Rachael Ray appearance: wristbands early morning, a Moravian mid-afternoon and then back to Cary ... oh, wait, I already



used my *Just In Time!* line above, didn't I?)

GIFT IDEAS

Each year, *Metro* asks a few area booksellers to recommend their top picks for the gift-buying season. Sticking to the cookbook theme, both Sarah Matista at McIntyre’s and René Martin at Quail Ridge Books recommended *A Love Affair with Southern Cooking: Recipes and Recollections* by James Beard Award-winning author (and Chapel Hill resident) Jean Anderson.

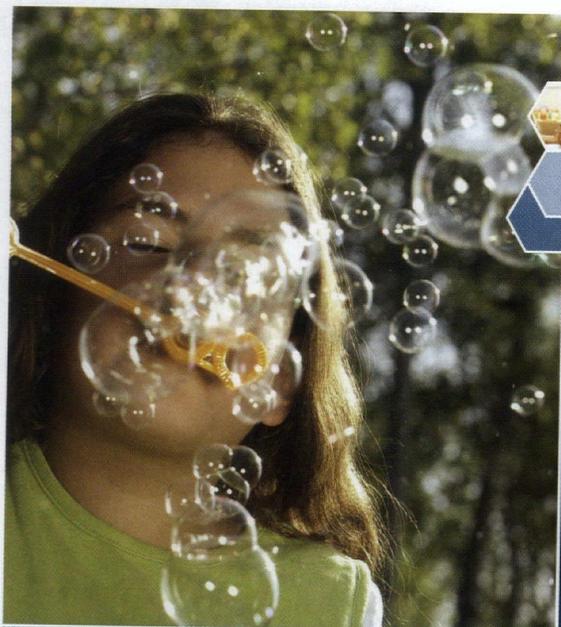
In addition, Martin recommended William Powell’s *Encyclopedia of North Carolina* (quickly becoming a perennial favorite gift — I gave it to my own brother last year), Georgann Eubanks’ *Literary Trails of the North Carolina Mountains* (the first of a planned trilogy of guidebooks) and *Our Vanishing Americana: A North Carolina Portrait*, with photos by Mike Lassiter and text by Lee Grant. Martin praises its title as “a beautiful coffee table book with photos and text on small towns,

community icons and historic businesses throughout North Carolina.”

Matista also recommended another big NC title: John Hart’s new mystery, *Down River*, his second book after the incredibly popular *The King of Lies*. Matista also went beyond books to suggest a Special Collector’s Edition Lincoln Log Set, which comes individually numbered and in its own wooden case.

Also coming in its own box is a suggestion from Valerie Bullaughey, community relations manager of Barnes & Noble at New Hope Commons in Durham. Now that *Harry Potter and the Deathly Hallows* has been released, the full set of seven books is available as a complete set, boxed in a cardboard treasure chest.

And Barnes & Noble stores nationwide are making gift-giving and goodwill easy with their annual Holiday Book Drive. Through Jan. 1, customers are invited to purchase books and donate them at the bookstore for charities in each community. In Fayetteville, for example, books will be distributed to children at various Cumberland County Schools.



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EAST

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"Help us give the gift of literacy," said the press release. "Your donation today will change a child's life forever."

Good advice, whatever your bookstore of choice.

NEW AND NOTEWORTHY

December bustles with errands, chores and out-of-town guests, but do make time for some of the events at area bookstores this month, including:

- William Barney, professor of history at UNC-Chapel Hill and author of *The Making of a Confederate*, on Saturday morning, Dec. 1, at McIntyre's Books in Ferrington Village.
- Joseph Bathanti, creative writing professor at Appalachian State University and author of *The High Heart*, on Saturday afternoon, Dec. 1, at Durham's Regulator Bookshop, and on Sunday afternoon, Dec. 2, at Raleigh's Quail Ridge Books.
- Orson Scott Card, author of *A War of Gifts: An Ender Story*, on Wednesday evening, Dec. 5, at Quail Ridge Books (rescheduled from Nov. 30).
- Sarah Susanka, author of *The Not So*

Big Life: Making Room for What Really Matters, on Wednesday evening, Dec. 5, at Raleigh's Unitarian Universalist Fellowship, hosted by Quail Ridge Books.

- Lee Smith, author of *On Agate Hill*, on Thursday evening, Dec. 6, at Quail Ridge Books.

- Lou Ureneck, author of *Backcast: Fatherhood, Fly-Fishing and a River Journey Through the Heart of Alaska*, on Saturday morning, Dec. 8, at McIntyre's.

- Michael Knight, author of *The Holiday Season*, on Thursday evening, Dec. 13, at Quail Ridge Books.

- Southern humorist Celia Rivenbark, author of *We're Just Like You, Only Prettier; Bless Your Heart, Tramp*; and her latest *Stop Dressing Your Six-Year-Old Like a Skank*, on Saturday morning, Dec. 15, at the Greenville Barnes & Noble.

- Marvin Hunt, author of *Looking for Hamlet*, on Tuesday evening, Dec. 18, at McIntyre's.

- And "An Evening with Reynolds Price," an annual holiday program, on Thursday evening, Dec. 20, at Quail Ridge Books. **MM**

BASKETBALL — A NEW SEASON, PAST GLORIES

by Arch T. Allen

A new college basketball season has begun, and NC State, Duke, Wake Forest and Carolina fans anticipate continuation of a proud basketball tradition. Amidst the anticipation, and even with Carolina ranked No. 1 in pre-season polls, past seasons are remembered and discussed by fans.

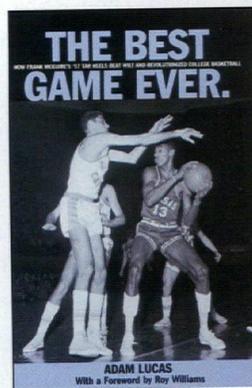
2007 marks the 25th anniversary of Carolina's 1982 national championship and the 50th anniversary of its 1957 national championship. Last spring, Carolina honored players from both teams at a halftime celebration at the Smith Center. Among the fans cheering the former players as they were introduced, I recalled the joys of watching their championship victories in person in 1982 and on television in 1957.

The 50th anniversary of the 1957 team's

national championship has been commemorated in *The Best Game Ever: How Frank McGuire's '57 Tar Heels Beat Wilt and Revolutionized College Basketball*. Author Adam Lucas, publisher of *Tar Heel Monthly*, precedes his chronicle of the undefeated season — and the triple-overtime championship victory over Wilt Chamberlain and Kansas — with recognition of Everett Case's earlier success at NC State that sparked competitiveness at Carolina and led to the hiring of Frank McGuire as coach. The native New Yorker developed an "underground railroad" to recruit the city's talented players to Chapel Hill. Lucas includes background about the players and the culture of the time. Five New York recruits started for Carolina in 1957, including national player-of-the-year Lenny Rosenbluth.

In their 32-0 season, they had many close calls. They won over Wake Forest in the ACC tournament — when only the tournament champion could proceed to the NCAA playoffs — by only two points. In the NCAA semi-final game, they eliminated Michigan State by four points in triple overtime. The next day they escaped Kansas by one point, again in triple overtime. Tommy Kearns, the point guard who surprised Chamberlain by jumping against the 7-footer to open the game, closed it by heaving the ball into the rafters as time expired.

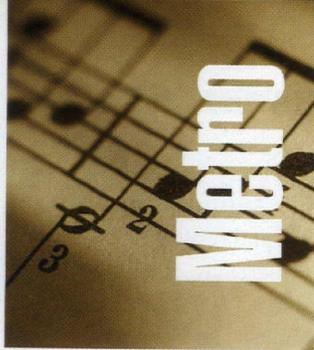
McGuire later coached Chamberlain in the NBA, and Chamberlain and Kearns became close friends. Lucas quotes Chamberlain as saying to a group of Carolina players who called on him years later: "I played a lot of basketball games. And of all of them, that game against North Carolina was the one I really wanted to win." On the other hand, for Carolina fans it was the best game ever. **MM**



The Best Game Ever: How Frank McGuire's '57 Tar Heels Beat Wilt and Revolutionized College Basketball
By Adam Lucas
The Lyons Press, 2006,
232 pages

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PwV

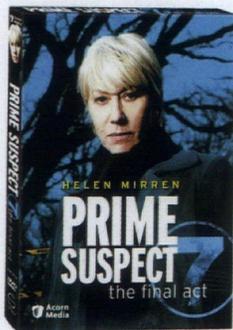
by Philip van Vleck

Videocentric Christmas: DVDs UNDER THE TREE

The Christmas season is upon us and with it the annual brainstorming for gift ideas. Think video. I've got mysteries and music suggestions that just might brighten someone's Christmas morning. As will become apparent shortly, I like the way the British do murder.

Prime Suspect 7: The Final Act. Acorn Media. 184 min.

Helen Mirren delivers a bravura performance in her final fling as Detective Superintendent Jane Tennison. This is the culmination of one of the best British cop mystery series to ever see the light of day. Mirren's performance in the previous six *Prime Suspect* installments has been stunning, and the finale seals the deal. We find Tennison at the end of her police career, an alcoholic, a burn-out case, yet still the relentless homicide investigator, closing her last

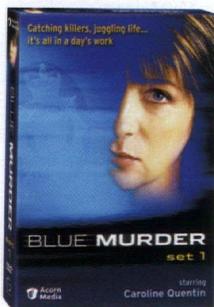


case in spite of herself. This is well-written, superbly acted stuff. A solid ensemble performance underpins Mirren's uncanny transparency as she virtually disappears into a depiction of Tennison that's oftentimes grim. She nails Tennison's despair and desperation, her combativeness and her frailty. Mirren owns this Tennison role, and here at the end of the run, she puts Tennison to bed with a memorable bit of acting.

Blue Murder (Set 1). Acorn Media. 414 min.

Another dazzling British murder mystery series with a female Detective Chief

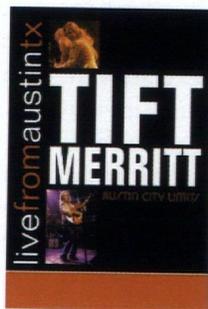
Inspector. The lady in question is DCI Janine Lewis, her turf is Manchester, England, and she's certainly not in the mold of Jane Tennison. In Episode 1, we find Lewis newly promoted to DCI. She buzzes off home, champagne in hand, to share her news with her husband, whom she discovers in bed with another woman. Lewis, mother of three children and pregnant with the fourth, is about to become



a single mother. She may be a harassed mother, but she's also a wise cop, and in Set 1 (six episodes) she confronts some pretty unpleasant murders. Good scripts and fine acting carry this series, led by Caroline Quentin's fabulous turn as a DCI who's a refreshingly real woman. When was the last time you saw a murder-mystery series featuring a pregnant cop in the lead role?

Tift Merritt: Live from Austin, TX. New West Records. 58 min.

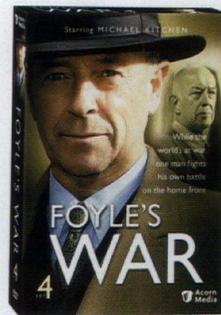
Local girl makes good yet again. Raleigh's Tift Merritt is a major artist, a singer-songwriter of immense talent and a truly charismatic performer. This DVD verifies all these assertions in presenting her appearance on the superb PBS live-music series *Austin City Limits*, recorded in October 2005. Merritt took the stage in Austin with her noteworthy band — Zeke Hutchins (drums), Jay



Brown (bass, vocals), Danny Eisenberg (keyboards, vocals) and Brad Rice (guitars, vocals). The songs include a stellar duet with Brown on "Supposed To Make You Happy," an inspired version of "When I Cross Over," and solid renditions of "Stray Paper," "Virginia, No One Can Warn You," "Neighborhood," and "Good Hearted Man," among other excellent tunes. Anyone who's a Merritt fan needs a date with this DVD. Merritt is in fine voice, the band is way in the pocket and the audio quality of the disc is excellent.

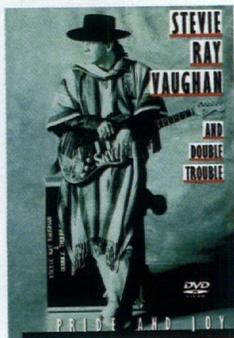
Foyle's War (Set 4). Acorn Media. 400 min.

The fourth installment of this pleasing British cop series finds our hero, Detective Chief Superintendent Christopher Foyle (Michael Kitchen) ferreting out murderers in Hastings in the midst of WWII. A meticulous period series that revives the 1940s to an alarming extent, the episodes are also distinctive because they're very short on nifty forensics and very long on keen detective work. True to the era, there'll be no DNA tests, computerized fingerprint files or crime-solving forensic pathologists at Foyle's disposal. Instead, we get an old-school dose of instinct, intuition and the close observation of human behavior. The clincher is Kitchen's incredible portrayal of Foyle — a copper with a mind like a razor and an economy of speech so refined that he uses words like a sniper uses bullets. You've got to love this guy.



Stevie Ray Vaughan and Double Trouble. *Pride and Joy*. Sony BMG. 70 min.

This video collection was originally released shortly after Stevie Ray Vaughan's untimely death. It offered a number of music videos produced between 1983 and 1989 and ran around 30 minutes. The updated version adds three songs from Vaughan's *MTV Unplugged* appearances, the "Little Wing" music video, material from the Vaughan Brothers *Family Style* album and some TV spots. The videos featured here include Vaughan's slammin' cover of Stevie Wonder's "Superstition," "Cold Shot," "Change It," "Crossfire," "Love Struck Baby" and "The House Is Rockin'." Also note Vaughan's tremendous acoustic versions of "Pride And Joy," "Rude Mood," and "Testify." There's also a Jimmie



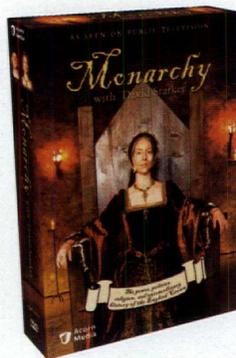
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Vaughan video of the very cool tune "Good Texan" (from the Vaughan Brothers material). Stevie Ray fans will find this video collection well worth the price. As a general music fan rule, it's good to remind ourselves periodically that Stevie Ray Vaughan and his boys — Reese Wynans, Tommy Shannon, Chris Layton — were one hellacious band.

***Monarchy with David Starkey*. (Set 1 & Set 2). Acorn Media. 556 min.**

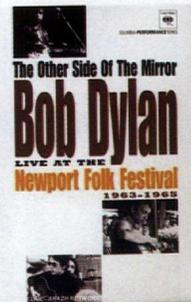
Anyone who enjoys the history of the English Monarchy will have a very good time with this collection. Scholar Dr. David Starkey delivers the full monty here, tracing the monarchy from the era of the medieval Danish incursions into Anglo-Saxon Britain — and the reign of kings such as Alfred and Ethelred — through the Victorian age. Thankfully, he omits the tabloid monarchy of today. Along the way, we're given a tour of English royal residences and bits of docu-drama, as well as insight into quite a few documents of historical significance, such as Magna Carta. At a running time of over nine hours, Starkey has the latitude to provide a good deal more detail than we normally receive from this sort of video history. His examination of the controversy and ill will attending the reign of William the Conqueror, his successor Harold Godwin and Duke William of Normandy — leading to the Norman Conquest of 1066 — is well-informed. Starkey also does a fine job of explicating the unpleasantness that plagued England in the wake of the death of Henry VIII, culminating in the ascension to the throne of Elizabeth I. He's equal to the task of navigating the Stuart era, replete with haphazard kings, rabid Protestants, scheming Catholics, the acrimonious English Civil War, and the overarching theme of the whole mess — the struggle for supremacy between the monarchy and parliament. Queen Anne, the three Georges, the whopping failure to



retain England's American possessions, the Napoleonic era, and finally Queen Victoria and Prince Albert, are all dealt with in enough detail to actually prove instructive. This series is quite an accomplishment, and the thing that makes it so is Starkey's rock-solid grasp of the details that make the story both human and larger than life.

Bob Dylan. *The Other Side of the Mirror: Bob Dylan Live at the Newport Folk Festival, 1963-1965*. Sony BMG Entertainment. 83 min.

This music documentary provides glimpses of Bob Dylan at Newport, '63 to '65. We get the acoustic Dylan and songs such as "North Country Blues," "Mr. Tambourine Man," "Who Killed Davey Moore?," "Love Minus Zero/No Limit" and "It's All Over Now, Baby Blue." We also get Dylan's 1965 electrified sortie, which certainly alarmed some audience members. Fronting the stellar Paul Butterfield Blues Band, with Michael Bloomfield on lead guitar, Dylan delivers scorching versions of "Maggie's Farm" and "Like A Rolling Stone." Also, the DVD includes Johnny Cash doing a great cover of Dylan's "Don't Think Twice, It's All Right." This is memorable stuff from an extremely memorable period both in American history and the history of American folk music. When Dylan plugged in at Newport in '65, it gave the folk community a jolt. You can hear audience members booing after "Maggie's Farm." It's as if Dylan owed them some sort of slavish allegiance to acoustic folk music. Luckily, Dylan has always been an artist who follows his own muse. Interestingly, after finishing the electric set, Dylan returned to the stage and laid down a pair of acoustic numbers — "Mr. Tambourine Man" and, appropriately, given what had just transpired, "It's All Over Now, Baby Blue." This is a great look at both sides of Dylan in the 1960s, and the music re-engineering and remastering effort is nothing short of remarkable, given the surprisingly excellent audio quality of the disc. **MM**



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◆ ◆ ◆

Cherokee, a global private equity firm headquartered in Raleigh specializing in the sustainable redevelopment of environmentally impaired properties, received Platinum certification under the US Green Building Council's (USGBC) Leadership in Energy and Environmental Design (LEED) green building rating system for its new corporate headquarters, a 100-year-old historic building in downtown Raleigh. Cherokee's new office is one of only 61 LEED Platinum projects in the world and the first ever in North Carolina, according to Cherokee CEO Tom Darden. Additional information about Cherokee can be found at www.cherokeefund.com.

◆ ◆ ◆

Kathy Higgins — president of the Blue Cross and Blue Shield of North Carolina Foundation — and **Liliana Berman** — Wake County family nurse practitioner — were honored with the 2007 John Rex Endowment Hands of Health Award.

Higgins was honored for organizing and creating the "Be Active Kids" program that teaches children the importance of eating well and becoming more physically active. Berman was recognized for her work with Wake County Human Services' ECHO (Education, Community and Health Outreach) program that has increased access to health for low-income families, as well as creating screening clinics at the Fuquay-Varina Methodist Church and the St. Bernadette Catholic Church.

Higgins and Berman were presented a specially commissioned bronze sculpture from the John Rex Endowment. In addition, the Endowment will contribute \$10,000 to each recipient's charity of choice.

◆ ◆ ◆

McConnell Golf, LLC, owner and oper-

ator of Raleigh Country Club, Durham's Treyburn Country Club and The Cardinal Golf & Country Club in Greensboro (see *Metro* article in October 2007 issue — www.metronc.com), announced the purchase of Musgrove Mill Golf Club in Clinton, SC. Designed by Arnold Palmer and Ed Seay, "The Mill" has been ranked by *Golfweek Magazine* as one of "America's Top 100 Modern Courses" and listed in *Golf Digest's* "Top 10 Rated Golf Courses for South Carolina."

The club is part of the Musgrove Mill South Carolina State Park, a former Revolutionary War battle site. The Mill's signature, the 189-yard par 3, #7, commands a tee shot over the bend of the Enoree River to reach the green. The hole was named one of the "King's Dream 18," an honor bestowed by Palmer to his best and most challenging designed holes.

McConnell Golf's National/International Member Program offers full golfing privileges at all McConnell Golf properties with no minimums, assessments or additional fees.

◆ ◆ ◆

Secure Info ID (SIID), a newly released identification card, claims the safe and secure storage of personal and medical information using a credit card-sized card that can keep data secured via computers equipped with only a rewritable drive.

In an emergency, medical personnel can read the non-password protected information on the SIID card using any computer drive. The SIID card also includes an emergency guide that gives categorized information on what to do in case of a natural or biological disaster.

More information and a free SIID Kit are available at www.secureinford.com.

◆ ◆ ◆

The Tammy Lynn Memorial Foundation, Inc. hosted the fourth annual *Tammy Lynn Golf Classic – A Challenge at the Creek* at Brier Creek Country Club in October, raising \$48,461 to support programs and services provided for children and adults at the Tammy Lynn Center for Developmental Disabilities.

◆ ◆ ◆

Raleigh's York Properties has opened an of-

fice in a renovated building at 910 Arendell St. in Morehead City, offering commercial and residential services, including homeowner association management and commercial management and leasing. York Properties will be sharing the office with its sister company, McDonald-York Construction.

◆ ◆ ◆

Raleigh-based **CAPTRUST Financial Advisors** announced it will move its headquarters to a newly constructed office tower at the North Hills East Development. The building, named The CAPTRUST Tower at North Hills, is a joint venture between Duke Realty Corporation and Kane Realty Corporation. The 17-story building will provide 280,000 square feet of rentable office space and include restaurant and retail space. CAPTRUST Financial Advisors will occupy the top two floors. CAPTRUST Financial Advisors is an independent research and advisory firm that provides strategic advisory services to retirement plan fiduciaries.

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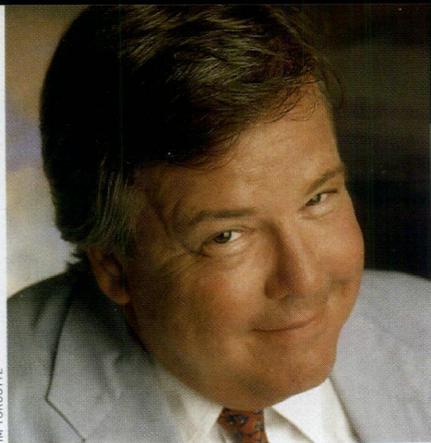
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My Usual Charming Self

by Bernie Reeves



JIM TURCOTTE

RAIL TRANSIT ACTIVISTS SHOW NO SHAME

The rail transit bandits are back from hiding, this time under the guise of an acronym bristling with purpose and authority: the Special Transit Advisory Commission. STAC is comprised of 29 “business, neighborhood and environmental leaders from Wake, Durham and Orange counties” charged to deliver a plan by February 2008 to burden the region with another badly thought out transit plan.

Badly thought out because it ignores the fatal flaw that sank its predecessor, the Triangle Transit Authority, that literally imploded suddenly a year ago after 15 years of wasting time and money to push a transit plan for the Triangle region. TTA’s fatal flaw was the assumption that a rail transit plan be designed to connect Raleigh and Durham. And sure enough, STAC has ignored this lesson and set off to rescue the failed TTA blueprint, ignoring the lessons learned from the failure of its predecessor. As happens when agendas dominate rationality, the chairman of STAC lives in Chapel Hill (where the citizens have opted out of transit schemes) and works in Durham. Go figure.

OLD STORY

Having labored in the rail transit vineyard since it was birthed in the early 1980s, I have questioned the rationale of a rail system that lacked even threshold density to qualify for federal transit funds. In the last-gasp waning hours of TTA, it became obvious that a rail system for this region needed to originate in Raleigh and radiate outward to RDU airport and the Research Triangle Park (and other locations) to make sense.

Here’s why: Raleigh has emerged as the nexus of the Triangle with the density of population requisite for rail transit. Durham is less than one-third the size of the Capital City, despite claims to the contrary by its Convention and Visitor’s Bureau. But here is the clincher that did in the TTA: Durham and Durham County are no longer a part of the Metropolitan Statistical Area

with Raleigh. They lobbied the General Accounting Office (that decides these things) to split them off beginning in 2006, leaving Raleigh-Cary by itself and Durham County alongside Chapel Hill and Roxboro, a position of dominance for the Bull City in place of living in the shadow of Raleigh.

This reality was plain to federal officials, who refused to dole out the billions of our own tax money earmarked for rail transit in the region. Yet, here is STAC preparing a Raleigh-Durham rail transit plan as if nothing had happened, still pushing for a system no one in the major hub of the region even wants or that makes any sense — at least according to the lessons learned from TTA.

In effect, STAC is proposing inter-city rail, as in between two different cities, and not intra-city rail transit serving one urban entity. That fact brings up another angle, which should be encouraged: fast rail throughout the United States between major cities. But STAC is dedicated to recycle a failed urban transit system in the wake of the failure of the TTA plan — although tinged with differences in mode, such as utilizing “versatile” curb-guided rapid transit buses that run on streets, as well as concrete guideways, and extending the reach of the system to smaller towns on the outskirts of Raleigh.

People around here already question why huge buses steam around the region either empty or transporting a meager handful of riders. Do the members of STAC think that concrete guideways will somehow increase bus ridership? They should be recommending smaller buses instead. But reality is absent in the mind of urban planners and environmental zealots. Their DNA contains a gene that drives them to alter reality with utopian schemes to fashion a better world in their own image.

MEEKER’S MOVE

The mantra of these types is “smart growth,” a pleasing platitude on the outside disguising a bludgeon to force “dense mixed development” to require people to live along transit corridors. Moving people around sounds more like the Trail of Tears than the right to live where one chooses. And this central planning concept flies in the face of why Raleigh and Cary are selected at the top of every national poll for quality of life. People here like neighborhoods, not densely packed transit corridors.

Yet, the planners know better than we do what is good for us. They persist in their schemes to alter our quality of life in the name of vague environmental slogans. But when it comes down to the nitty-gritty, they are the first ones to shout

down density in their own neighborhood. A good example is the demise of Coker Towers on the former Occidental Life Insurance property on Oberlin Road in Raleigh. The developer prepared the perfect plan to please density advocates only to have it summarily shot down by otherwise density-loving neighbors.

The ultimate example of the two-faced nature of the density utopians is the recent power play by Raleigh Mayor Charles Meeker, the ultimate smart growth advocate. His Honor attempted a zoning coup d’etat, relying on a newly elected Council that votes his way to change the ordinances city-wide in one fell swoop: but not to allow more precious density, rather to curtail it by upzoning the code to prevent large “infill” homes and multi-family condominium development. So imbued with righteousness and power — and deserting his alleged smart growth principles — he bypassed public debate and set up a Council meeting to ram through his changes. The hue and cry against his effort was audible clear to Cary.

And now comes STAC, roiling with purpose to force more density in the name of environmental morality on a community that loves its neighborhoods. They say they want to spend \$5 billion or so over the next 30 years to achieve their purposes. That’s not a lot of money, but it could be enough to ruin our quality of life.

NOTES FROM LA-LA LAND

It’s the 20th anniversary of *The Closing of the American Mind*, a not particularly well-written book by University of Chicago professor Allan Bloom. But it became a big best seller because it discussed the decline of university education at the hands of the radical scholars. With Duke, UNC and NC State, and other schools in our backyard, this area was in the middle of the fray. The recent behavior by the Group of 88 at Duke offered the general public a glimpse of the type of teachers setting campus agendas, indicating there has not been much progress since 1987.

...

Author and columnist **Mark Steyn** offered the analogy that the accumulated knowledge of the world is the seven-eighths of the iceberg you can’t see. The job of a college is to make that visible in class. Sadly, students and recent graduates today have only experienced the one-eighth of the iceberg on the surface, unaware of what lies below because the radical scholars deem it racist, chauvinistic and homophobic. The result has created a nation of zombies, otherwise smart kids wandering around in a daze with no guideposts from the past to help them see their way. **MM**



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