

ULTIMATE NEW YEAR TO-DO LIST! • MEDICAL SPECIAL REPORT

RALEIGH

From the Triangle to the Coast

# Metro

Raleigh  
Research  
Triangle  
Eastern  
North  
Carolina

JANUARY 2008

\$3.95

www.metronc.com

M A G A Z I N E

# WHO'S WHO 2007

MEET THE PEOPLE WHO  
MADE A DIFFERENCE

Oliver Smithies

Monica Doss

James Coleman

John Jeffries

Walter Williams

George Howard

Henry Friedman

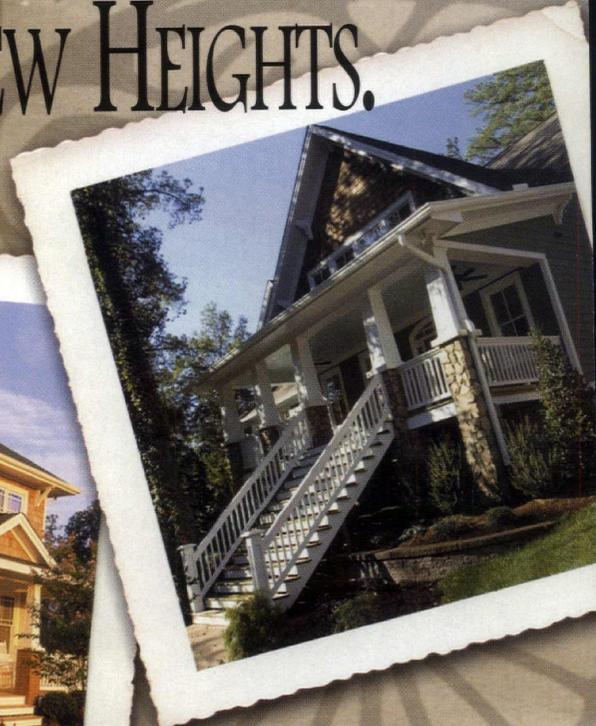
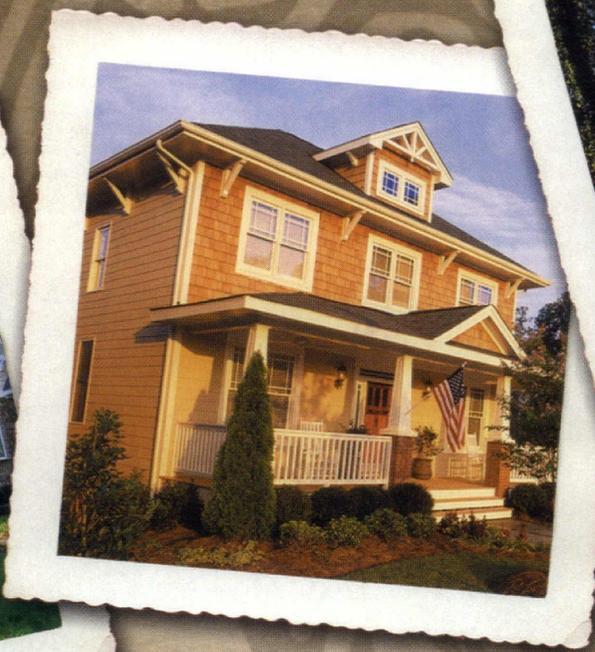
Elizabeth Spencer

Andy Dembicks

Dick Bell



# PRESERVATION HOMES IS RAISING CLASSICAL ARCHITECTURE TO NEW HEIGHTS.

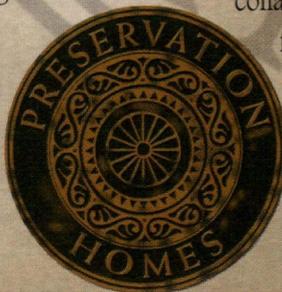


## The Evolution of the Bungalow

In the wake of the industrial Revolution of the early 1900's, Bungalows became the favorite new architecture of the Arts & Crafts Movement that glorified all things handcrafted. At Preservation Homes, we have set out to flatter, and frequently improve, the intent of that movement by relating its mission to new Bungalow-style homes to fit the needs of today's families. Our Bungalow designs are the result of extensive research and design. Like the charming originals, our creativity and diversity of materials are what make our homes so widely popular with area homebuyers.

All our homes feature Hardiplank siding, and some include cedar-shake shingle, brick and even stone. Each one offers unique windows and doors, rocking chair deep front porches, bold exterior paint schemes, and gracious landscaping.

Preservation Homes is now offering a very unique new collection of homes designed in collaboration with noted fashion and home furnishings designer Alexander Julian. For additional information, visit our website.



*Experience the Renaissance of America's Arts & Crafts Houses.*

WWW.PRESERVATIONHOMES.COM

Banbury Park  
Inside Raleigh's Beltline

\*Olde Towne  
Just outside Raleigh's Bellline

\*Old Fields  
Mebane

\*St.Ives Estates  
Wake Forest

\*Heritage  
Wake Forest

\*Bungalow Park  
Apex

Colony Woods  
Greenville

Carolina Colours  
New Bern

Grantham Place  
New Bern

River Dunes  
Oriental

\*South Lakes  
Fuquay-Varina

\*Sales and marketing by Coldwell Banker Howard Perry and Walston Builder Services. Each office independently owned and operated.

SONY

James Hardie Siding Products



# For All Your Celebrations in 2008



"Yes!"



"Happy Anniversary!"



"Happy Birthday!"



"It's Twins!"

## Elaine Miller Collection

EXCITING NEW DESIGNER AND ONE-OF-A-KIND ESTATE JEWELRY  
*Diamonds, Pearls and Fashion Jewelry*

Thank You Metro Readers For Voting Us Best Designer, Estate and Pearl Jewelry

The Lassiter at North Hills  
919.571.8888

4421-109A Six Forks Rd

Raleigh NC 27609

★ Visit Our Exciting New Website: [www.elainemillercollection.com](http://www.elainemillercollection.com) ★

Mon-Sat 10am-6pm



*great occasions*  
are just steps away



*great living*  
is The Lassiter

## THE LASSITER

NORTH HILLS



You've always enjoyed hosting friends and family and now you can do it with elegance and convenience at your new condominium home at The Lassiter. With North Hills just outside your door, you found everything you needed without ever getting in your car. The right dress at Cameron Clothing, a classic vintage from Total Wine and from just next door, your caterer, Vivace, has delivered the food and it is spectacular! With your terrace views and the private dining room, you know the setting will be perfect for comfort and great conversation. It is all coming together. Now, with the concierge greeting your arriving guests downstairs, you can relax and actually enjoy tonight because the only thing left to worry about is getting his tie just right.

NOW SELLING 49 condominiums from \$490,000 to \$2.5 million, featuring gourmet kitchens, ten-foot ceilings, gracious master suites and sweeping terrace views of Midtown Raleigh. For availability, call **Anne Simons** or **Josie Reeves** at **919.833.5263**.



NORTH  
HILLS

[WWW.LIVEATNORTHHILLS.COM](http://WWW.LIVEATNORTHHILLS.COM)  
LIVE | WORK | SHOP | DINE | PLAY | RELAX | RENEW

**KANE**  
RESIDENTIAL



*Celebrating 60 Years*

*How do we thank you for allowing us to be a part of your life's memorable moments for sixty years?*

*By exceeding your expectations every time you visit us.*

**BAILEY'S**  
FINE JEWELRY

*Every Woman Wants A Bailey Box*

RALEIGH'S CAMERON VILLAGE . 919-829-7337 . TOLL FREE: 866-725-3111. ROCKY MOUNT & GREENVILLE.



*The Official Jeweler of your Carolina Hurricanes*



**\*FIVE STAR\* LIVING IN THE TRIANGLE**  
*A community where uncommon resort indulgences become everyday joys*

Featuring a Tom Fazio golf course and a Family Activity Center with a full-time Activities Director, Hasentree offers something for every member of your family to enjoy.



**HASENTREE™**

CUSTOM HOMES AND VILLAS FROM THE \$800s  
HOMESITES FROM THE \$350s

[www.Hasentree-nc.com](http://www.Hasentree-nc.com)  
919.229.2070 or 866.430.7470



CREEDMOOR PARTNERS, LLC  
CREATING A LEGACY OF LUXURY NEIGHBORHOODS



Prices subject to change without notice.

\* See a sales agent for details. Select homes and homesites only



AUDUBON  
INTERNATIONAL

Gold Signature Member

# Belk®



FRENCH CONNECTION

Slicker, 188.00

Available at  
Crabtree Valley Mall



JOHN WALEN

The submarine *North Carolina* (SSN 777) returns home with a “clean sweep” of the ship’s initial sea trials.

## THAT WAS THE YEAR THAT WAS

**T**hat we live in the center of the universe is demonstrated time after time via national quality-of-life polls and quantitative and qualitative demographic data. Add in the superb location of the Triangle, and we score near perfection in comparison to any other region in the nation.

However, it’s the people here who quietly and effectively accomplish great things that distinguish the region and keep our name on the top of the list in national and global achievement. That’s why each January *Metro Magazine* recognizes the men and women who matter the most; so settle back and meet Who’s Who from the Triangle to the coast for 2007. You will be impressed.

Don’t allow post-holiday angst to get you down. Instead, get up and face the New Year with determination by relying on *Metro’s* two-part ultimate To-Do list for 2008. In this, the January edition, the focus is on personal health — featuring suggestions to improve your well-being with a complete medical checkup and a new fitness regimen, raising your cultural IQ and selected travel destinations designed to challenge the mind and recharge the physiological batteries.

In the same theme, Moreton Neal suggests learning the power of cooking in the New Year and wine critic Barbara Ensrud says building your own wine cellar in 2008 will pay dividends for years to come.

In February, look for useful ideas for improvement, including re-examining your finances, organizing your closet, remodeling your home and examining your personal security from identity theft to home alarm systems.

*Metro’s* quarterly Medical Report, written by Tony Vecchione, focuses on that ultimate checkup and breaking news in the world of health; Diane Lea takes a private look at Edenton’s famed Hayes Plantation; Carroll Leggett finds out what’s cooking besides collards at the Governor’s Mansion; Louis St. Lewis enjoys fundraising for good causes; and Philip van Vleck’s music column returns in February with his picks of the best CDs from 2007.

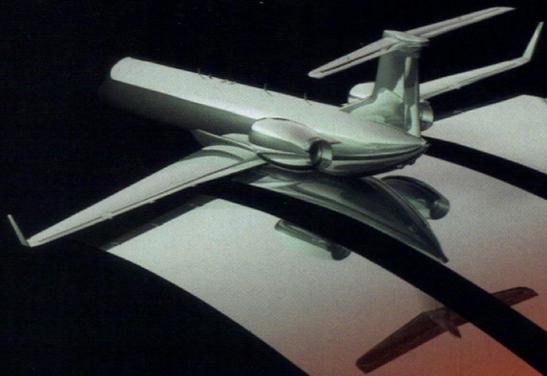
**SPECIAL NOTICE:** Arch T. Allen’s review of books about being an American; Art Taylor’s New & Noteworthy fiction; Jim Leutze’s ideas to ponder in the New Year about the future of our coast; Katie Pool’s On the Town photospread and the Fitness section for To-Do for the January issue are available online-only at [www.metronc.com](http://www.metronc.com), along with my regular online-only “Between Issues” column. *Metro’s* Web site is logging 2.5 million “hits” a month, so bookmark the site and enjoy the full offerings of our contributors.

And make plans to attend the 5th Raleigh Spy Conference March 26-28, 2008, featuring leading speakers on unsolved mysteries of the CIA. Go to [www.raleighspyconference.com](http://www.raleighspyconference.com) or call Jennifer Hadra at 919-831-0999 with questions or to register.

Thanks to our readers and advertisers for making 2007 a great year for *Metro*. We literally own the upper demographic print media spectrum of the market due to your allegiance to our magazine. In 2008, *Metro* offers an even bigger and better slate of informative and intriguing features and special reports.

May we all flourish in the New Year!

—Bernie Reeves, Editor & Publisher



xjet.com

# Non-stop comfort from the beginning to your end.

Fasten yourself down in a leather-covered memory foam seat.  
Our seats are sure to make an impression on you. And vice versa.



Fly non-stop on ExpressJet Airlines to:

Kansas City / Birmingham / Jacksonville / New Orleans / San Antonio

**EXPRESSJET**

## TRANSIT GROUP MEMBER DEFENDS VISION

I read with interest the criticism of STAC (Strategic Transit Advisory Commission) in your column "My Usual Charming Self" in the December 2007 issue of *Metro Magazine*. As a vice chair of STAC, I wish to set the record straight.

STAC is working toward a 2020 plan and a 2035 vision. The vision will show a connection between Raleigh and Durham. However, the initial projects in the 2020 plan will probably not include this connection.

The initial Wake County projects will likely include the following:

1. US 1/Atlantic Avenue corridor
2. Hillsborough Street west corridor
3. A light rail connection between the Raleigh Durham Airport and the Research Triangle Park
4. Circulatory projects perhaps linking NCSU and Downtown Raleigh

The initial Durham/Chapel Hill projects will probably include:

1. US 15-501 corridor
2. 9th Street corridor

These rail initiatives will encourage high-density, mixed-use projects at stations. There is great potential for increased densities along the rail lines.

In addition, both communities will have expanded bus service to reach out to areas where rail would not serve for many years.

Also, the North Carolina Railroad is studying possibilities of commuter rail on the existing tracks, which would link Raleigh and Durham.

Bear in mind that the population in the three counties today is approximately 1.2 million (800,000 Wake; 250,000 Durham; 150,000 Orange). This population will likely double in 25 years. A Raleigh-Durham connection will be needed.

Yes, STAC is a regional body, but one that understands the reality that what we propose must be exciting and generate support from the community.

*Smedes York  
Raleigh*

## ARCH T. ALLEN SEES

Arch Allen's piece in the November 2007 issue of *Metro Magazine* — "Duke's Reign of Terror" about three recent books on the Duke lacrosse case — was a great article.

He is one of the few seeing men in a country of the blind.

*R. Parrish  
Phoenix, AZ*

## NO SMOKING

I like your magazine. It is generally well done. However, I really take exception to one of the photos in your recent December 2007 issue in the "Southern Style" section of the young lady on Page 7 smoking a cigarette. In no way can we indicate that smoking is "fashionable" or "what you need to be doing to be cute and up-to-date." It is all of our responsibility to heavily discourage anyone from smoking. Smoking is a proven

killer. So many of your readers agree with me that this was very poorly included in your magazine.

*Doug Harris  
Raleigh*

## SHAME ON US

Shame on you and your advertisers for unnecessarily glamorizing cigarettes to young women in your fashion spread, "Holiday Chic," photographed at The Umstead, which is billed as a "non-smoking facility." I quickly threw out the magazine so my daughter wouldn't see it. Too bad for the advertisers that followed.

*James Laurie  
Via the Internet*

## ONE WONDERFUL HUMAN BEING

Both my husband, Kevin, and I were so touched by the write-up on Lillie Sanders by Carroll Leggett (*Metro*, December 2007 issue) that we want to investigate if there is something we can do to further along her wonderful work. We will gather items from our house and that of our daughter's that we would like to pass along to Ms. Sanders to give to those who could use them.

This includes clothing, furnishings, accessories, books. We will make copies of the article from your publication to give to our friends and ask if they too wish to pass along items they think Ms. Sanders could use in her work to help others. I hope we will find enough items to make some individuals more comfortable for the winter. Ms. Sanders is one wonderful human being.

It is so sad that Magnolia doesn't have a Salvation Army or similar group to help the needy. This early September, we passed through Magnolia and thought what a neat name for the little town in North Carolina. I could see that there were some needs in the town. I recall well the day we went through on our way to the beach.

I feel good that I found this article, and maybe some folks can benefit from our "finds" from our friends. We will drive them down probably after Christmas.

As soon as I hear from you and how we can be in touch with Ms. Sanders, we will get this project going. Looking forward to hearing from you.

*Michele Quinn  
Raleigh*

To contact Lillie Sanders:  
Ms. Lillie Sanders  
212 W Bleeker Street  
Magnolia, NC 28453-4404  
910-289-3860

## ACTOR WHO PLAYED IKE ATKINSON

In reference to your blog ("Between Issues" by Bernie Reeves at [www.metronc.com](http://www.metronc.com)) on Frank Lucas dated November 7, 2007, the man who portrayed Ike Atkinson in the film *American Gangster* is black. He has played in many movies, especially black-oriented films. He is simply fair skinned. His name is Roger Guenveur Smith. His name in *American Gangster* was Nate.

*Lori Adams Simon  
Lansing, MI*

## EDITORIAL

Rick Smith *Senior Writer*  
Emily Keveryn *Copy Editor*  
Dan Reeves *Assistant Editor*  
Jennifer Hadra *Assistant Editor*

## Contributing Editors

Arch T. Allen *Books*  
Barbara Ensrud *Cork Report*  
Molly Fulghum Heintz *Style*  
Diane Lea *Design*  
Jim Leutze *Editor-at-Large*  
Carroll Leggett *Columnist*  
Moreton Neal *Gourmet*  
Louis St. Lewis *Artist-at-Large*  
Art Taylor *Fiction*  
Alison Teer *Contributing Writer*  
Philip van Vleck *Music and Video*

## DESIGN

David Gough *Art Director*  
Kathy Johnson *Graphics Associate*  
Sean Byrne *Graphics Associate*  
Kinsley Dey *Photographer*

## ADVERTISING

Katie Reeves *Vice President of Sales and Marketing*  
Elizabeth M. Richards *Regional/National Sales Executive*  
Katie Poole *Director of Special Events*

## SALES REPRESENTATIVES

Karla P. Appleby *Senior Sales Representative*  
Catherine McLaurin *Sales Representative*  
Mary Ward Boerner *Sales Assistant*

## ADMINISTRATION

Cyndi Harris *Office Manager*

## INTERNS

Vanessa Finnie  
Meagan O'Daniel

## Metro Magazine LLC

1033 Oberlin Road, Suite 100  
Raleigh, NC 27605

**Mailing address**  
P.O. Box 6190, Raleigh, NC 27628  
**Phone:** 919-831-0999 **Toll-free:** 800-567-1841  
**Fax:** 919-831-0222  
email@metronc.com  
**Subscription:** \$18 one year

*Postmaster send address changes to*

Metro Magazine, LLC  
P.O. Box 6190, Raleigh, NC 27628

Postage paid at Raleigh, NC  
Published twelve times a year  
Audit applications submitted

## ARTICLE REPRINTS AVAILABLE

Contact Glenn Benton at Cooper Thomas & Benton Printing Company, 919-868-8742.

## www.metronc.com

©2008 Metro Magazine, LLC  
ISSN 1529-4404

METRO MAGAZINE (ISSN # 1529-4404) is published monthly at \$18 per year by Metro Magazine, LLC, PO Box 6190, Raleigh NC 27628. POSTMASTER: Send address changes to METRO MAGAZINE, PO Box 6190, Raleigh NC 27628.





South Carolina  
*Smiling Faces. Beautiful Places.*



#### DREAM

Imagine the sand between your toes, 60 miles of perfect beach, a warm sea breeze, live entertainment worthy of standing ovations, colorful and lively nightlife, a treasure trove of shopping delights, and an abundance of fun and charming restaurants. You may think it's all a dream. In reality, it's Myrtle Beach.

FOR A FREE VACATION GUIDE, LOG ON TO  
*VisitMyrtleBeach.com*  
or call us at 866.416.2605

*Myrtle Beach*  
SOUTH CAROLINA

*VisitMyrtleBeach.com*

# CLOSE TO HOME FAR FROM ORDINARY



## COME HOME TO THE CARDINAL

Home is where the heart is. Especially when it comes with all the conveniences you'll find in North Hills. An extraordinary, full-service retirement community, The Cardinal at North Hills will offer an array of elegant residences, a variety of fine restaurants and shopping at your doorstep, and health and wellness services provided by Duke University Health System.

## THE CARDINAL AT NORTH HILLS

Call 919-781-2021 to find out more about The Cardinal Priority Reservation Program and be among the first to call The Cardinal home.

NORTH  HILLS

LIVE | WORK | SHOP | DINE | PLAY | RELAX | RENEW

The Cardinal is a project of Kane Realty Corporation, Drucker & Falk LLC, and Duke University Health System. 

## Features

- 17** **Who's Who 2007**
- 29** **To Do**
- Medical Quarterly:  
Schedule the Ultimate Check-Up
  - Make Your Travel Plans
  - Increase Your Cultural Awareness
  - Gourmet: Learn to Cook in 2008
  - Cork Report: Start Your Own Wine Cellar
- 50** **Design: Hayes Plantation**

## DEPARTMENTS

- 6** **Introduction** That Was the Year That Was
- 8** **Correspondence** Reader Feedback
- 12** **Secrets of State** Submarine North Carolina, Hilltop Theater Event, Turnage Theater Re-opens, Tift Merritt New CD, Hooper-Kyser House Hit of Home Tour
- 46** **MetroPreview** Feel the Chill
- 52** **Style** Fashion News
- 53** **Between You and Me...** Who's Cooking in the Big House on Blount Street?
- 55** **Artist-at-Large** Fun-Raisers
- 57** **Restaurant Guide**
- 60** **My Usual Charming Self** The Truth Be Told: The Real Story Of Joe McCarthy

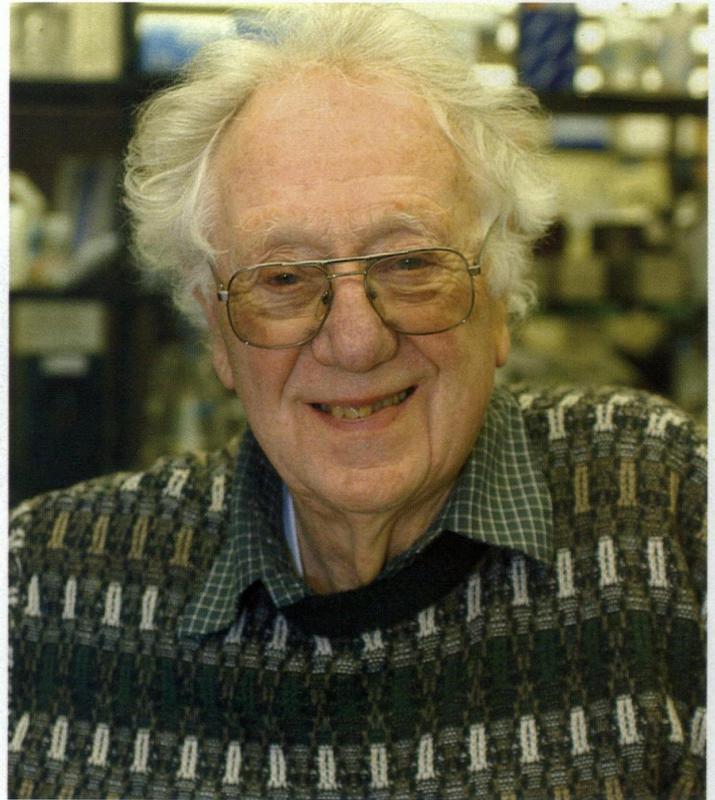
### MORE METRO ONLINE!

- To Do - Get in Shape in 2008
- Editor-at-Large
- On the Town
- Books on Being American
- Sweet Potato Queens

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

### Special Metro Presentation

## Who's Who



**17**



**29**



**12**

# SECRETS OF STATE

## Submarine *North Carolina* Gets "Clean Sweep"

The nation's newest and most advanced nuclear-powered submarine, *North Carolina* (SSN 777), returned to Northrop Grumman Corporation's Newport News shipyard with a broom atop its sail to signify a clean sweep of the ship's initial sea trials.

"We fully exercised the ship through the full range of speed to the full range of depth, and I'm pleased to report that the trials were successful," said Adm. Kirkland Donald, director of Naval Nuclear Propulsion.

Sea trials provide an opportunity to test all systems, components and compartments, and include submerging for the first time, high-speed runs while on the surface and submerged, and a demonstration of the submarine's other capabilities.

"We have raised the bar for *Virginia*-class submarine performance," said Mike Peters, president of Northrop Grumman Newport News.

*North Carolina* is the fourth ship of the *Virginia* class and is in the final stages of construction at the company's Newport News shipyard. Delivery to the Navy is scheduled for this month.

Cmdr. Mark Davis, the prospective commanding officer of the pre-commissioning unit *North Carolina* said, "They went to sea as a new construction crew, and they came back as an operational one. They did a great job, and I'm very proud of them."



CHRIS OXLEY

Northrop Grumman Newport News is teamed with General Dynamics Electric Boat to build the first 10 ships of the *Virginia* class. Current plans call for 30 *Virginia*-class submarines in the fleet. Using millions of parts

from over 4000 suppliers in 47 states and the District of Columbia, *Virginia*-class submarines incorporate dozens of new technologies and innovations and are the first major combatants designed with the post-Cold War security environment in mind.

The keel for *North Carolina* was laid on May 22, 2004. The ship was christened on April 21, 2007, and launched on May 5, 2007. The commissioning will be in the spring in Wilmington, NC. For more information about the *North Carolina*, please visit [www.nn.northropgrumman.com/vcs](http://www.nn.northropgrumman.com/vcs).

## Hilltop Theater Event Set For March

Hilltop Home will host its Eighth Annual Night at the Theatre Fundraising Event March 4 at AJ Fletcher Theatre in the Progress Energy Center for the Performing Arts. The evening will feature Jay Johnson: *The Two and Only*, a show combining theater and storytelling techniques. Proceeds from the evening will benefit Hilltop Home, a private, nonprofit residential center serving children with severe developmental and medical disabilities. For more information on the show or Hilltop Home, call 919-231-8315 or e-



## PRESTONWOOD

COUNTRY CLUB  
54 HOLES OF CHAMPIONSHIP GOLF

300 Prestonwood Parkway  
Cary, North Carolina 27513

For Membership or Catering Information:  
(919) 467-2566 or [www.prestonwoodcc.com](http://www.prestonwoodcc.com)

*Private party rooms  
available for all occasions*

Residency in Preston not required for membership.

*New Payment Plan:* Pay your initiation fee over 5, 10, or 15 years with no interest.

mail epearce@hilltophome.org.

**Turnage Theater Re-opens in Little Washington**

Another key piece in the revitalization of "Little" Washington's downtown is in place with the re-opening of the the Turnage Theater in November after a restoration and renovation costing more than \$3.5 million.

**Tift Returns With New CD**

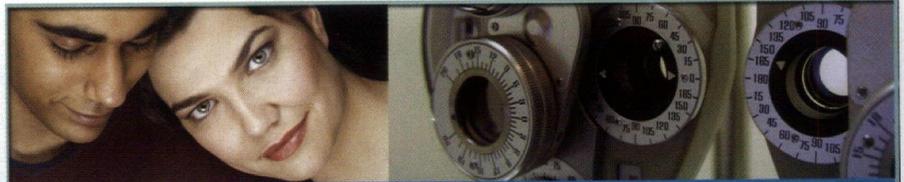
The long-awaited third release from Raleigh singer/songwriter Tift Merritt will make its debut February 26, 2008. After giving us two unforgettable alternative country albums (one of which, *Tambourine*, was nominated for a Grammy), Merritt went on a sabbatical of sorts to Paris to soak up the culture and find some musical inspirado — amongst other things. She has returned with her most mature work to date, *Another Country*. More to come after the official release in February.

Kathy Steinsberger returns in January for a series of bookmaking classes: Coptic Binding • Travel Journal • and more details at [galleryshibui.com/news](http://galleryshibui.com/news)



2032 Cameron Street  
Raleigh NC 27605  
919.775.1300  
[galleryshibui.com](http://galleryshibui.com)

gallery  
**SHIBUI** 渋い



**World class care.  
Personal service.**

Just Around The Corner.



The award winning doctors of Eye Care Associates have served North Carolinians for almost 30 years providing:  
Comprehensive Eye Exams • Treatment for Eye Injuries • Distinctive Eyewear  
Contact Lenses • Glaucoma & Cataract Care • Sunglasses  
Laser Surgery Consultation • Senior & Pediatric Vision Care



**Eye Care Associates®**

**VISIONARY**

With offices throughout the Triangle and Wilmington, we're close to where you live, work and shop.

**Call (919) 863-20/20**

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



Voted 2007 Metro Bravo Winner ~ Best Eye Care in the Triangle.



## Kay And Georgia Kyser Wall Of Fame Hit Of Home Tour

**T**he Preservation Society of Chapel Hill needed a “draw” for its Annual Christmas House Tour, so the group called on Society co-founder Georgia Kyser to open the Hooper-Kyser House as a tour home. Though the 1814 Hooper-Kyser House is probably the oldest house in Chapel Hill, it wasn’t the Federal farmhouse architecture or the dramatic setting on Franklin Street that interested the crowd of tour-goers on a beautiful weekend in December. It was the sun room’s “Wall of Fame.” An entire wall was hung with magazine covers from the ‘30s and ‘40s featuring the face and form of former Powers model Georgia Carroll, known in her day as “Gorgeous Georgia Carroll.” “I guess today I’d be considered a super model,” Kyser remarks with a wry chuckle. “Then I was just an 18-year-old girl in New York being chaperoned by her parents and fortunate enough to pose for some of the best photographers of the day.”

Kyser added several movie posters of husband and big band leader Kay Kyser and his Kollege of Musical Knowledge to the sun room, and a friend set up a video tape of a movie in which the famous pair appeared together. “When I went to Hollywood under contract to Warner Brothers, I didn’t know that someday I’d marry Kay Kyser and come to live in his family home on Franklin Street in Chapel Hill, North Carolina,” says Kyser. But today, the preservation of the Hooper-Kyser House is one of Kyser’s fondest goals.

—Diane Lea



◀ your mountains

your morning jog

your lunch date

your meeting

your Saturday at the museum



your view

Presenting the Residences at The Lafayette, an inspired way of life. These beautifully appointed condominiums with soaring 11-foot ceilings offer luxuriously different living in Downtown Raleigh. Relax at the rooftop pool and bar atop the twenty-second floor, dine at the signature restaurant, unwind at the fitness center or with a spa treatment. Indulge yourself with 24-hour concierge, housekeeping, in-home dining, laundry services and valet.

The renovation of the former movie palace, listed on the National Register of Historic Places, caps an 11-year effort by a local foundation to restore buildings on West Main Street dating back to 1913 and 1930 into a performing arts complex.

The work is not finished, however, according to Robert Chumbley, interim executive director of the Turnage Theater Foundation. The 471-seat theater is hosting concerts, plays and movies, but renovation of a larger venue upstairs — a former vaudeville theater — is waiting to be started with no timetable or cost estimate determined.

Public response to the theater so far has been good, Chumbley says, with attendance ranging from 65 percent capacity to full house. Performances have included The Wailin' Jennys, a popular trio that has performed on "Prairie Home Companion," French pianist Emile Pandolfi and the musicals *Beehive* and *A Christmas Carol*.

The theater plans to maintain close links to East Carolina University in nearby Greenville. The ECU Theatre and Dance program provided the entertainment for the grand opening in November with a revue highlight-

*continued on page 59*

# Custom. Rodolfo's Signature.

Design & Art Consultation | Lighting | Custom Furniture  
Full Service Residential & Commercial Interior Design Studio & Showroom

**RODOLFO GONZALES**  
INTERIOR DESIGN  
RALEIGH • CHICAGO

Rodolfo Gonzales Interior Design  
Raleigh • Chicago  
Located in North Hills  
4381-105 Lassiter At North Hills Avenue  
Raleigh, NC 27609  
t. 919.573.4010  
[www.rodolfogonzales.com](http://www.rodolfogonzales.com)

your morning coffee

your office

your evening cocktail

your afternoon espresso

your favorite art gallery

your night at the symphony

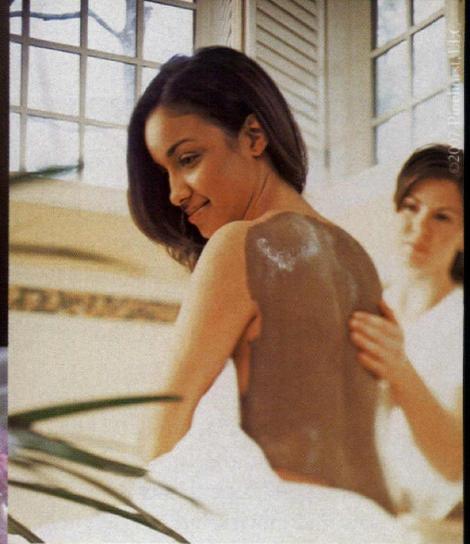
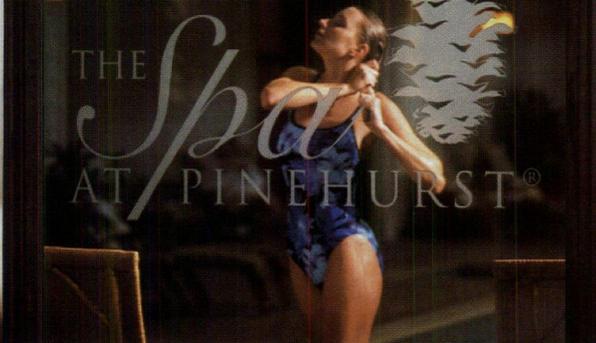
your beach ▶

1, 2 and 3 bedrooms  
Floor plans from 900 to 3,500 sq ft  
From \$400s to \$1.8m  
[thelafayette-raleigh.com](http://thelafayette-raleigh.com)  
919.834.8350

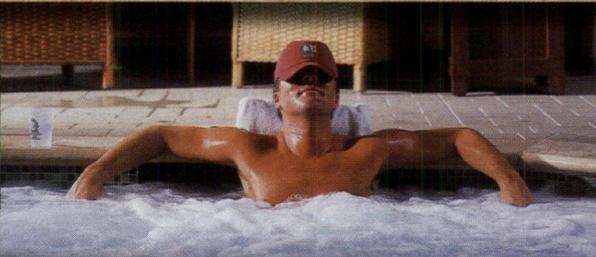
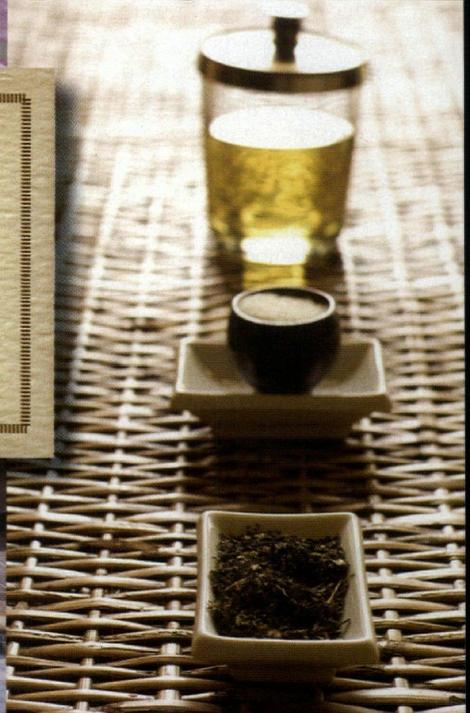


**THE LAFAYETTE**  
Hotel & Residences





some spend a lifetime seeking  
**ENLIGHTENMENT.**  
 others just make an appointment.



Total contentment is a phone call away at The Spa at Pinehurst. The only spa in North Carolina awarded Four-Star status by Mobil Travel Guide offers everything from hydrating facials to soothing massage to exfoliating scrubs and cleansing body wraps. And with our Evergreen Escape package, you'll enjoy one spa treatment or a round of golf, overnight accommodations, breakfast and dinner for just \$229.\* So put enlightenment on your calendar today. Just call 800.803.2719.



MOBIL ★★★★★ RATED

Village of Pinehurst, North Carolina · [pinehurst.com](http://pinehurst.com)

\*Rate is per person based on double occupancy. Valid select dates 11/11/07-2/28/08. Upgrade to a round on No.2 for \$150.

# Who's Who

## 2007

Oliver Smithies

### Nobel Winner Overcomes Fear With Knowledge

By Rick Smith

**W**inning the Nobel Prize has not changed Oliver Smithies one little bit.

"None of that nonsense," the 82-year-old professor of pathology and laboratory medicine at The University of North Carolina at Chapel Hill said when an admirer began thanking him for the honor of a meeting.

His voice still rings with a delightful British accent signifying where he studied and launched his scientific research career into stem cells that ultimately led him to Chapel Hill from the University of Wisconsin 19 years ago. The timbre is strong, too, reflecting the physique of a man who, despite his years, maintains a strenuous schedule and flies airplanes whenever he gets the chance.

"I come to work seven days a week, and I just passed my flight review," he said proudly. In other words, he retained his pilot's license — something he values highly.

Smithies' passion for flight and aircraft (he owns one, and at one time had four) reflects very closely his pursuit of knowledge that earned him the 2007 Nobel Prize in Physiology and Medicine along with fellow researchers Mario Capecchi of The University of Utah's Howard Hughes Medical Institute and Sir Martin J. Evans of the United Kingdom. They were recognized "for their discoveries of principles for introducing specific gene modifications in mice by the use of embryonic stem cells." Their work has contributed to the increasing use of gene therapy in medical science today.

In his Nobel acceptance speech delivered in December, Smithies remembered learning to fly late in life.

"[Field Morey] taught me to fly 30 years ago, a difficult task because I was over 50 years of age," Smithies said. "But he taught me something more important than flying — namely that it is possible to overcome fear with knowledge!"

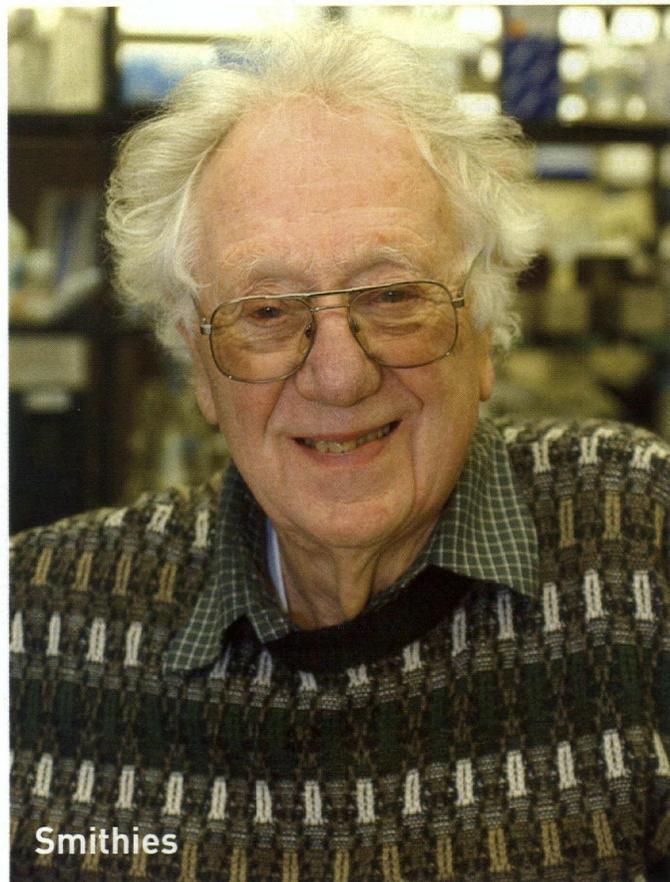
"The same lesson applies to scientists — the fear of failing, which many scientists have when trying something new, can be overcome in the same way — with knowledge!"

A native of Yorkshire, England, he fell in love with science, math

and the desire to invent as a child. He graduated with honors from Oxford in 1946 and later earned a doctorate in biochemistry there in 1951.

Smithies insisted in an interview with *Metro* that he has not been affected by the Nobel. He is simply too busy with his pioneering work into genetics and stem cells to let even one of the world's most prestigious honors go to his head.

"I already had various things to do, such as a grant application that was turned down, and I am preparing to submit it again with new data," Smithies said. "There are things related to my work I am trying to concentrate on doing. I still have work to do."



Photography by Kinsley Dey

A quick trip to Washington, DC, for a photo opportunity with President Bush and an “extravaganza,” as he put it, that was sponsored by the Swedish and Norwegian Embassies prior to the Nobel presentation in Stockholm, took him away from the lab.

Yet, he did admit that the Nobel meant much to him beyond the international recognition and the more than \$1 million prize money.

“It is marvelous,” he said, “to be honored by my fellow scientists.”

Awards are nothing new for Smithies, however. In 2001, he received the Lasker Award, one of medical science’s most treasured honors.

Smithies is working in a controversial field, as he well knows, involving the ongoing debate about use of embryonic stem cells. A recent advance in using other stem cells could provide an alternative to use of human embryos in the search for cures to various diseases, Smithies acknowledged.

However, he added, “I like to think that rather than destroying life in using embryonic stem cells, that we are preserving life. We could be contributing to future life for a long time.”

Smithies believes that the use of stem cells from a patient to treat the disease afflicting them holds promise. “You can put them back into the patient without the problem of rejection,” he explained. “That’s the biggest advantage. ... There’s a lot of work to be done, but it’s very promising.”

Devotion to science runs strongly in the Smithies household. His wife of more than 20 years, Dr. Nobuyo Maeda, is distinguished professor of pathology and laboratory medicine at UNC.

And Smithies has no intention whatsoever to slow down.

“I’ll be retired,” he said, “when I get put 6 feet under!”

## Monica Doss Entrepreneurial Leader

By Rick Smith

**F**or more than 20 years, Monica Doss has been the face of entrepreneurship in North Carolina.

As president of the Council for Entrepreneurial Development since 1986, Doss has built the organization into an economic force with more than 4000 members and 1100 corporate partners and a \$2 million annual budget.

Recognized nationally, including the accounting firm Ernst & Young’s entrepreneur honors, Doss continues to grow the CED. Burnout is not a problem, she says, even at age 55 as retirement beckons, or when private sector opportunities come her way.

“I’ve gotten job offers,” Doss said from her home in Mebane where she lives with her husband Jim. (Their son, Brendan, is a graduate of UNC-Chapel Hill.) But she remains loyal to the CED, which she joined as its first full-time director and long before the “dot com” boom helped transform the Triangle into one of the nation’s high-tech hotbeds.

“I look around and I know how much the people around me have meant to our success,” Doss explained. “Will I give up the people I work with?”

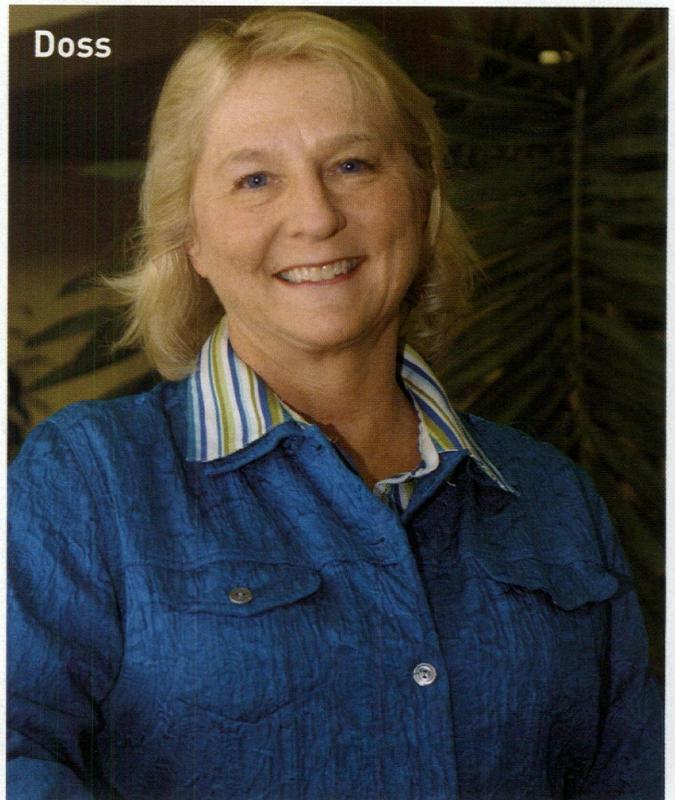
“I do have a strong interest in building communities, and I look at the CED as a catalyst for many companies and a community of people.

“To be honest, I can’t see myself going into a company. Every two years, the world totally turns over for us,” she added, noting the con-

stant changes in technology that require learning — and present new opportunities for growth. “The Internet wasn’t there when we started. Now, we are learning more about alternative energy.

“To me, that’s what’s exciting about entrepreneurship. There’s always a new challenge. Where else would I get the opportunity to constantly learn?”

Doss grew up in suburban Boston and Ohio before attending Florida State University where she majored in English literature and received a master’s degree in literature. She and her husband, who is a builder, woodsmith and published poet, were living in Alabama when they chose to move to North Carolina.



“We knew some people in this area, and one day we just decided to move,” Doss recalled.

Doss landed a marketing position at the North Carolina Museum of Art as director of the NC Art Society. She was recruited to run the fledgling CED organization, which was launched in 1984, by prominent Raleigh attorney Fred Hutchison and Horace Johnson, a retired Ernst & Young executive.

“I saw how passionate they were,” Doss said. “I didn’t know what venture capitalists were, I didn’t know anything about entrepreneurship, but I felt it would be a lot of fun.”

Just as the Triangle grew steadily in the 1980s, so did the CED. With infrastructure put in place — such as the North Carolina Biotechnology Center and the Microelectronics Center — along with the presence of tech giant IBM, RTP became a hotbed for start-up companies. And when the Internet led to the “dot com” economic explosion in the mid-’90s, the CED was there to help investors and inventors launch new companies.

But success didn’t come easily. As Doss noted, success was built with sweat, equity and hard work.

"It wasn't until '95 or '96 that we really turned the corner," Doss said. "The Park itself was a huge vision for growth. Entrepreneurship was the next step.

"It wasn't happening naturally, but we had all the ingredients," she added, noting the presence of NC State, UNC-Chapel Hill and Duke that added invention and creation. The Biotech Center, MCNC and Research Triangle Institute added support, creativity and technology development. Big companies, such as GlaxoSmithKline, brought executives to the area who longed to develop their own companies.

CED grew as it helped entrepreneurs, investors and professors turn inventions and ideas into companies with training, seminars and conferences on topics ranging from venture capital to biotech.

"We had the luxury of doing entrepreneurship before it became cool," Doss said. "We got to make a lot of mistakes, but we had excellent buy-in from leadership.

"This region is different from a lot of places. People really did have a vision. We had to figure out how entrepreneurship figured into that vision and hang in there."

The CED, one of the largest organizations of its kind, now draws venture capital and biotech speakers and investors from around the world for events.

Doss remains committed to growing the CED further — even as she gardens at home. If she has frustrations to work out, she vents with her hands.

"I like to kill weeds," she said with a laugh. "I love to get out there and get dirty."

Jim Coleman

## "Hero" In Duke Lacrosse Case

By Sharon Swanson

**J**im Coleman, on the law school faculty at Duke University, had big plans for his sabbatical year. He was finally going to write that legal thriller.

"Then the Duke lacrosse case happened," he said.

Many in this region, and the country, were first introduced to Coleman when he held up his hand during the Duke lacrosse debacle, questioning the actions of Durham DA Mike Nifong. In a *Washington Post* article on September 7, 2007, writers Stuart Taylor Jr. and KC Johnson referred to Coleman as the case's "one hero." But for Coleman, his career has always been about the concept of fairness in the justice system.

In 1983, Coleman represented a Florida man on death row, just weeks away from execution. Before that, Coleman's career as a partner in a DC firm had been about litigating commercial cases on behalf of major corporations. By contrast, those cases moved very slowly and deliberately.

"But here's a man whose life is on the line, and they are basically treating it like it is fast

food law."

In 1986, Coleman volunteered to represent Ted Bundy, the convicted serial killer, before the Supreme Court. He was a witness to Bundy's execution in Florida that same year.

"It's tough to know someone going through that process, but particularly so if you think that they didn't get a fair trial, and they were going to execute him anyway," Coleman said. "Our job in the criminal justice system is to force the state to do it properly, to do it fairly. The reason it is important in cases like Bundy, where everyone believes he's guilty, is that if you don't do it right in that case, you'll cut corners in other cases.

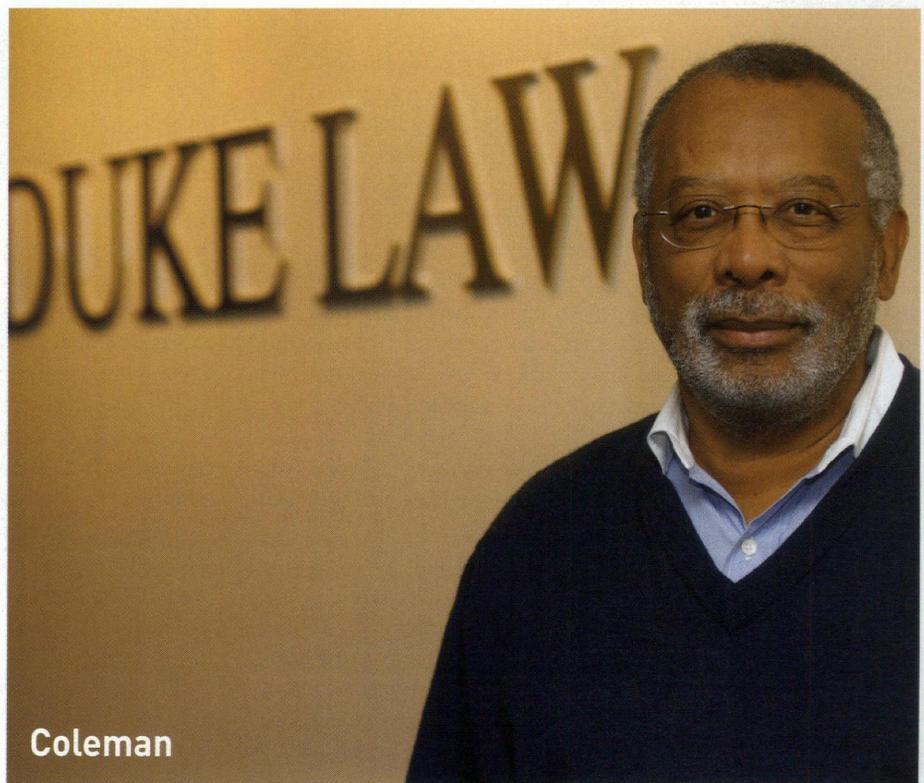
"The only way you can protect innocent people is if you do it right in every case."

According to Coleman, there are more profound issues of fairness involved in the way capital punishment is applied in this country. It shouldn't be dependent on whether you have a good lawyer, he said. And statistically, the race of both the accused and the victim play into those decisions by prosecutors. "We reserve the death penalty for when white victims are killed." And, he says, for when the accused is black.

Coleman is a native of Charlotte. He earned an undergraduate degree at Harvard University before completing law school at Columbia University. He clerked for a federal judge in Michigan and practiced briefly in New York before joining the firm of Wilmer, Cutler & Pickering in Washington, DC, where he practiced for 15 years — the last 12 years as a partner.

Coleman is married to Doriane Coleman, who is also on the law faculty at Duke. The couple met when the two worked together at the same DC firm.

Athleticism runs in the family. Doriane once competed, both nationally and internationally, in track and field. Their sons, Alexander, 12, and Nico, 9, are "pretty good tennis players," said their father.



Coleman's daughter from an earlier marriage, Jacqueline, is a lawyer with the Department of Justice in Washington. The proud grandfather smiles when he mentions that her son, now a year old, is also named James.

So what does law professor Coleman do in his rare moments of relaxation? "I read mysteries, legal thrillers," he said.

Clearly, Coleman is connected to his profession on many levels. For him, "teaching young lawyers is like discovering the fountain of youth," he said. He likes to see young people excited by the law.

"I had hoped that one of the consequences of the lacrosse case would be that people who don't ordinarily pay attention to the criminal justice system would see that it is not just poor people and people of color who get caught up in this system, but that all of us are at risk when the system is malfunctioning in this way."

Coleman shakes his head. "But I'm not sure that lesson was learned."

No doubt professor Coleman will continue to put in his hand when he feels the law is being arbitrarily applied. "When I see a prosecutor doing something wrong, I call him on it," he said. "When I see a defense attorney doing something wrong, I call him on it."

And what about that novel he was planning to write during his sabbatical year?

"It's nowhere," he said. "I have a title, and that's it."

"I'd really like to do that sometime."

John Jeffries

## Outstanding Legal Mind Of His Generation

By Sharon Swanson

**R**aleigh's John Jeffries joined the faculty of the University of Virginia Law School just two years after earning his law degree there in 1973.

In July 2008, the Raleigh native will step down as dean of the law school, concluding seven years of service in which he strengthened the school's financial and academic standing and enhanced public service programs. The accolades for Jeffries from fellow academics, as well as lawyers in private practice, are pouring in; his law school class, which will celebrate its 35th reunion in May, has set out to raise \$1 million to endow a professorship in his name.

"John will be remembered as one of the truly outstanding lawyers and legal scholars of our entire generation," said law school classmate Ross Reeves. "His leadership of the law school as an institution, and his fierce commitment to intellectual excellence, have inspired students and faculty alike." More importantly, Reeves added, "John has kept the culture of the law school intact. It is still an honest-to-God community of administrators, staff and students, who genuinely like what they are doing and like each other. That is a legacy he deserves to take particular pride in."

Following a sabbatical, Dean Jeffries will return to teach full time at the law school where he has found a career home.

"I am leaving a job I love, for a job I love," Jeffries said. "I think about that daily — it is an incredible blessing to be able to say that."

Jeffries started out in public schools in Raleigh and graduated from Needham B. Broughton High School. His father, an independent insurance appraiser, served in the Italian and Pacific Theaters during World War II.

His parents have since passed away, but sister Joanna Johnson lives in Raleigh.

"I got a great education in Raleigh," Jeffries said. "In 1966, Broughton and Myers Park (in Charlotte) were the top schools in the state. Kids could go anywhere from there."

Jeffries went to Yale University from Broughton. He found that his public school foundations in Raleigh allowed him to hold his own with his Ivy League classmates, many of whom had come from prep school backgrounds.

"My original plan was to be an academic, to teach history," he said with characteristic understatement.



Jeffries

As a senior, he assisted a senior faculty member in compiling a definitive history of English monarchs and graduated *summa cum laude*, a distinction he shared with classmate John Bolton, recent interim ambassador to the United Nations. Jeffries has also served as an expert source for national media, for example, during the Bill Clinton impeachment episode.

But academics were being drafted for service in Vietnam in 1970. And even Yale graduates were mustered in as enlisted soldiers, not officers. Jeffries had the opportunity to study in England after graduation, "But I lost the draft lottery," he said.

He opted instead for ROTC, while completing law school at the University of Virginia, where he was elected editor-in-chief of the *Virginia Law Review*. Immediately after graduation, Jeffries was selected by Lewis F. Powell to be a law clerk for the Supreme Court Justice's first full term.

But the Vietnam War was still raging — and the military had been waiting for 2nd Lt. Jeffries to emerge from his clerkship.

It seemed logical that his legal background would have been an asset in the JAG Corps, but they wanted a four-year commitment.

Instead, in another career decision that proved prescient, Jeffries opted to train with a Medical Evacuation Unit, a two-year commitment. Then Saigon fell, and he received an early release from active duty.

"The Army found that their need for green second lieutenants had dropped dramatically," he said.

Only two days later, Jeffries started teaching at the law school at UVA. He's never looked back.

"Teaching was my first love," he said. "I am a round peg in a round hole here. I love studying law, and I love writing about it, too."

Jeffries has co-authored casebooks in civil rights, federal courts and criminal law, and has published a variety of articles in those fields. He was also chosen by Justice Powell to write his biography, which *The New York Times* described as possibly the best judicial biography ever written.

As the accomplished dean of a law school consistently rated in the top five among public institutions, and the top 10 among all law schools, Jeffries has spent most of his time on the road, garnering unprecedented private support for its programs, including funding for students interested in public service careers — which includes a Child Health Advocacy Program and work with victims of domestic violence.

"Real excellence in legal education is not going to be supported by public funds alone," Jeffries said. "We need private support."

Jeffries doesn't feel that that we have too many good lawyers entering the field.

"We do have too many lawsuits," he said. "That seems to be a part of our national identity.

"But good lawyers use discretion, sound judgment, wisdom and compassion," said Jeffries. "You want your doctor to listen to you, to learn about you as a person. The same should also be true of lawyers."

During his sabbatical year, Jeffries will be teaching at UCLA and Columbia University, before returning to Charlottesville where he will be serving as co-director of the National War Powers Commission. Since he enjoys his work, he isn't spending time contemplating plans for retirement. And he can't see himself "on a beach in Miami."

In his spare time, the thwarted historian likes to read history and fiction. "I usually have two books going at one time." He also likes to hike.

Jeffries, who is single, visits his sister Joanna in Raleigh — who retired Jan. 1 as executive director of College Advancement in North Carolina State University's Humanities Division — and her family several times a year.

"It's exactly 182 miles to Raleigh from here," he said.

## Walter Williams ECU's Humble Friend

By Steve Row

**F**olks around East Carolina University know about the generosity of Walter Williams to his alma mater and his support of university athletics.

His business provided the ECU Pirate Club with its first-ever \$1 million gift in 1993, earmarked to renovating Minges Coliseum. In April 1994, the basketball arena was rededicated as Williams Arena in honor of the gift.

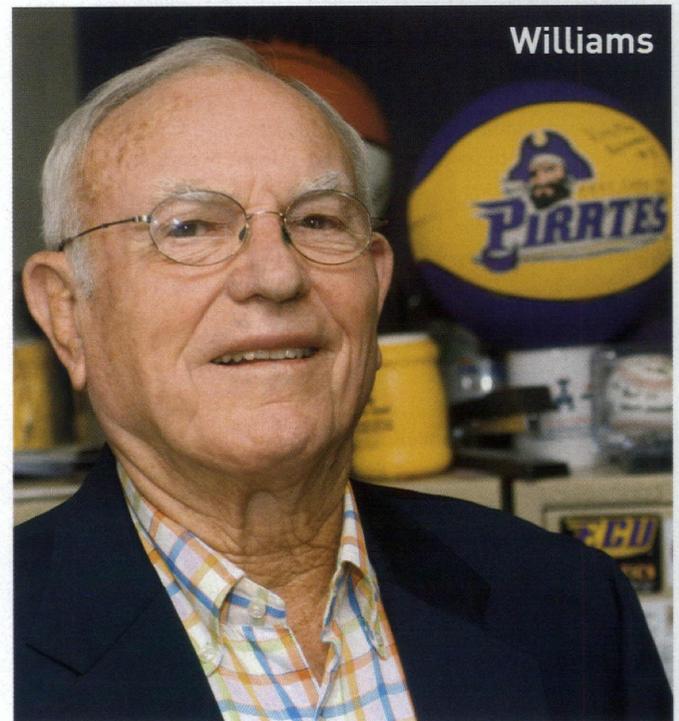
Williams was executive president of the ECU Educational Foundation in 1997-98 and co-chairman of the Kickoff to Victory

fundraising campaign in 1998 that exceeded its \$10 million goal by nearly \$1 million.

He became executive director emeritus of the foundation in 2002, at about the time he helped head efforts to develop a new baseball stadium. The campaign secured \$9.4 million by the end of 2005 — enough to build what is now Clark-LeClair Stadium.

But these days, one of the real joys in the life of Walter Williams is involvement with the ECU School of Education.

The STEPP program — Supporting Transitions in Education through Planning and Partnerships — is in place through a \$1.2 million gift in 2005 from Williams and his wife, Marie. The gift enables students with learning disabilities to earn a college degree and pursue a career, possibly even teaching other learning-disabled students.



In addition to the standard curriculum in their majors, students take courses that will help them on and off campus, including time management, study skills, note taking and learning strategies.

"This gives us an opportunity to help Eastern North Carolina, and it gives ECU an opportunity to learn how to teach those kids," Williams said in an interview. "And it will give the graduates firsthand experience in teaching others, if they so choose."

Williams, who grew up on a tobacco farm south of Greenville, went to East Carolina Teachers College and earned a bachelor's degree in 1951. He returned after military service to earn a master's degree in education supervision in 1955.

He tried teaching for a year but decided to work with his older brother, Arthur, at what was then Taylor Oil Co. Williams ran the eastern operations for nearly 30 years until he retired in 1984 and decided to go out on his own by establishing Trade Oil Co. Inc. Over the next two decades, the firm grew into a chain of more than 100 Trade Marts, its version of the relatively new concept then of pump-your-own gas and convenience stores, mainly in the eastern third of North Carolina.

Trade Oil merged with WilcoHess, the successor to his brother's business, in 2005, and Williams became executive vice president, help-

ing to look after the company's eastern regional affairs. He remains president of Trade Oil, which is involved mainly in real estate.

But he also continues to seek out ways to help his alma mater.

In addition to the STEPP program and athletic contributions (he and his wife also have endowed two \$150,000 scholarships for basketball players), Williams and Marie have provided \$25,000 annually for the past five years for a leadership scholarship fund for 20 entering freshmen each year. They have also created a \$100,000 fund for the Spirit of the East Scholarship Endowment.

Now 78, Williams rarely seeks attention for his support of the university, and if you ask ECU folks their impression of him, they invariably say, "He is so humble."

But his good deeds received recognition far beyond Greenville last year when the Council for the Advancement and Support of Education (CASE) named him the Southeast regional winner of the Bill Franklin Volunteer of the Year Award that recognizes individuals who make a long-term impact on an institution — and who play a significant role in fundraising, alumni relations and student recruiting.

Williams might have been surprised by the award, but ECU officials were not.

ECU Chancellor Steve Ballard calls Williams "humble and unassuming, and (he) does not seek the limelight through his philanthropy." In nominating Williams for the award, Ballard said, "His only goal is to see positive things happen for the university, and I hope he will be by our side for many years to come.

"I find it difficult to visualize East Carolina University without his ongoing support and advocacy."

For all he has done for ECU, however, Williams doesn't consider himself a philanthropist, just a hard-working volunteer.

"No volunteer is any better than the other volunteers who help," Williams said at the CASE awards banquet in Nashville last year. "It's volunteers, employees, friends and colleagues who do so many things together. That's how our university has grown to what it is today."

## George Howard Solving The Mystery Of The Carolina Bays

By Rick Smith

**G**eorge Howard is not a mystery writer, but he has spent years investigating one of the biggest riddles in North Carolina and portions of the eastern seaboard.

What on earth — or from heaven — created the landscape features called Carolina Bays?

These wetland depressions — some small and some as big as lakes, often filled with Bay trees (thus the name) — were not created by erosion.

To Howard, a Raleigh businessman focused on land and wetland mitigation projects, the evidence says a comet hit Earth near Lake Michigan that created the more than 500,000 "bays" thousands of years ago.

"If we are proven correct, they are indeed the footprints of Lucifer," Howard said.

"There certainly was a tremendous cataclysm. It didn't leave a crater, but it was certainly horrific. What we suggest — and none of this is proven yet — is that the bays could be the result of a shockwave across

the landscape, leaving dimples across the ground like a golf ball."

Howard is part of a research team digging through a variety of sites to figure out what triggered the deaths of civilizations — and perhaps even an ice age — thousands of years ago.

Call him crazy. And some have. Not as often now, however. His findings and those of his fellow researchers were published in the prestigious *Proceedings of the National Academy of Sciences* earlier this year.

"The National Academy of Sciences is made up of the top scientists — they are elected by their peers, and this is their journal," Howard said proudly. "It's the journal of the journals."

Their research also was featured in a National Geographic television special.

Among the leaders in the program were Dr. Richard Firestone of Lawrence Berkeley National Laboratory, Al Goodyear, an archaeologist from the University of South Carolina, and Allen West, a geophysicist from Arizona.



While Howard didn't appear on camera in the TV show, he took great pride in the credibility given to the comet research, entitled in part: "Evidence for an extraterrestrial impact 12,900 years ago..."

"It does prove that we ain't crazy," Howard said with pride, "and this is worth serious consideration and open-minded investigation."

Other research has shown that civilizations disappeared, and animals — such as the woolly mammoth — were flash frozen: One of Howard's prized possessions is a so-called "impact tusk" from a mammoth that was removed from a preserved carcass.

The research is based on years of digging and other work, augmented in part by recent technology, such as satellite photographs. Howard estimates that he and David Kimbell of Fayetteville, who has

worked with him on the project, have dug out and shipped to Arizona and California more than a ton of earth and sand from Carolina Bays for analysis.

"They are incredibly consistent all the way from Delaware to Florida," Howard said of the dimples, citing images from Google Earth. "There is very little deviance from that pattern. That suggests they happened at the same time."

Howard said he considers himself "lucky" that the other scientists in the project included his research. The North Carolina native was drawn into the project by his co-researchers based on a paper he wrote about Carolina Bays while helping a buddy taking a class at Carolina. "I'm just a tag-along," he said of his part.

Regardless of how he assumed his role, he is pleased to be part of a team possibly unraveling the Carolina Bays story.

"I don't like unsolved riddles," Howard said. "I love this state. I'm a 'statrriot,' and I want this mystery to end. People have talked about this for many, many years, and other people have proposed before that a comet could have done this. We need to figure out what caused the 40,000 elliptical depressions on our coastal plain."

Howard worked on wetlands issues as staff of former Sens. Lauch Faircloth and Jesse Helms from 1990-96. He entered his environmental life as part of a mitigation project in the Cape Fear River basin. Howard went on to co-find Restoration Systems with John Preyer in 1998.

The firm works to restore wetlands with wetland credits. Howard travels the country speaking about mitigation and has testified before Congress. A political science graduate from UNC-Chapel Hill, Howard is a native of Guilford County and grew up in a construction-related family. Both his grandfathers were engineers.

Howard and his wife, Pam, live in Raleigh with their two children, George and Henry.

## Dr. Henry Friedman Cancer Is Curable

By Rick Smith

**D**r. Henry Friedman, one of the world's top researchers into brain tumors, scoffs at the idea that cancer isn't curable. And Friedman's work has been widely acknowledged, including two segments on the CBS program *60 Minutes*.

"I believe you can be cured," said Friedman, deputy director of the acclaimed Preston Robert Tisch Brain Tumor Center at Duke University. "The cancer may be in remission," Friedman acknowledged, "but it can be in remission permanently."

Friedman's positive attitude permeates the Center, where one of the world's rarest and deadliest forms of cancer is diagnosed and treated with experimental medicines, such as gene therapy, if a cure seems possible.

Tug McGraw, one of Major League Baseball's most memorable relievers, made the positive, never-say-die slogan, "You Gotta Believe!" in leading the underdog New York Mets to a World Series title, came to the Duke center for treatment. Unfortunately, he finally succumbed to a brain tumor — but not before putting up a valiant fight.

Friedman has a similar belief:

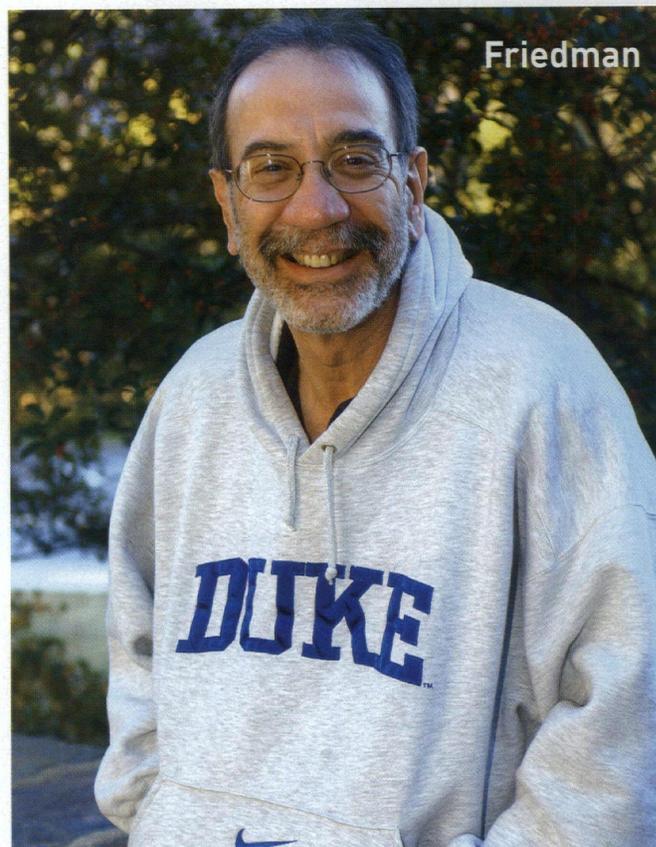
"We know that a brain tumor is unlike any other disease. We take an aggressive team approach to find answers and provide hope. We play to win. We want survivors."

Friedman knew McGraw well before treating him, having grown up in New York as a Mets fan. Friedman also treated the late Robert Tisch, owner of the NFL New York Giants after whom the Center is named.

Treating patients with novel treatments — often available only in clinical trials — has made the Tisch Center famous. There have been so many cures that the Center will open a clinic only for survivors next April.

What are the ingredients for success at the Center?

"First, we have a program that weds the finest research lab in the world to a seamless translation to the clinical world," Friedman explained. "We have clinical trials that rapidly go from the lab into the clinic."



"Second, we strongly believe that you have to have the right approach — and by that I mean the philosophy that you are cured until proved un-curable, which is not much different from being innocent until proven guilty."

"Too often physicians take the position that a patient's case is hopeless, and they perpetuate care that is mediocre. They look very smart when the prophecy of doom and gloom comes true."

However, Friedman adds an important caveat.

"We not only want to win, but we don't want the win to turn into a Pyrrhic victory. We have a program and research center that also provides quality-of-life research for families and caregivers."

To Friedman, the opening of the survivors' center next year is proof that the approach is working.

"If you have enough long-term survivors that you can create a survivors' clinic, you know you are doing the right thing," he said, "and that's why we are here."

The number of people afflicted with brain tumors is not that large when compared to other tumors and cancers. Tumors strike some 40,000 adults a year, and approximately half are malignant, Friedman noted. Between 2000 and 3000 children a year are struck with tumors. So in numbers, he said, many people consider such tumors as an "orphan disease" that does not receive the funding or attention given to others. But to Friedman, fighting these tumors is a passion.

He traces his love to be a doctor to a TV show and a book he read as a child.

"I started watching the *Dr. Kildare* show when I was 9, and I fell in love with that," Friedman recalled. "The first book I remember reading was about microbe hunters written in the 1940s, including the story of Louis Pasteur and others."

His inspiration led him to Syracuse University, where he received his medical degree in 1977. After four years of research, he came to Duke to study neuro-oncology in 1983. He has never left.

His love for care actually was triggered in part by lab work when he was in training as a pediatric oncologist. Friedman "hated" red cell research and headed into oncology.

Research runs in the family. His wife, Dr. Joanne Kurtzberg, is chief of pediatrics/blood and marrow transplantation at Duke and is a pioneer in stem cell research.

Friedman and Kurtzberg have two children, Josh, who attends Stanford Law School, and Sarah, a Duke sophomore.

## Elizabeth Spencer Southern Author Still Running To Catch Up

By Sharon Swanson

**I**n the South, we have certain expectations about our literary icons. We are intrigued when we learn they talk or act in an overblown fashion, like miscast characters in a Tennessee Williams play. But Chapel Hill writer Elizabeth Spencer defies such characterizations — both in her work and in her life.

Spencer, slender and quietly elegant, speaks in the soft, lyrical tones of her Mississippi roots. When she smiles, she reveals dimples set beneath high cheek bones. And while it's true that Spencer is often described with shop-worn literary labels, such as "revered" and "grande dame," that isn't how she'd like to be portrayed.

"How would you like being described in that way?" she laughed. "Then there's 'venerable.' That has to be the worst."

Spencer, 86, has been publishing books and short fiction for 60 years; her first novel, *Fire in the Morning*, was published in 1948, and most of her nine books and seven short story collections are still in print. One novella, "The Light in the Piazza," has seen life, not only as a 1962 Hollywood movie starring Olivia de Havilland and Yvette Mimieux, but also as a recent Tony Award-winning Broadway musical. "The Light in the Piazza" was first published in *The New Yorker* and was a finalist for the National Book Award. Spencer has also written a memoir, *Landscapes of the Heart*, and a play.

Spencer's young life was steeped in Southern tradition. She was born in Carrollton, MS, in 1921. Her father was a savvy, but conservative, Presbyterian businessman. Her mother was a McCain (and the great aunt to presidential candidate Sen. John McCain). Spencer's grandfather McCain was a beloved figure in her childhood:

"It's very strange," Spencer said. "I'm only one generation away

from the Civil War. My mother was the last of a string of about six or seven children and so was my father. And so my grandfather was, I think, 14 at the time of the Civil War. ... He wanted to go to war because his brothers were in the war. And he went up to a town where they inducted soldiers. He said that he was 18. And they laughed at him.

"But he went back and tried to run a plantation."

Although Spencer's father was never convinced that writing was a good way for a "proper" young Southern woman to make a living, she attended graduate school at Vanderbilt on a scholarship. There she was introduced to Donald Davidson, Allan Tate and Robert Penn Warren, writers who became instrumental in finding a supportive home for her work.



In defying the expectations of her father, Spencer also defied the traditions of her upbringing, both in her writing and in the life she chose to establish outside the confines of her home state. In her fiction, Spencer confronted the racial issues of the post-World War II era. Her first National Book Award finalist, *The Voice at the Back Door*, published in 1956, alludes to the custom that allowed people of color to knock only at the back door, never at the front.

"There were Pulitzer rumors when that book came out," Spencer said, "but I was young, and relatively unknown by the committee at the time." The Pulitzer was not awarded in 1957.

Spencer also avoided typecasting in her depictions of Southern women. Her characters were sometimes naïve, but often independent, with subtle traces of humor. Spencer, too, displayed a strong sense of independence, marrying John Rusher, an Englishman she'd met in Italy, where the couple settled for five years before transplanting to Montreal for nearly three decades. There Spencer con-

tinued to write and teach.

Over the years, her work has captured numerous awards, including The William Faulkner Medal for Literary Excellence, a Guggenheim Fellowship, the Thomas Wolfe Award for Literature, the Richard Wright Literary Excellence Award for Fiction, and the Award of Merit for the Short Story from the American Academy of Arts and Letters.

Spencer moved to Chapel Hill with Rusher in 1986 to teach Morehead Scholars at UNC-Chapel Hill. Widowed since 1998, Spencer said she still misses her husband of 42 years. She adds that she has made a home in Chapel Hill, where she has developed "a rich store of friendships."

On December 7, 2007, the author was in Washington, DC, to accept the most recent of her many writing awards — the PEN Malamud Award for Short Fiction. And, in conjunction with a celebration of Spencer's 60 years of publishing, there are plans to release a video featuring the author discussing her life and work.

"The world of today, so vital and various, sends out a challenge for any writer to get down something valuable, no matter how daunting even to think of such a task may be," said Spencer. "I keep running to keep up, not so fast as before, but still trying. This means a short story every so often, a novel when I can."

Andy Dembicks

## Little Things Mean A Lot In Carbon Reduction

By Jennifer Hadra

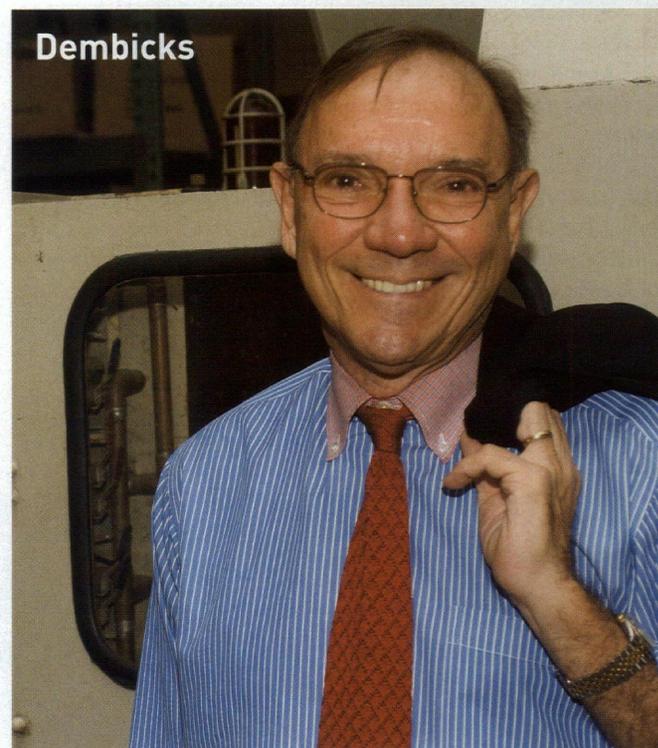
**I**n 1974, Andy Dembicks searched the Southeast for the ideal place to raise his family and start a new business. It was the small luxuries — such as weather, proximity to recreation and quality educational institutions — that brought the New York City-born and New Jersey-bred entrepreneur to Raleigh. He owned and operated Southern Case, the manufacturer of Craftsman power tool and chain saw carry cases for Sears, Roebuck and Company. But in 1995, Dembicks started a new company — Andrews Toolworks — and began manufacturing Craftsman Professional router bits for Sears and Ryobi router tables for Home Depot. The company's interest in the hard metals used to make the router bits led to an even "bigger" discovery — the world of nano-technology and the science of friction and lubrication (tribology).

In September 2007, the company commercialized its research and formed Fusion-Tech Inc. ([www.fusiontechnologies.com](http://www.fusiontechnologies.com)), a Raleigh-based company that uses nano-technology programs to increase total fuel economy and reduce wear in capital equipment and minimize atmospheric emissions. While the word "nano" is a reference to size, and a nanometer is one billionth of a meter, Fusion-Tech's successes are anything but small. Dembicks and his employees applied the science to the reduction of friction in internal combustion engines, power trains and firearms. They found that nano-compound modified lubricants form microscopic bonds on surfaces of engines, transmissions, universals and wheel-bearings, creating harder surfaces and low friction. This means an improvement in rifle performance, fuel efficiency and most notably, a reduction in hydrocarbon emissions.

"The nano fills in the 'valleys' or hiding places for hydrocarbons that hide from the engine ignition," Dembicks said. "So, in addition

to reducing the carbon footprint through better fuel efficiency, users also help reduce internal combustion engine pollution. This technology has huge national implications."

Fusion-Tech manufactures and distributes patented nano-ceramic surface treatments, oil and fuel additives, and gun barrel lubricants. The company targets non-military, medium to large-sized fleet operators, such as couriers, trucking companies, law enforcement agencies and retailers. Fusion-Tech has also formed a strategic alliance with the Department of Materials Science and Engineering at North Carolina State University and will have exclusive rights and use of the intellectual property resulting from the partnership. In addition, the company is working with federal government officials and will meet with representatives at Fort Bragg in upcoming months.



The US Olympic Biathlon Team tested Fusion-Tech compounds and reported a 35 percent improvement in the performance of their rifles, and the New Jersey Institute of Technology reported a 25 percent performance improvement on badly worn 30-06 rifles. In the realm of internal combustion engines, a local law enforcement agency reported a 13.3 percent improvement in fuel efficiency using Fusion-Tech nano-compounds. A national lumber distribution company reported a 21-34 percent fuel efficiency improvement with reduction of hydrocarbon emissions in their fleet of trucks of over 93 percent.

Despite the company's advances, Dembicks said it is critical to get the word out on Fusion-Tech's technology and claims — a goal he hopes to remedy when new regional and national partnerships are formed.

"The biggest challenge we face is making people believe that our technology does what it says it does. We have done groundbreaking research right here in Raleigh, and we have to show prospective customers that the claims we are making are true," Dembicks said. "This technology will make our military safer in battle, reduce our dependency on foreign oil and make the air we breathe cleaner. We have to

make everyone aware of this opportunity.”

When he isn't experimenting in tribology or nano-technology, Dembicks, now 66, enjoys spending time with his wife, Shelley, driving around town in his Ford Thunderbird and writing recipes and cooking in his commercial kitchen. Clearly, it's the “small stuff” that has, and will continue to have, a big impact on the life of Andy Dembicks.

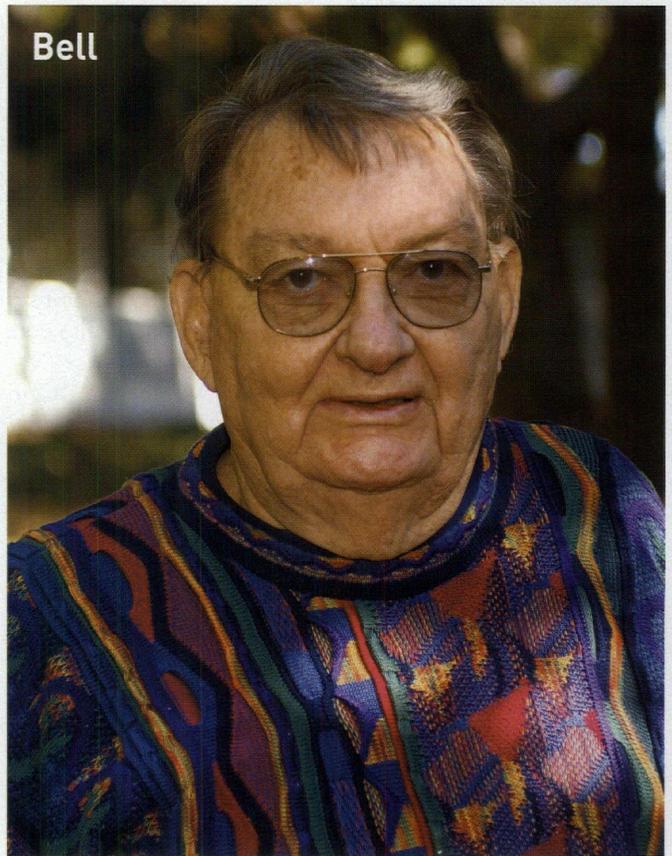
Dick Bell  
**Creating Beauty**

By Kim Weiss

**L**andscape architect and arts advocate Richard C. “Dick” Bell, a fellow of both the American Society of Landscape Architects (ASLA) and the American Academy in Rome, has spent a lifetime living up to a personal edict: “I want to leave a little beauty behind wherever I go.”

Thousands of people have been touched by Bell's work. The children who play among the rolling hills and lush gardens of Raleigh's Pullen Park, the students and faculty who stroll along NC State University's famed “Brickyard” and Student Center sculpture plaza, the crowds who gather by the little lake at Meredith College's amphitheatre for concerts or weddings, downtown folks who enjoy the fountains, benches and green space within Moore Square Transit block — these are only a few places among nearly 2000 projects where Bell has left “a little beauty behind” throughout his 52-year career.

Bell was born in 1928, the first of three sons of an English immi-



Bell

**SAINT MARY'S SCHOOL** believes  
her love of camping could inspire her  
*to become an environmental engineer.*



**ADMISSION VISITATION DAYS:**  
**FRIDAY, FEBRUARY 15 AND APRIL 18, 2008**  
**PLEASE RSVP AT 919.424.4100**

Saint Mary's School admits high school girls of any race, color, religion, or national or ethnic origin.

**S**AINTE MARY'S SCHOOL understands a girl's interests and curiosities offer important insights into who she is and who she might become. Providing individualized attention and ongoing support for young women, SMS creates an educational environment that is challenging and personally relevant.

To learn more about our unique plan for educating young women in grades 9-12, contact the Admission Office at 919.424.4100 or [admissions@saint-marys.edu](mailto:admissions@saint-marys.edu).



**SAINT MARY'S SCHOOL**

[www.saint-marys.edu](http://www.saint-marys.edu) | 900 Hillsborough Street, Raleigh, NC 27603

grant who, like Sir Walter Raleigh's colony before him, settled on Roanoke Island. His father, Albert Q. Bell, opened the first nursery on the Island and taught his son the art and craft of growing and hybridizing plants. In 1937, the elder Bell became master builder for Fort Raleigh and Waterside Theatre, where *The Lost Colony* first opened in 1938. Frank Stick, the driving force behind the creation of Roanoke Island National Park, learned of this Englishman's skills in log construction and thatch roofing.

"My father's work in Manteo looms large in all of my childhood memories," Bell said. "I watched through young eyes as he used his self-acquired knowledge of design and construction to recreate many of the original 16th century structures. And I believe I recognized even then the irony — that we, too, were 'colonists' in a 'new world' made of sea, sand, pine trees and fresh air.

"Paving the way, braving the elements, natural or otherwise, creating something from nothing, and *always* learning — this was my birthright," he added. "Even as a child growing up during the Great Depression, I somehow knew that this was the legacy I was destined to carry on throughout my own life."

Bell first came to Raleigh to attend NC State College, where he studied landscape architecture and assisted with the actual master plan of the University. He graduated in 1950 and, at age 21, was the youngest person to receive the Prix de Rome Fellowship, which allowed him to study at the American Academy in Rome and travel throughout Europe. The lessons he learned — about design, art, culture and religion — were seminal influences on his life's work, he feels.

Back in the States, he apprenticed under landscape architects in Florida and Pennsylvania before returning to Raleigh to start his first practice — that later dissolved when Bell and his partner disagreed over "urban renewal." Bell saw it as "black relocation, plain and simple." So he left to start a new firm.

Bell has designed everything from major city and highway corridors to city parks, university plazas and amphitheatres, mixed-use beachfront developments, and individual residences. And he was a recognized leader in environmentalism and sustainable design long before the words became part of the general lexicon.

Thanks to Bell's determination, landscape architecture became a registered pro-

fession for the first time in North Carolina in 1969, and its own chapter of the American Society of Landscape Architects was established. Bell was also the very first recipient of the Award for Distinguished Professional Achievement from the North Carolina Chapter of the ASLA.

In the late 1960s, Bell conceived of and produced the first Garden Show at the State Fairgrounds in Raleigh. In the 1970s, he served as president of the North Carolina Land Use Congress, as a member of the Raleigh-Wake Land Use Code Committee, as a member of the Wake County Planning Board, and as a member of the NC Task Force for Environmental Education. From 1989 to 1995, he served on the Raleigh Planning Commission.

Bell's involvement in planning was an example of what he refers to as "pebbles in the pond": "I'd throw the pebble in and see where the ripples took me," he said. "I was always looking for a better idea, a bigger picture. You have to push for excellence. As I've told students of landscape architecture, don't automatically settle for what your clients think they want. If you can visualize how to make a project truly special, say so. I was

often able to work on projects nobody else did because I thought of them."

Bell's signature project was Water Garden, an 11-acre, mixed-use development along Glenwood Avenue/US 70 that he and his wife, Mary Jo, called home and office for 52 years. Countless younger landscape architects have honed their skills under his guidance within Water Garden's ancient hardwoods, pines, natural terrain and carefully preserved wetlands. In 1981, Bell received the coveted "Judges' Award" from the American Association of Nurserymen for Water Garden.

Bell and Mary Jo also have been active advocates for the arts for five decades. In the early 1960s, they opened the Garden Gallery at Water Garden, which became a cultural center in the city, where they introduced many now-renown North Carolina artists to the community.

The Bells recently sold Water Garden and are headed to Atlantic Beach where they've owned a condominium in Tar Landing since he master planned that development 30 years ago. But he doesn't consider himself retired. There are more projects to do, he says, as he continues his quest to "leave a little beauty behind wherever I go." **MM**

YOUR HOME.  
Our Priority.

YORK  
SIMPSON  
UNDERWOOD  
WE MAKE GREAT NEIGHBORS

Residential Real Estate  
[www.yshomes.com](http://www.yshomes.com)



Life on the Water Has Always Been in the Back of Your Mind.

*Move it to the Front.*

SECLUDED SECOND RESIDENCES EACH WITH ITS OWN  
DEEDED DEEP-WATER BOAT SLIP FROM \$234,000.

The residences of Day Beacon are located on the waterfront in Belhaven, North Carolina, each include their own deeded deep-water boat slip. From the HardiPlank siding to the friction driven pilings, construction is first rate. Each villa is distinctive with custom-built entertainment center and cabinets. All are wired for the latest in smart home technology.

Sales commenced on August 16, 2007, and ten of the thirty-six villas are now vacation homes to families from Greenville, Raleigh, Cary and Durham. Check out the view from our front yard... it could easily be yours.

*Excellent long-term financing available*

## Day BEACON

1-800-315-3755

WWW.DAYBEACON.COM

### COMMUNITY *Features*

- 2-Bedroom / 2 1/2-Bath luxury villas
- Spacious private decks
- Resort-style swimming pool
- Boat slip included in the purchase price
- Protected by a breakwater
- Easy access to the Intracoastal Waterway
- Covered community dock
- Elevator in each building
- Lavish landscaping
- Decorative paved sidewalks and outdoor lighting





# To Do

by Jennifer Hadra

## **THE HOLIDAYS ARE HISTORY, AND IT'S TIME TO FOCUS ON YOU.**

Part One of *Metro's* 2008 To-Do List is your guide to self-improvement in the New Year. Inside you'll find a compendium of information about what to do and where to go to reach your fitness goals, improve your health, enrich your cultural awareness, diversify your cooking skills and plan your next trip. It's all here, giving you one less thing to do and more time to improve!

Stay tuned: In February for Part Two of your 2008 To-Do List, get information and tips on fine tuning your finances, remodeling your house, revamping your closet and making your home a safer place to live.

- Medical Quarterly: Schedule the Ultimate Checkup** .....p. 31
- Make Your Travel Plans**.....p. 34
- Increase Your Cultural Awareness**.....p. 37
- Gourmet: Learn to Cook**.....p. 39
- Cork Report: Start Your Own Wine Cellar**.....p. 43

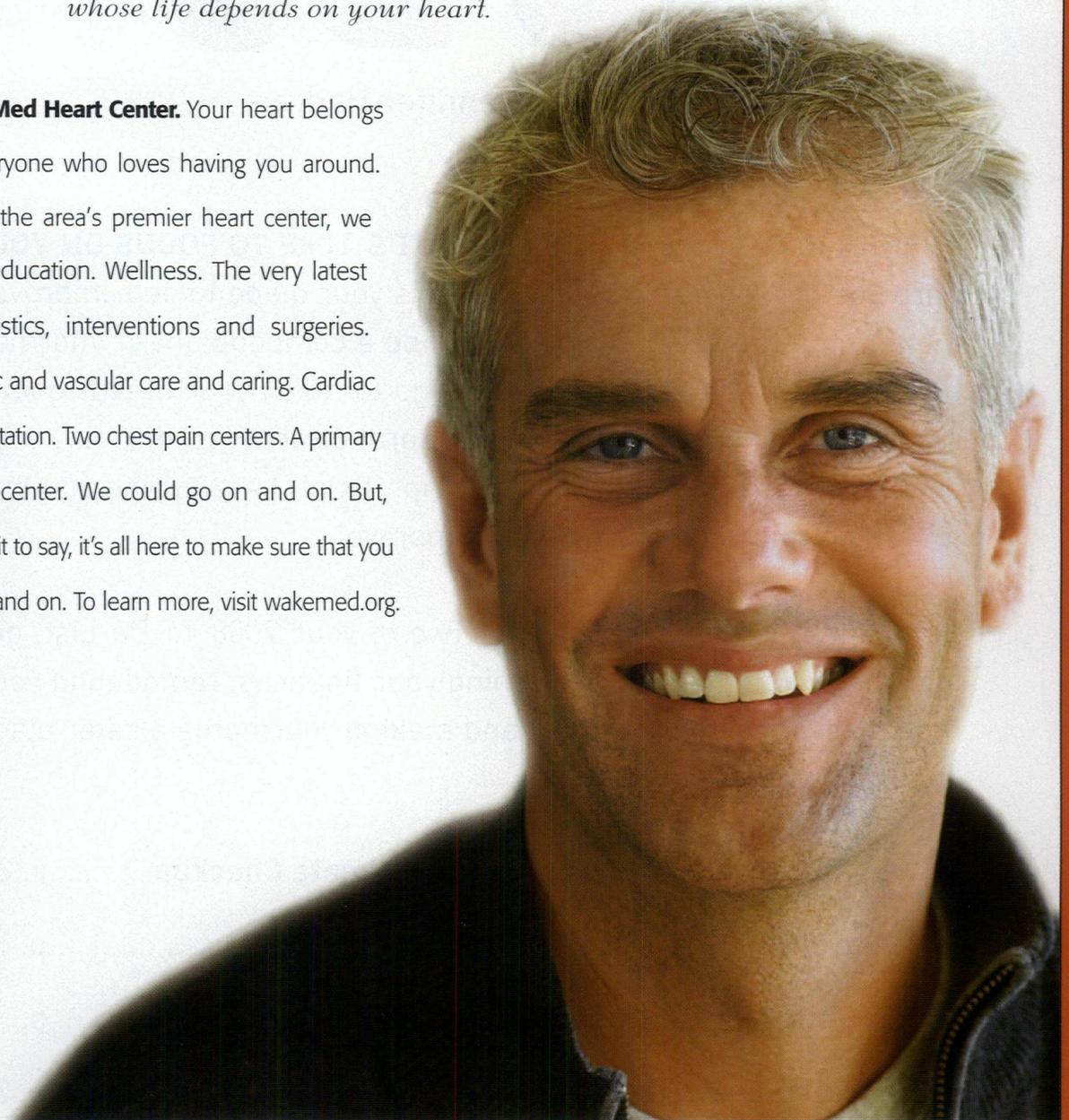
*You're not the only one*



# hearts

*whose life depends on your heart.*

**WakeMed Heart Center.** Your heart belongs to everyone who loves having you around. So, at the area's premier heart center, we offer education. Wellness. The very latest diagnostics, interventions and surgeries. Cardiac and vascular care and caring. Cardiac rehabilitation. Two chest pain centers. A primary stroke center. We could go on and on. But, suffice it to say, it's all here to make sure that you go on and on. To learn more, visit [wakemed.org](http://wakemed.org).



**WakeMed Health & Hospitals Raleigh, NC** WakeMed Raleigh Campus • WakeMed Cary Hospital • WakeMed North Healthplex • WakeMed Apex Healthplex • WakeMed Brier Creek Medical Park • WakeMed Clayton Medical Park • WakeMed Fuquay-Varina Outpatient & Skilled Nursing Facility • WakeMed Zebulon/Wendell Outpatient & Skilled Nursing Facility • WakeMed Wake Forest Road Outpatient Rehab Center • WakeMed Cary Outpatient Rehab Center • WakeMed Home Health • 919-350-8000 • [wakemed.org](http://wakemed.org)

**WakeMed**   
THE POWER TO HEAL. A PASSION FOR CARE.

# Resolution to Seek Medical Tests Could Prove To Be Life Saver

by Tony Vecchione

**W**hat is your New Year's resolution going to be for 2008? Stop smoking? Go on a diet? Vow to exercise regularly? Cut back on those reality shows? These are all good ideas. But have you thought about getting a colonoscopy? Or what about having your cholesterol levels checked? That's right. A visit to your doctor to get a health screening is a New Year's resolution that could save your life.

Screenings help doctors look for signs of disease in people who might not have symptoms. The goal is to catch a disease in its early stages when there are plenty of treatment options — and a better chance of a cure.

But what tests should you get? The answer to that depends a lot on your age and your sex. According to the Centers for Disease Control and Prevention (CDC), women, for example, should have their first mammography at age 40 with follow-ups every one or two years depending on their risk factors, such as family history.

It is also a good idea for women ages 20 to 64 to have a cervical and vaginal cancer screening — which includes a pelvic exam and a PAP test — every two to three years. According to the CDC, almost half of American women who develop cervical cancer never had a PAP test. Women over age 65 should also consider a bone density scan to check for osteoporosis.

## MEN TOO

What about men? What types of screenings should they have and when? Men age 50 and older should be tested for signs of prostate cancer. The main screen-



ing tools are the digital rectal examination (DRE) and the prostate-specific antigen (PSA) test. These tests won't necessarily tell if a man has prostate cancer, but they can suggest to doctors the need for further testing.

Men who are smokers and are over age 65 might want to consider what doctors call the triple A screening: abdominal aortic aneurysm; smoking and advanced ages are risk factors.

## BOTH SEXES

There are some tests that are appropriate for both sexes. Medical experts urge all men and women age 50 and older to be screened for colorectal cancer, the second leading cause of cancer-related death, causing Medicare to expand its coverage for screening colonoscopies. This procedure can find colorectal cancer in its early stages when treatment is more successful. Colonoscopies identify pre-cancerous polyps that can be removed before they become cancer.

At age 35, both men and women should also think about scheduling a base-

line lipid screening to check cholesterol levels. They should continue having it checked every five years unless they have other risk factors that would indicate more regular evaluation. The CDC says that the association between high blood cholesterol and coronary heart disease (CHD) has been well documented. Lowering total and low-density lipoprotein (LDL) cholesterol levels can reduce the incidence of CHD.

Checking your skin monthly for any unusual spots or moles is worthwhile, so you may want your doctor to look at your skin during a routine physical.

The pneumonia vaccine is also recommended for both men and women over 65.

## VACCINES

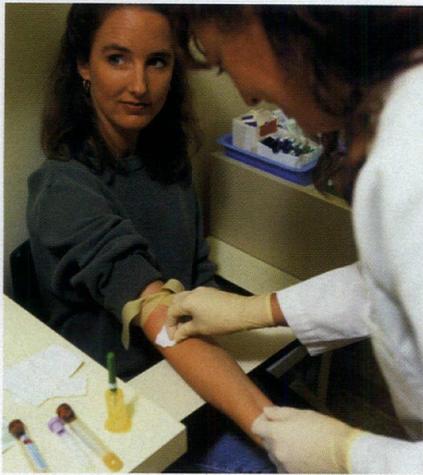
What other vaccines should people get? The influenza vaccine is recommended for children 6 months to 2 years, as well as for children with asthma, diabetics and anyone over 65.

Dr. Gloria Trujillo, medical director of Duke Family Medicine in Durham, recommends the flu vaccine for people with kidney disease, renal failure who are on

## Department of Community and Family Medicine

Duke University Medical Center  
318 Hanes House  
Durham, NC  
Appointments: 919-684-6721

dialysis and for those with immunosuppressive problems, and women who are pregnant.



Trujillo noted that because of the return of whooping cough, there is currently an initiative underway to re-vaccinate people with a combination Tetanus and Prutusis vaccine.

**YOUNG ADULTS**

What about young adults? What types

of tests should they consider having? For both men and women in their 20s and 30s, Trujillo recommends a preventative care visit at least every three years. Routine eye exams and blood pressure monitoring are good ideas at least every other year.

Women should be getting PAP smears, and the frequency should be based on whether or not they are on birth control or are sexually active.

What about unnecessary tests or tests that are overdone? Trujillo said that people with low cholesterol don't have to be tested every year. And for those who want to be screened for sugar diabetes every year because they think they have to be tested, Trujillo advises them to avoid the test unless there is some risk factor that would warrant more regular screening, such as weight, family history or a history of gestational diabetes.

Medical experts point out that routine urinalysis, electrocardiograms and X-rays are generally unnecessary unless a patient has symptoms.

And for people who are apprehensive about seeking health screenings or think

**HEALTH BRIEFS**

**Digital Operating Rooms**

Patients of Triangle Orthopaedic Associates can now receive surgery from digital operating rooms at Person Memorial Hospital in Roxboro using built-in technology and flat-screen monitors providing immediate access to patient data — including digital images, medical records and vital statistics.

**Logel Joins Raleigh Orthopaedic**

Dr. Kevin J. Logel, a fellowship-trained Foot and Ankle specialist focusing on sports injuries, post-traumatic reconstruction and chronic conditions of the foot and ankle, has joined Raleigh Orthopaedic Clinic. Logel has a special interest in dance medicine and has worked closely with the Carolina Ballet since 2005. In addition to several research publications and presentations, Logel served as a clinical instructor of orthopaedics at WakeMed teaching UNC Orthopaedic residents from 2005-2007.

**Online Health Record Rewards**

VitalChart, an online personal health record, has launched a new platform site that allows members to have access to their health records, send secure messages to their doctors, receive the latest health news and join support groups. The site also rewards members for using VitalChart by redeeming points on health-related items. To sign up for a free account, visit [www.vitalchart.com](http://www.vitalchart.com).

**Rex Healthcare Approved for Knightdale**

Eastern Wake County residents will soon be able to receive a variety of services from Rex Healthcare's ambulatory center in Knightdale. The private, not-for-profit healthcare system based out of Raleigh received approval from the state for over 18,000 square feet of space located at the corner of Interstate 540 and Highway 64. The new healthcare facility will offer services including urgent care, laboratories, X-rays and physicians' offices. The Knightdale location is scheduled to open January 2009.

*We see things others don't*

**Expanded services and locations in order to serve our patients' needs better!**

The staff at Raleigh Radiology understands the importance of having convenient and community-based healthcare services to accommodate patients' busy lives. In an effort to provide our patients with the best radiological care, Raleigh Radiology has opened new facilities in Cary, Wake Forest, and Clayton. These new high-tech, outpatient facilities will offer state-of-the-art care in an environment that holds patient relations in the highest regard.

With convenient scheduling, accurate reporting, and compassionate care, these new Raleigh Radiology locations will easily be your first choice for all your radiological services.

**RALEIGH RADIOLOGY BLUE RIDGE**  
919.781.1437

**RALEIGH RADIOLOGY CEDARHURST**  
919.877.5400

**RALEIGH RADIOLOGY CARY**  
919.781.1437

**RALEIGH RADIOLOGY BREAST CENTER**  
919.781.1437

**RALEIGH RADIOLOGY CLAYTON MRI**  
919.877.5400

**RALEIGH RADIOLOGY WAKE FOREST MRI**  
919.877.5400

**Raleigh Radiology has served Rex Hospital for over 50 years.**

**raleigh radiology**  
*Experience makes good medicine.*

**Check out our new locations by visiting [raleighrad.com](http://raleighrad.com)**

(Schedule your screening mammogram online at [raleighrad.com](http://raleighrad.com). Available at Blue Ridge, Cedarhurst, and the Breast Center.)

We accept most insurance plans including: United Healthcare, Aetna, Blue Cross Blue Shield, Cigna, Medicare, Medicaid and MedCost.

**Ask your physician for a referral to Raleigh Radiology.**

that they are a waste of time, Trujillo offers some advice, "In today's healthcare arena, prevention is the way to go." Trujillo said that it's always better to prevent a crisis from happening. "If you don't get your screening colonoscopy, the way you find out is when you have colon cancer. And then it can be too late."

Trujillo noted that maintenance and prevention should be the focus at any age. "If you do that, it can have an impact on your overall quality of life, as well as longevity." **MM**

## Recommended Health Screenings

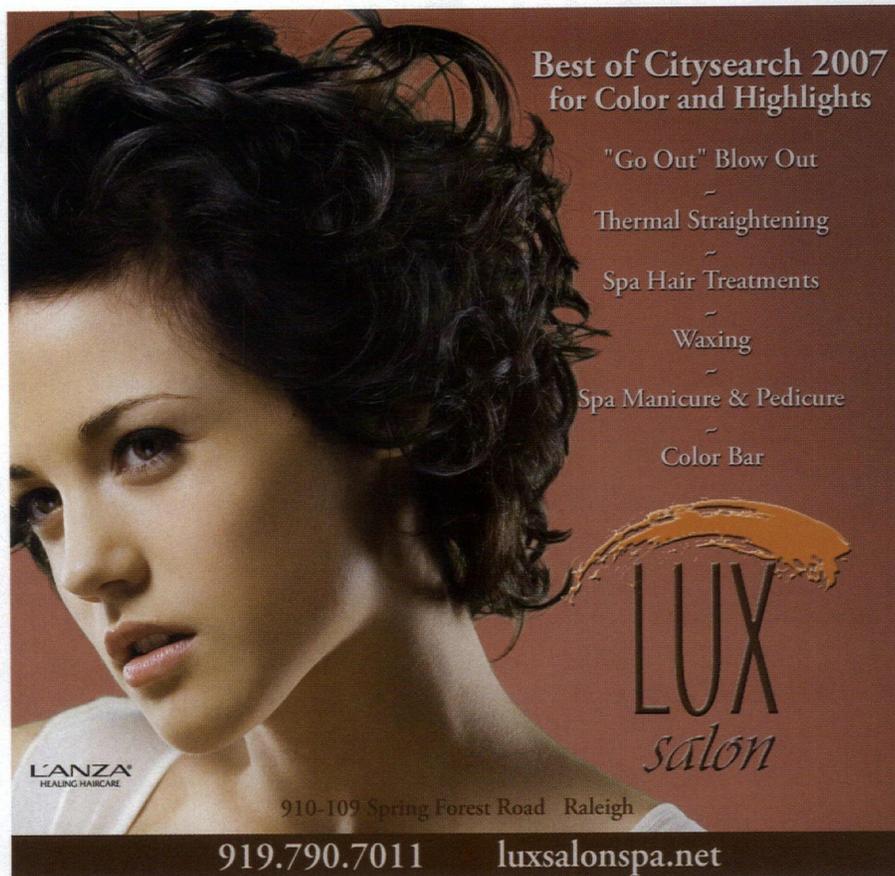
**Mammogram:** Age 40, every one or two years after

**PAP test:** Ages 20-64, every three years

**Digital Rectal/PSA:** Over 50

**Cholesterol:** Age 35, every five years

**Colonoscopy:** Age 50, every five years



**Best of Citysearch 2007  
for Color and Highlights**

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

**LUX**  
salon

L'ANZA  
HEALING HAIRCARE

910-109 Spring Forest Road Raleigh

919.790.7011 luxsalonspa.net

vein therapies

Call us for a free consultation.

## RECLAIM YOUR BEAUTIFUL LEGS.

In addition to their unwanted appearance, varicose veins cause discomfort and pose health risks for both men and women. Fortunately, advances in vein treatments allow us to offer our patients new choices and relief. As well, the advancement in the treatment of spider veins is significant and favorable as many insurance plans offer coverage.

Wake Radiology's comprehensive approach to vein therapy is unlike any other around. Our skilled interventional radiologists have the training and expertise to treat you with the highest level of care to eliminate any complications that might occur with other practitioners.

So call us for a free consultation and find out how you can get back into your beautiful legs.

Choose Wake Radiology. *The Treatment You Deserve.*



**CARROLL C. OVERTON, MD**  
Vascular and Interventional Radiologist  
Director of Interventional Radiology



**SUSAN M. WEEKS, MD**  
Vascular and Interventional Radiologist



*The Treatment You Deserve*

Call us today at 919-854-2180 for a free consultation. More info online at <wakerad.com>

# AAA Recommends Top Travel Destinations

**T**ravelers who are drawn to the trendiest destinations will find a world of possibility in 2008. The hottest travel spots include a portion of the Dark Continent, Arizona's high desert, the Far East and a unique way to see Europe.

**European River Cruising** — Call it Europe up close and personal.

Small ship river cruises are a different

way to experience some of the world's greatest destinations. Glide along rivers like the Seine, Rhine or Danube aboard a luxury ship with gourmet meals, spacious cabins and a variety of on-board activities as you travel along serene waterways to inland areas big ships can't reach. Unpack once, but travel to a variety of cities and villages.

**China** — With small ship river cruises

gaining popularity, and China taking the world stage as host of the 2008 Olympics, cruising the Yangtze may be the perfect getaway. There's no better way to experience China's stunning landscapes, ancient culture and unique architecture than on a Yangtze River cruise. You'll discover China's unique blend of ancient traditions and modern cities, explore world treasures like the Great Wall and visit palaces where emperors ruled for centuries.

**Greek Islands** — Vacation like a tycoon with an idyllic sail to mythic ports such as Rhodes, Crete, Santorini and

No security fee. No reservation fee. No worries.

*Bluewater Vacation Rentals...  
the only thing missing is you.*

888.258.9287  
bluewatergmac.com

**Bluewater** **GMAC**  
Real Estate

© 2007 GMAC Real Estate LLC. All Rights Reserved. GMAC Real Estate is a registered trademark of GMAC Real Estate LLC. Bluewater Vacation Rentals is a registered trademark of Bluewater Vacation Rentals LLC.

## SPRINGTIME RENEWAL WEEKEND AT PINEHURST

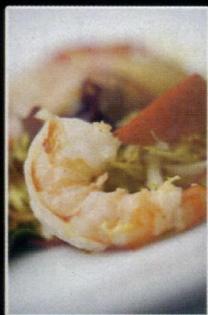
Working women, stay-at-home moms and Southern belles who know the value of a weekend getaway will want to mark your calendars and make plans to attend the third annual Spring Renewal Weekend at the Spa at Pinehurst, March 14-16.

This year's event beckons you to escape to the heart of North Carolina for three days of rejuvenating spa treatments; health, beauty and nutrition seminars; motivating workshops; gourmet food and fine wine; and first class accommodations. Workshops will be conducted by celebrity makeup artists and health and wellness experts including New York Times best-selling author, Dr. Pamela M. Peeke, whose books include *Fight Fat After Forty* and *Body For Life For Women*.

Sponsored by Aveda, *Metro Magazine*, Le Bella Donna Minerals, Debroah Stone Body Botanicals, Bath Bloomers and Sothys Paris, the early spring weekend is the "perfect time to weed out all your worries and blossom into living a better life."

For more information, call 800.487.4653 or visit online at Pinehurst.com.

a weekend of food fun and drink



on the outer banks

dare county restaurant association's

# Taste of the Beach

March 6-9, 2008

A long weekend of events, cooking classes, and incredible meals fit for every foodie fanatic. Plan your culinary adventure now at

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



This project funded in part by The Outer Banks Visitors Bureau.  
1-877-OBX-4FUN or [www.outerbanks.org](http://www.outerbanks.org)

Mykonos. No matter which islands you sail to, you'll encounter beautiful beaches, white-washed buildings and blue-domed churches, plus magnificent antiquities and ruins of ancient civilizations.

**Italy's Lake District** — Those who have visited Rome, Florence or Venice can find a different view of Italy with a visit to the trio of sparkling lakes that skirt the northern edge of Italy: Como, Maggiore and Lugano. Surrounded by hills, the lake district is sometimes called "Italy's Best Kept Secret." It may not stay that way for long as travelers discover the quaint villages, markets, museums and gardens.

**Belize** — Interested in eco-tourism? Come to Belize and celebrate local flora, fauna and rich cultural heritage, as well as the largest barrier reef in the Western Hemisphere. (Only Australia's Great Barrier Reef is bigger.) Belize is emerging as a cruise ship stop, as well as a destination for dive enthusiasts and adventure vacationers.

**East Africa** — Experience rare and beautiful animals in their breathtaking natural environs. Safaris into Kenya and

## Discover the World - Top Travel Spots for 2008.



Take the vacation of your dreams.

### Danube River Cruise

*Budapest to Passau.*

9 days from \$1749\*

### A Grand Safari

*An African Safari through Tanzania.*

11 days from \$5135\*

### China Sampler

*Beijing, Xian, Shanghai.*

10 days from \$1689\*

### Easy Pace Italy

*Enjoy Rome, Florence, Venice & the Italian Lakes.*

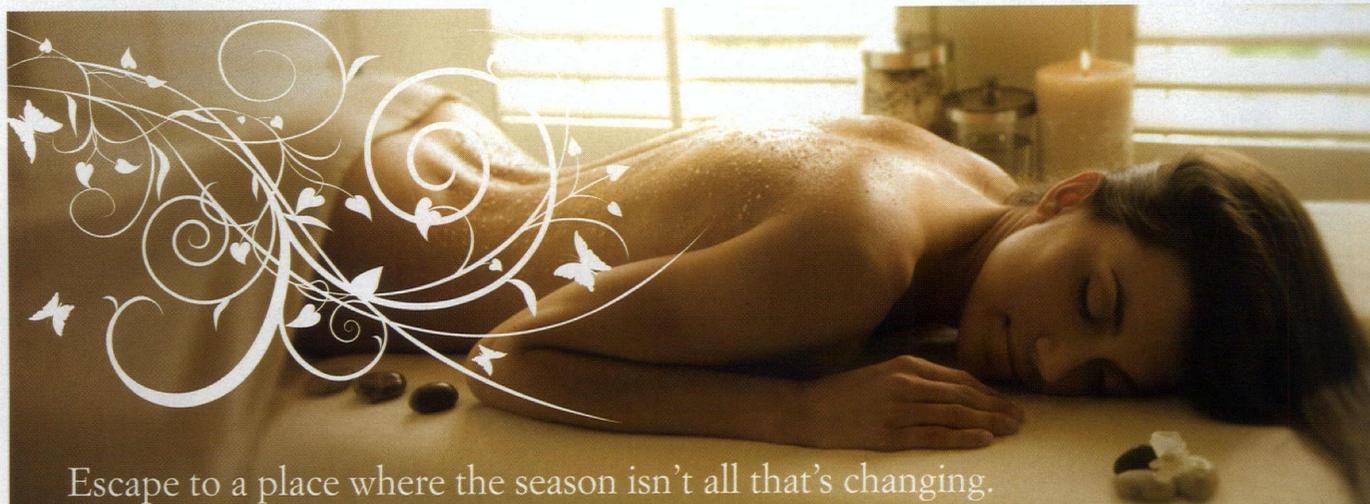
14 days from \$3535\*

Call or stop by today • 1-866-694-8747

Raleigh • Durham • Rocky Mount • AAA.com



\*Rates are per person based on double occupancy, cruise or land only. Rates based on select travel dates and subject to availability. Other restrictions may apply.



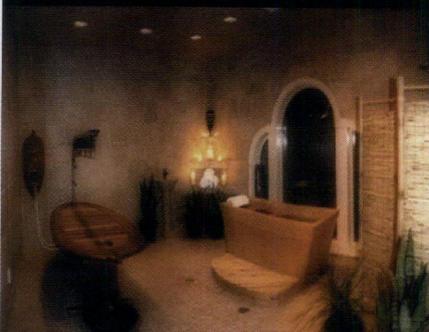
Escape to a place where the season isn't all that's changing.

Find new growth and transformation at the third annual Spring Renewal Weekend at The Spa at Pinehurst. You'll be treated to rejuvenating treatments, health and wellness seminars, motivating workshops, gourmet dining and more. It's the perfect time of year to weed out all your worries and blossom into living a better life. Call 800.487.4653 or visit pinehurst.com for more information.

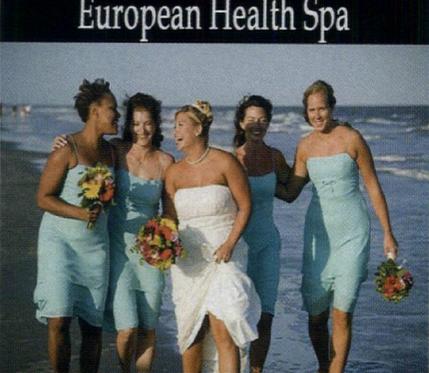
Renewal Weekend  
**\$499** 3 days/2 nights  
 March 14-16, 2008



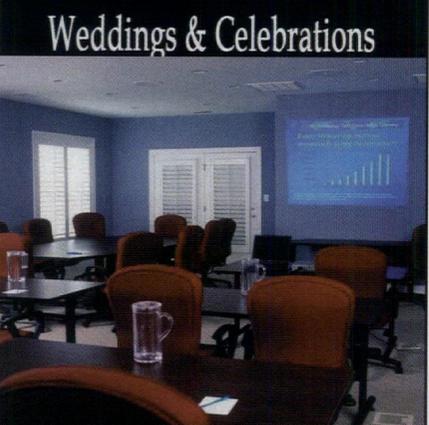
\* Rate is per person, based on double occupancy. Subject to tax and service charge. ©2008 Pinehurst, LLC

**European Health Spa**



**Weddings & Celebrations**



**Executive Conference**

888-237-2035  
[www.theocspanc.com](http://www.theocspanc.com)  
 Indian Beach, North Carolina  
 Ocean to Sound Resort

Tanzania take you into such locales as Serengeti National Park and Lake Nakuru National Park for glimpses at zebras, lions, gazelles, hyenas, impalas and other spectacular wildlife. An unforgettable family vacation.

**Sedona, AZ** — Hop on a Harley and see Sedona. Only AAA can offer the experience of a motorcycle tour through the famous red rocks of Sedona. If you've got loftier ambitions, check out AAA's exclusive Sedona Dream Helicopter Flight for a bird's-eye view of the rocks and canyons. Outdoor enthusiasts, adventurers, history and art buffs agree that Sedona is an ideal Western vacation. Whether you choose an amenities-laden resort or a more rustic accommodation, Sedona satisfies.

**Maui** — Hawaii is a perennial vacation hot spot and no wonder: It's a lush wonderland and tropical paradise. Maui, the second largest of the Hawaiian Islands, offers many options for visitors, from adventurous activities, such as snorkeling, hiking and hang-gliding to tamer pursuits, such as whale-watching and soaking up rays on a

pristine beach. In between, there are 20 golf courses on the island.

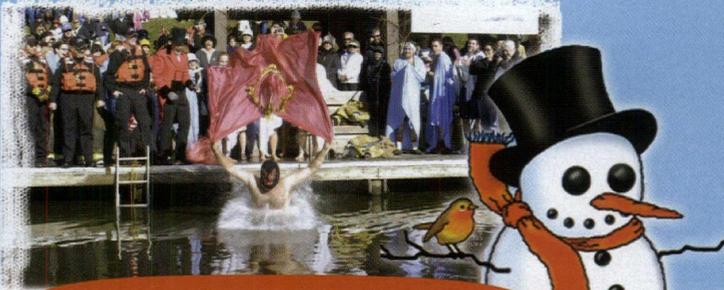
**Virgin Gorda, British Virgin Islands** — Turquoise blue waters. Quiet beaches. Exotic plants and birds. Just another day in paradise — right? Virgin Gorda offers all that and more. The oddly shaped island, named by Christopher Columbus because its shape reminded him of a reclining woman, Virgin Gorda ("Fat Virgin") attracts many to The Baths, a natural wonder of boulders, grottoes, saltwater pools and a connecting trail that provides an ideal spot for swimming, snorkeling and exploring.

**Ireland** — The beauty of the Emerald Isle, coupled with its rich history, make it an always-popular travel destination. More than 80 million people worldwide claim Irish ancestry. Many flock to Ireland each year for attractions, such as castles, monuments, museums, music, fishing and golf. And it's a destination many visit again and again. **MM**

Information provided by AAA Vacations



**BLOWING ROCK WINTERFEST**



**10th Anniversary Celebration!**

**January 24-27, 2008**

**Don't Hibernate...Celebrate!**

Downtown Hayrides • Wine Tasting and Auction • Polar Plunge in Chetola Lake  
 Chili Cook Off • John Cowan Concert • WinterFeast • Ice Carving Contest  
 Blues Concert • Pancake Breakfast and Much More!

877-295-7801  
[www.blowingrockwinterfest.com](http://www.blowingrockwinterfest.com)

# Get Culture in 2008

## GALLERIES

### Chapel Hill and Hillsborough

Animation & Fine Art Galleries at University Mall

www.animationandfineart.com  
919.968.8008

The Hillsborough Gallery of Arts  
www.hillsboroughgallery.com  
919.732.5001

North Carolina Collection Gallery, Wilson Library at UNC-Chapel Hill  
919.962.1172

The Orange County Artists Guild  
www.orangecountyartistsguild.com  
919.932.3438

Somerhill Gallery  
www.somerhill.com  
919.968.8868

Tyndall Galleries at University Mall  
www.tyndallgalleries.com  
919.942.2290

### Cary

The Russian Art Gallery  
www.russianartcary.com  
919.468.1800

### Durham

Branch Gallery  
www.branchgallery.com  
919.918.1116

Craven Allen Gallery  
www.cravenallengallery.com  
919.286.4837

Durham Art Guild  
www.durhamartguild.org  
919.560.2713

Durham Arts Council  
www.durhamarts.org  
919.560.2787

James Kennedy Antiques, Ltd.  
www.jameskennedyantiques.com  
919.682.1040

Nancy Tuttle May Studio  
www.nancytuttlemay.com  
919.286.2097

Through This Lens  
www.throughthislens.com  
919.687.0250

### Raleigh

ArtSource  
www.artsource-raleigh.com  
Five Points: 919.833.0013  
North Hills: 919.787.9533

Artspace  
www.artspacenc.org  
919.821.0383

The Collectors Gallery  
www.thecollectorsgallery.com  
919.828.6500

Crocker's Mark Gallery  
www.smcrocker.com  
919.612.7277

Flanders Art Gallery

www.flandersartgallery.com  
919.834.5044

Frameworks Art Gallery  
www.frameworksonline.com  
919.781.3118

Gallery C  
www.galleryc.net  
919.828.3165

Gallery Shibui in Cameron Village  
www.galleryshibui.com

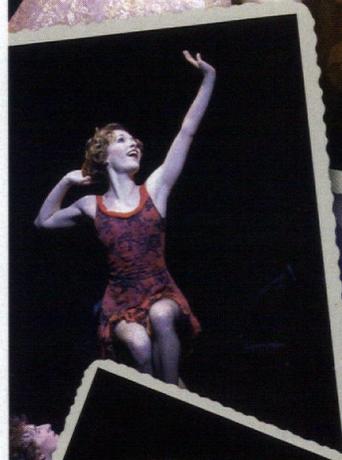
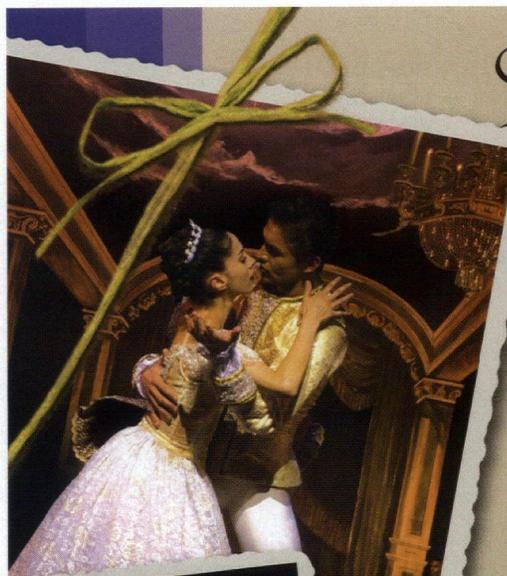
919.755.1300

Jill Flink Fine Art  
919.821.7172

Lee Hansley Gallery  
www.leehansleygallery.com  
919.828.7557

The Little Art Gallery and Craft Collection  
919.890.4111

Local Color Gallery  
919.754.3887



10th ANNIVERSARY  
**Carolina Ballet**  
Robert Weiss, Artistic Director

## Cabaret

FEBRUARY 7-10, 2008  
*bringing back elegance*

## Balanchine Favorites

FEBRUARY 21-MARCH 2, 2008  
*greek gods and russian legacy*

## Carolina Jamboree

MARCH 20-23, 2008  
*part broadway show/part hoedown*

## Waltzes of Old Vienna

APRIL 10-13, 2008  
\*RALEIGH PREMIERE\*  
*dancing with our stars*

## Sleeping Beauty

MAY 15-18, 2008  
\*WORLD PREMIERE\*  
*just one kiss*

## 2008 Spring Season

Call now for season subscriptions  
**BalletLine 919.719.0900**  
Group Discounts Available [www.carolinaballet.com](http://www.carolinaballet.com)

Single Tickets On Sale January 14th

**ticketmaster 919.834.4000**  
Available at all Ticketmaster Outlets

 **Progress Energy**  
Center for the Performing Arts

[ticketmaster.com](http://ticketmaster.com)

**Miriam Preston Block Gallery at the Municipal Building**  
www.raleighnc.gov/arts  
919.890.3610

**Visual Art Exchange**  
www.visualartexchange.org  
919.828.7834

**Vignettes Art Gallery**  
919.828.8313

**Beaufort**

**Mattie King Davis Art Gallery**  
www.beauforthistoricsite.org  
**Down East Gallery (The Art of Alan Cheek)**  
www.alancheek.com  
800-868-2766

**Greenville**

**City Art Gallery**  
www.city-art-gallery.com  
252.353.7000  
**Wellington B. Gray Gallery at East Carolina University**  
252.328.6336

**New Bern**

**Craven County Arts Council and Gallery**  
252.638.2577  
**Carolina Creations Fine Art & Contemporary Craft Gallery**  
www.carolinacreationsnewbern.com  
252.633.4369

**Manteo**

**Art Gallery at Roanoke Island Festival Park**

www.roanokeisland.com  
252.475.1500

**Wilmington**

**Fidler's Gallery and Framing**  
www.fidlersgallery.com  
910.762.2001  
**Fountainside Gallery**  
www.fountainsidegallery.com  
910.256.9956  
**New Elements Gallery**  
www.newelementsgallery.com  
**Spectrum Art Gallery**  
www.spectrumartgallery.com  
910.256.2323

**MUSEUMS**

**Durham**

**Nasher Museum of Art, Duke University**  
www.nasher.duke.edu  
**North Carolina Museum of Life and Science**  
www.ncmls.org  
919.220.5429

**Raleigh**

**Marbles Kids Museum (formerly Exploris)**  
www.marbleskidsmuseum.org  
919.857.4040  
**North Carolina Museum of Art**  
www.ncartmuseum.org  
919.839.6262  
**North Carolina Museum of History**  
www.ncmuseumofhistory.org  
919.807.7900  
**North Carolina Museum of**

**Natural Sciences**  
www.naturalsciences.org  
919.755.5044

**Chapel Hill and Hillsborough**

**Ackland Art Museum**  
www.ackland.org  
**The Chapel Hill Museum**  
www.chapelhillmuseum.org  
919.967.1400  
**Horace Williams House**  
919.942.7818  
**Orange County Historical Museum**  
www.orangecountymuseum.org  
919.732.2201  
**Harkers Island**  
**Core Sound Water Fowl Museum**  
www.coresound.com  
252.728.1500

**Greenville**

**Greenville Museum of Art**  
www.gmoa.org  
252.758.1946

**Beaufort**

**North Carolina Maritime Museum**  
www.ncmaritimemuseum.org  
252.728.7317

**Wilmington**

**Burgwin-Wright House Museum**  
www.burgwinwrighthouse.com  
910.762.0570  
**Cameron Art Museum**  
www.cameronartmuseum.com  
910.395.5999  
**Cape Fear Museum of History and Science**  
www.capefearmuseum.com  
910.798.4350

**New Bern**

**Tryon Palace Historic Sites and Gardens**  
www.tryonpalace.org  
1.800.767.1560  
**North Carolina Aquariums**  
Pine Knoll Shores, Fort Fisher, Roanoke Island  
www.ncaquariums.com  
800-832-3474  
**North Carolina Estuarium**  
www.partnershipforthesounds.org/  
NorthCarolinaEstuarium.com  
252.796.1000

**Theatre Companies**

- PlayMakers Repertory Company
- Raleigh Little Theatre
- Common Ground Theatre
- Theatre in the Park
- Deep Dish Theatre Company

**Other Cultural Organizations in the Triangle**

- NC Symphony
- NC Opera
- NC Ballet
- Raleigh Boys Choir
- Raleigh Chamber Music Guild

**PLAYMAKERS REPERTORY COMPANY**

*Beauty Lives Here!*

919.962.PLAY playmakersrep.org

**CIA'S UNSOLVED MYSTERIES:**

**THE NOSENKO DEFECTION, DOUBLE AGENTS AND ANGLETON'S WILDERNESS OF MIRRORS**

**MARCH 26-28, 2008**

**NC MUSEUM OF HISTORY**

**WWW.RALEIGHSPYCONFERENCE.COM**

**919-831-0999**

**Sticks Furniture & Object Art**

**CAROLINA CREATIONS**

Fine Art & Contemporary Craft Gallery featuring

**Paintings • Jewelry Glass • Furniture Pottery • Wood**

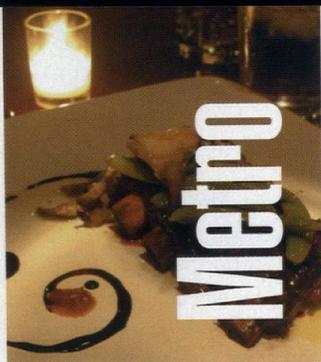
Named one of the top 25 American Craft Galleries in the US by Niche Magazine

252-633-4369

**Open 7 days a week**

317 Pollock St, New Bern

**carolinacreations.com**



# Gourmet

by Moreton Neal

## Learn the Power of Cooking in 2008

Just last week a friend queried me about cooking schools in the area. “I asked my wife what she wanted for our 25th anniversary, and I offered her a choice — I could give her a diamond ring or learn to cook. She didn’t hesitate a second before answering, ‘I can buy my own diamond!’”

As for me, I’d take the diamond. I’m already blessed with a husband who loves to cook. But I agree with Terry’s wife. A good cook can be more valuable than a piece of jewelry.

I’ve given this subject some thought over the years, and just this Thanksgiving it popped up again. My stepdaughter had no baking soda for a cake she was making for our holiday dessert. “Can’t you just omit it?” she asked. And my daughter, who spent most of her childhood behind the scenes in a restaurant, enjoys cooking but still lacks knowledge of basic principles and technique. She hadn’t a clue about cake leavening either, and appears to be incapable of baking cookies without burning them to a crisp.

Even though I was once a professional pastry chef, I was just too busy to teach my own daughter more than just the most perfunctory cooking skills. For years I felt guilty about this, having grown up at my grandmother’s knee learning to make all the essentials: fudge, yellow cake with caramel icing, divinity candy, boiled custard and oatmeal cookies! (Nowadays, giving this much sugar to a child is probably grounds for arrest.) But more than just feeding my insatiable sweet tooth, cooking with Mimi gave me a good foundation in food chemistry, timing and technique.

My advice to Terry, a semi-retired man whose kids are grown, is to start by taking the basic cooking course at Chez Bay Gourmet in Durham. For those more housebound, I recommend checking out the Food Network. Choose your favorite chef and watch regularly. Some are more

technique driven than others, but whoever gets your juices flowing is a good start, whether your preference is Rachael Ray, Giada de Laurentiis, Paula Deen or Emeril Lagasse, and they all have respectable cookbooks in print. But truly, there’s nothing better than visual aid, and these exuberant, telegenic cooks make that sumptuous mille-feuille or cheese soufflé look like a mere snap.

*French Cooking*, is essential. There are many well-known chefs who attribute their career success to this marvelous tome. But before you put on your apron, read Julie Powell’s hilarious *Julie and Julia* for a preview of the fun you’ll have while making *filet de boeuf Prince Albert* or *pommes a la dauphinoise*.

In later years, the inimitable Ms. Child came out with *Julia’s Kitchen Wisdom*:



My husband, a self-taught cook, often quotes Julia Child’s assertion, “If you can read, you can cook.” In a way he’s right, but some books are better than others. He usually cooks by magazine recipes, but with the exception of *Cook’s Illustrated*, (and *Metro*!) these are hazardous at best. Not growing up with Mimi, he missed Technique 101 and is recipe-dependent. If the recipe is flawed, he can’t tell until it’s too late. To remedy this deficiency, I recommend a tried-and-true classic, such as *Joy of Cooking*, *Doubleday Cookbook*, or *The Fannie Farmer Cookbook*. Mark Bittman’s *How to Cook Everything: Simple Recipes for Great Food*, may just rival these old-timers.

For the most ambitious students, Julia Child’s 40-year-old *Mastering the Art of*

*Essential Techniques and Recipes from a Lifetime of Cooking*, each recipe a generalized version of her earlier elaborate instructions. This book is perfect for both beginners and experienced cooks with short attention spans and no time for fluting mushrooms.

In the same spirit, Jamie Oliver’s new *Cook with Jamie: My Guide to Making You a Better Cook* is just the thing for artistic types. But left-brainers who need literal measurements may be unhinged by Jamie’s insouciant style.

Many beginning cookbooks tempt with clever titles — *Where’s Mom Now That I Need Her? How to Cook a Three Minute Egg*, *Help! My Apartment Has a Kitchen*, etc. My advice: skip the cute and go with

# Hilltop Home

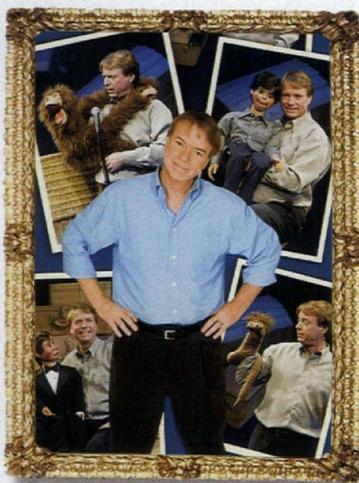
**Eighth Annual Night at the Theatre Fund Raising Event**

A.J. Fletcher Theatre  
Progress Energy Center  
for the Performing Arts

**Featuring**

**Jay Johnson**

**The Two and Only**



**March 4, 2008**

Lavish Champagne Reception  
begins at 7:00 PM  
Show begins at 8:00 PM

For tickets or  
more information call

**919-231-8315**

the old coot — *Betty Crocker's Cooking Basics: Learning to Cook with Confidence*. That old girl has taught generations to cook and can be depended on for several more. The venerable Ms. Crocker (yes, I do know she isn't a real person) will never advise you to use Cheese Whiz, but she'll teach you how to make the real thing — cream sauce with real cheese.

## QUALITY UTENSILS ESSENTIAL

Now that you have your books, you will need to stock the kitchen. Experienced cooks agree that quality utensils are crucial. Pots and pans tend to last a lifetime, even the thin, bad ones. How many times have I cursed myself for buying cheap, flimsy pots that burn the rice and take up space on my shelves! Resist a bargain and stick with the reliable name brands — you just can't beat Cuisinart, Le Creuset or All-Clad. There are some respectable "designer" brands out there, Emeril Lagasse and Nigella Lawson among them.

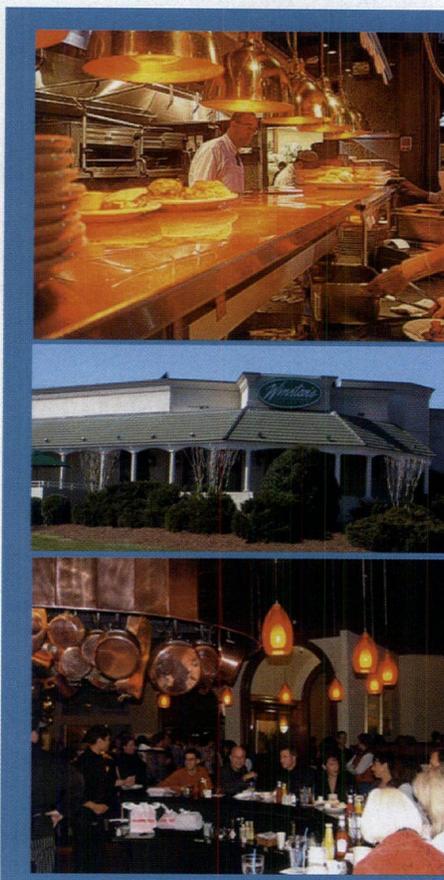
Often these brands can be spotted at discount chains such as TJ Maxx and HomeGoods. If not, bite the bullet and pay retail at cookware sections of The Kitchen Store, A Southern Season or

Williams-Sonoma. You'll get the payback when your perfect omelet slides easily out of that thick, even-bottomed skillet. Don't be suckered into buying large sets of knives or pots you don't need, or a fancy pasta pot. In that one case, cheap and thin won't make a bit of difference. As for small appliances, a good blender (Waring or Cuisinart) is essential, even more so than a food processor. Small roasters, toasters and slow cookers are luxuries, just extensions of your oven, and they hog valuable counter space.

If you can't cook, I encourage you to learn in 2008. Cooking is power! This is not only my strong belief, but also the name of the beginner's cookbook I've been meaning to write for ages now. Of course, I'm so busy eating out ... it's my job, after all. Maybe I'll get around to doing that book next year.

## NIBBLES

Terrific opportunities for cooking lessons are available all over the Triangle. Wake Tech Community College offers professional classes. Dorette Snover's *C'est Si Bon* and Fearrington House are good bets. A Southern Season is in a league of its own, with classes every day of the week. Fuquay



**Good Food and  
Friendly Service  
For Over 20 Years**



Thank you  
Metro readers  
for voting us...

- MetroBravo - Best Restaurant for Power Lunch
- MetroBravo - Best Bloody Mary
- Honorable Mention - Best Outdoor Dining

**Winston's**  
GRILLE

6401 Falls of Neuse Road  
919.790.0700  
www.winstonsgrille.com

Mineral Spring Inn hosts guest chefs for mid-week lessons. Many of your favorite chefs teach periodically, especially in the slower winter months — John Toler at Bloomsbury Bistro and Scott Howell at Nana's are some of the best. Check the Web site of your favorite restaurant. You may be surprised at the learning opportunities — and a chance to get to know the chef.

## COOKING CLASSES

### Chez Bay Gourmet Cooking School

1921 North Pointe Drive  
Durham, NC 27705  
919.477.7878  
www.chezbaygourmet.com  
Weekly cooking classes and series, including cooking 101 programs.

### Ferrington House Culinary School

2000 Ferrington Village Center  
Pittsboro, NC 27312  
919.542.2121  
www.ferrington.com/house/  
cookingschool.asp  
Two-day culinary retreats, private party and corporate team-building classes.

### Chef Remeaux's School of Cooking and Louisiana Market

704 N. Person St.  
Raleigh, NC 27604  
919.834.2510  
www.cheframeaux.com  
Cooking classes every Tuesday night, private party and corporate team-building classes.

### Whole Foods Market

**Raleigh**  
3540 Wade Ave.  
Raleigh, NC 27607  
919.828.5805

### Cary

102 B New Waverly Place  
Corner of Tryon and Kildaire Farm Road  
Cary, NC 27518  
919.816.8830

### Chapel Hill

81 South Elliot Road  
Chapel Hill, NC 27514  
919.968.1983

Aspiring bakers can enroll in classes at La Farm Bakery in Cary, recently selected as the 2007 Small Business of the Year by *Business NC*. Congratulations to owners Lionel and Missy Vatinet who have combined Old World baking with modern business acumen. Their delicious bread is served at Ruth's Chris Steak House and Biaggi's.

### Durham

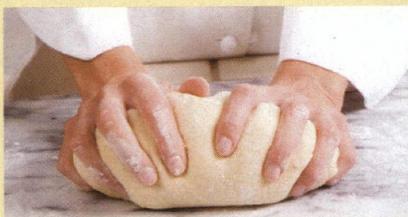
621 Broad St.  
Durham, NC 27705  
919.286.2290  
www.wholefoodsmarket.com  
Free and paid cooking classes each month.

### Creative cooking with Sheri Castle

310 Westside Drive  
Chapel Hill, NC 27516  
919.967.5067  
www.sheri-inc.com  
Monthly demonstration-style classes at commercial locations and private custom classes available.

### Rocky Top Hospitality Cooking Classes

510 Glenwood Ave.  
Suite 223  
Raleigh, NC 27603  
919.829.3771  
www.rockytophospitality.com/recipes/  
cooking\_classes.asp



## COOKING SCHOOLS

### Cape Fear Community College

411 N. Front St.  
Wilmington, NC 28401  
910.251.5960

### Sandhills Community College

2200 Airport Road  
Pinehurst, NC 28374  
910.695.3756

### Wake Technical Community College

9101 Fayetteville Road  
Raleigh, NC 27603  
919.662.3537

## Bill Friday's Famous Peanut Brittle

Even President Emeritus William Friday of the UNC system can cook. His speciality is an old-fashioned crunchy peanut brittle he makes with the help of his wife, Ida, whose job is to eliminate flawed peanuts. Always the soul of generosity, Mr. Friday shares his recipe and special techniques with *Metro* readers.



1-1/2 cups granulated sugar  
1/2 cup light corn syrup  
1/4 cup water  
2-1/2 cups king-sized peanuts (from the ABB Milling Co. in Enfield, NC)  
1-1/4 teaspoons baking soda  
"Only use a cast-iron frying pan," says Mr. Friday. His is 12 inches in diameter and 3 inches deep.

"You'll also need a large marble slab — at least 20 inches by 30 inches on which to pour out the peanut brittle for it to cool."

He sets the heat to high, adds sugar, corn syrup and water to the pan, and waits for it to boil.

"You must stir constantly and work from the outside in — that's the secret."

As the boiling mix reaches the desired "suntan" color, he reaches for the glass measuring cup with the peanuts — those large peanuts with the dark husks — and dumps them in.

"When you add the peanuts," — another secret — "spread them around. The mixture will work its way back up to a boil. But," he cautions, "never turn your back. This is an irreversible process."

## Taste the Good Life

### Vinnie's Steakhouse and Tavern

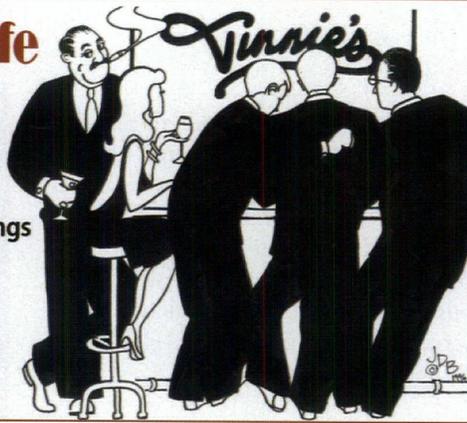
Banquet Facilities • Corporate Meetings

Open Monday — Saturday

Dinner Only

Reservations (919) 847-7319

7440 Six Forks Rd., Raleigh



Hillsborough welcomes another unique eatery just down the block from the excellent Panciuto. Gulf Rim Café opened last month downtown on Churton Street in the spot vacated by Flying Fish. The first restaurant of its kind in the Triangle, Rim offers the culinary pleasures of the Yucatan peninsula, New Orleans and Cajun country, and the Florida Keys.

Matthew Beason, a former co-owner of Durham favorites, Pop's and Rue Cler, just opened Six Plates Wine Bar in Erwin Terrace. Its chef, Ted Domville, formerly of Chive in California, presents six small plates nightly. Sound like a small menu? Just try to choose between cinnamon-crusted scallop with wild boar prosciutto, arugula and pumpkin risotto, and chicken pot pie with truffle-dusted chanterelle mushrooms!

In downtown Raleigh, Ashley Christensen's long-awaited Poole's Diner should be open by January, as will Zydeco Downtown on Moore Square in the former site of DiBella Ristorante. Watch for The Raleigh Times Bar and The Morning Times restaurants to open later this month on Hargett Street.

Metro congratulates six fine Triangle restaurants — Four Square, Il Palio, Second Empire, Carolina CrossRoads (at the Carolina Inn), Herons (at the Umstead Hotel and Spa), and Fairview (at the Washington Duke Inn), for earning the highly coveted AAAA four star rating again this year.

*Live Jazz & Blues*

NOW IN BENTLEY'S LOUNGE  
THURSDAYS & SATURDAYS

**BENTLEY'S**  
AT CROSSROADS

AGED STEAKS.  
FRESH SEAFOOD.  
MARKET FRESH PRODUCE.

*Join us* IN BENTLEY'S LOUNGE  
• Every Thursday and Saturday evening from 7-10pm

*enjoy* FRIENDS, FOOD & MUSIC

- \$5 Appetizers Monday - Friday 4-7p
- \$3-5 Daily Bar Features

LOOK FOR BENTLEY'S CLOCK TOWER AT CROSSROADS IN CARY  
919.854.0644 • 2007 WALNUT ST., CARY • BENTLEYSATCROSSROADS.COM

YOUR  
**PASSPORT**  
To a Taste of Greece

**TAVERNA AGORA**  
Greek Restaurant & Bar

*Definitely going back!  
Loved the atmosphere.  
Delicious, home-made, Greek food  
with the freshest ingredients.  
A very special evening!*

6101 Glenwood Avenue (Across from Pleasant Valley Promenade)  
(919) 881-8333 • www.TavernaAgora.com • Open 5-11 PM Daily

www.LMRest.com

HOSPITALITY MANAGEMENT

CIA'S UNSOLVED  
MYSTERIES:  
THE NOSENKO DEFECTION,  
DOUBLE AGENTS  
AND ANGLETON'S  
WILDERNESS OF MIRRORS  
MARCH 26-28, 2008  
NC MUSEUM OF HISTORY  
WWW.RALEIGHSPYCONFERENCE.COM  
919-831-0999

# Cork Report

by Barbara Ensrud



## START YOUR OWN WINE CELLAR IN 2008

I hear the comment these days that people don't have the patience to lay down wines and allow them to age. Really? Then why do so many new houses create space for wine storage — sometimes quite large? Why are wine storage/cooling units selling like hotcakes? Actually, I think the whole concept of buying wine is changing as people are discovering the advantages of having their own wine cellar.

"Cellar" probably isn't precisely the correct term. I had a cellar in my last house, in the basement built into a hill where temperatures were cool and steady year-round. Ideal, or pretty close. The house I'm in now doesn't have a basement, so I built a well-insulated wine room in the back of my garage, cooled by a small air conditioner in summer and a thermostat heater for temperature drops below about 53 degrees. While many houses don't have basements, "wine cellar" has become a symbolic term for any collection of wine, however large or small — it's a convenient term, so that is how we'll use it here.

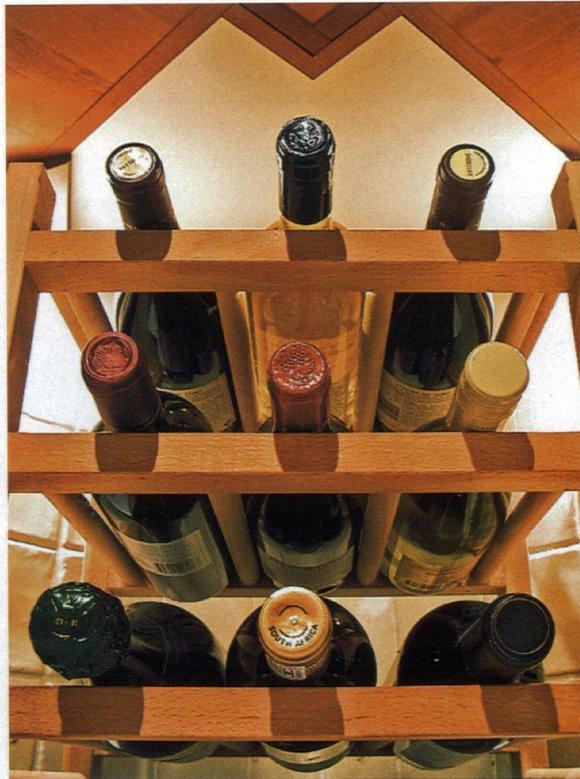
### REASONS TO START A WINE CELLAR

**Convenience.** How nice to be able to walk a few steps and choose wine for dinner instead of always having to make a special stop by the wine store. And not have to worry about running short. How convenient to have wine on hand for spontaneous occasions — if friends drop by, for instance, or the notion strikes to whip up a special dinner and make an evening of it on the spur of the moment.

**Economy.** It seems expensive to start a cellar at first, but it will save money in the long run. When you buy by the case, there

are discounts anywhere from 10 to 15 percent — that's like getting a bottle free. Buying more than what you need for a single evening allows you to take advantage of wines that are on special. Often, when you go back for more, they may be sold out.

**Investment.** Fine wines, especially reds, appreciate in value as they mature. Good Bordeaux, Cabernet Sauvignons, Meritage blends invariably improve with age and



become more enjoyable to drink. Prices are lower when they first come out, but exceptional vintages — 2000 or 2005 for red Bordeaux — increase in value. Château Mouton-Rothschild 2003 costs around \$185 a bottle on the first offer; buy it today and you'll pay \$435 to \$500. Lesser wines, lesser vintages, of course, won't increase that dramatically, but...

**Fun & Pleasure ...** they'll taste better with age! Given the chance to evolve in bottle, most reds develop more interesting aromas and flavors and become smoother in texture. Some white wines will also (well-balanced Chardonnay or White Burgundy, Alsace Riesling). It's fun to browse through your accumulation, discover wines you forgot you bought, check up on what's ready to drink ... and pull out something special and delicious for dinner tonight.

### GETTING STARTED

First you need a cool, quiet storage spot, away from light and vibration (definitely not atop the fridge!). If you don't have a real cellar, the back of a closet or a cool corner can serve. Though the ideal temperature for storing wine is 53 to 60 degrees, they'll do OK at 65 to 70 degrees as long as the temperature is stable and doesn't fluctuate above that.

Then, start buying. Browse a few shops, see what's out there in terms of specials — and taste when you can. Most of our wine shops have weekly tastings, many are free, so take advantage of them to see what you like ... and don't like.

**Caveat.** There's a trick to getting started: Make sure you **always** have wines for current drinking, so you won't be tempted to dip into bottles that will get better if you can keep your mitts off them.

### THE THREE-TIERED CELLAR: \$100, \$250, \$500, \$1000 +

Determine an amount you want to spend to get started, but whatever it is, divide it into three parts:

1. Wines to drink now. Depending on the amount you buy, this should make up a sizeable chunk of the whole. If it's a sin-

gle case, at least six bottles for current drinking — which you replenish as soon as you're down to three. This is vital if you want to leave the age worthy wines alone.

**2.** Wines to age two to four years from when you buy them — three bottles of the case.

**3.** Wines that need five to 10 years minimum to be at their best — three bottles of a case.

Ramp up the quantities if you are spending more — one case for drinking, a mixed case of wines to age two to four years, and five to 10 years.

**4.** Replenish the stocks you deplete. If you do, you'll be surprised at the nice little cache you will accumulate over time. Collecting wine can be addictive but an awful lot of fun, and you receive the satisfaction of drinking wines that improve with time (check out my Web site: [www.bewinewise.com/discover.html](http://www.bewinewise.com/discover.html)).

Working with a wine merchant you trust can be a big help. Some, such as Durham's newest shop, even keep track of purchases you make, with notes on the wines

so you know the styles and types of wine you liked.

Here are some suggestions for stocking up. We'll revisit the subject from time to time, with cellaring recommendations at the various levels.

**CURRENT DRINKING:** Choose a variety of whites, dry pinks and reds that drink well now. Inexpensive whites are best when young and fresh, so buy only what you will drink in a month or two. Reds: 2005 Beaujolais; 2005 Dolcetto and Chianti, Montepulciano d'Abruzzo; Australian Shiraz, such as Stump Jump, Penfolds Bin 2; Côtes-du-Rhône 2005; Spanish Rioja Crianza, Monastrell, Jumilla; Latin American reds: Malbecs from Alamos, Terrazas, Trapiche, \$10-\$12; Merlot, Syrah and Cabernets from Chile: Cousiño Macul, Los Vascos, Veramonte, \$9-\$12. **Replenish** often.

**Age two to four years, \$13-\$22:** California Cabernet Sauvignon, Merlot, Syrah/Shiraz, Rosso di Montalcino, Chianti Riserva, Rioja Reserva, Ribero del Duero; Aussie Shiraz, such as Pikes, Tal-

tarni, Torbreck, Kilikanoon Oracle, Penfolds Bin 389; Gigondas, Minervois, Faugères, Corbières from the south of France; Pinot Noirs, \$18 to \$28, such as Au Bon Climat, Santa Barbara Winery, Ramsay, Francis Mahoney, Rodney Strong, Russian Hill, Wild Horse; red Burgundies from Givry, Mercurey, Côtes de Beaune-Villages; Portuguese reds: Prazo de Roriz 2005, Vale do Bonfim '05.

**Age five to 10 years+:** Red Bordeaux from 2005, especially grand cru Saint-Emilion, which are good values; California Cabernet, Merlot and Syrah, \$25 and up; Brunello di Montalcino, Super Tuscans, Barolos from 1999, 2000, 2003/4 and forthcoming 2005s; Spain: Pesquera, Ribera del Duero, Rioja Reserva, Priorat.

**Other:** It's always nice to have a bottle of two of Champagne or sparkling wine on hand; also a good wood-aged Port, such as Fonseca Bin 27, Croft Distinction, Cockburn Special Reserve or perhaps a 20-year-old Tawny Port for after-dinner or the cheese course.

Questions? Send to [email@metro-nc.com](mailto:email@metro-nc.com). **MM**



## Making It Count For Good

Being a responsible citizen is as important as the air that we breathe.

That's why Henry Wurst, Inc. actively supports local youth programs designed to build character and develop leadership, and strives to reduce our environmental footprint with forward-thinking recycling efforts.

From the lives of the people we touch to our environment, we are committed to make the world of difference not just for a strong today, but also for a healthy tomorrow.

**Great Solutions for Great Communities.**

### Who Is Henry Wurst, Inc.?

Founded in 1937, Henry Wurst, Inc. provides targeted, integrated solutions managed by an experienced team that delivers all your communications needs from concept to print and beyond.

visit us online at [www.henrywurst.com](http://www.henrywurst.com)

**HENRY WURST**  
INCORPORATED

ASSURED CONSTRUCTION

BENCHMARK HOMES

BETTOM BUILDERS

BLUESTONE BUILDERS

BOCK CONSTRUCTION

COOPER & ROCK

CUSTOM LIVING

SUNDANCE DEVELOPMENT COMPANY

H.J. MORRIS CONSTRUCTION

J. DAVID PAYNE BUILDER

NEW CLASSIC BUILDERS

STEVE GRAY BUILDER

COLLINS & COLLINS

TED KEITH BUILDERS

TRELLIS HOMES

NORTH CAROLINA CONTRACTING COMPANY

# The Relationship We Share With Our Builders Is Built On Our Mutual Admiration For The Environment.

For years, Contentnea Creek Development Company has been assembling an impressive team of the area's most respected builders, designed some of the finest communities around, and developed a great relationship with mother nature. We're proud of all these things, especially the builders who share our philosophy of environmental responsibility. It just goes to show, that by working together for a common goal, we can make a difference.



CONTENTNEA CREEK  
DEVELOPMENT CO.

[contentneacreek.com](http://contentneacreek.com)

9 1 9 - 8 8 2 - 2 3 3 9

ETHAN'S  
GLEN

[ethansglenfinehomes.com](http://ethansglenfinehomes.com)

WINDFALL

[windfallfinehomes.com](http://windfallfinehomes.com)

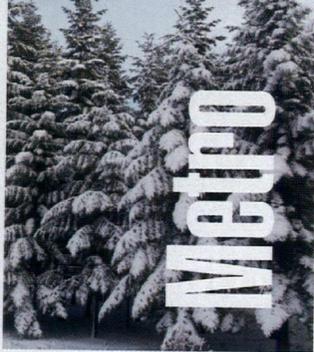
THE GATES  
AT ETHAN'S GLEN

[thegatesfinehomes.com](http://thegatesfinehomes.com)



BISHOP'S GRANT

[bishopsgrantfinehomes.com](http://bishopsgrantfinehomes.com)



# Preview

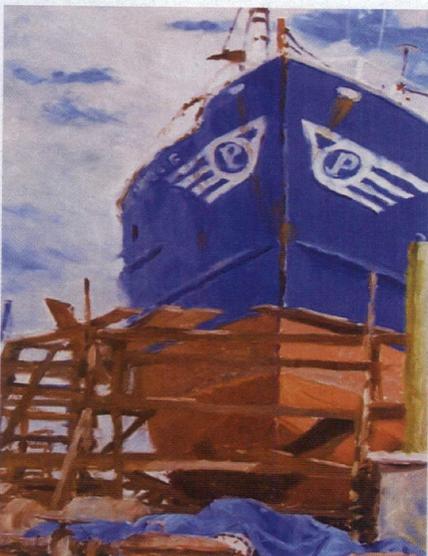
by Mary Ward Boerner

## FEEL THE CHILL, IT'S A WONDERFUL WINTER!

### GALLERIES

**WINTER GROUP SHOW WITH ERIC MACK, MARA BISHOP AND LISA CREED:** Flanders Art Gallery, Raleigh; Jan. 4-31. Contact 919-834-5044 or online at [www.flandersartgallery.com](http://www.flandersartgallery.com).

**NEW JEWELRY FROM BARBARA HEINRICH STUDIO:** Somerhill Gallery, Chapel Hill; Thru Jan. 9. Contact 919-968-8868 or [www.somerhill.com](http://www.somerhill.com).



GALLERY C

*Yvonne Michelle, Up Again*, oil on Canvas, 36" x 24" will be on view with other recent works by Jimmy Craig Womble II at Gallery C in Raleigh, Jan. 11- Feb. 12.

**23RD ANNUAL HOLIDAY CRAFT EXHIBITION AT GALLERY C:** Gallery C, Raleigh; Thru Jan. 9. Contact 919-828-3165 or [www.galleryc.net/holiday-craft-exhibition-07.html](http://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](http://www.tyndallgalleries.com).

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

**DISCOVER CRAFT NC:** The stylings of 23 North Carolina craftspeople will be on display; Craven Arts Council & Gallery's Bank of the Arts, New Bern; Jan. 8-Feb. 16 (Opening Reception Jan. 15). Contact 252-638-2577 or online at [www.cravenarts.org](http://www.cravenarts.org).

**JIMMY CRAIG WOMBLE II RECENT WORKS:** Gallery C, Raleigh; Jan. 11-Feb. 12 (Opening Reception Jan. 11). Contact 919-828-3165 or online at [www.galleryc.net](http://www.galleryc.net).

**LICHTENSTEIN — SHAPES COLORS DOTS & POP:** Animation & Fine Art Galleries, Chapel Hill; Jan. 11-Feb. 7 (Opening Reception Jan. 11). Contact 919-968-8008 or online at [www.animationandfineart.com](http://www.animationandfineart.com).

**WINTER BLUES:** A show of new work by gallery member artists; Hillsborough Gallery of Arts, Hillsborough; Jan. 25- Feb. 23 (Opening Reception Jan. 25). Contact 919-732-5001 or online at [www.hillsboroughgallery.com](http://www.hillsboroughgallery.com).

**VAE'S ANNUAL ART AUCTION & GALA:** Silent & Live Art Auction and gala; North Ridge Country Club, Raleigh; Feb. 2. Contact [www.visualartexchange.org/gala](http://www.visualartexchange.org/gala).

**EVENTS AT ARTSPACE:** Raleigh; Contact 919-821-0383 or [www.artspacenc.org](http://www.artspacenc.org).

- **JOCELYN CHÂTEAUVERT:** Visual Art; Gallery 1; Jan. 19-March 8 (Opening Reception Feb. 1).
- **A VOICE THROUGH ART, 2007 ARTSPACE OUTREACH PROGRAM PROJECTS:** Visual Art; Lobby; Jan. 4-26 (Opening Reception Jan. 4).
- **EMERGING FORMS, TOMMY MCLAURIN:** Upfront Gallery; Jan. 4-26 (Opening Reception Jan. 4).

### CLASSICAL

**WOMEN'S VOICES CHORUS PERFORMS HERSELF A ROSE:** A winter choral concert; Duke Chapel, Durham; Jan. 13. Contact 919-684-3855 or visit online at [www.womensvoiceschorus.org](http://www.womensvoiceschorus.org).

**SIGHTS & SOUNDS ON SUNDAYS PRESENTS THE DEGAS QUARTET:** NC Museum of Art, Raleigh; Jan. 13. Contact 919-715-5923 or [www.ncartmuseum.org](http://www.ncartmuseum.org).

**LUCIA DI LAMMERMOOR:** Donizetti's grand Bel Canto masterpiece produced by The Opera Company of North Carolina and the Asheville Lyric Opera; Fletcher Opera Theater at the Progress Energy Center for the Performing Arts, Raleigh; Jan. 17, 19 & 20. Contact 919-792-3850 or [www.operanc.com](http://www.operanc.com).

**NORTH CAROLINA WIND ORCHESTRA PRESENTS WINDS NOIR:** Meymandi Concert Hall at the Progress Energy Center for the Performing Arts, Raleigh; Jan. 27. Contact [www.ncwo.org](http://www.ncwo.org).

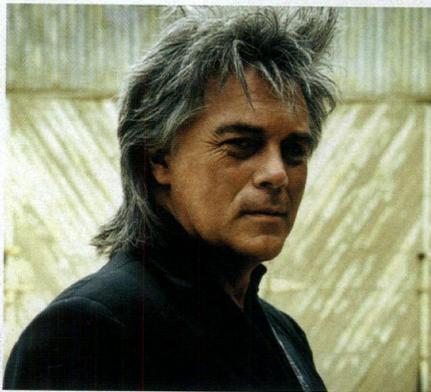
### POP MUSIC

**3RD ANNUAL MARVELOUS MUSIC & MLK JR. DREAM-FEST CELEBRATION FEATURING BETTYE LAVETTE:** Herbert C. Young Community Center, Cary; Jan. 12. Contact 919-469-4061 or online at [www.ticketmaster.com](http://www.ticketmaster.com).

**BARRY MANILOW — AN EVENING OF MUSIC & PASSION:** RBC Center, Raleigh; Jan. 20. Contact 919-834-4000 or [www.livenation.com](http://www.livenation.com).

**28TH ANNUAL NORTH CAROLINA JAZZ FESTIVAL:** Hilton Wilmington Riverside, Downtown Wilmington; Jan. 31. Contact 910-793-1111 or [www.capefearjazz.com](http://www.capefearjazz.com).

**MARTY STUART, DOYLE LAWSON & QUICKSILVER:** Presented by PineCone; Meymandi Concert Hall at the Progress Energy Center for the Performing Arts, Raleigh; Jan. 10. Contact 919-664-8302 or [www.pinecone.org](http://www.pinecone.org).



PINECONE

Marty Stuart performs with Doyle Lawson & Quicksilver on Jan. 10, at the Progress Energy Center for the Performing Arts in Raleigh.

**PINECONE AND THE NC MUSEUM OF HISTORY PRESENT HAWAIIAN KINE BAND:** Daniels Auditorium at the NC Museum of History, Raleigh; Jan. 13. Contact 919-807-7900 or [www.pinecone.org](http://www.pinecone.org).

**THE APRIL VERCH BAND, THE LISTENING ROOM SERIES:** A new concert series presented by the town of Holly Springs and PineCone; Holly Springs Cultural Center, Holly Springs; Jan. 26. Contact 919-567-4000 or [www.pinecone.org](http://www.pinecone.org).

**THE DEL MCCOURY BAND:** A PineCone Down Home Series Concert; Meymandi Concert Hall at the Progress Energy Center for the Performing Arts, Raleigh; Feb. 2. Contact 919-664-8302 or [www.pinecone.org](http://www.pinecone.org).

**THE CHORAL SOCIETY OF DURHAM PRESENTS MOZART'S CORONATION MASS WITH LOCAL DURHAM HIGH SCHOOL CHOIRS:** Baldwin Auditorium at Duke University, Durham; Feb. 2. Contact [www.choral-society.org](http://www.choral-society.org).

### STAGE & SCREEN

**NEW BERN CIVIC THEATRE PRESENTS ONCE UPON A MATTRESS:** Musical Comedy; New Bern Civic Theatre, New Bern; Jan. 4-6, 11-13 & 17-19. Contact 252-633-0567 or [www.newberncivictheatre.org](http://www.newberncivictheatre.org).

**2.5 MINUTE RIDE, PRESENTED BY PLAYMAKERS REPERTORY COMPANY:** Written by Lisa Kron; Center for Dramatic Art at UNC, Chapel Hill; Jan. 9-13. Contact 919-962-PLAY or online at [www.playmakersrep.org](http://www.playmakersrep.org).

**DREAMGIRLS, PRESENTED BY NC THEATRE:** Starring Quiana Parler; Memorial Auditorium, Raleigh; Jan. 12-

Go Sunless  
Professionally Applied.

THE FASTEST WAY TO A 4-MINUTE FLAWLESS TAN

Whether you want a full-body tan, bronzed legs, or a sun-kissed face, look no further...go sunless and get a California Tan!

Mention this ad and receive 50% off (reg. \$30)

Exclusively at **PHYSIOS**

703 Tucker St., Glenwood South • 828.1080

20. Contact 919-834-4000 or online at [www.nc-theatre.com](http://www.nc-theatre.com).

**AFRICAN AMERICAN DANCE ENSEMBLE:** Performance will feature Chuck Davis' new work, *Blue Grass/Brown Earth: From Africa to Bluegrass*, Stewart Theatre at NCSU, Raleigh; Feb. 2. Contact 919-515-1100 or online at [www.ncsu.edu/arts](http://www.ncsu.edu/arts).

**MUSEUMS**

**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 [www.ncmaritimemuseum.org](http://www.ncmaritimemuseum.org).

**EVENTS AT THE NASHER MUSEUM OF ART:** Duke University, Durham; Contact [www.nasher.duke.edu](http://www.nasher.duke.edu).



NC MARITIME MUSEUM

*Our Sunken History* contains artifacts from 15 North Carolina shipwrecks and examples of the techniques and equipment used to recover them. Open Thursdays for tours, NC Maritime Museum Repository at Gallants Channel in Beaufort.

**RevolveST**  
**Consignment Boutique**  
 CLOTHING + FURNITURE + JEWELRY + ART

Upscale Consignment / Vintage Clothing for Men & Women

**Lots Of New Arrivals For Fall & Winter Featuring Michael Stars, Lacoste, Splendid, Ella Moss, Theory, Nanette Lepore, & Trina Turk.**

**Dresses by**  
 Milly, Lilly Pulitzer, Laundry, Tocca, Diane Von Furstenberg, plus...

**Designer Jeans**  
 Seven, True Religion, Paper Denim & many more

**Original tees & jewelry by local designers**

2011 Fairview Road | 919-834-3053  
 Raleigh's Five Points  
 Consignment accepted by appointment

- **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](http://www.ncartmuseum.org).

- **LANDSCAPES FROM THE AGE OF IMPRESSIONISM:** Thru Jan. 13, 2008.
- **DEGAS QUARTET — SIGHTS & SOUNDS ON SUNDAYS SERIES:** Jan. 13
- **CAROLINA PIANO TRIO — SIGHTS & SOUNDS ON SUNDAYS SERIES:** Feb. 3

• **LANDSCAPES — INSPIRED GRAFFITI MURAL:** On view through Jan. 2008.

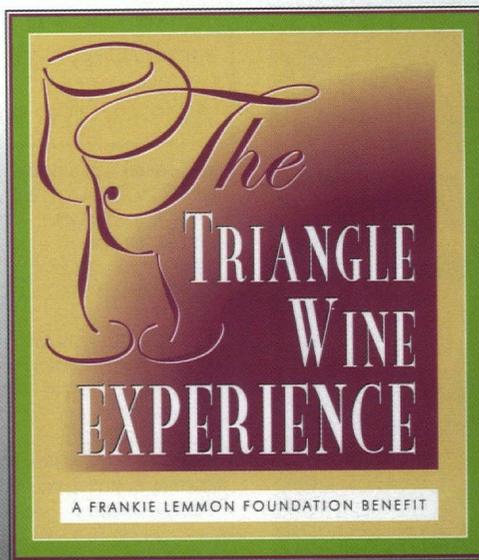
**EVENTS AT THE NC MUSEUM OF HISTORY:** Raleigh; Contact 919-807-7900 or [www.ncmuseumofhistory.org](http://www.ncmuseumofhistory.org).

- **HISTORY À LA CARTE — SAVING YATES MILL:** Jan. 9
- **THE CAPITAL CITY FIVE:** Co-Sponsored by PineCone; Jan. 13

• **SEVENTH ANNUAL AFRICAN AMERICAN CULTURAL CELEBRATION:** Jan. 26; 11 a.m.-4 p.m.

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

• **EXHIBITION: MYSTERIES OF THE LOST COLONY: A NEW WORLD — ENGLAND'S FIRST VIEW OF AMERICA:** Thru Jan. 13, 2008



**Saturday, January 12, 2008**  
 New Year Kick-Off Party at Artspace

**Saturday, January 26, 2008**  
 Wine Seminar & Blind Tasting

**Thursday, February 7, 2008**  
 Wine Maker Dinners

**Friday, February 8, 2008**  
 Wine Maker Tastings



**Saturday, February 9, 2008**  
 Grand Gala & Wine Auction

**Thursday - Sunday, May 1 - 4, 2008**  
 Capital Crush at Moore Square

Thank you to our 2008 sponsors:



AmericanAirlines



For event information and reservations visit [www.twenc.org](http://www.twenc.org) or call 919.845.8880

# CHATLEE

OVER 250 BOATS IN STOCK!



All Boats Water Tested Upon Delivery!



Hwy 1 South  
2615 Jefferson Davis Hwy  
Sanford, NC 27330



www.chatleeboats.com  
919.775.7259

## ★ ★ 5TH RALEIGH SPY CONFERENCE ★ ★

**Unsolved mysteries of the CIA** is the subject of the 5th Raleigh Spy Conference set for March 26-28, 2008 at the NC Museum of History. Speakers include Tennent "Pete Bagley", author of a recent book on his role in the Nosenko case that continues to cause dissension at CIA; David Robarge, Chief Historian at CIA and expert on James Angleton, the famous counter-intelligence chief of the Agency; Brian Kelley, former counter-intelligence officer for CIA and the "wrong man" in the Robert Hanssen affair; Jerry Schecter, long-time Moscow bureau chief for *Time* and the author of seminal books on the important issues of the Cold War; and David Ignatius, columnist and former foreign correspondent for the *Washington Post*, and author of current fiction on intelligence issues. Go to [www.raleighspy-conference.com](http://www.raleighspy-conference.com) for more information and to register; or call Jennifer Hadra at 919-831-0999 for more information.

- **NEW EXHIBIT — SHOWBOAT, THE USS NORTH CAROLINA (BB55):** 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.
- **EVENTS AT THE ACKLAND ART MUSEUM:** UNC-Chapel Hill; Contact [www.ackland.org](http://www.ackland.org).
- **PICTURING THE WORLD — CAROLINA'S CELEBRATED PHOTOJOURNALISTS:** Jan. 11 through April 6 (Opening Reception Jan. 11).
- **MULTIMEDIA — A VISION FOR THE FUTURE OF DOCUMENTARY STORYTELLING:** Jan. 27
- **THE HEALING ARTS — SICKNESS AND SOCIAL IMPACT:**

- Thru Jan. 13, 2008
- **ENLIGHTENED PATRONAGE — ART IN SERVICE TO HUMANITY:** Thru Jan. 13, 2008
- **THEME AND VARIATION — PRINT SEQUENCES FROM ORNAMENT TO ABSTRACTION:** Dec. 9-Feb. 24, 2008
- **EVENTS AT MARBLES KIDS MUSEUM:** Raleigh; Contact 919-834-4040 or [www.marbleskidsmuseum.org](http://www.marbleskidsmuseum.org).
- **PROJECT ENLIGHTENMENT BABY PLAYGROUP — DELIGHTFUL DINNERS AND BLISSFUL BEDTIMES:** 10 a.m.; BB&T Family Clubhouse; Jan. 15.
- **THE POLAR EXPRESS — AN IMAX 3-D EXPERIENCE:** Call for show times; Wachovia IMAX theatre; Thru Jan. 17.
- **MLK YOUTH SUMMIT & TOWN HALL MEETING:** Zanzibar Room & Venture Hall; Jan. 19.

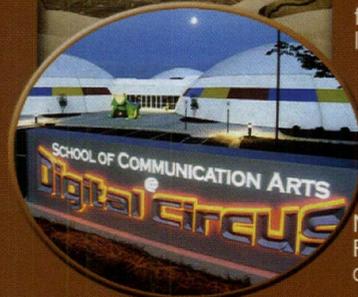
## Learn TOTAL Interior Design



Day & evening programs in Interior Design and Graphic Design Animation Filmmaking Pro Tools Audio Photography

Save **25%** on your first course, limited time

919.488.8504 for schedules



New! Revit CAD courses

SCHOOL OF COMMUNICATION ARTS  
3000 Wakefield Crossing Drive | Raleigh, NC 27614

- **PROJECT ENLIGHTENMENT TODDLER PLAYGROUP:** 10 a.m.; BB&T Family Clubhouse; Jan. 22.



A new graffiti mural by local artists Mathew Curran, Bart Cusick and Vic Knight inspired by the special exhibition *Landscapes from the Age of Impressionism* will be on view through January 2008 at the NC Museum of Art in Raleigh.

- **BUILD IT! & CANSTRUCTION EXHIBITS:** On View thru Jan. 27.
- **EVENTS AT THE MUSEUM OF LIFE AND SCIENCE:** Durham; Contact [www.lifeandscience.org](http://www.lifeandscience.org).
- **CATCH THE WIND** — Ongoing Outdoor Exhibit
- **EXPLORE THE WILD** — Ongoing Outdoor Exhibit

**POTPOURRI**

**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/](http://www.lib.ncsu.edu/exhibits/americansoldier/).

**STORIES WORK** — **AGE & YOUTH, LIVING IN THE EXPANDED WORLD OF OTHERS:** Bishops House, Duke University, Durham; Jan. 17. Contact 919-321-8969 or [www.storieswork.org](http://www.storieswork.org).

**CAPE FEAR MODEL RAILROAD CLUB'S 11TH ANNUAL**

**MODEL RAILROAD SHOW & SALE:** Legion Post 10 building at 702 Pine Grove Road, Wilmington; Jan. 26-27. Contact 910-270-2696 or [www.capefearmodelrailroadclub.org](http://www.capefearmodelrailroadclub.org).

**6TH ANNUAL CAROLINA CHOCOLATE FESTIVAL:** Featuring 30 chocolatiers from across the country will offer samples and sales of various chocolate treats; the festival benefits several local charities; Crystal Coast Civic Center, Morehead City; Feb. 1-3. Contact 877-848-4976 or [www.carolinachocolatefestival.com](http://www.carolinachocolatefestival.com).

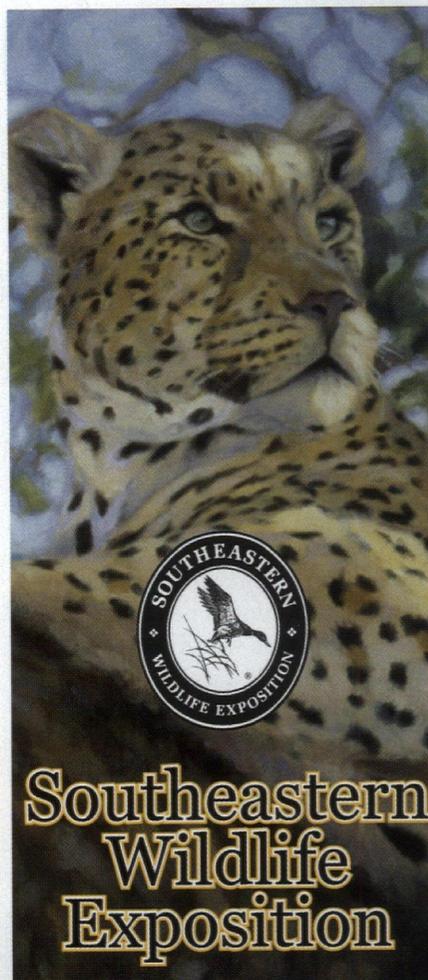
**8TH ANNUAL HILLTOP HOME NIGHT AT THE THEATRE FUNDRAISING EVENT FEATURING JAY JOHNSON** — **THE TWO AND ONLY:** The evening includes a champagne reception and performance proceeds to benefit Hilltop Home; AJ Fletcher Theatre in the Progress Energy Center for the Performing Arts, Raleigh; March 4. For information on this concert, or other ways in which you can support Hilltop Home, please contact 919-231-8315 or [epearce@hilltophome.org](mailto:epearce@hilltophome.org).

**EVENTS AT JC RAULSTON ARBORETUM AT NCSU:** Raleigh; Contact 919-513-7005 or [www.ncsu.edu/jc-raulstonarboretum](http://www.ncsu.edu/jc-raulstonarboretum).

- **TEXTURE & COLOR WITH BROADLEAF EVERGREENS:** Jan. 8
- **GREEN ROOF DEMONSTRATION** — **PLANTING A GREEN ROOF ON A DOG HOUSE:** York Auditorium; Jan. 12
- **THREAD COUNT** — **THE POETRY OF TERRY KIRBY ERICKSON:** York Auditorium; Jan. 24

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 Boerner, Metro Magazine, 1033 Oberlin Rd. Suite 100, Raleigh, 27605 or e-mail: [mary@metromagazine.net](mailto:mary@metromagazine.net).



# Southeastern Wildlife Exposition

**February 15-17, 2008  
Charleston, SC**

- 120 Fine Artists
- 350 Other Exhibitors
- Jack Hanna
- Conservation Exhibits
- Dock Dogs®
- Antique Decoys
- Retriever Demos
- Outdoor Outfitters
- Sporting Arms Dealers

**VIP Packages & Tickets  
now available**

**[www.sewe.com](http://www.sewe.com)  
(843) 723-1748**

the Appalachian Institution, Inc  
at Lake Logan

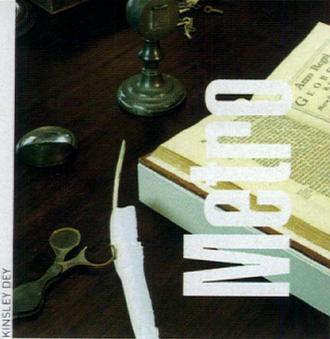
**Imagine yourself here, August 2008.**

The Appalachian Institution offers 5-day mountain retreats designed to reconnect with the scholar—and the child—in you.

- Challenging lectures by distinguished scholars
- Fly-fishing, hiking, tennis, golf and other sports
- Lessons in art, foreign language, photography, astronomy, etc., etc....
- Evening cultural performances—and blue grass music, too!

*Call it summer camp for grown-ups!*

For complete information, visit us at [www.appalachianinstitution.org](http://www.appalachianinstitution.org) or call Ward Purrington, President at 919-234-5736



# Design

by Diane Lea

## Hayes Plantation:

### THE BOOK AND THE LIBRARY

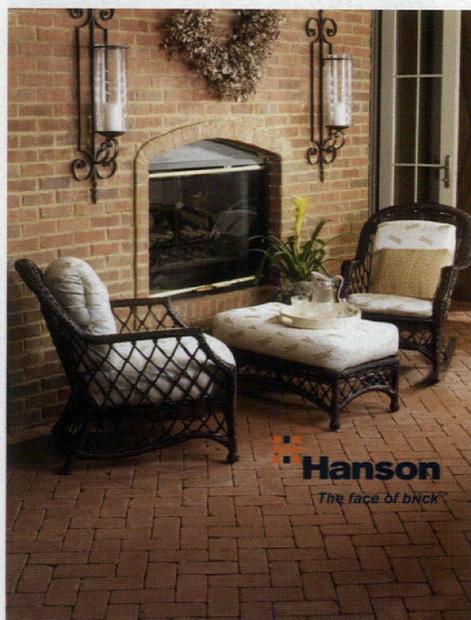
In 1974, HG Jones, then director of the North Carolina Collection at UNC-Chapel Hill's Wilson Library, learned that Gilliam and Annette Wood, owners of Edenton's historic 1814-1817 Hayes Plantation House, were interested in donating the contents of Hayes' rare, intact, 19th century gentlemen's library to the North Carolina Collection. The stipulation was that the collection would remain together and be displayed in a replica of the original library. The Wood family wanted to ensure that the 2000 books located in the Hayes library would be protected and housed where scholars and researchers could have access and the public could learn about this remarkable resource. Jones knew he was

being offered a rare opportunity.

Jones notes that the Hayes library was, prior to the Civil War, the largest private library in the state, with documents and imprints dating from the 1500s to the 1860s. Begun by Samuel Johnston, governor of North Carolina from 1787 to 1789, the book collection was enlarged over the years by Johnston's son James Cathcart Johnston, one of North Carolina's most prosperous planters. When James Cathcart Johnston commissioned English architect William Nichols to design a new home for Hayes Plantation, Nichols provided the perfect place for the library: an octagonal room, one of two structures connected by curved colonnades to the home's central

block. The library was distinctive for its handsome Gothic elements and an elegantly painted ceiling design that includes an acorn — the symbol of knowledge.

In 1989, with the transfer and restoration of the library's contents underway, Jones realized that the replica of the original Hayes library could be installed in Wilson's new North Carolina Collection Gallery if funds could be found to underwrite the project. Jones found his angel in Raleigh businessman Trent Ragland, whose wife Anna Wadsworth Wood Ragland had grown up at Hayes. Ragland provided a substantial gift, which helped attract other donors, and the Hayes Library at the North Carolina Collection Gallery was created.



### Outdoor Fireplace? Brick Pavers?

### Your options are endless.

Visit our showroom and see  
the widest selection of brick  
in Eastern North Carolina...  
plus limestone keys,  
mortar, block and more!

Commercial and Residential

## CUSTOM BRICK COMPANY, INC.

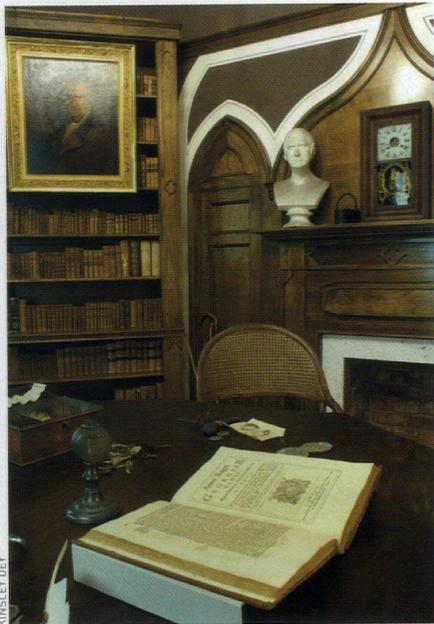
Since 1961

1613 Old Louisburg Road, Raleigh (just off Capital Blvd. at Atlantic Ave.)  
919.832.2804 • [www.custombrick.com](http://www.custombrick.com)

ATTICUS

QUINTESSENTIALS

The Lassiter at North Hills, Raleigh  
919.785.0787 or 888.858.6944



KINSLEY DEY

Gallery replica is 14 feet, whereas the original is 16 feet.”

Interestingly enough, in 2004 Ragland had approached Jones about commissioning the research and writing of a book on Hayes Plantation. “Ragland came to me with the idea,” Jones recalls, “and I said there are only two people who can write this book. One of them was Jack Zehmer, who was employed by the state’s Department of Archives and History during the early 1970s who had performed several projects in Edenton. When I called Jack,

he announced that he had just that day retired as head of the Capital Region Office of the Virginia Department of Historic Resources, a post he had held since 1998. He was delighted to take on the job.” Jones says that the book, *Hayes, the Plantation, Its People, and Their Papers*, is inextricably connected to the Hayes library collection. “The Hayes book is one of the most important books in North Carolina because it exposes the wealth of the Hayes library collection. It is a remarkable social history.” **MM**

Jones recruited Neil Fulghum, a former curator of the State Museum of History, to supervise the task. Fulghum, now Keeper of the Gallery, points out that the proportions of the replica almost exactly match the original. “The only deviation,” says Fulghum, “is that the ceiling height in the

Luxury Bed & Bath Linens  
Lingerie ~ Exquisite Gifts



at Saltbox Village  
1275 Kildaire Farm Rd.  
Cary, 919.467.1781

at The Mews  
280 NW Broad St.  
Southern Pines, 910.692.2744

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



SIGNORIA  
LIVING  
& COLORS

# TAYLOR'S OF RALEIGH

Since 1979

Wedding Invitations



10% Off Wedding Invitation Orders  
through May 31, 2008

Glenwood Village Shopping Center  
Corner of Glenwood & Oberlin  
(919) 787-1246

CRANES • WILLIAM ARTHUR



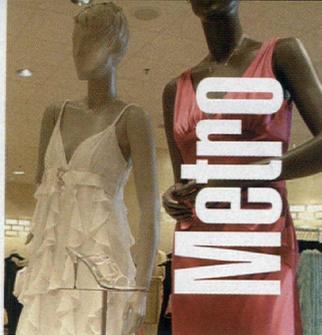
MICHAEL ZIRKLE PHOTOGRAPHY

## MINTABELL DESIGN GROUP

INTERIORS & FURNISHINGS

502 MEADOWMONT VILLAGE CIRCLE  
CHAPEL HILL, NC 27517 - 7584

PHONE: 919-933-9800 [WWW.MINTABELL.COM](http://WWW.MINTABELL.COM)



# Style

by Jennifer Hadra

## FASHION NEWS

Ring in the New Year with beauty and fashion events at **Saks Fifth Avenue**:

• Jan. 13-19 — “New Year New You” **Refresh-Revitalize-Renew Cosmetic Event**: Come experience luxury spa treatment and makeovers from Trish McEvoy, Laura Mercier, Lancôme, Sisley, Fresh, Estée Lauder, Chanel, Clinique and Kiehl’s.

• Jan. 24 — “Come Meet the Experts” with Bobbi Brown, Laura Mercier and Jo Malone.

• Jan. 29 — Please join us for the Triangle’s Top 10 Most Eligible Bachelors

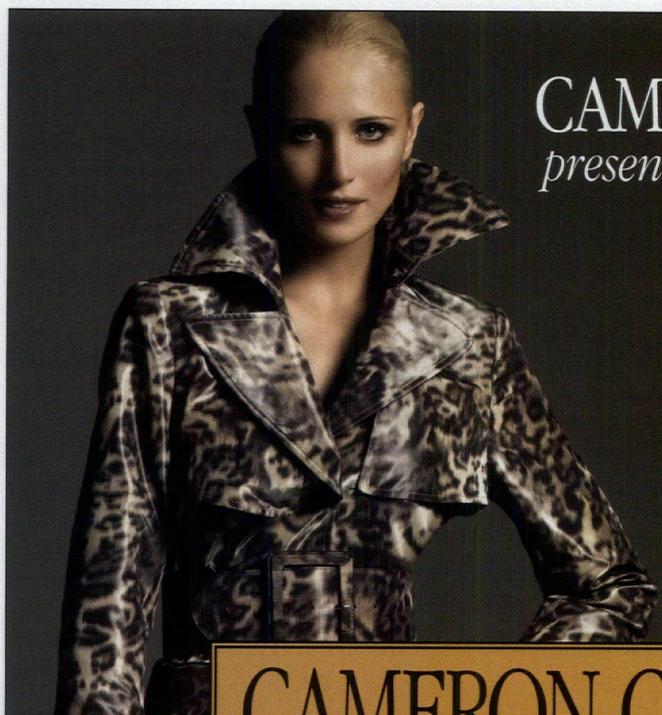
Charity Auction to Benefit Youthville USA from 6-9 p.m.



For more information or to book an appointment, please call 919.792.9100.

Visit **Vermillion** for a 50% off fall and winter sale. Please call 919.787.9780 or visit [www.vermillionstyle.com](http://www.vermillionstyle.com) for more details.

Join **Cameron Clothing** for a Lafayette 148 trunk show on Jan. 10-11 and a Sara Campbell trunk show on Jan. 17-18. North Hills, Raleigh; 919.420.0411 or [www.cameronclothing.com](http://www.cameronclothing.com).



CAMERON CLOTHING CO.  
*presents* LAFAYETTE 148 NEW YORK

Spring & Summer  
COLLECTION

TRUNK SHOW  
Thursday & Friday, January 10 & 11  
10:00AM – 6:00PM  
with Eileen Lover of Lafayette 148

**CAMERON CLOTHING CO.**

4351-111 The Circle at North Hills • Raleigh, North Carolina 27609 • 919.420.0411  
[www.cameronclothing.com](http://www.cameronclothing.com) • *Now only at North Hills*

## WHO'S COOKING IN THE BIG HOUSE ON BLOUNT STREET?

**S**teve Moravick looks like he could have gotten his position through Central Casting, but the fact is he really doesn't know how he got his job as executive chef at the Governor's Mansion.

Chef Steve, as he is called around the Big House, was reared in New York State, played baseball for Jacksonville University in Florida, kicked around awhile and finally decided that food was his real love. He graduated from the Florida Culinary Institute and began to rise through the ranks at the Ritz Carlton on Amelia Island. Then one day, the kitchen phone rang there and the caller asked if he was interested in the job of executive chef at North Carolina's Executive Mansion.

"I have never known how they got my name," Chef Steve said. "I went for an interview, and they gave the job to someone else. Nine months later, the guy they hired quit, and they asked whether I was still interested in the job. I told them, 'Yes.' This time they asked me to cook, and I did a couple of luncheons for legislators. In July 1998, I moved my family — my wife, Carrie, two sons and a daughter — to Apex, and I became executive chef at the Mansion on Blount Street."

Jim Hunt and wife Carolyn were in the Mansion then.

"Ms. Hunt was fairly hands on. I would submit menus for family meals, and she would add and delete and make personal notes in the margins. On the other hand, one of the first times I started to tell Ms. Easley what I was preparing, she responded with something like, 'Oh, don't tell me. Let it be a surprise.'"

Regardless, Chef Steve has developed an excellent understanding of the preferences of both Mike and Mary Easley. When one or the other is out of town, he tries to serve something the

spouse in residence enjoys but the other does not.

This can be tricky business. When I decided to write this column, I called my friend of many years, Mary Jane Tayloe, who owns and operates Aulander Furniture Company. Mary Jane, whose impeccable taste has made her store a Down East destination,

was director of the Virginia Governor's Mansion from 1983 until 1991, through the administrations of both Govs. Chuck Robb and Gerald Baliles.

When Mary Jane assumed her duties, she prepared a questionnaire for the Robbs. She noted that Chuck liked liver and onions but wife Lynda Bird did not.

"One year, Lynda was out of town on his birthday, so I decided to treat him by serving liver and onions."

Later Mary Jane learned that the governor was perplexed by his birthday "treat."

"I really had egg on my face because I thought it was a favorite dish of his," Mary Jane said, "but then learned that the governor had said he liked it only because he thought he should eat it."

That was the last of liver and onions.

Chuck and I met many years ago and have stayed in touch. I e-mailed the former governor and US Senator and asked him about the liver and onions affair.

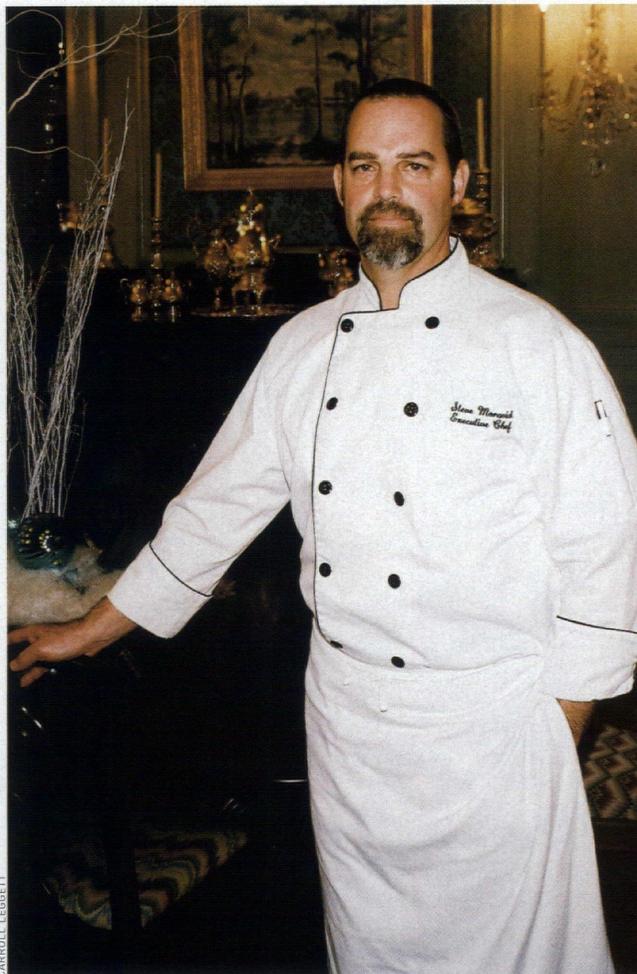
"Lynda sometimes arranged for me to have things she knew I liked more than she did when she couldn't join me for dinner."

Somehow, liver and onions got high on that list.

"In any event, we loved the cooking at the Mansion."

Applause then for Aulander's Mary Jane Tayloe who rolled up her sleeves and did much of the cooking herself for the first several months.

Employees of North Carolina's Governor's Mansion — cooks,



Steve Moravick, executive chef, North Carolina Executive Mansion, in the first-floor dining room. Behind Chef Steve is the Francis Speight oil painting of the Bertie County *Sans Souci* ferry landing.

CARROLL LEGGETT

butlers, waiters and housekeepers in the private quarters — are en residence in the state's correctional system. This is a long tradition in the Tar Heel state. In addition, there are other Mansion employees, including highway patrol officers who provide security, who must be fed each day. Chef Steve supervises the preparation of their food, which is served in a basement dining area, as well as cooking for Governor and Mrs. Easley and for all special events at the Mansion.

The Easley's take their meals in their private quarters on the second floor. The governor likes a full breakfast and Chef Steve comes in early. His days are long, extending through the dinner hour and evening functions. The kitchen staff is lean — three cooks, a baker and Chef Steve.

"I love to build flavors," said Chef Steve, "and make sure the last bite tastes as good as the first."

His duties are over once the food passes out the kitchen door. Service is overseen by Jean Carroll of The First Lady's staff. Gov. Easley, known for his low-profile style, does less official entertaining than his gregarious predecessor, Jim Hunt.

The first floor public rooms include one of the loveliest dining rooms in the Old North State. The table there seats about 24. As a native of Bertie County, I was proud to note that native son Francis Speight's signature *Sans Souci* oil hangs there, along with four still lifes by his amazingly talented wife, Sara Blakeslee. Just across the hall, tables of eight can be arranged for larger affairs and upward of 75 can be accommodated by expanding into the front parlor. Chef Steve usually prepares three courses at these events.

While Mary Jane said that alcohol is served in the Virginia Executive Mansion where she poured only Virginia wines and had a wine storage area installed, none is served on Blount Street. Between you and me, it seems this policy is antiquated.

North Carolina's wine industry is an important part of our state's economy with more than 60 wineries from as far east as the Outer Banks to the Yadkin Valley and on to Asheville. The Executive Mansion is a grand place to promote this industry, with its \$813 million annual economic impact, among a wonderfully diverse cross section of North Carolinians and distinguished visitors to the state.

I called former North Carolina First Lady Jessie Rae Scott to see if she had any stories to share with me.

"We didn't have anyone with a fancy name like Chef," she said.



The Governor's collard patch bordered by pansies and perfectly headed cabbage. The Executive Mansion is in the background.

The head cook when she and Gov. Bob Scott were in the Mansion had worked earlier in the Mansion, been paroled, and then returned as head cook. She did make one change.

"We stopped using finger bowls. Most guests didn't know what to do with them."

I did notice finger bowls among the place settings displayed in dining room cabinets. I read recently that Laura Bush has done the same at the White House,

except for high State occasions.

"You remember," Jessie Rae said, "that Robert gave the famous possum dinner while we were in the Mansion. He invited close friends to the black-tie affair," she said laughing, "and we printed the menu in French."

The dinner given by the Haw River populist gave rise to bumper stickers that read, "Eat more possum." My old Chevy sported one.

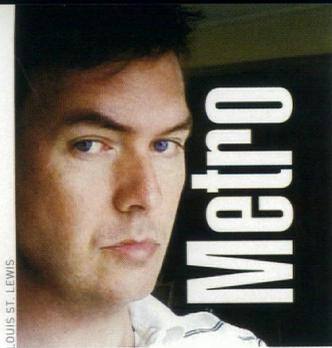
I figured that if anyone still around had attended the possum dinner, it would be author and humorist Roy Wilder, a Scott intimate who lives in Spring Hope, NC. I was right.

"I was the one who suggested to the Governor that we make it black-tie," said Roy. "Woodrow Price (then a writer with *The News & Observer*) got mad at me because he didn't want to rent a tuxedo. After the dinner, he never returned it. Months later, the formalwear company called and told him they would forgive the late fee if he would just bring it back. I have a copy of the menu stored in my smokehouse," Roy said.

He is going to try to find it.

Chef Steve is a warm and gracious host, explaining that he has become interested in the "slow cooking" movement and would like to use even more locally grown products. He confirmed that first couples, when not entertaining or dining on the rubber chicken circuit, like basic food. He makes up menus for two weeks at the time, sometimes grilling out back.

As he walked me out, Chef Steve mentioned the fact that the Mansion has a kitchen garden, a tradition harking back to North Carolina's first Executive Mansion, Tryon Palace, in New Bern. We strolled past an herb garden and down to the southeast corner of the walled Mansion property to robust plots of fall greens, including cabbage, broccoli, Swiss Chard, turnip salet and collards to make your grandma proud. Why be governor if you can't have your own collard patch? **MM**



# Artist-at-Large

by Louis St. Lewis

## FUN-RAISERS

**T**he esteemed Harvard University astronomer Harlow Shapely once commented that the state of North Carolina was populated with, “The most astronomically ignorant people in America.” But, while many North Carolinians still don’t know their asteroids from a hole in the ground, that certainly doesn’t stop them from piling up in John Modley Morehead’s planetarium at UNC for the annual Jupiter Ball. It’s always a sellout event, and everyone really puts on the dog. Ms. Ellen Virchick and her hard workers really know how to pull out the stops and turn the event into a memorable evening. While I was sitting under the glowing 68-foot dome, watching the Zeiss Model VI Planetarium Projector do its magic, I felt taken out of my body and into perfect celestial harmony. Everyone looked so good in the soft glow of artificial starlight; it was like the perfect picnic, but with no ants or mosquitoes.

## PLAYMAKERS BASH

They really have the schedule of these society parties down to an exact science. Just when everyone’s blood alcohol level was reaching a dangerously low level, the PlayMakers Ball in Chapel Hill swung into full effect. As I was strolling passed the elaborately decorated Carolina Inn, which is the traditional venue for the ball, I passed someone familiar standing on the terrace puffing away on a cigarette. As I walked in, I dutifully reported to a friend that I had just seen Orson Welles! “No, you fool,” she retorted, while blinding me with a diamond large enough to choke a horse, “that’s Louise Fletcher!” OMG, Louise Fletcher in the flesh — the very woman who won the 1975 Academy Award for Best Actress for her portrayal of the evil nurse Mildred Ratched. Seems Louise is a PlayMaker, having spent her



The PlayMakers Ball showcased specially re-imagined dining rooms at The Carolina Inn, carrying out the “A Designer’s Dream” theme. The red room (above) is entitled “Love” designed by Giorgios Bakatsias of Giorgios Hospitality Group. The photo at right is of a room called “Winter Wonder” by Melanie Woods of MW Design.



salad days helping to build the Forest Theater at UNC, as well as doing everything else a young drama student could muster the energy to accomplish. No wonder she was chosen as this year’s recipient of the PlayMakers Award, which in years past has gone to notables including William Ivey Long, Gene Saks, Richard Adler and Faye Dunaway (I’m VERY sorry I missed that year, don’t you know she was a handful!).

## FINE PHOTOGRAPHY

Not all parties are gala fundraisers; some are just great fun-raisers. Ann Stewart Fine Art recently threw two great back-to-back parties in her lovely 1795 home smack dab in the middle of Chapel Hill’s historic district. One was to honor the internationally recognized photographer Mona Kuhn, who is lucky enough to spend her days taking photos of young adults lounging around in their birthday suits at nudist



ANN STEWART FINE ART

Photograph by Mona Kuhn: Clara.

colonies and spas. Not only is this woman surrounded by flesh almost every day, but she also has the double good fortune of being able to sell these images for big bucks. Last I heard, Ann was responsible for the sale of one in the \$15,000 range. Some folks

have all the luck.

Right on the heels of the Kuhn party came an equally fun event to honor local photographic genius Alex Harris, whose book, *The Idea of Cuba*, was recently published by the University of New Mexico Press in conjunction with the Center for Documentary Studies at Duke University. And while Alex is also surrounded by a good deal of glowing café-au-lait flesh as photographic subjects, a good portion of them are Cuban prostitutes, but prostitutes with a self-possessed dignity. The only thing that rivaled the art at these parties was the delish food prepared by one of the reigning bright lights of the NC culinary universe, Ashley Christensen of Raleigh (think Enoteca Vin and Pool's Diner, which just opened in downtown Raleigh), who was kind enough to prepare a special plate for me in the kitchen after I arrived far too late to have savored most of the tasty treats passed by the smartly black-clad wait staff.

#### BE MERRY IN 2008!

I love to just sit back and listen while drinking my own favorite cocktail this season, *The Sherwood Forest*, which I first discovered at Hotel Cipriani in Venice, Italy ages ago. Created from a magical elixir of fresh juniper berries, lime rind, brown sugar and spice added to icy chilled prosecco or Champagne, it has the amazing aroma of ancient woods on a frosty day. I usually have one or two before I leave the house to go to a party because I am a firm believer in not racing an engine from a cold start.

"Life is a cabaret old chum ... and I love a cabaret." I hope that each of you takes the time in your own life this 2008 to eat, drink and be merry. **MM**

## The right approach to meet today's high expectations.



Our students master the core academic skills and integrate learning through experiences that extend outside the walls of the classroom. We develop confident students through our positive environment, small class sizes, strong specials programs and ongoing parent-teacher communications.

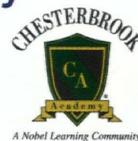
**Register now for Track Out Breaks!**

SACS/CITA accredited

### Open House January 26th • 10am-1pm

#### Chesterbrook Academy Elementary School

3 Years-5th Grade  
130 Towne Village Dr., Cary  
919-319-9622  
<http://Cary.ChesterbrookAcademy.com>



A Nobel Learning Community

#### North Raleigh Country Day School

3 Years-4th Grade  
10200 Strickland Rd., Raleigh  
919-847-3120  
[www.NorthRaleighCountryDaySchool.com](http://www.NorthRaleighCountryDaySchool.com)



A Nobel Learning Community

Please call to arrange a private tour, or visit the school's website.

# 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](http://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](http://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](http://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](http://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](http://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.

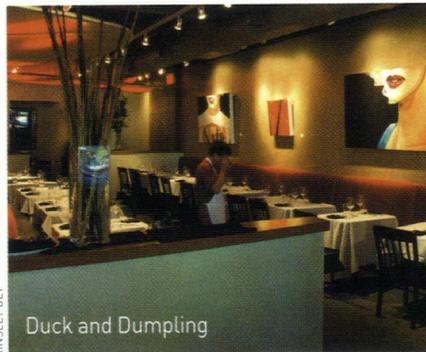
**THE DUCK & DUMPLING** – 222 South Blount St., Raleigh. 838-0085. [www.theduckanddumpling.com](http://www.theduckanddumpling.com). Overlooking Moore Square, this contemporary Asian Bistro is home to Chef David Mao's unique blend of Chinese and Vietnamese cuisine. Open for Lunch: M – F; 11:30am – 2:30pm, 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](http://glenwoodgrill.com). Triange 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](http://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.



Duck and Dumpling

**HERONS** – 100 Woodland Pond, Cary. 447-4200. [www.héronsrestaurant.com](http://www.héronsrestaurant.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](http://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](http://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](http://www.kinfinedining.com). Charles Meeceatien – 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](http://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](http://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 ingredients found (seafood, Aged Beef, poultry). Live your myth through essence.

**NINAS RISTORANTE** – 8801 Leadmine Rd., Raleigh. 845-1122. [www.ninasristorante.com](http://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](http://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.

**SAINT-JACQUES** – 6112 Falls of Neuse, North Ridge Shopping Center, Raleigh. 862-2770. [www.saintjacquesfrenchcuisine.com](http://www.saintjacquesfrenchcuisine.com). Owned and operated by French native, Lil Lacassagne-fine dining at its best. Voted “Best French Food in the Triangle- 2006 by *Citysearch*.” Lunch and Dinner server Tues- Sat.

**SECOND EMPIRE RESTAURANT & TAVERN** – 330 Hillsborough St., Raleigh. 829-3663. [www.secondempire.com](http://www.secondempire.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](http://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.

**UNO CHICAGO GRILL** – 8401 Brier Creek Parkway,

Raleigh. 544-6700. Enjoy original Chicago-style deep dish pizza along with a wide selection of appetizers, steaks, pastas, burgers and desserts. Kids Menu. Curbside pick-up. Open daily from 11 a.m.

**VINNIE'S STEAKHOUSE AND TAVERN** – 7440 Six Forks Rd, Raleigh. 847-7319. Treat yourself to all the luxuries this classic New York style chophouse has to offer. Certified Angus Beef, the freshest seafood available and an extensive selection of wines from around the world.

**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**

**CAFÉ PARIZADE** – 2200 W. Main St., Durham. 286-9712. Renaissance-inspired murals, colorful surrealist works of art and casually chic crowds feasting on

Mediterranean dishes. Lunch M-F 11:30-2:30, Dinner M-Th 5:30-10, F and Sat. 5:30-11, Sun. 5:30-9.

**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.



KINSLEY DEY

**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.

**VERDE** – 2200 W. Main St., Durham. 286-9755. New American Cuisine in a sleek and modern atmosphere.

**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

**CHAPEL HILL/HILLSBOROUGH**

**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.

**CROOK'S CORNER** – 610 W. Franklin St., Chapel Hill. 929-7643. www.crookscorner.com. "Sacred ground of Southern foodies," *New York Times*. Patio dining, weather permitting. Acclaimed Sunday brunch. Dinner Tues.-Sun. at 5:30, Sun. Brunch 10:30-2.

**GLASSHALFULL** – 106 S. Greensboro St., Carborro. 794-4107. www.glasshalfull.net. Downtown Carrboro'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 dinner, 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.

**RALEIGH SPY CONFERENCE**

**CIA'S UNSOLVED MYSTERIES:**  
**THE NOSENKO DEFECTION,**  
**DOUBLE AGENTS**  
**AND ANGLETON'S**  
**WILDERNESS OF MIRRORS**  
**MARCH 26-28, 2008**  
**NC MUSEUM OF HISTORY**  
**WWW.RALEIGHSPYCONFERENCE.COM**  
**919-831-0999**

*continued from page 15*

ing a selection of the best musical numbers staged by the school in the past 10 years.

ECU's popular Four Seasons Chamber Music Festival will play three programs in the restored theater in 2008 in January, March and April. The festival opens with a Jan. 9 performance featuring works by Schubert, Schumann and Franck; on March 26, pieces by Shostakovich, Elgar and Brahms; and on April 23, works by Mendelssohn, Brahms and ECU composer Ed Jacobs.

This summer, ECU's Loessin Summer Theatre series is expected to be staged at the Turnage Theater while renovations are under way at the McGinnis Theatre on campus.

Among other events, the theater is planning a Cecil B. DeMille film festival in February (DeMille lived a while in Washington as a child), and popular singers Lesley Gore, Janis Ian and Richie Havens will perform concerts Jan. 12, Jan. 25 and April 18. A musical revue, *100 Years of Broadway*, is set for Jan. 17-18, and the current edition of the Glenn Miller Orchestra is scheduled March 2.



**NC Museum of Art Director Lawrence J. Wheeler** was honored by the North Carolina Society of New York at their 110th Annual Dinner on Friday, December 7, 2007, in New York City. The Society annually recognizes an individual or individuals for contributions to the welfare, health and prestige of North Carolina and the nation through their service, their business or profession, or in the arts and sciences. Tony Award-winning costume designer William Ivey Long was also honored at the dinner. The North Carolina Society of New York was founded in 1898 to promote the common interests of Tar Heels in New York City and contribute to the welfare of the state of North Carolina. It is the oldest surviving state society in New York.

**Judy Martinez** of Raleigh and **Katy MacDonald** of Hillsborough were both hon-

**The tusk of a woolly mammoth** owned by George Howard — a Who's Who in this issue of *Metro* — was published in an article on *Nature* magazine's Web site, [www.nature.com](http://www.nature.com), as evidence of a giant explosion 13,000 years ago theorized to have created the Carolina Bays dotting Eastern North Carolina and other regions of the eastern seaboard.



Chumbley brings experience in the performing arts to his new position in Washington as a composer and conductor who has served as president and chief executive officer of the Arts Council of Winston-Salem and Forsyth County, general director of the Cleveland Opera and executive director and music director of the Atlanta Ballet.

A graduate of the North Carolina School of the Arts and the Juilliard School, he also oversaw the development of multi-venue performing arts complexes at the University of Nebraska and State University of New York-Buffalo.

Chumbley expects the theater project to

have a dramatic impact on Washington:

"If it's anything like what performing arts facilities have done in other cities, large and small, this should be a linchpin for Washington's redevelopment. It's already heightened restaurant attendance, and we are using up many hotel rooms," Chumbley says. "It's really going to be one of the catalysts that moves the renaissance along, just like Lincoln Center did in reviving the Upper West Side in New York City."

For additional information on the Turnage Theater, 150 W. Main St., Washington, call 252-975-1711 or see [www.turnage-theater.com](http://www.turnage-theater.com). **MM**

ored Dec. 11 for volunteering 1000 hours of service each to the Ronald McDonald House of Durham. According to the Durham Volunteer Center, 1000 hours of donated time equals about \$20,000 in donated wages.

♦ ♦ ♦

**Wake Tech President Dr. Stephen Scott** and educators and lawmakers unveiled the dedication plaque at the school's Northern Wake Campus on Dec. 18. The new campus opened for the current fall semester at more than 90 percent capacity on August 15, 2007.

The Northern Wake Campus offers curriculum (for credit) and continuing education courses. A third instructional building is currently under construction, and work on a fourth will begin next year, due to the approval of this fall's Wake County bond referendum.

The environmentally friendly Northern Wake Campus is the first all-LEED (Leadership in Energy and Environmental Design) college campus in the state and one of the first in the nation.

In a related announcement, pending final approval from the State Construction Office, Wake Tech announced that the school's new Public Safety Training Center

is set for its planned January 2008 opening. The Center, at 321 Chapanoke Road in Raleigh, will train law enforcement officers, firefighters, corrections officers and emergency medical service providers. It will be the first centralized center for training of this kind in Wake County.

♦ ♦ ♦

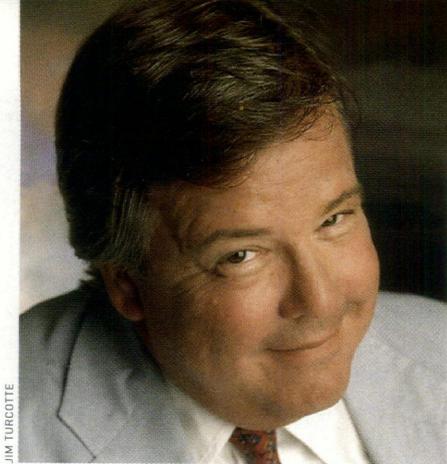
**The United Football League**, a new professional outdoor football league that will play during the fall season, is looking at the Triangle area as a future location for a UFL franchise. The League is scheduled to debut in August 2008.

The UFL is currently looking at 12 cities and will narrow those down to eight cities to host franchises. In an effort to gauge interest in the league and determine a city's support, the UFL has partnered with TicketRESERVE.com to allow fans the opportunity to show their support for the league and reserve the opportunity to purchase season tickets if a team comes to Raleigh.

There is no cost to make a reservation and no obligation to buy tickets if Raleigh is awarded a team. Go to [www.ticketreserve.com](http://www.ticketreserve.com) and click on UFLRALEIGH, the promotional code for Raleigh. For more information on the league, visit [www.ufl2008.com](http://www.ufl2008.com).

# My Usual Charming Self

by Bernie Reeves



JIM TURCOTTE

## THE TRUTH BE TOLD: THE REAL STORY OF JOE MCCARTHY

It's like finding out you've been cheated by everyone you know. And they have all been lying about it for a long time. The deceit and dissembling required to maintain the devious conspiracy becomes an ersatz reality comprised of lies. Even when the truth is revealed, the effort of the conspirators carries a potent influence. It's hard for others to accept that it happened. Even after full disclosure, the attraction to the intricacy of the deception lingers. The truth may be finally free, but it flies hesitantly.

This is how it happened with the saga of Senator Joseph McCarthy, besides Hitler and

Stalin the most maligned figure in the modern era, a veritable Beelzebub everyone loves to hate. To discover that McCarthy was the victim of a massive campaign to discredit him, rather than the other way round, takes some time to absorb. But it turns out McCarthy didn't ruin lives – it was his life that was destroyed by a big lie designed to protect a cadre of despicable traitors unprecedented in US history. Everyone seemed to agree that McCarthy was “tearing the nation apart” with his false accusations that departments of government – even the US Army – were infiltrated with Soviet Communist agents. The nation was indeed torn apart, but not by McCarthy. It was the ideological forces against him who won the day, and wrested control of the future political debate that still divides the country.

From the 1950s to today, political and intellectual conspirators have made hating McCarthy a national pastime. Young people don't know who Winston Churchill is, but they can orate confidently on McCarthyism. It's a helluva an achievement when you think about it. Not only has the radical Left destroyed learning in the process, they've deleted the accepted facts of Western history and replaced it with political sociology of their own making.

In this environment – the prevailing one in education today – Thomas Jefferson and the

“founders” are racist white male pigs, but the Communists who spied on America right under our collective nose – working in our own government on behalf of the Soviet Union – are well-meaning heroes. Some have even been beatified as martyrs, including Julius and Ethel Rosenberg and Alger Hiss. These so-called “innocents” are praised in today's culture as heroes, victims of a fascist, imperialist America. Genuine achievers are consequently maligned by the revisionist historians as enemies of the people.

### THE WHEEL OF HISTORY TURNS

In 1995, the NSA and CIA turned the wheel of history toward the truth by declassifying the Venona files, intercepted messages from Moscow to their American agents from 1942 until 1964. And lo and behold there they are: Julius and Ethel Rosenberg, Alger Hiss, Harry Dexter White, Lachlan Currie and hundreds of other American Soviet agents working for the US government – code names and all. Not only were these alleged victims guilty, they and their apologists made fools of us all. Yet, what followed in the national press after Venona was resounding silence.

After Venona sank in, despite violent opposition by the usual suspects, some of the more rational members of the intellectual Left – such as the venerated historian Arthur Schlesinger Jr. – opined that McCarthy may have been right after all, but he was a bad person and he did great harm to innocent people. Then it was back to the same shopworn clichés, such as “McCarthy didn't uncover one communist”. Actually, according to Venona, he was way short in his estimations, but the anti-McCarthy propaganda machinery churned on to be sure history goes their way. Recently, George Clooney's nifty propaganda stunt in the film *Good Night and Good Luck* was an example of the conspiracy to continue to malign McCarthy in the light of Venona, allowing the smug anti-McCarthy fellow travelers to sweep the facts under the rug and move on in their obsessive manipulations to protect their own.

### FINAL VERDICT

And that's where things stood until November 2007 with the publication of *Blacklisted By History: The Untold Story of Joe McCarthy And His Fight Against America's Enemies* by M. Stanton Evans, columnist, editor and former director of the National Journalism Center in Washington, DC. Drawing on previously classified FBI and governmental files – and new information available from Venona – Evans

upends the McCarthy myth and turns the tables on the real guilty parties: Presidents Truman and Eisenhower; a majority of Congress; heads of several government agencies; lawyer Joseph Welch (who hurled the famous words at McCarthy: “have you no shame”); and media icons from the 1950s and 60s, including Drew Pearson and Jack Anderson. Even Ben Bradlee – who went on to fame as the editor who fanned the flames of Watergate – is not spared by the facts uncovered by Evans.

The panorama of the McCarthy Era comes to life in the book, as does the dirty deeds by those who betrayed the public trust by maligning McCarthy to cloak the massive penetration of the US government by the Soviets via their American operatives. While Venona proved that “McCarthy was right”, *Blacklisted By History* demonstrates in exact detail that his enemies – our enemies it turns out – created a false portrait of McCarthy that continues today with passionate participation from newly minted detractors.

Evans and his book serve as existential locks in the canal to truth. First comes nausea, followed by anger when the awful reality sinks in. The American political dialogue from the mid-20th century has been dominated by the events of the McCarthy Era. The continuing anti-American harangue that continues to serve as the platform of the Left was born and nurtured in the campaign against McCarthy. The manipulation of US China policy in the 1930s and 40s by the Soviet-influenced American operatives – resulting in the victory of communism and the genocides of Mao – was applied to US efforts to stem the Red tide in Vietnam, resulting in defeat due to political manipulation on the home front by the very same ideologists. The torrent of hate directed against President George Bush over the war in Iraq sprang from the same well, waiting and warming in the oven of the McCarthy Era.

It is sad to realize that none of this would have happened, thus sparing us the past 50+ years of political distortion, if government intelligence agencies had released the Venona transcripts during the string of congressional hearings investigating the infiltration of Soviet-American agents in nearly all US government agencies during the McCarthy Era. If the evidence was made available, McCarthy would be a hero rather than a pariah “blacklisted by history. Instead, as is usually the case, history was manipulated and public policy stained due to the intelligence community's obsessive desire to keep their secrets – no matter the consequence to the well-being of the nation. ■■■

# your heart your health

This February, make a promise to yourself to give your heart a little TLC. Join us for the **2008 Healthy Heart, Healthy Life: A Focus on Women—Red Dress Tea** to learn about your risk factors and how to protect your heart.

**SATURDAY, FEBRUARY 16**  
**9:30 AM – 2:30 PM**  
**BRIER CREEK COUNTRY CLUB**  
**RALEIGH, NORTH CAROLINA**

- Expert advice from Duke cardiologists
- Health fair
- Red Dress fashion show
- Tea featuring heart-healthy finger foods
- Featured presentation by Traci Todd of Thyme for Tea
- Mistress of ceremonies: Pam Saulsby, WRAL-TV news anchor

Register: 1-888-ASK-DUKE  
Cost: \$25, payable by cash or check at the door

*"Never in a million years would I have thought this would happen to me at such a young age. I'm here to say that heart disease attacks all ages and races."*

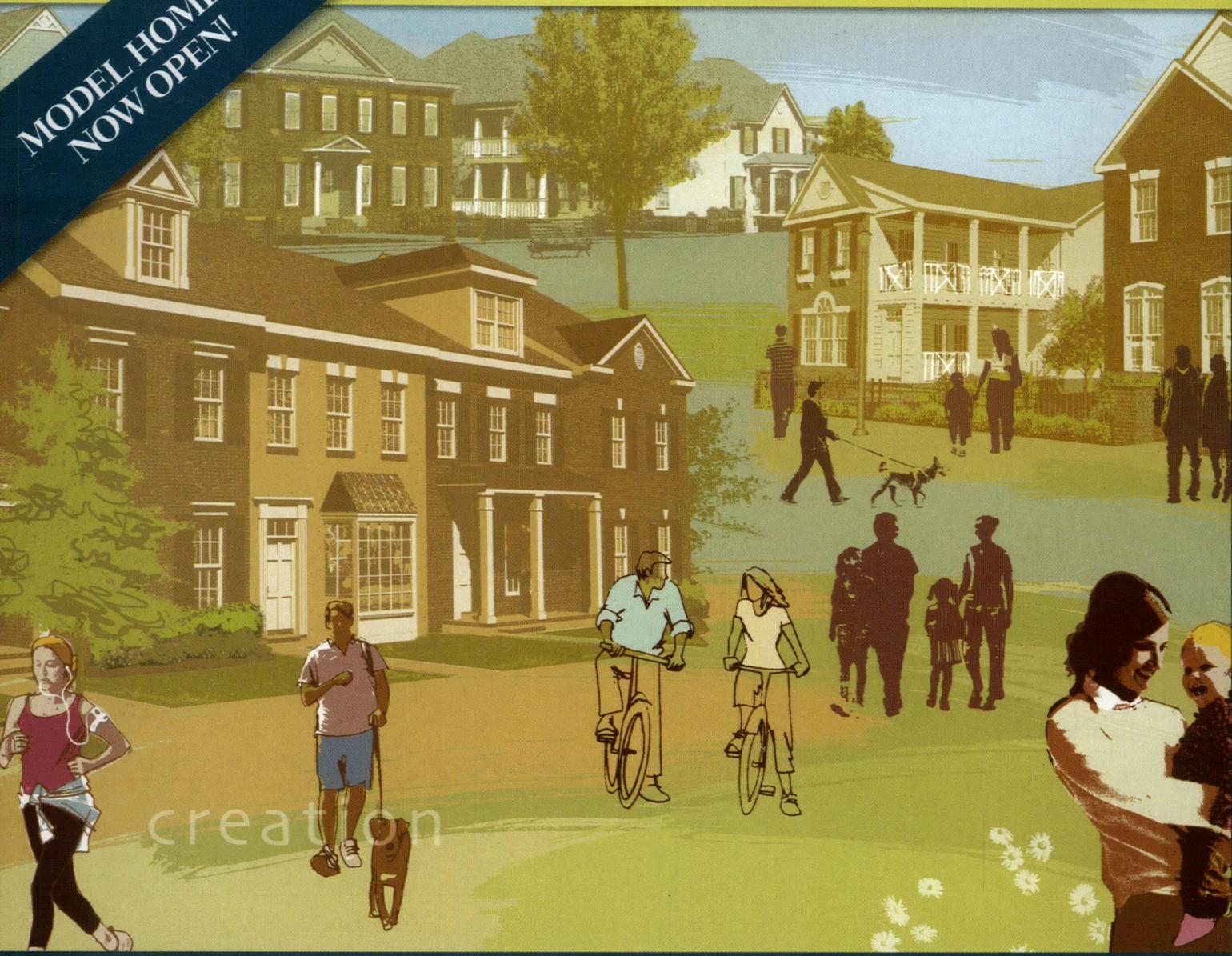
**TESCA KINARD,**  
MOTHER OF TWO,  
HEART FAILURE  
SURVIVOR



**Duke Heart Center**

To learn more, visit  
[dukehealth.org/healthyheart](http://dukehealth.org/healthyheart).

MODEL HOMES  
NOW OPEN!



## Diverse Designs And A City Vibe

Experience life at Renaissance Park, a community in the heart of Raleigh with a friendly neighborhood setting. Renaissance Park provides a selection of Federal, Georgian and Colonial-style townhomes priced from the \$140s, single-family homes priced from the \$250s and custom homes priced from the \$300s, with architectural influences such as Greek Revival and Victorian, giving you a truly individualized living space. Enjoy a community clubhouse with fitness and pool facilities. Immerse yourself in its distinct culture and beauty, while living close to where you work and play. For more community information, view [Metro.RenaissancePark.com](http://Metro.RenaissancePark.com) or call 919.779.1277.

### DIRECTIONS

*Take Dawson St. heading away from Downtown. Continue on S. Saunders St. and merge onto S. Wilmington St. Continue for one mile. Turn right on Tryon Rd., then right on Junction Blvd.*



RENAISSANCE  
PARK

Signature Communities. Ideal Opportunities. Wakefield Development Company | Search Communities at [WakefieldNC.com](http://WakefieldNC.com)

Void where prohibited by law. Artist's renderings, photos, amenities and prices are based upon current development plans and are subject to change without notice.

