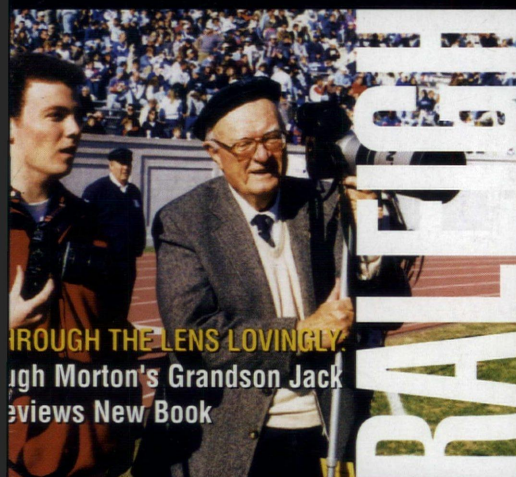


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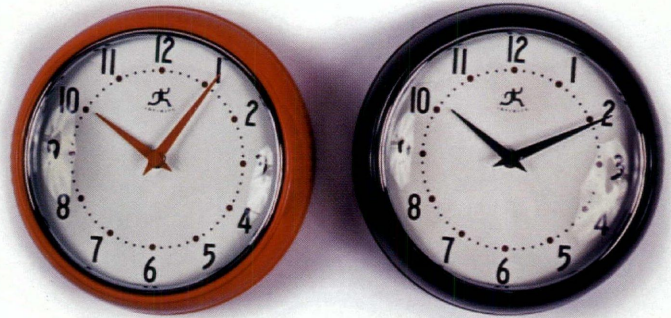
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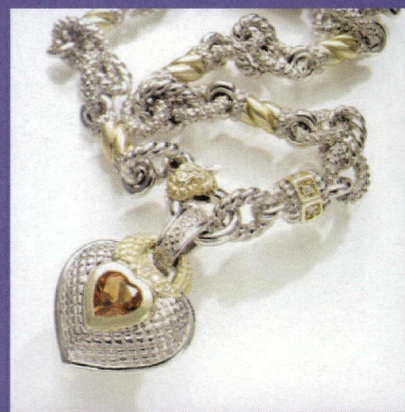
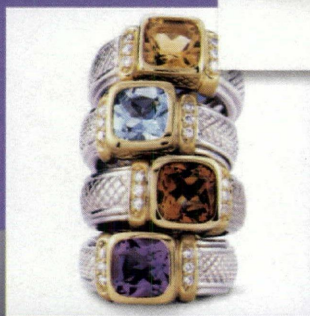
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PUT A BOW ON THIS ONE

The right word for Hugh Morton is ubiquitous... He's literally been everywhere and known everyone of significance in North Carolina over the past 60-plus years. And so has his camera. From amateur shutterbug in the 1930s, combat news photographer during World War II, owner and promoter of his beloved Grandfather Mountain in the Blue Ridge Mountains, self-appointed tourism impresario for the state, and incarnate Tar Heel who knows and loves the people of the state, Hugh Morton has just about seen and photographed it all. We are honored that "Rhapsody in Hugh: My Grandfather and His Camera," Hugh Morton's Christmas gift to North Carolina, is reviewed in this issue by his grandson Jack Morton, who brings us a poignant and insightful review of his granddad's accomplishments and contributions.

Gracing the road a bit east of Raleigh is one of the only continuously occupied plantations in the region, Midway, now the home of Charlie and Dena Silver, who have worked to maintain and restore the grace and charms of a home that has witnessed momentous events in our history. Diane Lea discovers that Christmas at Midway accentuates the season with stories to tell and people to remember.

Yikes! It is indeed Christmas and we're all in a panic. But *Metro* is here to help with the best advice for making it through the holidays. Wine writer Barbara Ensrud picks the right wines for feasting on fowl, Maudy Benz suggests holiday drinks with the "spirits"

of the season (and goes to cooking school to hone her culinary skills), Art Taylor and Arch T. Allen review books suitable for giving, Louis St. Lewis says gimme art under the tree, Molly Fulghum-Heintz recommends what to wear in a party mood, Carroll Leggett recommends the perfect gift, a subscription to *Metro*, PVV interviews the man behind the Messiah at Duke Chapel (along with ideas for giving the gift of music) and Frances Smith has a sleigh full of seasonal offerings in Preview.

Yet the holidays bring panic on New Year's Day. "What has happened to my body?" we hear you cry from the Triangle to the Coast. Never fear *Metro* is here with a complete guide to fixing you up for the grueling year ahead with exclusive stories from cosmetic acupuncture to cosmetic surgery. Whether its varicose veins, crooked teeth, the need for a little "lift" here and there—senior editor Rick Smith has done the work for you so you can decide just which you is you.

However you spend your holidays, remember to keep the Christmas spirit even if it kills you and meet us here for our January 2004 issue and get a fresh start on the New Year. We will present our selection of Who's Who in the region and our accomplished writers will review what was in and what was out in 2003.

See you then and remember, a gift subscription to *Metro* is the gift that really does keep on giving all year long.

—Bernie Reeves,
Editor & Publisher



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Correspondence

DON'T CRY FOR ME, NORTH CAROLINA

Re Hal Crowther's letter ("The Imaginary Martyrdom of Doug Marlette") complaining about Kristy Shumaker's profile of me in your October issue: I'm flattered that he thinks I am capable of duping seasoned reporters—not only Shumaker (the daughter of one of the state's most revered journalists, Chapel Hill's legendary UNC journalism professor, Jim Shumaker) but also all those who wrote about the Bridge controversy in *People*, *Entertainment Weekly*, *Spectator*, *Charlotte Observer*, *Raleigh N&O*, *Durham Herald-Sun*, and *Greensboro News-Record*—into carrying water for little old me. No, even better, that I convinced one journalist after another that there had been a campaign against me—a canceled book signing, nasty reviews posted on Amazon, an anonymous poem my wife took as a death threat—when all of that was nothing but my own paranoid delusion. Shucks, Hal, you're just sayin' that.

Since Crowther cites a letter I wrote to him as "evidence" that I concluded he had no role in the campaign, I urge any of your readers hungry for more (as Crowther put it) "News of Doug" to judge its contents for themselves. The letter is posted on my website: www.dougmarlette.com

Doug Marlette
Hillsborough

PAYING THROUGH THE NOSE FOR INSURANCE

In reference to "Drivin' Along in My Automobile" by Bernie Reeves in the November issue, my experience has been that insurance is great but not when you need it. We pay through the nose for the right to argue

with the company to get what is due to us, only to give up and take what they give us. I had one stolen, and we never found it. I think that some terrorist is driving it in Iraq. Good article, *Metro* is just great.

Doug Pearce
Raleigh

(The following letters were stimulated by Metro's bird's eye view of education and by George Leef's review of the books *Who's Teaching Your Children* by Vivian Troen and *Katherine C. Boles* and *Breaking Free* by Sol Stern—all in Metro's November issue.)

SCHOOL NOT TOTALLY TO BLAME

I did not read the entire article by George Leef, but I am sure that much of what he says is true. However, it is my fervent belief that the schools are not entirely at fault. If children came to school properly prepared, many of the problems that are blamed on teachers and schools would not exist.

What do I mean by properly prepared? There are two ways for parents to prepare their children for school.

I used to think that if a child started kindergarten or first grade knowing his letters, numbers, shapes and colors, he would get off to a flying start in reading, etc. I now realize from articles I have read and my experiences with children and grandchildren, that a child's brain circuits are formed in the first five years of life. The child who learns multiple languages, hears classical music and learns to read at an early age, will have a better capacity for learning for the rest of her/his life than will a child whose education starts later. In 1997, Tim Simmons, staff reporter for the *Raleigh News and Observer*

Bernie Reeves
Editor and Publisher

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and another reporter put together a wonderful series entitled *2little2late*. When I was working at Duke Medical School, I tried to get the medical students to read that article. Tim Simmons later wrote another series about the education gap between white and minority children. Of course, most of the responsibility for the problem was placed on the schools, but by reading between the lines, or maybe just reading the right lines, one could see that the teachers were not the problem. Lack of parental support of the child and schools is the problem. There is much on the Internet about Early Childhood Development, but the best I have found is called "Parents as Teachers," www.patnc.org/.

If "Parents as Teachers" had the support of a charitable foundation, or if it had the support of the government, it would turn our education system into one that could compete with the best in the world.

The other way in which children need to be prepared is that they need to learn discipline. I think that all the Ritalin and other drugs could be done away with if children were properly trained. If a child were taught proper respect for authority, classrooms would be places of learning instead of places of havoc.

I have a theory: When schools were integrated, if they had put a black and white teacher in each classroom, our schools would be much better now. I remember what good disciplinarians black teachers were in the South. They were tougher than the Catholic Nuns were that I had for eight years. Many children will try any trick to get their way. Pulling the Race Card is a popular trick for little black boys. They would not have gotten away with that if a black teacher had been in the classroom, and the classes would have been more orderly. We need such discipline in classrooms, but we need such discipline in the home first.

*Hank Macknee
Durham*

A CONCERNED TEACHER SPEAKS OUT

I came upon *Metro Magazine* as part of Roadrunner's "Around Town North Carolina" segment on my Internet connection. I would like to hear more about your magazine.

More importantly, however, is my concern over the article that you published in the November 2003 issue regarding the George Leef news from the classroom. From where did this article originate? Is this article discussing things going on in North Carolina classrooms (particularly, Wake County classrooms)? If so, from where was the data derived? What a dis-



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mal picture this paints of what is going on in classrooms (at least in Wake County). My experience (yes, I am a teacher; am in an elementary setting; am in Wake County; am working with dedicated teachers; have a BA and MBA from Duke University; am a believer in students taking part in their own learning, etc.) is much different from what the author is describing in his two segments. The first segment (referencing Heather McDonald) is discouraging because it pigeonholes teachers as people who can do nothing else and denigrates teacher-preparation programs at universities. I suspect if you ask professors at Meredith, UNC-CH and UNC-Wilmington about their teacher-preparation programs, they will see things much differently. As for the third "trilemma," we don't even have an opportunity to hear about it. I do agree that private sector promotion and compensation in an educational setting is inappropriate. However, I also believe, as has been proven in the private sector, that mentoring programs by "master teachers" is an effective way to help inexperienced teachers learn and grow. Are there multiple positions tugging at the educational system? Of course there are. Is there a limit of money? Is there a limit of time? Is there a limit of resources? Do students (as well

as teachers) have too much on their plates? Does the system need to get better? Of course the answer to all of those questions is "yes!" Is this kind of article something that is going to make the stakeholders work better together to obtain that goal? I truly believe the answer to that question is "No!" I am proud of the staff with which I work. I am proud of Wake County as a school system, with an amazing amount of diversity with which it is dealing. I am even more proud of students and parents who work with their teachers to make education as connected, beneficial and user-friendly as it possibly can be.

As for the second article, about Unions: I guess that wasn't directed to North Carolina teachers since we don't have unions. However, regardless of unions, the article is misleading. First of all, a dress code for teachers does not impact teachers' influence on students. Even corporate America has a casual dress code, as does the church I attend. I don't lose respect for God because I am in casual attire. As for walking around a classroom rather than standing in front of students giving instruction, I know that you have heard or seen the chart/poster of how people learn best (I don't have it in front of me but will forward it to you if you would like). It gives little credence

to hearing, a little more to reading and a whole lot to doing. The effective teacher is acting as a facilitator a great deal of the time—entering into discussions with students who are actively solving problems (real world). The reference to the garden example is perfect. How better to get students to integrate all of the things they are learning (multiplication, perimeter, area, problem solving) than to attach it to something that is real. Lots of people have gardens. As far as multiculturalism, let's face it, we are a multicultural society. Learning to work together is one of the main things corporate America is asking from educators—"We have to have problem-solving teams." Schools have answered that challenge through flexible grouping strategies that allow students to work with a multitude of other students.

Does the voucher system work? I guess it does for parents who want to move their kids. Mostly the voucher system is implemented when school standardized tests aren't where parents want them to be. It isn't typical (I don't think) that parents move students to get "rote memorization" as the standard instruction.

Parents want the best for their students. That is as old as the Constitution. I believe that if someone talked to the kids about the kinds of experiences they are having in their class-

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rooms, they would find that engaging, interactive, less teacher driven activities are the ones students remember and from which they learn.

Education, at least in Wake County, is alive and well and I am proud to be part of it.

*Carolyn Williams
Wake Forest*

THINGS YOU FORGOT

Things you forgot are—the pay they get for what—the parent who have broken the family and do not have time for their own kids—forget their responsibilities—the liberal “non God agenda” (we’ve thrown Him out)—and on and on. BUT YOU blame the teachers—where are America’s priorities—worshiping the created instead of the creator—turning parents’ responsibilities over to television—preaching tolerance instead of responsibility, discipline and rules/consequences. Lay the blame at the doorstep of where is should be!! It is not the teachers.

*Doug Auld
Cary*

WE DON'T SKIP THE BASICS

Mr. Leef’s article about this “new age” education was almost humorous to me. Unfortunately, here in Durham, we don’t have time to paint pictures about how we feel, or let writing go uncorrected as Leef apparently assumes that teachers do. I’m not sure what schools he was referring to, but thank goodness it wasn’t ours. His generalizations about teachers were rather disgusting. The “Whole Language” approach to reading, by itself, is unheard of. If I asked any teacher at my school, they would say the same. And throwing basic facts out for “real math”? That’s ridiculous. Of course it’s great when math can relate to the world around the students, but who skips over the basics? No one I can think of. I must be incredibly blessed to be at a school where apparently we are doing a whole lot of things right!!

*Brittany Burton
From the Internet*

CORRECTIONS

In our November issue, the Gourmet column, “Chef Brian Stapleton Takes Carolina Inn Dining to New Heights,” carried the wrong by-line. Moreton Neal wrote the story, not Maudy Benz. Metro editors regret the mistake.

On the cover of the October issue, photographer Andar Sawyers was not given proper credit for his picture of Doug Marlette. We regret the error.

	
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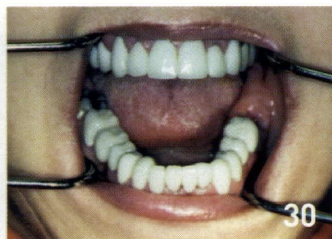
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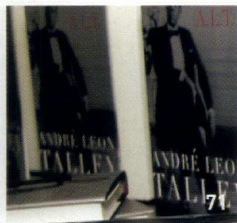


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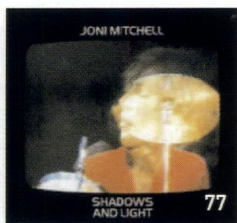
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Holy, holy, holy

SECRETS OF STATE

Garden Expert to Speak in Raleigh

May Brawley Hill, noted author, lecturer and expert on gardens in the United States and around the world, will speak to the Capital City Garden Club, 10 a.m., Wednesday, January 21, to introduce her latest book: *On Foreign Soil: Gardens of Americans Abroad* (Abrams, 2004). The event will be held at the North Carolina Museum of History auditorium, 5 E. Edenton Street in downtown Raleigh.

Hill, a graduate of Salem College with an MA from New York University in 19th-Century European Art, has authored dozens of articles and published three books on gardens and garden notables. She serves on the boards of the Horticultural Society of New York; Wave Hill Friends of Horticulture; the Fort Ticonderoga Association of New York; the Garden Conservancy and the Warren Land Trust of Connecticut.

The lecture and book signing are open to the public. Cost for the event is \$35 per person and includes a pre-lecture coffee beginning at 9:30 a.m. Call Molly Rohde at 919-781-3456 or Nickye Venters at 919-821-5533 for more information. Send checks for reservations to Martha Underwood, 828 Vance Street, Raleigh, NC, 27608.

The non-profit Capital City Garden Club contributes to Raleigh area gardens and spaces. Raleigh *Metro Magazine* is media sponsor for the event.

Raleigh Fine Arts Call for Entries

The Raleigh Fine Arts Society is accepting submissions from artists for the 26th Annual Raleigh Fine Arts Artists Exhibition. This year's exhibition will be February 29-April 4 at Meredith College in the Gaddy-Hamrick Art Center. North Carolina residents, college and university students and faculty are eligible to submit two original paintings, sculptures, prints, drawings, photographs or crafts—executed within the last two years. This year's exhibition will be juried by Jeff Fleming, senior curator at the Des Moines Art Center.

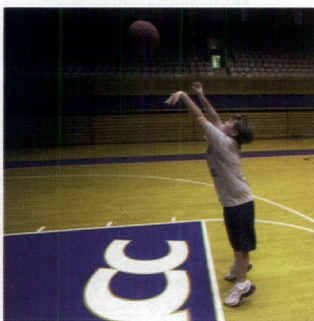
Entry fee is \$25 and should be mailed with slides and entry form. For prospectus and additional information call Martha Michaels at 919-839-2096 or go to www.rfas.cicada.com. All slides must be postmarked on or before January 5, 2004.

Hoop Dreams: Kids with Cancer Got Game

There is no doubt about it, Mike Zeillmann has game. And children fighting cancer are getting the benefits.

Zeillmann has played college basketball, coached high school teams at Durham Academy and a girls' Amateur Athletic Union team known as the D.C. Starz. But nothing about coaching has struck at his heart like working with children who are battling with cancer yet still want to play the game.

"I adore working with kids, but I've never done anything like working with kids who have cancer," said Zeillmann, who runs the Hoop Dreams Basketball Academy in Durham. "I never thought it would be this rewarding. The experience has been phenomenal."



William Smith, 10 years old from Raleigh

Zeillmann coached at Durham Academy before starting his Academy for private skill lessons two years ago. One of his AAU players, Sara, is the daughter of Dr. Henry Friedman, a neuro-oncologist at Duke University. Friedman helped set up a nonprofit corporation after being impressed by Zeillmann's coaching skills and determination to help children.

Working in partnership with UNC Hospitals, Zeillmann began offering coaching this past summer to children struck by cancer. Players were referred to him by Julie Blatt, who heads the Division of Hematology-Oncology at UNC. He now has worked with five girls and five boys, several of whom are afflicted with brain tumors. One is

fighting leukemia.

Zeillmann has big plans for Hoop Dreams in addition to working with cancer patients. The foundation's board is led by Brett Butters, son of Tom Butters, a former athletic director at Duke. Brett's wife, Nancy, also is involved in the program. Hoop Dreams plans to build a gym where Zeillmann can work full time.

"Finding time in gymnasiums is difficult," Zeillmann said. "We want to get our own gym started."

The academy already has received pledges of \$500,000 and has an option on 25 acres of ground. Anthony Dilweg, a former Duke football player and now a real estate developer, is a member of the board and has pledged to build the gym at cost. Also on the board is Kirk Michel, a former Northwestern University football player who owns a bed and breakfast in Hillsborough. His daughter, Leigh McAdams, plays for Zeillmann's AAU team. John McAdams, a developer, also sits on the board and has a daughter, Lindsay, who plays for the Starz.

Zeillmann wants to reach out to other children with other health problems as well. He said he would always have a special place in his heart for one of the girls fighting cancer who had trouble even bouncing a basketball when she started. "Now," he said proudly, "she can dribble three at a time."

Contributions to the program can be sent to Hoop Dreams Basketball Academy, c/o Kirk Michel, P.O. Box 880, Hillsborough, NC 27707. You can reach Hoop Dreams Basketball Academy at 919-479-6069. For further information, call 919-668-6422 or email Nancy Butters at butte004@mc.duke.edu.

—Rick Smith

College Academic Standards Examined

"What Has Become of Standards in Higher Education?" was the theme of the John William Pope Center for Higher Education Policy annual conference on academic issues held Nov. 1 at the McKimmon Center on the campus of NC State University in Raleigh.

George Leef, conference organizer and Director of the Pope Center explained that the annual conference had "a long gestation period" going back to the 1980s when professors began sensing downward pressure on

academic standards as more and more 'disengaged' students enrolled in college—students who wanted a degree, but had scant interest in learning."

Stephen Balch, president of the National Association of Scholars, delivered the opening address, "Academic Mission and Academic Standards," discussing the "pernicious trends in higher education away from the pursuit of truth and knowledge," said Leef.

Professors Thomas Reeves and Roger Lotchin analyzed the decline of undergraduate history teaching; professors John Hubisz and John Wenger addressed the decline of standards in math and science; and professors Paul Cantor and Thomas Bertonneau offered their views on the degradation of the teaching of English.

Professor Valen Johnson presented his findings on grade inflation and professors Ron Link, Larry Wollan, and Mike Adams discussed the lack of intellectual diversity on many American campuses and the growing intolerance for people and ideas out of the liberal "mainstream."

Peter Wood, professor of Anthropology, Boston University, and author of *Diversity: The Invention of a Concept* (reviewed in *Metro*, July 2003) gave the keynote luncheon address entitled "Loosestrife—The Flowering of Imbecility in American Education." After his talk, Wood received the Pope Center's Caldwell Award for leadership in higher education.

For more information go to the website at www.popecenter.org.

The New Hope Valley Opens in Durham

In late October, after 10 months and a little more than \$2 million, Hope Valley Country Club in Durham reopened with praise for Brian Silva, the Uxbridge, MA, designer who directed the restoration of the 1926 Donald Ross-designed classic golf course. The new Hope Valley demonstrates Silva's skills and reputation as a leading specialist for Ross and other vintage course makeovers.

Silva's main assignment was to give the old course a new set of greens more in line with Ross' original vision. Gone are the fickle slopes and the buried elephants that were famous for turning good shots into showers of profanity. These, it should be said, were not of Ross' making, but were mostly the

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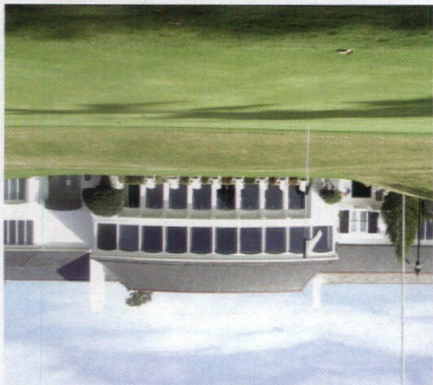
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product of an ill-considered remodeling project in the early 1980s. By contrast, Silva's new greens are much larger with many new subtle breaks. Silva also created expansive chipping areas around the greens that require a deft touch and plenty of imagination. Greenskeeper Roy Mashburn plans to have the new bent-grass greens at just under Tour speed in the spring, offering golfers the truest test of the Silva changes.



Hope Valley Golf Club, Durham

In the re-design, Silva removed more than 350 trees that used to frame the greens and tee boxes on most of the holes. This caused considerable consternation among the amateur arborists of Hope Valley's old guard, but the result is clearly salubrious. For one thing, the old trees kept the greens in shadow for too much of the day, creating patchy spots and uneven surfaces. More important, the trees kept golfers from seeing—and fully appreciating—the shape of the holes. Now, with the new unobstructed view, there is a better picture of the beauty of Ross' routing and the genius behind it.

The old Hope Valley was a Ross classic that embodied the best elements from the Golden Age of golf architecture. The new Hope Valley is a loving restoration that remains true to the Ross legacy while updating the course for the modern game. The old Hope Valley was Ross at the peak of his powers. Today, it is Silva at the peak of his. —Jim Hughes

Susie Jones Remembers

Susie Jones of Raleigh has written a delightful reminiscence of her childhood in Burgaw and Carolina Beach and her experiences in New York City, including a stint at Gimbel's as a buyer and appearances Off-Broadway as a singer and dancer. She returned to North Carolina and married Dave Jones, long-time General Manager of the *News & Observer* before its sale to the McClatchy chain of newspapers in the mid-1990s.

News & Observer veteran columnist AC Snow calls *When the Moon Stood Still* a "simple, disarming narrative. ... This absorbing story had me hooked from the first page."

To order copies (for Christmas perhaps?) contact Casablanca Associates, 755 Beckanna Apartments, 3939 Glenwood Avenue, Raleigh, NC 27612.

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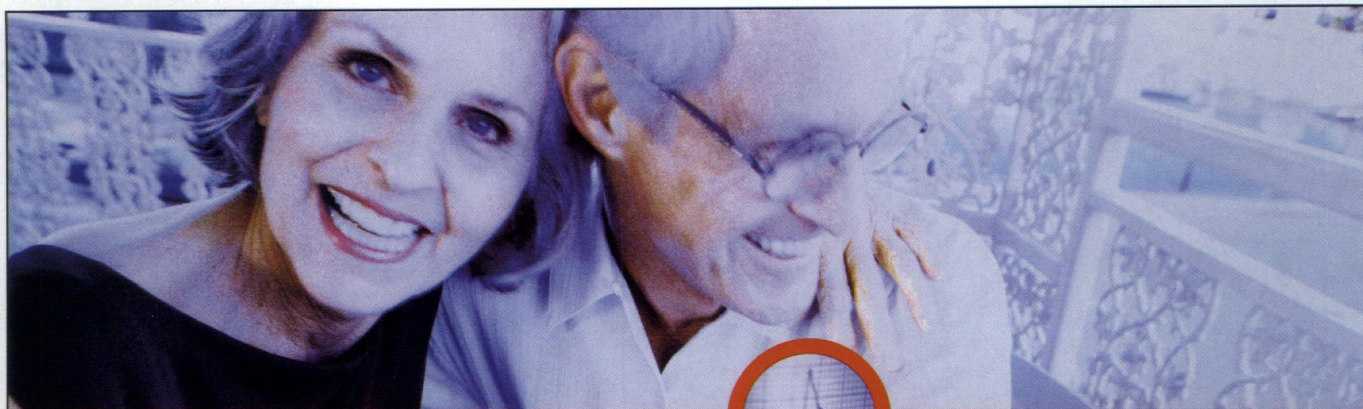
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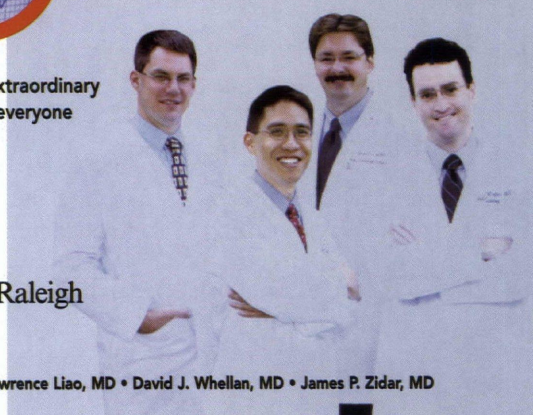
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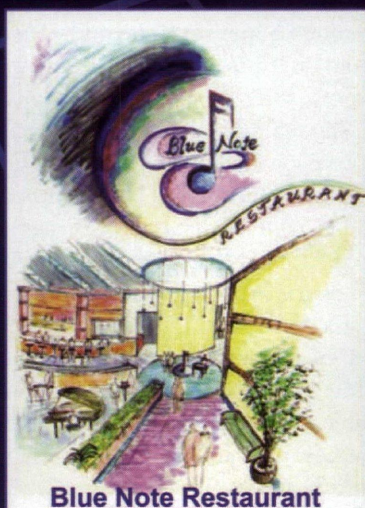
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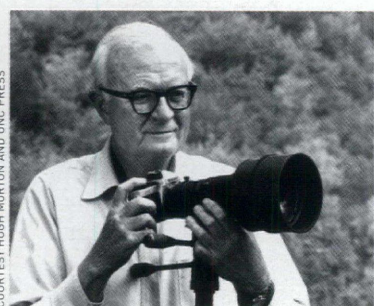
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Rhapsody in Hugh...

my Grandfather and his Camera

By Jack Morton



COURTESY HUGH MORTON AND UNC PRESS

Hugh Morton has a knack for reaching people at their innermost core with his gentle, caring ways. His beliefs, photographs and family business are all extraordinarily meaningful to different people for a variety of reasons, and seemingly everyone he knows or meets has a desire to thank him for the singular way in which he has touched their lives.

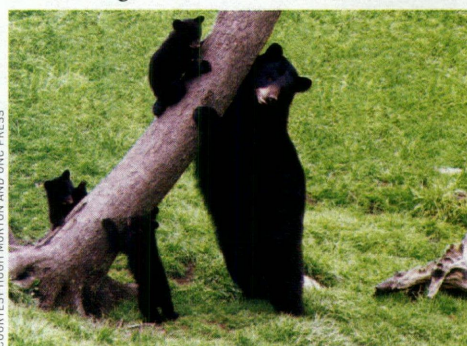
My first vivid recollection of seeing my Granddad taking a photograph takes me to 1983. I was 5 years old with a runny nose on a cold Linville day, and we were perusing Grandfather Lake in my grandparents' electric-powered boat. My hooded, burnt orange ski jacket wasn't providing nearly enough comfortable warmth on the blustery day, and, in typical fashion, Hugh Morton captured the moment like no other photographer can. The framed, colorful image of my hooded face and runny nose has graced a wall in their den ever since, an image that will never stray far from my memory.

My Granddad, now 82, is a remarkable man. His years as a photographer are a timeline of the unique history of North Carolina and the United States since the mid-1930s. Images from his lenses have graced a variety of covers, from *LIFE* Magazine in 1947 to the *Rand McNally US Atlas* in 2000 and a plethora of published photographs in between. His first published photo appeared in a North Carolina tourism ad in *Time Magazine* in 1935; he was 14 years old. He has photographed a pantheon of notable figures including MacArthur, Kennedy, Sinatra, Jordan and Clinton. He had the vision in 1952 to convert a family inheritance of rugged land into one of the Southeast's most recognizable tourist attractions, maintaining its natural beauty in an era when neon signs serve to lure the vacationing family. My Granddad is deeply loyal in his stance on environmental issues, and his determination to fight acid rain, preserve natural beauty, and move the Cape Hatteras Lighthouse has inspired everyone from politicians to ordinary citizens who appreciate their state and its beauty. Hugh Morton has a knack for reaching people at their innermost core with his gentle, caring ways. His beliefs, photographs and family busi-

ness are all extraordinarily meaningful to different people for a variety of reasons, and seemingly everyone he knows or meets has a desire to thank him for the singular way in which he has touched their lives.

THE MOUNTAIN

The Linville area and Grandfather Mountain's craggy peaks have served as an escape for members of my family for 118 years, even before Grandfather Mountain opened for business in 1952. In an effort to develop a quaint mountain town, my great-great grandfather Hugh MacRae founded the Linville



COURTESY HUGH MORTON AND UNC PRESS

Over the years, Jane the Bear had fourteen cubs—a record for the Grandfather Mountain habitat.

Improvement Company in 1889, and my relatives have been heading to the high country ever since. It was a special opportunity as a 6-year-old to take my Cub Scout troop from Greensboro to the Mountain for a weekend of camping and hiking that included a chance to play with bear cubs, a common event in our family. Being a part of the habitat with these creatures was an exciting treat and still is today. Every member of our family and numerous celebrities and public figures have crossed the threshold for the sake of a memorable photograph.



COURTESY JACK MORTON

This was not the first time, however, that I had snuggled with the fuzzy youngsters. In 1983, my Granddad, always cognizant of creating the memorable and unique, thought it a notable advertising opportunity to show a youngster playing with a bear cub in television spots for Grandfather Mountain. My introduction to the viewing audience was, "Do you like bears? I love bears! They have lots of bears at Grandfather Mountain!" The idea was good and the commercials were very funny and memorable, but were never televised. With sound advice from others and wisdom of his own, my Granddad feared that viewers would somehow interpret the ads as a promotion for children interacting with wild animals. He didn't want to mislead anyone, even at the expense of not using an extremely creative advertising opportunity in the process. That genuine care for the public and potential visitors to Grandfather Mountain is a quality Hugh Morton exudes, a virtue that helps support

his footing as one of the country's finest travel and tourism minds. Constantly searching for the new and unparalleled, the man who conceived the Mile High Swinging Bridge 51 years ago continues to astound his family, friends, the media and public with his flexibility in accepting change and his knack for embracing modification as an opportunity to improve and advance. It may sound odd to refer to a man with one replaced knee as "flexible," but my Granddad has an open mind to everything new and different, and this acceptance is unequivocally related to Grandfather Mountain's success and distinction. The Mountain is a direct reflection of Hugh Morton in his truest form; preserved in its original splendor, yet adapted to change with class and integrity.

UNIQUE MEMORIES

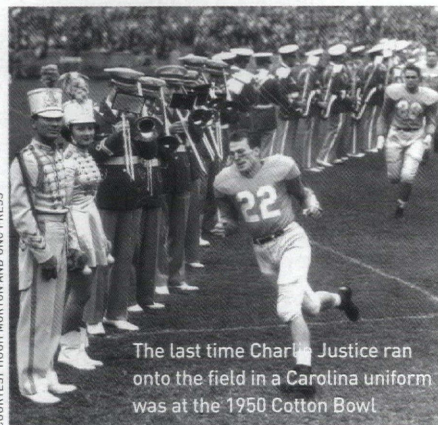
Having Hugh Morton as a grandfather has resulted in some very interesting and special circumstances. After grilling hot dogs and hamburgers on the Mountain in 1994 with current Texas football coach Mack Brown and the legendary "Voice of the Tar Heels" Woody Durham, I was taking the short ride with them back to my grandparents' house when Woody underestimated a curve (as many folks do) and wound up with one tire submerged in a nasty ditch. Hearing his distinctive voice yell back, "OK, Mack and Jack, give it a good push!" as Coach Brown and I leaned in on the Lincoln's rear bumper, was memorable to say the least. Nothing, however, can rival the warm experiences I shared

Jack Morton gets photography tips from his grandfather during the Carolina—Duke football game in Wallace Wade stadium in November 1996.

with my Granddad during my four years as a student at UNC-Chapel Hill. My Dad, Hugh Morton Jr., died three weeks before my first day as a freshman in the fall of 1996, having suffered from an excruciating battle with depression. His death left everyone involved experiencing their own unique brand of coping, and I was understandably deflated and living in a foggy, distressed state of mind when I began my college career. When I joined my grandfather in November of 1996 on the sidelines at Wallace Wade Stadium in Durham for the Carolina-Duke football game, it was the first time that I had ever taken photos alongside him. As he made suggestions on where I should stand and what to look for, I felt a bond developing, an incomparable adherence so unconventional in form because of his one-of-a-kind talent and willingness to share. There are plenty of grandfathers who will place their grandchildren on their knee and unearth a quarter from their corduroy trousers, but how many can share their craft in such fashion?

After my years in Chapel Hill, I spent some time in Linville trying to learn elements of the business side of Grandfather Mountain. I am not sure if Leonardo da Vinci shared his Renaissance technique with pupils, but the day my Granddad scaled the Mountain at age 79 to share his favorite photo spots was a day I will always remember. As I carried his camera bag, he slowly made his way up the Underwood Trail, stopping to show me the ideal angle for photographing the Swinging Bridge on a sunny day. We drove out to the Blue Ridge Parkway, where he revealed the location for the idyllic Blue Ridge Parkway Viaduct shot, the same one that graced the cover of the *2001 Rand McNally US Atlas*. I learned some tricks of the trade that day from the man who has defined the trade in North Carolina for the last 65 years, and he just happens to be my grandfather.

When my beautiful wife Adrienne and I were married on July 26, 2003, in Dallas, Texas, my grandfather, age 82 with a replaced knee, was there taking photos alongside my uncle Jim Morton. Who needs to hire a professional when you have an iconic figure willing to brave the Texas summer heat? Standing in the front of the chapel, I

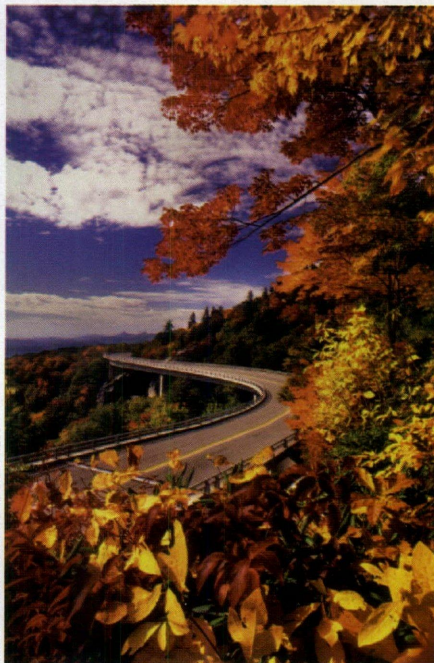
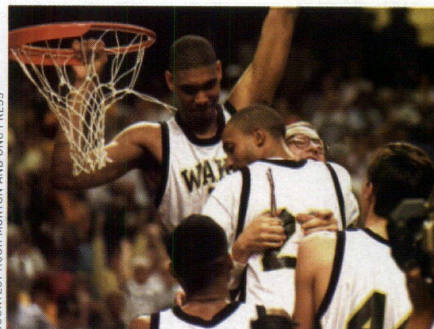


The last time Charlie Justice ran onto the field in a Carolina uniform was at the 1950 Cotton Bowl

COURTESY HUGH MORTON AND UNC PRESS



Cape Hatteras Lighthouse (above) when it was still at the water's edge on North Carolina's Outer Banks. (Top right) Wake Forest after winning the 1995 ACC Championship. (Far right) There is perhaps a greater variety of fall color immediately above and below the Blue Ridge Parkway Viaduct than at any other place in the North Carolina mountains. This picture appeared on the cover of the 2000 Rand McNally Road Atlas of the United States, Canada, and Mexico. (Right) Army helicopter pilots preparing to go to Vietnam practice landings and takeoffs near the Mile High Swinging Bridge on Grandfather Mountain.



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realized that this man has taken photos in war, in the White House, in Michael Jordan's house, in a submarine, on a boat with Mickey Mantle, Ted Williams. His life has been extraordinary, and his recollections are remarkable. I heard it once said that men in the Morton family are likely born into this world holding a Nikon, and I can only hope that my photo-taking abilities in my job can hold a candle to his excellence. He is a member of a mythical generation in our nation's history, a titan with his camera and a fabled storyteller. North Carolinians everywhere are grateful that my Granddad has documented our state from the mountains to coast since his first published photo 68 years ago. His lenses and film have served North Carolina in unmatched fashion, and I can only hope that he will continue to share his knowledge with me, my brother Crae and anyone else fortunate enough to learn from a living legend. **MM**

Jack Morton is Publications Coordinator at Ravenscroft School in Raleigh.



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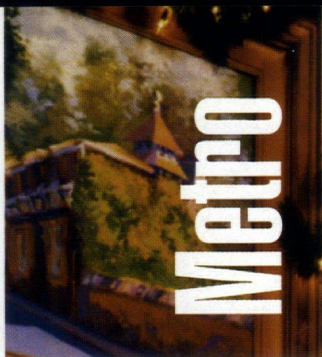
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The gracious center hall is where Midway's owner Charlie Silver, his brothers and cousins learned their family's history.



Metro

Design

by Diane Lea

Christmas at Midway Plantation

DIRECT DESCENDANT MAINTAINS LIVING LEGACY OF SOUTHERN STYLE AND HERITAGE

Growing up on the outskirts of Raleigh, Charles Hinton Silver Jr. remembers that every Sunday his extended family—boasting old North Carolina names including Hinton, Boddie, Carr, Lewis, Crawford, and Cain—gathered for dinner at Midway Plantation. A classic Greek Revival home built around 1848, Midway was named because of its location midway between two other family plantations that flourished in the decades before the Civil War. Located on Highway 64 East, it remains a convenient gathering place today for all branches of this illustrious North Carolina family due to the efforts of Charlie Silver and wife Dena, a native Californian and enthusiastic adopted Southerner.

MISS MARY'S HOUSE

"I really remember this as Miss Mary's house," says Silver, who was reared living in a converted school house on the grounds of the plantation. Mary Hilliard Hinton, Silver's great-aunt, who left Midway to his father, was born at the plantation in 1869 and lived there until her death in 1961. She was one of five children of David Hinton II and his wife Mary Boddie Carr Hinton, the sister of Elias Carr, North Carolina's governor from 1893 to 1897. (David Hinton II was named for his grandfather. His father, Charles Lewis Hinton, is said to have built Midway as a wedding gift for David II.)

Miss Mary, remembered by the family as a woman of remarkable character and intellect, for many years edited the *North Carolina Booklet*, a quarterly of historical articles. In 1907 she served as the curator for the North Carolina historical exhibition for the Jamestown Exposition in Norfolk, Virginia. Her careful stewardship of Midway and the family's heritage is seen in the home's handsomely displayed collections of original family letters and documents (including memorabilia from the nation's wars in which her ancestors and descendants served), fine furnishings and appointments from all periods, and, not least, the meticulously preserved architecture of

the house itself.

Silver, his two younger brothers and numerous cousins were taught their family's history while lying on the floor of the gracious center hall, one of the home's most appealing spaces. "After dinner," recounts Silver, "Miss Mary would gather all the children and tell us the history of our family, which was really a microcosm of the history of Raleigh and much of the state. After all, as a friend of mine so succinctly described native North Carolinians, 'We're all related by blood, marriage or business.'"

CONTINUING STEWARDSHIP

The home's enviable continuing architectural integrity is due in large part to Silver's father who moved to Midway with his young family after returning from World War II. "My father was seriously wounded in the war," says Silver. "He came home in 1944 weighing 94 pounds and was thought to have only six months to live. He set about expanding the school house for his family to live in and took over the management of the farm for Miss Mary." In 1962, Silver's father thought out the addition of three spacious bathrooms and a kitchen, adding greatly to the home's convenience without sacrificing its architecture.

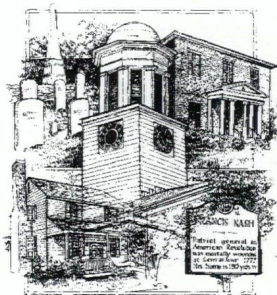
In the 1970s, the home's age and authenticity made it a subject of interest for architectural students at the North Carolina State University School (now College) of Design. Charged with creating a complete set of plans for a building over 100 years old, three students eagerly descended on Midway Plantation, recording in careful detail the home's floor plan and extending their work to draw the various out buildings in a landscape plan that documents the location of the original formal garden, vegetable garden and orchard. Silver points out the surviving dependencies. "We lost the overseer's house during Fran," says Silver, "but the carriage house, kitchen, adapted schoolhouse/residence, and a doll house or play house are still with us."

Photography by Seth Tice-Lewis

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SENSIBLE DESIGN

Silver, a man of varied interests who teams with Dena to provide human resources consulting to the construction industry, says he appreciates Midway's energy-efficient design and the sturdy beauty of its heart-pine building material. He points out that Midway conforms to a sensible passive-solar design. The large 9-by-5-foot multi-paned windows are on the residence's south side and sheltered during the summer by massive oak trees. The smaller windows are on the north side. In the summer residents can pull the blinds and open the cellar and the attic to create a draft.

A one-story wing on the home's east elevation is thought to have been added shortly after the house was constructed, eventually serving as the home's first indoor kitchen. It is now a comfortable guest room with accompanying bath. The current kitchen, a light-filled room that replaced a deteriorated shed-porch, is accessible from the central hall, the spacious dining room, and a breakfast room humorously called the rooster room. "The tradition is that each generation gets to leave its individual mark on Midway," says Silver. "This room's current decor began with a painting of a blue hen, a wedding present from my brother John Silver, an artist and gallery owner in Manteo." Soon the blue hen was joined by a handsome tile piece depicting a flamboyant rooster. Dena, with a keen eye for design, created a rooster



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HIGHSMITH ANTIQUES



Art by contemporary regional artists blends well with Midway's historic interiors. A Mike Hoyt painting of the French countryside hangs in the library.

In Miss Mary's parlor (right), her portrait hangs next to a secretary containing seventeen family bibles along with the tin box where gold coins were hidden during the Civil War. Right bottom: The antique dining table is set for Christmas dinner with favorite blue and white tableware. The family silver tea service sits on the sideboard.

theme with selected objects, fabrics and everyday ware. An enormous pie safe fills much of one wall of the rooster room. Original to the house, it's precise design fits well with the patterns that fill the room.

SURVIVING THE CIVIL WAR

The most dramatic room in the house is Miss Mary's parlor. Silver remembers the children being strictly admonished never to touch anything there. Today, one wall retains the original hand-painted and gilded wallpaper that must have been the room's pride. It successfully combines furniture including a period settee and a Jacobean chair equipped with a curved extension with a drawer for storing smoking materials. The sophisticated secretary dates from the first Charles Lewis Hinton's day and is filled with 17 family bibles. It features lovely matched grained cabinetry and delicately entwined tracery on glassed doors flanked by carved pilasters. A portrait of Miss Mary hangs next to this striking piece. A handsome woman, she never married, perhaps because of a failed romance.



Another family portrait reminds Silver of the stories told of the War Between the States he heard during the Sunday story sessions. "This is a portrait of Mary Boddie Carr," says Silver. "When the Federal troops marched through this area on their way to Raleigh, it was slashed. A soldier evidently folded it and used it as a saddle blanket. It was returned to us by a black man who recognized it when it was taken off the horse at Wilder's Grove where the soldiers camped." Though skillfully restored, the slash mark is still visible.

Other family stories of the nation's bloodi-

est war focus on the gleaming silver service that graces the long sideboard in the festively set dining room. Interspersed with serving platters from the everyday Canton china that the Silvers prefer, the precious pieces were buried beneath the roots of an oak tree during the war. "The silver was buried, and the family's gold coins were put in a tin box and thrown in the pond on the property," says Silver. He validates the story by opening a tin box where the circular marks of the coins are outlined in rust.

Midway's wide hall is filled with some of the home's most interesting pieces. Boldly hued ori-

ental rugs, the Silvers' contribution to the home's decor, show off the mellow wood floors and complement the tastefully striped fabric on a Baltimore empire sofa purchased from a Leesburg, Virginia, cousin. Partially hidden behind a colorful seasonal bouquet gathered from the Midway gardens, hang the crests of the royal families of England. A direct descendant of an original signer of the Magna Carta, Miss Mary was a member of the Daughters of the Barons of Runnymede. In the 1930s, she sold a piece of land to a cousin to finance a trip with her niece to join other Daughters at the coronation of King George VI of England. Directly across from the crests, a clever sculpture by Andy Cobb entitled *Sensible Shoes* is bedecked with a luxuriant fern. "We always put the Christmas tree in the hall where Miss Mary put it," says Silver somewhat ruefully. "We tried it in the parlor but it 'fell' over, breaking only one ornament. My cousin who had lived with Miss Mary said it was just Mary's way of telling us to put the tree back where it belonged, not in her parlor."

This holiday season, 50 members of Charlie's and Dena's families will gather at Midway. The old house will ring with greetings and laughter. Family silver and china will be set on the draped table in the dining room. And just maybe Charles Hinton Silver Jr. will gather his nieces, nephews and all those young cousins and tell them stories. **MM**

Artistic Companions


The John Silver Gallery, located in downtown Manteo at the corner of Fernando and Queen Elizabeth Streets, will mark its fifth anniversary with a series of art shows and artist receptions scheduled throughout 2004. Owner and plein air painter John Silver (brother to Midway Plantation's Charlie Silver) opened the gallery with wife Sheila on Thanksgiving Day, 1999. "Every artist whose work was in the gallery that day was a personal friend," says Sheila, who handles the gallery while John concentrates on his painting. Many of those pieces, along with many by John, now hang at Midway. Among the home's diverse and beautiful creative inventory are *Sensible Shoes*, by Wilmingtonian Andy Cobb, whose clever interpretation of legs and well-shod feet is executed in copper, layered over a form and detailed with small tacks to resemble repousse. (An engaging frog, *Lawn Boy*, another Cobb copper, resides outside in the garden). Three John Silver memory-inducing and colorful paintings, *The Lesson*, *Uncle Puddin* and *Five Spots*, along with *Blond Nude* (Dena's Portrait) by John Silver's best friend, fellow artist and Florida resident James Kerr, are displayed in the house. Raleighite Mike Hoyt, who once lived next door to the Silver brothers' mother, is represented by two lyrical landscapes, *Provence Countryside* and *Barbizon*. Sharing Midway's hall are *Madame*, by portraitist John del la Vega, a native of Argentina, and three vases by glassworker Herman Leonhardt, who bills himself as a Southern Chahouli. In the library are several pottery bowls by Raku master David Camden, a Virginian. All of Midway's hand-knotted tribal rugs are from regions in and around Turkey and are selected by Stan Akins of Newport News for the John Silver Gallery.

—Diane Lea



The breakfast room's rooster theme began with a gift from Charlie Silver's brother John Silver, a Manteo artist and gallery owner.

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Looking **Good** and Feeling **Better**

By Rick Smith

Millions of Americans line up for the latest in surgery, procedures and treatments to enhance their appearance

If TV reflects social trends, then it should come as no surprise that shows such as *Extreme Makeover* and *Nip/Tuck* dot prime-time lineups. More and more Americans each day are looking for and paying for treatments, surgeries and programs designed to make them look—and feel—better.

"It's a commentary on our society," says Regina Doyle, 64, who lives in Wilmington and recently underwent a series of cosmetic acupuncture treatments designed to erase facial wrinkles. "You watch shows like *Extreme Makeover*, and you see that their self-esteem is so different. They really think their lives will be different."

Doyle, who knows that some people may expect too much change in their lives from surgical procedures or cosmetic treatments, acknowledges that "it's a shame even young people have so much plastic work done." But she also points out that for millions of people the results can be beneficial.

"You do have more confidence," she says. "It is important to feel good about your appearance. It gives you confidence."

How many people are turning to cosmetic surgeons and dentists, acupuncturists and nurses trained to administer various procedures such as varicose veins?

The numbers are remarkable.

More than 10 million Americans received some sort of cosmetic or reconstructive surgery last year; several million more received acupuncture. And, despite the economic downturn, demands for cosmetic dentistry services such as teeth whitening, bonding and veneers have increased between 100 percent and 300 percent over the past five years.

From their breasts to their teeth, eyes to thighs, ankles to the hair on their backs, men and women want lasers, injections, surgery, acupuncture needles, chemicals and veneers to make them look younger and feel better.

To find out what people are seeking from Raleigh and the Triangle to the Coast, *Metro Magazine* talked with a variety of professionals involved in the cosmetic treatment business.

Their stories, observations and comments show that "Extreme Makeover" is not just based on Hollywood scripts.

impressions," she explained. "If you have a great smile and pretty white teeth, you can make a good first impression."

As vice president and general manager of WRAL-FM "Mix 101.5" in Raleigh, Gregory lives a very public life. And one of her most important tools is her bright smile, something she didn't have before turning to Dr. Steven Andreus.

"Having healthy, white teeth is important to me," said Gregory, who first went to Andreus for regular dental work then embarked upon a five-year, \$10,000 plus plan to remake her teeth. "Another reason is part of the aging gracefully process," she added with a chuckle.

Like millions of other Americans, Gregory turned to a dentist specially trained in cosmetic work to have teeth whitened and or straightened, capped or finished with veneers.

Asked if the money was well spent, she replied without hesitation: "Absolutely! I keep before and after pictures on my e-mail as a reminder. This was just well worth the investment in money and in time."

To Andreus, giving people a renewed smile or a better smile is important beyond just the financial benefits for him.

"If I make a person a new smile—it changes lives," he said. "It is really exciting to make a difference for somebody and for them to say 'Thank you!'"

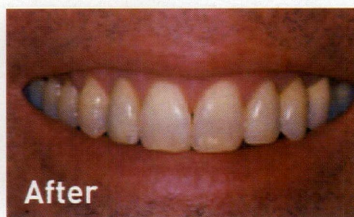
Rick Hill, who is 39, is a salesman in Raleigh who agreed to let Andreus repair a front tooth he had badly chipped several years ago.

"I'm not a big fan of dentists," he said. But Hill said the repair work was worth the trips to the dentist's chair.

"It's funny. After I had it done, it really made a difference," he said. "I definitely noticed an improvement, and I feel like I look better because of it."



PHOTOS COURTESY DR. ANDREUS



Making a good first impression

A WHITE, BRIGHT SMILE

Cosmetic dentistry offers a growing number of ways to help people address dental problems and develop a guilt-free smile.

Some people consider an investment in cosmetic dentistry a luxury. Others, like Ardie Gregory, say having a bright, white smile is essential to doing business.

"Your smile is so important. People talk about the importance of first

Growing Demand

According to the American Academy of Cosmetic Dentistry, the demand for teeth-improvement services has exploded over the past five years despite a slow economy.

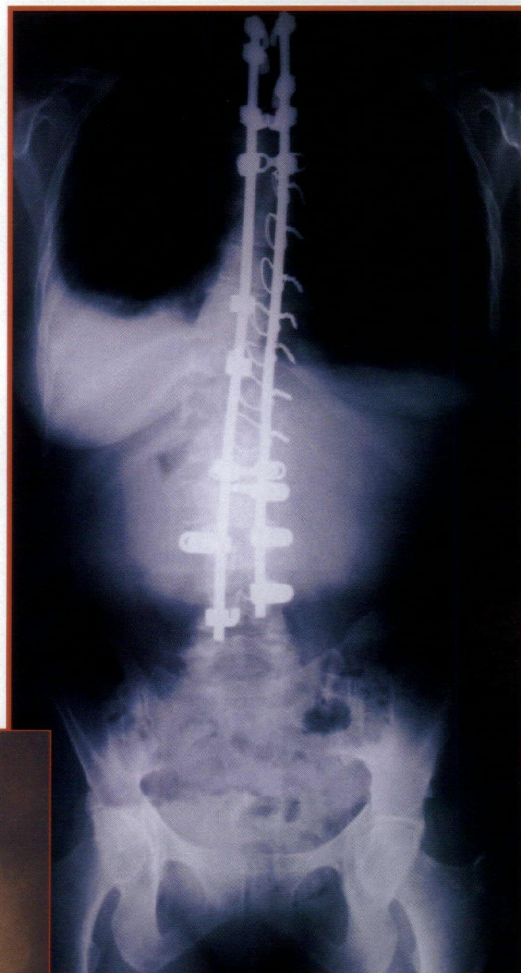
Teeth whitening, including treatment by lasers, and bleaching have increased more than 300 percent. Direct bonding demand is up over 100 percent, and veneer services have increased more than 250 percent.

Demand isn't limited to yuppies but extends to aging baby boomers who, like Gregory, seek to age gracefully.

Scoliosis isn't just for kids.



Mary's spine before surgery.



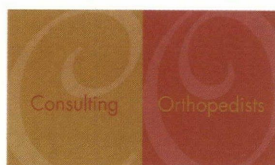
Mary's back after surgery.



-Mary Baldy, scoliosis patient

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

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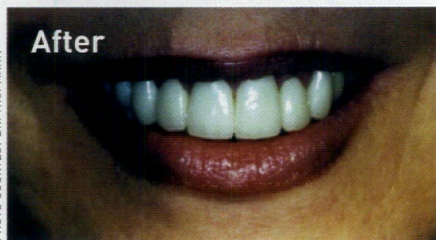
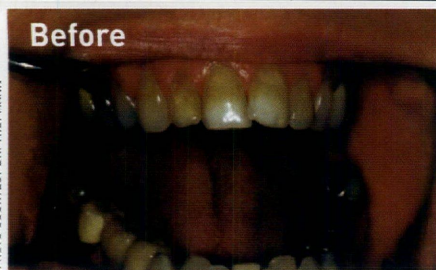


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Among patients over 50, the top three demands in order are crowns and bridges; whitening; veneers.

For those ages 20 to 50, the top demands are whitening, veneers and composites.

"A lot of people are coming in and asking if it is possible to whiten their teeth," said Dr. Aaron Tropmann, who practices in Raleigh along with Dr. Gary Oyster. "Bleaching teeth is a big one."

Inspired in part by shows such as *Extreme Makeover*, patients also are more open to the idea

of extensive changes such as gap-closing and straightening, he added. "Lately, we are seeing a lot more people who are better educated about the possibility of closing spaces and doing some different things to correct small discrepancies."

New Tool for Straightening

Andreus, who operates The Five Points Center for Aesthetic Dentistry in Raleigh, agreed that demand for whitening is popular, especially what he called "take home" chemicals for use overnight. Bonding and veneering of teeth is second since it is more extensive, expensive and "appeals to a smaller population."

But he also has numerous patients like Gregory who need to have other problems corrected beside appearance.

"There are many things to take into consideration for a beautiful smile other than that it's dark," Andreus explained. "If we have to deal with tooth structure, it adds more expense." If a program leads to work where "the restoration is never going to fall off, it's a huge win."

Cosmetic work is not cheap. Costs can run around \$1000 a tooth, Andreus said. However, technology also is offering alternatives to long ordeals such as braces. Andreus touts "invisalign" as an alternative for teeth straightening.

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For those people seeking to improve their smile or to correct other problems, Andreus stressed it is important to map out a plan of action. He practices restorative dentistry as well, and he volunteers time with "Give Back a Smile," a program that provides cosmetic dental services to victims of domestic violence.

Andreus pointed out that shapes and contours of teeth also have to be taken into consideration in improving a smile. "This isn't just about having a smile," he explained. Sometimes, a bright white may not be the best solution. People want light, natural teeth," he said, "not white Chiclets."

Patients like Gregory can attest to the success of a plan and implementation. They also can

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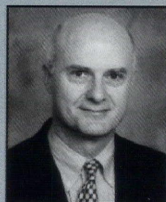
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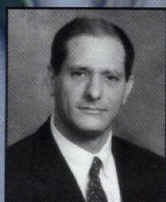
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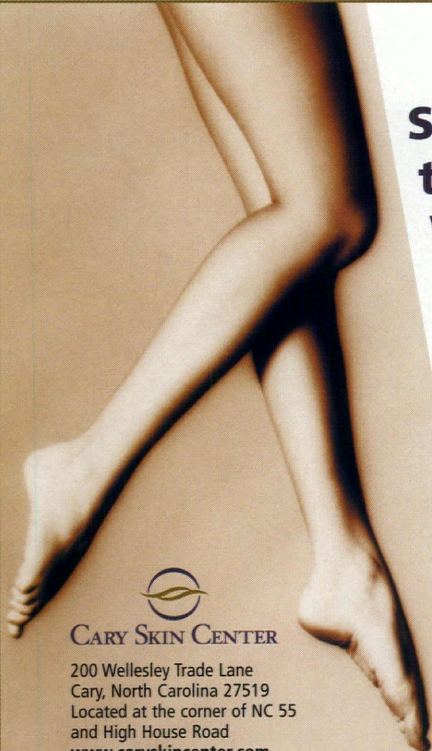


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become analytical in their view of the smiles other people wear.

Said Gregory: "I look at people every day and I think: 'I need to tell you about my dentist.'"

Getting to the point:

COSMETIC ACUPUNCTURE CAN ERASE TIMELINES

A relatively new cosmetic procedure in the US is drawing more attention as the ancient art of Chinese acupuncture grows in popularity. Millions now are treated each year for a growing variety of problems.

At age 63, Regina Doyle grew increasingly dismayed when she looked at her face in a mirror. The lines, a trait in her family, from her nose down to the corners of her mouth were deep. The "frown lines" between her eyebrows were "pretty deep, too."

But Doyle, who lives in Wilmington, would have nothing to do with the surgery required to do a face-lift. Instead, she chose cosmetic acupuncture treatment. And Doyle said she could not be more pleased with the results—let alone the fact she escaped going "under the knife".

"Honey, I don't want to get old. I'm just as vain as the rest of them," Doyle said with a laugh as she referred to the millions of Americans who resort to various forms of surgery and treatment to fight aging. "I'm just a coward!"

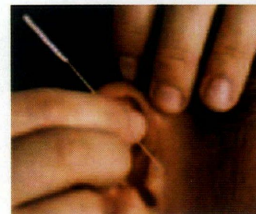

Seeking treatment from Daerr Reid, who owns East Coast Acupuncture and Massage in Wilmington, Doyle went through a series of treatments for her face.

"The response I'm getting from people who don't know what I've done is: 'Gosh, you really look good,'" Doyle explained. "I can see the difference."

"The lines from my nose to my mouth are pretty much gone," she added. "The frown lines have been diminished but are not completely gone."

"The sagging of the face has changed, but it's more subtle. You can see the changes around the eyes. I don't think I look too bad for my age!"

Millions of people a year receive acupuncture treatment in the United States, according to the National Institutes of Health. "Research shows that acupuncture is beneficial in treating a variety of health conditions," according to the National Center for Complementary and Alternative Medicine at the NIH. A survey from the National Certification Commission for Acupuncture and Oriental Medicine points out that nearly one in 10 adults has been treated by

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Daerr Reid treats Regina Doyle with cosmetic acupuncture.

acupuncturists; 60 percent of those treated say they are willing to receive the treatment again.

Acupuncture is used for everything from cosmetics to pain relief, alcoholism to depression, obesity to arthritis.

Thirty Years of Growing Acceptance

The treatment, which involves the use of hair-thin needles, has exploded in popularity since its introduction in the United States 30 years ago. Acupuncture dates back thousands of years in China, where it originated. Today, the National Center for Complementary and Alternative Medicine (NCCAM) reported that acupuncture is being "widely practiced—by thousands of physicians, dentists, acupuncturists and other practitioners—for the relief or prevention of pain and for various other health conditions."

To keep abreast of its popularity, the NIH has funded a variety of grants and studies for acupuncture. The federal government also has approved clinical trials for a number of acupuncture uses, such as for people suffering with advanced ovarian cancer, osteoarthritis, bipolar depression—even irritable bowel syndrome.

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The state of North Carolina has licensed 167 acupuncturists, who must meet a variety of requirements and pass a series of exams. Among them is Reid, who has added cosmetic applications to her practice.

"I've had people lined up to get the treatment," said Reid, who pointed out the typical program includes 10 treatments over a five-week time span at a cost of \$1000. "It does make the wrinkles go away, and you can raise your eyebrows."

The fact that acupuncture involves no surgery, which can affect facial muscles, and is less

expensive than a facelift made the idea appealing to Doyle. She also was familiar with acupuncture, having received treatments for carpal tunnel syndrome and a painful heel spur. Doyle also worked for an acupuncturist.

"I've seen people come in so crippled with arthritis that they couldn't walk," she said. "The treatments gave them relief—not immediately, but over time. I had a heel spur problem for a long time. A doctor put in a shot of cortisone, but that wore off. I had treatment with acupuncture, and the pain never came back."

No "Cut and Lift"

The story goes that acupuncture was effectively introduced to the United States by James Reston, the now deceased reporter and columnist for the *New York Times* who wrote about being treated for pain in China in 1971. The cosmetic application is just one of a growing number of uses since added to the many treatments that have become popular in the US.

"This is not a new technique, but it is new in the United States," Reid explained. She learned how to administer the treatment under a Colorado doctor who completed a residence in China. Reid earned a Master's in Oriental Medicine at Southwest Acupuncture College in Boulder, Colorado. Reid said the program is based on "a technique he used on atrophied muscles" from injuries or other reasons.

"Most people who want this done want a facelift," she added, "but it can be used for more than facial rejuvenation, such as tummy tightening and breast lifting and augmentation."

Reid, who completed four years of study in three years to become certified in the mid-1990s, learned the cosmetic applications in 2002. She then treated a number of what she called "models" to demonstrate its effectiveness.

"They were pretty amazed," she said of the results. "They were at the age when their faces were beginning to fall. We went in and toned the

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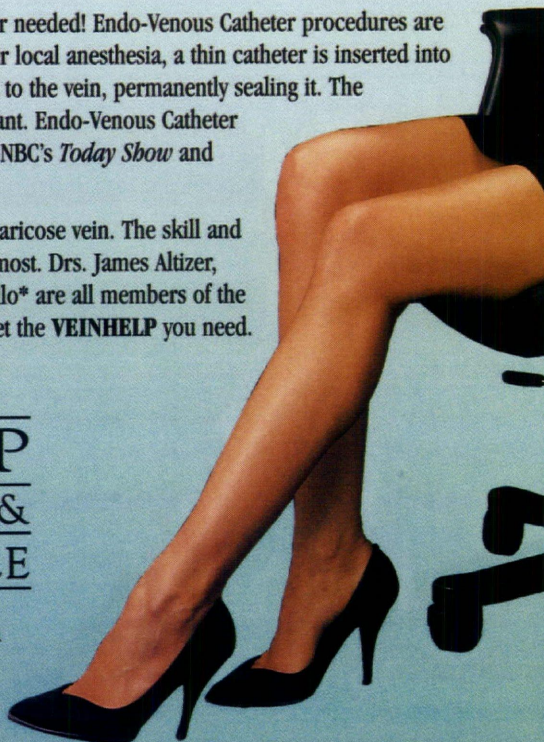
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SELECTED SITES FOR ACUPUNCTURE INFORMATION

National Center for Complementary
and Alternative Medicine
[http://nccam.nih.gov/health/
acupuncture](http://nccam.nih.gov/health/acupuncture)

National Certification Commission
for Acupuncture
and Oriental Medicine
www.nccaom.org

American Academy of
Medical Acupuncture
www.medicalacupuncture.org

OTHER SOURCES:

North Carolina Acupuncture
Licensing Board
893 US Highway 70 West,
Suite 202
Garner, NC 27529
919-773-0530

American Academy of Medical
Acupuncture, North Carolina Chapter
Dr. Michael C. Sharp, President
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skin. You can physically feel the skin tightening."

The "models" helped trigger quite a demand for the treatment, Reid added. "I have people lined up at the door."

Reid uses 50 needles per treatment, placed in specific spots. The treatments last approximately 20 minutes. "I would not call the procedure painless," she said, "although some people don't experience pain. Compared to surgery, it's a lot less pain."

"Most people don't have any difficulty with it at all after the first few times," Reid added. Doyle concurred. "They do hurt, but it's a fleeting thing," she said.

The government health agency NCCAM describes acupuncture needles as "metallic, solid, and hair-thin. People experience acupuncture differently, but most feel no or minimal pain as the needles are inserted. Some people are energized by treatment, while others feel relaxed."

But the government warns that people seeking treatment should seek out certified practitioners.

"Improper needle placement, movement of

the patient, or a defect in the needle can cause soreness and pain during treatment," the NIH agency said. "This is why it is important to seek treatment from a qualified acupuncture practitioner."

Before treating anyone, Reid discusses the program and whether it is suitable. The cosmetic treatment lasts for years, Reid added, noting that the age, health and skin conditions of each patient affects outcome and duration.

"It really does help with the aging process," she said. "We are setting the clocks back, but the clock continues to go forward."

Molding, shaping, firming and reconstructing bodies

NIP, TUCK AND LIFT

In an era of extreme makeovers, nearly 6 million Americans a year choose surgery, injections and lasers to wage war against age, wrinkles and imperfect bodies.

When Dr. William Lambeth heard about the new FX Network show on cable about cosmetic and plastic surgeons, he did a double take.

"They used the name of my boat," Lambeth says with a laugh.

Nip & Tuck is the name of the 32-footer Lambeth keeps docked at Atlantic Beach when he is not out fishing in coastal waters. "This is the second one I've had by that name. I used it long before the TV show."

Lambeth also isn't very comfortable with the program, which often casts an unfavorable light on the business of helping people improve their appearance.

"It's not a very flattering show, unfortunately," he says. "It makes [plastic surgeons] look like gangsters, which I don't think we are."

The Winston-Salem native and graduate of Sewanee and the University of North Carolina Medical School launched his practice long before the FX program and shows such as Extreme Makeover on ABC triggered heightened interest in molding, shaping, firming and reconstructing bodies. Lambeth's tenure at Raleigh Plastic Surgery Center dates to 1981. And despite the recent economic downturn, Lambeth says business has never been better as aging baby boomers look for simple to complex



Facelift before and after (right)

TOP FIVE FEMALE COSMETIC PROCEDURES

(2002 figures)

SURGICAL

Breast augmentation	236,888
Liposuction.....	230,079
Nose reshaping.....	209,123
Eyelid surgery	186,522
Facelift.....	105,850

NON-SURGICAL

Botox injections	991,114
Chemical peel	771,542
Microdermabrasion.....	771,314
Sclerotherapy.....	495,610
Laser hair removal	484,787

TOP FIVE MALE COSMETIC PROCEDURES

(2002 figures)

SURGICAL

Nose reshaping.....	145,204
Liposuction.....	52,797
Eyelid surgery	44,150
Hair transplantation	26,501
Ear surgery	23,316

NON-SURGICAL PROCEDURES

Chemical peel	148,798
Botox injection	132,396
Microdermabrasion.....	129,598
Laser hair removal	102,753
Collagen injection.....	41,193

Source: American Society of Plastic Surgeons

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Dr. William Lambeth prepares a patient for surgery.

ways to battle the aging process.

"Very much so," he replies when asked if demand is growing. "It's very common today. Plastic surgery was not nearly as well accepted when I first went into practice as it is now.

"Also, there has been tremendous growth in the Triangle with people moving in from up North and California, where attitudes were quite a bit different. The area has become more sophisticated, and it's been a very good area for our practice. There are three times more plastic surgeons now than when I started, but there are enough people to keep us busy."

In addition to multiple private practices, institutions such as Duke University Health System heavily promote plastic surgery services. The UNC health System features an ophthalmic plastic and reconstructive surgery group that focuses on the face around the eyes. East Carolina University also offers a full range of reconstructive and plastic surgery as well as tattoo removal.

Educating the Public

Lambeth says that baby boomer concerns about aging and the popularity of plastic surgery on TV keep raising people's

level of awareness about their bodies and the means to improve them.

"Extreme Makeover helps because people see what can be done. They've actually done some good things on that show," he says. "Nip/Tuck at least gets people thinking about it."

Statistics from the American Society of Plastic Surgeons show that the demand for treatments, from cosmetic surgery and reconstructive surgery to non-surgical treatments, remained constant over the past two years despite the economic downturn. The ASPS says the fact that nearly 6 million people were prepared to spend from hundreds to tens of thousands of dollars on facelifts, tummy tucks, breast augmentations and injections shows how important American society considers the war against wrinkles. Add to that the data that another 6.2 million received reconstructive surgery.

Most people seeking help are women: 5,623,065 opted for cosmetic procedures in 2002 compared to 966,821 men.

Primary Goal: Helping the Patient

However, Lambeth stresses that plastic and cosmetic surgeons are not miracle workers.

"The first question all physicians have to ask is—'am I helping this patient?'" says Lambeth, who also performs reconstructive surgery. "You have to do what is right for the patient first.

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People sometimes come in with unreasonable expectations, and I have to say: 'I can't do that.'"

On the other hand, if a woman wants to augment or decrease the size of her breasts, Lambeth says he will ask her to look at a Victoria's Secret catalog. "I ask them to tell me what they want to look like."

Treatments also don't have to be invasive or expensive. The most popular new service for plastic surgeons is Botox, which costs around \$300 for treatment of one area. The procedure, which was formally approved by the Food and Drug Administration in April of 2002, involves injections to reduce wrinkles. Unlike plastic surgery, muscles are not affected. Botox injections jumped to 1.12 million in 2002, a 43 percent change from 2000.

"I have done Botox for several years, and it has gotten very popular," says Lambeth, who performs several procedures a day. "Once you get someone started with Botox, you have a friend for life. The downside is the treatments last only three or four months, but they do treat brows, furrows, vertical lines on the face and the crow's feet area around the eyes. It does away with that mean, tired look." Some 23 percent of all Botox procedures are performed in the South Atlantic region, second only to the West Coast.

Dermabrasion, or skin refinishing, is very popular in the South with 45 percent of proce-

dures performed here.

The better-known surgical procedures are hardly forgotten. The number of people nationally receiving facelifts has dropped 12 percent, to fewer than 118,000, since 2000. Eyelid surgery is down 30 percent to around 283,000. However, surgery isn't down in all areas. The number of breast augmentations jumped 11 percent in two years, to nearly 237,000. Nose shaping, known as rhinoplasty, remains the most popular plastic surgery with 354,327 performed in 2000, a drop of 9 percent in two years.

Breast implants also may make a comeback now that the government is debating lifting the ban on silicon implants. Lambeth is part of an advisory group discussing the issue.

"I look forward to having that option," he says.

Lambeth also warns that new procedures and technology continue to become available and "not all of them are good." He strongly encourages people considering plastic or cosmetic surgery or non-surgical treatment to research their options. "The consumer needs to be aware of what they are buying into," he adds.

A growing trend is that more cosmetic surgery procedures are performed in physicians' offices. A new study from Wake Forest University Baptist Medical Center found "no smoking gun" of problems or trends that would require stan-

dardized and mandatory reporting of in-practice procedures, but the study did acknowledge several deaths linked to complications stemming from procedures done in doctor's offices.

"Right now the data certainly don't suggest that there is rampant misconduct in physicians' offices," said Dr. Steven Feldman, a professor of dermatology who co-authored the study.

Ugly streaks of purple

UNSIGHTLY VEINS CAN BE A HEALTH PROBLEM

A growing number of women, and some men, are turning to injections and lasers for treatment of unsightly, often painful varicose veins.

As often as 35 times a week, patients—primarily women—travel to Cary for treatments for a problem that is both cosmetic and physical.

They want to get rid of those nasty, ugly streaks of purple known as varicose or spider veins.

"My veins were so concentrated in one area of my leg that it looked like an ugly bruise," one woman said of her varicose veins before receiving treatment from Eileen



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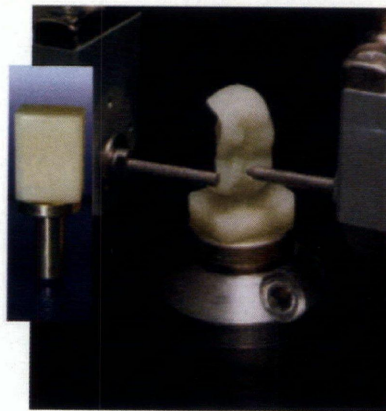
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Before



After

veins," she said. Varicose veins develop when you have incompetent valves and usually are progressive."

The second type is known as reticular veins which she defined as "blue-green veins that are considered the feeder veins" to so-called spider veins and other problems such as sunburst venous blemish and venous stars.

Spider veins are the third type. "Spider veins are usually red but with time can be blue," Slutsky explained. "Spider veins are also called spider telangiectasia and arise from a central filling vein (reticular)."

Each problem must be treated in a particular fashion. "It is very important to treat veins from larger to smaller," she added. "Varicose first,

reticular and then spider veins.

"Larger veins need a stronger percent of solution than smaller. In fact, when treating the larger veins first it sometimes will eliminate the smaller ones at the same time."

Gone are the days when people afflicted with varicose veins had one primary choice of treatment: Surgery to have them cut out.

Statistics from the American Society of Plastic Surgeons show that more than 600,000 people underwent two forms of varicose vein treatments in 2002: either by sclerotherapy—injections of solutions that collapse veins, which are then absorbed by the body—or by laser treatment. As many as three to six treatments are needed over a period of two to five months and cost range from \$250 to \$1000, according to Slutsky.

The market for varicose vein treatment is huge. According to information compiled by Slutsky, 50 percent of all women between the ages of 50 and 60 have varicose veins. The percentage of women afflicted increases with age, with 25 percent of 25-year-old women having the problem. The percentage increases to 30 percent for 30-year-olds and 40 percent for 40-year-olds.

In the Triangle and across the South, women are very aware of varicose veins because of the climate, Slutsky added. "Women don't like to wear hose," she explained. "They may have good-looking legs and want to get rid of the varicose veins so they don't have to wear hose to cover them up."

More Than Cosmetic Concern

Varicose veins are more than a cosmetic problem in many cases. They can be painful and pose a threat to a person's health.

The National Institute of Health defines varicose veins as "enlarged, twisted, painful superficial veins" which can lead to complications such as phlebitis, skin ulcers or rupturing of the veins. They are thought to be caused by defective valves and/or weakened and stretched vein walls in a

person's circulatory system.

Often, a person may not even realize that the vein problem is affecting them beyond creating a negative appearance, Slutsky added. Patients talk about having "heavy legs" and having pain. Treatment of the veins not only prevents the spread of the vein problem; it also improves circulation back to the heart. "It's hard to imagine how much better people feel about themselves and their appearance and the added benefit of not having pain in their legs. The best thing [for us] is when people come back and say they have no pain."

Slutsky is trained to administer the injection therapy, laser and other treatments—or a combination of them, which she sometimes recommends for a longer-lasting solution. She examines each patient then recommends a course of treatment. If the vein problem is too severe, Slutsky said, she sends the patient to a surgeon for more radical removal of the veins.

"An in-depth evaluation is really key to planning successful treatment," she explained. "Just because you have a few spider veins and the laser makes them go away, it doesn't necessarily mean you have solved the problem. It's most important to find the feeder veins and treat them in order to give you lasting results."

Treating circulatory problems is nothing new for Slutsky, who attended Fairleigh Dickinson University. She has extensive experience in vein therapy and has participated in open-heart surgery teams. She is doctor-certified in sclerotherapy and has earned continuing medical education credits from the American College of Phlebology, which focuses on the study of leg veins. Slutsky also was recently elected as chairperson of the nursing phlebology section of the organization. An active member, she said she is working to get more nurses involved in phlebology research.

"It really is an honor," Slutsky said of the chairperson selection. "I love veins." **MM**

WEB SITES FOR VARICOSE VEIN INFORMATION

National Institutes of Health

www.nlm.nih.gov/medlineplus/ency/article/001109.htm

WebMD

<http://my.webmd.com/content/healthwise/84/21028.htm?lastselectedguid={5FE84E90-BC77-4056-A91C-9531713CA348}>

Healing With Nutrition

www.healingwithnutrition.com/vdisease/varicoseveins/vericoseveins.html

American College of Phlebology

www.phlebology.org

Mary Slutsky, RN, BSN, who now practices at the Cary Skin Center in conjunction with three doctors: Dr. Robert Clark, Dr. Greg Viehman and Dr. Timothy Flynn. "Now, thanks to these treatments, I'm no longer uncomfortable wearing shorts and skirts. I love how it looks!"

She is not alone.

"More and more people are becoming aware that treatments are available, and more people are getting better results from having it done correctly," said Slutsky, a registered nurse at the Cary Skin Center who handles the treatments. And Slutsky sees a consistent, interesting trend.

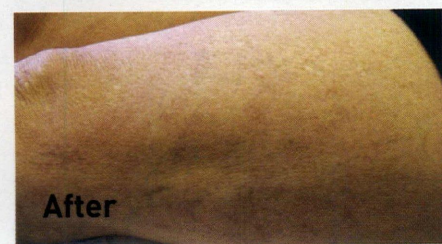
"A lot of younger people are coming in," explained Slutsky, who has lived in North Carolina for the past two years and has been treating leg problems for seven years. "The No. 1 cause of spider veins and varicose veins is hereditary. Women are coming in and saying, 'My mother has awful legs. I want the treatments now. I don't want to look like my mother.'"

Slutsky pointed out that all vein problems are not the same. She defined them in three separate ways:

"Varicose veins are somewhat dilated blue



Before



After

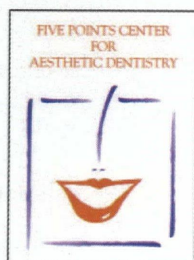
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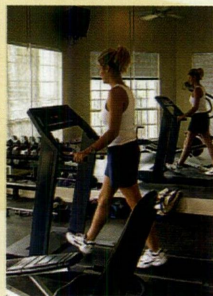
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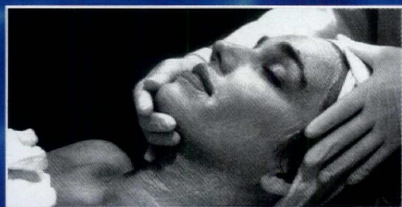
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It certainly is not a sin to shop on-line at stores that aren't available here, and *Metro* suggests a few unique gifts at Neiman's. But we just think you should look at home first and absorb the reality that we have reached a new level of sophistication that will both surprise and please.

It is a fact that *Metro* readers travel often, and it is always a duty to bring back the most chic clothes, gifts and accessories. But just imagine if we could do that here, and everyone came to the Triangle to get that feeling of progressive style and show it off? Well, guys and gals, that is where we are headed. We will surpass Charlotte and Atlanta in size over the next 15 to 20 years. You, our readers, represent the entrepreneurial, creative class that is making the Triangle market the fifth fastest growing region in the country.

So hold on to your hat, gloves, and Chanel No. 5 and introduce yourself to the Triangle in the 21st century. Merry shopping!

—Katie Reeves, Director of Marketing and Sales

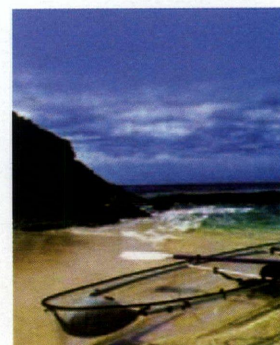
Psst. Don't tell anyone, but last years Raleigh International Spy Conference was a huge success and the spy gala was a blast. Several of our brilliant attendees gave it to their husbands for Father's Day. But we are filling up early this year, so sign them up and put a gift card in their stocking! See page 45. Shhh!



William and Yeoward Crystal. Left to right; Helena champagne, Goblet and Large wine—Octavia candlesticks, Suzanne vase, Rose goblet and large wine. Available at Quintessentials.



Puff Rocker. Ecco International. Glenwood Ave., Raleigh, 919-781-0081 and Hwy. 54, Chapel Hill, 919-483-6311 \$299.



Clear Kayak. The Sharper Image, Triangle-wide. \$1,459.95



Angora-Blend Bucket Hat. Nordstrom. The Streets at Southpoint. \$58

Chanel #5. Sephora and triangle area department stores. .5 oz \$150.00



LaCrosse Weather Station.

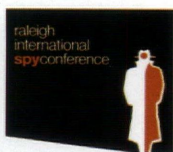
The Discovery Store.
Crabtree Valley Mall, Raleigh
and Triangle Town Center,
Raleigh. \$99.95

Included Sensor



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entire conference and include the Spy Gala
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Holiday Gift Guide

Pardon Us

while we do a little name-dropping.

Yves Delorme . Beanie + Cecil (*Catherine Malandrino* ~ Tocca ~ Kate Spade ~ TIBI**) . Tyler House (*Zanella ~ Yansi Fugel ~ Kay Unger*) . Elaine Miller Collection (*Slane & Slane ~ Diane Mazza ~ I. Reiss*) . George McNeill Antiques . Plush (*Terre Peck ~ Hollywould* ~ Sigerson Morrison ~ Cynthia Rowley*) . Orchids by Millie . LUXE (*Kiehl's since 1851* ~ Darphin* ~ Becca Cosmetics* ~ Creed Perfume*) . Edith Medlin Antiques . Shop 20♦12 (*Orla Kiely ~ Plenty ~ C & C T-shirts ~ Trina Turk*) . GNC Living Well . Ivy Cottage (*Bella Elemento ~ Discover ~ kenzie*) . Mephisto . Quintessentials (*Anna Weatherly China ~ William Yeoward Crystal* ~ Saint Louis Crystal**) . Panera Bread Co . Divine Collections (*Katherine Houston* ~ Jay Strongwater**) . Posh Pregnancy (*Japanese Weekend ~ Michael Stars ~ Earl Jean*) . Capper's Restaurant . Learning Express (*Thomas the Tank Engine ~ Playmobil ~ Creativity for Kids ~ Groovy Girls*) . Pharaoh's . Starbucks . Brothers Cleaners . The UPS Store . Verizon Wireless . Kerr Drugs

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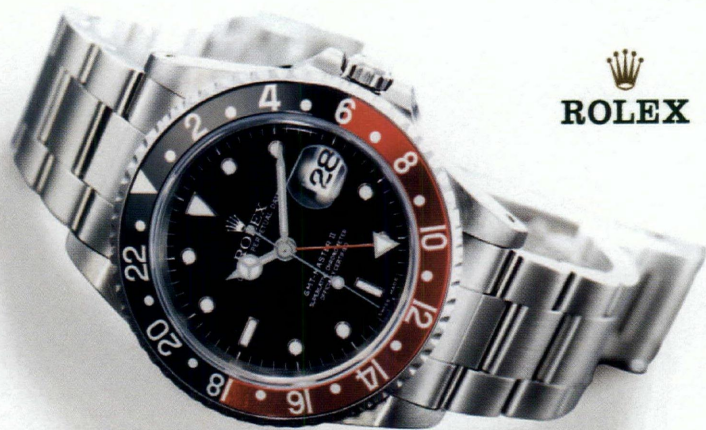


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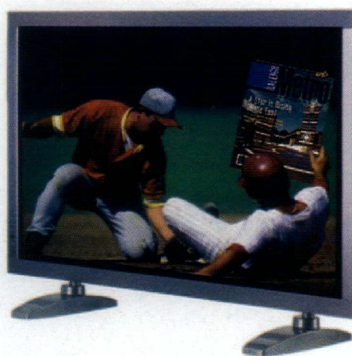
Dog Collar with bone charm.
Coach Store. \$42.00



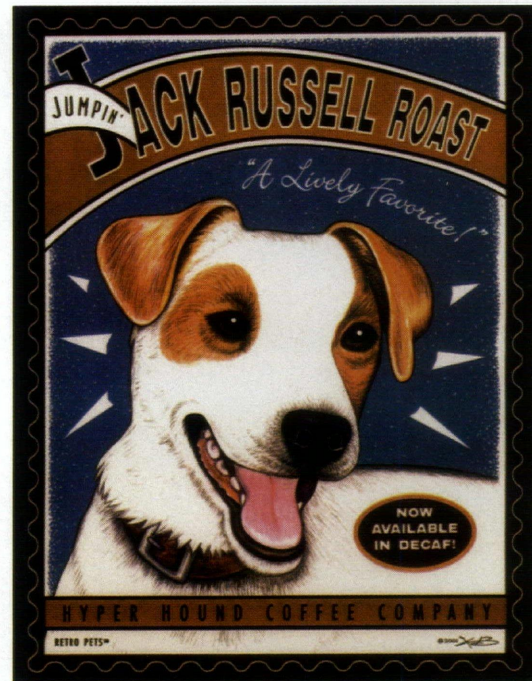
Business or pleasure, **Lana's Studio Separates** are sure to please the eye, body and pocket-book. Made in Canada and carried exclusively at the Gray Dolphin Boutique.



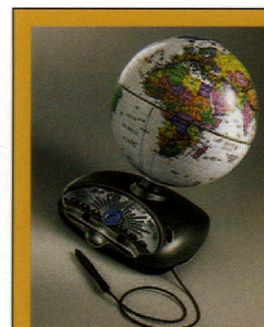
Bobbi Brown Lip and Eye Palettes. Belk and Nordstrom \$48.00



Plasma Screen TV. Available at major retailers. \$6999



Retro Pets-vintage ad inspired art prints.
www.retropets.com \$20.00



Odyssey III Globe. World's first Atlasphere. A talking atlas, globe, and computer.
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Faux-Shearling Mamacoat by Japanese Weekend. Stay warm and cozy while pregnant this winter. A zip-out front panel fits over a growing belly and baby's carrier to keep both snug and warm. Remove the zip-out panel when the baby grows and you have a regular coat for next winter! Also available in black nylon with hood. Posh Pregnancy, The Lassiter at North Hills, Raleigh, 919-881-0256.



David Donahue Sterling Silver Mosaic cufflinks.
Nordstrom. \$125.00



Holiday Gift Guide



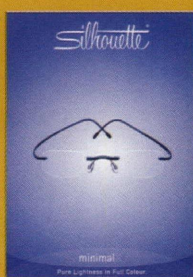
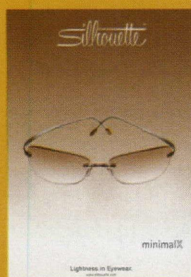
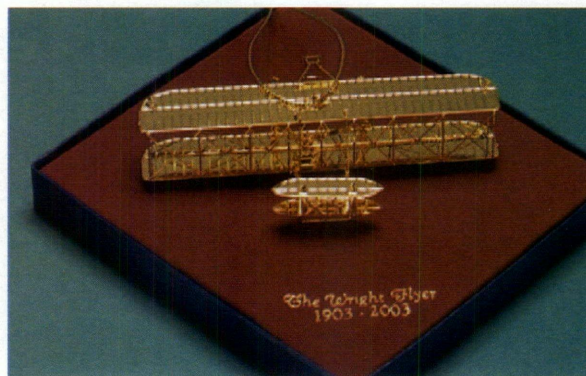
Trish McEnvoy.

Fast Track3 Brush Set.
Nordstrom. \$85.00

The Wright Flyer Ornament.

\$22.00.

The Museum Shop at the
North Carolina Museum of
History, 5 E. Edenton Street,
Raleigh. 919-843-0353



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Blue Ridge Road, Raleigh, 919-783-8868.
www.bobmorrisopticians.com.



Burberry Brit Perfume.

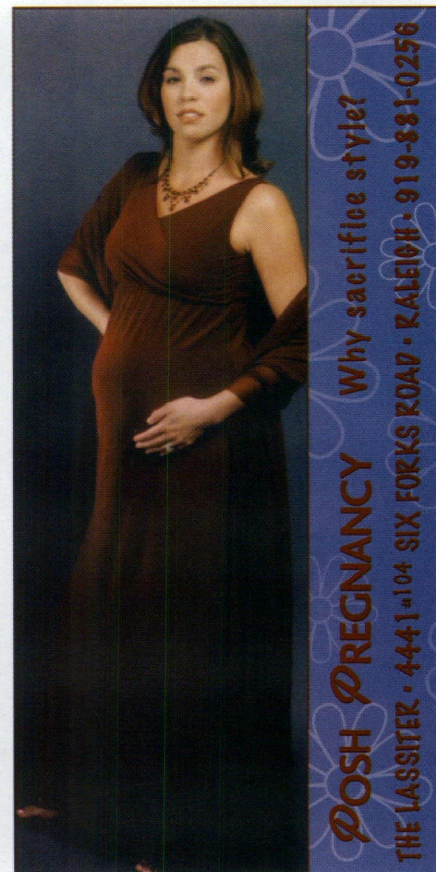
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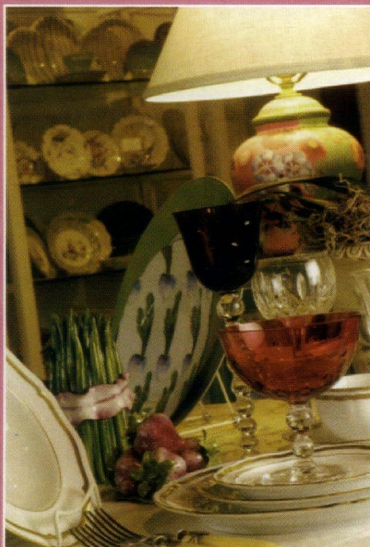
This holiday season give something back... a portion of pre-tax profits from the sale of Lynn Chase products goes to the Chase Wildlife Foundation. See the entire collection of tableware, home furnishings and accessories at Bailey's fine Jewelry in Raleigh's Cameron Village 919-829-7337. Every wildlife scene and each design is a Lynn Chase original.



Give someone you love wings of courage to lift her above life's challenges...give her a Courage Angel. Proceeds donated to Rex Cancer Center's Angel Fund. Available at Jolly's Jewelers and Rex Korner Gift Shop, 919-832-5571.



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Holiday Gift Guide

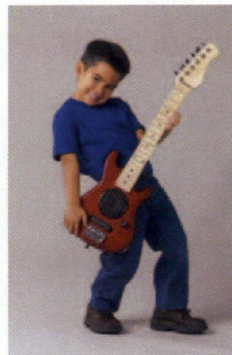


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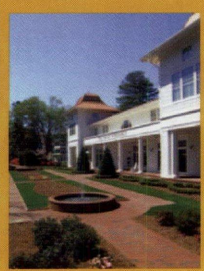
North Carolina Sampler Gift Basket. \$44.00. The Museum Shop at the North Carolina Museum of History. 5 E. Edenton Street, Raleigh. 919-843-0353.

Schylling Electric Guitar with built-in amp. \$130
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A Gift Certificate to the **Pinehurst Spa** is a must in everyone's stocking. Call 910-487-4653.

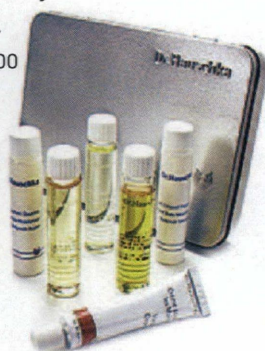


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PHOTO BY MISSY McLAMB + STYLING BY LIZ WENGER



Holiday Gift Guide



Cameron Clothing Co. award winning ladies specialty store offering the finest in apparel and accessories. CameronVillage, Raleigh, NC (919) 829-1511 or www.cameronclothing.com.

Cheese Straws. No holiday party is complete without cheese straws, and a new line of these delectable treats from Raleigh-based Ginny O's are a must. Made with a recipe that dates back to the 1850s, these mouth-watering homemade straws are available by calling 919-782-5302 or online at www.ginnyorings.com.



NKOK My 1st Hummer \$36.00
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Kate Spade backpack.
Nordstrom. \$130



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Fletcher Hall-Carolina Theatre
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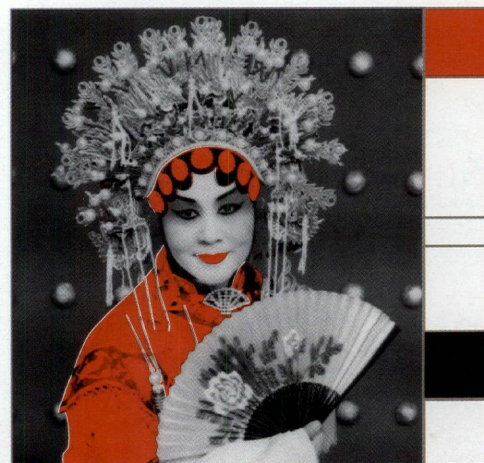
Single Tickets available at 919/560-3030

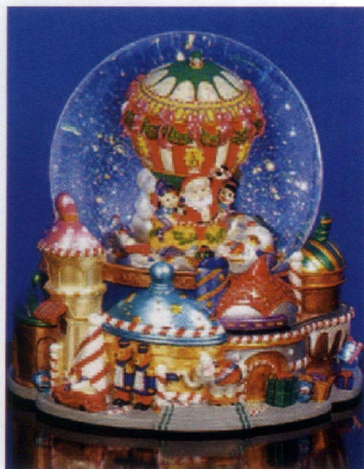
TURANDOT

May 21, 2004 at 7:30pm
May 23, 2004 at 2:00pm
Memorial Auditorium
BTI Center for the Performing Arts
Raleigh, North Carolina

Puccini's triumphant final opus bows as the grand finale of the 2003-04 season.

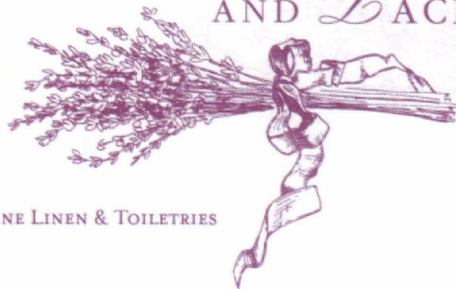
Single Tickets available at www.ticketmaster.com





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- da Vinci's Pasta

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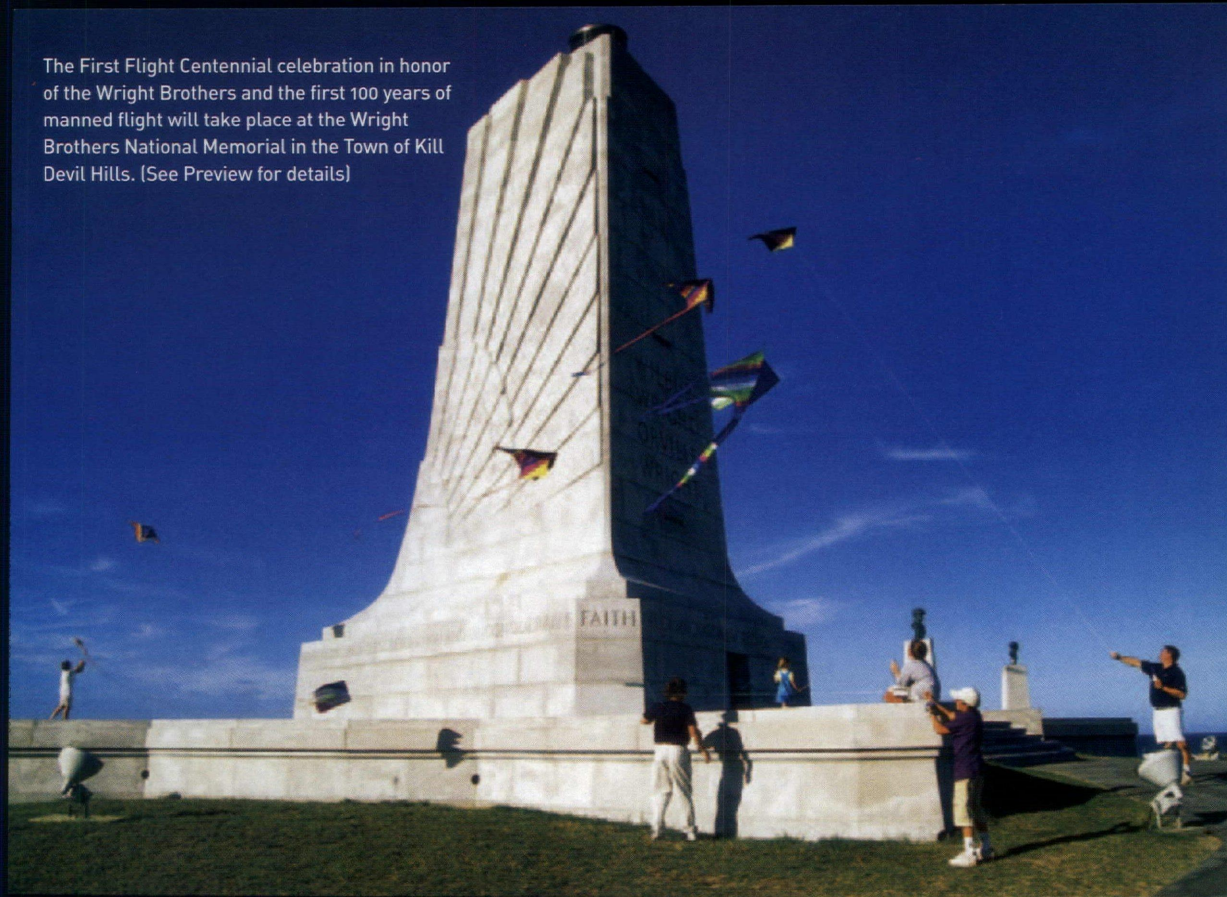


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L E A D I N G H E A L T H C A R E ' S F I R S T T E A M .

The First Flight Centennial celebration in honor of the Wright Brothers and the first 100 years of manned flight will take place at the Wright Brothers National Memorial in the Town of Kill Devil Hills. (See Preview for details)



Openings

At the midnight countdown on New Year's Eve, the cheering crowd will bid farewell to 2003 and welcome 2004 as the giant acorn begins its descent on First Night Raleigh. (See Preview for details)



A decorated doorway (below) beckons visitors to Edenton's Christmas season of historical events, beginning with "Christmas at the Market" and culminating with the annual "Christmas Candlelight Tour." (See Preview for details)



COURTESY OF FIRST NIGHT RALEIGH AND ARTS ENCLOSURE

COURTESY OF HISTORIC EDENTON CHAMBER OF COMMERCE

Preview

by Frances Smith

SEE, HEAR, TASTE AND FEEL— CHRISTMAS IS EVERYWHERE!

IN THE MUSEUMS

DEFYING GRAVITY: CONTEMPORARY ART AND FLIGHT, art exhibition illustrating man's quest to be airborne; NC Museum of Art, Raleigh; continuing until March 7, 2004. Call 919-715-5925 or visit www.ncartmuseum.org.

TITANIC: THE ARTIFACT EXHIBIT, chronological journey through the life of the ill-fated ship; NC Museum of Natural Sciences, Raleigh; thru Jan. 4. Call 919-733-7450 or visit www.natural-sciences.org.

COLLECTIONS TOURS, sampling of artwork led by museum docents; Louise Wells Cameron Art Museum, Wilmington; Dec. 7 and 20. Call 910-395-5999 or visit www.cameronartmuseum.com.

DULCIMER DAN AND THE BLUE SKIES BAND, a holiday concert featuring hammer dulcimer talents of Dan Gilvary & local musicians, Dec. 14; NC Museum of History, Raleigh; Dec. 14. Call 919-715-0200 or visit www.ncmuseumofhistory.org.

RALEIGH FLUTE CHOIR CHRISTMAS CONCERT, a holiday mix of sacred & secular music; NC Museum of Art, Raleigh; Dec. 14. Call 919-839-6262 or visit www.ncartmuseum.org.

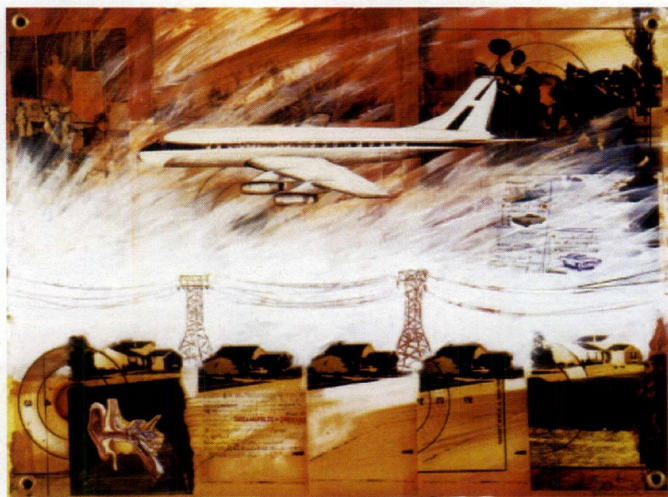
ACKLAND ART MUSEUM GUILD'S FIRST DAY BRUNCH, theme: "A Salute to Broadway Musicals," featuring Kids on Broadway, youth performing arm of NC Theater; Kenan Center, UNC Chapel Hill; Jan. 1. Call 919-966-5737.



Dan Gilvary (Dulcimer Dan) and the Blue Skies Band will perform a Christmas Concert at the NC Museum of History in Raleigh

GALLERIES & ART TOURS

ON FIRE, photographs by Larry Schwarm; Perkins Library Special Collec-



COURTESY OF ARTSPACE

Beaver Court, mixed media by Peter Paul Connolly is on exhibit in NOMAD at Artspace in Raleigh

tions Hallway Gallery, Duke Univ., Durham; thru Dec. 14. Call 919-660-5968 or visit <http://cds.aas.duke.edu>.

MEMBERS' JURIED EXHIBITION, Gallery of Art & Design, Talley Student Center, NCSU, Raleigh; thru Dec. 17. Call 919-515-3503.

JOSE MARTI AND THE IDEA OF CUBA, recent photographs by Alex Harris; John Hope Franklin Center Gallery, Duke Univ., Durham; thru Dec. 26. Call 919-660-5922 or visit www.jhfc.duke.edu.

DREAM THE WORLD, curated by Blue Brazil Gallery; Bickett Gallery, Raleigh; thru Dec. 31. Call 919-836-5358 or visit www.bickettgallery.com

ARTISTS' FAVORITE PEOPLE, PLACES & THINGS, fall exhibition at Nicole's Studio, featuring favorites by Nicole White Kennedy, Jason Craighead, Judy Crane, Eric McRay, Bob Rankin, Joel Haas, Cathy Martin, Roxanna Alexander, Dianne T. Rodwell and several other artists; Nicole's Studio & Art Gallery, Raleigh; thru December 31. Call 919-838-8580 or visit www.nicolestudio.com.

MATERIA OSCURA/DARK MATTER, photographs of urban Africa and the African Diaspora; Center for Documentary Studies, Juanita Kreps Gallery, Duke Univ., Durham; thru Jan. 10. Call 919-660-3663 or visit <http://cds.aas.duke.edu>.

ANNUAL HOLIDAY EXHIBITION, featuring new works for the season by gallery artists; Tyndall Galleries, University Mall, Chapel Hill; thru Jan. 10. Call 919-942-2290 or visit www.tyndallgalleries.com.

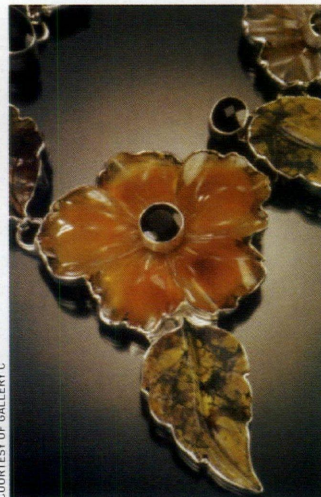
7TH ANNUAL STUDIO SHOW; Nancy Tuttle May Studio, Durham; thru Jan. 31. Call 919-688-8852 or visit www.nancytuttlamay.com.

ANNUAL HOLIDAY SHOW, featuring artwork under \$500; *The Grinch! Cels &*



COURTESY OF NICOLE WHITE KENNEDY STUDIOS

Asheville Antiques, oil on canvas by Nicole White Kennedy will be on view in the studio's fall exhibition, "Artists' Favorite People Places & Things," at Nicole's Studio & Gallery in Raleigh



COURTESY OF GALLERY C

Hand-crafted necklace made with Sterling Silver, Carnelian, Jasper and Black Jade, on view in Amy Kahn Russell's exhibition of crafted jewelry at Gallery C in Raleigh

Drawings! Original cels & drawings for the holidays. Animation & Fine Art Galleries, University Mall, Chapel Hill; thru Dec. 31. Call 919-968-8008 or visit www.animationandfineart.com

ANNUAL CARTERET COUNTY ARTS & CRAFT SHOW, annual juried show and sale; The History Place, Morehead City; Dec. 1-13. Call 252-726-3262.

GRAY GALLERY HOLIDAY EXHIBITION, annual ECU School of Art holiday show; Dec. 4-6. Call 252-328-6336 or visit www.ecu.edu/graygallery.

HOLIDAY EXHIBITION, various artists; Artspace, Raleigh; thru Jan. 31. Call 919-821-2787 or visit www.artspace-nc.org.

19TH ANNUAL HOLIDAY COLLECTION; Gallery C, Raleigh; thru Jan. 6. Call 919-828-3165 or visit www.galleryc.net.

NOMAD, multi-media paintings by Peter Paul Connolly; Artspace, Raleigh; Dec. 5-Jan. 24 (opening reception Dec. 5). Call 919-821-2787 or visit www.artspacenc.org.

HOLIDAY TREASURES; on view at Exhibit 20, Raleigh; Dec. 5-20 (opening reception Dec. 5). Call 919-831-5454.

OPEN STUDIO TOUR, featuring 50 artists throughout Chatham County;

Dec. 6, 7, 13 & 14. Call 919-542-0394.

AMY KAHN RUSSELL, exhibition of hand-crafted jewelry; Gallery C, Raleigh; Dec. 12-20. Call 919-828-3165 or visit www.galleryc.net.

ON STAGE & SCREEN

HOBSON'S CHOICE, 1915 comedy directed by Blake Robison & presented by Playmakers Repertory Company; Center for Art, Chapel Hill; thru Dec. 21. Call 919-962-play or visit www.playmakersrep.org.

THE WILL TO LIVE, documentary that examines lives of people who suffered brutal oppression; Richard White Lecture Hall, Duke Univ., Durham; Dec. 2. Call 919-660-3663.

SATURDAY NIGHT FEVER, Broadway at Duke Series; Page Auditorium, Duke West Campus, Durham; Dec. 3. Call 919-684-4444 or visit www.duke.edu/web/duu/broadwayevents.htm.

TRANSACTORS IMPROV CO., ArtsCenter, Carrboro; Dec. 5 & 6. Call 919-929-2787 or visit www.arts-center.com.

THE SANTALAND DIARIES, a Christmas celebration with the sadistic stamp of David Sedaris; City Stage, Wilmington; Dec. 5-7 & 12-14. Call 910-342-0272 or visit www.level5atcitystage.com.

WILMINGTON SYMPHONY HOLIDAY BALLET CONCERT, Cape Fear Theater Ballet reprises its innovative production of excerpts from Tchaikovsky's *Nutcracker*, with full Wilmington Symphony; UNC-W, Kenan Auditorium, Wilmington; Dec. 6 & 7. Call 800-732-3643 or visit www.wilmingtonsymphony.org.

THE NUTCRACKER, North Carolina State Ballet's production, featuring guest artist Alfredo Marengo & Kelli Bradshaw with a cast of 60 dancers and actors; Crown Theater, Fayetteville; Dec. 7, 13 & 14. Call 910-484-2736.

A CHRISTMAS CAROL, starring Ira David Wood & presented by Theatre in the Park; Memorial Auditorium, BTI Center, Raleigh; Dec. 10-17. Call 919-831-6060.

ROMEO AND JULIET, presented by Tiny Ninja Theater; Manbites Dog Theater, Durham; Dec. 10-14. Call 919-682-3343.

BABES IN TOYLAND; Thalian Hall, Wilmington; Dec. 11-14. Call 910-343-3664 or 800-523-2820 or visit www.thalian.org.

OUTER BANKS AVIATION FILM FESTIVAL, Roanoke Island Festival Park, Manteo; Dec. 13-17. Call 252-475-1500 or visit www.roanokeisland.com.

Cinderella, 20th anniversary presentation by Raleigh Little Theatre, A. J. Fletcher Theater, BTI Center, Raleigh; Dec. 13-21. Call 919-821-3111 or visit raleighlittletheatre.org.

NUTCRACKER SUITE ON ICE; Triangle Sportsplex, Hillsborough; Dec. 13-14. Call 919-644-0339.

THE NUTCRACKER, performed by Carolina Ballet and the NC Symphony; Raleigh Memorial Auditorium, BTI Center, Raleigh; Dec. 19-28. Call 919-719-0900 or visit www.carolinaballet.com.

THE NUTCRACKER, produced by NC Academy of Dance Arts with Sherryl Mercer Tipton, artistic director; music by Eastern Symphony Orchestra; guest ballet dancers from New York City Ballet along with local dancers from ECU faculty & students; Wright Auditorium, ECU campus, Greenville; Dec. 19 & 20 (two performances on the 20th). Call 252-355-2140.

NEW YEAR'S EVE PARTY, special New Year's Eve celebration with a chorus line; City Stage, Wilmington; Dec. 31. Call 910-342-0272 or visit www.level5atcitystage.com.

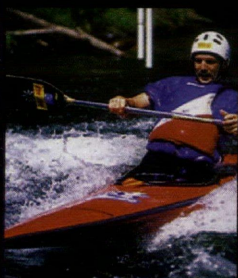
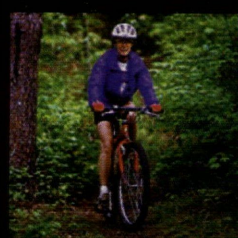
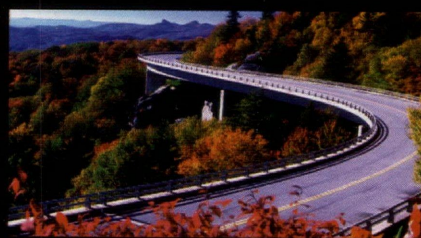
SEUSSICAL THE MUSICAL; Raleigh Memorial Auditorium, BTI Center, Raleigh; Dec. 30-Jan. 1. Call 919-831-6060.

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CLASSICAL CONCERTS

NC SYMPHONY HOLIDAY POPS, performed throughout the state. Visit www.ncsymphony.org.

Dec. 2, Murfreesboro,
252-398-4141

Dec. 4, Raleigh, 919-733-2750
Dec. 6, Morehead City,
252-247-3883

Dec. 7, Jacksonville,
910-455-9840

Dec. 13, Tarboro, 252-823-4925

Dec. 16, Wilmington,
800-732-3643

Dec. 18, Kinston, 252-527-2517

DUKE CHORAL CHRISTMAS CONCERT: Duke Chapel, Durham; Dec. 2. Call 919-684-4444 or visit www.duke.edu/music.

DUKE SYMPHONY ORCHESTRA CONCERT with Stephanie Northcutt, soprano; Baldwin Auditorium, Duke Univ., Durham; Dec. 3. Call 919-660-3300 or visit www.duke.edu/web/orchestra/fall03.htm.

AMAH! AND THE NIGHT VISITORS, presented by Long Leaf Opera; NCCU Theatre, Durham; Dec. 4-6. Call 919-560-3030 or visit www.longleafopera.org.

RALEIGH RINGERS HOLIDAY CONCERTS. Visit www.rr.org.

Dec. 4, White Plains Methodist Church, Cary, 919-467-9394
Dec. 5, The Clayton Center,

Clayton, 919-553-1737
Dec. 6, J.E. Broyhill Civic Center, Lenoir, 828.726.2407
Dec. 20-21, Meymandi Concert Hall, Raleigh, 919-831-6060

HANDEL'S MESSIAH, performed by the Duke Chapel Choir, Duke Chapel, Durham; Dec. 5, 6, & 7. Call 919-684-4444 or visit www.duke.edu/music.

THE 24TH ANNUAL MESSIAH SING-IN, audience participation; free but canned goods collected for Urban Ministry Center; Edenton Street United Methodist Church, Raleigh; Dec. 5. Call 919-832-7535 or visit www.esumc.org.

CHRISTMAS AT HOME AND ABROAD, holiday concert presented by the Capital Area Chorale and The Triangle Brass Band; Edenton Street United Methodist Church, Raleigh; Dec. 12. Tickets available in advance only. Call 919-872-6334 or visit www.cachorale.org and www.trianglebrass.org.

JOY OF THE SEASON, 5th annual concert presented by the NC Master Chorale; free child's ticket with each purchase of regular ticket; Meymandi Concert Hall, BTI Center, Raleigh; Dec. 13-14. Call 919-856-9700 or visit www.ncmasterchorale.org.

CHRISTMAS CONCERT, presented by Choral Society of Durham; Duke Univ. Chapel, Durham; Dec. 13-14. Call 919-560-2733 or visit www.choral-society.org.

HOLIDAY POPS, presented by the Durham Symphony; First Baptist Church, Clinton; Dec. 14. Call 910-592-4232 or visit www.durhamsymphony.org.

35TH ANNUAL RALEIGH BOYCHOIR CAROLS OF CHRISTMAS CONCERT; Edenton Street United Methodist Church, Raleigh; Dec. 19. Call 919-881-9259.

NEW YEAR'S EVE CONCERT, PRESENTED BY THE NC SYMPHONY; Meymandi Concert Hall, BTI Center, Raleigh; Dec. 31. Call 919-733-2750 or visit www.ncsymphony.org.

POP MUSIC

STEVE KIMOCK WITH TRIPLE FRET, self-taught guitar innovator; ArtCenter, Carrboro; Dec. 3. Call 919-929-2787 or visit www.artscenterlive.org.

DUKE JAZZ ENSEMBLE PERFORMANCE, with Nicholas Payton, part of Duke Jazz Series; Baldwin Auditorium, Duke University, Durham; Dec. 4. Call 919-660-3300 or visit www.duke.edu/music/events/calendar.html.

MANNHEIM STEAMROLLER CHRISTMAS EXTRAORDINAIRE, holiday concert creating a Christmas wonderland; RBC Center, Raleigh; Dec. 4. Call 919-861-5470 or visit www.rbccenter.com.

PRESERVATION HALL JAZZ BAND, a holiday New Orleans-style jazz concert; Thalian Hall, Wilmington; Dec. 5. Call 800-532-2820 or visit www.thalian-hall.com for tickets.

FOLLOW YOU ALL OVER THE WORLD, solo CD Release concert by Bland Simpson of Red Clay Ramblers fame, with Chris Frank, Don Dixon, Scott Davison, Rod Abernethy and other guests; ArtCenter, Carrboro; Dec. 12. Call 919-929-2787 or visit www.arts-centerlive.org.

MUSIC AT THE MARKET, classy, dynamic, & bluesy sounds of Susan Reeves & Dana Chell; Fearrington Market Café, Pittsboro; Dec. 12. Call 919-542-2121 or visit www.fearringtonvillage.com.

TRACY FELDMAN AND FRIENDS, concert benefiting Committee Against Israeli Home Demolition; West End Theater, ArtsCenter, Carrboro; Dec. 13. Call 919-929-2787 or visit www.artscenterlive.org.

CHRISTMAS DANCE COMEDY & COMMUNITY HOE-DOWN, presentation of dance-comedy followed by Southern Appalachian dancing by Dueling Shoes, then a community hoedown/square dance—music by Chinkapin Hunters; ArtCenter, Carrboro; Dec. 19. Call 919-929-2787 or visit www.arts-centerlive.org.

SPORTS & RECREATION

CORE SOUND WATERFOWL WEEKEND, Core Sound Waterfowl Museum, Harkers Island; Dec. 5-7. Call 252-728-1500 or visit www.coresound.com.

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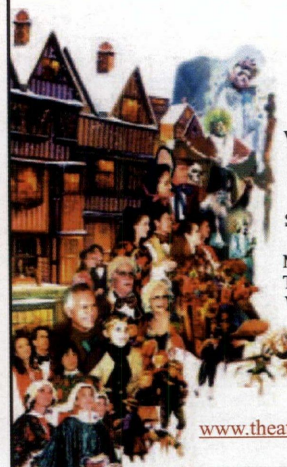
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Th. Dec 11: 8 PM
Fri. Dec 12: 8 PM
Sat. Dec 13: 2 PM
Sat. Dec 13: 8 PM
Sun. Dec 14: 2 PM
Mon. Dec 15: 8 PM
Tues. Dec 16: 8 PM
Wed. Dec 17: 8 PM



www.theatreinthepark.com

CORE SOUND DECOY FESTIVAL, Harkers Island School, Harkers Island; Dec. 6-7. Call 252-838-8818.

ASTRONOMY VIEWING SESSION; sponsored by Morehead Planetarium; Ebenezer Beach, Jordan Lake; Dec. 13. Call 919-549-6863 or visit www.morehead.unc.edu.

BRING IN THE NEW YEAR HIKE, Jordan Lake State Recreation Area, Apex; Dec. 28. Call 919-362-0586.

KIDS KRISTMAS KOLUMN

TIME FOR TOTS: WINTER WONDERLAND; NC Museum of History, Raleigh; Dec. 2 & 9. Call 919-715-0200, ext. 299 or visit www.ncmuseumofhistory.org.

SANTA'S WONDERFUL WORKSHOP, children of all ages work with Santa's elves to make a wonderful gift; Westfield Shoppingtown Independence, Wilmington; Dec. 4. Call 252-392-1776.

DISNEY ON ICE: MONSTERS INC., RBC Center, Raleigh; Dec. 10-14. Call 919-510-0641 or visit www.rbccenter.com/events/calendar.asp.

THE HEALING FORCE: KWANZA CELEBRATION; for kids; ArtsCenter, Carrboro; Dec. 11 & 12. Call 919-929-2787 or visit www.artscenter.com.

FAMILY FUN TOUR, see works of art related to holiday season; Ackland Art Museum, Chapel Hill; Dec. 14. Call 919-966-5736.

THE GINGERBREAD MAN, presented by Rags to Riches; ArtsCenter, Carrboro; Dec. 20. Call 919-929-2787 or visit www.artscenter.com.

KIDS DECOY CARVING CLASSES; Core Sound Decoy Headquarters, Harkers Island; Dec. 20. Call 252-838-8818.

NATURE STORYTIME; story, hike and craft session while parents head off to the Outlet shops; Lake Crabtree; Morrisville; Dec. 22. Call 919-460-2723.

CHRISTMAS EVE AT THE AQUARIUM, free admission all day. Ft. Fisher Aquarium, Kure Beach. Call 910-458-7468 or visit www.ncaquariums.com.

CHILDREN'S CELEBRATION AND FIRST NIGHT, New Year's Eve celebration with performances, live animals, & games; downtown Raleigh, NC Museum of Natural Sciences; Dec. 31. Call 919-733-7450.

RHYTHM IN YOUR RUBBISH; Platypus Theatre featuring NC Symphony; Meymandi Concert Hall, BTI Center for the Performing Arts; Raleigh; Jan. 3. Call 733-2750 or visit www.ncsymphony.org.

POTPOURRI

TRYON PALACE HOLIDAY EVENTS, New Bern. Call 800-767-1560:

- **DAYTIME HOLIDAY TOURS**, Tryon Palace & historic homes decked in Christmas finery, until Dec. 28
- **HOLIDAY DECORATION WALKING TOUR**, designs used for buildings & their histories, Dec. 6 & 13
- **CHRISTMAS MARKETPLACE**, museum store shopping, including crafts, food



PHOTO BY JOHN DOLE

Poinsettias celebrate the holidays in living color at the Poinsettia Festival, McSwain Center, JC Raulston Arboretum, Raleigh

tasting & decorating ideas, Dec. 6-7

- **ARENDELL PARROTT ACADEMY ORCHESTRA**, favorites as a large ensemble & a smaller cello consort, Dec. 7
- **JONKONNU CELEBRATION**, African-American yuletide tradition unique to North Carolina, Dec. 13 & 20
- **SPECIAL CHRISTMAS TOURS**, first floor rooms of Tryon Palace, Kitchen Office, & Civil War Camp, Dec. 13-14 & 20-21

ANNUAL FESTIVAL OF TREES, hosted by Assistance League of the Triangle Area (ALTA) as a fundraiser for their philanthropic projects; Festival presents a colorful array of designer decorated trees & a Snow Queen, who spreads holiday cheer to children; BTI Center, Raleigh; now until Jan. 2. Call 919-461-3831.

SANTA'S SEASIDE WORKSHOP, bring your Christmas wish list; Downtown Waterfront Boardwalk, Beaufort; Dec. 1-20. Call 252-728-4611.



COURTESY OF TRYON PALACE HISTORIC SITES & GARDENS

A holiday wreath graces a doorway at Tryon Palace, New Bern

SILVER COAST CHRISTMAS, gift specials, open houses, party planning, & wine shipping; Silver Coast Winery, Ocean Isle Beach; Dec. 1-23. Call 910-287-2800 or visit www.silvercoastwinery.com.

HOLIDAY DECORATIONS AT FEARRINGTON, lights, trees, tin soldiers, & teddy bears adorn village center; Pittsboro; Dec. 1-Jan. 6. Call 919-542-2121 or visit www.fearringtonvillage.com.

CRYSTAL COAST FESTIVAL OF TREES, sponsored by Friends of Hospice; Crystal Coast Civic Center, Morehead City; Dec. 4-11. Call 252-247-1390.

DUKE CHILDREN'S TEDDY BEAR BALL, silent & live auctions, including an assortment of teddy bears; Durham Civic Center, Durham; Dec. 5. Call 919-667-2571 or visit http://dukehealth.org/childrens_services/teddy_bear.asp.

DUKE HOMESTEAD CHRISTMAS BY CANDLELIGHT, evening candlelight tours of the Homestead featuring period decorations, caroling, & hot apple cider;

Duke Homestead State Historic Site, Durham; Dec. 5-12. Call 919-477-5498 or visit www.ah.dcr.state.nc.us/sections/hs/duke/duke.htm.

THE MATURATION OF A GARDEN, lecture presented by horticultural enthusiast Frank Cabot; J. C. Raulston Arboretum, NCSU Campus, Raleigh; Dec. 6. Call 919-515-3132 or visit www.ncsu.edu/jcraulstonarboretum.

LIGHT UP DURHAM, simultaneous performances at Durham Arts Council, Carolina Theatre of Durham, Downtown YMCA, & several other locations; Durham; Dec. 6. Call 919-687-6561 or visit www.LightUpDurham.org.

BENTONVILLE BATTLEGROUND CHRISTMAS OPEN HOUSE, how soldiers celebrated Christmas while on furlough; Bentonville Battleground; Dec. 6. Call 910-594-0789.

CRYSTAL COAST CHRISTMAS FLOTILLA, yachts and workboats adorned and lighted with holiday decorations; Morehead City & Beaufort waterfronts; Dec. 6. Call 252-726-8148.

HOLIDAYS IN THE VINEYARD, wine tasting, food, & entertainment by the Virginia Beach Symphony Orchestra; Moonrise Bay Vineyard, Knotts Island; Dec. 6. Call 866-888-9463 or visit www.moonrisebaywine.com.

HISTORIC EDENTON HOLIDAY EVENTS; call 252-482-2637 (see Openings page for photo):

- **CHRISTMAS AT THE MARKET**, decorations, choral groups, pony & carriage rides; Downtown Edenton; Dec. 6
- **CAROLING ON THE CHOWAN COURT-HOUSE GREEN**, Dec. 12
- **IREDELL HOUSE GROANING BOARD**, tables of holiday food, Dec. 12-13
- **CUPOLA HOUSE WASSAIL BOWL**, 18th-century style decorations, music, food & hearty cups of wassail, Dec. 12-13
- **HOUSE HOLIDAY REPAST**, decorations & refreshments in waterfront setting, Dec. 12-14
- **ANNUAL CHRISTMAS CANDLELIGHT TOUR**, holiday tour of 14 private

Metro Magazine

“The gift that Really Does keep on giving all year long.”

homes in Historic District and sneak preview of courtroom and restoration of 1767 Courthouse, Dec. 12-13

- **PERIOD CHRISTMAS DECORATIONS WORKSHOP**, how to use natural items in holiday decorating, Dec. 15; Historic Edenton

POINSETTIA OPEN HOUSE, 114 different cultivars in bloom for the holidays; McSwain Center, JC Raulston Arboretum, Raleigh; Dec. 7. Call 919-515-3132 or visit www.ncsu.edu/jcraulstonarboretum.

CHRISTMAS CRAFTS SHOW, arts, crafts and gifts for purchase plus a Nativity scene and appearances by Santa & Mrs. Claus; Big Barn Convention Center,

Hillsborough; Dec. 7. Call 919-732-8714.

SIXTH ANNUAL "TWELVE DAYS OF CHRISTMAS" AT THE CAROLINA INN, self-guided tours, lavish dinners & holiday activities, including a display of gingerbread houses, some featuring historic homes in Chapel Hill, plus a sand sculpture; UNC-Chapel Hill; Dec. 7-Jan. 6. Call 800-962-8519. Some events free.

HILLSBOROUGH CHRISTMAS CANDLELIGHT TOUR, a tour of the town's historic inns, churches, & homes including music, reenactments, and refreshments; Downtown Hillsborough; Dec. 7. Call 919-732-8156.

CHRISTMAS IN CHATHAM—PARADE OF HOMES, six beautiful Chatham County homes, including "Aunt Bea's Home"; Siler City, Dec. 7. Call 919-742-3333.

MURFREESBORO CANDLELIGHT CHRISTMAS TOUR, progressive dinner & tour of historic homes with "Twelve Days of Christmas" theme; Historic Murfreesboro, Dec. 8-9. For information, call 252-398-5922.

CAPITOL TREE LIGHTING, Capitol grounds & downtown Raleigh light up for Christmas; music and entertainment; Dec. 11.

THE FIRST FLIGHT CENTENNIAL CELEBRATION to honor the Wright brothers and 100 years of flight, featuring special programs, events, exhibits, shows and festivities; Wright Brothers National Memorial, Kill Devil Hills; Dec. 12-17. Call 1-800-446-6262 or visit www.outerbanks.org. (See Openings page for photo.)

HISTORIC OAKWOOD CANDLELIGHT TOUR, a walking tour of 12 homes in Raleigh's historic 19th-century neighborhood; Raleigh; Dec. 13-14. Call 919-906-5500.

BEAUFORT-BY-THE-SEA CAROLINA CHRISTMAS WALK, restorations of Beaufort Historic Site and decorations of Bed & Breakfast inns; Beaufort Historic Site, Beaufort; Dec. 13. Call 800-575-7483.

AMERICAN RED CROSS HOLIDAY MESSAGING, families of deploying men & women can send them holiday wishes; Headquarters Library & Cliffdale Regional Branch Library, Fayetteville; Dec. 15-17 & 20. Call 910-867-8151.

CELTIC HOLIDAY MUSIC JAM, holiday concert for musicians and listeners; Carrboro Century Center, Carrboro; Dec. 17. Call 919-918-7364.

KWANZAAFEST, a Kwanzaa celebration with nightly entertainment; Hayti Heritage Center, Durham; Dec. 26-Jan. 1. Call 919-683-1709 or visit www.hayti.org.

KWANZAA PROGRAM, a family event seeking to reinforce bonds between parents & children and featuring Ebone Dancers; Hargraves Community Center, Chapel Hill; Dec. 30. Call 919-968-2784.

FIRST NIGHT RALEIGH, North Carolina's largest New Year's Eve Party with a hundred performances—live music, dance & comedy, including programs for kids, & culminating in countdown to midnight with Raleigh (City of Oaks) Acorn & spectacular firework display; 30 locations in a 12-block area, downtown Raleigh; Dec. 31. Call: 919-990-1158 or visit www.firstnightraleigh.com. (See photo on Openings page.)

Our thanks to Suzie Humphrey and Bess Futrell for their assistance with Preview.

EDITOR'S NOTE: Please send events info and color images, slides or photos 6 weeks before publication date. Send to Frances A. Smith, Metro Magazine, 1033 Oberlin Rd. Suite 100, Raleigh, 276005 or email: fsmith5@nc.rr.com.



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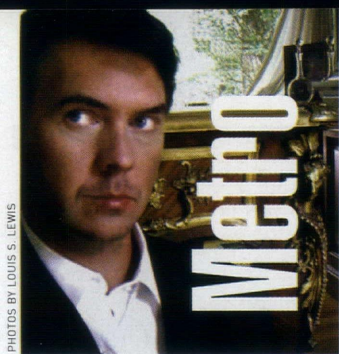
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The State Shakespeare Festival

A Christmas Carol
HIGH POINT: High Point Theatre
Dec. 5, 11, 12, 13 (8pm); Dec. 7 & 14 (2pm)
GREENSBORO: Aycock Auditorium
Dec. 16 (8pm)
WINSTON-SALEM: Stevens Center
Dec. 19 & 20 (8pm); Dec. 20 & 21 (2pm)
Tickets/information: 336-887-3001
(Noon-5 pm, Mon-Fri)
Visit our website: www.ncshakes.org



PHOTOS BY LOUIS S. LEWIS

Artist-at-Large

by Louis St. Lewis

ALL I WANT FOR CHRISTMAS

Gimme, gimme, gimme!!!! That's all you hear around the holidays—especially if you are hanging out with me.

Santa Claus has been keeping his spy-glass trained on me, so he knows that I have been a very good boy all year long—more or less—and he understands that I appreciate the very best (those new Maserati convertibles are looking mighty tempting this year—make mine red). In case my friends and faithful readers are considering what to give me for X-mas, stocks, bonds, rare jewels, condos and vintage champagne are always a safe bet. Since my 39th birthday will be rolling around one more time in January, I'm certain many of you will be saving the big-ticket items for then, so what follows are a few of my recent gallery sightings that will look great under my tree and not set you back an arm and a leg.

Lee Hansley Gallery has some amazing constructions by ECU professor Paul Hartley that are full of imagination and wit that I would truly appreciate. Hartley is one of the masters here in our state, and Lee Hansley has done well by him for many years. The Hansley Gallery will be featuring artwork under \$500 for the holidays, created by some of the region's leading talents. So this is a great way for you to introduce art to a new collector, or give yourself an instant miniature masterpiece.

Last year while traveling in Russia, I fell in love with wonderful hand-painted lacquer boxes with their intricate surfaces and fairytale themes. The process of making them is time consuming and intricate, but the effects are enchanting. Gallery C has in a great selection of these intimate treasures, so thankfully you don't have to cross the Baltic Sea in order to purchase one of these unique works of art.

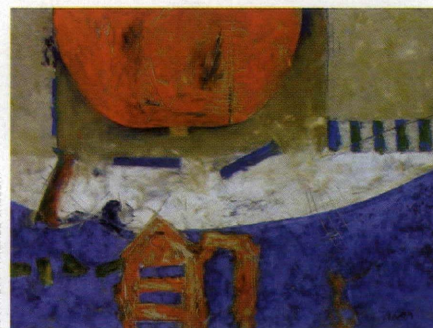
Give me ANYTHING from Glance Gallery, but especially one of Mick Winters'



COURTESY LEE HANSLEY GALLERY



COURTESY BICKETT GALLERY



COURTESY TYNDALL GALLERY



COURTESY TYNDALL GALLERY

Goat's Night Box, top, mixed media assemblage by Paul Hartley. Above, Lynda Lea Bonkemeyer painting, *Hi - Ho*, mixed media. Above right, *Gazebo at Sunset*, Wayne Trapp, oil on canvas. Right, Jane Filer, *Fish On My Head*, acrylic on canvas.

outrageous pop-art paintings, a construct by Andre Leon Gray, who constantly amazes me with his ability to combine disparate materials into a stunning narrative, or one of Jason Craighead's large-scale abstracts. The one that wowed them at the Works of Heart auction resulted in some heated bidding and sailed easily into the thousands before the final gavel sounded.

If you are wandering around Cameron Village, by all means pop into Little Art Gallery and grab me one of those fun solar-powered wind chimes that gently tinkle sporadically just by hanging near a window or lamp, perfect for cheering someone up on those drab winter mornings.

Bickett Gallery will be featuring "12 x 12," 12 artists working within a 12-by-12 format—and that size sounds perfect for a nice stocking stuffer. Don't be afraid to give me a work from each of the artists in the show!

If you haven't seen the large-scale collages by Kathryn DeMarco shown at Durham's Craven Allen Gallery, then you have missed out on a major talent. Her lush and self-referential collages are full of wit, fan-



Snowmaiden - miniature laquer painting on papier mâché box.

tasy and humor—not to mention that they are very accomplished creations. One would look great in my entry foyer this Christmas, two even better!

Any of you passing by Raleigh Contemporary Gallery in the Raleigh City Market, feel free to stop in and buy me a Bob Rankin or two for my dining room. And since you are in the neighborhood, could you please walk over to Artspace and see if

you can find me a creation by Madonna Phillips, Eric MacRay, Paris Alexander or any of the other stellar talents that crowd the hallways there?

If for some reason you are drifting through Pinehurst on your way to a golf game with Santa, be aware that a stop at the Judy Broadhurst Gallery will be an excellent chance for you to pick up a nice Wayne Trapp oil to go in my guestroom. Speaking of Wayne, I have the perfect spot on my terrace for that sleek modern kinetic sculpture of his that stands so proudly at Jane Tyn-dall's Gallery in University Mall.

I haven't started decorating my tree this year yet, so if you happen to come across a few gorgeous hand-blown glass ornaments from either Somerhill Gallery or Green Tara Gallery, I could use a couple dozen or so!

These have been just a few hints for Santa's elves, and I am certain that the loved ones in your own homes would get just as much enjoyment from them as I possibly could. What better way to show your love and support our artistic community than to share a gift that gives to the emotions, the intellect and the soul simultaneously? **MM**

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Between you and me...

by Carroll Leggett

ANGEL BISCUITS

Southern Living is hell-bent that my Aunt Stella is going to receive a subscription for Christmas this year. And it doesn't seem to matter a whit to them that she's in Heaven.

Several years ago, as the holidays approached, she started talking about how much she used to enjoy reading *Southern Living* each month, that it was such a joy to get it even though she seldom used the recipes because she really didn't cook any more, but that it had gotten awfully expensive and being that she was retired, she just didn't feel she could afford it so she had let her subscription lapse—hint, hint, hint.

Being the dutiful nephew who didn't have a clue about what to get her for Christmas (salad spinner, fuzzy bedroom shoes, or maybe a colander? Hers had been missing a leg for years). I purloined a subscription card from the November issue at a newsstand, checked "Bill me later," gave them the relevant info, signed it and mailed it just in time for her to get a nice note from Birmingham telling her that her loving nephew had remembered her at Christmas with a subscription to *Southern Living*.

What's money at Christmas? I gave her a shiny new colander, too. She appeared to be doubly pleased, though she put the new colander in the cabinet and continued to use the rusty, two-legged one that she was comfortable with. That was okay.

WE'LL PAUSE HERE FOR A COMMERCIAL BREAK

Between you and me, a magazine subscription really is a great gift, especially a very sensibly priced subscription to *Metro*. Give a friend or relative *Metro* for Christmas, and they will think of you lovingly at least 12 times a year, except maybe that month when My Usual Charming Self

makes hamburger out of their sacred cow. ("If this magazine wasn't a gift from Cousin Polly, I'd make them give me my money back right now!") Make someone you love or feel obligated to do something for at Christmas, happy. It's easy. Check the web site www.metroinc.com.

BACK TO OUR REGULAR PROGRAMMING

Each year since I gave that first subscription, when the renewal notice has come, I have renewed it. And each year I have given a little something extra for a

surprise like a salad spinner or fuzzy slippers. But not this year. I deliberately didn't do it this year.

Her health was failing, and something told me to hold off. Then the first bomb fell. A letter from Birmingham came saying they had automatically renewed Aunt Stella's subscription "as previously authorized" by me. For my convenience, they enclosed a gift card with seasonal motif to put under the tree.

Bunk! Or Buncombe, correctly stated.

I had never previously authorized any such thing, so I quickly punched in the 800 number for customer service—it took three tries to get it right because I was seething so—and gave some gracious lady a piece of my mind. She listened politely, said all the right things to calm me down—I know she had heard my complaint many times before—and assured me the matter would be taken care of promptly. Not to worry, Mr. Leggett.

Okay, I bought that. At least, I bought that until a few weeks after my Aunt Stella went to Heaven, and the second bomb fell. I received an invoice for her Christmas 2003 subscription to *Southern Living*. This

time I took pen in hand and wrote nasty notes at odd angles all over the invoice with such force that the ballpoint cut the paper in places. "Besides, Aunt Stella, is in Heaven now!" I added with not one, but three, exclamation points!!!

There. That will take care of it, I was sure. Wrong.

A third bomb, launched from the heart of Dixie, has now fallen. Lying here on my desk is a letter I have just received from 2100 Lakeshore Drive, Birmingham, AL 35209. The words "Invoice Enclosed" are printed in large letters on the front of it.

"Just a reminder," it says inside. "If you have not taken care of this bill, please take a moment and do so now. Thank you." Thank you for what? Running my blood pressure up to 240 over 160 and giving me a stroke?



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Torture. I am being tortured by faceless people several states away at what should be the happiest season of the year. Peace on earth and all that. But not for me. And it's about the paltry sum of \$32.97. And why in the name of goodness should any magazine subscription cost \$32.97. Why not \$32.50 or \$33—some nice round figure?

But relief may be in sight. Just below that sweet "Thank you" on my "reminder" is a little box and the words, "If you have a question about this, please check here and complete back of card."

Flipping the card, I find they are worried that I haven't paid them because they have the wrong address for me. Think about the logic of that.

"Other questions about this notice?" they ask.

Doggone right. But I haven't quite made up my mind how to pose them.

It actually has occurred to me that someone in Birmingham just might think Aunt Stella would like to continue receiving their magazine in Heaven. It's possible, what with all those New Age folks

floating around out there. And maybe she would. She was a voracious reader and a great patron of the Greenville library, which for certain doesn't have a Pearlie Gates branch.

Who knows whether there is a library of any sort? Maybe the Good Book addresses the subject. I'm not sure, but I don't intend to stay up past my bedtime going through the Concordance looking for the word "library." Anyway, I am sure Biblical scholars can find scripture to make a case both for and against the presence of libraries in Heaven.

And do folks cook up there? Got me. If they don't, it doesn't make much sense to have a magazine arrive each month chock full of recipes. But suppose they do? There are some recipes folks may be dying for, like Angel Food Cake—light as the clouds the angels sit on—or Angel Meringues or Angel Biscuits. The White Lily flour folks have a recipe for this yeast-raised, Heavenly bread in their *Your Favorite Southern Recipes* cookbook. I have eaten them at breakfasts sponsored by White Lily at gatherings of the Southern Foodways Alliance, and Angel Biscuits truly are fittin' food for angels.

Speaking of "Heavenly," there is "Heavenly Hash," a colorful creation of bananas, pineapple, nuts and chopped Maraschino cherries mixed with Cool Whip and traditionally served on, what else but, Angel Food Cake. I understand it was a popular choice for inclusion in the White Trash Cook Book but was edged out by "Mock Apple Pie" made with Ritz crackers.

And how about "Scripture Cake," inspired by First Kings 19:6, which reads,

"And he looked, and, behold, there was a cake baked on the coals." Bible reading must be a major divertissement up yonder. I found the recipe in the *Carol Dare Cookbook* published in 1971. Each ingredient has a Bible verse related to it. 1 cup butter—Judges 5:25. "She brought forth butter in a lordly dish." 2 tsp baking powder—Corinthians 5:6. "Know ye not that a little leaven leaveneth the whole lump?" Not really, but I will take their word for it.

We would have to check every issue, though. Old Scratch, who was cast out eons ago, surely would like to get his nose back under the tent, and he just might do it by slipping in recipes for Devil's Food Cake, Deviled Eggs and Deviled Crabs, and Red Devil Cheese Dip between seemingly benign *Southern Living* magazine covers.

I am not going to give the folks in Birmingham the satisfaction of knowing they have doggone-near ruined my Christmas by their persistence, so I am going to cool off a bit before I reply to their last "Invoice Enclosed" communication. Who knows? I just may send them a money order for \$32.97 if they will guarantee prompt delivery each month to my dear Aunt Stella. It might be a rare treat, but looking at it another way, I really don't know how any magazine could add much to the quality of life of a place already universally billed as "Paradise."

Between You and Me, if my Aunt Stella had any choice in the matter, I bet she had rather receive a subscription to *Metro* so she could read my column each month. Hadn't you? Best you not answer that question.

Happy Holidays! **MM**



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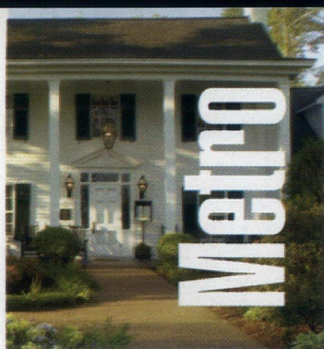
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Gourmet

by Maudy Benz

Cooking school with an attitude

YOU COME, YOU COOK, YOU CONQUER

Cooking schools are hot and what makes the Farrington House school different is spending a day with your sleeves rolled up working side by side with Graham Fox, chef de cuisine, at the award-winning Farrington House Restaurant, really making each recipe. This school offers far more than a cooking demo and a tasting. You come, you cook, you conquer. Check out our menu for October 5th and 6th:

Warm Chocolate Fondant with Milk Sorbet and Orange Syrup, Wild Mushroom Tartlet with Balsamic and Madeira Reduction, Cornish Hen and Rosti Potatoes, Savoy Cabbage and Celeriac Root Sauce, Seared Maine Scallops with Apple Puree and Pomme Maxime.

But I'm rushing ahead. School began with registration at the Farrington House Inn on Sunday and tea at four o'clock in the Inn's Garden House. Teatime seemed fitting as Chef Fox hails from Brenton-on-Trent. He spent his longest cooking stint at the Castle at Taunton (Michelin star) in England where he won the Avereys' Young British Chef of the Year Award in 1999 at age 29.

At six o'clock spirits changed to fruits of the vine when participants met Chef Fox and marketing director Phoebe Lockley-Fox for wine and hors d'oeuvres in the Garden House before dinner. The house wine was Crane Lake Chardonnay, a balanced white, as light

as a Chablis. The Cabernet was full-bodied but not overwhelming. Chef Fox handed out notebooks with recipes for the next day and offered tips on ordering at the restaurant that evening. The school's tuition includes dinner and a night at the Inn.

In the morning Chef Fox welcomed nine of us into a kitchen lighted as brightly as an operating room. We each stood at our cutting boards looping on aprons, emblazoned with Galloway cows posing as chefs, and brandishing our complimentary wooden spoons.

As our whirlwind day began, I was grateful for my huge breakfast of shrimp and grits. We broke into two groups. Mine was headed by Phil Yeomans, a Brit from Hampshire, and the sauce maker of the kitchen.

"Pastry first," Phil said. "For the tart." We made it, chilled it, rolled it and finally pressed the thin dough into little tart pans we weighted with black-eyed peas to bake evenly. Next hurdle, chocolate fondant and for dessertophobics like me, it was the highest jump. The melt down: semi sweet Valarona chocolate from France. An aroma to raise Montezuma from the dead filled the room. The zest of one orange adds flavor and texture. Je suis fatigué, I felt like saying, as we concocted the orange sauce and the milk sorbet to top the fondant. Graham towed us around the kitchen like spring chicks. "One of you, check the chocolate?" and one of us raised a spoon and rushed over to inhale the vapors and stir.

Chef Fox had us taste the sorbet as it erupted from the whirling machine that whipped it. "What'd you think? Sweet enough?" he asked, exhorting us to develop our palates. Yes, we said, it was perfect.

"Discriminate, try the celeriac." This sauce, made with vanilla bean to flavor that would blanket our Cornish hens, we adjusted with more salt and pepper. Chef Fox smiled. We were learning to taste. The apple puree, a bed for the seared Maine scallop, we found balanced between sweet and savory. We blended chive oil to a luxurious green with a few wrist flips. Key here is to remove the water after blanching the chives by squeezing them in paper towels à la Arnold Schwarzenegger. With this oil all chefs can become Monets, dripping green zig-zags and dots at a plate's edge.

We went back to our cutting boards.

"We're giving you each a mandolin," Chef Fox said. Curious looks jetted about.

"Music lessons?" one jokester asked.

But no, this baby was a potato cutter that resembled a mini washboard with a blade that would make Gillette's stock rise. Chef Fox, with his accent blooming, warned us to watch our fingers. Don't clutz out, I told myself. We sliced potatoes thin for



Chef Graham Fox (right) and his sous chef Jonathan Chell (left), show eager students the ins and outs of haute cuisine.

COURTESY FARRINGTON HOUSE

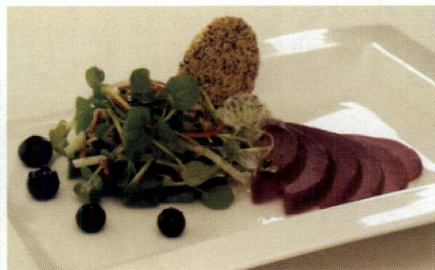
Maxime that we baked in a flower design lightly buttered and salted and set inside a special sleeve. We shredded spuds for our rosti, which we fried in hot vegetable oil. By now the complimentary tea and coffee couldn't keep back the sound of rumbling stomachs; knives could be heard cracking against bone and the boards. In minutes the hens hit hot oil in a frying pan. And we were on our last course, the foie gras, a Grade A liver larger than life from France, and if you could procure one, this appetizer wouldn't be hard to make. You just slice the liver down the side and fry—sans oil—in a hot pan and flip quickly to keep it rare. Voila. Add a brioche and you're on your way to fame.

As we flipped the warm fondants onto plates, a few detonated like Wilie Coyotes on the road. We dreamed of the lunch to come and then it was served, and all of us were feted.

I stayed after school and asked if Chef Fox would do anything differently next time. He felt he'd been rather ambitious. "Next time I'd let people eat the appetizer, the entrée and the desserts in three courses. You know, as they were made." Yes, well, we'd been hungry but the work ethic felt good.

To my comment that it's a very hands-on school he said, "Yeah, you get your hands mucky." But with chocolate, who minds licking one's fingers?

COURTESY FARRINGTON HOUSE



"We did some of that, didn't we?" said Chef Fox, smiling his handsome genuine smile.

Of the restaurant's menu in the future, Chef Fox said, "I'd like it to become even more Southern, more regional. You can see the Southern influence now in the sweetbreads, the black-eyed peas, the shallot hash, the rabbit."

He also noted contemporary British cuisine's influence as seen in the calves' liver and the lamb. Chef Fox said the menu changes two items weekly, and he offers seasonal produce, having recently dropped asparagus from the menu and picked up more root vegetables. He credits his discovery of using the vanilla bean as flavoring to Mrs. Beeton's cookbooks. She is known for her basic flavors from Britain. He added that vanilla was used in medieval times for flavoring meats.

From Yesteryear and Today

EXOTIC HOLIDAY DRINKS AND GREAT OLD STANDBYS

While wine has been on the rise as the drink of the people almost every day of the year, when December arrives, cocktails reappear on the trays of hostesses and mulled wine simmers on the stove filling homes with the hospitable, cozy fragrance of cinnamon and cloves. And you can bet eggnog will grace punch bowls of party givers this season too. Who could forgo serving that dense ivory froth, virtual ambrosia, even though one cup promises to break the calorie bank?

During the holidays we assume the attitude of the god Janus when we look backward and forward at once as nostalgia grips us in December and as we begin a new year in January with resolutions for growth and change. The spirits of the holidays I've chosen to share look back to our pasts and into the future as well. And what could be more festive than trays in each era keeping to a red and green theme?

In the '50s on her red-and-green drink tray, my mother might have offered her

All the courses of our dinner on Sunday night before the school arrived seamlessly, beautiful and delectable at once, so that the conversation among students could rev up without interruption. We began with an amuse bouche of Corn Cabbage Consommé with Duck Confit served chilled. I then chose: Carpaccio of Baby Lamb, seared Foie Gras with Sweet Potato and Apple Gratin on Toasted Brioche, and Alaskan Halibut with Porcini's, Roast Salsify and a Vanilla Sauce.

My dessert was a Vanilla Parfait with Sablee Biscuit, Poached Figs and Fig Sorbet. Garden of Eden on a plate. Since its sweet blessing and the fondant's rich kiss, I've been cured of my dessert phobia. I've undergone a culinary conversion, and I now love the last course. Desserts first may become my mantra.

Sunday night I fell into the lushest bath in my stellar rooms at the Inn letting the Jacuzzi jostle off the excess weight I had probably gained. Then I wrapped myself in a complimentary robe, slipped on the comp slippers, and drank my Port like a good girl. Head on pillow, I fell asleep to visions of pots and pans gleaming in air and big shiny stoves jetting flames into the light of the good morrow. **MM**



Yuletide guests Pink Manhattans with Benedictines for her reds and Green Swizzles or Jack Roses (a Sidecar made with Apple Brandy) for greens. Old fashions, dry mar-

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Valentine's Dinner with
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March 2004

Spring Dinner Menu with
Chef de Cuisine Graham Fox

May 2004

Herb Kitchen with Chef de Cuisine
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tinis with lemon twists and whiskey sours, along with the usual scotch or bourbon on the rocks for the men, would have filled out her menu. She might have splurged on a Pink Rum Cassis Cup as her punch or fallen back to using the mulled wine recipe from *The Joy of Cooking* with a Gallo red (just about all that was available at the grocery store in our small town). Her eggnog, whether it was spiked with rum, brandy or bourbon, would have been home-made, frothed with perfect cloud-like egg whites. My mother might have served Swedish meatballs, a cheese ball with crackers and beef tenderloin on rye bread with a mustard spread.

This year my holiday drink tray reflects the piquing in the sophistication of drinkers that's occurred since the '50s, the baby boomers' never-ending search for perfection in lifestyle and taste in libations. Here's what I'm serving: Red Russians, Martini Romanas for reds and Midori Martinis, Green Apple Martinis, and Green Sneakers for green. I'll have some Jack Daniel's, Johnnie Walker, a dry Vermouth, and Bombay Sapphire Gin on hand for the



on-the-rocks traditional martini fanatics. I might offer store-bought eggnog for mixing with a choice of liquors. My mulled punch will be Mulled Moore County Jack Daniel's substituting for the wine, and making the drink true to the name punch. For my hors d'oeuvre I know one thing—I'm definitely serving Ginny O's Cheese Rings. Ginny Johnson has been making her cheese rings for six years and just this November *Oprah's* magazine ran a feature on them (page 82). That attention has pressed Ginny into the national market with orders flooding in from all over the US. You can buy them locally at A Southern Season, Nofo at the Pig, and Taylor's of Raleigh. Ginny employs helpers now as her mother's recipe literally takes off—an interesting analogy for an employee of an airline to hear. When I asked Ginny what makes her rings different from traditional cheese straws, she said, "You can taste the cheese instead of the flour."

I guess you might say Ginny O's are flavor forward. Try some and you'll help make Ginny O's the last straw. Go to www.Ginny-orings.com or call 1-888-920-1717 to order. I know I'll need to serve more appetizers with my drinks, but after these cheese rings fall into place the rest won't be hard to conjure.

Exotic Green Drinks from Now & Then

Green Sneaker

Pour ingredients into iced mixing glass
1 oz Vodka
1/2 oz Midori Melon Liquor
1/2 oz sour apple
1/2 oz Triple Sec
2 oz orange juice
Shake and strain

Jack Rose

Bucket glass ice cocktail glass chilled
Pour ingredients into iced mixing glass
1 oz Applejack Brandy
1 1/2 sweet 'n sour
1/2 oz grenadine
Shake and strain

Exotic Red Drinks From Now & Then

Martini Romana

Cocktail glass chilled
Pour ingredients into iced mixing glass
1/4 oz Dry Vermouth
Three dashes Campari Apertivo
1 1/2 oz Gin
Stir and strain
Lemon twist garnish

Pink Lady

Shake, using 3/4 cup cracked ice
1/2 oz lemon juice or 1 1/2 oz
sweet 'n sour
1 oz apple brandy
1 oz gin
1 egg white (optional)
Strain into chilled glass

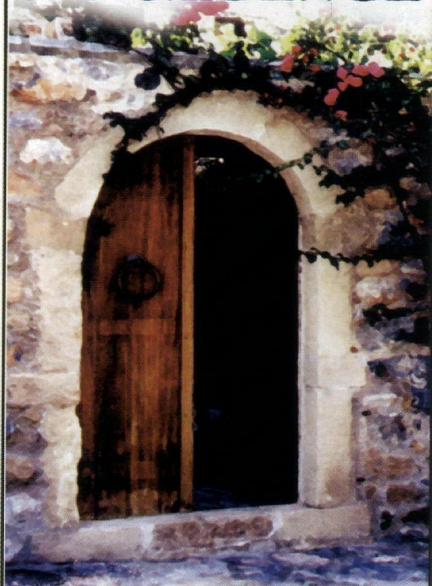
Mulled in Moore County

(Mulled in Moore County may be more comfortable than a soft blanket and a pair of wool socks.)

3 cups Jack Daniel's
1 tblsp whole cloves
1 qt Apple Cider
1 cup Orange Juice
1 tblsp whole cloves
1 stick cinnamon
sliced Lemon
sliced Orange

Combine all ingredients except Jack Daniel's in a large pot and let simmer 10 minutes. Stir in Jack Daniel's. Serve in mugs.

GREEK INDULGENCE



The incredible flavors of Greece are closer than you think. Taverna Agora, the Triangle's newest authentic Greek restaurant, brings you the best of what Greece has to offer. Savor the fresh ingredients and seasonings of slow-cooked lamb, steaks, and poultry prepared with imported Greek cheese, and olive oil. Or treat your palette to the freshest seafood in town with a glass of Greek wine. Dine under the pergola in the rustic ambiance and all of your senses will be absolutely satisfied.

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Cork Report

by Barbara Ensrud



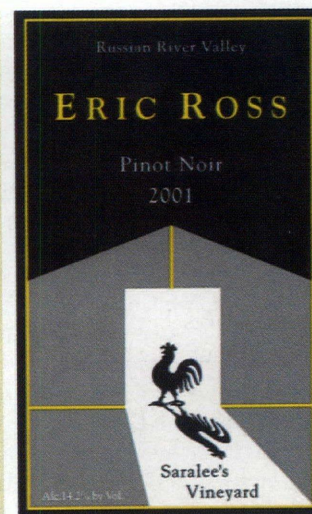
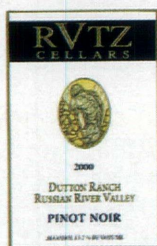
The perfect wine for wild game

FEASTING WITH RUSSIAN RIVER VALLEY PINOT NOIR

Growing up on the Mississippi Flyway often meant wild duck or goose for holiday dinners—the hunters in the family saw to that. Ever since, I've opted when I could for a brace of wild game birds for Christmas dinner—goose preferably, duckling or wild turkey so I could have my favorite wine: red Burgundy, which is made exclusively of Pinot Noir, a grape that for decades proved elusive for American winemakers.

No longer. In various parts of California and Oregon, superb Pinots are being produced today in a number of styles. Cooler areas definitely produce the best Pinot Noir, such as the coastal regions of Santa Barbara and San Luis Obispo counties along the central coast, high plateaus east of Monterey around Hollister, or the Carneros region that curves around the top of San Francisco Bay.

But the region that produces the juiciest and most seductive Pinot Noirs, to my mind (and palate), is the Russian River Valley in western Sonoma. Vineyards here wind over hills and stretch across ridges, some of them within view of the Pacific Ocean. Morning fog, warm mid-days and afternoons, and crisp Pacific breezes provide the cool—even chilly—atmospheres that encourage the Pinot grape to develop some of its



lushest flavors—ripe summer berries, exotic spices, with aromas that linger in the glass long after you've drained it.

The vineyards of this area are fairly small, and so are the wineries that dot the area. But the demand for Russian River Pinots (including increased sales in North Carolina) has led to new vineyards and expanded production. The largest quantities go into a wine with the general appellation Russian River Valley, but many of the vineyards are so distinctive winemakers choose to make small lots and label them accordingly. For instance, one of the Sonoma region's top vineyards is Dutton Ranch; when you see that designation on a Pinot label, the wine inside is likely to be stunning.

Three of the best Russian River Pinots I tasted (vintage 2000) were from Dutton Ranch vineyard: **Russian Hill**, **Rutz Cellars** and **Dutton-Goldfield**. Rich and succulent, with flavors the very essence of crushed boysenberries and black raspberries, aromas tinged with cinnamon, clove and vanilla, these wines were dazzling—delectable just on their own. Other dazzlers, however, would have to include **Marimar Torres 2000 Don Miguel** (her father) Vineyard, **Rodney Strong Reserve 2001** "Jane's Vineyard," and Merry Edwards' gorgeous **2001 Sonoma Coast**.

I've just finished tasting some 20 of these beauties—and I can't wait to plan some December feasts to show them off.

Barbara Ensrud Recommends...

RUSSIAN RIVER PINOT NOIRS

Dutton-Goldfield 2000, Dutton Ranch	\$40
Eric Ross 2001, Saralee's Vyd	\$40
Gary Farrell 2001	\$32
Hanna 2001	\$24
Keegan Cellars 2001,	\$34
Kenwood 2001	\$30
Marimar Torres 2000 Don Miguel Vyd	\$32
Merry Edwards 2001 Sonoma Coast	\$27.50
Pellgrini 2001 Olivet Lane	\$24
Rodney Strong 2001 Reserve, Jane's Vineyard	\$30

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Wild Rice with Chestnuts
Acorn Squash Soufflé
Russian River Pinot Noir

Pumpkin Pie, Pecan Pie
Tawny Porto

*see www.BEwinewise.com/Winetips for recipe

HOLIDAY BUBBLY

Champagne and sparkling wines will make any gathering festive, especially this time of

year. Got yours picked out yet? Maybe go with something new or different this year. If you haven't tried

these bubblys, be assured they are dry, classic and beautifully balanced:

Champagne, N/V Brut \$28-38:

Besserat de Bellefon, Bollinger, Mumm Cordon Bleu, Perrier-Jouet, Pol Roger Brut Reserve

Sparkling, \$12-22:

Chateau Biltmore Blanc de Blancs (NC grapes), Bouvet Brut Saphir, Mumm Cuvée Napa, Mirabelle Brut, Roederer Estate, Segura Viudas Brut Reserva

**Terms to Know:**

Brut: dry

Extra Dry: not dry but off-dry

Blanc de Blancs: all white grapes (mostly Chardonnay)

Blanc de Noir: all black grapes (pinot noir, pinot meunier)

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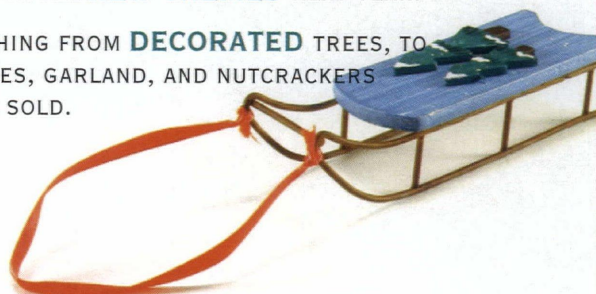
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GIFTS FOR WINE LOVERS

Is there a wine lover on your Christmas gift list? Our local wine shops can help you choose something special. The Wine Merchant in Raleigh, for instance, has great prices on Riedel wine glasses; A Southern Season has an interesting roster of wine events and wine dinners; Chapel Hill Wine Shop will help you pick out a case of special bottles. It's not just hype raving about Riedel wine-glasses—they really do make wines taste their possible best. The Sommelier line is superb, the Vinum line nearly as good and more economical.

Here, too, are suggestions for a few special bottles sure to please:

Cockburn Reserve Porto, a superb ruby port, perfect with holiday fruitcake

Dolce 1999, \$75, Far Niente's exquisite late-harvest dessert wine

Domaine Tempier 2000 Bandol Rosé, Provence, \$25, dry and scintillating

Il Poggione Brunello di Montalcino Riserva 1997, \$80 at A Southern Season Tuscany's big red, from a top vintage

Osborne Pedro Ximenez Sherry, Spain, \$17, a veritable nectar

Tenuta San Guido 'Guidalberto' 2000, \$50, the newest super-Tuscan from Sassicaia



Veve Clicquot 1996 Vintage Reserve, \$65-70—best vintage in Champagne since 1990

Vieux Telegraphe 2001 Châteauneuf-du-Pape, Rhône Valley, \$65, a great vintage in the southern Rhône and this is a stunner



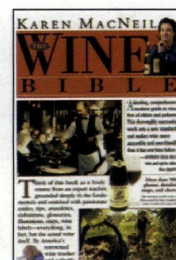
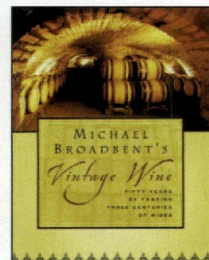
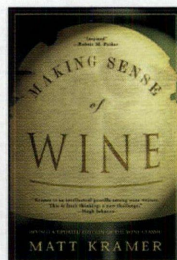
WINE BOOKS FOR OENOPHILES

Great reads, preferably with glass in hand:

Making Sense of Wine, by Matt Kramer. Kramer tells it like it is, which isn't always pretty, but his love of the subject shines through.

Vintage Wine, Fifty Years of Tasting Three Centuries of Wine, by Michael Broadbent, a must for anyone who wants to know the world's great and classic wines, and why they are.

The Wine Bible, by Karen MacNeil, a comprehensive and cleverly written survey of the subject. **MM**



Barbara Ensrud is on the web at www.bewinewise.com.

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by Molly Fulghum Heintz

André Leon Talley's Appearance; Gloves Are In, Hose are out

GIVE YOURSELF ATTITUDE FOR THE HOLIDAYS

Here's the thing of it," as my good friend Eloise would say. The holidays let everyone become a kid again. For about a month or so starting after Thanksgiving, all men, women and children are swept up together in a swirl of silly, sweet and—it is hoped—stylish celebration. When adults start thinking like children again, a surreal world manifests itself. America is already the land of bold, dream-inspired gestures, and at no time is this more apparent than at Christmas: Santa sitting in his fluffy frosted outpost in the mall, glowing vignettes in otherwise sedate gardens and multiple patterns of china just for the holidays.

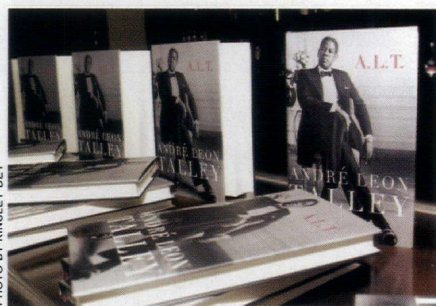


PHOTO BY KINSLEY DEY

We also love decorating ourselves. Recently, I came across a cache of "holiday" accessories I had worn in the '80s: dangling earrings in the shape of Christmas tree lights (one red, one green); wooden earrings in the shape of gift boxes (one red, one green); a large resin Santa brooch that may yet stand the test of time; velvet flats (both black) with green and gold wreaths embroidered near the toe. If I had found these items a year or two ago, I may have questioned my taste during that period. But looking back now, I like to think that I was channeling the spirit of Elsa Schiaparelli, the designer who rocked Paris in the '30s,

a friend to the surrealists and a rival to the practical and pared-down Coco Chanel. An exhibition currently at the Philadelphia Museum of Art pays homage to this visionary designer and dreamer. Her famous lobster dress, conceived in collaboration with Salvador Dali, reminds me of Christmas sweaters one might see being worn in Raleigh on December 24. The key to pulling off this look is attitude: if you are going to wear a blinking Christmas tree on your chest, don't go halfway: make sure it is the biggest, brightest one available. Think audacious, not precious. Think of "Schiap," as she was known, and dream big. ("Shocking!: the Art and Fashion of Elsa Schiaparelli," Philadelphia Museum of Art through January 4, 2004.)

Speaking of attitude... and altitudes, André Leon Talley, *Vogue* editor extraordinaire, graced Raleigh with his presence on November 7 at a well-attended benefit for the Poe Center. Talley signed copies of his book, *A.L.T.*, read a long passage to an enthralled audience and then answered pressing fashion questions. While he spoke, Talley wore a gorgeous fur hat (sable, was it?) that added to his already impressive stature. He laid bare the footwear preferences of *Vogue* editors: pointy toe stiletto (preferably Manolo Blahnik), no stockings, even in winter, even

in the snow. A gasp was heard in the audience. "And, we," said Talley (that's *Vogue*, not the royal we,),"do not like those Ferragamo flats with the little bow." Another gasp (and did someone in the back faint?). Heads up for spring: *A.L.T.* predicts the return of the chunky heel (of course, *Vogue* editors will stay the course with their stilettos). When asked about what style



André Talley

PHOTO BY KINSLEY DEY



Shania Red
from Benefit

Southern women should strive toward, Talley first turned to beauty rather than fashion, citing the right shade of lipstick as a priority.

Priority indeed, especially at the holidays, when one must decide how to deal with the question of red. If wearing red, should one also wear red lipstick? Yes, but the key is finding a shade of red that complements your skin tone, otherwise you run the risk of looking like a dropout from geisha school. For daytime, try a sheer red or a gloss to avoid looking too "done." New favorites in this category are "Shania Red" from Benefit, a pure and light red that suits a variety of complexions. Named after the sassy Miss Twain, net proceeds from Shania Red lipstick will go to the American Heart Association. Another

score for Benefit, "The Glosses" is a set of three festive shades and one of the most lasting lipgloss formulas I've tried (a perfect stocking stuffer at \$28). For evening, it's safe to choose a bolder red. Lips can take center stage wearing M.A.C's creamy Amplified Lipstick, which lives up to its name in colors like "Powerhouse" red. Chanel's "Rouge Star" is my true blue red—one blot (always blot lipstick, never blot gloss) and I'm ready. Then, to quote Eloise again, "I go to as many holiday parties as I possibly can."

In winter, the transitional time from house to car, car to party, becomes an important fashion consideration. Obviously, the coat is the focal point. (A word to the wise: if you are headed to a party where coats will be piled in a back bedroom, pin something distinctive on your lapel to avoid an accidental switcheroo.) But don't forget the wide world of winter accessories, quick ways to snap together an outerwear look. If you are tired of big pashmina-style shawls, consider the delicately handcrafted silk and merino wool scarves from Yomo, founded



by New York based designer Hope Newman (www.yomony.com). Like pure wool feels, the silk and wool fibers are matted together to create a solid barrier against the cold. But unlike pure wool, the texture is light and very soft. Newman handcrafts each piece into a unique and striking design. Depending on the size of the scarf, prices range between \$60 and \$250, a steal considering how many hours of work go into every piece.

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Of course, it is gloves that are the retro-comeback accessory of the year. They are everywhere in all colors and textures. For cold weather, Nordstrom has pretty cashmere-lined leather gloves in red, teak and black (\$62). *A.L.T.* says that Miuccia Prada was inspired to revive gloves by his memoir, which evokes many gloved icons from his past, including the ladylike Jackie Kennedy. To see more of what Miuccia has in mind, head to Bano Italian Boutique in Durham (2706 Chapel Hill Blvd., 919-489-9006), which carries Prada as well as many other Italian heavy-hitters such as Dolce & Gabbana, Armani, Max Mara, and Versace. Owner Sima Rafizadeh makes multiple trips to Italy each year to buy the latest in accessories and clothing. On her missions, she often takes personal requests from her clients. So call up Sima and tell her that your New Year's Resolution is to be "very '50s Rome, in a Fellini-CineCittà-Gwenyth Paltrow-in-*The Talented Mr. Ripley*-kind of way." 2004 is the year of *la bella donna*. Until then, ciao ciao! **MM**

For the Holidays

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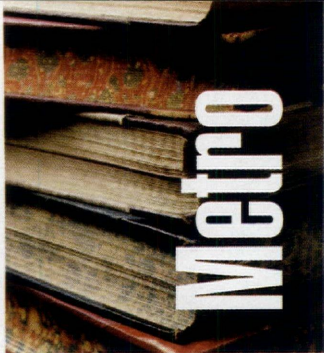


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Books

by Arch T. Allen

A MIND FOR THE SOUTH—AND FOR AMERICA

Minding the South is a collection of essays and reviews by John Shelton Reed, a leading scholar of the South. Reed taught for over 30 years at UNC-Chapel Hill and helped establish its Center for the Study of the American South. Although now retired from his professorship, Reed continues to study and teach about the South. Natives and newcomers alike can learn from him, as did foreigners attending the 1996 Olympic Games in Atlanta. His essay in the Official Souvenir Program, which explained the South to non-Southerners attending the Olympics, is the opening entry in *Minding the South*.

Reed is a special Southerner. His paternal ancestors settled in East Tennessee, just west of North Carolina, and Reed grew up in Kingsport. Influencing Southern traditions there, were an Eastman Kodak branch plant and the presence of engineers and executives from corporate headquarters in Rochester, New York. Reed's father attended college on an Eastman scholarship in Rochester, where he met and married Reed's mother to be, described by Reed as a "real thing" Yankee with New England ancestry. Reed himself was born in New York City when his father was completing his medical internship and residency there, a birthplace that Reed says, with good humor, causes "embarrassment every time I have to show my passport." Growing up in the Southern mountains, Reed had other distinctive and independent characteristics, including being an Episcopalian surrounded by Baptists and a Unionist Republican among Democrats longing for the Lost Cause of the Confederacy.

In that mix, Reed grew up with a sense of Southern consciousness but not identity. He also had an interest in mathematics, which led him to undergraduate study at the Massachusetts Institute of Technology. His scholarly interests changed from mathematics to sociology. He

earned his doctorate in sociology at Columbia University and, ironically, began his scholarly interest in the South. Quoting Thomas Wolfe about Southerners going North, Reed explains that it was exciting for him as a young Southerner to live and study in Cambridge and New York City. Despite the excitement of the North, Reed says that while there he realized that "I really am a Southerner."

His realization has benefited us since. While his scholarship and publications about the South earned him academic acclaim, he has written plainly and understandably for the general reader as well. His intellectual insights combine with down-to-earth humor and friendliness in the pages of *Minding the South*.

His Olympics Program essay explains that "the South" really refers to three different "Souths." They overlap somewhat under the same name but have different origins, features, prospects and even boundaries. First is the Old South of cotton plantations and slavery shattered by the Civil War, with some flag-like tatters still stirring but shredding with each passing breeze of change. Second is the emerging South, a vibrant and dynamic industrial and metropolitan region

inviting and welcoming newcomers, including descendants of the former slaves of the Old South. Third, as described by Reed, "is an enduring cultural South, set off from the rest of the United States by its people's distinctive ways of doing things." Faith, food, family, manners and other Southern distinctions define this South, according to Reed, who declares that this cultural South "is the South that evokes the pride and enlists the loyalties of Southerners."

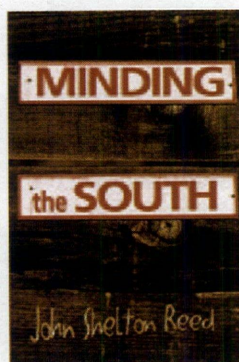
This cultural South, adds Reed, is what journalist W.J. Cash described in *The Mind of the South* (1941) when writing that the South is "not quite a nation within a nation, but the next thing to it." In explaining this Southern distinctive-

ness, Reed includes an essay on Cash that he presented at a symposium on the 50th anniversary of the publication of *The Mind of the South*. With that essay on Cash, Reed groups critiques of some other prominent journalists' writings about the South. Included are reviews of Tony Horwitz's *Confederates in the Attic: Dispatches from the Unfinished Civil War* (1999) and Peter Applebome's *Dixie Rising: How the South Is Shaping American Values, Politics, and Culture* (1997). As those book titles suggest, while some Lost Cause sentiments of the Old South linger, the modern cultural South thrives and influences the rest of America.

Minding the South also turns to Southern literature, with two inclusions especially illustrating the differences found in the South. One is Reed's recent essay on the Southern agrarian book *I'll Take My Stand* (1930), that defended traditional Southern culture during an earlier era of national disdain for the South. It is followed by Reed's review of Tom Wolfe's *A Man in Full* (1998), a novel set in modern Atlanta, the capital of the emerging South, where all three definitions reside together.

Other essays and reviews include personal profiles of selected Southerners and commentaries on "high and low" Southern culture. Reed also writes about Southern history and Southern historians, including his acclaimed academic friends Eugene D. Genovese and C. Vann Woodward. Reed calls Genovese, of Emory University, "the foremost living historian of the Old South's slave society." He says Woodward, the late Yale historian who earned his doctorate at UNC-Chapel Hill, was "unquestionably the best historian of the American South" in modern times.

Juxtaposition of the "Old South" and the modern "American South" emphasizes the distinctiveness of Southern history and the South's importance in modern America. John Shelton Reed has a mind for the South, but he also has a mind for modern America. Reading him helps you understand Southern distinctiveness, and it makes you appreciate that the South, nevertheless, is American. **MM**



Minding the South
by John Shelton
Reed
University of
Missouri Press,
2003, 291 pp.

SIGNIFICANT BOOK GIFTS AVAILABLE THIS HOLIDAY by Art Taylor

As the holidays approach, the near-constant stream of readings, signings, workshops and author events at local bookstores and college venues tends to slow down considerably and fall's deluge of new books eases to a mere trickle. This December marks no exception.

Still, those with readers on their gift list already have an eye out for the perfect choice. With this in mind, *Metro* asked a pair of Eastern North Carolina's independent bookstores for their top recommendations of the season. Perhaps not surprisingly, these two bookstores offered the same pick from the pile—a book already discussed in this column last month!

Both Nancy Olson at Raleigh's Quail Ridge Books and Nicki Leone at Wilmington's Bristol Books put *Hugh Morton's North Carolina* (UNC Press) as the gift book of the season—"the obvious choice," in Leone's words. Noting that Morton is a Wilmington native, she calls the coffee-table volume "a really lovely book by the one man who has seen it all" and notes that "everyone who was anyone in the Tar Heel State is here." This book of photographs is divided into three sections called "Scenes," "People and Events," and "Sports," surveying everything from the state's natural wonders to its athletic prowess (perhaps another form of natural wonder). Morton has recently been on tour with the new book, and many bookstores already have signed copies in stock. The December leg of his tour continues with stops at Bristol Books on Tuesday, Dec. 2, and at the Greenville Barnes & Noble on Wednesday, Dec. 3. Look elsewhere in this issue for a review of Morton's book by his grandson Jack.

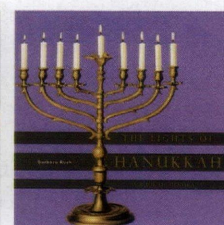
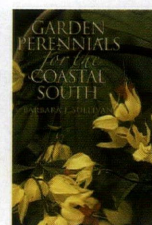
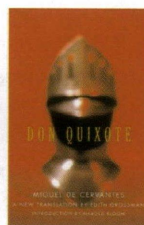
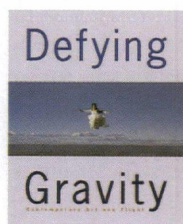
Continuing the photography theme, Olson also recommends *Through the Lens: National Geographic's Greatest Photographs*, cited by bookstore employees as "a bargain at \$30." Just published in October, the collection offers 250 images spanning the more than 100 years of *National Geographic Magazine*. You can guarantee that you've seen many of these already, but that's hardly a complaint. In addition to the famous photos, the book features some rarely seen shots that are worth knowing as well.

Leone also offers another recommendation: Wilmington master gardener Barbara Sullivan's *Garden Perennials for the Coastal South* (UNC Press). Billed by the publishers as an "essential reference for both experienced and novice gardeners" from the *Tidewater around to the Gulf Coast*, the book is a "must-have" for your gar-

dening shelf, according to Leone—though she adds that you can also just "leave it out on the coffee table because let me tell you, it is gorgeous!" Whether aimed to impress guests or to help plan a year-round garden, this is the clear choice for the green thumb on your gift list.

Several other seasonal titles are worth mentioning here. Michael Malone's *The Last Noel*, one of last season's holiday novels and now published in paperback (Sourcebooks), explores the relationship between a white woman and a black man over several generations of Christmases. Malone, currently based in Hillsborough, will be reading from the book on Tuesday, Dec. 2, at Quail Ridge Books.

Barbara Rush, an award-winning author and professional storyteller, visits the Triangle in early December with her new book *Lights of*



Hanukkah (Stewart, Tabori and Chang), featuring photographs of menorahs from fourth-century Israel to modern-day America and all around the world, while also exploring the history of the holiday. Rush will discuss the new book at McIntyre's Books in Farrington Village on Saturday morning, Dec. 6.

On a more religious note, Bart D. Ehrman, chair of the religious studies department at UNC-Chapel Hill, discusses competing doctrines of Christianity during the second and third centuries in his recently published study, *Lost Christianities: The Battles for Scripture and the Faiths We Never Knew* (Oxford University Press), a book promising intriguing revelations. Did you know, for example, that some early Christians believed that there wasn't simply one God but perhaps as many as 20 or 30? And to what extent was our modern understanding of the Bible directly influenced by a clash of cultures more than 1700 years ago? Ehrman discusses his potentially provocative book at McIntyre's Books on Saturday morning, Dec. 13.

FIRST IN FLIGHT

Other holiday gift-giving ideas can be found through another of December's major events: the 100th anniversary of the Wright brothers' first flight at Kitty Hawk.

Over the past year-and-a-half, this column has called attention to several notable publications planned around the First Flight centennial—many of them worth recapping here. Last year's *First to Fly: North Carolina and the Beginnings of Aviation* (UNC Press), written by Meredith College professor emeritus Thomas C. Parramore, provides context for the Wrights' achievement by examining the "legion of Tar Heel artisans [who] built airplanes, flying boats, helicopters, and dirigibles from at least 1873 to 1923." (And Parramore goes back even further to mention, for example, an early 1700s report about a Chowan Indian named Roncommock, who took "a Reed about two Foot long in his Mouth... open'd his Arms, and fled over [Salmon] Creek, which might be near a quarter of a Mile wide or more.") *The Wright Brothers and*

the Invention of the Aerial Age (National Geographic Books) serves as the companion volume for the National Air and Space Museum's exhibition commemorating the Wright flight; it's penned by museum curators Tom Crouch and Peter Jakab. *Kitty Hawk and Beyond: The Wright Brothers and the Early Years of Aviation* (Roberts Rinehart, new edition), by Ronald R. Geibert and Patrick B. Nolan, provides a photographic history of the Wrights' career. And coastal author Chris Kidder's *Aloft at Last: How the Wright Brothers Made History* (Nags Head Art Publishers) offers another, perhaps more straightforward take on the familiar story.

Another new book offers unexpected perspectives for understanding the legacy of the Wrights' invention. *Defying Gravity: Contemporary Art and Flight* (Prestel Publishing) is the catalogue for the North Carolina Museum of Art's ambitious new exhibition, focusing on art inspired or influenced by the idea of flight. In addition to featuring reproductions of each work in the show and short essays on the artists, the volume includes extensive contextual commentary as well. Co-curator Huston Paschal celebrates the Wright brothers' inventiveness, exploring how the show's themes—the timeless human desire to fly, the impact of flight on our perception of the world, the dark and destructive

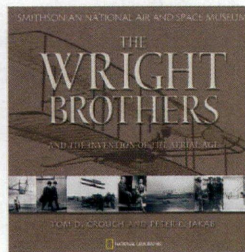
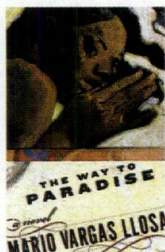
side of flight—interweave, enriching the metaphor of creativity. Co-curator Linda Johnson Dougherty focuses on the concept of flight in contemporary art and its value as a symbol for transcendence. Other contributors to *Defying Gravity* include cultural historian Robert Wohl, a professor of history at UCLA and author of *A Passion for Wings: Aviation and the Western Imagination, 1908-1918*, and Anne Collins Goodyear of the National Portrait Gallery, Smithsonian Institution. Each of these scholars provide further context for understanding flight's impact on art throughout the 20th century by examining other artistic interpretations of the distinctly human impulse to defy limitation.

Whether by documenting the Wrights' achievements, exploring the aeronautical context surrounding their breakthrough or studying the legacy of this invention in all facets of today's world, each of these titles offers a unique way to commemorate a defining moment in North Carolina history—the mark our state made on the entire world.

"IN WHICH THE ACCOUNT OF OUR KNIGHT'S MISFORTUNES CONTINUES"

In my opinion, the holidays also offer a

good excuse to splurge a little—stock your shelves with a hardcover version of a much-loved classic or perhaps buy a handsome new edition of a favorite novel (even if you already have a copy or two of it elsewhere). The book at the top of my own wish list this season satisfies several of those descriptions: a much-loved classic in a handsome new edition.



Nearly four centuries after its initial publication, *Don Quixote* by Miguel de Cervantes stands tall not only as the first modern novel but also as perhaps the greatest: Just last year an international panel of writers, organized by the Norwegian Nobel Institute, named *Don Quixote* the finest work of fiction ever published (beating out the works of Shakespeare, Tolstoy and Faulkner, among other distinguished front-runners.)

This season, the first and arguably finest

novel has been newly presented in English by award-winning translator Edith Grossman, perhaps best known for her translations of works by Latin American titans Gabriel García Márquez and Mario Vargas Llosa. In his introduction, noted critic Harold Bloom calls Grossman "the Glenn Gould of translators, because she, too, articulates every note." He then adds: "Reading her amazing mode of finding equivalents in English for Cervantes's darkening vision is an entrance into a further understanding of why this great book contains within itself all the novels that have followed in its sublime wake."

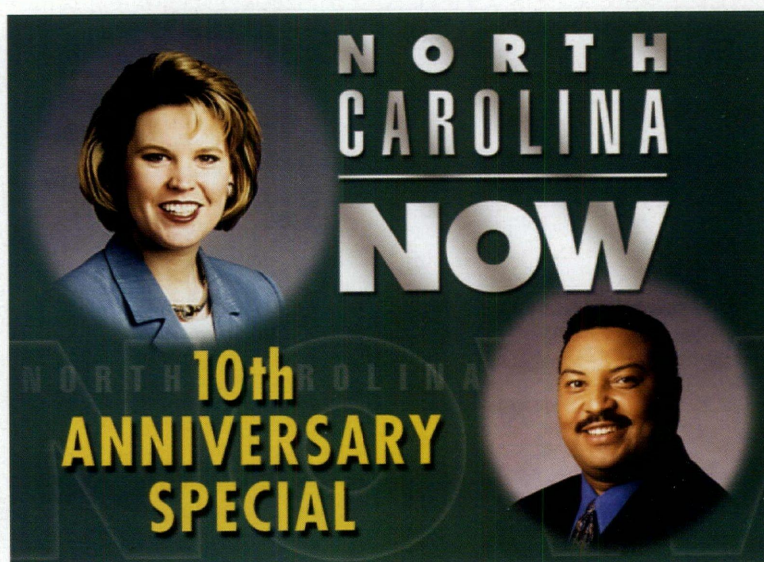
Despite my well-worn Signet Classic paperback of the novel (bought at the Book Cellar in Jacksonville, back in middle school) and a dingy hardcover with illustrations by Gustave Doré (with many of its pages still uncut), I'll eagerly welcome another edition to my own shelves. And having mentioned other names above, I should add that two of today's great Spanish-language writers also have new books in translation this fall: García Márquez's memoir *Living to Tell the Tale* (Knopf) and Vargas Llosa's novel *The Way to Paradise* (Farrar Straus Giroux)—both certainly worth checking out as well.

Happy holidays—and happy reading—to all!

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PvW

by Philip van Vleck

Mixing the colors of the season

THE MAN BEHIND DUKE'S MESSIAH

One of the great Christmas traditions in the Triangle is the annual performance of Handel's *The Messiah* at Duke University Chapel. Members of the Durham community and Duke University students come together to sing this famous choral piece in early December, and for many concertgoers it's the highlight of the Yuletide season.

The man who conducts *The Messiah* is Rodney Wynkoop, professor of choral conducting in Duke's School of Music. Wynkoop has been on the faculty at Duke for nearly 20 years, yet the annual performance of *The Messiah* predates his arrival by decades.

"*The Messiah* is a tradition I inherited when I came to Duke," Wynkoop explained as we sat in his office on Duke's East Campus. "*The Messiah* performance is almost as old as the building. The first performance was something like 1932, though they didn't always do the complete one. Sometimes it was a spring *Messiah*, around Easter, because, if you think about the piece, only part one is Christmas. Parts two and three are more appropriate for Easter.

"When I came to Duke in '84, Ben Smith was conducting in Duke Chapel, and he was the one who did *Messiah*," he added. "I took over in 1989 after Ben became quite ill and died. They had an interim conductor for one year, and then I took over."

When asked about the composition of the choir that performs *The Messiah*, Wynkoop noted that the choir that sings *The Messiah* is partially students and partially townspeople. "Some of the choir members have been doing this a lot longer than I have, you know. There's one woman who's probably been in the choir for 50 years. The choir size is about 130, with 30 in the orchestra and four soloists. A lot of the North Carolina Symphony musicians participate—those who aren't involved with *The Nutcracker* in Raleigh. The Ciompi Quartet constitutes the principal

string players. In fact, I do a couple of the intimate movements of *Messiah* with just the Ciompi Quartet, because I feel having just a few strings is even more powerful than the full complement."

When Wynkoop took over *The Messiah* concert in '89, he was basically being handed a tradition he had nothing to do with establishing. Many conductors might balk at being given a concert that was probably described as an obligation rather than an opportunity.

"True, I was handed this, and I was also told that I'd probably be crazy to dispense with it, since Duke derives a fair amount of income from the event," Wynkoop allowed. "I probably did slightly bristle at that—that's my nature—wishing I could do the Bach Christmas Oratorio sometimes. But once I started doing it, I had to admit that *The Messiah* is just so incredibly good. It's a superb composition, and I keep thinking of new things that could bring the piece more to life. Until I'm tired of it, I'm going to keep doing it. It pays the bills. It draws about 4500 people every time we do it.

"We usually do *Messiah* the first weekend in December in Duke Chapel," he continued. "This year it will be December 5, 6 and 7. We do a Friday night performance, and then a Saturday and Sunday afternoon performance."

Wynkoop does a good deal more at Duke than conduct *The Messiah* every Christmas season. He presently conducts the Duke University Chapel Choir and the Schola Cantorum group. He also conducts the Duke University Chorale and the Chamber Choir. In addition to his work at Duke, Wynkoop is conductor of the 150-voice Choral Society of Durham and its 32-voice Chamber Choir. He is also the founder and director of the Vocal Arts Ensemble of Durham.

Wynkoop has been involved with singing and choral conducting since he was in grade school, and he's been conducting since he was an undergraduate at Yale University.

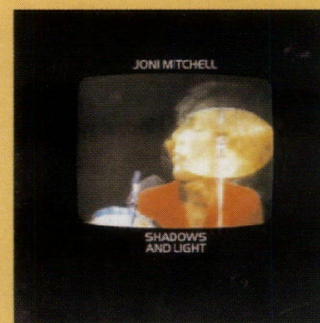
"I grew up in a small town in Ohio," Wynkoop said. "I went to Yale as an undergrad, then did a Master's at the University of Wisconsin. I returned to Yale to teach, and

Videocentric

Joni Mitchell: Shadows and Light.

Shout! Factory/Sony Music Entertainment. DVD.

In 1979, Joni Mitchell went on tour with a completely amazing band: Jaco Pastorius (bass), Pat Metheny (guitar), Lyle Mays (keyboards), Don Alias (percussion and drums), Michael Brecker (saxophones) and The Persuasions. This DVD captures Mitchell and her band in concert at the Santa Barbara County Bowl. It's a terrific concert video. The sound quality is excellent, the performance is brilliant, and the video editing avoids the static nature of so many concert films. Highly recommended for Joni Mitchell fans. **MM**



while I was there I finished my doctorate in choral conducting. I went to Mt. Holyoke to conduct for a year, then on to the University of Chicago for three years, and then I came to Duke in 1984.

"I was singing in college, at Yale, when I first got the invitation to do some conducting," he recalled. "I was a junior at the time and jumped at the chance to conduct, even though I didn't know much about choral conducting. I scurried off to Tanglewood that summer and learned as much as I could. The following fall I was conducting a choral group at Yale. Like most conductors, the most

important learning I did was in rehearsals.

"I teach a course here at Duke in conducting, and I can impart some things about gestures and listening and score analysis. But when all is said and done, what makes a good conductor is the ability to work with people and help them share your vision of what this music can be."

Asked if conducting a choir is like conducting an orchestra, Wynkoop noted that "a choir is like an orchestra, in that you have all these different colors. You take a section of violins, however, and you'll find that, on average, those violins are more uniform than,

say a bunch of sopranos. I have to work with singers to create some degree of sameness in their sound without losing the individual colors that make each voice beautiful.

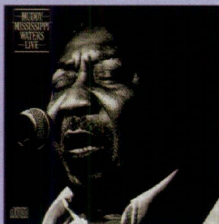
"When I'm working with a full choir, I'm also concerned with blending and balancing the various ranges of voices," he added. "We like to think that the human voice is the most infinitely variable instrument in terms of color so we have a wide range of color possibilities within a choir. As singers, we carry our instruments around inside us, so the colors are going to have more of an innate, cherished, character to them." **MM**

DISCOLOGY

Muddy Waters:

Muddy "Mississippi" Waters Live
(Epic/Legacy)

This album is one of four albums Waters recorded for the Blue Sky label in the 1970s. Epic/Legacy obtained the multi-track master tapes for this album, remixed and remastered the tapes for CD, and added a second disc of more live cuts. Best of all, Muddy Waters Band member Bob Margolin helped in the remix/remastering process. Margolin was a member of Waters' band when the original tracks were recorded, so his take on the music is authoritative, and the liner notes he's added to the package are superb reading.



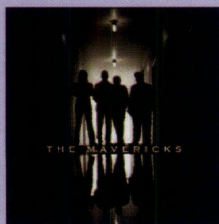
MAJOR BUZZ

Choice tracks include "Manish Boy," "After Hours/Stormy Monday Blues" and "Champagne & Reefer." This reissue is a must-buy for any staunch blues fan.

The Mavericks:

The Mavericks
(Sanctuary)

It's a sign of the misguided, pathetic state of the Nashville major labels that an act as brilliant as The Mavericks is currently signed to Sanctuary Records, a label that made its name touting metal bands like Megadeth and Biohazard. The folks at Sanctuary know a good thing when they hear it, however, even if it's a country band. This self-titled gem is a superb piece of work. Raul Malo's vocals are amazing, as usual, and

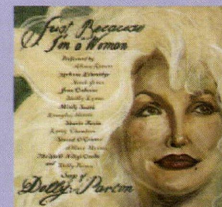


the band is a super-tight powerhouse. The great tunes begin with "I Want to Know" and "San José."

Various Artists:

Just Because "I'm a Woman: Songs of Dolly Parton
(Sugar Hill)

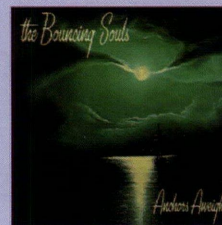
It's about time we got some sort of formal recognition of the fact that Dolly Parton is an extraordinary songwriter whose best tunes will be sung a long time after we're all gone. Check the vocal talent brought to bear here: Norah Jones, Me'Shell N'Degéocello, Kasey Chambers, Alison Krauss, Emmylou Harris, Melissa Etheridge, Mindy Smith and Sinéad O'Connor, among others. Some albums have something for everyone. This CD, however, has everything for everyone. Great music, great performances, plus Dolly sings the title track.



The Bouncing Souls:

Anchors Aweigh
(Epitaph)

No, punk rock still isn't dead, and with bands like The Bouncing Souls out there plying their trade, it's evident that punk has, indeed, found a new generation of fans. Well, bravo for that and ditto for the latest record from Bouncing Souls. Anchors Aweigh is filled with loud, hard-hitting, tunes, bolstered by the occasional political manifesto— see "Born Free"— and underwritten by an unswerving commitment to the three-minutes-in-a-cloud-of-dust songwriting tradition. This is great American music. **MM**



RLT CINDERELLA

"Cast members over the past 20 years of the annual performance of the Raleigh Little Theatre's holiday production of *Cinderella* will appear onstage at the AJ Theatre in the BTI Center for the Performing Arts for the finale and later for a champagne reunion fund-raiser for the 68-year old community theatre. The program for the December 12 performance will feature re-

membrances by former cast members and updaters on their current activities. Past cast members who wish to participate should contact RLT managing director Cate Foltin at cate@raleigh-littletheatre.org, or call 919-821-4579.

For tickets for the fund-raiser and for additional performances through December 21 call the RLT box office at 919-821-3111 or online at www.raleighlittletheatre.org."

SHERYL TIPTON NUTCRACKER AT ECU

Professional dancers join with local performers and 120 area children for this year's performance of *The Nutcracker* produced by the NC Dance Arts Theatre in the Wright Auditorium on the East Carolina University campus in Greenville December 19 at 7:00 PM and December 20 at 2 PM and 7 PM with ticket proceeds this year

going to the Children's Miracle Network to support programs of the Children's Hospital in Greenville in 29 area counties.

Produced by Sheryl Tipton, owner and director of the NC Academy of Dance Arts, this year's production will feature performers from the San Francisco Ballet, the New York City Ballet and the East Carolina School of Theatre and Dance. Call 252-355-2140.

EYES ONLY

The State Capitol Society will host its annual **Black Tie Ball**, Dec. 6, in the Rotunda of the State Capitol. Governor and Mrs. Easley are honorary co-chairmen. For information email statecapitol@ncmail.net or call 919-533-4994.

■■■ The Board of Directors of Theatre In The Park has presented Ira **David Wood III** with a proclamation from Raleigh Mayor Charles Meeker which states that the week of December

7-14 will be Ira David Wood III Week in Raleigh. ■■■ The Assistance League of the Triangle Area (ALTA) is hosting the annual Festival of Trees, now through January 2 at the BTI Center for the Performing Arts in downtown Raleigh. ■■■

Dr. Jim E. Riviere, Burroughs Wellcome Fund Distinguished Professor of Pharmacology & a director of Research at NC State's College of Veterinary Medicine, and **Dr. Oliver Smithies** of the UNC-Chapel Hill School of Medicine have both been elected to the Institute of Medicine of the National Academies.

■■■ The US Agency for International Development has signed a cooperative agreement that will provide the UNC-Chapel Hill's **Carolina Population Center** with \$70 million over five years for its MEASURE Evaluation Project, which has an overall goal of boosting health in developing countries. ■■■ **Duke University's Pratt School of Engineering**, with funding assistance from Progress Energy, is conducting a new research program aimed at improving science instruction for elementary and middle school students in seven North Carolina school districts. ■■■ **NC State's College of Education** has been awarded a \$920,000 grant from National Science Foundation to develop a certificate program in science, technology, engineering and mathematics community college teaching. The grant provides for online courses for a graduate certificate in community college teaching. ■■■ The **Louise Wells Cameron Art Museum of Wilmington** invites artists living in southeastern NC to submit artwork for the museum's annual juried exhibition, Artists of Southeastern North Carolina, to be held at the museum Feb. 6-May 2. Applicants must deliver art & entry forms on Jan. 22 & 23. Call 910-395-5999 or email info@cameronart-museum.com. ■■■ Environmental leaders from across North Carolina recently celebrated the 15th anniversary of the **NC Solar Center** on the NC State campus and dedicated the center's new Alternative Fuels vehicle demonstration facility. ■■■ Seven Duke University faculty members and one NC State University professor have been selected 2003 Fellows of the American Association for the Advancement of Science. Duke honorees were **Kenneth A. Dodge, Anthony R. Means, John H. Reif, Keith M. Sullivan, Marilyn J. Telen, Samuel A. Wells Jr. & Weitao Yang**. The honoree from NC State was **Dr. Ronald R. Sederoff**, of the College of Natural Resources. ■■■ **Classical Radio Station WCPE** ended its Fall Pledge Drive recently on a successful note by slightly exceeding its fundraising goal. More than 6000 listeners made pledges by telephone, Internet or mail to support classical music 24 hours a day. Pledges totaled \$450,627. ■■■ **Dr. Calvin H. Carter Jr.**, an alumnus of NC State University and one of the founders of Cree Inc., was awarded the **National Medal of Technology** by President Bush in a recent ceremony at the White House. Carter was honored for his pioneering work in developing high-quality silicon carbide wafers. ■■■ **Nancy J. Wysenski**, president and founding member of EMD Pharmaceuticals, will be the next City of Medicine Ambassador in Durham. ■■■ Two NC State University student publications—the literary magazine **Windhover** and the newspaper **Technician**—won national awards from the Associated Collegiate Press and College Media Advisers. **Windhover** won the **Pacemaker Award**, the highest award given by the Associated Collegiate Press. The **Technician** placed fourth in the "Newspaper Special Edition: Daily" category in an on-site competition. ■■■

Metro INDEX

Record time it took for Harrell's Store, NC, native Belvin Wumble Maynard—the Flying Parson—to traverse the country in the first leg of the 1919 Double Transcontinental Derby: **3 days, 3 hours and 5 minutes**

Date that Tom Tate, a 70-pound 11-year-old from the Outer Banks, became the first Tar Heel pilot when he captained several of the Wright brothers' first tethered glider experiments: **Oct. 17, 1900**

Date that distiller James Henry Gatling of North Carolina, brother of Gatling Gun inventor Richard Gatling, constructed the first full-sized American plane, which he launched off his gin mill: **March 18, 1872**

Number of pilots in North Carolina today: **15,000**

Number of registered planes in the state: **7000**

Number of passengers who fly in and out of North Carolina every year: **35 million**

Number of reported acts of "crime and violence" in North Carolina schools in 2001: **9921**

Number of schoolyard assaults and theft in 2002: **8608**

Number of criminal "acts" per 1000 students last year: **6.6**

Reduction in non-injury assaults on teachers in North Carolina from 2001 to 2002: **30 percent**

Reduction in serious injury assaults against school personnel in the same period: **35 percent**

Percent of North Carolina schools reporting no acts of crime or violence in 2002: **40 percent**

Number of North Carolina counties where at least one of 78 Dixie Deer Classic bucks has been taken: **34**

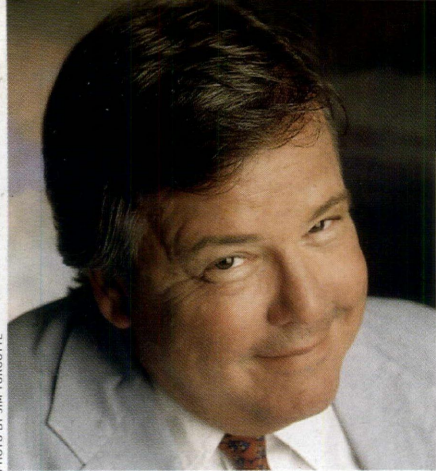
Number of big bucks taken per square mile in the Piedmont hunting haven of Caswell County: **4.5**

Number of pounds smaller, on average, of deer in the Triangle and the Coastal Plain compared to their Piedmont cousins: **20 pounds**

My Usual Charming Self

by Bernie Reeves

PHOTO BY JIM TURCOTTE



HOLY, HOLY, HOLY

Despite the best efforts of secularists of all stripes, religion often rules in world and human affairs. While the separation of church and state in the US has proved to be one of the most successful of our founding principles, the need to keep religion in the affairs of state has never receded far from the surface. The Yin of state and the Yang of church are in constant conflict. Keeping the balance is the algebra of the ongoing dialectics of political harmony.

Examples abound of the conflict between church and state. The Ten Commandments imbroglio in Alabama is one recent newsworthy example. In the end, state trumped church, as is usually the case. However, a more complicated case has presented itself in the form of the Pledge of Allegiance, recited daily in classrooms and civic clubs across the country as a sort of secular creed memorized by all Americans as our official declaration of citizenship and patriotism.

In the Pledge, as in our currency and our court and legislative procedures, God pops up in the text. Appearing to deny the existence of religion in our national political calculus, the 9th Federal District Court in California says the term "under God" in the Pledge violates the establishment of religion clause in the US Constitution. As 86 percent of Americans say they believe in God, this struck a negative chord with citizens who felt the decision went too far in its zeal to obliterate any mention of God at all.

I felt the same way until it became known that the phrase "under God" in the

Pledge was added in the 1940s with little resistance by the usual secular activist suspects due to war raging around the world. In God we do trust and we live "under God" but arbitrarily adding the presence of the Almighty does violate the exclusion clause and should be removed simply because the yin and yang of church and state are artificially put out of balance. We cannot risk religious domination of secular affairs as we can never be sure just whose religion will prevail.

This came to mind in ruminating over the recent debate in Great Britain over the Act of Settlement of 1701 by which the English Parliament forbade the succession to the throne by a Catholic in order to end two centuries of violence caused by Protestant fear that a Catholic monarch would be subsumed by the authority of the Pope. If we in America allow religion into our political system would we find our leaders allegiant to the Bishop of Rome? The Patriarch of Antioch? The Chief Rabbi of Jerusalem? The Mullah of Mecca? Latter Day Saints? Religious freedom and values, yes; religion in government, no.

It is the religious element in the current wave of terrorism gripping the world that has turned random violence for political attention into murder and mayhem for the hell of it. As Cambridge intelligence historian Chris Andrew puts it, this is "Holy Terror" and the operative word is Holy. Since it is inspired by religious zealotry, it is pan-national and owes its impetus to a "higher" calling than political goals or the

operation of a rational society. As the British protect their sovereignty by disallowing political allegiance to the "higher" authority of the Pope, or as we won the war against allegiances to the "higher" authority of rule by the concept of world socialism during the Cold War, we are obliged to endeavor to keep the yin and the yang in balance.

NOTES FROM LA-LA LAND

If you've caught Jay Leno's "Jaywalking" segments, you have wept openly for America. *The Tonight Show* host chooses contestants at random and sets them up in a Jeopardy-style set and asks them questions. Question: What is this landmark (Central Park, surrounded by skyscrapers)? Answer: The Forbidden City. Question: The Sahara, the world's largest desert, is located where? Answer: Las Vegas. Shown a picture of the Brandenburg Gate and the Berlin Wall, the contestants spurted out, The Great Wall of China. And the education establishment tells us all is fine.

...

NPR trumpeted breathlessly that the Black Bear population of North Carolina is restored and now numbers 11,000. Environmentalists, when asked about the danger to humans, smirked and said: "Don't feed the bears or give them chewing gum." I wrote in this space (Animal Planet... go to www.metronc.com and search for it) that we will not be safe to leave our homes if this insane policy of elevating nature to the detriment of human existence continues. **MM**



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