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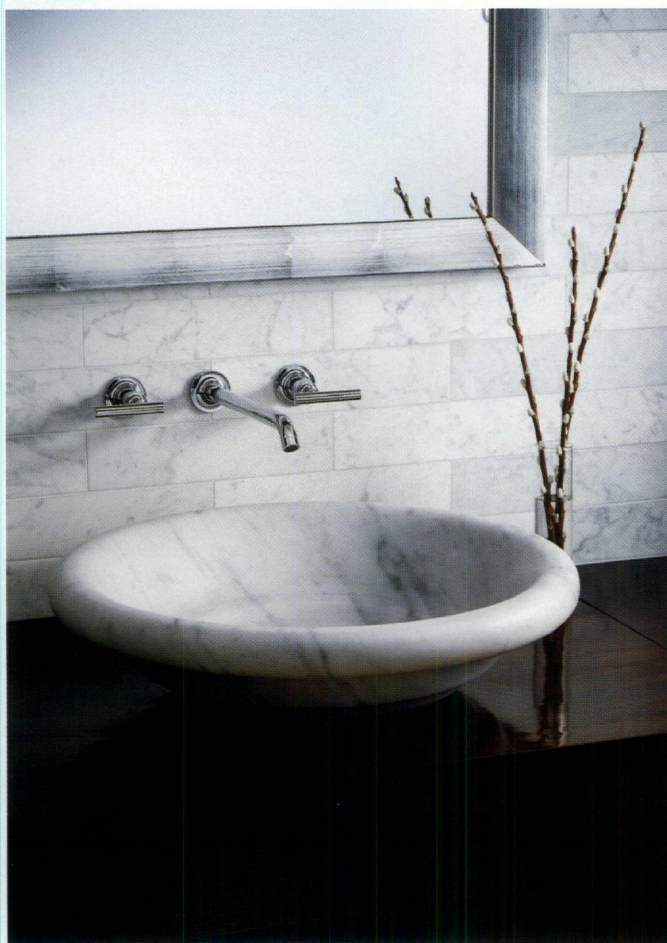


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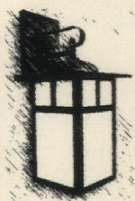
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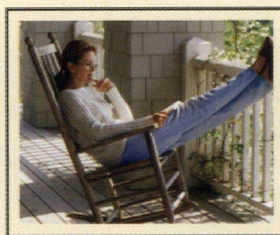
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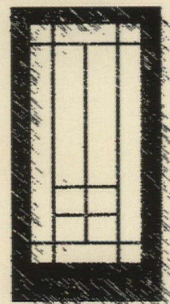
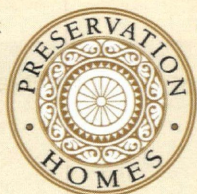
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SUMMER'S OVER

It used to be, no one around here paid attention to much of anything until Labor Day. Nowadays, August is the commencement month of the season in this area, and *Metro* is ready to get you in the right mind for the eventful autumn months ahead that constitute the busiest period in the regional calendar.

First, a bit of news for readers. Jim Leutze, one of the state's most accomplished and distinguished leaders, launches a new column in *Metro*. As Editor-at-Large, he will apply his knowledge of key issues, drawing on his extraordinary career as a security and military scholar at UNC-Chapel Hill (where he served as Chairman of the Curriculum of Peace, War and Defense in the '70s and '80s), to his presidency of Hampden-Sydney College in Hampden-Sydney, VA, and, most recently, his service as Chancellor of UNC-Wilmington. He elevated the school's reputation and took a leading role in bringing attention to the need for immediate conservation efforts to ensure the delicate balance of nature Down East.

Since his retirement last year, Dr. Leutze is acting executive director of the North Carolina Progress Board, the legislatively mandated commission that monitors the state's demographic, social, economic and environmental condition. This first column addresses the emergencies of beach renourishment and dredging the Atlantic Intracoastal Waterway. But next time he might be addressing global security, drawing on his former role as host of the international public television program *Globe Watch*. Stay tuned.

Hospice of Wake County has grown from an idea into one of the leading care-giving institutions in the region. Yet just what it is and what it does is a mystery to many. In a special report, *Metro* presents the complete story of Hospice of Wake County, from its origins in the Middle Ages to its modern manifestation offering care and comfort to the dying. It is a magnificent saga that will warm your heart and offer hope that life's end can be dignified and peaceful, for patients and their families.

I like to think Raleigh musical sensation Tift Merritt produced her new CD just for me. She knows I like it when she rocks and rolls and Tambourine, her "sophomore" release due out August 24, does just that—with a few sexy ballads included to remind fans that this voice, often compared to Emmy Lou Harris, is heaven-sent. As usual, Tift wrote all but one of the tunes but this time her producer and her back-up artists are international names. Philip Van Vleck provides details.

Charles and Flo Winston are connected to our community, our history and our identity. And their Raleigh home possesses comfort and authenticity and a good bit of who we are. Design Editor Diane Lea visits these restaurateurs and hotel entrepreneurs—and active participants in the life of the region—and comes back delighted.

Arch T. Allen offers a compendium of books on the late Ronald Reagan and Art Taylor says some new books on the South are inaccurate. Artist-at-large Louis St. Lewis reviews artist Bob Irwin's new book *40 Years*; Carroll Leggett has some advice for newcomers; Molly Fulghum-Heintz remembers back to school butterflies; and Frances Smith presents a full menu of activities in *MetroPreview*. Maudy Benz is transported to another era while dining at Raleigh's Second Empire restaurant and Wine editor Barbara Ensrud recommends summer Chardonnays.

And don't forget to register for the Second Raleigh International Spy Conference. This year the title is "Spies, Lies and Deception: From Pearl Harbor Through the Age of Terrorism" and brings to town the top experts on terrorism and counterterrorism. Go to www.raleighspyconference.com to see our newly revamped Web site or call the NC Museum of History at 919-733-3076.

As the old song goes, See You in September.

—Bernie Reeves, *Editor & Publisher*



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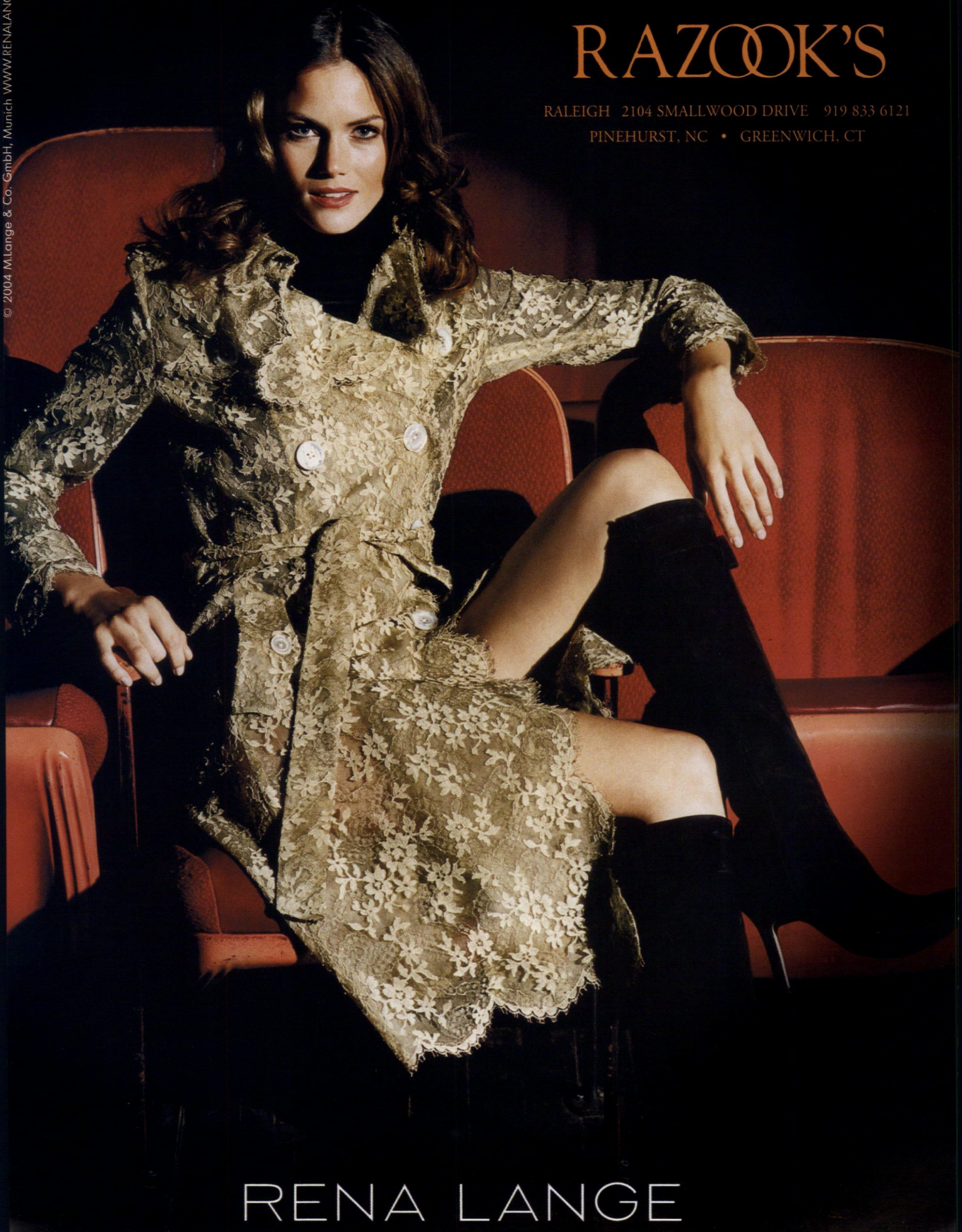
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RENA LANGE

NODDING OFF COULD DESTROY US

Seems like a great many in this nation have either lost their respective minds or simply have not grasped the agenda of the movement of the current Muslim teachings throughout the world. It is a war of religious dogma promulgated by the Muslim extreme [My Usual Charming Self, June 2004]. They want to destroy us and have demonstrated the will to do so. If we go back to sleep, they will continue until they have destroyed the fabric and

security of this nation. I already see us nodding off... Someone needs to SCREAM from the mountain top!!!

Chris Ryder
Clayton

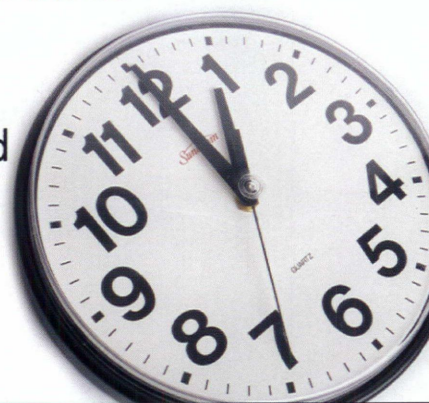
A VOTE FOR LEGALIZED GAMBLING

I read with great interest Mr. Reeves' excellent article on legalized gambling in NC [My Usual Charming Self, April 2004]. I too hope that the Legislature awakens and allows gam-

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bling to be legalized in time for my retirement to NC.

I own property in Brunswick County (Calabash) but I am seriously considering selling it and moving to a state that allows gambling. In retrospect, I probably would not have even considered buying property in NC if I had been aware of the lack of gambling in the state. It's such a shame. Brunswick County has so much to offer—great golf, fishing, beaches, and weather—but the travel to a real casino, or horse track is of great concern.

I sure hope the Legislators come to their senses and realize the revenues they are turning their backs on. I live in NJ, and the local track (Monmouth) is in line for the Breeders Cup in 2007. I don't want to exaggerate, but I believe this one event is expected to pump \$20 to \$50 million into the local economy!

Can you provide any contacts so that I may voice my concerns? I would be interested in contacting any citizens groups that are promoting this issue.

Thanks for your help.

Fred Hyde
Lincroft, NJ

CARROLL LEGGETT STIRS MEMORIES

I visited your website and could not find a link to Carroll's email, so would appreciate it if you would forward this. I read "Beach Memories and the Airlie Arts Festival" in the June issue of *Metro* and wanted to tell him that I spent a lot of time at Wrightsville Beach during the summers and Carolina Beach during the Azalea Festival in the '60s. In particular, I am glad that he reminded me of Buddy Skipper and the JettyJumpers and of Everett Williamson, Wrightsville's police chief, nicknamed "Stinky."

Carol Smith
MBA Program
NC State University, Raleigh

COASTAL FAN REMEMBERS

Your Ivy Meeropol story was a breath of fresh air and sorely needed. I grew up in Raleigh, attended Myrtle Underwood and Broughton. FivePoints, Gattis's and Hayes Barton pool were my hang outs. I have been living on the coast for the last ten years and have somehow failed to be aware of *Metro Magazine*.

Imagine my pleasant surprise to discover such a professional publication with a balanced editor and publisher. And to sweeten that, my company, Snoopy's Hot Dogs, received a standing ovation in your *Metro*

Bravo section.

I just subscribed to your magazine!

Good Luck!

Your new fan,

Steve Webb

NEW YORK RECYCLES

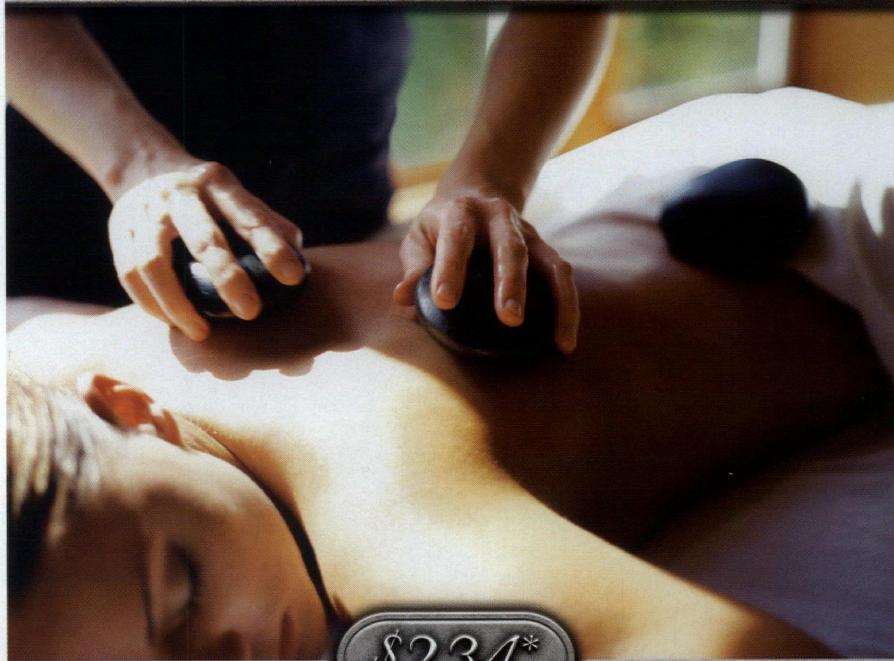
Tell Mr. Bernie Reeves to take back all those "non-caring" things he said about New York City saving money by not recycling bottles. They care and enclosed is the flyer they

sent out recently (*Editor's note: the flyer is a cartoon brochure communicating to separate glass, paper and cardboard and what items not to recycle from the Bureau of Waste Prevention, Reuse and Recycle, a division of the NYC Department of Sanitation*).

They really care. They didn't stop recycling to save money. They just didn't have enough money after 9-11.

Virginia Adkins
Raleigh

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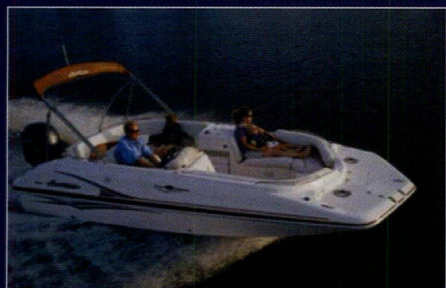
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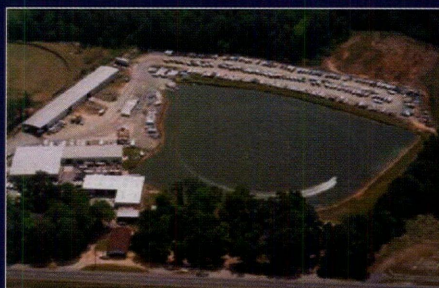
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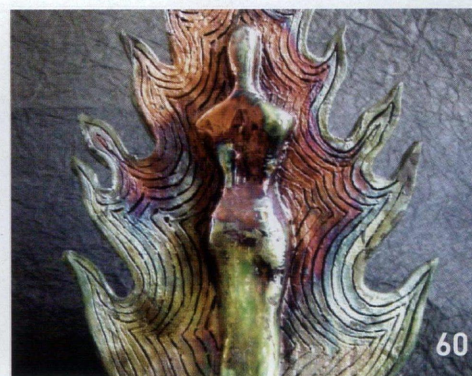
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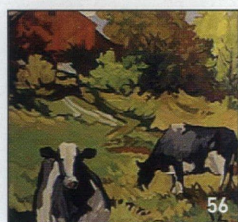
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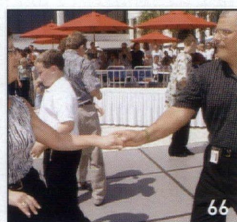
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Observing 25 years of service

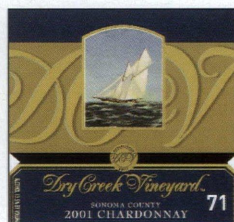
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SECRETS OF STATE

Top Terrorist Experts To Gather in Raleigh

Bruce Hoffman, one of the founders of the study of modern terrorism, is the keynote speaker for the Second Raleigh International Spy Conference set for September 1-3 at the North Carolina Museum of History. Hoffman, recently Senior Advisor on Counter-terrorism for the Coalition Provisional Authority in Baghdad, is Director of the Washington, DC, office of the RAND Corporation, Adjunct Professor of Security Studies at Georgetown University and a Senior Fellow at the Combating Terrorism Center at the US Military Academy, West Point. His address is entitled: "The Continuing Threat of Al-Queda and World Terrorism."



**September 1-3, 2004
NC Museum of History**

The Raleigh conference opens Wednesday evening September 1 with an overview of global security by Dr. James Leutze, recently retired UNC-Wilmington Chancellor and noted military and security policy scholar.

Thursday morning, September 2,

retired FBI special agent Tom Kimmel, the grandson of the Admiral in charge of the Pearl Harbor Naval Base at the time of the Japanese sneak attack, presents: "The Pearl Harbor Attack and 9-11 Compared."

This presentation is followed by "The British Experience in Northern Ireland: Countering Terrorism Using Counter-intelligence Techniques" by British security expert and former Member of Parliament Nigel West.

After the lunch break, Dennis Pluchinsky, threat analyst for the US Department of State and author and lecturer on international and domestic terrorism, presents: "Educating Students and the Public on Terrorism and 'Terrorists and Terrorism Analysts: Mind Games.'"

The last session of the day features Kim Cragin of the Rand Corporation, the acknowledged world expert on suicide bombers, who will present: "Political Violence and Suicide Bombers," an

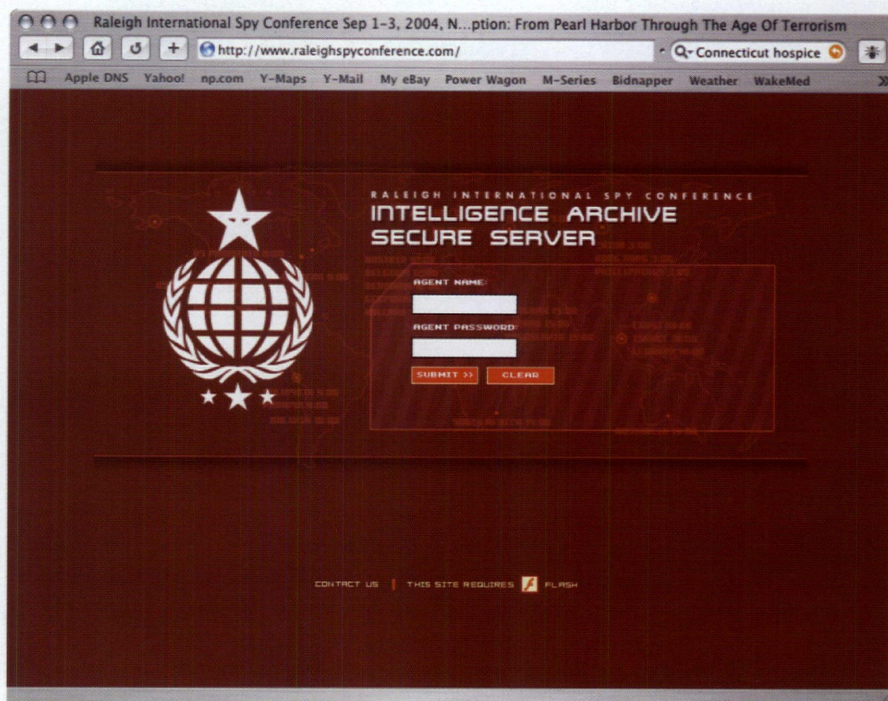
inside-look at the psychological profile of the terrorist mind.

(That evening the Conference presents the annual "Spy Gala." One ticket to the gala is included for conference registrants; additional tickets for their guests are \$50. The cost to those interested in attending who are not conference registrants is \$75 per person.)

Friday morning, September 3, the conference presents a wrap-up session, with all speakers in attendance to answer questions from the audience, followed by the keynote address by Bruce Hoffman at 11 a.m.

According to Bernie Reeves, the founder of the Raleigh International Spy Conference, "Intelligence matters as much today as ever before. After the Cold War ended in 1992, the consensus in the White House and in the media believed that we didn't need intelligence agencies any more. There was talk of assigning the CIA to drug interdiction to give it something to do. How wrong we were.

"The new war on terrorism has placed intelligence in the forefront of the public agenda. Commissions and Congressional panels keep going back to the central theme of how our intelligence failed us from 9/11 to the invasion of Iraq. How to revamp and improve our intelligence agencies is a top priority, including a



Key Operatives



Hoffman



Cragin



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Leutze



Pluchinsky



West

recommendation by the 9-11 Commission to appoint a cabinet level "czar" over the dozen or so US intelligence agencies.

"Accurate and timely intelligence helped us win the Cold War and it will be the key element in defeating worldwide terrorism," says Reeves. "That's why the Raleigh Spy Conference has invited the top experts on terrorism and counter-terrorism. The subject is very timely and the speaker line-up is impressive."

For more information, including speaker profiles and travel information and to register for the Conference go to www.raleighspyconference.com or call the NC Museum of History Associates at 919-733-3076. The Conference is presented by Bernie Reeves and *Raleigh Metro Magazine*, the NC Museum of History and its Associates Group and sponsored by SAS of Cary, Red Hat of Raleigh and The Republik of Durham.

York Brother Honored: Physicist James Wesley York

Almost everyone knows that real estate developer Smedes York was mayor of Raleigh and continues his role as a civic leader; and that his father, the recently deceased Willie York, founder of Cameron Village, the first shopping center in the Southeast, was one of the City's most famous real estate figures. But have you heard of James Wesley York, world-renowned physicist—named for his father Willie and older brother of Smedes?

At Cornell University over the 4th of July weekend, famous physicists gathered for YorkFest, a tribute to Jimmy York and his work in the field of Numerical Relativity. Sessions were presented by eminent scholars in the field of relativity theory including James A. Isenberg of Oregon University, J. David Brown of NC State University, Robert M. Wald of the University of Chicago, Kip S. Thorne of the California Institute of Technology, Tsvi Piran of Hebrew University in Jerusalem and Saul Tcukolsky of Cornell. York hosted the concluding session: "Numerical Relativity: Or Jimmy You Haven't Done Enough for Me Yet".

York, a Princeton graduate, taught and performed research at UNC-Chapel Hill before heading off to Cornell. While most

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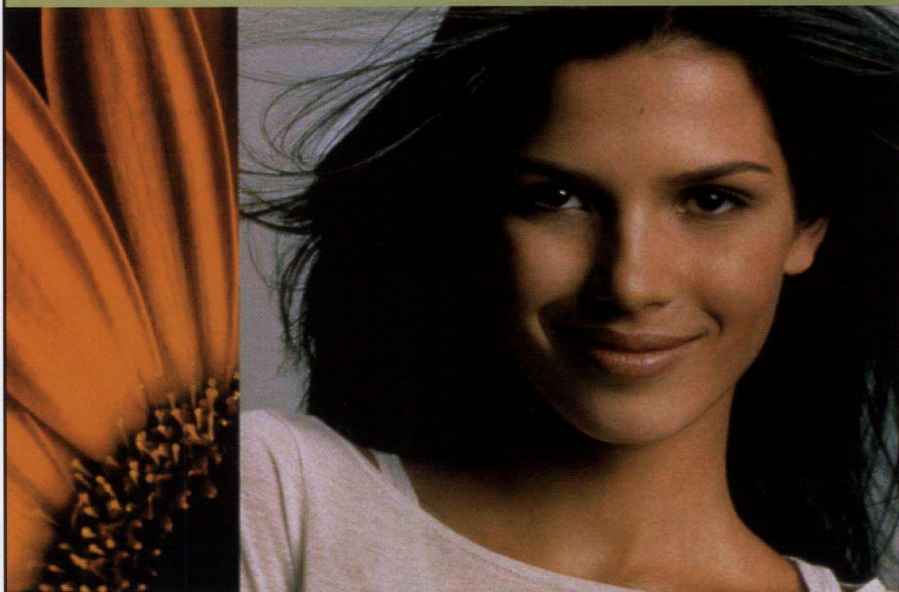
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of his family run numbers on real estate investments, he is up there in the top echelons of science in the quest to explain the universe.

Revamped North Hills Features Upscale Renaissance Hotel

The transformation of North Hills Shopping Center in Raleigh is moving full steam ahead with the Renaissance Raleigh Hotel on the way. Kane Realty Corporation, which is handling the massive North Hills remodeling undertaking, is teaming up with Concord Hospitality Enterprises Co., based in Raleigh, to bring a 240-room hotel to the project.

"The addition of a quality hotel brand such as Renaissance is extremely exciting," said John Kane, chief executive officer of Kane Realty. "Not only are we pleased to partner with Concord in the development of their first project in Raleigh; we are also very proud to add another major amenity for our residential, office, retail and restaurant tenants."



The Renaissance Hotel will serve as an anchor for the project that stretches several blocks along Six Forks Road and the I-440 Beltline. The upscale hotel, one of 64 Renaissance Hotels in the United States, will include 12 suites, banquet facilities, a business center, library and a restaurant. Construction will start this fall and should be completed in late 2005.

The vastly remodeled mall and mixed-use Center on Six Forks Road will reopen this fall, but development of the project will continue into 2005.

Outstanding Raleigh Leaders Lauded For Contributions

At the recent 17th annual luncheon of the Greater Raleigh Convention and Visitors Bureau, two major awards were presented to community leaders.

The Thad Eure Jr. Memorial Award, the Bureau's most prestigious award, normally goes to an individual or individuals who have made major contributions to the local hospitality industry during the previous 12 months. The award is named for Eure—the late restaurateur, respected businessman and community leader.

But this year's award recognized two community groups who formed a strong partnership: The Raleigh City Council and Wake County Board of Commissioners put aside politics and took the necessary steps to build a new and competitive convention center and headquarters hotel. The project (a \$200 million public investment) had been in the works for 15 years.

Dr. Betsy Bennett, director of the NC Museum of Natural Sciences, was awarded the John B. Ross Jr. Leadership Award, for leading the Museum through its extensive expansion, elevating it to a place of leadership in environmental education and natural science research.

Her success in generating public and private funding for programs and facilities is evident in the \$75 million downtown facility that opened in April 2000 as the largest natural history museum in the Southeast. Under her leadership, the Museum has attracted world-class exhibitions such as "Titanic: The Artifact Exhibit," which attracted 240,000 people during its successful run from August-April and contributed to a fiscal year visitation of 900,000. **MM**

continued on page 78

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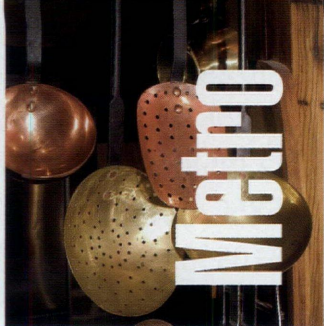


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Design

Photography by
Kinsley Dey

by Diane Lea

Winston home radiates...

COMFORT, HISTORY AND NATURAL STYLE

If there is a single residential design style that we North Carolinians might like to claim as our own, it would probably look a lot like the Raleigh home of Charlie and Flo Winston, former co-owners with the Eure family of The Angus Barn, one of the state's most popular and enduring restaurants.

Envision a wide, welcoming great room with a fireplace set in handmade brick that soars to a cathedral ceiling with skylights and heavy wooden trusses. Imagine a variety of salvaged antique woods used creatively in everything, from gleaming heart pine floors to reconstructed barn doors that conceal a convenient wet bar, to whimsical ladders leading to an imaginary loft above the second floor stair landing. Think about mellow architectural woodwork salvaged from the old First Citizens Bank building in Downtown Raleigh, elegant walnut paneling that is now wainscot and an over-mantel in a formal living room where the portrait of Charlie Winston's distinguished grandfather Robert Watson Winston resides. (Winston's remarkable grandfather enrolled in the UNC School of Journalism at the age of 63, after a successful tenure as a Superior Court judge.)

Then think about color—warm tones of red ranging in hue from the scarlet of the bold modernist art over the great-room fireplace to the softer russets of a comfortable chenille-covered sofa in a cozy room—colors that blend with the patinated wood of a French country table purchased with chairs and a pair of polished brass candelabra at a favorite New Orleans antique emporium. Get the picture?

The Winston home seems to epitomize what so many of us treasure about life in North Carolina, a deep sense of the heritage of our state and a taste for things reflective of both our agrarian roots and our sophisticated present. And it revolves to a large extent around family and friends.

When asked how this comfortable and tasteful home came to be, hospitality entrepreneur Charlie Winston looks back to what he and partner Thad Eure wanted to achieve in 1958, when, with no experience in the restaurant business, they started building The Angus Barn. "We wanted our restaurant to convey what we were—an agricultural state—and we took the style of the building from an old barn on a farm my father, a retired lawyer, owned in Clayton," says Winston. "With that theme in mind, we naturally followed up by selecting old wood and salvaged materials of all sorts, along with rustic furnishings for the restaurant. I guess

it created an ambience that we liked as much as our restaurant customers did, so Flo and I wanted to make that same spirit part of our new home."

In 1964, as Charlie and Flo and children Marion (age 5), Charles (age 4) and Bob (age 3) were building their house in Drewry Hills with architect Arthur McKimmon, the Angus Barn burned. The bigger and better Barn was rebuilt in parallel with the Winston's work on their own home, and both structures were ready for business in 1965. "By the time we were building this home and rebuilding the Barn," says Winston, "we were well acquainted with all the salvagers and collectors of architectural artifacts in the region.

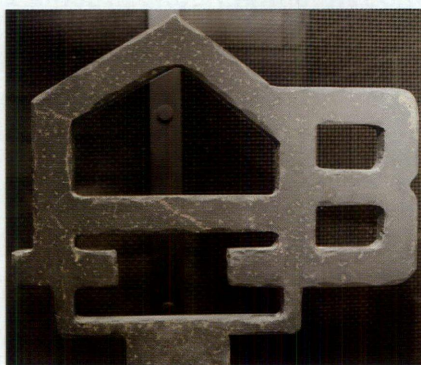
They called us first when they had something special, like the salvage from a Wilmington wharf or from the old Durham Hosiery Mill."

Flo Winston, a Cranbury, NJ, native who was graduated from Sweet Briar College in Virginia, recalls that Charlie's quest for authentic old building materials went as far north as her hometown. "We were in Cranbury for a family visit when Charlie dropped into the local hardware store that had probably been in business since the mid-1800s.

There he found a whole bin of handmade nails. Never were two people so delighted with a business transaction. The owner of the store finally got rid of those nails, and Charlie brought barrels of them home to use in the interior woodwork of our house."

Architect Arthur McKimmon, Charlie Winston's cousin, who also drew the plans for the original Angus Barn, corroborates Flo's story about Charlie's knack for acquiring special materials for the house. "Charlie accumulates things," recalls McKimmon, as he describes the unusual handmade brick by North Carolina craftsman Silas Lucas, which is used in the dramatic fireplace wall of the great room. The distinctive pale rose color of the brick can't be duplicated today. The brick was also used in Winston's Grille, one of the Winston restaurants owned by son Charles.

The spacious home with its light-filled rooms and tasteful decor and furnishings makes it obvious that Charlie and Flo Winston have integrated family pieces with carefully chosen art, both primitive and modern. The combination is especially effective in the dining room where deep crimson walls show to advantage a lovely geometric patterned bowl made by ancient pueblo dwellers of the Southwest, and an antique English sideboard found at Christie's in London. The handsome jacaranda wood





A rustic barn ladder accentuates the home's cathedral ceilings and lovely old salvaged wood.

pedestal dining room table and elaborately carved shield-back chairs were fashioned in Brazil on commission by Flo Winston's grandfather, John Tippet, an adventure-some entrepreneur who made his career in meat packing and preserving for the company that would become Swift and Company. A portrait of Charlie Winston hangs in the dining room above the treasured table where so many family and friends have gathered over the years.

HOSPITALITY AT HOME

To a family noted for its hospitality establishments, which now include Winston Hotels (headed by son Bob), food is important, and the Winstons' kitchen has been as carefully planned and executed as the rest of the home. The cabinets are wood taken from the old Olivia Raney Library, a treasure trove discovered by the Winstons on their way home from church one Sunday. "We saw the workers taking the old building down," says Charlie. "When we asked them what plans there were for sav-



ing the old materials and were told there were none, we became the recipients of some good wide-board pine. We resawed it and used a lot of it in different places."

The kitchen is equipped with a massive center island with a multi-burner range top, copious workspace and plenty of storage

A later addition to the 1965 Arthur McKimmon-designed residence features a wide deck connecting to the new garage with its upstairs exercise room.





Elegant interior woodwork that once graced a Raleigh bank now frames a portrait of Winston's grandfather, Superior Court Judge Robert Watson Winston.

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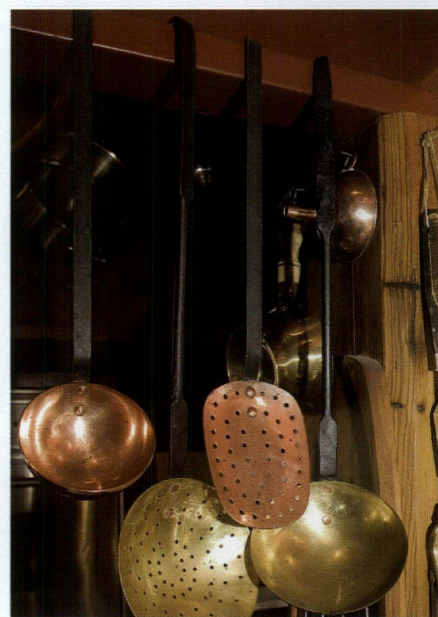


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Top: Near the well-equipped kitchen, an antique table purchased in New Orleans accommodates many happy family gatherings. Above: A selection of metal utensils harkens back to the family's restaurant roots.



kitchen tools and appliances. There was, originally, even a deep fryer which Flo proudly displayed during an interview with *Southern Living* magazine. "When they asked me what I cooked in there," says Flo, "I told them I used it for homemade doughnuts. Since my children had never seen a homemade doughnut, they asked me why I said that. I told them it sounded too mundane to say I used it for French fries." The deep fat fryer was replaced with a second dishwasher. Now the Winstons are most likely to prepare meals in their Visser steamer, which the manufacturer converted for the Winstons for residential use.

When asked to name their favorite room in the house, the couple agreed it is probably the family dining room for all the memories of good times shared around the old table. The table is set before a charming small fireplace decked with copper pots and cooking utensils and even the copper nozzle from an old fire hose. Above the fireplace is a painting by Sarah Blakeslee. A large and unusual antique cupboard holds more shining copper objects. This pleasant room was opened up to include an informal adjoining sitting area when the Winstons added a sunroom. The glass-walled addition, which also created a full-length deck on the home's rear elevation, brings glorious light to a part of the house where some of the family's favorite antiques and art are displayed. A glass-topped game table is overhung with a dining car lamp

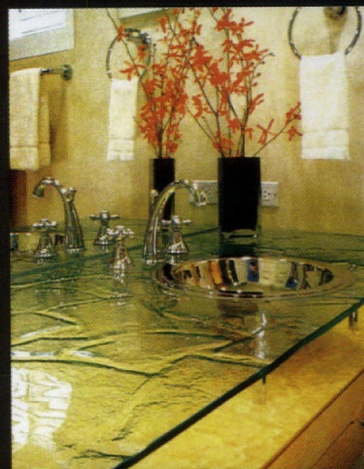
Handcrafted pottery, both ancient and modern, are favorite collectibles in the Winston home.

from a French passenger train. A Henry Pearson antique clock, given to Flo Winston's parents by her grandparents, occupies part of the wall where a favorite portrait of grandchildren by Hongin Zou hangs above a well-loved chest.

The home's spacious lot accommodates a recently constructed garage with guest suite and exercise room. "We had just returned from a family vacation at a southwestern resort where the exercise room had breathtaking 360-degree views," says Flo. "The kids suggested that we convert the top of our garage into an exercise room instead of a ho-hum guest room. We did and still had room for a small bedroom and bath." The Winstons' exercise room, where they work out with a trainer three times a week, is also decorated with works by favorite artists. A John Beerman landscape faces the couple's recumbent bikes and colorful Navaho rugs hang over a stair rail. Pots and jars by Chatham County potter Mark Hewitt are set on the corner fireplace.

Moving back to the family living area from the exercise room, guests are treated to an array of grills. Flo laughingly recalls that a workman counted them up and said, "You've got six grills here, so what do you do on the seventh day?" Her reply, "We go out to eat." The grills are clearly Charlie Winston's domain and his succinct descrip-

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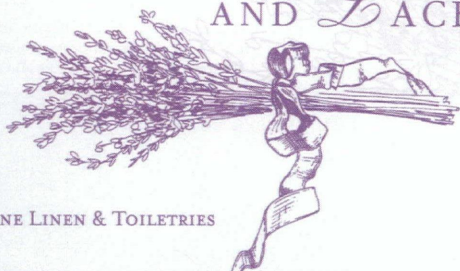
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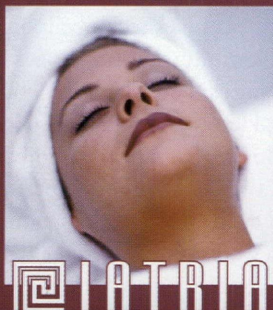
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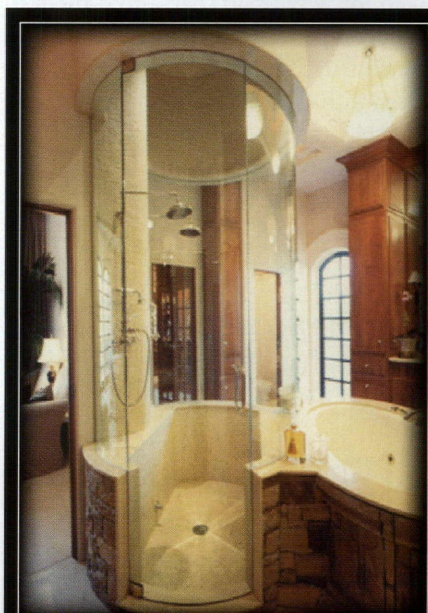
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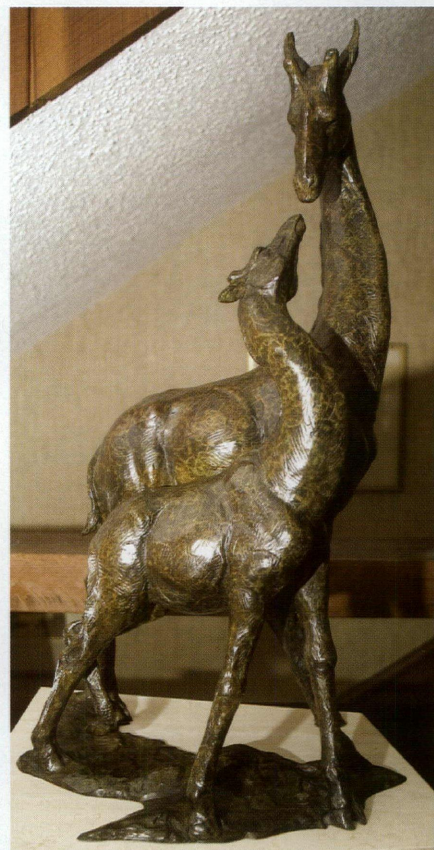
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tion of the purpose of each cooker reveals his deep love of his craft and chosen occupation. From a military officer charged with feeding hungry servicemen, Winston developed into a purveyor of fine food, especially meats, at a time when North Carolina was not noted for refined dining establishments.

The great room displays some of the pieces of art the Winstons have collected over decades. One of their favorite artists is sculptress Glenna Goodacre, whose work was first spotted in a garden in Santa Fe. Goodacre's commissioned works include the Women's Memorial in Washington, DC, and the moving *Potato Famine* created for the City of Philadelphia. The Winstons own several of her bronze sculptures, including the lively *Olympic Want To Bes*, a piece showing five athletes with arms linked. Early collectors of revered North Carolina artists such as Claude Howell and Maud Gatewood, the Winstons also appreciate traditional Inuit art and own an



Sculptor Dan Ostermiller's giraffes are among the couple's collection of bronzes.

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Frederic Church, *Vale of St. Thomas, Jamaica* (detail), 1867,
Wadsworth Atheneum Museum of Art



Charlie Winston's portrait presides over a jacaranda wood table and a sideboard from Christie's.



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impressive sea lion whose tawny soapstone hide seems to radiate animal warmth. The back stair hall, enclosed by a pulpit railing carved for them by a craftsman who was also a lay preacher, is the setting for the work of another favorite sculptor, Dan Ostermiller. His pair of giraffes stand together on a table and peer inquisitively into the great room.

What emerges from a tour of Charlie and Flo Winston's Raleigh home is a sense not only of their enjoyment of comfort and style in daily living, but also of the great adventure of their life together. Whether working to establish the Angus Barn or traveling with family and friends or collecting art and artifacts for houses and restaurants, the Winstons have fun. How nice for us that we can share some of their appreciation for quality and *joi de vivre* which lend such spirit to their North Carolina home. **MH**



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Hospice of Wake County observes 25 years of service



Life's Last Journey

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RALEIGH **Metro** From the Triangle to the Coast
MAGAZINE
Special Report

When the call comes, Hospice of Wake County Responds

by Rick Smith

Twenty-four hours a day, any day of the year, someone is manning the phones for Hospice of Wake County (HOWC), ready to respond to the call that begins life's final journey for a terminally ill patient.

"Can you help me?"

"I need to know how to get care for my loved one."

"What are the services you offer?"

"How much does this cost?"

"How can I pay?"

The family and patient meet with HOWC staff face-to-face, part of the crucial process for all parties to get to know each other. Then hospice sends a team of nurses and social workers to answer more questions, to put people at ease.

Over the course of the next six months—sometimes less, sometimes longer—the patient's life will end, with Hospice of Wake County counselors, nurses, volunteers, doctors, social workers, chaplains, home health aides, pharmacists and bereavement counselors ready to assist.

But 25 years ago, providing such a wealth of assistance and support was not even a dream. Hospice of Wake County's very humble beginnings date to a time when few people in the United States had any idea what the word "hospice" even meant.

THE BEGINNING

The Hospice of Wake County story began with the motivation of hope mixed with frustration and desperation. The year was 1977, and the concept of hospice care was largely unknown in the United States.

Dr. William Dunlap, then the only full-time oncologist practicing in Wake County, and Kathleen Townsend, a nurse at Rex Hospital who worked with many of Dr. Dunlap's patients, were deeply troubled by the painful end of life experience many cancer victims faced.

"I pulled up the records of my patients, and I had 77 in the past year alone who could have benefited from hospice care," Dr. Dunlap recalled. "Naturally, given my practice, I had more terminal patients than others. I found that there was a need that was not being served."

As a primary-care nurse, Townsend saw the challenge each day at Raleigh's Rex Hospital, then located on a hilltop along St. Mary's Street. At that time 80 percent of patients died in institutions or hospitals.

"We both recognized the need to find alternatives for patients who were terminally ill and wanted to be home," she explained. "It was so hard on everybody, including the families. The patients wanted to be at home, but there was no resource for them."

Dr. Dunlap, who grew up in Raleigh and attended UNC, Duke University and the Medical College of Virginia, always wanted to fol-

low in the footsteps of his grandfather, a family doctor in rural South Carolina. He liked to think of himself as a throwback to the "old country doctor" making house calls. Compassion for his patients helped steel his desire to find help for those he treated. "I've enjoyed having the close relationship with patients and families and being able to follow them along for so many years," he said. "Unfortunately, since I treat cancer patients, I don't see that long a survival for some."

Back then, when a patient became terminally ill, Dr. Dunlap wanted to assist in ways beyond medicine and pain management, but he found the task almost overwhelming. "To give someone compassionate and adequate end-of-life care 25 years ago, you had to pull together so many disciplines to organize it," he recalled. "The other agencies and people weren't coordinated, and the physician himself or herself had to be at the hub of the activity. It was just so difficult to do."

In their search for options, he and Townsend heard about something called hospice care.

Dr. Dunlap likes to tell the story. "When I first heard the word hospice, I didn't know what it meant. I had to look it up in the dictionary." Intrigued, he began to research the possibilities and found that others, including Townsend, were also interested. A grassroots exploration began.

One turning point in the effort to find alternative care for the dying came when Dr. Cicely Saunders, who is recognized as the mother of modern hospice care, came to Chapel Hill in 1977 to deliver a lecture about hospice. She had launched St. Christopher's House, the first modern hospice center, in London in 1967. Fledgling efforts were underway to launch



**"Empowering individuals,
families, and communities
to embrace meaning at
end of life."**

—Mission Statement,
Hospice of Wake County

hospices in the United States, the first opening in 1974 in New Haven, CT. Townsend, and Derenda James, a nurse who worked at Wake Medical Center, attended the speech. What they heard changed their lives—and helped launch hospice care in North Carolina.

“After the talk we found each other,” Townsend explained. “Dr. Saunders inspired us about hospice, what the program could do.”

HOWC now stresses four points in its care delivery:

1. pain control and management of advanced illness symptoms
2. family-center focus on the quality of life
3. peace of mind about issues of death and dying
4. increased coping ability with the help of caring professional support

But in the beginning, just getting organized—let alone knowing what kind of care to offer and what legal requirements had to be met—was the challenge. Other people in the region set up an exploratory committee to consider establishing Triangle Hospice based in Chapel Hill and set a timeline of three years. That was not fast enough for Townsend, James and Dunlap.

“One night, we were leaving a Triangle Hospice board meeting in Chapel Hill, and we just decided we didn’t want to wait that long in

Wake County,” Townsend said. “We started planning one in Raleigh.

“Home care was hard to organize then. The Wake County health department had a program, and it was good, but it just didn’t have all the disciplines that had evolved in hospice programs.”

Joined by attorney Ronald Kirschbaum, Dr. Ned Yellig, Dr. William Berry and others, the group established Hospice of Wake County as a non-profit organization. Kirschbaum researched the legal requirements. Dr. Berry, who practices hematology and oncology, agreed to serve on the first Board of Directors and volunteered as the HOWC’s first medical director for a decade. Other members of the first board were Misa Raynor, who later served as president; Bob Herbert; Mary Jo Littlewood; Susan Aycock; Nina Cole; Margaret Pollard and Ann Kalat (who later on received HOWC care.) They often met on Six Forks Road in the Grace Lutheran Church in donated space. Derenda James was elected the first board president.

“We had a core group of diverse people who were interested at the critical point,” Townsend said. She agreed to serve as the first Executive Director, and the Townsend family home was used for two years as HOWC’s first office.

“It was two years of hard work, but it was great,” Townsend said. “It was two years of intensity. We spent a lot of time setting goals and objectives, and my husband, who had taken a course in how to do long-term planning, helped us so that people didn’t wither once we started.”

HOSPICE OF WAKE COUNTY



Barbara Sowter

Regulatory work and research and training about the delivery of hospice care complete, with 20 volunteers recruited and one full-time staff member onboard, HOWC welcomed its first patient in 1979.

She was a young girl with terminal cancer.

HOWC went on to serve six patients and made 450 patient visits that year with a budget of \$60,000.

Townsend remained executive director for three years then left to attend North Carolina State University where she earned a degree in research methodology. She went on to work for area pharmaceutical firms Burroughs-Wellcome and Quintiles before retiring in 1997.

"My gift is to start trouble," she said with a laugh, "and everybody else's gift is to keep what I helped start going."

Dunlap has remained forever grateful for Townsend's contributions. "Hospice of Wake County would not have started without her," he said.

THE PRESENT

From those humble beginnings, HOWC has blossomed. Today, there is a professional administrative staff of 12; 32 registered nurses certified for palliative care; 12 social workers—all with Master's degrees;

three chaplains; 20 home-health aides; three bereavement counselors; a full-time medical director with a specialty in palliative care; and a pharmacist. Volunteers number more than 260. HOWC's budget has reached \$9 million, an increase of nearly 400 percent over the past 13 years.

The organization started slowly. By 1984 HOWC served 70 patients and made 5300 patient visits. This year, the number is projected to reach 1200 patients and 35,000 visits.

When hospices began providing care, the government did not offer reimbursement for services. HOWC had to fund itself entirely until Congress passed a hospice Medicare benefit plan in 1987, later making it a permanent entitlement. HOWC received its first Medicare payments in 1988.

OKTOBERFEST

According to the founders, meeting the financial challenges in those early days was difficult. In response, the HOWC board almost immediately organized a number of fundraisers. Its first was the American Defender Gold Classic Golf Tournament at North Ridge Country Club, which netted the group \$16,000. Fundraisers are still important to the organization, generating more than \$422,000 in 2003.

The money raisers did more than generate cash. One benefit in particular in 1980 not only helped to raise substantial amounts of cash, but also elevated HOWC as a pillar of Wake County's community. That benefit was Oktoberfest.

Susan Rouse joined hospice as a volunteer that year after hearing Dr. Dunlap give a speech about hospice to the Raleigh Junior League. She soon helped organize Oktoberfest—food and beer imported from Germany with music events over a long weekend. Raleigh's Cameron Village shopping center agreed to host the event.

"We had a small kiosk, some electric frying pans, and we thought we might make \$1000," Rouse recalled. "We made \$3500."

The event blossomed, generating by the year 2000 the ability to serve 15,000 people with the assistance of 581 volunteers over a five-day period and generating as much as \$75,000 in profits. It also became one of Raleigh's seminal social events.

"I had people call me from Germany to get advice," said Rouse, who chaired for the event's 20-year run. "They told us we knew how to run the best Oktoberfest in the world."

Dr. Dunlap says that "No one has been more important in the development of HOWC than Susan Rouse." She started as a volunteer bookkeeper, became a board member in 1981, and ran Oktoberfest for 20 years. That was just about a full-time job in itself. She remains as a very active board member.

HOWC needed the money—desperately. "There were times in the early days," Rouse said, "when people associated with hospice were writing checks so we could make payroll."

Rouse, who now serves as business manager for the Nicholls & Crampton PA law firm office, remembers: "When I arrived at Hospice, they literally gave me a Winn-Dixie bag full of books," she said. "That tells you it was a grassroots organization."

Rouse was interested in hospice since her mother-in-law, who had seven children ages 14 and up, died of lung cancer in the 1970s. "It was a very personal journey for me, knowing all along there had to be a better way," she said. "She died in a hospital with no services like we are so fortunate to have now with hospice."

HOWC now benefits from a minimum of 4 major fundraising



KINSLEY DEY

Susan Rouse

events annually and a host of other one-time community sponsored events hosted by civic groups, churches, etc. The Spring Lecture series was held with some success for 2 years in the 1990s and was recently revived in 2003 with the help of Nancy Olson of Quail Ridge Books and Music and Susan Rouse. The first event featured North Carolina authors, Doug Marlette, Clyde Edgerton and Lee Smith. HOWC has launched a springtime fundraiser to carry over funding until the busier fundraising fall season. In 2004, North State Bank held the first annual Summer Salute for HOWC. This event will be held annually. The Young Executives of the Capital City Club sponsor the Big Bad Ball, currently in its third season. This event helps HOWC kick off a very busy fundraising season. The annual dinner, held in November, is an annual fundraiser and thank you to the donors. This year author Reeve Lindbergh, daughter of Charles Lindbergh, will be the featured speaker.

VOLUNTEERS

Like Rouse, hundreds of other people have given freely of time and money over the years to help HOWC grow.

While the paid professional staff has increased steadily, volunteers continue to play a crucial role. "Volunteers are an important part of our team," said John Thoma, who started with the organization as a bookkeeper 13 years ago and has been executive director of HOWC since 2002. "They are there to provide a listening ear, to provide companionship, to provide social time with the family, and to help out in other areas as needed, but not to do the hands-on medical care."

Added Dr. Dunlap: "We could not do what we do without the volunteers."

Not all the volunteers work in homes. Some, such as Barbara Sowter, work in the office. Sowter, who joined HOWC as a volunteer in 1980, was honored recently at a luncheon for volunteers.

"We always know it's Tuesday when Barbara shows up," said Sandy Simone, who runs the volunteer program.

"I worked almost every year with Oktoberfest," she said proudly. "It was a good way to make money, which we needed."

Like so many others involved in HOWC, Sowter was drawn to



John Thoma

the organization when her mother-in-law received hospice care. "But I didn't want to work in a hospital," she said. "I wanted to do some other kind of work. I do office work. I figure somebody has to do it, and it saves time for the people who are being paid. I want to do it as long as I can."

Volunteers sent into the homes receive extensive training. They assist a professional staff of nurses that must meet stringent requirements for medical and hospice care.

Perhaps no one epitomizes the volunteer spirit more than Dr. Dunlap does. Each year, HOWC presents an award named for him. He received the first one.

"We were all standing, applauding and crying," said Karyoln Kaye, HOWC's long-time executive director who retired in 2001. "Billy deserved it. He has been the driving force."

THE DOCTORS

Doctors have also manned the front lines in helping shape the HOWC program.

Dr. William Berry, who had agreed to serve as volunteer medical director in 1979, helped create HOWC's palliative program for easing pain. He also recommended terminal patients to the hospice.

"It was very rewarding," he said of his work for hospice. "I still believe it's the best care," he said. "My philosophy really hasn't changed. People need to be kept as pain-free as possible. The big difference now is that we have the ability to provide the care at home."

HOWC moved slowly to hire a full-time medical director. He was no stranger. Dr. Ned Yellig, who moved to Raleigh 27 years ago as a primary-care physician, was part of the original board of directors. When he retired from general medicine, he began working for hospice 10 to 20 hours a week as a volunteer.

"But that grew to 40-plus hours a week," he said with a laugh. Dr. Dunlap, who recruited him originally, persuaded Yellig to come onboard full time in July of 2000. Today, Yellig is one of only 1600 doctors in the United States certified in the practice of palliative medicine.

"I like the people, and the notion of doing that kind of work appealed to me," Yellig said. His primary role is to supervise and manage HOWC's clinical-care program and to work with the nurses. He



Kathleen Townsend



KINSLEY DEY

Karolyn Kaye

also performs "some consults" with other doctors about palliative care.

Working in conjunction with Rex Hospital, HOWC sought to make palliative care a significant part of its program. Rex launched a palliative initiative in 1994.

Building relationships with other hospitals and doctors is a key part of what Drs. Dunlap, Yellig and Berry have strived to nurture. "One of my major roles, besides doing both clinical care and supervising the clinical care, is to educate both the public and medical profession about what good end-of-life care means," Yellig said. He is also working with medical students from the University of North Carolina who are interested in learning more about hospice care.

Of course, medical science is important as well. For example, Yellig has helped HOWC lower its costs by finding alternative medications, such as Methadone tablets rather than opiate patches.

Over time, Yellig found himself becoming as committed to the HOWC mission as his fellow doctors. "I certainly didn't have the sense of mission or passion for hospice when I started that I do now," Dr. Yellig said. "This is a totally different ballgame. This is a new career for me."

MEDICARE

Medicare entitlement meant changes for HOWC other than more demand and reimbursement.

As HOWC grew over the years, so too did interest and demand in hospice care around the country. When HOWC began receiving its first Medicare reimbursements in 1988, demand grew as more people became aware of the entitlement. The number of patients treated jumped to 600 in 1994 from 257 in 1989 and full-time staff more than doubled to 55 from 25.

HOWC has expanded its service offerings, including a bereavement team that has been used extensively by Wake County Schools, an adult bereavement group, workshops and seminars.

Other changes swept through HOWC as well, recalled Karolyn Kaye, who started as director of volunteer services and admissions in 1982 and took over as executive director from 1992-2001. "The legislation was very crucial for a number of reasons," she said. "First, it

opened up hospice care to so many more people. This just increased accessibility immeasurably. It also opened doors of interest.

"At the time, the hospice was primarily for providing compassionate care and volunteer services. This helped make us a more professional organization rather than largely a volunteer organization."

The benefit, which includes a per diem reimbursement, still does not cover all costs, reminds Kaye. HOWC must continue to rely on community support, donations and fundraisers, such as its annual "Big Bad Ball," put on by the Capital City Club's Young Executives, and North State Bank's "Summer Salute" at North Ridge Country Club.

"Now, if not for the generosity of the community, Kaye said, "many hospices would have to close their doors." Non-profit hospices, she stressed, operate on a "razor thin" margin.

HOWC raised \$422,010 through fundraisers in 2003, received grants of \$122,385, memorial donations of \$219,221, and other monies totaling \$402,806. Patient services payments and reimbursements totaled more than \$6.2 million, providing the group with \$7.4 million in income.

Expenses ran \$7.4 million, so without gifts, grants and other donations the HOWC would have lost money. One reason why the margin is so close is that HOWC does not turn away anyone who cannot pay for services rendered beyond Medicare.

"We work with Medicare, Medicaid, private insurance, and we have never refused care based on the ability to pay," said Thoma, the executive director. He said that 8 percent of hospice patients are unable to pay, but pointed out that "We are starting to see a slight upturn in that."

HOWC strives to keep administrative costs low, running at 11 percent of expenditures. Another 2 percent is spent on fundraising. That leaves 87 percent to be spent on patient care. "We are quite proud of that level of commitment," Thoma said.

THE FUTURE

As Hospice of Wake County celebrates its 25th anniversary, the organization is also planning intensely for the future.

Next in the planning is a hospice and palliative care center. The plans have been drawn, and an architectural rendering created. The organization believes the center is crucial to provide resources for expected increases in demand and in reaching out to the region to spread the hospice message.

"This has been our dream from the very first," explained Dr. Dunlap. "We went to other hospices around the country that first year, and we were just amazed by what we saw."

Funding challenges over the years pushed back that dream. "In 1980, the board voted to take 20 percent of everything we raised and set it aside for a building," he recalled. "Within a year, we had to take that money out and use it in the general fund."

Today, the "dream" is a necessity. "We are really cramped for space right now," said Dr. Dunlap. "The new center is extremely crucial because it would give us more of a presence in the community, it will help us in our fundraising, it will save us money in the long term, and it will enable us to serve patients better."

A strategic plan adopted by the HOWC board in 2003 called for the organization to be more aggressive in its community outreach in order to increase the number of people choosing hospice care.

"The biggest challenge we face is to improve the utilization of hos-

pice and palliative care, to become part of the mainstream in health-care, to have a legitimate place in the continuum of care at the end of life," said Thoma, the executive director. "Our challenge is primarily about education and overcoming misconceptions."

Dr. Dunlap is convinced that including more of his fellow physicians is a crucial piece of the outreach plan: "We have had to educate the community—not only lay people but physicians as well," he said.

Thoma sees the center and a follow-on plan for a freestanding hospice patient care unit as necessities.

"We are planning this center to meet the needs of Wake County for hospice and palliative care and also to provide a welcoming place for thousands of adults and children who are suffering with loss," Thoma explained. "What's very important to our vision in improving the end of life care is to be a beacon of care, to provide education and training for both healthcare professionals and those in the community who want to help as volunteers."

"I like the image of a beacon because each person comes to us at a different point on his or her journey," he added. "The center will be for the families and loved ones as well—for the families both in preparation for dying and the event itself. We can assist in advance care planning, to deal with financial and legal concerns while also providing the emotional support for the loved ones struggling with grief."

Once the headquarters plan is funded, Dr. Dunlap said HOWC is determined to build the hospice center for palliative care.

"What we want as phase two is that free-standing facility," he said. "We're on the trail of that to raise more money for it, which would be an adjoining facility to the support building."

For the present, the primary focus remains to provide care for those who have chosen to use HOWC services as their life's journey comes to a close. The organization is "looking at" plans to expand its staff to provide virtual around-the-clock care.

"We are looking at adding teams to our professional staff," Thoma explained. "We would like to add to our on-call staff, a special team that only works evenings and weekends."

"I know at the end of the day that we could be serving hundreds more individuals and their families," he added, "but the most important thing is to serve people today, the person on the phone who is seeking help and advice."

From six patients served in 1979 to assisting 1200 or more today, in addition to providing community outreach through its programs in 2004, Hospice of Wake County continues to answer those calls as well as to help the dying and their families.

"We are a tool, and in so many ways, we offer a fabulous set of tools," Thoma said. "We want more people to use us." **MM**



Left to right: Dr. Billy Dunlap, Dr. Ned Yellig, Dr. Bill Barry

Hospice of Wake County Timeline

225 B.C. An artist in India creates a rendering of a structure dedicated to caring for the dying.

962 A.D. The hospice of St. Bernard, which still exists today, is established in the Swiss Alps. It was run by Augustine monks, and used trained Saint Bernard dogs to rescue travelers who became lost, injured and sick while traveling through the mountains.



11th Century The Caliph of Egypt grants permission to build facilities to house sick pilgrims.

Middle Ages "Hospices" are established by Christian orders along the roads leading to religious shrines and holy sites. They serve as shelters for those on pilgrimages and those who seek miracle cures for chronic and fatal illnesses. Many die in the hospices. During the period, it is estimated there were approximately 750 hospices in England, 40 in Paris, and 30 in Florence, Italy.



1517 Martin Luther begins the Protestant Reformation by nailing his 99 Theses on the door of Wittenberg Cathedral in Germany. The Reformation marks a change in attitude toward the dying. Many believe that the desire of reformers to separate the living from the dead is the beginning of Western society's avoidance of the subject of death and dying.

16th to 18th Centuries Local institutions are established by religious orders to care for the sick and dying, but most people die at home, cared for by the women in the family.

19th Century Early hospitals are established, and the philosophy of "medicalizing" death with curative procedures is popularized. Focus turns from comforting the dying to curing illness.

1879 Mother Mary Aikenhead of the Irish Sisters of Charity opens Our Lady's Hospice in Dublin to care for the dying.



1905 The Irish Sisters of Charity open St. Joseph's Hospice in London to care for the sick and dying.

1948

Cicely Saunders, a young social worker, falls in love with David Tasma, a Polish Jew, with inoperable cancer. She is deeply affected by his pain and anguish and believes she has found her life's mission. Two months later, Tasma is dead.



Mid-20th Century

According to the Hospice Education Institute, almost 80 percent of people in the United States are dying in hospitals and nursing homes.

1957

Cicely Saunders earns her medical degree at the age of 33.

1957 to 1967

Dr. Saunders works at St. Joseph's Hospice, studying advanced pain control in cancer patients.

Dr. Saunders visits Yale University to lecture on the idea of specialized care for the dying and her innovative ideas on inter-disciplinary care and pain control. Her lectures were originally planned only for medical students. Florence Wald, the Dean of the Yale School of Nursing, asks her to present them to the Yale School of Nursing.

1967

Dr. Saunders opens St. Christopher's Hospice in London, the first modern hospice program. She is the first to treat the dying with an inter-disciplinary approach, focusing on their physical, social, spiritual and psychological needs. Dr. Saunders also pioneers the approach of administering scheduled use of opioids to control pain before its onset.

1968

Florence Wald invites Dr. Saunders to become a visiting faculty member at Yale. Wald later takes a sabbatical from Yale to work at St. Christopher's.

1968 – 1975

Palliative care programs and hospices open in Great Britain, modeled on St. Christopher's.

1969

Dr. Elisabeth Kubler-Ross publishes her landmark book, *On Death and Dying*, with an explanation of the process of dying, likening it to the birth process. She is known for identifying the stages of dying and grieving—denial, isolation, anger, bargaining, depression and acceptance—and makes a case for home care for the dying as opposed to treatment in an institutional setting.

1972 Kubler-Ross testifies at the national hearings on the subject of death with dignity, conducted by the US Senate Special Committee on Aging.



1974 New Haven Hospice (now Connecticut Hospice) is the first modern hospice to open in the United States. The program is founded by a small group led by Florence Wald.



1974 Legislation is proposed to provide federal funds for hospice programs, but not enacted.

1974 – 1978 A number of hospice and palliative care programs open across North America, including Hospice of Marin in California, the Palliative Care Unit at the Royal Victoria Hospital in Montreal, the Support Team at St. Luke's Hospital in New York City and Church Hospital Hospice in Baltimore.

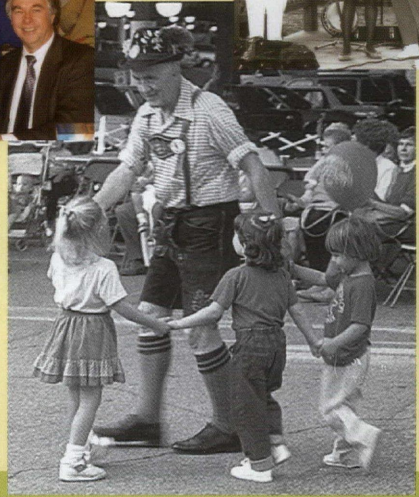
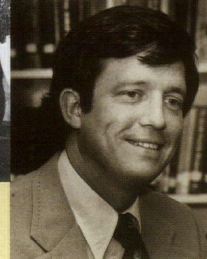
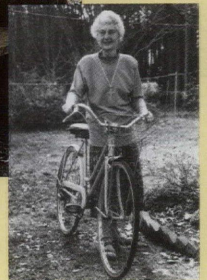
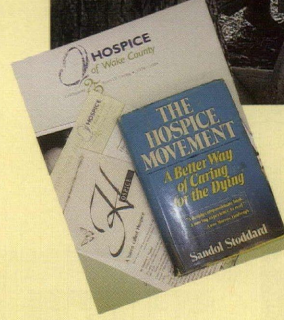
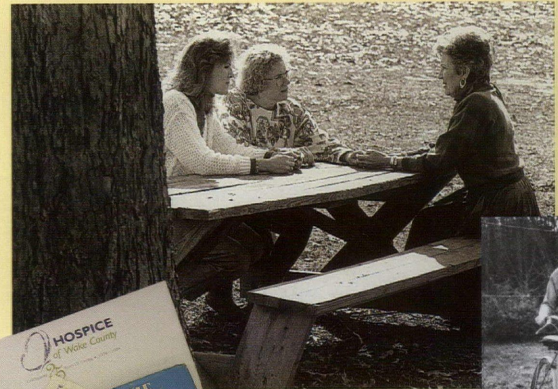
1977 The National Hospice Organization becomes the first national trade organization for the hospice industry in the United States.

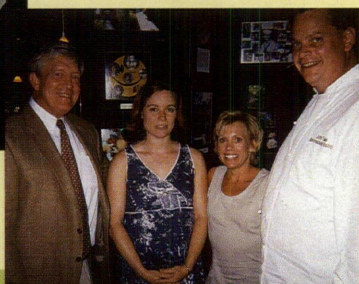
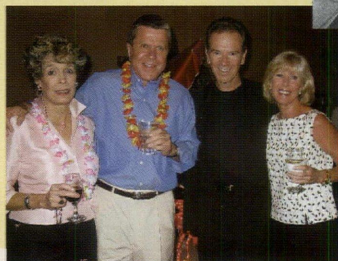
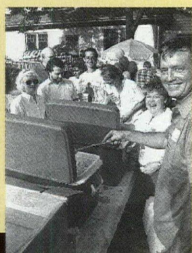
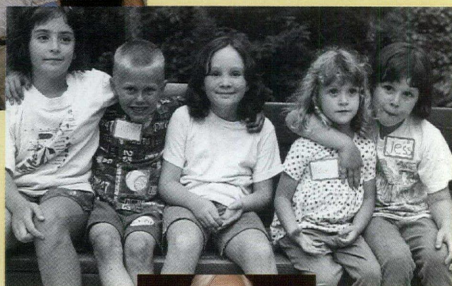
1977 Dr. Billy Dunlap, a hematologist and oncologist in Raleigh, reads an article on the hospice movement. He realizes the need for services for terminal patients in the Triangle. He attends an organizational meeting of a grassroots movement for hospice care in the Triangle also attended by Kathleen Townsend, a primary-care nurse at Rex Hospital. They become the founding members of the first Board of Directors of Hospice of Wake County, along with Derenda James, a nurse at Wake Med.

1978 A US Department of Health, Education and Welfare task force reports that "the hospice movement ... is a viable concept and one which holds out a means of providing more humane care for Americans dying of terminal illness while possibly reducing costs. As such, it is the proper subject of federal support."

1979 Hospice of Wake County (HOWC) is started by Dr. Dunlap, with one staff member and 20 volunteers. The first patient is admitted, a young child with leukemia. Five more patients are served that year.

1980 – 2000 HOWC institutes a popular annual fundraiser, Oktoberfest.





1982

Congress includes a provision to create a Medicare hospice benefit in the Tax Equity and Fiscal Responsibility Act of 1982, with a 1986 sunset provision.

1984

HOWC has nine staff members and 85 volunteers, serves 70 patients, and makes 5300 patient visits.

1986

The Medicare Hospice Benefit is made permanent by Congress.

1988

HOWC receives Medicare.

1989

HOWC has 25 staff members and 227 volunteers, serves 257 patients, and makes 9600 patient visits.



1990

HOWC yearly budget exceeds \$1 million for the first time.

1991

The federal government enacts the Patient Self-Determination Act, giving patients the right to detail their care choices when admitted to a hospital.

1993

HOWC's Reflections program, a child-focused grief counseling service, is initiated.



1994

HOWC has 55 staff members and 245 volunteers, serves 600 patients and makes 20,600 patient visits.

1994

Rex Palliative Unit opens.

1998

Hospices nationwide report declining average and median lengths of stay for patients, indicating that patients are not being referred to hospice soon enough.

1999

HOWC has 60 staff members and 250 volunteers, serves 690 patients, and makes 23,700 patient visits.

1999

Close to 3000 hospice programs exist in the United States.

2004

HOWC celebrates its 25th anniversary. It is projected that 100 staff members and 265 volunteers will serve 1200 patients and make 35,000 patient visits.

The Hospice Journey: Approaching Death with Dignity

by Patricia Staino

In an era where so much energy is spent on extending the length and quality of life, little thought is given to the experience of dying... until it is too late. While many people may be unfamiliar with Hospice of Wake County (HOWC) or the services the organization provides to the terminally ill and their families, more than a thousand patients each year experience the comfort, support and relief that Hospice offers. Throughout the dying process it normalizes death so that patients can make the most of the time they have left on their final journey.

THE PHILOSOPHY OF HOSPICE

In today's achievement-focused, can-do society, we eagerly prepare ourselves for the journey of life. The ancient Greeks, however, believed also in the journey of death, burying their dead with coins to pay their passage over the River Styx to the Underworld.

Most Modern Westerners avoid thoughts and words about the end of life, often denying themselves the comfort and closure the rites of dying can provide.

One effort to alter our death-fearing culture has been the modern hospice movement. Their philosophy is to treat the patient holistically, offering care for a patient's physical needs as well as his or her psychological, spiritual, and emotional needs. This care also extends to the needs of family members throughout the dying process and into bereavement.

Unfortunately, many patients refuse hospice care until their last days, and never take full advantage of the help these programs can provide. Instead, they concentrate on curative medical services and view admission to a hospice program as giving up on living.

"I think the biggest misconception is that hospice is for the very last days of your life," said Paige Adams, a social worker at Hospice of Wake County. "We have found that our outcomes in terms of coping, in terms of families coming together, and patients' pain and symptoms being managed tend to be better the earlier they come to us. We like to think of our services as aggressive comfort care."

DEATH: AN EVOLUTION OF ATTITUDES

The original "hospices" were shelters for weary and sick travelers to rest on their journeys. In Europe in the Middle Ages, death was a way of life and disease struck swiftly. Many died in the hospices, and people learned to expect and accept death, living beside it every day.

By the 16th century the practice of medicine became more formalized and advanced; the sick and dying were moved to hospitals, where the focus was on curing illness and defying death. It was no

longer acceptable to die in peace; patients were expected to fight until the end.

During the mid-20th century, another important change in attitude occurred. Dr. Cicely Saunders was working in St. Joseph's Hospice in London, specializing in pain control for advanced cancer patients. But other doctors refused to give dying patients morphine because they might become addicted. Saunders became a pioneer in pain relief, administering morphine and other opioids to dying patients before they experienced pain. She also learned to attend to the psychological and spiritual needs of her patients and became an advocate for the complete care of dying patients.

In 1967, Dr. Saunders opened St. Christopher's Hospice—named for the patron saint of travelers—the facility that became the model for the modern hospice.

MODERN MEDICINE AFFECTS THE EVOLUTION

Today, the population of aging Americans is growing quickly as Baby Boomers mature and retire. For that generation, death is a completely different concept. Medicine has made great strides. People are living longer, and disease no longer results inevitably in death. And few experience the death of a family member until they themselves are grown. The Baby Boomers, it is said, believe medicine can cure anything.

And when medicine is unable to cure an illness, it's rare that death comes swiftly. Medical treatments allow the dying to live longer, and the need for hospice care has increased dramatically.

In their quest for a cure, many patients spend their last months, weeks and days connected to tubes and machines in hospitals, often experiencing nausea, pain and other discomforts caused by last-chance treatments. Those who choose hospice care believe they can be happier, more comfortable and more in control by choosing to

spend their remaining time in their own homes, surrounded by family members, doing the things they enjoy. They recognize they can waste their spirit and energy fighting the disease, or they can spend it making the most of the life they still have.

"The patient and family are in crisis at the end of life, and the general public is not educated as to what to expect," said Nancy Titus, a nurse mentor at HOWC. "What acute care in the hospital would consider abnormal, we in hospice look at as the normal progression. We normalize the dying process. It's not the great big enemy."

But many patients continue to fight their illnesses to the very end, seeing hospice as surrendering to death. Jan Kimball, a nurse case-worker with HOWC, recently cared for a 56-year-old patient with a brain tumor who continued to receive rounds of chemotherapy even



after his doctor acknowledged there was no longer a chance for a cure.

"By the time he was referred to hospice, he was bedridden and went down hill very fast," she said. "We had no relationship with that family or with him other than stepping in during the crisis. If he had been referred earlier, we could have done a lot of teaching, symptom management, pain control; we

could have provided a network of services as the disease progressed. That would have been a more supportive situation."

According to Kimball, there are many patients in the area who could benefit from hospice care but do not enter the program most likely because of a lack of understanding of what hospice can provide. Opinion polls show that most Americans would pre-

fer to die at home, but almost half still die in hospitals and nursing homes.

Hospice care allows families to decide where and how they want to spend their final days, weeks, months, together. It gives them back some control where many have felt powerless throughout a long journey and a complex set of issues ranging from loss of income to loss of independence. **MM**

Redefining Hope: How Hospice Works

by Patricia Staino

The Mexican culture seems to embrace death more vividly than American culture does. Many of that nation's customs and rituals have death and the spiritual world at their heart—the drama of the bullfight, Day of the Dead celebrations, folk art steeped in death themes and symbols such as skeletons and bloody crucifixes. While Americans may see these displays as morbid, to the Mexicans they are a way of celebrating life. By acknowledging death, they honor all those who have existed before them. By embracing the inevitability of death, they honor life.

pational and speech therapists.

When a patient is referred to HOWC, he or she is assigned a care team that offers whatever services, care and support the patient may need. Led by the social worker and nurse caseworker, members of the interdisciplinary team make scheduled home visits.

The range of services is vast and varied; hospice staff members assess the patient's medical needs, deliver medication, act as a bridge between the family and the patient's doctor, groom and bathe the patient, train family members in patient care, and assess the

"We don't do anything—even request medication changes—without consulting the family. We're very respectful of the patients' rights and dignity. It's very autocratic."

WHAT IS PALLIATIVE CARE?

In Tibet, it is believed that death must be confronted in order to achieve spiritual progress. Many study the steps occurring at the time of death to achieve enlightenment, and meditation sometimes centers on the topic of death. For the Tibetans, understanding the progress of death is a spiritual process that makes dying simply a step in their rebirth, rather than a frightening ending to be feared.

Western medicine focuses on treating and curing physical symptoms, placing little time or consideration of the spiritual and emotional needs of the patient and scant emphasis on assisting the family. The cornerstone of the hospice philosophy is palliative care, which is the complete treatment—physical, psychological, social, cultural and spiritual—of a patient who is not responsive to curative treatment. Palliative care provides support and solace on the journey at the end of life.

"Hope gets redefined," said Titus. "It may be that the chemo and the radiation are not working anymore, but our goal for you is your self-defined quality of life for however long you have."

Palliative care responds to death as a normal process and does not attempt to postpone it. It provides relief from pain and other symptoms while offering assistance with emotional and spiritual needs. In this way, palliative care helps patients remain as comfortable and active as possible until their death, making the most of the time they have left. This form of care also offers a support system to

"Every single day I see patients and their caregivers demonstrating the most courage. You're watching people be much more and do much more than they ever dreamed they could."

—Jan Kimball



KINSLEY DEY

Hospice care recognizes the inevitability of death and provides the terminally ill with their own self-defined quality of life until the end.

Dr. Billy Dunlap, who helped found HOWC in 1979, says he was motivated by how difficult it was to provide all the services needed by the terminally ill and their families in the Triangle. Today, HOWC's interdisciplinary team, led by the patient's physician, includes a medical director, spiritual counselors, grief counselors, nurses, nursing assistants, pharmacists, social workers, home health care workers and volunteers. The program can also provide the assistance of nutritionists and physical, occu-

need for and then acquire necessary medical equipment. Most importantly, the HOWC staff members are available 24 hours a day, seven days a week, so neither patients nor families go without the assistance they need.

Many patients and families are reluctant to join a hospice program because they envision a loss of privacy, picturing a troop of people tramping through their homes at all hours. But the hospice movement places the patient and family in control and HOWC views the family unit as an important part of the interdisciplinary care team.

"The patient and the family are really members of the team, too," said Nancy Titus, staff development/nurse mentor at HOWC.

the patient's family to assist them during the dying process and support them in their bereavement.

In addition to this holistic treatment, one of the greatest benefits of hospice care is the solace patients and families feel knowing there is someone to turn to when they need help.

"A number of studies have shown that in terminal patients the greatest fear is not severe pain—it's being left alone," said Dunlap.

The presence of hospice volunteers, nurses and home health workers can be a tremendous relief to the family as well. As the severity of a patient's condition worsens and the disease progresses, caregivers often push themselves to their physical and psychological limits.

"I personally look at hospice nursing as what I call 'ministry of presence,'" said Titus. "It may be that I can't do anything but hold your hand, but I am here." For families as well as patients, that presence is often a saving grace.

TREATING THE FAMILY

The Romani, or gypsies, see death as unnatural, an event that should anger those who are dying. When a family member is dying, they not only are sad and angry at the eventual separation from their loved one, but also fear that the dead may seek revenge. To that end, family members surround their dying relative, seeking reconciliation and forgiveness, serving his every need and being sure never to leave him alone so as not to anger him, causing him to haunt them in the afterlife.



Paige Adams

One of the most important roles HOWC's staff plays is educator to a patient's family members. By arming them with a knowledge and understanding of what to expect and how to care for the patient, they remove the fear and anxiety of the unknown, one of the greatest sources of stress for a patient's caregivers.

"The nurse does a lot of teaching to the caregiver in the home, just teaching hands-on care, what to look for, what to expect so they're not frightened or alarmed when they see a particular symptom," said Titus.

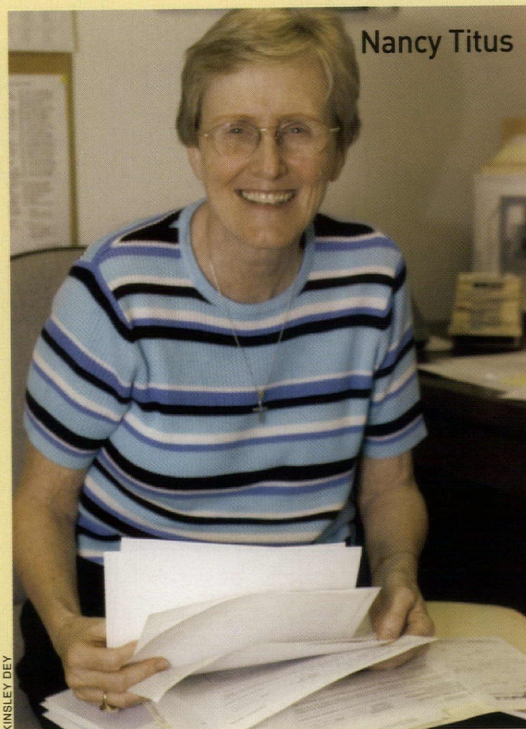
In addition to educating and training the caregiver, hospice also provides social workers to deal with other aspects of the end of life. "I think sometimes it's helpful to have someone who is outside, not necessarily attached to the situation, to be able to ask some difficult questions," said Adams. "We can open up areas of communication that may never have been opened if we hadn't been there."

Adams said one of her more touching cases was a younger woman who had been experiencing marital problems prior to her diagnosis. As she worked with the couple over time, she watched them get closer and work out many of the issues that had been coming between them. "I watched them come to a lot of resolution about their relationship and I watched her husband, who had not necessarily been as involved in the past as she would have liked him to be, really step up to the plate and take care of her. I watched their marriage come together in those last days."

"We consider our unit of care the family," said Titus. "We know that what is affecting the patient is also affecting the family. The patient is losing his or her life, but the family is losing a loved one. We can put it all in place, because of our knowledge and expertise and resources that not only alleviate the pain of the patient but also alleviate the stress of the family."

SPIRITUALITY & BEREAVEMENT

Pygmies in the African Congo fear death and flee from it. When a member of the tribe dies, they pull down the deceased's hut on top of him and move their entire camp away from the corpse. According to their customs, the dead person is never mentioned again. The hospice move-



Nancy Titus

ment recognizes the need to address the grieving process, even if it takes months or years for surviving family members to face their pain.

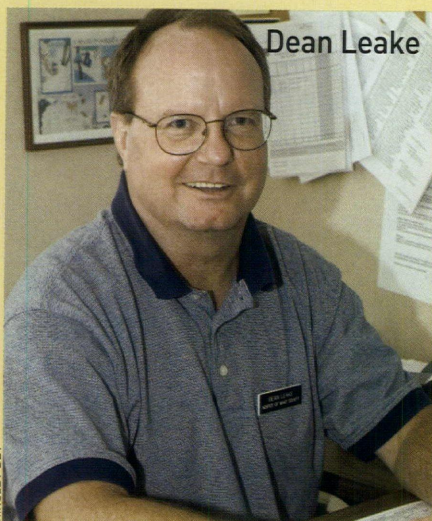
One of the key differences between hospice care and traditional medical treatment is the emphasis placed on serving the spiritual and psychological needs of a patient and his family. HOWC offers both spiritual counseling and bereavement counseling to the patients and families it serves.

"After a death family members may feel like they've been doing okay and then, down the road, that feeling changes and their grief becomes more open or real," said Dean Leake, a bereavement counselor at HOWC. "That can happen at various times. Each person's grief journey is his or her own. There's no fixed schedule. We make our services available to them when it's appropriate to them, even if it's two or three years later."

"I think our society has said that people should be able to take care of themselves and get over things quickly and that they really don't need help... or there might be something wrong with them," said Leake. "That is simply not true. To have someone validate and normalize their feelings can be a great help and a true benefit as they work through their grief."

RITUAL & CONTROL

In burial grounds dating back to 60,000 B.C., archaeologists discovered animal antlers



Dean Leake

and flower fragments scattered around the body remains, indicating some kind of ritual of remembrance. Neanderthal man had no history or experience from which to draw, but instinctively formalized dying and honored the dead. His world was one of fear, where he lived a reactionary existence based on weather events and other natural phenomena that were out of his control. He came to see life, death and the events in between as acts of the spirits, and created ceremonies and rituals to appease these spirits in an attempt to control his existence.

From the beginning of time, it appears from the evidence that it is instinctual for mankind to react to death with fear. But even early man recognized that facing and controlling that fear made death less

overwhelming.

"Every single day I see patients and their caregivers demonstrating the most courage," said Kimball. "You're watching people be much more and do much more than they ever dreamed they could."

Patients and caregivers demonstrate exceptional strength and courage because they are the decision-makers and remain in control under hospice care. Maintaining dignity and remaining responsible for the choices that affect their lives are two of the greatest benefits to hospice patients.

"There's still hope when you come to hospice; it's just re-framed, it's shifted a little bit," said Adams. "There's hope for making these last days as good as they can be." **MM**

Hospice will be there During the Suffering, After the Loss

by Larry Barbour, president of North State Bank

After the loss of a dear loved one, all that remains are the memories. I learned these memories are simply blessings from the past, and include the good times and the adversity. My view is that grieving is simply remembering; therefore, the grieving process is vitally important.

Soon after the loss of a loved one, the closest family members actually live in the past for a while. Many think that this is unhealthy, when actually it is very healthy. To forget is to cheapen the lives of those dear loved ones. Later, as more time passes, you choose when to remember by stepping back into the past.

Our family lost our beloved son and brother, Zach, in 1986 from cancer. A lot happened during the four years after his initial diagnosis, but after the wonderful and caring physicians at UNC-Chapel Hill informed us that chemotherapy could no longer stop the cancer in his body, we began looking for ways to help Zach through each challenging day.

Although emotionally I resisted the thought of having to turn to Hospice of Wake County for help, I knew that Zachary and our entire family needed the kind of help that Hospice could provide. We did turn to Hospice, and they were prepared and ready. They sent people into our home day and



night without hesitation. Their presence and their professional help gave comforting assurance to Zachary and to our family.

People came like Robin Forest, a registered nurse who bonded with our family very quickly. As there was no time for "family orientation," an immediate fit was critically important—and all the people from Hospice were good fits when they came into our home. Others from Hospice were summoned in the middle of the night for shots of Demerol to give Zach some relief from his awful pain. The people from Hospice came and stayed and ministered. Each time they came, they came prepared to stay, not just visit.

After Zach died, we asked for contributions to Hospice in Zach's memory. We were very pleased to learn later from Dr. Billy Dunlap that a significant number of contributions were made. I still have the letter from Dr. Dunlap sharing that information with us.

As I still remember my son and grieve, I also remember fondly the kind and compassionate care we received from Hospice of Wake County. I was very pleased that, after I asked our people at North State Bank which organization we should support in a significant way as a community bank, they quickly recommended Hospice of Wake County.

Every family will face the loss of loved ones in different ways. But I can say from a very personal experience that my family encountered the unforgettable difference Hospice makes when the loss comes from a terminal illness. The people from Hospice enter into "the crucible of suffering" with the families in order to help them confront the adversity of a terminal illness.

It is clear to see why I can unequivocally suggest that all of us in our community should help Hospice. This is an organization that matters and makes a very quiet, but powerful difference in our community.

We need Hospice now and we always will.

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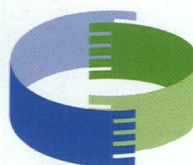
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compassionate end of life care to the people of Wake and surrounding counties.*

*—Hospice of Wake County's
Board of Directors & Staff*



Coastal Event Calendar

COASTAL PREVIEW- AUGUST

Sun, Sea and Sailing Exhibit: thru Aug 19. Exhibit featuring photographs of Morehead City Tourism in late 1930s and 1940s; NC Maritime Museum, **Beaufort**. 252-728-7317

Under His Wings: thru Aug. 14. Drama presented by Emmrich Theatre at Rocky Hock Playhouse, **Edenton**. 252-482-4621

16th Annual Ducks Unlimited Billfish Tag and Release Tournament: Aug 6-7. Registration, Aug 5. Part of the Governor's Cup Billfishing Series; Anchorage Marina, **Atlantic Beach**. 252-247-2106, www.ncdu.org

Concert and The Fort: Aug 6-27. Summer concert series sponsored by the Friends of Fort Macon, each Friday at 7pm; **Fort Macon State Park**, 252-726-3775

Edenton Bay Challenge—Open Class Sailboat Races: Aug 7 & 8. Tanzers, Flying Scots, Windmills, Sunfish and Opti to race; **Edenton Harbor**. To register, call 252-482-3400 or 800-775-0111

Long Bay Lady Anglers King Mackerel Tournament: Aug 7. Registration, Aug 6; Middleton Park, **Oak Island**. 910-523-0596

OWLS Sand Castle Competition: Aug 7. Sandcastle building teams of children and adults to be judged in event benefiting the Outer Banks Wildlife Shelter; Atlantis Lodge, **Atlantic Beach**. 252-240-1200

Concert in The Park: Aug 7-28. Sponsored by the Morehead City Parks and Recreation Department, each Saturday at 7:00pm; waterfront Jaycee Park in **Morehead City**, 252-726-5083

16th Annual Island Harbor Marina Ken Craft/ Challenger King Mackerel Tournament: Aug 7. Registration, Aug 6; Island Harbor Marina, **Emerald Island**. 252-354-3106

13th Annual Sneads Ferry King Mackerel Tournament: Aug 7 & 8. Registration, Aug 6; New River Marina, **Sneads Ferry**. 910-327-3953 or 800-682-2005 or www.sneadsferrykmt.com

Cape Lookout Lighthouse Open: Aug 8. In celebration of National Lighthouse Day, the lighthouse will be open for climbing

by reservation only; **Harkers Island**, 252-728-2250 or www.nps.gov/cal

15th Annual Alice Kelly Memorial Ladies Only Billfish Tournament: Aug 8. Registration, Aug 8; Pirate's Cove, **Manteo**. 252-473-3906 or 800-422-3610 or www.fishpiratescove.com

Pirate's Cove 21st Annual Billfish Tournament: Aug 10-13. Registration, Aug 9. Part of the Governor's Cup Billfishing Series; Pirate's Cove, **Manteo**. 252-473-3906 or 800-422-3610 or www.fishpiratescove.com

Annie Get Your Gun: Aug 11-15. A musical tribute to the Wild West presented by the Opera House Theatre Company; Thalian Hall, **Wilmington**. 910-343-3664 or 800-523-2820

Coastal Women's Fair: Aug 14. Annual Fair featuring vendors, food, fashion show and entertainment for women; Crystal Coast Civic Center, **Morehead City**. 252-247-6585

Blues Traveler Concert: Aug 14. Event to benefit ALS, a disease Lou Gehrig

brought attention to; Roanoke Island Festival Park, **Manteo**. Buy tickets at Outer Banks Brewing Station, at the gate or 800-594-8499

6th Shallotte Inlet King Mackerel Classic: Aug 14. Registration, Aug 13; Hughes Marina, **Shalotte**. 910-754-6962

Dog Days of Summer Puppy Paw Print Event: Aug 14. Annual fundraiser with a portion of proceeds to benefit New Hanover Humane Society; Stroke of Genius Pottery Painting Studio, **Wilmington**. 910-686-1602 or www.strokeofgeniuspottery.com

Colonial Period Replica Periauger Voyage: begins Aug 15. A three week voyage of two-masted dugout historical vessel propelled by oar and sail with stops at Oriental, New Bern, Washington, Bath, Belhaven and Manteo; begins at NC Maritime Museum in Beaufort and ends at its home port of Hertford. Departure ceremony, Watercraft Center, **Beaufort**. 252-728-7317 or 252-426-7567

Virginia Dare Birthday Celebration: Aug 18. Special events honoring the first child

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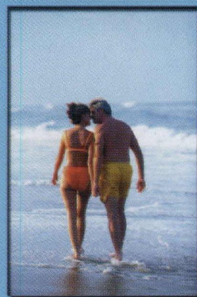
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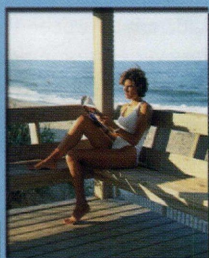
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Hatteras Island To Do List:



1. Morning jog

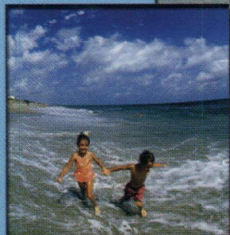
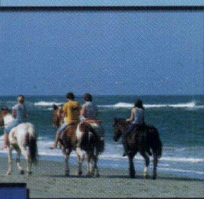


2. Research @ the office



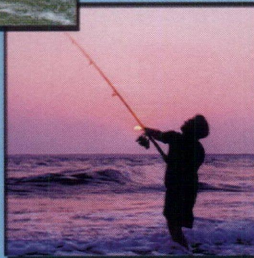
3. Stairmaster @ lunch

4. 2 pm meeting

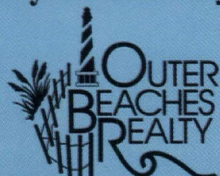


5. Get kids from daycare

6. Pick up dinner



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born in America to English parents; **Fort Raleigh National Historic Site**, 252-473-2127 or 866-468-7630 or www.thelostcolony.org

Virginia Dare Night Performance: Aug 18. Local infants to be cast in "The Lost Colony" outdoor drama to celebrate the night of Virginia Dare's birth; **Manteo**, 252-473-3414 or 866-468-7630 or www.thelostcolony.org

3rd Annual Shrimp by the Bay: Aug 21. Shrimp, beverages, live music and more; Barker House Waterfront, **Edenton**, 252-482-3400 or 800-775-0111

Jazz Nite at Scottish Rite: Aug 21. Annual event presented by The Cape Fear Jazz Appreciation Society; Scottish Rite Auditorium, **Wilmington**, 910-392-1200 or www.capefearjazz.com

2nd Annual Things That Fly Glider Building and Boomerang Competition: Aug 21-22. Compete at the USBA Outer Banks Competition. Sponsored by Kitty Hawks Kites, entries from across the nation, open to novice throwers, join in the workshops and more; Wright Brothers National Monument, **Kitty Hawk**, 877-FLY-THIS or www.kittyhawkkites.com

Kidz Day 2004: Aug 21. Presented by the Carteret County Partnership For Children with activities including informational exhibitors, food, entertainment and more. Children under 6 admitted free with contribution of a storybook; Crystal Coast Civic Center, **Morehead City**, 252-726-0440

Topsail Offshore Fishing Club King Mackerel Tournament: Aug 21. Registration, Aug 20; **Topsail Beach**.

919-828-3045 or www.tofc.com

8th Annual East Coast Wahine Championships: Aug 21-22. Surf competitions and clinics at various levels; entries are limited. Crystal Pier, **Wrightsville Beach**, 910-686-1554 or www.eastcoast-wahines.com

Emerald Isle Dog Days Celebration and Triathlon: Aug 25. Sponsored by the Emerald Isle Business Association and organized by the Emerald Isle Parks and Recreation Department; **Emerald Isle**, 252-354-6350

Castles and Scoops Contest: Aug 28. Families, children's groups, adult civic groups, local businesses and professional (architects, builders, etc.) are invited to compete in unique sculpting and build-your-own ice cream sundaes event; Holiday Inn SunSpree Resort, **Wrightsville Beach**, 910-254-3534 or www.wilmingtonchildrensmuseum.org

South Brunswick Islands King Classic: Aug 28. **Shalotte**, 910-754-6644 or 800-426-6644 or www.brunswickcounty-chamber.org

11th Annual Lumina Daze: Aug 29. Wrightsville Beach Museum of History presents annual event in celebration of the island's 100+ year heritage. Old-time games, live music, silent auction, movie on the beach at dusk and more; Blockade Runner Beach Resort, **Wrightsville Beach**, 910-256-2569 or www.wbmuseum.com

Hatteras Island Arts and Craft Guild Labor Day Show: Aug 29-30. Free admission and scholarship raffle; Hatteras Civic Center, **Buxton**, 252-928-4121

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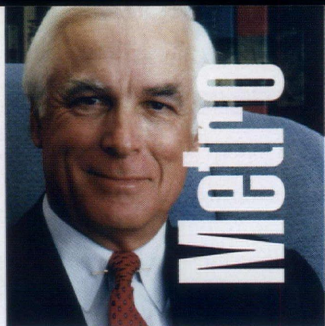


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Editor-at-Large

by Jim Leutze

Tackling coastal renourishment problems:

DOUBLE WHAMMY HITTING NC COAST

It's hurricane season, but a far more damaging double whammy is approaching coastal North Carolina this year thanks to budget cutting brought about in part by tax cuts. There is a real possibility that the periodic renourishing of North Carolina's beaches and the dredging of the Atlantic Intracoastal Waterway (AIWW) will be seriously cut or eliminated for lack of funds. Some environmentalists—Orin Pilkey comes to mind—who never wanted the beaches renourished in the first place,

venturing out into the open Atlantic. First proposed in 1919, it offered obvious defense value during World War II by providing a safe haven for sea traffic avoiding German U-boats. Over the last 10 years commercial traffic has declined significantly, despite the fact that barges are the cheapest way to move bulk products. One barge can haul as much as 59 trucks. In a chicken-egg situation, decreased barge traffic has translated into less money for dredging—which has led to shoaling in

ufacturing. Tourism, on the other hand, remains robust, directly employing over 180,000 people and impacting the lives of millions who depend in part on the revenue brought in by the “visitors” who spend money on gas, food, hotels, shopping, etc. The two centers for tourism in North Carolina are the mountains and the coast. Bad air days bedevil the mountains and are a matter of concern, but the receding of our beaches and the filling in of the AIWW are serious matters of greater magnitude with more people and dollars at risk.



and some libertarians who want to get government off our backs, will rejoice, but those of a more practical bent are alarmed.

The President's budget has no funds for periodic beach renourishment. The previous practice was for the federal government to pay 65 percent of the cost of the “initial construction” (first renourishment) and then 50 percent of the cost for periodic renourishment. Beaches like Wrightsville, Carolina, Kure and Ocean Isle have been on a periodic renourishment program, under a signed contract with the Federal government, and other beaches have received sand as it became available from the dredging of navigation channels. Of 56 projects since 1990, only six have received their primary funding from local or private sources.

The Intracoastal Waterway was first established as an alternate route for cargo to travel up the East Coast rather than

the waterway, which has led to less barge traffic. Since the Administration and Congress measure the value of the waterway in tons of cargo moved, and not in terms of economic impact, their conclusion is foreordained. Supposedly maintained at a level of 12 feet, sections of the waterway are now as shallow as three feet. In 1997 North Carolina received \$8 million for dredging; in 2003 it received \$4 million, which is not even enough to keep it at its current insufficient depth.

Periodic beach renourishment and dredging of the AIWW must be addressed or we will risk our most important industry, tourism, at a time when North Carolina is still reeling from the loss of other sources of revenue. In the economic downturn since 1998, North Carolina has lost more than 238,000 jobs, in many cases because of declines in agriculture (read tobacco) textiles, furniture and small man-

TWO NORTH CAROLINAS

The problems of eastern North Carolina are staggering. It is commonplace to talk about two North Carolinas—the mountains and the coast—where poverty persists, and the Piedmont, where prosperity clusters. With a few exceptions, tourism is the major activity in our 31 coastal counties. The area east of I-95 is the poorest part of North Carolina. If it were a state, it would be the poorest state in the country. Only four of the counties have household incomes exceeding \$40,000 per year and they are all on the water. It's a curious map with a necklace of counties that touch the ocean and/or the AIWW doing well, but bounded by a belt of poverty that doesn't abate until you reach the Piedmont. One saving grace is that many people in those poorer counties can commute to find work at the coast in construction, the hospitality trades and other jobs. And now the crown jewels of the eastern counties are at risk.

How important are the beaches and the AIWW to North Carolina's economy?

Beaches alone account for 15 percent of the tourist activity in the state while outdoor activity accounts for another 15 percent. Throw in shopping, which statewide is 26 percent of the state's economy, with a

lot of that taking place on the coast, and you have at least a third of the \$12.6 billion that tourists spend in North Carolina. A snapshot would show tourism generating \$514 million annually in Dare County with over 10,000 jobs, a payroll of \$139 million and tax revenue of \$52.8 million. And these figures don't account for the impact of the retirees who are flocking to coastal communities. Brunswick County is North Carolina's fifth fastest growing with an expected population increase of 28 percent by 2010. Currently 17 percent of the population of the county is 65 or over, with a good chance that a substantial portion of those are retirees. Called by the local Chamber of Commerce North Carolina's "Golf Coast" with 36 courses, Brunswick County's attributes make it a mecca for refugees from other states.

The AIWW is harder to gauge than the beaches in terms of economic impact. We know that marine trades in the state provide 20,000 jobs, with another 10,000 in the boat-building business and \$500 million in sales of boats, motors, and boating accessories. It stands to reason



that the lion's share of that money and those jobs are along the AIWW and the waters that surround it. We know there are over 250 marinas and approximately 400 businesses that supply services to boaters along the waterway system. Then there are the restaurants, hotels and other businesses that cater to the boating public. There are 350,000 boats registered in North Carolina, with most of them on the coast. There are also 14,000 transient boaters a year who use the AIWW. Unfortunately, no one has ever calculated the total impact of all these activities, but obviously it is huge.

Thankfully, the evolving situation has

attracted the attention of some of our influential legislators, but a real solution is not likely soon. The most ambitious action has been taken by Congressman Mike McIntyre (D-7-NC) who has put together a congressional coalition to address the issue of the AIWW. He managed to get \$3 million restored to the 2005 budget, which is likely to pass the House of Representatives but with an uncertain future in the Senate. Senator Elizabeth Dole has expressed her concern and can be expected to do her part in the upper house. At the state level Senator R.C. Soles from Columbus County has proposed a feasibility study of purchasing and operating a dredge in North Carolina waters. His bill, which would call for dredging the AIWW and pumping sand on beaches, is in the state budget.

Unfortunately, none of these measures provides a permanent solution. At the federal level an annual battle can be expected, pitting East Coast legislators against the rest of the country for scarce dollars. If the study by Senator Soles proves that the economic losses outweigh the cost of the dredge, that cost and the operating expenses would become a part of the state budget, but subject to the same continuing political pressures. And while the benefit of the dredge to North Carolina would be great, the AIWW would lose much of its potential value if you ran aground once you crossed the South Carolina or Virginia border.

NEW THINKING

So, what should we do? The solution, in my view has to be long term and multi-state. The Atlantic Intracoastal Waterway Association (AIWA) has been seeking \$1.3 million for an economic impact study on the value of the AIWW from Virginia to Florida. That study should be funded. If \$1.3 million is not available, some entity in North Carolina should come up with \$300,000 for a study of our AIWW from which other states could extrapolate their own figures. My guess is the study would show that the millions of dollars of revenue generated by keeping this waterway open would far outweigh the cost of dredging. And Congress should think in terms of tourism and

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(rek'a mend') to urge as advisable or expedient.

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recreation, as well as barge tonnage.

As for periodic beach renourishment, a strong effort should be made to win support, even if grudgingly, from the environmental community. Some will never be convinced that pumping sand onto shifting beaches is not a waste of money with disastrous impacts on coastal species like turtles. Others might be won over by adopting guidelines for periodic renourishment regarding replacement sand quality and avoiding projects during nesting seasons. We already have guidelines on sand quality and windows in which we can pump sand to the beach to avoid the turtle-nesting season. If we put our minds together, maybe we could come up with some new thinking. Is it possible, for instance, that we could pump the sand from the current spoil islands that line the AIWW onto the beaches? In certain locations, this is being done. That sand could then be replaced by less desirable sand dredged from the bottom of the AIWW.

With the study in hand and a coalition of all interested parties mobilized, we should seek federal funds. If that should



Masonboro Inlet

fail in the current climate, we need to insist on a statewide investment in these coastal priorities. This is not a local problem although locals could be called on to augment state funding as they now do federal dollars. Perhaps a coalition of Eastern and Western forces should be put together; the West supports us on coastal preservation, and we support them on air quality. The coast is one of the best things the East has

going for it. Given the distress in the region, the last thing we need is another economic debacle caused by negligence of our coastal resources. **MM**

Dr. James Leutze recently retired as Chancellor of UNC-Wilmington. He has produced documentaries on eastern North Carolina conservation and is Chairman of the North Carolina Progress Board.

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\$229/couple, \$209 single; Commuters: \$229/\$129. Sessions only at \$39/person.

Call NCSF offices at (336) 841-2273, ext. 226 for package reservations.

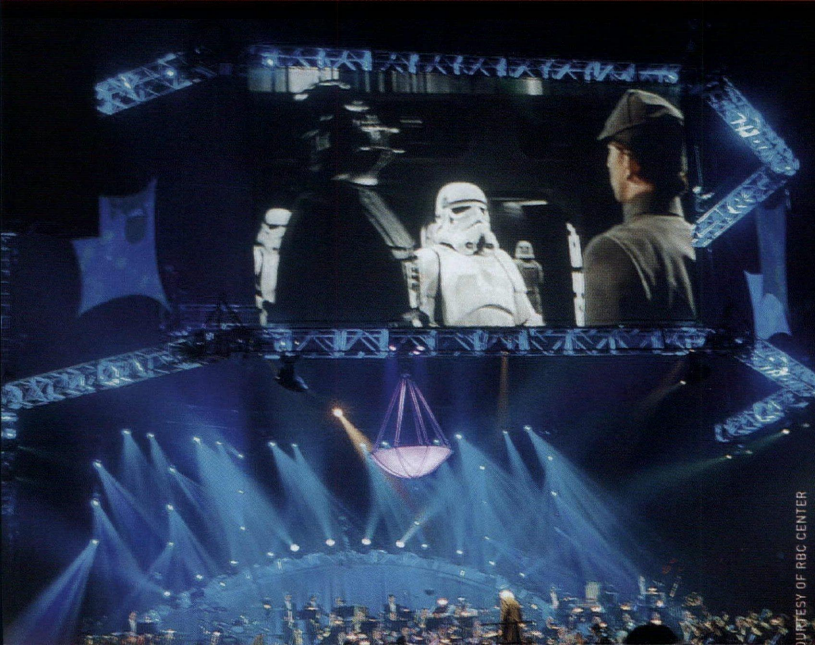
Crowds, like those shown here, will gather in Manteo for the 21st Annual Pirate's Cove Billfish Tournament, Aug. 10-13. The event is part of the Governor's Cup Billfishing Series, as is the 16th Annual Ducks Unlimited Billfish Tag and Release Tournament at Anchorage Marina, Atlantic Beach, Aug 6 & 7. (See Coastal Preview for details.)

PIRATE'S COVE BIG GAME TOURNAMENTS



Openings

The London Symphony Orchestra, the most widely recognized symphony orchestra in the world, will present "The Music of Hollywood" at the RBC Center, Raleigh, Sept 8. The show, with laser lights and aerial re-creations, features some of the symphony's most famous film scores, including *Star Wars*, illustrated here. (See Preview Stage & Screen for details.)

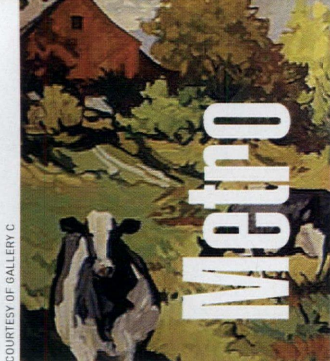


COURTESY OF RBC CENTER

"Treasures Unearthed: North Carolina's Spectacular Gems & Minerals," open now until June 12, 2005, at the NC Museum of Natural Sciences, Raleigh, features a stunning collection of precious cut and uncut gems and an array of minerals from North Carolina's mines. The emerald crystal shown here is distinctive to those found in Alexander County, NC. (See Preview Museums for details.)



COURTESY OF NC MUSEUM OF NATURAL SCIENCES



COURTESY OF GALLERY C

Preview

by Frances Smith

AUGUST ADDS RAZZMATAZZ TO SUMMER'S LAST FLING

GALLERIES

ENDLESS SUMMER, annual group exhibition; Nicole's Studio, Raleigh; thru Labor Day. Contact 919-838-8580 or www.nicolestudio.com.

EXHIBITION FEATURING 33 TRIANGLE ARTISTS; Little Art Gallery in Cameron Village; thru Aug. 14. Contact 919-890-4111.

SUMMER SELECTIONS, group exhibition of Gallery C artists featuring new works by Joseph Cave, Ronnie Offen, Betty Robinson, James Daniel III, others; Gallery C, Raleigh; thru Sept. 7. Contact 919-828-3165 or www.galleryc.net.

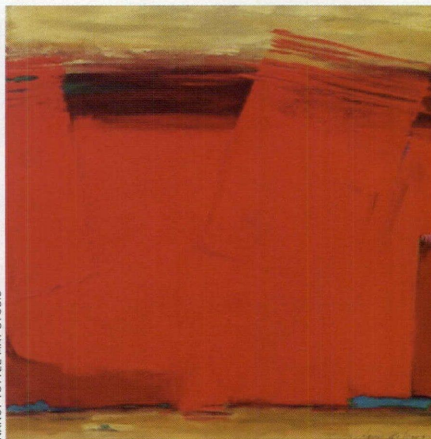


COURTESY OF GALLERY C

Dairy Farm by Joseph Cave hangs in exhibition "Summer Selections" at Gallery C, Raleigh

EXHIBIT BY THE NC PENCIL ART SOCIETY; The Arts-Center Gallery, Carrboro; Aug. 1-31. Featured at 2nd Friday Art Walk with art, entertainment & hors d'oeuvres to spotlight area art exhibit venues; Aug. 13. Contact 919-929-2787 or www.artscenterlive.org.

MIDSUMMER COLOR DREAMS, a new collection of mixed media works; Nancy Tuttle May Studio,



NANCY TUTTLE MAY STUDIO

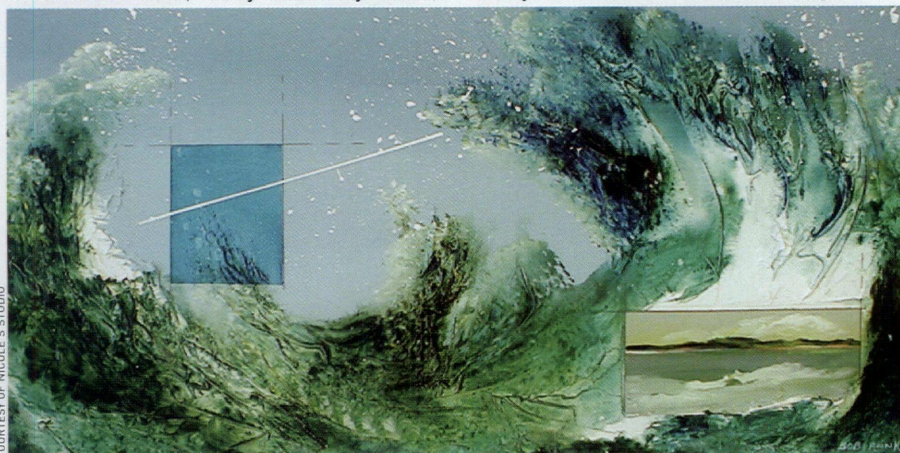
Petite Gold/Rouge, mixed media, by Nancy Tuttle May is part of a new collection at Nancy Tuttle May Studio, Durham

Durham; Aug. 1-Sept. 15. Contact 919-688-8852 or www.nancytuttlemay.com.

EVENTS AT ARTSPACE, downtown Raleigh. Contact 919-821-2787 or www.artspacecnc.org

- **ASAP YOUTH EXHIBITION**, Masterpieces from Art-space Summer Arts Program; Gallery 2; Aug. 3-7
- **CAMERA OBSCURA** installation by Clare Britt; lobby; thru Aug. 28. Step inside a real life-size camera at opening reception, First Friday Gallery Walk; Aug. 6
- **ROOTLESS ALGAS** by Grimanese Amoros; Gallery 1; Aug. 6-Sept. 25
- **SENSOR** by Tommy Hilding; Aug. 6-Sept. 11
- **EDUCATION ROOM INTERACTIONS BY PABLO URIZ**; Upfront Gallery; Aug. 6-28

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COURTESY OF NICOLE'S STUDIO

Wave Abstraction by Bob Rankin is on view in "Endless Summer," exhibition at Nicole's Studio, Raleigh

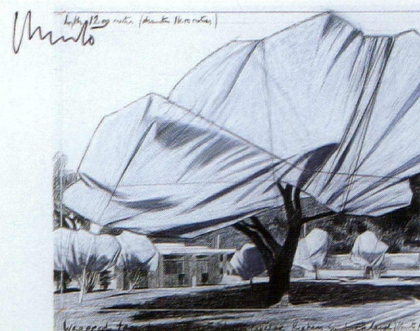


COURTESY OF ARTSPACE

Rootless Algas by Grimanese Amoros, Artspace's Summer-Artist-In-Residence, studies vegetation on the rocky shoreline of Iceland—on view beginning Aug. 6 at Artspace in Raleigh

Durham Arts Council & The Scrap Exchange; all entries to The Scrap Exchange by Aug. 7. Several prize categories; Contact 919-560-2719 or www.durhamarts.org.

MINIMALISM & CONCEPTUAL ART, featuring works by Artschwager, Christo, Hay, Kelly, Klein, Lewitt, Noland, Pratt, Richter and Stella; Animation & Fine Art Galleries, Chapel Hill; Aug. 13-Sept. 9 (opening reception Aug. 13). Contact 919-968-8008 or www.animationandfineart.com.



COURTESY OF ANIMATION & FINE ART GALLERIES

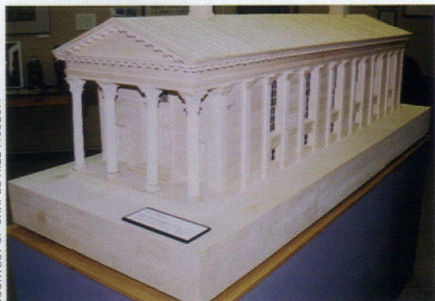
Wrapped Trees, a signed photographic print (1997) by Jayacheff Christo, in a project for The Foundation Beyeler, will be on view in an exhibition of Minimalism & Conceptual Art at Animation and Fine Art Galleries, Chapel Hill

MUSEUMS

A ROMANTIC ARCHITECT IN ANTEBELLUM NORTH CAROLINA: WORKS OF ALEXANDER DAVIS, who designed Raleigh's Capitol building, Davidson College, Dorothea Dix Hospital, much of UNC Chapel Hill's campus & residences across the state; Chapel Hill Museum, Chapel Hill; thru September 1. Contact 919-967-1400 or www.chapelhillmuseum.org.

LATE NIGHT FRIDAYS FOR AMERICAN EDEN, 55 landscape masterworks of the Hudson River School; NC Museum Of Art, Raleigh; (5-9 p.m.) Aug. 20; exhibit

COURTESY OF CHAPEL HILL MUSEUM



This large-scale model of PlayMaker's Theatre is displayed in an exhibition of the works of Alexander Davis at the Chapel Hill Museum

open thru Aug. 29. Contact 919-839-6262 or www.nc-artmuseum.org.

NC MUSEUM OF ART CONCERTS, Raleigh. Contact 919-715-5923 or www.ticketmaster.com.

- **DONOVAN CARLESS**, Aug. 6
- **ALLOY ORCHESTRA**, Aug. 7
- **RIDERS IN THE SKY**, Aug. 13
- **ROGER MCGUINN**, Aug. 21.

WAKE WEDNESDAYS, free admission to Exploris for Wake County residents; first Wednesday of each month (1-5 p.m.). Contact 919-834-4040 or www.exploris.org.

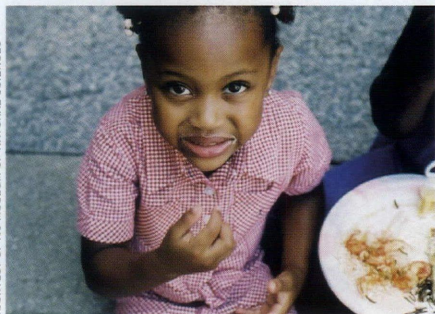
EVENTS AT LOUISE WELLS CAMERON ART MUSEUM, Wilmington. Contact 910-395-5999 or www.cameron-artsmuseum.org.

- **FIRST SUNDAY OF EACH MONTH**, pay what you can
- **DIRECTOR'S CUT TOUR**, Aug. 18
- **COLLECTION TOUR**, Aug. 21

NC MUSEUM OF NATURAL SCIENCES, Raleigh. Contact 919-733-7450 or www.naturalsciences.org.

- **TREASURES UNEARTHED: NORTH CAROLINA'S SPECTACULAR GEMS & MINERALS**, now thru June 12, 2005
- **BUGFEST!** Aug. 14
- **NATURE UP CLOSE**: Photography of Melissa Harris & Juan Pons, Aug. 6-Sept. 26

COURTESY OF NC MUSEUM OF NATURAL SCIENCES



Smile? I'm trying to smile, but I'm eating bugs! The popular event BugFest will be held Aug. 14 at the NC Museum of Natural Sciences, Raleigh

POP MUSIC

THE STINGERS ATX, vintage Reggae/Ska from Austin, TX; Temple Ball De La Luz Performance Space, Carrboro, Aug. 2. Contact 919-929-1208 or www.thestingers.net.

FRIDAYS ON THE FRONT PORCH; Carolina Inn, Chapel Hill. Contact 919-918-2777 or www.carolinainn.com.

- **THE KICKING GRASS BAND**, Aug. 6
- **TIM STAMBAUGH BAND**, Aug. 13
- **BIG FAT GAP BAND**, Aug. 20
- **KICKING GRASS BAND**, Aug. 27

ALLTEL PAVILION, Raleigh. Contact 919-834-4000

or www.ticketmaster.com.

- **ALANIS MORISSETTE & BARENAKED LADIES**, Aug. 6
- **TOBY KEITH W/ TERRI CLARK & SCOTTY EMERICK**, Aug. 7
- **THE DEAD W/ WARREN HAYNES**, Aug. 17
- **JOHN MAYER W/ MAROON 5 AND DJ LOGIC**, Aug. 24
- **OZZFEST** featuring Black Sabbath, Aug. 31

USHER; RBC Center, Raleigh; Aug. 7. Contact 919-834-4000 or www.ticketmaster.com.

NORAH JONES; BTI Center, Raleigh; Aug. 16. Contact 919-834-4000 or www.ticketmaster.com.

CANCER BENEFIT CONCERT WITH DEBBIE LISKE, Raleigh singer-songwriter Debbie Liske in a toe-tappin',

boot slappin' night of country hits to benefit UNC Lineberger Comprehensive Cancer Center; ArtsCenter, Carrboro; Aug. 14. Contact 919-929-2787 or www.artscenterlive.org.

BRUCE HORNSBY; Ampitheatre at Regency Park, Cary; Aug. 20. Contact 834-4000 or www.ticketmaster.com.

DOC WATSON, David Holt & Richard Watson; Carolina Theatre, Durham; Aug. 27. Contact 919-560-3040 or www.carolinatheatre.org.

TRANSENDERS, original acoustic rock trio with influences from Dylan to Tim O'Brien; West End Theater, ArtsCenter, Carrboro; Aug. 28. Contact 919-929-2787 or www.transenders.com.

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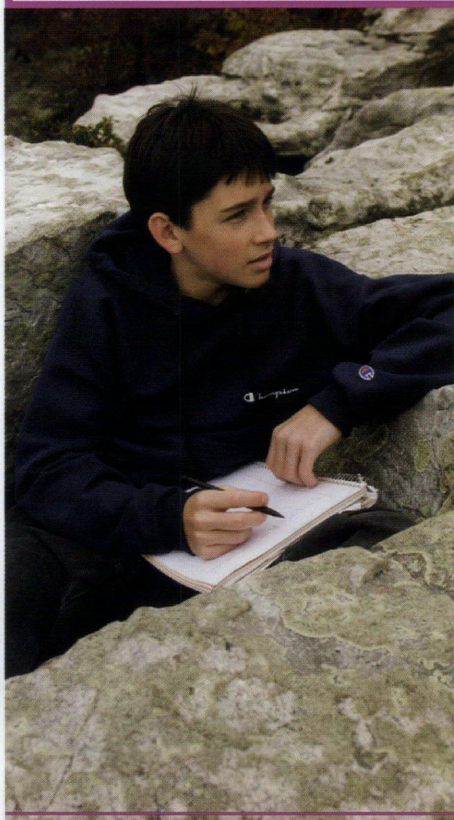


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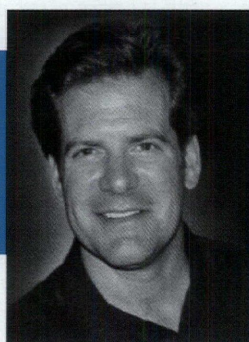
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JUST HERE FILM SERIES; Carolina Theatre, Durham; Contact 919-560-3030.

- **ALILA**, Aug. 6
- **2004 OSCAR SHORTS**, Aug. 20
- **JU-ON: THE GRUDGE**, Aug. 27

FLICKS FOR KIDS, AFRICAN AMERICAN LIFE; Tryon Palace, New Bern; Aug. 6. Contact 800-767-1560.

9TH ANNUAL NORTH CAROLINA GAY & LESBIAN FILM FESTIVAL; Carolina Theatre, Durham; Aug. 12-15, with the Après-Fest August 16-19. Contact 919-560-3030 or www.carolinatheatre.org.

FOLLIES, presented by University Theatre; NCSU's Stewart Theatre, Raleigh; Aug. 12-15 & 19-22. Contact 919-515-1100 or www.ncsu.edu/arts.



Raleigh singer-songwriter Debbie Liske will perform a benefit concert to fight Breast Cancer at The ArtsCenter, Carrboro

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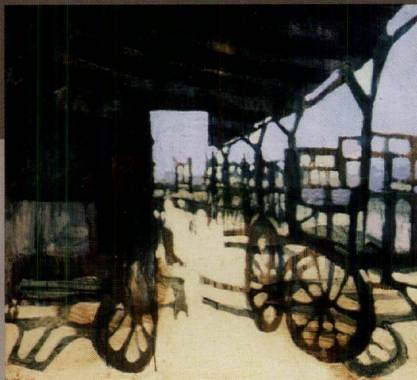
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PUMP BOYS AND DINETTES, set in Frog Level NC; Raleigh Little Theatre; August 13-14, 18-21, 25-28. Contact 919-821-3111 or www.raleighlittletheatre.org.

2ND ANNUAL PLAY SLAM, 1 to 3-minute performances rated by the audience and, if necessary, gonged by the emcee; ArtsCenter, Carrboro; Aug. 20. Contact 919-929-2787 or www.ncplaywrightsalliance.org.

BACK TO SCHOOL WITH TRANSACTORS IMPROV; ArtsCenter, Carrboro; Aug. 27-28. Contact 919-824-0937 or <http://transactors.org>.

THE MUSIC OF HOLLYWOOD, a production of the London Symphony Orchestra, featuring famous film scores, a laser light show and spectacular special effects; RBC Center, Raleigh; Sept. 8. Contact 919-861-2300 or visit www.RBCcenter.com.

RECREATION

BARK IN THE PARK, dog swim and games for dogs & owners and rabies clinic; Triangle SportsPlex, Hillsborough; Aug. 7. Contact 919-644-0339.

9TH ANNUAL BIKE FEST: THE RURAL HERITAGE TOUR, offering four routes thru Hillsborough; Aug. 14. Contact 919-687-5066.

MADE IN THE SHADE DRESSAGE HORSE SHOW; Martin Eastern Agricultural Center, Williamston; Aug. 21-22. Contact 910-693-1769.

4TH ANNUAL READY, SET, POE 5K; sponsored by the Alice Aycock Poe Health Center; run location: Cameron Village, Raleigh; Aug. 29. Contact 919-231-4006 or www.poehealth.org.

POTPOURRI

19TH ANNUAL NC WATERMELON FESTIVAL; Historic Murfreesboro; Aug. 4-7. Contact 252-398-5922.

PALMER-MARSH HOUSE SUMMER MUSIC SERIES, early American & British patriotic music; Historic Bath; Aug. 8. Contact 252-932-3971.

PREVENTURE ORIENTATION WORKSHOP: How to Start a Small Business presented by Ron Duffer, Business Counselor from NC Small Business and Technology Development Center, (Cliffdale Regional Branch Cumberland County Public Libraries); Aug. 17. Contact 910-864-3800.

ANNUAL SUMMER EDUCATIONAL CONFERENCE FUND-RAISING DAY '04: BUILD COMMITMENT, INSPIRE GIVING, sponsored by Association of Fundraising Professionals (AFP) Triangle Chapter; McKimmon Center, Raleigh; Aug. 19. Contact 919-676-2646 or visit www.afptriangle.org.

4TH FRIDAY PRESENTS: MINERAL & GEM COLLECTION & JEWELRY MAKING, members of The Cape Fear Mineral & Gem Society demonstrate techniques for jewelry making; Cumberland County Public Libraries Headquarters; Aug. 27. Contact 910-483-7727 ext. 210.

TENDER PERENNIAL MADNESS; JC Raulston Arboretum, Raleigh; Aug. 27. Contact 919-515-3132 or www.ncsu.edu/jcraulstonarboretum.

EMERGING ARTISTS GRANTS PROGRAM applications are being accepted by the Durham Arts Council. DAC will host three information sessions in August. For times, locations and information, call 919-560-2719 or visit www.durhamarts.org.

Our thanks to Suzie Humphrey for her 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, 27605 or email: fsmith5@nc.rr.com.

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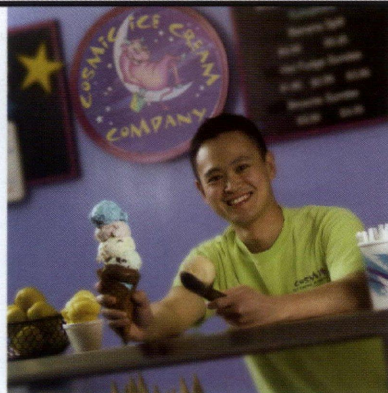
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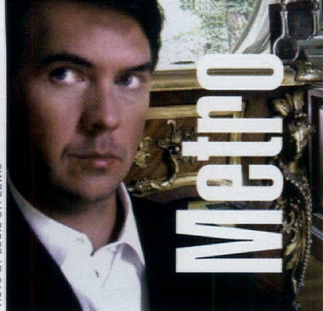
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by Louis St. Lewis

Artistic temperament

40 YEARS BY BOB IRWIN

Artists are crazy people. All of my favorite ones have either been locked up, committed, have substance abuse problems, gender identity issues, failed relationships, sexual addictions or all of the above simultaneously. The great modern sculptress Louise Nevelson said she never saw a window she didn't want to jump out; Warhol popped acid like tic-tacs; Picasso and Bacon were both major shoplifters; drunk Jackson Pollack thought fireplaces were uri-



ROBERT F. IRWIN 40 YEARS

nals; and Van Gogh was just plain bonkers. I won't even begin to touch on the old masters, like Carravagio and Cellini, who both served time for murder and theft. If you are a happy suburban Sunday afternoon painter with all of your colors in alphabetical order, I will bet the farm that you don't have one ounce of real talent.

With the above statement in mind, it was a pleasure to read Robert F. Irwin's new book, *40 Years*, published by Dancingfish Press. A hefty, elegant full-color tome of 180 pages, the book chronicles Irwin's life as an artist from childhood to today. With grace and unblinking honesty, the book tells it like it is, through the winding roads of ADD, drugs and alcohol, failed marriages, new marriages (Melissa Peden certainly has been an irreplaceable asset in his life)... the works. What emerges is the lush tapestry of an artist with a life fully lived. Irwin's photographs of the



St. Michael's Landing by Bob Irwin

'60s music scene are a seductive time trip (check out the 5000 bracelets on Janice Joplin), and his 1979 stint as a Billboard model for Winston cigarettes turned him into an instant roadside icon. Irwin gave up a very lucrative job as a model to continue with his love of art. But then as he says, "models age out, artists just get better."

The paintings are cool, elegant abstractions of people and places in Irwin's life. The ocean, his parents, old barns, lighthouses, boats, all fall prey to his simplifying brushstrokes with amazing results. There is more than a hint of the California School in his

approach, but the resulting works have a confidence and honesty that is all Robert Irwin. If you haven't seen the book, go get one—it's a good trip down memory lane with one of our state's more recognizable talents. Book signings are scheduled beginning in September, so call your bookstore or go to www.dancingfishpress.com or www.robert-irwin.net.

JEFF HILL RETROSPECTIVE

Lee Hansley Gallery in Raleigh has always had the ability to pick worthy artists and present them with elegance and aplomb. The

gallery space on Glenwood Avenue is divided between a series of intimately scaled rooms, where I was lucky enough to witness a wonderful retrospective of artworks by Jeff Hill. Hill has been part of the local art landscape for decades, and now that his sunset years are upon him, what could be a greater treat than to see this show devoted to a lifetime of artistic accomplishments? Lee Hansley displayed not only the prints but the powerfully rendered carved wooden print blocks as well, often resulting in a curious and compelling resonance of positive and negative. I once had the opportunity to install a collection of Hill's artworks in Chapel Hill's Horace Williams House, and I found both the artwork and the artist delightful. From images of tarot cards to carved panels of gilded saints, the work is all topnotch and priced very reasonably, in fact, too reasonably for an artist of Hill's experience. Wouldn't it be wonderful if artists were paid what they were worth... while they are alive? But I can assure you that even if an artist put \$10 on a painting, somebody would offer \$7.50. But that's life.



Fire Goddess by Michelle Richards Natale

OTHERWORLDLY OFFERINGS

Speaking of the Horace Williams House, art goddess Michelle Richards Natale will be exhibiting a strong body of work there beginning late August with an opening on the 22nd, 2 p.m. to 5 p.m. From a noted family that built some of the Triangle's early landmarks, Michelle creates beautiful abstracted

female forms that act as spiritual guardians, ancient totems and modern touchstones of spirituality. The raku process bestows an otherworldly iridescence on Natale's creations. I just wish they were 20 feet tall. I can just imagine a line of them down Fayetteville Street Mall looming over us like the Colossus of Rhodes. Now THAT would be public art. But despite their diminutive size, the artworks have a monumental air. They are like modern-day ushabtis, those amazing Egyptian sculptures that served as worker bees for each day of the year in the hereafter. When I visited her studio recently, I couldn't help but take in the plethora of objects from various cultures, artworks and musical instruments that are touchstones and reference points for her fecund and creative mind. No wonder she is so productive. An integral part of the Triangle artscape since her BFA with honors from UNC in 1983, Michelle gives us all a gift each and every time she exhibits. Her artworks can be found at The Greenhill Center for NC art in Greensboro, New Elements Gallery in Wilmington and locally at Gallery C. Michelle can be reached at Mnatale@Mindspring.com for commissions or further information. **MM**



Isis by Jeff Hill



CONVERSATION #7, Jason Craighead, mixed media, 40" x 50"

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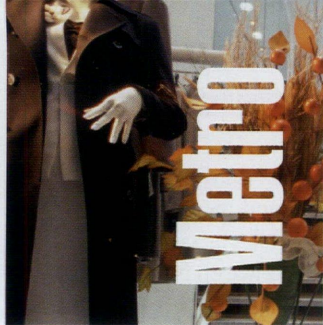


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Style

by Molly Fulghum Heintz

GO BACK TO SCHOOL OR INTO FALL LOOKING CONFIDENTLY STYLISH

Even for those of us who got out of class a long time ago, the phrase “Back to School” can stir up an unmistakable feeling that is equal parts exhilaration and dread. It’s the feeling of knowing that some things are totally under your control (what color backpack you’ll be using this year) and others are not at all (none of your friends are in your lunch period). We can repress that back-to-school feeling as we grow up and, theoretically, gain more control over our lives, but those back-to-school butterflies are still down there somewhere just waiting to come out. You know this if you have ever visited your elementary alma mater or your child’s school and been met by that distinctive “school” smell, a combination of graham crackers and disinfectant. It’s one of the most evocative odors on earth and, coupled with the disorienting tiny chairs and tables, may cause an Alice in Wonderland type of vertigo.

This year I have that back-to-school feeling more than ever. Maybe it’s the upcoming presidential election, which feels like an impending test. For me, nothing calms butterflies-in-the-stomach like making lists. Mini-taxonomies, lists are most valuable to me at the time I’m making them. Once made, I usually lose them or forget about them. The important stuff sticks with me and the lower priority items cease to bug me. For example, acknowledging that it would be prudent to change the filter in the water pitcher is almost as important as actually changing it.

Here’s my back-to-school list for August:

1. Get golden glow—pronto!

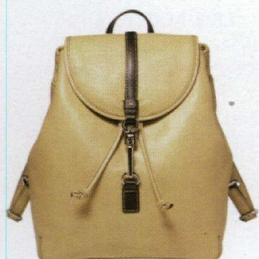
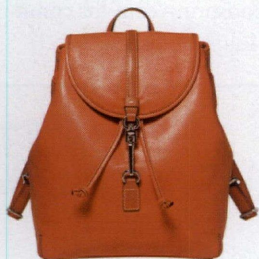
Unless you’re into the Goth scene, it’s no fun to go back to school with a pallor. However, because almost everyone I know has needed to have a “suspicious-looking” mole removed, I have sworn off sunbathing. That’s not to say that I don’t get out in the sun; I just am very disingenuous about it. (“Oh, I must have gotten a little color eating lunch in the park in direct sunlight at high noon. Oops!”). Unfortunately, I also dislike the lingering smell of most self-tanning lotions and do not relish the idea of getting spray-painted in one of the new sunless tanning booths, although results I’ve seen on others have been excellent. I am more of the “bronzing” school of faux tans, gravitating toward tinted lotions and powders that provide a temporary glow without requiring pre-emptive exfoliation or leaving behind an odd smell. Bronzing is tricky if you have fair skin, because any product that is too orange or yellow goes on looking like a disgusting shade of mud. This was the case when I tried the new Body Bling



Body Bling
by Scott Barnes

by Scott Barnes. The color may work for some skin tones, but it was also too sparkly (that’s the “bling”) for day. I was intrigued by the Air Stocking...

But I struck gold with Yves Saint Laurent’s bronzer. Here’s the key: don’t just put it on your face; brush it on your neck and shoulders, too. The first day I used it several people asked me where I had gone on vacation. Mission accomplished.



Studio Legacy Leather
Backpack \$258
by Coach

2. Buy a new book bag, preferably Coach.

On weekdays, I tend to haul around an excessive amount of paper goods: two newspapers, at least a couple of books and a pile of files. The bag that carries all this has to be both sturdy and stylish. I've tried book-toting in unstructured bags, and they might as well be black holes. My vote for most durable and chic book bags goes to Coach. They're a little bit expensive, but worth it because they will hold up for years and strike the perfect balance between classic and stylish, epitomized by this season's Vintage Signature Flap Tote or the Soho Suede Business Tote (both \$398).

FASHION NEWS

RAZOOK'S Upcoming Trunk Shows: Aug 17 and 18; **Sylvia Heisel** trunk show... Aug 20-22; **The Trunk Room** at the Roaring Gap Club... Aug 23-25; **Quadrille** trunk show

Cameron Clothing Co: Aug 4- 5; **Lafayette 148** Fall and Winter Trunk Show, 10am- 6pm

Enchanting Moments: September 17th & 18th; Special appearance by **Helen Morley** featuring her 2005 bridal & social occasion gowns. A percentage of the proceeds from all inaugural ball gown sales to benefit SAFEchild.

Uniquities, located in Raleigh and Chapel Hill, has been ranked number 10 on Women's Wear Daily's Best Place to Find *Designer Jean Capital* List. The local boutique stocks designers including Citizens of Humanity, Seven, James, Juicy, Habitual, Sacred Blue, Yanuk and True Religion.

Details now open in Chapel Hill's **University Mall**. Described as "the Triangle's own mini MoMA," Details offers an eclectic assortment of gifts and home accessories, as well as a bridal registry

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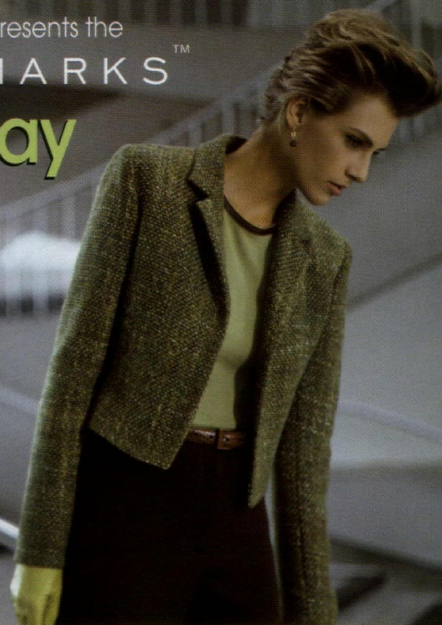
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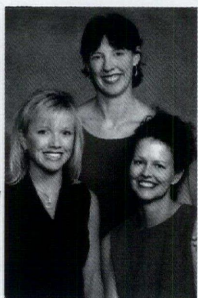
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The best thing about their Web site is the "Bag Scaler" feature; click on a bag you like, click on "Try this bag on," choose a height range, and you can see how the bag looks on someone 5'10" or someone 5'2"—held by hand or on the shoulder.

3. Get new glasses!

My new favorites are in the so-geeky-they're-cool category, with clear plastic frames reminiscent of lab goggles. **MM**



Hampton's Weekend Small Tote \$138 by Coach



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ADVICE FOR FOLKS WHO AIN'T FROM HERE

My first *Metro* copy ran in the December 2000 issue. My Usual Charming Self was kind enough to wedge into his space a little piece I had written on the unique mentality and life ways of folks Down East. Since then, any number of people have mentioned it to me, and recently I had dinner with a new arrival in God's Country who had received a Xerox copy from a mutual friend as a sort of brief, eastern NC primer.

I was flattered, but I worried about it on my way back home. I don't want anyone who ain't from here, as we are apt to say, to think that those of us with roots deep in the soil are not welcoming and gracious to those who decide to come and live among us. We are. However, I admit that sometimes their curious ways do put southern hospitality to the test and start talk about issuing only temporary visas to those wishing to stop over in the Land of the Longleaf Pine.

Between you and me, there are some things folks who ain't from here can do to make assimilation into Down East society easier and avoid that fingernails-on-the-chalkboard sensation they

deserves—lavish compliments on what in some parts of our nation might be considered rather ordinary fare.

Please, please don't dare refer to them as "lima beans" or, worse still, in clipped, I-ain't-from-here, lingo, as simply "Limas." Do it, and a host can thrust a butcher knife in your back, and no court in this state will convict her. If one does, come election time, the Governor will pardon her to make political points Down East. In some counties, the sheriff will not even come to the house, if called, and undertakers will refuse to handle the body of a person who has dis'ed butterbeans. So, right now, sit down with a pencil and lined paper and write 100 times, "I will never say 'lima beans' again."

There is the dancing thing. From eight to 80, we shag Down East—it's genetic. The first time a two-year-old hears the Atlanta Tams sing "Ramshackle Shack," he will leap from his mother's lap, seize a broom handle for a partner and execute perfect shag steps—all the while pretending to hold a cold Bud high above his head in his left hand. Old men, supposedly on their death

beds, throw the bedcovers aside, jump to the floor, grab their IV stands and shag the entire length of a hospital hall in a split-tail gown—executing intricate spins without once tangling their tubes—after hearing just a few lines of the Band of Oz singing "Sweet Carolina Girl."

But if you ain't from here, shagging is an acquired art. Keep in mind, it's mostly about "Weejuns" by the Bass company—call them "penny loafers" if you like—and leather-bottom soles and sliding your feet. If your feet are leaving the floor, you ain't doing it right. Don't humiliate yourself by trying to shag in public until you have been certified proficient by the state-authorized waitress in too-tight jeans at a waffle house or all-night diner.

Kinfolks. Down East, we all have some sorry kinfolks. In most small towns, we have inbred to the point that they are mutually shared. And in some cases, our sorry kinfolks may consider us THEIR sorry kinfolks. But there are things about sorry kinfolks that people who ain't from here have to understand. It's okay for me at breakfast on Monday morning to say, "I had one hell of a weekend. My

sorry, no-count cousin Charlie Joe got drunk Saturday night, beat his wife, wrecked his pickup, got locked up for driving drunk and, of course, his younguns called me to bail him out at 2 o'clock this morning." A local will respond, "That's a shame," or "Bless your heart," and let the matter drop.

But if someone who ain't from here says to me on Monday morning, "I heard your sorry, no-count, egg-sucking, wife-beating cousin Charlie Joe got drunk Saturday night, wrecked his



CAPE FEAR COAST DIV

sometimes inflict on locals. I don't have time to sit here and rank them one, two, three, so you will just have to take them in the order they come to mind.

Let's start with butterbeans—you know how important they are to our culture. Butterbeans are in season only a few weeks and a pain to pick and hell to shell. When a host serves up a Down East dinner and tops it off with a huge bowl of steaming, fresh butterbeans, she or he (I cook'm myself) expects—indeed,

pickup, and got locked up," I would be obliged to whup him for running down my family. It is sort of like trying to break up a fight between brothers. The only person apt to get hurt is the person fool enough to try to break up the fight.

If you have ever met members of a person's immediate family, you are expected to inquire about them from time to time and, as we say, "send your love"—a most peculiar custom, if you think about it.

When talking to close friends, we always ask, "How are your folks?" or "How is your mother?" The stock answer to this courtesy is, "Fine. And thank you so much for asking." You, in turn, say, "Please give your folks (or your mother) my love," or even, "Please tell her that I asked about her." Be careful about inquiring about spouses. Unless it's someone we see almost every week, we have about quit asking about spouses. With the high turnover rate, it's too easy to get embarrassed.

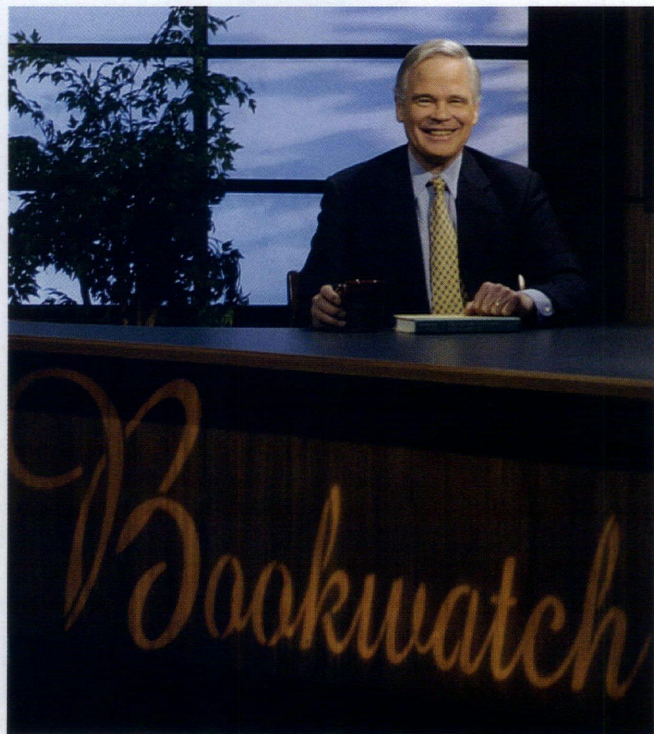
Money. When I was living in Washington, I was appalled the first time someone at a cocktail party asked me in a matter-of-fact way how much money I made. There, I guess they figure it's okay because federal salaries are a matter of public record. In eastern North Carolina, however, we would never ask anyone how much money they make or have and consider it ill bred if someone volunteered that information himself. In fact, Down East often those who have money go to great effort not to appear to have money. It's one reason for the standard uniform—khakis, topsiders and polo shirts. We know something about shabby genteel.

Money is an especially delicate and difficult thing for women.

A friend of mine is going through the throes of estate planning. Recently she threw her hands into the air and exclaimed, "I just don't like this. I don't like having to do all this. You know we southern women don't like to talk about money."

One last note. Down East, we believe in treating everyone alike, and if you ain't from here, nothing will get you in trouble faster than having the word out that you are high-nosed or picking and choosing whom you are nice to. The truth is, a transplant will never know with certainty who is who (locals are tutored in that from the time they can sit at the table), so if you try to be nice just to "folks that count," you will make fatal errors. I don't think that my mother ever had anyone help her around the house who didn't come back from time to time and visit with her over a Coca-Cola. She would express just as much delight—or more—in telling me that Pauline, who had ironed over her khakis, had come by to see her as she would the preacher's wife.

Even if you ain't from here, living in eastern North Carolina can be a delightful experience if you embrace the region, the people, the land and water, the food ways and other traditions with the same enthusiasm and good humor that eastern North Carolinians will embrace you if you give them half a chance. As I stated in my first *Metro* article, "In the year 2000 (make that 2004 now), there are a lot of people living in eastern North Carolina who weren't born here or whose families do not go back 300 years. They are a valuable and important part of the 'New East.'" Between you and me, we need each other, and, together, we already are accomplishing great things. **MM**



Funding for North Carolina Bookwatch is provided in part by Hollins University and by Quail Ridge Books.

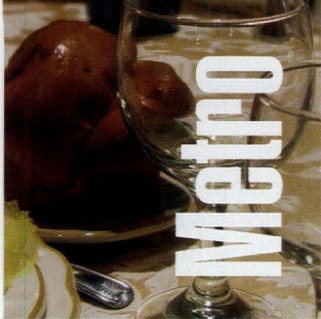
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Gourmet

by Maudy Benz

Raleigh's Second Empire

PASSIONATE CUISINE

When my jet-setting cousin first told me about Second Empire I thought it sounded like a Chinese restaurant or at least an Asian-fusion hang out. Wrong. Housed in a resplendent Victorian mansion on Hillsborough Street near the Capitol in downtown Raleigh, this four diamond restaurant offers one of most elegant New Regional-Parisian culinary experiences in the Southeast.

A Victorian chandelier lighting overhead lighted our table in the front room, set with fine crystal and china, while ceiling spots of recessed halogens in pink and yellow played against the walls where modern art and museum prints created a fascinating counterpoint. A half glass of Saintsbury Pinot Gris 2002, light and lovely, cleansed my palate along with daytime worries.

Our first course, seared North Carolina black grouper seasoned with mace, coriander, black pepper, cumin and ginger, was served over celery root, hominy, sweet potatoes, rock shrimp and snow peas. A caper and rutabaga sauce topped with pea shoots crowned the dish. The Indian seasoning zenned with flavors of earth and sea. The Saintsbury Chardonnay 2002 was neither smoky nor oak.

Manager Scott Love stopped by the table to tell my daughter and me the story of the house that fell into derelict condition in the 1970s with homeless people camping out in its abandoned shambled rooms until Raleigh attorney Ted Reynolds and his family purchased it in the early 1990s. In 1998 they opened the restaurant with Chef Daniel Schurr on board, after convincing him to leave his appointment at the Angus Barn where he had worked for a year developing cuisine paired to the wine list alongside Angus Barn Sommelier Woody Joyner. Schurr developed 85 percent of the wine list at Second Empire, with Scott Love filling in the rest. The restaurant has won Wine Spec-



PHOTOGRAPH BY KINSLEY DEY

Chef Daniel Schurr

tator's Award of Excellence yearly since 1999. Kim Reynolds, Ted's daughter, spearheaded the restoration of the home to a vision of its earlier splendor. Kim is a near daily presence at the restaurant, greeting guests and managing parties as well as staff. She's shared with me plans to extend the patio off The Tavern and build a glassed Atrium for all year dining. "With the light we've selected, this dining area for 40 will glow," she said. While Kim's busy ordering the new furniture, china and crystal, we'll look forward to the Tavern on the Green. Perhaps a new menu will be created for this addition by Chef de Cuisine Schurr.

The word's on Schurr. His face now

adorns a North Carolina Sweet Potatoes Chef's Trading Card—and once you've tried what he terms his Contemporary American Cuisine, you're in for a conversion experience. I call his style New Regional-Parisian—in reverence to his cream sauces and his flair with regional dishes and ingredients. His fare will delight all Atkins devotees, keeping you high on protein and low on carbs, but indulged in fat if you want it.

Schurr prepares food with the honed skill of his number-one class rank at the Culinary Institute of America and his added seven-year apprenticeship with Jean-Marie LaCroix at the Four Seasons in Philadelphia. He will cook any dish to a client's wishes, changing it as

desired. "I love to just cook for the customer," he says, noting that the charge would stay the same for any particular item on the menu. His favorites are the gorgeous salads, so art culinaire, offering every possible green and complementary shallots.

"Right now," he added, "with the Atkins craze, I'm trying to move the menu in the direction of new cuts of meat, looking for more meat protein. I'm bringing in the lamb from New Zealand and Australia, the rabbit and quail and goose liver from Europe. I want everything on the menu to taste like meat, or the essential ingredient itself, no matter how we've prepared it." For me the essential tastes percolated, though

the cream sauces were notable... and at times Napoleonic.

As darkness fell I found myself believing the ghost of Napoleon III would have loved to have joined us for our delectable fare, as well as for a glance at the décor, beautifully restored to suit the era of the architecture of the restaurant's name.

The second course was another chef's favorite, and mine of the evening—grilled foie gras over white bean ragoût with crispy leeks and grilled fraisee with three vinegars—sherry, balsamic, and red wine. The pairing with a sweet Kracher Beerenauslese Austria 2002 stunned me with its perfection. I was conquered with the delicacy of this dish. No main course could contend. I only wanted to savor this French connection.

Schurr changes his menu seasonally when new produce is readily available. "October for the fall when mushrooms and truffles will come in," he said, "and fish will be easier to find. I'm also doing chef's tables in the kitchen and having 6 to 8 people at \$95 apiece with wine paired to a coursed meal. These meals are lots of fun for me to try new things." Schurr has a staff of 12 whom he credits for the success of Second Empire.

"They are here to learn," he says of his staff. "And I want to take them to a level of professionalism that I knew at The Four Seasons. The intensity I felt working in the kitchens of the Northeast was extraordinary. It's a level of passion that takes time to cultivate. I'm about helping the staff do that."

The rack of Australian lamb arrived accompanied by celery root cream sauce and chipolinni onion purée with grilled asparagus and creamy sweet potatoes. We were transported thanks to the chef's passion. I could faintly taste the five-grain mustard marinade in this otherworldly succulent meat. The full-bodied Seghesio Zinfandel 2002 balanced with the multiple flavors.

Rack of Australian lamb



PHOTOGRAPH BY KINSLEY DEY

Dessert seemed an impossibility, but Shurr has two dessert chefs, and we had two desserts—chocolate soufflé and chocolate semifreddo, both immersions in the dream of chocolate taken to the finest finish.

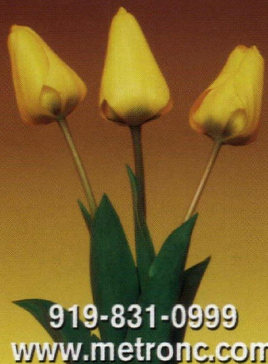
Still, I had course two on my mind. Second course, Second Empire. This place is serious, folks. It's a restaurant that calls out for balance. You cohere when you're here.

The food, the name, the architecture. The ambience. It all becomes novelistic. You expect something like a mystery thriller to take place here with food key to the story. A story with architects and interior designers, chefs, magazine magnates, writers, food critics and royal ghosts as characters. I invite all of you to start this next best seller by dining out at Second Empire. **MM**

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Off the MENU

by Fred Benton

Le Cirque on the move again

Manhattan's famed restaurant, **Le Cirque 2000**, which opened in 1974 at the Mayfair Hotel in the East 60s, moved downtown several years ago to the Palace Hotel on 50th Street. Dire predictions were made to owner Sirio Maccione that the move would spell disaster: his posh, upscale clientele might not come to mid-town to dine. They did, but now Maccione has decided to move once again and do away with the famous name. He's considering a return to the East 60s.

Le Cirque is rumored to be the epitome of the New York City "havens of gastronomic snobbery." One story goes that there are actually two menus: one great, the other, not so good. If you are "known" you and your party are presented with the elite menu. But if you're a "nobody," you get the "brand x" bill of fare. Le Cirque was a favorite place to dine for my radio pal, the late Craig Claiborne, the former food editor of the *New York Times*, who had a superb palate and was very fussy.

Music and luxury at Windmill Point

The month of August is the last chance of the season to sit comfortably sipping cocktails in the SS United States Lounge of the **Windmill Point Restaurant** in Nags Head and enjoy live piano music while taking in a breathtaking view of Roanoke Sound during sunset. This restaurant and lounge boasts the largest collection of memorabilia from the SS United States presented by Dr. Sarah E. Forbes, the restaurant's owner. And dining there harkens to the luxury of this venerable cruise ship. No, the restaurant and lounge isn't closing but the live piano music is exclusively a

summertime treat to pat your feet to "oldie goldies" from the '50s, '60s and '70s, classical and requests. For more information call 252-441-1535.

Bluegrass on the front porch

Celebrate the summer as well with live bluegrass music, beer and wine specials and a tapas menu at the elegant Carolina Inn in Chapel Hill. It's **Fridays-on-the-Front-Porch**, 5 to 7 p.m. It's recommended that you bring your own folding chairs or blankets. Although the Inn does have comfy seating on its sprawling, covered porch, that seating goes fast! Begun only last year this event has quickly become a popular Friday institution around Chapel Hill. For more information call 919-933-2001 or 800-962-8519.

Gino caters to catering

Gino Izetta, chef-proprietor of **The Cockeyed Chef**, an Italian eatery in Raleigh's Glenwood South, reported that his restaurant has been sold. No details other than Gino is delighted as he wants to concentrate on what for him has become big business: catering!

Build a salad at Green Tango

If you're in search of your "salad days," then pay a visit to a new eatery in Durham called **Green Tango**, located at 3211 Shannon Road. I spoke with owner Billy Maupin, who explained that the name comes from the idea of "green" denoting freshness and "tango" denoting action. But there is a green tango lettuce, he pointed out, similar to baby spinach, that is often included in mesclun. According to manager Julian Jenkins, this self-service restaurant offers diners a chance to design-their-own-salads by going through one of two lines. There are five different lettuces from which to choose, a variety of cold-cut meats and toppings, including almonds, artichokes, asparagus and tofu. Dressings run the gamut from high octane to low fat and include tempting offerings such as Asian Sesame

and Creamy Cilantro to low-fat Ranch. Once your salad is built to your specifications, you pay for it, then sit down and enjoy. **Green Tango** is open Monday through Saturday from 11 a.m. to 8 p.m. For more information call 919-401-5880. Smokers are not accommodated.

Quaff and nosh at the Blue Martini

Another recent entry onto the Triangle dining scene is **Blue Martini**, not a secret to *Metro* voters who pronounced **Blue Martini's** chef, Scott James, as best new chef in the area. But for those of you who haven't yet sipped a signature blue martini (made with the best vodka, Ultimat, vermouth and a touch of blue curaçao) at this establishment, 116 N. West Street (Glenwood South) in Raleigh, then let me fill you in. The **Blue Martini** is all about martinis and tapas. Tapas are of Spanish heritage and are defined as light to substantial appetizers. At **Blue Martini** you can quaff and nosh to your heart's content. You can make a meal filled with different tastes and textures by ordering several different types of tapas (price range is \$6-\$9). The most popular tapas selections, says co-owner Mark Stewart, are duck and shiitake mushroom spring rolls with orange tamari dipping sauce, pan-fried Alaska halibut with ginger-sweet potato gnocchi and pumpkin-seed butter and jumbo scallops with sweet corn latkes. In the evenings live music is showcased (blues and jazz, Thursday-Saturday; Sunday is "open-mike" hosted by DJ, Bruce Clark).

Lunch is offered with standard lunchtime fare (soups, sandwiches and the like). **Blue Martini** is open 11 to 2:30 a.m., Monday through Friday, 5 p.m. to 2:30 a.m., Saturday-Sunday. There is a smoking area as well as patio seating.

Nana's Chophouse Opens in downtown Raleigh

Raleigh now has its own

claim to chef Scott Howell, who's forged his excellent reputation statewide with his critically acclaimed restaurant **Nana's** in Durham. Now open in downtown Raleigh at 328 West Davie Street is Howell's **Nana's Chophouse**, which manager Bart Bonbrest described as a "contemporary Italian chophouse with a modern American flair." As one might suspect, the bill of fare is decidedly carnivorous, the most popular entrees (range, \$17 to \$25) are Herb-crusted Rack of Lamb, Beef Tenderloin with Wild Mushroom Cacciadore and Pan-Roasted Grouper. But, as Bonbrest pointed out, there's lighter fare as well, including three or four seafood dishes and Scott's signature risotto dishes as well as duck and chicken presentations.

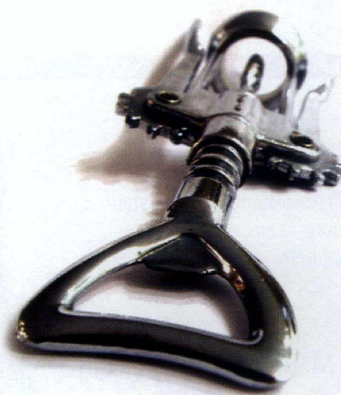
Nana's Chophouse occupies what used to be an Armour meatpacking establishment built in 1937. The restaurant merges the building's sonority with slick urban-contemporary design: a decidedly upscale hangout with food that will surely reap praise. **Nana's Chophouse** serves dinner only, 5 to 10 p.m., Monday through Thursday, extending service hours to 11 p.m. on Fridays and Saturdays. Live jazz can be heard there Fridays and Saturdays. There is outdoor seating, and smokers are accommodated in the bar.

Giving and Receiving at 518 West

Restaurant 518 West, a mainstay in Raleigh's Glenwood South, hosted its first charity night on July 13 when 5.18 percent of the day's net income was given in support of the Inter-Faith Food Shuttle. The restaurant focuses on Italian and Mediterranean dishes, featuring seasonal pasta and seafood, pizza from a wood-burning oven, cappuccino bar and weekly specials. Open for dinner every day of the week, **518** also serves lunch Mondays through Saturdays. You can view their entire menu by visiting www.518-west.com.

Cork Report

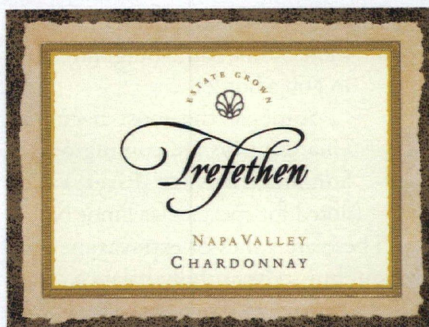
by Barbara Ensrud



WILL THE REAL CHARDONNAY PLEASE STAND UP

Chardonnay—the ubiquitous white wine and most widely grown white grape on the globe—remains the most popular wine-by-name white wine wherever wine is consumed. There is a sea of Chardonnay out there, some of it gravely undeserving of the name. The grape is grown in virtually every country where wine is made. You can pay as little as \$6 for a bottle of California cheapie—or \$600 for Le Montrachet, the pinnacle of white Burgundy, the region in France where the variety originated—the most prestigious prototype for Chardonnay wine.

I can't recommend either of these extremes. Really cheap Chardonnay has no genuine Chardonnay character—and is often sweet to boot. The other I can no longer afford—I've enjoyed Montrachet a number of times in my wine-drinking life, but not in recent years when the price has shot up to unconscionable levels. So I'm not up on current bottles which go for \$499



Trefethen 2002, \$26 In the superbly balanced tradition typical of Trefethen, this wine's bright tropical citrus flavors can only gain in complexity to 2006, perhaps beyond.

and up. I expect they're good—only the best producers make it.

But good Chardonnay doesn't have to cost an arm and a leg. Very good ones can be had for \$20 to \$35, \$45, even some excellent values for \$12 to \$16 [see box].

The French were the first to prize Chardonnay. They have had a few hundred

years to isolate the best spots for growing it—mostly in stretches of limestone-enriched soils that seem to impart appealing mineral notes to the flavors, such as Burgundy in eastern France. This character is most discernible in **Chablis** (\$18 to \$28 for '02s, a superb vintage), where the wines have little or no oak influence, and the pure mineral-tinged fruit sings forth in clear bright tones that make a wonderful complement to fresh oysters or clams.

Farther south along the **Côte d'Or**, below the charming town of Beaune (where Charlemagne held court in the eighth century), Chardonnay with place names such as *Corton-Charlemagne*, *Meursault*, *Puligny- or Chassagne-Montrachet*, are barrel-fermented and aged in oak. There is limestone in the soil here, too, but the wines are riper and bigger than Chablis, and the oak adds toasty, spicy flavors with accents of vanilla, clove and butterscotch. Each of these Burgundies has a distinct character all its own. Very seductive these wines, often showing their best at about four years—sometimes five or six. The 2002 vintage is one of the best in a decade; the wines taste very good now but will be even better, more aromatic and harmonious with another year in bottle. Buy one to drink and one to lay away a year or so, and you'll see what I mean. Prices range from \$33 to \$95 a bottle, dictated by the limited quantity as much as quality. Most producers make a few hundred cases, sometimes several hundred, but nothing like the thousands of cases produced by some wineries (including top ones) in California or Australia.

Somewhat bigger in production, as well as fresh and simpler—and less expensive—are the Chardonnays of **Mâcon** and the **Côte Chalonnaise** regions. Mâcon-Villages, which also goes by such names as Mâcon-

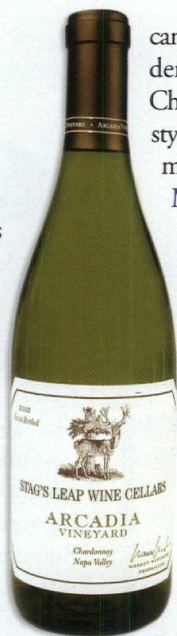
Great Values in 2002 Chardonnay (including Burgundy)

Benziger Carneros	\$16
Bonterra Mendocino	\$15
Chateau Souverain, Sonoma	\$14
Columbia Crest, Washington	\$12-13
Domaine des Deux Roches Mâcon Davayé	\$12
& St. Véran	\$15
Dry Creek, Sonoma	\$16
Geyser Peak, Sonoma	\$13
Gilbert Picq Chablis	\$17
Louis Jadot Mâcon-Villages	\$13
Kunde Sonoma Valley	\$16
Meridian Reserve	\$15
Navarro, Mendocino	\$14.50
Rosemount Hill of Gold, Australia	\$14

Stag's Leap Wine Cellars Arcadia 2002, \$45 Excellent Chablis-style Chardonnay, crisp, elegant, lingering finish.

Lugny, Mâcon-Viré and such, is bright and zesty—a delightful dry white that I always like to have on hand in summer. They can be an excellent value, as can the slightly bigger, lightly oaked Saint-Véran and Pouilly-Fuissé. Chalonais wines such as *Rully*, *Givry*, *Mercury* and *Montagny* are also a little fuller in body with more use of oak; excellent wines for summer seafood—crisp, a little steely and not as buttery as those from the Côte d'Or.

Today's fattest, ripest Chardonnays are produced in California. Some of them are too darned big in my view—approaching 15 percent alcohol, which makes them top-heavy, overblown and too oaky for most food. With the proper balance of oak, fruit, acidity and alcohol, California Chardonnays

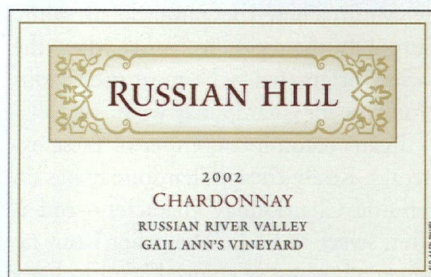


can be audaciously flavorsome and wonderful to drink. When people think Chardonnay, the rich, toasty oak-flavored styles are the ones that jump to mind for many, wines such as **Chateau Montelena**, **Far Niente**, **Peter Michael**, **Sonoma-Cutrer Les Pierres**, **Paul Hobbs**, **Cakebread**, **Joseph Phelps Ovation**, **Beringer Private Reserve**, **Shafer Red Shoulder Ranch**. These wines have earned and maintain exceptional quality and command prices similar to those of fine white Burgundy (\$40 to \$60 a bottle).

Some of the most beguiling Chardonnays are coming out of **Sonoma's Russian River Valley** (noted for spectacular Pinot Noir). These are wines of extravagant proportion, but so beautifully balanced they don't seem heavy; I like their creamy richness that gets better and more complex if you can allow them an extra year or two in bottle, but they're often too irresistible. **My top picks:** Dutton-Goldfield Dutton Ranch '01, \$32; Gary Farrell '02, \$38; Girard '02,

\$20, \$38; Kenwood Russian River Reserve, Lynmar '02, \$20; Marimar Torres '01 Don Miguel Vyd, \$28; Martinelli Gold Ridge '02, \$25; Nickel & Nickel Searby Vyd., Russian Hill Gail Ann's Vyd '02, \$26.

A different style is emerging in California. I like some of the new unoaked (or very lightly oaked) Chardonnays, such as **Stag's Leap Wine Cellars Arcadia**. The newest vintage of this wine, 2002, is very Chablis-like, and absolutely delicious. Pair it with something like sautéed shrimp, sea scallops, oyster mushrooms and garlic over pasta or pilaf. This trend affirms the style of another Napa Valley winery, **Trefethen Vineyards**, which has always made a less oaky Chardonnay, allowing the pear-apple fruit of Napa's cool Oak Knoll region to shine and gain complexity with time. Some Trefethen Chardonnays taste as fresh at six years as they do at two—and the 2002 Harmony, \$36, is one for now, but also for 2006 and beyond.

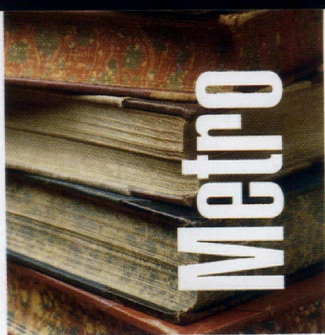


Russian Hill 'Gail Ann's Vyd' 2002, \$30. Creamy and voluptuous flavors; refined structure.

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There are over a thousand wineries in California—at least 90 percent make Chardonnay—at all price ranges in a broad diversity of styles.

To get good Chardonnay these days—whether from Burgundy, California, or wherever, you have to pay a bit more than six or eight bucks. In the box, we list half a dozen for \$12 to \$17 that are excellent values—good Chardonnay flavors, nice touch of oak, well balanced. For a bit more money—say \$20 to \$30, splendid Chardonnays are within reach. In addition to those mentioned above, look for these '02s: **Chappellet**, \$22; **Clos du Val Carneros**, \$22; **Cosentino**, \$25; **Freemark Abbey**, \$20; **Gallo of Sonoma Laguna Vyd.**, \$24; **Geyser Peak Reserve**, \$24; **Kendall-Jackson Grande Reserve**, \$20; **Robert Mondavi Carneros**, \$25; **Vine Cliff**, \$25. **MM**



Books

by Arch T. Allen

IN MEMORIAM—A REAGAN READER

In memoriam to Ronald Reagan (1911–2004), here are some favorite books from among the more than one thousand books about our 40th President.

During the funeral services, Americans, even those for whom Reagan was not a personal or political hero, witnessed a moving display of pageantry and patriotism, presided over by Nancy Reagan. Insights into their relationship are revealed in her *I Love You, Ronnie: The Letters of Ronald Reagan to Nancy Reagan* (2000, paperback 2002). His love for her, religious faith in God and patriotic faith in the America that inspired him are explained in his own *American Life: The Autobiography* (1990, paper 1999) and in Paul Kengor's *God and Ronald Reagan: A Spiritual Life* (2004) and in Mary Beth Brown's *Hand of Providence: The Strong and Quiet Faith of Ronald Reagan* (2004).

Of the full biographies, critics prefer Lou Cannon's *President Reagan: The Role of a Lifetime* (1990, paper 2000), not Edmund Morris' *Dutch: A Memoir of Ronald Reagan* (1999, paper 2000). Memoirs of Reagan by people who worked for him include Peggy Noonan's *When Character Was King: A Story of Ronald Reagan* (2001, paper 2002), Peter Wallison's *Ronald Reagan: The Power of Conviction and the Success of His Presidency* (2002, paper 2004), and Dinesh D'Souza's *Ronald Reagan: How An Ordinary Man Became An Extraordinary Leader* (1997, paper 1999). Reagan's effect on others is explained by Michael Deaver in *A Different Drummer: My Thirty Years with Ronald Reagan* (2001, paper 2003) and Peter Robinson in *How Ronald Reagan Changed My Life* (2003).

For Reagan as the Great Communicator, we have Ed Frederick's *Ronald Reagan: The Great Communicator* (2000, paper 2001), with an introduction by Nancy Reagan and an afterword by Peggy Noonan. Of course, Reagan's speeches are available, as are other historical records. Some are presented in Lou Cannon's *Ronald Reagan: The Presidential Portfolio: History as Told through the Collection*

of the Ronald Reagan Library and Museum (2001). Reagan's personal communication skills are manifest in *Dear Americans: Letters from the Desk of Ronald Reagan* (2003) and *Reagan, In His Own Hand: Ronald Reagan's Writings That Reveal His Revolutionary Vision for America* (2001, paper 2001).

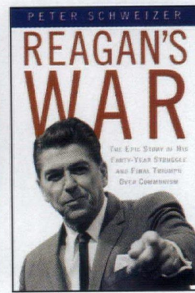
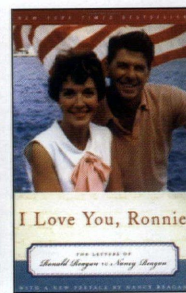
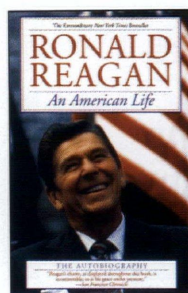
Reagan's vision convinced many admirers that he was the Great Communicator because he had great ideas. Contrary to his derision by a liberal adversary as "an amiable dunce," Reagan's ideas impressed conservative intellectuals, including Martin Anderson, who was his domestic policy adviser, and Robert Bartley, the late editor of the *Wall Street Journal* editorial page. Anderson's *Revolution: The Reagan Legacy* (1988, paper 1991) and *Ten Causes of the Reagan Boom, 1982–1997* (paper 1997) and Bartley's *Seven Fat Years: And How To Do It Again* (1992) vindicate Reagan's ideas about free market economics known by some as "Reaganomics."

Reagan's ideas also led to his being called the Great Liberator. But when he predicted that Communism was headed for the "ash heap of history," then called it an "evil empire," and later exhorted the Communist leader to "tear down this wall," Reagan appalled establishment elites. First published in 1976, the first full presidential campaign of Reagan's initial presidential candidacy, the book is not about Reagan but is about what had become his ideas.

The Wall and the Curtain, and then Communism itself, fell because of his ideas, not just his communication skills, as explained by Peter Schweizer in *Reagan's War: The Epic Story of His Forty-Year Struggle and Final Triumph Over Communism* (2002, paper 2003). In Margaret Thatcher's words in memoriam to him, Reagan "won the Cold War—not only without firing a shot, but also by inviting enemies out of their fortress and turning them into friends."

Reagan's ideas that freed the American econ-

omy for growth and prosperity and his ideas that freed millions from Communism were explained presciently by George Nash in *The Conservative Intellectual Movement in America Since 1945*. First published in 1976, the year of Reagan's initial presidential candidacy, the book is not about Reagan but is about what had become his ideas. As Nash explains in a preface and epilogue in a 1996 edition, Reagan lived the ideas explored in the book—a libertarian revolt against big government control of the economy and intrusion into our lives, a traditionalist revolt against the culture and morality that big government had brought us, an American revolt against Communism and the state socialism then sweeping across the globe, and the fusion of those ideas into the modern conservative movement that became the Reagan Revolu-



tion. The story of those ideas overcoming the liberal orthodoxies prevailing before Reagan's presidency is told in Steven Hayward's *The Age of Reagan: The Fall of the Old Liberal Order, 1964–1980* (2001).

Reagan's sunny disposition and his vision of America as the "shining city upon a hill" are portrayed in James Spada's *Ronald Reagan: His Life in Pictures* (2000), in *Ronald Reagan: An American Hero* (2001) with commentary by Nancy Reagan and William F. Buckley Jr., and in Sarah Gallick's *Ronald Reagan: A Life Remembered (1911–2004)*.

Now that the sun has set on his life, may Ronald Reagan rest in peace, and in memory of his faith and vision, let us say God Bless America. **MM**

NEW AND NOTEWORTHY by Art Taylor

Mystery Tour; Southern Slights

One of my favorite mystery writers will be visiting the Triangle this month on tour with his latest novel—and a second favorite, already a native of the area, will be embarking on a tour for her new book as well.

First up is best-selling author Walter Mosley, who has recently published *Little Scarlett* (Little, Brown), the eighth book in the Easy Rawlins series that began a decade-and-a-half ago with *Devil in a Blue Dress*. In the latest book, Rawlins, a school custodian and sometimes private eye, finds himself investigating the murder of a redheaded black woman named Nola Payne, the “Little Scarlett” of the title. But as much as the murder and the investigation may move the plot along, here (as in his other books) Mosley is up to much more than crafting a compelling whodunit. The Easy Rawlins books have all along attempted to depict the African-American experience in the middle decades of

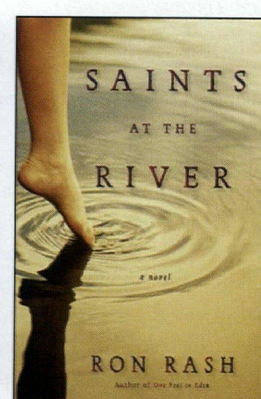
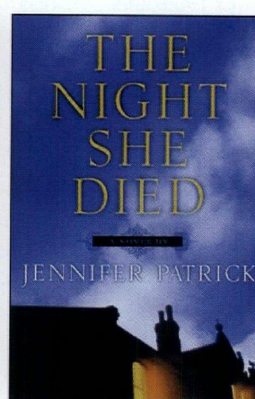
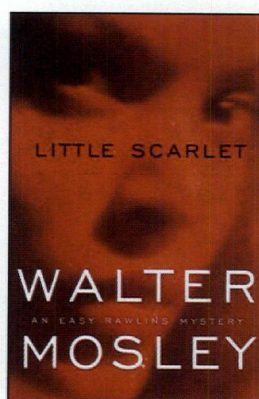
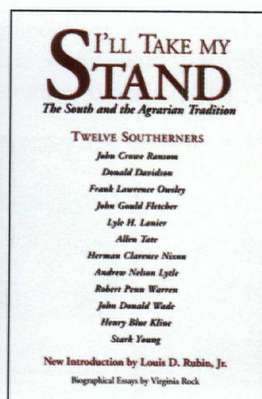
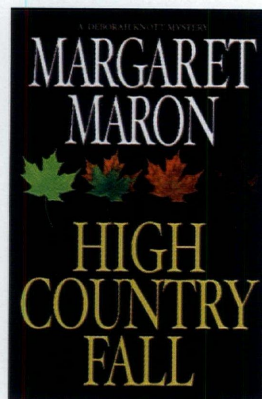
event is highly recommended; Mosley is a real “don’t miss” author.

Speaking of which: Another author well-worth checking out is award-winning mystery writer Margaret Maron, who is celebrating the publication of her tenth Deborah Knott novel this month. Regular fans of Maron’s (and I count myself among those, of course!) will recall the auspicious debut of this series: *Bootlegger’s Daughter*, which became the first book ever to sweep all three of the major mystery awards (the Edgar, the Agatha and the Macavity). The new novel, *High Country Fall* (Mysterious Press) takes Judge Knott up to the Blue Ridge Mountains to fill in for a vacationing judge (and to provide Deborah herself a vacation of sorts). But as always, there’s murder in the air—in the mountain air, this time—and, as is sometimes the case in Maron’s novels, suspicion is cast upon a per-

TWO MORE FOR THE ROAD

Two more novels also combine murder (or tragic death), suspense, romance and community in ways that promise to be compelling and emotional.

Former Durham resident Jennifer Patrick’s debut novel, *The Night She Died* (Consortium), begins with a grief-stricken 30-year-old woman fleeing Washington, D.C., and ending up in a small Georgia town. There she buys a house and becomes involved with a pair of men: the first, a 17-year-old worker at the local Dairy Queen, and the second a local record-store owner. A death in this love triangle (look to the book’s title for a hint about who gets killed) sparks a scandal and forces a community to look at itself in the wake of its first murder in years. Patrick offers readings from the new book at a pair of Triangle venues this month: Durham’s Regulator Bookshop on Thursday evening,



the 20th century. *Little Scarlett* is no exception—and if any reader could possibly have missed this aspect of the novels so far, they should certainly be clued in by the timing of the new book: just in the aftermath of the Watts Riots of 1965. The setting allows Rawlins (and Mosley) to explore discrimination in the Civil Rights movement, and the plot itself—which involves the title character’s involvement with a white man—dives further into race issues and racial relationships.

Mosley has a couple of signings scheduled in the Triangle area. He’ll be at Raleigh’s Quail Ridge Books and Music on Thursday evening, August 19, and then at the Cary Barnes & Noble the next night, Friday, August 20. Either

son known by Deborah, a friend of the family, which always ups the ante on the emotional complications. Add to the mix both Deborah’s concern about her potential marriage to a long-time beau and her budding interest in a new man she meets up in the mountains and... well, you’ll just have to read for yourself. Maron celebrates the release of *High Country Fall* with a launch party at Quail Ridge Books on Friday evening, August 20, and then reads the following week at the Cary Barnes & Noble Friday evening, August 27.

Early September readings include McIntyre’s at Farrington Village on Saturday, September 4, at 11 a.m., and Durham’s Regulator Bookshop on Wednesday evening, September 8.

August 5, and McIntyre’s Book at Farrington Village on Sunday afternoon, August 8.

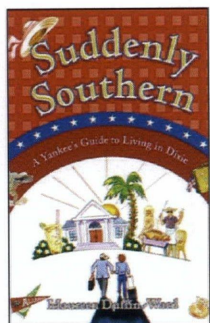
Also dealing with a death in a small community is Ron Rash’s *Saints at the River* (Henry Holt). Perhaps best-known as a poet before last year’s highly acclaimed debut novel *One Foot in Eden*, Rash returns with a sophomore effort about a community at odds with itself in the aftermath of an accident that left the body of a young girl caught in the eddy of a whitewater river—an accident which becomes a national news story. Covering the story is a newspaper photographer who was a native of the town and whose return puts her face to face with a past she’d have preferred to leave behind. Rash also has a couple of local readings/signings; he’ll be at

Raleigh's Quail Ridge Books on Tuesday, August 10, and then at Branch's Chapel Hill Bookshop on Wednesday evening, August 11.

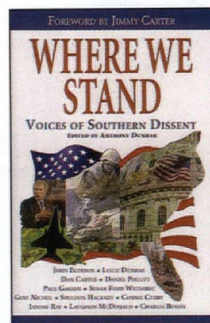
SOMETHING SOUTHERN: TAKING A STAND

In 1930, 12 now-notable Southerners—including Allan Tate, Robert Penn Warren and Donald Davidson—published an "Agrarian Manifesto" entitled *I'll Take My Stand: The South and the Agrarian Tradition*. The book they championed an independent and agrarian way of life (and a set of predominantly Southern values) in contrast to the national trends toward industry, science and capitalism. This year, 12 more notable Southerners have contributed to *Where We Stand: Voices of Southern Dissent* (edited by Anthony Dunbar, NewSouth Books), discussing topics of current interest including "militarism, religion, the environment, voting rights, the Patriot Act, the economy, prisons and crime." Suffice it to say that they don't agree with the direction in which the US is currently headed on such issues. On Saturday evening, August 28, the Regulator Bookshop in Durham hosts a discussion of the book, featuring several of the contributors. At press time, potential participants include Dan Carter, former president of the Southern Historical Association and a professor at University of South Carolina; Gene Nichol, Dean of the Law School at UNC-Chapel Hill; and Dan Pollitt, emeritus professor of Constitutional Law at UNC-Chapel Hill. For updated information on this event and its participants, visit www.regbook.com.

10 baby names for Southern boys include Beauregard, Bubba, Danforth, Farnsworth and Jeb, while the top 10 for Yankee progeny include Bernie, Rocky, Frank, Harry and Gino.



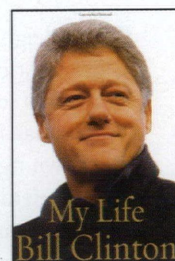
And compare the Yankee kitchen counter (coffee grinder, martini shaker and spice rack) with the Southern kitchen (bacon drippings, Raid and a gun rack), and... well, as someone who has both a martini shaker and a spice rack, I'm beginning to wonder about my Southern roots—or better yet, wonder which South Duffin-Ward is living in, because she seems to have her blinders on, choosing clichés over the region's sprawling and often-contradictory complexities. Sure it's meant to be funny, but that's no excuse, in my opinion, for not holding it to a higher standard. Want a true glimpse of our region today—one that manages real humor?



Try a book by Lee Smith or Jill McCorkle instead. (But if you're interested in Duffin-Ward's book anyway, she'll be at Quail Ridge Books on Friday evening, August 6.)

SOMETHING SOUTHERN AGAIN: NO, CLINTON WON'T BE THERE

On Thursday, August 19, in honor of Bill Clinton's birthday, the Greenville Barnes & Noble hosts an event commemorating (we won't say celebrating) the recent publication of the former president's memoir *My Life* (Knopf). Three professors from East Carolina University's Department of Political Science—Dr. Jody Baumgartner, Dr. Peter Francia and Dr. Jonathan Morris—will be on hand to add perspective to Clinton's account of his childhood, education and political career. Also participating is Dr. Rick Kearney, chair of the department, who will introduce the faculty and talk about the program's goals for the coming school year. The press release for the event did not mention whether Clinton himself would be in attendance, but we doubt it. The press release also didn't mention birthday cake, but we're keeping our fingers crossed. **MM**



YANKEE GO HOME

In the opening sentence of her new book *Suddenly Southern: A Yankee's Guide to Living in Dixie* (Fireside Books), News & Observer columnist and self-proclaimed "born and bred Philly girl" Maureen Duffin-Ward writes: "When your husband says, 'Honey ever been South?' be afraid—be very afraid." In the second sentence, she calls her relocation coach her "grief counselor." While I imagine that those first two sentences may already give you a sense of the book's tone and content, I can't help but quote a few more of the reductive, stereotype-ridden and near-offensive snippets that pass for humor here. According to the author, the three types of Southern women are Southern Belle (a.k.a. Daddy's Little Girl or the Deb); Daughters of the Confederacy; and Mrs. Redneck. (On the next page we learn that you know you've given birth to a "Baby Belle" if "She's born with a silver spoon in her mouth and cries when it's not her pattern.") The top

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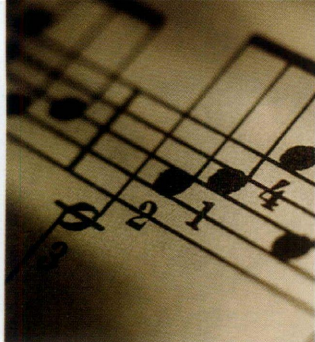
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PvV

by Philip van Vleck

TIFT MERRITT ROCKS ON NEW CD

Raleigh's Tift Merritt is set to release her second album for Lost Highway Records on August 24. Titled *Tambourine*, this sophomore effort rocks with a good deal more recklessness than her Lost Highway debut, *Bramble Rose*, a superb record in its own right.

The elements that made her debut album a success—strong songwriting, potent vocals, and excellent musicianship—will be perennial elements with Tift. On *Tambourine*, though she worked with a different producer and a host of players with whom she'd never collaborated previously, the outcome is more definitive of Tift's rock 'n' roll soul than *Bramble Rose*.

Tift and I got together recently at Third Place Coffeehouse in Raleigh's Five Points neighborhood and discussed *Tambourine* and recent developments with her band, The Carbines.

"George Drakoulis produced the new album," Tift said. "He produced albums for The Black Crowes and The Jayhawks and Tom Petty. He's my hero producer. George has this reputation for being difficult and taking a long time to finish projects. He's an old-school producer; you know, someone who does it until it's right. My label was a little reluctant to go with him, but I've wanted to work with him for 10 years."

"Mike Campbell [Tom Petty and The Heartbreakers] played guitar throughout the album, and Gary Lorus [Jayhawks] and Maria McKee sang backup," Tift added. "Don Heffington [Lone Justice; Emmylou Harris] played drums and John Ginty played keyboards. Zeke [Hutchins] played some percussion on the album, too."

The members of Tift's band, The Carbines, were, with the

exception of Zeke Hutchins, absent from the *Tambourine* studio sessions.

"That was obviously a hard thing," Tift allowed. "It has always been a tremendous fight to have my band do my studio work. I

certainly had some choices to make, and I think we all felt like what was going to be best for the band was to make a record that would provide us with a lot of support and allow us to tour and get to the point where we were self-sufficient.

"I think that the fact that I didn't use the band on this record was not a big point of contention for us," she noted. "You know, Zeke really started this band, and he's always told me, 'You need to go where you can go, and I'm not gonna hold you back.' I feel like that is honestly the attitude that the guys in the band have had. Things that take more of a toll on my band are, for instance, that I moved away from Raleigh while I was writing *Tambourine*, and we weren't doing much and I couldn't pay them. Time and money and life choices are really the things that take their toll on a band. On the other hand, I don't think it was a bad thing

that I essentially said, okay I'm gonna make this record that will open a lot of doors for us, and we'll be on tour for two years."

"I don't have any grand notions about who I am, either musically or personally, and I've fought as hard for my band as anybody," Tift added. "As an artist, however, there are times when you have to leave home, maybe just for the best interest of your own fire."

Tift has, in the past, been backed by one of the best bands in the Triangle. The Carbines' lineup has been Zeke Hutchins (drums), Jay Brown (bass), Dave Wilson (guitar) and Greg Readling



ROBERTO D'ESTE

(keyboards, pedal steel, dobro, guitar, whatever). As Tift pointed out, however, that lineup is in flux.

"Dave Wilson has gone with Chatham County Line," she explained. "That's really where he belongs, too, so we're happy for him. Greg Readling has made a very personal decision that he doesn't want to be on the road and subject to the pressures of the music business. I totally understand. I think he's doing the right thing for him. We're trying to figure out new replacements, but for now it's Zeke and Jay and me. Replacing Greg will be a problem, because to replace him we need someone who's a perfect gentleman and my great friend, plus he or she has to be able to play any instrument we need played. Good luck with that quest."

Tift and the remnants of The Carbines must move on and find the replacements. A fall tour is in the works already, and Tift is very excited about the release of the new CD.

"I'm enormously happy with *Tambourine*. I kind of wanted to make a record that had the energy we have live. I'd been listening to some Delaney and Bonnie records that had a lot of people playing on stage and had this throw-down feeling, and those records were an inspiration. I was thinking that I wanted an album that was like Carol King gone a little bit wild. I was also in a position with my label where I had to deliver big-time, what with *Tambourine* being my second album for Lost Highway.

"I fought really hard to write the songs for this album, and I fought really hard to get the people I wanted to work with me on this record," she added. "In the end I found myself in the company of my heroes. When this album was finished I had a sense of peace and accomplishment that I'd never known. Whatever the world

might think of this record, good or bad, it won't change how I feel about *Tambourine*."

Asked if she was relieved to have her second Lost Highway album finished, Tift replied, "I feel this weird sense of freedom, like I proved what I set out to prove with the second album. As an artist, I don't quite know what the next step is, because for so long *Tambourine* was where my entire focus went. I don't know what's next, but I'm excited about the possibilities."

Tambourine is a significant enough departure from the mood of *Bramble Rose* that it may take some of Tift's fans a moment to get with the new program. Tift believes that anyone who's really followed her and The Carbines will catch the drift right away.

"I think anyone who's seen me and The Carbines live is gonna know exactly where this record is coming from, musically and in terms of the energy," she said. "As much as I love *Bramble Rose*, and as proud as I am of that record, the pressure was put on us to make a studio record, and we were a bar band. We felt a lot of pressure to be taken seriously, and the end result was an album that was serious and introspective, which is hardly the sum total of what we do live. The sense of abandon that's part of our band wasn't really present on *Bramble Rose*, but it is on *Tambourine*."

"It will be a good album to tour with, I think," Tift added with a smile. "You know, you get bored playing a lot of ballads on tour. I think *Tambourine* will be like doing church every night—the right kind of church, that is."

Tift Merritt & the Carbines CD release shows, Friday/Saturday, August 27-28, Cat's Cradle, Carrboro. Show time 9 p.m. Tickets \$20. 919-967-9053 for info. **MM**

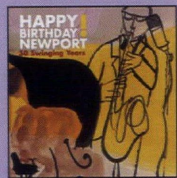
DISCOLOGY

Various Artists:

Happy Birthday Newport! 50 Swinging Years

(Columbia/Legacy)

Jazz fans make note of this three-CD offering from Columbia/Legacy. This jazz troika captures many of the great performances from the Newport Jazz



Festival, which began adding a little spice to summers in Newport, Rhode Island, in 1954. Featured players include Louis Armstrong & His All Stars, Willie "The Lion" Smith, Count Basie & His Orchestra performing "One O'Clock Jump," and Billie Holiday singing "Lover Come Back to Me." The set also includes Miles Davis performing "Round Midnight," Ben Webster and Billy Strayhorn, Dinah Washington, Ella Fitzgerald, Mahalia Jackson on "I'm Goin' To Live the Life I Sing About in My

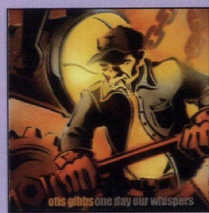
Song," The Dave Brubeck Quartet, Sarah Vaughan singing "Black Coffee," The Thelonious Monk Quartet with Pee Wee Russell, and The John Coltrane Quartet performing "My Favorite Things."

Otis Gibbs:

One Day Our Whispers

(Benchmark)

Here's a singer/songwriter worthy of a much wider audience. Gibbs brings together the best elements of country and folk in his music, then basically irradiates these elements with the mentality of a Depression-era songwriter. The result is a collection of tunes that are a working definition of the term Americana Music. Cue up the song "Small Town Saturday Night" and listen to Gibbs define



himself quite adroitly. The uncanny, evocative quality of this tune is essentially what Gibbs is about as a songwriter.

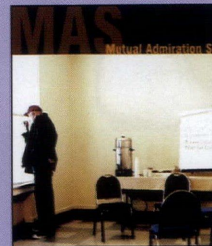
MAS:

Mutual Admiration Society

(Sugar Hill)

This mutual admiration society consists of the members of Nickel Creek—Chris Thile, Sarah & Sean Watkins—and Glen Phillips, formerly of Toad the Wet Sprocket and one of the great songwriters of indie rock.

Their collaboration is basically a vehicle for Phillips' vocals and several of his tunes, but don't underestimate the thrill of listening to him perform with the best young group in bluegrass. An ideal antidote to the commercial radio blues.



EYES ONLY

■■■ The **National Cancer Institute** has awarded **UNC-Chapel Hill's Lineberger Comprehensive Cancer Center** a Specialized Program in Research Excellence—**SPORE grant in gastrointestinal cancers**, which include tumors of the

esophagus, stomach, pancreas, liver, colon and rectum and represent the second leading cause of cancer death nationwide. The five-year grant is for \$11.5 million. UNC received one of four GI SPORE grants in the nation. ■■■

Dr. Robert Lyons, director of JC Raulston Arboretum at NC State University in Raleigh, will host a tour, **Great Gardens, Palaces and Castles of Great Britain**, July 5-17, 2005. The tour group will fly from NYC to London, experience five days of touring and sightseeing, including Hampton Court Palace & Gardens, Kew Gardens, and Leeds Castle & Gardens, then return home via seven-day cruise aboard the Queen Mary 2. For information & reservations call 800-624-7718 or book online at www.cruisevanguard.com. ■■■

The **Ackland Art Museum** at UNC-Chapel Hill has gone live with its **Online Collections Interface (OCI)**, enabling students, scholars, and all web surfers to search the 15,000 works in the Ackland collection and view images online. For more information, call 919-966-5736, or visit the Web site at www.ackland.org. ■■■

Business executive **Stanley A. Star** and the **Star Family Foundation** have pledged **\$3 million** to support building renovations and construction projects now underway at **Duke Law School**. The law school's atrium is expected to be named the **Star Atrium**. ■■■

The **Wake Forest Rotary Club** recently presented to **Bob Johnson**, owner of The Cotton Company in Wake Forest, The **Paul Harris Fellow Award**, the highest honor given by Rotary International. The club also honored Johnson and his wife and partner Elizabeth with a new award, **Small Business Persons of the Year**, for their leadership in the revitalization of **Historic Downtown Wake Forest** and other civic projects. ■■■

Three new members of **Duke University's Board of Trustees** began their terms on July 1: **David Gergen** of Durham is a former faculty member of Duke's Terry Sanford Institute of Public Policy and is now a professor at Harvard University and editor-at-large of US News & World Report. **Kathryn A. Laidlaw** of Katy, Texas, is a May graduate of Duke and soon will become an associate with a strategy consulting firm in Boston. **William P. Miller** of Greensboro is a member of a High Point law firm and is president of Duke Alumni Association for 2004-05. ■■■

Andrew Chan, 17, of Charlotte has been awarded the third nnn **Thomas Wolfe Scholarship in Creative Writing** at UNC-Chapel Hill. The scholarship will provide Chan, a poet and film critic, with full funding for four years of college beginning this fall. ■■■

The Southeastern Jurisdiction of the United Methodist

Church elected **Duke University Chapel Dean William H. Willimon** as a new **bishop** during the group's recent 2004 conference in Lake Junaluska. ■■■

The **Town Council of Chapel Hill** recently appointed Gene Pease to two Town Boards: The Horace Williams Citizens Committee, and the Chapel Hill Planning Board. ■■■

Advanced Technical Support Inc. (ATS), a locally owned and operated office equipment dealership in Morrisville, is sponsoring Operation Homefront by donating copying services to the organization. **Operation Homefront**, created in the aftermath of September 11, supports our troops by helping the families they leave behind. For information on Operation Homefront and on becoming a sponsor, visit www.operationhomefront.net/raleigh/. ■■■

Reynolds "Ren" Brown, director of the **Louise Wells Cameron Art Museum**, died in Wilmington on July 9, 2004, after a brief illness. Brown had been at the helm of the Museum for nearly 20 years, building it from a small collection of art enthusiasts to one of the premier cultural institutions in the southeastern United States. Brown's reputation as an art historian, museum administrator and community leader was unsurpassed in the art world. ■■■

Raleigh Sports Radio 850 The Buzz has announced the renewal of the Raleigh-Durham play-by-play contract with the **Carolina Panthers** for the third consecutive year. ■■■

At the **Clean Water Coastal Celebration & Clean up**, 15 states will work to clean the coast, hosted by the Wyland Foundation, Kure Beach, Aug. 21. For more information, contact www.projectaware.org. ■■■

Duke University will distribute **1650 Apple iPods** to its **incoming freshmen** on August 19, as part of an initiative to encourage creative uses of technology in education and campus life. The pocket-sized digital devices, which can download and make use of both audio and text material, are compatible with both Mac and Windows systems. ■■■

The **Foundation of Hope** for Research and Treatment of Mental Illness has announced sponsors for the **2004 Thad and Alice Eure Walk for Hope**. The Angus Barn will serve as host sponsor. Co-sponsors include: Welsh Paper Company, Golden Corral, Sir Walter Chevrolet, Pepsi, Miller Lite, Progress Energy, Merrill Lynch, American Airlines, GlaxoSmith-Kline and the Ross-Nelson Golf Classic. This year's Walk for Hope will be held at the Angus Barn on Sunday, October 10. ■■■

This year **Theatre in the Park** of Raleigh will celebrate the **30th anniversary** of its Christmas season production of Charles Dickens' **A Christmas Carol**, starring **Ira David Wood as Scrooge**. To kick off the celebration, a matinee performance will be presented in Raleigh Memorial Auditorium on December 12 to welcome back former cast members. A reunion party will be held in the lobby following the performance. Anyone knowing the whereabouts of former cast members should call Theatre in the Park at 919-831-6058. For more information visit www.theatreinthepark.com.

My Usual Charming Self

by Bernie Reeves

PHOTO BY JIM TURCOTTE



BIG BROTHER

Someone asked me whom I thought was dumber, the FBI or the CIA. I go with the FBI and yet they have emerged from the 9-11 commission report unscathed. The report recommends against setting up a separate security agency along the lines of the British MI5, thinking the FBI can be trusted to change its culture from cops and robbers to spy vs. spy.

Our friend and CIA officer Brian Kelley, speaking here last year at the Raleigh International Spy Conference, made his first public appearance after it leaked that the FBI had nearly ruined his life thinking he was the traitor who turned out to be Robert Hanssen. A glimpse of the FBI culture was offered in the 60 Minutes segment on Kelley's ordeal. Let's be kind and just say the FBI did not look good. Ironically, today, Kelley is helping train the FBI in spy techniques as the Bureau is attempting to alter its culture to concentrate more on its counter-intelligence duties. Let's hope it is not too little too late. Since the CIA is not mandated to operate within the US, it is clear in the Kelley case, and more profoundly, in the failure to protect the US before 9-11, that the FBI let us down.

The 9-11 commission calls for the creation of a national security czar to coordinate the 15 or so intelligence agencies operating today. This seems naïve. The CIA was created for the same purpose in 1947 to report directly to the president so he could untangle the competing data from various intelligence sources. The new position would be Cabinet-level and wield enormous power, hoarding critical data that could be withheld from the President. This

new position also contradicts a central principle of intelligence gathering—compartmentalization. This keeps people in the same agency from knowing what others are doing as a method to combat leaks and prevent moles from selling information to foreign powers.



September 1-3, 2004
NC Museum of History

So, just how many spy agencies do we have today (that we know about)?

1. **CIA**—collects and analyzes foreign intelligence, conducts covert operations at the direction of the President. Personnel figures are classified.

2. **FBI**—mandated to defend the US against intelligence threats (including terrorism) but also enforces criminal laws. The Director reports to the Attorney General—which is why their culture has been unsuited for intelligence missions.

3. **NSA** (National Security Agency)—they break codes, collect foreign sigint and imint (signals intelligence and image intelligence from satellites). Personnel is classified and the Director reports to the

Department of Defense. The NSA did not admit its existence until the 1980's.

4. **DIA** (Defense Intelligence Agency)—provides intelligence for war and defense and "force" policy makers in DOD. Director is currently a Navy vice-admiral overseeing 7000 personnel.

5. **National Reconnaissance Office**—satellite managers. Report to DOD and CIA. Personnel not public

6. **NGIA**—National Geospatial Intelligence Agency—provides maps and imagery analysis to DOD. Personnel: 14,000.

7. **State Department Bureau of Intelligence and Research**—analyzes intelligence pertinent to US diplomacy. Reports to Secretary of State. Personnel: 300.

8. **Treasury Department Office of Intelligence and Analysis**—analyzes data affecting fiscal policy, international economic issues and terrorist financing, now being re-organized into the Treasury's Office of Terrorism and Financial Intelligence. Leader and personnel not known at this date.

9. **Department of Energy Office of Intelligence**—provides intelligence on foreign nuclear weapons and energy issues. Personnel: 60.

10. **Department of Homeland Security Office of Intelligence Analysis**—gathers data on potential terrorist attacks. Personnel not known.

11. **Air Intelligence Agency**—Provides intelligence to the Air Force. Personnel: 12,000

12. **Army Intelligence and Security Command**—provides intelligence to the Army chief of staff for intelligence.

Personnel: 3800 civilian and 28,000 active, Guard and Reserve forces.

13. Coast Guard Intelligence—provides data and intelligence in maritime regions, port security, search and rescue, counter-narcotics, alien immigration interdiction. Reports to Coast Guard Commandant. Personnel: 657.

14. Office of Naval Intelligence—analyzes naval weapons systems, provides intelligence for joint operations with Marine Corps and non-traditional maritime missions (read: espionage). Reports to Chief of Naval Operations. Personnel: 2500.

15. Marine Corps Intelligence Department—provides intelligence for war operations, especially expeditionary missions by any member of the Armed Forces; assists Navy intelligence in cryptologic operations.

Should all these agencies be organized under one department with one director, the American principle of checks and balances is violated. We will create a dangerous monopoly of information, the most potent weapon in today's world. Fighting

fanatic Muslims is not worth this unprecedented consolidation of power.

To ask about intelligence activities and the other pressing issues concerning the terrorist threat, go to www.raleighspyconference.com or call 919-733-3076 to register for the September 1-3 event at the NC Museum of History. The top experts on global terrorism are on the program: Spies Lies and Deception: From Pearl Harbor Through the Age of Terrorism. Not to be missed.

NOTES FROM LA-LA LAND

Ariel Sharon delivered a plea to French Jews to leave France immediately for fear of a new Holocaust, citing that 10 percent of the French population is now Muslim. That could be a good idea for Americans in France too.

France is a founder of the European Union, the gravest threat to US interests in the new century. Aside from the EU's stated goal to diminish America's role in the world, member nations will not extradite criminals and murderers to us because

we maintain the death penalty in most of our states. Known terrorists wanted by us enjoy a safe haven on the Continent.

I've been fulminating for years that the premise behind the deep environmental movement stems from a lie: the belief that the US is over-populated and that farmland is disappearing resulting in an impending famine. It just ain't so. We are under-populated and we have more food than we can possibly consume. Thus I was delighted to receive a report from Gruen Gruen and Associates, a respected real estate consulting firm: "We are in an upside-down Malthusian world, with increases in the food supply outpacing increases in population. This relationship is not likely to change in the future, as population growth is predicted to stop long before technological and capital improvements cease to increase what can be grown or raised per acre" Yet we continue to pay farmers annual direct subsidies of \$235 billion worldwide. US farmers are receiving \$16,000 per acre in direct cash. In Europe it's \$17,000 per acre. Preserving farmland with subsidies for nostalgic and political reasons is preventing development and costing taxpayers billions

If you have been screwed by American Express, honk your horn. This once effective and helpful travel card firm has deteriorated beyond recognition. Don't believe their ads and for sure leave home without it. Let me know your outrageous story about AMEX.

Will someone please follow up and find out if the road improvement money withheld from our cities by the NC Legislature last biennium to help balance the budget is being returned after this session? State workers got a raise but Raleigh is becoming impassable.

I like the idea of adding a high-tech small conference center to the proposed plans for the new civic center in downtown Raleigh. There is a crying need for a medium-sized meeting venue, not only for visitors, but for area citizens too. Perhaps it will draw the 60% or so of Raleighites who say they have never visited downtown.

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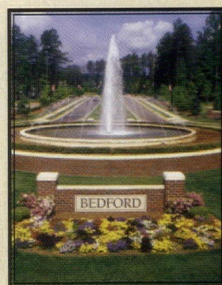
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munity feeling. Wide front porches encourage social interaction, while balconies, piazzas and verandas serve as outdoor living and entertainment spaces.

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