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The Secrets of Sausage

Last Minute Gift Guide

Dining at Fearrington

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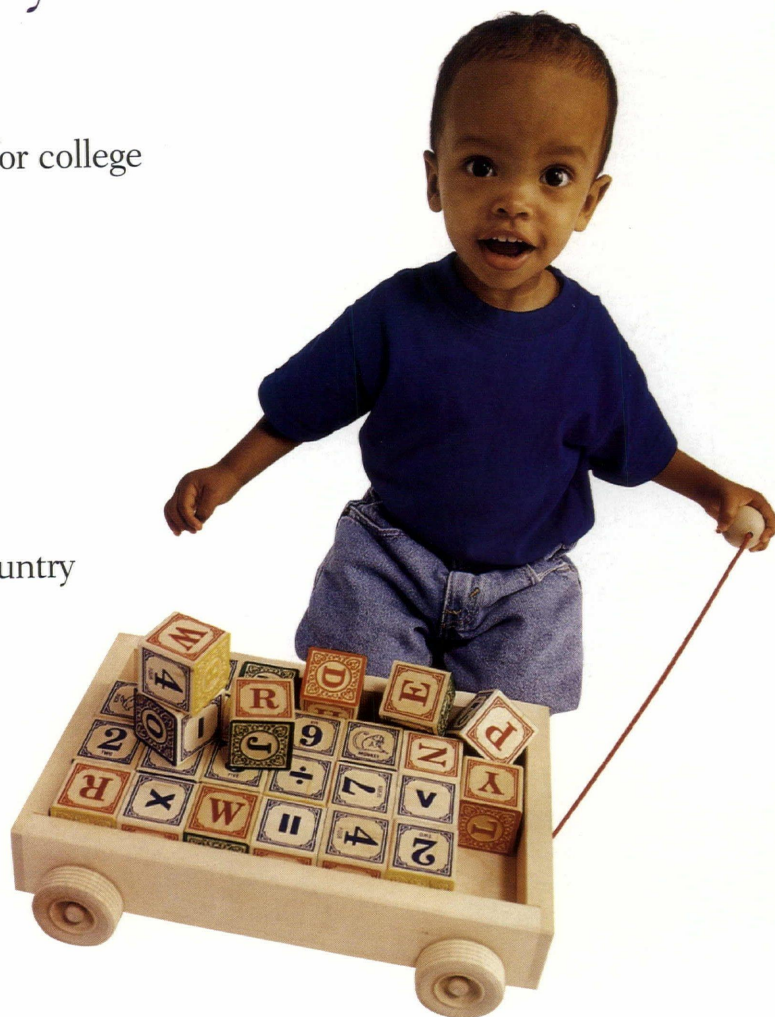
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Investment options in either type of enrollment are similar in design, but vary in structure and investment managers. Accounts established through Direct enrollment have lower fees and expenses than those established through Advisor-sold enrollment. An offer of interest in the North Carolina College Savings and Investment Program may only be made by an official Program Description, which contains complete information about fees, expenses and risks. Individuals should read the Program Description carefully before investing.





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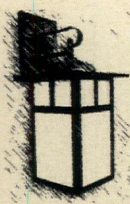
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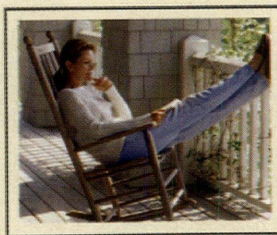




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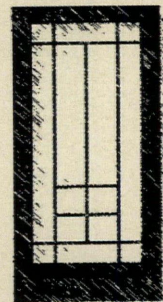
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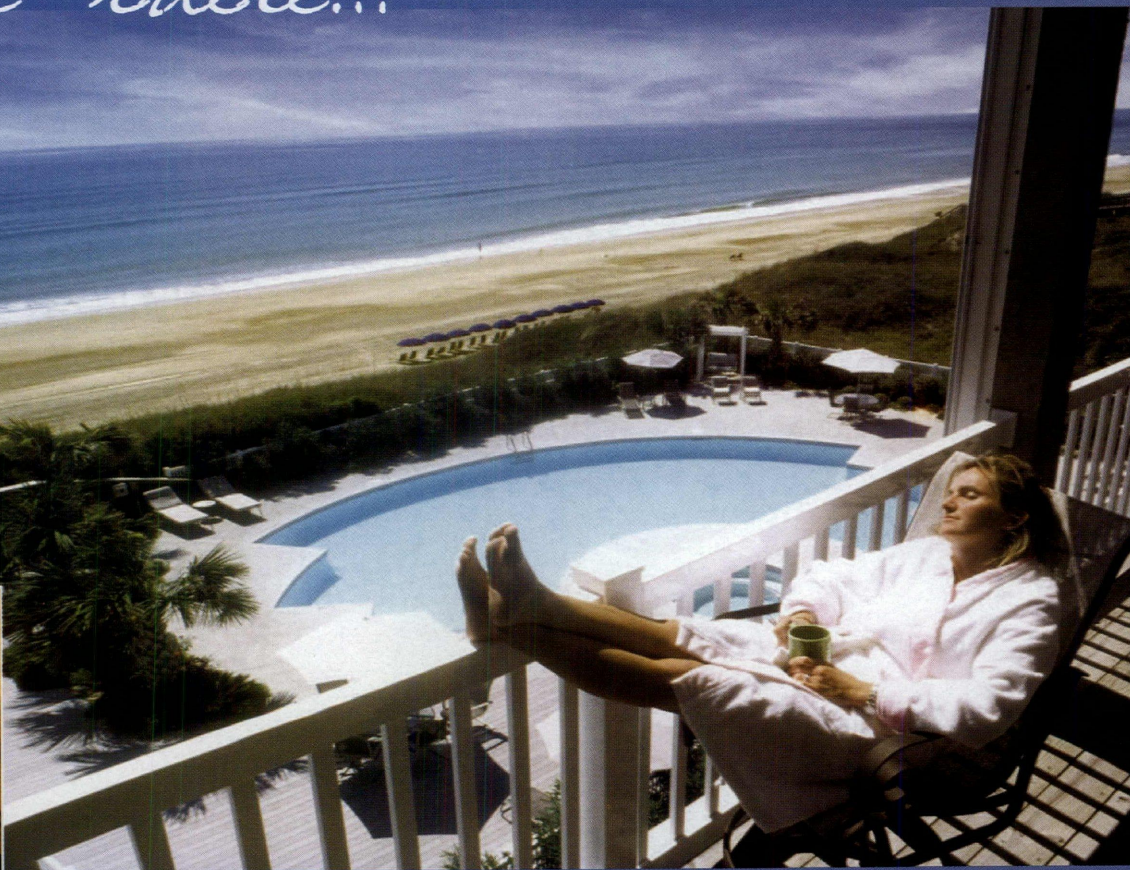
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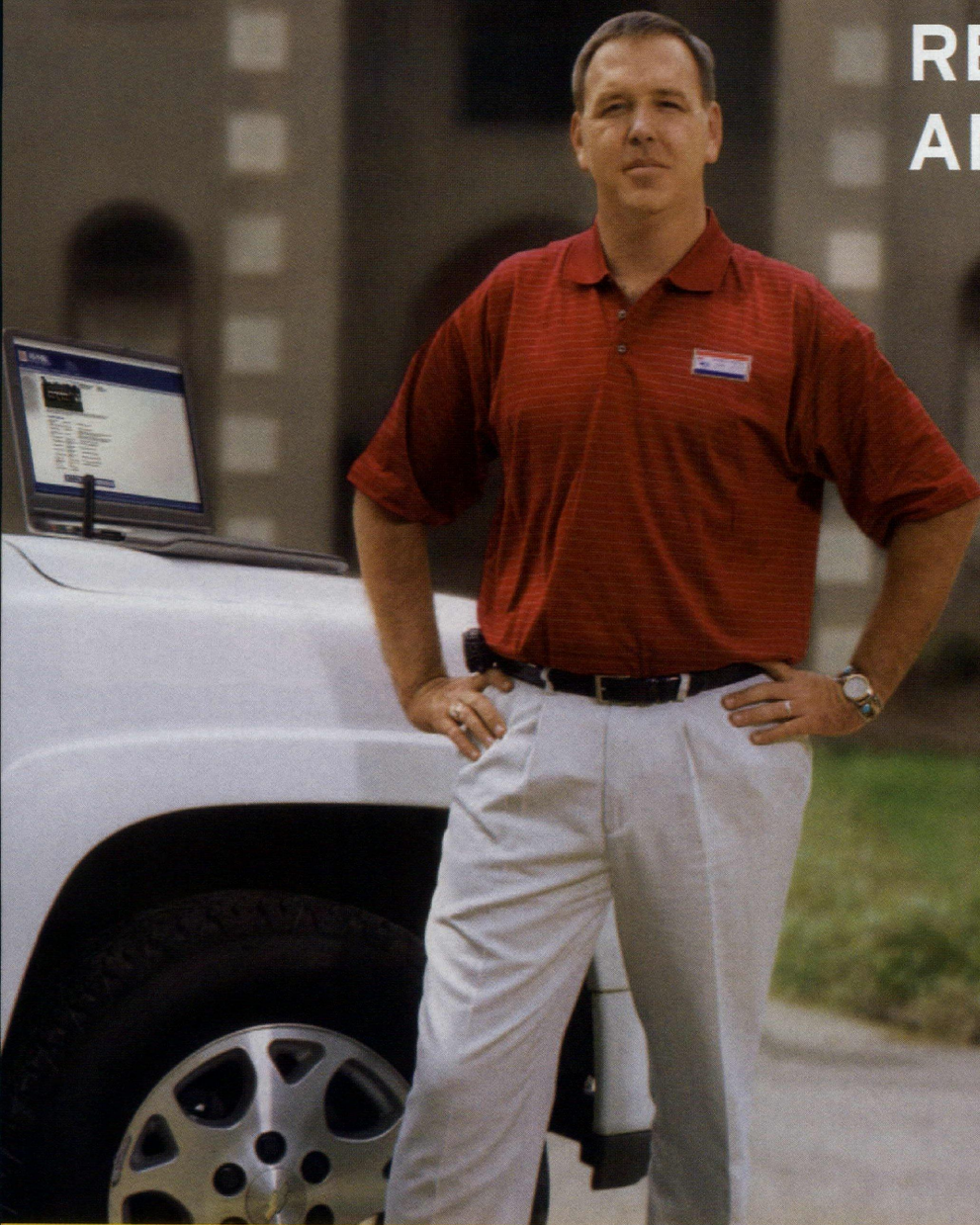
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## ROCKIN' AROUND THE CHRISTMAS TREE

**W**e're going home for Christmas this holiday issue... actually three homes: Haywood Hall and the Joel Lane House in Raleigh and the Burgwin-Wright House in Wilmington, all lovingly restored and looked after by the NC Chapter of the Colonial Dames. What better way to evoke a truly North Carolina Christmas?

The greatest gift for families is the birth of children. Yet the people who bring new life into the world, OBGYN doctors, are suffering the most from excessive liability insurance requirements. Our December Medical Quarterly examines the latest in child-birth techniques and the problems facing the obstetric profession.

We're for sure rocking around the Christmas Tree here in the December *Metro*. Carroll Leggett (who calls me a "hopeless townie") unlocks the secrets of sausage; Wine Editor Barbara Ensrud recommends bubbly to brighten up the holidays; Style Editor Molly Heintz-Fulghum says sparkles will single you out at holiday gatherings; Art Taylor believes books are always popular under the tree; and Louis St. Lewis argues that art is the only gift that matters. The *Metro* Gift Guide puts that last ornament on this year's Christmas celebration.

Editor-At-Large Jim Leutze takes a look at the dilemma facing Carolina Beach and Music Editor Philip Van Vleck is pleased that the Duke jazz program is jumpin' and jivin'. Maudy Benz returns to paradise at Farrington House, Fred Benton's Off the Menu takes a decidedly seasonal turn and Frances Smith provides a full sleigh of activities during this happy time of the year.

Can you believe 2005 is just around the corner? For *Metro*, it marks our fifth birthday and we plan to celebrate. We present our annual Who's Who and a special anniversary feature recounting our first publishing milestone. Hey, wouldn't now be the time to subscribe? And a gift subscription is that unique gift that says you truly care.

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—Bernie Reeves, Editor & Publisher





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## LITTLE OLD ME

The correct spelling is Paul Ehrlich. Paul Erlich is just little old me.

[Ehrlich is mentioned in a My Usual Charming Self editorial, "The Devil and Paul Erlich," March issue 2004.]

*Paul Erlich  
Via the Internet*

## FREEDOM'S LOST ARTICLE

I happened upon your magazine in the

lobby of my office and serendipitously opened it to the Freedoms Lost article [November issue 2004]. WOW! This is refreshing to find something so important, but so forgotten. This is not a magazine of fluff and consumerism. Anyone who knows me, knows I am a rabid small and large (L) Libertarian who tries constantly to inform my fellow Americans what has and is being done to them by their so called leaders and representatives. This government was set up

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as a constitutional republic with three votes over your government: No.1) Your right to vote these people in and out of office and act as a citizen legislator and be involved in your local government, who has more direct influence over your daily life than the "feds"

No. 2) Your grand jury vote, to bring your fellow citizen to trial for

heinous crimes, of which has been made a mockery of by prosecutors and judges, and most importantly

No. 3) Your right to judge law as a juror. This last right means that in a trial by jury you are supposed to vote your conscience and if you think that it is a bad law, you do not have to vote to convict this person.

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Call 800-TEL-JURY and they will send you a free packet of information.

Also, check into the "merry band of libertarian litigators" known as the

Institute for Justice @[ij.org](http://ij.org) and last, but not least [lp.org](http://lp.org), the

Libertarian Party's Web site. These sites should help everyone understand what's happening and what they can do to restore our Constitutions to their proper place and functions.

*Jack D. Wyatt  
Greensboro*

#### HAVE YOU APOLOGIZED

While researching on the Internet I came across your astonishing declaration in the May 2003 My Usual Charming Self of: "Where to start? Perhaps first by informing National Public Radio, the BBC, CNN and Peter Jennings that we won the war. I know they are disappointed, as are many others who made fools of themselves during Operation Iraqi Freedom. A few of these comrades in the coalition of the unpatriotic we'll always remember, but in case we don't, here are my nominees for the Battle for Baghdad Hall of Shame".

It is you sir who owes our military, the remnants of the "Liberal" media and me a huge apology for your smug and incorrect assessment and trust in our leadership.

You are one of the reasons we will have hell to pay and lose our status in the world as a beacon of democracy and integrity. Our word is worthless thanks in part to people like you.

If you have published an apology, please forward it. If not, I hope never to hear from you and your ideological clan again.

*Tina Wilcox  
Via the Internet*

#### COLORFUL DETAILS

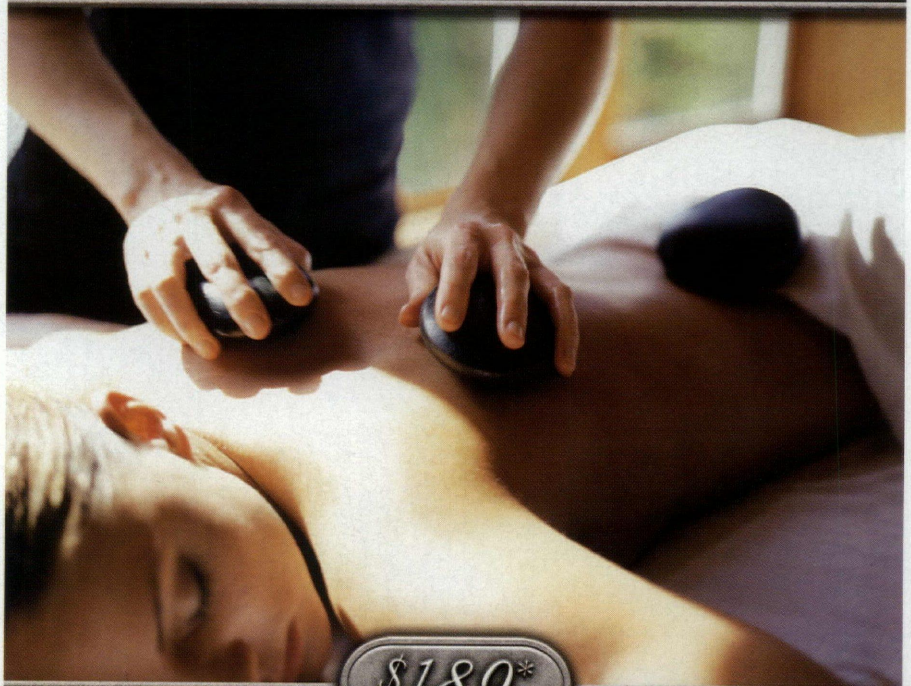
My name is Martha Humphrey. In doing some research on Gov. Robert Gregg Cherry, I found Carroll Leggett's Article "Politics sure

is funny" [April issue 2002]. He had a great joke about him. I would like to contact him if possible to ask just a few questions and share some information.

I am not a columnist or writer, just a private citizen. But I am related to Gov. Cherry and would enjoy getting a few colorful details that he may have.

*Martha Humphrey  
Hillsboro, Oregon*

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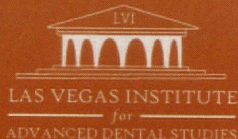
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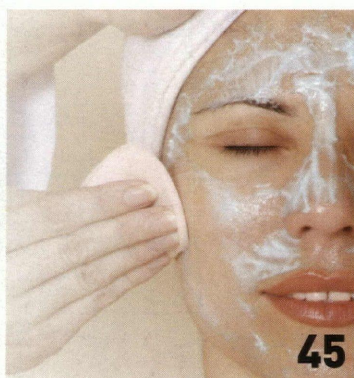
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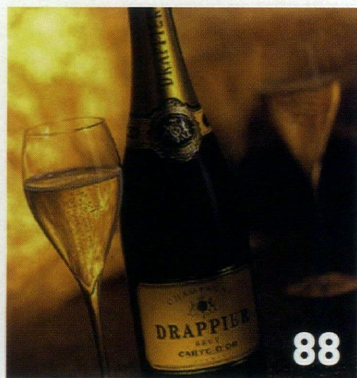
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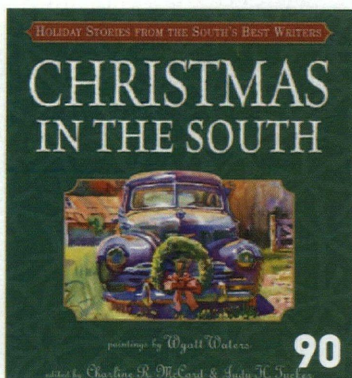
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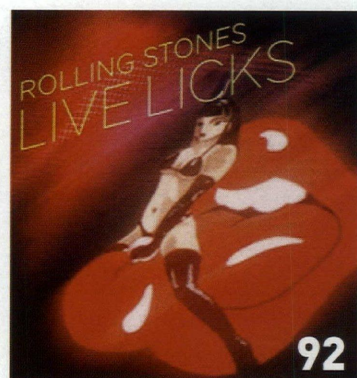
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*Into the Blue* by Tjasa Owen - at City Art Gallery, Greenville



# SECRETS OF STATE

## Precious Displays Moved to North Hills

Retail designer/store planner Sue Ramsey of Witty! & Associates knew what she was getting into when she agreed to design Jolly's Jewelers & Silversmith's new store in Raleigh's redeveloped New North Hills.

She redesigned Jolly's Cameron Village store in 1994 after it relocated there from downtown Raleigh nearly 30 years before.

And she knew first-hand how determined owner Frank Ragsdale has always been to preserve and protect the store's mahogany, brass and glass display cases and fixtures, hand-crafted for the original downtown location in 1881 and pulled in on "mule-drawn sleds," according to Ragsdale.

"We couldn't touch or move them for any of that work in 1994," Ramsey said, even though the project included the installation of a new, coffered ceiling above the cases.

Ten years later, at 123 years old, those same cases have been dismantled, packed up and trucked to North Hills, where they had to be

reconfigured to fit the non-linear design of the new space. Accommodating the original hand-crafted pieces was careful and detailed work.

But before that happened, Ramsey and Ragsdale worried mightily about how well the cases would make the trip across town. Would the vibrations along the road jar the ancient animal glue? What if the original glass was cracked?

Ramsey says she "only hyperventilated a couple of times."

Jolly's antique fixtures feature Victorian-style detailing and original brass hardware. They include nine wall units, each eight feet tall and eight feet wide; doors that operate on an old pulley system; all original glass; and seven freestanding floor cases that average eight feet long. Two safes from the early 1900s, which weigh nearly 8000 pounds, were also moved to the new store.

To facilitate the dismantling process, Ragsdale enlisted the expertise of a master craftsman with Inland Construction Company. The removal process took over two weeks, after which the fixtures and millwork were covered in shrink-wrap and carefully carted to North Hills where the jigsaw-puzzle pieces were reconstructed and installed.

The delicate move went well and the new Jolly's opened mid-November.

Along with Sue Ramsey, architects John Ramsey and Doug Kuhns, both affiliated with Witty! & Associates, designed the new store.

—Kim Weiss

## USO Alive and Well and Serving Troops

The USO is alive and well and operating in North Carolina. Best remembered as a World War II program to serve military personnel (remember the Hollywood Canteen in old movies?), United Service Organizations operates a recreation center in Jacksonville and a facility at the RDU International Airport. Bill Hudson, CEO of LC Industries, a Durham-based military supplier, donated \$25,000 last month to the RDU facility to further the airport center's services to uniformed men and women in transit during the war on terror. The gift was received in a ceremony attended by Judy Pitchford, President and CEO of the USO in North Carolina, Robert Teer, Chairman of the North Carolina USO board, and George Tuskey, Manager of the USO office at RDU—as well as other LC Industries employees, USO volunteers and military personnel. The donation is just one example of the support businesses and organizations in North Carolina are giving to our troops.

According to USO officials, their mission is to enhance the quality of life of US Armed Forces personnel and their families, create a cooperative relationship between US military communities and support civilian communities. As a non-profit organization, the USO relies solely on the support of contributors to provide services. Pitchford said centers can only be opened after a community or business has donated the facilities and funds.

"At RDU, we needed a way to get troops between Raleigh, Camp Lejeune and Fort Bragg," Pitchford said. "The airport authority was so welcoming and agreed to donate the space and facilities."

The 1550-square-foot office is furnished with reclining leather couches, a big-screen TV, a full-service kitchen, two online computers, a PlayStation and various DVDs to entertain troops while they are in transit.

"The USO is great," said PFC Robert Villamor III, a native of Lodi, CA., who has been to numerous USO centers around the country. "One time I lost my bags and went to the USO office five minutes before they closed. The lady helped me find my bags

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quickly and was so friendly even though she should have been getting ready to leave."

According to Tuskey, the RDU center also participates in Christmas parties for the children of deployed troops, and other programs of support throughout the year.

"When you see a father prying a child off his mother's leg because she has to go to war, that is the real sacrifice," Tuskey said. "We want to make sure the troops know someone cares and recognizes that sacrifice."

Mindy Hamlin, director of public relations at RDU, said the community response to the center has been overwhelming.

"We receive numerous calls each week from people wanting to volunteer or donate money," Hamlin said. "We wanted to give troops a place to go while they were waiting to be deployed instead of waiting in the terminal."

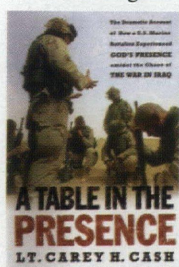
Since opening its doors just four months ago, the USO center at RDU has employed 112 volunteers and served approximately 1100 troops per month.

For more information about donating to the USO, visit the Web site at [www.uso.org/jacksonvillenc](http://www.uso.org/jacksonvillenc) or call 910-455-3411.

— Jennifer Hadra

### Marine Chaplain Recounts March to Baghdad

Lt. Carey Cash, a Navy Chaplain assigned to the US Marine battalion that led the 21-day march to Baghdad in Gulf War II, recounted



his experiences of war and faith in riveting detail for a Raleigh audience recently.

"There we were, warriors in a circle, beseeching God," Cash said to more than 400 men gathered for a luncheon at the Carolina Country Club in Raleigh. They had been invited to hear Cash by Russ Andrews, a longtime stockbroker in Raleigh who recently launched Finding Purpose: A Ministry to Men. Cash was asked by the commanding officer of the 1st Battalion, 5th Marine Regiment, 1st Marine Infantry Division, to lead a prayer before the war began, and later Cash baptized 47 Marines in one night.

Cash has also recounted his story in a book *A Table in the Presence* (W Publishing Group). Andrews purchased 400 copies to sell at the event. Within 10 minutes of Cash's closing

prayer, every book was sold.

In an inscription to one man, Cash wrote words that captured the spirit of the march to Baghdad: "Fight the Fight!"

### Crown Family Establishes Professorship to Honor Evanses

The Crown family of Chicago has pledged a gift to establish an endowed professorship at the University of North Carolina at Chapel

Hill in honor of the late Sara and E.J. Evans of Durham, longtime leaders of civic and Jewish causes.

E.J. Evans, owner of Evans United Department Stores, was mayor of Durham for 12 years (1951-1963) and played a nationally recognized leadership role in improving race relations in the city. He was for many years president of the Beth El congregation in Durham, chairman of the statewide Bonds for Israel

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campaign and president of the statewide United Jewish Appeal. An alumnus of UNC-Chapel Hill, he was active in campus affairs as a student and a member of the basketball and track teams. He later was president of the university's General Alumni Association and received the Distinguished Alumnus Award in 1972.

And the tribe continues on an upward path. Eli Evans, son of E.J. and Sara Evans, is a writer, best known for *Provincials*, his history of Jews in the South. For a time he was a politician, serving for two years as a speechwriter for President Lyndon Johnson, but then abandoned politics for philanthropic pursuits with the Carnegie Foundation. He is now head of the Revson Foundation. *Metro* magazine profiled him (September 2003) as one of the outstanding leaders featured in "North Carolinians in New York."

The Evans Professorship, based in the UNC College of Arts and Sciences' department of political science, will enhance the university's study of Israel and the Middle East



**METRO KUDOS**— *Metro* Artist-at-Large Louis St. Lewis, with solo exhibitions in Paris, New York, New Orleans and Charlotte this year, had two paintings snapped up from his recent New Orleans exhibition by The Ogden Museum of Southern Art, a Smithsonian affiliate dedicated to the promotion of Southern Art.

*Metro* readers can see Louis' art-work up-close and personal when his exhibition opens in January at Raleigh's Lee Hansley Gallery, titled: "Louis St. Lewis, BAD BOY of Southern art. The exhibition will feature some of the artist's more notorious creations as well as several collaborative works with Raleigh native Sean Yseult of WHITE ZOMBIE fame.

in conjunction with the work of the new Carolina Center for Jewish Studies.

"The Sara and E.J. Evans Distinguished Professorship honors a 50-year friendship between the Crown family and one of the extraordinary Jewish families in North Carolina history," says Sara Crown Star, a 1982 UNC graduate. "The Evanses' contributions to the Jewish and civic culture of their city and state, the university and the nation have been legendary."

### Raleigh Hall of Fame Deadline Moved to Mid-January

The Raleigh Hall of Fame, a non-profit corporation dedicated to celebrating the history of the city by honoring outstanding citizens and organizations, has extended its deadline for nominating inaugural inductees to January 15, 2005. Hall of Fame Board members are asking citizens to nominate individuals or organizations that have "elevated the stature of Raleigh." Chairman Lou Mitchell said, "We were overwhelmed with nominations—a good problem to have—but it's also given us a signal of how much careful planning is required for something like the Hall."

A new nomination form has been released to organize and simplify the nominating process, including categories for business, arts and culture, sports, science and medicine, and others. The existing ballot may still be used, but the new forms can be found in the December and January issues of *Metro* magazine, Wake County libraries, the Chamber of Commerce, the City of Raleigh and other various locations. The ballot can also be retrieved online from the Raleigh Hall of Fame Web site, [www.raleighhalloffame.org](http://www.raleighhalloffame.org).

Send requests for information to [info@raleighhalloffame.org](mailto:info@raleighhalloffame.org). Address the nomination forms and supporting documentation to:

**Raleigh Hall of Fame**  
Attn: Selection Committee  
4301 City of Oaks Wynd  
Raleigh, NC 27612

The inaugural induction ceremony remains scheduled for May 5 at the Raleigh Civic and Convention Center. The Hall of Fame is accepting sponsorship participation at several levels for the gala evening. If interested, contact Lou Mitchell 919-782-1984. Inductees will be recognized in a permanent display with a separate section honoring the city's founders and mayors since 1792, the year Raleigh was founded.

### Duke's "Wallter" Climbs to International Robot Fame

Wallter the climbing robot, built by a Duke University engineering team, was a popular guy at the seventh annual International Conference on Climbing and Walking Robots held in Madrid recently. He was the smallest, fastest and arguably the most charismatic, but more importantly he climbed to the top and walked away with first prize in the student competition.



Wallter, A wall-climbing robot created by a Duke University team, climbed his way to first prize in international competition. Student team members pictured with Wallter are top left, Andrew Meyerson; top right, Julien Finlay; bottom center, Kevin Parker.

Jason Janet, an adjunct professor in Duke's electrical and computer engineering department and faculty advisor on the robotics project, said the Madrid competition expressed the growing importance of climbing robots.

"Robots that climb walls and cross ceilings can go where humans can't," Janet said. "They can do security and safety jobs like looking for bombs or finding cracks in a support beam or the wing of a jumbo jet."

The Duke team's leader was Brian Burney, a staff member at Duke's Pratt School of Engineering and graduate student at North Carolina State University. Other team members were Pratt School undergraduates Kevin Parker, Andrew Meyerson and Julien Finlay.

### DonorsChooseNC Provides Focus To Christmas Giving

If you'd like to place your money where the needs are this Christmas season, think of DonorsChooseNC, which allows teachers to submit proposals for any resource that would enhance learning. To participate in DonorsChoose, go to [www.donorschoose.org](http://www.donorschoose.org) —and get connected to classrooms in need.



# RALEIGH HALL OF FAME 2005 Nomination Form



**To be considered for the 2005 Raleigh Hall of Fame, nominees must meet the following criteria:**

1. Candidate must have made a significant and worthy contribution to Raleigh.
2. Candidate may be living or deceased and must have been or is currently a resident of Raleigh at some point in his or her lifetime.
3. Raleigh organizations are also eligible for nomination.
4. The enduring value of achievement(s) and lasting importance of contribution(s) should have stood the test of time.
5. The achievements or contributions of the nominee must have occurred ten or more (10+) years ago.
6. **Nominations must be received by January 15, 2005.**



**RALEIGH**  
HALL OF FAME



Submit a statement to explain the significant and worthy contribution this candidate has made to Raleigh. This should be no more than two pages, double-spaced. Please include any pertinent biographical information that supports consideration of this candidate. Additional supporting material that can be documented and directly attests to the candidate's contributions, achievements and character may be included. Supporting letters of recommendation will be accepted. All materials will become property of the Raleigh Hall of Fame, Inc. and will not be returned.

**Please submit ten (10) copies of the completed nomination form by January 15, 2005 with supporting documentation to:**

**RALEIGH HALL OF FAME  
Attention: Selection Committee  
4301 City of Oaks Wynd  
Raleigh, North Carolina 27612**

*Living selected nominees will be asked to sign a statement of release of confidentiality to have their names posted in a public place.*

## OUR MISSION

*The **Raleigh Hall of Fame, Inc.** is a nonprofit corporation dedicated to celebrating the proud history of the City of Raleigh by honoring its outstanding citizens and organizations.*

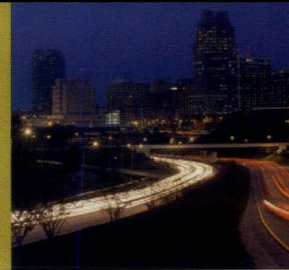
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For additional information, email [info@raleighhalloffame.org](mailto:info@raleighhalloffame.org) or visit online at [www.raleighhalloffame.org](http://www.raleighhalloffame.org).

Photography provided courtesy of Greater Raleigh Convention and Visitors Bureau.



# RALEIGH HALL OF FAME 2005 Nomination Form



## Please Nominate Within The Categories Below:

Business \_\_\_\_\_ Arts & Culture \_\_\_\_\_ Science & Medicine \_\_\_\_\_ Sports \_\_\_\_\_ Other \_\_\_\_\_

### NOMINATION OF AN INDIVIDUAL:

Name of Candidate \_\_\_\_\_

Date of Birth \_\_\_\_\_

If Living, Current Address \_\_\_\_\_

Phone Number \_\_\_\_\_

If Deceased, Date of Death \_\_\_\_\_

Please list any descendants, along with their address and phone numbers if possible (use separate sheet, if additional space is needed) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### NOMINATION OF AN ORGANIZATION:

Name of Organization \_\_\_\_\_

Date when First Organized \_\_\_\_\_

Name of Contact Person \_\_\_\_\_

Current Address \_\_\_\_\_

Phone Number \_\_\_\_\_

### NOMINATION SUBMITTED BY:

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Cell Phone Number \_\_\_\_\_

Email Address \_\_\_\_\_

### NOMINATOR TO READ THE FOLLOWING AND SIGN:

*I hereby attest, to the best of my ability, the accuracy of the information included in this nomination form.*

Signature \_\_\_\_\_ Date \_\_\_\_\_

#### OUR MISSION

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## BIRTHING CENTERS KEEP MOMS, BABIES TOGETHER BY RICK SMITH

**K**athryn Doggett had endured the heart-break of two separate pregnancy losses when she learned that trouble threatened her unborn twins.

"After two losses, we were monitoring things very closely," said Doggett. One of the twins was much smaller than the other. Plus, the smaller baby was positioned for a breach birth.

Kathryn was admitted to the Women's Pavilion & Birthplace at Wake Med in Raleigh where for days the staff confined her to strict bed rest. The Birthplace is a symbol of the new trend in hospital deliveries—suites and expanded surgical and neonatal facilities designed to help improve deliveries and keep moms and babies together at all times. But not all was joy and light for Kathryn. After five days of treatment to delay premature birth and to strengthen the lungs of the twins, the decision was made: Despite being seven weeks short of full term, the babies had to be delivered, and a Caesarian section would be required. "A vaginal birth would be too traumatic for her," Kathryn recalled of the smaller twin. Mother and father-to-be (husband Mark), braced themselves. "They had prepared us for possible problems. The twins were so premature."

Despite the many advances made in medical science and care, infant mortality remains a consistent threat. In an average week in North Carolina, 300 babies are born pre-term. Nearly 20 will die before reaching their first birthday. The numbers are far better than 30 years ago, state Center for Health Statistics show, when 1864 infants died. But the number of pre-term births has climbed to 13 percent in the state, up from 12.5 percent in 1990.

All through the process, Kathryn remained confident, helped in part by the advice, treatment and personal attention from the birthing center staff.

"The nurse would hold my hand," she explained. "They made me as comfortable as possible. I just felt I always was with good friends—and the twins would be in very good hands."

On July 3, Ann (4 pounds, 5 ounces) and Lauren (3 pounds 8 ounces) were born.

The birthing challenges were far from over for the Doggett family, however. Because the twins were so small and premature, they were

kept in the neonatal intensive care unit. Over the next two weeks, Kathryn spent as much time as possible with her babies in the ICU, participating in the feeding and developing the bonds of mother-to-child as the girls gained weight, learned to nurse, and eventually maintained consistent body temperature.

"They really prompted me to do as much as possible with the girls," Kathryn said, recalling with special fondness the first time she was able to bathe them.

Four months later, the parents are able to relax a bit and talk about doubling in one day the size of their family.

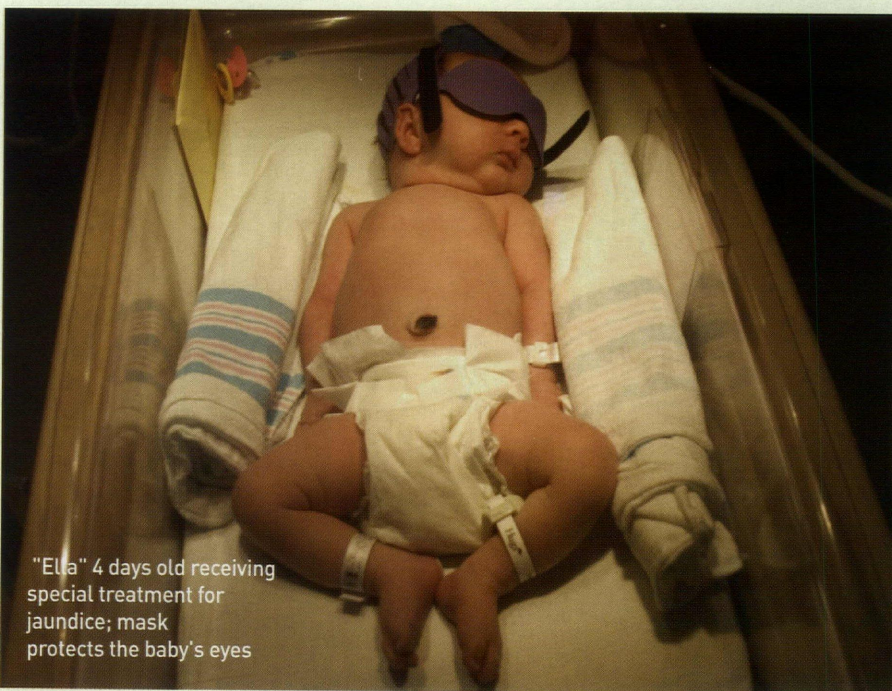
"Now we have two healthy babies," said

said she received it. "They kept sending doctors to talk to me. I was concerned that the girls were coming so early. In everything the staff did, they tried to ease my fears. I got the impression that they really cared."

### COMPETING FOR BUSINESS

The Women's Pavilion & Birthplace at Wake Med's Raleigh facility, and a similar one at its Cary hospital, are just two of the new, cutting-edge birthing centers in the Triangle and Eastern North Carolina.

Competing for business with them are Rex Hospital, UNC Hospital at Chapel Hill, Duke Hospital, Greenville's Pitt County Memorial



"Ella" 4 days old receiving special treatment for jaundice; mask protects the baby's eyes

Mark. "This was a surreal experience. It doesn't really hit you until you get back home after they were in the hospital for two weeks. After a while, I began to realize what ICU was all about."

The Doggetts agreed that they were well prepared for the birthing experience despite the many challenges. They had gone through birthing classes together, and their doctors and nurses kept them well informed. "We were confident everything would be OK," Mark said. "We were confident about Wake Med. They gave us a lot of confidence. They did have to tell us the negative things and to prepare us for the worst. But they didn't dwell on it."

Whenever she needed support, Kathryn

Hospital and Wilmington's New Hanover Regional Medical Center. Each offers facilities that are "warm and friendly" with the latest in features and technology—such as 3-D ultrasound and care—for tending to high-risk births to neonatal intensive care units. Special recovery rooms enable mothers and babies to stay together even after a Caesarian delivery, rather than each being sent to separate rooms. Some hospitals also make midwife services available as an option. Sinks are designed as baby baths.

"These centers are wonderful," said Dr. Haywood Brown, an obstetrician and gynecologist who chairs the Ob-Gyn program at Duke University. "They allow the woman a





choice when it comes to creating an environment for her and her child and family.

"On the other hand, we also want to make sure that the mother and child who need access to specialized care can get it. We do more than provide a setting."

The provision of ambience and services is evident at the various centers.

At both of Wake Med's facilities, mothers-to-be can be placed in large suites equipped with fetal monitors, Jacuzzi tubs, a sofa bed or

reclining chair for the husband or partner of the mother, an entertainment center, and place to keep newborns close by. For babies who have to go to an ICU, such as the Doggett twins, staffs strive to give mothers as much access as possible.

Monica Blochowiak, the nurse manager in Cary's pavilion, has a special interest in making sure mothers and babies receive the best of care. Both of her children have been delivered by Caesarean section.

"The concept behind the pavilion is to keep the mother and baby together as much as possible," Blochowiak said during a tour of the facility, which underwent extensive remodeling in 2003. She pointed out that the main hall has been designed to resemble a park, enabling parents to walk with their babies in a sun-filled atmosphere. Mothers giving vaginal birth stay an average 48 hours; those delivering by C-section typically stay three days, she said.

But longer stays may be required for premature babies, or those born with other health problems. The Cary pavilion has eight beds set aside to handle pre-term births. Babies born at less than 32 weeks are either delivered at the Raleigh hospital or delivered and stabilized at Cary then transported to its sister facility.

Hospitals also provide additional services, such as support groups. Both Wake Med facilities offer a "boot camp for dads" to prepare them for parenthood. "Baby Steps" is a program where new moms can discuss challenges and offer support for everything from breastfeeding to returning to work. At Rex, a group called "Moms Helping Moms" assists mothers in dealing with postpartum depression.

#### INTENSE, PERSONAL CARE

Neonatal ICU care is very focused. Nurses fill the unit, watching the miniscule children, making sure they are warm and checking on monitors attached to their bodies. Under a special light with eyes covered by a special mask, baby Ella receives treatment for jaundice. Although born at full term, Ella had to spend several days in the ICU.

Nearby, Pam Morrow nurses her first child, Daniel Craig Morrow, who was delivered prematurely at a weight of 3 pounds, 13 ounces.



Pam Morrow nurses her first child, Daniel Craig Morrow

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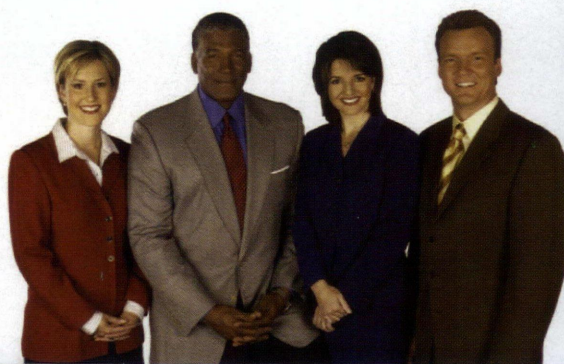
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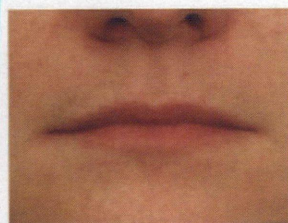




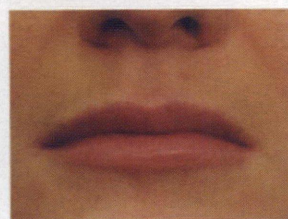


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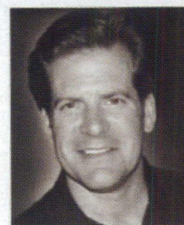


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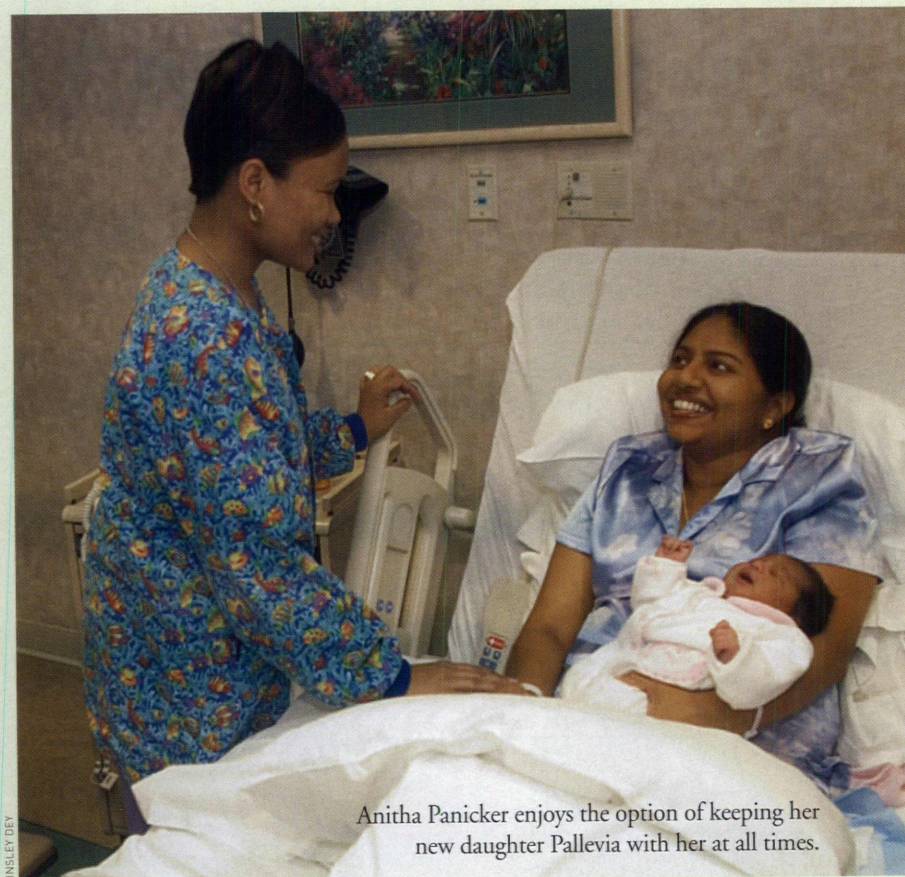
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*Dr. Michael Law grew up in Raleigh. He practiced aesthetic surgery in Beverly Hills until opening a Raleigh practice in 2003. He has returned home with his wife Kile to raise their family. Their toddler son Luke is expecting a younger brother in December. Dr. Law is the only solo practice plastic surgeon voted among the best in the Triangle by Metro Magazine 2003 & 2004. Dr. Law still sees many patients from Beverly Hills & from all parts of the country. He has been featured in national magazines & news reports but has declined invitations to participate in plastic surgery reality shows.*



Anitha Panicker enjoys the option of keeping her new daughter Pallevia with her at all times.

He's now "almost 4 pounds, 6 ounces," Pam says, a smile crossing her face.

Daniel had to be delivered on Oct. 15—one day short of 32 weeks in term—by Caesarean Section when Pam developed preeclampsia, a condition that can constrict blood vessels and cut flow to the baby through the umbilical cord.

"They are doing a wonderful job," Pam said of the Cary staff.

In one of the postpartum rooms at Cary, Anitha Panicker posed for photos with her new daughter, Pallevia. She said one of the reasons she chose to give birth at the Wake Med facility was the option to keep Pallevia with her at all times.

"It is much better to keep her with me," Anitha said. "We are so happy. The way they take care of you here is wonderful, and I can enjoy the baby more."

More facilities are being added for moms. The Wake Med facility in Raleigh is adding a new 8-bed triage unit that will open next summer. At Rex, a new infertility clinic is coming online as part of urogynecological and endocrinological services being added through the UNC Healthcare System.

But the bottom line for parents and babies is the type of care they receive, not the amenities, said Susan O'Dell, who is the director of women's and children's services at Rex.

"The most important things are to provide good healthcare and good nursing," O'Dell said. "We exerted a lot of effort in recent years to be sensitive, to have a patient and her family tell us what they wanted and adjust with them. For example, some mothers don't ever want to be separated from their babies. Rather than taking the babies to the nursery for bathing or warming, we have created a process so the mom and baby won't be separated."

Mark Doggett, the father of the new twins, also stressed the importance of the personal touch.

"I was nervous and anxious," he said, recalling the moments before Kathryn was taken into surgery. "The nurse led us in a small prayer. You never know how these surgeries will go. Something can go wrong. I really appreciated the prayer." **MM**



Monica Blochowiak





## OBSTETRICIANS SEEK TO AVOID A MALPRACTICE TRAIN WRECK

BY RICK SMITH

**T**hroughout the 2004 presidential election campaign, President Bush criticized trial lawyers' "frivolous" lawsuits for the declining numbers of physicians practicing as obstetricians and gynecologists.

"Too many good docs are getting out of the business," said Bush, who frequently used North Carolina Senator John Edwards, a former trial lawyer who won a famous \$25 million settlement, as a target for his complaints. "Too many Ob-Gyns aren't able to practice."

Political hype?

Statistics indicate not.

An example of the trend is Dr. Warner Hall, an Ob-Gyn who grew up in Raleigh, took early retirement in 1998 out of frustration from dealing with skyrocketing malpractice insurance rates and not being able to make his own decisions as part of a larger practice.

"I didn't need a malpractice train wreck," he recalled. Hall is far from alone. "I stay in touch with many other OBs. They are retiring. They are getting out earlier than they originally planned. The male obstetrician is a dying breed. More women are becoming OBs, but they are starting their own practices and not staying full time in practice as long as they did in the past," he said, adding a warning that

"there is a developing shortage."

The American College of Obstetrics and Gynecology (ACOG) said in 2003 that 75 percent of its members have been sued. A majority of respondents to a survey by that group said, "Liability concerns will shorten their career." Of those who responded, 14 percent

quit their OB practices, choosing to practice only as gynecologists.

Dr. Charles Hammond, past president of the ACOG and a physician at Duke University, warned a year ago that Ob-Gyns faced a crisis and that women's healthcare would suffer as a result.

### SURGING INSURANCE RATES

Malpractice insurance rates for obstetricians/gynecologists have skyrocketed over the past decade, and the trend is expected to continue, according to Medical Mutual Insurance of North Carolina, a doctor-owned insurance firm.

Here are quotes for base rates OB-GYNs pay versus other specialties:

#### Obstetricians and Gynecologists:

1995: \$40,000  
2004: \$80,000  
2008 (Projected): \$150,000

#### Neurosurgeons:

1995: \$35,000  
2004: \$72,000  
2008 (Projected): \$110,000

#### General surgeons:

1995: \$17,000  
2004: \$47,000  
2008 (Projected): \$91,000

#### Family practitioners:

1995: \$4,000  
2004: \$10,000  
2008 (Projected): \$18,000

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"Fewer Ob-Gyns means longer travel times to find a doctor, perhaps out of state; longer waiting periods for appointments, yet shorter quality time with one's doctor; less access to screening and special procedures; and a shrinking pool of Ob-Gyns to choose from, as we begin to lose residency training programs in women's health care," he said.

Hammond, who chaired the department of obstetrics and gynecology at Duke before taking the ACOG post, has called for bi-partisan reform efforts.

"Even the best Ob-Gyns will be sued at least once and typically will experience 2.5 medical liability claims throughout their career," he said. "Although half of all claims will be dropped or settled without payment and Ob-Gyns win more than two thirds of the cases that do go to court, nuisance lawsuits drive up the cost of health care for all women and keep the best physicians out of the labor and delivery room."

The legal fallout is definitely being felt in the college classrooms and hospital residency ranks.

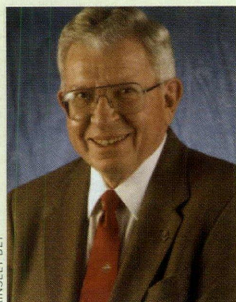
Last year, U.S. medical schools reported that 68 percent of Ob-Gyn slots were filled by US graduates—the lowest percentage ever, according to the Health Coalition on Liability and Access, which is fighting for lawsuit, or tort, reform. Nine percent of Ob-Gyn slots went unfilled, and the remaining 23 percent went to graduates of foreign medical schools. Seventy-five percent of practicing Ob-Gyns are women, according to the doctor's association.

## STUDENTS WEIGH BENEFITS, RISKS

Spokesmen for the University of North Carolina at Chapel Hill and Duke University medical schools said Ob-Gyn slots at those schools remain full. But the warning signs about problems with future recruiting are there as well as for doctors already practicing, said Dr. Haywood Brown, who replaced Hammond.

"No question, the liability climate is a deterrent to students," Brown said. "It's also a challenge to those currently in practice. They are leaving obstetrics in vast numbers."

Dr. Robert Cefalo, interim chair of the Ob-Gyn department at UNC, pointed out that the specialty's appeal remains strong. "We had 12 of 160 medical students who wanted to become Ob-Gyns despite the high premiums, the high litigation rate and the early retirements in the field," he said. "It requires a very different lifestyle, yet we have students who are



KINSLEY DEY

attracted to Ob because they feel it is the only surgical specialty where they have a continuity of care with a patient.

"All the students were interviewed and wrote letters about why they wanted to become OBs. They emphasized the continuity of care for a woman for life. If they establish such relationships, they said that would outweigh any negatives."

## PRACTICING DEFENSIVE MEDICINE

One major negative is cost of insurance. In 2004, Ob-Gyns in North Carolina will pay an average of \$80,000 a year for malpractice coverage, according to David Susa, a former attorney who spent 16 years defending doctors and is now general counsel at Medical Mutual Insurance of North Carolina, a malpractice insurance carrier that is owned by and insures physicians. That's double the base rate of 1995.

"If these trend lines continue," Susa warned, "By 2008, the premiums will go to \$150,000 a year."

Threats of lawsuits also affect the way many Ob-Gyns practice.

Hall recalled that he did not like having to practice defensive medicine and having decisions taken out of his hands as part of a larger practice. (In the Ob-Gyn survey, nearly half were part of group practices.) Statistics from the National Center for Health Statistics show that 26 percent of all babies born are through Caesarian section, a record high, as doctors choose to avoid vaginal births that might produce complications.

"It's very frustrating when you do everything right, something turns out wrong and you get hung out to dry in court," Hall said.

Susa pointed out that cost pressures—from low reimbursement rates to malpractice costs and increased costs to operate a practice—is forcing Obs to work more hours and see more patients. The Ob-Gyn group survey found that respondents were working an average of 67 hours a week.

"Across the board, physicians are being pressured to see more patients, and it doesn't take

"I stay in touch with many other OBs. They are retiring. They are getting out earlier than they originally planned. The male obstetrician is a dying breed. More women are becoming OBs, but they are starting their own practices and not staying full time in practice as long as they did in the past."

—Dr. Warner Hall

a rocket scientist to figure out that when you ask physicians to increase patient load, the risk of making a mistake goes up," Susa said.

He also pointed out that doctors are ordering more expensive procedures to protect themselves from liability.

"They are practicing probably the highest level of defensive medicine I have seen in a career spanning 25 years," Susa said. "They are making more referrals, ordering more tests and bringing in more specialties. They simply can't afford to have some personal injury lawyer accusing them before a jury of not taking one step that could have prevented a problem."

The costs of settlements are increasing as dramatically as insurance rates. NC Medical Mutual has paid out \$34 million in settlements in 2004, up from \$9.65 million in 1995, Susa said. In 2001, malpractice suits statewide produced \$75 million in payouts, according to the weekly Raleigh-based Lawyers Weekly newspaper. The figure dropped to \$58 million in 2002. In 1990, suit payouts were \$15.8 million.

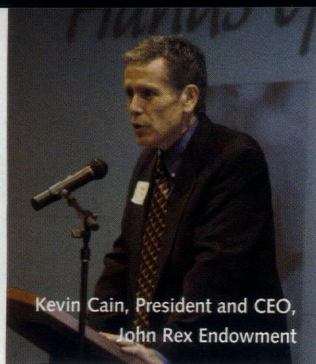
## THE NEED FOR "TAIL" COVERAGE

Although retired for six years, Hall still faces the threat of lawsuits. Parents have until their children reach the age of 21 to sue, so Ob-Gyns need to carry so-called "tail" insurance that remains in effect until those age limits have passed. These policies can cost \$150,000, according to Susa.

Hall was sued twice—one 18 years after delivery, the other 21 years later. The second suit involved a Caesarian delivery of a child that developed cerebral palsy. Hall had assisted in the delivery.

"Obs are getting sued for bad results," Hall said, referring to cerebral palsy. "Plaintiff's lawyers can always find a hired gun that will say this (birth) should be been done as a Caesarian. The percentage of Caesarians has skyrocketed, but the incidents of cerebral palsy remain the same. If you deliver a cerebral palsy baby, you are guilty until proven innocent." **MM**





Kevin Cain, President and CEO,  
John Rex Endowment

# Hands of Health

## John Rex Endowment:

## A 'HELPING HAND' FOR CHILDREN'S HEALTH



Ann Goodnight, Board Chair of the John Rex Endowment, presents Peter J. Morris, MD, MPH, with the first annual Hands of Health Award.

and highlighted key indicators, including access to health care, dental health, abuse and neglect, childhood obesity and low birthweight. A copy of the report is available at [www.rexendowment.org](http://www.rexendowment.org).

"The John Rex Endowment funds projects that offer innovative ways to tackle the significant health issues affecting the well-being of today's youth," said Cain. "The success of the projects we fund is due in large part to the work of exceptional individuals."

To recognize individuals who bring innovation to their work in children's health, the John Rex Endowment established the annual Hands of Health Award. During the event, Peter J. Morris, MD, MPH, medical director for Wake County Human Services and pediatric intensivist at WakeMed, was honored as the first Hands of Health Award recipient. "Colleagues say that Peter's ability to get

people and organizations to work together makes him one of Wake County's greatest assets," said Ann Goodnight, board chair of the John Rex Endowment, who presented him with a specially commissioned bronze sculpture. The John Rex Endowment will also contribute \$10,000 to a charitable organization designated by Dr. Morris.

Pam Davis, Winnie Lewis and LaToya Jefferys of Communities in Schools of Wake County.



**I**ncreasing access to care for at-risk children in our community will improve their health and enhance their ability to succeed in life.

On October 26, during Child Health Month, over 100 health leaders gathered at the first annual John Rex Endowment Hands of Health event at Exploris to acknowledge the health problems facing children in our community and to celebrate the accomplishments of individuals working to solve them.

"Bringing everyone to the table to reflect and celebrate is our way of encouraging collaboration and applauding the progress we've seen during our initial years of funding child health programs," said Kevin Cain, president and chief executive of the John Rex Endowment. "We hope the annual Hands of Health Award and gathering will serve as a catalyst for new ideas and increased attention to the health of children in our community."

To give attendees a picture of the health status of local children, Tom Vitaglione, senior fellow at the North Carolina Child Advocacy Institute, presented the Wake County Child Health Report. The data illustrated health trends

The **JOHN REX ENDOWMENT** invests in the development and support of activities, programs and organizations that improve the health and well-being of underserved people in Wake and surrounding counties. In its initial years the Endowment is supporting visible and measurable improvements in the health of children by improving access to health services; by promoting healthy behaviors, and by providing children with opportunities for growth and development.

The John Rex Endowment was established as an independent organization in 2000 when the UNC Health Care System acquired control of Rex Healthcare. To date, the Endowment has committed nearly \$7.5 million to help fund 20 programs addressing children's health in Wake County.

The Children's Access Program, which is the largest grant project funded by the John Rex Endowment, has produced real results over a short period of time. Enrollment figures show a 25 percent increase in Wake County children (8,000 more children) enrolled in public health insurance between June 2002 and June 2004.

The John Rex Endowment is accepting grant proposals and inquiries. For information, contact McAllister Myhra at 919-835-3565 or visit [www.rexendowment.org](http://www.rexendowment.org).





## Moms Supporting Moms

# SUPPORT GROUP AT REX FIGHTS POSTPARTUM DEPRESSION

BY RICK SMITH

**A**nne Wimer is a battle-scarred veteran of the fight against postpartum depression (PPD), and she is strongly committed to helping other new moms deal with the problems she often had to fight alone.

"I had panic attacks. I couldn't sleep. I couldn't eat," Wimer recalled. After giving birth to two sons—now ages 9 and 7—she was stunned and surprised as PPD hammered her with feelings of "guilt and depression ... I just wasn't myself at all.

"With both kids, I had felt great all through the pregnancies and the labor was fine, but within a few days after delivery, I just had severe symptoms of anxiety," explained Wimer, who lives in Cary. "I spiraled into depression. I didn't really get any help when my first son was born, and I got through it, but it took three months.

"With my second son, I wanted to be prepared. I had a great obstetrician (Dr. Mark Zimmeran, who delivered the baby at Rex

Hospital). We had a plan if PPD happened again, which unfortunately it did."

Part of Wimer's plan was to join a support group, an addition to medication and therapy. Unfortunately, the closest group was in Durham. As a result, she started Moms Helping Moms at Raleigh's Rex Hospital. Earlier this year she joined other volunteers and professionals to expand its reach. The new Moms Helping Moms group meets twice a month.

"The reason I wanted to start a group is that I really wanted something positive to come out of the experience I had," Wimer said. "It's much harder to go through this by yourself. My hope is that other mothers will get help sooner. It helped me to recover. It definitely helps having someone to listen to you, someone who has been through PPD and can offer some suggestions."

The specific causes for PPD, which afflicts as many as 20 percent of new moms, remain a mystery, according to the National Women's

Health Information Center. The NWHIC is part of the US Department of Health and Human Services.

"Hormonal changes in a woman's body may trigger its symptoms," the agency has reported. "During pregnancy, the amount of two female hormones, estrogen and progesterone, in a woman's body increases greatly. In the first 24 hours after childbirth, the amount of these hormones rapidly drops and keeps dropping to the amount they were before the woman became pregnant. Researchers think these changes in hormones may lead to depression, just as smaller changes in hormones can affect a woman's moods before she gets her menstrual period."

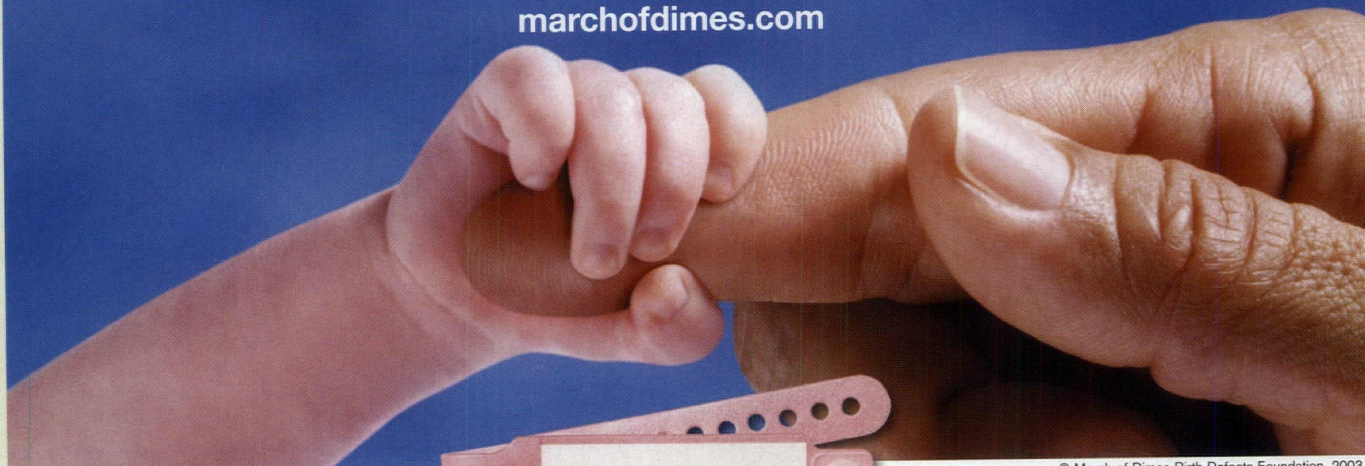
Dr. Myra Teasley, an obstetrician and gynecologist, who is vice chair of the OB-GYN department at Rex, leads the group of facilitators. Kathryn Grubbs, a Cary resident who earned her Masters as a counselor at East Carolina University, also participates. The

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### MORE THAN "BABY BLUES"

Grubbs endured PPD following the births of three of five children—at a time when PPD was largely described as “baby blues.”

“Very little was said about it at the time,” Grubbs said, looking back 30 years. “I was told you will have a blue period and then you will be better. My problems really surfaced more as anxiety and inability to sleep. With the second and third, I had to take Valium to sleep. I pretty much had to get by talking with friends, my mother, and having medication. Now, the treatments have changed. We’re getting better, and we talk about PPD more openly.”

Grubbs wrote a letter to Dr. Teasley a year ago saying she was interested in helping start a group at Rex. Wimer said she was recruited to become part of a larger organization. “I had been doing this as a one-man band. I decided I wanted to become part of a bigger group.”

On average, four to five moms are showing up for the sessions, which take place in the Rex Birthing Center. Fathers are invited as well.

“This is very gratifying,” Grubbs said of the group. “I have done counseling before, and I also have experienced PPD. I feel like it is very beneficial to help women through very difficult times.

### SIGNS OF POSTPARTUM DEPRESSION

According to the National Women’s Health Information Center, the signs of postpartum depression include:

- Feeling restless or irritable
- Feeling sad, depressed or crying a lot
- Having no energy
- Having headaches, chest pains, heart palpitations (the heart beating fast and feeling like it is skipping beats), numbness, or hyperventilation (fast and shallow breathing)
- Not being able to sleep or being very tired, or both
- Not being able to eat and losing weight
- Overeating and gaining weight
- Having trouble focusing, remembering, or making decisions
- Being overly worried about the baby
- Not having any interest in the baby
- Feeling worthless and guilty
- Being afraid of hurting the baby or yourself
- Taking no interest or pleasure in activities, including sex

“It’s a place where moms can come and share their feelings of anxiety, depression and trepidation about being a new parent. It’s very powerful to hear somebody talking who has walked in your shoes. You think to yourself, ‘Oh my gosh, I feel the same way.’ You don’t feel like an odd ball or a failure.”

Wimer stressed that Moms Helping Moms encourages mothers to confront and deal with their problems.

“Talk to your doctor, seek a mental health provider,” she said. “My hope is that the group will help mothers start getting help sooner.”

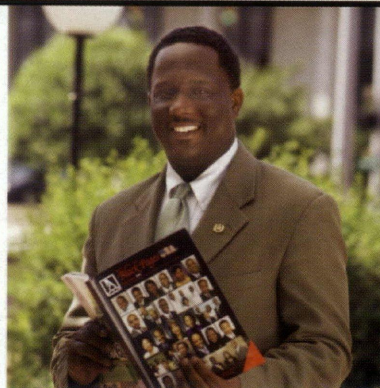
### HOW MOMS CAN FIGHT

The NWHIC breaks down psychological problems affecting new mothers into three areas:

- **The “baby blues,”** which often includes sudden mood swings and can last for up to two

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## WHERE TO GET HELP

The US Department of Health and Human Services recommends the following agencies and groups as sources of information to fight postpartum depression:

### National Women's Health Information Center

Phone: 800-994-9662

Web site: [www.4woman.gov](http://www.4woman.gov)

### National Institute of Mental Health

Phone: 301-496-9576

Web site: [www.nimh.nih.gov/](http://www.nimh.nih.gov/)

### Depression after Delivery Inc.

Phone: 800-944-4773

Web site: [www.depressionafterdelivery.com/](http://www.depressionafterdelivery.com/)

### Postpartum Education for Parents

Phone: 805-564-3888

Web site: [www.sbpep.org](http://www.sbpep.org)

### American Psychological Association

Phone: 800-374-2721

Web site: [www.apa.org](http://www.apa.org)

### American College of Obstetricians & Gynecologists (ACOG)

Phone: 800-762-2264

Web site: [www.acog.com](http://www.acog.com)

weeks but does not always require treatment.

- **Postpartum depression**, which can happen within a few days or even months after childbirth—and not just with a first child. “When a woman’s ability to function is affected, this is a sure sign that she needs to see her health-care provider right away,” according to the NWHIC. “If a woman does not get treatment for PPD, symptoms can get worse and last for as long as one year. While PPD is a serious condition, it can be treated with medication and counseling.”

- **Postpartum psychosis**, which the NWHIC described as “a very serious mental illness” can include auditory hallucinations and delusions, visual hallucinations, insomnia and anger. “Women who have postpartum psychosis need treatment right away and almost always need medication,” the agency said. “Sometimes women are put into the hospital because they are at risk for hurting themselves or someone else.” (Andrea Yates, who drowned her five children in 2001, is perhaps the best-known recent case of postpartum psychosis.)

Joining a support group such as Moms Supporting Moms is one of several recommendations from the NWHIC. Other steps include:

- **Get good, old-fashioned rest.** Always try to nap when the baby naps.

- **Stop putting pressure on yourself** to do everything. Do as much as you can and leave the rest. Ask for help with household chores and nighttime feedings.

- **Talk to your husband, partner, family, and friends** about how you are feeling.

- **Do not spend a lot of time alone.** Get dressed and leave the house—run an errand or take a short walk.

- **Spend time alone with your husband or partner.**

- **Talk to your health-care provider** about medical treatment. Do not be shy about telling them your concerns. Not all health-care providers know how to tell if you have PPD. Ask for a referral to a mental health professional who specializes in treating depression.

- **Talk with other mothers**, so you can learn from their experiences.

“Giving birth is a joyful time,” Grubbs said. “It can also be a stressful time.” Moms Helping Moms is there to help, she added, noting that with each meeting she is seeing progress among the new mothers. “Some people were a little reticent at first. They are starting to open up, and things are getting better.” **MM**

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## Improving Health Care for Women and Their Babies

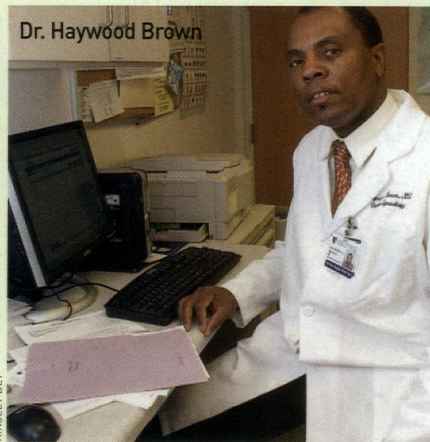
### "THRILL" OF NEW LIFE STILL EXCITES DUKE'S TOP OB-GYN BY RICK SMITH

**D**r. Haywood Brown's job description as chair of obstetrics and gynecology at Duke University doesn't list cheerleading as a requirement, but he still likes to lead the cheers for his chosen profession.

"Every day, I get a thrill," said Brown, a 51-year-old native of the small northeastern North Carolina town of Pantego. "I tell my students and my residents that if you can't get excited about bringing new life into the world and watching the joy on the parents' faces and participating in cutting the cord, that if you are not filled with just utter joy and your heart races each time you do then it's probably time to think about doing something else."

Despite the challenges facing Ob-Gyns today, from increasing malpractice lawsuits to soaring premiums, Brown is filled with enthusiasm as he strives to improve health care for women and their babies.

"I became fascinated with Ob-Gyn as a resident at the Wake Forest University Medical School. I really connected with it, and I knew that's what I wanted to be," recalled Brown, who attended undergraduate school at North



Carolina A&T. "It was very diverse, very challenging and one of the things that fascinated me was the health of pregnant women, especially the under-served women, the minority women."

"I wanted to do more than to just take care of people. I wanted to find answers about how to take better care of them and especially in obstetrics to improve outcomes."

True to that commitment, Brown, who is

black, has focused both as a physician and a researcher in maternal and fetal health. He practiced in Indiana for 12 years before being named the chair of Duke's Ob-Gyn program, replacing Dr. Charles Hammond in 2002. Brown was a professor of obstetrics, gynecology, medical and molecular genetics at the Indiana University of Medicine and directed the Ob-Gyn residency program at St. Vincent Hospital in Indianapolis. Brown also served as the first black president of the Society for Maternal-Fetal Medicine and is a director of the American Board of Obstetrics and Gynecology.

#### FACING "MANY CHALLENGES"

Brown has conducted research into maternal mortality and prevention of premature births along with the Centers for Disease Control and the American College of Obstetricians and Gynecologists. He has been impressed with the advances made in obstetrics over the past 30 years, such as dramatic improvement in infant mortality. For example, in North Carolina the rate dropped to 8.2 per

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**Samuel T. (Ted) Oliver, Jr.**  
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1000 live births in 2003 from 21.7 in 1973.

However, 75 infants die per day in the United States, and the country ranks 29th in the world in infant mortality, according to CDC statistics. North Carolina ranks 39th among the 50 states, according to the America's Health report that was published recently by the United Health Foundation. Overall, the report said the US rate has leveled off since 1998 rather than continuing to improve.

"There are still many challenges," Brown acknowledged. "We have made significant improvements in neo-natal survival. Babies that are born very early and survive do OK. But we haven't done as well in preventing babies from coming too early."

Citing federal statistics, the March of Dimes recently reported that 1300 babies a day are born prematurely in the United States. In all, 12.1 percent of live births—or 480,812—were not carried to term in 2002.

Research continues into why women, especially among the poor, the less nourished, those who smoke and those who become pregnant at a very young age, give birth prematurely, Brown said. "We're also beginning to learn that stress is a factor. It makes sense that if you are worried about how to feed your children or you don't have a spouse or are worried about vio-

lence that these factors would affect pregnancy. Stress is harmful for all of us, but especially so if you are pregnant."

Published research documents Brown's concerns. A study by the North Carolina State Center for Health Statistics found that mothers who smoked during pregnancy had "nearly twice the risk of an infant death or low-weight babies." Sudden Infant Death Syndrome rates were "more than five times as high" for the children of mothers who smoked.

"Smoking and smoking cessation is a major area of my research," Brown said. "We need massive campaigns to help women to stop smoking before they get pregnant or at least stop during the pregnancy. This is one of the leading preventable causes of pre-term birth."

Another state study reported that maternal deaths had declined to 12.3 per 100,000 live births in 1999 compared to 774 per 100,000 in 1916. But the study noted that "persisting, still large discrepancies in maternal mortality among various demographic groups indicate the potential for further prevention."

Rates of death were highest among black women ages 20 and higher, and women with high school education or less.

Minorities also suffered the largest number of infant deaths per 1000 births—14.0 in 2003

compared to 5.9 for whites.

## ADVANCES BEING MADE

At Duke, Brown said he is advocating structured programs to "deal specifically from what we are learning" from such statistics and research. He expressed support for a state project to make women more aware of the need for vitamins and the importance of folic acid for the prevention of birth defects and spontaneous pregnancy loss.

However, Brown said that various programs and guidance from OBs would not be entirely effective unless the mothers-to-be get involved. "Improvement requires personal responsibility as well as a community of support," he said.

For his part, Brown continues to see patients on a weekly basis while administering a program that includes a faculty of 50 and 28 residents per year in training—seven per four-year group. Duke is one of five medical schools that supports subspecialties, including maternal-fetal medicine, gynecology, gynecologic oncology and reproductive endocrinology and infertility. Duke also offers a three-year fellowship program for physicians who have completed their residencies.

"Duke has an unbelievable track record in education and training. We are all about education," Brown explained. "Obviously, I am very committed to high-quality clinical care for all women across the life span. We want to be one of the best at obstetrics, particularly for women who have medical problems. We want to be well known for our cancer program. We want to be out in front with the newest in technology for the treatment of gynecological conditions of all types."

"We have recruited strategically to meet those needs so we can offer new, innovative treatments. We also want to be a place where we can do quality research that is directed at solving health problems in women."

A recent development that has Brown especially excited is the use of uterine fibroid cauterization as a means of dealing with non-cancerous tumors that once required hysterectomies. One fourth of hysterectomies are linked to uterine fibroid tumors.

Brown also said he saw "new treatments coming down the pike with uses of ultrasound and new medications that can affect infertility." Advances in genetic research are "close to helping us in identifying markers to help us diagnose cancers earlier."

"This is a great time," Brown stressed, "to be thinking about what we can do for women's health." **MM**

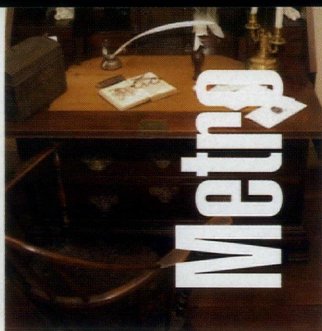
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# Design

by Diane Lea

## COLONIAL DAMES RESTORE TRIO OF HISTORIC HOUSES

**T**he mission statement of The National Society of The Colonial Dames of America (NSCDA) reads like a star-spangled banner for a 21st-century America seeking to revalidate its treasured ideals. The 15,000-member Society, founded in 1891, is dedicated to "furthering an appreciation of our national heritage through historic preservation, patriotic service and educational projects."

As one of the 44 Corporate Societies which make up the NSCDA, The National Society of The Colonial Dames of America in the State of North Carolina has succeeded in saving, restoring and maintaining three of the most significant residences associated with the role of the state and the Capital City in the Revolutionary War.

The Joel Lane House, circa 1770, now located on Raleigh's West Hargett Street, was built for colonial leader, land owner and innkeeper Joel Lane and is considered the birthplace of the City of Raleigh. It was there in March 1792 that a commission appointed by the General Assembly met to select a site for a permanent state capital. The commission was charged with choosing a site within 10 miles of Isaac Hunter's plantation and tavern, located at Wake Crossroads (near present-day Wake Forest Road). The commissioners selected a 1000-acre tract from Lane's own plantation.

Within the year, the commission laid out the City of Raleigh on the land purchased from Lane.

Haywood Hall at New Bern Place, another Raleigh landmark, was constructed in 1799 for State Treasurer John Haywood. As a member of the Council of State of North Carolina, Haywood was required to purchase land in Raleigh, the new permanent Capital. Haywood served for 40 years, beginning in 1787, as the state's first elected Treasurer. He also served as the first "Intendant of Police," or Mayor of Raleigh, a post established in 1803 by the new City government. Haywood's many contributions

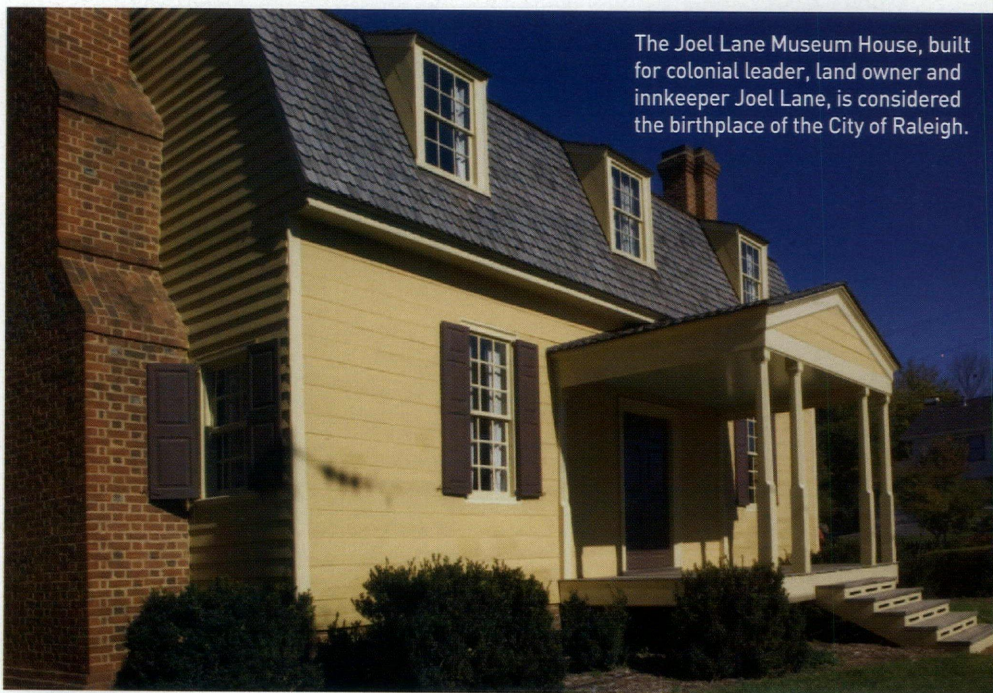
to his native state include founder and trustee of the University of North Carolina and a founder, warden and vestryman of Raleigh's Christ Church. Modeled after Haywood's home place in Edgecombe County, Haywood Hall is a Federal-style house with a two-story porch accentuated by graceful fluted Doric columns. It was one of the largest buildings in town, and Haywood was a hospitable man. The residence became an unofficial meeting place for legislators and for dignitaries visiting the city, including the Marquis de Lafayette who is said to have been a guest there in 1825.

The third property in this distinguished

Constructed as a town house for John Burgwin, planter, merchant and Royal Treasurer of the Colony of North Carolina, the residence sits on the ballast stone foundation of the old town jail which provides a spacious basement still used as a meeting space today. The home's second owner, Joshua Grainger Wright, a judge, purchased the house in 1799 and the Wright family occupied the house until 1869.

### TO THE RESCUE

It required considerable effort to save each of these historical and architectural treasures. The properties were endangered



The Joel Lane Museum House, built for colonial leader, land owner and innkeeper Joel Lane, is considered the birthplace of the City of Raleigh.

trio is Wilmington's elegant 1770 Burgwin-Wright House, which Charles Lord Cornwallis occupied as his headquarters in 1781 shortly before his defeat and surrender at Yorktown, Virginia. The finely detailed Georgian-style house, called by Cornwallis "the most considerable house in town," occupies a prominent site on Market Street, Wilmington's main east-west thoroughfare.

and there was little money for purchasing or restoration. It took courage and perseverance to take them on and bring them to their present quality of preservation and interpretation.

The Joel Lane House, which originally faced what is now Boylan Avenue, was moved to its present location around 1914. In 1927 the Wake County Committee of





The multi-purpose hall in the Joel Lane Museum House served as a meeting room, dining room and a gathering place for fellowship and socializing.

Carolina's coveted Ruth Coltrane Cannon Cup for that year.

An example of an early hall and parlor floor plan, the Joel Lane Museum House is interpreted to the period of the 1790s. The multi-purpose hall served as a meeting room, dining room and a place for fellowship and socializing. The room's three-part oval walnut dining table with D-shaped ends is thought to be a local North Carolina piece. Another regional piece, the c.1770 two-part china press, belonged to the Hinton-Lane family. The handsome display of silverware and various tableware includes a small silver teaspoon made by Raleigh silversmith John Y. Savage. The parlor, a cozier room and easier to heat, is graced with a Lane family desk, also a locally made Chippendale piece of mixed woods with hidden compartments and unusual inlay in a small cabinet door. In the upstairs bed chamber where the Lane's children slept, docent Dr. Brian Jones charms a group of fourth-graders by showing them how a rope bed can hold several occupants if they are lying sideways. "The term 'sleep-tight' comes from the practice of using a bed wrench to twist the ropes to keep them firm under the weight of the occupants," says Jones.

the State Society purchased it for \$5000 in order to save it from demolition. Elizabeth "Sis" Cheshire, who is related to the house through her Hinton-Lane ancestry (Lane was married to two Hinton sisters), gives those early preservationists much credit for creative fund raising. "They gave costume balls, teas, bridge parties, and did everything that ladies in those days could to raise the \$5000," says Cheshire. In 1969, knowing that the house needed total and authentic restoration, House Chairman Cecelia Wins-

low recruited fellow Colonial Dames Anne Townsend and Sis Cheshire to join her in approaching the Legislature for money to restore the Joel Lane House. "We got \$12,000, but we had to match that money," recalls Cheshire. It took six years and much more than the original \$24,000, but in 1976, the Joel Lane Museum House was opened to the public. Cheshire is especially proud that the restoration, which was overseen by the Department of Cultural Resources, was awarded Preservation North

## OLDEST IN PLACE

The appeal of the Joel Lane House Museum lies in its easy informality and the displays that replicate artifacts used by a family of that period and prestige. Haywood Hall is characterized by the personal memorabilia and collections of the productive and civic-minded family that owned it for 175 years. Margaret "Margie" Haywood, the house's curator, fulfills her role with knowledge, zest and an uncanny ability to acquire furnishings, decorative art and documentary works appropriate to the home's many layers of history. Related to the house through her husband, Marshall Haywood, Margie Haywood describes Haywood Hall as "the oldest house within the original Raleigh city limits still on its original site."

Entering the spacious center hall of the house, a visitor has the sense of a home that has been lived in and loved throughout its long life. "Haywood Hall was donated to The Colonial Dames in 1977 by Mary Haywood Fowle Stearns, John Haywood's

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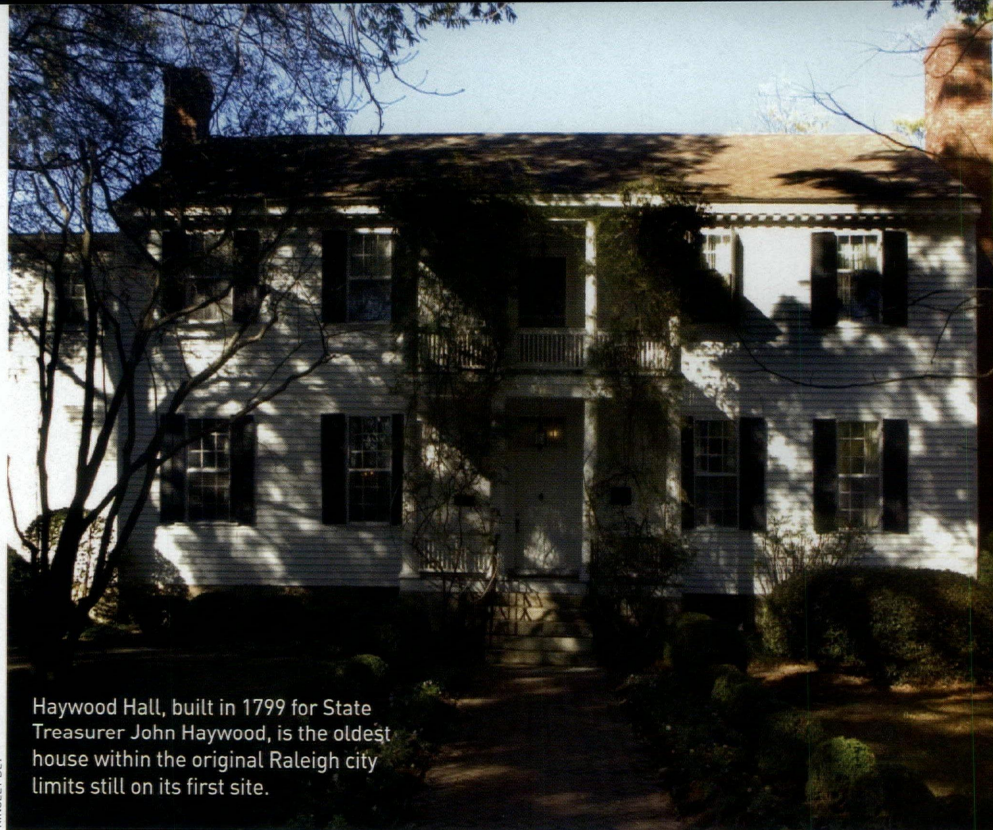
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great granddaughter, and the last member of the family to live here,” says Haywood. “Mary was the granddaughter of Dr. Fabius Haywood, one of the sons of John Haywood. Fabius’ younger brother, Edmund Burke Haywood, was a prominent Raleigh physician who inherited the house after the death of his father, and through whose family the house passed to the Bridger family of Wilmington. Mary, who purchased it from them, was the daughter of Governor Fowle and is said to be the first child to slide down the banister in the present Governor’s Mansion.”

Haywood Hall has recently undergone extensive paint research and the restoration of the home’s woodwork by Raleigh paint expert Rosa Regan and the Division of Archives and History. Each door in this many-doored house is painted in a different combination of colors, with faux graining or other decorative schemes. Regan’s research and talent are most apparent in the parlor’s exuberant paint scheme for the mantel that derives from teal accented marbledizing which highlight the double tiers of pilasters on the mantel and overmantel. The parlor also boasts one of Haywood Hall’s most recent



Haywood Hall, built in 1799 for State Treasurer John Haywood, is the oldest house within the original Raleigh city limits still on its first site.

KINSLEY DEY

acquisitions, a pair of 1820 French whale oil lamps. The pair has pride of place on another favorite piece, an 1810 bachelor’s desk returned to the house by a Wilmington benefactor. “A Haywood descendant called me and asked me if I would like to have ‘Beloved,’” says Haywood. “‘Beloved’ turned

out to be this exquisite desk. We have been fortunate to add to the things left by the family through generous donations like this one.”

Haywood points out that the music room-library, directly across the hall from the parlor, was partitioned off from the din-

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Recent paint research by Rosa Regan and the Division of Archives and History led to the restoration of Haywood Hall's original paint scheme.

ing room—originally one large room. The Geib pianoforte, a focal point of the space, was also acquired by donation. “Warrenton benefactors sent this to us,” says Haywood. “It arrived with the legs removed and tied on and the finish had darkened over the years. Terry Neely of Cary restored it to its current beautiful condition.” The room where the presence of Mary Stearns is most felt is the dining area where her portrait overlooks her own 1800 period dining table. A sideboard holds two exquisite Chippendale silver boxes. “These were once filled with real silver flatware,” says Haywood. “One of my goals is to fill them again.” A porcelain dinner service by Tucker Brothers of Philadelphia is displayed in flanking cupboards. They will be among the Haywood Hall collections to be featured in a 2005 issue of *Antiques Magazine*.

As visitors ascend to the home's second floor, they pass beneath an arched entablature with carved apples and pineapples representing symbols of hospitality. The second floor is also the location of the Victorian bed chamber featuring a portrait of Daniel Fowles in his Confederate uniform, and of the master bedchamber where an 1820 four poster canopy bed is adorned with an antique quilt. The master bedchamber is a favorite dressing area for the brides who use Haywood Hall for weddings or receptions in the house and gardens. Adjoining the master bedchamber, a former nursery con-



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A portrait of Governor Daniel Fowles hangs in a second floor bed chamber where an antique quilt adorns the elaborate Victorian bed.





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verted into closet space holds Margie Haywood's pride and joy. "These are my babies," says Haywood, looking fondly at the incomparable collection of dolls whose vintages span every era of the home's history.

his Wilmington townhouse, the Burgwin-Wright House, is exemplary of his fortune and his taste. Using a practical house design for warm climates, the Burgwin-Wright house features double porches or piazzas on

Wilmington's elegant ca. 1770 Burgwin-Wright House was called by Charles Lord Cornwallis "the most considerable house in town."

#### STYLISH URBAN LIVING

John Burgwin, an English immigrant who once lived in Charleston, became one of the Cape Fear region's wealthiest merchants and planters. It is not surprising that



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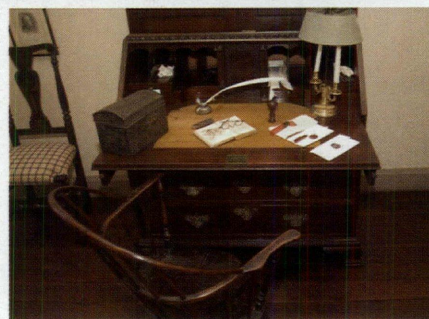


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The parlor in the Burgwin-Wright House features a tea table which belonged to sea captain Thomas Wright, who left it to his son Joshua Grainger Wright.



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both the front and rear elevations. Inside, the familiar hall and parlor floor plan is made remarkable by high-style Georgian interiors. An elegant stair with turned balusters graces the center hall; the parlor features detailed woodwork highlighting the numerous large windows and mantel. Across the center hall, a small sitting room is made distinctive by the fully paneled fireplace wall. The piece de resistance, however, is the fully paneled and elaborate second-floor supper room, with fluted pilasters, molded cornices and deep-domed niches reflecting the most stylish urban living.

The Burgwin-Wright House was in serious disrepair when it was purchased in 1937 for \$21,000 to serve as the statewide headquarters of The National Society of The Colonial Dames of America in the State of North Carolina. Though money was tight, the group managed to retain Erling Pederson, an architect from Philadelphia, to supervise the restoration of the home's exterior.

In 1948, the Society began the interior restoration and furnishing of the house with assistance from Sam Hughes of New York. Hughes prepared a furniture plan based on the history of the house, including its occu-

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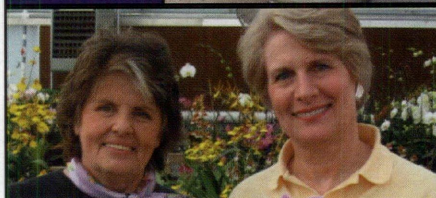
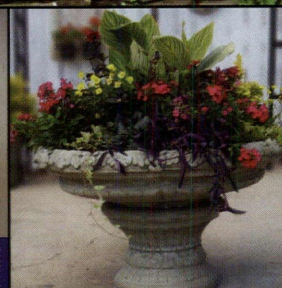


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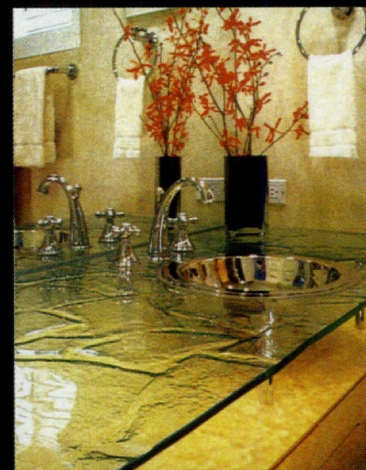


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pancy by Cornwallis. After receiving a donation of \$10,000 earmarked for furnishings, the Society engaged local artist and antiques expert Henry McMillan to travel to England and purchase furnishings and art appropriate to the house and the economic status of its early owners. McMillan was able to send back three containers of furnishings, objets d'art, paintings, engravings, maps and historical documents.

As Society member Lillian Bellamy Boney, an ardent advocate for historic preservation in Wilmington, laughingly recalls, "In those days, \$10,000 went a long way." Nancy Beeler, Curator for the Burgwin-Wright House, pointed out a few of the McMillan purchases, including an English chest-on-chest in the stair hall and an English Queen Anne style walnut game table in the parlor. Beside the card table is a Chippendale chair which belonged to Penelope Barker, the feisty matron who hosted the famous Edenton tea party. One of Beeler's favorite pieces is a black-lacquered Chinese tea chest on a stand, called a tea poy, made for the English trade in the early 19th century. It resonates well with the scene on the overmantel, "The Harbor at Singapore," a Chinese painting of the Chinnery School dating from about 1820. A tea table attributed to the studio of John Goddard of Newport, Rhode Island, was originally owned by Thomas Wright, a sea captain. He left the table to his son Joshua Grainger Wright, who became the owner of the Burgwin-Wright House in 1799. In 1993 the Colonial Dames purchased the table and placed it in the house in memory of Miss Margaret T. Hall, former curator and house historian.

Walking into the second floor supper room is simply a treat. The room announces its purpose as the main entertainment space



The consummately styled second floor supper room served as the main entertainment space for the Burgwin-Wright House.

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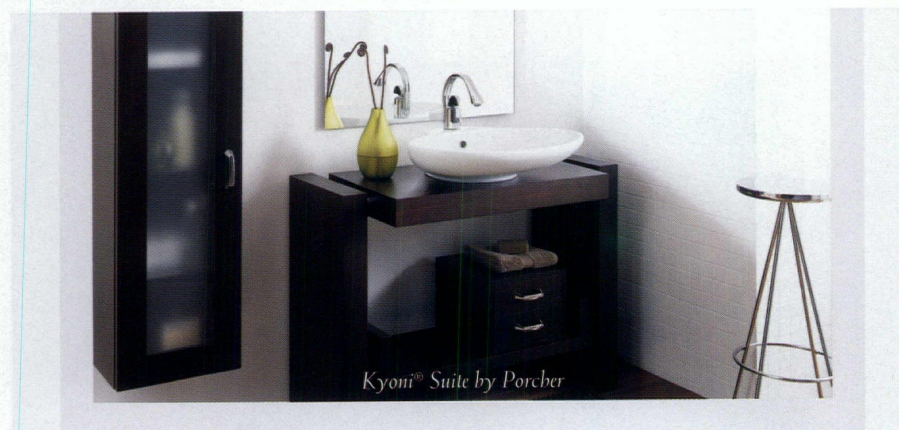
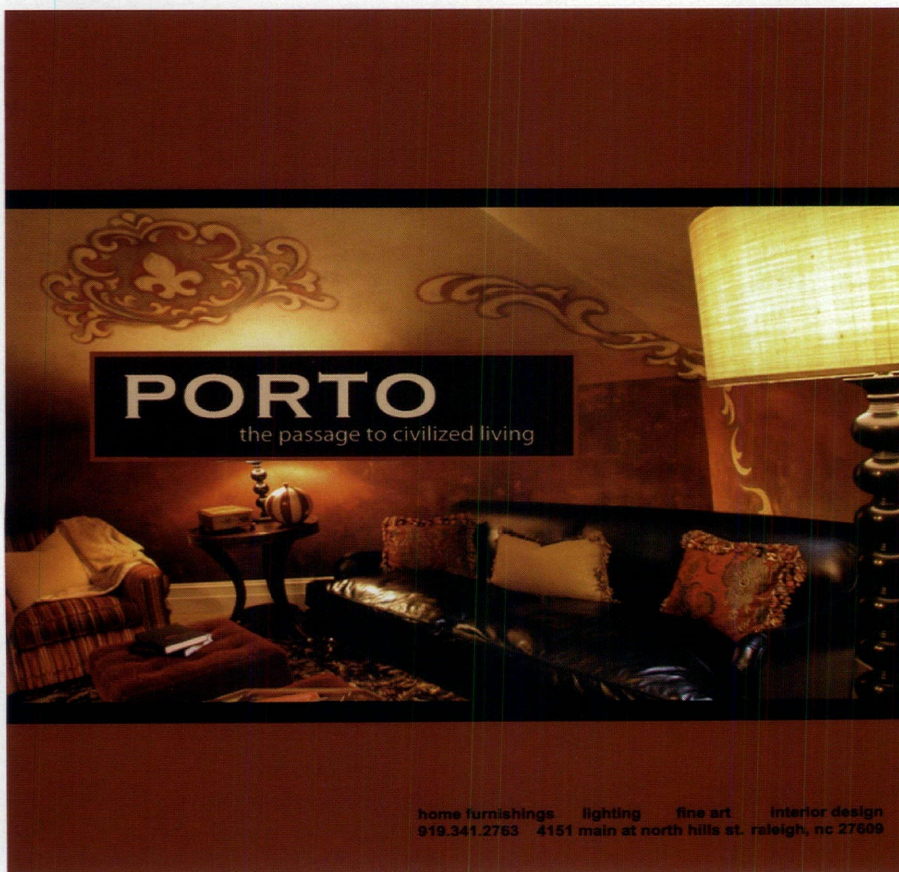
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The Burgwin-Wright House Kitchen House is the setting for regular demonstrations of fireplace cooking.

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with its bright yellow walls, elaborate paneling accented by full height pilasters, and a marble-top table in the north window set with an English transfer-printed ironstone punch bowl. The bowl's interior decoration depicts a Bacchanalian feast. The niches, an architectural feature that Beeler says later evolved into cabinets with doors that stored dinnerware and glassware, were circa 1795 still in the men's domain, evidenced by the presence of a pair of mahogany and brass Georgian wine coolers.

The splendid supper room of the Burgwin-Wright House is a fitting place to pause and raise an imaginary toast to the intrepid ladies of The National Society of the Colonial Dames of America in The State of North Carolina. Their vision, energy and perseverance have given the state three extraordinary products of our heritage. May they continue to prevail. **MM**

Photos of the Burgwin-Wright House are for the exclusive use of *Metro* magazine and may not be used anywhere else without permission.

### Design Notes

#### FRANK HARMON RECEIVES INTERNATIONAL DESIGN COMPETITION AWARD

Frank Harmon, FAIA, founder and principal of Frank Harmon Architect in Raleigh, recently received one of only ten 2004 International Business Week/Architectural Record Honor Awards for his firm's design of the Penland Iron Studio at the Penland School of Crafts in Penland, NC.

Harmon's design replaced the school's old, run-down studio with a 5500-square-foot facility that accommodates designing, fabricating and finishing iron objects ranging from three ounces to three tons.

According to the judges, Harmon's Iron Studio is "sturdy, practical and deceptively simple [and] celebrates the craft of iron-making in a noble way."

This is actually the third award Harmon's firm has received for the Penland studio. In 2001 it won an Honor Award from the North Carolina Chapter of the AIA. In 2003 it received an Honor Award from the South Atlantic Region/AIA.

Architectural Record has described Harmon's approach to design as "vernacular modernism as slyly sophisticated as any found in New York or London." **MM**

—Kim Weiss

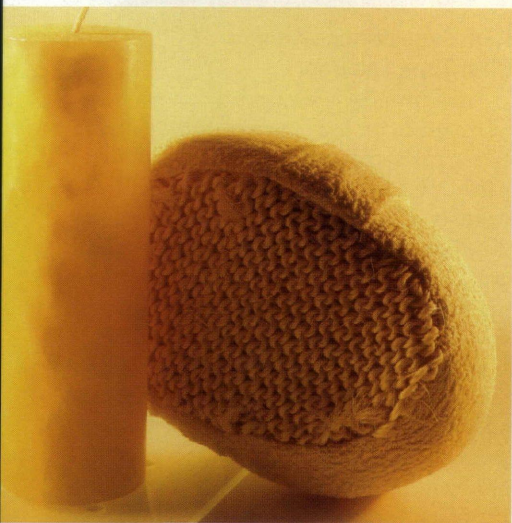


# Spa Guide

by Sarah Jurek

It is the most spa-lendid time of year! You are in the midst of the holiday waltz, promenading from one party to the next, choreographing your holiday arrangements and dancing around town to find the perfect present for the big day. In order to keep up the pace, many of you retreat to the spa to re-energize mind and body in order to continue this delightful holiday dance. And don't forget that others would enjoy some pampering. Including a friend in your retreat by giving a gift certificate that will bring good cheer all around. This year, *Metro* massages the kinks out of finding a spa by placing you in the tender hands of those who know the latest treatments and what to expect from the professionals.

From rustic getaways to romantic retreats, spas create unique experiences. North Carolinians can choose from spa experiences in the peaceful setting of the mountains, rejuvenate at a beach resort or enjoy pampering and pleasure anywhere in between. It is important to consider what you want to get out of a spa before you make reservations. Review the list of spas to make sure you receive the type of experience you want (list courtesy of the *International Spa Association*, Copyright 2004, [www.experienceispa.com](http://www.experienceispa.com)). In addition to the six listed, don't forget that if you have a cruise coming up, be sure and visit their spa, which offers spa cuisine menu choices in addition to the professionally administered spa services and fitness and wellness components.



**Club Spa** - Primary purpose is fitness and offers a variety of professionally administered spa services on a day-use basis.

**Day Spa** - Offers a variety of professionally administered spa services to clients on a day-use basis.

**Destination Spa** - Sole purpose is to provide guests with lifestyle improvement and health enhancement through professionally administered spa services, physical fitness, educational programming and on-site accommodations. Spa cuisine is served exclusively.

**Medical Spa** - Individuals, solo practices, groups and institutions comprised of medical

and spa professionals whose primary purpose is to provide comprehensive medical and wellness care in an environment which integrates spa services, as well as conventional and complimentary therapies and treatments.

**Mineral Springs Spa** - Offers on-site source of natural mineral, thermal or seawater used in hydrotherapy treatments.

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# Spa Guide

**Resort/Hotel Spa** - Owned by and located within a resort or hotel providing professionally administered spa services, fitness and wellness components and spa cuisine menu choices.

As creatures of habit, you probably order the same menu item when you visit your spa. For your next visit, challenge yourself to a new experience and try these new products and treatments in addition to your favorite aroma bath, hot stone massage, or paraffin mask. Bonnie Canavino (Creator and Designer of Spa Specifics Inc., a Spa Consulting Firm, with 20 years of professional skincare and makeup experience) suggests these hot winter items and treatments:

Be sure to exfoliate, hydrate and protect your skin with treatments that include these ingredients:

- For exfoliation, papaya, pineapple, ginkgo and calendula are popular.
- Use enzyme products to digest impurities, remove toxins, dead cells and blackheads
- For oil treatments, use grape seed extracts with anti-oxidants and vitamins A, E, & C

Relax muscles, soothe soreness and soften skin by choosing from one of these hot body wraps:

- Detoxification wraps with skin nutrient ingredients for replenishment

- Infant massage for mom to learn and baby to have incorporating bonding, alternative touch healing and health for both

## Male Grooming Rebirth

This year consider rewarding the man in your life with a soothing day at the spa. There is a re-awakening of male grooming; with men reaching 15 to 34% of the total clientele. The following percentages for each procedure are male:

- Facials: 15% to 24%
- Massage: 20% to 34%
- Waxing: 5% to 10%
- Body Wraps and Glows: 2% to 5%

Societal pressures for men to improve their looks increase for jobs and over all acceptance. Men are realizing the benefits of visiting a medical spa and are becoming loyal customers of these procedures:

### Top five non-surgical procedures:

- Botox: 14% are male
- Laser Hair Removal: 25% are male
- Microdermabrasion: 10% are male
- Chemical Peel: 11% are male
- Collagen Injection: 8% are male

### Top four surgical procedures:

- Liposuction: 16% are male
- Rhinoplasty: 31% are male
- Eye Lid Surgery: 19% are male
- Hair Transplantation: 90% are male

Statistics courtesy of Bonnie Canavino (Creator and Director of Spa Specifics Inc., a spa consulting firm)

## High Expectations Among First Time Spa Goers

Spa owners are realizing that those who attend a spa for the first time hold high standards, raising the question of what is expected from a Medical Esthetician versus an Esthetician working in a Day Spa. The North Carolina State Board of Cosmetic Art Examiners licenses every esthetician, manicurist and cosmetologist in addition to the salon where they practice. The North Carolina Board of Massage and Bodywork Therapy licenses those who use systems applied to the soft tissues of the human body for therapeutic, educational, or relaxation purposes.

In order to be licensed, the following number of approved curriculum hours must be completed in addition to passing the final examination (courtesy of the North Carolina Boards of Cosmetic Art Examiners and Massage and Bodywork Therapy):

- Cosmetologist-who practices all parts of cosmetic art including massaging of scalp, face,



Women are focusing more on specific body areas that they feel need lifting or disappearing. **Products that will be purchased this winter include:**

- Products that break down cellulite
- Products that diminish fine lines and wrinkles for face and body
- Products that reduce stretch marks
- Products formulated for eyes and lips to enrich and nourish the skin
- Refining products that include Alpha-Hydroxy Acids and mineral complexes

**Maximize your spa experience.** Go beyond the normal facial massage and cleansing and nourish your skin and increase circulation with one of these steamy facials:

- Anti-oxidants treatment with Oxygen formulas
- Vitamin C, D and A with Aromatherapy and Floral Nutrients
- Microdermabrasion with target facial treatment included like firming or deep hydration
- Alpha Hydroxy Acid treatment with firming treatments and high profile ingredient to renew youth in the skin

- Cellulite refining wraps for healthier circulation, natural tissue build up elimination and weight loss with skin conditioning
- Firming skin wraps show longer lasting results that condition and stimulate for health and beauty including re-mineralization, vitamins, exfoliation and hydration

Massages focus on individual pleasure or bonding experiences between mother and daughter, couples, and mother's to be with their babies:

- Warm stone massage adding aromatherapy custom complexes and synergies for balance and detoxification leaving the senses relaxed and the spirit in a well being state.
- Herbal massage with custom herbal pack that are kneaded into the muscles with warm essential oils for deep relaxation, improved circulation, health therapy and cold season resistance
- Detoxification massage with eastern synergy oils for deep breathing, muscle mobility and health
- Pregnancy massage for alternative health therapy targeting natural stress and muscle pain relief





vate skin care industry were easily definable, more recently the two have been blending together. The medical community usually constitutes cosmetic surgeons and cosmetic medical services by a doctor in a medical clinic and cosmetic doctors in a medical spa. The private skin care industry usually includes full service salons and spas. However, titles such as Paramedical Esthetics, Medical Esthetics, Clinical Esthetics and Medical Spa Esthetics have not been defined and are being used in different ways. In the medical realm, medical esthetic and clinical esthetic titles are for licensed nurses and licensed technical practitioners working in a doctor's office, either doing or assisting medical cosmetic services - including surgery and non-invasive services like Botox. In the private skin care industry, an esthetician works in a salon and spa with skin treatments. The melding of the two industries occurs in a Medical Spa, where Esthetics is the title given to a licensed esthetician working under the eyes of a doctor on location performing only pre and post spa facials, not medical, and is under the scrutiny of state licensing and liability laws. Not all states allow licensed estheticians to perform cosmetic or assist in a cosmetic medical service for or under a doctor's eye (information provided by Bonnie Canavino). North Carolina law allows estheticians to perform under doctor supervision within a medical spa. MM

neck, shoulders, hands, and feet; use of cosmetic chemicals and preparations and antiseptics; manicuring; skin care and all applications to hair including use of electricity for stimulating hair growth: must complete 1500 hours

- Esthetician-practice only constitutes skin

care: must complete 600 hours

- Manicurist-practice only constitutes manicuring: must complete 300 hours
- Massage and Bodywork Therapist-must complete 500 hours

In past, the medical community and pri-

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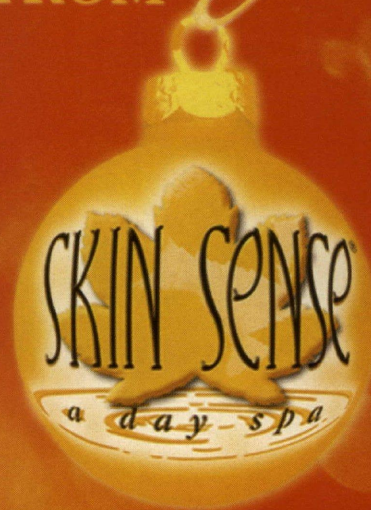
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919-968-8548  
www.minastudio.com  
Services: nails, facials, ear candling, massages, sunless tan treatments, waxing, tinting

## Tanas Hair Designs and Day Spa

2751 NC Hwy 55  
High House Crossing Shopping Center  
919-303-9881  
www.tanashairdesigns.com  
Services: hair, nail artistry, skin care, body wraps, lash

and brow services, massage therapy, body treatments, hair removal

## CARY

### B. Roman Skin & Body Therapy

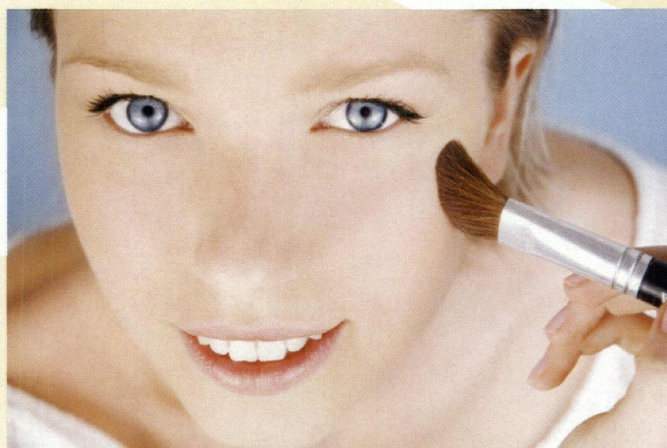
2425 Kildaire Farm Rd.  
919-851-2255  
www.b-romandayspa.com  
Services: Vichy shower, salt polishes, wraps, bronzing treatments, gentlemen specials, sports massage, reflexology, aromatherapy massage, La Stone therapy, skin peels, nails, makeup artistry, waxing

### Cary Massage Therapy Center

1330 SE Maynard Rd.  
919-319-4911  
www.carymassagetherapy.com  
Services: facials, massage, reflexology, acupuncture

### La Therapie Day Spa

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



## Nippon Spa & Nails

6448 Tryon Road  
919-851-0101  
www.nipponspa.com  
Services: massage, body treatment, facials, waxing, and nail care

## Skin Sense, A Day Spa

1269 Kildaire Farm Rd.  
919-468-1230  
www.skincare.com  
Services: nails, body treatments, salt rubs, seaweed treatments, body wraps, facial treatments, Ayurveda massage, microdermabrasion, hair removal, La Stone

therapy, hydrotherapy

## Tanas Hair Designs and Day Spa

1398 Kildaire Farm Rd.  
919-380-0221  
www.tanashairdesigns.com  
Services: hair services, nail artistry, skin care, body wraps, lash and brow services, massage therapy, body treatments, hair removal

## Von Kekel Salon Spa

2230 Walnut St.  
919-859-0888  
www.vonkekel.com  
Services: facials, peels,

massages, eye treatments, glycolic treatments, baths, hair, nails, waxing

## CHAPEL HILL Day Spa 255

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

## Euro Day Spa

1301 E. Franklin St.  
919-968-9999  
Please call for more information.

## Forever Young Spa

1836 Airport Rd.  
919-942-5090  
400 Market St. Suite 100  
919-928-9490  
www.foreveryoungspa.com  
Services: hair, nails, skin care, waxing, coloring, massages

## Krisztina Kozmetika

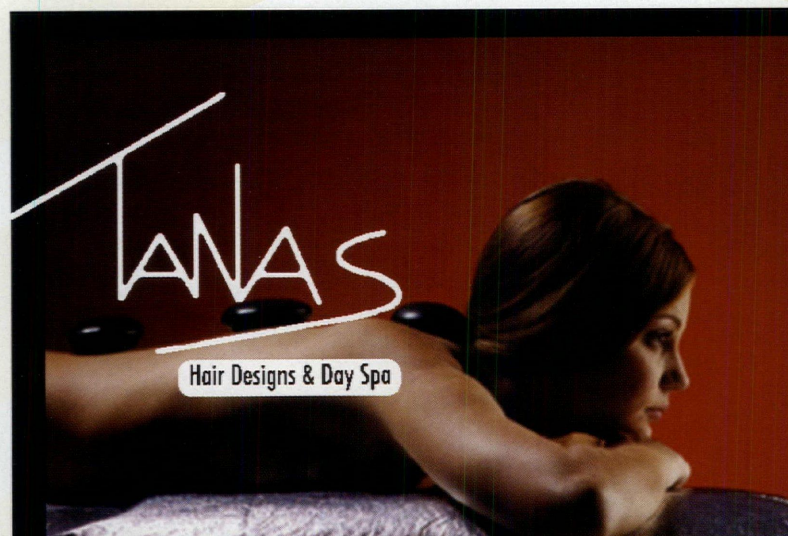
304 W. Weaver St.  
919-933-2400  
www.krisztina-kozmetika.com  
Services: specialty facial treatments, waxing, makeup application, eyebrow and lash tinting, massage

## Serenity Day Spa

161 Ram's Plaza  
919-932-6800  
www.serenity-day-spa.com  
Services: hair, nails, pedicure, facials, body wraps, mud and seaweed treatments, sea salt body scrub, foot reflexology, waxing, massage.

## CLAYTON

**Botanicals II Laser Center & Day Spa**  
11478 US 70 West  
919-553-1293



Visit our newest location off of Cary Parkway,  
featuring Hydrotherapy and Laser Hair Removal

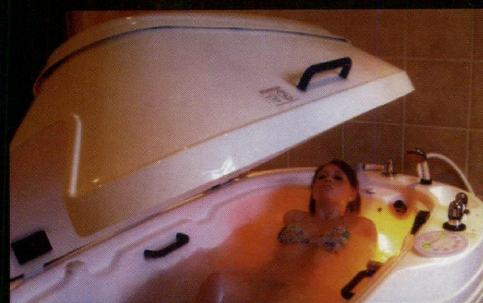
available in January 2005

Visit any location to purchase Gift Certificates for your friends and family this holiday season.

During the month of December mention Metro Magazine to receive **10% OFF** your gift certificate purchase of Paradise Cocoon, Chocolate Body Treatment or the Seaweed Body Wrap. **20% OFF** all regular price retail. **10% OFF** all pre-packaged and discounted retail.

105 Baines Ct., Cary | 919.380.0221 | tanashairdesigns.com

Check out our other 4 locations in Raleigh and Cary



**Hydrotherapy** A classic method of employing water via jet baths, jet showers, underwater massage or the Vichy shower, to promote wellness and healing.



**The Aromatherm 31** features the Hydrotone thermal 31. This is a three-in-one full body treatment capsule, arguably the most versatile unit available! Body scrubs, mud and seaweed masques are performed while you are kept warm and relaxed in total privacy. Infusion of aromatherapy into the wet steam environment of the capsule via a pod enhances therapeutic treatments of the face and body.



Services: massages, facials, nails, laser treatments

## COROLLA

### Spa at Corolla

515 Old Stoney Road  
252-453-9799  
Please call for more information.

## DUCK

### The Sanderling

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

## DURHAM

### Bella Trio Day Spa

5826 Fayetteville Road, Suite 103  
919-484-1221  
www.bellatrio.com  
Services: hair, acupuncture, nails, facials, body treatments, wet/dry sauna, massages, plastic surgeon, microdermabrasion

### Sheer Bliss Day

#### Spa Salon

1841 Martin Luther King Parkway

## FAYETTEVILLE

### Day Spa Salon and Skin Care

5407-B Ramsey St.  
910-488-4247  
Services: massage, hair, nails, body treatments, facials

### Ravenhill

#### Dermatology Medical Day Spa and Salon

1534 Purdue Drive  
910-323-3131  
Dr. Sidney E. Thompson, Medical Director  
Services: specializing in the repair of skin, hair, nails and wellness from damage

### Renaissance European

#### Day Spa

860 Elm Street  
910-484-9922  
www.renaissancedayspa.com  
Services: facials, massages, hair, nail, body treatments, waxing, custom makeup

## HENDERSONVILLE

### Adp Massage Therapy

755 North Main St  
828-699-0192  
Services: massage therapy, including hot stone massage and reflexology

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gift certificates



### Bella Trio Day Spa

- Hair Salon • Nail Boutique
- Massages • Facials
- Body Treatments • Waxing
- Plastic Surgeon • Make-Up Artist

Sutton Station • 5826 Fayetteville Rd, Durham, NC 27713 • 919.484.1221 • bellatrio.com

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Relax  
Rejuvenate  
Results

Specializing in advanced aesthetic treatments  
and comprehensive spa therapies

### Shoppes of Glenwood Village

2603 Glenwood Avenue : Suite 121C : Raleigh, NC 27608 : 919.510.5130



919-403-8159  
www.sheer-blissdayspa.com  
Services: hair, massages, facials, body treatments, nails, waxing

### Spa Eccentrica

1201 Woodcroft Parkway  
919-403-8797  
Please call for more information.

### The Body Cafe

3400 Westgate Dr.  
Suite A-10  
919-493-7900  
www.thebodycafe.com  
Services: nail care, massages, reflexology, hypnotherapy

### Creekside Spa

100 Erkwood Drive  
828-697-2770  
Services: nail, skin care, massage and body services, makeup

### Fountain of Youth Day

#### Spa and Salon

516 Kanuga Rd.  
828-698-2954  
www.fountainofyouthday-spa.com  
Services: facials, massages, nails

### Friends Salon and Day Spa

1538 Haywood Rd.

Give the Gift of Relaxation and Results  
from the Triangle's own luxury spa  
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Article featuring Blue Water Spa in  
Luxury Spa Finder. **On Newsstands Now!**

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publications have included interviews with  
BlueWater Spa for their expertise on skin care  
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exceptional therapists.

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for a list of fabulous packages

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919-870-6066 • [www.michaellawmd.com](http://www.michaellawmd.com)





# Spa Guide



828-693-9116  
Services: hair, nails, massage  
and esthetician

**Peace At Hand  
Therapeutic Massage**  
1141-B Greenville Hwy  
828-692-3003  
Please call for more infor-  
mation.

**The Escape Day Spa**  
323 North Washington St.  
828-696-3030

www.theescapespa.com  
Services: massages, facials,  
waxing, nails, body wraps

**The Finishing Touch**  
45 Treemont Lane  
828-685-0994  
Services: therapeutic mas-  
sages

**HILLSBOROUGH  
The Spa Center**  
121 N. Churton St.  
919-732-1164

www.thespacenter.com  
Services: scrubs, aromather-  
apy oils, body polishes

**JACKSONVILLE  
Hairtage Salon and  
Day Spa**  
2420 Henderson Dr.  
910-455-5822  
www.hairtage.com  
Services: hair, nails, waxing,  
massage therapy, facials,  
body therapy

**KITTY HAWK  
Eden Spa and Salon**  
1245 Duck Rd.  
252-255-0711  
Please call for more  
information.

**KNIGHTDALE  
Appearance Salon  
and Day Spa**  
3009-D Village Park Dr.  
919-217-7006  
www.appearancesalonand-  
spa.com  
Services: hair care, waxing,  
nails, permanent makeup,  
facials, massage

**PINEHURST  
Blis Salon & Day Spa**  
136 Main St.  
704-889-2547  
Services: massage, coloring  
and haircuts, facials, nails,  
waxing

**The Spa at Pinehurst**  
1 Carolina Vista Dr.  
910-487-4653  
www.pinehurst.com  
Services: treatment for nails,  
feet, scalp and hands, facials,  
massage, sauna, body and  
hydrotherapy treatments,  
whirlpool relaxation, stress  
relief

**Spa Carolina  
Skin Care**  
125 Fox Howl  
910-235-7721  
Services: dermatologist  
clinic, microdermabrasion,  
laser hair removal, massage  
therapy

**RALEIGH  
AB Sanctuary**  
1208 Raven Point  
919-841-0788  
Services: all natural prod-  
ucts, massage, natural

springs hot tubs, facials,  
body wraps, reflexology

**Audrey's Hair and  
Body Salon**  
4404 Craftsman Dr.  
919-872-7844  
Services: hair, skin care, fa-  
cials, waxing, massage, nails,  
polymer and acrylic nails

**Blue Water Spa**  
10941 Raven Ridge Road  
919-870-6066  
www.bluewaterspa.com  
Services: laser hair removal,  
microdermabrasion, aes-  
thetic surgery, therapeutic  
massages, facials, and spe-  
cials for men

**D'Elegance Day  
Spa & Salon**  
8801-113 Leadmine Road  
919-844-6737  
Services: massage, facials,  
waxing, nails, body treat-  
ments, hair

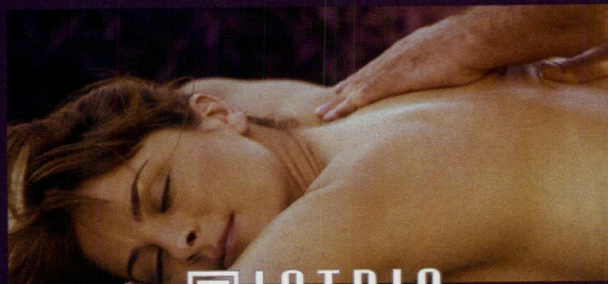
**English Spa of Hair  
and Beauty**  
181-102 Wind Chime Ct.  
919-870-6122  
Services: manicures, facials,

waxing, hair styling and col-  
oring

**Iatria**  
8020 Creedmoor Rd.  
919-870-1975  
13200 Falls of the Neuse  
Rd. Suite 113  
(919) 488-7050  
www.iatria.com  
Services: facial treatments,  
dermatology, chiropractor,  
naturopathic, acupuncture,  
reflexology, massage, nails,  
body scrubs and wraps,  
waxing and coloring

**Image Hair &  
Body Salon**  
7521 Mourning Dove Road  
919-676-6630  
www.imagehairandbody-  
salon.com  
Services: hair care, facials,  
massages, body wraps and  
polishes

**Jolie Day Spa**  
412-201 Woodburn Rd.  
919-834-1772  
www.joliethe dayspa.com  
Services: facials, massage,  
body treatments, waxing,  
makeup artist, hair design,  
nails



**IATRIA**

## DEFINING YOUR PREMIERE DAY SPA:

Iatria is the premiere day spa in the Triangle. From ultimate spa pedicures to aromatherapy massages, you can choose the services you like most to create your perfect day-at-the-spa. And, recently, both of our locations have undergone facelifts to enhance your experience with our upgraded amenities.

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Wakefield Crossings Shopping Center, 13200 New Falls of Neuse Rd, Raleigh • 488 7050

## Sunless Body Detailing

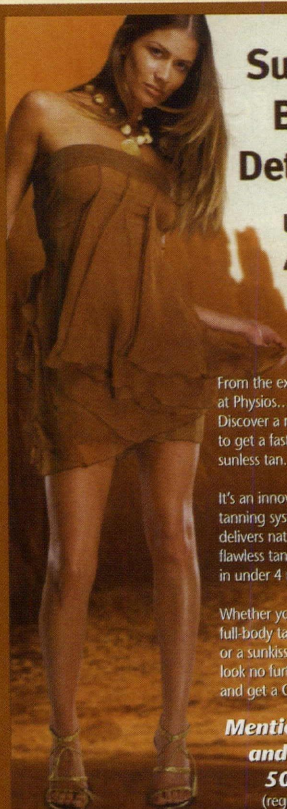
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Discover a new way  
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sunless tan.

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tanning system that  
delivers natural-looking,  
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## Natural Body Spa & Shoppe

4120 Main at North Hills St

919-510-6701

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

Services: body therapies, waxing, tinting, facials, hand and foot treatments, nails, massage

## Physios

703 Tucker St.

919-828-1080

Services: full service salon featuring expert hair care, sunless tanning, HV bronzing, yonka skincare and massage therapy

## Serena Signature Spa Salon

614 West Peace St

919-755-3990

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

Services: skin care, facials, massage, body wraps, waxing, nails, hair styling and coloring, makeup application

## Skin Sense, A Day Spa

6801 Falls of Neuse Rd.

8441 Brier Creek

Parkway

919-870-0700

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

Services: nails, body treatments, salt rubs,

## Studio 108

2900 Spring Forest Rd.

919-872-3108

Services: hair, massage therapy, nails

## Synergy Day Spa

2603 Glenwood Ave,

Suite 121 C

919-510-5130

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

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

## Tanas Hair Design and Day Spa

7363 Six Forks Rd.

919-848-1884

9800 Leesville Rd.

919-870-6050

4406 Old Wake Forest Rd.

919-876-2277

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

Services: hair styling & coloring, nails, body treatments, facials, hair removal, massage, permanent makeup

## The Aspen Center

4822 Six Forks Rd.

Suite 202

919-881-7866

Please call for more information.

massages, eye treatments, glycolic treatments, baths, hair, nails, waxing

## West Mill Wellness Center

6300 Chapel Hill Road,

Suite 230

919-233-8641

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

Services: nail, chiroprac-

tor, facials, ion cleanse, hair supplies, body treatments, massages, acupuncture, fitness

## SOUTHERN PINES

### Beautopia

650 SW Broad St.

910-692-9144

Services: massage therapy, skin care, nails,

spray tanning booth, hair

## WILMINGTON

### All About You

### Day Spa

6752 Gordon Road

910-799-8229

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

Services: aesthetics, nails, massages, body treat-

ments, waxing, airbrush tanning, hair

## Coastal Body Wrap

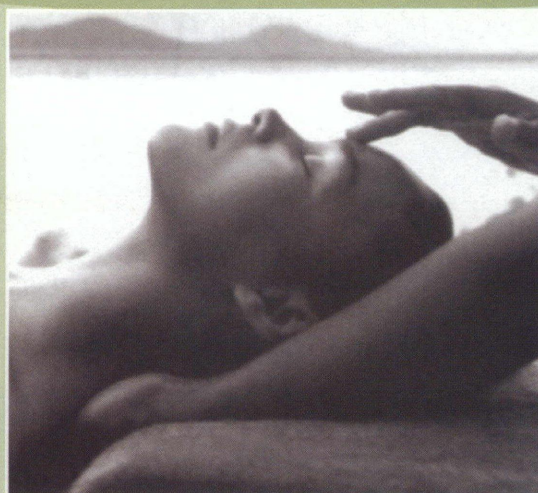
125 S Kerr Avenue

910-794-8041

[www.coastalbody-wrap.com](http://www.coastalbody-wrap.com)

Services: permanent cosmetics, facials, waxing, massages, cellulite treatment, microdermabra-

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

Cary  
**859-0888**



seaweed treatments, body wraps, facial treatments, Ayurveda massage, microdermabrasion, hair removal, La Stone therapy, hydrotherapy

## Soigne

2431 Spring Forest Rd.

919-876-9111

Services: aromatherapy, exfoliation, reflexology, massage, body wraps and facials, nails, makeup application, hair salon

## The Museum Spa

3633 Harden Rd.

Suite 200

919-785-9696

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

Services: skin care, facials, laser hair removal, permanent makeup, reflexology, microdermabrasion, Intense Pulsed Light

## Von Kekel Salon Spa

1037 Bullard Ct.

919-877-9917

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

Services: facials, peels,



# Spa Guide

sion, spray tanning, hair

## Elizabeth's Esthetique Day Spa

4002 Oleander Dr. Bldg. G  
910-799-1000  
Services: facials, nails, massages, waxing, body wraps, eye and lip treatments

## The Harbour Club Day Spa and Salon

1904 Eastwood Rd.  
910-256-5020  
Please call for more information.

## Head to Toe Day Spa

1930 Eastwood Rd.  
910-256-3370  
www.headtoetoespa.net  
Services: facials, chemical peels, makeup, waxing, microdermabrasion, hair

## Ki Spa & Salon

1125-Q Military Cutoff  
910-509-0410  
www.kispasalon.com  
Services: nails, body treatments, facials, microdermabrasion, massages, waxing

## McGraw and McKinley Day Spa

7110 Wrightsville Ave. #A3  
910-256-6640  
Services: massages, facials, waxing, nails, body waxes and polishes

## Ocean of Youth

1404 Commonwealth  
910-332-0311  
www.oceanofyouth.com  
Services: botox, collagen/cymetra/restylane injections, massages, permanent makeup, scar concealment, facials, nails, microdermabrasion, micro peel, laser hair removal, waxing, body wraps

## Stillwaters Renewal Spa

4514 Fountain Drive  
910-792-0101  
www.stillwatersrenewal-spa.com  
Services: massages, facials, body treatments, nails, waxing, baths

## Tranquility Day Spa

118 N. Cardinal Dr.  
910-395-1982  
www.massagetranquility.com

Services: massages, facial cleansing, body wraps, nails, scrubs, foot reflexology

## WILSON

### Crystal Water

Serenity Spa  
1501 Ward Blvd.  
252-293-4772  
Services: facials, massage therapy, hydro massage bed, tanning, hair, waxing and accessories

## REGIONAL

### Ballantyne Resort

10000 Ballantyne Commons Pkwy.  
Charlotte  
704-248-4141  
www.ballantyneresort.com  
Services: facials, facial enhancements, massage, baths, exfoliation, body massage and wraps, nails, hair, makeup, hair removal

### Charleston Place Spa

205 Meeting St.  
Charleston, SC  
800-611-5545  
www.charlestonplace.com  
Services: massages, facials, reflexology, masks

## Charles Grayson European Spa

6401 Morrison Blvd., 4B,  
Charlotte  
704-364-2944

www.charlesgrayson.com  
Services: hair and scalp treatments, nails, cosmetic makeovers, waxing, facials, microdermabrasion, massages, body wraps, baths

## Grandover Resort

1000 Club Rd.  
Greensboro  
336-294-1800  
www.grandover.com  
Services: massage, facials, body treatments, nails, hot tub, sauna, steam room, fitness ctr.

## Kingsmill Resort

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

## Lakeview at Fontana

171 Lakeview Lodge Dr.  
Bryson City, NC

828-488-3727

www.lakeviewnc.com  
Services: facials, massages, body treatments, yoga

## Sea Island Spa at the Cloister

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

## The Greenbrier

300 W. Main St.  
White Sulphur Springs, WV  
800-453-4858  
www.greenbrier.com  
Services: holistic treatments, massages, baths in indigenous spring water, sprays, reflexology, body scrubs and polishes, facials, nails, hair and makeup

## The Homestead Resort

US Route 220 Main St.  
Hot Springs, VA  
800-838-1766  
www.thehomestead.com  
Services: fitness and relaxation lounges, massage ther-

apies, hydrotherapies, body wraps, facials, scalp treatments, nails



## The Spa at the Grove Park Inn Resort

290 Macon Ave.  
Asheville  
800-438-5800  
www.grovesparkinn.com  
Services: nails, skin care, hydro-bath treatments, massages

## Westglow Spa

2845 Hwy 221 S  
Blowing Rock  
800-562-0807  
www.westglow.com  
Services: face and body treatments, salon services, health and fitness therapies

Many spas offer gift certificates, day and weekend packages. Call for more details.

**IMAGINE** SHE **ACED** HER MID-TERM.  
**ASPIRES** TO STUDY MARINE BIOLOGY,  
[AND THINKS **BEETHOVEN** ROCKS.]

**A**T SAINT MARY'S SCHOOL, we take pride in knowing your daughter — her interests, inspirations, doubts, dreams, passions and potential.

SMS has an educational program that enables each student to create her own four-year academic plan or MAP (My Achievement Plan). And the COMPASS Curriculum, a unique life-skills program, works in tandem with that personal academic plan to build identity, community, leadership skills and independence.

Please contact Matthew R. Crane at (919) 424-4001 or MRCrane@saint-marys.edu to find out more about our plan for educating young women. Or join us for **OPEN HOUSE** on **Sunday, January 23, at 2:00 p.m.**, or **OVERNIGHT/VISITATION DAY** on **Thursday, February 3 (boarding)** and **Friday, February 4 (boarding and day students)**.

Please call for reservations.

Saint Mary's School, a community dedicated to academic excellence and personal achievement, prepares young women for college and life. Saint Mary's School is an independent, college-preparatory, Episcopal, boarding and day school for young women in grades 9-12 and admits high school girls of any race, color, religion, or national or ethnic origin. Limited financial aid available.



**SAINT MARY'S SCHOOL**

**SAINT MARY'S SCHOOL** | 900 Hillsborough Street, Raleigh, NC | (919) 424-4000 | www.saint-marys.edu



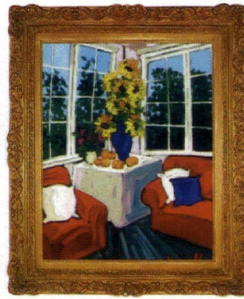
## Checking it Twice...

### Part 2

It's inevitable; you find yourself finishing your Holiday shopping at the eleventh hour. Once again, you've waited until the last minute and managed to forget the members of your supper club, overlook your brother's children and still at a loss for what to get your tennis mates or golf buddies. Don't worry; we've got you covered. From stocking stuffers to teacher gifts, Part Two of our Annual Gift Guide features quick, easy gifts that will help you not only finish your list, but check it twice.

Happy Shopping.

—Allison Preston



Brighten up their world with the **gift of art**. Currently featuring works by Yvonne Mora, David D. Fernandez and Richard E. Valqui Mayorca. Also, prints, porcelains and other gift items by world famous artist P. Buckley Moss. New inventory arriving daily. We are still accepting framing orders for Christmas delivery! Frameworks Gallery and Frame Design, Raleigh, 919.781.3119 or [www.frameworksonline.com](http://www.frameworksonline.com)

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Join us for Free Carriage Rides with Santa and other wonderful holiday promotions.

With over 70 exciting stores, services and restaurants, there is something for everyone.

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Office Max • ULTA • Michaels • Bed Bath & Beyond • Toys 'R Us  
FootAction USA • DSW • Linens 'N Things • A.C. Moore • Old Navy



## CROSSROADS plaza

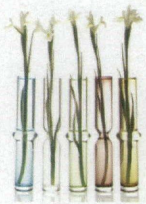
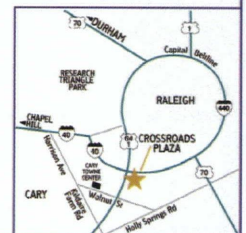
Shop. Dine. Enjoy.

Carriage Rides with Santa are Saturdays,  
11/27, 12/4, 12/11, 12/18 from 11am-1pm & 2pm-5pm.

Crossroads Plaza Gift Cards available for sale at the  
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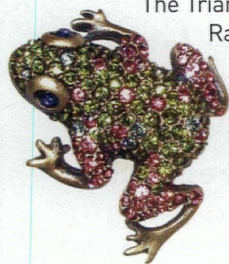
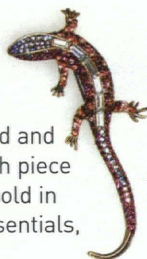


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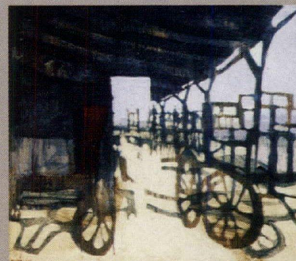
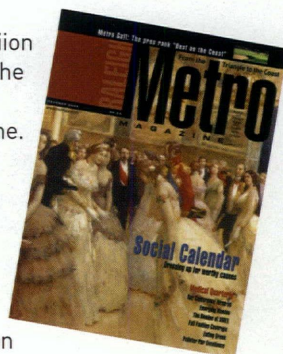




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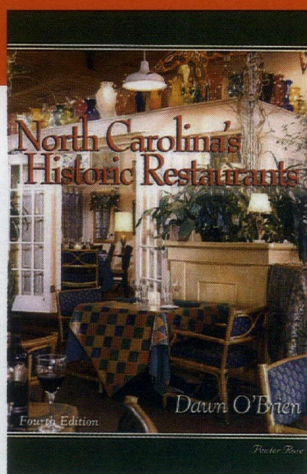


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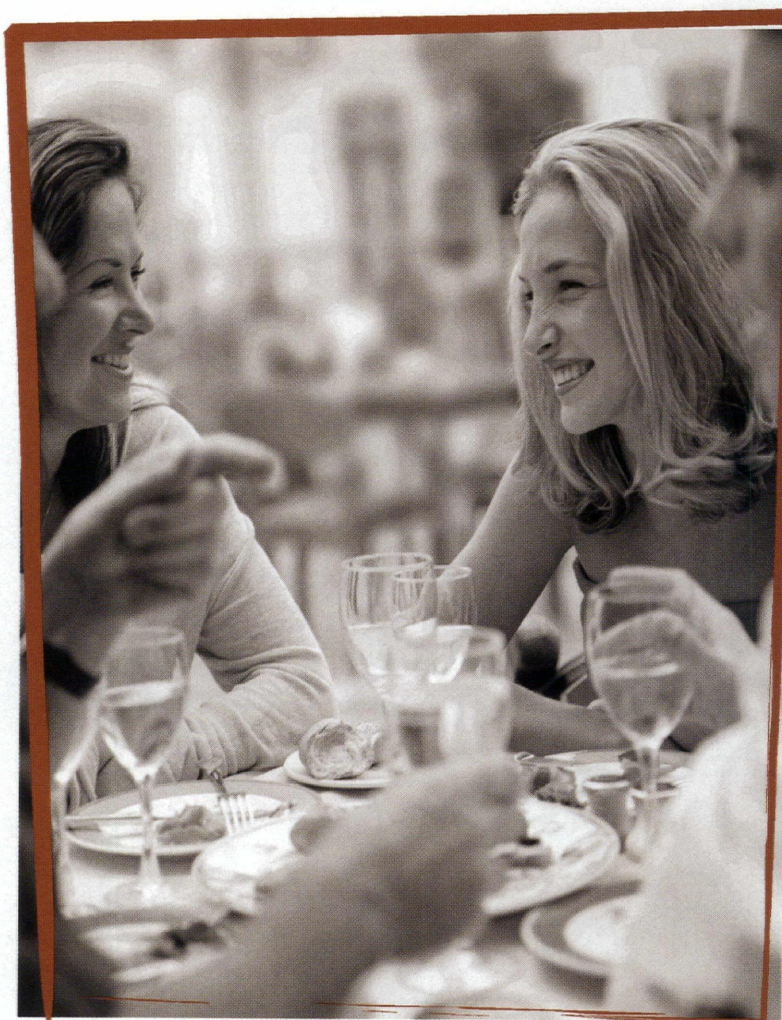


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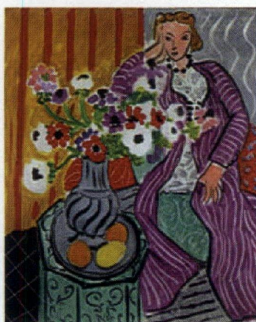


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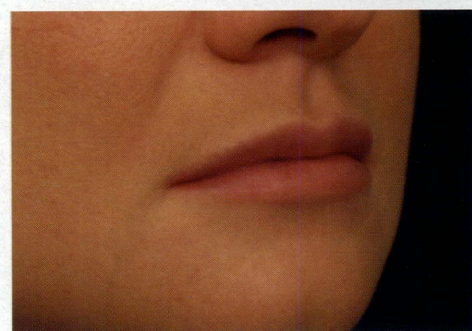
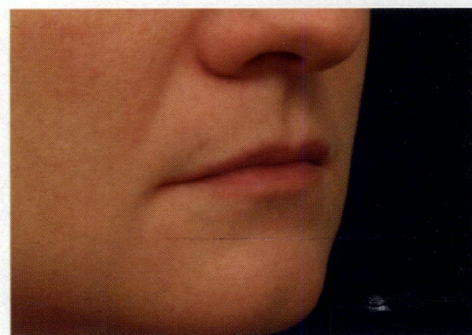
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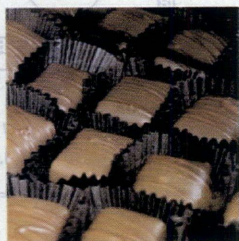
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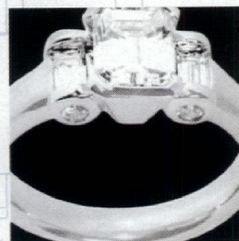


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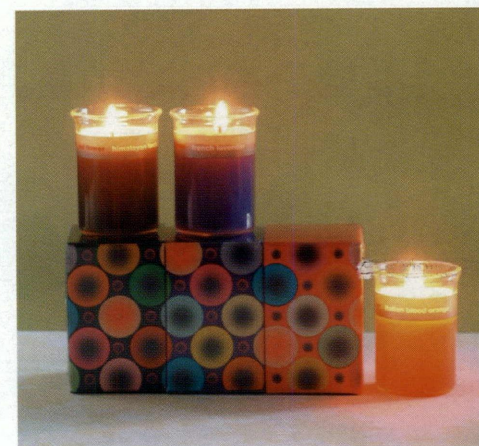


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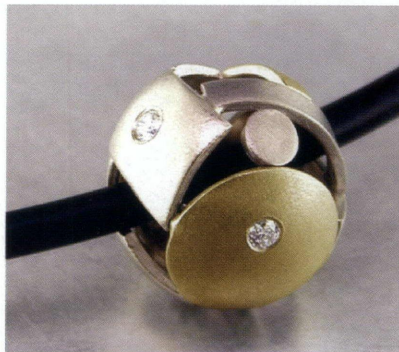


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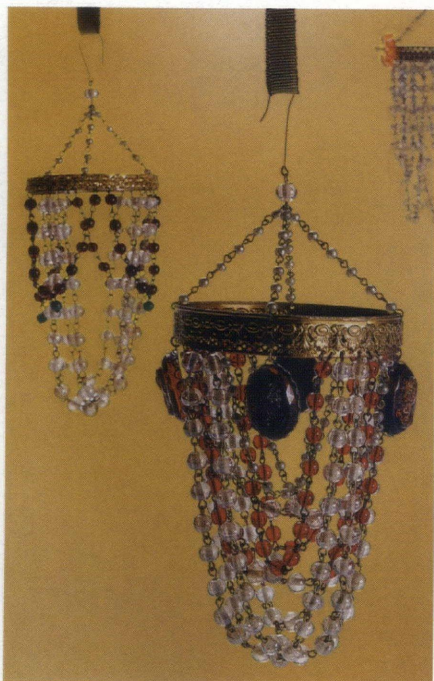
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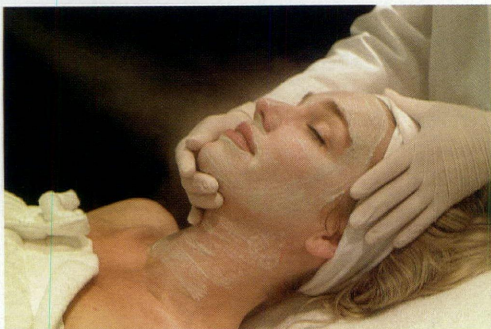
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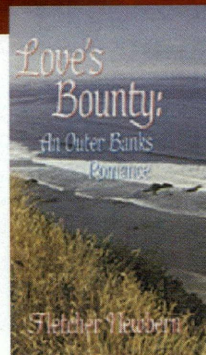
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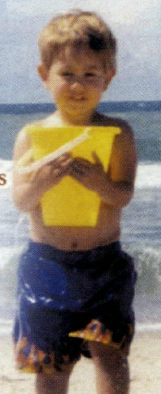
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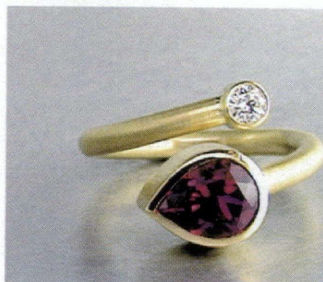


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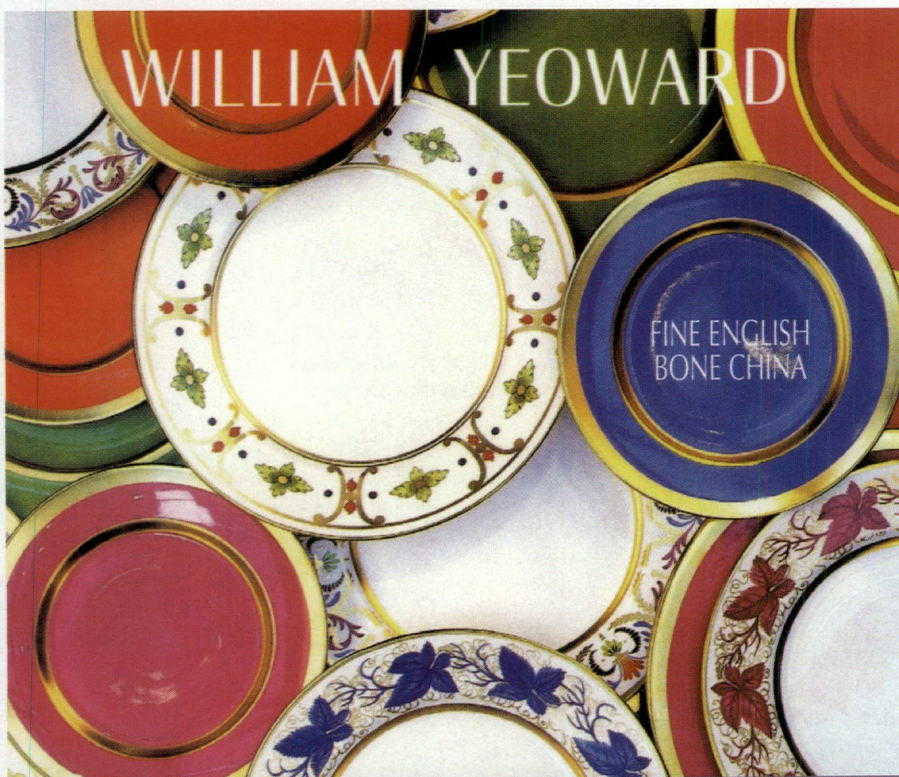
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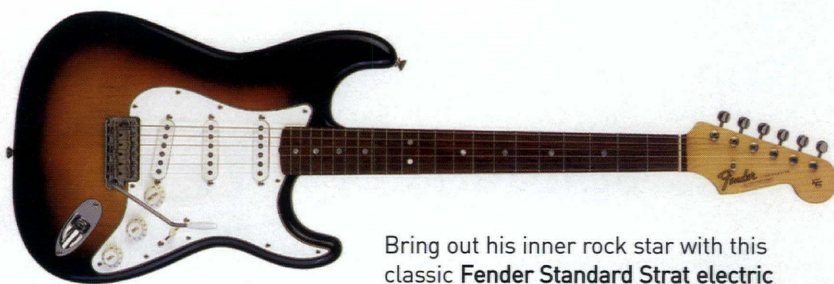
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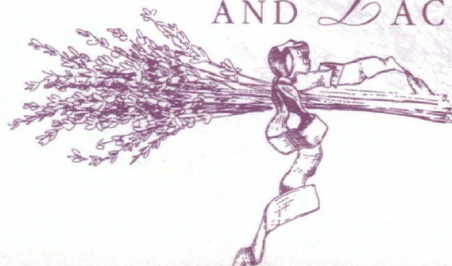


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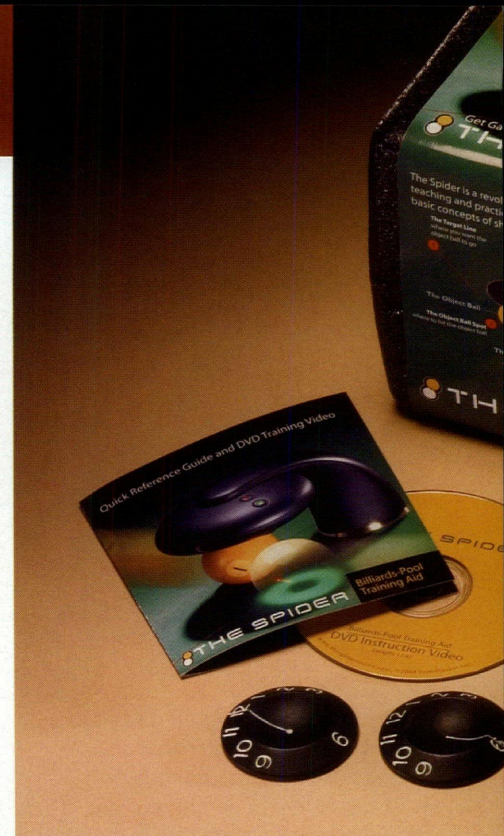
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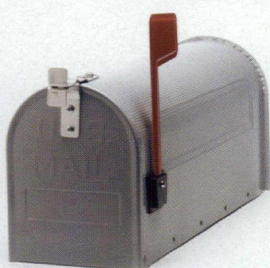
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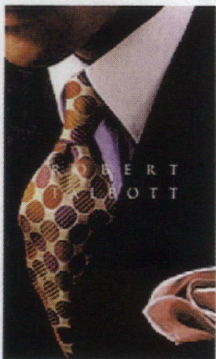
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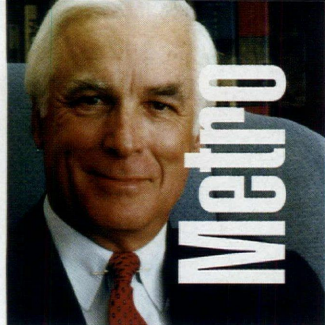


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# Editor-at-Large

by Jim Leutze

Less than elite image...

## CAROLINA BEACH: BLUE-COLLAR PARADISE?

**T**here are lots of issues confronting coastal communities. Hurricane protection, beach renourishment, water quality and, of course, real estate development. In most areas the development issues form a pretty standard web of conflicts between competing interests. Environmentalists worry about setback requirements and storm water run off; developers worry about profits; and elected officials

destroy the town's "blue collar" atmosphere. How refreshing. Everyone else wants family atmosphere like Wrightsville Beach, or Las Vegas atmosphere like Myrtle Beach, or aristocratic atmosphere like Palm Beach. But some people in Carolina Beach, sometimes known as "belly beach" or the "Red Neck Riviera" want to keep its slightly run down, somewhat cheesy charm as a destination for

going to cater to the middle-class or blue-collar vacationer or retiree?

### BORN AGAIN AND AGAIN

For the record, Carolina Beach was incorporated in 1925 after various efforts to establish a resort there since late in the 19th century. Usually the development had been based around dance pavilions, small cottages, bowling alleys and bathhouses. Nature had not been kind with hurricanes, tornadoes and fires setting back progress. The Intracoastal Waterway and an improved road to Wilmington helped the town in the decades after incorporation. But in 1940 a huge fire destroyed much of the business district, leading to rebuilding with more rigorous construction codes. That was just in time for World War II and the establishment of the town's "blue collar" reputation. Not able to afford some of the tonier resorts and in search of amusements not available elsewhere, shipyard workers and enlisted personnel flocked to Carolina Beach, known officially as "The Friendly Resort." But the more things change, the more they remain the same: Hurricane Hazel hit in 1954 destroying or damaging over 500 buildings—and the town rebuilt again with construction codes again improved. And a major chain hotel opened in 2003 amid calls to clean up and upgrade the central business district.

That brings us back to the current controversy. Now, according to the critics, an up-scale, out-of-town developer wants to come in and spoil the whole thing. They probably don't sufficiently value T-shirt shops, boarded-up stores, bars, pool halls and tattoo parlors. No, they want high rises and high-class, high-priced souvenir shops filled with yuppie-style beachwear deco-



Carolina Beach Park

worry about charting a course between these and other political land mines.

But several weeks ago a different kind of story was reported in the *Wilmington Star News*. It dealt with a brewing controversy in neighboring Carolina Beach. A big development had been proposed and some were opposing it on grounds that it would

the... well, working-class vacationer. And to be fair the belly beach label is a caricature, a cartoon if you will. There are plenty of nice homes and lots of nice people. But images are images and some take pride in the less-than-elite image of Carolina Beach. However, the controversy did raise an interesting question in my mind: Who is



rated with shells and turtles and maybe a karaoke bar.

What this fancy out-of-state development group, called Arcadia—defined by the dictionary as “a region offering simplicity and contentment”—wants is an 11-story building, a mixed-use complex designed for residential and commercial use. Some homeowners opposing the enabling zoning change now have filed a lawsuit. The complaints don’t mention atmosphere, but they do talk about concrete and contend that the buildings, some 130 feet tall, will dwarf existing structures. Well, I don’t know about your average dwarf, but 130-foot buildings will definitely overshadow the average house. The upset homeowners also contend that the town’s 1997 land-use plan specifically discourages “high-density and/or intense development, including large multi-family complexes, condos, high-rise structures, large hotels and motels.” (*Star News* 6B, 14 October). The City Council, “with almost no discussion,” overruled the Planning and Zoning Commission objections and unanimously approved the project. Apparently, they considered the land-use plan as a guideline, not a restriction. Supporters, presumably including the owners of the property, contend that the development will improve the quality of the boardwalk area, bring in better business and just possibly a better quality clientele, and, maybe, make somebody a bundle. There goes the neighborhood.

There are important as well as possibly frivolous issues at stake here. If there is a subject that Dr. Orin Pilkey and I agree on, it is opposition to high-rise beach development. However, my objection is based on aesthetics as well as science. Beach communities are suitable for beach cottages; high rises are suitable for urban communities. I like towns like Wrightsville Beach (with parking, of course) or Beaufort (Büford), SC, or Beaufort (Bofert), NC, or Pine Knoll Shores or Oak Island or almost anywhere without high rises.

#### MIXED-USE

As an enterprising investigator for *Metro*, I decided to make a reconnaissance to Carolina Beach. The approach reminds one a lot of North Myrtle Beach with gar-


ish signs, a recreation park, surf shops. Downtown, if you really can distinguish such a district, is distinctly down at the heels. But there is history here. The Ocean Plaza (now for sale) has a dance hall that proudly announces itself as the birthplace of the “Shag.” The boardwalk area is sorely in need of the tender loving care that can only be provided by a bulldozer. There are at least three fancifully named locations, one the Astor Hotel where business looks a little slow, and the proposed new additions called Park Place (no park, no place) and Paradise Surfside. There also are some fancy new condos going up on the North end where they will join some big expensive homes. In one sense I guess I’d say Carolina Beach has already achieved “mixed use.”

The most recent newspaper accounts say there will be further zoning discussion in December, while noting the opposition is trying to preserve the Beach’s “small-town character.” Maybe we have a definitional problem here. We toss around “blue collar” and “middle class” and “small-town character” as though everyone agreed on

what they meant. For instance, it makes a lot of difference when you talk about family values whether or not you mean Ozzie & Harriet or Ozzie Osborne.

There also is the serious problem of new development driving up tax values beyond the means of long-time residents. We see this happening all along the Outer Banks. The quasi-frivolous issue is whether Carolina Beach will make a virtue of tacky or not. Let’s face it, there are many people who can’t afford classy; hotels in Carolina Beach cost from 30 to 50 percent less than accommodations in Wrightsville Beach. The average North Carolinian can’t afford \$125 per night; nor can they afford \$200,000 for a building lot. Let’s hope Carolina Beach’s improvements aren’t intended to price average Tar Heels out of the market, but I fear that may be the consequence. **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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Artsplosure—the presenter of First Night Raleigh—is funded in part by the City of Raleigh based on the recommendations of the Raleigh Arts Commission and by United Arts Council of Raleigh and Wake County, with funds from the United Arts Campaign and Grassroots Arts Program of the North Carolina Arts Council, a state agency. This project also received support from the North Carolina Arts Council, an agency funded by the State of North Carolina and the National Endowment for the Arts, which believes that a great nation deserves great art.

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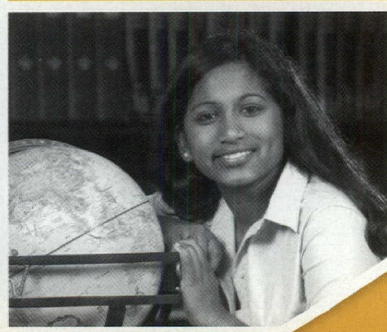
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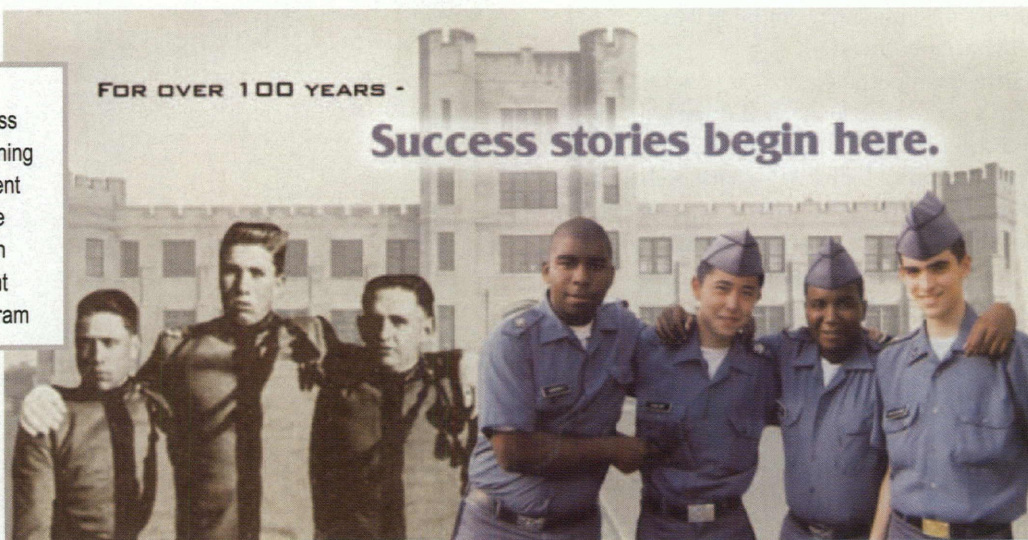
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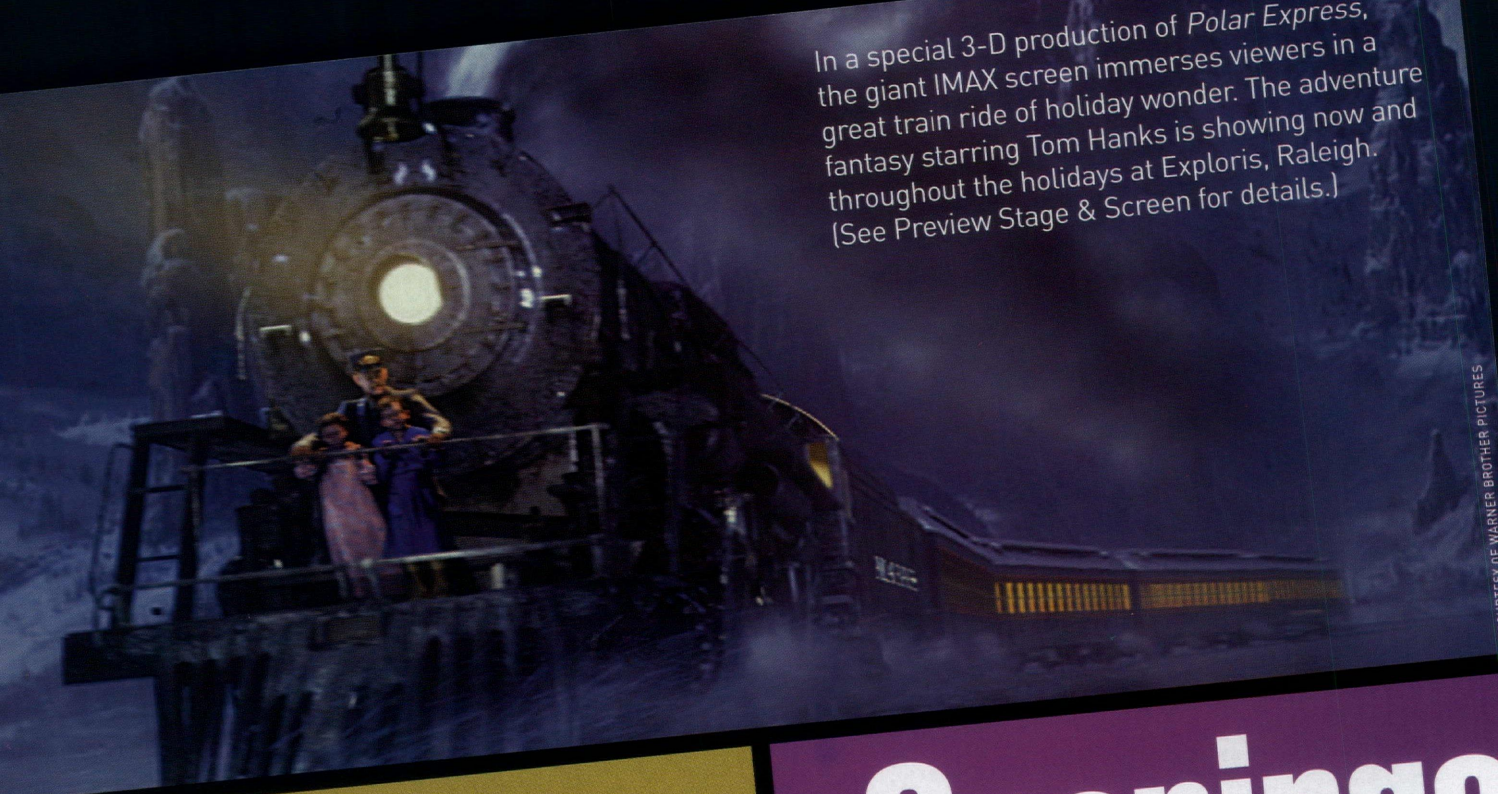
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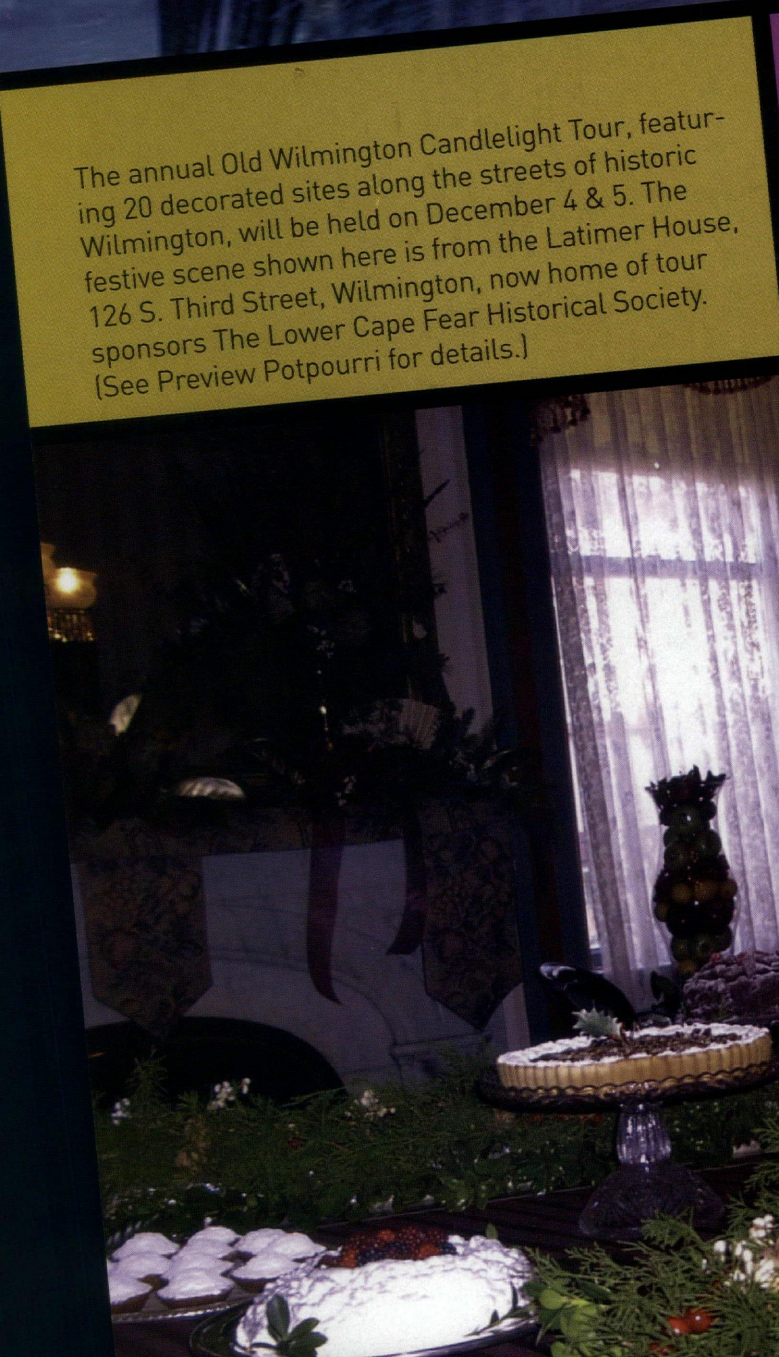
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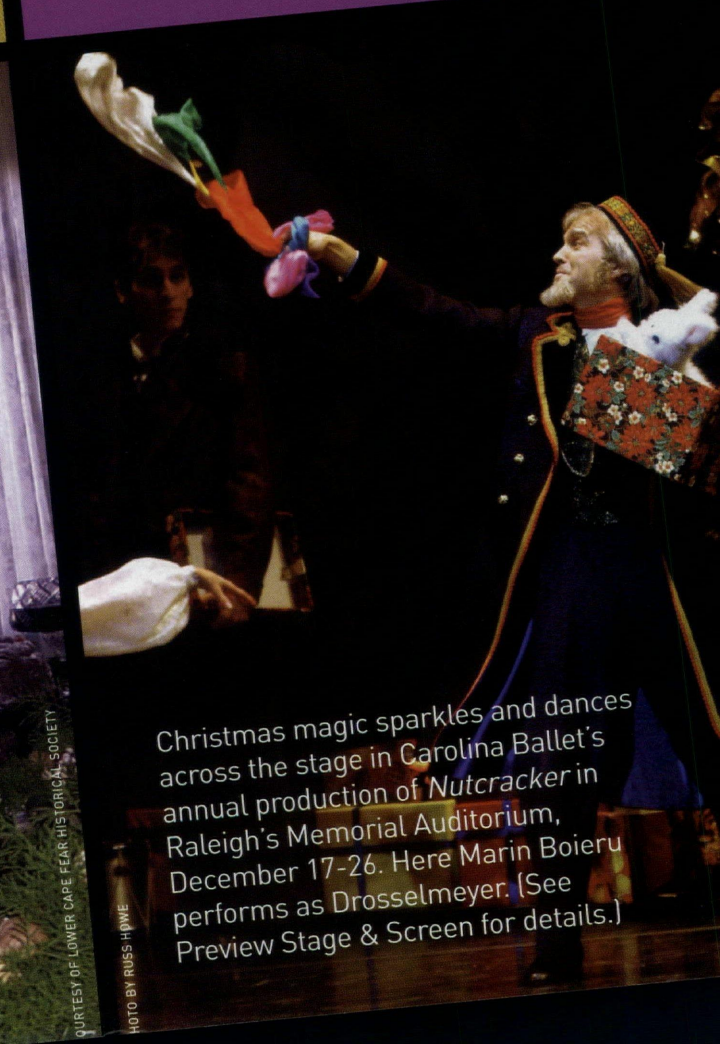


In a special 3-D production of *Polar Express*, the giant IMAX screen immerses viewers in a great train ride of holiday wonder. The adventure fantasy starring Tom Hanks is showing now and throughout the holidays at Exploris, Raleigh. (See Preview Stage & Screen for details.)



The annual Old Wilmington Candlelight Tour, featuring 20 decorated sites along the streets of historic Wilmington, will be held on December 4 & 5. The festive scene shown here is from the Latimer House, 126 S. Third Street, Wilmington, now home of tour sponsors The Lower Cape Fear Historical Society. (See Preview Potpourri for details.)

# Openings



Christmas magic sparkles and dances across the stage in Carolina Ballet's annual production of *Nutcracker* in Raleigh's Memorial Auditorium, December 17-26. Here Marin Boieru performs as Drosselmeyer. (See Preview Stage & Screen for details.)

COURTESY OF LOWER CAPE FEAR HISTORICAL SOCIETY

PHOTO BY RUSS HOWE

COURTESY OF WARNER BROTHER PICTURES



**Metro**

# Preview

by Frances Smith

## Preview Spreads Magical Christmas Cheer

### GALLERIES

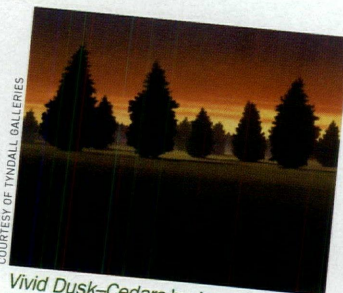
**LITERAL PERCEPTIONS BY TIM POSTELL;** The Semans Gallery, Durham Arts Council, Durham; thru Dec. 5. Contact 919-560-2787.

**DAVID SOVERO & P. FORREST STEEL EXHIBIT;** Sidestreet Gallery, Pittsboro; thru Dec. 7. Contact 919-545-3033 or [www.sidestreet-gallery.com](http://www.sidestreet-gallery.com).

Raleigh; thru Dec. 31. Contact 919-828-3165 or [www.galleryc.net](http://www.galleryc.net).

**8TH ANNUAL STUDIO SHOW: RETURN TO TAOS,** Southwest Painted Furniture & Holiday Gifts; Nancy Tuttle May Studio, Durham; thru Dec. 31. Call 919-688-8852.

**NEW WORKS,** varied styles and media by Lydia Mendise, Karin Winslow & Mary Cynthia; Exhibit 20, Glenwood South, Raleigh; thru Dec. 31. Call 919-831-5454.



*Vivid Dusk-Cedars* by Jacob Cooley, oil on canvas, will be on view in "A Celebration of the Season" at Tyndall Galleries, Chapel Hill, thru Jan. 18

Craft Gallery, New Bern; Dec. 3-Dec. 31. Contact 252-633-4369 or [www.carolinacreations.com](http://www.carolinacreations.com).

**ART COLLECTION OF TOWN OF NAGS HEAD,** featuring local artists Glenn Eure, Linda Crassons, Michael Halminski, Marcia Cline, Ray Matthews, Petie Brigham & Rick Tupper; The Art Gallery Dec. 3-30 (opening reception Dec. 5). Contact 252-475-1506 or [www.roanokeisland.com](http://www.roanokeisland.com).

exhibition of photographs by Alison Overton; Upfront Gallery; Dec. 3-Jan. 1

• **Marked Time,** an exhibition of paintings by Ashlynn Browning and Betsy Puckett; Gallery 2; Dec. 3-Jan. 29



*Found Red*, mixed media by Betsy Puckett, is part of the exhibition "Marked Time," opening Dec. 3 at Artspace, Raleigh

**12TH ANNUAL CHATHAM STUDIO TOUR,** self-guided tour to 57 independent artists' workshops; first two weekends in Dec; meet the artists reception Dec. 3; Central Carolina Community College, Pittsboro. Contact 336-581-3763.

**SHACKED UP: BREADWINNERS, HOME-WRECKERS, AND THE MYTH OF THE AMERICAN DREAM** presented by Cannonball Press; Lump Gallery, Raleigh; Dec. 3-31. Contact 919-821-9999 or [www.cannonballpress.com](http://www.cannonballpress.com).

**TWO EXHIBITIONS AT REBUS WORKS,** Raleigh; Dec. 5-Jan. 15 (opening reception Dec. 5, Gallery Talk Jan. 15). Call 919-754-8452 or visit [www.rebus-works.net](http://www.rebus-works.net)

• **"A Salt Revenue II,"** constructed diorama regarding walls, barriers & boundaries by Stacey Kirby, Raleigh artist & UNC-CH graduate

• **"Via Penland,"** exhibition featuring storefront artists associated with Penland School of Crafts to celebrate Rebus Works' one-year anniversary

**OPEN JURIED EXHIBITION;** Horace Williams House, Chapel Hill; Dec. 5-Jan. 2



*Into the Blue* by Tjasa Owen, acrylic/oil pastel, is on view with the "Art for the Holidays" show thru Dec. 31 at City Art Gallery, Greenville

### HOLIDAY SHOW: ART FOR THE HOLIDAYS

featuring new paintings by Gallery artists, sculpture, hand-crafted ceramics, blown glass vessels and stemware, plus artful evening bags by Ted Clayton; City Art Gallery, Greenville; thru Dec. 31. Contact 252-353-7000 or [www.city-art-gallery.com](http://www.city-art-gallery.com).



*Santa with Holly* by Cher Cosper sets the theme for the "Annual Holiday Exhibition," open thru Jan. 1 at ArtSource, Raleigh

**ANNUAL HOLIDAY EXHIBITION;** ArtSource Fine Art and Framing, Raleigh; thru Jan. 1. Contact 919-833-0013.

**CAPITAL ART LEAGUE: CELEBRATING 25 YEARS,** paintings by members of the Capital Art League Annette Rogers, Carol Chianese, Anne Jenkins, Ann Salisbury, Judith Collins, Anne Dunning, Lois Underwood, Nancy Taylor; Fayetteville Museum of Art; thru Jan. 9. Contact 910-787-7486.

**A CELEBRATION OF THE SEASON: NEW ARTWORKS BY 45 GALLERY ARTISTS;** Tyndall Galleries, Chapel Hill; thru Jan. 18. 919-942-2290 [www.tyndallgalleries.com](http://www.tyndallgalleries.com).

**GREG CARTER EXHIBIT;** Jerry's Artarama, Raleigh, Dec. 1-31. Contact 919-876-6610 or [www.jerrysartevents.com](http://www.jerrysartevents.com).

**ALTERNATIVE ROUTES: A JOURNEY IN CLAY-RAKU** by Brian Evans; Carolina Creations Fine Art & Contemporary



*Who Hug*, a winsome interpretation of the Grinch by Chuck Jones, hangs in "The Grinch! - Original Cels & Drawings," opening Dec. 10 at Animation & Fine Art Galleries, Chapel Hill

**THE GIFT OF ART & THE GRINCH!** - Original Cels & Drawings; Animation & Fine Art Galleries, University Mall, Chapel Hill; Dec. 10-31 (opening reception Dec. 10). Contact 919-968-8008 or [www.animationandfineart.com](http://www.animationandfineart.com).

**EVENTS AT ARTSPACE,** downtown Raleigh. Opening reception & First Friday Gallery Walk, Dec. 3. Contact 919-821-2787 or [www.artspacecnc.org](http://www.artspacecnc.org).

• **Dreaming Eden,** an exhibition of ceramic work by Cathy Kiffney; Lobby; Dec. 3 thru Jan. 1

• **Archetypes: Photographic Works,** an



Harry Potter promotional visual by John Alvin is on exhibition in "The Art of the Cinema" at Gallery C thru Jan. 31

**THE ART OF THE CINEMA,** original artwork from John Alvin, Hollywood's premier Cinema Artist; Gallery C,



(opening reception Dec. 5). Contact 919-942-7818.

**ANNUAL PASTEL SOCIETY SHOW;** ArtsCenter, Carrboro; Dec. 16-Jan. 30 (reception Dec. 18). Contact 919-929-2787 or [www.artscenterlive.org](http://www.artscenterlive.org).

## CLASSICAL

### NC SYMPHONY HOLIDAY POPS CONCERTS

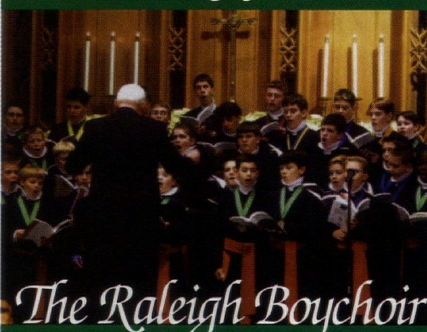
- Carolina Theatre, Durham; Dec. 2; 919-733-2750 x236
- ACT Center, Tarboro, Dec. 3; 252-823-5166
- Crystal Coast Civic Center, Morehead City, Dec. 4 (with Festival of Trees); 252-247-3883
- Northside High School Auditorium; Jacksonville, Dec. 5; 910-455-9840
- Elon University, Koury Center; Dec. 11; 336-278-5680
- Wilmington, Kenan Auditorium; Dec. 14; 910-962-3500 or 800-732-3643
- Kinston, High School Performing Arts Center, Kinston; Dec. 16; 252-527-2517



The Turtle Island String Quartet will perform its holiday concert "Festival of Lights," Dec. 4, in East Carolina University's Wright Auditorium, Greenville

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Thomas E. Sibley, Founder/Conductor  
Guest Artists

Tuesday, December 21, 2004, 7:30 pm  
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Raleigh, NC

For Ticket Sales Contact:  
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Quail Ridge Books & Music at 828.1588

Tickets will not be available at the door!

**AMAH! AND THE NIGHT VISITORS**, presented by Longleaf Opera; St. Phillips' Episcopal Church, Durham; Dec. 2-5. Contact [www.longleafopera.org](http://www.longleafopera.org)

**HOLIDAY MUSICAL EVENTS;** Meredith College, Raleigh. Contact 919-760-8536

- Suzuki Christmas Concert, Dec. 4; Jones Chapel
- Meredith Christmas Concert, Dec. 5; Jones Auditorium
- Capital City Girls Choirs Holiday Concert, Dec. 11; Jones Auditorium

**TURTLE ISLAND STRING QUARTET SOLSTICE CELEBRATION;** Wright Auditorium, ECU, Greenville; Dec. 4. Contact 252-328-4788.

**SOUND THE TRUMPET**, Christmas music for choir &

brass presented by Choral Society of Durham; Duke University Chapel; Dec. 11 & 12. Contact 919-560-2733.

**JOY OF THE SEASON—A NORTH CAROLINA CHRISTMAS**, presented by NC Master Chorale; Meymandi Concert Hall, BTI Center, Raleigh; Dec. 11 & 12. Contact 919-856-9700.

**RALEIGH RINGERS: 15TH ANNUAL HOLIDAY CONCERTS** presented by internationally acclaimed handbell ensemble; Meymandi Concert Hall, BTI Center, Raleigh; Dec. 18 & 19. For tickets call 919-834-4000 or BTI Center Box Office; For info call 919-847-7574 or visit [www.rr.org](http://www.rr.org).

**RALEIGH BOYCHOIR: CAROLS OF CHRISTMAS CONCERT;**

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Edenton Street United Methodist Church, Raleigh; Dec. 21. Contact 919-881-9259.

**NC SYMPHONY ANNUAL NEW YEAR'S EVE CONCERT AND GALA;** Meymandi Concert Hall, Raleigh; Dec. 31. Contact 919-733-2750 or [www.ncsymphony.org](http://www.ncsymphony.org).

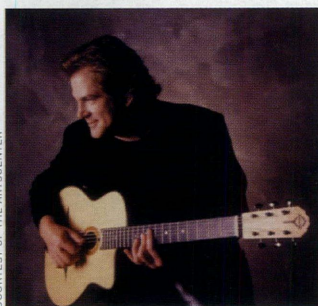
## POP MUSIC

**DUKE JAZZ ENSEMBLE CONCERT,** featuring Delfeayo Marsalis, one of the famous Marsalis brothers; Baldwin Auditorium, Durham; Dec. 2. Call 919-684-4444.



Delfeayo Marsalis, brother of Branford, others, will be the guest artist at the Duke Jazz Ensemble concert on Dec 2 in Baldwin Auditorium, Durham

**CHRISTMAS CONCERTS AT ARTSCENTER, CARRBORO.** Contact 919-929-2787 or [www.artscenterlive.org](http://www.artscenterlive.org).  
 • John Jorgenson Quintet; Dec. 4  
 • Lise Uyanike & the Mobile City Band; Dec. 4  
 • 4th Annual Songs for Peace Benefit Concert; Dec. 11



The John Jorgenson Quintet will perform a concert of eclectic music at the ArtsCenter, Carrboro, on Dec. 4

**COLLIN RAYE,** the most muscular tenor in country music with Toys for Tots Collection; Carolina Theatre, Durham; Dec. 5. Contact 919-560-3030 or [www.carolinatheatre.org](http://www.carolinatheatre.org).

**THE RUNAWAY CHRISTMAS TREE CONCERT,** a cappella alternative to traditional Christmas fare; presented by Christine Lavin and The Mistletones; Boykin Center, Wilson; Dec. 10. Contact 252-291-4329x10 or [www.wilsonarts.com](http://www.wilsonarts.com).

**EMILE PANDOLFI AT CHRISTMAS,** premier pop pianist with comedian James Sibley; Crystal Coast Civic Center, Morehead City; Dec. 16. Contact 252-247-3883.

**CHRISTMAS CAROL CONCERT & SING ALONG,** with Carolinas Brass Ensemble & Candy Williams, organist (bring jingle bells), Fridays at St. James Concert Series, St. James Parish, Wilmington; Dec. 17. Call 910-763-1628.

**MERLEFEST TICKETS NOW ON SALE** for the 2005 festival, Wilkes Community College, Wilkesboro; April 28-May 1. Contact 1-800-343-7857 or [www.merlefest.org](http://www.merlefest.org).

## STAGE & SCREEN

**NOT ABOUT HEROES,** presented by PlayMakers Repertory Company; Paul Green Theatre, UNC-Chapel Hill; thru Dec. 19. Contact 919-962-PLAY or [www.playmakersrep.org](http://www.playmakersrep.org).

**TALKING HEADS,** six monologues in classic contemporary drama; Gilbert Gallery Theater, Arts Council Building, Fayetteville; Dec. 1-12. Contact 910-678-7186.

**90 IN 90 & SAFE HOUSE,** world premiere of two new plays presented by Burning Coal Theatre; Kennedy Theatre, BTI Center, Raleigh; Dec. 2-19. Contact 919-834-4001.

**THE NUTCRACKER BALLET,** presented by Arts Council of Wilson and ACT! For Youth; Boykin Center, Wilson; Dec. 3-5. Contact 252-291-4329x14 or [www.wilsonarts.com](http://www.wilsonarts.com)

**THE CASHORE MARIONETTES,** internationally acclaimed group redefines art of puppetry; Film Theatre, Roanoke Island Festival Park, Manteo; Dec. 4. Contact 252-475-1500 or [www.roanokeisland.com](http://www.roanokeisland.com).

**THE NUTCRACKER,** NC State Ballet production, featuring guest artist Alfredo Marengo & Kelli Bradshaw with a cast of 60 dancers and actors; Crown Theater, Fayetteville; Dec. 5, 11 & 12. Call 910-484-2736.

**30TH ANNUAL A CHRISTMAS CAROL,** presented by Theatre in the Park, Raleigh; Dec. 8-15; Raleigh's Memorial Auditorium. Contact 919-834-4000. Gala and Drops Debut Performance on Dec. 7. Reunion Celebration Performance Dec. 12. Contact 919-831-6936 or [www.theatreinthepark.com](http://www.theatreinthepark.com).

**THE NUTCRACKER,** presented by Triangle Youth Ballet; Carolina Theatre, Durham; Dec. 10-12. Contact 919-969-9693.

**CINDERELLA,** 20th Annual production by the Raleigh Little Theatre; A.J. Fletcher Opera Theater, BTI Center, Raleigh; Dec. 10-19. Contact 919-821-3111 or [www.raleighlittletheatre.org](http://www.raleighlittletheatre.org).

**INSERT APPROPRIATE HOLIDAY GREETING,** presented by Transactors Improv; ArtsCenter, Carrboro; Dec. 11. Contact 919-929-2787 or [www.artscenterlive.org](http://www.artscenterlive.org).

**EVENTS AT WORLD ARTS FESTIVAL,** The ArtsCenter, Carrboro. Contact 919-929-2787 ext. 206 or [www.artscenterlive.org](http://www.artscenterlive.org).

• Samecumba, Dec. 10  
 • The Healing Force: Kwanzaa Celebration, Dec. 16 & 17

**A CHRISTMAS STORY,** Jean Shepherd's Christmas classic presented by Cary Players; Old Cary Elementary, Cary; Dec. 10-19. Contact 919-496-4061 or visit [www.caryplayers.org](http://www.caryplayers.org).



The popular Preservation Hall Jazz Band of New Orleans will perform on Dec. 11 at the Clayton Center, Clayton

**PRESERVATION HALL JAZZ BAND,** part of the Palladian Series; The Clayton Center, Clayton; Dec. 11. Contact 919-553-3152.

**PINOCCHIO,** presented by American Theatre Arts for Youth; Carolina Theatre, Durham; Dec. 13. Contact 215-563-3501 or 215-563-1588.

**THE NUTCRACKER BALLET,** popular annual production by Carolina Ballet; Memorial Auditorium, Raleigh; Dec. 17-26. Contact 919-719-0900.

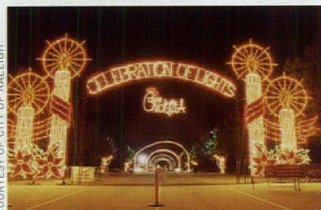
**CIRQUE DREAMS;** Memorial Auditorium, Raleigh; Dec. 28-Jan. 2. Contact 919-834-4000.

**POLAR EXPRESS;** Giant screen presentation at Imax Theatre, Exploris, downtown Raleigh; throughout the holidays. Contact 919-857.1085 or [www.exploris.org](http://www.exploris.org).

**PLANETARIUM CHRISTMAS SHOW: STAR OF BETHLEHEM;** Morehead Planetarium & Science Center, Chapel Hill; thru Jan. 17. Contact 919-962-1236.

## POTPOURRI

**CHICK-FIL-A CELEBRATION OF LIGHTS;** ALLTEL Pavilion, Raleigh; thru Jan. 2. Contact 919.834.4000 or [www.celebrationoflights.net](http://www.celebrationoflights.net).



Brilliance heralds the season in the City of Raleigh's presentation of the 7th annual Chick-Fil-A Celebration of Lights at Alltel Pavilion in Raleigh, open until Jan. 2

**4TH ANNUAL FESTIVAL OF TREES,** Festival of Trees Gala & Auction, Open House & Holiday Performances; New Bern Riverfront Convention Center; Dec. 2, auction Dec. 3. Advanced Res-

ervations Required for auction. Contact 252-633-8247.

**CORE SOUND WATERFOWL WEEKEND;** Core Sound Waterfowl Museum, Harkers Island; Dec. 3-5. Contact 252-728-1500.

**CORE SOUND DECOY FESTIVAL,** show & sale of decoys carved by members of Core Sound Decoy Carvers Guild; Harkers Island School, Harkers Island; Dec. 4 & 5. Contact 252-838-8818.

**LIGHT UP DURHAM,** performances in multiple downtown venues; downtown Durham; Dec. 4. Contact 919-595-5023.

**OLD WILMINGTON BY CANDLELIGHT TOUR,** featuring 20 sites & sponsored by The Lower Cape Fear Historical Society; tour begins at 126 South Third Street; Dec. 4 & 5. Contact 910-762-0492 or [www.latimerhouse.org](http://www.latimerhouse.org).

**THE TWELVE DAYS OF CHRISTMAS,** from traditional Community Open House Dec. 5 to Feast of the Three Kings Jan. 6 with seasonal dinners, family activities, demonstrations, authors' readings & afternoon teas in between; The Carolina Inn, Chapel Hill. Contact 919-918-2777 or [www.carolinainn.com](http://www.carolinainn.com).

**18TH ANNUAL CHRISTMAS CANDLELIGHT TOUR** of historic inns, churches, public buildings and private homes; downtown Hillsborough; Dec. 5. Contact 919-732-8156.

**POINSETTIA OPEN HOUSE;** McSwain Education Center, JC Raulston Arboretum, Raleigh; Dec. 5. Contact 919-513-3826.

**19TH ANNUAL CANDLELIGHT CHRISTMAS,** with progressive dinner, music & holiday decorations; Historic Murfreesboro; Dec. 7 & 8. Contact 252-398-5922.

**FAREWELL RECEPTION** for Dr. Robert Lyons, director; JC Raulston Arboretum, Raleigh; Dec. 7. Contact 919-513-3826.

**CHRISTMAS CELEBRATIONS AT EXPLORIS,** downtown Raleigh. Contact 919-857-1085 or [www.exploris.org](http://www.exploris.org).

• Celebrate Santa Lucia Day in Sweden! Dec. 11  
 • Hanukkah Celebration: A Jewish Holiday, Dec. 12  
 • Enjoy Las Posadas - Christmas in Mexico, Dec. 18  
 • Kwanzaa Celebration, Dec. 26  
 • Celebrate Mochituki: Japanese New Year, Jan. 1

**LIGHTING OF LUMINARIES;** Village Center, Fearrington Village, Pittsboro; Dec. 10. 919-542-2121.

**BEAUFORT-BY-THE-SEA CAROLINA CHRISTMAS WALK,** Beaufort Historic Site, Beaufort's Bed & Breakfast inns decorated for Christmas; Dec. 11. Contact 800-575-7483.

**33RD HISTORIC OAKWOOD CANDLELIGHT TOUR;** Raleigh; Dec. 11 & 12. Contact 919-832-9712 or 919-906-5500.

**HOLIDAY TOUR OF HISTORIC HOMES,** ten historic homes and buildings; East



Franklin Street, Chapel Hill; Dec. 11-12. Contact 919-942-7818.



This silver and blue Christmas tree is one of the designer decorated trees on display in the Assistance League's "Festival of Trees" at the BTI Center, downtown Raleigh, now thru Dec. 31.

**CHATHAM COUNTY HOLIDAY PARADE OF HOMES**, showcasing five homes in Chatham County; Dec. 12. Contact 919-742-3333 or [www.ccucc.net](http://www.ccucc.net).

**FESTIVAL OF TREES**, hosted by Assistance League of the Triangle to benefit Kid's Place at Wake Med, Operation School Bell, Women In Need (WIN), and scholarships for local youth; BTI Center, Raleigh; thru Dec. Contact 919-235-4554 or [www.altriangle.org](http://www.altriangle.org).

**EVENTS IN HISTORIC EDENTON**. Contact 1-800-775-0111.

- *Behold, the Christ Child*; presented by Emmerich Theatre; Rocky Hock Playhouse; thru Dec. 18; 252-482-4621
- Christmas at the Market, Dec. 4
- Christmas Candlelight Tour Weekend; private homes decorated for the holidays; Dec. 10-11. Tour Weekend activities include Annual Groaning Board at James Iredell House and Annual Wassail Bowl at Cupola House featuring refreshments & entertainment
- Caroling on the Green, recently restored 1767 courthouse; Dec. 10.

**FIRST NIGHT RALEIGH 2005**, 100 performances in 25 downtown Raleigh venues; Dec. 31. Call 919-832-8699 or visit [artsplosure.org](http://artsplosure.org)

(Children's celebrations at NC Museum of History & NC Museum of Natural Sciences)

**WINTER ON THE WATERFRONT**, A Celebration of North Carolina Crafts; Manteo Waterfront; Dec. 2-4. Contact 252-475-1500 or [www.roanokeisland.com](http://www.roanokeisland.com)

**EXECUTIVE MANSION CHRISTMAS OPEN HOUSE**; downtown Raleigh; Dec. 9. Contact 919-724-8687.

**TRYON PALACE CANDLELIGHT TOURS**; Tryon Palace, New Bern; Dec. 11 & 18. Contact 800-767-1560.

**GALA DINNER & BLACK TIE NEW YEAR'S EVE BALL**, champagne reception, eight-course Gala Dinner with Swing Band Rebecca and the High Tones; Fearington House Restaurant, Fearington Village; Dec. 31. Contact 919-542-4000.

## MUSEUMS

**FIVE ARTISTS—FIVE FAITHS: SPIRITUALITY IN CONTEMPORARY ART**, exhibition accompanied by UNC Music Department's Christian Choral Music including carols, spirituals, artists' talks & more; Ackland Art Museum, Chapel Hill; thru Jan. 16. Call 919-843-3676.

**EXHIBITIONS AT NC MUSEUM OF ART**, Raleigh, Contact 919-839-6262 or visit [www.ncartmuseum.org](http://www.ncartmuseum.org).

- Matisse, Picasso and the School of Paris: Masterpieces from Baltimore Museum of Art, featuring selections from collection of Etta & Claribel Cone—thru Jan. 16
- Objects of Desire: The Museum Collects, 1994-2004—thru Feb. 27
- Crossing Continents and Exploring Culture: Art by Students from Ghana, West Africa—thru Jan. 9

**FREE PROGRAMS AT N.C. MUSEUM OF HISTORY**, Raleigh. Contact 919-807-7900 or [ncmuseumofhistory.org](http://ncmuseumofhistory.org).

- Make It, Take It: Tree Angels—Dec. 4
- History à la Carte: Toys from Old Salem—Dec. 8
- Capitol Tree Lighting—Dec. 9
- Music of the Carolinas: Triangle Shape Note Singers—Dec. 12

**EVENTS AT NC MUSEUM OF NATURAL SCIENCES**, Raleigh. Contact 919-733-7450 or [www.naturalsciences.org](http://www.naturalsciences.org).

- *Santa Claus Conquers the Martians*—Dec. 3
- Nature Art Gallery: Grace Li Wang and Alexa Kleinbard—Dec. 3-Jan. 30
- Workshop: The Birds of Lake Mattamuskeet—Dec. 8

## KIDS' CHRISTMAS FUN

**THE NIGHT BEFORE CHRISTMAS CAROL**, a two-person production written by Dickens' scholar Elliot Engel, SuperFun for Kids Series, ArtsCenter, Carrboro; Dec. 3. Call 919-929-2787.



David zum Brunnen, former Executive Director of the North Carolina Theatre Conference, performs in *The Night Before Christmas Carol*, in the SuperFun for Kids Series on Dec. 3 at the ArtsCenter, Carrboro

**SEE SANTA**; Transportation Museum; Spencer; Dec. 4 & 5, 11 & 12. 18 & 19 (reservations required). Contact 877-NCTM-FUN, or visit [www.nctrans.org](http://www.nctrans.org).

**THE SPECIAL LITTLE CHRISTMAS TREE**, reading and talk by author Renee Gibbs; Cliffdale Regional Branch Library, Fayetteville; Dec. 13; North Regional Branch Library, Fayetteville; Dec. 15. Call 910-483-7727.

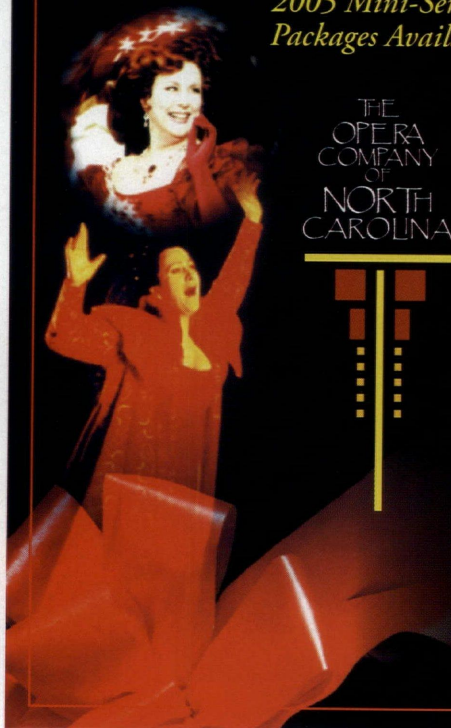
**27TH ANNUAL SANTA TRAIN**; Museum of Life and Science, Durham; weekends in Dec. Contact 919-220-5429.

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](mailto:fsmith5@nc.rr.com).

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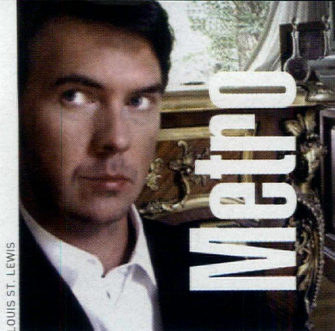
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# Artist-at-Large

by Louis St. Lewis

## ART FOR CHRISTMAS

**J**ingle Bells, Jingle Bells, good boys and girls (and those of you not so good as well), the holiday season is certainly upon us. If you haven't had the opportunity to buy your favorite art writer a luxury present for X-mas, don't worry. In order to make it easier on you, I have compiled a visual wish list of some of this year's more enticing offers to be found in NC art venues. They run the gamut from ceramics to paintings, assemblage to fine craft, all well crafted and

sure to please. Doug Hahn's museum shop **details** located in University Mall in Chapel Hill is filled with quality names such as Jonathan Adler, Nambé Eva Zeisel and Helge Ott. Lee Hansley Gallery in Raleigh and Durham's Craven Allen Gallery both feature lovely hand-built ceramics certain to please both tactile and visual sensors. Chapel Hill native Mark Sloan has some amazing behind the scenes museum photography available through Ann Stewart Fine Art.

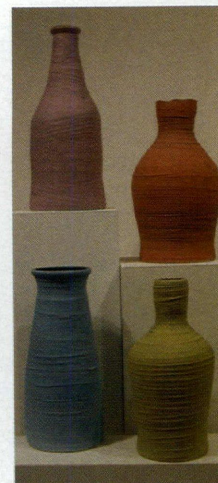
Margaret White's large-scale color field paintings at Somerhill Gallery are knock-outs and the amazing jeweled constructs at Glance Gallery by the talented Ms. Scheer are well worth the sticker shock prices. New Elements gallery in Wilmington has some lovely Michelle Natale's that would make great stocking stuffers and Beaufort Fine Art's collection of Amy Levine is simply divine... the list goes on and on. Go see for yourself—and have a safe and happy holiday. **MM**



Vincent Daddiego, *Remembering Venice*, High-Grade Metal etched with acid and painted with enamel. Available at Animation and Fine Art Galleries



Lynn Boggess, *3 November 2004*, oil on canvas. Available at Tyndall Galleries



Chris Simoncelli, **large scale ceramic jars**. Available at Lee Hansley Gallery.

Artist Sydney Scherr, **Feather Talisman Rattle**, Materials: Sterling and fine silver, 24k gold, copper, cloisonne enamel, pink ivory wood, moonstone, hematite beads. Available at Glance Gallery



Mark Sloan, *Butterfly*. Available at Ann Stewart Gallery

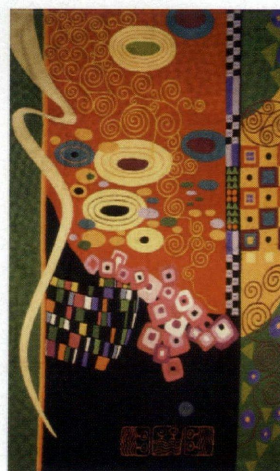


Antonio Bogaert, *Driftwood at Haast Beach*-New Zealand, silver gelatin print with sepia toning. Available at Craven Allen Gallery



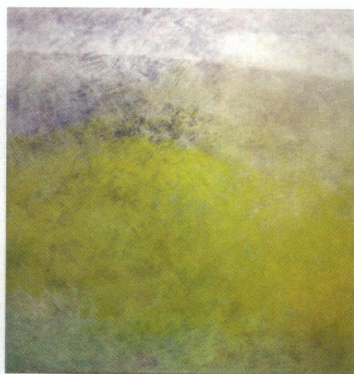


Amy F. Levine, *Morning Coffee*, acrylic/mixed media.  
Available at Beaufort Fine Art

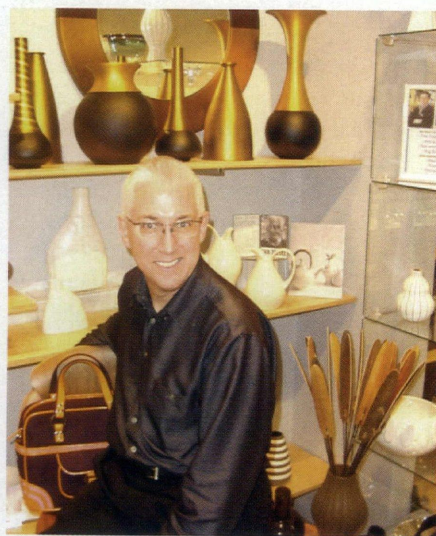


**Klimt Rug**; this dynamic 4 x 6 foot area rug brings together the time honored traditions of the East with the 20th Century Modernism of the West. Starting with the design motifs of Gustaf Klimt, craftsmen and women in Kashmir use traditional hand chainstich embroidery to create textiles of bold color and design. The rug is fit for both floors and walls and similar designs can also be found on matching throw pillows. Available at Gallery C.

Margaret White, *South of Northeast Kingdom II*, oil on linen. Available at Somerhill Gallery



Michele Natale, *Silver Leaf Boat*, raku. Available at New Elements Gallery.



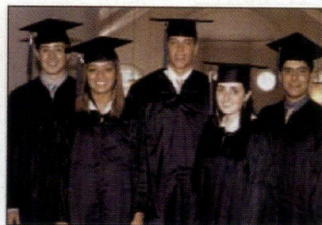
doug hahn at Details



Jim Lux, Send, **smoke fired earthenware and colored slips**. Available at Craven Allen Gallery

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## HOG HEAVEN

I came across Jordan & Hope quite by accident.

I had stopped in Clinton to visit with Rogers Clark at Sampson-Bladen Oil Company. Rogers runs what Business North Carolina described as one of the largest and most successful family-owned companies in NC. He asked why I was rambling Down East. "Checking out country sausage," I told him. "I've got a cooler full in my car."

I had already visited Carlie C's in Dunn where I have been buying air-dried sausage for years. My mother was partial to anything Carlie C. McLamb made and sold in his stores. Folks at Bowman Enterprises in Benson, where I had been doing a photo shoot with Cindy Carroll—a delightful lady with a delightful name, told me that Mac's General Merchandise on NC Highway 242 South near

in Clinton? They make some of the best sausage in North Carolina." I confessed that I did not. "Well, let me take you over there."

Between you and me, I really didn't have time, but my curiosity wouldn't let me say, "No." And Rogers wouldn't let me say "no" either. Later, I was glad I didn't.

We made our way across Clinton to 906 College Street near First Baptist Church. Jordan & Jordan, as Rogers referred to it, is now Jordan & Hope, incorporating the name of owner Hubbard Jordan's daughter, Ann Jordan Hope. Ann is a feisty sort who makes the train run on time and is heir apparent.

Jordan & Hope operates in a 1930s vintage "filling station" with a covered shelter. The gas pumps are gone, but Hubbard Jordan was Rogers' first customer when Sampson-Bladen went into the gas business. I got the spirit of the place from the sign posted on a trailer load of collards under the shelter. "Put your collards in the car first. Then pay inside." When I entered, I understood why. Shelves were so close you couldn't walk around with collards without knocking off corn meal, preserves, spices, molasses—or Kits or B-B Bats.

Like I said, I was in a hurry, but this place was a piece of history. I asked for a pencil, picked up a brown paper bag and scribbled notes furiously as Hubbard Jordan, a big man in a ball cap and a white apron, gave me a quick tour. I knew I had to come back when I saw rows of "Tom Thumbs" hanging in the cooler—pig's stomachs ("maws," as we called them) stuffed with sausage. I don't know offhand of another place where you can buy them, but I do remember seeing Tom Thumbs in a Williamston store a few years ago. On the farm, they hung in the smokehouse until special folks came when you sliced and fried the dried sausage. The flavor was intense. Some cooks would put a Tom Thumb in a huge pot of cabbage and Irish potatoes as seasoning, and slice and serve it after it cooled.

It was a Saturday, months later, when I made it back, a detour on a trip to Wilmington. On my previous visit I had met Mildred Jordan, Hubbard's wife of 53.5 years—a tiny lady with lots of energy. When I entered the store Hubbard was sitting in a straight chair beside a lady.

"I am going to tell your wife I caught you carrying on with another woman."

"That would be all right," he said laughing, "because this is my sister, Kathleen Bradshaw." Jordan & Hope is mostly a family affair. Mrs. Bradshaw's daughter, Phyllis Piner, clerks, as well as Jordan's baby sister Barbara Hairr. Add to that his son-in-law Jerry Hope, who raises acres of collards sold at the store. Jerry saves seeds from a variety he found in Pitt County years ago—a cabbage-collard that folks love. Hubbard's oldest grandson, Josh Jordan, clerks and grinds sausage.

Sausage. Down East style it's ground pork with lots of fat—15-20 percent, I am told—and seasoning that always includes red pepper and sage. It's the particular combination of these ingredients and the way you hold your mouth when you prepare it that makes the difference between good sausage and great sausage.

Jordan & Hope makes great sausage and sells tons of it during the holidays, fresh and air-dried (stuffed and hung in a cool place



Benson was the alpha and omega of Johnston County sausage. Scott McLamb, son of owner Shelton McLamb, showed me around, and I bought some of MAC'S "OLE FOLKS" country sausage. Hot and mild. Mac's sells five tons of it during Christmas week through outlets that include IGA stores. Carlie C's and Mac's sausage have similar, old-fashioned, pepper and sage seasoning and taste.

Just before arriving at Rogers' place, I stopped at Cedar Run Farms on 421 near Harrells. Their label shows a lovely old farmhouse, but the retail arm of the business is an unimposing cinder-block establishment on the old road to Wilmington. I like their fresh sausage (they don't sell air-dried), liver pudding in a casing and sliced hog jowl for seasoning greens. Purchases at Cedar Run popped the lid on my cooler.

Rogers listened patiently as I talked. He is natured that way. Then he asked quietly, "Do you know about Jordan & Jordan here



for several days while it loses moisture). A secret formula of spices is blended in Colera, Alabama, and shipped to the store eight to 10 times a year in cardboard drums. The sausage is stuffed in "natural casings," paper-thin hog intestines that come in packages called "hanks." During the holiday, hand-operated stuffing machines produce miles of plump, pink sausage. One customer in South Carolina sends a truck for his purchase of 1500 gift boxes. Josh mixes pork and spices and grinds it. Mildred Jordan mixes it again and does much of the stuffing, a delicate process that requires just the right amount of pressure, else the casings burst. It's part science, part art and part decades of experience.

Hubbard Jordan has plenty of experience. His Uncle Ransom Jordan opened the store in 1936, and Hubbard started working for him as a boy shortly thereafter. On weekends, he sometimes would come from school on Friday and work straight through till Monday, sleeping in a niche under the stairs. Jordan & Jordan started making sausage in 1948.

Ann Jordan Hope, now 48, was clerking when she was five or six. "I couldn't reach

the cash register to make change," Ann said. "The greatest day of my life was when Coca Colas went from eight cents to a dime. Then I could just lay a dime on the counter and Momma and Daddy would come along and put it in the drawer."

She has always hustled. Her Uncle Ransom let her grow collards and market them in the store for half of the selling price "Daddy would know just about exactly what we would take in on a day. He would tell us that everything over a certain amount, we could have," said Ann. "I would work until the lights went out to make that little bit of extra."

There is still some sort of incentive system in play.

I couldn't pin down Hubbard Jordan on what goes in his sausage, but I think he uses lots of hams and shoulders and whole hogs at least some of the time. I asked what he does with the heads. "Oh, Mildred gets them. They are hers." The heads are big sellers at New Year's.

The mention of New Year's Day and the traditional southern menu of black-eyed peas, collards and hog jowl prompted this ditty from Ann: "Eat black-eyed peas for

change; green collards for green money; hog's head for good luck."

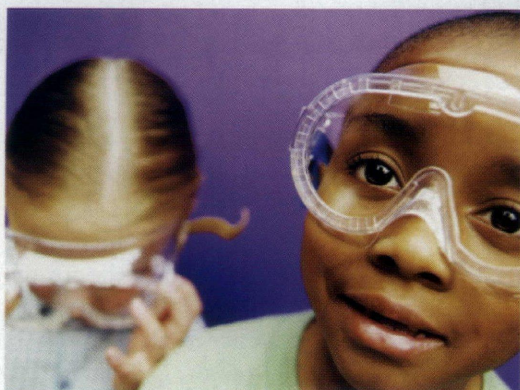
During the holidays, locals going north stop by and load up with sausage, country hams, backbone, collards, turnip greens and the like. Folks coming home for Thanksgiving and Christmas bring long lists made by friends in far-away places. Ann keeps a hand-lettered list posted of places where she knows their Down East eats have gone. It contains 48 states—the last was Maine—and several countries, including Sweden.

Virginia Dixon is a customer of 40 years. I asked her why she shops at Jordan and Hope. "Cause I know what I be buying. If I want fresh sausage, I come here. If I want stale," she said with a hearty laugh, "I go somewhere else." Nicely put.

Ann made sure I left with a bag of sausage, and the next morning my hosts Andy and Jackie Margoles at Wilmington's Landfall neighborhood served up a heaping platter. Neighbor and raconteur Harry Fronista joined us. Wife Jenny was out of town. We swapped stories for hours, and the sausage was something else.

For sure, there'll be Down East sausage on my plate Christmas morning. **MM**

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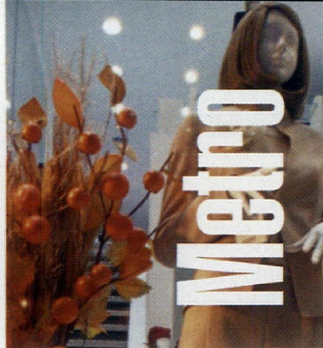


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# Style

by Molly Fulghum Heintz

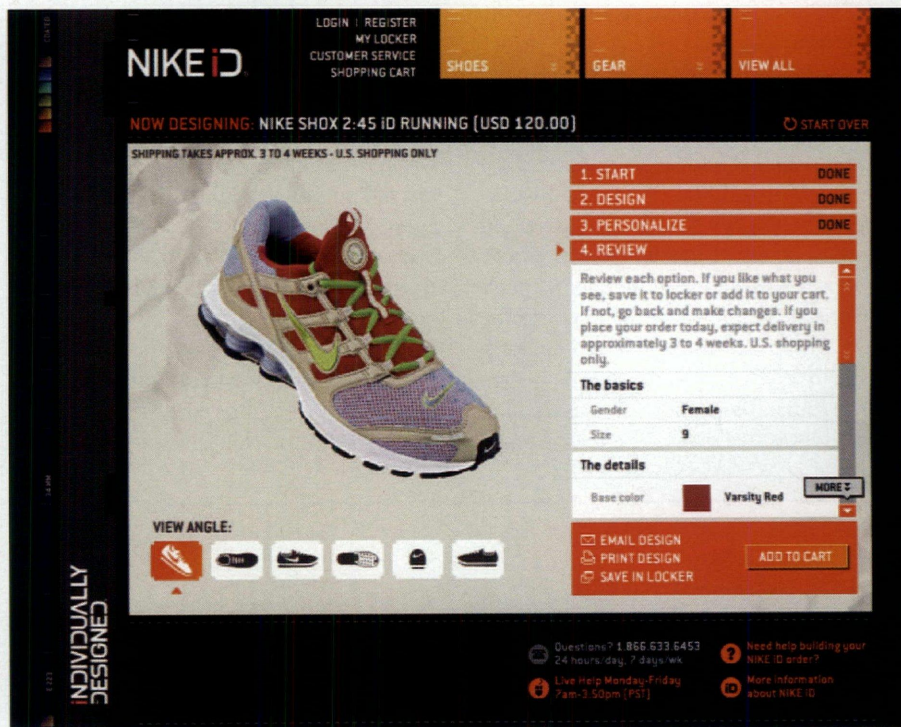
## Jingle Bell Rock:

### SEQUINS TWINKLE FOR CHRISTMAS

At the holiday party rounds this year, make sure you sparkle like the gem you are. The sequin is the trimming of the moment, and this little sparkle actually has quite an interesting origin. The word sequin comes from an Old French word derived from the Italian zecchino, the term for a medieval Venetian gold coin. Zecchino comes from the Arabic word sikkah, or mint (as in "I spent a mint traveling to their destination wedding in Bora Bora"). This season sequins have been turning up on the seams of pants, on the

necklines of sweaters and on every accessory imaginable. Now that the holidays are upon us, those who may otherwise find sequins too flashy have license to twinkle. High on the scale of sparkle is CK, Calvin Klein's sequin embroidered dress (\$695 at [www.saks-fifthavenue.com](http://www.saks-fifthavenue.com)). In a delicate pale pink, the effect of this knee-length slip dress is "enchanted fairy" rather than "vintage disco ball." For a little daytime drama, check out Charlotte Tarrantola's "Snowfall" crocheted capelet in

fuschia; the sequins could almost be mistaken for a dusting of crystalline snowflakes (\$142 at [www.nordstrom.com](http://www.nordstrom.com)). Gap's silver sequin scarf (\$39.50) and sequin flower pin (\$9.50) are very affordable forays into glitter territory, and the blue or fuschia sequin sash at Guess (\$58) will give an all



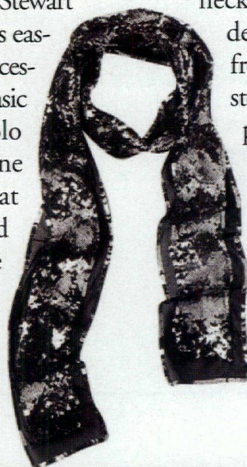
black ensemble the perfect dose of jingle-bell rock.

#### CUSTOM CHRISTMAS

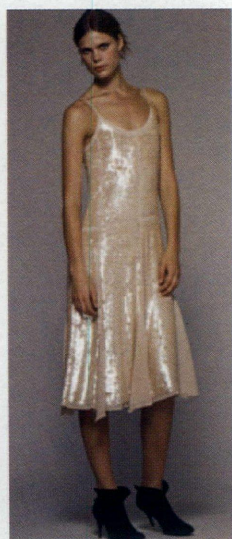
These days the most fashionable holiday gifts are one-of-a-kind items, rare and individualized. But, honestly, who has the time? (Insert your own Martha Stewart joke here). Yet customization is easily available for clothing and accessories, lending even the most basic pieces an air of couture. Polo recently launched an on-line monogramming service at [polo.com](http://polo.com); add initials and choose the color of the horse and rider. Nike's Nike iD line ([www.nikeid.nike.com](http://www.nikeid.nike.com)) allows buyers to customize the look of their sneakers down to the

border around the swoosh. If you hurry, there's still time to design a pair in time for the holidays (typically they take three to four weeks to make and ship). Of course, with these items, the giftee is out of luck in the returns department. A more practical choice might be an intriguing rubber band necklace (\$125) or the cleverly designed BYO Lunch Bag (\$28) from the Museum of Modern Art store ([www.moma.org](http://www.moma.org)). It's also the perfect place to find stocking stuffers for a fashionista, like the svelte lint brush compact (\$4).

The fashion maniac in your



Gap silver sequin scarf, \$39.50



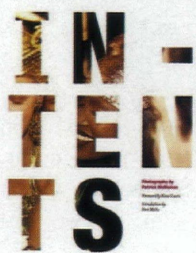
Calvin Klein's sequin embroidered dress; \$695 at [www.saksfifthavenue.com](http://www.saksfifthavenue.com)





Charlotte Tarantola's "Snowfall" crocheted capelet in fuschia; \$142 at [www.nordstrom.com](http://www.nordstrom.com)

life might also appreciate Assouline's new coffee-table book on Tom Ford, former creative director of Gucci, or possibly *In Tents*, photographer Patrick McMullan's visual chronicle of weeks and weeks of Fashion Weeks (Powerhouse Books). But to really impress a follower of fashion, secure an item from the new Karl Lagerfeld collections at H&M.



The retailer, which specializes in inexpensive and trendy clothing and accessories, commissioned the Chanel designer to create a new line. After much hype, it

launched in mid-November at H&M stores in fashion capitals around the world and proceeded to sell out in about 30 minutes. Reportedly, pieces are already turning up on e-bay. Most of the collections (for men and women) are black and white, sharply cut and priced under \$100. Swarms of stylists and curious shoppers surrounded the racks, felt the material (much of it in silk) and didn't think twice about purchas-

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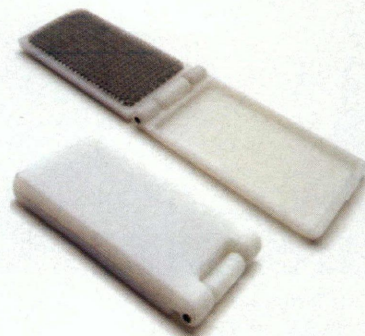
Gap sequin flower pin, \$9.50



ing a piece from a renowned design genius. Also available are sunglasses, bags and a unisex fragrance weirdly named "Liquid Karl."

#### HOME FOR THE HOLIDAYS

At the holidays, sometimes it's nice to patronize companies closer to home. This region seems to be becoming somewhat of a beauty mecca, and a gift certificate to one of the area's day spas may be the perfect present for a slightly frazzled friend. Synergy Spa just opened in Raleigh's Glenwood Village, offering the latest in dermabrasion and glycolic peels, treatments that sound alarming but are surprisingly gentle. Who wouldn't want to start the New Year knowing that there aren't any of those old 2004 skin cells hanging around? The natural beauty empire The Body Shop is headquartered just a stone's throw away in Wake Forest. Founder Anita Roddick's entire reason for creating the business was to offer



Lint brush compact, \$4



Rubber band necklace (\$125)



BYO Lunch Bag, \$28



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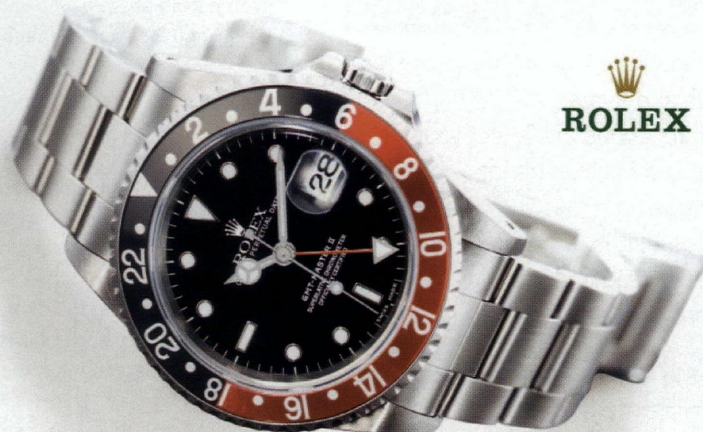
help back

products in small-size bottles at reasonable prices. Little did she know that she was coming to the rescue of those who forage annually for the stuff of stockings. Burt's Bees, the personal-care line built on beeswax, is based in Raleigh and famous for magnificent lip balms. A newer addi-



Burt's Bees Lip Shimmer

tion to their line-up is Lip Shimmer, a minty (as in Altoids) gloss, tinted in an array of seven subtle colors (available at Whole Foods). Buy one of each (\$3.50) and arrange in a gift bouquet.  
Shine on! **MM**



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# FASHION NEWS

**Beanie + Cecil** invites you to create your Beanie + Cecil wish list. Any items purchased from your wish list between now and the holidays will receive a 10% discount. Free gift wrap and delivery will be available. Cameron Village- 919.821.5455; The Lassiter at North Hills- 919.789.4885 and Historic Wilmington- 910.762.6585

Kane Realty announces additional retailers and restaurants for **North Hills**. Four new fashion retailers to the Triangle include: **Kharma- a Boutique** which will carry designer lines of clothing and accessories from Los Angeles, New York, Paris and Barcelona; **Rouge**, a boutique specializing in cutting edge women's apparel and accessories; **Vermillion**, a new specialty store which will focus on the latest in fashion for the modern woman, and **Porto** which offers handmade home furnishings and accessories from around the world. Familiar retailers include: **Serotta's** and **Certain Things** who will open their third Triangle locations and **Kerry Catherine Jewelry** and **Fantasia** who will both open their second locations. **Omega Sports** will join the boutiques.

New Restaurants to open in North Hills consist of: **JK's**, known for premium steaks and seafood; **Bonefish Grill**, presenting a variety of fresh seafood and sauces daily; **McAlister's Deli**, offering sandwiches, salads, soups and more, and **Five Guys**, famous in DC for burgers, fries and numerous toppings. **Movies at North Hills 14** will be open for the Christmas season on this year. Many of the stores will open through mid-December, with more new stores and restaurants opening after the first of the year.

Saturday, December 4, **The Rock & Shop Market**, a fashion, art and music flea market, will be kicking off its first event at the YWCA in Raleigh, located at 1012 Oberlin Road. The market will feature music by local bands and over 15 local artists and designers selling jewelry, handbags, scarves and more. Admission is \$3 and goodie bags will be given to the first fifty guests.



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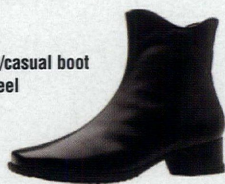
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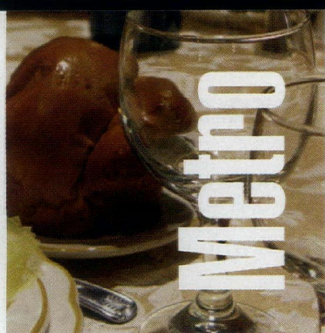
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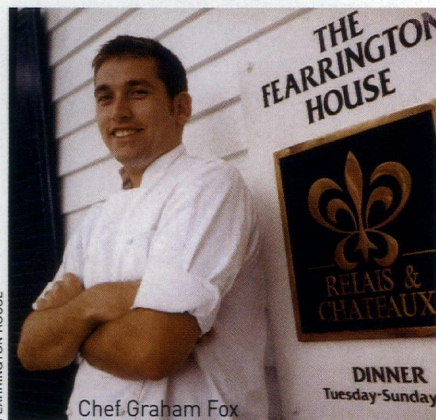
# Gourmet

by Maudy Benz

## Graham Fox: Pushing Boundaries of Cuisine

### DELIGHTFUL DÉJÀ VU AT FEARRINGTON HOUSE

**W**hen I opened the door of the Fearington House as its first hostess on opening night in 1980, I had already fallen in love with R.B. and Ginny Fitch, and with the house, and the dairy farm the land will always recollect, and with the cozy yet forward-looking housing devel-



FEARRINGTON HOUSE

Chef Graham Fox

opment that Fitch Creations was building. (Fearington was a possible retirement target my Yankee parents had already noticed advertised in the back pages of *The New Yorker* magazine.) The soon to be famous Chef Bill Neal hired me in his capacity as consultant to the visions ahead for the restaurant. R.B. had a plan and I later watched him stick to it through visitations from culinary luminaries, such as Edna Lewis. It seemed clear to me even on that first night that the menu's \$5.95 pot roast was not going to be long for the world in such an enchanted place. But I could not have predicted the levels of culinary excellence the restaurant would reach in this year of 2004 under Chef Graham Fox. I just had dinner at the Fearington House again and it wasn't déjà vu, it was—how do you do it? Between last year and this year Graham Fox leapt into the league of one of the few great chefs in the Triangle area.

The Fearington House cuisine, always

fashionable and up to date, has become exquisite and etched with a new brand of culinary curiosity as evidenced in foie gras crème brûlée. It has shifted from regional cuisine to classical French cooking with a Southern influence. This shift is subtle but the difference is between wearing a wool-mix or a cashmere sweater. Last year I mentioned Graham's intention to move toward the Southern offerings. I see many splendid examples in both the six course prix-fixe menu and the three course prix-fixe menu newly added this year at a price of \$45 (with wine pairing \$70—this menu is not available on Friday and Saturday nights). For example: Roasted Pheasant Breast with Yukon Gold and Rutabaga Hash, Persimmon Pudding; Lump Crab Meat with Corn Custard.

Graham Fox says he's "always pushing the boundaries of the cuisine." My friend and I tasted those limits right away in the amusing *bouche* tray offerings: salmon with cured sun-dried tomato, fingerling potatoes with quail eggs and the sweet and savory combination of the foie gras crème brûlée. The wine pairing of Lerchenberg Pinot Gris Marc Kreydenweiss 2002 tasted zingy alongside.

We looked around us at the painting of poppies on the wall. It softly echoed the bold print curtains behind our table. A fire lighted the room across the way. I relaxed and remembered working this room back when Jesse Fearington still came to dinner and told stories about the farm. Suddenly I didn't know where the time had gone. The hourglass sand trickled memories grain by grain—too fast. My life turned back and away to ground. I managed a heads up and watched the cuisine arrive with pomp and circumstance.

Foie gras terrine this year stands alone as Fox left the rabbit to its own dish. He is,

however, combining two to three items on a plate, like the brioche croûte with duck glaze here, and the pears between. But the items are presented with their essential flavor central. These courses achieve bounty for the eye and the palate at once. They are executed with care, like paintings. The serving pieces are large white bowls or rectangular plates, with opulent white space framing the courses.

Subliminally sensing the French shift, I ordered the braised rabbit with shallots, taragon and warm pear and carrot compote with ginger. For a moment I returned in culinary memory to Provence where the rabbits tasted of thyme, their feed. The

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wine a Stuhlmuller Estate Chardonnay Alexander Valley 2003 progressed in flavor to meet the rabbit's fuller fare.

### SAUCY BIOGRAPHY

Graham Fox told me he's teaching his toddler son to cook because "women love a good cook." He says that fatherhood is a most important job for him. I'd say he and Gregor are creating some fine menus together if the changes at Fearington are any indication of these tutorials. Graham's new chef-mentor is the chef he admires most: restaurateur Michel Bras based in

Seared Beef Tenderloin with Braised Prime Rib of Beef, Sauteed Wild Mushrooms, and a Red Wine Reduction



FEARRINGTON HOUSE

his three Michelin star restaurant in France. Fox took his culinary degree from Burton-on-Trent and trained at The Hotel Du Tribunal in Normandy and the Michelin-star rated Castle at Taunton in

England. He also worked at the French Laundry in Napa, California. He won the Avery's Young British Chef of the Year Award in 1999.

My Red Wine Poached Halibut with Creamy Grits was a sensual, hearty following to the above progression. The waiters at Fearington possess the skill to anoint your meal with cohesion in whatever category of dining you choose—red meat, fish, vegetarian. The Walker Bay Pinot Noir 2002 was a fair choice but not one I would rave about among the other wine pairings of the evening.

With my Autumn Crème Brûlée Sampler (Grape, Sweet Potato, Pumpkin, Pistachio, Butter Apple) the Muscat Beames Venise Domaine Durban 2001 sang a lovely final note. With the new \$45 menu I can't imagine more people won't make the Fearington House a regular destination for dinner out because it's so much more, like a starred restaurant you'd find in France which these days would cost you a few hundred dollars. **MM**

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### Country Inn Award

The Zagat Survey, which covers 1021 hotels, resorts and spas as well as major chains in the US, Puerto Rico and the US Virgin Islands, ranked The Fearington House Inn and Restaurant No. 7 in its 2005 guide and a rating of 29 for dining, 28 for rooms and 27 for service. Ratings range from 0-30 with 26-30 representing "extraordinary to perfection." Fearington was the only North Carolina facility listed in the top 10.



For more information on Fearington House, call 919-542-2121 or visit [www.fearington.com](http://www.fearington.com).

### The Fearington House Restaurant

Address: 2000 Fearington Village, Pittsboro

Hours: Mon-Sat 6-9, Sun 6-8

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# Off the MENU

by Fred Benton

## Cook's Country Loves Country Folk and Country Food

A pleasant holiday gift crossed my desk this morning—a creation from the team of editors and staff who put together one of the best food arts magazines in the country: *Cook's Illustrated*. Now *Cook's Illustrated* has launched its charter issue of *Cook's Country*.

"Many of us at *Cook's Illustrated*," explained founder and editor Christopher Kimball, "grew up in the country and have a great fondness for country food (and) for all that goes with it: nutmeg doughnuts and coffee after church, kitchen dances, Old Home Day cookouts, pig roasts and covered dish suppers. We felt it was time," he continued, "to start a magazine about what we love most: country folks and country food."

*Cook's Country* is not about fancy cooking, complicated techniques or hard-to-find foods. The first issue features recipes for Extra-Crunch Fried Chicken, Cheesy Mashed Potatoes, Ice Cream Cupcakes, S'mores Brownies and Country-Style Pot Roast made in a slow cooker. The new publication, for sale now, has an oversized format and lots of color photography, and readers will share ideas for "fun" food products including desserts made with store-bought ice cream or gelatin (like a gelatin Root Beer Float). For an advanced peek visit *Cook's Country* at [www.cookscountry.com](http://www.cookscountry.com)

## Carolina Inn's "12 Days of Christmas"

The Carolina Inn in Chapel Hill will be presenting its traditional "12 Days of Christmas" throughout December and into January. Special events such as superb dinners and lunches to lectures are backdropped by breathtaking decorations, a tableau of the 12 Days of Christmas, from 12 Lords a'leaping to live turtledoves. The display is open daily from December 5 through January 6, 8 a.m. to 10 p.m. For more information on individual events and general information go to [12days@carolinainn.com](mailto:12days@carolinainn.com)

## Famous Fearington Food and Tradition Captured in Cookbook

Now you can add *Flavors of Fearington* to your cookbook collection. This compendium of recipes is a Fearington original where the reader is invited to enjoy over 250 kitchen-tested dishes from creative, world-traveled Fearington residents and Fearington House chefs. Complete with historical pictures and information about the Fearington family land, this is more than a cookbook.

The book was developed in its entirety by 150 resident volunteers, who combined their talents to collect and test recipes, design the layout, create the photography and art work, write the text, and raise the funds to print the book. All sales benefit Fearington Cares, a non-profit group created to provide residents with information and services to optimize their health care. Funds from book sales are a means of sustaining the organization while providing a resource for the tradition of Fearington social gatherings that includes good food, caring neighbors, and the cordial atmosphere. To purchase the book for \$29 contact the Fearington Cares office at 919-542-6877.

But there's more than a cookbook to be enjoyed at Fearington Village, an affluent enclave located on scenic farmland between Chapel Hill and Pittsboro. Among many other fine events, there's the Weekend Wine Tasting at Fearington Grocery Company, featuring a *free wine tasting* every Saturday from 1 to 3 p.m. Join the FGC staff for some great wine suggestions! Call 919-545-5717 for further information. Also there's a Farmer's Market at Fearington every Tuesday at 4 p.m. Local farmers sell their best local produce next to the Administration Building. For more information call 919-542-4000.

## Culinary Trust Scholarships Available

The Culinary Trust accepts scholarship applications for formal culinary education and independent research. At present there are 31 scholarships available with a value over \$127,500 for the 2005-2006 academic year. The cutoff date for this year's acceptance of applications ends December 15. I think this is handy information to have if you have an aspiring chef in your family.

"Many students have financial constraints that make it difficult to concentrate on their studies. Scholarships awarded from many generous donors have provided an opportunity that otherwise might have been out of reach for some students. Scholarships ease their financial pressures and make learning more of a focus," said Christopher Papagni, Ph.D., dean of student affairs/scholarship donor at The French Culinary Institute. Additions to the 2005-2006 scholarship program include:

- Le Cordon Bleu Australia, Adelaide, South Australia—Four \$5000 tuition-credit scholarships for Masters Degree Programs are available, one in each of the following Masters Degree Programs: International Meetings Industry Management, Gastronomy, International Hospitality, and Business Administration (International Hotel & Restaurant Management).
- The Julia Child Endowment Fund Scholarship & Julia Child Fund at The Boston Foundation, France—Two \$5000 cash scholarships in France for independent study and research as it relates

to French food, wine and culinary traditions.

- The Culinary Institute of America at Greystone, The Rudd Center, Napa Valley, CA—Five tuition-credit scholarship awards valued at \$1000 each toward any Professional Wine Program at The Culinary Institute of America at Greystone Rudd Center for Professional Wine Studies.
- Cuisinart—Stamford, Connecticut—One \$1500 cash scholarship for a pre-enrolled or currently enrolled student toward a Culinary Arts Certificate or Degree program at any accredited culinary school.
- The Art Institute of New York City, New York, NY—One \$5000 tuition-credit scholarship for a currently enrolled student toward the Culinary Arts Certificates Program.
- at-sunrice, The Singapore Cooking School and Spice Garden, Singapore—One \$5000 tuition-credit scholarship toward the two-year Advanced Culinary Placement Diploma Program offered jointly with Johnson and Wales University.
- Le Cordon Bleu Sydney Culinary Arts Institute, Sydney, Australia—Two full-tuition scholarships available. One scholarship is offered for the 10-week Basic Pastry Certificate Program and one scholarship is offered for the 10-week Basic Cuisine Certificate Program. Future applicants may visit The Culinary Trust Web site at [www.theculinarytrust.com/](http://www.theculinarytrust.com/) to download a complete list of available scholarships and an application. Applications are also available from the Culinary Trust Director of Administration, Trina Gribbins, at [tgribbins@hqtr.com](mailto:tgribbins@hqtr.com), by mail at 304 W. Liberty Street, Suite 201, Louisville, KY, 40202, USA or by fax at 502-589-3602.

## Coupon Connections

If the holidays are taking a toll on your wallet and if you're into grocery couponing, the September-October edition of "Consumer Connections," the newsletter from the NC Consumers Council Inc., offers several online sites you can visit to print out money-saving coupons: [www.coolsavings.com](http://www.coolsavings.com), [www.refundswepers.com](http://www.refundswepers.com), [www.smartsources.com](http://www.smartsources.com) and [www.valuepage.com](http://www.valuepage.com). To join or make inquiries to the NC Consumers Council call 919-781-8654.

## Xios Presents Traditional Greek New Year's Eve Dinner

Xios, authentic Greek restaurant in Apex will cook up a traditional Greek New Year's Eve Dinner for Friday night, Dec. 31. The first seating is at 8 p.m. [\$45 per person]. The second seating at 10 p.m. [\$60 per person] includes a midnight champagne toast. Reservations are required. For more information, contact Xios Owner Kirk Hatzidakis at 919-363-5288 or visit [www.xioscfe.com](http://www.xioscfe.com) for a listing of upcoming events and directions to the restaurant.



# Metro Magazine's Premiere RESTAURANT GUIDE

## RALEIGH/CARY

**42nd Street Oyster Bar** – 508 West Jones Street, Raleigh (919) 831-2811. A Raleigh tradition since 1931. Serving quality seafood, steaks and pasta in a casual atmosphere. Steamed oysters and clams available. Serving lunch Monday through Friday and dinner seven nights a week.

**Bella Monica** – 3121-103 Edwards Mill Rd., Olde Raleigh Village Shopping Ctr, Raleigh (919) 881-9778. Family-run Italian restaurant. Delicate, thin-crust Neapolitan pizza with gourmet toppings. Pork Piccata, Shrimp Scampi, Portobello Lasagne & Cannoli. Neighborhood bar with all-Italian wine list. Patio dining. Lunch, Dinner, Late Night on weekends. Closed Sunday. "Simply superb-three stars." – *News & Observer*

**Bloomsbury Bistro** – 509 West Whitaker Mill Road, Suite 101, Raleigh (919) 834-9011. Everything you love about fine dining without the hype. Sophisticated food and wine in a comfortable neighborhood setting. Featured in *Southern Living*, *Gourmet Magazine* and *USA Today*.

**Bogart's American Grill** – 510 Glenwood Avenue, Raleigh (919) 834-1122. Steaks, martinis and impeccable service never go out of style. Rotisserie-grilled items dominate the menu. Sensational steaks, seafood and pastas, homemade desserts and countless specialty martinis. Casual retro ambience. Live music nightly and late night action Fri-Sat. Lunch M-F, Dinner 7 days. Sun. brunch.

**Carolina Ale House** – 512 Creekside Drive, Raleigh (919) 835-2222. 4512 Falls of Neuse Road, Raleigh (919) 431-0001. 2240 Walnut Street, Cary (919) 854-9444. Carolina Ale House has something for everyone – we serve our award-winning menu from 11 am until 2 am and give you

over 40 TVs for your front row seat to all the sports action. Daily lunch and dinner specials, the coldest \$2 pints in town, Shrimp Special Mondays and 99 cent Kid's Tuesdays, we've got your family covered. So come home to the Carolina Ale House today: great food, sports and fun.

**Cuba** – 19 West Hargett Street, Raleigh (919) 890-4500. Enjoy Latin flavors and Spanish wines in a colorful and lively atmosphere. Salsa music adds spice to an already sizzling dining experience.

**Enoteca Vin** – 410 Glenwood Avenue, Suite 350, Raleigh (919) 834-3070. Located in Glenwood South's Creamery building, Enoteca Vin's warm urban interior, bar and patio provide a casual but sophisticated environ for serious dinners or spontaneous rendezvous over wine and cocktails. Metro Best Chef Ashley Christensen proudly accepts the responsibility of supporting our local and organic farmers and purveyors. Our ingredient-driven menu is built around the seasons, with small and large plates, artisan cheeses and cured meats. Our wine list features 55 wines by the glass and received *Wine Spectator's* Best of Award or Excellence in 2004. Serving dinner Tuesday through Sunday, Sunday brunch and late night Fridays and Saturdays. For menus, events and hours please visit [www.enotecavin.com](http://www.enotecavin.com).

**Est Est Est Trattoria** – 19 West Hargett Street, Raleigh (919) 833-4440. Since 1984, customers have loved their delicious North Italian dishes. Pastas, breads, mozzarella and desserts are made in-house.

**Frazier's** – 2418 Hillsborough Street, Raleigh (919) 828-6699. Frazier's has been rated as one of the top ten restaurants in the triangle since opening in 1998. An eclectic, ever changing menu is executed in a newly renovated, very hip but casual atmosphere.

**Hi5** – 510 Glenwood Avenue, Raleigh (919) 834-4335. For food and fans, Hi5 is the place to watch. Over 30 TVs, including 10 plasma screens and a huge projection screen. Full menu with the 20 varieties of wings, pizza, burgers, nachos and more. DJ on Thursday, Friday, Saturday. Open 7 days. 11:30-2 am. [www.hi5raleigh.com](http://www.hi5raleigh.com).

**The Irregardless Café** – 901 West Morgan Street, Raleigh (919) 833-8898. Thirty years old and fresh every day! Serving market fresh produce, fish, poultry, beef, lamb, vegetarian meals with menus changing daily. Live music nightly, catering and more! [www.irregardless.com](http://www.irregardless.com).

**Lucky 32** – 832 Spring Forest Road, Raleigh (919) 876-9932. 7307 Tryon Road, Cary (919) 233-1632. Seasonal fare with influences of regions across the country. [www.lucky32.com](http://www.lucky32.com).

**Maximillions** – 8314 Chapel Hill Road, Cary (919) 465-2455. Maximillions, owned and operated by Michael and Gayle Schiffer, features American Fusion cuisine, intimate dining and an extensive wine bar. Voted "Best Fine Dining" in the *Cary News Readers Poll*. *News and Observer* praised food as "inventive fusion cuisine" with 3 ½ stars. For reservations, (919) 465-2455.

**Michael Dean's Wood Oven and Seafood Grill** – 1305 Millbrook Road, Raleigh (919) 790-9992. Casual American seafood and wood-fired specialties. Menu changes monthly with delicious low-carb options as well. Enjoy the wide drink selection, outdoor patio and live party bands on Friday and Saturday. Where there's smoke, there's fire. Lunch M-F, Dinner 7 days. [www.michael-deans.com](http://www.michael-deans.com)

**Nana's Chophouse** – 328 West Davie Street, Raleigh (919) 829-1212. Nana's Chophouse is a high energy, contemporary Italian style chophouse infused with Southern American flavors and local ingredients. Nana's features complementary valet parking, live jazz, generous chops, fresh seafood and Scott Howell's signature risottos. Seating in the bar and outdoor patio are first-come-first-serve. Hours of operation are Monday-Thursday 5:00-10:00 pm and Friday and Saturday 5:00-11:00 pm. Call for dinner reservations.

**NoFo Market and Café** – 2014 Fairview Road, Raleigh (919) 821-1240. 1125 Military Cutoff Road, Wilmington (910) 256-5565. NoFo Market and Café is open for breakfast or brunch, lunch and dinner everyday. Settle inside in our café, sit at the bar, or dine outdoors. Choose from award winning salads, soups, sandwiches and entrees.



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**Porter's City Tavern** – 2412 Hillsborough Street, Raleigh. (919) 821-2133. Porter's City Tavern was chosen "Best New Restaurant" of 2004 by the readers of *MetroMagazine*. A fresh open floor and sidewalk/patio showcases a diverse menu of steaks, pastas, salads, sandwiches, and fresh fish. The menu is prepared using the freshest local ingredients available.

**The Red Room Tapas Lounge** – 510 Glenwood Avenue, Raleigh. (919) 835-1322. When you want to paint the town, only one color will do. Serving appetizer-sized, Spanish-style tapas. Bring a group and prepare to share. Wine, sangria and signature red cocktails. DJ-powered lounge music nightly. Open Tuesday – Saturday at 6 pm. [www.redroomraleigh.com](http://www.redroomraleigh.com).

**Ruth's Chris Steak House** – 2010 Renaissance Park Place, Cary. (919) 677-0033. Home of the Sizzling Steak. Serving generous cuts of cornfed USDA Prime Midwestern beef, custom-aged to the peak of flavor.

**Second Empire Restaurant and Tavern** – 330 Hillsborough Street, Raleigh. (919) 829-3663. Two Menus, One Experience! Enjoy the ultimate fine dining experience in the elegant yet relaxed atmosphere of our main dining rooms or a more casual dining experience in our Tavern. Raleigh's own AAA Four Diamond Restaurant!! *Wine Spectator* Awards of Excellence.

**Taverna Agora** – 6101 Glenwood Avenue, Raleigh. (919) 881-8333. Candlelit tables enhance the festive mood of this rustic, welcoming restaurant. Meet at the bar for a quiet drink or unwind under the pergola as you contemplate the extensive menu and wine list. Fresh poultry, meats and seafood are always the rule of the kitchen. Open nightly for dinner, Sunday brunch, catering available. Taverna Agora, Absolutely Greek.

**Tavola Rossa Ristorante Italiano** – (919) 5300 Homewood Banks Drive, Raleigh. (919) 532-7100. Our menu features pasta, brick oven pizza, chicken, veal and seafood. The open kitchen lets you in on the action while our patio allows you to dine al fresco. Fabulous wine menu. Serving lunch 11:30 am – 3:00 pm 7 days and dinner 5:00 pm – 10:00 pm Sunday –Thursday and 5:00 pm – 11:00 pm Friday and Saturday.

**Twisted Fork** – Triangle Town Center, Raleigh. (919) 792-2535. Play with your food! Twisted Fork offers thousands of possibilities, from fresh soups, hand-tossed salads, build-your-own sandwiches and grilled meats. Dozens of fresh-baked desserts and breads daily. Twisted specialty "drinx" and Market Meals To-Go. Open 7 days, lunch and dinner. [www.thetwistedfork.com](http://www.thetwistedfork.com).

**Vinnie's Steakhouse and Tavern** – 7440 Six Forks Road, Raleigh. (919) 847-7319. Since 1987, Vinnie's has established itself as a culinary icon in the Triangle area. Vinnie's has become known as Uptown Raleigh's very own "Legendary Hangout." Enjoy true New York – Chicago style steakhouse ambience serving the finest steaks, seafood and Italian fare. Vinnie's will make your dining experience a lasting and memorable occasion.

#### DURHAM

**Café Parizade** – 2200 West Main Street, Durham. (919) 286-9712. High ceiling with Renaissance-inspired murals, brilliantly colorful surrealist works of art and casually chic crowds feasting on Mediterranean dishes. Serving lunch Monday-Friday 11:30 am – 2:30 pm and dinner Monday – Thursday 5:30 – 10:00 pm, Friday and Saturday 5:30 – 11:00, and Sunday 5:30 – 9:00 pm.

**George's Garage** – 737 9th Street, Durham. (919) 286-4131. Enjoy our casual upbeat atmosphere with the freshest seafood and authentic sushi bar. After hour celebration and dancing and a fresh to-go market and bakery.

**Nana's Chophouse** – 2514 University Drive, Durham. (919) 493-8545. See Raleigh listing.

**Vin Rouge** – 2010 Hillsborough Road, Durham. (919) 416-0406. Vin Rouge, a French café and wine bar, treats guests to provincial cooking at its finest in a chic, intimate setting. Serving dinner Tuesday – Sunday, 5:30 – 11:00 pm and Sunday brunch 10:30 am – 2:00 pm.

**Verde** – 2200 West Main Street, Durham. (919) 286-9755. New American cuisine in a sleek and modern atmosphere.

#### CHAPEL HILL

**La Residence** – 202 West Rosemary Street, Chapel Hill. (919) 967-2506. French-inflected, new American cuisine, warm inviting, ambience, superb service, all are combined for your dining pleasure in downtown Chapel Hill. Enclosed heated patio, late night live music.

**Pazzo!** – Southern Village, 700 Market Street, Chapel Hill. (919) 929-9984. Pazzo's dining room welcomes you with contemporary Italian cuisine in an intimate casual environment. Need a quick bite on the run? Our Gourmet-To-Go offers fresh salads, antipasto, as well as traditional and gourmet pizza.

**Spice Street** – 201 Estes Drive, Chapel Hill. (919) 928-8200. A revolutionary new concept in dining entertainment, Spice Street is a culinary experience created to nourish the soul and share flavors from around the world. Spice Street celebrates food and life.

**Talullas Restaurant** – 456 West Franklin Street, Chapel Hill. (919) 933-1177. The newest addition

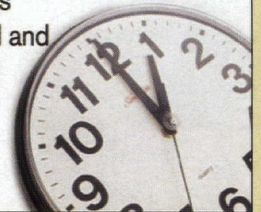
to the Restaurant Mecca of West Franklin Street in Chapel Hill. Talullas is an instant success with its "ethnic elegance" and "beautifully prepared food." Its Eastern Mediterranean cuisine is simple, fresh, and exotic. Tuesday – Sunday 6-10 Dinner, 10-2 Bar/Lounge. [www.talullas.com](http://www.talullas.com)

**The Weathervane** – 201 South Estes Drive, Chapel Hill. (919) 929-9466. Seasonal menu reflects the good taste that made A Southern Season famous. Memorable patio setting and sophisticated dining rooms. Comfortable bar offers quality pours and live music nightly.

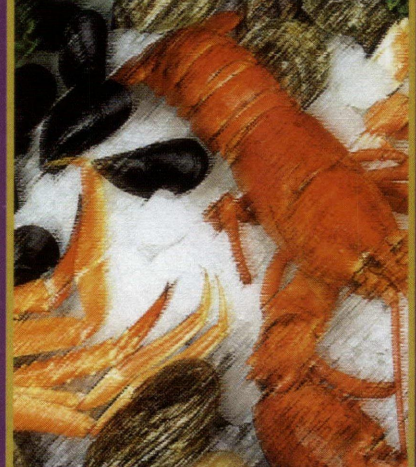
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# Cork Report

by Barbara Ensrud



## CHAMPAGNE FOR THE HOLIDAYS

**A** hhhh... the sound of a gentle pop! The enticing fizz... the froth of tiny bubbles foaming into a slender glass flute. There's nothing quite like Champagne to launch the festivities of the holiday season. Whether you serve sparkling wine as an aperitif or a component of one or more courses during an elegant dinner, there is a bevy of choices—in all styles, at every price range.



For me, there's no better way to get an evening off to a good start than by serving bubbly—it just says, “celebration,” setting a festive tone. It is an immediate ice breaker—and goes perfectly with savory little appetizers like smoked salmon, salted almonds and caviar. But how to choose? Well, it depends on the size and nature of your gathering, how much you're willing to spend and the style of Champagne you like best.

**Top Champagnes**—the prestige cuvées such as Moët Dom Pérignon, Clicquot La Grande Dame, Bollinger R.D., Taittinger Reserve Cuvée, Perrier-Jouet Fleur de Champagne or Pol Roger Sir Winston Churchill—go for \$90 to \$130 a bottle, \$190 for Roederer Cristal. Are they worth it? In a word, yes, if price isn't a consideration. These are suppos-

edly the best wines that each Champagne house has to offer, the best lots from top-rated vineyards, and invariably fine tuned. They are more limited in quantity and worldwide demand—which has never been higher—renders them pricey indeed. If money is no object, however, you will rarely be disappointed, especially if you know the style you like. Some are drier and richer than others. The Sir Winston Churchill, Krug Grande Cuvée or Bollinger R.D. (Recently Disgorged, an indication the wine spent a long time on the lees which imparts character and depth) are among the richest Champagnes, while Dom Pérignon, Taittinger Comte de Champagne, Mumm's Crémant de Cramant, Pommery Cuvée Louise are somewhat lighter. It's important to know the style of the wine. Perrier-Jouet's Cuvée Belle Epoque, for instance, is vivaciously fruity, not quite as dry as some would like but thoroughly pleasing to palates who prefer something less austere.

### VINTAGE VS NON-VINTAGE

Normally I recommend non-vintage Champagnes over vintage-dated ones because they represent better value. But there are exceptions. Vintages such as 1990 (now hard to find and very expensive) and the more recent 1996 vintage are simply remarkable wines, with thrilling verve and scintillating refreshment of spirit. The '96s are being snapped up rapidly and have consequently surged in price upward of \$40. The 1990 Champagnes are sublime right now. I still have one or two that I must not let get away... Well, New Year's Eve may be just the moment, since I will be with a small group of my nearest and dearest.

Non-vintage Champagnes consistently reflect “house style,” the typical blend, or cuvée, of lots made from pinot noir, chardonnay and perhaps pinot meunier. Again, Bollinger, Henriot and Krug represent the richer non-vintage styles; Roederer, Taittinger, Charbaut are the lightest; and a sizeable group lies somewhere between the two: Pommery, Pol Roger, Moët et Chandon Brut Imperial, Mumm Cordon Rouge, Veuve Clicquot.

### GROWER CHAMPAGNES

These are small producers who make Champagne entirely from their own vineyards, and they are among my favorite sparklers for their distinctive character and charismatic charm. Invariably dry and clean, as well as intricately nuanced and complex, they are worth exploring. Prices have risen—when they appeared on US wine market a decade ago, they ranged from \$19 to \$25 a bottle or so. But they've been “discovered”—so as demand for them, especially on restaurant wine lists, has increased, so have prices, now \$30 and up. But they are delightful, and very tasty. Here are

## TIPS

Pop the cork very gently so as not to maim anybody or yourself, and also not to lose precious (and sometimes costly) liquid.

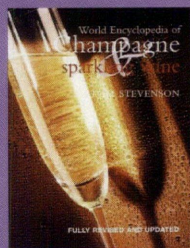
**Glasses:** Flutes are best for maintaining the bubbles as well as an elegant look. Shallow saucer glasses dissipate the bubbles.



**Leftovers:** Sparkling wines keep a day or two without going flat, but to preserve the effervescence, invest in a couple of Champagne closures. They make great stocking stuffers, too.



**Book:** For all you could possibly want to know about Champagne—the real thing—from its colorful history to the intricate process of making it, check out Tom Stevenson's book: *The World Encyclopedia of Champagne and Sparkling Wines*, \$55, published by the Wine Appreciation Guild, 800-231-9463 or on the Web at: [www.wineappreciation.com](http://www.wineappreciation.com)





some labels to look for at wine shops such as Chapel Hill Wine Co., The Wine Merchant in Cary and Raleigh, and A Southern Season: L. Aubrey Blanc de Blancs 1998, Chartogne-Taillet, Drappier, Egly-Ouriot, Rene Geoffroy, Pierre Gimonnet, Jacqueson, J. Milan, Vilmart.

## CALIFORNIA AND THE US

In one of a few recent blind tastings, three American bubblys scored a big hit:

1. **Schramsberg Blanc de Noirs 2000** (\$23 to \$30, depending where you buy);
2. **Biltmore Estate Blanc de Blancs Brut**, \$20—literally the “find” of the tasting;
3. **Schramsberg Blanc de Blancs 2000**, \$23-30.

I am so pleased to see how good Schramsberg has become. This Napa Valley estate, revived by the Davies family on the original 19th-century property of German immigrant Jacob Schramm, was the first of modern-era California sparkling wines. It has leaped in quality in recent years—superbly balanced and elegant, quite dry with toasty flavors and faint but appealing accents of citrus and pear.

The Biltmore Estate Brut was a huge surprise to the tasters. Dry, with bright fruit and a delightful zest, it is very well made, with tiny persistent bubbles that bespeak its style. I would add that Biltmore's Chateau Reserve Blanc de Blancs, \$22, made entirely from North Carolina chardonnay grapes, is even better in terms of elegance and depth—dry, crisp and very French in style, a tribute to Biltmore's French winemaker, Bernard DeLille. Do try these wines.

The French have done themselves proud in California, too. The first to come and make their mark were Moët's Domaine Chandon, following Domaine Mumm, both in Napa Valley. Each now makes several blends, including reserves, both reliably consistent at \$16 to \$18 a bottle.

Among the California sparklers I particularly recommend for their excellent balance and style are: Roederer Estate, \$21;

## VALUES IN BUBBLY:

Inexpensive bubbly abounds—but these are consistently reliable and an excellent value:

Charles de Fere Blanc de Blancs, France .....	\$10
Francois Montand Blanc de Blancs, France .....	\$10-11
Gruet Brut Blanc de Noirs, New Mexico .....	\$12.99
Mionetto IL Prosecco, Italy .....	\$11
Mont-Marçal Cava Brut Reserva and Brut Rosado, Spain .....	\$12-13
Segura Viudas Cava Brut Reserva, Spain .....	\$13

## TERMS TO KNOW:

**Blancs de blanc:** made from all white grapes

**Blanc de noir(s):** made from all black grapes (pinot noir, pinot meunier)

**Brut:** dry

**Cava:** Spanish for sparklers made by the traditional Champagne method

**Cuvée:** blend or lot

**Demi-Sec:** half sweet

**Extra Dry:** less dry than Brut (I know; it's weird!)

**Méthode champenoise:** Champagne method, the original process of second fermentation in bottle to produce effervescence

**Spumante:** Italian for sparkling wines

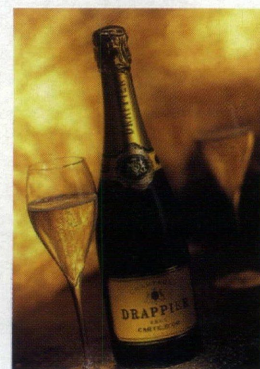
Domaine Carneros

(Taittinger), \$19; Mumm 25th Anniversary Reserve, \$25; Piper Sonoma Brut (Piper-Heidsieck), \$20; and Schramsberg Blanc de Noirs and Brut Rosé, \$26-30.

## BRUT ROSÉ

These aren't the pink, sweetish sparklers of yore. The best are dry (brut) and they're among the hottest Champagnes and sparkling wines around. They are made everywhere now—in Champagne, of course, where they tend to be more expensive because of smaller quantities, but also in California, Spain, Italy and Australia. Most are made with black grapes such as

pinot noir or pinot meunier, sometimes other varieties, the juice left with skins to pick up color—a little or a lot, as in the boldly crimson Iron Horse Brut Rosé from California. Some producers just add a little red wine to provide color. Good Brut rosés have a lot of panache, can work great with food (such as roast duck or Asian fusion dishes). If you haven't tried one yet, this is the season. **MM**



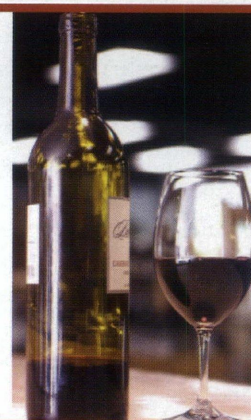
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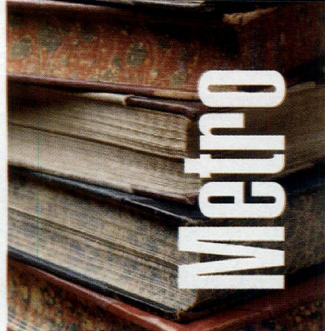
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# Books

by Art Taylor

## BOOKS UNDER THE TREE

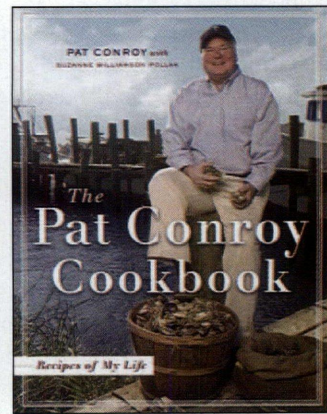
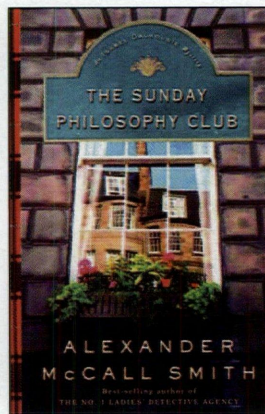
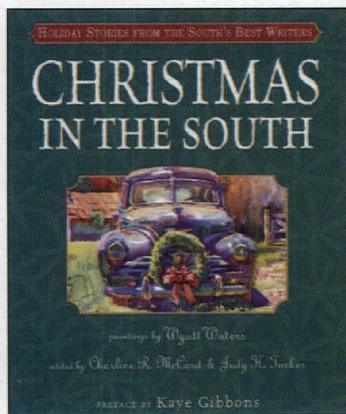
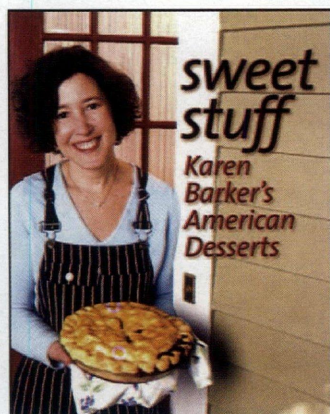
**T**he biggest author event in December is on the first of the month—Tom Wolfe’s reading at N.C. State’s McKimmon Center on Wednesday, Dec. 1 (more below in “Events”)—but the month is hardly downhill from there. In case you’ve missed the seasonal hints, the holidays are just around the corner, which inevitably also herald the arrival of Christmas-themed anthologies, cookbooks (perennially popular gifts) and coffee table titles. Area booksellers have lent a hand in recommending some of the finest in these

authors Robert Olen Butler, Richard Ford, Lee Smith, Donna Tartt and Julia Ridley Smith. *Christmas in the South for 2004* boasts a new line-up, including Doris Betts, Larry Brown, Ellen Douglas, Clyde Edgerton, Gail Godwin, Jill McCorkle and five more. These 11 stories would seem oddly numbered—just one shy for comparisons to the 12 Days of Christmas—but embedded in the preface by Kaye Gibbons is another brief story from her own life—economical, but no less elegant, so let’s call it a full dozen.

Fearrington Village—“a beautiful book sure to be pulled out year after year”—this book and its predecessor are also the reason for a seasonal gathering at Raleigh’s Quail Ridge Books. On Sunday afternoon, Dec. 12, Doris Betts, Fred Chappell, Julia Ridley Smith and Lee Smith will be there to offer a reading from their contributions to the volumes.

### EVENTS (HOLIDAY AND OTHERWISE)

More gift ideas are ahead, but first, a quick roundup of some notable events



categories, and you’ll find titles strewn through this column like presents around a Christmas Tree (with an additional grab bag full of books).

Chief on this year’s gift-giving list is the charming collection *Christmas in the South: Holiday Stories from the South’s Best Writers*, edited by Charline R. McCord and July H. Tucker and featuring watercolor illustrations by Wyatt Waters (commissioned specifically for the anthology). The collection—presented by Algonquin Books of Chapel Hill—serves as a sequel of sorts to the publisher’s 2003 success *A Very Southern Christmas* (same editors and illustrator, similar design, but a red cover instead of green). The 2003 anthology included stories by

“These stories are opportunities for us to consider why the holidays are days we can’t wait to get here or can’t wait to leave, or both,” writes Gibbons in her preface. “They are gifts of language and memory that will compel us to regard Christmases past and wonder at the best and the worst of them.” And lest readers enter this anthology unawares, expecting some more treacly holiday fare, Gibbons advises that “one of the most beautiful aspects of the collection is the way these writers deal with loss and grief”—perhaps less traditional in some sense, but as these writers prove, nonetheless true.

In addition to receiving a hearty recommendation from McIntyre’s Books in

throughout the region.

This month’s big event will be over almost as soon as the month is really underway. Tom Wolfe visits Raleigh in celebration of his latest—and very lengthy—novel, *I Am Charlotte Simmons*, detailing modern college life at Dupont University (a fictional institution, but do notice the first letters of the school’s name if you’re looking for potential models). If the new novel has one overriding theme, it’s sex. In his review of the book, *Washington Post* critic Michael Dirda summed it up concisely: “At fictional Dupont University, every guy wants to be thought a ‘player’ (or, as Wolfe spells it, ‘playa’), and nearly all the undergraduate women hope to be no better than sluts.” So



is *I Am Charlotte Simmons* a penetrating, journalistically grounded exposé of the young and randy? Or more of an editorial, a moralistic indictment of the loosely moraled (or perhaps “loosely loined”) Generation Y? Is this 700-pager just an overly lengthy elaboration on territory the author explored briefly (and perhaps better?) in his well-known essay “Hooking Up”? While the latter is surely shorter, a new Tom Wolfe novel is perhaps nothing to bypass, and he’s certainly an entertaining orator. See him in his white suit and spats on Wednesday, Dec. 1, at the McKimmon Center on the NCSU campus; Quail Ridge Books hosts, and admission is \$5, or free with the purchase of the novel. For information, call QRB at 919-828-1588.

Down at the coast a few days later, Beaufort-based artist Robert Irwin discusses his retrospective book *40 Years*, on Saturday afternoon, Dec. 4, at Dee Gee’s Gifts & Books in Morehead City. The book, pro-

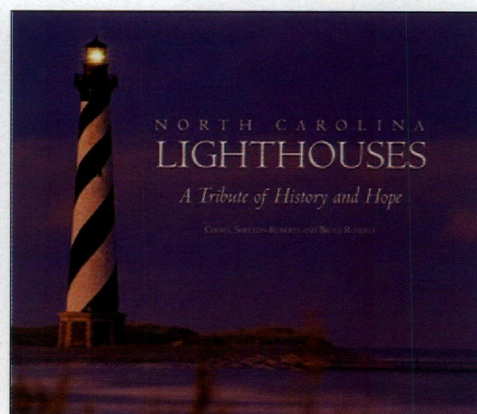
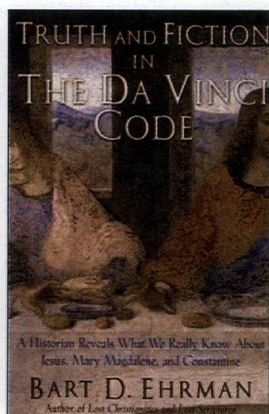
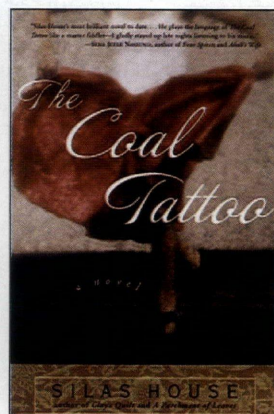
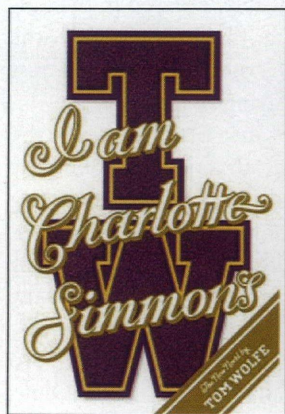
*Mary Magdalene and Constantine*. Published by Oxford University Press, it is part of a cottage industry almost as prevalent as Dan Brown’s bestseller itself. Ehrman visits Quail Ridge Books on Wednesday evening, Dec. 8, and then McIntyre’s Books on Saturday morning, Dec. 18. Fans and foes of the book alike should find Ehrman’s presentation compelling.

Noted architectural preservation expert Catherine Bishir, who last year completed a trilogy of works exploring the state’s architectural history, turns her eye to a Wilmington landmark with her latest study, *Bellamy Mansion: An Antebellum Architectural Treasure and Its People*. She’ll be discussing the book—and the mansion itself, of course—on Tuesday, Dec. 9, at Quail Ridge Books.

Karen Barker, award-winning pastry chef at Durham’s Magnolia Grill, offers some samples from *Sweet Stuff* (UNC Press), a collection of her delectable dessert recipes, on Saturday afternoon, Dec. 11, at

Ridge Books offered up novelist Pat Conroy’s new cookbook—aptly titled *The Pat Conroy Cookbook: Recipes from My Life*. Part recipes, part memoir, the book doesn’t just revel in the joys of Southern cooking (though there’s plenty of that) but also explores international cuisine along with Conroy’s own travels through Europe. Dee Gee’s Books in Morehead City suggested *Jan Karon’s Mitford Cookbook & Kitchen Reader*, featuring recipes not just from the best-selling Mitford series but also “from the author’s own recipe box.”

Dee Gee’s owner Doug Wolfe also suggested the just-published *The Da Vinci Code: Special Illustrated Edition* (which Wolfe called simply “stunning”); the new coffee table classic, *North Carolina Lighthouses: A Tribute of History and Hope*; and *The Complete Cartoons of The New Yorker* (also recommended by Quail Ridge Books). That latter collection truly is monumental: 2004 of the best cartoons from the magazine’s last eight decades and (yes,



filed at length in the August issue of *Metro*, surveys both the work and the life of this celebrated North Carolina artist. And coastal themes are also the order of the evening on Friday, Dec. 10, at Carolina Creations in New Bern, when Oriental-based author Ben Casey discusses *Living Waters*, the second volume of his series exploring the major rivers of North Carolina. This one travels from Nobles Mill Pond in Lenoir County until the Trent empties into the Neuse at New Bern.

Also in early December, Bart Ehrman, chair of religious studies at UNC-Chapel Hill, discusses his latest book, *The Truth Behind the Da Vinci Code: A Historian Reveals What We Really Know About Jesus*,

Quail Ridge Books and then the following Saturday afternoon, Dec. 18, at Durham’s Regulator Bookshop.

And to round out this events listing, another well-known North Carolinian, storyteller Donald Davis, visits McIntyre’s Books on Saturday, Dec. 18, for the store’s annual Holiday Storytelling event. Admission charge is canned food items, to be distributed throughout Chatham County. Good stories, a good cause—what better way to get in the holiday spirit?

#### GIFT GUIDE RECOMMENDATIONS

In addition to Karen Barker’s collection, a couple of area bookstores recommend additional cookbooks as holiday gifts. Quail

the title is true!) accompanied by a two-CD set with *every* cartoon published to-date, more than 68,000 in all!

In fiction, high marks were also given to Wendell Berry’s novel *Hannah Coulter*, featuring the memories of the eighty-something title character. And the folks at McIntyre’s Books suggested both Silas House’s *The Coal Tattoo* (recommended in this column last issue) and the first book in the new series by *No. 1 Ladies’ Detective Club* author Alexander McCall Smith: *The Sunday Philosophy Club*, featuring Scottish-American philosopher-sleuth Isabel Dalhousie—which should all be enough for anyone’s holiday shopping list. **MM**





# PvV

by Philip van Vleck

## Jazz Artist John Brown

### DUKE JAZZ PROGRAM RECEIVES LIFT

Jazz has had its ups and downs, in terms of fan support, in the last 80 years, though it remains one of America's only great contributions to the world of music. Unlike the disposable stuff that litters Billboard's Top 100 chart, jazz

future of the Duke Jazz Ensemble by hiring jazz artist John Brown. A North Carolina native and veteran jazz player, Brown officially became Duke's jazz boss this fall, and this is very good news for students, Triangle jazz fans and North Carolina.

Brown was born and raised in Fayetteville, was graduated from the University of North Carolina at Greensboro and also holds a law degree from UNC-Chapel Hill.

Music entered Brown's life early and settled down for the duration. "My mother played piano, and I tried to play piano when I was about 5, but I didn't like it and quit," Brown recalled during a conversation in his Duke Music Department office. "When I was in elementary school, an orchestra program came to town and they demonstrated all the instruments.

I'd just seen a bass player on TV and I recognized the instrument. I decided I wanted to play that. I like to say that the bass chose me.

"I was 9 years old at the time and as wide as I was tall," he added with a laugh. "I guess I got the bass because I could

carry it. Once I started, I never stopped. I was strictly a classical player until about 8th grade, when my dad got me an electric bass."

Acquiring an electric bass led Brown into the shadowy world of rock 'n' roll, which served to further his music education.

"I played in a metal band, if you can imagine that," Brown said. "But I've gotta say I first learned about bass melodies from listening to Geddy Lee [bassist and lead singer for the Canadian band Rush]."

Brown put his rock 'n' roll days behind him when he enrolled at UNC-Greensboro in 1988.

"I found my love for jazz early in my time at UNC-G," he said. "Initially I really wanted to know about it. I studied the music and put myself in as many playing situations as possible. I played in the university orchestra, the jazz ensemble, the wind ensemble, the show choir; I just wanted to be playing all the time.

"When I got into playing jazz on the small group level, that's when I found my home," he added. "I can appreciate playing with a section of basses, like in an orchestra, and I can further appreciate playing by myself in a jazz group, because I've really studied the function of the instrument."

It was during his years in Greensboro that Brown began to meet the right people, jazz-wise.

"I was in the right place at the right time and I was ready," he allowed. "I first got to play with Wynton Marsalis at the Eastern Music Festival in Greensboro. We kind of kept in touch, and then Jason Marsalis appeared at the EMF and I got to spend some time with him that summer. When Ellis Marsalis came through Greensboro to pick up Jason, they came and sat in at a club where I was playing, so he heard me play. Shortly after that was when I started playing with Delfeayo Marsalis."

The experience that Brown acquired performing with Delfeayo Marsalis set the stage for one of the most important musical experiences of his career. A tape Marsalis sent to legendary jazz drummer



continues to attract stellar musicians and intelligent fans. Jazz album sales have sagged in recent years, but there is hope in the work of a new generation of jazz artists such as Jason Moran, Brad Mehldau, Stefon Harris, Branford Marsalis and Taylor Eigsti.

Meanwhile, in North Carolina, Duke University has taken steps to ensure the



Elvin Jones resulted in Brown's spending a year on the road with Jones. It was the sort of opportunity any young jazz player would've seized with both hands, and Brown did exactly that.

Following his time with Jones, Brown performed with the Ellis Marsalis Trio.

"Ellis is the kind of piano player who can make anybody sound good," Brown noted. "He has a way of playing and teaching at the same time. I can still distinctly remember some things about the way he played harmonies that went along with the bass lines I was playing at the time. At the time I was growing, as a player, as I still am. Something Ellis would play would make me realize that this was a better way to do it. He made what I played sound right."

After working with Ellis Marsalis, Brown joined jazz vocalist Nneena Freelon's band. In 2000, however, Brown left Freelon to attend law school at UNC-Chapel Hill. He finished in 2003 with his law degree, but his future would always be more bound up in charts than torts.

"I realized how much of me is a musician," he observed with a smile. "I have a passion for the law, but music is so much more who I am than what I do. For me, music is a calling."

Brown's call to head Duke's Jazz Ensemble came when the ensemble's former director Paul Jeffries retired. Brown applied for the job and won it.

When asked to discuss his jazz agenda at Duke, Brown replied, "I just want to take this program forward. I'd like to see more of a community presence for the jazz pro-

## DISCOLOGY

Charlie Robison:

**Good Times**

(Dualtone)

Texas country music has long embodied the essential roadhouse honky-tonk vibe and the best tradition of Lone Star songwriters. Though the heroes of the genre are either gone—Townes Van Zandt and Doug Sahm—or graying—Willie, Guy Clark, Butch Hancock—the next generation of stars is at hand, and none shine brighter than does Charlie Robison of Bandera, Texas. A terrifically good singer whose songwriting gets more acute and evocative with every album, Robison is exactly the sort of Texas shitkicker we love. Robison knows the steak-and-refried-beans boys—"New Year's Day"—as well as he knows how to miss the hell out of a woman—"El Cerrito Place." He can do a good songwriter proud, as on Terry Allen's "Flatland Boogie," and he's a big



enough man to be comfortable with sentimentality, which explains why "Photograph" is such a beautiful tune. He also paid enough attention in his college English classes to knock off the shrewd double-entendre lyric we hear on "Love Means Never Having To Say You're Hungry." Good Times is the best album Robison has ever tracked, and that's saying something, considering his excellent CD Step Right Up [2001].

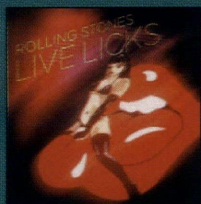
gram, which is one reason why I'd like to establish a jazz festival at Duke. I mean a real jazz festival, too. I want to bring in a whole bunch of people and hold it outside on the Quad and let people hear the best names in jazz. I'd also like to include some of the high school jazz groups, as well as my Duke students. I want to involve the whole community in this.

"As far as the jazz program itself, I want to see this become a degree-granting pro-

gram," he continued. "Within the next five years, I'd like to see a jazz camp established here at Duke. I'd like to make name artists available to high school musicians. Duke has some very well-established camp programs, so the model is already in place. I'm working on a curriculum for it now. Hopefully we can have our first one in the summer of '06. I'm very excited about being at home here at Duke and what's ahead for this jazz program." **MM**

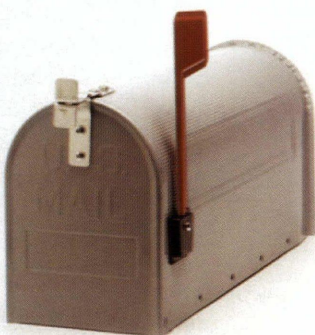
### QUICK FIX

Rolling Stones:  
**Live Licks**  
(Virgin)



Two discs, 23 tracks, recorded during the Stones' 2002-03 world tour. Disc One features the rave tunes like "Brown Sugar" and "Honky Tonk Woman"; Disc Two spotlights less famous numbers like "Rocks Off" and "Beast of Burden." You can believe this rocks.

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# EYES ONLY

**The Contemporary Art Museum (CAM)** has raised \$820,000 to meet a fundraising challenge of \$180,000 from the A.J. Fletcher Foundation. This \$1 million has enabled CAM to buy property and begin development of a new facility for Raleigh's only downtown art museum at 409 W. Martin Street. In 2005, CAM will focus on

organizing a capital campaign and finalizing renovation plans for the 20,000-square-foot space. ■■ **UNC-Chapel Hill ranks as the nation's top university for fostering entrepreneurship** across campus, according to *The Princeton Review* and *Forbes.com*. UNC also ranked fifth among the 25 "most connected campuses" in a ranking that measured the technological capabilities of the best schools and cutting-edge campuses in the US. ■■ **The Foundation of Renewal for Eastern North Carolina** has begun planning for site renovation and educational and cultural programming for the **Musée Gorsline in Bussy-le-Grand, France**. This project is the result of a major gift that came to FoR ENC in 2003, consisting of the assets of the estate of American artist and illustrator Douglas Gorsline and his wife, Sally Marie Gorsline. ■■ **Frank Harmon, FAIA**, principal and founder of the award-winning firm Frank Harmon Architect in Raleigh has been selected to serve on the jury for the **American Institute of Architects' (AIA) 2005 Institute Honor Awards for Architecture**. Harmon is one of nine jurors appointed from across the nation and the only one selected this year from North Carolina. ■■ **The Carolina Theatre of Durham Inc.** is operating in the black for the first time since taking over the historic facility in 1994. The Theatre's non-profit

management company closed the first quarter of its current fiscal year with **\$16,621** in accumulated earnings. ■■ **UNC Chapel Hill's Kenan-Flagler Business School** recently recognized the achievements of eight distinguished alumni with its sixth annual **Alumni Association Awards**. Two of the recipients were from this area: **Dr. Phil Wynn Jr.** of Hillsborough received the Executive Master's in Business Administration Alumni Merit Award and **Dr. Richard J. Rendleman** of Raleigh received the Ph.D. Alumni Merit Award. ■■ The **Raleigh Jaycees** partnered with **Triangle Area Firefighters** to put together the **2005 Raleigh Jaycees Firefighter Calendar**. Portions of the proceeds from the sale of the calendars will support the North Carolina Jaycee Burn Center and Jaycee Chapters statewide. ■■ Two major **Arts Awards** recently presented by the Board of Trustees of the **Durham Arts Council** as part of its 50th Anniversary Celebration went to **Central Carolina Bank** and **Liberty Warehouse**. CCB was recognized for Outstanding Service to the Arts by a Corporation and **Liberty Warehouse**, along with owner Walker Stone, received an award for Outstanding Service to the Arts by a Small Business. ■■ The UNC-Chapel Hill **Center for Functional GI & Motility Disorders** has received a **\$4.3 million grant** from the **National Institutes of Health** to foster interdisciplinary research on the causes and treatment of functional gastrointestinal disorders. ■■ Chancellor James Moeser and The UNC-Chapel Hill Board of Trustees recently presented four longtime friends of the university with the prestigious **William Richardson Davie Award**. Those honored are **Harvey E. Beech** of Kinston, **Paul Hardin** of Chapel Hill, **William B. Harrison** of Greenwich, Conn., and **Charles McKimmon (Charlie) Winston Sr.** of Raleigh. ■■ The Sixth Annual **Art in the Garden Show at Fearington Village** is currently **accepting entries** for the 2005 event, which will run from April 1-June 30 in the Fearington Gardens and will feature exterior art for the garden. Submissions should be in the form of slides or photographs and will be accepted until March 1. ■■ **Emil J. Kang**, former president and executive director of the Detroit Symphony Orchestra, has been tapped to become the **first executive director** for the arts at UNC-Chapel Hill. His appointment begins Jan. 1. ■■ Members of the **National Honor Society at Sanderson High School** in Raleigh recently received an **Outstanding Service Project award** at the Society's National Conference for **Project Have a Ball**. To uplift and encourage orphans in Belarus, Sanderson students worked with a Belarussian relief organization to gather old and new sports equipment, balls and uniforms. They collected and shipped to Belarus a truckload of equipment, plus \$680. ■■ A **\$600,000 gift** to UNC-Chapel Hill from alumnus and former US Ambassador **Anthony S. Harrington and his wife, Hope**, completes a **\$1.6 million endowment fund** to support the **Institute of Latin American Studies** in the College of Arts and Sciences. ■■ The **2004 Wade Edwards Short Fiction awards** were presented recently at the NC English teachers Association conference in Charlotte. **Alex Dalrymple**, a student at Enloe High School in Raleigh, won first place (\$5000) for *The Pecan Tree*. **Marieke Mauro**, from Wake County's Wakefield High School, won second place (\$2000) with *Dragonfly. Home Away From Home* brought a third place (\$1000) win to Joanna Ng, a student at Enloe High School. ■■ The **Ronald McDonald House** of Chapel Hill, which provides a home for seriously ill and injured children being treated at area hospitals, will hold its second annual **car raffle** December 12. The car is a **2005 Subaru Outback** and the odds of winning are high. Only 2000 tickets are being sold for \$50 each. To purchase tickets visit [www.chapelhillrmh.net](http://www.chapelhillrmh.net), call 919-913-2040 or stop by Performance Automotive of Chapel Hill. ■■ **East Carolina University**, in conjunction with the Greenville-Pitt County Convention and Visitors Bureau has unveiled a new **Stay & Play Travel Package** for the 2004-2005 performance season of the S. Rudolph Alexander Performing Arts Series and the Travel-Adventure Film Series. Visitors can spend the night close by for a discounted rate at the **Hilton Greenville** and the **Greenville Holiday Inn Express**.

## Metro INDEX

Number of crimes and acts of violence reported in NC schools in 2002-2003: <b>8548</b>
Number of such problems reported in 2003-2004: <b>9800</b>
Number of reported acts of crime and violence per 1000 students in Wake County: <b>9.95</b>
Ranking of Wake County in the state in school crime statistics: <b>1</b>
Number of straight years of teen pregnancy decline in North Carolina: <b>13</b>
Number of teen pregnancies in North Carolina in 2003: <b>18,000</b>
Number of people who died from falls in their home in North Carolina last year: <b>224</b>
Number of North Carolinians who died in house fires the same year: <b>103</b>
Percentage of fatal accidents in North Carolina that happen in the home: <b>25 percent</b>
Average amount of time it takes to inspect a home for safety issues: <b>30 minutes</b>
Number of votes "lost" by a computer in Carteret County during the election: <b>4500</b>
Winning margin in North Carolina for the presidential election of President George Bush: <b>430,000</b>



# My Usual Charming Self

by Bernie Reeves



## ELECTION EXPOSES THE BIG LIE

**A**mazing really that the agenda of the Left emanates mostly from academic/intellectual/media activists who should at least have their facts and basic assumptions correct. This is rarely the case. Listen to the autopsies of the recent election. Unrepentant and defiant, Democrat Party pundits pick through the rubble of their spectacular defeat with a righteous certitude that they were correct and the voters wrong—most notably certain voters. The kids let us down, they say, or women or minorities. After flogging their own crew, they inevitably retreat into the refuge of scoundrels and simply conclude that the people who voted for Bush are crude and stupid. This is followed by the manifesto to fight on, without stopping for a moment and thinking through the real truth that their doctrines are out of touch with reality.

Doctrines need data to survive. The problem with Democrat leadership is that it has relied on 30- to 40-year-old issues without thinking that at some point they need facts to support them. Racism, knee-jerk anti-war rhetoric, extreme environmentalism, world socialism, feminism, gay rights, youth power—these are certainly the politics of the past. Yet they were right up front during the Kerry campaign.

Not only were they stale issues, the facts to support them just weren't there. The real jolt is to learn the facts weren't there to start with. Take racism: it is hard for Americans to become outraged when blatant acts of race violence or unfair treatment due to skin color are a rarity today in an era that has known 30 years of busing, affirmative action, entitlements and set-aside programs.

Or cogitate about the anti-war movement. Iraq is not Vietnam, yet the parallels were trotted out hourly during the presidential campaign to take a few laps whenever a TV camera appeared. When the propagandists for the Left ran out of arguments, up would pop George Bush's record on the environment, with special emphasis on his refusal to drag the US into the esoteric and unenforceable protocols of the Kyoto Treaty. In the wake of the Western free market victory over the brutal regime of the Soviet Union, it's ridiculous to tout the virtues of one-world government. Yet the cuddling up to the villains of the European Union was brandished about as necessary if the US is to survive in the world today. George Bush, the critics cried, has alienated France and Germany. So what? The EU is an ersatz Union of Soviet Socialist Republics, requiring member states to subsume their sovereignty to the greater good of the super-state. Whether Brussels or Moscow, it's still the same thing and we are wise to keep them out of our affairs—but watch our backs all the time.

Feminism is no longer taken seriously except on college campuses where "women's studies" carry on a political agenda but without serious scholastic respect. Gay rights are important to a vast minority, meaning that while the issue of same-sex marriage was run up to the top of the media flag pole, it only affects less than two percent of the population. And then there is the youth vote. The problem here is that the young today don't enjoy the statistical clout of the boomers. Even if they came out from behind their earphones and actually

went to the polls, there aren't enough of them to make a difference.

## DAMNED LIES

The reality of the numbers has eluded the Left from the beginning. Simply examining the political agenda since the 1960s will demonstrate that the facts have never made much difference to the activists. A typical lie from the period was John Kerry's assertion in 1971 that the United States military, from the White House on down to the soldiers in the rice paddies, was engaged in atrocities in Vietnam as a matter of policy. Another Big Lie comprised the basis of the environmental movement. In 1968, Paul Erlich and crew predicted that over-population would destroy the earth in 30 years, setting off the demented and continuing belief that mankind is a murderer. Ask young people who have been exposed to this tripe in school. Their self-esteem as humans has been nearly extinguished in the aftermath while deer are now the number one killer on American highways. Alligators, wolves, foxes... can now roam the suburbs as our collective guilt about the environment and what mankind has done to it overcomes common sense.

Not only were Erlich and his henchmen wrong, they have set off what could be a catastrophe in the Western bloc. Europe is dying due to under-population. So is Japan. Productivity is falling and the crisis is looming. Without robust population growth, there are not enough workers to pay the taxes to support the larger older segment of their populations. The US is still growing and will hit 422 million in 50 years. But if



the charlatans who keep pushing population growth scare tactics continue to sway, we can literally see our economy dying by the end of the 21st century.

### THE NUMBERS DIDN'T LIE

There is another statistical lie making the rounds, one that is incessantly forced on our consciousness and that could have cost the Democrats the election. It is trumpeted from the campuses as part of the new anti-Western creed of multiculturalism and shows up in the press constantly: White Americans—meaning those of European descent—are a minority and need to realize that their institutions are no longer valid in the brave new world of racial diversity. And though it may be in 100 years, it's not true today.

Despite the misleading headlines about the growth of minorities, most notably those of Central and Latin American origin, today in the US over 75 percent of citizens are European descended. And they voted in the 2004 election. Had the Democrat strategists done their math, they may have won by addressing their campaign to this reality. But they always prefer to believe propaganda over facts.

### NOTES FROM LA-LA LAND

THE PANDEMONIUM surrounding the death of Yasser Arafat hinted at, but did not spell out, who he really was. According to Ion Pacepa, the former chief of the Romanian secret intelligence apparatus when it was still attached to the Soviet Union, Arafat was a KGB legend, invented from head to toe to act as an agent of sabotage against the US and its special relationship with Israel. This fact was verified to me by Oleg Kalugin, a KGB Major General and later head of Soviet counterintelligence: ("Yes Bernie, he was a client of ours"). Arafat, according to Pacepa, was paid as much as \$200,000 per month from the mid-1960s by Moscow to undermine the stability of the Middle East with terrorist attacks and political machinations to destabilize the region. No wonder then that even his admirers admitted that he personally destroyed the opportunities for a Palestinian state after Israel twice agreed to all of his demands. He was a catalyst for

chaos and the founder of modern terrorism in the region. Of course, he was awarded the Nobel Peace Prize—and so was Jimmy Carter for that matter, another miscreant of the latter half of the 20th Century.

...

JOHN POPE HAS THEM hopping over in Chapel Hill with his proposal to fund a program to study Western civilization. The politically correct fellow travelers on campus are claiming that there is no need for the gift. This is a lie. John Pope is trying to save UNC from its downward spiral as a respected university that began with the radical scholars dismantling the study of western culture (our culture) since the 1970s. The reason? According to the radicals, western values and culture are tainted by racism (slavery), chauvinism (women did not have equal status) and homophobia (they just assume that) and are therefore to be removed from the center of scholarship and put on an equal footing with the contributions of Gabon and New Guinea. I'd rather Mr. Pope's money be spent dismantling the liberal arts curriculum and starting all over again.

...

JOHN KEEGAN, the Sandhurst professor who writes popular military history has exposed himself as a vain poltroon by writing a book denigrating the role of intelligence in warfare. Mr. Keegan missed the boat as espionage rose to the top of public interest since the collapse of the Soviet Union—most notably the Venona files.

As I am friends with the top intelligence historian, Dr. Christopher Andrew of Cambridge, I admit a bit of bias, especially as I am founder of the Raleigh International Spy Conference that focuses on the phenomenon of public interest in the clandestine world of spooks and traitors. But Keegan has really gone too far in his zeal to attack the importance of intelligence in order to cover up his embarrassment at having ignored its public appeal during his career.

In his introduction, Keegan makes largely invalid points and proceeds to mock the intelligence community with some rather superficial personal experiences. Then he does something disgraceful. He

makes a veiled reference to KGB Colonel Oleg Gordievsky, Chris Andrew's collaborator on two famous books that finally exposed KGB activities in the West.

Says Keegan: "I do not wish to mention names. I would say however, that among those to whom I have been introduced during my on-off encounter with the world of espionage is one of the most celebrated traitors of the 20th century. He served the West, at great danger to himself, and is a fascinating and charming human being. About him, however, I SHARE THE FEELINGS OF MY WIFE, in whom burns the true fire of British patriotism. 'I like him,' she said, after our only meeting, 'but I can't suppress the knowledge that he betrayed his country. I would rather die than be a traitor.'"

What he and the Mrs. should die of is mortification for vanity and stupidity. Gordievsky didn't betray a country; he worked quite bravely to help bring down the most brutal and murderous regime in history that enslaved the people of Russia and beyond. Hiding behind the skirts of his wife to criticize one of the great patriots of the 20th century, and in the process purposefully attempting to slander Chris Andrew, is egregious beyond description. John Keegan has sunk below contempt to cover up his own ineptitude.

...

SUDDENLY WE ARE FAT, ten pounds heavier on average according to the miniders who supply the litany of doomsday health bulletins that are a commonplace of our nanny state. And once again the wonks aren't looking at the data. Could it be that the increase in LBees is due to the reality that the largest segment of the population, the boomers, are developing midriff bulge? Boomers rule.

...

THE RECENT MAYHEM in the NBA involving thugs from the Indiana Pacers and the Detroit Pistons is hardly startling to anyone who has paid attention to the antics of the overpaid Amazons who walk all over our universities to get to the pros to make the big bucks. The NBA is a disgrace, with only a few teams going through the motions to pretend this is actually a sport. **MM**



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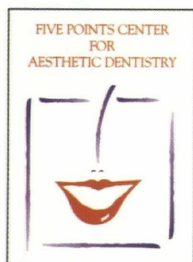
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