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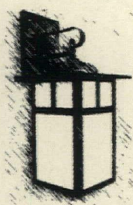
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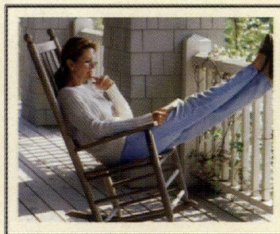




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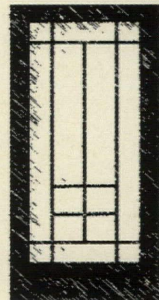
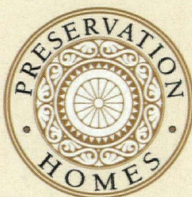
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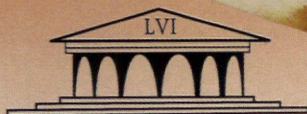
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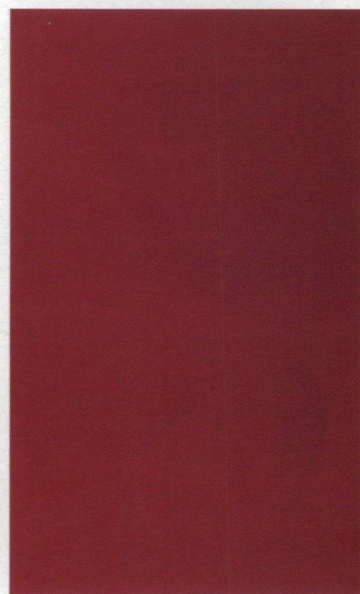
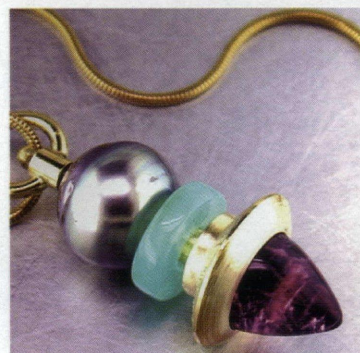


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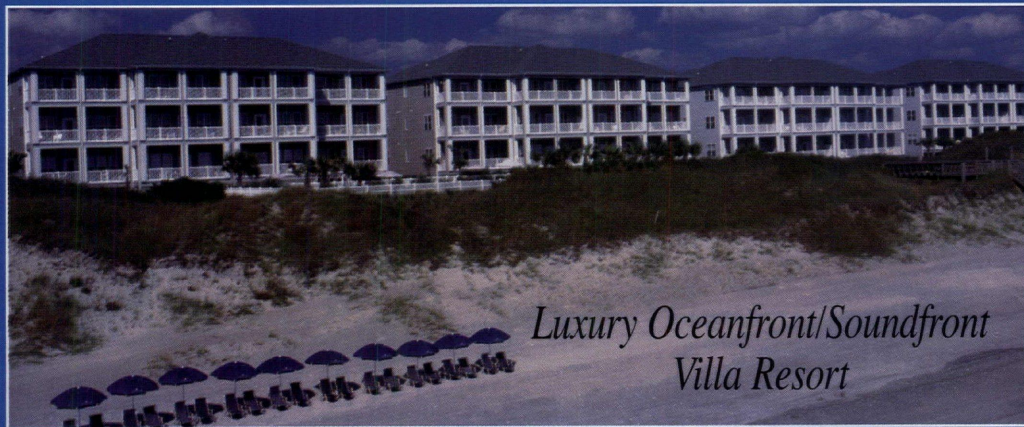
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MANY-SPLENDORED THINGS

Matters of the heart and the mind occupy us this February issue.

As diamonds and rocks of most any type are a girl's best friend, Style editor Molly Fulghum-Heintz and editorial assistant Sarah Jurek present pertinent data to help you purchase the right jewel for that special person for Valentine's Day—or for any other occasion where love overcomes cash flow. Sarah lays the groundwork and Molly captures the latest trends in this special section for lovers.

It is startling the number of people in North Carolina who suffer from mental illness. In our quarterly medical special report, Rick Smith and Tony Vecchione examine the windmills of the mind from the point of view of treatment, the controversy over the use of certain drugs, the power of faith, and a look at the very successful Walk for Hope.

The preservation of our heritage is a natural impulse for us here in North Carolina and the folks who saved the De Rosset home in our historic port city of Wilmington deserve a bow for restoring and putting this beautiful home to practical use as a city club, hotel and dining experience. Diane Lea traveled down for a tour and comes home with a fascinating story.

In keeping with the Valentine's Day theme, Maudy Benz suggests for dinner Durham's Cafe Parizade, the first restaurant of several in the region created by famous chef Giorgios Bakatsias. Wine Editor Barbara Ensrud tells us all we need to know about brandies, the warm sweet liquid for lovers on cold winter nights, and Frances Smith has gathered an impressive array of events for

February activities.

Art Taylor has an exclusive report on Michael Malone's foray into soap operas in *New & Noteworthy*; George Leef reviews *I'm the Teacher, You're the Student*; Philip Van Vleck catches up with bluegrass band Chatham County Line; and Louis St. Lewis praises good art in the region. And the ever-perceptive Carroll Leggett "grows ears" to overcome wintertime writer's block.

In March we present our first annual complete guide to restaurants, wine and cooking. This is a keeper. It includes listings of the top restaurants, area chefs who have "made a difference"; a complete guide to the best wine lists and the top vineyards in the state; and a ranking of the best homegrown cookbooks.

The April issue will serve as the official program for the ASID Show House, presented by ASID and the Woman's Club of Raleigh. The Andrews-London in downtown Raleigh is in the process of a complete makeover by some of the finest interior design talent in the area. See the ad in this issue and make your plans to attend the big opening April 23. And advertisers, call now to reserve your space in this special issue.

The Raleigh International Spy Conference, now a major event known around the globe, is slated for August 31-September 2, 2005. Stay tuned for details here in *Metro* or check the Web site in coming weeks: www.raleighspyconference.com.

Note that ballots for our annual MetroBravo! awards appear in this issue. Vote for your choices or check online at www.metro-nc.com.

—Bernie Reeves, Editor & Publisher

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Correspondence

SEEING THE FOREST FOR THE TREES

I write regarding the piece "When a tree falls... 'Frankenforests' Debate" by Patrik Jonsson under Secrets of State in the January 2005 issue of *Metro*.

All in all, the piece is a reasoned debate about the development and use of biotechnology in forestry. Potential concerns as well as potential benefits were mentioned and experts in the field, both for and opposed to forest biotechnology, were contacted and quoted. The Institute of Forest Biotechnology was mentioned along with its recent conference, "New Century, New Trees." Some clarification is needed concerning the Institute.

The Institute of Forest Biotechnology (IFB) is a non-profit 501 (c) (3) organization formed in the year 2000. It is an independent organization and international in scope. It is located on the Centennial Campus in Raleigh, but is not part of NC State University. The Institute's board of directors has equal representation from three groups: university/government, non-governmental/public interest, and industry.

IFB has the mission of working for social, ecological and economic benefits from appropriate uses of biotechnology in forestry worldwide. IFB has several programs working to this end, one being the Heritage Trees Program that facilitates partnerships to regain or preserve species of cultural or social value, such as the American chestnut. Other programs utilize conference topics to bring diverse par-

ties together to address the issues and benefits of forest biotechnology. The "New Century, New Trees" conference was the third in a series, the first being held in Europe and the second in South America. In short, it was set up to help address the very problems that are articulated by Mr. Jonsson.

Robert C. Kellison
President, IFB
Susan McCord

Program Manager, IFB

CAROLINA BEACH—BLUE COLLAR PARADISE?

First let me introduce myself, my name is Scott Patton and I am a general partner of The Arcadia Group, LLC. I have just read the above referenced article by Dr. James Leutze [Editor-at-Large, Dec. 2004] and have a couple of comments.

I believe strongly in the right of free speech and the promotion of open discussions on issues that affect our communities. As a developer I spend much of my time thinking and discussing these issues with government officials, community leaders and regular citizens. I take all these issues very seriously, as I know that the decisions that I make will have an impact on our community. I am not writing to promote my company or the development projects that we have currently underway. I am not writing to talk about our sense of commitment to these communities or our philosophies of responsible development. I am writing to voice my disappointment

Bernie Reeves
Editor and Publisher

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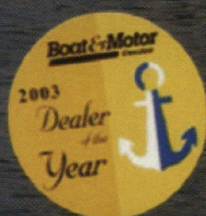
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in Dr. Leutze for not reporting correct information and clearly reporting only one side of the story.

I am neither a retired chancellor nor obviously a reporter but, as a developer I have the responsibility to put out accurate facts and to stand by what I say. As a regular—not “fancy”—citizen, I follow the same belief system. I guess that’s just the way I was raised. I believe that as a reporter and a person with the education that it takes to become a chancellor one would recognize this sense of responsibility also. I am not sure whom Dr. Leutze spent his time talking to while visiting Carolina Beach, but one would think that to put out an objective article dealing with the impact of development in Carolina Beach, he would have researched the individual projects and, I don’t know, talked to one of the developers? Obviously he did not.

Examples of his lack of objectivity are in his comments referencing setbacks, environmental impact, storm water and his statement that my partner and I are a “fancy out-of-state development group.” If Dr. Leutze had wanted to put out accurate information and had done his research, he would have found that we have had a presence in Carolina Beach for over 10 years, much longer than some of the people that he did talk to. Again, I am all for an exchange of ideas and realize that as a somewhat educated person, we will not always agree on all subjects. I realize that my vision of Carolina Beach goes passionately against others but that does not mean that I would ever seek to put out misinformation. Call me crazy but I believe in putting out truths even if it is not in line with my side of the issue.

I challenge Dr. Leutze to take another trip to Carolina Beach and talk to the other side. To do accurate research and to report the facts, to talk to the Town leaders about their decision-making process, and talk to other regular citizens who have a different vision than the people that first contacted him for this story. I am sure that he will still have the same opinion that he expressed in his article. At least he will have explored both sides of the story, isn’t that his responsibility? Not that it matters, but he will have gained my respect. I am

proud to be a citizen of Carolina Beach during this time of change and beyond. I am proud to be a participant in the process. I am proud of what the future brings to Carolina Beach, a healthy thriving community. Please forward this email to Dr. Leutze along with my contact information. I would love to discuss and exchange ideas with him. I would enjoy giving him accurate information on our project and what we believe it brings to the community. Unfortunately I bet that this does not fit into his agenda of writing a one-sided story filled with inaccuracies. Maybe if I were a retired chancellor and an aspiring editor-at-large, I would think differently but somehow I think not.

Scott Patton
Carolina Beach

FAIR THING TO DO

I criticized you when you missed the mark on Evangelical Christians like me in one of your columns. That being the case, the least I could do is praise you for your comments in the January 2005 *My Usual Charming Self* column.

The radical Left has in its wisdom tried to do everything in its power to ruin America as you say in your views on bilingual America—including the history revisions you have detailed in previous columns.

I recommend that you and your readers buy a copy of *America’s Oldest Enemy*. It tells of how France has tried to make life miserable for us since the pre-Revolution days.

I am aware of the strong-arming by NCDOT in Clayton that has held up the Highway 70 Bypass (Notes From La-La-Land) as we have an apartment community there. It truly is criminal to those who own land along the path of the bypass (I am not one).

Kudos as well for your being one of the few willing to criticize Secretary of State Colin Powell and praise Bill Cosby.

Steve Kenney
Raleigh

HELLO! WHO OWES WHOM AN APOLOGY?

I recently received a complimentary copy of the January 2005 *Metro*. As I looked through the magazine, I found

quite a few stories of interest. However, Bernie Reeves’ column “Chinese New Year” shocked and appalled me. While I can appreciate his freedom of speech, I must wonder why *Metro Magazine*, seeking to appeal to a broad audience, would allow such a xenophobic, racist tirade to be printed, even under the guise of the sarcastic “My Usual Charming Self” banner. After reading this particular column, in which Reeves lambastes the communist left, environmental “crackpots,” Chinese immigrants, and black Americans, I took some time to read some of Reeves’ past columns on the *Metro* Web site. While I don’t always agree with his perspective, I can understand the entertainment value of most of his columns. This one, however, goes much too far.

One would hope that a local magazine would celebrate the diversity of color and political views of the Triangle region. Instead, this column clearly panders to a bigoted, poorly educated few. If indeed this magazine hopes for a broader audience, I believe you owe us a formal apology.

Rebecca L. Vidra
Mellon Postdoctoral Fellow
Duke University, Durham

Mr. Reeves replies: “It is *Metro’s* broad and very well educated audience that reads *My Usual Charming Self*. Ms. Vidra has obviously been around the narrow, politically correct academic Left rather too long and missed the last presidential election. And the column in no way denigrated China nor the Chinese—in fact rather the opposite. I assume then, as she did not attack my main premise that a bilingual America is a bad thing, she agrees with me. And as for Ms. Vidra’s statement that says I lambasted black Americans, the column stated the views of black American Bill Cosby. Interesting that there is no refutation of the facts in her letter, just another knee-jerk reaction to reality. As for my previous columns, I stand behind the accuracy of every one of them.”

CORRECTIONS:

Metro regrets that on our Web site, the *Gourmet* column has several times carried the wrong by-line, crediting Moreton Neal’s columns to Maudy Benz. The errors have now been corrected.

JIMMY CHOO

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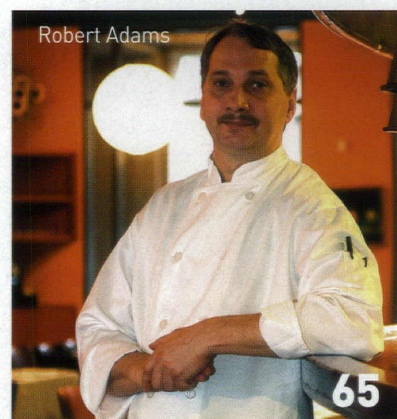
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SECRETS OF STATE

NC's Citizen-Soldiers Re-Earn Their Tar Heel Moniker

Central in every conflict from the Revolutionary War onward, North Carolina has become a key staging ground for the War on Terror. As tearful deployments and homecomings become routine, and the casualties keep rising, North Carolina is once again earning its nickname as the "Tar Heel" state, digging into the mud and soldiering on despite protests and insurgencies—both domestic and foreign.

North Carolina troops will make up over one-fifth of the total force in Iraq in 2005—a testament to the state's historic role and the bravery of its small-town soldiers, fighting in the country's most elaborate military ordeal since World War II. Much of this force will be citizen-soldiers, an increasingly important role of a rear-guard of National Guards that, more and more, is patrolling nebulous frontlines against dead-enders and Arab martyrs. Once used strictly for domestic relief work and crowd control, the Guard now makes up an unprecedented 50 percent of boots on the ground in Iraq.

But with recruitment on the wane and retention holding barely steady, the importance of battle-weary, but battle-ready guardsmen, especially from places like North Carolina, hold the key to shaping not just the battle, but the view from Washington.

Over the Christmas holidays, 3100 troops, mostly North Carolinians, part of the 30th Heavy Separate Brigade, returned from a 10-month deployment. As the largest graduating class of National Guardsmen to return, the Americans in the unique role of the National Guard, exemplify the duty, sacrifice and sometime disillusionment of the citizen soldiers who have gotten caught up in the war. The late Army Chief of Staff Creighton Abrams—the father of the all-volunteer force assembled after Vietnam—never envisioned it in such a way. The human costs are evident at the homecomings, where soldiers ranging from their 20s to their 50s—mechanics and mayors, salesmen and electricians—hug their wives and children. At one event, there were at least 100 children playing on the parquet floors of Lee Gym at Fort Bragg when a plane-load of Guardsmen, in full battle regalia, stormed into their midst

through a wall of cheers.

Moreover, while the full-time infantrymen and grunts are still doing much of the heavy lifting in Iraq, the skills of citizen soldiers, with their storehouses of professional and life experience, are what the US is now leaning on to finish the job.

"The Guard is a great American story," says Stephen Cimballo, a political science professor at Pennsylvania State University.

First Sgt. William "Buddy" Byrd, a 54-year-old salesman, embodies this force. He joined the Guard in 1971, in the waning days of the Vietnam War.

Last year, he faced his first combat, patrolling north of Baghdad in an armored Humvee. Now back home in Laurinburg, his wife promised she'd never again complain about him watching sports on TV. Amidst the homecoming celebration and re-adjusting to life in the quiet Carolina woods, Iraq is still on his mind, dusty memories of dodging RPGs and confronting Arab terrorists in the city of Tuz, which has a population of 72,000.

"Morale is extremely high," says Byrd. "Being American soldiers, this is not a win-lose situation. We're not going to be intimidated by an outside force. Our job is to let the citizens of Iraq know that intimidation will not work."

For Byrd, and the vast majority of soldiers from North Carolina, their lives are on the line in defense of what they see as a golden beacon of freedom that's shining as brightly as ever. It's an attitude that military experts say will be tested nationally in the coming years, especially if the war wears on and casualties further mount. But for many Tar Heels, it's a cause worth the risks.

"Iraqis talk about the US, they go on the Internet, they look at America and dream of coming here," says Byrd. "I know what they're talking about: I'm just a homegrown country boy who thinks America is the greatest place."

—Patrik Jonsson

Southern Historical Collection Celebrates 75 Years

UNC Chapel Hill's Southern Historical Collection, likely the world's largest collection of manuscript material documenting the American South, is celebrating its 75th anniversary with a new exhibition recently opened to the public in the Louis Round Wilson Library's Melba Remig Saltarelli Ex-

hibit Room. It will remain on view through March 31.

Called "Southern Sources: An Exhibition Celebrating 75 Years of the Southern Historical Collection," the vast body of works is comprised of unique primary documents, such as diaries, journals, letters, correspondence, photographs, maps, drawings, ledgers, oral histories, moving images, albums, scrapbooks, and literary manuscripts. It contains more than 15 million items in 4900 collections with materials dating primarily from the 18th century until the present. Included are long continuums of intimate family correspondence, sets of 50-volume diaries recording internal and external affairs, 80,000 photographs, 3500 oral history interviews, general store account books, scrapbooks, office files, videotapes and other items.

"Our exhibit ... is so large and varied that each year thousands of researchers from all over the country and the world use it to pursue topics ranging from slavery, to economic, social, cultural, language and even climate change, to particular communities, families and individuals both obscure and well-known.

"The work is essential to creating, re-creating and maintaining the cultural memory that makes for satisfying lives, helpful social change and thoughtful public policy."

Manuscripts collecting at the University of North Carolina began with the work of the North Carolina Historical Society in 1844. The Society collected manuscripts until it ceased operation early in the 20th century and thereafter the University Library inherited the Society's holdings.

By 1915, history professor Dr. J. G. de Rouilhac Hamilton began inquiring about materials to add to the library's collection of historical manuscripts. By the mid-1920s, he was corresponding about his idea of establishing at Chapel Hill "a great library of Southern human records," and he traveled across the South in his "faithful Fords" seeking and acquiring materials. He used his many personal, family and professional contacts throughout the American South to gain contributions for what he hoped would become a treasure trove of documentary material. Three of Dr. Hamilton's grandsons now reside in Raleigh.

In 1930, UNC officially established the Southern Historical Collection, with a founding endowment gift from Sarah Graham Kenan. Throughout its history, items

have been acquired largely as generous gifts from individuals, families and organizations.

Among the people, careers, organizations and moments documented in the collection are US Senator Sam J. Ervin (the Sam J. Ervin Papers represent the largest single collection, with about 536,000 items); journalist Charles Kuralt; novelist Walker Percy; psychiatrist and cultural critic Robert Coles; historian and novelist Shelby Foote.

Also represented are members and households of antebellum plantations, including the Cameron family, the largest slaveholders in North Carolina, and six generations of the Prudhommes of Natchitoches Parish, La.

The Southern Historical Collection will sponsor a symposium on March 18 and 19 in which 25 eminent Southern historians will reflect on and discuss the value, use and future of archives. For more information on the collection, visit www.lib.unc.edu/mss/.

Travel Takes Off in Kinston

Travel in the Kinston area will soon be taking off when Delta Airlines begins operating three incoming and three outgoing flights per day between the Kinston Regional Jetport at the NC Global TransPark (GTP) and Atlanta.

The Lenoir Committee of 100 Inc. has agreed to provide up to \$200,000 to be used by Delta Airlines for the new jet service, which will begin April 1, 2005. According to committee representative John Marshall, the service will provide not only new pleasure travel opportunities, but also exciting opportunities for the Kinston business community.

Delta Connection carrier Atlantic Southeast Airlines (ASA) will use their 40-passenger regional jets for the non-stop jet service. Customers in the community will enjoy three daily flights to Atlanta—the world's largest single-airline hub—where they will have access to more than 1000 daily Delta and Delta Connection flights to nearly 200 worldwide destinations.

Additionally, non-stop flights between Hickory, NC, and Atlanta will be offered May 1, 2005 and Delta Connection carrier Chautauqua Airlines will introduce two daily nonstop flights between Raleigh-Durham and Tampa/St. Petersburg/Clearwater beginning March 2, 2005.

"Delta Connection customers tell us they want to go where business takes them," said Fred Buttrell, president and CEO, Delta Connection Inc. "We are pleased to again

respond to North Carolina Customers' request for more flights and more options.

—Jennifer Hadra

Nash County Arts Council Scores Coup

The Nash County Arts Council has sent shock waves through Winston-Salem cultural circles by hiring Richard Emmett, one of its movers and shakers, as Executive Director of the Council. Emmett, 39, has been a key player in Winston-Salem for years, helping create the city's Arts District where, as a *Winston-Salem Journal* editorial bemoaning Emmett's leaving put it, "long-haired 20-somethings in T-shirts blend easily with close-cropped 50-somethings in suits." Emmett has helped put "the arts," broadly defined, front and center, nudging and challenging local officials, investing in a club that features an eclectic mix of live music and films, operating a booking agency, and helping found and promote the River Run International Film Festival.

The Nash County Arts Council is located in Nashville, the county seat, in the old Baptist church that local citizens rescued from the wrecking ball a decade or so ago. The former sanctuary, with amazingly good acoustics, is the perfect venue for small productions such as the annual performance of *A Christmas Carol* and the Council's *Nashville Showcase* series. Emmett knows countless performers, arts gurus, and almost every bluegrass, blues, and rock group in the region. Many of them are apt to find their way to Nashville, now. Winston's loss is Nash County's gain and a major boost for the arts Down East.

—Carroll Leggett

Vietnam Vets Tell Their Story Via Symbolic Huey Aircraft

A new documentary on the Vietnam War captures untold stories of courage and heroism and serves as a catalyst for healing for those who served in Vietnam. *In the Shadow of the Blade*, the Arrowhead Film & Video's award-winning documentary, follows a restored UH-1 "Huey" helicopter as it travels 10,000 miles across America into the backyards of Vietnam veterans and their families.

The documentary, which will be nationally televised on Thursday, Feb. 3, from 8-10 p.m. on The Military Channel, reunites war veterans with their symbolic *Huey* aircraft and allows them to embark on one last flight of peace to tell their stories. More than

7000 *Hueys* served as a lifeline to ground troops during Vietnam, taking them in and out of battle and evacuating more than 900,000 wounded. The film interviews veterans from all branches of the service, including two prisoners of war.

"I am very proud that this film, which has had such a positive impact on so many people, will be brought to America's living rooms by *Discovery Military*," said director Patrick Fries. "The Vietnam veterans and families you meet here are the real thing. These are the unheard voices of America's longest war."

—Jennifer Hadra

NC State's Crafts Center Marks 40th Anniversary

To celebrate its 40th anniversary, the Crafts Center at NC State University, Raleigh, will have a community open house on Saturday, February 26, from 11 a.m. to 4 p.m., in their campus facility. At the event



NC State student Sherry Pitz examines her stained glass project, on view at the craft show celebrating the 40th Anniversary of the Crafts Center

visitors can mingle with crafts people, observe demonstrations from local guild members and participate in hands-on pottery making, including wood lathe turning and glass-bead making. And members of the North Carolina Pottery Collectors Guild will be present to identify, date or evaluate visitors' personal pottery.

One highlight of the event will be a silent auction of artwork that represents the kinds of crafts taught at the Center over the past 40 years. An exhibition of the work on auction, which was contributed by crafts instructors and the crafts community, is open to the public until February 26th at the Center's Gallery. For more information call 919-515-2457 or view the pottery to be auctioned at www.ncsu.edu/crafts.

Proceeds from the auction will support

future studio upgrades, equipment purchases and other improvements. The Center is located in the lower level of Thompson Theater, on the corner of Jensen Dr. and Dunn Ave., across from the coliseum parking deck.

SAS Cracks Fortune Hall of Fame For Places to Work

The commitment of SAS management to its employees has paid numerous dividends over the years—from creating low turnover to a highly motivated team. *Fortune* magazine recognized that fact in January when it named SAS to its Hall of Fame for “Best Companies to Work for in America.”

SAS ranked 16th on the annual list and has cracked the *Fortune* elite every year since the program started in 1998. SAS placed in the top 10 six different times.

The Hall of Fame is limited to the 22 companies that have made the list each year.

“We have always had a commitment to investing in and cultivating meaningful, long-term relationships with our employees and clients,” said Jeff Chambers, vice president of human resources for SAS, when the list was announced. “This has led to unusually low turnover in both populations and is at the core of our 28 years of sustained profitability and success.”

SAS made the top 10 list in several different categories, including most generous health coverage; most paid time off; and most widely used daycare. SAS offers its own daycare and health clinic on its campus in Cary.

Franklin Garland Doesn't Trifle with Truffles

Supplies of wild truffles are declining; in fact, France's annual harvest is virtually disappearing according to an article in the January 10 issue of *Forbes* magazine. This happenstance has encouraged entrepreneurs in other countries to try truffle farming and reap profits from the shortage.

One of them is Franklin Garland who has owned Garland Gourmet Mushrooms and Truffles in Hillsborough since 1992. Northern Orange County is the only spot in North Carolina where truffles will thrive. And NC is the only state in the US except Oregon where these delicacies will grow.

Garland says that black truffles are to other mushrooms what gold is to copper. In 1993, he was the first person to grow the black Perigord truffle in North America (originally from the Perigord region of

France).

Garland and his wife Betty now specialize in raising these “black diamonds.” According to their Web site, “Because of their intoxicating aroma and unique taste, these truffles are highly prized and command very high prices in the marketplace, from \$500-\$1000 per lb. wholesale to \$1000-\$2100 per lb. retail.”

For more information, visit www.garlandtruffles.com.

Coming Up: The Triangle's Annual Wine Extravaganza

The Triangle Wine Experience, an annual three-day food and wine event, February 17-19, will present winemaker dinners at 32 leading Triangle restaurants on the 17th paired with 32 experienced winemakers, including Chave at Fearington, Coturri at EVOO, Vision Cellars at Four Square, Gerard Winery at Café Luna and many more.

An evening affair at Exploris Museum in Raleigh on February 18 will feature hors d'oeuvres, a selection of wines from around the world and dancing to the music of Pride Mountain Vineyards' Bob Foley and the Purple Feet Band.

Seminars, demonstrations and tastings will be held at 11 a.m. on Saturday morning at three locations: Kitchen & Bath Galleries and the Angus Barn, both in Raleigh, and C'est si Bon! Cooking School in Chapel Hill. And at 5:30 p.m. the “Vino Techno Black-Tie Gala & Auction” will take place in the Governor W. Kerr Scott Building at the NC State Fairgrounds.

Proceeds from the three-day event will benefit the Frankie Lemmon Foundation. For additional information, call 919-845-8880 or visit www.trianglewineexperience.org.

Broadway, Bluegrass & Ballet Carolina Ballet Kicks up Heels

Carolina Ballet is taking the stage with the Tony Award-winning Red Clay Ramblers from Chapel Hill to premiere *Carolina Jamboree*, choreographed by Lynne Taylor-Corbett, February 24-27, at Raleigh Memorial Auditorium at the BTI Center for the Performing Arts in downtown Raleigh.

Though Carolina Ballet's collaboration with the Red Clay Ramblers is a departure from the classical ballet for which the much-lauded seven-year-old company is known, the new musical demonstrates the scope and versatility of both the Ballet and the Ramblers.

The Red Clay Ramblers, recognized regionally, nationally and internationally, has a repertoire containing old-time mountain music, country, rock, Dixieland, bluegrass, gospel and American musical. For the upcoming production, Taylor-Corbett has selected songs from Ramblers' songbooks and created dances for Carolina Ballet that recount tales from the mountains to the coast in North Carolina.

For ticket information for *Carolina Jamboree* call the Carolina Ballet-line at 919-719-0900 or Ticketmaster at 919-834-4000.

Landscape Architect Dick Bell Eyes New Prize

Richard C. Bell, FASLA, FAAR, founder and principal of the award-winning firm Bell/Glazener Design Group in Raleigh, has announced that he and son-in-law Dennis Glazener, ASLA, are preparing to go their separate ways to pursue individual professional goals after 25 years of practicing together. Bell's new firm will be Dick Bell Associates, Sustainable Environments.

“I want to pursue project design as a master planner within a natural, sustainable context,” Bell said recently in his Water Garden complex on Glenwood Avenue, “with architects, engineers, and artists relating to me and providing their skills as consultants.”

Bell also intends to begin documenting his past projects in multiple monographs to share his commitment to sustainable design and land planning, the ethos that has defined his career for the past five decades. (See *Metro*, September 2004).

A few such projects include Figure Eight Island near Wilmington; Fearington Farm in Chatham County; Raleigh's Pullen Park, the NCSU Student Center Garden and Brickyard, Moore Square Transit Block, Meredith College's amphitheater and lake, and Water Garden, one of the first mixed-use developments in the Capital City.

Redeveloping Water Garden into “Water Garden MarketPlace” is the most ambitious undertaking for Bell's new firm. After several years of planning and design, he has created a mixed-use development for his 11-acre site, which, he says, is directly influenced by his experience in Rome and echoes a more European approach to construction. He recently received the City of Raleigh and Planning Commission's permits to go ahead with the project once he secures a developer.

—Kim Weiss



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Struggle for Prevention

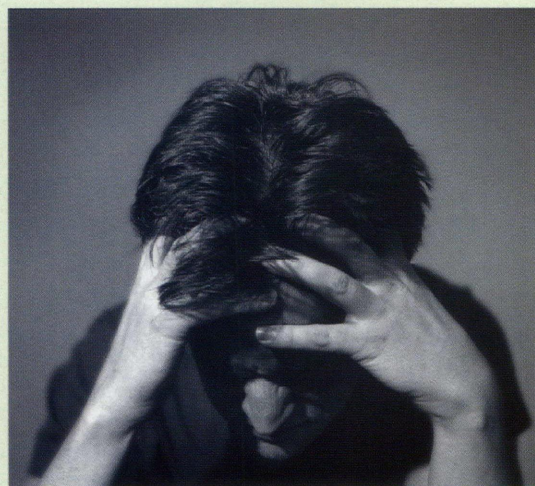
THE SPECTER OF YOUTH SUICIDE IN NORTH CAROLINA

by Anthony Vecchione

The suicide of a young person is a tragic and a potentially preventable public health problem that crosses racial, gender and economic lines, leaving in its wake loss, guilt, confusion and devastation.

During a recent suicide intervention skills training session for the Ashe County school district, attendees—mostly teachers—were showing an unusually keen interest in gathering information on how to identify at-risk suicidal behavior in children. But what really caught the attention of the mental-health professional leading the session was that teachers and other school personnel volunteered information on how frequently these behaviors were exhibited in their school, confirming what many in the psychiatric community already knew. North Carolina has a suicide problem among its children and adolescents.

While suicide certainly isn't unique to North Carolina, a recent study that examined suicides among North Carolina's youth revealed a disturbing trend that has public health officials and the medical community deeply concerned.



According to the World Health Organization, up to 80 percent of people who took their own lives had several depressive symptoms.

RISK FACTORS

Who's at risk for suicide? In North Carolina the impact of suicide is felt from the Outer Banks to the Triangle and west to the Great Smoky Mountains. According to the results of a study released in the fall of 2004 by the North Carolina Department of Health and Human Services (HHS), Division of Public Health, more teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, influenza and pneumonia combined.

With suicide rates 17 percent higher than the national average, North Carolina loses close to 127 of its young people to suicide annually, making it the third leading cause of death among citizens 10 to 24 years old. [See graph]

In addition to the human toll, suicide can inflict a significant financial burden too. From 1995-1998, North Carolina's medical

and productivity costs associated with fatal suicides for people 24 years of age and younger were \$158,233,767.

It's hard to say why people take their own lives, especially children. Although there are several risk factors associated with suicide, there are no clear-cut answers as to why suicides occur in children and adolescents. Studies show that characteristics of individuals, such as the tendency to be influenced, risk-taking behavior and impulsiveness may contribute to susceptibility to suicide. Alcohol and the availability of lethal weapons such as firearms—the most commonly used method for suicide in North Carolina—can be contributing factors. Kids who are isolated from family and friends are at a particularly higher risk of committing suicide, especially those who reside in group homes or correctional facilities. In North Carolina, girls attempt suicide more frequently than boys do—yet attempts by boys are more likely to be fatal.

Usually it's mental health problems such as depression, anxiety and other disorders that lead most people to kill themselves. According to the World Health Organization, up to 80 percent of people who took their own lives had several depressive symptoms. In children and adolescents, the signs and symptoms of depression aren't the same as they are in adults. Playing hooky, declining grades, violent behavior and drug and alcohol abuse are common behaviors acted out among depressive young people.

THE CONTROVERSY OVER ANTIDEPRESSANTS

Antidepressant medication, if prescribed properly, is an effective treatment for teenagers suffering from major depression. However, there have been various studies over the years suggesting that the use of antidepressants in children and adolescents may actually increase the risk of suicidal thoughts and behavior.

In the fall of 2004, the Food and Drug Administration (FDA) issued a public health advisory warning about the increased risk



Dr. John March, M.D.

of suicidal thoughts and behavior in children and adolescents being treated with certain antidepressant medications. The FDA also instructed drug manufacturers to add a "black box" warning label to all antidepressant drugs. That placed lucrative antidepressant brands such as Prozac, Paxil and Zoloft squarely in the FDA's cross hairs. And while the "black box" warning can be a useful cautionary tool, some psychiatrists contend that it could also have

negative, unintended consequences. "It may make people less likely to seek treatment," said Dr. Jack Naftel, M.D., director of the division of child and adolescent psychiatry at the University of North Carolina Medical Center. Naftel explained that he's concerned that the "black box" warning could deter practitioners from using antidepressants when they are indicated. And that wouldn't be a good thing, noted Naftel, who said that UNC Medical Center has seen an upsurge in children and adolescents who have attempted suicide.

Just two months before the FDA issued its advisory regarding antidepressants and pediatric patients, Duke University released the results of a landmark study that looked at the treatment for adolescents with depression. The Duke study concluded that the most effective way of treating teens suffering from major depressive disorder (M.D.D) is through a combination of antidepressants and cognitive-behavioral therapy (CBT).

The lead investigator on the Duke study, Dr. John March, M.D., the chief of child and adolescent psychiatry at Duke, told *Metro Magazine* that the combination treatment has the biggest effect on reducing suicide rates. "The burning question that needs to be asked," said March, "is what is the risk of not treating depressed youth?" For March those risks are considerable.

STRATEGIES FOR PREVENTION

State health officials in North Carolina believe that the public health approach is the most likely process to produce significant and sustained reductions in suicide. The North Carolina Youth Suicide Prevention Task Force, led by staff from HHS's division of public health, has set out a series of goals designed to reduce the number of youths who complete or attempt suicide. Among the goals: Promote awareness that suicide is a public health problem that is preventable; develop and implement community-based suicide prevention programs; and implement training programs for recognition of at-risk behavior and delivery of effective treatments. "Research on the effectiveness of suicide prevention models indicates that

the most promising method is the adoption of a coordinated, multi-tiered approach," said Catherine Sanford, director of the epidemiology unit within the injury and violence prevention branch in the division of public health in Raleigh.

On March 24 and 25, 2005, what is being billed as the first state suicide prevention conference will be held at the Sheraton of Chapel Hill. "We are hoping that this conference will attract some media attention and bring together a lot of different organizations that are working toward the same goal," said Romaine Dougherty, Director of Community Outreach and Education for the Raleigh-based Mental Health Association in North Carolina.

The old adage "young people are our greatest resource" resonates clearly as public health officials and medical professionals look for new ways to keep more of North Carolina's children from becoming statistics. **MM**

Resources on Prevention of Youth Suicide

The American Association of Suicidology (AAS)

www.suicidology.org

American Foundation for Suicide Prevention (AFSP)

www.afsp.org

Mental Health Association in North Carolina

<http://www.mha-nc.org>
Romaine Dougherty, Director of Community Outreach
919-981-0740 x225

Hopeline Inc.

Wake, Durham, Orange counties
Telephone: 919-832-3326

North Carolina State University

Main Campus
Counseling Center Services
Marie Baldridge
Telephone: 919-515-2423

Triangle Suicide Prevention Consortium

Philip Morse
Pmorse@nc.rr.com

Health Wake Coalition

Karen Hartwell
Khartwell@co.wake.nc.us

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Walk for Hope

EURE FAMILY HEROES OF MENTAL HEALTH by Rick Smith

The legacy of Thad and Alice Eure consists of much more than the internationally known Angus Barn restaurant.

Researchers at the University of North Carolina and elsewhere around the world are attacking mental illness due in part to creation by the Eures of the Foundation of Hope to fund research. Some \$2 million in donations has led to \$89 million in additional grants, according to Foundation reports.

The Eures and their children became good soldiers in the fight against mental illness in 1977 when one child was diagnosed as having a severe bipolar disorder, or manic-depressive illness.

"My Mom and Dad did not know where even to begin. When they tried to find help for my brother, they realized how little was being done for the mentally ill," recalled Shelly Eure Belk, one the Eures' two daughters. "So many people were afraid to talk about it. Mental illness was just not something people discussed. If you have cancer, you say, 'Well, I have cancer.' But there's some sort of taboo associated with mental illness that really should not be there."

The Eures chose to do more than talk and sought help aggressively for their child. The National Institute of Mental Health defines bipolar disorder as "a brain disorder that causes unusual shifts in a person's mood, energy and ability to function. Different from the normal ups and downs that everyone goes through, the symptoms of bipolar disorder are severe. They can result in damaged relationships, poor job or school performance, and even suicide."

More than 1 million American adults are stricken with the disorder. But the Eures dealt with the problem long before treatments widely available today were discovered and cultural attitudes toward the mentally ill became more understanding. To talk about those days today is still not a pleasant experience for Shelly.

"The medications were just so barbaric," she recalled. Her parents grew frus-

trated in seeking care for their child, at one time institutionalizing him. But no matter where they turned, they found few good answers, Shelly said. "I remember my mom and I pouring over books. In those days, they didn't have a computer and the information was not as readily available as it is today. So she just used books."

Frustrated by their seven-year search for help, the Eures decided to launch in 1984 a foundation to provide funding for research at the University of North Carol-

In only four years, the Foundation that was created to help fund mental health research became one of the most important priorities in busy restaurateur Thad Eure's life.

Belk remembers quite vividly her parents' recommitment to the work even as Thad was losing a fight with cancer in 1988.

"Before my father passed away of pancreatic cancer, he had a real heart-to-heart conversation with my mom. He said, 'You



Thad and Alice Eure

Through The Foundation of Hope and The Thad and Alice Eure Walk for Hope, volunteers and researchers follow in the Eures' footsteps to find treatments, improvements in care for the mentally ill.

ina at Chapel Hill and at Dorothea Dix Hospital in Raleigh. A friend of theirs, Preston Walker, was head of the psychiatric unit at UNC Hospitals at the time and he helped the Eures a great deal, Shelly said. He also served on the Foundation's board of directors.

are probably going to get a lot of people wanting you to contribute to cancer research and so on," Belk recalled. "But he told her he strongly felt that 'We should continue to do what we are doing in the field of research on mental illness. I really don't want us to get distracted; I want you

to continue all the work we have started.'

"My mother felt the same way, and she carried on until she passed away."

People who worked for Thad recognized what the foundation meant to him and decided to start a walk as a fundraiser. The volunteers raised \$35,000—and created a lot of sore feet—in the first Thad Eure Walk for Hope march from The Angus Barn northwest of Raleigh along US

70 all the way to downtown, stopping at the 42nd Street Oyster Bar, another restaurant Eure started—more than 11 miles.

"My feet," Belk recalled with a laugh, "were covered in blisters. A few years later we got smarter, said we were getting too old for this, and now we walk six miles."

Alice took the lead at the foundation, just as Thad wanted. "My mother felt the same way as my father about the founda-

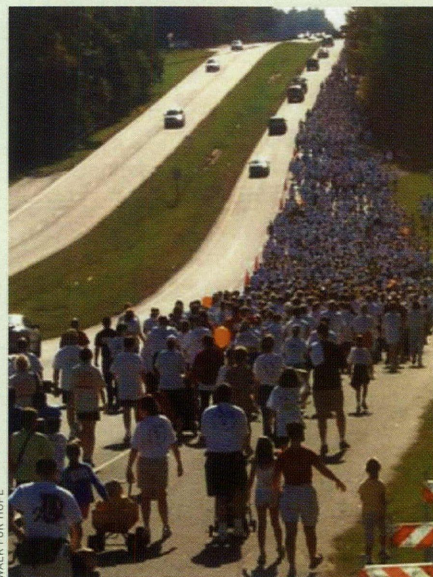
tion," Shelly said. Mrs. Eure died in 1997, just a few days before the annual walk. The event was renamed the Thad and Alice Eure Walk for Hope in her honor.

The walk continues to grow each year, with more than 2000 participants raising \$400,000 in 2004. Van Eure, Shelly's sister who runs the Angus Barn, serves as the chair for the walk.

"We never thought," Shelly said, "that it would become such a magnificent event."

LEGACY OF DONATIONS

The Eures awarded the first research grant in 1985 to a young psychiatry professor at UNC Chapel Hill. Dr. Robert Golden, now the chair of the Department of Psychiatry at UNC, tries to repay the Eures in part by participating in the Walk and sitting on the board.



WALK FOR HOPE

Participants show their support for Walk for Hope along Hwy 70

Golden will never forget the devotion and determination he saw in the Eures to see that mental health research received more funding.

"These were remarkably strong, mature people who, when facing a very stressful life situation, decided to help others instead of feeling sorry for themselves, instead of feeling angry," Golden recalled. "There was an altruism about them, a generosity of spirit that was just remarkable."

"This entire family—Thad, Alice and their children—were and are remarkable

A New You



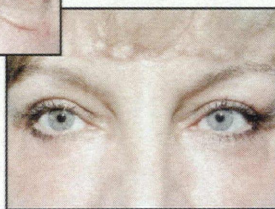
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in being oriented toward helping others. It's so easy when you are dealt a bad card in life to retreat into yourself, but these people faced adversity head-on and chose to make things better—not just for them but for others. That bravery and altruism is mesmerizing.”

Golden also is grateful for the money that The Foundation has raised and the impact it has had on his career, on mental research in general and on UNC Hospital. Golden has pursued research into links between abnormal neurotransmitters known as serotonin in the brain and mental illness.

“Over the years, we have demonstrated, and other groups have replicated our work, suggesting that these systems are not working very efficiently,” he explained. Golden believes there are genetic links to the serotonin puzzle. Unipolar depression has been a primary focus of study, and Golden has hopes that targeted treatments will be developed.

Without the support of the Eures, Golden doubts just how much research he or others at UNC could have done.

“All of my research was helped directly or indirectly by that first vote of confidence,” he said of the Eures’ grant. He made a presentation in July and received a \$20,000 grant a few months later. “In the world of research, it was a wonderful seed that was planted. We needed those funds to hire a research assistant, to hire a part-time biostatistician, to pay for lab assays, and to compensate volunteers for participation in our studies.

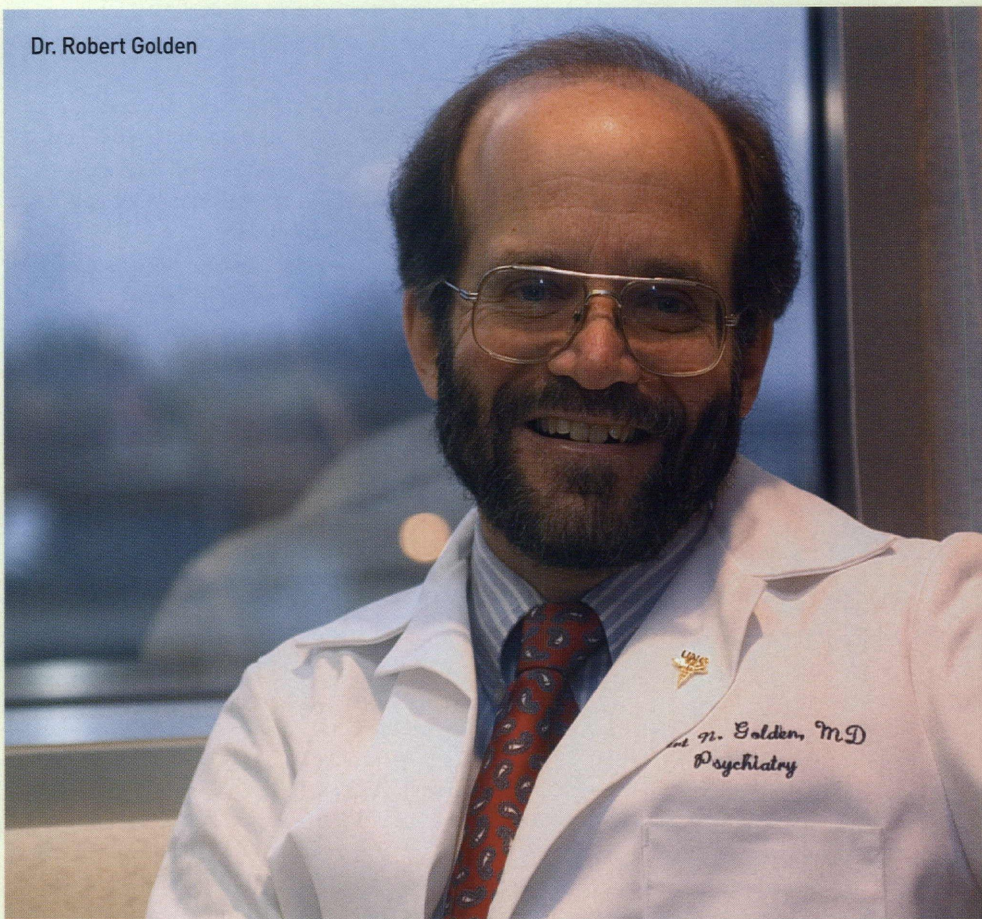
“In the last 15 years, we have leveraged that first grant into grants from the National Institutes of Health between \$150,000 and \$200,000 a year.”

Researchers face what Golden described as a “Catch-22 situation” when seeking grants.

“Private funding has become increasingly important as grants have gotten more and more competitive,” he said. If research has generated private sector report, Golden said, the project has a better chance of winning NIH support. “In order to be successful at competing, you have to have evidence that you can complete a project and that it is worthwhile.

As federal funds for a variety of projects

Dr. Robert Golden



have been awarded, the University's efforts in psychiatry have also expanded. UNC's Department of Psychiatry ranked seventh recently among 127 other universities in receiving NIH grants with \$29 million. “A major factor has been the contributions of the Foundation of Hope,” Golden said. “The funds have allowed us to recruit young, promising people and to compete in ways we otherwise would not have been able to do without the private support of the Foundation.”

THE WALK CONTINUES

The Eures daughters remain involved in The Foundation and Walk, but they also have plenty of help. Its board of directors meets on a regular basis to consider grants, and 85 percent of funds raised go to research, said Bebee Bason Lee, the Foundation's executive director since 2003.

“This year, we anticipate funding \$200,000 in grants,” Lee said. “We continue to work with groups as set up by the Eures, including UNC, Dorothea Dix, and affiliated psychiatric institutes.”

The Foundation also secures financial support from sponsors, including a \$25,000 grant from GlaxoSmithKline.

Lee worked as a volunteer for 15 years before leaving her job as director of business services at the Greater Raleigh Convention and Visitors Bureau. Part of what drew her attention was the Eures' devotion to the cause of mental illness.

“When Mr. Eures died, the Foundation was very close to his heart,” said Lee, who had known Thad over the years through his work with the convention bureau. “His employees wanted to do something in his honor, so they started the Walk. They thought it was going to be a one-shot deal, but it was so successful and brought so much awareness to the cause that it continues to this day.”

People are already signing up for the next one, which will be Sunday, Oct. 9, 2005.

(Note: For more information about the Foundation and the Walk, see the web site at: <http://www.walkforhope.com/> or call 919-781-9255.) **MM**

MEDICAL BRIEFS

GRIT OF IRON

Wilmington Man with Double Lung Transplant To Compete in New Zealand Ironman Event

Scott Johnson, a resident of Wilmington, knows something about being an iron man and also competing in a triathlon.

Johnson's life is a display of iron grit. In March he will be the first lung transplant to compete in an Ironman Triathlon. Johnson received his pair of lungs in September of 2001 at UNC Hospital in Chapel Hill.

Johnson suffered from cystic fibrosis and weighed a mere 95 pounds when he underwent the transplants at age 29. Doctors discovered quickly that Johnson intended to make the most of life when he checked out of the hospital only 12 days after surgery.

Now 32, he weighs 142 pounds. He has competed in 12 other triathlons before signing on for the Ironman Triathlon in New Zealand. The event requires entrants to swim 2.4 miles, ride bikes 112 miles and finish with a 26.2-mile marathon.

"A friend of mine once told me that everyone should do something with their life that they once thought was impossible and only then will they realize that everything is possible," Johnson said. "That is why I'm doing this—to show the CF community that anything is possible."

All money raised by the New Zealand event goes to help those with cystic fibrosis in New Zealand.

When the event organizers learned of Johnson's interest to compete in New Zealand and to help a CF group there, they waived his race entry fee and are providing travel down under at no cost. In exchange, Johnson is seeking sponsors with proceeds to go to the Cystic Fibrosis Foundation in the US. **MM**

Duke Researchers Link Cell Regeneration, Stem Cells, Cancer

Researchers at Duke University have developed new information that links cell tissue regeneration, stem cell renewal and cancer growth.

The group believes their work could lead to drug development for fighting skin and brain cancers. Their work was recently reported in *Science* magazine. The National Institutes of Health underwrites their research.

Led by Marc Caron, a Ph.D. professor and researcher in the department of cell biology at Duke's Institute for Genome Sciences and Policy, the scientists drew a link between a cellular mechanism that controls tissue

regeneration and cancer. When the control mechanism does not work, uncontrolled cell growth occurs that can lead to tumor development.

Having identified the protein beta-arrestin2 as a key controller, the scientists believe drugs could be developed either to block its function or to encourage production to create more therapeutic stem cells.

Caron said the work "provides a previously unappreciated paradigm for [beta-arrestin2] for its role in promoting growth, differentiation and malignancies." **MM**

ECU Surgeon Shows World Use of Robots in Heart Surgery

Doctors from around the world tuned in on Jan. 18 to watch Dr. W. Randolph Chitwood conduct heart valve repair surgery while using his da Vinci Surgical System robot.

Chitwood, chief of cardiothoracic and vascular surgery at the Brody School of Medicine at East Carolina University, has conducted more than 175 operations with the da Vinci system since 2000.

The operation was shown over the Internet. "During the first 175 operations, we have learned that cardiac surgery can be done safely using robotic techniques with the same results as a full chest incision," Chitwood said. "Visualization and dexterity are much better."

ECU decided to show the operation live as an educational tool for other physicians.

Chitwood was the principal investigator during the approval phase of the da Vinci System. It received FDA approval in 2002. Chitwood and Wiley Nifong, who also is a surgeon, have trained more than 250 surgeons to use the robots at ECU's Robotic Training Center. **MM**

February Is Heart Awareness Month...

Time for a Heart Scan?

February is Heart Health Awareness Month, and Wake Radiology says people at risk of developing cardiovascular disease might want to consider having a heart scan.

The scan involves a new imaging procedure called coronary calcium scoring. The scan is designed to detect heart disease at its earliest stages, identifying plaque buildup in arteries. The plaque is an indicator of atherosclerosis, or hardening of the arteries.

To schedule a heart scan, patients should seek a referral from their primary physician.

For information, see www.wakeradiology.com **MM**

Amphora Strikes a Drug Development Deal

Amphora Discovery, which is based in Research Triangle Park, recently signed a drug development deal with Ortho-McNeil Pharmaceutical. Ortho-McNeil is part of Johnson & Johnson.

Amphora has focused on technology collaboration in the past, utilizing proprietary drug candidate screening. Now it wants to develop drugs for use in oncology and neurology. Amphora has several potential compounds that could lead to drugs.

"Today's announcement marks an important evolutionary step for Amphora as the company progresses from technology collaborations to its first compound-based partnership," said Peter Savas, Amphora's chairman of the board, in a statement.

Amphora closed on \$20 million in venture capital in December. It will receive upfront payments, research support and royalties from any ensuing drugs developed with Ortho-McNeil. **MM**

Epilepsy Can Harm Brain's Learning, Memory Center Study Finds

Chronic seizures triggered by epilepsy decrease cell production in the brain's learning and memory center, Duke University researchers have found.

The study runs counter to the previous belief that epilepsy boosted production of brain cells in order to repair injury, the researchers said.

The Duke University Medical Center and Durham VA Medical Center joint study is the first to show how the brain is affected by chronic, not acute, seizures. Rats with chronic epilepsy had a 75 percent decrease in new neuron production, researchers said.

"The finding explains why chronic epileptics are prone to learning and memory deficits and depression," said Dr. Ashok Shetty, a research professor of neurosurgery at Duke.

The National Institute of Health's National Institute of Neurological Disorders and Stroke funded the study. **MM**

Experts Back Blood Pressure Screening for 3-Year-Olds

The American Academy of Pediatrics has backed the recommendations of a national children's health group calling for blood pressure screenings to begin for most children at age three.

Dr. Jennifer Cheng, a pediatrician at Duke University Medical Center, commented that

the new guidelines reflect the health community's concern about a growing health crisis among US children, especially the incidence of childhood obesity. Cheng noted that part of the impetus for this change is the increased incidence of pediatric obesity. She said that one-out-of-three children is either overweight or obese and that obesity, hypertension and diabetes rates are rising in children.

Cheng said that blood pressure monitoring should be done annually for most children and even earlier for children with underlying medical conditions, such as heart disease, renal problems, endocrine or metabolic disorders. Cheng said that screening methods for small children are similar to those for adults, with some minor adjustments. She asserted that early diagnosis, lifestyle changes and medication if needed can help prevent many long-term diseases. **MM**

Sticker Shock for North Carolina Smokers

Melanie Miller, associate program coordinator of the Environmental Tobacco Smoke Training, Education, and Research Program at the University of North Carolina at Chapel Hill endorses a plan that encourages restaurants to leave stickers on the bill. The stickers are

available from the North Carolina Tobacco Prevention and Control Branch and include one of three different messages:

Happiness is Smoke-Free Dining: We Will Tell Our Friends.

I have a health concern. I like your restaurant but not the smoke. I'll come back when it's smoke-free.

I'm disappointed. I like your restaurant. I'd come more often if it were smoke-free.

To request stickers or for more information, contact Miller at 919-966-5083 or mmiller@med.unc.edu. **MM**

Dr. Mel Levine's New Book Deals with Work-World Issues facing Young Adults

Dr. Mel Levine, professor of pediatrics at UNC Medical School, Chapel Hill, and director of its Clinical Center for the Study of Development and Learning, will read on Sunday, February 27, from his new book, *Ready or Not, Here Life Comes*, at McIntyre's Fine Books, Fearington Village Center, Pittsboro.

Because many young individuals stepping out to face the adult work-world feel abandoned and anguished and begin to question their own self-worth, they need guidance and counseling that they seldom receive since

adults view them as mature enough to handle and face career choices. But they are prone to make mistakes in these choices and in the ways they perform as novices on the job. Levine finds that they suffer from "work-life unreadiness," which may grip them right after high school, in college, while out seeking employment or during the startup phases of a career. Some emerging adults take longer to establish a stable work life than do others. Some fail to head confidently toward a career because of repeated false starts or because they keep changing course or have no course.

Levine shows how parents, schools, and adolescents themselves can work together to improve work-life-readiness, and how young adults can more readily learn to navigate the world of careers. *Ready or Not, Here Life Comes* can help adolescents and young adults to find the right course to lead them into successful adulthood.

Founder and co-chairman of All Kinds of Minds, a nonprofit institute for the understanding of differences in learning, Levine is author of two previous best-selling books. He and his wife, Bambi, live on Sanctuary Farm in North Carolina. For more information call 919-542-3030 or go to www.fearington.com. **MM**

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DUKE PHYSICIAN LINKS FAITH WITH HEALING AND MENTAL HEALTH by Rick Smith

Fear sometimes gnaws at Dr. Harold Koenig's heart just as the crippling arthritis eats away at his back, hips, hands, knees and ankles. Mental fear sharpens about what the future holds while physical abilities dull—will he be able to wrestle with his son, to play a piano, to walk his rounds, or to write out a prescription.

But the Duke professor, known worldwide for his work linking spirituality and health, says his faith in God deepens even as his physical state tortures him.

And Koenig is undaunted. Author of

the book *The Healing Connection*, editor of the newspaper *Science and Theology News* and co-director of Duke's Center for Spirituality, Theology and Health, Koenig uses voice-activated software to type and uses his left, rather than his natural right hand, to scribble out prescriptions.

When Koenig counsels people in his role as a geriatric psychiatrist, he knows from personal daily experience what those patients are feeling and thinking—and fearing.

"Fear," he said, "the fear of what the future holds when people have a chronic

illness is quite strong. They fear, they worry—about getting worse. I worry too. But I feel my beliefs help give meaning and purpose to these fears."

Koenig no longer can play the piano. But, he says: "My faith has kept my mental health good, which has enabled me to adapt and to find ways of getting around my disability. By adapting to the software, the pain doesn't prevent too much of my writing."

When he travels, he uses a wheelchair to work his way through airports. "Again," he says, "the pain doesn't prevent me from doing what I need to do. I just have to adapt."

He makes presentations sitting down, the pain so acute he can't stand for any length of time. But perhaps the most painful loss comes at home. "I have a young family. I can't wrestle with my son, and I can't play outside with my daughter as much."

While becoming physically weaker, Koenig counters the limits of his body with a stronger mind. "I just turned 53, and I am encountering some of the health problems of age myself. I'm finding that having faith is very healthful.

"Faith has helped me become who I am, and if I don't have adversity I will not grow strong," he explained. "I am strong like the moth in the cocoon trying to pry his way out."

As he tries, he becomes strong, and he will emerge as a beautiful butterfly.

"But, if someone makes an opening in the cocoon for the moth, the butterfly will die."

A WITNESS TO FAITH

Someone who often sees Koenig's strength is Dr. Keith Meador, a psychiatrist and a professor at Duke's Divinity School. He also co-directs the Center for Spirituality, Theology and Health with Koenig.

"It has been painful through the years to see Harold have to limit his physical activity or to limit the meetings he can go to, but he's very faithful to his exercise program and very committed to doing his part to take care of himself," Meador said. He



added that there is more than physical determination at work. "We trust in God and give thanks. The day we stop suffering, we won't be breathing. There will always be suffering."

Drs. Koenig and Meador work together in efforts to understand relationships among spirituality, theology and health. Part of their emphasis concerns what impact "faith communities," such as church families, have on an individual member's health. The two don't always agree, with Meador adhering to the more traditional theological viewpoint that there is nothing in scripture promising good health in return for worshipping God and Koenig seeing more of a link between worship, faith and health.

From his days as a nurse early in his health career in suburban Chicago, Koenig said he had been fascinated with the links between physical and spiritual health. "I heard over and over again that religious beliefs, prayer, God, family and church gave them hope," he said. "I asked them how they were coping with their illness. I wanted to know what they were doing that kept them going with a sense of hope despite disabling arthritis or stroke or congestive heart failure or hip fracture."

Koenig, after graduation from the University of California at San Francisco medical school in 1982, arrived at Duke in 1989 to begin his psychiatry training. He continued to pursue his research into health-and-faith links, and his work brought him to the attention of billionaire Sir John Templeton in 1995. Koenig was asked to serve on a board of advisors for Templeton, a devout Christian. The two men's beliefs struck a mutual chord with Templeton funding some of the doctor's research. In 2000, when Templeton launched Science and Theology News, he made Koenig the editor and publisher.

"There has been a tremendous amount of research that religious faith helps in dealing with anxiety, depression and substance abuse," Koenig said, pointing out the established links between stress and problems such as blood pressure and heart disease.

"If life has meaning, you are going to be more healthy with less blood pressure," he said, "and if you are part of a faith community, you are probably going to live

longer."

But Koenig readily admits that a person's own genes have a great deal to do with an individual's health, be it a family's history of heart disease or other ailments. "There are no stories yet of church praying having an effect on cellular aging," he said.

Koenig added that he is fascinated with

recent studies that indicate cells in women under stress age more quickly than women not under stress. "We need to understand better the biological mechanisms involved. How exactly does (faith) change the physiology of the body?"

Beyond DNA research, Koenig wants to see more examination into how faith affects people suffering from severe men-

Mental Illness:

GETTING THE FACTS STRAIGHT

COUNTING THE COSTS

- The No. 1 reason for hospital admissions nationwide is psychiatric disorder
- Mental illnesses are far more common than cancer, diabetes, heart disease, or arthritis (approximately 54 million people in the US suffer with mental illnesses)
- Mental illness will impact 1 out of 4 families
- Approximately 2.5 million Americans suffer from a schizophrenic disorder
- Mental illness can and does strike all age groups, nationalities, genders, and economic backgrounds
- The cost of mental illness to society, including lost productivity, absenteeism, and substance abuse, exceeds \$180 billion a year
- One quarter of all Social Security Disability payments are for individuals with a severe mental illness

MENTAL ILLNESS IN NORTH CAROLINA:

- 22.1 percent or 1,392,371 North Carolina adults (ages 18 and older) have a diagnosable mental disorder
- 9.5 percent or 598,532 NC adults have a depressive disorder
- 11.1 percent or 699,336 NC adults received mental health treatment in a year
- 18.4 percent or 374,715 North Carolina youth (age 12-17) received mental health treatment in a year
- The approximate cost of mental illness in North Carolina is \$4.7 billion

Sources: National Mental Health Association, National Alliance for Research on Schizophrenia and Depression (NARSAD), and National Alliance for the Mentally Ill (NAMI), as published by The Foundation of Hope.

PLACES FOR HELP

Some of the mental health organizations in Wake County include:

NAMI— Wake County— Ann Akland President 919-266-0766

NAMI— North Carolina— Chris Aycok, Director 919-788-0801

Hopeline— Gayle Butzgy, Director 919-832-3326

Psychoanalytic Foundation—Heather Craigie, Immediate Past President 919-787-0383

Lucy Daniels Center—Family Guidance Service—Dr. Donald Rosenblitt Director 919-677-1400

Depressive and Manic Depressive Association—Sheila Singleton, Director 919-821-4343

FOUNDATION FOR HOPE SUPPORTS:

- Research into the biological basis of mental illness
- Development of laboratory tests that can aid in the diagnosis of mental illness
- Development and evaluation of new treatments for mental illness
- Acquisition of technological aids (computers, lab equipment) and other resources that enhance research initiatives
- Funding of promising research by young investigators who will become the new generation of research leaders
- Financing innovative research into the causes, prevention, treatment and cures of severe mental illness

tal disease. "A tremendous need is to examine faith and severe mental illness, not only the faith of those who are ill, but also on the people caring for them," he explained. "Also, what are the links between recovery and such things as depression? Do they recover more quickly if they have faith?"

A SOMEWHAT DIFFERENT VIEW

Meador, however, does not see as clear

a connection between spiritual and physical health as his colleague. He believes some people take faith and health to the extreme of believing that worship of God leads to dividends of a better physical life.

"One problem can be at times that some people see religion as a tool through which we will domesticate God to our ends," Meador explained. "We are to trust

in God's care for us, while understanding that it's not some contract for our devotion to God—that God is contractually obligated to provide better health and well-being. Rather, we are to worship God and express our thankfulness and gratitude to God within a community. We are formed to care for one another in particular ways that are expressions of a faith community, but not with a presumption that God is to do our bidding."

Meador, who also established the theological medicine program at Duke, said Koenig's painful experiences are having an impact on his friend's views. "I love Harold," he said. "One thing I really appreciate about Harold is that his own struggles continue to form and inform his understanding of this work."

Koenig said he welcomes criticism from Meador and others because their views help to refine his. "I understand that my hypothesis might be biased to begin with. I try to be objective," he added.

On the point of a contract with God about health, Koenig agreed with Meador. "Sometimes," he said, "God's priorities are different from ours."

Koenig also said that just because someone such as himself is ill, it does not mean he lacks faith. "Look at the Apostle Paul," he said, citing the Biblical story of Paul's undefined thorn in his side that he prayed would be removed. "Paul certainly complained, but God said His grace was sufficient. We have to accept that as well."

There are limits on faith in the hospital room, he added. "Other research that needs to be done is how to apply faith in a clinical application. You can't prescribe religion, but what doctors and nurses can do is what I discovered 20 years ago—how to apply faith in a sensitive way that respects a patient's privacy and his or her beliefs, as well as their civil rights."

But Koenig takes great satisfaction in the support he is receiving for his work. Science and Theology continues to flourish, and he is preparing to add staff to accommodate growth. Plus, the Duke administration is encouraging him to address staff and faculty.

"When your own institution starts asking you to give talks, then you know you are making progress," Koenig said. **MM**



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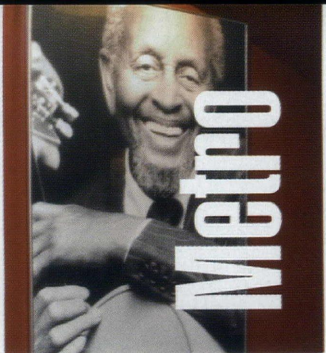
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The City Club at de Rosset:

A WINNING COMBINATION OF HISTORY AND HOSPITALITY

North Carolina's historic port city is graced with a scenic setting on the broad banks of the Cape Fear River, a tradition of English settlement dating back to the early 1700s, the state's largest and most diverse concentration of preserved historic urban architecture, and a steady economic bustle beneath its Charleston-like charm. Wilmington is one of North Carolina's most desirable destinations for business and residential relocation and for historic tourism, and boasts numerous cultural and educational opportunities. To this lengthy list of attributes, it can now add the distinction of having its own City Club, a gracious dining and lodging emporium comfortably ensconced in the de Rosset House, or as it is described in the National Register of Historic Places, "the grandest of all Wilmington's antebellum Italianate dwellings."



Situated at the corner of Second and Dock Streets, high on a terraced hill overlooking the Downtown and the Cape Fear River, the house was built in the early 1840s for Dr. Armand de Rosset, III and his family. A physician turned merchant

and entrepreneur, de Rosset headed a shipping company importing wine, oil and other products and served as representative of the Underwriters Agency of New York. The de Rosset House is said to have been

originally designed in the Greek Revival style by the nationally known architectural firm of Latrobe, Strickland and Walter.

Typical of homes built for prominent families during this period, the de Rosset



One of Wilmington's most significant historic structures, the Italianate style de Rosset House is now sensitively adapted as the City Club at de Rosset and part of a hospitality campus known as The Wilmingtonian.



The double parlor serves as the Plantation Dining Room, a gracious room with twin mantels where Executive Chef Pete Baxley delights guests with his ever changing menus and a widely acclaimed wine list.



The Salon, a private dining room featuring deep salmon walls and wine red draperies, accommodates 35 and is a favorite for family celebrations and intimate gatherings.

House makes a statement by its imposing size as well as its prominent location. Its classic Greek features were embellished with Italianate detailing during the 1870s by the addition of a cupola and a low-peaked cornice with a vented and bracketed frieze, a particularly Wilmingtonian touch. (A 1905 apartment wing appears to have been the last addition.)

The construction of and subsequent additions to the de Rosset House coincide with a remarkable period of growth and development in Wilmington. The decades between the mid-19th and early 20th centuries, roughly 1840 to 1910, saw the port city evolve from a struggling antebellum town to an established commercial center. Though notable as the hometown of several distinguished Revolutionary War generals and statesmen, Wilmington had languished during the early decades of the 19th century. Navigational difficulties and disease discouraged river trade, and surrounding bogs and swamps made road travel problematic. The invention of steam-powered ships and navigational improvements to the Cape Fear River brought economic growth. By 1840 Wilmington was North Carolina's largest town. It held this title until the early decades of the 20th century when Charlotte and the cities of

the Piedmont grew with the emergence of textile manufacturing.

HISTORIC URBAN

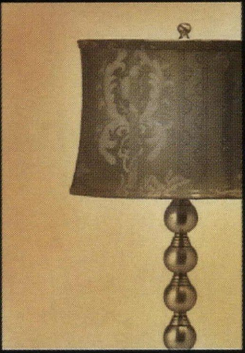

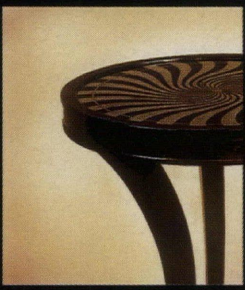
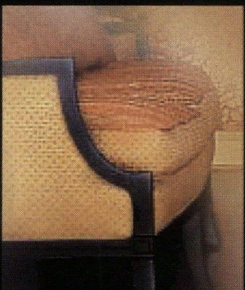
Consistently cited by architectural historians as the most urban of North Carolina's historic cities, Wilmington retains its 19th-century character. Its grid street pattern steps back from the river and today presents a handsome mélange of commer-

cial, institutional, ecclesiastical and residential buildings that are largely restored and well maintained. In the early 1970s, however, Wilmington's historic core was cluttered with neglected and endangered architectural treasures, among them the declining de Rosset House. In 1975 the aging structure, damaged by fire and deterioration, was purchased by the Historic Wilmington Foundation, a grass-roots non-



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Facing page: The Cupola Suite, one of six luxurious suites in the de Rosset House, encompasses the spiral stair leading to the home's cupola where guests can enjoy 360 degree views of the river and Downtown.

profit organization formed in 1966 by Thomas H. Wright Jr., Kelly W. Jewell Jr., R. V. Asbury Jr. and Wallace Murchison. The Foundation created a revolving fund to support the purchase, stabilization and resale of Wilmington's threatened downtown architecture and made the dignified but down-at-the-heels de Rosset House the organization's headquarters. The Foundation was able to stabilize and adapt the lower floor of the multi-story structure for its offices and meeting rooms and to renovate and lease the 1905 apartment wing. But the task of rehabilitating the almost 12,000-square-foot de Rosset House proved beyond its budget. In 1996, the group offered the house for sale with protective covenants and waited for the right buyer to come along.

Fortunately, Wilmington transplant Tom Scott was perfectly positioned to see

the property's potential. Scott's interest in Wilmington dates from the late 1970s when he left a career in higher education, moved to Wilmington, and established a new professional track in real estate brokerage and inn keeping. After starting his own commercial real estate company, Scott acquired commercial buildings adjacent to the de Rosset House and rehabbed them into a hospitality campus featuring spacious guest suites and apartments offering the privacy and convenience favored by business travelers as well as tourists. "Mike Comp-

ton, my business partner, and I sat and looked at the de Rosset House for over a year after it went on the market, thinking, 'What is the best use of that historic house?'" says Scott. When they traveled nationally and internationally, both had enjoyed visiting sophisticated city clubs and realized that this would be one way to make one of Wilmington's most significant historic structures available to the entire community. "A city club would make the de Rosset House accessible to the local people not just to our hotel guests," says Scott,

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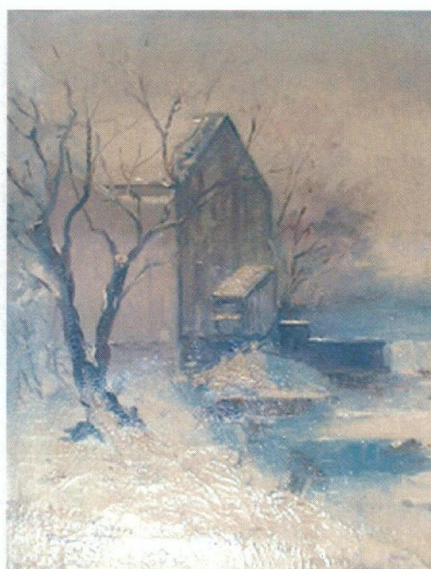
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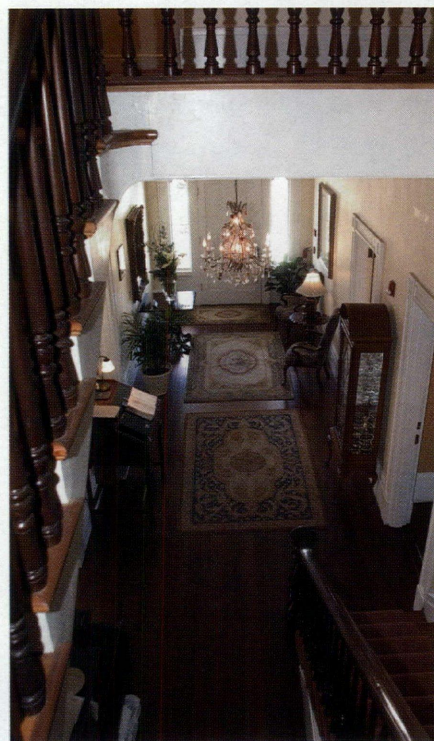
"and that seemed a way to give something back to the city."

"Mike and I rehabbed the house according to the Secretary of the Interior's Guidelines," says Scott, "a prerequisite for taking advantage of state and federal tax credits offered for the restoration of historic structures." The process was arduous and expensive because of the building's condition and the need to preserve as much of the origi-

nal architectural fabric of the house as possible. But in July of 1998, the City Club at de Rosset opened its doors as a private club for members and their guests. The Club features multiple dining rooms, two bars and six luxuriously appointed guest suites. "We didn't really launch a strong marketing campaign," says Scott. "We mailed out some information and spent our time refining our operation."

SKILLED RESTORATION

Entering the tall double doors of the City Club at de Rosset, you see the spacious center hall accommodating the reception and reservation desk and showcasing the dramatic staircase leading to the upper-level guest suites. "The staircase, which had been damaged by fire, was reconstructed for the Historic Wilmington Foundation by Dean Ruedrich, one of the state's most skilled restoration contractors," says Scott. To the left of the entrance, the home's Parlour is a gracious sitting area furnished with fringed draperies, wing chairs covered in wine-colored cut velvet, and faux-painted walls that give the effect of mellow old plaster. A stenciled floral garland adorns the fireplace overmantel and tiered moldings and a portrait rail accent the 13-foot high ceilings. The Parlour opens to the Tidewater Bar, a welcoming room playfully decorated with a stuffed water buffalo head above the mantelpiece and a glossy bar with mirrored shelves that creates an atmosphere worthy of the movie set for *Casablanca*. Cleverly designed bookcase-like shelves display the Club's impressive wine selection, which has gained the admiration of connoisseurs throughout the state. Scott points out the



The multi-level center staircase was painstakingly restored by restoration contractor Dean Ruedrich.

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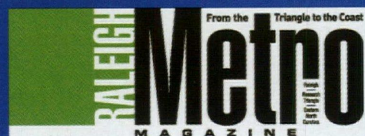
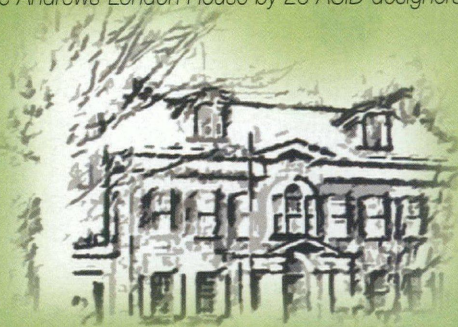
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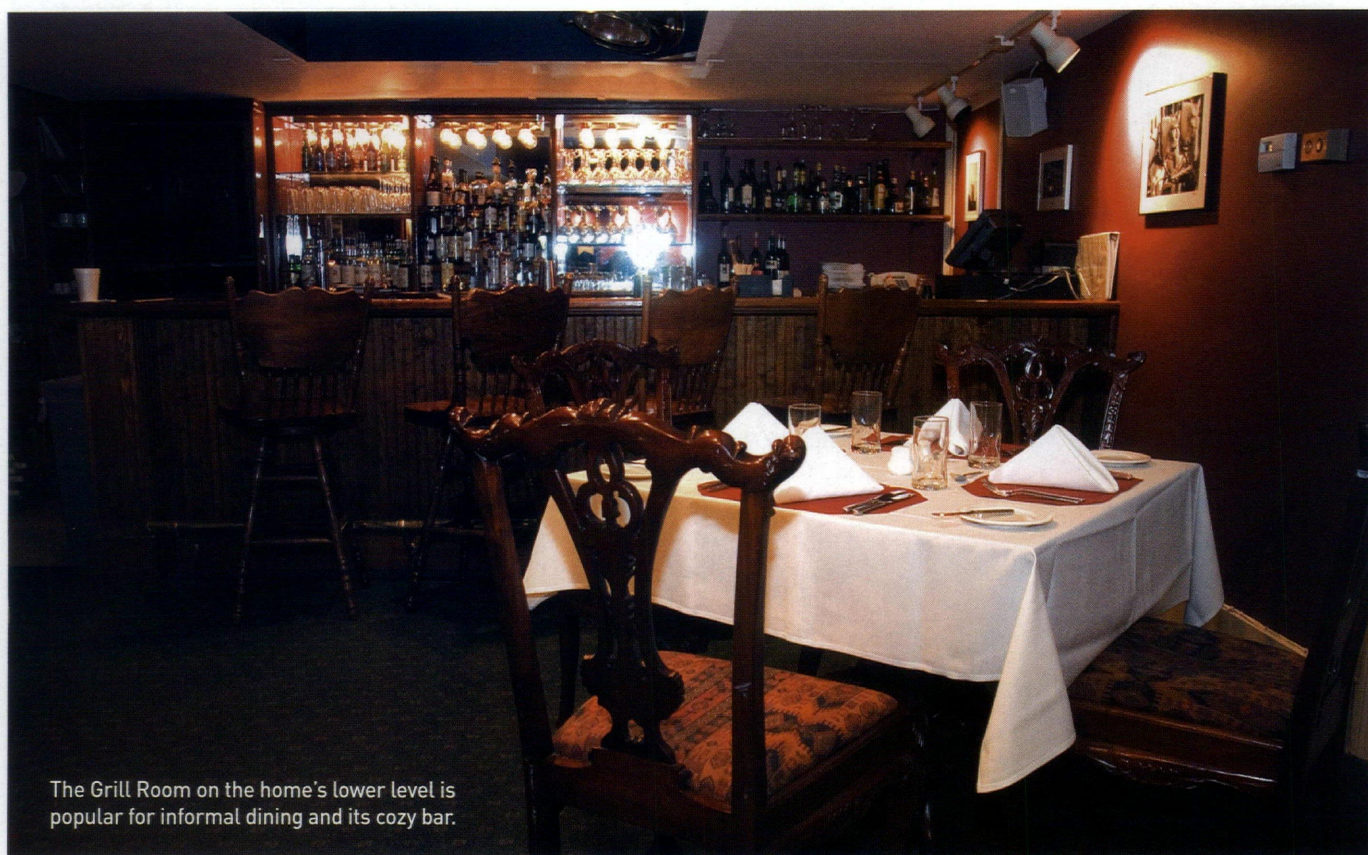
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elaborately painted ceiling border and medallion recreated according to remnants of the originals. The rich colors of wine, green and gold detailed in the ceiling border establish a color theme replayed throughout the de Rosset House.

To the right of the entrance is the City Club's Plantation Dining Room, architecturally the most impressive part in the house. Designed as a double drawing room with matching marble mantels, the room is visually divided by a pair of carved brackets. It is bathed in light from the floor-to-ceiling windows opening to the Doric columned front porch, and by window walls enclosing the adjacent conservatory or sun porch, creating a more intimate dining space. Scott notes that the Plantation Room décor was modified to allow for a lighter, more informal look suitable for everyday lunch and dinner service, as well as for the wedding parties and buffet suppers that are popular occasions with the

Club's members. "We chose a sage green for the walls and added yellow, gold and red accents in the decorative shutters." A light rose check featured in the upholstered dining chairs allows them to be used interchangeably in all four of the home's principal dining rooms: the Parlour, the Center Hall (which can be used for buffet service), the Salon (a private dining room for 35 located to the rear of the first floor), and the cozy Grill Room, on the home's lower level.

UPSTAIRS DOWNSTAIRS

A visit to the Cupola Room, one of the most popular second-floor guest suites, restates the successful blending of informal elegance and respect for history that creates the comfortable ambience of the City Club. The room originally contained a small crumbling fireplace and precarious wooden access ladders leading to the fourth-story cupola. Scott, who employs a common-

sense approach to interior design when possible, replaced the crumbling fireplace niche with an appropriate mantel, added gas logs and commissioned a wrought-iron spiral staircase for the room's entry foyer. The staircase winds gracefully to the cupola where guests may enjoy a 360-degree view of the river and historic Wilmington while sipping a glass of wine or simply stargazing. The Cupola Room's color scheme of pale aqua walls detailed with trompe l'oeil panels with gilt outlines carries into the luxurious bath where gilded nymphs and a satyr provide silent music in an arbor above the jetted tub.

SOUTHERN SEASONAL CUISINE

Since opening, the City Club has been known for fine dining and exceptional service. Pete Baxley, Club Director and Executive Chef, is a graduate of North Carolina State University and the Johnson and Wales Culinary Institute. He joined the City Club



The décor of the Tidewater Bar provides a bit of exotica beneath a colorful ceiling border which replicates the original design. Specially designed cases hold a treasure trove of choice wines.

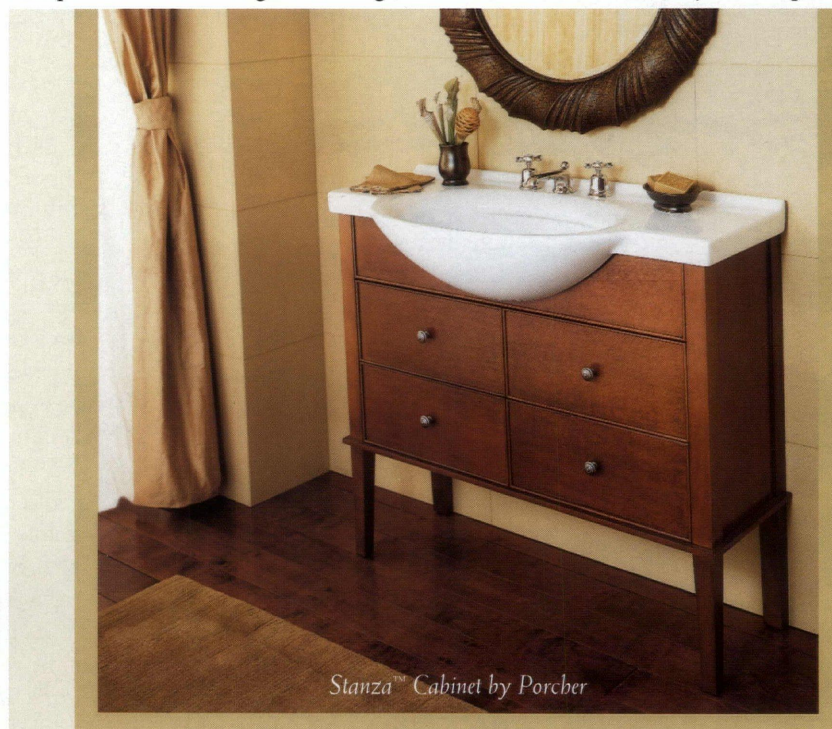
before it opened and executed the original concept of selecting recipes and menus reflecting fresh seasonal ingredients and the best of traditional Southern cuisine. Baxley has also spearheaded the development of the Wine Club, a club within the Club that offers members the opportunity to learn about wine in small group settings and larger events. "We host eight tastings throughout the year," says Baxley, "and we do three major events organized around wine. We do a Spring Wine Show and Tasting featuring around 50 light reds and whites, and a Fall Road Show and Tasting of value priced wines suitable for any occasion. One of our most popular events is the Holiday Buffet and Tasting when I do a traditional holiday dinner and focus on festive wines and champagnes for the holiday season." Baxley is instituting a Spirits Program to complement the Wine Club. "The Spirits Program will be geared toward couples," says Scott, "and will be hosted in Percy's, our popular jazz bar located across the street in the Clarendon House. (Percy's, named for Wilmington native Percy Heath, a longtime member of the Modern Jazz

Quartet, features memorabilia of Heath's musical career and his military career as one of the famous World War II Tuskegee Airmen.)

The City Club at de Rosset is entering its seventh year of operation with 600 members and has become part of the Triangle Society, a division of Club Corps that hosts a nationwide network of over 250 private clubs. "We get a lot of guests

from the Triangle area," says Scott, "and now they can use their membership in clubs like the Carolina Club at UNC-Chapel Hill and the Cardinal Club and the Capital City Club in Raleigh, to come to the City Club at de Rosset."

So now Wilmington has a new dimension with this beautifully restored and sensibly adapted show place—a charming combination of history and hospitality. **MM**



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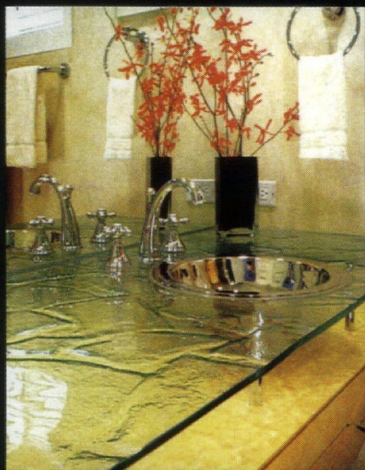
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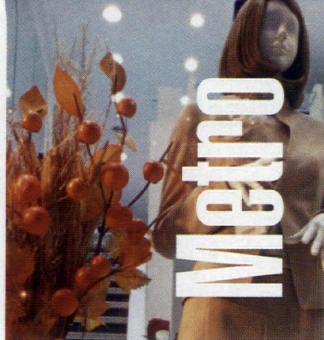
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Style

by Molly Fulghum Heintz

JEWELRY TO WARD OFF THE EVIL EYE

If you have ever bought jewelry in Greece, you may have been surprised to find a tiny blue bead pendant wrapped up with your purchase. Much more than a souvenir freebie, the bead was the shop owner's attempt to protect you from the Evil Eye of Envy, which you were undoubtedly about to attract with your



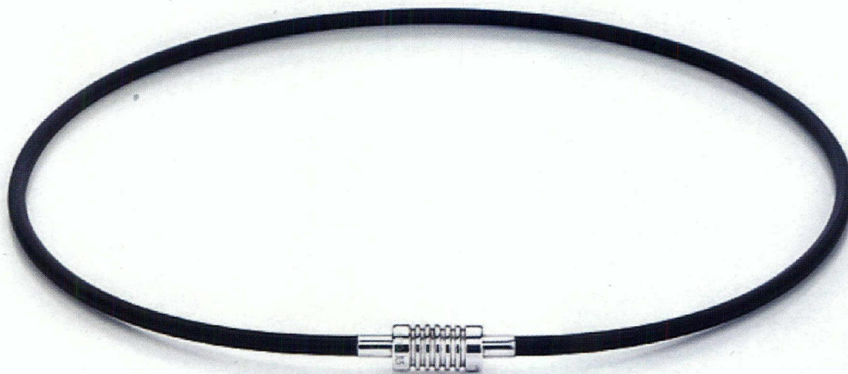
Talisman turquoise chandelier earrings

sparkly new jewels. Mediterranean superstition has it that the Evil Eye, a curse that ruins those experiencing good fortune, can be repelled by its own image. In that part of the world it's common to wear an eye-like blue bead pendant or hang blue glass "eyes" in doorways, which are considered particularly vulnerable transitional spaces. In a pinch, the color blue itself will do,

and blue ribbons are often pinned on babies' clothing to zap envious vibes (healthy babies are believed to be objects of envy). Based on the sheer number of amulets and charms floating around this spring, you might guess that the Evil Eye is alive and well closer to home, includ-

ing taxi cabs in New York City, where blue amulets grace many a rearview mirror.

Skeptical but still want to hedge your bets? Snag a pair of "Talisman" earrings from Anthropologie (\$128, anthropologie.com). In one of spring's hottest colors, the delicate turquoise mini-chandelier earrings are a supremely versatile choice, appropriate for both day and evening. Another trendy color for the upcoming season is coral, and, as luck would have it, coral was once considered to have protective powers as well. During the Renaissance period, baby rattles often had coral handles. In an age when the infant mortality rate was high, both the noisy bells of the rattle and the brightly colored coral were thought to turn the Evil Eye away from healthy and happy tots. Well, isn't what's good enough for Baby good enough for your handbag? Let's face it: in this day and age, your new Balenciaga clutch is likely to get more envious gazes than little Junior tucked under your other arm. Realizing that handbags deserve protection too, Kenneth Jay Lane has produced a delightful line of handbag charms in which coral figures prominently (\$100 each at saksfifthavenue.com). Clip them to any zipper or hoop. Following in the footsteps of cellphone charms, the handbag charm is the latest thing in accessorizing accessories.



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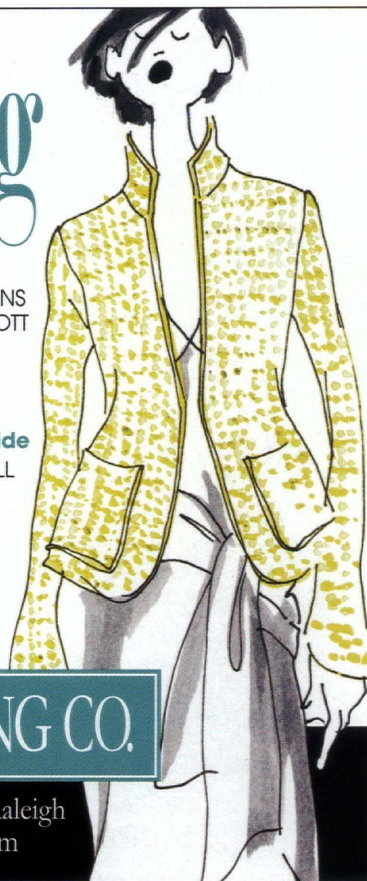
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If you prefer to live dangerously, skip the turquoise and coral and check out the new Paloma's Groove Collection at Tiffany's. For this very contemporary collection, jewelry designer Paloma Picasso was inspired by surfer "jewelry": beads and black rubber cords. The beads are translated into sterling silver but are still hung on actual rubber

cords, creating an interesting contrast in textures as well as an affordable price for a Valentine's Day gift (\$195 for the 15-inch necklace; www.tiffany.com). While you're dropping Valentine hints, mention that you would also accept any of the daring dangling earrings from Fragments, one of the best contemporary jewelry boutiques in

8'-8" 13'-4"

William Travis Jewelry

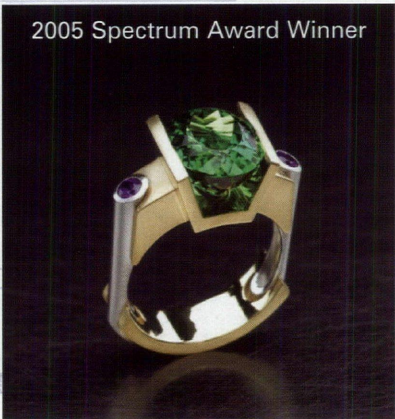


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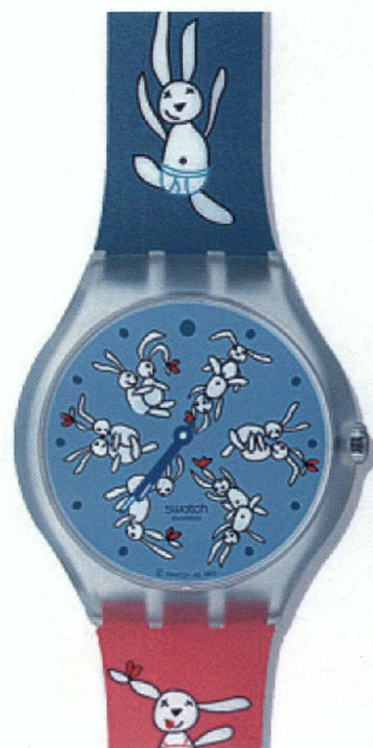
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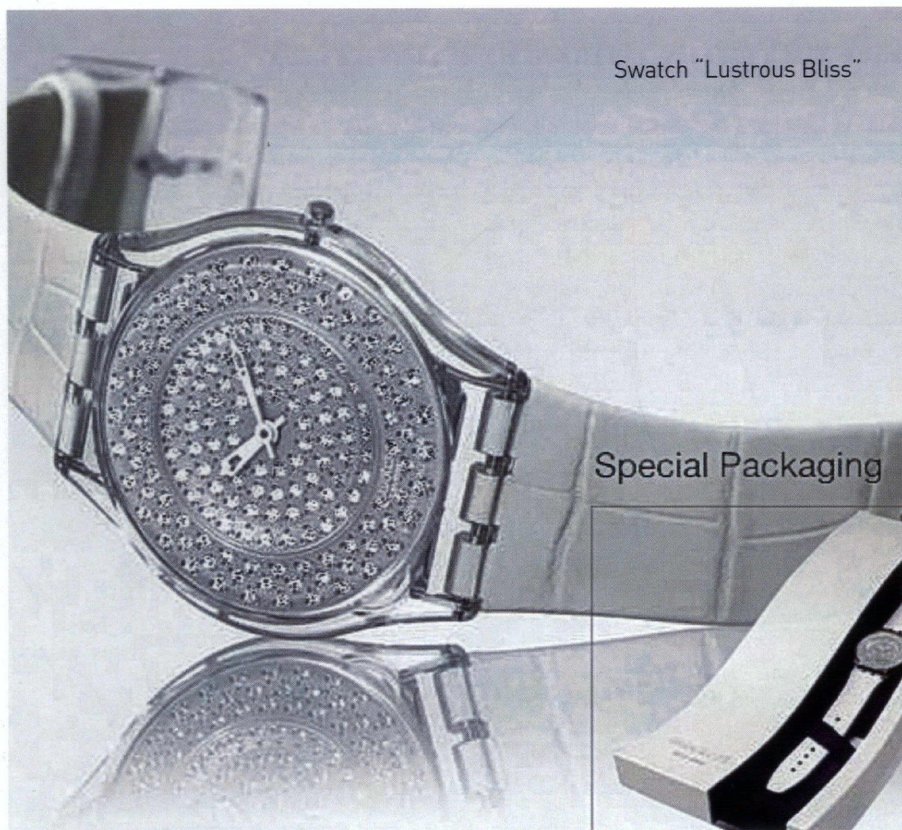


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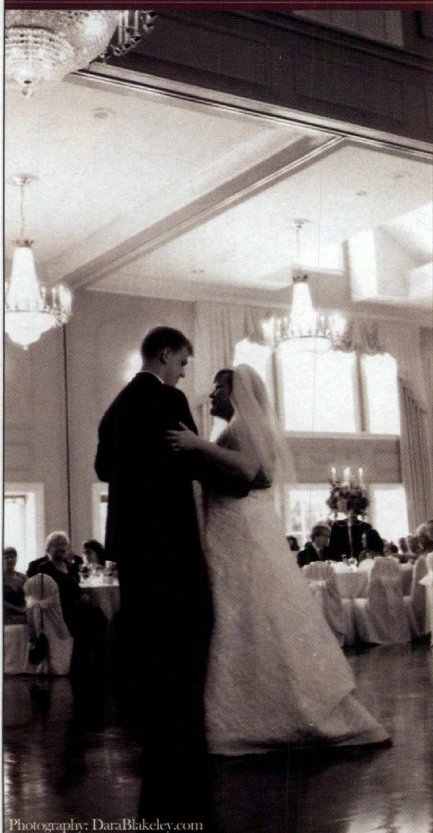
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New York that also happens to have an excellent on-line shopping site (www.fragments.com). Neither would you turn up your nose at the new Swatch Skin "Lustrous Bliss," a super-sleek watch with 174 diamonds on the face and a white leather band (\$1400, swatch.com). Beware that a practical jokester doesn't buy the Bunnysutra Swatch instead, on which tiny Velveteen-like rabbits are shown "in flagrante."

For a special and unusual gift, consider estate jewelry. Raleigh native Hobby

Holmes works with Camilla Dietz Bergeron, a purveyor of fine estate jewelry in New York City, and points out that bangle bracelets and brooches, two of the latest looks in fashion jewelry, can be had in stylish estates pieces. "The big 1940s bracelets are always hot and look great when a few of them are piled on top of each other," says Hobby. For vintage brooches, don't forget the stylish cache available at Beanie + Cecil in Raleigh.

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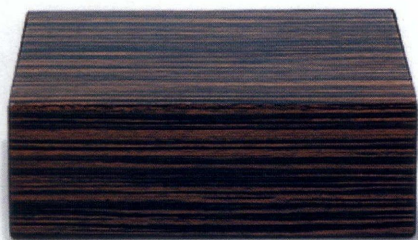


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Penhaligons ebony box



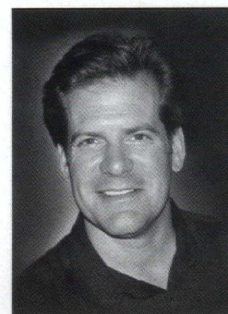
Penhaligons mappa burl box

Jewelry boxes may be as costly as their cargo, but there's no rule that you have to store jewelry in a particular type of box. Inexpensive lacquered bamboo boxes look lovely on a dressing table; just line the box with a piece of velvet or a soft cloth. If you do decide to splurge, the place to go is Penhaligon's, the British purveyor of fragrance and leather goods,

which carries jewelry boxes made of precious woods (www.penhaligons.com). The dark-streaked polished ebony box (\$190 small, \$360 large) or the luxurious mappa burl wooden box lined with red suede (\$245 small, \$365 large) are objects of envy in themselves. With a little help from your new charms, the Evil Eye should look the other way... knock on wood. **MM**

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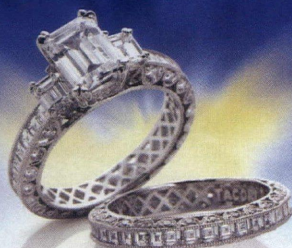
Dr. Law grew up in Raleigh. He practiced aesthetic plastic surgery in Beverly Hills until opening a Raleigh practice in 2003. He has returned home with his wife Kile to raise their family. Their two year old son Luke and newborn son Lang were both born in Raleigh. Dr. Law is the only solo practice plastic surgeon voted among the best in N.C. 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 television shows.

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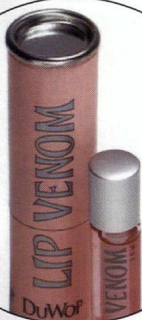
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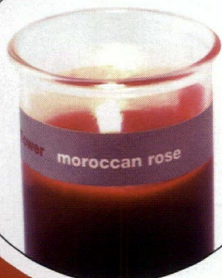
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FASHION NEWS

Vermillion announces its opening at the end of February in North Hills with a selection of designer clothing and accessories for the modern woman, 919.787.9780.

February 15th; **Razook's** will host designers Tom and Linda Platt with a Trunk Show featuring the spring collection, evening wear and daytime dresses, 919.833.6121.

February 9th - February 14th; **J.M. Edwards Fine Jewelry** will be hosting a special event that will feature original custom designed pieces. Just in time for Valentine's Day, they will be returning from Tucson, Arizona and the AGTA Gem Show with a collection of loose colored stones. Along with featured diamond pieces and one of a kind colored stones, there will be a display of South Sea pearls, 919.460.1048.

February 12th; **Saks Fifth Avenue** at

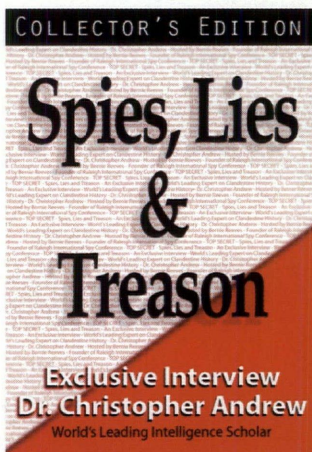
Triangle Town Center will host the Gold Range Event; Liz Burpoe, head of designer fashions for Saks in NYC will be showcasing the crème de la crème of designer fashions and the finest design wear from top designers.

February 24th; **Saks** announces it will participate in Fit for the Cure; a specialist from WACOAL will be in the Raleigh store doing professional bra fittings. Proceeds from all WACOAL bras sold during the event will go to Breast Cancer Research, 919.792.9100.

Jewelsmith, Durham, will feature new merchandise from an annual purchasing event on sale during the last week in February. Merchandise includes a large selection of loose gemstones including rare and unusual stones. Don't miss Jewelsmith's annual sale, the only sale all year long that runs from February 8th-February 15th, 919.286.2990.

Ora Jewelers is featuring "Past, Present and Future" diamond pendants and earrings at 20% off during the month of

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February. Celebrate Valentine's Day or an anniversary by saying..."I love you three times as much", prices start under five hundred dollars, 919.850.2501.

Jolly's Jewelers announces that Susan Helmich, Jewelry designer, and creator of the Angel collection will be at the North Hills store February the 11th to meet the public. All proceeds from sales of the "Courage" angel will go to Rex Hospital Cancer Center, 919.832.5571.

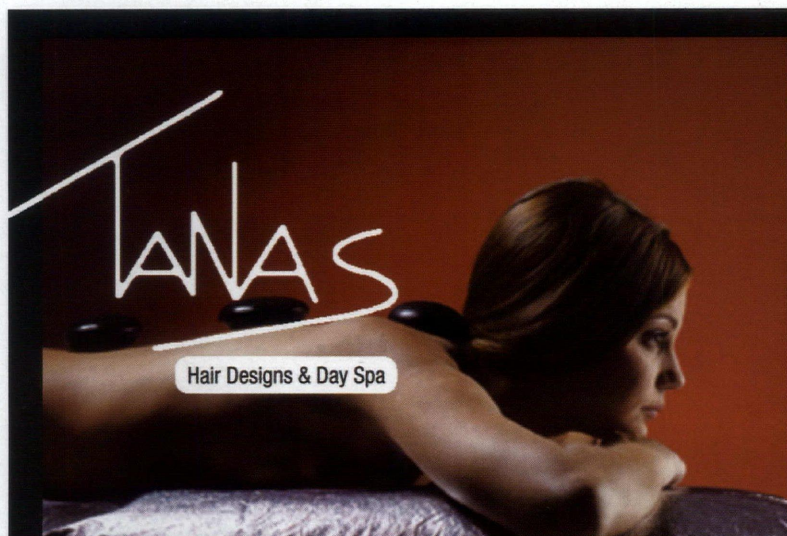
Three triangle jewelry designers have received a **Spectrum award** from the American Gem Trade Association. The awards are presented to contestants who are North American jewelry designers and lapidaries who show true workmanship, creativity and innovative use of natural colored gemstones and cultured pearls. William Travis Jewelry (Chapel Hill, NC) received 2nd Place for Casual Wear; Lisa Kaye & Company, Inc. (Durham, NC) received Manufacturing Honors for Casual Wear; Stonehaven Jewelry Gallery, LTD. (Cary, NC) received Platinum Honors for Evening Wear.

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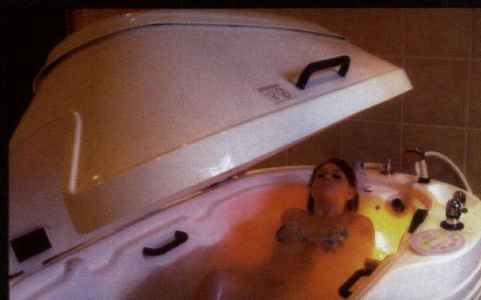
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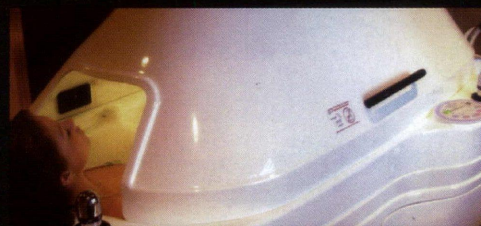
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Jewels:

GLISTENING ACCESSORIES WITH MEANING

by Sarah Jurek

The way newly fallen snow transforms the landscape into a glistening wonderland, jewelry adds the perfect amount of dazzling frost necessary to transform any outfit into an ensemble. *Metro Magazine's* First Annual Guide to Jewelry puts all 12 birthstones under a magnifying loupe to discover each gem's unique qualities.

JANUARY-GARNET

Every friend is worthy of a garnet. For all of those times shared laughing, crying and comforting, people need to be recognized for their special place within everyone's lives. Garnets are the perfect reminders. Known as a reddish-brown gemstone, garnets are actually found in a variety of colors, each symbolizing a unique emotion



Garnet

shared between friends—joy, healing and caring. Whether colorless, green, black, or the usual deep red, giving a garnet strengthens the special bond between friends.

To care for your garnet, clean with a dry soft cloth.

Garnets are found in Sri Lanka, India, Africa and various locations in the United States, including North Carolina.

FEBRUARY-AMETHYST

An amethyst's deep purple hue brings to mind thoughts of royalty. Ironically, the highest quality of amethyst is actually transparent, but even then, the gemstone is still worn as a representation of stature. British royal regalia were decorated with amethysts and ancient Greeks and Romans believed the gemstone ward off the intoxicating powers of Bacchus, the God of Wine.

Clean your Amethyst with a soft bristle brush. Amethysts often become paler if kept out in the sun, so store away from direct sunlight.

This purple quartz can be found in nearly every corner of the earth. However, Africa is considered the prized source. In the United States, amethysts are predominantly found in Georgia, North Carolina and Virginia.



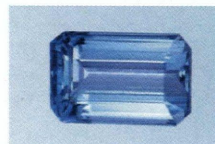
Amethyst

MARCH-AQUAMARINE

Meaning "water" and "sea," this gem is said to protect those on long voyages, especially sailors. Similar to the

many colors of the ocean, aquamarine stones vary from light blue, blue-green to dark blue. The highest quality aquamarine, like the amethyst, is transparent.

Clean aquamarines with a soft bristle brush.



Aquamarine





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This gemstone is found in India, Nigeria, Russia and the United States, including North Carolina, Colorado, Maine and Vermont.

APRIL-DIAMOND

Because the diamond is the hardest of the precious stones, it has grown as the symbol of everlasting power, wealth and love. Diamonds are usually colorless, but colored diamonds are growing in popularity. These natural, yet rare, exotic forms of diamond come in a variety of colors, including brown, yellow, green, blue, pink, red, gray and black.



Diamond

Diamonds have a hardness rating of 10, making them the most durable gemstone. However, diamonds are subject to chipping and fracture when handled roughly. They should be stored separately so that they do not scratch other jewelry.

Diamonds are mostly found in Brazil, Australia, Ghana, Zaire, the former USSR, and locations in the United States, including North Carolina, Colorado, Arkansas, and California. The richest mines of gem diamonds are found in South Africa.

MAY-EMERALD

The Tar Heel State's gemstone—and Cleopatra's favorite gem, was the symbol of rebirth to ancient Greeks. The more vibrant

the green, the more valuable the stone, and the more likely to take a person's breath away. Because of the limited amount of quality emeralds, treatments are often put on

the stone to improve its appearance. Most emerald jewelry is treated with oils to maximize strength and reduce flaws.

Because of the treatments, never clean an emerald in an ultrasonic cleanser or hot soapy water. These cleansers will break down the oils and ultimately weaken the stone, making fissures more visible.

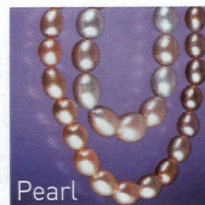
North Carolina Mountains are a popular

source of Emeralds. Other known sources include Colombia, Zambia, Brazil, Zimbabwe, Pakistan and Russia.

JUNE-PEARL

Popular for being the only gem of the sea from living creatures, pearls have been a sign of class and elegance among women for centuries. Irritants, such as a piece of sand, cause

a reaction that forms a pearl in shellfish. Cultured pearls are created by adding a piece of mussel or shell to the inside of an oyster. A pearl is created as layers of the inside of the shell grow over the added substance. Pearls are generally



Pearl

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white, brown, silver, cream or black, depending on the type of water and shellfish.

Pearls are sensitive to acids, dryness and humidity. Clean with warm soapy water and be careful not to get water into the drill hole as the pearl may discolor. Dry flat on an absorbent soft towel. Always store pearls flat, otherwise the silk will stretch. Keep pearls separately in a dry environment.

Natural Pearls have been harvested from the Red Sea and the Persian Gulf. The coasts of Australia and Polynesia produce mostly cultured pearls. Fresh water pearls occur in many rivers in Austria, France, Scotland, Ireland, and in the Mississippi River.

JULY-RUBY

Intense, passionate, fire engine red characterizes this popular stone. The color scintillates the senses, stirs the imagination and is said to guarantee health, wealth, wisdom and success in love. The ruby is the second hardest gem-



Ruby

stone, surpassed only by the diamond. Although it is durable, rubies are subject to chipping and fracturing other jewels if stored together or handled roughly. Rubies are in the same family as sapphires and are often heat-treated to improve color and clarity.

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Although it is durable, rubies are subject to chipping and fracturing other jewels if stored together or handled roughly. Rubies are in the same family as sapphires and are often heat-treated to improve color and clarity.

The finest rubies are from Myanmar. Bright red stones are mined in Afghanistan, Pakistan and Vietnam. Brownish-red rubies are from Thailand. Darker stones are generally produced from mines in Australia, India, Russia and the United States, including Georgia, North Carolina and Wyoming.

AUGUST-PERIDOT

The most popular Peridot stone is a transparent lime or olive green, but colors range



Peridot

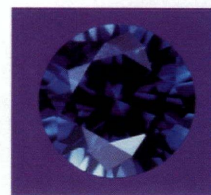
from green to brown. Its association with youth makes the lime green the most popular color.

Protect from scratches and sharp blows. Avoid large temperature changes.

Peridot is found in Australia, Brazil, China, Egypt, Myanmar, Norway and the United States, including Arizona, Colorado, Hawaii and New Mexico.

SEPTEMBER-SAPPHIRE

According to lore, sapphires protect the wearer from harm. The most prized sapphires are a violet blue or medium to dark blue. However, sapphires come in a variety of colors but are not as popular since other gemstones are available in these colors. The only color of the spectrum a sapphire cannot be found is red because a red sapphire is actually a ruby.



Sapphire

Generally, sapphires are quite durable, but are subject to chipping and fracture if handled roughly.

Good quality sapphires are found in Myanmar, Sri Lanka and India. The Montana mines in the United States have produced beautiful cornflower blue sapphires. Darker

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4 C'S OF MEASURING JEWELRY QUALITY

In an effort to educate customers, De Beers Jewelry introduced the 4 C's of evaluating quality diamonds in 1939. These characteristics continue to provide guidelines for distinguishing diamonds and other precious gemstones. Keep in mind that these guidelines measure a gem's quality, not necessarily its beauty.

CARAT - Although many think this is a measure of size, it is actually a measure of weight. A diamond can appear much larger or smaller than its actual weight, due to the cut. Larger diamonds are found less frequently in nature, resulting in a one-carat diamond costing more than twice as much as a 1/2-carat diamond, assuming color, clarity and cut remain the same.

COLOR - Refers to the degree to which the diamond is colorless. The Gemological Institute of America established a color scale that grades each stone on a range from D (colorless) to Z. Colorless diamonds are rare and extremely valuable, but sometimes diamonds are found in fancy colors: pink, blue, green, yellow, brown,

orange, and very rarely, red. These colored diamonds are also extremely valuable.

CUT - The only one of the qualities that is determined by humans. Cut refers to the angles and proportions a craftsman creates as a result of transforming a rough diamond into a polished diamond. This term also refers to the shape of a diamond: round, emerald, or marquise, for example.

Clarity - The degree to which the diamond is free of imperfections and inclusions. The more inclusions, the less clear the diamond appears. Tiny faults are formed by minerals or fractures while the diamond is forming in the earth. When light enters a diamond, it is reflected and refracted out. If there is anything disrupting the flow of light in the diamond, a proportion of the light reflected will be lost. Be sure to clarify the ranking of the diamond before purchasing. The scale ranges from FL (no visible characteristics under magnification) to I (characteristics visible to the naked eye).

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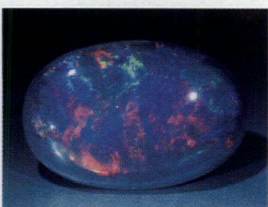
Raleigh's Cameron Village, 829-7337 or toll-free: 1-866-725-3111. Rocky Mount & Greenville.

colored sapphires are mined in Thailand, Australia and Nigeria. Other mines are in Brazil, Cambodia, Columbia, Kenya, and Malawi.

OCTOBER-OPAL

Derived from the Greek word, "Opallos," the name of this stone means to see a change of color. The mystical prism of colors intrigues many and some believe that the mysteries of love can be exchanged through this enchanting gem.

Opals are easily scratched and require extreme care.



Most opal is found where geothermal hot springs dried up during seasonal periods of rainfall and extended dry periods. More than 90 percent of the world's quality gem opals come from Southern Australia, although it can be found in other parts of the world, including Brazil, Mexico and Czechoslovakia. All black

opals come exclusively from Australia. In the United States, opals are found in Idaho.

NOVEMBER-CITRINE

Recognized as the healing stone, this golden gemstone supports vitality and health, encouragement and hope and energy and warmth within the wearer. Citrine means "lemon." Most citrines were once amethysts



Citrine

but heat-treated to create the golden hue. It is one of the most affordable gemstones and abundantly found in nature.

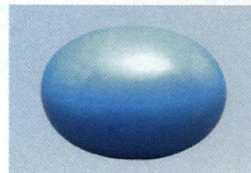
Citrine can be easily scratched. It can often permanently change color if left in the sunlight for several hours.

Citrine is found in Brazil, Bolivia, Spain, and in the United States, including California, Colorado, Georgia and Nevada.

DECEMBER-TURQUOISE

This sky blue stone adds to other ground

colored stones to create a balanced tapestry of heaven and earth. Turquoise jewelry is known as one of the most spiritual, artistic accessories around, with each one unique. The turquoise is also known as sky stone with powers of protection, blessing, healing and prosperity.



Turquoise is relatively soft, so many stones in stores are treated to improve hardness. It is also fracture sealed to enhance its color, texture and hardness. Because it is soft, avoid scratches and sharp blows. To be certain coatings are not removed, avoid hot water and household chemicals.

Turquoise is found in Australia, Chile, Iran, Mexico, Tibet and the United States in Arizona, California and New Mexico. MM

Special thanks to the American Gem Society, National Jewelers Association and the Gemological Institute of America for providing the information and photos necessary to make this guide.

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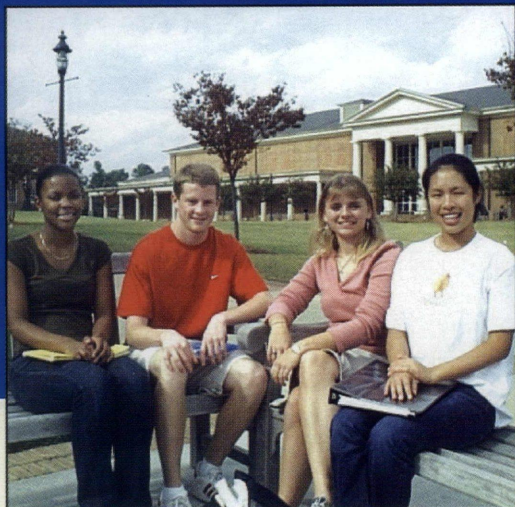
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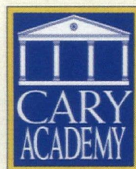
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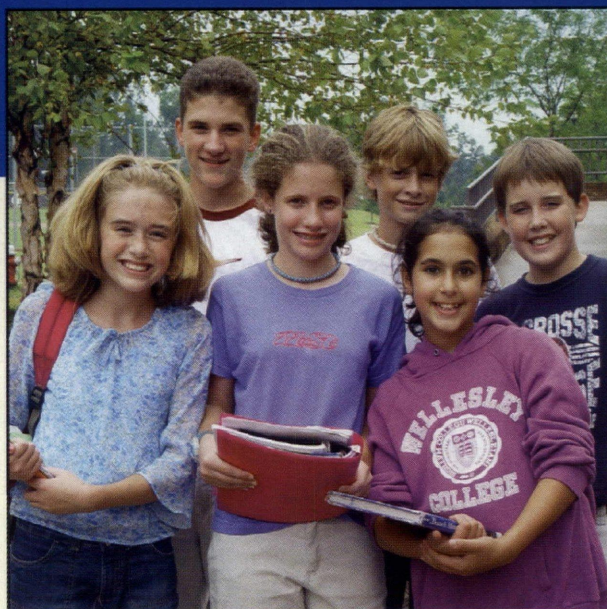
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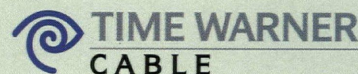


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Second Prize: Dinner for two at Vinnie's.

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There will be a drawing from all ballots submitted. Be sure to include your name, address and phone number in order to qualify.

Rules:

1. You must complete at least 20 categories for your ballot to count.
2. Ballots must be postmarked by April 15, 2005.
3. Only one ballot per reader, please.

RESULTS

Results will appear in two blockbuster issues, divided by categories:
Part one in our July issue and part two in our August issue.

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☐ I have read the rules and agree that this is my correct information and my only submission.

FOOD

Restaurant

New restaurant

Romantic restaurant

Restaurant for take-out

Restaurant for power lunch

Restaurant to take kids

Restaurant for a special occasion

Coastal restaurant

Ethnic restaurant

Outdoor dining

Specialty food store

Deli

Coffee house

Wine retailer

Sports bar

Place with the best cocktail menu

Caterer

Chef

Waitstaff

Best place for:

Appetizers

Barbecue

Hot dog

Hamburger

Pizza

Steaks

Seafood

Oysters

Dessert

Margarita

Martini

Bloody Mary

Cosmopolitan

Beer

Wine

Girl's night out

Guy's night out

FASHION

Mall

Shopping center

Department store

Gift store

Men's clothing store

Best place for men's:

Formal wear

Tuxedo

Suits

Overcoats

Sweaters

Casualwear

Ties

Pants

Shoes

Women's clothing store

Best place for women's:

Evening/cocktail wear

Fur coat

Wedding dress

Casualwear

Jeans

Shoes

Handbag

Lingerie

Maternity clothing

Bathing suit

Place for kid's clothing

Place to buy:

Designer jewelry

Wedding rings

Pearls

Watch

Sunglasses

Perfume

Skin care products

RETAIL

Dry cleaner

Tailor

Drug store

Place to buy:

Linens

Outdoor clothing

Golf equipment

Picture framing

Piano

Stationery

Children's toys

CD's/DVD's

Television

Camera

Computer

Boat

Best brands for:

Satellite radio

Flat screen TV

HOME LIFE

Florist

Garden center/nursery

Landscape design

Place to own a second home

Coastal development

Place to buy:

Contemporary furniture

Traditional furniture

Beach house furniture

Outdoor furniture

Bed

Kitchen appliances

Lamps

Antiques

Art

Fabrics

Carpet

Oriental rug	Historic site
	Charity event
HEALTHCARE/WELLNESS	Cultural event
Hospital	Park to take kids
Emergency room	Place to propose
Birthing center	Place to go dancing
Cardiac center	Dance studio
Cancer care center	Club to hear live music
Eyecare center	Best place to walk your dog
Plastic surgery center	Favorite sports team
Vein clinic	Golf course
Veterinarian	Sporting event
Accupuncturist	
Assisted living center	BUILT ENVIRONMENT
Health club	Theatre building
Wellness center	Commercial building
Day spa	Campus building
Hair salon	Corporate building
	Public building
PROFESSIONAL SERVICES	Government building
Residential real estate company	Outdoor venue
Commercial real estate company	Indoor venue
Coastal real estate company	Building that needs to be razed
Bank	
Best bank for a loan	TECH LIFE
Insurance company	Internet service provider
Mortgage firm	Cell phone service
Brokerage firm	XM radio service
Accounting firm	
Law firm for:	MEDIA
General	Regional TV personality
Real estate	National TV personality
Divorce	Radio personality
Corporate	Weather personality
Criminal	Fiction book
Taxes	Non-fiction book
	Local author
RESORT/TRAVEL/HOTEL	Local artist
Airline	Local bookstore
Car rental firm	
Limousine/car service	INDULGENCES
City hotel	Soft drink
Coastal hotel	Beer
Hotel for out-of-town guests	Vineyard
Hotel for meetings/conventions	Liqueur
Coastal hotel for meetings/conventions	Vodka
NC beach resort	Bourbon/whiskey
NC mountain resort	Gin
Golf resort	Scotch
Resort spa	Rum
EDUCATION	AUTOMOTIVE
Daycare center	Car dealership
Kindergarten	Sports utility vehicle
Private lower school	Sports car
Private high school	Van
Private college	Truck
Public college	Sedan
Party school	Luxury car
	Hybrid car
OUT IN THE PUBLIC	Dealership for service
Public museum	

The Emerald City Big Band is set to perform for East Carolina University's Sixth Annual Friends of the S. Rudolph Alexander Performing Arts Series Valentine's Dinner Dance Fundraiser. In addition to dining and dancing, the evening will feature a silent auction and raffle—on Feb. 14 at the Rock Springs Center, Greenville. (See Preview Potpourri for details.)



COURTESY OF ECU CULTURAL OUTREACH

Openings



COURTESY OF SCOTTISH ORGANIZATION OF TRIANGLE

Scottish fiddler Alasdair Fraser with cellist Natalie Haas (shown here) and the Rhythms of Scotland cast will perform in Duke University's Page Auditorium on March 7. The Rhythms cast includes Scottish highland & country dancers, Gaelic vocalist Jennifer Licko, NCSU Pipes & Drums and piper David Coulter. (See Preview Pop Music for details.)

Nicole Orth-Pallavincini as Margrethe Bohr and Todd Weeks as Werner Heisenberg star in PlayMakers Repertory Company's production of *Copenhagen* by playwright Michael Frayn. Directed by returning guest Drew Barr, this portrayal of a famous incident in World War II is playing through Feb. 13 at the Center for Dramatic Art, Chapel Hill. (See Preview Stage & Screen for Details.)

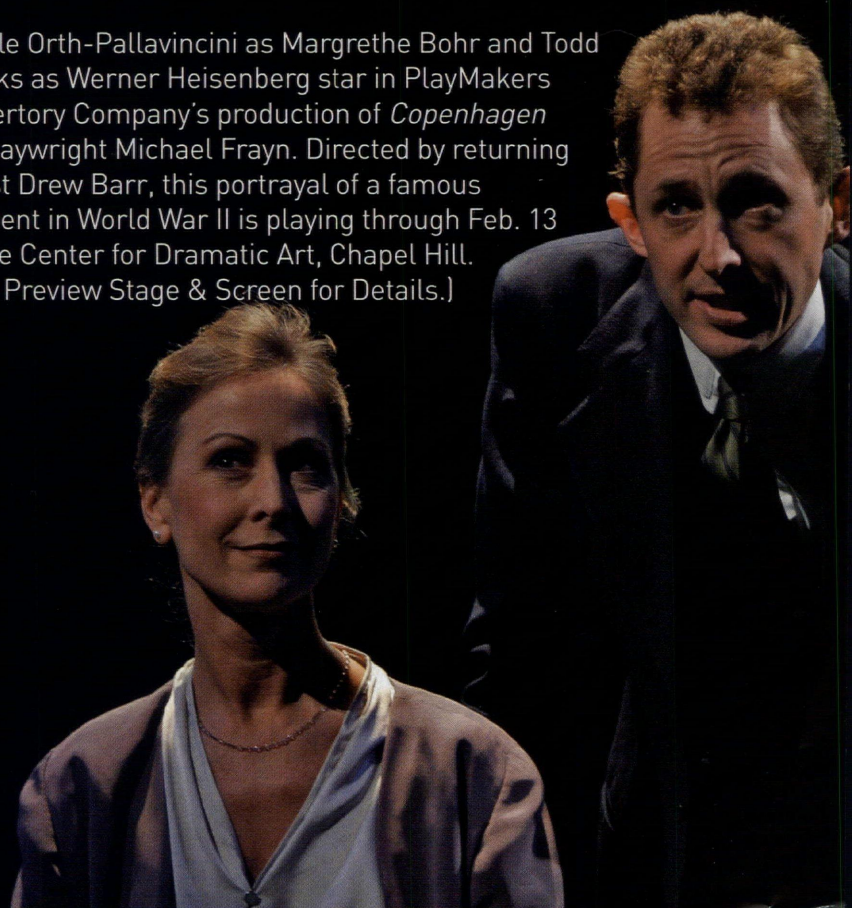
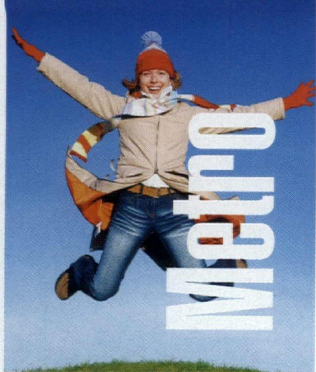


PHOTO BY JON GARDINER



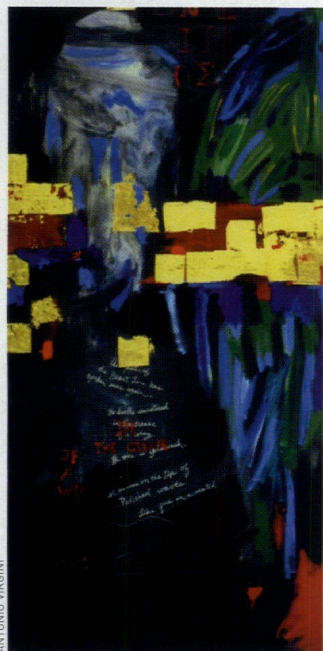
Preview

by Frances Smith

WINTER'S WINDOWS TO CULTURE AND FUN

GALLERIES

ICONOSTASIS; Exhibition of paintings and poetic texts; National Humanities Center, Research Triangle Park; thru March 4. Contact 919-549-0061.



ANTONIO VIRGINI

Oneiros by Vickie Mitchell, shown here, and a poetic text by Constantine Mitchell are on view in "Iconostasis," an exhibition of paintings & poetry, open through March 4 at the National Humanities Center, Research Triangle Park

TERMINAL A ART GALLERY; New exhibit by Artspace artists Mary Shannon Johnstone, Judy Jones, & Annette Rogers; Terminal A Art Gallery, Raleigh-Durham International Airport; thru April 4. Contact 919-821-2787.

CURVATURE; A juried exhibition of studio furniture that celebrates the curved form; Gallery of Art & Design, Talley Student Center, NC State University; thru March 3. Contact 919-515-3503 or www.ncsu.edu/gad.

BUOYANCY; An installation by Brent Cole consists of replications of floating buoys and navigation markers through blown glass and mixed media; Rebus Works, Raleigh; thru March 3. Contact 919-754-8452 or www.rebus-works.net.

THE ARTSCENTER GALLERY; Featuring close-up and micro nature photography by Gary Duncan; The ArtsCenter, Carrboro; (Reception, Feb. 1) Feb. 1-18. Contact 919-929-2787 or www.arts-centerlive.org.

EVENTS AT CHOWAN ARTS COUNCIL, Edenton; Contact 252-482-8005

- **GLASS PANELS WORKSHOP** with Jimmy Yates; Feb. 1.
- **HAND BUILDING WITH CLAY** with Lisa Melita; Feb. 3.
- **JEWELRY WORKSHOP** with Ken Attkisson; Feb. 8.
- **THINK PINK!** Exhibit of pink art in any medium; Feb. 11.
- **BEGINNING ACRYLICS** with Margie Sawyer; March 3

AFRICAN-AMERICAN ART EXHIBIT; Works by African-American artists to celebrate Black History Month; ArtsCenter, Carrboro; Feb. 1-28. Contact 919-929-2787.

GALLERY TALK; Featuring Haig Khachatoorian, Professor of Industrial Design at NC State University's College of Design; Gallery of Art & Design, Talley Student Center, NC State University; Feb. 3. Contact 919-515-3503 or www.ncsu.edu/gad.



ARTSPACE

Leaf Does Not Wither by Annette Rogers, one of a group of artworks by Artspace artists, will hang in an exhibition in the Raleigh-Durham Airport through April 4

LANDSCAPE IN ART: THE CONTINUUM III; Featuring new works by gallery artists Trey Finney, Terry Fisher, Kevin Fitz-

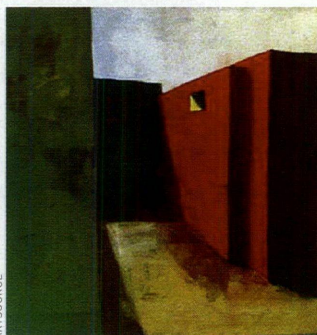
gerald, Michael Knoch, David Nance, Tjasa Owen, and Susan Mayfield West; City Art Gallery, Greenville; (Reception, Feb. 3) Feb. 3-March 5. Contact 252-353-7000 or www.city-art-gallery.com



CITY ART GALLERY

October's Rest, an acrylic on canvas by Michael Knoch, will be showing in the exhibition "Landscape in Art: The Continuum III," featuring new works by gallery artists and opening Feb. 3 at City Art Gallery, Greenville

THE ARTSCENTER GALLERY; Featuring the photography of Brian McCarty, toy photographer and owner of Los Angeles studio McCarty Photoworks; The ArtsCenter, Carrboro; (Reception Feb. 4) Feb. 4-28. Contact 919-929-2787 or www.artscenterlive.org.



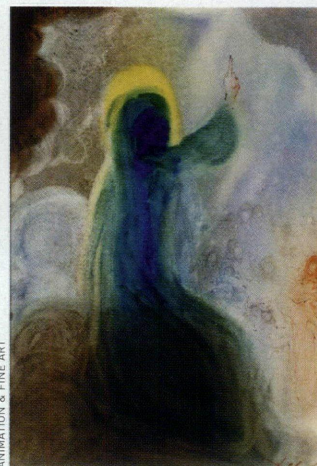
ARTSOURCE

Red Wall, oil on canvas by Daniel Smith, will hang in a new exhibition of recent paintings opening Feb. 5 at ArtSource, Raleigh

ARTSOURCE; Exhibit of new works by new gallery artists including George Pocheptsov, Matthew Chas-Daniel, Anne Boysen, Charlotte Foust and Daniel Smith; Raleigh; Feb. 5-April 2. Contact 919-833-0013 or www.art-source-raleigh.com.

LAYERS OF TRADITION: 150 YEARS OF NC QUILTS; Exhibition of finest examples of North Carolina quilts in the state's

museum collections; Louise Wells Cameron Museum of Art, Wilmington; Feb. 10-May 25. Contact 910-395-5999 or www.cameronartmuseum.com.



ANIMATION & FINE ART

Biblia Sacra: Volume Three: 3-7, Lithograph, 1969, by Salvador Dalí, is among the original works by Dalí opening Feb. 11 at Animation & Fine Art, Chapel Hill.

DALI; Works from the Sacred Bible Series that illustrates various scenes from the New and Old Testaments; Animation & Fine Art Galleries, University Mall, Chapel Hill; (Reception Feb. 11) Feb. 11-March 10. Contact 919-968-8008 or www.animationand-fineart.com.



GALLERY C

Plaine de Leogane, acrylic on canvas by J.A. Seide is part of the exhibition, "Haitian Masters," on view through Feb. 8 at Gallery C, Raleigh, presented in collaboration with The Rainbow Gallery (Port-au-Prince, Haiti)

EVENTS AT GALLERY C, RALEIGH; Contact 919-828-3165 or www.gallery-c.net:

- **CONTEMPORARY HAITIAN MASTERS;** Showing the indomitable spirit and creativity of the Haitian people, with subjects ranging from the dark side to the joie de vivre of everyday life; thru Feb. 8.
- **THE BEST OF NORTH CAROLINA;** Fine art from the 19th and 20th Century; Artists represented include George Charles Aid, Sarah Blakeslee, Robert Broderson, Minnie Evans, Henry MacMillan, Louis Orr, Francis Speight, and Will Henry Stevens; (Reception, Feb. 11) Feb. 11-March 16.



TYNDALL GALLERIES

Momma, oil on canvas, is one of the recent paintings by Beverly McIver on view through Feb. 19 at Tyndall Galleries, Chapel Hill

RECENT PAINTINGS BY BEVERLY MCIVER; Tyndall Galleries, University Mall, Chapel Hill; thru Feb. 18. Contact 919-942-2290 or www.tyndallgalleries.com.

"THROUGH WOMEN'S EYES, BY WOMEN'S HANDS"; Annual juried art show for women artists, largest in North Carolina; Sheraton Chapel Hill Hotel, Chapel Hill. Feb. 18-27; Contact 919-968-4610.

THE ULTIMATE TABLESETTING AND A BRIDAL EXTRAVAGANZA; Cedar Creek Gallery; Creedmoor; Feb. 25-March 25. Contact 919-528-1041 or www.cedar-creekgallery.com.

WINTER'S SPLASH OF COLOR; Paintings by gallery members; Exhibit 20, Raleigh; Feb. 26. Contact 919-831-5454.

CLASSICAL

ECHOES OF WAR; Multimedia presentation featuring Terry Rhodes, soprano; Ellen Williams, mezzo-soprano; Jane Hawkins, piano; John Creagh, narrator; John Kincheloe, media specialist; Nelson Music Room, Duke University, Durham; Feb. 4. Contact 919-684-4444.

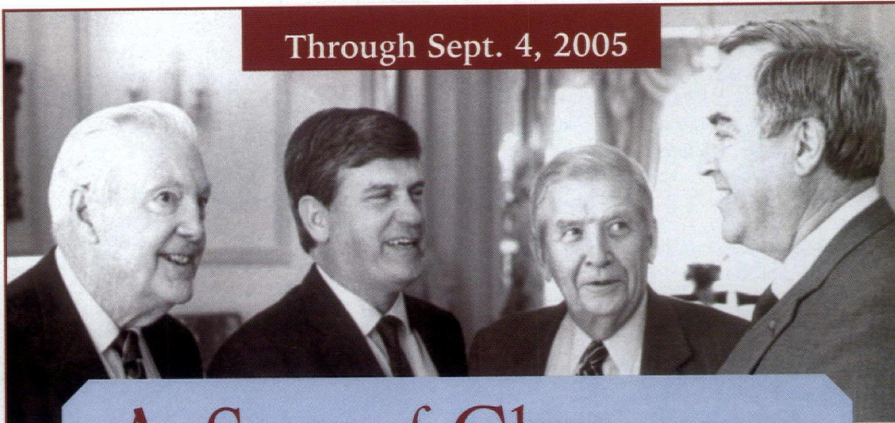
THE PRAGUE SYMPHONY ORCHESTRA, time-honored 70-year-old ensemble performing Beethoven's Symphony No. 6, "Pastoral," and other classics, presented by S. Rudolph Alexander Performing Arts Series; ECU's Wright Auditorium, Greenville; Feb. 10.

NC SYMPHONY CONCERTS (for other venues and info, contact 919-733-2750 or www.ncsymphony.org):

• **CHORAL SOCIETY OF DURHAM;** Rodney Wynkoop, guest conductor; Program: Haydn: *Mass in Time of War*; Vaughan Williams: *Don Nobis Pacem*; Feb. 11-13

• **A NIGHT AT THE OPERA: CHAPEL HILL;** Fletcher Opera Institute, NC School of the Arts, William Henry

Through Sept. 4, 2005



A State of Change

North Carolina and Its Governors



Take a close look at the lives and times of our state's leaders and their families. See artifacts, portraits and photographs spanning more than 400 years.

Free Programs

History à la Carte: Creating A State of Change

Wednesday, Feb. 9, 12:10 p.m.

Bring your lunch; beverages provided.

Curators Louise Benner and RaeLana Poteat will discuss how the exhibit was developed and present several unique gubernatorial artifacts.

Growing Up in the Executive Mansion

Sunday, Feb. 20, 3 p.m.

Register by Feb. 17. Call 919-807-7875.

Hector MacLean, son of Gov. Angus Wilton McLean (1925-1929) and Margaret Jones French McLean, will share his childhood recollections. A reception follows the program.

NORTH CAROLINA

MUSEUM OF HISTORY

Dorothy McAulay Martin, wife of Gov. James G. Martin, danced at the 1985 Inaugural Ball in this red Thai silk gown.

(Top) From left: Governors Daniel K. Moore, James G. Martin, Terry Sanford and Robert W. Scott. Photo courtesy of Hugh Morton

FREE ADMISSION

Hours: Tues.-Sat., 9 a.m.-5 p.m.

Sun., noon-5 p.m.

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Department of Cultural Resources

Curry, Resident Conductor; Program: Strauss: *Don Juan*; Wagner: Music from *Die Meistersinger von Nurnberg*; A Night at the Opera: Selections from Mozart's *Don Giovanni*; Feb. 17

• **A NIGHT AT THE OPERA: RALEIGH;** William Henry Curry, Resident Conductor Fletcher Institute NC School of the Arts; Program: Strauss: *Don Juan* Wagner: Music from *Die Meistersinger von Nurnberg*; A Night at the Opera: Selections from Mozart's *Don Giovanni*

• **ART GARFUNKEL:** Vocalist Art Garfunkel and Resident Conductor William Henry Curry; Program: Garfunkel's tenor voice provides harmony for Paul Simon's poetic lyrics; Feb. 25-26, Matinee Feb. 27



Piano faculty members Pei-Fen Liu, Jane Hawkins, David Heid, and Randall Love (shown here) will perform with their students in a Piano Duo Concert on Feb. 11 at Duke University, Durham

AN EVENING OF OPERA FAVORITES: Annual Fundraiser Concert and Silent Auction featuring Puccini, Mozart, Wagner, Donizetti, Verdi, Handel & others sung in English; Durham Art Council, PSI Theatre, Durham; Feb. 12. Contact 919-530-7339 or www.longleaf-opera.org.

FESTIVAL OF FOUR HANDS, Baldwin Auditorium, Duke University, Durham. Contact 919-684-4444;

• **FACULTY/STUDENT PIANO DUO CONCERT:** Piano faculty members performing with their students. Feb. 11

• **VARIATIONS:** Guest piano duos from across the state presenting the premiere of the encore Cut-Time Shout by Stephen Jaffe, Feb. 12

CIOMPI QUARTET; Mozart, *String Quartet in G Major, K. 387*; Shostakovich, *String Quartet No. 11*; Schubert, *String Quartet in G Major, D. 887*; Nelson Music Room, Duke University, Durham; Feb. 19; Contact 919-684-4444.

MALLARME CHAMBER PLAYERS; Featuring flautist Anna Ludwig Wilson, cellist Jonathan Kramer & harpist Jacquelyn Bartlett; Mallett Mill House, Hillsborough. Feb. 20. Contact 919-732-2013.



Kevin Lawrence, violin, & Peter Kairoff, piano, will perform for the Raleigh Chamber Music Guild's Sights and Sounds on Sunday Series on Feb. 20 at the NC Museum of Art, Raleigh



Nashville's hottest bluegrass-country-pop band, Bering Strait from Russia will perform Feb. 25 at The Clayton Center, 111 E. Second St., Clayton

RALEIGH CHAMBER MUSIC GUILD'S SIGHTS & SOUNDS ON SUNDAY; featuring Kevin Lawrence, violin, & Peter Kairoff, piano, in concert; NC Museum of Art, Raleigh; Feb. 20. Call 919-715-5923 or visit www.rcmg.org.

RIVETING RUSSIANS; Featuring the Duke Symphony Orchestra; Music Director Harry Davidson with guest artist Brian Johnson, baritone; Baldwin Auditorium, Duke University, Durham; Feb. 23. Contact 919-684-4444.

POP MUSIC

KING WILKIE AND THE DUHKS; A concert featuring two young acts on the acoustic music circuit, with King Wilkie's sextet of young Turks mixing mature chops with electrifying energy & The Duhks' contemporary acoustics; Stewart Theatre, NC State University, Raleigh; Feb. 5. Contact 919-515-1100.

SOUTHEAST ASIA TSUNAMI BENEFIT WITH COUNTDOWN QUARTET & GENERATIONS; joined by Brother Yusef and Adia Ledbetter for crucial cause; Admission—suggested minimum donation of \$10 to American Red Cross International Disaster Response or US Fund for UNICEF; West End Theatre, The ArtsCenter, Carrboro; Feb. 5. Contact 919-929-2787 or www.artscenter-live.org.

SECOND ANNUAL AMERICAN ROOTS SERIES; The ArtsCenter, Carrboro; Contact 919-929-2787 or www.artscenterlive.org;

• **DR. JOHN:** New Orleans piano man & four-time Grammy award-winner takes audience on a musical journey to the Big Easy; Feb. 10

• **ALEX DE GRASSI:** Grammy nominee and top finger-style steel-string acoustic guitarists; Feb. 18

• **LUCY KAPLANSKY:** Performing songs from her latest album about her adopted daughter; Feb. 19

• **PURA FE;** Bluesy songwriter, singer, musician, actor, dancer, artist & more; Feb. 25

DOO WOP DANCE; Bring your sweetheart to celebrate the Nifty Fifties with dinner & dancing; Silver Coast Winery, Ocean Isle; Feb. 12. Contact www.silvercoastwinery.com.

COUNT BASIE CENTENNIAL CONCERT; Duke Jazz Ensemble directed by John Brown. Guest Artists: Frank Foster, saxophone; Chris Murrell, vocalist; Baldwin Auditorium, Duke University, Durham; Feb. 18. Con-

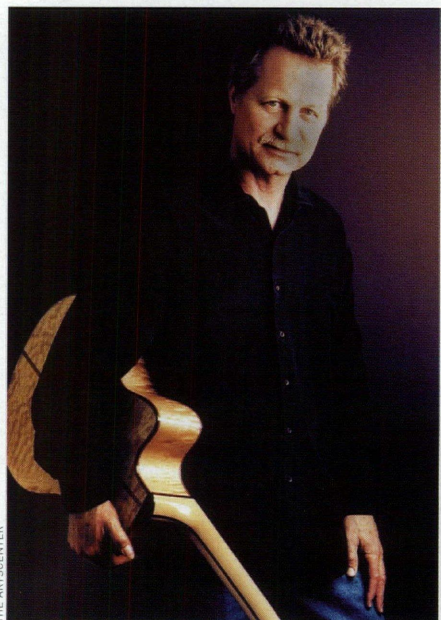
tact 919-684-4444.

BERING STRAIT; Bluegrass-country-pop band from Nashville (& Russia); The Clayton Center, Clayton; Feb. 25. Contact 919-553-1737 or www.theclaytoncenter.org.

CARNAVALITO; Concert featuring fiery Latin sounds; Garner Historic Auditorium, Garner; Feb. 26; Contact 919-990-1902 or www.pinecone.org.

DJEMBE & AFRO-CUBAN ENSEMBLES; Directed by Bradley Simmons; Baldwin Auditorium, Duke University, Durham; March 4. Contact 919-684-4444.

EAGLES, "FAREWELL I" TOUR; The band's first appearance in Raleigh in more than 10 years, performing songs from their double Platinum CD, *Eagles-The Very Best Of*; RBC Center, Raleigh; March 11. Contact www.eaglesband.com.



Alex de Grassi, considered one of the world's top finger-style steel-string acoustic guitarists, will perform in the American Roots Series on Feb. 18 at The ArtsCenter, Carrboro

THE GLENN MILLER ORCHESTRA; Clayton Center, Clayton; Feb. 13. Contact 919-553-1737 or www.the-claytoncenter.org.

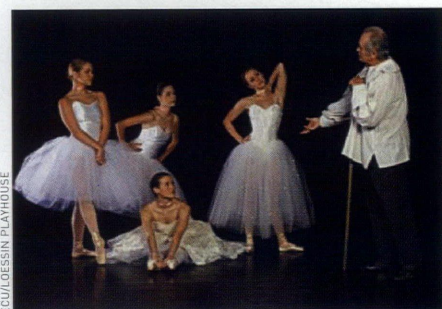
RHYTHMS OF SCOTLAND; featuring Scottish fiddler Alasdair Fraser with cellist Natalie Haas & Rhythms of Scotland cast—dancers, singers, pipes & drums, story of Scottish culture told through music & dance; Duke University's Page Auditorium, Durham; March 7. Contact 919-684-4444 or www.tickets.duke.edu.

STAGE & SCREEN

COPENHAGEN; Produced by PlayMakers Repertory Company, written by playwright Michael Frayn & directed by returning guest Drew Barr; Center for Dramatic Art, Chapel Hill; thru Feb. 13. Contact 919-962-PLAY or www.playmakersrep.org.

FALLING IN LIKE; The Temple Theatre's professional premiere of the romantic comedy about a detached theatre star who falls in love with his apprentice; Written by Temple Theatre artistic director Jerry Sipp; The Temple Theatre, Sanford; thru Feb. 13. Contact 919-774-4155 or www.templeshows.com.

ARSENIC AND OLD LACE; Theatre In The Park presents Joseph Kesselring's classic on the main stage at the Ira David Wood III Pullen Park Theatre; David Henderson will be guest director; Feb. 3-6. Contact 919-831-6058 or www.theatreinthepark.com.



Shown here is this year's poster for Dance 2005. Ballet, modern tap & jazz dance styles will all be represented in the ECU/Loessin Playhouse production of Dance 2005, Feb. 3-8, in the McGinnis Theatre at East Carolina University, Greenville

DANCE 2005; Variety of dance styles, presented in quick moving & colorful performance featuring guest artist Colleen Thomas; McGinnis Theatre, East Carolina University, Greenville; Feb. 3-8. Contact 252-328-6829 or www.ecuarts.com.

CHARLEY'S AUNT; Featuring a tale of young love complicated by moral convention; New Bern Civic Theatre, New Bern; Feb. 11, 12, 16, 18, 19, 20, 25, & 27; Contact 252-634-9057 or 252-633-0567 or www.newberncivictheatre.org.

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American's entertaining romp through the Middle East; Written and performed by NPR regular, Jesse Kalisher; The ArtsCenter, Carrboro; Feb. 25 & 26. Contact 919-929-2787 or www.artscenterlive.org.

MUSEUMS

BATTLE PARK: A NATURAL SPACE IN FOUR SEASONS; Chapel Hill photographer Tama Hochbaum documents landscape in UNC-Chapel Hill's Battle Park; Chapel Hill Museum; thru March 13. Contact 919-967-1400 or www.chapelhillmuseum.org.

MISSION TO MARS; A 2000-square-foot interactive exhibit from NASA's Jet Propulsion Laboratory that covers multiple aspects of rover mission, including a full-size Mars Exploration Rover mock-up; also presentations by educators & members of Raleigh Astronomy Club & opportunity to talk with researchers from NC State University & UNC-Chapel Hill; NC Museum of Natural Sciences, Raleigh; thru Feb. 20. Contact 919-733-7450 or www.naturalsciences.org.

EXPLORIS; Raleigh; Contact 919-834-4040 or www.exploris.org.

• **SIERRA LEONE WITH BRAIMA MOIWA!** Arts educator & role model explores Sierra Leone through drumming, dance, folktales, games & activities; Feb. 5.

• **GHANA: LAND OF BEAUTY & WONDER;** Explore Ghanaian culture with photojournalist Julia Lebetkin & her sister Elena; Feb. 12.

• **JAZZ PIANIST MARCUS ROBERTS;** First jazz musician to have all three of his first recordings reach No. 1 on Billboard's traditional jazz chart; Feb. 18.

• **WEST AFRICAN RHYTHM MUSIC;** Join Fahali Igbo, percussionist for African American Dance Ensemble, in exploration of how West African musical instruments are made, where they come from & how they sound; Feb. 19.

• **GLOBAL FAITH COMMUNITY FORUM SERIES;** Triangle Interfaith Alliance & Exploris present forums focused on major faiths of the world; Feb. 20 topic: Christianity.

• **CELEBRATE WEST AFRICA FEATURING MAMADOU DIABATE;** Hear Malian storyteller perform traditional & original compositions on 21-stringed gourd instrument; Feb. 26.

EVENTS AT NC MUSEUM OF NATURAL SCIENCES; Raleigh. Contact 919-733-7450:

• **NATURE FUN FOR THE VERY YOUNG: TERRIFIC TRACKS;** Learn about signs animals leave behind; Feb. 7.

• **CHILDREN'S SATURDAY SERIES; AWESOME AMPHIBIANS;** Learn about salamanders & frogs and make a hopping frog to take home; Feb. 12.

• **AMPHIBIAN/ACID RAIN RESEARCH;** Participate in research project to investigate effects of acid rain on amphibian embryos in temporary bodies of water; Feb. 19.

• **LIFELONG HIKERS; HOWELL WOODS;** Join museum naturalists on 2- to 3-mile hikes through Triangle's most beautiful places; Feb. 23.

OBJECTS OF DESIRE: THE MUSEUM COLLECTS; 1994-2004; Group of paintings, sculptures and photographs & Museum's first work of video art; NC Museum of Art, Raleigh; thru Feb. 27; Contact 919-839-6262 or www.ncartmuseum.org.

EVENTS AT NC MARITIME MUSEUM; Beaufort; Call 252-728-7317

• **COLLECTOR'S DAY;** Show off your collection and/or learn from others how to start one; Feb. 12

• **FROM THE ATTIC;** Natural history specimens, nautical objects & miscellaneous artifacts accumulated throughout past several decades; thru March 20.

EVENTS AT THE NC MUSEUM OF HISTORY; Raleigh; Con-

tact 919-807-7900 or www.ncmuseumofhistory.org:

• **MAGIC OF AFRICAN RHYTHM;** Feb. 13

• **GROWING UP IN THE EXECUTIVE MANSION;** Sit in on an engaging chat with Hector McLean, son of Governor Angus Wilton McLean & Margaret Jones French McLean; Feb. 17

• **THEY CALL ME BIG HOUSE;** Join basketball coach Clarence Gaines for a look back at his career at Winston-Salem State University and learn how he used basketball to bring people divided by race & culture together; Feb. 27

• **SAUNDRA PORTER THOMAS;** Singer Sandra Porter Thomas will perform as part of the 2004-05 Music of the Carolinas Series; Daniels Auditorium, North Carolina Museum of History, Raleigh; Feb. 13; Contact 919-807-7900 or www.pinecone.org

POTPOURRI

FEARRINGTON BRIDAL SHOW, Fearrington Village, Pittsboro; postponed until Feb. 6. Call 545-5704 or visit www.fearrington.com.

CHATHAM ANIMAL RESCUE & EDUCATION BURRITO BASH & SILENT AUCTION; All proceeds pay for veterinary care of animals in volunteer foster homes; The General Store, Pittsboro; Feb. 7; Contact 919-716-4165.

"MY HEALTH IS YOUR BUSINESS: MAKING HEALTHCARE WORK IN NORTH CAROLINA"; Institute for Emerging Issues will hold 20th annual Emerging Issues Forum; Jane S. McKimmon Center, NC State University, Raleigh; Feb. 7 & 8; Contact 919-515-7741.

SHERYL MEBANE, NORTH CAROLINA BOOK, CD AND BLACK HISTORY MONTH TOUR; North Carolina native & UNC alumnus celebrates her new jazz book, *Lady Bird*, & CD *Songs from Lady Bird*, for book club & larger community; Richard B. Harrison Branch Library, Raleigh; Feb. 10; Contact 919-856-5720.

FREE CHOCOLATE & WINE TASTING; Hosted by Hillsborough wine company and Southern Sweets & Treats; Hillsborough Wine Company, Hillsborough; Feb. 11; Contact 919-732-4343.

NEW BERN PRESERVATION FOUNDATION ANTIQUES SHOW; Preservation Foundation, New Bern; Feb. 11-13; Contact 252-633-6448.

RINGLING BROTHERS AND BARNUM & BAILEY CIRCUS; The Greatest Show on Earth returns, featuring Prince of Laughter David Liable, Jason Peters & his majestic pride of male lions, Crazy Wilson on Wheel of Wonder in Motorcycle Mania, Soulful sounds of Danette, elephantine excellence, Clown Alley, Sylvia Zerbini, Kevin Venardos & more; RBC Center, Raleigh; Feb. 11-14.

CARRBORO WIND AND BRASS FESTIVAL; Wind and brass ensembles come from across the Triangle for a festival to perform concert marches, show tunes, classical transcriptions, traditional band music & contemporary compositions; The ArtsCenter, Carrboro; Feb. 12; Contact 919-929-2787 or www.thevillageband.com.

MEMORY; Exhibit of 36 demonstrations, artwork and interactive displays explores how humans make memories; Museum of Life and Science, Durham; Feb. 12-May 1; Contact 919-220-5429 or www.ncmls.org.

HERTFORD SWEETHEART'S WEEKEND; Sponsored by Historic Hertford; Contact 252-426-1425 or www.visitperquimans.com:

• **HERTFORD ANTIQUE APPRAISAL FAIR;** Feb. 12; Church of the Holy Trinity

• **5TH ANNUAL ST. VALENTINE'S DAY SILENT AUCTION;** Feb. 12 & 13; Hertfordshire Antiques

• **TEA AND CRUMPETS;** Feb. 12; Church of the Holy Trinity

• **MAURA BORDS CRONIN,** public artist; Phase II of

Perquimans County Blueway Greenway Public Art Installation; Feb. 12; Downtown Hertford

AN AFFAIR TO REMEMBER; Friends of the S. Rudolph Alexander Performing Arts Series is holding sixth annual Valentine's Dinner Dance fundraiser; Reservations by Feb. 7; Rock Springs Center, East Carolina University, Greenville; Feb. 14. Contact 252-328-4766.

EVENTS AT THE SONJA HAYNES STONE CENTER FOR BLACK CULTURE AND HISTORY; UNC-Chapel Hill; Feb. 14-Apr. 9; Contact 919-962-9001:

• **COMO SE CUENTA EL CUENTO** (How to Tell the Story), Tradition & Change on Congo Coast of Panama: Exhibition of Congo Art of Taller Portobelo; Feb. 14-Mar. 30; Robert & Sallie Brown Gallery and Museum

• **PERU NEGRO;** Group that celebrates rich heritage of Afro-Peruvians through song and dance; (Workshop Mar. 1); Mar. 2; Frank Porter Graham Student Union Great Hall

• **IMANI WINDS;** Award-winning wind quintet whose members of African & Latin American heritage fuse African, European & American music; Proceeds benefit Our Children's Place; Cobb Theatre; Apr. 9

ASTRONOMY VIEWING SESSION; Join astronomers from UNC's Morehead Planetarium to view Saturn & beautiful crescent moon; Ebenezer Beach, Jordan Lake, Apex; Feb. 15; Contact 919-362-0586 or www.ils.unc.edu/parkproject/visit/jord/home.html.

IN CELEBRATION OF JACKIE TORRENCE: A GATHERING OF GRIOTS; Cumberland Regional Public Library Branch, Cliffdale; Feb. 16; Contact 919-864-3800.

CELEBRATION OF CRAFT 2004-2005; Pocosin Arts hosting annual arts & craft retreat, classes & instructors include: Hand Building with Clay, Sani Pierantozzi; Wheel Thrown Vessels, Neil Patterson; From Vines to Vessels, Beryl Lumpkin; Mixed media; Drawing Pocosin Wildlife, Gary Crane; Book Arts, Melissa Manley; Old Time String Band, Tim Wells; Feb. 17-20; Contact 252-796-2787 or www.pocosinarts.org.

THE THIRD ANNUAL FOLK ART SHOW AT FEARRINGTON; Comprehensive exhibition & sale from Southeast's most renowned folk artists; Barn at Fearrington, Pittsboro; Feb. 19 & 20; Contact 919-542-2121 or www.fearrington.com.

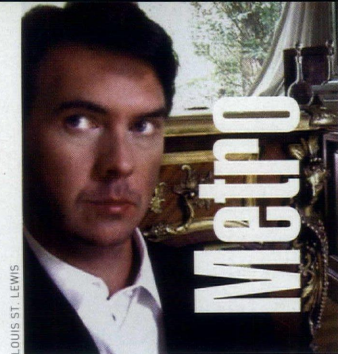
A CIVIL WAR LIVING HISTORY WEEKEND; Event to commemorate 143rd Anniversary of Battle of Roanoke Island, including re-enactors depicting Civil War Era soldiers, history & artillery demonstrations, blacksmithing, woodworking & more; Outdoor Pavilion & Film Theatre; Feb. 19 & 20; Contact 252-475-1500 or www.roanokeisland.com.

AMERICA'S FAIRS: EDUCATING COMMUNITIES; Park exhibit featuring the history of fairs across America from 1880 to 1920; Historic Oak View County Park, Raleigh; Feb. 26-May 28; Contact 919-250-1013.

NC STATE CRAFTS CENTER'S 40TH ANNIVERSARY CELEBRATION; Community open house, giving visitors opportunity to talk with crafts people, observe demonstrations from local guild members & make pottery; The Craft Center, NC State University, Raleigh; Feb. 26; Contact 919-515-2457 or www.ncsu.edu/crafts.

Our thanks to Sarah Jurek and Jennifer Hadra for their assistance with Preview.

EDITOR'S NOTE: Please send events info and color images, slides or photos 6 weeks before publication date. Send to Frances A. Smith, Metro Magazine, 1033 Oberlin Rd. Suite 100, Raleigh, 27605 or email: fsmith5@nc.rr.com.



LOUIS ST. LEWIS

Artist-at-Large

by Louis St. Lewis

LIFTING THE SOUL

Great art lifts the soul. There is no doubt about that in my mind. On the other hand, it is my firm belief that ugly artwork is not only repellent to look at; it actually causes your soul to decay. The funny thing about it is, there is so much bad art around that most people just accept it—they act as if that's the norm. I have been in too many houses where people beam with pride over vapid cookie-cutter landscapes, fake impressionists, dull meaningless color fields. I want to take my Grey Goose martini with a twist and sling it on them and the art and catch them both on fire as punishment for such cultural ignorance. Bottom line, if you are buying art that in any way would look appropriate in a hotel lobby, doctor's office or bank, run don't walk to the nearest local community college and take an entry-level art appreciation course. Luckily for those among you that love art as much as I do, there are several shows in the area that should prove to be great fun.

AMAZING MCIVER

Run, don't walk to Tyndall Gallery in Chapel Hill's University Mall to see the amazingly beautiful work by Greensboro girl-gone-good Beverly McIver. Her lush painterly meditations on race, class, a woman's role, color, texture, laughter, sadness—all sweep me away each and every time I view them. These new works are fresh from a show at the prestigious Witherspoon gallery and the accompanying catalogue is one of the best that you will ever see. Don't be shocked by the \$10,000+ price tags; the paintings are worth every cent, and her collectors don't blink an eye.

While in University Mall, walk on down to Animation and Fine Art to check out all of the Warhol's on display. I think Warhol is one of the greatest artists the world has ever created. The fact that he

used machines to make his work so he could have more time to go to parties only underscores his brilliance. And with those Marilyn's and Liz's that he cranked out now going for mega-millions, isn't it a

1950s. Never exhibited before, these gorgeous linear abstractions prove the inherent talent that made McKinney both the head of NCSU's design school and the father of the Centennial Campus. Also



Remembering Mom, by Beverly McIver, oil on canvas

shame our local museums didn't grab a few while they were still so reasonable?

CLAUDE MCKINNEY AND THE '50S

Lee Hansley gallery in Raleigh will be showing the stunning hidden treasures of Raleigh's own Claude McKinney in February. Claude has been holding onto a body of fantastic paintings and drawings from the height of modernism in the mid-

showing are the bold black and white floral photographs of Selma native Mark Fields. Sure to be one of the more interesting shows of the spring.

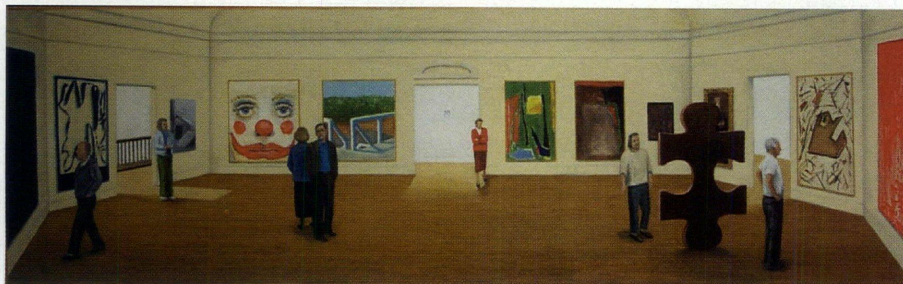
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Wanda Steppe is showing at Raleigh's Glance Gallery and her landscapes are what a landscape should be. Instead of a static, boring, emotionless, thinly painted marsh-scape, Steppe uses the format of

BEAUFORT FINE ART

Thomas Hart Teague, *Museum Somewhere*, oil on canvas

BEAUFORT FINE ART

Thomas Hart Teague, *Private Collection*, oil on canvas

landscape to investigate, to crop, to imagine, to soar. Her trees are twisted anguished lines against cool blue skies; her fields wait for the plow. Even before her show opened, nine paintings had been sold to eager

clients panting for fresh landscapes—and here they are.

...

Thomas Hart Teague has been painting for over 40 years and is a recent addi-

tion to the Raleigh area after a productive career at the Torpedo Factory in Alexandria, VA. Teague has a playful quality and pokes fun at the art establishment in paintings like *Museum Somewhere* and *Private Collection*, both on display at Beaufort Fine Art. These are long, skinny, amazing paintings that make me laugh every time I see them—they will look great in a funky nook in your home on the coast. The way Teague combines figuration, abstraction, art history and social irony is well worth the price.

NC'S BEST

North Carolina has a long tradition in the arts and no gallery better documents that than the much-anticipated show *Best of North Carolina, important fine art from the 19th and 20th century* at Gallery C in Raleigh. The artwork covers the range from the civil war to the mid-1980s, and there are always treasures to be found. A few of the talented artists include Robert Broder-son, Minnie Evans, Henry MacMillan, Louis Orr, Hobson Pittman, Francis Speight and William Lester Stevens. I am particularly fond of the lovely work by NC female photographer Bayard Wooten, who set up shop in the early 1900s and documented life and landscape in the South with an eagle eye for design and detail. Go see for yourself. **MM**



GALLERY C

Portrait of Young Woman in a Blue Dress and Fur-trimmed Hat, circa 1916, by George Charles Aid, oil on canvas

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GROWING EARS

The February column is always hardest to write because the deadline falls in the midst of Christmas revelry. My salvation this year, I thought, would be my drive to Raleigh for *Metro's* annual Christmas party—a seasonal tradition at My-Usual-Charming-Self's home that draws a host of North Carolina luminaries. Motoring down I would sketch out a column in my mind.

So I got on I-40, pushed cruise control, and began to mull over possibilities, all the while singing along lustily with a moving rendition of *The Messiah*. "And he shall feed his sheeeeep, lllllllllllike a shep-herd!" Or is it "lead his sheep"? Feed them, lead them? Who cares?

You don't have to know all the words to sing along with your car radio.

Actually, this was my second attempt at getting my thoughts together. I had struggled the previous Sunday in church. I thought I was focused and making progress until the children's hand-bell choir took stage center. Sorry, but hand bells work my nerves. The minute I see those mutant bells laid out in the choir loft, I start plotting an exit strategy. Fake a migraine and stumble out holding my head in my hands? Feign stomach pains and, with short, quick steps, make my way to the necessary room? Have a coughing fit?

In this case, I decided my best defense was to stay put and try to tune out "Hark the Herald Angels Sing." But someone had to know I was suffering, trapped there among doting parents and grandparents. I leaned over to my pew mate and whispered quietly but distinctly, "Hand bells...are...the...devil's...work."

He looked slightly bemused and immediately redirected his attention to the hand-bell choir. I proceeded to tune it out by doing some real-time research on a question of universal interest: Do our ears continue to grow long after our bodies have ceased to grow and even begun to shrink? I think the answer is a resounding, "Yes," and there is no better place in the world to confirm it than sitting in church looking at the back of a couple of hundred heads.

A brief visit to the Internet has proven there is science to support my theory. I typed the words "ears grow" and discovered 440,818 hits, the first of which was an article directly on point by

Michael Woods of the *Post-Gazette National Bureau* titled "As we age and shrink, our ears grow."

"Why do old men have big ears?" Woods asked.

He answered by stating that no less than a dozen studies have tackled the question, including what he described as "the ear-size landmark, done in 1999 at the University of Milan in Italy. ...Ears, they found, do get larger with age. And the study found that old women have big ears too—although their hair styles often hide it."

Oblivious to the cacophony of the frenetic little Baptist hand-bell ringers, I surveyed the sanctuary. There were many old men with big ears and old women whose ears I could not see. Several pews away I saw a gentleman who had particularly huge ears and bulbous earlobes. His wife of 50-60 years, still very devoted to him, was holding his hand, enjoying the carol.

Near him was a young fellow, recently married, with similarly shaped ears, but now small and perfectly proportioned. His adoring bride was nestled close listening to the music. She suspects nothing, I thought. I will not tell her

about the Chinese emperor, Liu Bei, whose ears reached to his shoulders and were so large he could see them by glancing sideways. Suppose by mid-century her husband's ears are resting upon his shoulders? Will she still love him? And will he still love her if she is concealing ears the size of Coty compacts under her carefully coifed hair. I just don't know.

I realized then that the hand-bell choir had grown silent and that it was time to go home. I entered the house and raced to a mirror. I stared at my ears and tried to remember what they had looked like at 21—and 39 and maybe 50-something. I tugged on each of them. My recollection is dim, but I am sure I am getting long in the ear.

However, I didn't worry about the big ears thing or not having a February column for long. I was at Ronnie's Country store buying some collards the next day when an elderly lady picking through the salad greens beside me allowed as to what a beautiful day it was. "Why it's almost Christmas," she said, "but it feels just like springtime."



Bruce Dickinson, eStreet Photographic Productions

"Yes it does," I agreed.

At that point, Ronnie's version of the Green Grocer, who was culling the onions, saw a chance to do his Christian witness. "You know what the Bible says about THAT?" and he proceeded to tell us without waiting for an answer.

"The Bible says that when all the seasons become as one, the end of the world is near. Rejoice! The end of the world is upon us," he proclaimed and gave us a toothy grin.

Well, that wasn't exactly the best news I had heard lately, but if it were true, it did mean my anxiety about a February column was for naught. I went back and exchanged my green bananas for ripe ones, bought just a couple of days' rations, and went home and waited for the Second Coming. In your excitement about Christmas you may have overlooked the fact that it did not occur.

Drat! I called a friend who knows a lot of Bible, and told him the story. "What

scripture do you think that feller was quoting?" I asked.

"Why, he wasn't quoting scripture," my friend said. "He was just repeating something he heard at the filling station. Folks get mixed up like that a lot, you know."

Yeah, I thought, and remembered the preacher I once heard quote a part of Franklin Roosevelt's famous "Rendezvous with Destiny" speech and attribute it to the Old Testament.

But we started out on my trip to Raleigh. *The Messiah* was my undoing. I sang along all the way through the Hallelujah Chorus and didn't have a single creative thought.

I arrived and the street was lined with cars. I parked behind Barbara Ensrud, *Metro* wine columnist. I knew Barbara before she began writing for *Metro*, and we walked in together. An international expert on wines, she has taken time to become knowledgeable about North Carolina's fledgling wine industry. She says good

things about what Tar Heel vintners are doing and how winemaking in our state is progressing. Applause for Barbara.

After exchanging greetings with my host and finding the source of the elixir of good conversation he held in his hand, I started searching for my editor, Frances Smith. Frances not only picks the nits from copy produced by other writers, she passes on to you in Preview the mountainous amount of calendar information *Metro* receives each month.


In some ways Frances' gentle way of correcting our errors reminds me of my first secretary, Aida Epps—now a Raleigh legend. In those days one "gave dictation." Often in the midst of my dictating, Aida, who was my senior by a bit, would stop writing and simply look at me. "Old Dear," she would ask, "do you really want to say it that way?" The answer was always, "No," and she would recommend a better way.

I remember closing one of my first letters with a flourish by saying, "With warmest personal regards, I remain, sincerely yours, Carroll H. Leggett."

"Old Dear," she asked softly, "do you really want to say that? No one has talked that way since Queen Victoria died." Hugs and kisses to Aida, who stays close by the hearth now, from folks like Dan McLawhorn and me and her other "Old Dears."

Finding Frances Smith was no easy task. The house and deck were packed with "luminaries" including the District Attorney, a judge or two, a gaggle of lawyers, some of the region's best-known media and business leaders, most of the talented crew that makes *Metro* happen and a scattering of area celebrities including TV anchorman David Crabtree, actor and director Ira David Wood and the director of the First Flight Foundation Admiral Ferguson Nelson.

While I was congratulating contributing editor Patrik Jonsson on his November *Metro* cover story on North Carolina's stolen copy of the Bill of Rights, Frances appeared. We chatted for a few minutes, and then Frances asked, "What is your next column about?"

"Oh, February," I said. "Between you and me, I don't have any idea. It's always the hardest one to write." 

"Now I lay me down to sleep..."

Boylan St. Bridge, Raleigh

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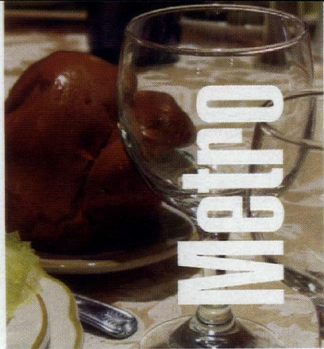
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Gourmet

by Maudy Benz

VALENTINE'S DELIGHT AT PARIZADE

Wondering where to go for Valentine's Day? You might try George Bakatsias' eldest restaurant, Parizade, in Erwin Square shopping center in Durham near Ninth Street. Each year the restaurant offers a fixed price coursed menu featuring Parizade's famed Mediterranean cuisine.

Now 15 years old, Parizade, which means paradise in Arabic—named for an Arabian horse George owned—still dazzles the eyes with its oversized columns painted Crayola colors and its hammered copper trim over the grill. The open kitchen was one of the first in the area and now all the rage.

I asked my friend who is an editor of *Worth Magazine* in New York to share a taste of the Triangle. New Yorkers can be

so hard to please. I had to be sure to bring her hungry. I took her on several walks during the day despite the soft rain. She kept saying she felt like she was sleep walking in Chapel Hill because nothing seems to be happening here. I had to agree. It can seem from the exterior to be a docile town. Southerners know otherwise, that beneath the kudzu, novelistic material lurks.

We sat at our table in Durham near the windows up front, a chilly part of the room near the parking lot, a voyeur's dream seat and close to the bar where a TV played a football game. Japanese lantern lights coupled with inverted oversized lampshade-style lighting hung overhead in the main dining area that has the feel of a Soho loft. The ceiling painting of naked women

appeared campy in a décor that otherwise attains elegance and a playful aesthetic sensibility. Owner George Bakatsias came by after our first course and I introduced Jan. She had already remarked that the wild mushroom soup, actually shiitake mushroom, was spicy and I told him that reminded me of everything he'd said about loving spices when he'd opened Spice Street in Chapel Hill.

"Spice Street was in the making for eight years," he said. "I almost named it Spice Market, but there was a Spice Market in New York and the owner was my friend." He smiled at Jan.

Then we spoke of the cuisine. "I like the Mediterranean Menu to remain simple and clean," George said. "I tell Robert



DAVID LEFLER



Whole Red Snapper with olive oil and garlic

that it shouldn't be fussy. (Robert Adams is Executive Chef). We simply reinvent the menu to excellence from year to year."

When asked about his vision for the restaurant, George said he liked to pick ideas from European villages like Santorini, where the whole Red Snapper recipe came from, a special on the menu that night—

a simple dish using olive oil and garlic as spices. "I grew up a peasant," he said, "near Delphi in Greece. I like grains and slow-cooked foods. Simple fish." The name of the restaurant implying paradise he said made him feel he was blending fantasy and reality in all aspects of the place. We tried to get our minds around what he meant by

that all evening. There were definitely moments that bent toward the surreal—the way the courses appeared in the odddest orders, and we had to remind our waiter about which we needed when. And there was the Miami Vice feeling of intrigue to manager Igor Gacina's impresario style that finally woke Jan up.

Our second course, Roasted Tomato Feta Bruschetta (a poem), was a thick cross-tini baked with extra virgin olive oil stacked '90s-style with tomato and mozzarella, flavored with basil and tarragon. At lunch a lighter version is served. We chose the Hess Select Chardonnay, a lovely European-style Chardonnay that coupled with all courses nicely. The third course, Pasta Carbonara was heavily seasoned with garlic and served with prosciutto that tasted very thick and chewy.

Our entrees, Spice Crusted Ahi Tuna with Ratatouille, Balsamic Fig Vinaigrette and Olive Relish and Bouillabaisse of Monk Fish, Shrimp, Scallops, Clams, Mussels in a Saffron Tomato Fennel Broth were each noteworthy. The Bouillabaisse, with Lobster tonight, transported me to the Nice dockside in the Mediterranean sun. I could hear the boat engines gearing up for a tour of the calanques. The tomato sauce slightly overpowered an otherwise well-balanced dish just missing the rouille.

The Tuna with anise in the crust reached toward a flavor that would have mesmerized given one more step with an herb or crushed pistachios, perhaps. The vegetables were a delectable aside.

Coming up for air we discussed the difference between dining in New York and dining in an office complex in Durham. We decided that in the shopping center you don't have the coziness you have in New York when you walk in the restaurant and feel the shelter of the warm space holding you in the city. Here there's a big space in a smaller city, a space that moves back asymmetrically toward its courtyard (used for wedding receptions), and there in the back, too, are private dining rooms. One was the original Treyburn Club before Treyburn opened. The private rooms are impressive and you can call the restaurant about rentals. The bigger room holds 80, the smaller 18.

We had the Parizade Salad continental style after the entrees. Mixed Greens, Strawberries, Spiced Pecans, Blue Cheese and Raspberry Vinaigrette. A lovely salad,

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Off the MENU

by Fred Benton

Fratellos Opens in Cary

Fratellos Trattoria & Market is Cary's newest addition to the world of Italian food. Located in MacGregor Village Shopping Center on Hwy 64 W (from Raleigh) Fratellos is a market and deli plus dining room that offers a full menu featuring seafood, chicken, veal, pasta and pizza dishes. Fratellos' chef Vinny Doria, who co-owns and operates the restaurant with his brother, Sal, has been cooking in the area for almost 20 years. His traditional yet innovative style has gone far to make him a Triangle fixture. Fratellos offers a large casual dining room and a private area for parties.

The service hours are Monday–Thursday, 11 a.m.–9 p.m.; Friday & Saturday, 11 a.m.–10:30 p.m.; and Sunday, 12 noon to 8 p.m. For more information and to make reservations call 919-467-2007.

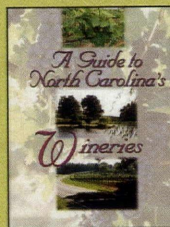
\$35,000 in Prizes for "Light" Recipes

The folks at *Cooking Light Magazine* are asking their readers—and indeed anyone in the United States, 18 years and older—to send in their original "light" recipes by April

30, 2005. Twelve finalists will be selected for a cook-off in *Cooking Light's* test kitchens and will stand a chance of sharing a total of \$35,000 in prize money. But before you go scurrying around hunting for your recipe for water pudding, note this: to be eligible each recipe you submit must contain at least one of several products. To find out what and for more information, grab a copy of the magazine or check online at www.cooking-light.com/cooking/events.

NC Wineries Tour Book

From the NC Grape Council (www.nc-wine.org), a new book, *A Guide to North Carolina's Wineries*, featuring tours of North Carolina wineries by Joseph Mills and Danielle Tarmey, is now available from John F. Blair Publisher for \$10.95. Whether you want to sample new vintages, read about the fascinating people behind a fast-growing industry or visit a winery, this guide will give you all the information you need. Call 800-222-9796 or visit www.blairpub.com.



Fans' Action Resurrects Capital Room

Many folks bemoaned the loss of the Capital Room (cafeteria) in Belk's, Crabtree Valley—so much so, according to a pal of

mine, that fans began a letter campaign to resurrect the eatery. It worked—at least to a degree of compromise: Now the Capital Room is open for business close by in the Ramada Inn, Crabtree, and a buffet has replaced cafeteria service.

Sushi: \$350 before Tax

If you fret about going to your local sushi restaurant and dropping \$50 for fish eggs on rice, stop complaining. Frank Bruni, the new restaurant critic at the *New York Times* extols a new Manhattan eatery, Masa, for its "bring tears to your eyes" sushi that will "bring tears to your eyes" at the cost. Masa is located in the new Time Warner Building in midtown Manhattan. Bruni writes:

The chef and owner, Masayoshi Takayama, who operated Ginza Sushiko in Beverly Hills before relocating to Manhattan, does not present you with a menu or choices. You are fed what he elects to feed you, most of it sushi, in the sequence and according to the rhythm he decrees. You do not seize control at Masa. You surrender it. You pay to be putty. And you pay dearly. The price fluctuates with the season and the availability of certain delicacies. It now stands at \$350 a person before tax, tip and sip of sake or bottled water. Masa, which reopened Jan. 11 after a holiday break, is arguably the most expensive restaurant in New York. Lunch or dinner for two can easily exceed \$1000. **MM**

particularly in winter.

Finally dessert. We felt we had to, although it was a calorie buster after the holidays. Crème Brulee must be the favorite of chefs at this moment as it appears on almost all the menus. This one scored very, very high marks. The apple cheesecake was heavy and perhaps just not to our mood. Chocolates shaped like hearts lay on the plate and we should have said: Save those for Valentine's Day. Speaking of... there will be a special menu that night with extensive choices from George's fine Mediterranean Menu and a newly expanded international wine list. Make your reservations now. **MM**

Café Parizade

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Hours:

Lunch: Monday – Friday 11:30-2:30

Dinner Monday-Thursday 5:30-10:30

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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) 832-1122. 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 for 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.

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.hi5-raleigh.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.

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.

Maximillians – 8314 Chapel Hill Road, Cary (919) 465-2455. Maximillians, 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 3½ stars. For reservations, (919) 465-2455.

The Melting Pot – 3100 Wake Forest Road, Raleigh. (919) 878-0477. At The Melting Pot,

fondue becomes a memorable four-course dining experience where patrons can really "Dip into something different®." Guests enjoy a choice of four flavorful fondue cooking styles and a variety of unique entrees combined with special dipping sauces. The menu also includes creamy cheese fondues, fresh salads, fine wines and mouthwatering chocolate fondue desserts. www.meltingpot.com

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.michaeldeans.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. Don't miss the nightly specials like prime rib, country fried chicken and shrimp and grits. Winner of "Best Salads," *Wilmington Magazine*, "Best Bloody Mary," *Metro Magazine*, and "Best Gift Store," *Citisearch*.

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.

Rey's – 1130 Buck Jones Road, Raleigh/Cary. (919) 380-0122. With a vision of quality, Rey's features fine dining with a French Quarter flare, blended with ambience and exceptional service. Owner Rey Arias created a menu offering signature "New Orleans-Inspired" meals. From the highest quality of steaks and seafood to Homemade Desserts, Rey's offers something for everyone! Customized catering for 6-200 is also available. www.reysrestaurant.com

Ruth's Chris Steak House – 2010 Renaissance Park Place, Cary. (919) 677-0033. Home of the Sizzling Steak. Serving generous cuts of corn-fed 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.

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

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



Brandies:

THE ARDENT SPIRITS OF WINTER

In Normandy, the verdant corner of northwest France where contented cows graze among groves of apple trees, there is a quaint custom to offset the richness of the local cuisine: le trou normand, "the Norman hole." In the middle of a multi-course meal, there is a pause to down a shot of Calvados, the local apple brandy.

The idea is to settle digestion up to that point and make room—a "hole" for what is to come. One needs it—the Norman table is legendary for its largesse, and for

apple charlotte, rice pudding or crunchy Norman sugar cookies... while my father would slice off a wedge of Livarot or Camembert cheese to eat quietly with an apple."¹

Calvados, one of the distinctive amber brandies of France, is distilled from cider, the fermented juice of apples. A fiery beverage, it is aged in oak (where, like cognac and armagnac, it acquires varying degrees of amber hue) from three to 10 years, occasionally more, retaining hints of apple in aroma and flavor. The best Calvados comes from the Pays d'Auge in eastern Normandy where it is double distilled and noted for

armagnac, but also apples, pears (poire), plums (mirabelle and quetsch) and berries (framboise). Whiskeys are produced from grains.

The term brandy was coined by the Dutch, who named the distilled wine brandewijn, or "burnt wine," because it was, in a sense, overheated. In distilling, the fermented liquid is fired to the point that the alcohol vaporizes. Cognac is double-distilled; that is, the alcohol is con-



dishes based on the region's sweet, thick cream and butter. Here is a typical farm family dinner served at the end of a long summer's day of chores:

"... the family would gather around a narrow wooden table. ... My mother brought the meal to the table one course at a time, first setting down a large crock of thick vegetable soup, followed by warm loaves of freshly baked bread and blocks of pale, sweet butter. A plate piled high with slices of lamb roasted pink and flavored with sprigs of thyme and rosemary would come next, accompanied by tender pearl onions and new potatoes still in their skins... a cool salad of crisp chicory and cucumber. ... For dessert, a choice of warm



its depth of flavor; in other areas the apple brandy is single distilled and lighter in weight and flavor.

Calvados is very popular in Paris, and you frequently hear the call in bars and bistros for "un calva."

COGNAC

The most famous French brandy, of course, is cognac, named for the central town of the Charente region near the Atlantic. What distinguishes brandy from whiskey is that all brandy is distilled from fruit, notably grapes as in cognac and

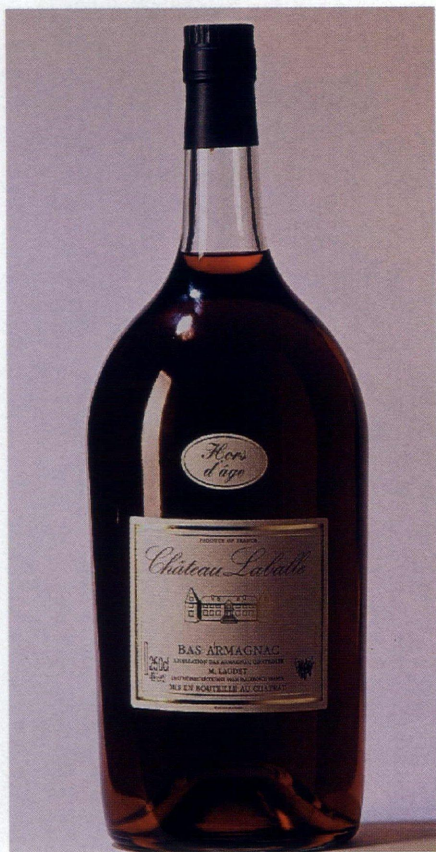


densed back into liquid form and re-distilled to get a purer high-proof white alcohol. Cognac gets its amber color partly from the oak casks in which it is aged, partly from the addition of caramel to adjust the color before it is bottled and a certain mellowing that occurs.

Cheaper cognac, including Three Star, may be aged as little as two or three years in oak, so most of the color comes from caramel. There is also the rather lamentable practice of boisé, the use of oak chips or extract. But the thing that gives fine cognac its distinction is aging. During the process of aging in cask, the spirit takes on flavor from the oak, loses some of the potent alcohol through the porous fibers of the wood, the so-called "angel's share,"

and becomes smoother and more complex in aroma and flavor.

It's a costly process, involving brandies aged as much as 30 to 50 years. Top bottlings that contain some of these older brandies in the blend are labeled XO (extra old), Tres Vieille (very old), or given proprietary names such as Rémy-Martin Louis XIII, Hine Triomphe, or Delamain Vesper, and are expensive, \$80 to \$300 a bottle. But they represent only a tiny portion of cognac production. Eighty to 90 percent is Three Star or younger. By law, VSOP (Very Superior Old Pale) cognac is aged three years but at some firms VSOP may contain brandies four to six years or older.



Each of the cognac houses has its own style for various levels of designation. Courvoisier VSOP may be darker and firmer (but not necessarily better) than that of Martell or Hine. Most brandies are blends of different lots; in Cognac there are six designated regions. The top three are Grande Champagne (has nothing to do with the sparkling wine), Petite Champagne and Borderies. The chalky soils of these areas yield wines that make the best cognacs. Fine Champagne on the

label indicates the cognac came only from Grande or Petite regions.

Top names in cognac: Bisquit, Camus, Davidoff, Delamain, Hennessy, Hine, Jean Danflou, Martell, Otard, M. Ragnaud, Rémy-Martin

ARMAGNAC

Gascony in southwest France, land of the swashbuckling D'Artagnan, is another region of gastronomic riches, noted for foie gras, roast game birds and hearty stews, and the somewhat earthier, more robust brandy known as armagnac. This region boasts a similar mid-meal tradition like Normandy, only it is a shot of armagnac (le trou gascogne) that clears the maw for the rest of the feast. Armagnac is generally distilled once, retaining some of the harsh, fiery flavors that are moderated in twice-distilled cognac, though some armagnacs are twice-distilled in copper pot stills like those in Cognac. Aged in black oak, native to the region, the brandy picks up a warmer, smokier, more robust flavor than cognac. It is also older,



the earliest recorded distillation occurring in 1411 (cognac emerged in the mid-1700s).

Armagnac label designations are similar to cognac. You will see VSOP or XO on some labels, and occasionally, such as in 1982 or 1956, the year the wine was distilled.

Vintage-dated armagnacs are becoming rare, however, and are usually quite expensive.

The proper way to serve these fine brandies—aside from mid-meal shots—is in small snifter glasses. Gently swirled, and warmed by the hand, they release the potent, finely nuanced aromas which hint of oak, smoke, dried fig, cured tobacco and other flavor notes which set them well apart from cheaper brandies.

Some of the better Triangle restaurants offer cognac, armagnac and calvados as after-dinner drinks by the glass—an excellent opportunity to try them after a fine meal. **MM**

¹The Norman Table, Claude Guermont with Paul Frumkin. New York: Charles Scribner's Sons, 1985.



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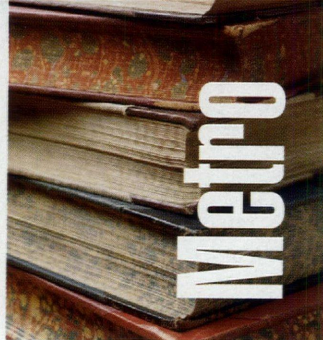
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Books

by George C. Leef

JOHNNY STILL WON'T READ

What is it really like to teach American college students these days? Very few professors bother to write much about that. Sure, they have a lot to say, but *writing* critically about the problems of dealing with students would not be appreciated by administrators ("I thought you were part of our team, but from that letter of yours in *The Chronicle of Higher Education*, I can see that you're not!"). Nor would it be a profitable use of time, given the pressure to produce "research" that helps land tenure and puffs out the old CV. So it's a rare occurrence to come upon a book addressing that topic.

Patrick Allitt is a native of Britain who teaches American History at Emory University in Atlanta. His book, which bears the subtitle *A Semester in the University Classroom*, is not only a pleasure to read, but also says some very important things about the state of American education. Far from endorsing the usual line that American universities are the world's best, doing great things to hone young minds to a keen edge, Allitt's book leaves you wondering why we spend so much for so little benefit.

First, Allitt observes that American college students—even at a decidedly upper crust institution like Emory—are not readers. They've had 12 years of schooling, yet have a strong aversion to it. Getting his students to read and understand the assignments is a constant problem. "Most students today do not read much and many have gone through school hardly ever reading voluntarily. There has been a lot of discussion during the culture wars of the last decade or two about what books we should assign to students and what (if anything) we should regard as part of the canon. What makes the debate so intense is perhaps the participants' awareness that the

assigned books in school and college are often almost the only books many of the students are ever going to read."

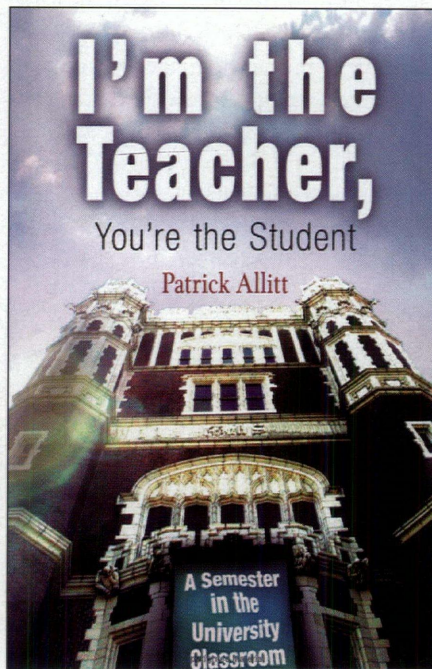
Allitt's students complain about the amount of reading he assigns, about its supposed difficulty, and about its failure to interest them. Often, when he asks them questions about the assignments, they either have not troubled themselves

Allitt doesn't say much about his colleagues, but I suspect he knows that many of them have given in to what Murray Sperber calls the faculty/student non-aggression pact: Students get light assignments and good grades in return for expecting little instructional effort from their professors. Allitt's willingness to stay and fight when much of the rest of the faculty has surrendered is commendable, but if only a small number of professors insist that students read and understand, the college experience is just the skeletal remains of its former self.

AND WRITING

The second big point Allitt makes is that American college students are poor writers. Not just his students, but students at institutions from the top to the bottom of our higher education totem pole—bad writers all. "They have not done enough writing to become good at it," he observes. "They've been cursed with a lifetime of multiple-choice examinations instead, so even the highly intelligent ones come to writing as a strange and alien activity that is occasionally forced upon them."

Our author is correct. The grading of writing assignments is hard and usually thankless work. (Allitt notes that students often bristle at having writing errors pointed out to them, rather than accepting and learning from criticism.) Few teachers or professors go to the trouble of assigning papers and bringing out the red pen to correct mistakes any more, so it's natural that students can't write. That's a serious problem, compelling businesses to spend large amounts of money each year on what amounts to remedial writing courses. Students who are fortunate enough to have a course taught by someone like Patrick Allitt will enter the job world with a better idea of



I'm the Teacher, You're the Student
by Patrick Allitt
University of Pennsylvania Press
2004/5, 244 pp.

to do the reading, or if they have, they've gleaned precious little information from it. He confronts this problem diligently by calling on students in class and giving quizzes. Some students respond, but it's evident that many are set in their ways. They just don't like to read anything that isn't fun and entertaining.

Matters might improve considerably if the rest of the faculty was also fighting against the student aversion to reading.

how to organize and express their thoughts. Most, however, will graduate from college with the same weak writing skills with which they entered.

Given the two prominent themes of students who disdain reading and haven't learned to write, the people who ought to read the book are those who run our K-12 schools and the parents of college students who assume that because their kids have gotten into college, they must be pretty well educated. Teachers should begin an immediate program to make good writing a top priority in schools, although that will be difficult given the scarcity of teachers who are skilled writers themselves. Parents should turn thumbs down on colleges that don't have a strong commitment to writing. Finding institutions that measure up won't be easy.

Allitt also touches on other topics close to a professor's heart, such as plagiarism (lots of students do it and some can hardly see why it's bad), excuse mongering by students, and the pressure to grade leniently. Allitt readily admits that he contributes to the grade inflation problem, which has reached epidemic proportions. He knows grade inflation is bad, but doesn't want to face the personal and administrative grief that now almost inevitably follows honest grading.

My favorite episode in *I'm the Teacher, You're the Student* is a class in which Prof. Allitt is discussing the causes of the Great Depression. A senior economics major keeps chiming in with statements that run contrary to the conventional, "mainstream" historical view pinning the blame on the instability of capitalism. Allitt admits that "he's well read and knows

how to pick holes in my oversimplified explanations." Sounds like what educators like to call "a teachable moment," but with the roles reversed. Bravo to both the unnamed student for putting his education to good use, and to Professor Allitt for recognizing that he had something important to contribute.

This is a wonderful book. I heartily recommend it and tip my hat to the author for writing it instead of some dreary monograph for some obscure journal. By spilling the beans about the parlous state of American education, he has done infinitely more to advance the nation's welfare than if he had squandered his time on more "academic research." **MM**

George C. Leef is Executive Director of the John William Pope Center for Higher Education Policy.

NEW AND NOTEWORTHY by Art Taylor

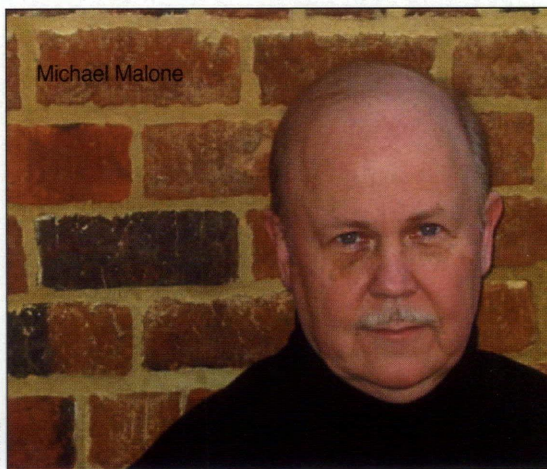
MALONE'S FICTION WITHIN FICTION: PLUS A FULL SLATE OF AUTHORS & EVENTS

For those of you who have fallen behind on your soap operas, here's a quick update on the character of Marcie Walsh in ABC's *One Life to Live* (largely cribbed from the soap's Web site): Despite her last few busy years illegally altering hospital records, contracting a rare disease and then passing it along to a lover (who died), falling in love with a man inhabited by the spirit of that dead lover, foiling a black-market organ smuggling ring, rebuilding a community center and standing up for the right to gay marriage, Marcie Walsh also wrote a novel, *The Killing Club*, based on her and her friends' teenage fantasies about dispatching classmates that they didn't like.

In February, that novel will finally be published—not just on the show, but also at a bookstore near you, courtesy of Michael Malone, former head writer for the soap opera and an acclaimed and

award-winning novelist in his own right.

"On the show," explained Malone in a recent interview, "a friend of Marcie's sent the manuscript to Michael Malone, the novelist, whom the friend knew as a



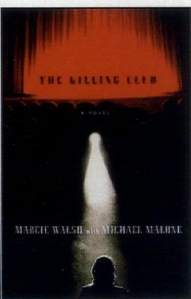
professor at Llanview U. [the university Marcie attends on the show]. Mr. Malone liked what he saw of Marcie's work and decided to help with her book and then help her to find a publisher. He sent the novel to Hyperion, who accepted it: Marcie met Gretchen Young (who is the real editor of the real book). So, the project is a fiction about a fiction inside a fiction."

Confused yet?

Malone explained that even outside of the fictional world of *OLTL*, the book's genesis was unique. "The novel began with Hyperion/ABC asking me if I'd be interested in writing something connected to *One Life*. I said no, not a tie-in or a spin-off or a novelization. But the idea of watching a piece of fiction (Marcie) create a piece of fiction (*The Killing Club*) over a whole year on a serial fiction (*One Life to Live*) intrigued me.

I am very fond of the character Marcie—with her smart, spunky New Jersey working-class background—and I wanted to see what kind of narrative voice she would 'create.' The voice turned out to be that of Jamie Ferrara, a young, passionate, wise-cracking Homicide Detective in Gloria, New Jersey, daughter of an Italian-American cop."

In the book, credited to both Walsh and Malone (and inspired by an idea for a movie that Malone discussed with his *OLTL* colleague Josh Griffith), Jamie Ferrara finds herself drawn into a mur-



der in her small New Jersey hometown—a murder which, as her old high school friends remind her, seems eerily similar to a murder that they all contrived as part of their “killing club” back in their teen years. Is it possible that one of her once-close high school coterie is responsible for the killing? And surely it’s not Garth McBride, the boy whom she loved and lost, and with whom she’s now rekindling lost flames?

“Everybody in *The Killing Club* is both potential victim and potential killer,” said Malone.

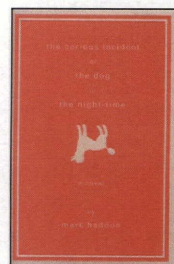
Upcoming episodes of the soap opera will feature the book’s publication, simultaneously with its appearance on the shelves of real-life bookstores. “There will be a publication party [on the show],” said Malone, “and the real Hyperion editor and publisher will be there as well as the art designer, Chip Kidd. After the book’s publication, events will begin to happen in Marcie’s life that eerily reflect the events in the novel. Watching the show enhances the experience of reading the novel, and reading the novel gives clues to what’s happening on the show.”

While *The Killing Club* is Marcie Walsh’s first book (so to speak), Malone is an old hand at this, and his previous novels—including the trio of NC-set mysteries *Uncivil Seasons*, *Time’s Witness* and *First Lady*—have proven him a master at devising intricate plotting and compelling characters. And as he assured me during the interview, this is very definitely a “Michael Malone book.” So whether or not you’re a soap fan, the novel promises to be well worth your time. And as Marcie Walsh celebrates her debut publication on the small-screen, Malone himself has a few local signings planned around our area this month, including Thursday evening, Feb. 10, at Raleigh’s Quail Ridge Books and Wednesday evening, Feb. 16, at Durham’s Regulator Bookshop.

AN UPDATE

Last month’s issue included a listing of the finalists for the 2005 Wake Reads Together program. Since then, the Wake County Public Library has announced this year’s winner, and readers throughout Wake County (and even beyond) are

all encouraged to turn their attention to Mark Haddon’s *The Curious Incident of the Dog in the Night-time* before early April. The award-winning book, which recounts what happens when a 15-year-old with Asperger’s Syndrome decides to solve the murder of his neighbor’s poodle, is geared both to adults and to younger readers. In Great Britain, it was published in two versions (same text, different covers)—one for adult audiences and one for teenagers. Unfortunately Haddon himself will be unable to join Wake readers during this year’s program (as novelist Lewis Nordan did last April for the 2004 event); the British-born author is also currently Britain-bound, and won’t be traveling to the states during the program. Instead, join one of the discussion groups hosted over the next two months at libraries and bookstores throughout the county. In February, these include an event on Thursday evening, Feb. 10, at



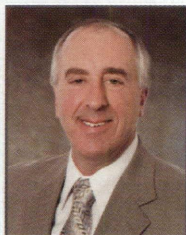
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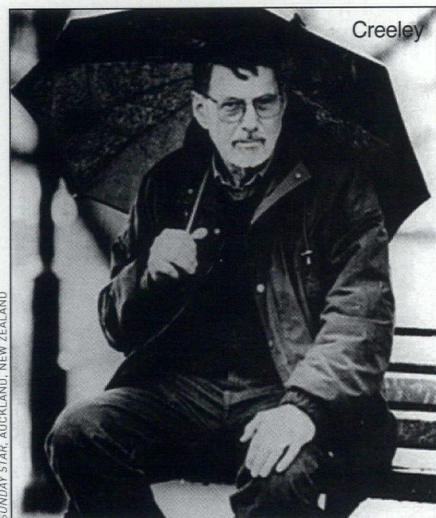


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the Cary Barnes & Noble, and a gathering on Friday, Feb. 25, at Raleigh's Quail Ridge Books.

CREELEY AT THE COAST

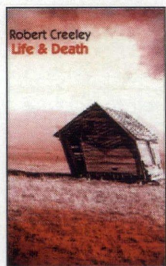
Though Mark Haddon won't be in Eastern North Carolina any time soon, a variety of other writers will be visiting the area in February—chief among them poet Robert Creeley, who headlines this



SUNDAY STAR, AUCKLAND, NEW ZEALAND

year's Writers Week in Wilmington, Feb. 7-11, hosted by UNC-Wilmington's Department of Creative Writing.

Creeley is perhaps best known in North Carolina history for his association with that noble experiment in education, Black Mountain College. He edited and published *The Black Mountain Review* and also taught at the college at the invitation of poet Charles Olson.



Creeley's publications include *Collected Poems: 1945-1975*, *So There: Poems 1976-1983*, *Just in Time: Poems 1984-1994* and, most recently, *Life & Death*; he has received the Robert Frost Medal, the Lannan Lifetime

Achievement Award, two Guggenheim Fellowships and a Distinguished Fulbright Fellowship.

During Writers Week, Creeley will lead a graduate poetry workshop at UNC-W and will deliver a public reading on Thursday, Feb. 10, in Kenan Auditorium on the university's campus.

(Admission is \$7, \$5 for senior citizens; tickets can be reserved by calling 910-962-3500.)

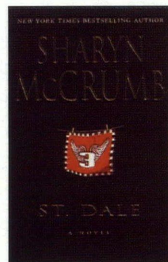
Additional authors will deliver readings throughout the week, including novelist Michael Parker (*Virginia Lovers*); memoirist Virginia Holman (*Rescuing Patty Hearst*); poet A. Van Jordan (*MacNolia*); John Sullivan (*Blood Horses: Notes of a Sportswriter's Son*); and poet Mark Wunderlich (*Voluntary Servitude*). These readings are free. For further information or times and venues, call 910-962-7063.

THIS MONTH'S HIGHLIGHTED READINGS AND SIGNINGS

In addition to Creeley's visit to Wilmington, a few other distinguished names—and a few local talents—are reading in the area this month.

Headlining the list—and also kicking off the month—Pete Dexter reads from and signs copies of his latest book, *Train*, at Branch's Chapel Hill Bookshop on Thursday evening, Feb. 3. Dexter's novels include the National Book Award-winning *Paris Trout*, *Brotherly Love* and *The Paperboy*. His latest book charts the collision course between a tough San Diego police sergeant and a young African-American golfer with a hidden secret in the racism-plagued 1950s—not the cheeriest stuff in print, but he's definitely got vision and the talent to bring that vision to life.

Later that same week, Sharyn McCrumb returns to the Triangle with her latest book, *St. Dale*—a departure of sorts from previous novels steeped in Appalachian lore, but still exploring the mythology (and mythologizing) of the region, this time through the lens of NASCAR and the cult of Dale Earnhardt. The premise of the novel is intriguing enough in its own right: A former stock car driver signs on as the guide for a tour of Southern speedways, only to discover that the tourists are making a pilgrimage in honor of their



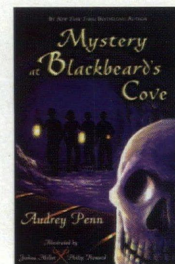
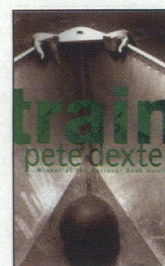
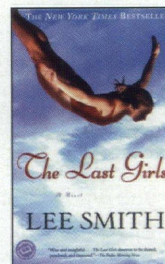
fallen hero. McCrumb's own tour takes her to Raleigh's Quail Ridge Books on Friday, Feb. 4, and to Durham's Regulator Bookshop on Saturday, Feb. 5.

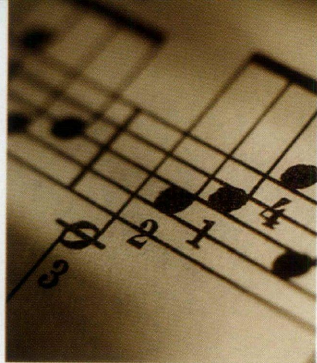
Though some of the press around Cassandra King inevitably focuses on the fact that she's married to Pat Conroy, she's done well to establish a literary reputation all her own, particularly on the basis of her novel *The Sunday Wife*. King's third novel, *The Same Sweet Girls*, reunites six college friends for a look back at where they came from and how far they've come (or how far they've fallen short).

In summary, it's hard to avoid at least some sense of shared theme with Lee Smith's *The Last Girls*, but King's book arrives with some fairly strong praise behind it. King will be at the Regulator on Tuesday, Feb. 8, and at Quail Ridge Books on Wednesday, Feb. 9.

On a local note, Quail Ridge Books is also hosting a poetry reading on Sunday afternoon, Feb. 13, with several noted NC poets: Lavonne Adams, author of *In The Shadow Of The Mountain* (winner of the 2004 Randall Jarrell/Harperprints Poetry Chapbook Competition); David Manning, author of *The Ice-Carver* (winner of Longleaf Press's 2004 Poetry Chapbook Competition); and Andrea Selch, author of *Startling*.

And a little something for the younger set: On Saturday, Feb. 19, at 5p.m., best-selling children's book author Audrey Penn reads from her latest (and first "chapter book"), *The Mystery at Blackbeard's Cove* at the Greenville Barnes & Noble. The book is geared toward ages 8 to 12 and offers adventures aplenty, including ghosts, skeletons and even a hurricane! Hold onto your hats! **MM**





PvV

by Philip van Vleck

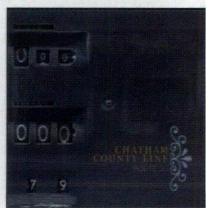
CHATHAM COUNTY LINE CUTS SOPHOMORE BLUEGRASS DISC

The Raleigh-based bluegrass quartet Chatham County Line will be releasing their sophomore CD for Bonfire Records on February 22. Titled *Route 23*, the new album features principal songwriter Dave Wilson on vocals and guitar, Chandler Holt on banjo and vocals, and the multi-talented John Teer on vocals, fiddle and mandolin. Joining these founding members of CCL for the second album is Greg Readling. Like Wilson, Readling (acoustic bass) is a former member of The Carbines, Tift Merritt's band.

The members of CCL refer to themselves as new traditionalists—a descriptor that makes sense when one listens to *Route 23*. CCL prefers to explore new material via an old-time medium. The tunes have the acoustic vibe of traditional bluegrass, yet most of them were written for the album by guitarist/vocalist Dave Wilson.

Wilson was born and raised in Charlotte. He moved to Raleigh to attend North Carolina State University and remained in the land of the giant acorn rather than return to the Queen City.

Like many guitarists, he picked up his instrument in his early teens.



I got in too much trouble. The band teacher would be busy taking care of the other sections, like the flautists or the bass drum play-

ers, and it was too easy to slough off and make jokes at other people's expense.

"After that I was trying to decide between drums and piano," he continued, "but I ended up deciding that portable was the best

kind of vein, so we took it from there and started playing out, and here we are."

For Wilson, the music he was making with Holt and Teer was a new vein. His previous work had been more in the indie rock or Americana mode.

"I really didn't have a bluegrass background," he allowed. "I was a fan of the Grateful Dead and Jerry Garcia's interest in bluegrass led me there. I also turned on to some pickers listening to that Steve Earle album, *Train a Comin'* [1995; Warner Bros.]. I really like the way that record sounds and the way the words come across, and how you can hear the lyrics.

"Aside from that, I don't have any great bluegrass background or musical-family background," he continued. "I have a couple older siblings who were forced to take piano lessons, but they hated it, so my parents skipped it with me. Sometimes I wonder if I play music now because I wasn't forced to take piano lessons."

Asked how a band comprised of four Raleigh residents decided on the name Chatham County Line, Wilson explained: "John and I were going to our first official practice at our banjo player's house. He lived in Chapel Hill at the time, right off Highway 54. We got lost somehow and the next thing we knew we were looking at a sign that read 'Chatham County.' We knew Chandler didn't live in Chatham County, but a light bulb went on over our heads and we thought, 'Chatham County Line.' We figured that would work for a band name. You might say we crossed that county line and never looked back.

"Usually the band gets together before they get a name, but in this case we had the



MIKE TRAISTER

option, so I got a guitar, and that's been the bane of my existence ever since—learning how to play it.

"I don't know if my parents are happy that I did that or not. It's turned into a career choice rather than a hobby."

Wilson played in bands in college and afterward, including Stillhouse.

His involvement in the Chapel Hill music scene led Wilson to an acquaintance with Chandler Holt and John Teer, and they soon found they shared some musical interests.

"I started jamming with Chandler and John and liked the way it sounded," Wilson explained. "I was writing some songs in that

name first."

Wilson went on to explain that CCL began rather tentatively in late 1999, playing a few gigs at places like The Mellow Mushroom in Chapel Hill and Sadlack's in Raleigh. At the time, CCL members were still involved in other bands.

"Some of the guys in the band were also playing with a band called Burgeon, and having some success at it, and I was playing with Tift Merritt's band and in Stillhouse, so we were involved in several bands for a while," Wilson said. "I'd say we became a real, one-hundred-percent band when we started tracking our first record in 2002 [self-titled album for Bonfire Records, released in 2003]. At that point we got a record deal and things started moving; then we knew this just wasn't a hobby. We figured if people wanted to hear us and a label wanted to

invest money in us, this was what we were supposed to be doing."

Despite their ongoing relationship with Yep Roc/Bonfire, CCL still handles most of their own chores.

"We still don't have any management or a booking agent," Wilson noted.

"All we have is a record label. We've been playing all over the place. We went out to Colorado in 2004, to a festival called Rocky-Grass, and competed in their bluegrass competition. We won their Best New Bluegrass Band prize, too. We've also been to MerleFest for the songwriting competition.

"Those kinds of things have pushed us more toward working full time. We're starting to do more touring now. We're headed for New York and New England and Nashville."

Hitting the road beyond the Carolinas is

expensive, but Wilson and his band mates realize that the path to the next level leads through an awful lot of music clubs, coffee-houses, regional bluegrass festivals, and Waffle Houses. CCL appears to be up for the challenge. As Wilson remarked: "If we can make enough money to survive playing into one microphone, we're more than willing to do that." **MM**

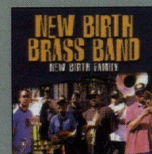
QUICK FIX

New Birth Brass Band:

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(Fat Black Records)

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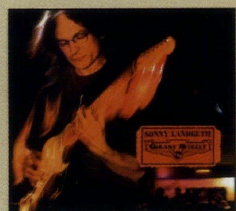
Sonny Landreth:

Grant Street

(Sugar Hill)

Landreth is one of the most innovative and compelling guitarists on the planet, and his distinctive Louisiana blues sound has long been a major item among astute blues fans. *Grant Street* is Landreth's first live album, recorded in April 2004 at Grant Street Dancehall in Lafayette.

Working with his usual band—Dave Ranson (bass) and Kenneth Blevins (drums)—Landreth lights the fuse on 11 superb tunes. Those who are aware



of Landreth's guitar wizardry know he's quite possibly the most adept and unique slide guitarist ever to

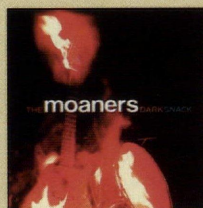
strap on an axe, and what unfolds on *Grant Street* more than confirms this perception. Add to Landreth's virtuosity the fact that the Ranson/Blevins rhythm section rocks like hell, and what we're talking about here is a blues record that will blow your hat in the creek. Hot numbers abound on *Grant Street*, but extra-

special tracks include "Z Rider," "USS Zydecoldsmobile," "Broken Hearted Road" and the Landreth/Ranson/Melton classic, "Congo Square." Best get some of this while you can, because there won't be a more potent blues album released this year.

The Moaners:

Dark Snack

(Yep Roc)



Melissa Swingle is best known among indie rock fans as the founding member of Trailer Bride, but anyone who's still stuck on Trailer Bride is a band behind Swingle. The Moaners is her latest thing, and it's a pretty elemental rock thing. Swingle plays guitar, Laura King plays drums, and that's that. The tunes are a departure from the Southern Gothic vibe of Trailer Bride's material. Swingle and King work a harder, punk-wise sound, minus the frenzy of punk rock. The Moaners' energy is more potential than actual, due in part to Swingle's atonal, low-keyed vocal style, which is often no more than an insolent drawl. *Dark Snack*

is as strong an album as Swingle ever produced with Trailer Bride, and it's the best job she's ever done of sharing her rock 'n' roll soul.

Paris Combo:

Motifs

(Koch)



Euro hipsters Paris Combo have established a foothold in the US via several limited stateside tours. Their sophisticated brand of cabaret jazz and eccentric Euro pop has a strong appeal among those who appreciate the wit and subtlety of such music. Vocalist/songwriter Belle du Berry not only has the ideal voice for the Combo's style—she's also one of the most interesting lyricists in Europe. She's backed by the talented quartet of David Lewis (trumpet, bugle, keyboards), Potzi (guitar), Mano Razanajato (double bass), and Francois Jeannin (drums, percussion). For a taste of their chops, cue up the instrumental number "Reflet." For an immediate take on the essential vibe of Belle du Berry and her boys, start with the urbane jazz of "Je ne sais qui fumer."

EYES ONLY

Charles M. Swoboda, a 1989 graduate of Marquette University, has been elected to the Marquette University Board of Trustees. Swoboda is president and CEO of Cree Inc., a semiconductor company headquartered in Durham. Cree was recognized by Forbes as one of the 200 Best Small Companies for 2004. ■■ **The First**

Flight Venture Center, a Research Triangle Park-based business incubator, was given the Best Science Based Incubator Award 2004 in the category of **Return on Public Investment** at the Science Alliance's annual conference on Best Practices in Science Based Incubators held in Oxford, England. Business incubators from all over the world competed in three awards categories. ■■ NC State University is hosting the **Great Decisions Program**, the largest grassroots **world affairs educational program** of its kind. Developed by the Foreign Policy Association in 1954, Great Decisions brings millions of Americans together in communities across the country to discuss foreign policy issues. The series of forums at NC State will be held on campus in Poe Hall and will continue until March 15. ■■ Raleigh-based architect **Frank Harmon, FAIA**, was recently appointed to serve a two-year term on the US General Services Administration's **National Register of Peer Professionals**. The National Register is part of the GSA's nationwide Design and Construction Excellence Program, which strives to improve the quality of public buildings. ■■ The first **International Case Competition** in the US for graduate business students was recently launched by **UNC's Kenan-Flagler** and Emory University's Goizueta business schools. Teams worldwide competed to solve international cases involving multinational companies. Cash prize was \$8000. Winner was the University of Otago School of Business in New Zealand, and runners-up included Emory's Goizueta and UNC's Kenan-Flagler business schools. ■■ The second **Duke University-led expedition** to a deep underwater canyon will take geologists to a place in the eastern Pacific Ocean where new sea floor was forged out of volcanic lava within the past several million years. The **Pito Deep Trough**, positioned as deep as 19,600 feet below the ocean's surface just west of Easter Island, will offer scientists a rare chance to study the internal geology of such ocean floor crust-making processes. ■■ **Walter Sturdivant**, who began his broadcast

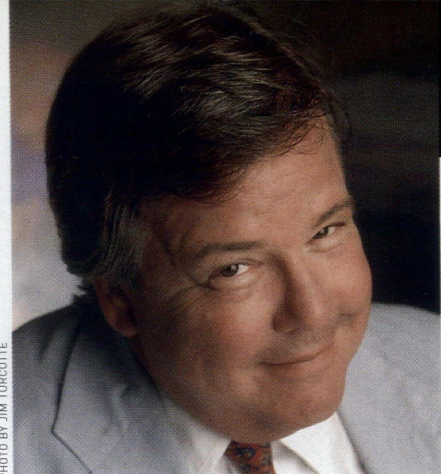
career at **WCHL**, has returned as the President and General Manager of the Chapel Hill-Carrboro radio station. He began his duties on January 3, according to the announcement by ViCom President Jim Heavner. WCHL is part of ViCom, a Chapel Hill based communications company. ■■ **The Fine Arts League of Cary is seeking entries** for its 11th Annual **Juried Art Exhibition** to be held March 28 to April 27 in Cary. Show awards and purchase awards will total over \$6000. Deadline for the mail-in registration is March 11. For full details and a printable prospectus call 919-847-5663 or 919-319-1954 or visit www.fineartsleagueofcary.org. ■■ **Deborah Jakubs**, director of collections services for Duke University's Perkins System Libraries, has been selected to be the **Rita DiGiallonardo Holloway University Librarian** and vice provost for library affairs at Duke. In her new role, Jakubs will administer eight libraries as well as the university archives and its records management program. An international videoconference, "**National Language Policy Summit: An American Plan for Action**," recently brought to Chapel Hill more than 35 leaders representing academic, business, government and humanitarian organizations to establish US language policy for the upcoming decade. The conference was sponsored by the American Council for the Teaching of Foreign Languages and the University of North Carolina at Chapel Hill. ■■ The online resource for choral music, **TriangleSings!** has received its first public funding, a grant from the **Orange County Arts Commission**. The not-for-profit service (www.TriangleSings.org) provides comprehensive, up-to-date information about choral activities in and near the Triangle. ■■ For the third consecutive year, students from **UNC's School of Pharmacy** won the clinical skills competition at the midyear meeting of the **American Society of Hospital Pharmacists**. The team of **Amanda Ball** from Greensboro and **April Miller** from New Bern, both fourth-year pharmacy students, won the two-day competition, which featured 85 two-person teams representing pharmacy schools nationwide. ■■ A 1941 movie from Duke University's film archives that shows a slice of daily life in **Kannapolis, NC**, has been added to an elite list of historically important cinema. The Library of Congress announced recently that the Kannapolis film made by itinerant filmmaker **H. Lee Waters** was one of 25 it would add to the **National Film Registry** for 2004. ■■ The work of faculty artists from the art department at the UNC-Chapel Hill will be on display from Feb. 13 to March 27 at the **Ackland Art Museum** in the **UNC-Chapel Hill Faculty Artists Biennial** exhibition. ■■ **William H. Gross**, manager of the world's largest bond mutual fund, and his wife Sue are giving more than **\$23 million to Duke University** to provide financial aid for **needy and excellent students** and other programs. Gross is a 1966 graduate of Duke's Trinity College and an A.B. Duke Scholarship recipient. He is the chief investment officer and a founder of the Newport Beach, CA-based PIMCO, one of the world's largest bond management firms. ■■ Two **Cape Fear Coast** annual events have been listed on **Southeast Tourism Society's Top 20 Events** for the months January through March 2005. Each of this year's recipients has made the prestigious list in years past: the 8th Annual Cape Fear Model Railroad Club Annual Show & Sale (Jan. 29-30) and the **11th Annual Cucalorus Film Festival** (March 30-April 3). ■■ **Research Triangle Institute International** recently held a groundbreaking ceremony for a new, **\$20 million science and engineering building** at the Research Triangle Park. Construction on the 78,000-square-foot building is scheduled to begin this month. ■■ **Saint Mary's School** in Raleigh has won two Grand Awards and one Special Merit Award in the **2005 Council for the Advancement and Support of Education District III awards** competition. The awards will be presented at the 2005 CASE District III conference in Atlanta, February 22. ■■ **Millard Fuller**, president and founder of **Habitat for Humanity International**, will speak at **UNC-Chapel Hill's Kenan-Flagler Business School** on Feb. 8. A reception and book signing in the Kenan Center dining room at 5:30 p.m. will be followed by Fuller's lecture at 6:30 in the McColl Building's Maurice J. Koury Auditorium.

Metro INDEX

Amount of payroll for North Carolina's information technology sector: \$7.5 billion
North Carolina's national ranking among plastics & chemical industries: 9
The state's national ranking among tourist destinations: 6
National growth rate between 2000 and 2004: 3.8 percent
North Carolina's growth rate in the same period: 5.3 percent
Among the 17 Southeast states, North Carolina's ranking of states with lowest unemployment: 1
Percentage of families moving out of Massachusetts as opposed to moving in: 55.4 percent
Percentage of families moving out of California versus those moving in: 54.7 percent
Percentage of families moving into North Carolina as opposed to moving out: 61.8 percent

My Usual Charming Self

by Bernie Reeves



THE LITTLE TRAIN THAT SHOULDN'T

Durham is much in the news. The old-line family newspaper was sold recently, under financial duress, to a chain. The Raleigh daily decides to damn Durham with faint praise by publishing a Sunday feature stating that the Bull City's reputation—as gang-infested, crime-ridden and corrupt—is not actually as true as people perceive. And now the new World Almanac for 2005 has separated Raleigh from Durham (and Chapel Hill) in its listing of Metropolitan Statistical Areas—in effect undoing the work of many to create the urban critical mass we call the Research Triangle.

Yet the Triangle Transit Authority is attempting to run a rail line between Raleigh and Durham as if the two cities like each other. They don't, mainly because certain citizens in Durham have been running a guerrilla campaign against Triangle unity. Organized around a "Durham First" thrust that manifests itself in anti-Raleigh propaganda, Durham's Convention and Visitor's Bureau has employees with the specific job description to communicate with any entity that mentions Raleigh above Durham. Airline pilots, publications, broadcast media and government agencies receive a call if they dare to refer to the airport as simply Raleigh, or forget that most of the facilities at Research Triangle Park are in Durham County. (See December 2000 *Metro*, "Reyn Bowman Embraces a New Vision for the Triangle.")

Civic leaders throw up their hands when referring to Durham's intractable attitude about regional unity, whether land planning, road development, culture or busi-

ness recruitment. As the Triangle gains international status, petulant people in one of its constituent parts are running a campaign to undo the hard work by many to create metropolitan critical mass for the Triangle. As a player in that concept with the first Triangle-wide media—*Spectator*, *Triangle Business Journal* and now *Metro Magazine*, I find it appalling that Durham's leaders, mostly in defiance of public feeling in the Bull City, desire to abandon the urbanity and sophistication of the Triangle concept, in effect balkanizing us back into a collection of Mayberries.

THE TTA SCANDAL

But that is not nearly as appalling as the continued development of rail transit in the face of Durham's notorious resentment of Raleigh. I have been screaming and yelling about the nonsense behind the argument for rail transit since 1982 when radical activists first began forcing the idea. Back then there was not one scintilla of factual basis for wasting time and money on the concept. Today, as evidenced by a chilling report from federal transportation officials, there is little justification now, in 2005. Rail proponents were mostly environmental radicals using junk science to force people out of their automobiles to save the earth—with the added dimension of creating a central apparatus to re-direct development and control the movements of the masses. Rail transit activists and shadow environmental groups have been holding up road projects in their zeal to create gridlock to force their goal on the people. The current widening of I-40 near RTP was 10 years

behind schedule directly due to a handful of eco-nuts. As I wrote, rail mass transit was born of sin, the political sort.

And sure enough, it is clear that rail proponents must prove that road congestion will hamper movement to gain federal funds. So despite their best efforts, according to the latest report from federal planners, the rail activists have actually failed. Yet they are undaunted. The more the facts militate against their case, the more fiercely they embrace it. It's "free money" they cry to area leaders, so we must move on, failing to divulge that this money to build the system is a drop in the ocean compared to the future burden on area citizens. But worse, the rail plan is a naked maneuver to change our pattern of development in Raleigh, a city of neighborhoods that consistently ranks as one of the best places to live in the world.

Rail will scar the city and cost its citizens their economic security. The fact is that the only line TTA could force through, due to earlier failures to crisscross the region with tracks, goes to Durham. What we are actually talking about, based on the reality that Durham desires to go its own way and disassociate itself from Raleigh and Triangle unity, is inter-city rail, a different proposition all together, and one that I steadfastly think is a good thing for the region and the nation. Fast trains connecting major cities, such as the TGV in France, is a plan we need as airline travel becomes a strain. A fast train to the coast or mountains; to DC and New York; to Chicago and the West Coast; to Atlanta and points south, yes. To Durham: I'd rather drive.

NOTES FROM LA-LA LAND

MICHAEL CRICHTON has them hopping with his new book that dismantles the environmental movement. *State of Fear* is fiction, but fiction with footnotes and the story is gripping enough to engage readers so they can learn the truth: Global Warming is a sham, as are most of the ancillary fabricated fears cooked up by a crowd of fringe fanatics who count on the stupidity and mutual beliefs of our politicized mass media who disseminate any press release that spreads fear about global warming without bothering to check the facts.

...

NATIONAL PUBLIC RADIO naturally gave a huge hunk of airtime to a book by a California professor who studied ancient Mayans, the history of Iceland and Easter Island, claiming that bad environmental policies brought down their cultures. This is fanciful at best, but the thrust of the book *Collapse* is a confident warning that the United States will fail in 50 years if we don't learn from these past societies by ceasing industrial growth, not cut-

ting trees, preserving our water and generally relapsing into a pre-historic culture before it's too late. Recently, he received airtime and was taken seriously. Seen much on Crichton's book anywhere in the media?

...

DAN RATHER is at least disgraced. He avoided the humiliation of being fired with his crew at CBS over the faked George Bush National Guard papers and will "retire" in March. Yet it was Rather who proclaimed himself "managing editor" of the *CBS Evening News*, a position that mandates that he take responsibility for the program's content. Add coward to his dismal legacy of hatchet jobs and slanted news coverage. Funny that Daniel Schor, the old CBS hand and admitted Leftist, avoided mentioning the CBS verdicts on his laughable regular Sunday editorial on NPR. Maybe someone is examining his stint as a broadcast journalist.

...

A 36-LANE HIGHWAY is receiving serious attention in Texas. These giant autobahns would carry trucks, cars, trains and pipelines in separate "lanes" and undo

the inefficiency of trucks and cars fighting it out for survival on today's highways.

...

REAGAN'S REVOLUTION by Craig Shirley, the new book receiving good reviews for laying out the nuts and bolts of the presidency of The Great Communicator, mentions prominently the role of Raleighites Jesse Helms and lawyer Tom Ellis. Ellis (profiled in the January 2002 issue of *Metro*) is famous for engineering the rise of former US Senator Helms. It is little known that he is also given credit for Ronald Reagan's rise to the presidency in the 1980 race. Ellis insisted that Reagan not give up in the 1976 primary race—after a series of defeats caused his advisors to insist he pull out—but to run in the North Carolina presidential primary. Reagan won and the rest is history. Says Robert Novak, reviewing Shirley's book: "Had it not been for this North Carolina upset, Reagan would have dropped out of the 1976 race and never been seen in 1980." Thank you Tom Ellis.

...

NORTH KOREANS are dramatically shorter due to near starvation under the lunatic regime that has lingered since the Korean War as a sickening reminder of the catastrophe of communism. Can we forgive our academics and political activists who defended the Soviet Union, Mao, North Vietnam and the Khmer Rouge?

...

GEORGE BUSH'S inaugural address finally laid out the truth. America has been a world power since World War II, whether we like it or not. We occupied Europe and enforced the disarmament of Germany, while keeping the Soviets behind the Iron Curtain. We occupied and pacified Japan and guaranteed security for Asia. We stood off the Russians in the Cold War and won. As children of dissidents who broke away from an empire in the 1770s, we are naturally resistant to admitting that we are now the world power with responsibilities thrust upon us to keep the planet safe and its people free. The rest of the world should be grateful that we are a benevolent empire and listen to what George Bush has to say. That goes for Americans too. **MM**

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