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Eastern North Carolina

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After Fidel?

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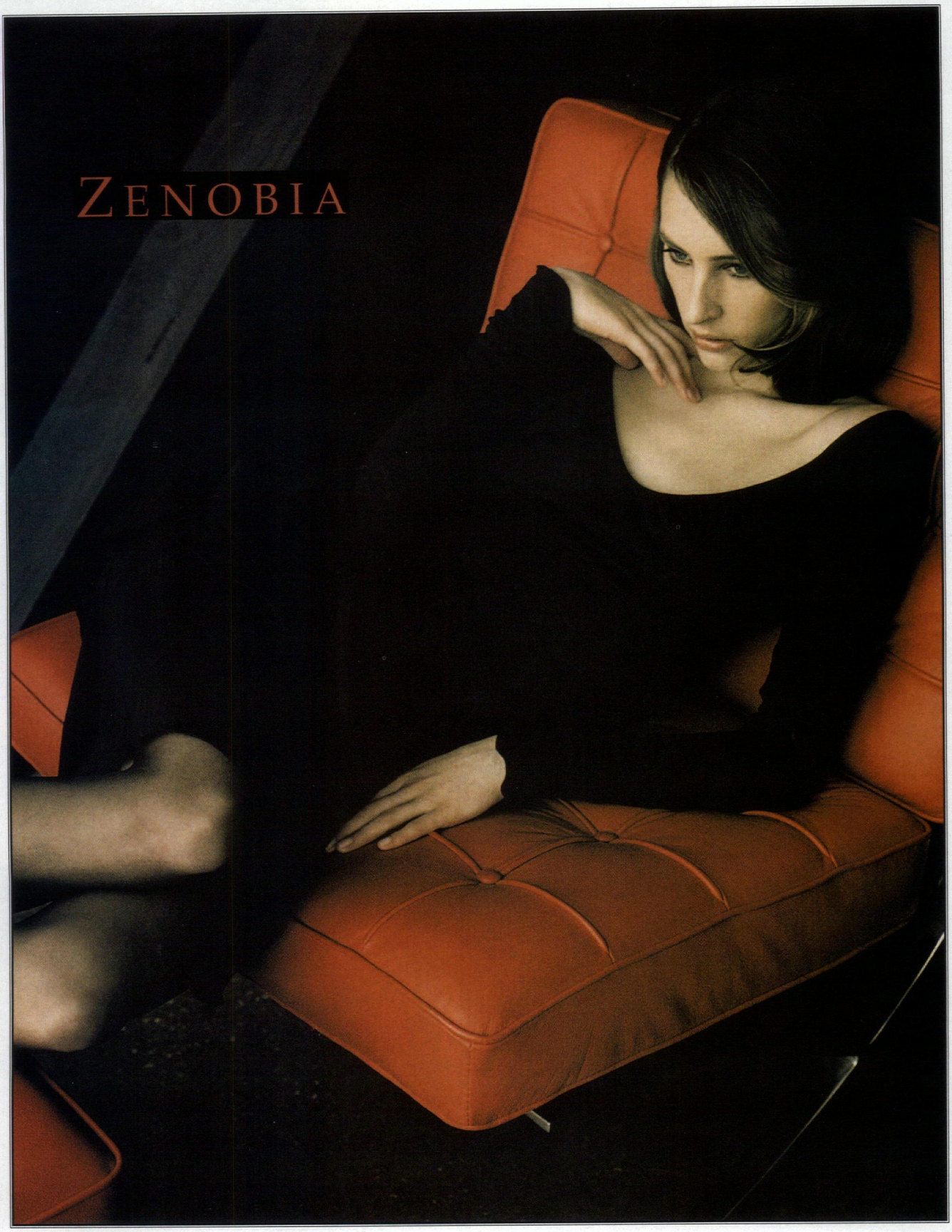

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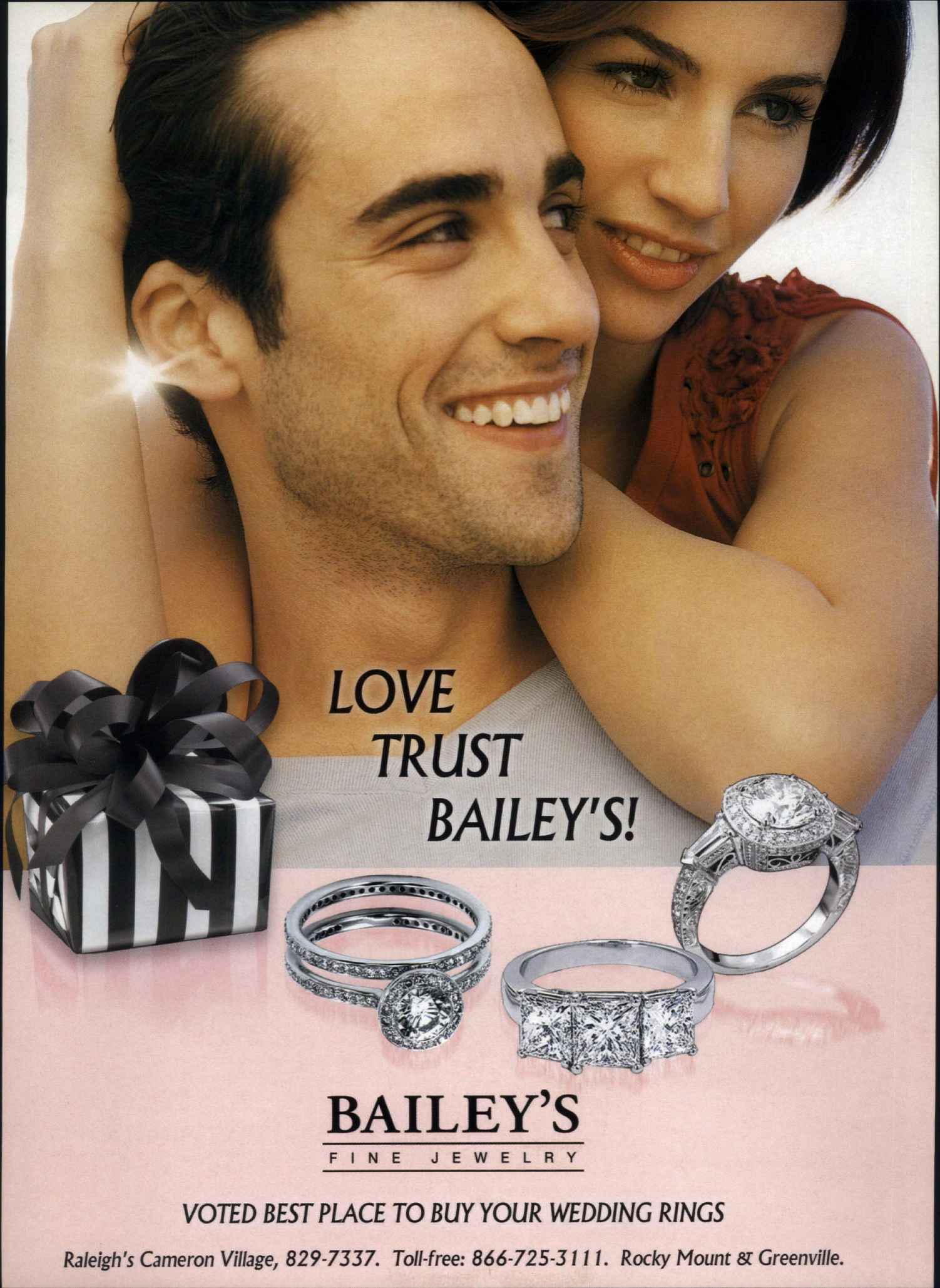

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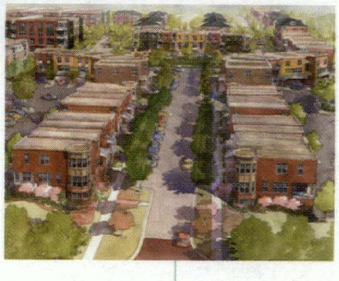

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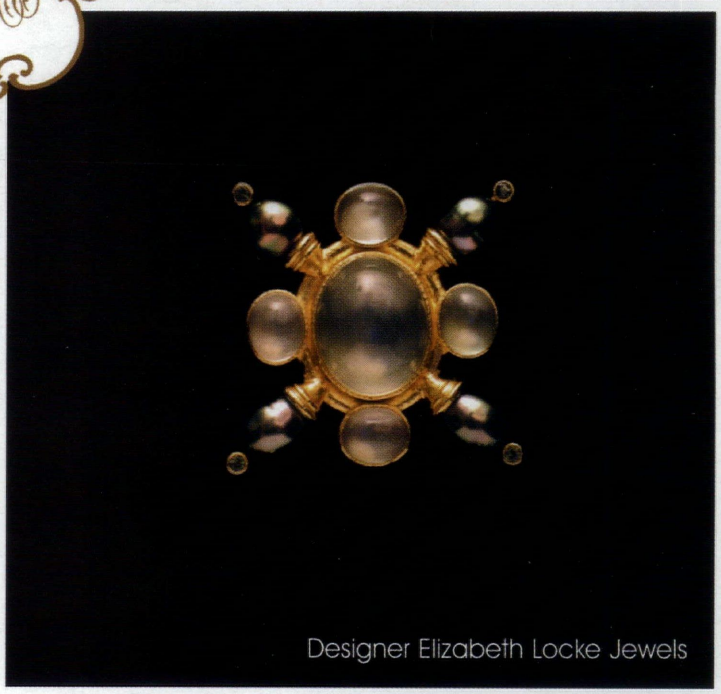

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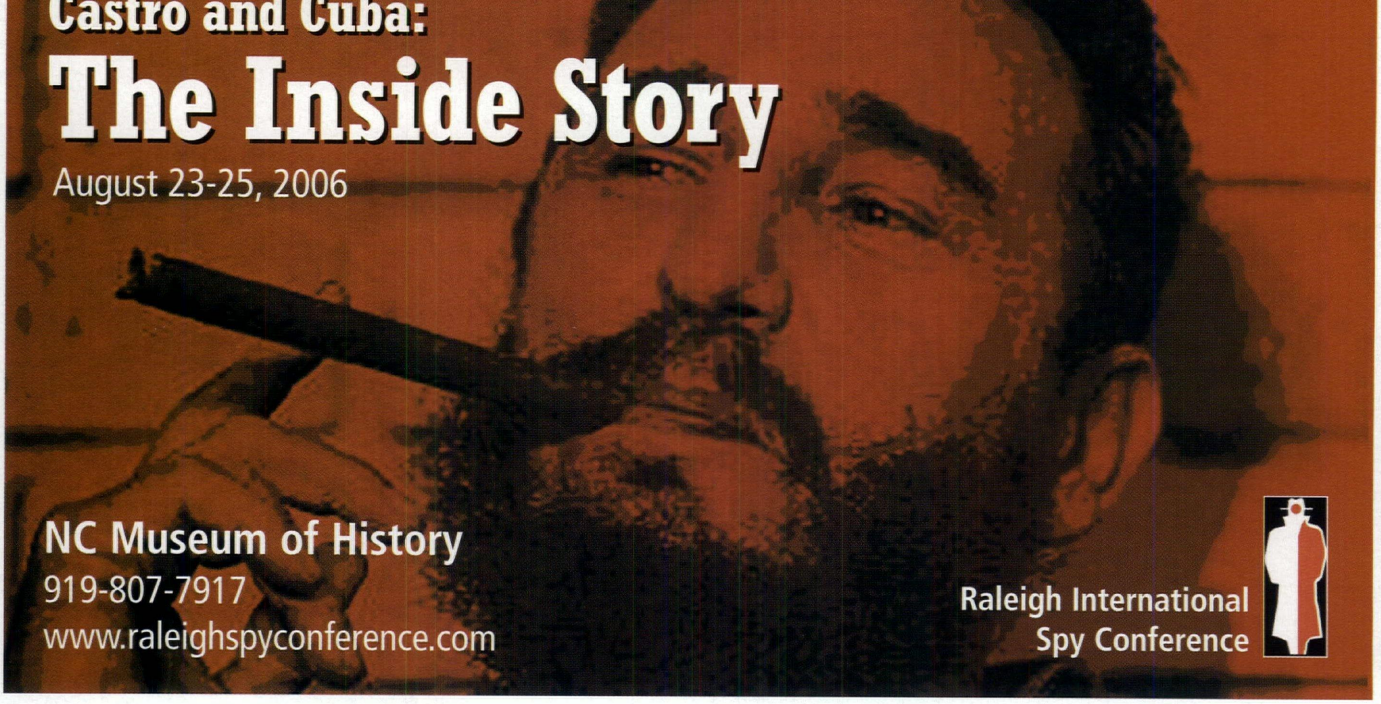

QUALITY OF LIFE

One of Darwin's predictions will be tested in humans soon, as Baby Boomers replace wornout joints with bionic replacements. Will future generations adapt these improvements and pass them on? Probably not, but while roaming the planet alive, millions of Homo sapiens are leaping around like chimps with new knees, hips and shoulders. Senior Editor Rick Smith discovers the latest in the science of orthopedic replacements.

Improving the quality of life has a counterpart in the experience we all face: the process of dying. Hospice of Wake County is on the front lines of the dramatic improvement in the understanding of end-of-life issues, performing a service that receives high praise from patients and, just as crucial, from the families involved. Hospice of Wake County services are far-ranging and provide critical care at the most difficult time. And their services are increasing as the population ages, creating the need for a permanent facility for the 30-year-old agency. The special Signature Section in this issue will touch you deeply and bring an awareness you will appreciate.

The Museum of the Albemarle is a symbol of so much that is Eastern North Carolina. The fortitude and persistency of the people who made it happen match the achievement of the building and its purpose: to convey and instill the customs and values of the people who settled and sustained the unique quality we call Down East. Diane Lea has the story, with photographs by Kinsley Dey.

This wine thing has almost slipped up on us. It seems like only yesterday North Carolina wines were of two types: sweet and sweeter. Now the state has burst on the world map of viticulture with products competitive at any tasting, anywhere. Barbara Ensrud says summer is the time to visit the wineries in the state and see for yourself.

Food guru Moreton Neal visits the new 18 Seaboard in Center City Raleigh and provides a long list of tidbits to keep you informed on the latest in area cuisine.

Louis St. Lewis loves Paris any time of the year and sees parallels with the art scene here. Art Taylor provides a source of mysteries for summer reading, Philip van Vleck checks in with the distinctive music of Willie Hill and fashion czarina Molly Fulghum Heintz senses the aroma of chocolate and herbs coming ahead in the cool days of fall.

Carroll Leggett reminds us of the backbone of rural communities, the volunteer fire department, and Jim Leutze offers an in-depth look at the issues involving the planned super port near Wilmington. And there is a long list of August area and coastal events—provided under the leadership of Frances Smith, who keeps the *Metro* crew busy bringing it all to you each month—lots of letters, useful tidbits and beautiful photography.

And it's time for Part Two of the 2006 MetroBravo! Awards, an exciting and eclectic listing of the best and brightest based on reader ballots. If your favorite didn't win, there's always next year.

Don't forget: Go to www.raleighspyconference.com to register for the Fourth Annual Raleigh International Spy Conference at the NC Museum of History, this year featuring top experts on the subject, "Castro and Cuba: The Inside Story" Castro turns 80, two weeks before the Raleigh conference, creating speculation in diplomatic, military and intelligence circles as they prepare for the consequences "after Fidel." You can also call the "Spy Line": 919-807-7917, or *Metro*: 919-831-0999 with questions. Attend, Aug. 23-25, and find out why the Raleigh conference is considered the best of its kind in the world.

See you in September…

—Bernie Reeves, Editor & Publisher

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Correspondence

SEDARIS WRITES FROM FRANCE

(*Metro*'s Dan Reeves wrote Raleigh-born writer David Sedaris a note to tell him he won a MetroBravo award in the category of Best Local Author. His response follows).

Dear Dan,

Thank you for your message, which was printed out and forwarded out by my lecture agent, Steven Barclay. I have a computer, but have never sent or received an e-mail. It seems impossibly complicated, so I hope you don't mind a traditional letter, which will probably arrive weeks after your deadline.

Are you sure you want to give me this award? What about Lee Smith, didn't she live in Raleigh for a while? Anne Tyler lived there as well, and I'm sure that some part of it must have rubbed off on her. I'm going to pretend that they've already received their Metro Awards, and that, while scrapping the bottom of the barrel, you decided upon me. This makes the honor a bit easier to live with.

Thanks again. I am genuinely moved.

Sincerely,

David Sedaris
Segrie-Fontaine, France

GOT IT WRONG ABOUT TRINITY AND DUKE

To Bernie Reeves:

I am writing to tell you two things:

1.) First of all, can you imagine how scary it is to find myself nodding in almost total agreement with your May 2006 op-ed piece, *Sex in the City*, about the Duke lacrosse players? Thanks for expressing what many of us Duke alumni, as well as Duke "haters," are feeling.

2.) I was with you right up until the last paragraph. You are a better fact checker than this: The Duke family did not relocate Trinity College from near Reidsville. Everything is wrong with that statement.

The Duke family connection with Trinity College began in the 1890s with gifts from Washington and Benjamin Duke, but the Duke Endowment re-named Trinity (a stipulation of that major gift) to Duke University in 1924. Trinity College and its predecessors (Brown's School House, Union Institute, the Normal College founded in approximately 1838) were never near Reidsville. The name Trinity College came from its birthplace in Randolph County, south of High Point.

My great-great-grandfather was the first president of Trinity College Dr. Braxton Craven (from 1842-82). His service as president was interrupted when Trinity closed during the Civil War years, 1864-65. Braxton Craven served briefly as the warden of the Salisbury (NC) Prison as a Captain in the Home Guard. He then became minister of the Raleigh Methodist Church, now Edenton Street Methodist Church. There is a great story about his confronting Sherman's troops as they entered Raleigh. He then returned to the presidency of Trinity College until his death in 1882.

Going back to Trinity and Duke, the Methodist Church made the decision to move Trinity to Durham for more visibility and promises of more funding from the church and influential business leaders there in 1892. The current East Campus was the original campus, located on the site of the old Blackwell Park, a fairgrounds and racetrack. The "Gothic Wonderland" (West Campus) was designed and financed with the Duke money.

Hope you've enjoyed this little Duke history

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lesson. Now you know where our daughter Mary Craven's name originated: My mother's maiden name Isobel Craven.

Mrs. Larry Young Hines
Raleigh

SEA OF GREED

My niece shared her latest edition of *Metro Magazine* [July 2006] with me. I enjoyed it so much that I subscribed. I am writing to find out more about the publication of Judge McCullough's book, *Sea of Greed*. Can you tell me who is publishing the book and when it will be released?

Pam Valente
Beaufort

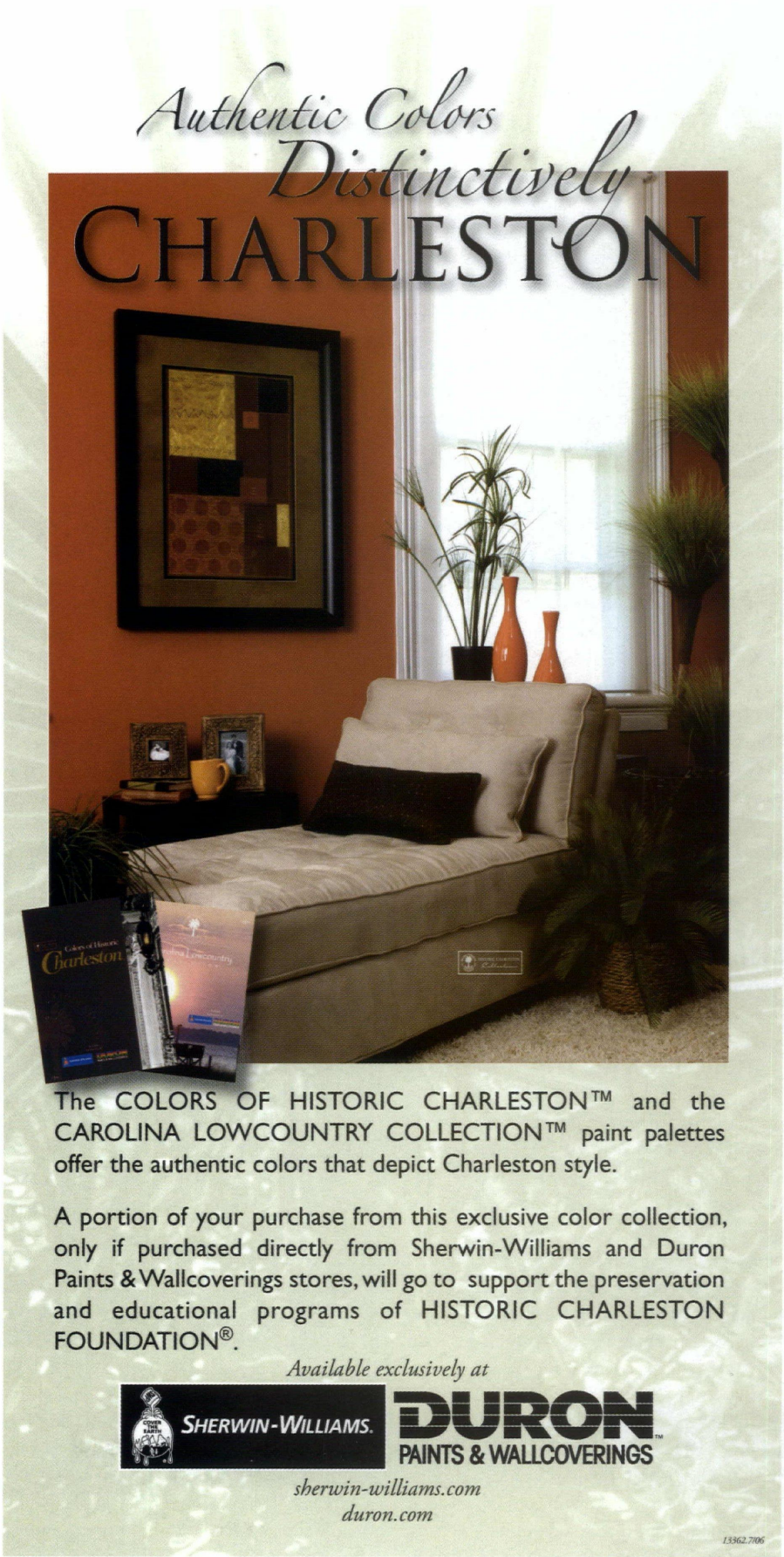
EDITOR'S NOTE: *The author, NC Appeals Court Judge Douglas McCullough, has not decided on a publisher. As soon as he does, we will notify our readers*

CORRECTIONS AND REFLECTIONS ON NAGS HEAD ARTICLE

For the Record ... the Architect for the Toms-Buchanan Cottage was George Watts Carr, my grandfather, not Edgar Carr as was stated in the recent feature article, "Two for the Coast Nags Head Style" (*Metro*, July 2006 issue). The cottage was built in 1936 and although I would be receptive to the credit ... I was born in 1950.

The article brought back many fond, family-oriented memories. It was a time when Nags Head was Nags Head! In my childhood world that meant a very long trip (5 1/2 hours from Durham) to a very isolated and desolate place, but always with lots of relatives around whom all activities were centered. Early to bed, early to rise by clapper bell; three mandatory squares all seated at the dining room table starting with oatmeal every morning whether you wanted it or not; daily morning chores by all; self-created activities including beach and swimming, surf casting, watching Jethro Midgette set and retrieve through the surf his nets from his oar-powered boat, playing with brothers and cousins under, around and on the house. (The house is a large-scale playground in itself with multi-story porches, breezeways, decks and otherwise neat places to hide.)

Quiet rest period always followed the mid-day meal for the children. Later we discovered that some of the parents used this time to escape to and fish from Jennette's pier. We played intense softball games with our fathers, who were generally with us for the weekends only. We walked in the hot sand to and from Jockey's Ridge, maybe a mile to the north. Play there



consumed a good portion of any particular day. On less frequent occasions we would trek to Manteo to see whatever movie was playing. There were no automobiles to speak of on the only paved road. The only buildings in sight, other than the straight row of cottages, were the Church, the Casino and Midgette's store, which was directly across the street (by today's standards ... a poor man's 7 Eleven). There was candy and bubble gum, which is what we craved.

Nellie Myrtle of Midgette's Store served as the cottage caretaker, watchdog, etc ... in the extended off-season. She also served as the telephone operator because the cottage did not have a telephone. I rarely remember anyone ever needing a telephone. Television did not exist as well. Card and board games, especially checkers consumed evenings and foul-weather days. I recall Parcheesi as a staple.

As a rule children were on their best behavior because Aunt Susan Buchanan Coupland (one of five Buchanan sisters and usually the matriarch during our invited stays) threatened a solo trip on the lone bus back to Durham if not. Why we ever believed any of that is beyond me because we were too young to be allowed to go solo and there was no one back in Durham to care for us. Unexplainable Virginia Dare and Old Nag ghost stories kept us intrigued for extended periods at night. Not known to us, this period was the adult cocktail hour.

Nightlife beyond the cottage was the neon lit Casino. The Casino housed a game called Duck Pins (not unlike bowling as we know it today). Duck Pins was 10 small pins set up by a youthful, compensated pin-setter. Players rolled a small cannonball-like sphere down the alley and destroyed the pin setter's work. Seemed more like knocking a clown in water at the fair than posting a score.

The cottage sat a considerable distance from the ocean high-tide line. It also sat a considerable distance from the ocean, so you planned on a lengthy stay. Being sent back to the cottage on an errand (usually to retrieve a cold beer for one of the adults) was an ordeal because of the distance and the tar that inevitably would get on your feet. The tar was removed by use of a rag and a jar of turpentine located with the outdoor showers, one shower for the females the other for the males. The female shower was equipped with hot water. The male shower were not.

Covered back stairs from the showers led to multiple bedrooms on the second floor. Bedrooms were/are situated to take advantage of the nearly constant and stiff cross winds. Bedroom doors were/are equipped with pairs of half-louvered saloon doors that do not inhibit the cross ventilation. All windows were/are equipped with stick-propped awning shutters. The entire cottage, as were most within the row, was built entirely of wood, every surface. The wide juniper finish boards testify to the high quality and abundance of what was available during that construction era.

From an indigenous architectural perspective ... much can/could be learned by study of the old Historic Nags Head cottages, knowledge that appears to have escaped a great many of those who were/are responsible for the majority of the current coastal-area development.

Thank you for this opportunity to correct the Architectural Credit and thank you for allowing me to uncork some fond memories.

Edgar Toms Carr, AIA
c/o Robert W. Carr, Inc./ Architects
Durham, North Carolina

STRONG CONNECTIONS

To Carroll Leggett:

I e-mailed the magazine to find out how I could contact you to tell you how much I enjoy your columns on Eastern North Carolina. I remember your being from the Buies Creek area, but you must have family ties to the northeast, or, as my grandmother would have said, "strong connections." Bob and I still live in Edenton, and I go to Gates County every day to teach government and US History to a LOT of good kids. The 33-mile drive is not bad all through farmland, which I know well. Also, I get to cross Merchants Millpond every morning at 7 a.m; it is so beautiful every morning of the year.

I am so glad you are writing these articles. What a great thing to highlight people and projects like what the mayor and people in Scotland Neck are doing! I am passionately interested in any effort to "save" Eastern North Carolina as we have known it. Our son Rob is so entrenched in eastern North Carolina, loves his duck hunting on the creeks, deer hunting with the Greenfield Club, and fishing out of Hatteras or Pirates Cove.

Kaye Hollowell Barker
Edenton

HOLLOW THREATS

I fear that Buck Winslow of Raleigh doth protest too much.

First he writes that he will not read *Metro Magazine* ever again because he doesn't like Bernie's opinions [May 2006]. Then he leaps back in to protest because a reader named Teer ("this Teer person") disagrees with Winslow's opinions [June 2006]. Lastly, Winslow now asserts that "Honest disagreement and respect for the opinions of others is the American way," after which he says he is "forced to wonder why these radical conservatives resort to such low and desperate tactics when someone openly disagrees with them."

Where is Winslow's "respect" for Bernie Reeves' opinion or that of "this Teer person" who dared to disagree with him?

By labeling Teer a radical conservative and accusing him of "low and desperate tactics," Winslow reinforces the "foaming hatred" charge that Teer pointed out in his original letter to the Editor. Winslow can now fire off another missive about that "Joyner person" and have a ready excuse for having read two more issues of *Metro Magazine*. Me thinks his threats ring hollow.

Tom Joyner
Cary, N.C.

VOICE OF SANITY

To Dear Bernie Reeves:

Your June [2006] editorial reprinted in the *News & Observer* made me happy at last to see common sense in the newspapers. I agree completely on all your points: from environmentalists "enabling" free-ranging, privileged animals to dine on helpless humans to the Duke rape "croc" to the ridiculous age set for legal drinking.

On the third point, my daughter discovered, during her junior semester in England, that the 16-year-old legal drinking age substantially demystified brew for her English contemporaries, thus promoting a saner (and safer) atmosphere in pubs.

Finally, in line with the media rethinking its blanket condemnation of the Duke athletes for a rape that appears never to have taken place (one creating, initially, a national interview opportunity for the perpetually grinning and laughing face of Mike Nifong), I note that Duke University anthropologist Orin Starn, in today's editorial in the paper, has made the strongest statement yet concerning the apparent unraveling of the case.

Yours is a voice of sanity in a senseless culture!

Donata Lewandowski Guerra
Cary, NC

CORRECTIONS

The Persian Carpet listed as "Best Place to Buy an Oriental Rug" in Part 1 of our MetroBravo awards in our July issue is located in Durham, NC.

In the "Pepsi Americas' Sail" section of June Metro, *two byline credits should be corrected. "Maritime Museum Anchors Coastal History" was written by Patricia Staino not Rick Smith and "Blackbeard's Bequest," which carried no byline, was also written by Patricia Staino.*

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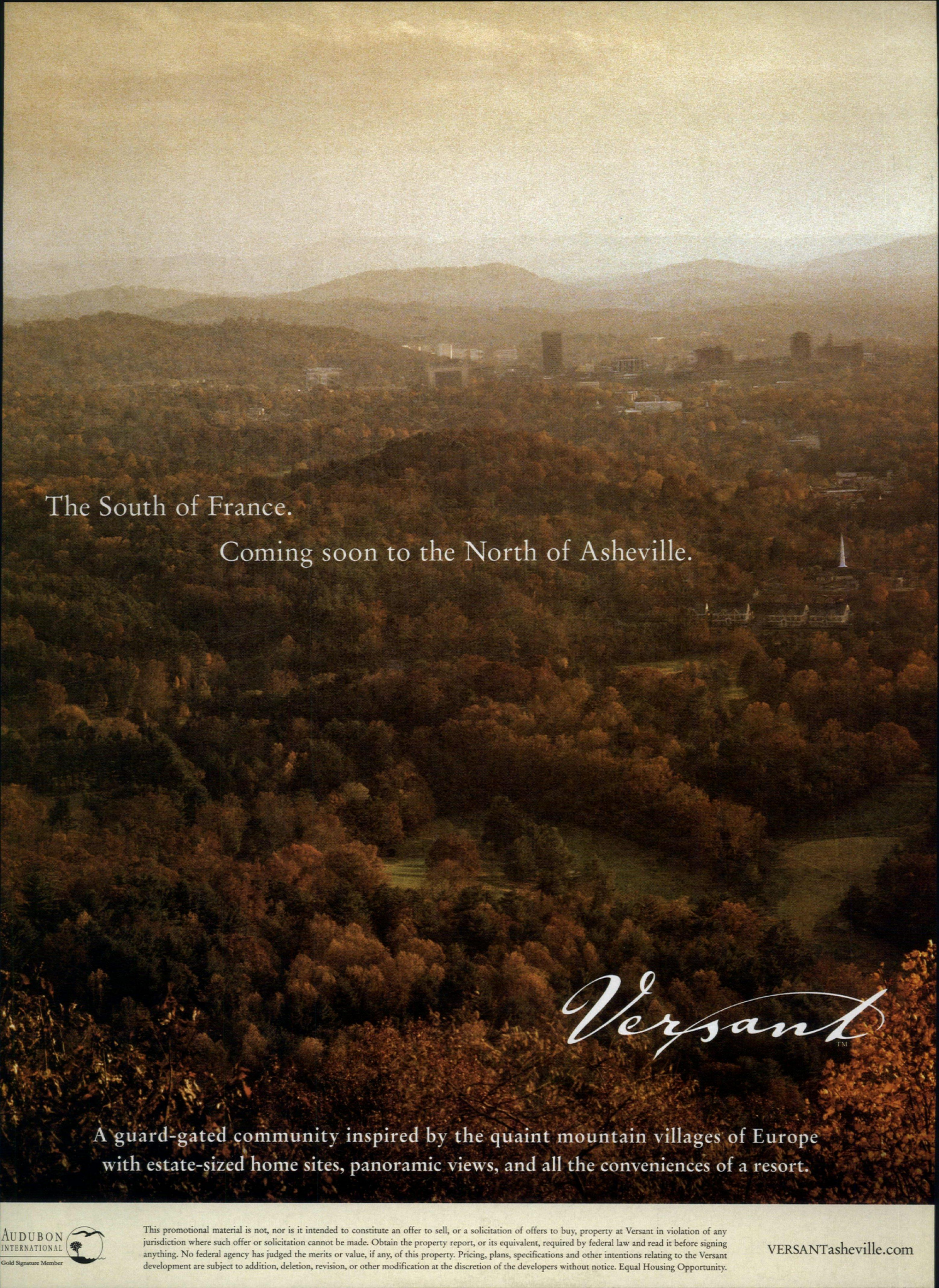

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Hospice

A Special 16 Page Metro Section

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Presenting the second installment of our MetroBravo winners

BEST OF THE BEST

THE BEST FROM THE TRIANGLE TO THE COAST
METRO Bravo! Awards 2006

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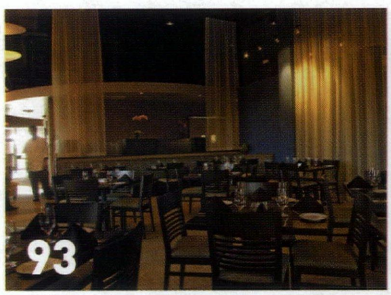

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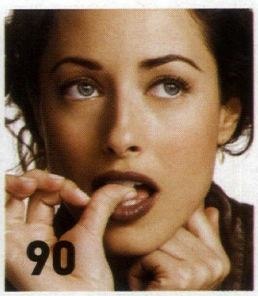

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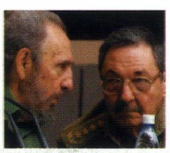
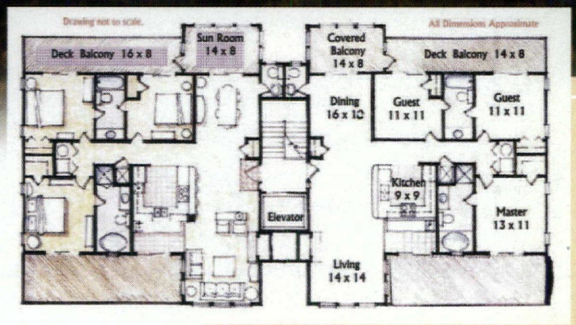


FIDEL AND RAUL (r)
Raleigh International Spy Conference, August 23-25
www.raleighspyconference.com
photo courtesy of Corbis/Claudia Daut

Waterfront Condos in Edenton



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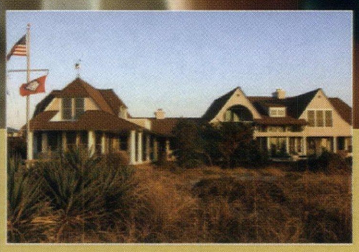
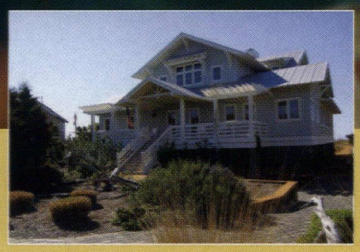
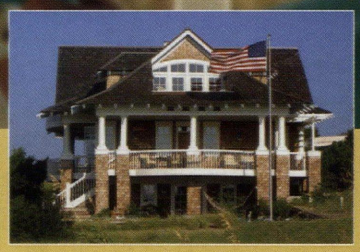


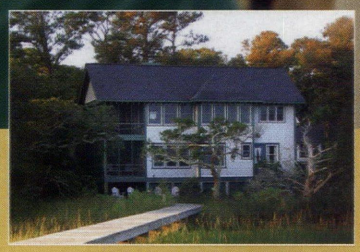
35 Cape Fear Trail **$4,995,000**



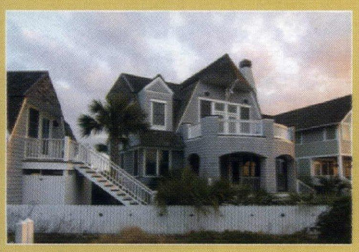
970 South Bald Head Wynd **$4,125,000**



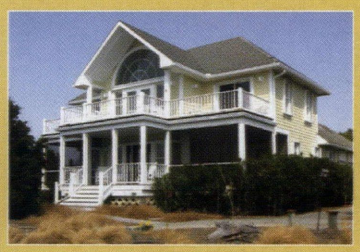
981 South Bald Head Wynd **$3,995,000**



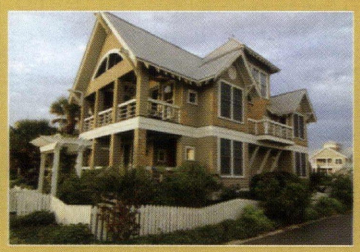
5 Widgeon Court **$2,200,000**



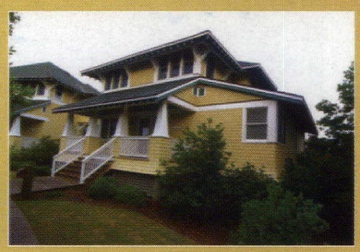
23 Tanbark Court **$2,175,000**



9 Indian Blanket **$1,799,000**



107 Turk's Head Court **$450,000**



Hammock 51 **$169,999**

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SECRETS OF STATE

Dancer Purrington Praised

Raleigh-born dancer Lindsay Purrington, a founding member of the Carolina Ballet beginning in 1998 before heading off to New York City in 2004, was highly praised in the *New Yorker* magazine's July 3 issue. In a description of the Fugate/Bahiri's Ballet's presentation of *Two's Company*, the magazine states, "a melancholy trio, created by Toni Pimble for the 1992 Diamond Project, gets a lift from the winsome, stemlike Lindsay Purrington." Heady acclaim indeed, as was the review of Purrington's performance by dance critic John Rockwell in the June 29 *New York Times*.

Lindsay Purrington's father J. Ward Purrington was the principal founder of the Carolina Ballet.

Jeanne Jolly At Carnegie Hall

To play the world famous Carnegie Hall has been a life-long dream for Raleigh's Jeanne Jolly. Much to her amazement and delight, the dream came true for the talented singer last June as the culmination of a tour with new-jazz trumpet troubadour Chris Botti and his quintet—with Billy Childs on piano; Billy Kilson on drums; Tim Lefebvre on bass; and Mark Whitfield on guitar.

While on the road promoting his latest album *To Love Again*, Jeanne has been whisked all over the country as the group's featured vocalist. While Botti's new album boasts the likes of Sting, Gladys Knight, Jill Scott, Steven Tyler and Paula Cole, he chose Jolly to back him up on a handful of songs every night on tour. And no wonder: She has a heavenly voice that fits the jazz mold perfectly.

At the ripe old age of 27, Jolly embodies the traits of an established performer who has been playing juke joints and concert halls for 20 years. At her last performance in Durham at the Carolina theatre, Jolly blew away her hometown audience. Seeing Jeanne on stage with Botti and his band of seasoned jazz dynamos, you can feel the connection.

As for her performance at Carnegie Hall, Jolly said she was impressed by the history of the venue where she was about to perform, and startled by the realization of just how far she has come. "As I waited for the rest of the band to arrive, I just sat on a stool upstage, overwhelmed by the history of performers who had been there since the hall opened."

ALICE QUADE/CHRIS BOTTI

Jeanne Jolly and Chris Botti performing on tour

Jolly came on halfway through the show to perform an arrangement by Gil Goldstein and Greg Phillengaines of Ervin Drake's "Good Morning Heartache." "Ervin Drake was actually in the audience that night with his wife Edith whom the song was written about!" Jolly said.

For the encore, she sang Irving Berlin's "What'll I Do?"

Indeed, it appears she will do quite a lot.

—Dan Reeves

RUSS HOWE

Lindsay Purrington and Dameon Nagel performing in Carolina Ballet's *Midsummer Night's Dream*

New Photos & Video from China Opening Soon at Nasher Museum

"Between Past and Future: New Photography and Video from China," which examines photo and video art produced in China since the mid-1990s, will be on view at the Nasher Museum of Art at Duke University from Oct. 26 through Feb. 18, 2007.

The upcoming exhibition, which will conclude an international tour that has been on view in New York, Chicago, Seattle, London and Berlin, includes more than 100 works by 60 young artists, focusing on artists' responses to unprecedented economic, social and cultural changes that have swept through China. The show provides insight into the forces shaping modern Chinese culture. "It contributes to a new understanding of the different ways that younger Chinese artists have come to perceive themselves and their communities,"

said Kimerly Rorschach, the Mary D.B.T. and James H. Semans Director of the Nasher Museum. "This show was the catalyst that achieved wider acceptance for Chinese photography and video in the international art world, and I am tremendously excited about sharing it with our local audiences." The *New York Times* called the exhibition an "impressive survey" and "perspective-altering," noting Zhang Dali and Liu Wei among the show's "bright artists."

"Between Past and Future" is co-curated by Wu Hung, professor of art history at the University of Chicago and consulting curator at the University's Smart Museum, and Christopher Phillips, curator at the International Center of Photography. Rorschach helped organize the show while she was director of the Smart Museum; she joined the Nasher Museum as director in August 2004.

"Between Past and Future" will be accompanied by programs at the Nasher Museum that include a conversation with curators Wu and Phillips on Oct. 25, an artists' panel discussion on Oct. 26, and a film series in the spring featuring contemporary film from mainland China, Taiwan and Hong Kong.

I'm Home–Beaufort Waterfront and the Meka II
Painting by Beaufort artist Mary Warshaw

Artist Mary Warshaw, official artist of Beaufort's popular annual Old Homes Tour, has created her view of the Beaufort waterfront, including Beaufort's own tall ship in the Pepsi Americas' Sail event held June 30-July 5. The panorama extends from the centuries-old homes on the west end through the NC Maritime Museum's Watercraft Center.

Open edition, 9 by 18 inches, and limited edition, 18 by 36, inches archival Giclee prints can be ordered through the artist's website (www.marywarshaw.com) or by calling the artist at 252-504-3731.

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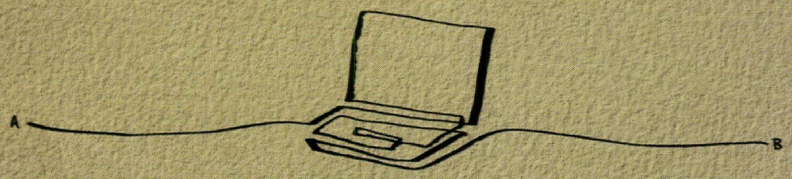

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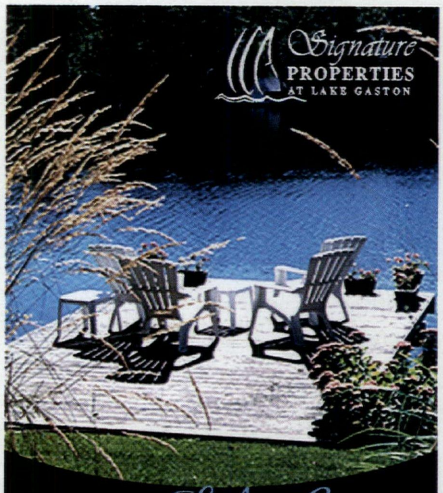

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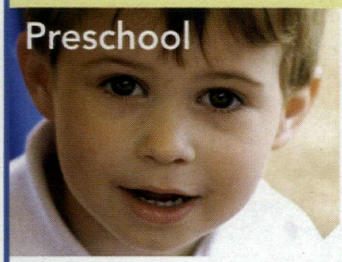

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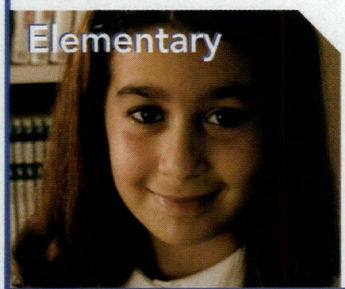

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To arrange a private tour, please call the school near you, or visit **ChesterbrookAcademy.com.**

The exhibition will be accompanied by a fully illustrated 232-page catalogue published by the Smart Museum of Art/ICP/Steidl. It includes essays by curators Wu and Phillips and artist biographies and interviews.

"Open Days Program" Marks Arboretum's 30th Anniversary

The J.C. Raulston Arboretum, now celebrating its 30th Anniversary, will be open for touring in September along with six other private Raleigh gardens for the Garden Conservancy's "Open Days Program," sponsored by W. Atlee Burpee & Co. and *Fine Gardening Magazine*. Visitors may start the tour at the Arboretum, 4415 Beryl Road in Raleigh on Saturday, Sept. 23, 11 a.m. to 4 p.m., and Sunday, Sept. 24, 1 p.m. to 4 p.m

The Conservancy's Open Days Program began in 1995 for the purpose of introducing the public to gardening, providing easy access to outstanding examples of design and horticultural practice and proving that exceptional American gardens are still being created. The Open Days Program is America's only national private garden-visiting program.

The 2006 Open Days Directory is available in a Southern Edition for $6.95 that includes North Carolina gardens and features descriptions of the Raleigh gardens on the tour along with driving directions. Call the Garden Conservancy at 888-842-2442 to order with a Visa or MasterCard, or send a check or money order to the Garden Conservancy, PO Box 219, Cold Spring, NY, 10516.

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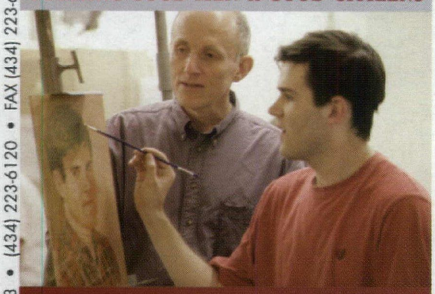

A college for men, Hampden-Sydney remains aware that men and women have different learning styles and that the single-sex classroom provides young men an atmosphere focused on their needs.

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the J.C. Raulston Arboretum, a working research and teaching garden of North Carolina State University, is nationally acclaimed and contains the most diverse collection of plants adapted for landscape use in the southeastern United States. It features more than 5,000 plant varieties from more than 50 countries. A portion of the proceeds from the Open Days Program tours will benefit the Arboretum.

No reservations are required for the tour. Admission to each garden is $5, and tickets can be purchased at each garden on the day(s) of the event. Discount tickets are available in advance at the Arboretum (six tickets for $25) or through the Garden Conservancy at 888-842-2442 or online at www.opendaysprogram.org. For local ticket information, contact Autumn Keck at the J.C. Raulston Arboretum at autumn_keck @ncsu.edu or 919-513-3826.

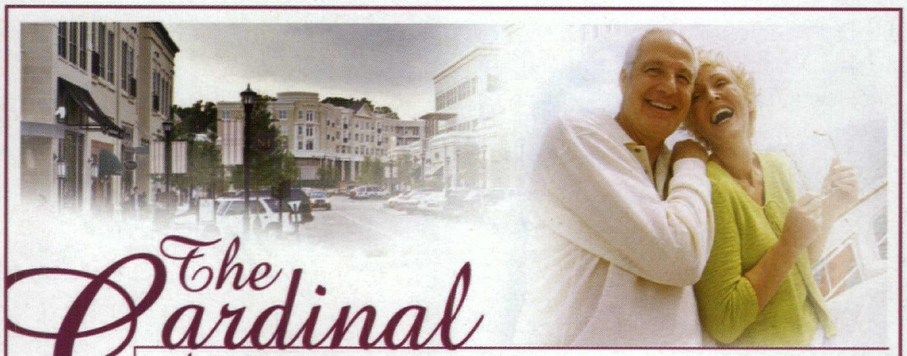
Lofton Wins Leadership Award

The late Jim Lofton was awarded the Thad Eure Jr. Memorial Award and NC State's Athletics Director Lee Fowler was honored with the John B. Ross Jr. Leadership Award at last month's Greater Raleigh Convention and Visitors Bureau's 19th Annual Luncheon recognizing the area's billion dollar visitor industry.

Lofton, who passed away in 2005 at age 62, was posthumously recognized for his commitment to the hospitality industry in Raleigh and Wake County. During his career, Lofton held numerous positions with the city of Raleigh, including Chairman of the Bureau's executive group called "The Conference Table," which he held at the time of his death.

Fowler, the Athletics Director at NC State since 2000, was also recognized for his proactive approach to hosting NCAA championships in Raleigh and Cary, including NCAA Basketball at the RBC Center and College Cup Soccer at SAS Soccer Park. Future sporting events already secured will generate more than 20,000 hotel room nights and more than $10 million in direct visitor spending for Wake County.

The GRCVB's annual luncheon was held at the RBC Center. Sidney Lowe, new NC State basketball coach, delivered the keynote speech.



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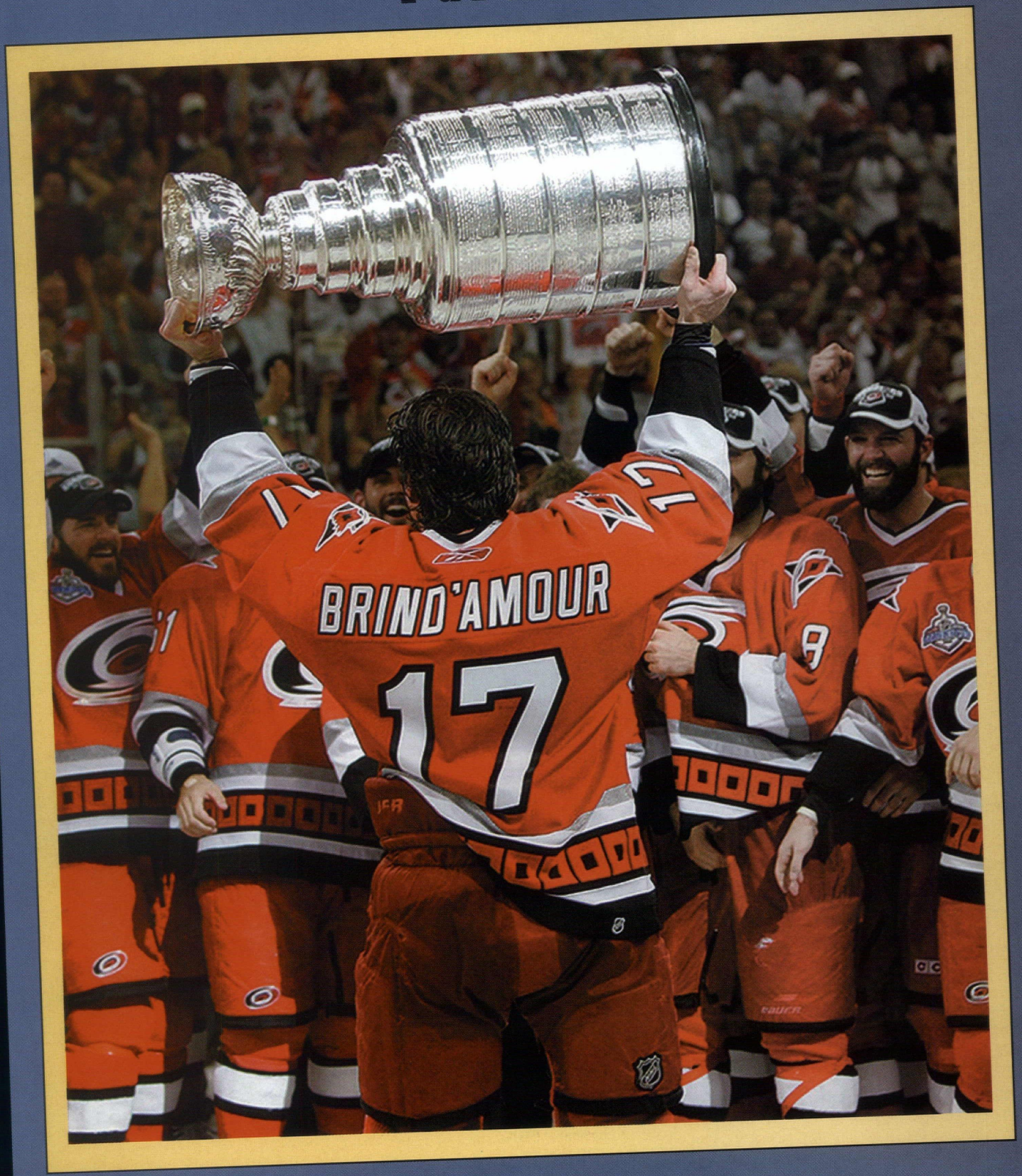
Part 2



Food and Services Featured in Part Two of MetroBravo! Balloting

The MetroBravo winners in the July issue whet your appetite. Now you're ready for a second helping. The awards section in this issue presents the best places in the area for dining-taking out or indulging—as well as the area's best in professional services, entertainment venues and health care facilities.

Whether you're in the mood for a mouth-watering steak or delicious dessert, the food category presents a taste of the best restaurants in the area. Find out whether last year's winner and area staple, Bloomsbury Bistro, was able to defend its top spot in the best restaurant category; or whether or not one of the new eateries in North Hills received a Standing Ovation from voters.

After deciding where to dine, keep reading for ideas about where to go after the meal. The Bravo awards offer suggestions on the best places to go dancing, hear live music, or go to the movie theatre. And if it's sightseeing you're interested in, browse the built environment section for buildings to include on your list of places to see.

Flip to the final pages of Bravo awards for helpful hints on local professionals to serve your every need. Categories include doctors, lawyers, accountants and health-care professionals you can turn to for help.

As always, congratulations to our winners and thanks to our readers for voting for their favorites in the 2006 MetroBravo! reader's poll.

by Jennifer Hadra and Dan Reeves

FOOD

RESTAURANT

Standing Ovation
Bloomsbury Bistro, Raleigh

MetroBravo
Second Empire Restaurant & Tavern, Raleigh

Honorable Mention
Sullivan's Steakhouse, Raleigh
Enoteca Vin, Raleigh

Bloomsbury Bistro

Since 1995 Raleigh's Bloomsbury Bistro has delighted patrons with fine cuisine, atmosphere, and service. Chef John Toler has stretched his culinary prowess into a signature style that makes Bloomsbury Bistro stand alone. As the menu changes every six weeks, the quality of food and service stays exactly the same: impeccable. It is no surprise that *Metro* readers have found a spot to return to knowing that each occasion will be something to remember.

NEW RESTAURANT

Standing Ovation
Vivace, Raleigh

MetroBravo
Mura, Raleigh

Honorable Mention
115 Midtowne, Raleigh

ROMANTIC RESTAURANT

Standing Ovation
Second Empire Restaurant & Tavern, Raleigh

MetroBravo
Bloomsbury Bistro, Raleigh

Honorable Mention
Enoteca Vin, Raleigh

RESTAURANT FOR TAKE-OUT

Standing Ovation
Red Dragon Chinese Restaurant, Raleigh

MetroBravo
PF Chang's China Bistro, Nationwide

Honorable Mention
Zest Café & Home Art, Raleigh

Close Call
Hot Point Café, Raleigh

KINSLEY DEY

RESTAURANT FOR POWER LUNCH

Standing Ovation
Glenwood Grill, Raleigh

MetroBravo
Winston's Grille, Raleigh

Honorable Mention
Mura, Raleigh

RESTAURANT TO TAKE KIDS

Standing Ovation
Applebee's, Nationwide

MetroBravo
Moe's Southwest Grill, Nationwide

Honorable Mention
Mellow Mushroom, Raleigh

Close Call
Fat Daddy's, Raleigh

RESTAURANT FOR SPECIAL OCCASION

Standing Ovation
Second Empire, Raleigh

MetroBravo
Sullivan's Steakhouse, Raleigh

Honorable Mention
Angus Barn, Raleigh

COASTAL RESTAURANT

Standing Ovation
Blue Moon Bistro, Beaufort
Bluewater, Wrightsville Beach

MetroBravo
Jerry's Food, Wine & Spirits, Wilmington

Honorable Mention
Dockside Restaurant & Marina, Wilmington

Close Call
Port Land Grille, Wilmington

Mura

Japanese fusion has found a home at North Hills. The sleek metropolitan interior is stylish, offering a completely unique dining experience uncommon in the area. Any item from the extensive menu will delight: be it a roll of beautifully presented sushi or a dish featuring world renowned Kobe beef or Toro (fatty tuna). The spacious bar area—separate from the more formal dining room—is the perfect setting for sipping a signature cocktail or a glass of wine from Mura's wide-ranging and impressive list. Upon entering you are greeted every night with easy jazz from a grand piano. And if you prefer privacy, Mura offers secluded Tatami rooms for a minimal fee.

ETHNIC RESTAURANT

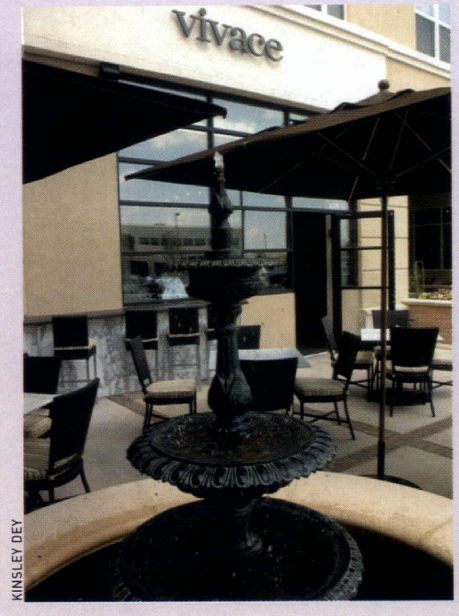
Standing Ovation
Mura, Raleigh

MetroBravo
Jibarra Modern Mexican and Tequila Lounge, Raleigh
Honorable Mention
Royal India Restaurant, Raleigh

OUTDOOR DINING
Standing Ovation
Mellow Mushroom, Raleigh
MetroBravo
Vivace, Raleigh
Honorable Mention
Crook's Corner Café & Bar, Chapel Hill
The Weathervane Café, Chapel Hill

SPECIALTY FOODS STORE
Standing Ovation
Whole Foods, Triangle-wide
MetroBravo
A Southern Season, Chapel Hill
Honorable Mention
The Fresh Market, Nationwide

DELI
Standing Ovation
Village Deli, Raleigh
MetroBravo
Jason's Deli, Nationwide
Honorable Mention
Café Carolina & Bakery, Raleigh



KINSLEY DEY

MARGARITA
Standing Ovation
Dos Taquitos Mexican Restaurant, Raleigh
MetroBravo
El Rodeo Mexican Restaurant, Raleigh

Honorable Mention
Mellow Mushroom, Raleigh
Close Call
Jibarra Modern Mexican and Tequila Lounge, Raleigh

MARTINI
Standing Ovation
Sullivan's Steakhouse, Raleigh
MetroBravo
Blue Martini Bar and Lounge, Raleigh

Vivace—Lively

It seems that Kevin and Stacy Jennings have it all figured out when it comes to creating restaurants for Raleigh to enjoy. Their latest addition, Vivace—that's "lively" en Italiano—has captured the attention of food lovers throughout the area. They keep it casual with modest prices for Chef Jeremy Sabo's creations. Visitors choose from a wide variety of traditional Italian dishes revamped to suit an adventuresome palate. Their success with Frazier's and Porter's City Tavern have made the Jennings the proud proprietors of a gastronomic triple threat! Vivace lives up to its name. It has become the most "lively" spot in town.

ANOTHER HURRICANES UPSET

By David Droschak

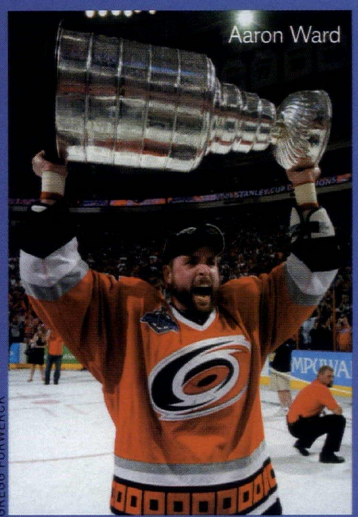
SOME CALL IT THE BIGGEST UPSET in the seven years of *Metro Magazine's* "best of" MetroBravo! readers' poll. In a sports market traditionally dominated by big-time university teams, the winner is the Stanley Cup Champion Carolina Hurricanes.

I know, it's still hard to fathom, even for the most die-hard hockey fans in the Triangle. But yes, the Holy Grail of hockey was captured in North Carolina, not Canada.

And it was all accomplished with zero optimism from outsiders when the 2005-06 season began back in October. The Hurricanes were picked dead last in the NHL by many prognosticators.

Just who is smiling and licking barbecue sauce off their fingers now?

The Hurricanes turned the area on its ear with a miracle run to the Cup finals four years ago, but lost all momentum after two dismal seasons and a work stoppage in 2004-05 that again raised questions about the viability of the sport in Southern markets—particularly Raleigh.



GREGG FORWERCK

A new salary cap was geared to even out the playing field for teams like Carolina. However, there was little fanfare leading up to the season when no big-time free agents were signed by general manager Jim Rutherford. After selling out the season opener, only 10,968 showed up at the RBC Center five days later to see a 7-2 victory over Washington.

Few imagined what was down the road. The club won on New Year's Eve to go 14 games over .500. Then a remarkable 13-1 record in January served notice that Carolina—of all teams—was a serious Cup contender.

The Hurricanes ended up setting franchise records for wins (52) and points (112) while winning the Southeast Division by a whopping 20 points over Tampa Bay. Eric Staal, a 22-year-old center, emerged as the NHL's next superstar with a 100-point season in coach Peter Laviolette's fast-paced style that the fans loved. (Staal's emergence was matched in the postseason by 21-year-old rookie goalie Cam Ward, who won the Conn Smythe Trophy as the playoff MVP.)

Hurricanes' flags began to fly in cars again and tailgating reached art form as the playoffs approached. Several third period playoff comebacks—the norm for a lot of the regular season—eventually landed Carolina in a Game 7 at home against Buffalo for the Eastern Conference title. Another magical third period produced the second Cup appearance in the last four years. No other NHL franchise can claim that.

After going up 2-0 in the best-of-7 series against Edmonton, the Canes ran the string to yet another Game 7—this time to decide the Cup. Was it the biggest sporting event ever held in Raleigh? The hottest ticket in town? You bet it was.

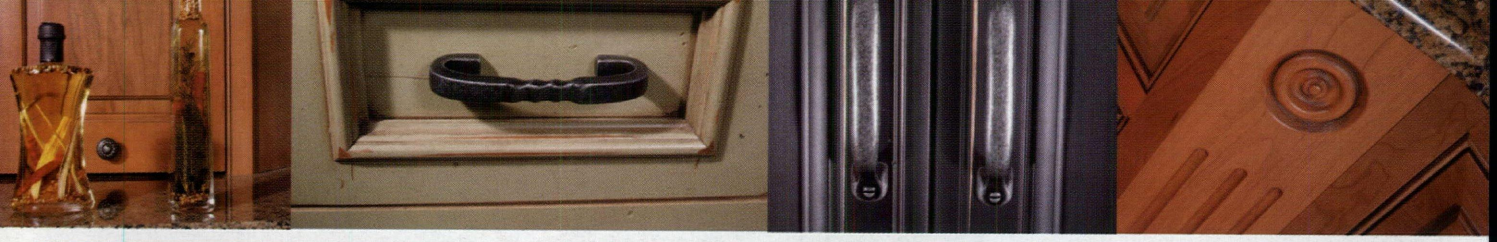
"There was a great buzz," said Rutherford, who was named the NHL's executive of the year for putting the pieces together to win the Cup. "It was four times bigger than in 2002."

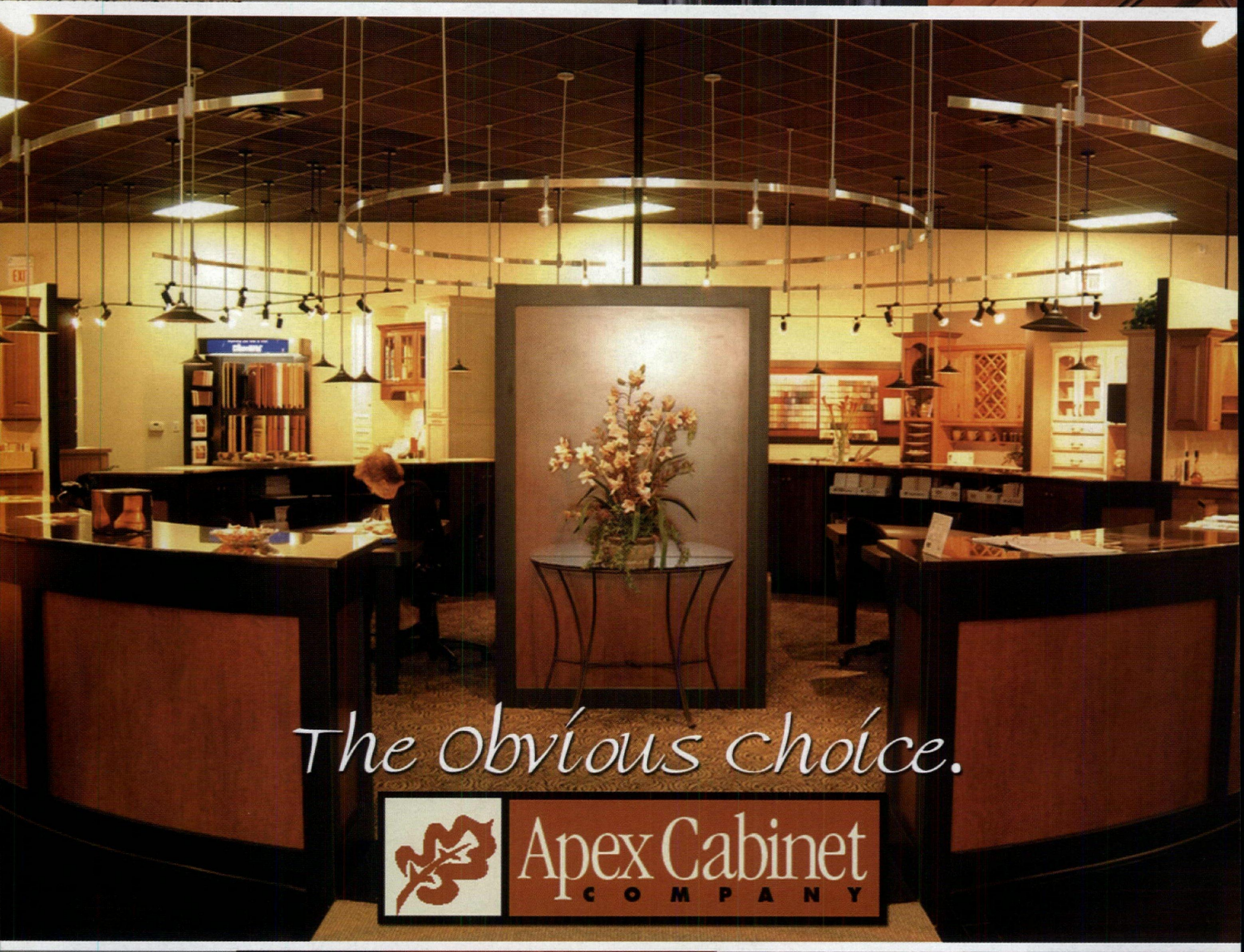
"Before we never could get to a point where we could get that elite player to get us over the hump," Rutherford said.

The crafty GM now has two stars on his hands and hockey's ultimate prize to cherish.

"The population is growing and I think there's a bright future here for hockey," Rutherford said.

Who will argue that point now?





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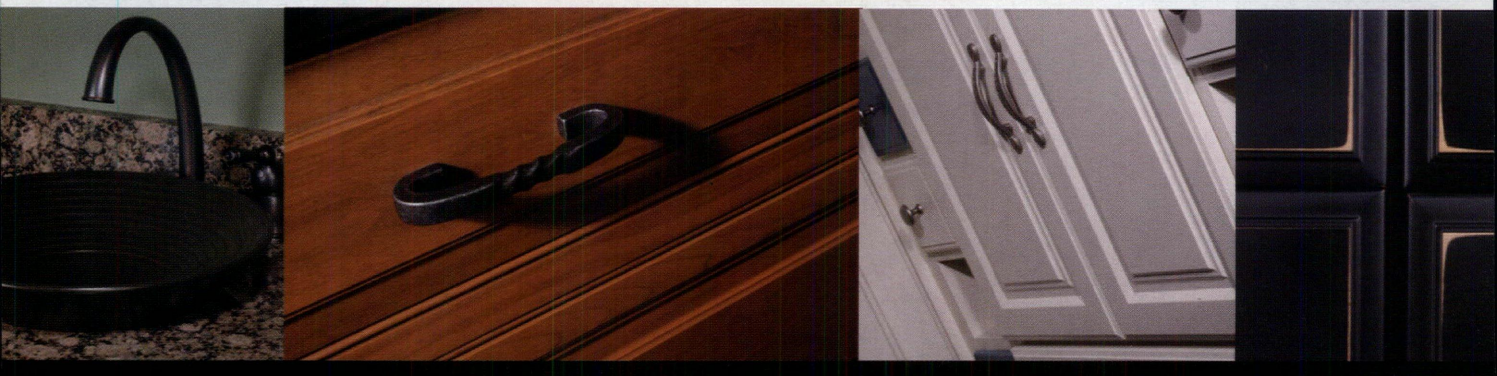

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Bogart's American Grill, Raleigh
Close Call
Vinnie's Steakhouse and Tavern, Raleigh

BLOODY MARY

Standing Ovation
NOFO at the Pig, Raleigh
MetroBravo
Enoteca Vin, Raleigh
Honorable Mention
Dockside Restaurant & Marina, Wilmington

COSMOPOLITAN

Standing Ovation
Sullivan's Steakhouse, Raleigh
MetroBravo
Bogart's American Grill, Raleigh
Honorable Mention
Blue Martini Bar and Lounge, Raleigh

KINSLEY DEY

BEER

Standing Ovation
Flying Saucer Draught Emporium, Raleigh
MetroBravo
Carolina Ale House, Triangle-wide
Honorable Mention
Carolina Brewery, Chapel Hill
Close Call
Top of the Hill, Chapel Hill

WINE

Standing Ovation
Enoteca Vin, Raleigh
MetroBravo
Angus Barn, Raleigh
Honorable Mention
Vinnie's Steakhouse and Tavern, Raleigh
Close Call
April & George Gallery & Wine Bar, Raleigh

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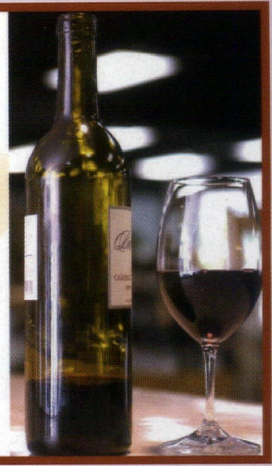

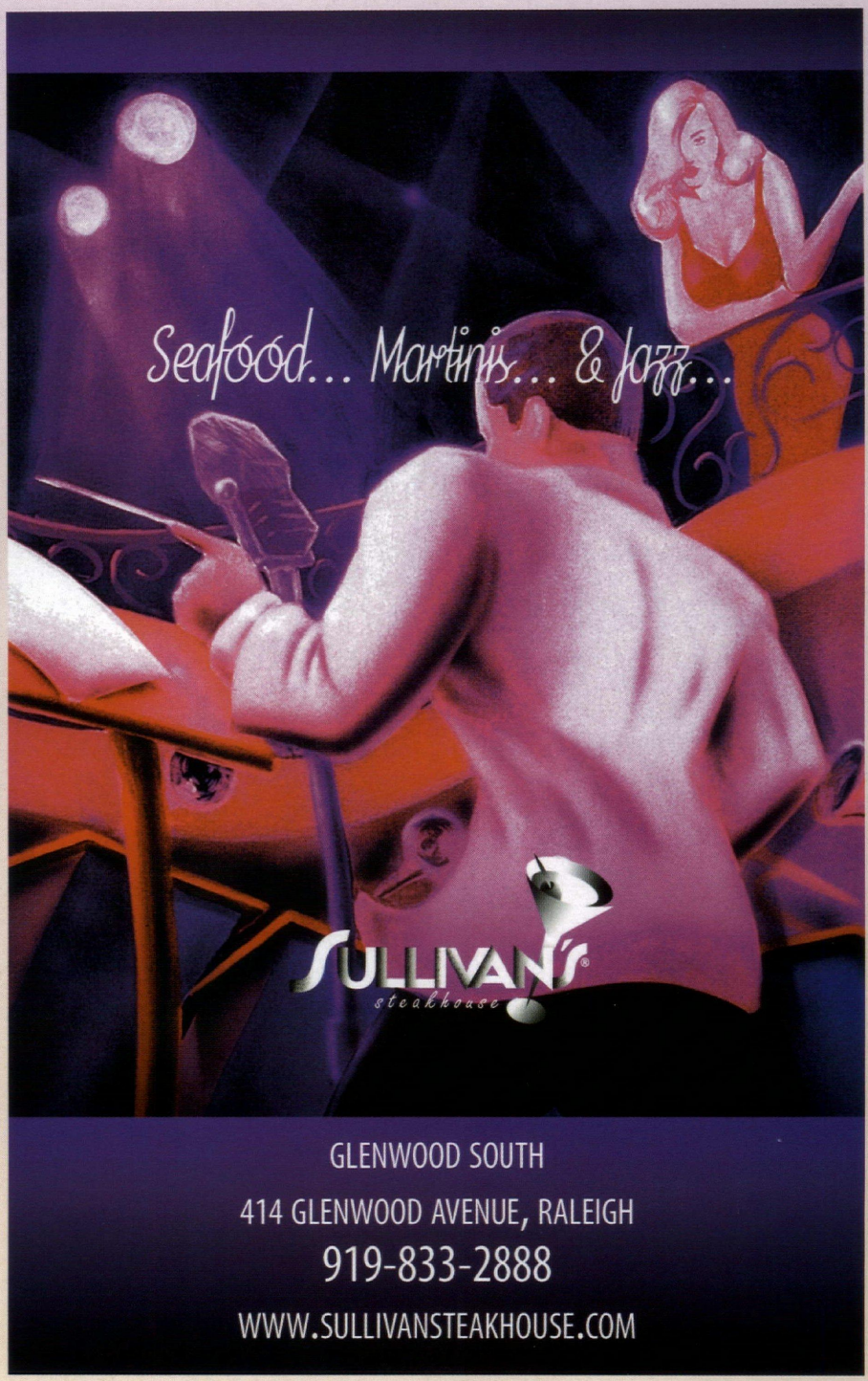

MetroBravo
The Rockford, Raleigh
Whole Foods, Triangle-wide
Honorable Mention
Zest Café & Home Art, Raleigh
Close Call
Home

QUICK & EASY MEAL
Standing Ovation
Moe's Southwest Grill, Nationwide
MetroBravo
Panera Bread, Nationwide
Honorable Mention
Sunflower's Sandwich Shop, Raleigh
Close Call
K&W Cafeteria, Nationwide

KINSLEY DEY

COFFEE HOUSE
Standing Ovation
Starbucks, Nationwide
MetroBravo
Third Place Coffeehouse, Raleigh

Honorable Mention
Helios Coffee Company, Raleigh

WINE RETAILER
Standing Ovation
Total Wine & More, Triangle-wide
MetroBravo
The Wine Merchant, Triangle-wide
Honorable Mention
Seaboard Wine Warehouse, Raleigh

SPORTS BAR
Standing Ovation
Carolina Ale House, Triangle-wide

MetroBravo
Fox and Hound Pub & Grille, Triangle-wide
Honorable Mention
Playmakers, Raleigh
Hi 5, Raleigh

PLACE WITH BEST COCKTAIL MENU
Standing Ovation
Sullivan's Steakhouse, Raleigh
MetroBravo
Blue Martini Bar and Lounge, Raleigh
Honorable Mention
Bogart's American Grill, Raleigh

CHEF
Standing Ovation
John Toler, Bloomsbury Bistro, Raleigh
MetroBravo
Ashley Christiansen, Enoteca Vin, Raleigh
Honorable Mention
Jeremy Sabo, Vivace, Raleigh

CATERER
Standing Ovation
LadyFingers, Raleigh
MetroBravo
Mitchell's Catering & Events, Raleigh
Honorable Mention
Catering Works, Raleigh

WAITSTAFF
Standing Ovation
Vinnie's Steakhouse and Tavern, Raleigh
MetroBravo
Bloomsbury Bistro, Raleigh

History Repeats Itself. Twice.

Welcome back, John Wright

First, the chef who introduced New South cuisine to the Grill has returned, with new ideas: new dishes and new menus, including a menu for bar customers.

Then, for the second year in a row, you voted us Best Power Lunch.

So, thank you, and if you like the way we shine in the afternoon, wait'll you see how John Wright glows in the dark.

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Honorable Mention
Angus Barn, Raleigh

BEST PLACE FOR:

APPETIZERS

Standing Ovation
The Red Room Tapas Lounge, Raleigh
MetroBravo
Winston's Grille, Raleigh
Honorable Mention
Lucky 32, Statewide

BBQ

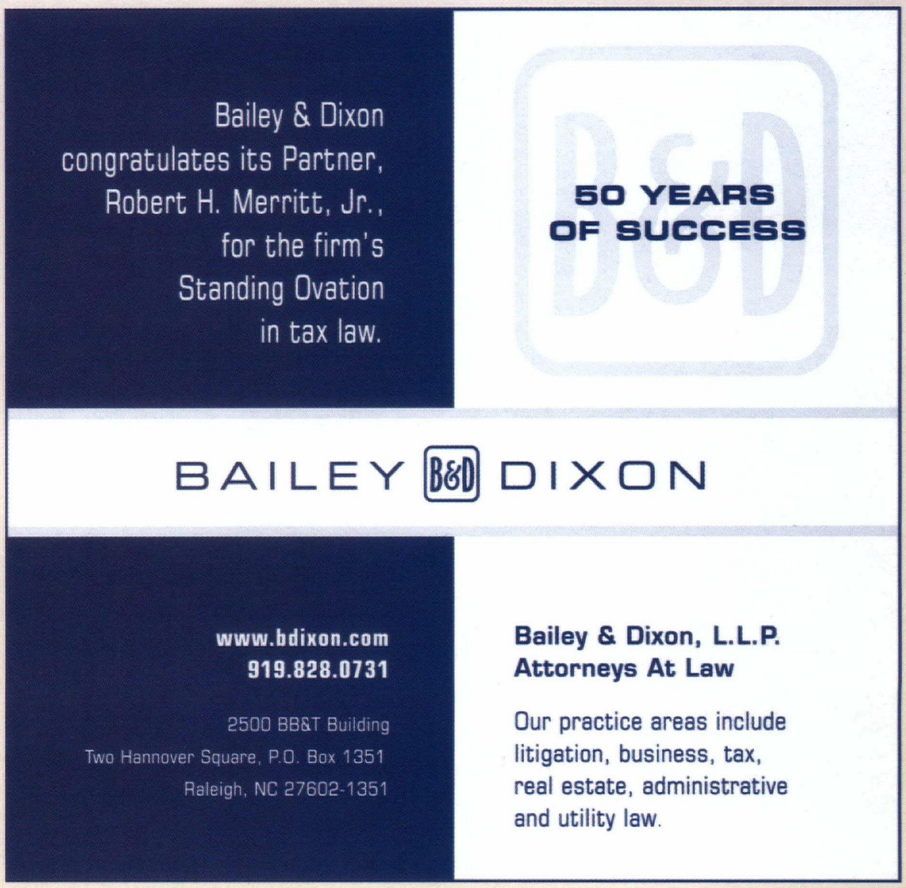
Standing Ovation
Smithfield's Chicken 'n Bar-BQ, Statewide
MetroBravo
The Q Shack, Raleigh
Honorable Mention
Cooper's Barbeque & Catering, Raleigh

HOT DOG

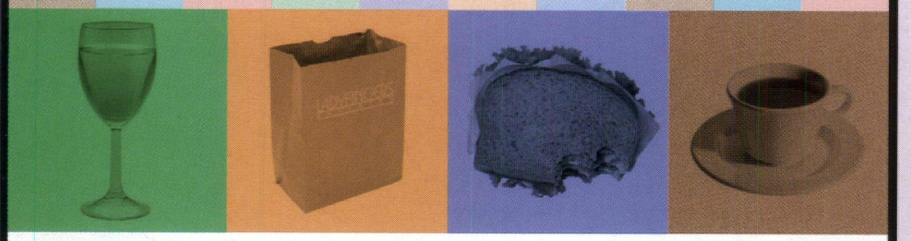
Standing Ovation
Snoopy's Hot Dogs, Raleigh
MetroBravo
Pharaoh's, Raleigh
Honorable Mention
The Roast Grill, Raleigh

HAMBURGER

Standing Ovation
Char-Grill, Raleigh
MetroBravo
Five Guys Famous Burgers and Fries, Raleigh



METRO MAGAZINE #1 BEST CATERER 2006



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Honorable Mention
Cook Out, Triangle-wide

PIZZA

Standing Ovation
Mellow Mushroom, Triangle-wide
MetroBravo
Lilly's Pizza, Raleigh
Honorable Mention
Capital Creations Gourmet Pizza, Raleigh

Second Empire

Raleigh's Second Empire has established itself as one of the top fine dining experiences in the region since it opened in 1997. Set in the renovated Dodd-Hinsdale house on Hillsborough Street a few blocks from downtown Raleigh—with a generous front porch and more informal dining downstairs—it was voted the area's most romantic restaurant by our readers in this year's balloting. Love means a full course meal at Second Empire.

STEAKS

Standing Ovation
Sullivan's Steakhouse, Raleigh
MetroBravo
Angus Barn, Raleigh
Honorable Mention
Vinnie's Steakhouse and Tavern, Raleigh

SEAFOOD

Standing Ovation
42nd Street Oyster Bar, Raleigh
MetroBravo
Bonefish Grill, Statewide
Honorable Mention
Fins Restaurant, Raleigh

OYSTERS

Standing Ovation
42nd Street Oyster Bar, Raleigh
MetroBravo
Gino Russo's Oyster Bar and Restaurant, Raleigh
Honorable Mention
Tony's Bourbon Street Oyster Bar, Cary

KINSLEY DEY
Hayes Barton Dessertery and Café

DESSERT

Standing Ovation
Hayes Barton Dessertery & Café, Raleigh
MetroBravo
The Cheesecake Factory, Statewide
Honorable Mention
Second Empire Restaurant & Tavern, Raleigh

EDUCATION

DAYCARE CENTER

Standing Ovation
Primrose Schools, Triangle-wide

MetroBravo
Rex Child Development Center, Raleigh

Honorable Mention
White Memorial Presbyterian Weekday School, Raleigh

East Carolina University

The Pirates of Greenville have done it again. That's right, East Carolina University is still the reigning party school according to *Metro* readers. It is no surprise to those who either attended ECU—or have simply been around Greenville for more than a few hours: they do indeed know how to party. Greek life, a competitive football team and being the big university in Eastern NC (with a world class medical school to boot) has created a recipe that keeps ECU in the top ranks of socially active universities. Some say party schools are rated by consumption of alcohol. Let's just say that the Pirates know how to get down, drinks or not.

KINDERGARTEN

Standing Ovation
Chesterbrook Academy, Triangle-wide

MetroBravo
Lacy Elementary, Raleigh

Honorable Mention
St. Michael School, Cary

PRIVATE LOWER SCHOOL

Standing Ovation
St. Timothy's School, Raleigh

MetroBravo
Ravenscroft School, Raleigh

Honorable Mention
Cary Academy, Cary

PRIVATE HIGH SCHOOL

Standing Ovation
St. Mary's School, Raleigh

MetroBravo
Ravenscroft School, Raleigh

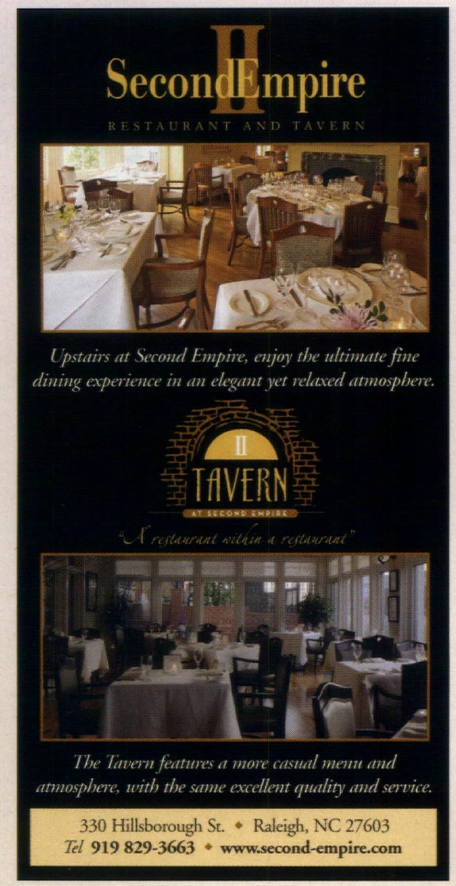
Honorable Mention
Cary Academy, Cary

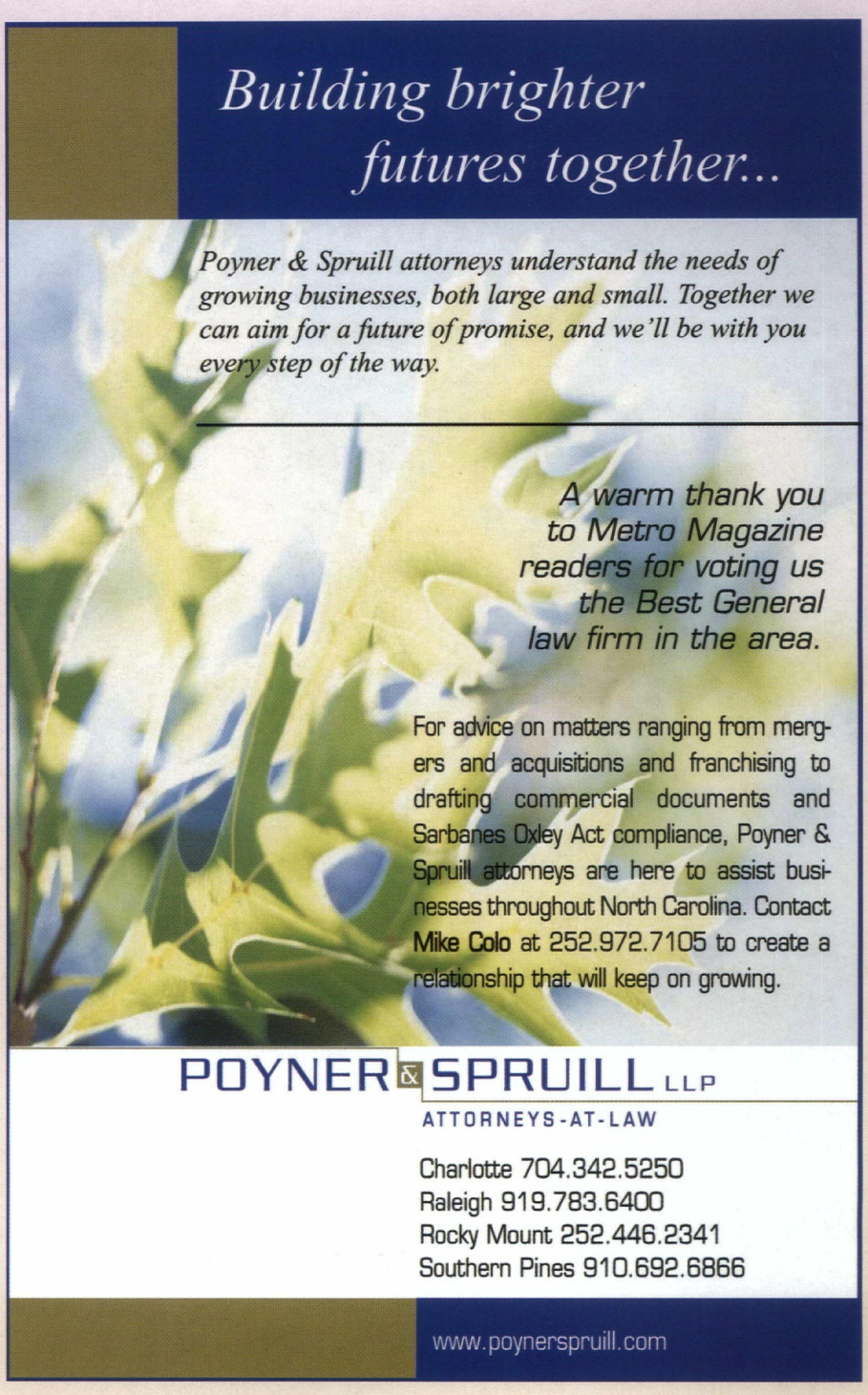
PRIVATE COLLEGE

Standing Ovation
Duke University, Durham

MetroBravo
Meredith College, Raleigh

Honorable Mention
Peace College, Raleigh





St. Mary's School

ST. MARYS

PUBLIC COLLEGE

Standing Ovation
University of North Carolina at Chapel Hill

MetroBravo
North Carolina State University, Raleigh

Honorable Mention
East Carolina University, Greenville

PARTY SCHOOL

Standing Ovation
East Carolina University, Greenville

MetroBravo
University of North Carolina at Chapel Hill

Honorable Mention
University of North Carolina at Wilmington

OUT IN THE PUBLIC

MUSEUM

Standing Ovation
NC Museum of Art, Raleigh

MetroBravo
NC Museum of Natural Science, Raleigh

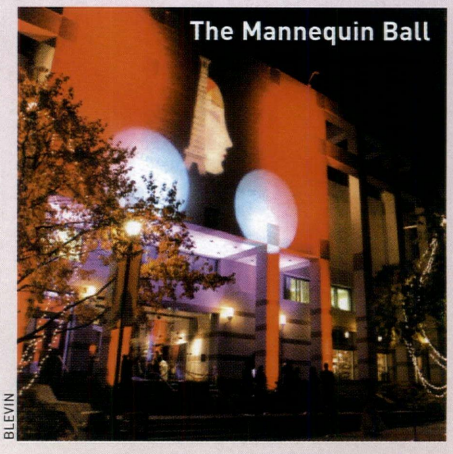
Honorable Mention
NC Museum of History, Raleigh

HISTORIC SITE

Standing Ovation
Tryon Palace, New Bern

MetroBravo
Fort Fisher, Kure Beach

Honorable Mention
The Lost Colony, Outer Banks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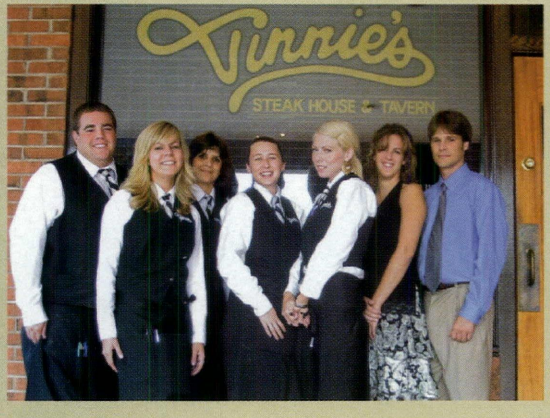

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MetroBravo
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Honorable Mention
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Jimmy V Celebrity Golf Classic, Cary
CULTURAL EVENT
Standing Ovation
North Carolina Symphony, Raleigh
MetroBravo
Artsplosure, Raleigh
Honorable Mention
The Nutcracker, Carolina Ballet, Raleigh
Close Call
Raleigh International Spy Conference, Raleigh
PLACE TO PROPOSE
Standing Ovation
Sarah P. Duke Gardens, Durham
MetroBravo
Beach
Honorable Mention
Old Well, University of North Carolina at Chapel Hill

Fred Astaire Dance Studio

If the long, lean legs or rock solid abs of the celebrities on *Dancing with the Stars'* inspired you to hit the dance floor, you're in luck. While dancing might not be your day job, studios like Standing Ovation winner Fred Astaire Dance Studio offer programs tailored to fit into your schedule and fitness level. Fred Astaire's "Three Way System" of instruction combines private and group lessons with fun-filled practice parties. The studio's introductory program will give you a chance to learn the basic steps to popular social dances such as the Mambo and Cha Cha, while keeping you fit and relieving stress in an enjoyable, highly energizing way.

PLACE TO GO DANCING
Standing Ovation
The Longbranch Saloon, Raleigh
MetroBravo
The Office, Raleigh
Honorable Mention
Reds Beach Music, Raleigh
Close Call
Bogart's American Grill, Raleigh
DANCE STUDIO
Standing Ovation
Fred Astaire Dance Studio, Durham and Raleigh
MetroBravo
Arthur Murray Dance Studio, Raleigh
Honorable Mention
Ninth Street Dance, Durham
CLUB TO HEAR LIVE MUSIC
Standing Ovation
Lincoln Theatre, Raleigh

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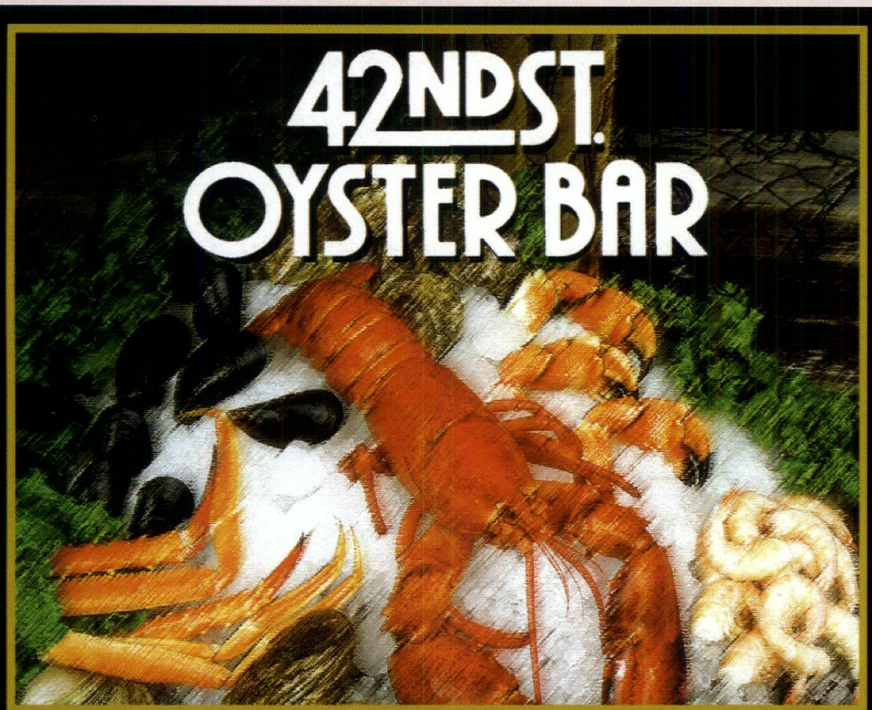

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MetroBravo
Cat's Cradle, Carrboro
Honorable Mention
The Pour House, Raleigh

PLACE TO HEAR JAZZ
Standing Ovation
Bogart's American Grill, Raleigh
MetroBravo
Sullivan's Steakhouse, Raleigh
Honorable Mention
Zydeco Downtown, Raleigh

Cats Cradle

Who would have thought that the leading music venue in NC for rock n' roll would be tucked away in a shopping center adjacent to a video store at the Carrboro end of Chapel Hill's Franklin Street? Well, anyone who knows about music knows that the Cat's Cradle is the most important place in the region for up and coming rock acts to perform—and has been for over 25 years. The schedule at the Cradle typically consists of independent and alternative performers striving to reach the area's uber-hip audiences. The Cradle rocks.

PLACE TO HEAR ROCK
Standing Ovation
Cat's Cradle, Carrboro
MetroBravo
Lincoln Theatre, Raleigh
Honorable Mention
Alltel Pavilion at Walnut Creek, Raleigh

Rialto Theatre

KINSLEY DEY

INDEPENDENT MOVIE THEATER
Standing Ovation
Rialto Theatre, Raleigh
MetroBravo
Galaxy Cinema, Cary
Honorable Mention
Colony Theatres, Raleigh

MOVIE THEATER
Standing Ovation
Regal North Hills Stadium 14, Raleigh

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MetroBravo
Regal Brier Creek Stadium 14, Raleigh
Honorable Mention
Raleigh Grande Cinema, Raleigh

FAVORITE SPORTS TEAM

Standing Ovation
Carolina Hurricanes
MetroBravo
UNC Tar Heels
Honorable Mention
NC State Wolfpack

GOLF COURSE

Standing Ovation
Pinehurst, Pinehurst
MetroBravo
Raleigh Country Club, Raleigh
Prestonwood Country Club, Cary
Honorable Mention
MacGregor Downs Country Club, Cary

SPORTING EVENT

Standing Ovation
Carolina Hurricanes, Raleigh
MetroBravo
Atlantic Coast Conference Basketball
Honorable Mention
North Carolina State University Football, Raleigh

BUILT ENVIRONMENT

THEATRE BUILDING

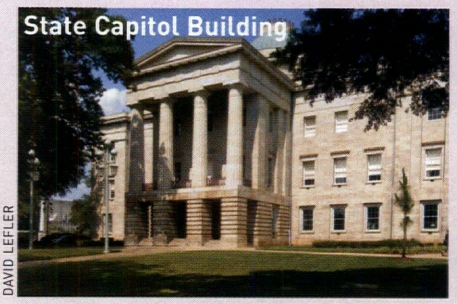
Standing Ovation
Progress Energy Center for the Performing Arts, Raleigh
MetroBravo
Raleigh Little Theatre, Raleigh
Honorable Mention
PlayMakers Repertory Company Center for Dramatic Art, Chapel Hill

COMMERCIAL BUILDING

Standing Ovation
Progress Energy Center for the Performing Arts, Raleigh
MetroBravo
American Tobacco Building, Durham
Honorable Mention
Blue Cross Blue Shield Building, Chapel Hill

CAMPUS BUILDING

Standing Ovation
Duke Chapel, Duke University, Durham
MetroBravo
Memorial Hall, University of North Carolina at Chapel Hill
Honorable Mention
Dean E. Smith Center, University of North Carolina at Chapel Hill


State Capitol Building
DAVID LEFLER

CORPORATE BUILDING

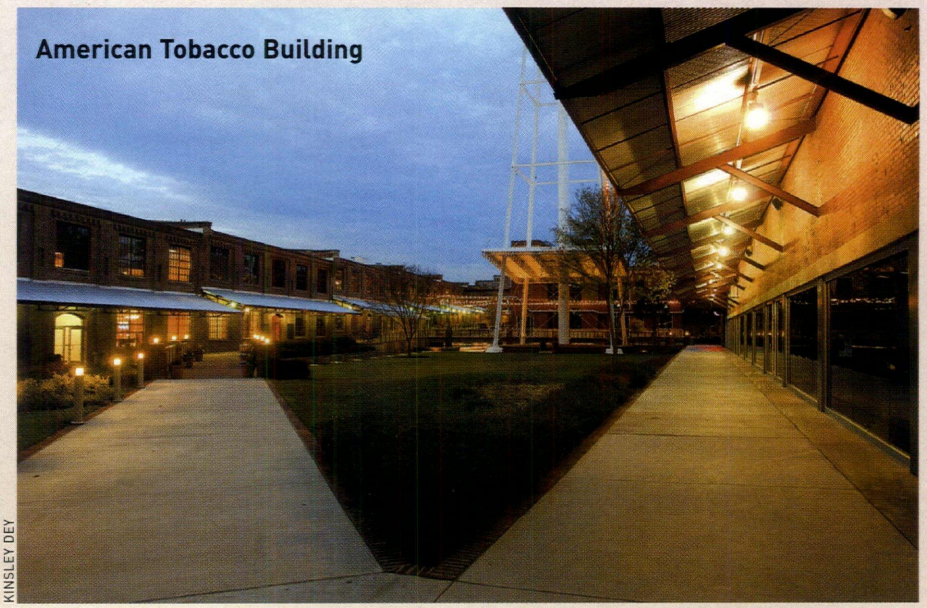
Standing Ovation
Wachovia, Raleigh
MetroBravo
Progress Energy, Raleigh
Honorable Mention
SAS Campus, Cary

GOVERNMENT BUILDING

Standing Ovation
North Carolina's State Capitol Building, Raleigh
MetroBravo
Legislative Building, Raleigh
Honorable Mention
The Governor's Mansion, Raleigh

OUTDOOR VENUE

Standing Ovation
Alltel Pavilion at Walnut Creek, Raleigh


American Tobacco Building
KINSLEY DEY

MetroBravo
Regency Park, Cary
Honorable Mention
NC Museum of Art Outdoor Amphitheatre, Raleigh

PUBLIC BUILDING
Standing Ovation
North Carolina's State Capitol Building, Raleigh
MetroBravo
RBC Center, Raleigh
Honorable Mention
Exploris, Raleigh

TECH LIFE

INTERNET SERVICE PROVIDER
Standing Ovation
Roadrunner, Time Warner Cable
MetroBravo
EarthLink, Inc.
Honorable Mention
America Online

CELL PHONE SERVICE
Standing Ovation
Verizon Wireless
MetroBravo
Sprint/Nextel
Honorable Mention
Alltel

MAC OR PC
Standing Ovation
PC
MetroBravo
Mac

HEALTH CARE/WELLNESS

HOSPITAL
Standing Ovation
Rex Hospital, Raleigh
MetroBravo
WakeMed Health & Hospitals, Raleigh
Honorable Mention
Duke Hospital, Durham

EMERGENCY ROOM
Standing Ovation
Rex Hospital, Raleigh
MetroBravo
WakeMed Health & Hospitals, Raleigh
Honorable Mention
University of North Carolina Hospitals, Chapel Hill

BIRTHING CENTER
Standing Ovation
Rex Hospital, Raleigh
MetroBravo
WakeMed Health & Hospitals, Raleigh
Honorable Mention
University of North Carolina Hospitals, Chapel Hill

CARDIAC CENTER
Standing Ovation
WakeMed Health & Hospitals, Raleigh
MetroBravo
Rex Heart Center, Raleigh

Honorable Mention
Duke Heart Center, Durham

CANCER CARE CENTER

Standing Ovation
Duke Comprehensive Cancer Center, Durham

MetroBravo
Rex Cancer Center, Raleigh

Honorable Mention
University of North Carolina Hospitals, Chapel Hill

Hospitals

Regardless of where you reside in the Triangle, rest assured that your health is in good hands. Duke University and UNC-Chapel Hill are two of the leading research and teaching hospitals in the nation, and with Wake Med and Rex healthcare systems right in our backyard, Triangle residents have a place to go to for all their ailments and health care needs. Having a baby? Check out Rex Hospital's Family Birthing Center. Expectant mothers can take advantage of a myriad of classes to instruct new moms about issues they will face before and after childbirth. Experiencing heart problems? Wake Med Heart Center was named one of the "Top Ten Cardiovascular Surgery Programs" in the country by the *AARP's Modern Maturity* magazine. The hospital recently more than doubled its square footage to open up new observational beds, catheterization labs and electro-physiology labs.

EYECARE CENTER

Standing Ovation
Kelly Eye Center, Raleigh

MetroBravo
Duke Eye Center, Durham

Honorable Mention
Raleigh Eye Center, Raleigh

PLASTIC SURGERY CENTER

Standing Ovation
Personal Image Center of North Carolina, Cary

MetroBravo
Duke Health's Division of Plastic and Reconstructive Surgery, Durham

Honorable Mention
Raleigh Plastic Surgery Center, Raleigh

VEIN CLINIC

Standing Ovation
Duke Aesthetic Center, Durham

MetroBravo
Vein Care of North Carolina, Raleigh
Raleigh Vein & Laser Center, Raleigh

Honorable Mention
Triangle Vein Clinic, Cary

VETERINARIAN

Standing Ovation
Oberlin Road Animal Hospital, Raleigh

MetroBravo
Hayes Barton Animal Hospital, Raleigh

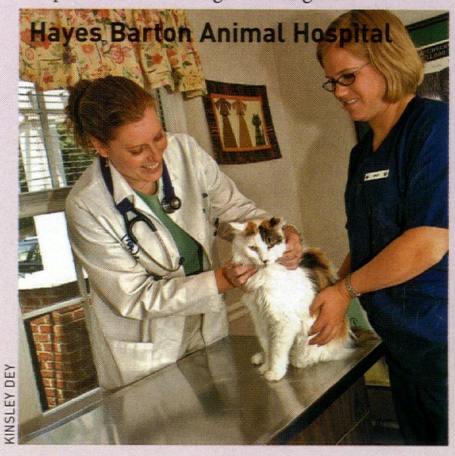
Honorable Mention
Bowman Animal Hospital, Raleigh
Falls Village Veterinary Hospital, Raleigh

ACUPUNCTURIST

Standing Ovation
Marc Cutler, D.O.M. (N.M.) L.Ac., Dipl.Ac., Advanced Healthcare Solutions, Raleigh

MetroBravo
Dr. Zheng, Eastern Traditions, Cary

Honorable Mention
C. Daerr Reid, L.Ac. MSOM, East Coast Acupuncture and Massage, Wilmington



KINSLEY DEY

ASSISTED LIVING CENTER

Standing Ovation
Springmoor Lifecare Retirement Community, Raleigh

MetroBravo
Magnolia Glen Retirement Community, Raleigh

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MetroBravo
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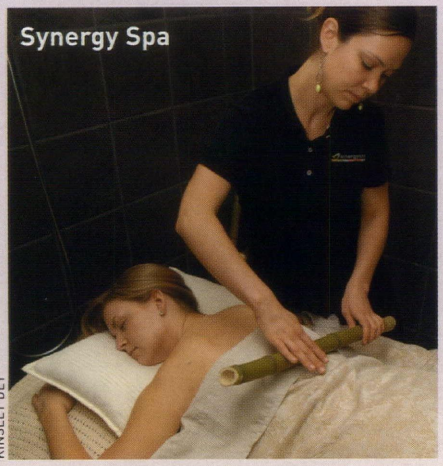
Honorable Mention
Capital Fitness Health Center, Triangle-wide

WELLNESS CENTER
Standing Ovation
Rex Healthcare Wellness Center, Raleigh
MetroBravo
Duke Health and Fitness Center, Durham



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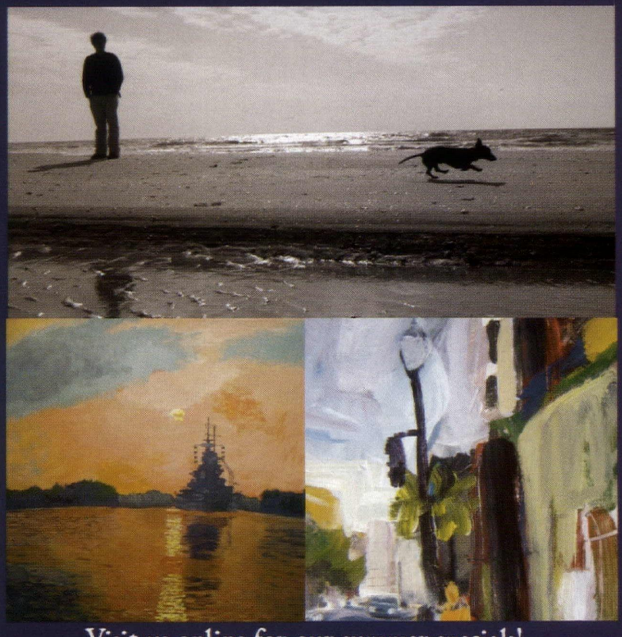

We are pleased to welcome the following artists to our gallery:

David Taylor
August
Emerging Artists
September
Sarah Whitmeyer
October
Ed Hardy
November

For more information:
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Thank you to everyone who voted for us!

Featured artwork by *(top to bottom right)*
Sarah Whitmeyer,
David Taylor
and Ed Hardy

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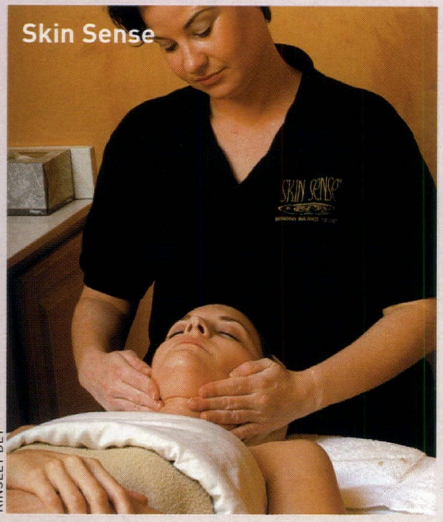
Honorable Mention
The Wellness Center at Meadowmont, Chapel Hill

PILATES STUDIO
Standing Ovation
Body Balance Movement Therapy, Raleigh
MetroBravo
Triangle Pilates, Cary
Honorable Mention
O2 Fitness Health Clubs, Triangle-wide

YOGA STUDIO
Standing Ovation
Moving Mantra Yoga Studio, Raleigh
MetroBravo
Five Points Fitness Studio, Raleigh
Honorable Mention
Raleigh Yoga Center, Raleigh



KINSLEY DEY

DAY SPA
Standing Ovation
Synergy Spa, Raleigh
Skin Sense: A Day Spa, Raleigh & Cary
MetroBravo
Natural Body Spa & Shoppe, Raleigh
Honorable Mention
Iatria Day Spa, Raleigh

HAIR SALON
Standing Ovation
Samuel Cole Salon, Raleigh
MetroBravo
Mitchell's Hair Styling, Raleigh
Honorable Mention
Douglas Carroll Salon, Raleigh
DS Parada Color Café, Raleigh

Personal Image Center
For anyone who thinks the phrase "cosmetic procedures" is just an ambiguous term for "plastic surgery"—think again. Plastic surgery centers like Personal Image Center now offer a variety of non-surgical, cosmetic procedures such as laser hair and tattoo removal, microdermabrasion or the new BLU-U Blue Light Photodynamic Therapy. This FDA-approved therapy is designed to kill bacteria in the skin's sebaceous glands and clear up acne and rough, scaly skin patches caused by actinic keratoses and overexposure to the sun. After just one month of blue light sessions, patients are guaranteed to have clearer skin and more self-confidence.

PROFESSIONAL SERVICES

RESIDENTIAL REAL ESTATE COMPANY
Standing Ovation
York Simpson Underwood, Triangle-wide
MetroBravo
Fonville Morrisey, Triangle-wide
Honorable Mention
Coldwell Banker Howard Perry and Walston, Triangle-wide

COMMERCIAL REAL ESTATE COMPANY
Standing Ovation
York Properties, Triangle-wide
MetroBravo
Coldwell Banker Commercial, Triangle-wide
Honorable Mention
Kane Realty Corporation, Triangle-wide

COASTAL REAL ESTATE COMPANY
Standing Ovation
Intracoastal Realty Corporation, Wilmington, Wrightsville Beach, Carolina Beach, Southport, Surf City & Topsail Beach
MetroBravo
Cannon & Gruber Realtors, Atlantic Beach
Honorable Mention
Coldwell Banker Seacoast Realty, Wilmington, Wrightsville Beach, Topsail Beach, Southport
Al Williams Properties, Atlantic Beach

BANK
Standing Ovation
Wachovia, Triange-wide
MetroBravo
Bank of America, Triangle-wide
Honorable Mention
State Employees Credit Union, Triangle-wide

WACHOVIA
Uncommon Wisdom

BEST BANK FOR LOANS
Standing Ovation
Wachovia, Triangle-wide
MetroBravo
State Employees Credit Union, Triangle-wide
Honorable Mention
First Citizens Bank, Triangle-wide

INSURANCE COMPANY
Standing Ovation
Nationwide, Triangle-wide
MetroBravo
State Farm Insurance, Triangle-wide
Honorable Mention
Allstate Insurance Company, Triangle-wide

MORTGAGE FIRM
Standing Ovation
Washington Mutual, Triangle-wide
MetroBravo
Countrywide, Triangle-wide
Honorable Mention
Wachovia, Triangle-wide

Intracoastal Realty
When it comes to buying and selling property on the coast in the Cape Fear region, one company stands out for *Metro* readers. Locally owned and operated since 1975, Intracoastal Realty has built a solid name for itself in Southeastern North Carolina, dedicated to suiting the needs of each client and holding its place as the market leader in coastal real estate.

BROKERAGE FIRM
Standing Ovation
Edward Jones Investments, Raleigh
MetroBravo
Wachovia Securities, Durham, Raleigh & Wilmington
Honorable Mention
Scott & Stringfellow, Inc., Cary, Raleigh & Wilmington

ACCOUNTING FIRM
Standing Ovation
Lynch & Howard, Raleigh, Knightdale
MetroBravo
Cherry Bekaert & Holland, Raleigh
Honorable Mention
Ernst & Young, Raleigh

EVENT PLANNING FIRM
Standing Ovation
Black Dog Event Company, Raleigh
MetroBravo
Ivy Robinson Weddings & Events, Raleigh
Honorable Mention
Events Associates, Inc., Raleigh

GENERAL LAW FIRM
Standing Ovation
Poyner & Spruill, L.L.P., Raleigh, Rocky Mount & Southern Pines
MetroBravo
Smith, Anderson, Blount, Dorsett, Mitchell & Jernigan, L.L.P., Raleigh
Honorable Mention
Manning Fulton & Skinner, P.A., Raleigh & Wilmington

REAL ESTATE LAW FIRM
Standing Ovation
Ragsdale Liggett P.L.L.C., Raleigh
MetroBravo
Manning Fulton & Skinner, P.A., Raleigh & Wilmington
Honorable Mention
Kennedy Covington Lobdell & Hickman, L.L.P., Raleigh

DIVORCE LAW FIRM
Standing Ovation
Wyrick Robbins, Yates & Ponton, L.L.P., Raleigh
MetroBravo
Tharrington Smith, L.L.P., Raleigh
Honorable Mention
Rosen Divorce Law Firm, Raleigh

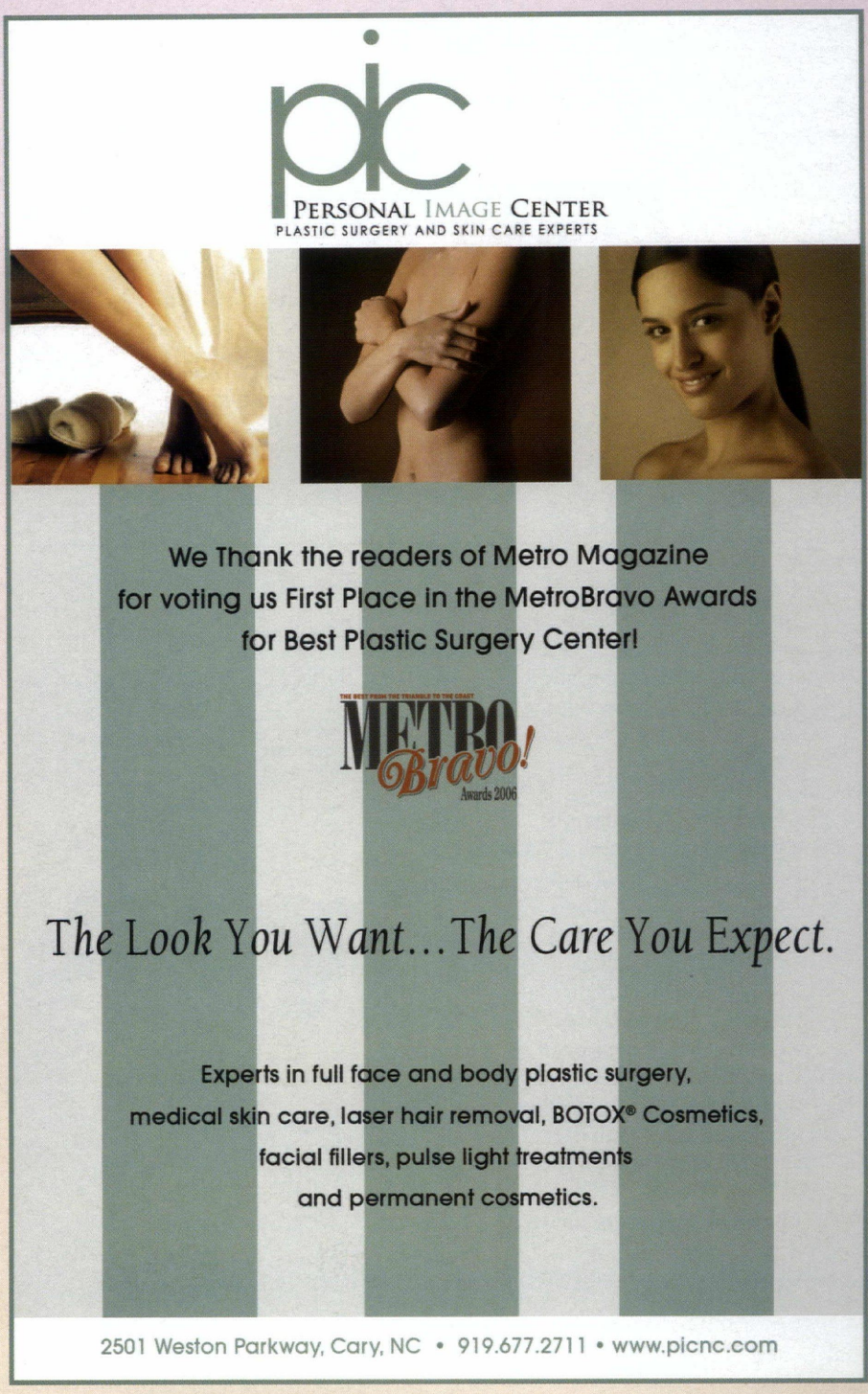
CORPORATE LAW FIRM
Standing Ovation
Maupin Taylor, P.A., Raleigh & Wilmington
MetroBravo
Poyner & Spruill, L.L.P, Raleigh, Rocky Mount & Southern Pines
Honorable Mention
Hunton & Williams, L.L.P., Raleigh

CRIMINAL LAW FIRM
Standing Ovation
Cheshire Parker Schneider Bryan & Vitale, L.L.P., Raleigh
MetroBravo
Tharrington Smith, L.L.P., Raleigh
Honorable Mention
Dement Askew Gammon & Dement, L.L.P., Raleigh

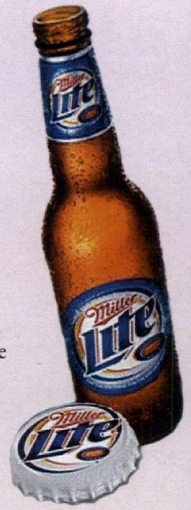
TAX LAW FIRM
Standing Ovation
Bailey & Dixon, L.L.P, Raleigh
MetroBravo
Maupin Taylor, P.A., Raleigh & Wilmington
Honorable Mention
Lynch & Eatman, L.L.P, Raleigh

INDULGENCES

BOTTLED WATER
Standing Ovation
Dasani
MetroBravo
Aquafina
Honorable Mention
Fiji
Le Bleu



BEER
Standing Ovation
Miller Light
MetroBravo
Amstel Light
Honorable Mention
Yuengling



VINEYARD
Standing Ovation
Biltmore Estate, Asheville
MetroBravo
Chatham Hill Winery, Morrisville
Honorable Mention
Duplin Winery, Rose Hill

LIQUEUR
Standing Ovation
Baileys Irish Cream
MetroBravo
Kahlúa
Honorable Mention
Amaretto

VODKA
Standing Ovation
Grey Goose
MetroBravo
Absolut
Honorable Mention
Kettle One

BOURBON/WHISKEY
Standing Ovation
Maker's Mark
MetroBravo
Jack Daniel's
Honorable Mention
Crown Royal

Understanding Wine

Muscadine, Scuppernong, Pinot Grigio, Cabernet—the names of grapes and the wines they produce are enough to make even the most knowledgeable wine connoisseur's head spin. For the novice wine drinker, differentiating between a winery and vineyard can also be a bit puzzling. So, let's take a moment to clear up the confusion. The word winery is the American-born term for the physical facility in which the wine is made. A vineyard, on the other hand, is a farm of grapevines where grapes are grown for making wine. While some wineries house a vineyard on, or nearby their own property, many wineries use grapes grown at vineyards around the state or the nation to create the perfect vino. MetroBravo! winners, Duplin Winery and Biltmore Estate not only use grapes from vineyards within miles of the winery itself, but also use grapes from vineyards all over the Southeast region. Other wineries, like Chatham Hill Winery, use grapes grown only in North Carolina vineyards. Both winery and vineyard owners alike take great pride in their produce, knowing that behind every great wine is a great grape.

GIN
Standing Ovation
Bombay Sapphire
MetroBravo
Tanqueray
Honorable Mention
Beefeater

SCOTCH
Standing Ovation
Dewar's
MetroBravo
The Macallan
Honorable Mention
Glenfiddich

RUM
Standing Ovation
Bacardi
MetroBravo
Captain Morgan
Honorable Mention
Myers's

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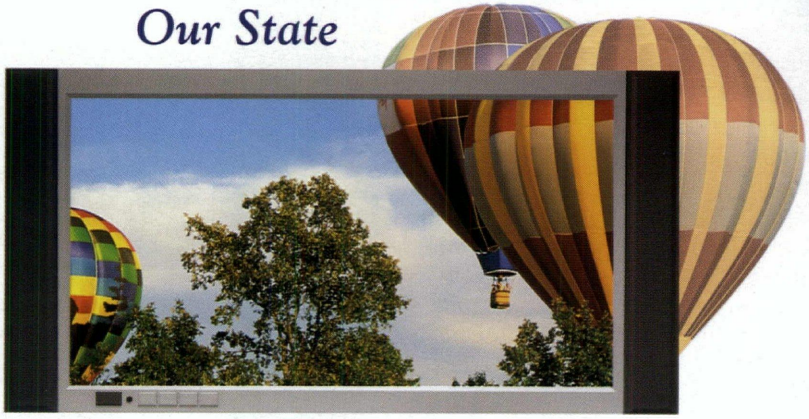

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Raleigh Metro Magazine
From the Triangle to the Coast
Special Report

Meeting the Need

Hospice of Wake County

"Empowering individuals, families, and communities to embrace meaning at the end of life."
—Mission Statement, Hospice of Wake County

More Meaning to Life as Death Nears

by Rick Smith

To offer more Care to meet a growing need, Hospice of Wake County is raising $8 million, with plans to build a permanent facility near RBC Center

Fighting terminal stomach cancer, Sharon Spence knew the end of her life was near. But she fought on, determined to celebrate Christmas at home one final time with her husband Eric and young daughters Caroline and Charlotte.

Hospice of Wake County helped make that possible.

KINSLEY DEY

"Hospice of Wake County is the only private, not-for-profit hospice based in Wake County and is completely independent and governed by a committed, diverse, volunteer Board of Directors."

—John Thoma

"Sharon was determined to die at home," recalled Eric Spence, a real estate attorney in Raleigh. "She was a very strong individual. Her parents were able to come and be with us. We had a family tradition of opening Christmas presents one at a time. She was in a wheelchair, and she participated. She couldn't talk, but she could smile.

"It was a very moving Christmas—a wonderful one." Three days later, Sharon died. She was 44 years old.

"Hospice helped increase the quality of her final days immeasurably," said Spence. "They provided the day-to-day care I could not provide. It also was good to have another person there showing Sharon that they cared, that they would do whatever they could do.

"I'm not a person without means. I tried to buy nursing care, but I could not find the level of service we needed. It's a tense, emotional time, a period of grief that is so overwhelming. You are so involved in trying to maximize every moment with your spouse that you don't have time to interview 10 nurses and pick the right one to be with your wife. You're too wrapped up in the intensity of the moment.

"That's where Hospice is so wonderful. Hospice provides nurses who really care. It wasn't a paid situation with an employee. It was someone who cares."

Sharon was diagnosed with stomach cancer in 2003, but it was very advanced and she was not able to tolerate treatments. The couple, who had been married 14 years, decided to contact Hospice.

"We really didn't know very much about hospice care," Eric recalled. What they did know was Hospice could provide the services needed so that Sharon could die at home as she wished. But Hospice ended up providing so much more, he emphasized.

"I tried some overnight private services," Spence explained. "To be honest with you, Hospice care was far superior. They cared more for her. The Hospice nurses were just much more sincere in seeing to Sharon's welfare and making her last days as comfortable as possible. They were extraordinarily kind. It's hard to describe how wonderful they were. It was almost like family."

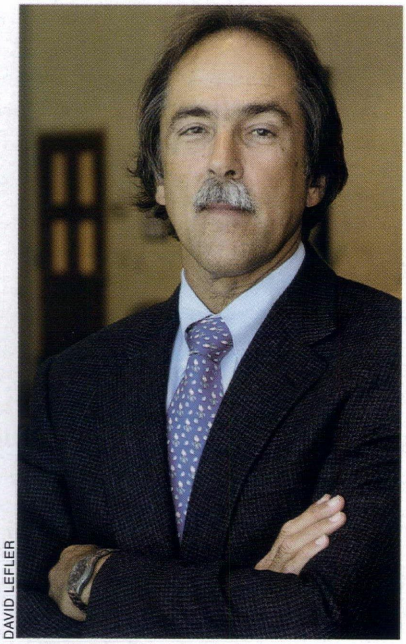
Dignity And Home

Among the many doctors who recommend patients such as Sharon Spence to hospice care is Dr. Mark Yoffe. An oncologist in Raleigh for 22 years, Yoffe said having organizations such as HOWC available means terminal patients "can die with dignity and be in control. The majority of them want to be at home."

Yoffe, a member of the HOWC board, refers about 100 people a year to hospice care.

"Unfortunately, we are all going to die," he said. "So many more people are aware of hospice care now than when I started. It helps alleviate fears. A lot more people bring up the idea of hospice care to me."

Searching to find a way to contribute more to hospice care, Yoffe chose to become involved with HOWC. "It is a noble and excellent organization," he said. "I hold HOWC very dear to my heart, and I know many grateful families do also."



DAVID LEFLER

"The spiritual and physical needs, and the well-being of family members, are important, too, ... HOWC does a great job in meeting those needs."

—Dr. Mark Yoffe

Seeking A Permanent Home

Hospice of Wake County has been providing end-of-life care to patients since 1979 when hospice care was still relatively new in the United States with the first organization established in 1974.

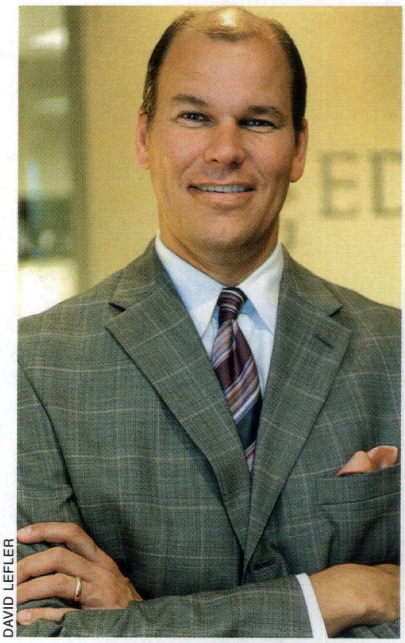
Dr. William Dunlap, a native of Raleigh and the only practicing oncologist in Wake County in 1977, helped found the Wake County organization. He can laugh now as he recalls not even knowing the meaning of the word hospice when he first heard it. But over the years HOWC has grown ever more important to him—and to the community. HOWC served 12 patients in its first year of operation. In 2005, it assisted more than 1,400.

Demand for hospice services continues to grow—so much in fact that HOWC is seeking $8 million to build a permanent facility to provide on-site care in a home-like setting, as well as to house staff and to provide meeting and training facilities.

HOWC recently signed a 50-year lease at $1 per year for eight acres of state-owned land near the RBC Center in West Raleigh. The organization has filed a Certificate of Need with the state of North Carolina, which must approve the construction of a facility. And HOWC has already climbed more than halfway toward reaching its fund-raising goal. But much work remains to be done, according to James Carroll, a stockbroker at A.G. Edwards in Raleigh, president of the HOWC board and a member of the "Campaign Cabinet" assembled to lead the fund-raising drive.

"Three of four people in Wake County who could use hospice care don't receive it," said Carroll. One of the major reasons is that many people don't know about hospice or HOWC, he added. "People are going to see a facility, and that will get our name out in the community. We also will have meetings at the facility and have space for education sessions. This building will really help us get the word out."

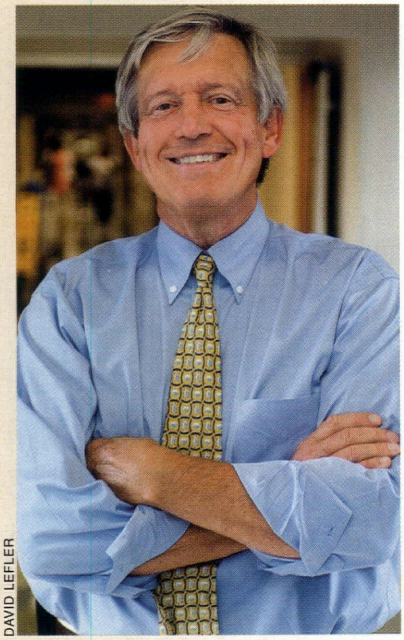
Demand for hospice is growing as more people become aware about end-of-life care and as the population ages. While HOWC provides care for people of all ages, the pri-



DAVID LEFLER

"People are going to see a facility, and that will get our name out in the community. We also will have meetings at the facility and have space for education sessions. This building will really help us get the word out."

—James Carroll



DAVID LEFLER

"In December of 2005 alone, I sent five people to nursing homes who would have been perfect candidates for residential beds, ... This area is so badly in need of what we want to build."

—Dr. Billy Dunlap

mary demand comes from older people. In Wake County alone, the number of people age 65 and over will increase 194 percent by the year 2025.

HOWC wants to build a facility with at least 14 beds, including eight set aside for acute care. Preliminary plans call for the facility to be expandable as needed, according to Carroll.

The building will cover 38,000 square feet and provide a home-like setting for patients, as well as family members.

HOWC also provides palliative care for patients who face terminal illness, and the building is designed to help patients manage pain, with the hospice providing medical, nursing, chaplain and counseling assistance. In addition to a professional staff, HOWC has more than 100 volunteers based countywide to best serve the geographical location of the patient base. Other volunteers work in Hospice offices, provide education to the community, assist with fund-raising events and work with the grief support group and special outreach programs with the Wake County Public Schools.

John Thoma, CEO of HOWC added, "Many people still think that Hospice of Wake County is a county agency. In fact, Hospice of Wake County is the only private, not-for-profit hospice based in Wake County and is completely independent and governed by a committed, diverse, volunteer Board of Directors."

Under the direction of Dr. Ned Yellig, HOWC offers Horizons Home Care that includes medical expertise designed to make patients comfortable. Yellig, the HOWC medical director, is one of only 2,145 board certified palliative care physicians in the United States.

While Rex Hospital maintains six beds for patients needing hospice care, Yellig said demand far exceeds supply. Plus, he added, most patients would prefer to die in their homes—or in a home-like setting.

"Right now, there is no resource like the one we want to build in Wake County," Yellig said. "Their only option now is to go to a nursing home.

"If your father was dying and required care that your frail mother could no longer give, and your family was scattered around the country, this person could go into one of our residential units and receive the care he needs."

Dunlap sees first hand the need for a permanent hospice facility day after day, month after month, in his Raleigh practice.

"In December of 2005 alone, I sent five people to nursing homes who would have been perfect candidates for residential beds," Dunlap said. "This area is so badly in need of what we want to build."

To help families, HOWC offers counseling and support through its Traces and Reflections programs, stressing four points in its care delivery:

- Pain control and management of advanced illness symptoms
- Family-center focus on the quality of life
- Peace of mind about issues of death and dying
- Increased coping ability with the help of caring professional support

"It's not distinctly a medical process," said Yellig. "It's a blend of medicine, humanistic values and spiritual values."

The capital campaign, which is co-chaired by Dunlap and well-known real estate executive and former Mayor of Raleigh Smedes York, intends to make that blend of care available to more people.

Building The Case For A Permanent Home

Hospice of Wake County has spelled out specific reasons for the permanent facility. According to Cooper Linton, vice president of marketing and business development for the Hospice, 10 primary reasons include:

- Wake County is the only metropolitan area in the state of North Carolina without a freestanding hospice inpatient facility. With a population of almost 750,000, it is much more difficult to explain why the county does not have such a facility than it is to justify the need for one.
- Fayetteville, Goldsboro and Hillsborough are the closest towns to Raleigh with freestanding hospice facilities, which means that the distance alone is a barrier to Wake

residents receiving the necessary inpatient hospice care.

- Hospice of Wake County can justify 10 beds based on its own census. The new building will have eight inpatient beds—meaning that additional beds in the community, such as the inpatient hospice beds at Rex Hospital, will still be needed.
- The NC State Data Center predicts that by the year 2025 the number of people over 65 in Wake County will increase 194 percent compared to the population in 2003-2005. This means over 149,484 of 1,235,409 residents (12.1 percent) will be 65+, up from 51,064 residents of the total 699,503 population in 2003 (7.3 percent). The demand for HOWC services is expected to parallel that growth.
- Figures published in the State Medical Facilities Plan for 2006 show a statistical need for 26 beds based on the amount of hospice care provided in Wake County. With massive growth projected in the older population between now and the year 2025, the number of hospice beds will have to be increased to accommodate the population of Wake County and the surrounding areas.
- Communities with a hospice facility have considerably higher hospice use rates. It is possible that HOWC could experience a 49 percent increase in use during the five years following the opening of the proposed hospice facility. Increasing awareness of end-of-life care and access to hospice services is part of the mission of Hospice of Wake County Inc.
- The current rented hospice facility can no longer meet the needs of patients, families or staff. HOWC urgently needs a larger facility that will allow for expanded outreach, accommodate workshops and counseling for patients, and provide space for medical personnel to consult about patient needs.
- The Traces and Reflections Bereavement Center needs space that specifically accommodates the requirements of children, teenagers and adults for grief care and counseling.
- The campus is projected to be more than just buildings and will have landscaped grounds that provide for a natural healing environment integrated with the facilities in a holistic manner.
- Based on a review of Wake County residents who live alone and who are over age 75, Hospice of Wake County projects that at least 12 residential-care beds are needed for Wake County alone. There are currently no residential hospice beds in the county. Hospice proposes to build six residential beds now with the hope of adding more in the future as resources allow.

HOWC sponsors a number of different fund-raisers each year. These efforts have helped create the awareness to build momentum toward their already highly successful building campaign. HOWC has raised more than 60 percent of the $8 million needed for the facility, according to Carroll.

Reflections—Helping Families Deal With Their Grief

HOWC places substantial importance on its efforts to help family members and significant others manage the grief and other challenges that can overwhelm people as the death of a loved one approaches.

David Crabtree, news anchor at WRAL-TV in Raleigh and an ordained deacon in the Episcopal Church, supports HOWC's efforts as a member of its board. He is also part of the capital campaign team. He finds the care given to family members and loved ones especially moving—and a vitally needed support mechanism.

"The bereavement program I truly believe is the best in the country," Crabtree said. "HOWC helps the family not only while a loved one is dying but after he or she dies. The help is particularly important with the children who have lost a parent or a grandparent."

One recent activity offered through the Traces and Reflection programs was a photo exhibit where family members were asked to bring pictures they felt symbolized their grief to help them express their feelings and deal with their emotions.

"One person took a photo of a breakfast table where there were three plates. In the sec-

DAVID LEFLER

"HOWC helps the family not only while a loved one is dying but after he or she dies. The help is particularly important with the children who have lost a parent or a grandparent."

—David Crabtree

ond photo, there were only two plates," Crabtree said. "I stood in front of that photo and wept."

While not trained to work with hospice patients directly, Crabtree said he has discovered great satisfaction in working with HOWC. "The entire experience has made me a much more sensitive person," he said.

Yoffe recommends patients to hospice care in part for the support programs.

"The spiritual and physical needs, and the well-being of family members, are important, too," he said. "HOWC does a great job in meeting those needs."

Dealing With Death

Among the grateful recipients of assistance through the Reflections program were Eric Spence and his young daughters. He sought out Reflections to help deal with Sharon's death. Caroline was 10 and Charlotte was 6 when their mother died.

"It was a place to talk, a place to share common experiences, and it was a good introduction to more formal therapy later on," Spence said. "It was very difficult."

The family attended Reflections programs over several weeks, the girls participating in programs appropriate for their age and Eric

Based on a review of Wake County residents who live alone and who are over age 75, Hospice of Wake County projects that at least 12 residential-care beds are needed for Wake County alone. There are currently no residential hospice beds in the county. Hospice proposes to build six residential beds now with the hope of adding more in the future as resources allow.

in an adult program.

"Reflections gave us time to absorb the reality of our situation," Spence said. "It was just a place for us to talk about our grief. That was really wonderful.

"Charlotte really didn't understand what had happened. For her, the program was part education and part comfort.

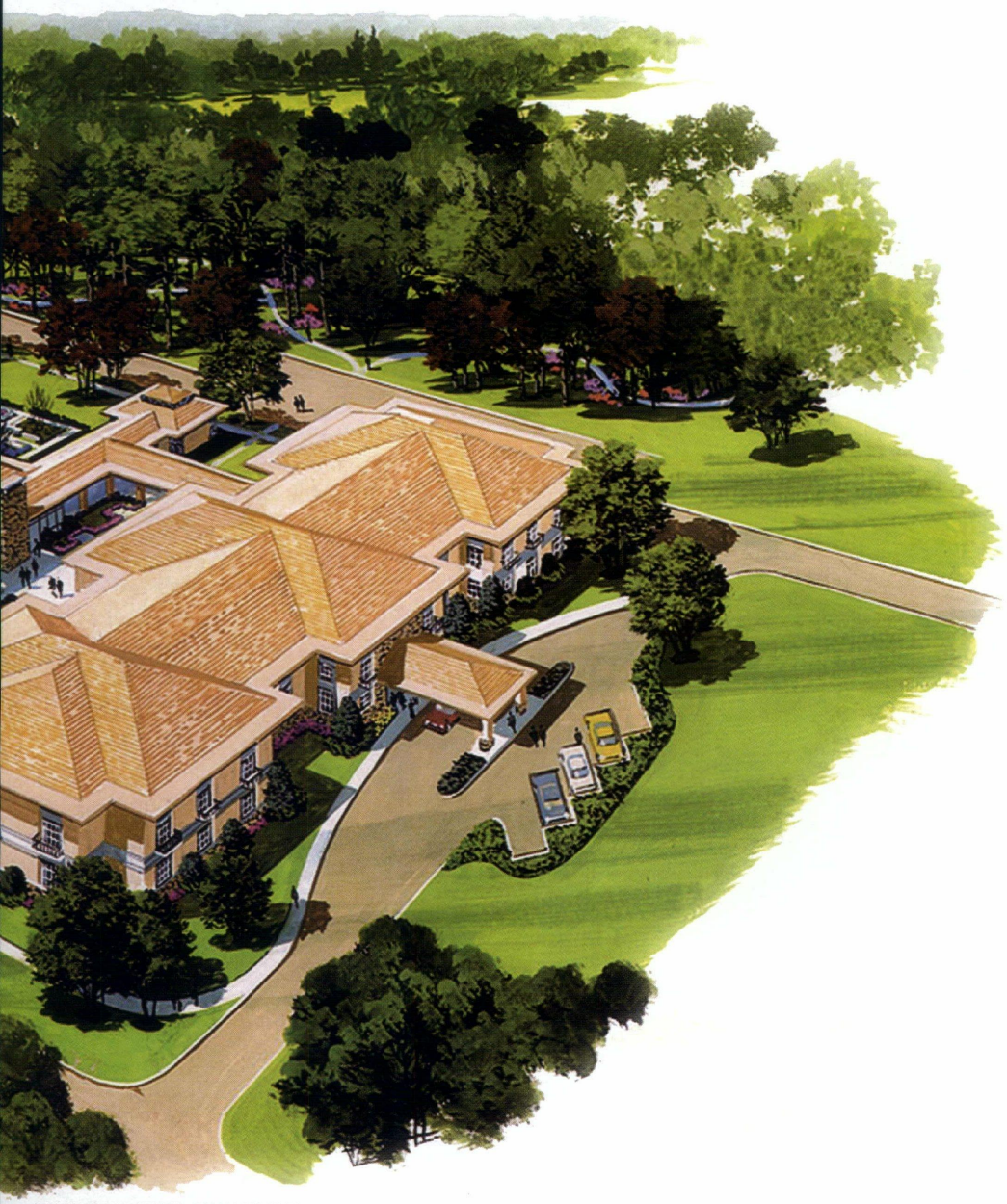
"Caroline had a better grasp of the situation, and her mother's death hit her harder. She made friends who had lost a parent or loved one and she realized that she was not alone.

"We couldn't really talk about Sharon's death as a family because the grief was just too new in our minds. Reflections gave us a good starting point."

By sharing the experience of his family with Hospice of Wake County, Spence hopes others will learn the value of the services the organization provides, he said.

"I'm happy to share our story," he explained. "Hospice is a resource that has meant a lot to me. Obviously, I'm a big supporter of the service.

"There are a lot of things in life that we have to go through, and death is one of those things. When you go through it, you realize how valuable hospice care is."



Communities with a hospice facility have considerably higher hospice use rates. It is possible that HOWC could experience a 49 percent increase in use during the five years following the opening of the proposed hospice facility. Increasing awareness of end-of-life care and access to hospice services is part of the mission of Hospice of Wake County Inc.

Coming Home:

Hospice of Wake County to Build Permanent Facility

by Patricia Staino

For more than 25 years without its own four walls and a roof, Hospice of Wake County has been reaching out to its neighbors, helping them in their journey toward death with solace, comfort and support in their own homes during their final hours. Now, Hospice of Wake County is planning to open its own doors to the neighbors who need them most.

The Need

A permanent facility has been part of the plan of the HOWC Board of Directors since its founding in 1979. And the need has always been there in the community, but only recently has the dream become a reality. There is no freestanding hospice building in Wake County with dedicated in-patient beds, and there are no residential hospice beds of any kind. The number of hospice beds currently available in Wake County—six—clearly does not meet the need. There is always a waiting list of patients who have no other caregivers to turn to for their end-of-life needs or whose medical conditions warrant treatment outside a private home or who simply choose to die outside of their own home due to cultural beliefs or families concerns.

And hospitals and nursing homes are not always the most logical choice for end-of-life care since their primary mission is to rehabilitate patients or extend life. The proposed new HOWC facility will offer in-patient care for pain and symptom management, residential beds for patients without homes or caregivers, and a grief center with support groups and individual counseling.

Some of the urgency for building the facility now is dramatized by the changing demographics of Wake County. There is a significant shift in the population, with Wake County's aging population growing along with the national trend of more people living much longer, often with chronic and acute illnesses.

The North Carolina State Data Center predicts that by the year 2025, the number of people over 65 will increase by more than 194 percent. About 450,000 of the 4.2 million residents will be 65 and over, and the demand for Hospice services is expected to parallel that growth.

"We're already seeing this in the growth of our patient census," said Robin Temple, executive director, Hospice of Wake County Foundation. "We are expanding our in-home services each year by about 12-15 percent. Last year we were serving 185 patients per day, and now we're serving more than 210 hospice patients each day."

KINSLEY DEY

Temple

I am pleased that we have consistently over the past three years increased the utilization of hospice services; yet hospice is still a taboo subject. A permanent facility will enhance the institutional stature of hospice and palliative care. It opens up the opportunity to bring in community physicians and to provide the resources and social support systems that improve patient care and the family experience. In addition, we hope to partner with medical universities and community college programs by being a site for academic mentoring and academic training," commented John Thoma, CEO of Hospice of Wake County.

The Mission

Opening the doors of a freestanding facility will raise awareness of the Hospice mission and its services and programs. And the mission starts now to address the unmet needs that exist currently. Temple says there are people in need who do not know what hospice is, whom it can benefit, and what services HOWC specifically provides.

"There is a stigma that the word 'hospice' carries with it," she said. "People think it means giving up. People think they don't need us because they're not dying now and they still have a lot of life to live. We like to think that when someone elects hospice care, it's because they've chosen aggressive comfort care to improve the quality of the life they have left."

HOWC is also responding to current patients who require acute intensive hospital care, which the organization cannot provide on its own. The proposed facility would offer a setting where patients can receive quality, end-of-life care from medical staff specifically trained in that specialty. Having a facility that is devoted entirely to treating that time of life will allow Hospice to deliver focused, intensive care by certified nurses, doctors and social workers, according to HOWC's Medical Director, Dr. Ned Yellig.

The visibility of a freestanding hospice facility will also increase awareness to the community. According to Temple, it has been reported that communities that open the doors of a freestanding hospice see a 49 percent increase in patients being served within five years of building a facility. Right now, three out of four patients that are eligible for hospice care in Wake County are not receiving it.

Temple hopes the new facility will encourage patients to open their hearts and

minds to hospice as a viable option for their end-of-life care. The design of the new building will allow patients who need residential care to continue the process when their families can no longer care for them at home.

But could a formal building institutionalize Hospice to the point where more patients will be scared of it than drawn to it? Will they fear another cold, drab hospital ward with cookie-cutter furniture and uniformed staff? Temple doesn't think so.

"There are people who misunderstand what hospice care is about anyway, but I think there is more of an opportunity with a new facility for them to come to, visit and see what it's all about and be educated about what it is and what it isn't," she said.

The Proposed Facility

With that in mind, the HOWC team is focused on the proposal and planning stages in hopes of building its dedicated hospice facility. The proposal calls for two separate buildings—one two-story structure to house the administrative staff and bereavement center; and a second one-story structure for patient care facilities that would honor and maintain patient privacy—which may be connected by a covered walkway but also provide separate, private entrances. Each building will have public kitchen facilities and a large private area quiet room for reflection or prayer—to serve the needs of both patients and visitors.

Currently the administrative and field staff occupies a rental space that has grown too small for the requirements of all the HOWC programs and services. Field staff members call the main office home base, but spend most of their time caring for patients in private homes and assisted living facilities. While that service will continue to be provided to the community, the new facility will provide in-patient and residential beds for patients.

At least 14 beds will be available initially, including one room designed for flexible use to include the needs of a pediatric patient or a bariatric patient. This room can be modified to meet a special-needs patient given a few hours notice. The patient rooms, all private and with access to the outdoors, will assure ease of mobility and the utmost safety for patients. Each room will have provisions to allow up to two family members to stay overnight. Each room will look like a bedroom in someone's home; medical equipment and monitors will be hidden from view; and the furniture will look as if it would fit into anyone's living room.

The administrative building will allow HOWC to broaden its community education programs to offer informational seminars, lectures and workshops. Large meeting areas have been incorporated into the building's plans with the sole intent of providing an educational center for the community—for physicians, healthcare workers, caregivers, families and the general public.

KINSLEY DEY

Colvin

"The idea of its being a place that you can come to and visit when you're healthy and don't need hospice will make it less frightening," said Temple. "We've always been a part of the community, but making hospice an actual place where people can volunteer, visit, come and walk in our gardens and be a part of it will, I think, remove the fear and misunderstanding."

By the very nature of their designs, hospitals and nursing homes are institutions, and they feel that way. In order to carry out the missions of those types of facilities, they have to be built in a specific way—all spaces are designed to house equipment and staff in a manner that will not interfere with the primary goal of making patients better. The HOWC facility, on the other hand, will be built specifically for the special needs of hospice patients and their caretakers.

The Design: Ramsay

When the time came to choose an architect for the proposal stage, HOWC searched for a firm with high-quality design experience in hospice facilities- as well as a philosophical match for the organization. John Ramsay of GMK architects was eventually chosen to help Hospice begin the proposal process.

"John's approach very much involved our staff," said Cooper Linton, vice president of marketing and business development. Ramsay wanted to interview HOWC workers to understand what needs the facility had to meet, not just for the in-patient rooms, but for the administrative and bereavement structures as well.

"We needed that approach built into the plans," said Linton. "We didn't want someone who was just going to tell us how the building would look. We wanted them to help us organically grow a building out of what we knew the patients needed."

The HOWC team and Ramsay visited a number of hospice buildings in the Carolinas and were particularly impressed with a facility in Asheville. After exploring every corner of the structure and extensively interviewing staff members, Ramsay and the HOWC team determined which features might be implemented in the Wake County site, and which looked great but would not be functional.

"We wanted to ensure that there was a uniform, non-institutional feel throughout the entire facility," said Linton.

In one facility they visited, Linton was impressed by the comfortable, homey feel of the common areas, but was disappointed when he entered a patient room to find a hospital bed and a metal-framed, wall-mounted, hospital-issue television. "You've got to have continuity of the non-institutional feel from the bathroom to the front door," he said. "This needs to be a home for someone. There are plenty of hospitals and nursing homes for patients, but this facility needs to feel different."

The rooms will be especially patient-focused, larger than the usual hospital rooms—but more like one's own bedroom.

"More than any other form of healthcare, hospice emphasizes the connection between body, mind and spirit," said Temple. "We want to be sure we're providing families and patients as much access to

the outdoors and natural environment as possible."

One feature the HOWC wanted from the start was outdoor access for every patient room, although they weren't sure it would be possible. After visiting several facilities, they were sure they could make it work and made it a central part of the building proposal. Plans for each room's outdoor access include doors big enough to roll patients outside if they can't walk on their own. There will also be flower gardens in common areas and flower boxes and sun porches throughout the facility.

Meeting Family Needs

One of the key elements in hospice philosophy is the idea of the family as the unit of care rather than institutional staff.

"We're not just tending to the needs of the patient, but to those of the entire family," said Temple. "As part of our healthcare model, the focus goes beyond caring for the patient."

There will be an entire section of the in-patient facility devoted to family life, housing a family room, children's play area, laundry facilities, a kitchen, chapel/meditation room, and a sun room and porch. In addition to allowing individual families to act like families—cooking meals with/for their loved one, spending time with children, doing laundry and caring for each other—the areas are designed to allow families to come together with other families when they need to, but also to provide some privacy and quiet moments for individual family time.

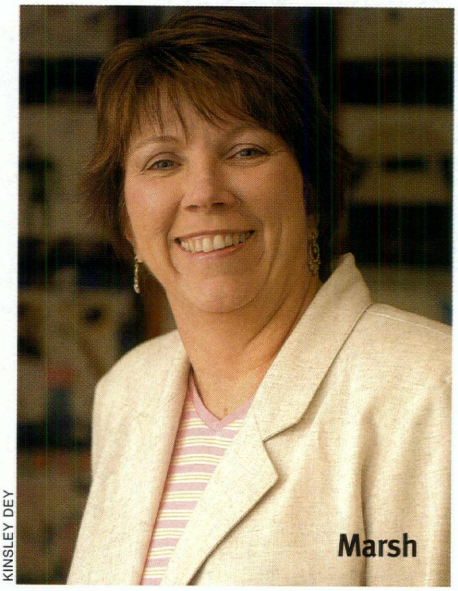
The in-patient building has also been designed with family members in mind. In addition to providing space and facilities for family members to stay over in patient rooms, families will be able to share common experiences with other families.

"One of the biggest components of hospice care as a whole is that we are here to serve not just the individual with the terminal illness but the individual's family as well," said Linton. "A major driver in the new building design is the experience the family will have while they are here."

The Bereavement Center

The feature that excites staff members is the space dedicated to the family bereavement center. Currently, daytime office space is quickly converted to meeting rooms for the evening Traces and Reflections family bereavement groups run by Hospice. While counseling is available during office hours, HOWC will be able to expand formal group programs, workshops and education services.

"We call ourselves a grief center, and we are a center in that we offer bereavement groups and individual counseling, but we are not a physical center," said Temple. "The new facility gives us space for people to meet, for children to take part in play and art therapy sessions, in designated rooms that remain art therapy areas rather than convert to someone's office in the daytime."



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The new space will allow for additional resources and activities for families, including expansion of the lending library.

"Having adequate space to accommodate the need is very important because the last thing we want is a group of children who desperately need quality professional care but no room to provide for their needs therapeutically," said Temple. "Adults can sit in a circle and talk, but when you have children whose primary method of engagement for expressing their feelings is toys and art and play, they need space to do that, and that space needs to be welcoming."

The new bereavement center will also allow for an expansion of HOWC's outreach into the local community, which includes programs at area schools to help children deal with the death of loved ones and cope in times of local tragedies (such as when another student has died). Currently, there is no dedicated bereavement center in Wake County. Thoma said, "I am really thrilled to finally have adequate space to showcase the 'unintentional best kept secret' at Hospice of Wake County, which is our Traces and Reflections Program. Since 1992 we have offered family-focused, child-centered grief support not only to hospice families but to the community at large. A freestanding grief center will offer a much warmer, more inviting environment to allow families, especially children and teens to get the attention and resources they need."

"There is something about a building that gives us permanence—we've visited their homes and now we're inviting them back to ours," said Shelley Colvin, manager of the Traces and Reflections Family Grief Center.

Now, the bereavement center hosts An Evening of Remembrance twice a year. Early on, HOWC's rented offices provided sufficient space for these events, but as more patients have been served and more families become permanently connected to the organization, new roomier locations have been sought. With a freestanding facility, there will be a home with an ongoing connection to their loved ones for family members taking part in the memorials.

"The building will be a presence that holds the stories and memories for the families who lose loved ones," said Colvin.

Future Plans For the Future Facility

Wake County is growing so fast that the greatest challenge in designing the new facility is proposing a plan that allows for future growth and expansion without losing the intimate, home-like atmosphere the design team is seeking.

"If a building is too big or is not designed properly, it takes on an institutional feel, even if that wasn't its original intent," said Linton.

To solve the problem, Ramsay created a plan that provides small wings with no more than eight rooms on a hall (four doors on each side), rather than one wing with a long hallway and lots of rooms. Design features break up the line of sight so there is no sense of expanse when you walk into the building. Additional wings can be added on to build outward from the cross-shaped design of the original structure.

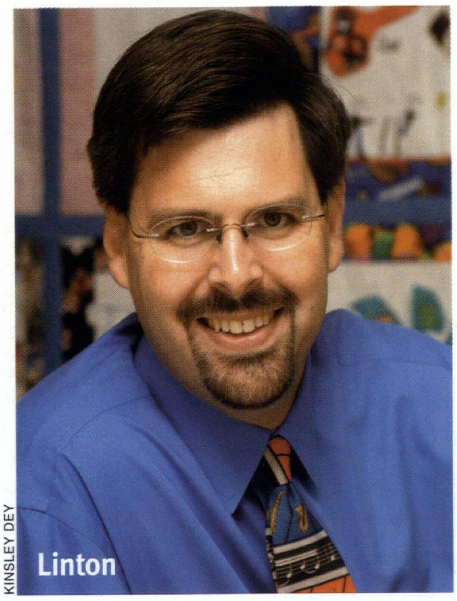
"The atmosphere that we want to create is that the patients will feel that they can

be as private or as open as they want to be," said Linda Marsh, vice president, clinical Ooperations. "We want to respect the privacy of every individual that comes into the facility, but at the same time we're not excluding them from sharing."

Getting Involved

While monetary donations are always welcome, HOWC stresses that the most important gifts they can get from the community are time and attention. A dedicated hospice facility may need more volunteers to work with patients, as well as to help with administrative tasks and support staff members.

The most important assistance community members can offer is to help get the word out. HOWC is looking in all of the County's municipalities to reach out and secure speaking opportunities and other interactions with Wake residents to help educate the public about Hospice.


KINSLEY DEY
Linton

"The money will come, I'm not concerned about that," said Temple. "I'm more concerned about educating people on the need for hospice and about Hospice of Wake County. The biggest long range gift that someone could give us is an opportunity to share our mission and bridge the gap of understanding."

Marsh hopes Hospice's Wake County neighbors will reach out to the new facility in some of the same ways they reach out now to hospital and nursing home facilities—such as area garden clubs volunteering to tend to the surrounding landscapes, or church and school groups that bake cakes or organize art or sewing projects to share with patients.

"In-patient facilities are phenomenal to visit because they really do become a community center," said Marsh. "Because of that, it starts to take away some of the fear that exists about death and dying. A dedicated facility will allow us to provide a community within our community."

Ministering to the Ill and the Dying with Care and Comfort by Rick Smith

Medicinal, humanistic and spiritual values drive Dr. Ned Yellig, medical director for Hospice of Wake County

At age 63, Dr. Edward Yellig is well into a second career as Hospice of Wake County's medical director. He learned new skills as a chaplain and received board certification in the field of palliative care. The former practitioner of internal medicine finds reward in the opportunities—and challenges—he faces.

"This is the most satisfying thing I have ever done professionally," Yellig said. To make his point, he repeated: "Ever."

"Hospice care is not distinctly a medical process," he added. "It's a blend of medicinal, humanistic and spiritual values."

Since 2001, Yellig, who goes by Ned to his friends, has worked with Hospice to expand and deepen its service offerings. In 2005, he helped launch a new chapter of Hospice—Horizons Palliative Care.

Yellig is recognized as a leader and innovator in the field of palliative care, which is designed to help patients—often times in terminal condition—deal with pain and achieve the highest quality of life possible. It is also described as comfort care. He became interested in palliative care when Dr. William Dunlap, a hematologist and oncologist— and one of the founders of Hospice of Wake County—asked him to help when he retired from private practice. Yellig had been on the board of directors when Hospice of Wake County was launched nearly 30 years ago, but had not been active in the organization for more than 20 years when asked to return.

Ever since, what was supposed to be a part-time role of 15 hours or so a week has turned into Yellig's second career calling. And he has embraced his new career as he did the first—with enthusiasm.

"Ned has been an innovator in hospice care in North Carolina," said James Carroll, a stockbroker in Raleigh who chairs Hospice of Wake County's Board of Directors. "He also has been an innovator in palliative care, which unlike hospice is not limited to terminal care. He has also helped other hospitals implement palliative care.

"He is a visionary and is one of the reasons for Hospice's growth," Carroll added. "He has a willingness to go anywhere, to speak about or look at their programs, and to make suggestions very unselfishly."

Check List

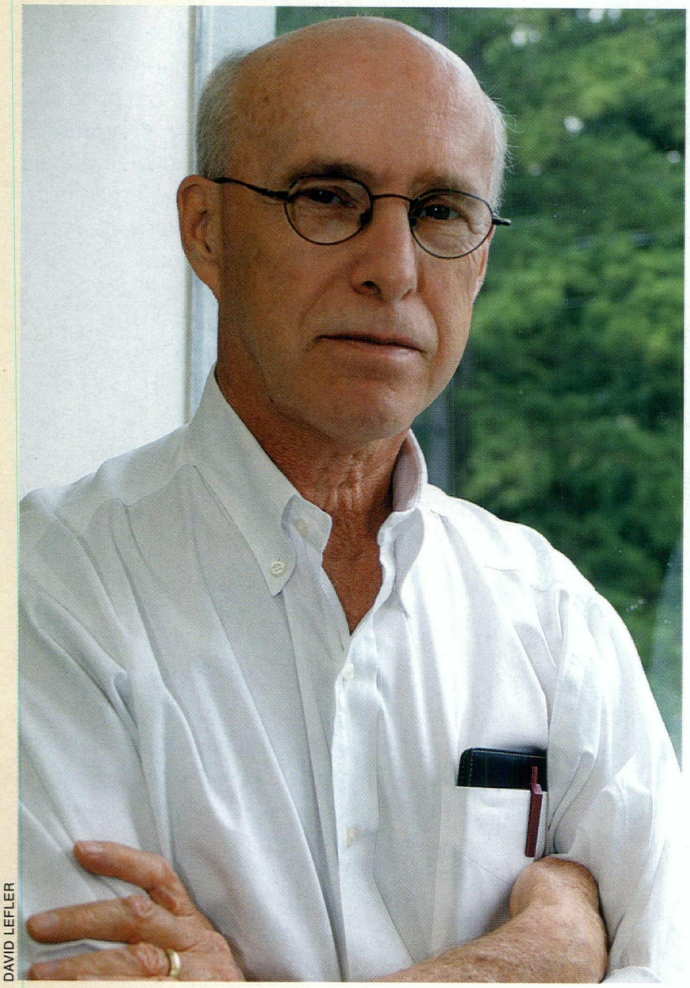
Palliative care is designed to provide both treatment to manage symptoms and relieve pain, as well as to offer support to patients and families for social and spiritual needs.

According to Hospice of Wake County, its Horizons program is appropriate for patients:

- Diagnosed with any advanced illness
- Undergoing curative therapies
- Interested in remaining as active and comfortable as possible
- Desiring additional support to cope with advanced illness

Yellig worked with WakeMed to help establish a palliative care program, and he was a clinical professor of medicine at the University of North Carolina Medical School.

At Rex Hospital where he trained to be a chaplain, Yellig leads a clinical pastoral education program. "I was considering going to divinity school," he said, before Dunlap called him about Hospice. Now, he helps other physicians "learn precisely the skills that are needed at the end of life".



DAVID LEFLER

"Right now, there is no resource like the one we want to build in Wake County ... Their only option now is to go to a nursing home."

—Dr. Edward Yellig

A spiritual man himself, "very much so," he said—Yellig described practicing "end-of-life medicine" as rewarding, because he helps patients deal with the "very spiritual experience as they move from life to death".

"Having the knowledge and skills I learned as a chaplain are perfect for this job," he added, referring to his Hospice duties. "I find it fascinating and rewarding."

New Approaches

Yellig also has embraced another relatively new attempt to help patients deal with death in a less painful fashion, allowing them to choose natural death as opposed to undergoing cardiopulmonary resuscitation.

"There is another movement taking root in hospitals scattered around the country called by a new acronym, AND, or Allow Natural Death," he wrote recently in a letter to the Raleigh *News & Observer*. "The now deceased Rev. Chuck Meyer (of Austin, TX) coined this term and described the implication of replacing DNR (do not resuscitate) with AND. Physicians and hospital staff would no longer seemingly deny a procedure (CPR) to a patient, but would give a patient and his or her family something most patients say they want: a dignified, peaceful, natural death, one with the assurance of comfort. ...

"Although none of the four Wake County hospitals have Allow Natural Death orders in place, they do have Comfort Care orders available for those patients who desire a death without intrusive medical interventions. Implementing the AND approach might allow this community to move gradually away from the CPR/DNR dilemma and create the peaceful last days that most of us desire."

Yellig, who has lived in Raleigh since 1977 with his wife Sylvia, was graduated from Jefferson Medical College in Pennsylvania in 1969. He received his board certification for internal medicine in 1976 and then, after practicing medicine in Raleigh for 25 years, retired for "about six weeks" in 2001 before joining Hospice of Wake County. The next year, he was certified in clinical pastoral education at Rex, and in 2004, he received his board certification in hospice and palliative medicine.

Spiritual Staff

Ministering to the needs of others is not limited to Yellig. The blend of pastoral and palliative care at Hospice of Wake County is reflected in the fact the organization has "three, going on four" full-time chaplains, he said.

"Hospice," he explained is "a hub where the focus is on the person dying in a way that mirrors his or her values. In this process, Hospice personnel ask about spiritual beliefs. Once we understand those, we encourage the patient to have a discussion about them. In the process, the patient feels supported and feels great permission to experience their faith as they transcend life to death to life after death."

Helping people explore and express their faith gives them strength for the end-of-life journey, Yellig added.

"Death is a spiritual happening for most people. My experience has been that people with a strong faith have an easier experience in dying. They seem less frightened by it. They seem more accepting of the process and of the fact that they are going to die.

"They feel like there is a place for them when they leave here. They have strength," he added. "Otherwise, it's an extremely frightening process."

Patients allowing Yellig to share in their experience means a great deal to him. "It's a treasure, a privilege," he explained. "To connect with another person within the 20 minutes of a regular doctor's visit is a rarity. I get to connect with people now."

Naming Opportunities

Traces and Reflections Family Grief Center

One way to support the facility proposal for HOWC is to participate in the naming program. Donors providing certain features of the proposed building will be honored by having a particular room or resource named after them.

TRACES AND REFLECTIONS FAMILY GRIEF CENTER & ADMINISTRATIVE PAVILION - $1 MILLION
This building will house our family bereavement programs, community education rooms, chapel, and offices for administrative and executive staff.

ATRIUM - $750,000
A two-story structure with skylights, garden and water features.

COMMUNITY AUDITORIUM - $250,000
A large auditorium to host educational events throughout the year, and memorial services that require a space larger than the chapel. The public will be invited to use the space.

COMMUNITY KITCHEN & DINING AREA - $250,000
Area for food storage, preparation and catering for large community events.

FAMILY WAITING AREA - $100,000
Private waiting area for grieving families attending counseling sessions.

FOUNDATION WING AND DONOR RECOGNITION FEATURE - $150,000
A gathering place for Center tours and meetings of community leaders. Wing will contain a donor recognition feature to be commissioned by the Foundation.

VOLUNTEER PROJECTS ROOM - $75,000
Volunteers are the heart of hospice. This area is a space where special projects will be staged and executed benefiting staff and patients alike.

ADDITIONAL OPPORTUNITIES...

OUTDOOR PICNIC AREA - $75,000
Nature is important to the well-being of patients, families and staff. Picnic areas will be open to all who wish to utilize them and can be used to host community picnics to help create public awareness about the Hospice mission.

OUTDOOR PLAY SPACE - $75,000
Whether this area is a complement to indoor play therapy or is used by visiting families, children's laughter will be "a healing sound" to all as they play in landscaped gardens.

STAFF EDUCATION AREA (SMALL CONFERENCE ROOMS) - $50,000 each

CHILD/TEEN GRIEF COUNSELING ROOMS (2 available) - $25,000 each
A confidential safe place for grieving children and teens to talk about their feelings and learn techniques for coping with their loss.

COUNSELORS OFFICES (3 available) - $20,000 each

BUSINESS/IT/MEDICAL RECORDS WING - $25,000

ADMINISTRATIVE OFFICES - $20,000 each

All gifts of $5,000 and above will be acknowledged on a special feature in the foundation wing of the building.

To check availability and reserve your space call Robin Temple at 919-828-0890.

Naming Opportunities

William M. Dunlap Center of Caring

HOSPICE AND PALLIATIVE CARE CAMPUS - $2.0 MILLION
A five-acre centrally located campus in a pastoral setting with access to highways, hospitals and amenities. The campus will be comprised of two buildings totaling approximately 38,000 square feet, memorial garden, children's play areas and parking.

WILLIAM M. DUNLAP CENTER OF CARING - $1 MILLION
This building will accommodate eight acute care beds and at least six residential beds, as well as family comfort and meditative spaces with access to healing gardens.

PATIENT WING WITHIN THE WILLIAM M. DUNLAP CENTER OF CARING - $250,000

FAMILY ROOM - $350,000
Located in the patient facility, a room available for families for their comfort and relaxation. The room will feature a large stone fireplace and a children's play area.

CAMPUS LANDSCAPING - $150,000

William M. Dunlap Center of Caring continued

FAMILY DINING AREA - $50,000

FAMILY LAUNDRY AREA - $50,000

FAMILY CONFERENCE ROOM - $50,000

NURSES STATIONS (2 available) - $50,000

CLINICIAN'S WORKROOM - $50,000

ON-CALL SUITE - $50,000

CLINICAL LIBRARY - $50,000

TEAM ROOM (STAFF WORK AREAS) - $25,000 each

PATIENT ROOMS - (14 available - 5 reserved)

All gifts of $5,000 and above will be acknowledged on a special feature in the foundation wing of the building.

To check availability and reserve your space call Robin Temple at 919-828-0890.

Other Naming Opportunities

REFLECTION ROOM - Located within the patient-care wing of the facility, the reflection room will provide a quiet and calm space for patients and their families to be together in meditation, prayer, quiet conversation or silence. - $25,000

SAUNA ROOM - The sauna room will feature a specially equipped bathtub that can gently lower patients into warm water for relaxation and bathing. The room will be a central part of patient care. - $25,000

TOOLS FOR WORSHIP - Within the chapel that adjoins the administrative and patient-care wings, a wooden chest will contain tools of worship that represent the diverse faiths of our patients and their families. Available for use at any time, the chest and its contents will be centrally displayed. - $10,000

CHAPEL BENCH - The chapel benches will provide seating to be used for funerals and other gatherings of patients and their families and of the greater Hospice of Wake County family. (10 benches available) - each bench $10,000

PIANO - Music can lift the spirit and change moods. This piano will provide solace to all in the family lounge. - $10,000

MUSIC ROOM - Melodies provide therapeutic benefit to all people. The music room will be a place where instruments, compact discs and audio equipment are stored. With volunteer musicians who can move from room to room, Hospice will provide care to the senses, as well as to the body and mind. - $10,000

GARDENING SHED - For the green-thumbed volunteers and landscapers, we will store tools and equipment for beautifying the campus. - $10,000

AUDITORIUM PODIUM - The podium in the auditorium will be useful for speaking engagements and meetings. - $2,500

PARK BENCHES AND PICNIC TABLES - The facility grounds will provide opportunities for families and friends to gather. Picnic tables will provide space for fellowship over a meal. Park benches offer a resting spot. - $2,500

AUDITORIUM CHAIRS - As a space for community gatherings, educational workshops and meetings, the auditorium will feature comfortable seating. - $1,000

LANDSCAPING FEATURES - The areas around the building will be planted with trees, shrubs and bushes native to our region that will provide a natural area for wildlife to abound. – Various

If you are interested in additional naming rights valued at $25,000 or more contact Robin Temple at 919-828-0890.

Q&A with Architect John Ramsay

Planning Critical For Hospice Facility

by Patricia Staino

Although HOWC will not name an architecture firm until it has approval to move forward with building its new facility, John Ramsay of GMK was chosen to create the design proposal. The firm has been involved with the design of 12 other hospice facilities. Here he shares his thoughts on the form and function of creating a special place for a vital mission.

Q. What are the particular design challenges for hospice facilities?

A. All hospice facilities have the same common desire, which is to create a warm, inviting, comfortable space and not a gigantic-looking, institutional facility. That's possible because of the scale of a hospice building; where a nursing home might have something like 60 beds, most hospice facilities have between six and 20 beds. The way staffing patterns work in these facilities is that every six patients yield an upgrade in your staffing capacity. It makes sense to have small residential groups of six rather than one long hall where rooms repeat, lined up hospital style. The plan for Wake County was done with that in mind, and in anticipation of possibly adding to those wings in the future. Right now the plan shows most wings with four beds each.

Q. How do you get started on a project like this?

A. I had a number of conversations with staff members—the patient-care staff, business development staff, operational staff, executive directors. We have a survey that we handed out to all the user groups asking them to describe their roles and how they relate to the larger facility. You start putting together all the pieces of the puzzle and the building starts to take shape like a series of circles. Then you connect lines between the circles—who has to have access—and then that becomes a skeleton of the building.

There are a lot of discussions, which I call the warm and fuzzy discussions, to ask: "How does everybody feel about this?" A lot of times they'll come to us with features they saw in another facility and liked, and we try to capture some of that feel and flavor in the proposed facility. The architectural character of the building just evolves. I don't start out the process with a pre-conceived idea of what something is going to look like and then fit a building into it.

Q. How does the chosen site affect the proposed design?

A. I'm always interested in knowing what the site is, but the facility for Wake County was conceived when we had no idea what the site was, which is kind of an unnerving thing for an architect because hospice facilities have to meet ADA regulations, which are pretty rigorous. For example, for access requirements there has to be a grade. You can't have steps. If you conceive a building that's basically on a flat piece of property and then the property ends up being something other than flat, you've wasted a lot of time and money because you have to go back and fix that. The planning process for Wake County involved our looking at half a dozen sites.

Most of the hospice sites we've worked on are typically rural, and that's because you want a more natural setting.

Q. What are the other important considerations of the early planning stages?

A. The other primary determining factor in the initial design stage is what the care philosophy is of the management team. Every hospice facility that we have done to date is very different in that regard. Most hospice care teams know a lot about providing care in a domestic setting so they are interested in making the institutional facility reflective of that same domestic setting. That is the common denominator—they want it warm and residential in scale, light and not dreary. But the way you get into and out of hospice facilities tends to vary—the way they orient their corridors and their patient-care coordination teams varies. Some facilities want to have an integrated administrative component with the hospice facility while Wake County is planning two separate structures on the

same property. The design varies from place to place—they're all different sizes, all different configurations.

Q. What are some of the stand-out features in the Wake County design?

A. It's a very efficient space, efficient meaning it meets all the program requirements without having a lot of useless square footage. If you're not careful with an institutional facility, which has to respond to a multipurpose kind of clientele, it can tend to become excessive in that regard.

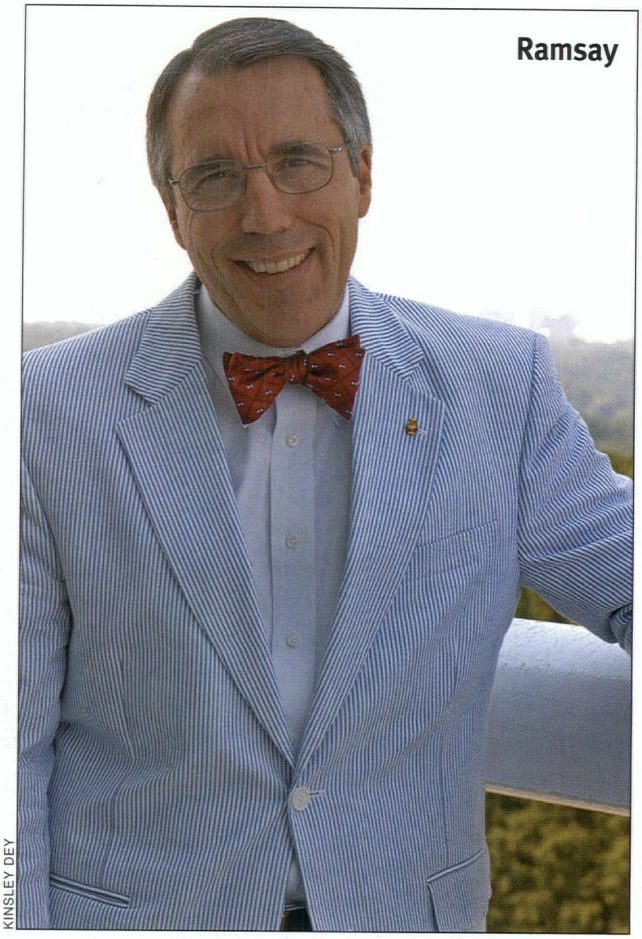
Also, hospice facilities put a major emphasis on family spaces because families are more prevalent and present in a hospice facility than they are in a nursing home. Parents come with young children so the facilities respond to that broad range of needs by including a children's play area where youngsters can play video games and watch movies and not be in the middle of some of the more serious adult activities. There are lots of comfortable couches so families can stretch out and put their feet up and not be right in the patient's room all the time. We try to incorporate a lot of garden space and space to go outside and walk and be reflective. All our facilities are conceived so that when you look outside all the patient rooms, you're looking into a garden and not into a parking lot.

Q. What do you find interesting about the hospice mission?

A. The whole focus and orientation of hospice care has always intrigued me. People in our firm have had family members that have been through the hospice program and without exception they've all had wonderful experiences. Up until recently most hospice care has been delivered in homes, and the acute hospice care was delivered in designated beds in hospitals, but Medicare and Medicaid have come to the conclusion it would be more cost-effective to get acute hospice care out of the expensive hospital environment and that's what's driving the recent growth in the industry. The people that will use this facility are not necessarily all the people that are currently receiving home care.

Q. Do you have a design philosophy?

A. The GMK philosophy is to do everything we can to meet the client's needs and address their concerns. That's the bottom line. That's my design philosophy. I don't go to a client and say I'm going to tell you what you need. I go to a client and say, let's build a concept together. Tell me who you are and what makes your programs work and we will help you convert that vision into a physical reality.


Ramsay
KINSLEY DEY

My dad, who was an architect, used to say that good architecture is the aesthetic application of logic. I'd like to think we do exactly that—we come up with a very logical, efficient, cost-effective solution that is aesthetic.

Q. How would you describe your experience working with HOWC?

A. Working on this kind of facility gives you a tremendous sense of satisfaction. Working with a client like HOWC magnifies that sense of satisfaction because they are focused 100 percent on doing the right thing for the right reason and providing a quality of care that is unsurpassed in the industry.

BIONIC BOOMERS

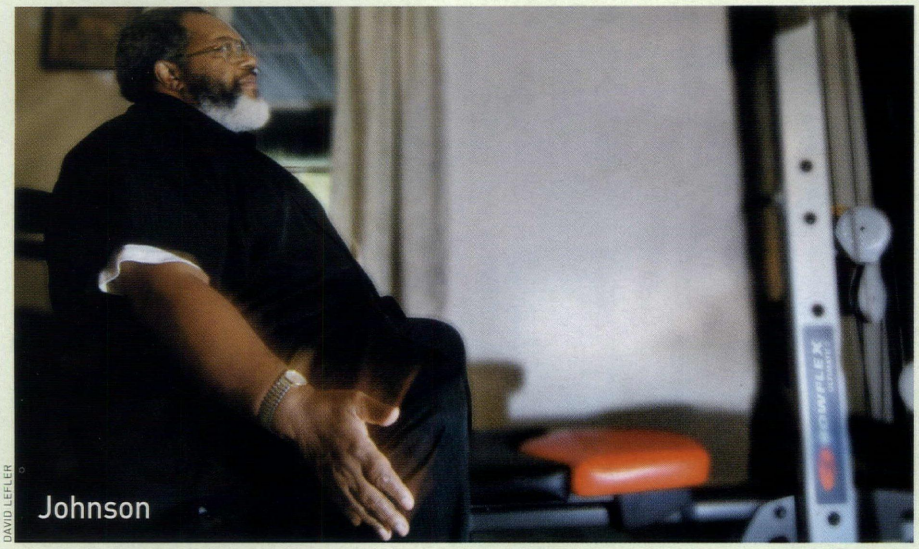
More People Are Having Joints Replaced at Younger Ages as They Seek Relief From Pain, and a Return to a More Active Lifestyle.

by Rick Smith

Out shopping one day, the former multi-sport athlete and longtime coach caught a reflection of himself in a storefront window. The image staggered him.

"I saw my shadow and I said, 'That can't be me,'" recalled John Johnson, a Raleigh resident since 1967. "I had developed such an ugly gait!"

In pain 24 hours a day from an arthritic hip, the 58-year-old Johnson was hardly able to walk. "This was killing me," Johnson said. "I said 'I can't go on like this.'" He had one hip replaced earlier, but he went to see Dr. Bradley Vaughn at Raleigh Orthopedic on the recommendation of his cardiologist.



Johnson

DAVID LEFLER ©

Soon thereafter, the retired teacher became one of hundreds of thousands of people—including many fellow baby boomers—to have both hips replaced.

Now Johnson works out on his Bowflex machine and is much better able to enjoy retirement after 34 years of coaching and teaching.

"I can do something I want to do—a lot of things I used to do," Johnson said. For one thing, "I can walk without pain."

In 2003, the latest statistics that are available from the American Association for Orthopedic Surgeons, boomers made up nearly 20 percent of the 220,000 reported hip replacements. That's up from 11 percent just 10 years earlier.

And the trend of younger people having hip or other joint replacements is only expected to increase, said Vaughn. He is just one of many orthopedic surgeons who is busier than ever. Joint transplant surgery has grown to a $10 billion a year industry in the US.

"The boomers have arrived," said Vaughn, a graduate of the University of Illinois who has practiced in Raleigh since 1992. "The bottom line is, they have come into the arthritis years."

In 2005, Vaughn performed 600 hip and knee replacement operations. This year, he is on pace to perform 700, with a growing number of patients having both knees replaced at the same time.

With improved surgical techniques, advances in prostheses that increase the life span of the devices to two decades or more, and the fact that one of five adults has been diagnosed with arthritis, Vaughn said no end is in sight for rising transplant demand.

"People are living longer and staying active longer," he said. "The technology is improving." And medication is too often not the solution. "All medications do is treat symptoms, but they do not treat the problem, which is loss of cartilage. Plus, you've also had some drugs such as (painkiller) Vioxx removed from the market."

Mike Krzyzewski is among the best-

WILMINGTON SURGEON IS PIONEER IN LESS-INVASIVE HIP-REPLACEMENT TECHNIQUE

Patients receiving minimally invasive solution, total hip-replacement surgery can be back to work in a month.

Dr. Jack Bowling, an orthopedic surgeon who practices at Wilmington Orthopedic Group, is among the pioneers who have embraced an increasingly popular alternative for conventional hip-replacement surgery, employing what is called MIS-THR, or minimally invasive solution, total hip-replacement surgery.

The technique requires two small incisions rather than the massive cutting of muscles, tendons and ligaments required in conventional surgery. With the smaller incisions, patients have a much quicker recovery time and can return to work within a month of the operation.

Bowling attracts clients from around the country, trains other doctors in the technique and often does talks about MIS-THR.

"This new procedure takes us to an entirely new level in hip care," Bowling stated recently. "Patients experience less pain and less scarring, and recovery time is drastically reduced, which is a great benefit to them, both physically and financially. With this type of surgery, patients are back on their feet and back to work much quicker."

A graduate of North Carolina State University, Bowling attended Bowman Gray School of Medicine at Wake Forest University. After a five-year residency in orthopedic surgery at WFU's Baptist Medical Center, he went through a one-year fellowship in joint replacement in Chicago. Bowling joined the team at Wilmington Orthopedic Group in 2001.

For more information about Dr. Bowling, visit www.wilmortho.com/doctors.asp.

—Rick Smith

known celebrity boomers to have hip replacement surgery. The Duke University men's basketball coach had his second hip replacement surgery in 2002 at the age of 55. Dr. Thomas Vail, director of adult reconstructive surgery at Duke University Medical Center, performed the surgery.

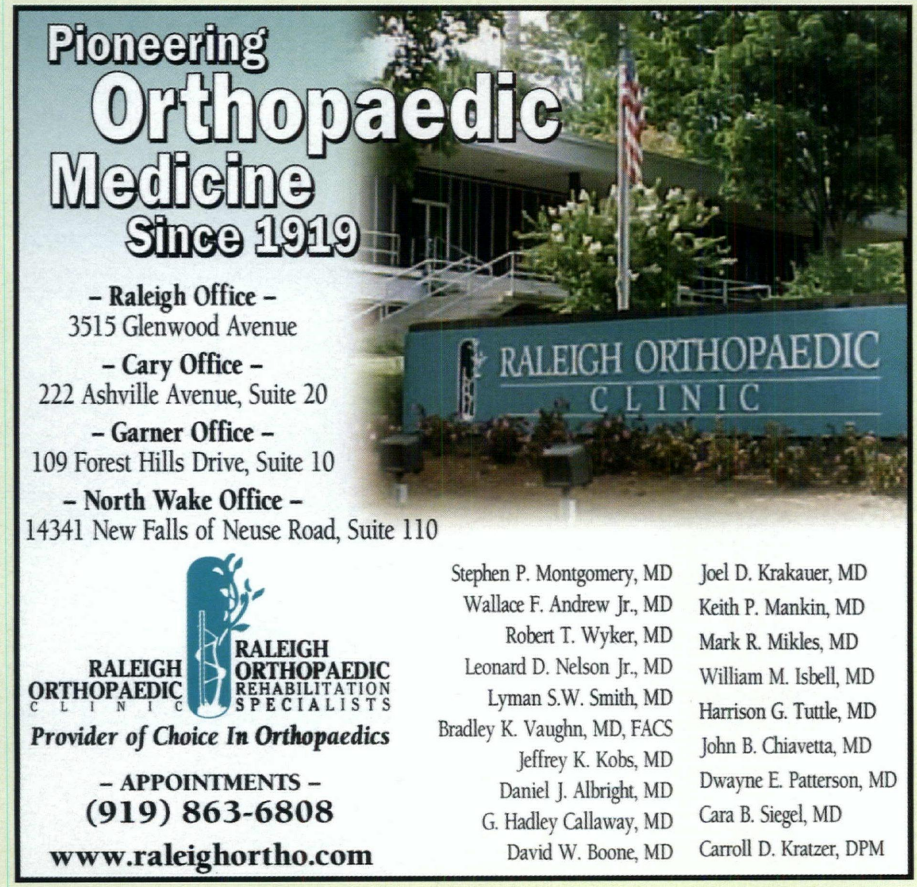
Orthopedic surgeons groups forecast a staggering increase in demand over the next two decades as the ranks of boomers age.

"They project up to 3.5 million total knee replacements by 2030," said Vaughn, who performs surgery three days a week at Rex Hospital. "That's a huge, huge increase."

Many of those are likely to be what Vaughn calls "re-do's"—second surgeries to replace artificial joints that wear out.

"They don't last forever," he said. "The longevity is between 15 and 20 years, although a few years ago we were talking 5 to 10 years. Many studies of implants have shown average life spaces of 15-years plus, although I have seen some transplants last 20 years."

As part of the trend, emergency care for orthopedic needs is available when needed at some hospitals. For example, WakeMed features an emergency orthopedic trauma service from the Wake Area Health Education Center, staffed by full-time faculty from the UNC School of Medicine.

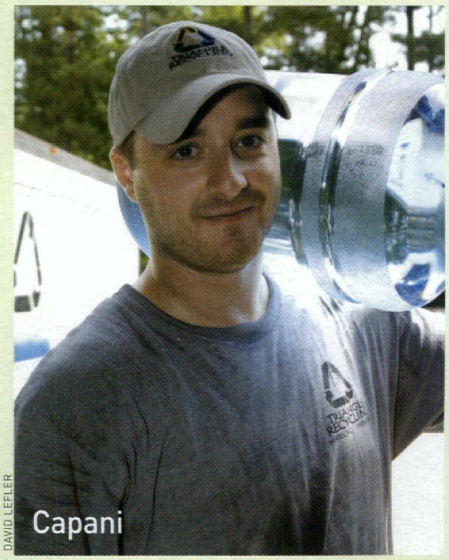


MORE DEMAND ACROSS ALL AGES

More Americans of all ages, not just boomers, are having joints replaced, according to the Orthopedic Surgeons Association:

In 2003, 418,000 knee transplants were performed, an increase of nearly 10 percent in one year and up 119,000 from 2000. Average cost was $31,000. (Another 33,000 revisions of previous surgeries were also reported.)

In 2003, 217,000 hip transplants were done, up nearly 15 percent from 2000 and more than 40 percent since 2000 at an average cost of $35,000. (Another 108,000 partial replacements were performed along with 35,000 revisions of previous surgeries.)



DAVID LEFLER

In 2003, 10,000 shoulders were replaced, up 30 percent in one year and double the number performed in 1996.

The number of people having spinal fusion surgery is increasing as well. In 2003, there were 290,000 people who had fusion surgery or revisions of previous procedures. That's an increase of nearly 50,000 since 1999, the Orthopedic Surgeons' statistics show.

Adam Capani, at only 26, is an example of younger people who choose to have total joint replacement surgery to relieve pain and restore mobility. A former weightlifter, he had damaged both hips. Capani went to Vaughn in March and May of 2005 to have a hip replaced each time. Employing a relatively new surgical technique that requires smaller surgical incisions, Vaughn had Capani back to work in three weeks after each surgery.

"I was in an incredible amount of pain," said Capani, a Clayton resident. He could no longer lift the amount of weight necessary to perform his job at Triangle Recycling. "I'm

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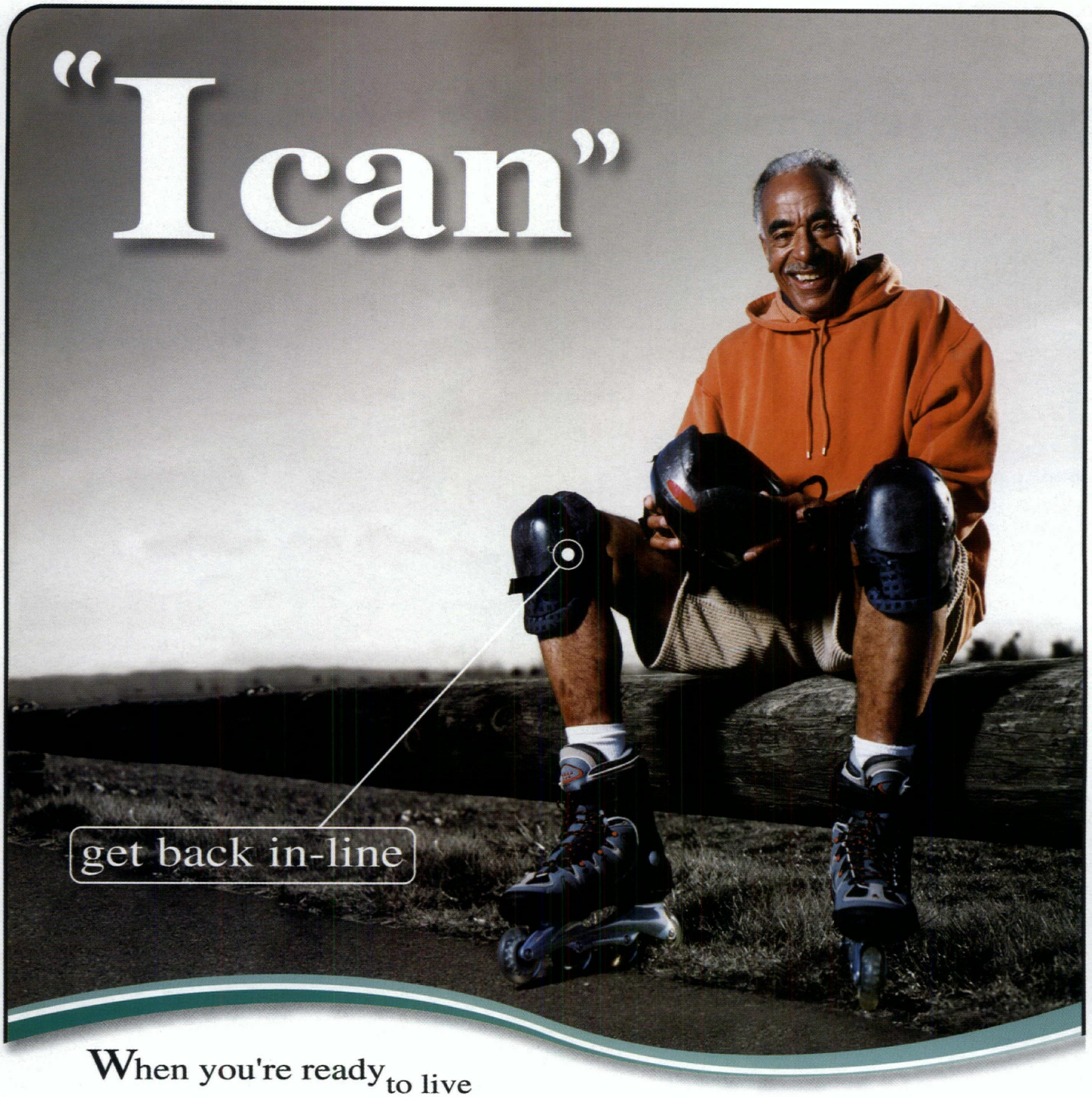

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very young for this surgery," Capani said, "but I still had to work and pay bills."

Capani received a recommendation to have one hip replaced and a bone graft done in the other, but chose Vaughn's therapy of replacing both joints. He has no regrets.

"I am very much so," when asked if he is pain free. "Each day, it gets better. I feel really good."

At his age and given that the ball-and-cup devices screwed into his femurs are likely to wear out at some point, Capani is resigned to the fact he may face surgery again in the future. "A lot of it depends on me," he said when asked how long the joints will last. "Fifteen or 20 years—but no contact sports!"

NEW TECHNOLOGIES EMERGING

The biggest growth in numbers of patients, however, is between the ages of 50 and 59. These boomers are more willing to become "bionic" with some artificial parts for several reasons, Vaughn said.

"This trend reflects the fact that these are boomers and they are less likely than our parents, who would generally get joint replacements as a last resort," he explained. "Transplants are more widely accepted now, people know more about them, and the boomers are less likely to sit on problems.

"They also have been surrounded by technological improvements all their lives," he added, "and they believe they can work."

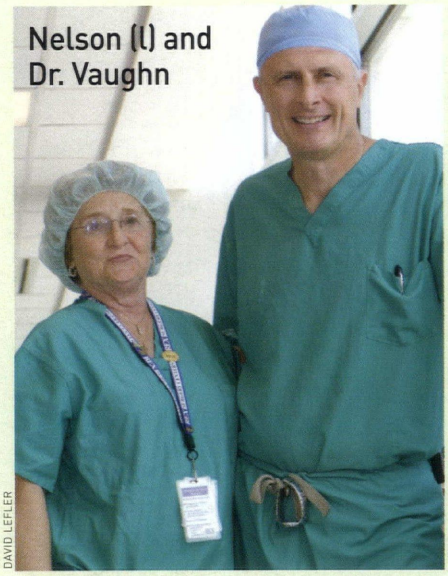
In addition to new surgical techniques that require smaller incisions, which means faster recovery times, new methods of treatments are also becoming available. For example, hip resurfacing has received limited Food and Drug Administration approval.

However, whether resurfacing is a viable long-term alternative to joint replacement is unclear, according to Vaughn. "All this new technology is encouraging," he said, "but there is no article in peer-reviewed literature that says any of the new technologies are better than standard technology in terms of longevity and quality of results."

In many ways, Vaughn can sympathize with his patients. A former athlete and runner himself, he doesn't suffer from hip or knee problems, but from sore feet.

Demands for services from athletes of all ages led Raleigh Orthopedics to open a new 20,000-square-foot Athletic Performance Center. Orthopedic business is booming across North Carolina, too, where in 2003 29 percent of the state's adult population was diagnosed as arthritic. Of those, 41 percent were between the ages of 45 and 64.

Osteoarthritis is the most common reason people need joint replacement surgery, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases. The degenerative disease helps wear away cartilage, leading to bone-on-bone joint movement—and a lot of pain.



Nelson (l) and Dr. Vaughn

DAVID LEFLER

DEMAND AMONG WOMEN IS INCREASING

It's a well-documented fact that women outlive men, and that statistic is verified by Vaughn's patient list. "About two thirds of them are female," he said. "When you look at the knee population, it's growing fastest with women." And in 2003, the Orthopedic Surgeons group says 67 percent of doctor's visits for arthritis was by women.

Pat Nelson, a surgical nurse at Rex Hospital in Raleigh for 14 years and a practicing nurse for 45 years, is among them. She had both knees replaced in 2003. "I couldn't do many of the things I wanted to do. Any amount of walking was very painful. Working was very painful," she recalled.

"I had used artificial lubricants, but that was only temporary," said Nelson, who often assists Vaughn in surgery. She chose Vaughn to replace her arthritis-ravaged knees with Biomet Xcel titanium devices.

"I walk 9,000 steps a day," Nelson explained. "I don't take anything for my knees now. I have two beautiful knees. They just work beautifully."

The knee surgery also helped her height. "I had gotten bowlegged over the years, and I have gained an inch back in my height," she said proudly. "I'm all of 5-foot-1, so that's pretty good."

A WEIGHTY PROBLEM

Another problem that Vaughn and other physicians see is that Americans are getting fatter. In 2003 statistics, North Carolina reported that 67 percent of people suffering with arthritis are overweight or obese.

"As a population generally, we are heavier than ever before, and while weight doesn't cause arthritis, it is an accelerating factor," Vaughn said.

In 2005, Duke surgeons reported in the Clinical Orthopedics and Related Research journal that obesity was one of three major reasons people had complications following joint replacement surgery.

"Hypertension, diabetes and obesity are important independent predictors of increased complications for patients undergoing major joint replacement surgery," said Nitin Jain, who led the study while serving as a research associate in the laboratory of Laurence Higgins, an orthopedic surgeon at Duke. Higgins was a senior member of the research team.

In the July 2006 issue of the *Journal of the American Academy of Orthopedic Surgeons*, doctors were warned that obese patients have a higher risk of complications, sometimes as high as five times that of other patients.

For example, the article noted that obese patients use 40 percent more cardiovascular energy than patients of average weight do.

In counseling patients about whether to have joint replacement surgery, Vaughn stresses that weight can't be ignored. "While a lot of people have good intentions to lose weight, if they don't before they have the procedure, it's likely they won't lose weight after the procedure."

Johnson, the former coach, knows the problems created by weight are quite real. He almost died of heart problems during his first hip transplant. Before having his second surgery, Vaughn and his cardiac physician told him to lose weight, eat correctly, adjust his heart medication and undergo a heart catheterization. He came through the second operation just fine.

"When I went to see Dr. Vaughn, I told him, 'Man, if you can't help me, I don't know what I'm going to do,'" Johnson said. Today, Johnson is a much happier—and healthier—bionic boomer. "I'll be honest with you. I feel better now than I have in the last eight years." MM

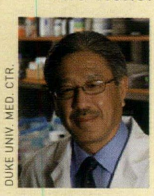
Medical Briefs

Duke Climbs to Seventh On Hospital Honor Roll

Duke University Medical Center climbed to seventh place among US hospitals in the latest annual "America's Best Hospital" rankings from *US News & World Report* magazine.

Duke, which was eighth last year, received 17 points across 10 different specialties based on the magazine's ranking criteria. Only 3 percent, or 156, of the nation's 5,184 hospitals made the list.

The Honor Roll is an even more select group, limited to the 14 top hospitals that achieved points in six or more of 16 specialties ranked by the magazine.


DUKE UNIV. MED. CTR.

Dzau

Said Victor Dzau, chief executive officer of the Duke University Health System, "We are proud to be included in this group of great US medical institutions."

Duke ranked seventh in cancer, gynecology, heart and heart surgery, and urology services, eighth in digestive disorders and ophthalmology, ninth in kidney disease, orthopedics and respiratory disorders.

Other rankings included psychiatry (10th), rheumatology (11th), neurology and neurosurgery (14th), pediatrics (18th), endocrinology (19th) and ear, nose and throat (24th).

The University of North Carolina Hospitals in Chapel Hill received points in seven categories. UNC ranked 14th in gynecology, 18th in ear, nose and throat, 22nd in psychiatry, 26th in digestive disorders, 29th in kidney disease, 31st in urology, and 40th in cancer.

Wake Forest University Baptist Medical Center also made the list. It was ranked in two categories: ear, nose and throat (32nd) and urology (46th).

Pitt County Memorial Hospital in Greenville ranked 50th in endocrinology.

Mission Hospitals in Asheville was the only other North Carolina hospital to be ranked. It rated 35th in orthopedics.

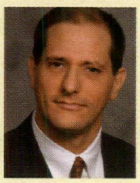
The data gathered for the list was collected and analyzed by RTI International, which is based in Research Triangle Park.

Microsurgery Offers Reconstructive Option

Breast cancer patients are taking advantage of microsurgery, a relatively new reconstructive surgery technique offered at Duke University Medical Center.

The technique, introduced in 2004, uses skin and fat tissue rather than muscle to re-create a breast. The technical name is deep inferior epigastric perforator, or DIEP flap surgery. In North Carolina, it is available only at Duke.

The technique is offered as an alternative to implants or the standard reconstructive method of transferring muscle and other tissue from the abdomen.


DUKE UNIV. MED. CTR.

Zenn

"DIEP flap surgery is a wonderful option for many patients because it gives them a breast that will age naturally and the procedure causes far fewer medical problems than other reconstructive methods," said Dr. Michael Zenn, an associate professor of plastic and reconstructive surgery at Duke. "Plus, the recovery time is faster than what patients experience with the standard abdominal procedure."

Central Carolina Hospital, WakeMed Launch Joint Efforts

Central Carolina Hospital and WakeMed will be working together on a number of different initiatives through a recently announced agreement.

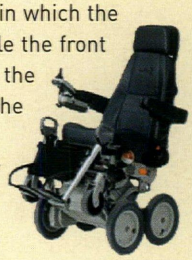
Initially, WakeMed will provide advanced educational opportunities for Central Carolina staff. Projects will include wellness programs, public health seminars, screenings and other outreach activities in the Sanford area.

"This agreement provides us with access to WakeMed's extensive staff development and training resources right here in our community," said Dale Armstrong, chief executive officer at Central Carolina Hospital. Central Carolina Hospital is a 137-bed acute-care facility that has served Sanford and Lee County since 1913.

New iBOT Offers Disabled Patients More Mobility

A new personal mobility system for the disabled is now available for use by patients at WakeMed Rehab. The iBOT system is being evaluated at WakeMed, and the first patient was recently trained in its use.

The patented gyro-balanced system offers five functions:



1) A balance function in which the user remains seated while the front wheels rotate on top of the back wheels to elevate the user

2) A stair function for climbing up or down stairs without assistance

3) A four-wheel function that enables a patient to move across grass or gravel, through sand or over uneven terrain and climb curbs as high as 5 inches

4) A remote control function

5) A standard function that enables the user to operate it as a traditional power chair

The iBOT is designed for patients who have the use of at least one upper extremity. WakeMed is the only evaluation center for the iBOT in the Carolinas.

The Independence iBOT 4000 Mobility System was developed by Independence Technology, a Johnson & Johnson company.

UNC Health Care to Build Wellness Center in Cary

The University of North Carolina Health Care System will build a wellness center at the Town Center at Amberly, the 5,000-home

Duke Psychologists Develop New Treatment for Depression

A research team led by Duke University psychologist Timothy Strauman has developed a new means of psychotherapy to treat depression.

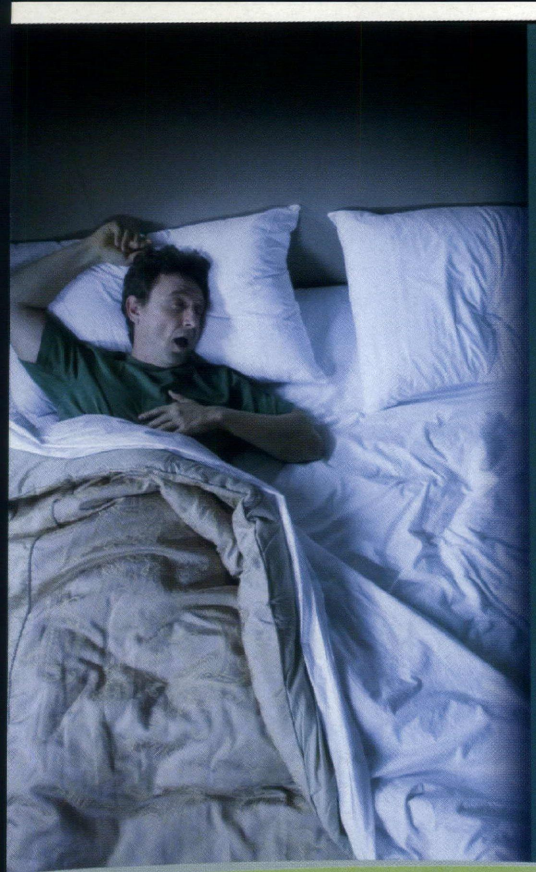
The self-system therapy, or SST, is targeted at patients who have difficulty identifying and pursuing goals related to advancement, growth and achievement. An estimated one fifth of depression patients fit this profile, according to Strauman.

"The advantage of the new treatment is that (SST) was designed in advance to be optimal for this particular subset of depressed people," said Strauman, who is a professor and co-chair of the Duke Department of Psychology and Neuroscience. "Even though cognitive therapy is generally effective, for these patients, SST was significantly better."

Forty-five patients who met diagnostic criteria for depression took part in the study. Half were treated with self-system therapy, while the other half received cognitive therapy. Both groups received about 20 sessions of therapy.

Although patients in both treatments improved, patients lacking the ability to pursue promotion goals who received SST made much more significant progress than similar patients receiving cognitive therapy.

The research was reported in the May issue of the *Journal of Consulting and Clinical Psychology*. The National Institute of Mental Health provided the funding for the project. MM



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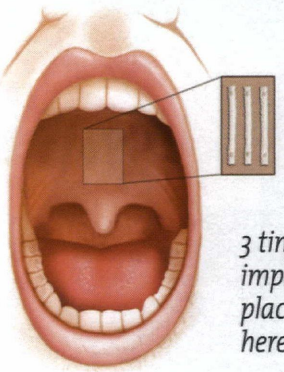

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development in Cary.

"The UNC Wellness Center at Amberly will significantly expand UNC Health Care System's presence in the Triangle, further establishing the system, which includes both UNC and Rex Healthcare, as the premier provider of fitness and wellness programs in the region," said Dan Lehman, director of operations for UNC Health Care.

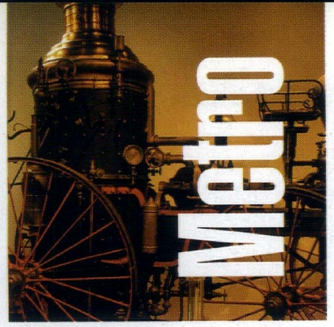
Construction is expected to begin within the next year. GS Carolina is developing the project.

Cancer Centers of NC Appoints New Oncologist

Cassandra Moore, MD, is the newest member of the medical oncologist team at Cancer Centers of North Carolina.

Moore recently completed her fellowship in hematology and oncology at Duke University Medical Center. She received her medical degree from the University of New Mexico School of Medicine and completed her internship and residency in internal medicine at the University of Massachusetts Memorial Medical Center. Moore, who is board certified in internal medicine will practice out of CCNC's Macon Pond Road facility in Raleigh.

CCNC now has 16 oncologists. MM



Design

Photography by Kinsley Dey

by Diane Lea

The Northeast's New Landmark:

ELIZABETH CITY'S MUSEUM OF THE ALBEMARLE

It is an impressive sight. Whether you arrive in historic Elizabeth City by main-traveled roads like US Highways 17 and 158, or sail into its scenic harbor on the Pasquotank River, it is likely that your first view of the city will center on the imposing new Museum of the Albemarle overlooking the city's riverfront.

The style of the four-story 50,000-square-foot building is immediately familiar. Based on the traditional architecture of maritime North Carolina, the Museum of the Albemarle is perhaps most reminiscent of the early US Life Saving Service buildings seen along the Outer Banks. The building's long-gabled roofline is punctuated by dormers; a centrally placed pyramidal cupola emphasizes the large multi-paned semicircular glass entrance beneath. Brackets support the overhanging eaves and Craftsman-like windows frame open-air porches on the main level. The ambitious Phase II plans for the project include a courtyard gathering space in front of the museum to enhance the setting while providing a quality outdoor space for educational programs.

Located across from the city's waterfront park—and an easy walk to the Downtown business district, the Museum is a natural destination for local folks and visitors alike. It is a superb addition to the city, often called northeastern North Carolina's economic and commercial hub. Elizabeth City has also been recognized as one of the nation's *100 Best Small Towns* and is famous for the hospitable Rose Buddies, volunteers who present a rose to each boat that ties up at the city's modern docks and marine facility.

Museum of the Albemarle supporters, both professional and volunteer, have put in hard work for this handsome new building. Begun in 1967 as a collaborative effort of the state's Division of Archives and History, the city's Chamber of Commerce and an active core of volunteers, the museum is chartered to tell the story of the people of the Albemarle region—from the American Indians and the first English-speaking colonists through the generations of adventurers, fishermen, farmers and manufacturers who built it. According to Museum Administrator Ed Merrell, the museum's first home was a decommissioned Highway Patrol Station that did not have adequate climate control for the collections. Despite physical limitations, the museum did flourish; by 1979 it was designated the northeastern regional branch of the North Carolina Museum of History. The museum's extensive interpretive area covers Bertie, Camden, Chowan, Currituck, Dare, Gates, Hertford, Hyde, Northampton, Pasquotank, Perquimans, Tyrrell and Washington counties.

The need for a new climate-controlled facility that would serve the museum's growing collections and educational programs went

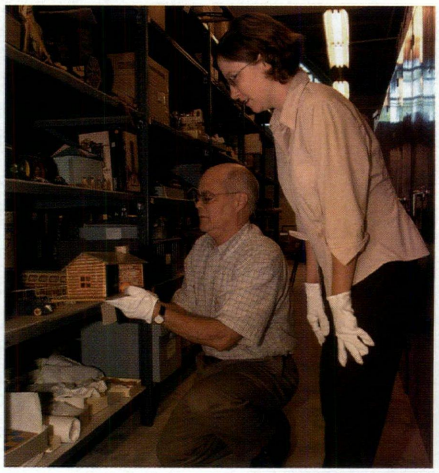
The design of the Museum of the Albemarle draws upon the historic US Life Saving Service buildings seen on the Outer Banks.

unmet until the 1990s when planning for the construction of a new Museum of the Albemarle began in earnest. The process included the sale to the state of a parcel of land donated to the College of The Albemarle by Elizabeth City residents Jewel and Lee Davenport. The college was able to use the money from the sale for scholarships, and the State was able to leverage the land acquisition to secure a suitable site for the new museum. With strong leadership by Sen. Marc Basnight and Rep. Bill Owens, the legislature appropriated funds for the design and construction of the building. But the local community had the task of raising money for the museum's exhibits. "Our goal was to raise $800,000 locally," said Merrell, "but due to enthusiastic local support and some very generous individual donors, we raised $1.8 million. The total project represents a $16 million dollar investment."

The shad boat A. B. Wright is a completely restored and provisioned shad boat which hangs above the museum's lobby.

CRUCIAL QUALITIES

Working with the state and the architectural firm of Hager Smith of Raleigh, the Museum of the Albemarle staff identified the new building's most crucial qualities and functions. Leading the list was the structural strength to withstand the seasonal storms that periodically bring high winds and flooding to the area. When the waterfront site was cleared, a huge pile of sand appeared, giving rise to conversation and speculation by passersbys. Merrell notes that the locals did not know what to make of the sand pile until in 1999 Hurricane Floyd blew through. "The flood waters did not reach the top of the sand pile, which represented the first floor of the museum," says Merrell.



Curator Tom Butchko and Collections Specialist Wanda Stiles select items for exhibition from the museum's inventory.

The museum's mechanical systems are also a source of pride for Merrell and the professional staff. "We installed the most efficient systems for heating, air conditioning, ventilating and climate control that we could afford," says Merrell. "There is a completely separate temperature control system for the 6,000-square-foot conservation area." Museum Registrar Darroll Midgette points out the hygrometers which gauge the area's temperature and humidity are read three times a day. "We have metal artifacts, textiles, furniture, art, photographs and documents housed here," says Midgette, "and each material or combination of materials requires specific methods of care and protection." Staff also worked with the architects and contractor to

include a large accordion door with a 20-foot clearing radius through which larger pieces and heavy equipment can be moved. Among the amazing array of artifacts neatly arranged on tall, open shelving are several beautifully preserved garments donated by Elizabeth City residents. College of The Albemarle intern Michelle Vargas points out an 1820s' day dress and a second day dress from donors. "These dresses were part of a traditional bride's wardrobe," says Vargas, "and they are stored in specially designed costume boxes."

OUR STORY

The Museum of the Albemarle officially opened in April 2006, prior to the completion of the main exhibit, *Our Story*, a comprehensive chronological display of each period of the region's history. "*Our Story* will be ready for viewing in the summer of 2007," says Merrell. "But we wanted to move in and get underway with the programs and exhibits that were ongoing and available."

The select exhibits already in place, both permanent and on-loan, give ample evidence of the exceptional quality of the museum's resources. They include a varied collection of underwater archeological artifacts gathered from vessels found in the rivers and sounds of North Carolina by the state's Underwater Archeology Unit. They are displayed in the museum's spacious two-story lobby with its graceful curved double staircase and full wall of windows. Artfully arranged and interpreted by Exhibit Design Chief Don Pendergraft, the objects are from all periods and are viewed in squared glass-fronted

The construction of the museum's signature exhibition, *Our Story*, is underway in the Madrin Gallery.

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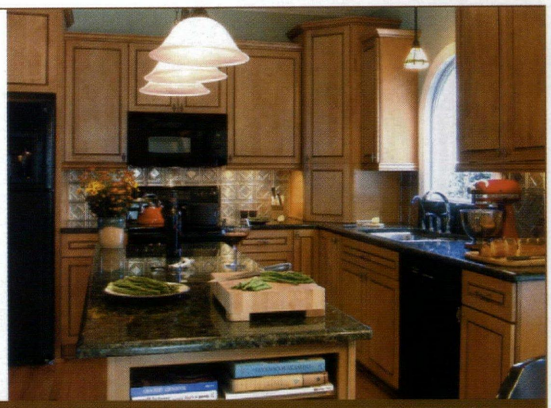

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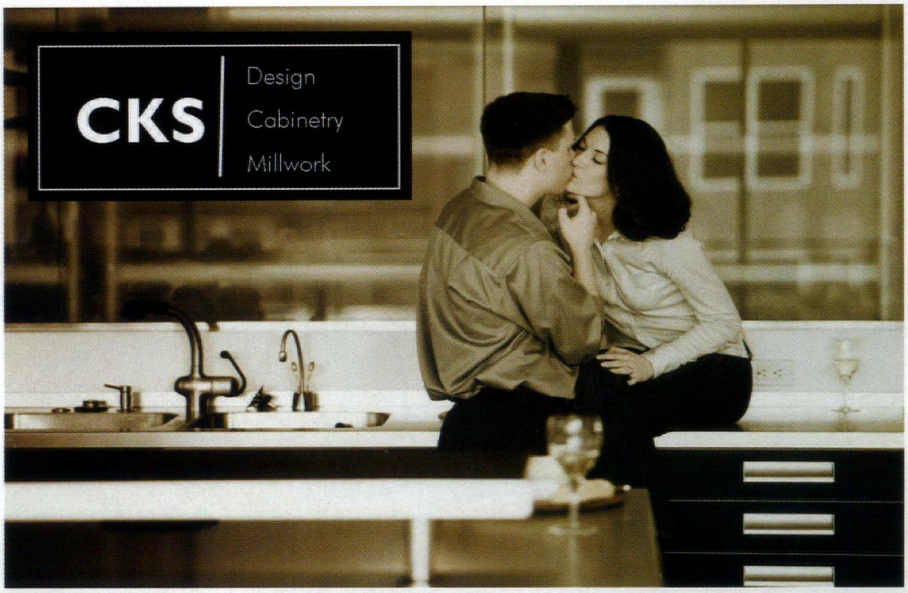

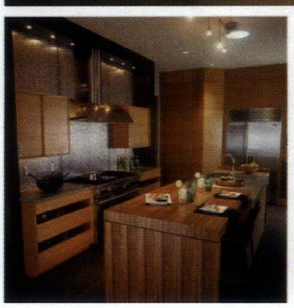

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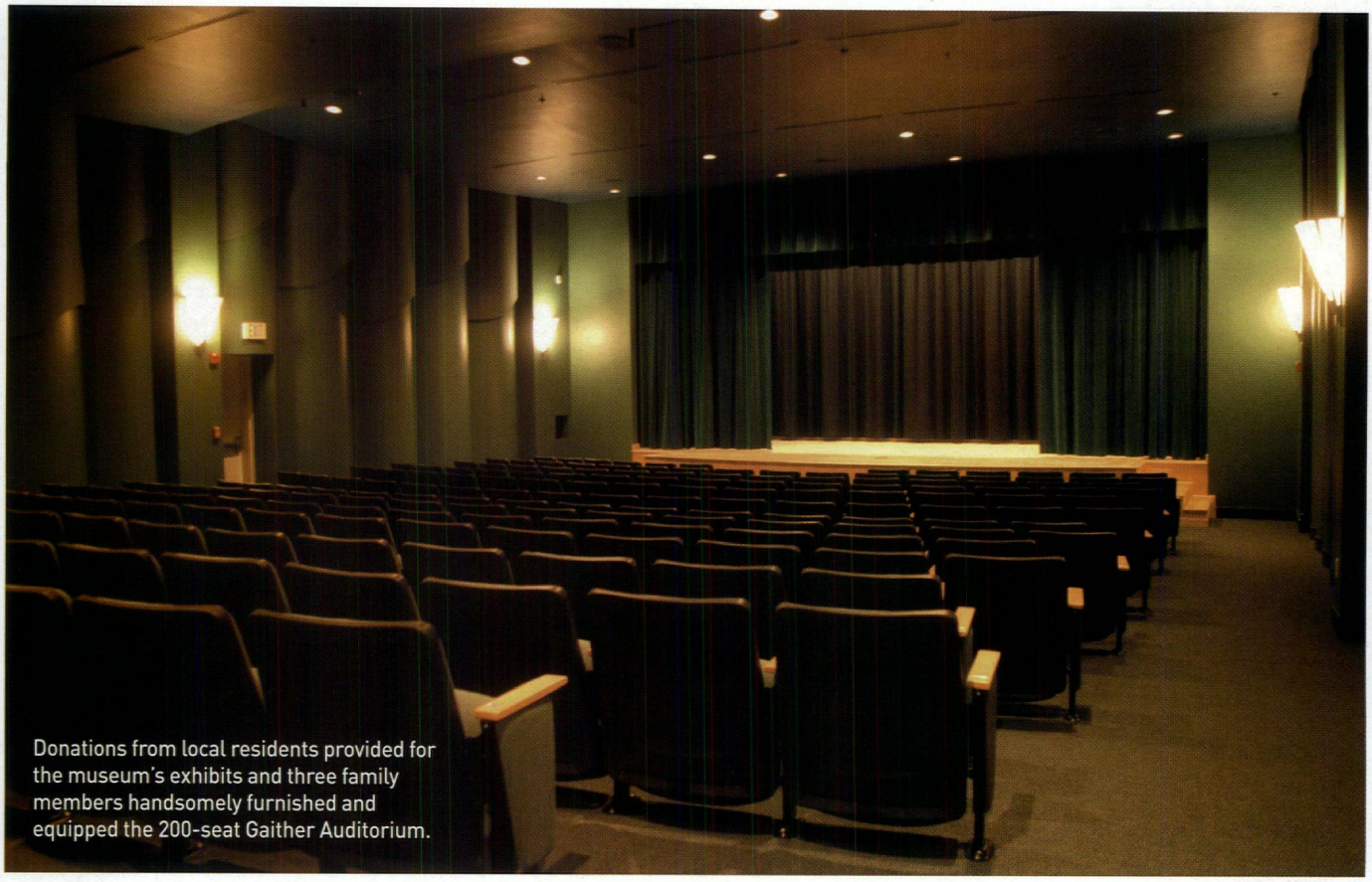


Donations from local residents provided for the museum's exhibits and three family members handsomely furnished and equipped the 200-seat Gaither Auditorium.

display columns with subtle graphics that convey a watery feel.

To the rear of the foyer, ensconced in a small, elegant gallery dedicated to temporary exhibits, is *Crafted from Silver*, an exhibit of silver pieces owned by North Carolina residents. The exhibit, part of the North Carolina Museum of History's collection, was made possible by contributions from the North Carolina Museum of History Associates, a statewide membership support group. The refinement and beauty of the gleaming silver services, flatware, pitchers, utensils, vanity sets, and religious and commemorative objects is quite stunning. Few silversmiths are known to have worked in the Albemarle region, and the increasingly sophisticated residents of the Albemarle often acquired their silver treasures in nearby Virginia, initially in Williamsburg, and later in Norfolk or Portsmouth.

Suspended from the foyer's tall ceiling, a completely restored and provisioned shad boat, the *A. B. Wright*, dramatically reinforces the museum's maritime theme. Donated by the family who owned this rare example of what was once the region's most efficient means of transportation and commerce, the boat was restored to pristine condition by museum volunteers. The boat is positioned to be viewed from all angles as visitors gaze up from the foyer and then climb the stairs to the second floor landing.

Located on the second level is the museum's primary gallery, the 7,200-square-foot Madrin Gallery, where visitors can enjoy the progress of *Our Story*, the signature exhibition. The gallery name honors Gwendolyn Madrin, an early director of the Museum of the Albemarle, who died last year. As workmen and professional staff lay out sets, build platforms and cases, and paint, Merrell summarizes the themes encompassed by *Our Story. Maritime Albemarle*, featuring a Native American dugout canoe; *The Canal Era*, a history of the Dismal Swamp Canal; and *The Railroad Era*, which contains one of the museum's most beloved artifacts, a steam pumper fire engine. Other portions of the exhibition include The Automobile Era and Tourism. "We wanted people to have a chance to see how the exhibits were developing and to enter into the process by providing us with comments, opinions and even corrections," says Merrell.

BUILDING TECHNOLOGY

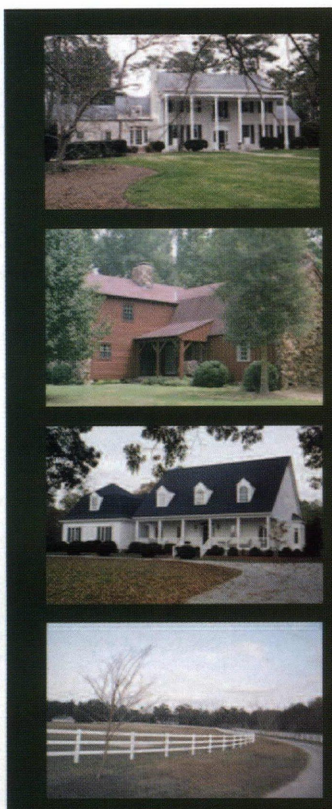
A particularly interesting demonstration of building technology is also underway in the Madrin Gallery. Restoration carpenter Russ Steele is rebuilding the Jackson House, a 1755 timber frame house and an 1840 smokehouse. "People can come and watch Russ as he works and ask questions," says Merrell. "It's been quite successful."

The design of the Museum of the Albemarle also took into account the need for comfortable office space and a research library on the third floor where Museum Curator Tom Butchko and his staff are located. (In a former career, Butchko researched and wrote architectural and historic survey publications for Edenton, Williamston and other locales. He is pleased that Elizabeth City is encouraging revitalization in the historic Downtown core and in areas of the five historic district neighborhoods.)

Crafted from Silver displays silver owned by North Carolina residents and was made possible by contributions from the NC Museum of History Associates.

A visit to the fourth-floor conference room within the pyramidal cupola offers spectacular views of the city and the Pasquotank River. "This is where the museum's non-profit board meets," says Merrell. "It ensures good attendance."

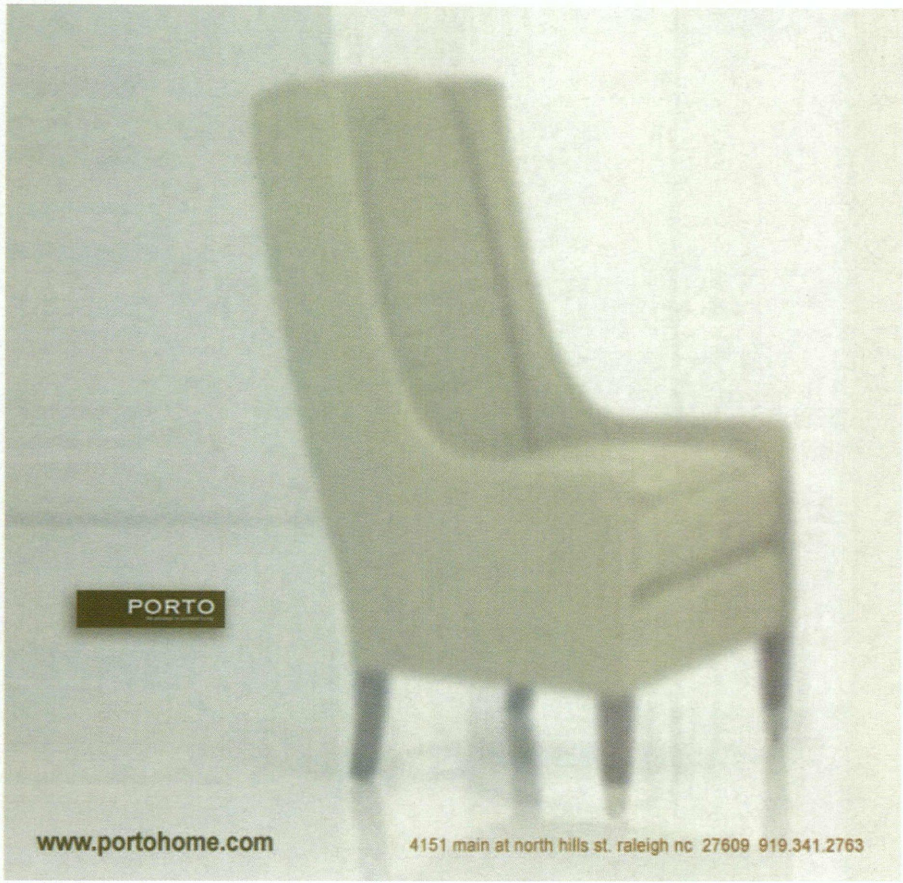
Though space for exhibits, conservation and administration are important, part of the success of the Museum of the Albemarle is its function as a community gathering place and educational center. Funded by three members of the Gaither family, the 200-seat Gaither Auditorium is hand-



The Museum's gift shop is operated by the NC Museum of History Associates and is an attraction in itself.

somely appointed and well equipped. Classrooms, some with tile floors for craft projects, are available for programs geared to elementary, middle and high school age groups, with a staff member assigned to each group using the facility. A catering kitchen and a prep kitchen allow the museum to host a variety of functions. Weddings are often held on the open-air porch with the receptions hosted in the museum's lobby. "We are also proud of the quality of our Museum Shop," notes Merrell. "It is operated by the North Carolina Museum of History Associates and has a good range of items, including gifts and educational materials that bring many people in just to shop."

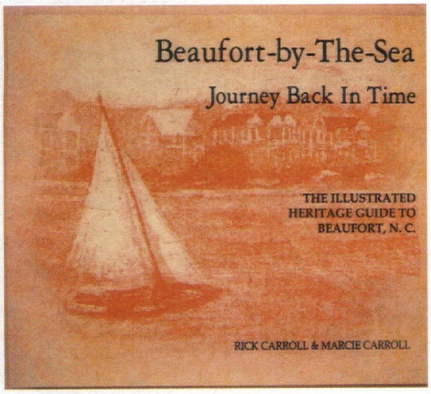
A new landmark rises in North Carolina's Northeast. The Museum of the Albemarle is a great asset to a region intent on developing a strong economic base from its history, culture and matchless water-rich landscape. MM



COASTAL NEWS

NEW BOOK TRACKS 500 YEARS OF BEAUFORT'S HERITAGE

Stories of Old Beaufort and its rogues, heroes, historic houses and fierce storms come to life in a newly released guide to the vintage seaport's heritage. In *Beaufort-by-the-Sea: Journey Back in Time*, nationally published authors Rick and Marcie Carroll provide readers with an illustrated, 200-page book that traces Beaufort's history from the 1500s to the present.



The Carrolls first recognized the need for such a book earlier this year after realizing that nearly all books about Beaufort were about to go out of print. The pair immediately began researching and photographing and inviting friends and neighbors to share words, pictures and art.

Talented Beaufort residents, including John Costlow, former Beaufort mayor and Duke Marine Laboratory director; Carol Bessent Hayman, poet laureate of Beaufort and Carteret County; archivist Gail Barnes, and others, supplied anecdotes, episodes and memoirs to fill the pages. Local artist Mary Cotter Hurst, who creates fine art prints on her antique press in her Beaufort studio, drew the sketch of a vintage Sharpie sailing past Beaufort's waterfront, circa 1820, on the book's cover.

A limited number of signed prints of the cover are available at Marcie's shop, the Rocking Chair Bookstore, a Beaufort waterfront staple since 1979. Copies of the book are also available at the store, as well as the Beaufort Historical Association Welcome Center, The North Carolina Maritime Museum and other Carteret County shops.

A portion of sales benefits the Beaufort Historical Association. For more information contact Rick or Marcie Carroll at 252-728-1643.

WINDSWELL DESIGN PRODUCTS CREATE NEW NAUTICAL ITEMS

Few people have the luxury of mixing business with pleasure. For Ward Setzer, president of Setzer Design Group Inc., designing marine products allows him to do just that. "I love to design," Setzer said. "I love the ocean. Put the two together and there you go."

Setzer, who moved to Cary in 1993 after leaving his position as manager of Hatteras Yachts, has developed lines of vessels for builders such as Hinckley, Broward and Trinity Yachts for over 20 years.

Recently, however, he has found a new outlet for his creativity in Windswell Designs, a new company he formed to manufacture nautical items, as well as promote the "Setzer signature" brand. One of the first products to be manufactured by Windswell is a new line of high-end surfboards. Setzer and his design team, who are currently using the computers and facilities at the textile department of NC State University, plan to hand-shape each board and test and apply technology and science based on naval architecture to measure the hydrodynamic quality of each board.

SETZER DESIGN GROUP, INC.

Ward Setzer, best known for designing luxurious yachts like the one shown here, has now started Windswell Designs, a new line of high-end sporting products and production boats.

"Windswell will have its own shop in town, and I am hoping to create a few new jobs," Setzer said. "It's our way of giving back to the state. It will be nice to bring some of this energy home."

According to Setzer, Windswell is an energizing release from the intense task of designing a 160-foot yacht. "Designers have a need to create and my outlet is Windswell and the immediate gratification the products give me," Setzer said. "Our yachts will be the beneficiaries of the diversion of the Windswell products."

For more information about Windswell Design products, visit www.windswelldesigns.com. Information about Setzer Design Group is available online at www.setzerdesign.com. MM

Coastal News compiled by Jennifer Hadra.

COASTAL PREVIEW

Barrier Island Ecology: Aug. 1. An educational walk from the estuary to the ocean, and a chance to search for plants and animals. **Carteret County.** Call 252-808-4067.

NCSA Summer Performance Festival's Afternoon Classics: Aug. 1-4. Current NCSA students, faculty and alums will preform in the Festival Park Art Gallery with intimate afternoon performances. **Outer Banks.** Call 252-475-1500.

Drumsticks and Dance: Ballet and Modern Dance: Aug. 1, 2, 4. Students and alums from the NCSA School of Dance present world premiere pieces and classics in a performance with a live percussion ensemble. **Outer Banks.** Call 252-475-1500.

Outer Banks Daredevils Baseball Game: Aug. 1, 4, 5, 9. Come enjoy a Coastal Plain League baseball game with the entire family. **Kill Devil Hills.** Visit online at www.obxdaredevils.com.

"Illuminations" Summer Performing Arts Series: Aug. 1-5. Drama music, dance and film in the Outdoor Pavilion, on the banks of the Roanoke Sound. **Roanoke Island.** Call 252-475-1500 or visit online at www.roanokeisland.com.

Tall Ships Exhibit: Aug. 1-6. Exhibit at NC Maritime Museum of oil paintings by Paul Hee, displaying renditions of traditional sailing ships. **Beaufort.** Call 252-728-7317 or visit www.ncmm-friends.org.

Hot Wax Surf Camps: Aug. 1-27. Participants receive instruction from professional surfers, as well as learn lifesaving and ocean guard techniques. **Beaufort.** Call 252-354-6466 or visit www.hotwaxsurf.com.

Five American Artists: Thru Aug. 31. Exhibition at Cameron Art Museum of works by five American artists celebrates the diverse and rich contributions made by African American artists since the mid-twentieth century. **Wilmington.** Call 910-395-5999 or visit www.cameronartmuseum.com.

Freedom's Voice: Thru Aug. 31. Exhibit at the Outer Banks History Center Gallery includes audio stations and interview clips to celebrate the Black Experience on the Outer Banks. **Outer Banks.** Call 252-473-2655.

Lost Colony Outdoor Symphonic Drama: Thru Aug. 31. Experience history and mystery under the stars at the picturesque Waterside Theatre. **Roanoke Island.** Call

877-629-4386 or visit www.thelostcolony.org.

Fireworks on the Beach: Aug. 3, 10, 17, 24. Near the boardwalk every Thursday night. **Carolina Beach.** Call 910-458-8434 or visit www.carolinabeachweekend.com.

Amazing Adventures of Anna Marie: Aug. 3. NCSA's alumni touring ensemble incorporates dance, film, music and creative design elements to tell the story of the power of one child's courage and imagination. Call 252-475-1500.

Harbor Nights: Aug. 4. Free music series complete with arts, crafts and children's activities on the Elizabeth City waterfront. **Elizabeth City.** Call 252-338-6455.

AM "Fun Run": Aug. 4. A non-competitive 3-mile event complete with door prizes and refreshments to start the day. **New Bern.** Visit www.mccscherrypoint.com.

First Friday on Roanoke Island: Aug. 4. Historic Downtown Manteo comes alive with music, shopping, dining and other events. Call 252-473-5121.

NC Holiday Flotilla Launch Party: Aug 4. Food, drinks, music and live auction. Tickets, $50 with limited availability; Holiday Inn SunSpree, **Wrightsville Beach.** Call 877-330-5050.

***Sun Journal* Outdoor Expo:** Aug. 4-6. Show includes hunting and fishing equipment, boats, conservation and activities for kids. **New Bern.** Call 252-638-8101.

OWLS Sand Castle Competition: Aug. 5. Sandcastle building teams spend a full day at the beach creating their vision in sand. **Atlantic Beach.** Call 252-240-1200.

7th Annual Kitty Hawk Kites and Carolina Outdoors Ocean Games: Aug. 5. Enjoy a day of fun with a 5 mile kayak race, sandcastle building contests, kite boarding demonstrations and much more. **Kitty Hawk.** Call 252-441-4124 or visit www.kittyhawk.com.

Build a Boat in a Day: Aug. 5. Adults and children team together to build a boat from a pre-cut kit. **Beaufort.** Call 252-728-7317 or visit www.ncmm-friends.org.

Carteret County Curb Market: Aug. 5, 12, 26. The oldest continually operating market in NC opens each Saturday through Labor Day offering fresh vegetables, local seafood and more. **Morehead City.** Call 252-222-6359.

Tea with the Queen: Aug. 10. Meet Queen Elizabeth I and her royal court and have dessert and tea in the beautiful backdrop of The Elizabethan Gardens. **Manteo.** Call 252-473-3414 or visit online at www.elizabethangardens.org.

Learn to Kayak: Aug. 10, 15. Participants receive kayak instruction and two hours of paddling. **Beaufort.** Call 252-728-7317.

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Rumors: Aug. 11-12; 18-20; 25-27. Murder mystery farce written by Neil Simon and produced by the New Bern Civic Theatre. **New Bern.** Call 252-633-0567.

3rd Annual Corolla Kite Festival: Aug. 12. Join in the stunt kite demonstrations, free exhibitions, casual competitions and free games for kids on the beach. **Kitty Hawk.** Call 252-441-4124 or visit online at www.kittyhawk.com.

Volleyball Tournaments: Aug. 12. Four v. four beach volleyball with the prize money going to the top two teams. **Emerald Isle.** Call 252-354-6350.

NEW BERN/CRAVEN CNTY CONVENTION/VISITORS CTR

Shown here are a few items that will be for sale at the *Sun Journal* Outdoor Expo, opening Aug. 4 in New Bern

17th Annual Alice Kelly Ladies Only Memorial Billfish Tournament: Aug. 12-13. Teams fish Pirate's Cove, targeting Billfish and competing for awards. **Outer Banks.** Call 800-422-3610 or visit online at www.fishpiratescove.com.

Sail Making: Aug. 12-13. Boatbuilding skills class for adults and children at the NC Maritime Museum. **Beaufort.** Call 252-728-7317 or visit www.ncmm-friends.org.

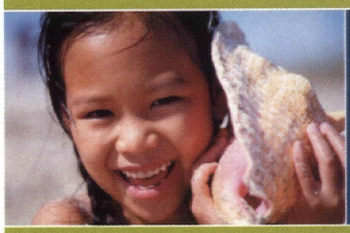
Beach Run Series: Aug. 14. Continuation of the summer-long series for serious and recreational runners. **Atlantic Beach.** Call 252-808-3749.

Tidal Flats Exploration: Aug. 14. Join NCCF to explore tidal flats and discover the survival techniques of whelks, worms, wentletraps and other marine creatures. **Carteret County.** Call 252-808-4067.

23rd Annual Pirate's Cove Billfish Tournament: Aug. 14-19. Entrants target Billfish and compete for prizes. Farewell brunch, Aug. 19. **Outer Banks.** Call 800-422-3610 or visit www.fishpiratescove.com.

Community Night at the Core Sound Waterfowl Museum and Heritage Center: Aug. 15. Bring a covered dish and learn

We won the award...



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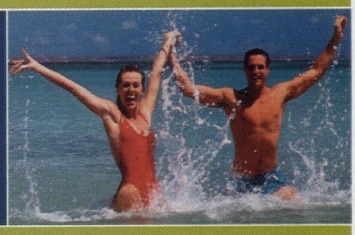

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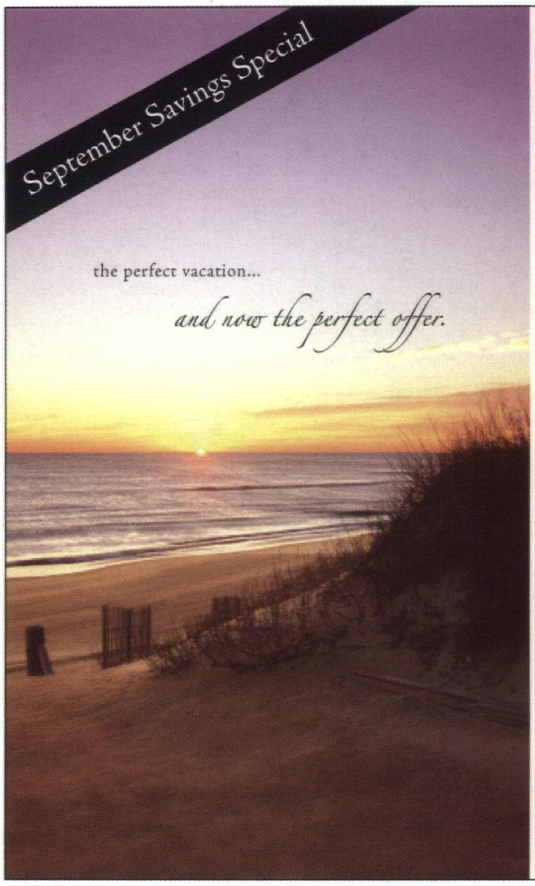

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about local communities of Down East Carteret County and the heritage that makes the coastal area unique. **Harkers Island.** Visit www.coresound.com.

Black River Boat Trip: Aug. 16. Four-hour guided trip takes participants up Pender County's majestic Black River aboard the Capt. J.N.Maffitt. **Wilmington.** Call 910-686-7527 or visit www.nc.audubon.org.

25th Annual New World Festival of the Arts: Aug. 16-17. Artists exhibit and sell their works in a variety of media on the Manteo waterfront. **Manteo.** Call 252-473-2838 or e-mail Edward@outerbankschristmas.com.

Beach Jive After Five Summer Concert Series: Aug. 17. Free concert on the third Thursday of every month at the Western Ocean Regional Beach Access. **Emerald Isle.** Call 252-354-6350.

Music with the Queen: Aug. 18. Actors perform period music and drama at the Elizabethan Gardens to celebrate The Lost Colony and the birth of Virginia Dare. **Outer Banks.** Call 252-473-1061 or e-mail elizr1558@yahoo.com.

Jazz Night at Scottish Rite: Aug. 19. CFJS presents the Dena DeRose Trio featuring Matt Wilson on drums and Martin Wind on bass. **Wilmington.** Call 910-392-1200 or visit www.capefearjazz.com.

4th Annual Carolista Music Festival: Aug. 19. Festival features area performers and celebrates the achievements of the diverse community of Outer Banks women. **Outer Banks.** Call 252-475-1500.

10th Annual OBX Boomerang Competition: Aug. 19. Event includes demonstrations by the top boomerang throwers in the US, boomerang throwing lessons and free kite making for kids. **Kill Devil Hills.** Call 252-441-4124 or visit www.kittyhawk.com.

Boatbuilding Carpentry: Aug. 19-20. Boatbuilding skills class for adults and children at the NC Maritime Museum. **Beaufort.** Call 252-728-7317 or visit www.ncmm-friends.org.

10th Annual East Coast Wahine Championships: Aug. 19-20. Surf competitions in shortboard, longboard, pro longboard, advanced shortboard, bodyboard and novice divisions with surf clinic included. **Wilmington.** Call 910-686-1554 or visit www.east-coastwahines.com.

African-American Walking Tour: Aug. 20. Learn about 300 years of African-American history on a walking tour of New Bern's historic district. **New Bern.** Visit www.tryon-palace.org.

Barbara Bailey Hutchinson-Singer and Songwriter: Aug. 25-26. The Grammy Award winning singer and songwriter interacts with the audience performing captivating music for both younger and older listeners. **Outer Banks.** Call 252-475-1500.

A Flavor of the Past: Sounds of Wilmington: Aug. 26. This new twist on southern historic tours invites participants to experience decades of live music, costumed interpretation and tasty treats. **Wilmington.** Call 910-798-4362 or visit www.latimerhouse.org.

Kitty Hawk Kites Kiteboarding Competition: Aug. 26-27. Event includes demonstrations by some of the best kiteboarders in the world, free kiteboarding lessons and competitions. **Kitty Hawk.** Call 252-441-0265 or visit www.kittyhawk.com.

Taste of Core Sound: Aug. 31. Celebrate "Down East" food and fun and sample the best locally prepared dishes around. **Harkers Island.** Call 252-728-1500.

Coastal Preview compiled by Jennifer Hadra.

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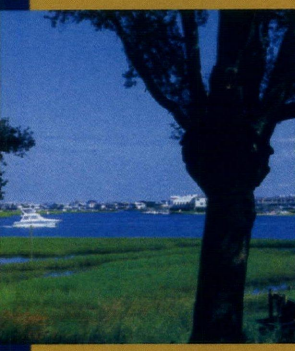

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Castro and Cuba:
The Inside Story

August 23-25, 2006 NEW DATES!

Topics Include:

- Cuba after Fidel by former CIA Latin American chief Brian Latell
- The Missile Crisis, new revelations by CIA's former science and technology operative Gene Poteat
- Castro, the Third World; and the KGB by UVA scholar and Cold War expert Timothy Naftali
- The Castro Obsession, U.S. operations against Cuba by retired *Miami Herald Latin America* editor Don Bohning
- Fidel: Hollywood's Favorite Tyrant by author and Cuba commentator Humberto Fontova
- Cuban Culture: Castro's Destructive Leadership by Cuban-born management professor Art Padilla
- Castro is back on the world stage and in the news. His relationship with Hugo Chavez of Venezuela, new verbal attacks against the US, public sympathy for Islamic terrorism and the Maximum Leader's advancing age make Castro and Cuba the hot topic for policy planners.

Check **www.raleighspyconference.com** for updates.
Contact the NC Museum of History to register:

919-807-7917

Schedule of Events

Wednesday, Aug. 23

6-7 p.m.
Registration and cocktail reception

7:10-8 p.m.
Art Padilla – Cuban Culture and Castro's "Destructive Leadership Style"

Thursday, Aug. 24

9-10:15 a.m.
Don Bohning – The Castro Obsession: U.S. Covert War Against Cuba

10:30-11:45 a.m.
Tim Naftali – Castro and Khrushchev: New Revelations of the Special Relationship

Noon-1:30 p.m.
Lunch Break

1:30-2:45 p.m.
Gene Poteat – The Cuban Missile Crisis: A Firsthand Account

3-4:30 p.m.
Humberto Fontova – Castro: Favorite Tyrant of the American Left

Friday, Aug. 25

9-10:30 a.m.
Speakers' Panel – Castro and Cuba: Then and Now

11 a.m.
Keynote Address
Brian Latell – After Fidel: What Next for Cuba and the United States?

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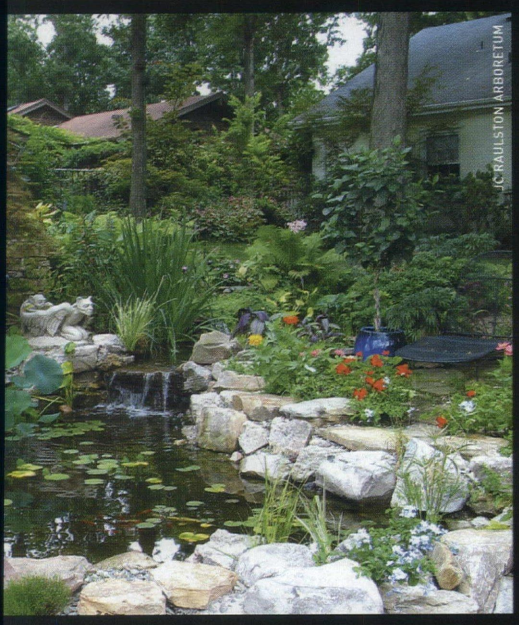
A historical reenactment of a duel between 19th-century New Bern political rivals, Stanly and Spaight (costumed actors shown here), will be presented Sept. 4 at the New Bern Academy. (See Preview Stage & Screen for details.)

NEW BERN/CRAVEN CNTY CONVENTION/VISITORS CENTER

Openings

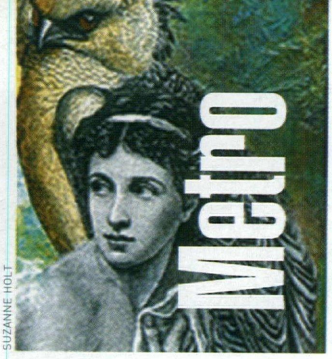


J.C. RAULSTON ARBORETUM

In celebration of J.C. Raulston Arboretum's 30th Anniversary, the Garden Conservancy's "Open Days Program," will hold a garden tour in Raleigh, Sept. 23 & 24. This garden scene will be one of many dazzling sights on the tour, which begins each day at the Arboretum. (See Secrets of State for details.)

Systems of a Down will be one of several bands hitting the beat during Ozzfest on Aug. 9 at Alltel Pavilion, Raleigh. (See Preview Pop Music for details.)

ALLTEL PAVILION



SUZANNE HOLT

Preview

by Frances Smith

AUGUST IS AWESOME

GALLERIES

NEW & HOT NORTH CAROLINA: Exhibition of the next generation of North Carolina artists, featuring seven invited artists and 32 artists who juried into the exhibition; Lee Hansley Gallery, Raleigh; Thru Aug. 19. Contact 919-828-7557 or www.leehansleygallery.com

SCOTT EAGLE—NEW WORKS: Tyndall Galleries, University Mall, Chapel Hill; Thru Aug. 19. Contact 919-942-2290 or www.tyndallgalleries.com

"NO STRINGS ATTACHED"—DIANNE RODWELL: Artspace Studio 201, Raleigh; Thru Aug. Contact www.artspacenc.org or www.diannerodwell.com

COLOR VS. TEXTURE: View works of Carl Krabill (Color) & Dennis Revitzky (Texture) and vote for your favorite artist online & in person; Gallery C, Raleigh; Thru Sept. 5. Contact 919-828-3165 or www.galleryc.net

WORKS BY MARY PAGE WHITLEY: Landscapes, seascapes & still life's depict serene scenes of the Carolinas, from the mountains to the coast; Artsource Fine Art Gallery at Five Points, Raleigh; Thru Aug. 30. Contact 919-833-0013 or www.artsource-raleigh.com

ARKLES, SCHESSEL, ROBERTS & DADDIEGO: Yearly regional artist show; Animation & Fine Art Gallery, University Mall, Chapel Hill; Thru Aug. 10. Contact 919-968-8008 or www.animationandfineart.com

ARTSOURCE FINE ART GALLERY ONGOING EXHIBITIONS:

- **RESTAURANT SAVANNAH:** Exhibition features works by Ted Jaslow, Mandy Johnson, James Kerr, Charlotte Foust, Margo Balcerek, Brian Hibbard, Caroline Jasper & more; Restaurant Savannah at North Hills, Raleigh; ongoing. Contact 919-787-9533 or www.artsource-raleigh.com
- **BLOOMSBURY BISTRO:** Exhibition features works by Ted Jaslow, Cher Cosper, James Kerr, Jim Chapman, Mary Page Whitley, & more; Bloomsbury Bistro, Raleigh; ongoing. Contact 919-787-9533 or www.artsource-raleigh.com

TYNDALL GALLERIES

Eclipse by Scott Eagle, acrylic on distressed paper mounted on panel, 15 by 12 inches, is on view until Aug. 19 in an exhibition of his new works at Tyndall Galleries, Chapel Hill

GMA ARTISTS ASSOCIATION ANNUAL JURIED EXHIBITION: Open Juried competition for artists' newer works juried by an American art expert; West Wing Gallery at Greenville Museum of Art, Greenville; Aug. 11-24. Contact 252-758-1946.

JOAN MIRÓ, HANDSIGNED COLLECTION: Animation & Fine Art Gallery, University Mall, Chapel Hill; (Opening Reception Aug. 11) Thru Sept. 7. Contact 919-968-8008 or www.animationandfineart.com

"RADIANCE SERIES 1"—GRACE LI WANG: Grace Li Wang Art Gallery, Raleigh; Thru Aug. 31. Contact 919-412-6803 or www.graceliwang.com

WORKS BY JAMES DEAN: Cape Fear Studios, Fayetteville; Thru-aug. 24. Contact 910-433-2986

"COLOR & FORM": Exibition featuring new works by Nancy Tuttle May; Nancy Tuttle May Studio, 806 Ninth Street, Durham; Thru-aug. 15. Contact 919-286-2097 or www.nancytuttlemay.com

CARL ALMBLAD—CURRENT FEATURED ARTIST: The Collectors Gallery, Raleigh; Aug. 1-26. Contact 919-828-6500 or www.thecollectorsgallery.com

AUGUST EVENTS AT SERTOMA ARTS CENTER: Raleigh; (Opening Reception Aug. 6) Thru Aug. 31. For more information call 919-420-2329 or visit online at http://parks.raleighnc.gov

- **WORKS IN COLLAGE BY PATSY SKINNER & HER STUDENTS:** Raleigh Room
- **ACRYLIC PAINTINGS BY LYNNE AVERY:** Hall Gallery
- **HANDBUILT POTTERY BY ALI SOBELREAD:** Display Case

EVENTS AT REBUS WORKS: Raleigh; Contact 919-754-8452 or www.rebusworks.net

- **FEATURED EXHIBITION- LESLEY PATTERSON-MARX, "PLANT FAMILY":** Prints & multi-media works; Thru Aug. 26
- **GALLERY TALK:** Aug. 26

EVENTS AT ARTSPACE: Raleigh; Contact 919-821-2787 or www.artspacenc.org

- **ILASAHAI PROUTY, SUMMER ARTIST-IN-RESIDENCE—"DREAM REPEATER":** Gallery 1; (Opening Reception Aug. 4) thru Sept. 9
- **MARGARITA LEÓN—"UNA LINEA":** Lobby; (Opening Reception Aug. 4) Thru Aug. 26
- **ANYA BELKINA—"NASUH":** Upfront Gallery; (Opening Reception Aug. 4) Thru Aug. 26
- **ARTSPACE SUMMER ARTS PROGRAM YOUTH EXHIBITION:** Gallery 2; (Family Reception Aug. 19) Aug. 15- 19

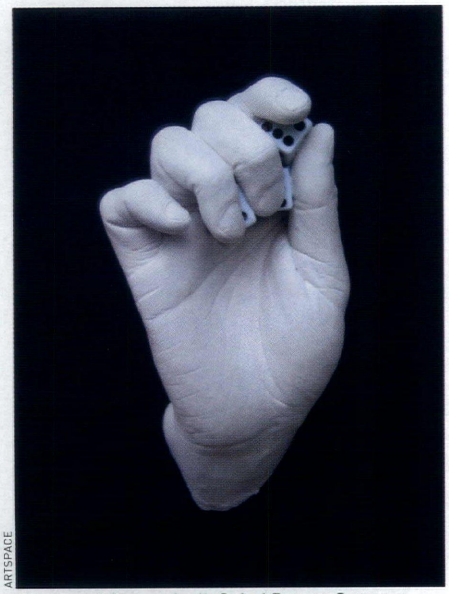
LEE HANSLEY GALLERY

Paramount Series No. 2 by Patrick Leger is now on view in "New and Hot North Carolina," an exhibition of the next generation of North Carolina artists. Thirty-nine artists between the ages of 21 and 35 created the work for the exhibition at Lee Hansley Gallery, Raleigh

ARTSOURCE

ArtSource is presenting an ongoing exhibition by some of its best artists at Raleigh's Bloomsbury Bistro, interior shown here

THE GARDEN GALLERY—Original contemporary art in a wide rang of prices by some of North Carolina's finest artists and craftsmen including Herb Jackson, Horace Farlowe, A.B. Jackson, Gayle Lowry, Maud Gatewood, Joe Cox, Elaine Reed and others. The Water Garden Office Park, 8404-A Glenwood Avenue/Highway 70 West in Raleigh (across from Sir Walter Chevrolet) Regular hours: Friday - Saturday, 11 a.m. - 5 p.m.; Sunday, 1 - 5 p.m. For more information and directions, visit the gallery's website www.gardengalleryart.com or call 919-787-2999.


ARTSPACE

Sixes and Sevens by IlaSahai Prouty, Summer 2006 Artist-In-Residence at Artspace, will be on view in her exhibition "Dream Repeater," opening Aug. 4 at Artspace, Raleigh

CLASSICAL

EVENTS AT CAROLINA CHAMBER MUSIC FESTIVAL: New Bern; Contact 252-626-5419 or www.carolinachambermusic.org

- **"FRENCH TWIST":** Christ Episcopal Church; Sept. 9
- **A FESTIVE FAMILY CONCERT:** New Bern-Craven County Public Library; Sept 10
- **MOZART AFTER WORK:** Bank of the Arts; Sept. 14
- **FESTIVAL FINALE CONCERT:** First Baptist Church; Sept. 16

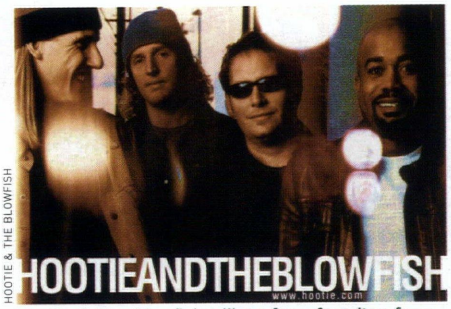
POP MUSIC

NICKELBACK: RBC Center, Raleigh; Sept. 3. Contact 919-834-400 or www.rbccenter.com

SIMPLY SONU, SONU NIGAM: RBC Center, Raleigh; Aug. 18. Contact 919-834-4000 or visit online at www.rbccenter.com

UMPHREY'S MCGEE: Acoustic Planet Tour with Bela Fleck & The Flecktones and Marc Broussard, Koka Booth Ampitheatre at Regency Park, Cary; Aug. 18. Contact 919-462-2025.

CHATHAM COUNTY LINE: Presented by Pinecone & The Town of Garner; Lake Benson Park, Garner; Aug. 19. Contact www.pinecone.org



HOOTIE & THE BLOWFISH

Hootie & The Blowfish will perform favorites from the 1990s and hits from their latest album, *Looking for Lucky* at Alltel Pavilion on Aug. 20.

EVENTS AT ALLTEL PAVILION WALNUT CREEK: Raleigh; Contact 919-834-4000 or www.alltelpavilion.com or www.livenation.com

- **MARY J BLIGE W/ JAHEIM:** Aug. 5
- **OZZFEST 2006:** Aug. 9
- **KENNY CHESNEY W/ DIERKS BENTLEY & JAKE OWEN:** Aug. 11 & 12
- **POISON W/ CINDERELLA:** Aug. 15
- **THE ALLMAN BROTHERS BAND W/ DEREK TRUCKS, OTEIL & THE PEACEMAKERS:** Aug. 19
- **HOOTIE & THE BLOWFISH W/ BETTER THAN EZRA:** Aug. 20
- **COUNTING CROWS & THE GOO GOO DOLLS W/ELIOT MORRIS:** Aug. 23
- **CHRIS BROWN W/ NE-YO, LIL WAYNE, DEM FRANCHIZE BOYZ & JUELZ SANTANA:** Sept. 3

MUSIC AT RENO'S STORE: Open Gospel Pickin' (every 1st Saturday) & Open Bluegrass Pickin' (every 3rd Saturday), acoustic instruments only; Reno's Store, Goldston-Pittsboro road between Pittsboro & Goldston; This Month Aug. 5 & 19. Call 919-542-8401.

BUDLIGHT DOWNTOWN LIVE CONCERT EVENTS: Raleigh, Moore Square Park; visit online at www.budlightdowntownlive.com

- **CANDELBOX, URGE OVERKILL, SOCIAL BURN, PARMALEE, BRAD BENSON, DRIVE BLIND, BRIL:** Aug. 5
- **GIN BLOSSOMS, ATHENAEUM, THE MODERN SKIRTS, PLAN B:** Aug. 19
- **DENNY DIAMOND, THE PRESIDENTS OF THE UNITED STATES OF AMERICA:** Sept. 2

STAGE & SCREEN

HOT SUMMER NIGHTS AT THE KENNEDY EVENTS: The Kennedy Theatre, Progress Energy Center for Performing Arts, Raleigh; Contact 919-831-6060 or www.hotsummernightsatthekennedy.org

- ***OLEANNA*:** Aug. 2-13
- ***MEET ME ON THE CORNER OF BROADWAY AND SWING*:** Aug. 16-27

FOREST THEATRE OUTDOOR PRODUCTIONS: UNC-Chapel Hill campus, Chapel Hill; For more visit online at www.chocvb.org

- ***JULIUS CAESAR*:** Aug. 3-5
- ***AS THE CROW FLIES, TALES FROM FOUR DIRECTIONS*:** Aug. 11-13, 18-20, 25-27

MARGARET CHO IN CONCERT: Comedy; Carolina Theatre, Durham; Aug.10. Contact 919-560-3040

11TH ANNUAL NC GAY & LESBIAN FILM FESTIVAL: This year featuring new films, including shorts, documentaries & feature films that provide a glimpse into the many faces of gay & lesbian life worldwide; The Carolina Theatre, Durham; Aug. 10-13. Contact 919-560-3040 or www.carolinatheatre.org/nclgff

***THE LAST FIVE YEARS*:** Two New Yorkers in their 20s fall in & out of love over the course of five years; Cape Fear Regional Theatre, Fayetteville; Aug. 11- 20. Contact 910-323-4233 or www.cfrt.org.

***THE APPLE TREE*:** Three one-act musicals of famous short stories about man's struggle with himself, women & the devil by *Fiddler on the Roof* lyricist/composer, Harnick and Bock. Thompson Auditorium, NC State University; Aug. 17-20, 23-26. Contact 919-515-1100 or www.ncsu.edu/arts.

***ORSON'S SHADOW*:** Deep Dish Theatre Company's first production of the 2006-2007 season; University Mall, Chapel Hill; Aug. 24-Sept. 16. Contact 919-968-1515 or www.deepdishtheater.org.

***STANLY AND SPAIGHT*:** historical reenactment of duel between 19th-century New Bern political rivals, Stanly and Spaight; New Bern Academy, New Bern; Sept. 4. Contact Tryon Palace Historic Sites & Gardens at 800-767-1560 or log onto www.tryonpalace.org.

MUSEUMS

MIXED MEDIA COLLAGE- LORI EASTERLIN & SUZANNE HOLT: Orange County Historical Museum, Hillsborough; Thru Aug. 21. Contact 919-732-2201 or visit online at www.orangecountymuseum.org

4TH ANNUAL RALEIGH INTERNATIONAL SPY CONFERENCE—"CASTRO & CUBA—THE INSIDE STORY": Guest speakers will discuss the Bay of Pigs, the Cuban Missile Crisis and much more; presented by Bernie Reeves; NC Museum of History, Raleigh; Aug. 23-25. Contact www.raleighspyconference.com

TASK FORCE KATRINA SPECIAL EXHIBIT: The 82nd Airborne Mission in New Orleans in response to Hurricane Katrina; 82nd Airborne War Memorial Museum, Fayetteville; Thru December. Contact 910-432-3443

"VIETNAM—A LOOK BACK": Airborne & Special Operations Museum, Fayetteville; Thru Nov. 18. Contact 910-483-3003 or www.asomf.org

***THE RAPE OF THE SABINE WOMEN*, BY EVE SUSSMAN & THE RUFUS CORPORATION:** A video-musical inspired by the French neoclassical painter Jacques-Louis David's masterpiece, *The Intervention of the Sabine Women*; Nasher Museum of Art, Durham; Thru Sept. 25. Contact 919-684-5135 or www.nasher.duke.edu

TALL SHIPS: Exhibit of oil paintings by Paul R. Hee of Beaufort; North Carolina Maritime Museum, Beaufort; Thru Aug. 6. Contact 252-728-7317.

***MEMORIALS OF IDENTITY*, NEW MEDIA FROM THE RUBELL COLLECTION:** Exhibit features Video Art and examines the impact of historical change on individual, cul-

NASHER MUSEUM

This still from *Memorial Project Nha Trang, Vietnam: Towards the Complex for the Courageous, the Curious, and the Cowards,"* by Jun Nguyen-Hatsushiba, 2001, is from a DVD projection with sound, *Memorials of Identity*, now open at the Nasher Museum, Duke University, Durham

tural and national identity; Nasher Museum of Art, Durham; Aug. 3-Sept. 25. Contact 919-684-5135 or www.nasher.duke.edu

WORKS IN CLAY BY NATALIE BOORMAN AND CARMEN ELLIOTT: Presented by the Preservation Society of Chapel Hill; Horace Williams House, Chapel Hill; Aug. 20-Sept. 17. Contact 919-942-7818 or www.chapelhillpreservation.com

EVENTS AT THE CHAPEL HILL MUSEUM: Chapel Hill; Contact 919-967-1400 or visit online at www.chapelhillmuseum.org

- **NATURE ILLUSTRATED—FLORA & FAUNA OF NC:** Thru Sept 5
- **CAROLINA ON MY MIND—THE JAMES TAYLOR STORY:** Ongoing

EVENTS AT THE ACKLAND ART MUSEUM: University of North Carolina, Chapel Hill; Contact 919-966-5736 or www.ackland.org

- **"PORTRAITS OF AN ARTIST":** Showcases representations of artists spanning 300 years, highlights a wide range of attitudes and interretations of life in the arts; Thru Sept. 24
- **BOOKS IN COSTUME:** The Batcheller collection of Designer bindings and Book objects by the Sobota Family; Thru Sept. 10
- **IMAGINING CHURCH—"PLACE PRACTICE & PEOPLE":** Thru Aug. 20
- **"ART AFTER DARK":** 2nd Fridays at the Ackland, enjoy live jazz, refreshments and evening art viewing; Aug. 11
- **LUNCH W/1:** One expert, one work of art, one hour.

BURTON EMMETT COLLECTION

Church and Houses at Modling, near Vienna by Egon Schiele, 1918, is one of several images showcasing church architecture and religious symbols in Ackland Art Museum's Five Faiths Project exhibit.

Castro and Cuba:
The Inside Story
August 23-25, 2006 NEW DATES!

Raleigh International Spy Conference

Topics Include:

- Cuba after Fidel by former CIA Latin American chief Brian Latell
- The Missile Crisis, new revelations by CIA's former science and technology operative Gene Poteat
- Castro, the Third World and the KGB by UVA scholar and Cold War expert Timothy Naftali
- The Castro Obsession, U.S. operations against Cuba by retired *Miami Herald Latin America* editor Don Bohning
- Fidel: Hollywood's Favorite Tyrant by author and Cuba commentator Humberto Fontova
- Cuban Culture: Castro's Destructive Leadership by Cuban-born management professor Art Padilla

Check **www.raleighspyconference.com** for updates.
Contact the NC Museum of History to register: **919-807-7917**.

Sponsored by:

Raleigh Metro Magazine
From the Triangle to the Coast

North Carolina Museum of History

Bring a bag lunch for a one hour lecture; Aug. 17

- **OPEN DRAWING SESSION:** Community members invited to draw in galleries, third Saturday of every month, bring your own supplies. Ackland staff will moderate & introduce a work as inspiration each month; Aug. 19

SUZANNE HOLT

Do You Dare to Fly, by Susanne Holt along with other mixed media collage works by Holt and Lori Easterlin is on view thru Aug. 21 at the Orange County Historical Museum, Hillsborough.

EVENTS AT NORTH CAROLINA MUSEUM OF ART: Raleigh; Contact 919-839-NCMA or www.ncartmuseum.org

- **SALIF KEITA:** Known as the "golden voice of Africa", Salif Keita joins Youssou N'Dour as one of West Africa's and the world's best loved singers & bandleaders; Joseph M. Bryan Jr. Theater in the Museum Park; Aug. 4
- **PATTY GRIFFIN:** Joseph M. Bryan Jr. Theater in the Museum Park; Aug. 19
- **FRENCH SCULPTURE FROM THE COLLECTION OF LYNNE AND MARK HAMMERSCHLAG:** Now open

EVENTS AT NC MUSEUM OF HISTORY: Raleigh; Contact 919-807-7900 or www.ncmuseumofhistory.org

- **"WEAPONS OF WORLD WAR II":** Exhibit featuring armaments used by American, German and Japanese forces during WWII; Thru July 30, 2007
- **"A CALL TO ARMS":** Expanded version of the exhibit; Thru May 30, 2007
- **"THE CAROLINA MOUNTAINS—PHOTOGRAPHY OF MARGARET MORLEY":** Everyday life in mountains of NC from turn of 20th century; thru July 15, 2007
- **A CLOSER LOOK—"EARLY AMERICAN INDIAN LIFE":** Explore American Indian culture in NC; Aug. 5
- **A CLOSER LOOK—"PILLS & PATENT REMEDIES":** Aug. 27
- **HISTORY A LA CARTE—"MARGARET MORLEY'S CAROLINA MOUNTAINS":** Aug. 9
- **SUMMER FAMILY PERFORMANCE SERIES- DONNA WASHINGTON:** Aug. 13

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

- **FOLK DANCE OF THE PHILIPPINES:** Philippine Dance Company of NC presents an interactive performance of traditional dance; Aug. 5
- **RHYTHMICITY:** Percussion group that combines the vibrant and dynamic rhythms of multiple African cultures to celebrate, connect, and unify; Aug. 12
- **DANCE FROM GHANA:** Celebrate traditional African music and dance with Kai' and Daniel Appach members of Elikem Dance Company; Aug. 19
- **MAKING & PLAYING EUROPEAN VIOLINS:** Aug. 26
- ***THE ENEMY WITHIN—TERROR IN AMERICA 1776 TO TODAY:*** Developed by the International Spy Museum on Washington, DC; recommended for ages 12 and up; Aug. 26- Nov. 26

POTPOURRI

JIGGLE & GIGGLE JELL-O CONTEST: Ages 55 & over; Cary Senior Center, Cary; Aug. 4. Contact 919-469-4061

ANNUAL ROBBINS FARMERS DAY FESTIVAL: Parade, food, entertainment, and more; Middleton Street, Downtown Robbins; Aug. 3-5. Contact 919-1290

ELIZABETH I—RULER AND LEGEND: National traveling exhibition that focuses on the brilliant monarch; Cameron Village Library, Raleigh; Thru Aug. 11. Contact 919-856-6703 or www.newberry.org/elizabeth

DOWNTOWN MEBANE SUNFEST—A HOMETOWN FAMILY FUN DAY: A one day festival of old-fashioned games and activities for all ages; Downtown Mebane; Aug. 12. Contact 919-563-2767

26TH ANNUAL FINE ARTS FESTIVAL: Campbell House Galleries, Southern Pines; (Opening Reception Aug. 4) Thru Aug. 31. Contact 910-692-4356

27TH ANNUAL REVOLUTIONARY WAR BATTLE REENACTMENT: A Reenactment of the 1781 skirmish at the house between Loyalist and Rebel militias; Moore County; Aug. 5-6. Contact 910-947-2051

"LAZY DAZE" ARTS & CRAFTS FESTIVAL: 30th Annual Arts & Crafts Festival featuring nearly 400 artists and crafts persons from across the country; Downtown Cary; Aug. 26. Contact 919-469-4061.

WOMEN'S SELF DEFENSE CLASS: Ages 18 & up. This three hour class will teach women the skills they need to better defend themselves; Bond Park Community Center, Cary; Aug. 26. Contact 919-469-4061.

"NIGHT OWLS": A Family Program, ages 6 & up w/ parents; search for owls, toads, bats and more and discover how some creatures are well adapted for life in the dark; Stevens Nature Center, Cary; Aug. 26. Contact 919-469-4061.

JC RAULSTON ARBORETUM 30TH ANNIVERSARY SYMPOSIUM—"PLAN AND PLANT FOR A BETTER WORLD": Symposium celebrating the founding of JC Raulston Arboretum at NCSU and JC Raulston's life through speakers drawn from colleagues, students, plant professionals, & the nursery industry; McKimmon Center, NCSU; Registration now open; Sept. 22-24. Contact 919-513-7005 or visit online at www.ncsu.edu/jcraulstonarboretum/symposium

FRIDAYS ON THE FRONT PORCH AT THE CAROLINA INN: Popular end-of-the workweek celebration with live bluegrass, food & bar service; The Carolina Inn, Chapel Hill; Fridays through Oct. 20. Contact www.carolinainn.com

PITTSBORO FARMER'S MARKET: Chatham County Fairgrounds, Pittsboro; every Thursday Thru Nov. Contact 919-542-8202 or www.ces.ncsu.edu/chatham/ag/SustAg/markets/geninfo

FEARRINGTON FARMERS' MARKET: Fearrington Village, Pittsboro; every Tuesday Thru Nov. Contact 919-542-4000 or www.fearringtonhouse.com

SPORTS & RECREATION

SUNFISH SAILING CLASSES: Lake Crabtree, Raleigh; Registration packet available online at www.wakegov.com/parks/lakecrabtree

- **SUNFISH INTERMEDIATE SAILING CLASSES:** Adult, 12 years and up; Aug. 14-17 & Aug. 21-24
- **LEVEL I-TEEN BEGINNER SAILING LESSONS:** Ages 12+; Aug. 7-10
- **LEVEL II-TEEN LEARN TO RACE LESSONS:** Ages 12+; Aug. 14-17

EVENTS AT HISTORIC OAK VIEW COUNTY PARK: Raleigh; Contact 919-250-1013 or www.wakegov.com/parks/

- **BIRDS OF PREY:** Join Steve Stone from the American Wildlife Refuge, to learn about birds of prey in our area and around the world; Aug. 19
- **DOG WALK:** Doggie demonstrations and other activities; Sept. 9

EVENTS AT THE SENATOR BOB MARTIN EASTERN AGRICULTURAL CENTER: Williamston; Call 252-792-5111

- **2006 WCMHR WORLD CHAMPIONSHIP:** Aug. 4-6
- **BLUE RIDGE REINING HORSE ASSOC. SUMMER SLIDE:** Aug. 11-13
- **MADE IN THE SHADE DRESSAGE SHOW:** Aug. 19-20
- **TEAM JOSEY BARREL RACING & HORSEMANSHIP CLINIC:** Aug. 26-27

MAKE-A-WISH FOUNDATION

These kids are making a wish that people will support the Eastern North Carolina Make-A-Wish Foundation's 4th Annual Bill Gaines Golf Tournament on Oct. 3 at Crooked Creek Golf Club in Fuquay Varina

4TH ANNUAL BILL GAINES MAKE-A-WISH GOLF CLASSIC: Pre-Tournament reception, post-play pig pickin' and on-course refreshments included with registration fee; Crooked Creek Golf Club, Fuquay-Varina; Oct. 3. For information or to register contact 1-800-432-WISH

Our thanks to Jennifer Hadra, Cyndi Harris and Mary Younger for their assistance with MetroPreview.

EDITOR'S NOTE: *Please send events info and color images, slides or photos 6 weeks before publication date. Send to Jennifer Hadra,* Metro Magazine, *1033 Oberlin Rd. Suite 100, Raleigh, 27605 or email: jennifer@metromagazine.net.*

by Carroll Leggett

FIREFIGHTERS CREATE COMMUNITY

One of my heroes is Billy Ray Hall, president of the North Carolina Rural Center. Hall is passionate about keeping rural North Carolina economically viable and ensuring a bright future for the small towns that dot the state, including those in eastern North Carolina.

The Small Towns Fact Book that the Center recently published is an eye opener. North Carolina has 478 incorporated towns with fewer than 10,000 residents and most of these have fewer than 5,000. Then there is a multitude of small communities, like Buies Creek where I grew up, that are not incorporated but have their own identity and their own post office.

"North Carolina is, and always has been, a state of small towns," Hall said recently. "[P]rosperity for all of North Carolina hinges on our ability to balance economic opportunities between urban centers and these small towns, which serve as the business and social hub of rural communities."

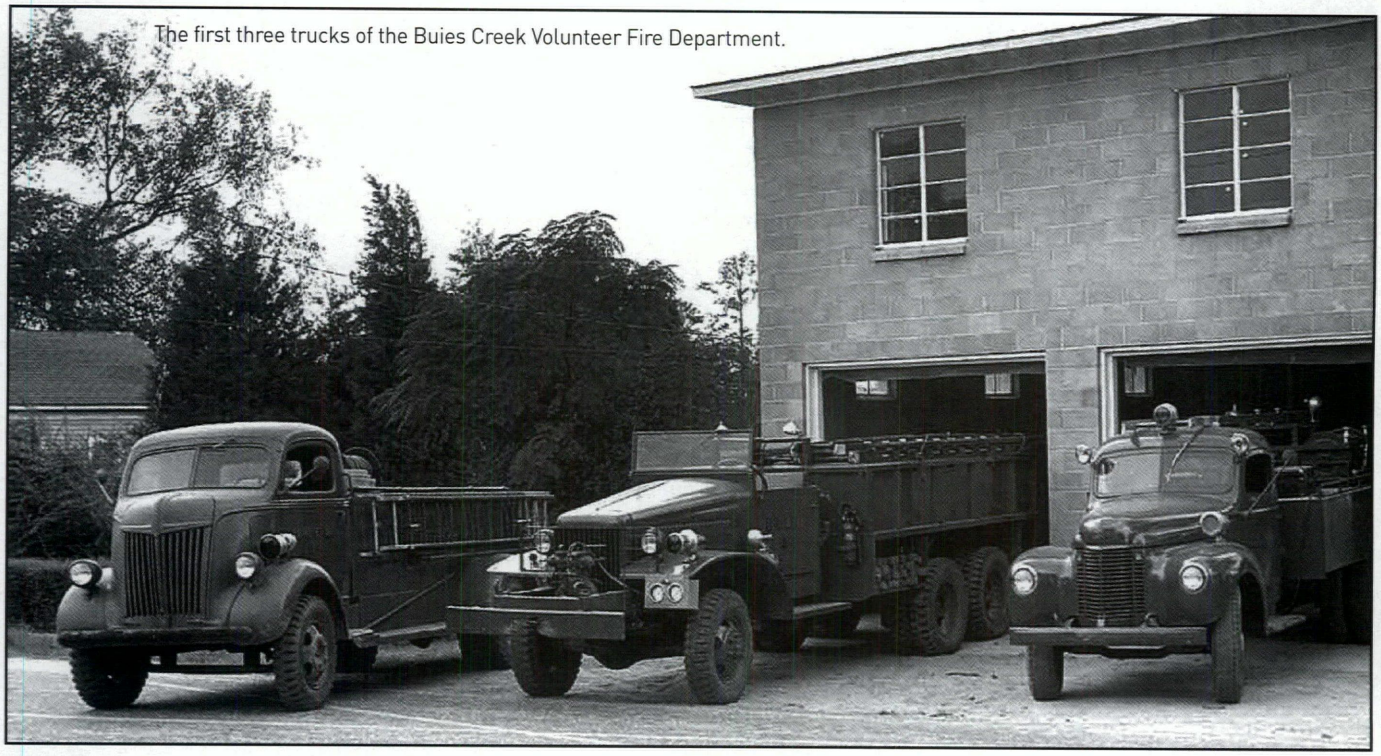
He's dead right, and between you and me, if you want to find the heartbeat of those communities, you seldom have to look farther than their volunteer fire departments. Rural fire districts were created decades ago enabling residents to tax themselves and provide their own fire protection. Since then, dedicated volunteer firefighters not only have responded unselfishly at every hour of the day or night, but also have taken on countless other causes for their communities, friends and neighbors.

I was reminded of this fact a few weeks ago while browsing the Dunn *Daily Record* online. Some folks back home still refer to it simply as "Hoover's paper" because Hoover Adams returned to Dunn after WWII and founded it; his personality and his writing shaped it; and his family still owns and operates it. It is one of the few family-owned newspapers in North Carolina that has been able to resist high-dollar offers by media conglomerates that have gobbled up North Carolina's small-town papers.

I read in "Hoover's paper" that the Buies Creek Volunteer Fire Department was about to celebrate its 50th anniversary as a rural fire district with an open house, free eats and other festivities. I had a little business I needed to do in the Creek, so that Saturday I gassed up and headed east.

I had a couple of hours of driving time and plenty of time to think. By golly, I said to myself, I think I remember the first house fire we had in Buies Creek after we got our fire truck. The truck was something of a clunker—military surplus and probably a '40-something model—but it was a vision of delight to us in 1954. And it had a water tank on it—a must because we had no water system or hydrants.

It didn't have all the bells, whistles and ladders you expect of a fire truck today. But to Buies Creek residents who had stood by helplessly over the years and seen houses burn to the ground before a truck from a neighboring town could arrive, it meant they no longer were dependent upon the kindness of strangers.



The first three trucks of the Buies Creek Volunteer Fire Department.

I learned later in the day that the first fire was just where I remembered it—at the home of the elderly Miss Sallie Ryals. Brother Don tells me that the newly formed fire department was able to hold the flames at bay until friends and neighbors, including teenagers like himself, were able to save many of her household possessions.

Yes, I was there. A picture hanging in the fire station of that fire shows only three people, two firemen and me—12 years old, I guess—standing in the road looking on.

Barefooted, I think.

But the biggest threat in those early days was not house fires, it was tobacco barns. Tobacco was cured at temperatures exceeding 200 degrees. At that point, the barns were tinderboxes. Loosely strung leaves falling onto an oil-fired burner or a whole stick of tobacco crashing down from a tier pole could start a fire that was instantly out of control. Then during summer storms, the barns drew lightning. In July and August, the siren wailing atop the water tower usually meant that some farmer—some friend—had lost a portion of his crop. We would go in the yard, scan the sky for the telltale black plume of smoke, guess as to whose barn it was and shake our heads sadly.

The Buies Creek Volunteer Fire Department existed for a few years prior to being certified as a Rural Fire District in 1956 by a vote of the people who agreed to tax themselves to raise revenue to support it. As I remember it, the vote was pretty one-sided.

Today, the fire station is a show place. It has several bays; lots of trucks with bells, whistles, ladders and sophisticated equipment; offices; a kitchen; bunk rooms for men and women firefighters; lounges; and a meeting room with state-of-the-art audio-visual equipment. Many volunteers now work outside the community and cannot respond to fires during working hours, so full-time firefighters are on duty during the day.

I thought about the first fire house—a tiny cinderblock building large enough for a single truck. One longtime fireman told me that the building was so small, they had to drive the truck out in the street to make enough room to put on their gear. It was built almost under the community water tank where the huge siren atop it would wail and wail, rising and falling in air-raid fashion to call firefighters to the station. It continued to wail until enough volunteers responded to roll out the truck and chug off to the fire.

That first fire station has had several lives since and now serves as sleeping quarters for athletic teams competing against "The Fighting Camels" of Campbell University. We do have a stoplight in Buies Creek now, but still no motel.

Several years ago, I visited my friend Jim Long, State Insurance Commissioner, in his office in Raleigh. I was impressed by his collection of fire hats but a little puzzled by it. It didn't take long for the garrulous commissioner to explain that in addition to being

The volunteer fire department trains for a barn fire.

Insurance Commissioner, he is North Carolina's Fire Marshal with substantial duties related to the state's 1,400 rural fire departments. He takes those duties seriously and clearly enjoys them.

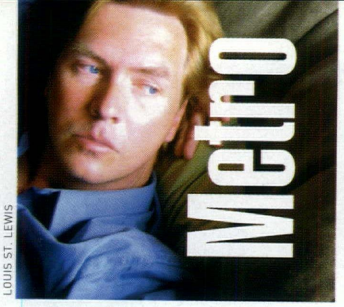
Long dispatched Keith McLeod, a member of his staff, to represent him in Buies Creek. McLeod, who is from Harnett County, was all spit and polish. He brought greetings from the State Fire Marshall and presented Chief Ashley Bradshaw a certificate of commendation, noting that the Buies Creek Rural Fire District was one of the first five chartered in the state after enabling legislation was passed by the General Assembly. That's quite a feather in its cap.

What impressed me most about the gathering was the cross section of the community that came out and participated. But I shouldn't have been surprised. In this small university town, firefighters include college students, professors, and professional folks, sturdy blue-collar types, men and women. The fire station is a great coming together place. Along with a feeling of pride and studied professionalism, there is a sense of fraternity—of interdependence and solid dependability. There is community, in the truest meaning of the word—and tradition.

I called Long last week to talk about the Buies Creek celebration. Being the consummate politician, he returned my call immediately. We swapped some stories, and then he began to speak with passion about the 1,400 rural volunteer fire departments all across North Carolina that are the heart and soul of their communities. He mentioned departments with colorful, interesting names such as Durant's Neck up in the Northeast, Elevation and Thanksgiving in Johnston County and, Back Swamp in Onslow.

We talked about how ironic it is that large cities are having to work so hard and consciously to develop "social capital"—that same sort of connectiveness that has long been a byproduct of volunteer fire departments in Billy Ray Hall's 478 small towns and countless rural communities.

"Perhaps they should just save their money and establish a volunteer fire department," I commented, "whether they need one or not." It's strange that the closer together people live, the more they tend to keep their distance. MM



LOUIS ST. LEWIS

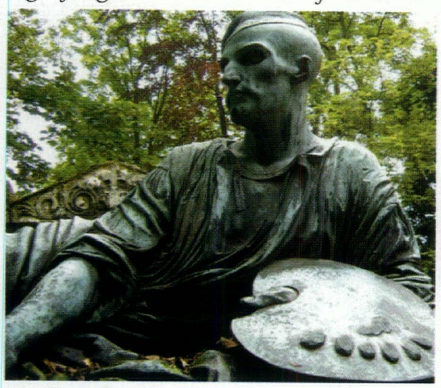
Artist-at-Large

by Louis St. Lewis

I LOVE PARIS

Ah Paris, city of lights! I recently had the good fortune to spend time living smack in the middle of the Marais (www.parisapartments.net), so tell them I sent you if you go.

Every night I slept with windows open to the night air, slightly tipsy from the excellent wine. Some nights I heard the refrains of a wandering accordion player strolling the street from café to café, serenading the local lovers. Just downstairs was the most delicious gelato store, and a few doors down carved wooden Medusa heads guarded the gate of the in-town mansion where Beaumarchais wrote the librettos for *The Marriage of Figaro* and *The Barber of Seville*.



Tomb of Theodore Gericault

I would awaken each morning to the intoxicating aroma of fresh baked bread drifting up from the bakery just outside my door. After a bite of pain and a sip of champagne, I would be off for adventure. Some days were lazy, drifting around private museums, including the Musée Cognacq-Jay with its immaculate collection of 18th-century art and furniture; or the gorgeous Musée Carnavalet, once the 17th-century home of Madame Sévigné and now a museum of the history of the City of Paris. Standing next to cases filled with the gilded forks and spoons used by Louis XVI just before his execution—and the twisted silver tendrils from the head of Marie Antoinette—was both thrilling and unnerving.

View of Marais from the apartment window

One day I made my way on the Metro to awe-inspiring Père Lachaise cemetery (www.pere-lachaise.com). Each step in this 118-acre garden seemed to me as much a step back as a step forward. Each grave I passed might as well have been my own. Tomb upon tomb, room upon room in this elegant city of the dead haunted my mind. Were the songbirds singing a snippet of Rossini? Did my footsteps on gravel march to the beat of Chopin? You walk past the tombs and see the names: Marcel Proust, George Seurat, Sarah Bernhardt. You reach to touch the marble and stone where thousands before you have paid

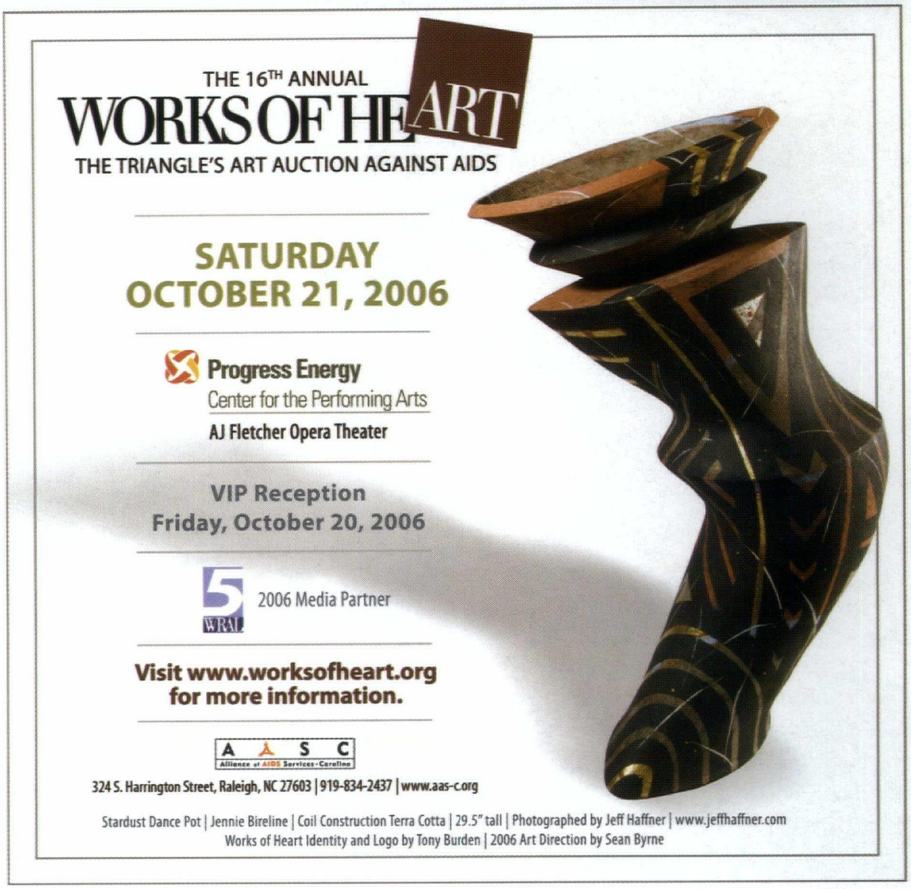
respect and millions yet shall. Here the tomb of Oscar Wilde, covered in lipstick kisses; here the tomb of hashish-smoking Modigliani and his talented wife Jeanne Hébuterne, who, pregnant with his child, threw herself from a 5th-floor balcony only two days after his interment. I looked around to see the graves of Corot, of Daumier, of Edith Piaf.

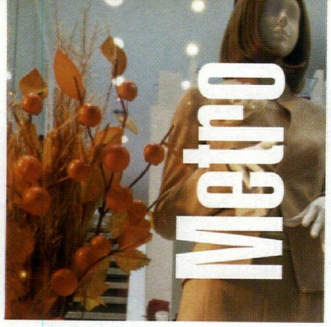
Across a path I came upon the impressive tomb of the wild artist Theodore Gericault, painter of horses and madmen and the wonderful *Raft of the Medusa*, which caused an instant outrage and made him instantly famous. Like any artist worth knowing, he was a dandy who loved to drink and died at the ripe old age of 33. The crypt of Jacques-Louis David stood nearby, but most people don't realize that only his heart lies beneath the stone. Since David was considered a revolutionary for being the court painter to Napoleon, the restored Bourbon monarchy refused to allow the rest of his body to be buried on French soil after his exile. David might seem to everyone the epitome of Neo-Classical restraint, until you learn that he once tried to starve himself to death after not winning an art prize he coveted.

During my tour I came across the tomb niche of Maria Callas. The opera diva's urn is still here … empty, after her ashes were kidnapped from the cemetery and subsequently scattered into the Aegean Sea. I turned to walk down the same paths that caught tears from the mourners of Balzac and Colette. I stopped by as many as I could, a prayer in each touch, a reverence, a nod to greatness and a sigh in comprehension of a path we all must follow.

Everywhere in Paris I saw galleries, small, large, elegant and simple. It all seemed so far away from North Carolina. Of course I had to see what was up at the Centre Pompidou (www.cnac-gp.fr) and it was thrilling. The show *Art and Film*, based on the influence of cinema on fine art, was moody and moving; darkened rooms and flickering images of our world were everywhere. Standing in front of row upon row of Warhol's *Ten Lizes* is still a powerful experience and shows off his genius at its very best.

But the more museums I visited, the more galleries I toured, the more I realized that a good deal of the artwork I witnessed was no more talented nor inspired than works being created by artists right here in our own North Carolina. Many of the artists I had conversations with in Paris had the same complaints as artists here at home. All over the world the difference between a talented artist making it and a talented artist suffering has only to do with access to connections and power. I nodded in sympathy at the plight of the Parisian artists … but what a place to starve! MM





Style

by Molly Fulghum Heintz

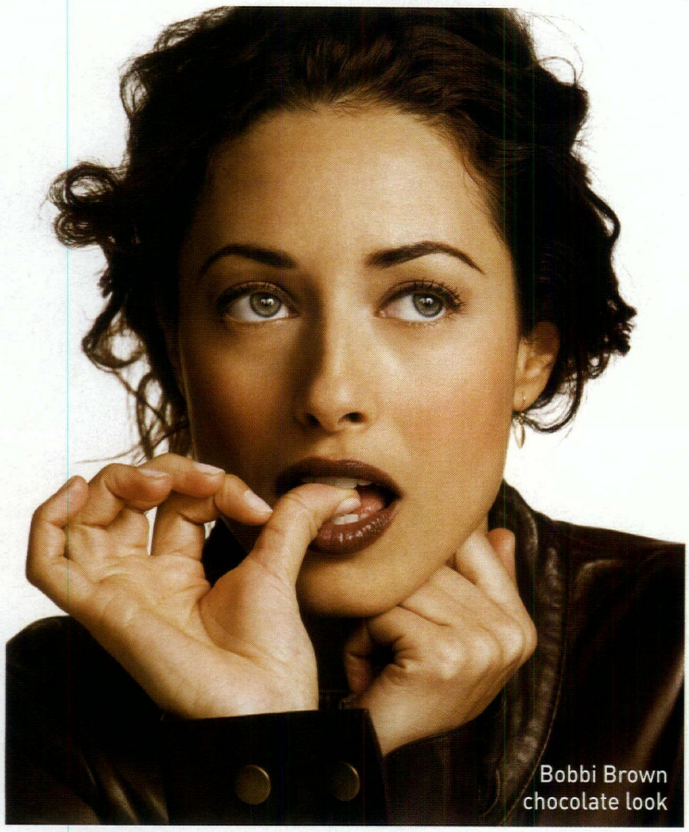
HOT CHOCOLATE

A flowchart of current lifestyle trends may look something like a snake biting its tail: Fashion influences furnishings, furnishings influence food, food influences fashion. Fragrance lines like Jo Malone have made herbal perfume blends pervasive, not only for the body but also for the home, with candles and room sprays in delectable scents like Grapefruit & Rosemary and Black Vetyver Café. Have these high-end aromatics played a role in the current rage for herbs in unexpected places, like chocolate? Scent and taste are intrinsically linked, after all, and a chic little company named Vosges Haut-Chocolat tapped into an apparent demand for gilded, lavender-scented bonbons. And clever Vosges has just teamed up with beauty queen Bobbi Brown to create a special dark milk chocolate bar that includes macha green tea leaves. Reportedly brimming with antioxidant compounds, the confection is the perfect side dish for the cosmetic brand's cocoa-inspired fall collection and will undoubtedly bring a smile to the face of the consumer … and, hey, who *doesn't* look more beautiful with a smile?

Bobbi Brown's makeup line can then add that extra sparkle, with new products like the Chocolate Eye Palette that features a combination of flat and shimmery shades in rich browns, deep burgundy Chocolate Cherry nail polish and the Gold Shimmer Brick Compact, to use as highlighter or shadow. As Bobbi says: "There's nothing more beautiful than skin that looks like it's glowing from within. A touch of gold is a fresh way to achieve this gorgeous look." The frosted cherry and chocolate colors harmonize with clothing from the fall runways, which featured reds and mahoganies against a palette of forest hues: browns, grays, lichens and dusky blues. With less attention-grabbing color than in seasons past, the fall look this year is all about layers, textures and surprise details, like a bit of lace tucked inside a pleat. The pattern *de la saison* is leopard, from Blumarine's true to life yellow and black print blouse to Marc Jacobs' more abstract blue and black spots to a super-subtle black and gray leopard pattern knit from Armani.

Bobbi Brown Chocolate Collection

Bobbi Brown Gold Shimmer Brick



Bobbi Brown chocolate look

PICK OF THE MONTH

Back to Basics: Cover Girl Alek Wek's 1933 D-Bag in brown-check gingham with chocolate lamb trim is the perfect accessory to bring in the fall. Inspired by the supermodel's late father's handsome briefcases, the D-Bag evokes sophistication and style. Available in extra small, small, and medium – visit www.alekwek1933.com for details.

Alek Wek 1933 D-Bag in brown check gingham

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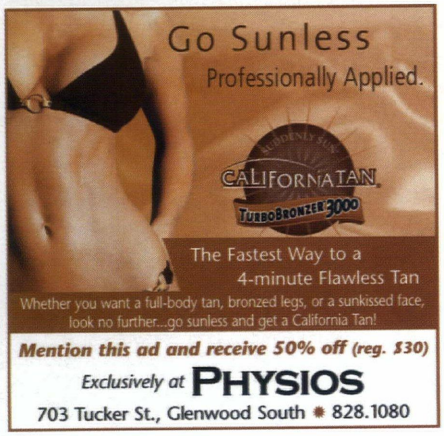

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FASHION NEWS

Fine Feathers will host a **Max Mara** trunk show Sept. 13 & 14; Chapel Hill, 919.942.3151.

Vermillion has new fall clothing and accessories arriving daily, including **Stella McCartney** and **Bottega Veneta**; Raleigh, 919.787.9780.

This month, **Elaine Miller Collection** is featuring their newest selection of estate pieces. Don't forget the Summer Sale with savings from 25%-50% on all fashion and fine jewelry; Raleigh, 919.571.8888.

Join **J.M. Edwards** Aug. 26th for an evening of entertainment and art featuring a live demonstration by TV host and artist **Allen Montague** and music by the **Fabulous Shades**. Event includes a live auction and new jewelry designs by **Marty Markel**, **Kui Juin Jung** and **Carl Edwards**. All proceeds will go to **Cary Visual Art** and will help fund public art in Cary and education programs. **Cary Visual Art** is a nonprofit organization celebrating its 10th anniversary and has placed 50 pieces of art in Cary valued at over $1 million. This event is by invitation only. For more information, call 919.460.1048 or jmejwlry@bellsouth.net.

Fall fashion is in full swing at **Saks Fifth Avenue**. **Escada's** new **"Editions" line** and pre-fall designs from **Lafayette 148 New York** will be shown in Focus Weeks from Aug.13-19. On Aug. 22, customers get the chance to meet Detloff Becker, Company Representative from the Swiss Designer Label **Akris Punto** at his special wardrobe clinic. Get your size in Women's Contemporary **Hudson & Joe's** jeans and Men's Contemporary **True Religion** jeans by visiting the MetroBravo Award winning Contemporary Denim department Aug. 11 & 12. Saks will be holding its twice-yearly **Contemporary Scene event** Aug. 24-27; Raleigh, 919.792.9100.

New raffia hats and handbags from Madagascar have just arrived at **Beleza**. Look for their new shipment of Brazilian brushed aluminum jewelry and fused glass jewelry; Cameron Village, Raleigh, 919.832.4775.

Comfortable Soles welcomes customers to come and see their lines of amazing comfort footwear like Birkenstock, Dansko, Naot, UGG, Rainbow and Crocs; Raleigh and Chapel Hill locations.

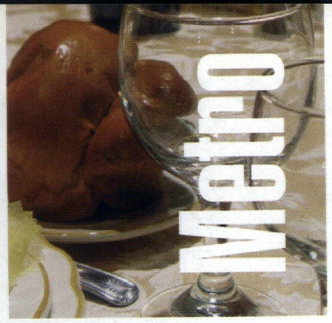
Stop by **Razook's** for the **David Rodriguez** trunk show on Aug. 23 & 24, and the **Sylvia Heisel** trunk show Aug. 29 & 30; Raleigh, 919.833.6121.

STORMY WEATHER

The slightly serious palette may be a reflection of the times. World politics certainly are in a volatile state, and the weather seems to match, with sudden storms and dramatic temperature shifts. Trying to dress for the weather is like rolling the dice every morning, especially when it comes to shoes. An unexpected deluge has soaked many a sandal this summer, but fortunately the shoe of the upcoming season, the ankle boot, provides a practical amount of coverage while also looking stylish. From tough platform versions to delicate high heels, the ankle boot looks great with fall's short skirts, another smart choice for inclement weather. Why? As a friend once pointed out to me, if you're wearing a short skirt with hose or tights and get caught in the rain, you'll dry out 10 times faster than if you were wearing jeans. Fact! Conveniently, miniskirts are the defining feature of the '60s silhouettes that are big this fall, although the luxurious fabrics, like silver and gold silk lame used in Dolce & Gabbana's scoop-neck minidress, are a far cry from vintage drip-dry.

Benefit cosmetics
Weather Girl Palette

And speaking of meteorology ... in a tongue-in-cheek retro reference, Benefit cosmetics has come out with the Weather Girl Palette. The square compact designed to look like an early '70s television set presents a weather babe standing in front of a rudimentary map of the US, and smile, because the mirror inside appears to be the lens of a TV camera. The kit holds an array of brown, champagne and mauve lip creams and eye shadows, all satiny and luminous. We may have no clue as to what the future holds, but as Benefit's Weather Girl says, "Today there's a 99 percent chance of me looking gorgeous!" MM



Gourmet

by Moreton Neal

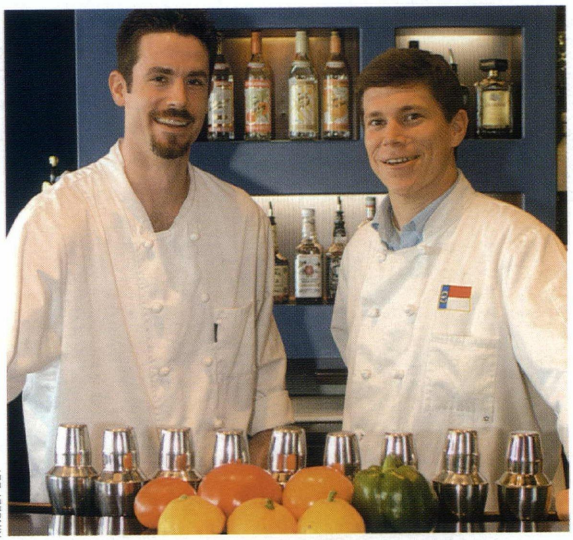
Clean Cuisine

ALL ABOARD FOR 18 SEABOARD

Sometimes you really can tell a book by its cover. That old cliché often applies to restaurants.

Take a peek through the window of the stylish Elaine's—you can bet the cooking will be imaginative and unusual. The urban panache of Frazier's mirrors its chef's sophisticated, cutting-edge aesthetic. The clubby ambience of Vinnie's reflects its traditional steakhouse fare, and the exuberant décor of Parizade anticipates menu combinations that will be fun and a little over-the-top.

Though the outside of brand new 18 Seaboard isn't quite complete enough to make a statement, the inside echoes its cuisine perfectly. The large brick-walled dining room is understated—the few tasteful adornments succinct and carefully chosen. There is little eye candy to distract from its focus—the food. Happily, the skill of the chef makes each plate's offering worthy of the spotlight.



KINSLEY DEY

Pastry Chef Billy Apperson (L) and Chef Jason Smith (R)

The owners, a group of Raleigh professionals and businessmen, recruited exactly the right person for the job to run their "American contemporary" grill in the newly restored Seaboard Station in Raleigh off Peace Street. Hometown boy Jason Smith was trained by Ben Barker at Durham's Magnolia Grill before leaving the area for a long stint in New York at Gramercy Tavern. Smith's most recent gig was the award-winning Peninsula Grill in Charleston, S.C., a restaurant I consider to be close to perfection. Why leave when he was perfectly happy working in Chef Robert Carter's kitchen? The normally modest Smith couldn't suppress a grin as he claimed "I was made an offer I couldn't refuse."

Charleston's loss is clearly Raleigh's gain. Now in his own place, Smith combines aspects of Peninsula, Gramercy and a favorite New York eatery, Craft. The result is an ingredient-driven cuisine that reflects his passion for pure flavors. There is nothing overly complicated or flamboyant on the menu. My own term for Smith's style is "clean"—and I'm not talking about sanitation grade. His kind of food is elegant in its restraint, which I never tire of eating.

For dinner, I would have been happy with a couple of bowls of the excellent chilled cucumber soup. But Smith guided us to several delicious main courses, including corn-meal crusted catfish with smoked corn relish; Carolina wahoo with Champagne tarragon butter and buttermilk mashed potatoes; and a flat iron (hanger) steak with a spicy peppercorn reduction. Dessert standouts were blueberry scone cake with an amazing watermelon ice cream, and a buttermilk pie with Riesling marinated strawberries.

Smith's commitment to cultivating relationships with local produce, meat and seafood purveyors is reflected in the freshness of his ingredients. It seems almost sinful to sauce his main courses—even though his tend to be healthy vinaigrettes and broth reductions—and, indeed, you don't have to. Smith encourages guests to mix and match, or skip sauce altogether. "I don't like saying no," he confesses. "I want to give people what they want."

My instinct tells me that Smith's wholesome style is just what many Triangle diners want.

18 Seaboard is already a welcome new lunch destination for downtown Raleigh professionals. By evening, the restaurant's second-story balcony is the ideal place to wind down with a citrusy "Seaboard Boxcar" cocktail, watch the sun set over the city, and enjoy a leisurely dinner of Jason Smith's delectable clean cuisine.

NIBBLES

Metro gourmets can join other passionate foodies from around the country on Labor Day weekend for the **Pinehurst Food and Wine Extravaganza**—a celebration of gourmet food, fine wine and southern hospitality. Former White House pastry chef Roland Mesnie, and John Ash, author and chef/owner of the eponymous restaurant in Santa Rosa, Calif., will be among the featured guests. Events include a Spanish tapas luncheon, a gala dinner with dancing, and a chef's competition. Call 800-487-4653 or email pinehurst.info@pinehurst.com for more information.

Most of us know by now that North Carolina's wineries compete admirably with some of the better vineyards of California and Oregon. Find out more about our own state's wineries Aug. 26 by joining **Weaver Street Market's Wine Country Tour**. Peg Conway, Weaver Street's Wine Buyer, will guide participants through the daylong bus tour that will visit Raffaldini Vineyards, Stony Knoll Vineyards, Rag-Apple Lassie, and Hanover Park Vineyards. Breakfast, lunch, snacks, and of course, wine tastings are all provided. Tickets are available at the Carrboro store.

Any name that conjures up images of southern France is sure to catch my attention, so **Riviera**, downtown Raleigh at 135 S. Wilmington St., is next on my list of new restaurants to try. Word has it that Chef Steve Prexton's Salade Nicoise is the real thing, and other items on its Mediterranean-influenced menu target downtown business-lunchers, after hours tapas-noshers, as well as more leisurely diners.

This month, **Michael Dean's Seafood Grill** will relocate to 6004 Falls of Neuse Road in North Ridge Shopping Center, the building was vacated by Sam Snead's Tavern. The restaurant will continue to feature grilled seafood but will add a raw bar to its repertoire.

(In its old Millbrook location, watch for **1705 PRIME**, scheduled to open in late fall.)

Panciuto (translated, "pot-bellied), featuring Italian and Southern-inspired meals made with local ingredients, opened this summer on Hillsborough's South Churton Street. Owner/Chef Aaron Vandemark plans to use produce and meats from Orange County farmers as often as possible. Call 919-732-6261 for dinner reservations.

After a bit of an identity crisis, Chapel Hill's **Spice Street** has brought in new chef Michael Opdyke from Parizade to shift the eatery's focus to Mediterranean cuisine. Opdyke will host regular wine and food tastings on the last Tuesday of each month from 5:30-7 p.m. The cost is $15 per person. The upcoming Aug. 29 tasting will feature cabernet sauvignon wines paired with savory Mediterranean "small plates." For reservations, call 919-928-8200.

Kinston welcomes a new restaurant, **Chef and the Farmer**. The food and the chef are locally grown. "Vivian Howard left Deep Run for New York's Institute of Culinary Education, then came back with partner Ben Knight and an inspiration." On the way to the beach, try the result—their new urban-regional style eatery in a restored mule stable on the corner of Heritage and Gordon streets. Phone 252-208-2439 for information.

The long-anticipated **Moore Square Farmer's Market** opened in mid-July and will run until the end of growing season. The goal is "to bring quality local growers and food artisans together for the Raleigh audience and to support and preserve the family farms and the landscape that make North Carolina unique." Every Wednesday from 11 a.m. until 2 p.m. under the shady oak trees in Moore Square Park, downtowners will be able to purchase seasonal fruits and vegetables from local growers, pasture-raised meats from local farmers such as **Coon Rock Farm**, and handmade items from local artisans, including breads from **La Farm Bakery**, cheeses from Chapel Hill Creamery, and ice cream from **Lumpy's**. Potential growers and artisans can contact Sherri Harris at sherriharris@downtownraleigh.org or 919-832-1231 to request an application.

Take home those luscious farmer's market peaches, figs and berries and make ice cream sherbet, sorbet or gelato from my cookbook pick of the month, ***The Complete Idiot's Guide to Homemade Ice Cream*** by frozen dessert guru Dick Warren. Ice/salt ratios, pros and cons of hand-cranked versus electric machines, the history of ice cream, all are here to help you chill out during this month's sweltering dog days.

And while you're in the bookstore, stroll over to the magazine section. In the August issue of *Gourmet* magazine you will find an article about one of the Triangle's own legendary gourmets—cooking teacher and potter **Siglinda Scarpa**—written by native North Carolina cookbook writer Jean Anderson. For information about Scarpa's exquisite handmade cooking pots, visit www.siglindascarpa.com. MM

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 Mon. through Fri. and dinner seven nights a week.

Bella Monica – 3121-103 Edwards Mill Rd., Raleigh. (919) 881-9778. A family-run trattoria with recipes handed down from our grandparents. Authentic Neapolitan entrées featuring crisp, thin crusted pizza called FlatBread, Pork Piccatta, Shrimp Scampi, Portobello Lasagne & Cannoli. Neighborhood wine bar with all-Italian list. Patio dining. Lunch, Dinner, Late Night on weekends. Closed Sunday. Voted "Best Italian" by AOL cityguide & citysearch.

Bistro 607 – 607 Glenwood Avenue, Raleigh. (919) 828-0840. This cozy house turned restaurant located at the top of Glenwood South offers a wide variety of immaculate dishes from this region and afar. Market fresh fish daily. Open for lunch Mon. through Fri. 11:30–2:00 pm. Dinner Mon. through Sat. 5:30–10:00 pm. Closed Sunday, www.bistro607.com.

Bloomsbury Bistro – 509 West Whitaker Mill Road, Ste 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* and voted Best Restaurant in the 2005 MetroBravo Awards.

Carolina Ale House – 513 Creekside Drive, Raleigh. (919) 835-2222. 4512 Falls of Neuse Road, Raleigh. (919) 431-0001. 2240 Walnut Street, Cary. (919) 854-9444. 3911 Durham-Chapel Hill Blvd, Durham. (919) 490-2001. 7981 Skyland Ridge Parkway, Raleigh. (919) 957-4200. Something for everyone - we offer our award-winning menu 7 days a week from 11am until 2am and serve up all the sports action on over 40 tvs. Daily lunch and dinner specials, the coldest $2 pints in town, 99 cent Kid's Tuesdays, we've got your family covered.

Glenwood Grill – 2603-151 Glenwood Ave., Glenwood Village Shopping Ctr., Raleigh. (919) 782-3102. Triangle favorite for 16 years. Popular Chef John Wright returns with new tastes and new ideas. Old favorites, plus menus changes every few weeks, brand new Bar Menu. Voted No. 1 Power Lunch again by *Metro* readers. Personable waitstaff. Outstanding wine list. Lunch/Dinner, Mon.-Fri., Dinner – Sat. Closed Sun. for the summer. Call for reservations. www.glenwoodgrill.com.

The Grape at Cameron Village – 403 Daniels Street, Raleigh. (919) 833-2669. The Grape is the ultimate destination for great tasting wine and food in a relaxed, entertaining atmosphere where "Taste is All that Counts." Taste and enjoy over 120 unique wines and delicious gourmet fare in the Wine Bar before purchasing wines in the retail Wine Shop. Services include wine tastings, wine dinners, catering and live entertainment. Retail Store Hours: Mon. - Sat. 10:00 am to 9:00 pm; Sun. 12:00 pm to 6:00 pm. Wine Bar Hours: Mon. - Thurs. 11:00 am – 11:00 pm, Fri. - Sat. 11:00 am to 12:00 am, Sun. 12:00 pm to 9 pm; Sunday Brunch begins at Noon.

Jibarra Restaurant – 7420 Six Forks Road, Raleigh (919) 844-6330. The first upscale Mexican restaurant in the area featuring eclectic, flavorful dishes representative of each region of Mexico. To complement our dishes, we feature a posh Tequila Lounge offering premium cocktails made with fresh-squeezed citrus, and distinguish ourselves with a unique wine list featuring exquisite wines from Spain and Latin America. Now offering Sun. brunch and new lunch menu, www.jibarra.net.

Margaux's Restaurant – 8111 Creedmoor Road - Ste. 111, North Raleigh. (919) 846-9846. Celebrating 14 Years of Culinary Evolution ... Margaux's combine's an ever-changing menu, a flare for impeccable service and an energetic ambience with a progressive décor. One of Raleigh's landmark restaurants. www.margauxsrestaurant.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 music, and fresh seafood. Seating in the bar and outdoor patio are first-come-first-serve. Hours of operation are Mon.-Thurs. 5:30-10:00 pm. Fri. and Sat. 5:30-11:00 pm; late night menu until midnight. Call for reservations.

Nina's Ristorante – 8801 Leadmine Road, Raleigh. (919) 845-1122. Vibrant flowers, paintings and handcrafted sculptures are arranged throughout the terra cotta walls of the restaurant. The restaurant provides the ever-growing area with Tuscan cuisine that is heavy on flavor and light on the ingredients. Hours of operation are Mon.–Sat. from 5:00-10:00 pm.

NoFo Market and Café – 2014 Fairview Road, Raleigh. (919) 821-1240. 1125 Military Cutoff Road, Wilmington. (910) 256-5565 1609 Elizabeth Ave, Charlotte. Open for brunch Sat. & Sun., lunch Mon.-Fri. and dinner Mon.-Sat. Settle inside in our café, sit at the bar, or dine outdoors. Choose from award winning salads, soups, sandwiches and entrées. Don't miss the daily specials. Winner of "Best Salads," *Wilmington Magazine*, "Best Bloody Mary," *Metro Magazine*, and "Best Gift Store," citysearch.com.

Second Empire Restaurant and Tavern – 330 Hillsborough St., Raleigh. (919) 829-3663. Located in downtown Raleigh's historic Dodd-Hinsdale House (circa 1879), Second Empire offers two dining atmospheres. Upstairs enjoy the ultimate dining experience in an elegant yet relaxed atmosphere of charm and grace. Downstairs, enjoy a lighter fare menu and casual atmosphere. Winner of the DiRoNA Award, the AAA Four Diamond Award and the *Wine Spectator* Award. www.secondempire.com.

Sullivan's Steakhouse – 414 Glenwood Avenue, Raleigh. (919) 833-2888. The atmosphere at Sullivan's resembles a 1940s steakhouse featuring fine steaks and seafood. Enjoy the unparalleled martinis and live jazz played in the wood-paneled lounge seven nights a week.

Taverna Agora – 6101 Glenwood Avenue, Raleigh. (919) 881-8333. An Absolutely Greek restaurant and bar, Taverna Agora brings all the fresh flavors of the Old Country directly to you. Our authentic menu of slow roasted meats and flavorful seafood complements the festive mood of this rustic experience. Open nightly for dinner and catering available. Love life through food- OPA!

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.

Winston's Grille – 6401 Falls of Neuse Road, Raleigh. (919) 790-0700. A Raleigh tradition for over 19 years. A warm, friendly atmosphere with great food and exceptional service make Winston's Grille the ideal place for any occasion. We specialize in hand cut steaks, prime rib, fresh fish, and our famous baby back ribs. Make reservations for your next business lunch or business dinner, romantic dinner, anniversary celebration, or casual get together, www.winstonsgrille.com.

Zely & Ritz – 301 Glenwood Avenue, Raleigh. (919) 828-0018. Zely & Ritz is all about fresh, organic, locally grown dishes served in tapas style small plates in an upscale, casual, yet hip and smoke-free environment. Named as one of the Top 20 Organic Restaurants in America by *Organic Style Magazine*, Chef Sarig uses Mediterranean and Middle Eastern spices in unexpected ways to create fantastic culinary works of art paired with a *Wine Spectator* Award Winning boutique wine list.

Zest Café & Home Art – 8831 Six Forks Road, Raleigh. (919) 848-4792. Located in North Raleigh, Zest has been offering the freshest, finest food served with a zesty outlook since 1995. Dine in our café or outdoor patio for Lunch, Tues.-Sat. 11:00am-2:45pm; Dinner, Wed.-Sat. 5:30pm-8:30pm; and Brunch, Sun. 10:00am-2:00pm. Also, enjoy our Home Art selection of fun and whimsical home accessories, furnishings and gifts.

DURHAM/APEX

Daniel's Restaurant – 1430 NC 55, Apex. (919) 303-1006. Relaxed, casual atmosphere featuring freshly sautéed pasta dishes, eclectic chef's specials, and homemade desserts. Enjoy a selection from our 500 bottle wine list. Outside dining and catering available. Reservations accepted. Serving lunch Sun.- Fri.; 11am- 4pm and dinner; Sun.-Mon., 5pm until 9pm and Tues.- Sat, 5pm until 10pm. www.danielson55.net

George's Garage – 737 Ninth 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.

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 Tues.-Sun., 5:30-11:00 pm and Sun. brunch 10:30 am-2:00 pm.

CHAPEL HILL/CARRBORO

Carolina Crossroad's Restaurant & Bar – 211 Pittsboro Street, Chapel Hill. 919-918-2777. One of only two restaurants in NC to earn the coveted *Mobil Travel Guide* Four Star Rating. The historic Carolina Inn, provides the ideal environment for Chef Brian Stapleton's creative interpretations of classic Southern and American cuisine. Open daily for breakfast, lunch and dinner; 6:30am-10pm also offering a sumptuous Sunday Brunch. Voted Chapel Hill's "Best Brunch". Patio Dining, weather permitting. Complimentary Valet Parking: 6:00am-midnight, www.carolinainn.com.

Crook's Corner – 610 West Franklin Street, Chapel Hill. (919) 929-7643. "Sacred ground of Southern foodies." –*New York Times*. "The menu combines vintage Bill Neal with the personal touch of chef Bill Smith. ...The combination is a winner." –*Mid-Atlantic Monthly*. Patio dining, weather permitting. Acclaimed Sunday brunch. Open for dinner Tues.-Sun. at 5:30 pm, Sun. Brunch 10:30 am-2:00 pm, www.crookscorner.com.

BEYOND THE TRIANGLE

Blue Moon Bistro – 119 Queen Street, Beaufort. (252) 728-5800. Coastal cuisine in a historic setting, these innovative dishes bring a welcomed departure from the expected offerings of other coastal venues. Chef Swain's eclectic menu includes references from Asia, France and America. For a balanced plate, enjoy a well-matched wine to accompany your entrée. Open for dinner Tues.-Sat.

Cork Report

by Barbara Ensrud

NORTH CAROLINA WINES REACH NEW HEIGHTS

Romance and adventure are alive and well, glad to say. How can I tell? Well, aside from my own such, I just look at what's happening in wine, especially regional wines—beyond California, that is, where the rampant success of recent decades has made wine "big business." In the rest of the country, however, people still venture into winemaking with romantic notions of creating something wonderful to pour into a glass and say, "Hey, I made that!" Somewhat ego-driven, admittedly; but in areas relatively new to wine that sentiment—producing something delicious for people to enjoy—is, for most folks, the impetus for getting into winegrowing. And nowhere is it truer than in the South, where wine production is growing by leaps and bounds. We're living proof of it right here in North Carolina.

I mused on this recently as I sat at a shaded alfresco restaurant in Winston-Salem enjoying a glass of very good North Carolina pinot grigio. It was at the first North Carolina Wine Celebration, Salute! which henceforth will be held annually in June. More than 20 wineries set up canopied tasting booths to offer a sampling of their wares. The turnout was terrific, very much a family affair with lots of young families, strollers in tow, ambling along the three or four blocks roped off for the event.

It has been great fun to watch the steady growth in North Carolina wine, not only in numbers but also in the increasing quality of the wine. North Carolina now boasts 53 wineries, quite a jump from the 15 or so that existed in 2001. They range from the grandeur of **Biltmore Estate** to cottage operations like **Horizon** and **Hanover Park**. In between are state-of-the-art facilities at **Shelton**, **RayLen** and **Childress** that are putting North Carolina on the national radar with stylish, award-winning wines.

Recently, I served on a panel of judges at the International Eastern Wine Competition. Among the more than 1,600 wines from California and several other states—as well as entries from France, Italy, Argentina, Chile, Australia, Germany and Russia, 15 or so were North Carolina wines (reds and whites) and some came away with bronze and silver medals. Not bad—in fact, pretty darn good in light of the competition.

The soil and climate of North Carolina—particularly in the Yadkin Valley of the central Piedmont—appear to be quite favorable for certain varieties of Vitis vinifera, the species that developed in Europe and includes the familiar chardonnay, merlot, cabernets, syrah, pinot grigio, sangiovese, viognier and riesling. French-American hybrids such as seyval blanc and chambourcin also do well here, as **Westbend** has shown with its award-winning versions, especially their 2005 Yadkin Fumé.

SHELTON VINEYARDS

Shelton Vineyards

WINERY VISITS

August is the perfect time for winery visits—some North Carolina wineries will be gearing up for harvest by mid-August, generating an air of excitement and anticipation about the new vintage. Most NC wineries welcome visitors and offer picnic facilities in charming settings, such as Westbend, or on-site dining such as the bistros at Biltmore and Duplin, and local cheese at the dairy at Shelton Vineyards. Log onto www.ncwine.org for a complete listing of wineries, directions and Web sites—or contact www. yadkinwinetours.com—and plan a weekend excursion soon!

NC WINES TO LOOK FOR

North Carolina wines are improving all the time, and some varieties are more successful than others at this stage. The following list suggests wines to try, and some of the best examples of each:

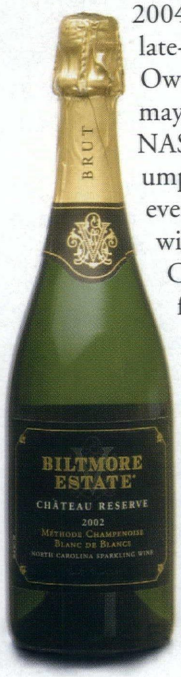
WHITES:

Chardonnay: Childress Barrel Select, RayLen, Rockhouse; Raffaldini Fiori, Round Peak, Shelton
Pinot Grigio: Buck Shoals, Childress, RayLen, Rag Apple Lassie
Seyval Blanc: Westbend (Yadkin Fumé)
Sparkling: Biltmore Blanc de Blancs (North Carolina appellation)
Viognier: Childress, Laurel Gray, RayLen, Westbend

REDS:

Cabernet Franc: Childress, RayLen, Biltmore (when available)
Merlot: Shelton Reserve, Childress
Red Blends (these are some of NC's most drinkable reds): Buck Shoals Rocco Red, Childress Pinnacle, Hanover Park Michael's Blend, RayLen Carolinius, Raffaldini Rosso
Scuppernong/Muscadine: Benjamin, Duplin Beaufort Bay and Hatteras Red, Hinnant Scuppernong White, Old Stone Noble Cabernet and Wild Horse Blush

The state's newest showplace winery—the spectacular stone structure at **Childress Vineyards** in Lexington—came away with a handful of medals at the IEWC, including three silvers for their 2005 Viognier, 2004 Merlot and Polaris, a late-harvest Vidal Blanc. Owner Richard Childress may be best known for his NASCAR team's racing triumphs, but he may soon be even better known for the wines that bear his name.



Childress makes a delightful Pinot Grigio, a very tasty Cabernet Franc and a lovely, fragrant Viognier. The winery just released its first Reserve wines—a very attractive barrel-fermented Chardonnay, as well as Reserve Cabernet Sauvignon, Merlot and Cabernet Franc. The reds, selected from the best lots of the vintage and limited in quantity, are made with an eye to structure and ageability, expected to reach their peak in 8 to 10 years.

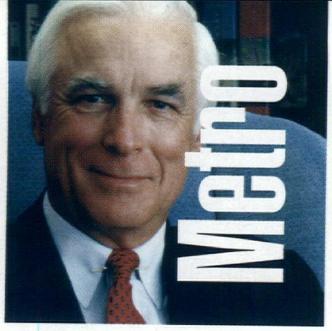
SCUPPERNONG AND MUSCADINES...

Wine in North Carolina actually began a few *centuries* ago, with wild scuppernong growing along the Atlantic coast, so seductive in fragrance that it enticed early explorers to take note in their daily sea logs. Though early colonists made scuppernong wine, today **Duplin Winery** in Rose Hill is the state's oldest and largest commercial producer of wine, all from native muscadine, *Vitis rotundifolia*, and a little from other fruits such as blackberry. Duplin, owned by the Fussell family, began selling muscadine grapes to a large New York winery in the early 1970s. Within a few years the Fussells were making their own wines and now produce, in association with some 40 grower-partners, a full line of dry, semi-dry and sweet scuppernong wines.

Last October Duplin won the Muscadine Cup in the NC state wine competition for the best wine in the Muscadine category—**Hatteras Red**. If you haven't tasted this delectable sweet scuppernong, you must! It's a perfect balance of sweetness and crisp acidity—one of the best dessert wines to be had anywhere. Another winner is Duplin's **Beaufort Bay**, lightly sweet but quite appealing.

Muscadine production has also grown in recent years—not only because many wine drinkers prefer sweet wines but because of the recently discovered health properties of muscadine grapes. Scientific research has found that mucadines contain the highest levels of antioxidants (resveratrol and ellagic acid) of any fruit. Other wineries specializing in muscadine wines are **Benjamin, Dennis Vineyards, Garden Gate, Hinnant Family Vineyards** and **Old Stone Winery.** MM

Duplin wines



Editor-at-Large

by Jim Leutze

West of Suez:

NEW PORT REQUIRES CAREFUL PLANNING

"History doesn't repeat itself, but it rhymes a lot" is one of my favorite quotations; here is a local example that proves its applicability.

When the Cape Fear region was first settled, Southport (then called Smith Town) and Brunswick Town were the centers of maritime activity. By the early 19th century the British Navy's need for products such as pitch, tar and pine trees for masts, turned the ports into busy commercial hubs. Then in 1748 the Spanish sacked and burned Brunswick Town. The vulnerability of the Cape Fear River's mouth became glaringly obvious. The solution was to move port activity 20 some miles upriver to Wilmington. The security of this location proved valuable to the Confederacy as Wilmington remained the last port to fall to Union forces. But the problem with Wilmington was keeping the channel clear of shoaling, an issue that was addressed in the late 19th century by building a huge retaining wall on the northern bank of the river. Most recently, there has been a $450 million project that will deepen the channel to 42 feet to accommodate larger ships.

Fast forward to 2006. The world is growing smaller and flatter. China, India and the other Asian-rim countries are becoming more and more important as trading partners. At the same time, port facilities on the West Coast are maxing out. Larger and larger cargo ships are being built. The current average size of container ships visiting Wilmington is 4,000 TEUs (20-foot equivalent units); new ships are being built to hold 12,000 to 15,000 TEUs. The Panama Canal is too narrow to accommodate such behemoths, but the Suez Canal can handle them. So, from Asia, ships cross the Indian Ocean, go through the Suez Canal and into the Atlantic and hence to East Coast ports. But major East Coast ports are virtually at capacity. By 2020 international trade will increase by 68 percent and traffic will have tripled at major East Coast ports five years earlier. OK, build a new container terminal. Where? The North Carolina State Ports Authority Chief Executive Officer, Tom Eagar, has a suggestion: How about Southport, within hailing distance of Brunswick Town? How big a port? A huge port, akin to Norfolk or Charleston. (The plan, by the way, is that Wilmington would focus on breakbulk and bulk cargos, while the new terminal would become the container terminal.)

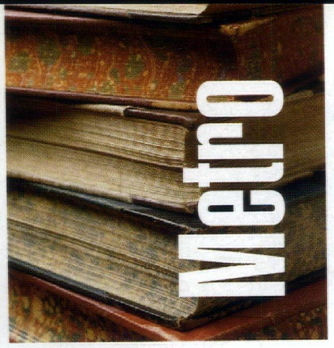
The impact on Southeastern North Carolina, and North Carolina in general, would also be huge. Comparison to the Research Triangle springs to mind. It would involve hundreds of thousands of jobs, hundreds of millions of dollars in salaries and spin-offs in manufacturing, education and transportation that are virtually incalculable. There are also, of course, the negative impacts on the environment and the quality of life; therefore, the planning for this project must be very carefully done, with lots of citizen involvement.

All of this leaves me impressed and vaguely troubled. The economic factors alone are enough to impress anyone, particularly me, since I've long fretted about the poverty in Southeastern North Carolina and Northeastern South Carolina. What worries me is three-fold. First off, I worry that we may not cast a wide enough net, or have enough scope in our planning. "Dream no small dreams for they have no power to move the hearts of men," said Goethe, but imagine thinking big enough to anticipate life 50 years from now. Think if you'd had the opportunity to plan, really plan, the port of New York. Think of anticipating the transportation needs in the era before railroads. Obviously, by 2050 air transport will be an even more important part of commerce and recreation. Are we planning an air hub to complement the port? The Ports Authority has hired a consulting firm, but does their contract encourage them to dream and be really visionary? We need creative, entrepreneurial people like Bill Gates and Sir Richard Branson or North Carolina's own Jim Goodmon thinking about this project.

Then there is the matter of political infrastructure. This job can't be handled with the attitude of "business as usual." Left to their own devices, government agencies tend to be very turf-sensitive. Rightly so, they look out for their narrow interests first, only then considering cooperation with other agencies. So let's see, the groups directly concerned are: the Commerce Department, community colleges, Department of Public Instruction, DNER (Ecosystem Enhancement, Environmental Health, Forest Resources, Land Resources, Marine Fisheries, Pollution Prevention, Soil and Water Conservation, Water Quality/Water Resources), Department of Transportation, Department of Labor, Division of Coastal Management, economic development organizations, university system, and, of course, Ports Authority. The only way in the world to get this group to work together is for the governor to make it a priority and impose collaboration.

Finally, there is the issue of interstate cooperation. Northeastern South Carolina, like much of Southeastern North Carolina, is poor and also, like North Carolina, will be mightily affected by the international port. Water use alone is enough to get South Carolina's attention. Again, work at this level must emanate from the top. I surely hope that we will see our chief executives working together for the common good.

Sometimes when potential bonanzas like this present themselves, people are blinded to the negative factors and overwhelmed by the enormity of the task. Let's not do either of those things, but also let's not let this chance of a lifetime pass us by without hearing all of the arguments, pro and con. If we do that, if we are visionary enough and if we can avoid bureaucratic pitfalls, my guess is that we can positively transform this part of our state. MM



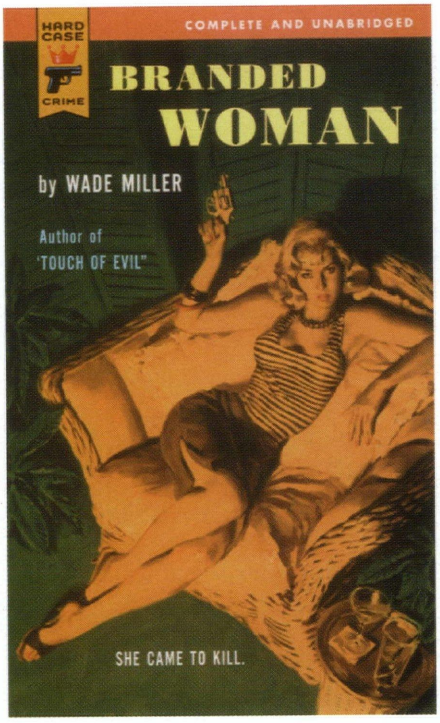
Metro Books

New and Noteworthy by Art Taylor

Some years back, a Letter to the Editor of *Spectator* magazine berated me for an instance of "judging books by their covers." Several weeks prior, I had written a column in which I reviewed two books I'd chosen solely on the basis of their size and cover art; as I admitted in the beginning of that column. I have a gut, aesthetic attraction to small hardcover books—short, slim volumes that are closer in stature to paperbacks than to standard hardcovers. Though I went on to review the books on the basis of their handling of plot and character and theme—one novel was nimble and admirable, the other was not. The letter-writer expressed some clear disdain for my brief, introductory discussion of the book as object rather than as literature.

Still, I believe even now that the phenomenon is a common one—even if not always so single-mindedly fetishistic—and not one to be dismissed superciliously. I would hardly commend a person who buys only what some might call "coffee table books" (which would seem inevitably a little shallow) or praise someone who amasses a full collection of attractive volumes but never opens the first page (hard not to think of Gatsby with such an image). But at the same time, which reader, browsing the bookstore, hasn't found his or her eye drawn in by a beautifully illustrated or cleverly designed book jacket? I remember noticing Donna Tartt's *The Secret History* long before I grew to admire what was inside that cellophane wrapper. And even beyond that initial point-of-purchase attraction, the book as an object has its pleasures: Isn't half the fun of McSweeney's in seeing the format of the latest "issue"? Wasn't a similar delight behind the popularity of the Griffin & Sabine series, where presentation was ultimately as important as content? And to look further back, rare-book dealers would certainly prize a first edition of William Styron's *Lie Down in Darkness*—one of my own favorite novels—far more with that memorable George Salter-illustrated dust jacket than without it (even though the magnificence of Styron's debut book ultimately depends not a whit on the wrapping).

All that said, I have to admit that it was the cover art that ultimately first drew me into the Hard Case Crime books—a paperback series of hard-boiled novels just finishing up its second year of publication. Designed to look like old dime-store novels, the books' wrappers feature original illustrations with a sometimes tawdry twist and cover copy that often draws from the same well: Max Phillips' *Fade To Blonde*, for example, boasts the tagline "She Was A Little Taste Of Heaven And a One-Way Ticket to Hell!" while Wade Miller's *Branded Woman* (my own personal favorite of these covers, with a great illustration by Glen Orbik) tells us simply that "SHE CAME TO KILL."



But while the covers offer their own novelty value—enough to get me to plunk down $6.99 for my first of these books, Richard Aleas' *Little Girl Lost*, a little over a year ago—what's kept me coming back is the overall quality of the series, which mixes original tales ("First Publication Anywhere") with reissues of classic noir novels ("Complete and Unabridged"), one title each month since September 2004.

Among the best known of those publications original to Hard Case was last fall's *The Colorado Kid* by Stephen King—which may remain some readers' only exposure to the series. In that book—its central plot line based in part on a newspaper clipping that King had received from a friend—two old-time newspapermen on the coast of Maine tell the story of a decades-old mystery to a young female intern. *The Colorado Kid* not only offered a brisk and enjoyable read but also, for better or worse, challenged some of the conventions of the mystery genre—in part because the mystery itself isn't really solved at the end; in an Afterword, King admits to an awareness that "many readers will feel cheated, even angry" by what he's done (and not done) in the book, but I anticipate that many others may have found their own imagination sparked by the loose ends and the existential meanderings.

But while King's contribution may be the best known, it's not entirely representative of the series: Those old codger newspaper men and that ambitious young intern are a far cry from the tough guys and hard-as-nails dames that populate so many of these novels. And King's book certainly shouldn't be an ending point for those turned off by that novel's denouement (or lack thereof), because the Hard Case Crime series has plenty to offer readers interested in this genre—and the books are a perfect companion for any end-of-season beach trips, as I confirmed yet again reading the July Hard Case title, Richard Stark's 1971 book *Lemons Never Lie*, during the Tall Ships weekend in Beaufort.

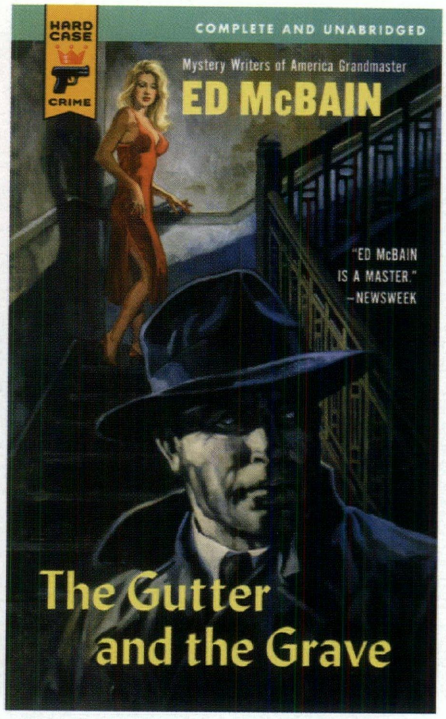
For those interested in exploring the series,

a great starting point is Domenic Stansberry's *The Confession*, one of my favorites so far and an Edgar Award Winner for Best Paperback Original. In this outing, a forensic psychologist narrates a chilling, corpse-ridden tale in

which his mistress is strangled and all of the evidence points to him. Not only does this cause inevitable trouble with his wife and in his career, but—here's the twist—at times even he isn't sure whether he's guilty or not. As the cover touts: "Was he an innocent man … or a depraved killer?" Compelling reading, even to the very last page.

Another high-point is Ed McBain's *The Gutter and the Grave*—a reprint of the 1958 novel *I'm Cannon—For Hire*, published under the pseudonym Curt Cannon—in which a troubled ex-detective is reluctantly drawn back on the job by a friend in need. Though McBain made some revisions to the book before republication, *The Gutter and the Grave* preserves much of the language and attitudes (particularly gender stereotypes) of the genre-work of that period, and that plunge into the old conventions offers the bulk of the book's guilty pleasure. Take this description of one of the female leads, for example: "She was a tall girl with a magnificent bosom and good hips, a little thick in the waist and the legs, a strong girl with strong hands and jaw, a mouth full and meaningful, eyes like the blue steel of an automatic."

The other titles mentioned above are also worth consideration, and there are many more unmentioned here, with new titles on their way. In addition to reprinting the Stark novel *Lemons Never Lie*—a fine revenge tale marred, in my opinion, only by the protago-



nist's ultimate passivity in the closing scenes, where the revenge should really count—Hard Case's Summer 2006 line-up also includes National Book Award finalist Madison Smartt Bell's *Straight Cut* (a reprint) and a new novel, *The Last Quarry*, by Max Allan Collins, the bestselling author of *The Road to Perdition*.

I still have both of those waiting for me, but the summer's not done yet. And those covers surely are fun to look at in the meantime.

MORE MYSTERIES

While the Hard Case Crime series takes us down mean streets both old and new, a couple of other new mysteries feature characters closer to home—and bring their authors to local bookstores, as well in the coming days.

First up, Marisha Pessl delivers her debut novel *Special Topics in Calamity Physics*, set largely in the fictional town of Stockton, North Carolina. In addition to a striking title, the book also features an intriguing structure—modeled after a college literature syllabus—and a winning narrator: the educated-beyond-her-years Blue van Meer, teenaged daughter of a visiting (some might say itinerant) professor. Pessl's book has already achieved considerable advance praise, and we'll have two chances to meet the author in person this month: Tuesday evening, Aug. 8, at Durham's Regulator Bookshop, and Wednesday afternoon, Aug. 9, at the Country Bookshop in Southern Pines.

After marrying off Judge Deborah Knott in last year's *Rituals of the Season*, novelist Margaret Maron plunges the newlywed amateur sleuth and her husband, deputy sheriff Dwight Bryant, into a new set of mysteries with *Winter's Child*, the 12th novel in this award-winning series set in fictional Colleton County, North Carolina (just outside of the Triangle). Not only is a local man shot dead in his pick-up, but also in the midst of the ensuing investigation, Bryant's first wife disappears and then his eight-year-old son soon follows. Maron's first area signing is at Quail Ridge Books in Raleigh on Friday evening, Aug. 25.

BOOKWATCH CONTINUES

The new season of *North Carolina Bookwatch* continues on UNC-TV with four new episodes this month—and a fifth in early September that's worth putting on your schedule now!

August's first program features novelist David Payne, who has already been touring the region recently with *Back to Wando Passo*, a new book whose two love stories span more than a century. That episode airs on Friday, Aug. 4, at 9:30 p.m., with a repeat airing on Sunday, Aug. 6, at 5 p.m. The rest of the month's schedule follows a similar format (Fridays at 9:30, Sundays at 5), with guests as follows:

- Historian John Hope Franklin, discussing his autobiography *Mirror to America*, covering many of the major events of both the 20th and 21st centuries, Friday, Aug. 11, and Sunday, Aug. 13.
- Novelist Leah Stewart with her second book, *The Myth of You and Me*, Friday, Aug. 18, and Sunday, Aug. 20.
- Novelist and UNC-CH graduate Andrew Britton, author of *The American*, Friday, Aug. 25, and Sunday, Aug. 27.
- And in September's first episode, Allan Gurganus, first guest editor of the new decade of Algonquin Books' New Stories from the South anthology, Friday, Sept. 1, and Sunday, Sept. 3. MM

PvV

by Philip van Vleck

THE PERSONAL VISION OF WILLIE HILL

Durham native Willie Hill has been making music since his early teens. Musician, composer, studio owner and engineer, Hill has pretty much done it all. His latest project, *Natural Evolution*, just hit the racks in July and, as the title suggests, Hill continues to refine a sound that's come to be quite distinctive.

Natural Evolution is Hill's most polished album to date. His sound has always been a very personal style of instrumental R&B. This general type of music is often referred to as smooth jazz—a label evidently coined by someone who couldn't discern the difference between jazz and R&B. Hill's music is strongly melodic, rhythmically intricate and atmospheric.

Hill isn't doing jazz. During our most recent conversation at George's Garage in Durham, Hill stated, "I don't get jazz." What he does understand, however, is his personal musical vision, and with every album he's released he's sharpened that vision.

Hill is the first to admit that he's no lead singer. Still, he's managed to incorporate vocals into his albums when the notion seemed appropriate. On *Natural Evolution*, for instance, he's collaborated with singers Tinya Cagle and Tony Springs on the tracks "Hold On," "Forever" and "Living Without You." Hill does a background vocal on the tune "Each Day."

As for the instrumental performance, Hill basically does it all. On *Natural Evolution* he played bass, acoustic guitar, keyboards, synth and drum programming. Springs also did some keyboard work and drum programming.

Hill produced and engineered *Natural Evolution* in his home studio. He entrusted the mastering chores to the noteworthy Brent Lambert at The Kitchen in Carrboro. Hill initially involved himself in music with both a guitar and a trumpet. He played trumpet in the Hillside High School band and afterward in the North Carolina Central University band.

"I wasn't very good at it, though," Hill said with a smile. He went on to explain that he took up the guitar when he was 12 years old.

"I got it for Christmas and didn't know how to play it," he said. "I had a real interest in learning music, however. A friend from high school had a group and they needed a bass player, so he got me started on the bass. I got my first gig when I was about 15.

"When I was 19, I managed to get with The Communicators, and that's when I wrote 'One Chance,' which was a hit single for us in 1974 ['One Chance' is featured on the 1999 album *Lost Soul Oldies, Vol. 5*]. Once that group disbanded, The Modulations needed a backup band, so they hired the band from The Communicators to play for them. I performed with The Modulations, a Durham group on Buddha Records, for about three years."

After his gig with The Modulations had run its course, Hill found himself working in his parents' store on Geer Street in Durham. That lasted until Doug Clark came looking for a bass player for his band The Hot Nuts.

Hill went on the road with

Doug Clark & The Hot Nuts, chalking up about five years before calling it quits.

"During those last couple of years with Doug I felt like I wasn't growing as a musician, so I decided I wanted to create my own music," Hill explained. "I figured if I opened up a studio I could work on my music and still make a living at the same time."

He was staying in Charlotte at the time. He moved back to Durham and found a space for his recording studio, Inspire Productions, which he opened in 1987.

"At the time it was rough," he allowed. "I didn't have any money, so I was living month-to-month. It seemed like for the whole first year at the end of every month the studio would fill up with clients and I'd have the money to pay my bills. It was crazy. After a year of that I just quit worrying about it."

Hill made a success of Inspire Productions, engineering tracks for, among others, Lois Dawson, Shirley Caesar, the NCCU Jazz Ensemble, Mickey Mills and Steel, Shabba Ranks, Norman Connors, Stanley Baird, and Gerald Hinton, as well as doing industrial work for IBM, BET, and Duke University.

Hill also started his own record label, Joy Records, in 1984. The label has been a vehicle for Hill's music and he has released seven albums since 1996, including *Natural Evolution*.

In discussing his own music, Hill explained: "I've always had this sound in my head that I was trying to get to. It's a transparent kind of sound, where everything has its own space in the music. The goal is to make what you record sound like a finished product, while at the same time working to perfect my skills as a musician, so I can communicate my ideas.

"The first couple of years in my studio I spent a lot of time alone, experimenting and playing, trying to develop my skills as a piano player, for instance. It took me awhile to actually see a song completed, you know, arranged so that every voice was where it belonged."

After spending years playing other people's music, and a dozen more years working with other artists in his recording studio, Hill finally decided it was time to begin tracking his own tunes.

"I started on my first CD in 1995, and that was *Deep Inside of Me*," Hill said. "At that time I was trying to go out as a vocalist, as a self-contained act—someone who could do it all. People were listening to the album and telling me, 'You know, you're not really a vocalist.' They tried to be nice about it, but I sounded terrible."

When Hill started working on his first album, he didn't have the money to release it. That changed with a phone call from IBM early in 1996.

"They needed someone to develop some music for some visual stuff they had on CDs they were distributing around the world," Hill recalled. "So I went out to IBM and sat down with them to discuss the project. They asked me how much I'd charge to do this work. I thought about it a minute. I figured 30 seconds, $800. The IBM guy looked at me and said, '$800? Oh, I see. That's your introductory price, to show us you can do the work.' Then he told me that they were used to paying around $2,500 for a 30-second spot, and I was like, 'yeah, that's it. I just wanted to show you what I could do for that $800 fee.'"

Hill ended up doing four spots for IBM in just two weeks, earning enough money to back his debut album.

Ten years later, Hill is comfortable with the entire process of making an album and snagging marketing help and air time.

"Having a studio at home allows me the time to perfect what I'm doing," he said. "I have a close-field monitoring system, where it's not spread out over this big room. I can hear all the details. I've also realized that almost every instrument I use has its own natural ambience. I just need to pan it out, make it big, and leave it alone. I'm also a lot better at doing dimensional mixes now, so I don't have everything all mushed together. And I hardly EQ anything. Maybe a vocal or an acoustic guitar, but that's about it.

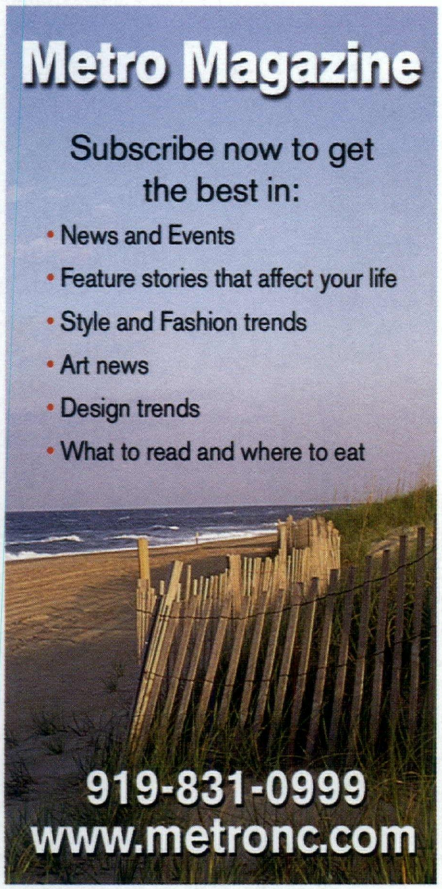
"When people sit down and listen to *Natural Evolution*, I want them to feel like they're right in the middle of the band."

In putting together the new album, Hill mentioned that he intended to incorporate a lot of the orchestral sounds he'd heard over the years.

"To me that orchestral stuff, like French horns and strings, is like the sky," he noted. "When I do a song, I see things like the sky and the earth, birds and such. I'd like the listener to see what I see and hear what I hear.

"More than anything, your music has to be a conversation," he continued. "A lot of musicians play a lot of notes, but they're not saying anything. A song has to be a conversation, and you need to remember that no one talks constantly. I approach my improvisations that way. I want my music to breathe. I come in and say what I want to say, then let the listener absorb that, then come back with another phrase. It has to be fluent."

Natural Evolution is, as usual, finding major airplay in Europe and beyond. Radio stations in Australia, Canada, France, Belarus, Germany, Scotland, Poland, Belgium, Italy, New Zealand, the Netherlands, and the UK are spinning tracks from Hill's new disc. Stateside, stations in Michigan, Florida, California, New York and Minnesota have picked up on the album as well. The album is available from the CD Baby and Tower Records Web sites, as well as www.amazon.com. MM



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RTP to Host World Conference Of Association of Science Parks

Research Triangle Park has been selected to organize and host the 2009 World Conference of the International Association of Science Parks (IASP). This will be the first time in two years that IASP will hold an independent, international conference in the United States.

"The conference timing coincides perfectly with RTP's 50th anniversary celebration, and will serve as a capstone in the Foundation's efforts to provide thought leadership on knowledge-based economic development," Rick Weddle, President and CEO of the Research Triangle Foundation of North Carolina said.

The decision to hold the conference at RTP comes at a busy time for the 7,000-acre research park. During the last 24 months, in addition to launching its Vision 2020 Strategy, RTP has seen an increase in new occupants and land sales, welcoming a variety of companies including Network Appliance, Credit Suisse and Stiefel Research Institute, and generating a projected $500 million in capital investment and the creation of over 2,100 high-quality jobs.

"The economic impact to the area of $600,000 is incidental to the prestige of the IASP General Assembly and the worldwide focus on Raleigh and the Research Triangle, when this convention comes in 2009," Dave Heinl, President and CEO of the Greater Raleigh Convention and Visitors Bureau said.

The proposed venue for the conference is the new, 500,000-square-foot Raleigh Convention Center, projected to open in 2008. Recent and future host cities of the IASP World Conference include Bergamo, Italy (2004); Beijing, China (2005); Helsinki, Finland (2006); Barcelona, Spain (2007); and Johannesburg, South Africa (2008).

To learn more about IASP, visit www.iasp.ws. MM

Charitable gifts receieved by Duke University totaled $341,894,326 between July 1, 2005, and June 30, 2006, the highest annual philanthropic total in school history. Gifts came from 95,614 donors, including 41,000 alumni. According to Duke President Richard Broadhead, the support will help pay for a wide range of immediate needs and gives university leaders the flexibility to invest in new programs. The Duke Endowment, the Charlotte-based charitable trust created by university founder James B. Duke, was the university's largest single donor with $53.6 million

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Durham Art Council is currently accepting grant applications for the 2006-2007 Young Artists' Competition to fund individual projects that promote an individual's professional artistic career. The maximum grant award is $1500. Criteria for making the awards include the accomplishment and commitment of the artist, the feasibility of the proposed project and the impact the project will have on the applicant's career. The application deadline is 9 p.m. on Monday, September 11, 2006. For more information, call 919-560-2720.

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Geomagic, a worldwide software and services firm headquartered in Research Triangle Park, North Carolina, has opened a wholly owned subsidiary in Shanghai, China. Geomagic (Shanghai) Software Co., Ltd. has been formed as a result of the increasing demand for Geomagic software in the Chinese manufacturing market. The new Geomagic subsidiary will provide sales, training and support to customers in the region.

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The **Durham Symphony** is now accepting applications for this season's **Young Artists Competition**. The competition is open to young musicians aged 13-20. The deadline for applications is September 30, 2006. The competition will be held October 7, 2006. Winners will perform in our Fall Classical Concert on November 5, 2006 at the Carolina Theatre. For more information, call 919-560-2736.

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The **2006 Raleigh Christmas Parade**, presented by the Greater Raleigh Merchants Association and sponsored by WRAL-TV, will follow a new route this year. Scheduled for Saturday, Nov. 18, the parade—in its 62nd year—will utilize a new section of Fayetteville Street between Morgan and Davie streets. An after-parade festival will be held in Moore Square featuring local bands, pony rides, food from local restaurants and a special fair presented by the State Farmers Market.

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Herons, a restaurant named for the Dale Chihuly crystal sculpture in the lounge of the **Umstead Hotel** will open with the hotel in January 2007. The restaurant's setting, weekly food and wine events and contemporary Southern cuisine are designed to reflect the agriculturally rich Triangle area of North Carolina and its location in the new, contemporary hotel.

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F. Ivy Carroll, Ph.D., director of the Center for Organic and Medicinal Chemistry at RTI International, recently received the Nathan B. Eddy Memorial Award for his work in drug addiction research, presented by the College on Problems of Drug Dependence. The college is the world's largest and oldest organization for the study of drug dependence and addictions. Carroll has been involved in RTI's research on substance abuse treatments for more than 30 years. He also developed two pharmacotherapies for the treatment of cocaine abuse and to prevent relapse. The award is named in honor of Nathan Eddy, a pioneer in the field of drug dependence.

APPOINTMENTS

Calvin Howell, Ph.D., a physics professor at Duke University is the new director of the Triangle Universities Nuclear Laboratory (TUNL), which serves nuclear physicists from the three major Triangle-area universities.

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S. Lewis (Lew) Ebert has been named president/CEO of NC Citizens for Business and Industry. He will begin work on Aug. 21.

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Kathy Beetham has been promoted to Chief Operating Officer with Fluent Language Solutions, a nationwide provider of interpreting and translation services with offices in Raleigh and Charlotte.

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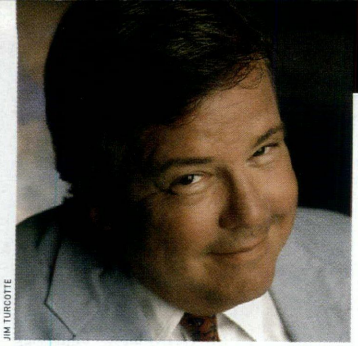
John Danowski, a national lacrosse coach of the year winner whose teams won eight conference championships at Hofstra University, will become the new head coach of the Duke University men's lacrosse team, Director of Athletics Joe Alleva announced Friday.



JIM TURCOTTE

My Usual Charming Self

by Bernie Reeves

MAKE ME A MOUNTAIN OF SKULLS

Just who does he think he is? The new Mohammed? The mahdi—a Muslim holy warrior who arrives in history to stir up the faithful and attack the infidel? Or is he simply a modern mullah with a bent to murder?

I think I know. Osama bin Laden sees himself as the manifestation of Hasan-iSabbah, known to history as the Old Man of the Mountain, the founder of the 11th-century sect of the Assassins. The Assassins were "a militant wing of a heterodox Sh'ia sect, the Isma'ilis," says British historian and writer William Dalrymple, one of my favorite authors who takes off into strange lands and comes back with great stories of the past from Jerusalem to Beijing, from Samarkand to Delhi.

The Isma'ilis were persecuted by the Egyptian Fatimid caliphs. In response they formed the Assassins, and became the "original terrorist group," says Dalrymple in his book *Xanadu* that re-creates the late 13th-century journey of Marco Polo and his two uncles to the summer palace of the mighty Kublai Khan. They carried with them a phial of holy water from the Church of the Holy Sepulchre in Jerusalem to present to the Great Khan as a follow-up to the rumor he was interested in converting to Christianity, thus creating a formidable alliance against the dominant power of Islam.

Polo did not stop in Syria in Masyaf near the headquarters of the Assassins, but he mentioned the cult: "The Old Man kept at his court a number of youths of the country and to these he used to tell tales about paradise ..." going on to describe how the youngsters were lulled into gardens filled with "wine and milk and honey; and numbers of ladies and all the most beautiful damsels in the world ... who danced in a manner that was charming to behold."

Our word hashish comes from the Assassins, and is purported to be the narcotic the Old Man used to drug his subjects into believing that paradise was theirs if they followed his orders without question. Says Polo: "the Old Man would say to such a youth: go and slay So and So; and when thou returnst my angels shall bear thee to paradise."

The crusader prince Henry of Champagne visited the Grand Master of the sect who, according to Dalrymple's source, "asked the prince if he had any subject as obedient as his own, and without waiting for a reply made a sign to two of his *fida'i*. They immediately jumped off the tower on which they were standing, and plunged straight to their deaths on the rocks below."

Is this not what we see today whenever bin Laden orders death from his mountain stronghold? Are not suicide bombers and Al-Qaeda devotees convinced paradise is the reward for their murderous bombings and attacks on innocent people? Bin Laden is indeed the modern-day Old Man of the Mountain who extracts blind obedience from his followers. And his goal is to assassinate the enemies of Allah, most especially the American infidel.

The first Old Man of the Mountain was finally terminated (as we like to say today) by the Mameluke sultan Baibars in 1273. He put the sect to the sword and built a victory tower 20 feet high made out of the skulls of the Assassins.

CALL IN THE ISRAELIS

If bin Laden is the modern equivalent of the Old Man of the Mountain, the Israelis are the Mamelukes of today, highly disciplined and expert in waging war. The recent incursion into Lebanon typifies the warrior state: They act while their enemies talk. Hezbollah, a sh'ia sect financed by Iran and Syria to threaten Israel on its northern border with Lebanon, typifies the Arab modus operandi: spout outrageous rhetoric laced with eschatological religious fervor; and fight dirty using assassinations and bombings devised to kill innocent people to raise the level of terror.

This is the signature of cowards. And characteristically they cut and run if confronted with actual military attack. As soon as Israel acts, as in the past, they scatter, as do the world's political leaders who have stood by as anti-Israeli rhetoric has reached a crescendo over the past 10 years as the "chattering classes" took on the Palestinians as their cause du jour. But now that Israel has moved into Lebanon, the G-8 grandees support them uniformly, as if the anti-Semitism festering in their own diplomatic corps and media did not exist.

As the walls "come tumbling down" so to speak, is it not the right time to encourage the IDF to move on and do the rest of the dirty work for us by attacking Iran's nuclear facilities, the Syrian bases that continue to supply terrorists in Iraq and go after Al-Qaeda and the Old Man of the Mountain while they are at it?

NOTES FROM LA-LA LAND

... The attack in the daily press on the NC State Ports Authority for organizing an outing on a state-owned ferry boat during the Pepsi Americas' Sail event July 1 seems "disproportionate," the same term trotted out by the BBC and US mass media to criticize Israel for acting in Lebanon. Actually, entertaining politicians and big shots is appropriate, especially during a major event that spotlights the NC coast, in this case Beaufort and Morehead City. The outing had what we need more of around here: a sense of occasion.

This over-reaction to the ferry outing is indicative of the desperation in the old mass media. Many are losing ads and readers by the hour and their response is often erratic, and in the case of the *New York Times*, downright treasonous. The Grey Lady twice recently published classified data on how the US is investigating terrorists and this on the heels of the mortifying result of their orchestrated attack on Karl Rove in the Valerie Plame incident. As the old political saying goes: They have all the qualities of a dog, except loyalty. MM

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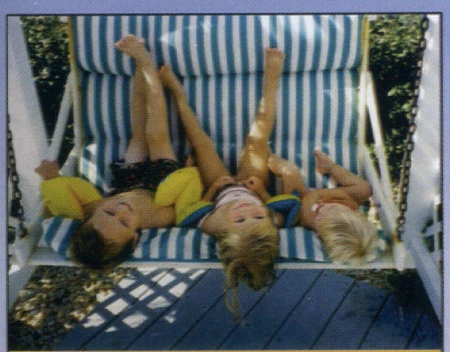
OCEANFRONT VILLA RESORT AND SPA



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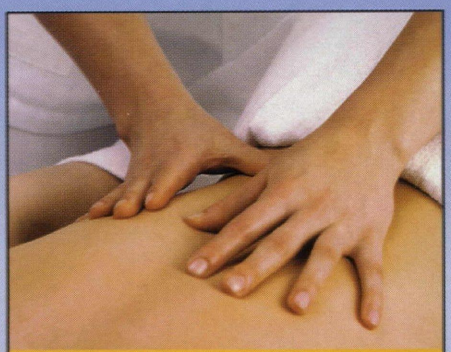

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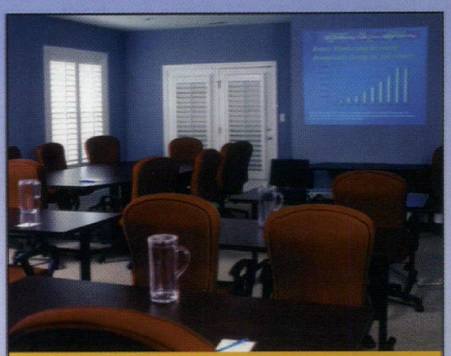

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