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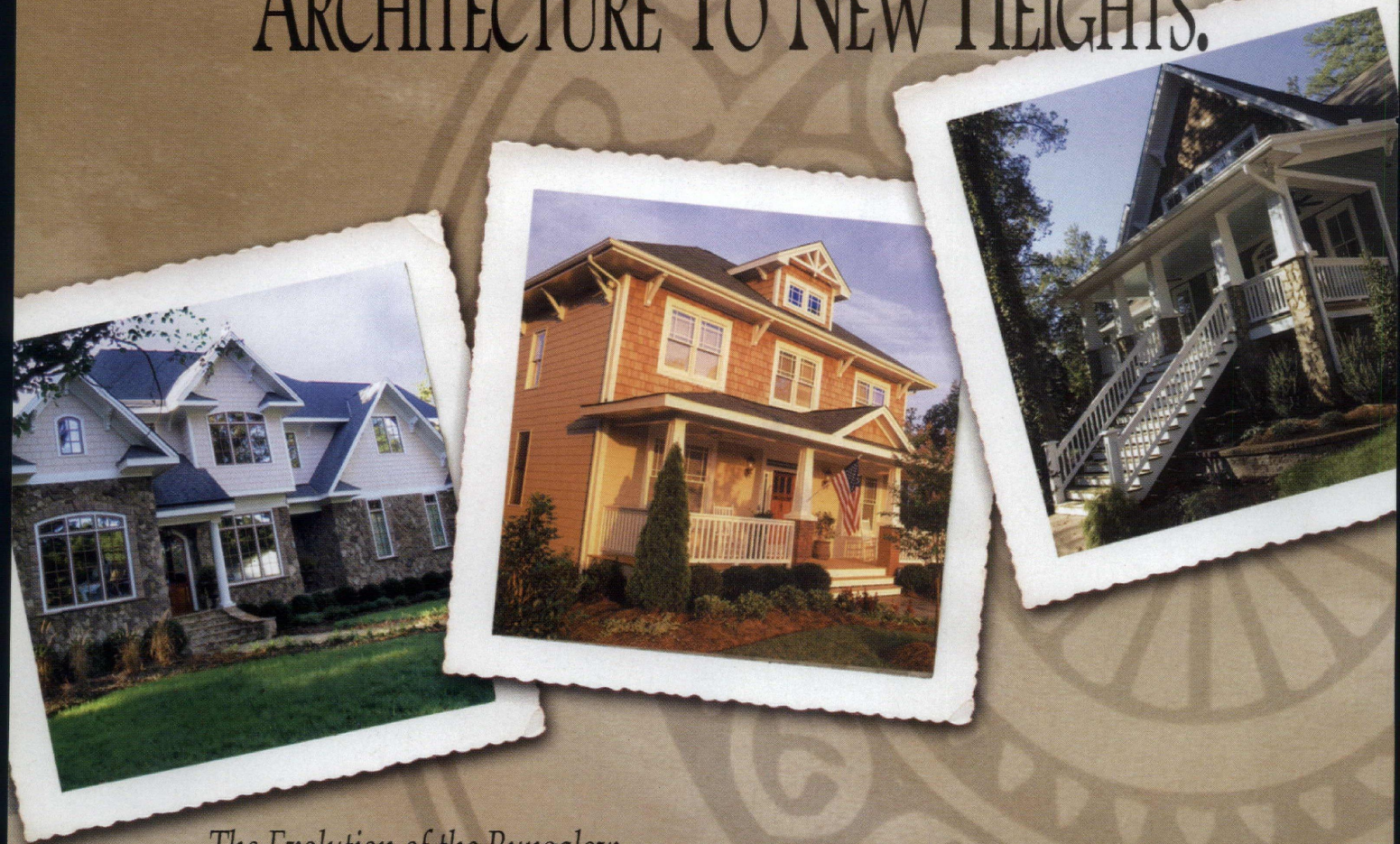
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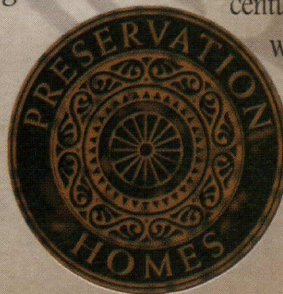


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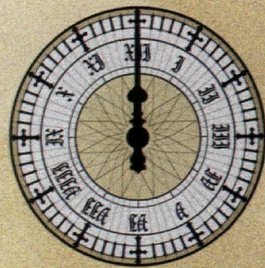
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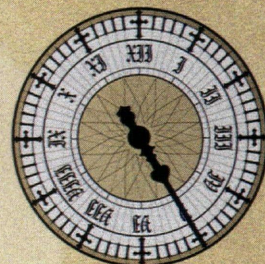


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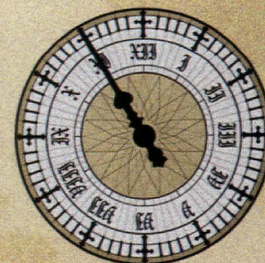




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Collin Finnerty (fourth from left) with his family.

## AT HOME WITH THE COLLIN FINNERTY FAMILY

**T**he Duke lacrosse team case has gone from ridiculous to demented to tragic, especially when viewed by the harm done by Durham District Attorney Mike Nifong to the three indicted lacrosse players and their families. Despite the recent move to drop the rape charge, the boys still face two serious charges — kidnapping and sexual offense — both of which carry long sentences. The ordeal is not nearly over.

In this issue, *Metro* presents an exclusive, the first interview with a family embroiled in the controversy. Chapel Hill writer Sharon Swanson visited with Collin Finnerty and his family in New York and came back with a compelling story of angst and worry and shock, not only about the outrageous behavior of the Durham DA, but also concerns with what they characterize as “North Carolina justice.”

But the real story is how a family holds together, calling on inner strengths they never thought they had in the face of justice gone awry. The article is profound and the people quite real, an aspect of this world-shaking saga never reported — until now.

Happily, our state and region are populated with dedicated individuals, who contribute substantially to our famous quality of life. Each year we select 10 for *Metro*’s Who’s Who list of outstanding people for the previous year. The 2006 list profiled in this issue continues the tradition, spotlighting accomplished achievers, who contribute quietly and effectively to the well-being of the community.

We’ve come to expect the latest in good ideas to happen right here. The new American Institute of Healthcare and Fitness, rising on rolling land off Old Leadmine Road in North Raleigh, doesn’t disappoint. It started with a concept: Why not consolidate health and fitness needs into one facility where clients can

access services across the spectrum, from medical treatment to therapy to a healthy workout? Diane Lea investigates this novel concept and discovers that the founders have hit on a successful formula.

As the holiday song goes, “Christmas can bring thoughts emotional,” which often includes a diamond ring under the tree and the need to start planning now for the big event. *Metro*’s Bridal Guide offers a huge head start for new brides in 2007. It’s also the right time to plan your look for 2007. Molly Fulghum Heintz puts you in the picture with ideas for taking inventory and regrouping for a prosperous fashion year ahead.

Carroll Leggett provides his own list of notable people and places; Louis St. Lewis looks back and ahead in tune with the turn of the year; Arch T. Allen presents his choices for best non-fiction books of 2006; and Philip van Vleck lists his favorite music from the past year. Art Taylor discovers a mother-son writing team with expert knowledge of post World War I England — who live right here in North Carolina; Jim Leutze continues his series on coastal aquaculture; food editor Moreton Neal speaks from the heart; and wine critic Barbara Ensrud explains time in a bottle.

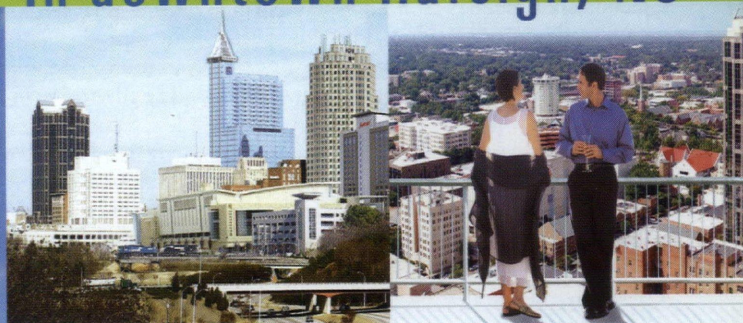
Big doings are on tap for *Metro* in 2007, beginning with the Second Mannequin Ball set for Jan. 19. This is indeed the premier social fund-raising event of the year, with a portion of the proceeds going to the NC Museum of History and its Textile and Costume division. The last Mannequin Ball raised \$25,000 for the Museum. Go to [www.themannequinball.com](http://www.themannequinball.com) or call 919-831-0999, and make plans to attend the party of the year — and all for a great cause.

—Bernie Reeves, Editor & Publisher



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## LEUTZE GAINS RESPECT

Just a note to say that I really do enjoy the "Editor-at-Large" column by Jim Leutze in *Metro Magazine*. One of my clients is North Carolina Watermen United, and they are Charter Boat Operators. Our folks were concerned when he was appointed to the Marine Fisheries Commission, but he's earned his spurs and our guys really do respect him. They know that before he speaks he's done his homework and that he knows what he's talking about. As one guy said, "I may not always agree with him, but I will always respect him." I had three of my folks call me after the last MFC meeting and say that he was fantastic, and they were glad he is on the Commission. I'm glad to see his column in your magazine. Leutze has the respect of legions.

*T. Jerry Williams  
Raleigh*

## RALEIGH LANDMARK PROPOSED

I currently live in Virginia, but I am a Raleighite at heart, and I enjoy your publication online. It's good to be in touch with what's happening in the hometown. And speaking of what's happening (or NOT happening) I would like to add my two cents. ...

In my opinion, what Raleigh really needs is a good tourist attraction. Recently, I was vacationing in Niagara Falls (Clifton Hills, Ontario) and was one of the first to ride the SkyWheel overlooking the falls. The SkyWheel is nothing more than a very large Ferris wheel ride, (175 ft.) with the "seats" being air-conditioned gondolas that hold six persons each. In Europe, many cities have these observation sky wheels, with the London Eye being the most famous. The London Eye was just voted the number one tourist attraction in the world.

The question is: "Would it work for Raleigh?" What does Raleigh have to see to justify this type of attention? The answer is simple: the skyline view. Viewed from the south, it is as good as it gets. For a quick confirmation of this statement, click on the Web, "Raleigh Skyline" and see for yourself.

The other question is: "Would the city allow it?" I think they would never allow a permanent installation. Someone would always call it "an eyesore." However, the next best thing would be a two-year frame, with an optional extension of one year. In my opinion, if a group of savvy businessmen put their heads together, they could make it happen.

First, they would need a sponsor, like RBC Centura, T-Mobile, Pepsi, Delta Airlines, etc. The advertising in name alone would be priceless. Second, they would need a location. Property near Dix Hill would be perfect and provide excellent parking. And third, they would have to show the city the benefits.

Simply stated, the benefits to the city would be more tourists staying longer, eating more food, spending more money. Those persons attending the Civic Center functions would want to stay an extra day just to ride the sky wheel. It will become "the thing to do before leaving Raleigh," especially the reservations-only, champagne midnight toast.

At an operating revenue of \$2 - 3 million a month, the answer is fairly obvious. Everyone would win, and win big. With the fate of Dix Hill finally in the decision stage, now would be a good time for a plan to execute the creation of a true tourist attraction. After five years of private operation, donate the machine to the Raleigh Parks & Recreation Department. By then, it will be a Raleigh landmark. No one will want it to leave town.

By the way, the Clifton Hills SkyWheel is American-made by Chance Rides of Wichita, KS.

*Philip Poulos  
Newport News, VA*

## CORRECTION

*The contact information for Dermatology and Skin Cancer Center was omitted from the December spa guide. They are located at 4201 Lake Boone Trail Suite 200, Raleigh, NC 27607. To find out more about their services, call 919.782.2152.*

**Bernie Reeves**  
Editor and Publisher

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Subscription: \$18 one year

Postmaster send address changes to  
Metro Acquisition LLC

P.O. Box 6190, Raleigh, NC 27628

Postage paid at Raleigh, NC  
Published twelve times a year  
Audit applications submitted

## ARTICLE REPRINTS AVAILABLE

Contact Glenn Benton at Cooper Thomas & Benton  
Printing Company, 919-868-8742.

## www.metronc.com

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ISSN 1529-4404

METRO MAGAZINE AT HOME (ISSN # 1529-4404) is published monthly at \$18 per year by Metro Magazine, LLC, PO Box 6190, Raleigh NC 27628. Application to mail at Periodicals Postage Rates is pending at Raleigh NC and at additional mailing offices. POSTMASTER: Send address changes to METRO MAGAZINE AT HOME, PO Box 6190, Raleigh NC 27628.



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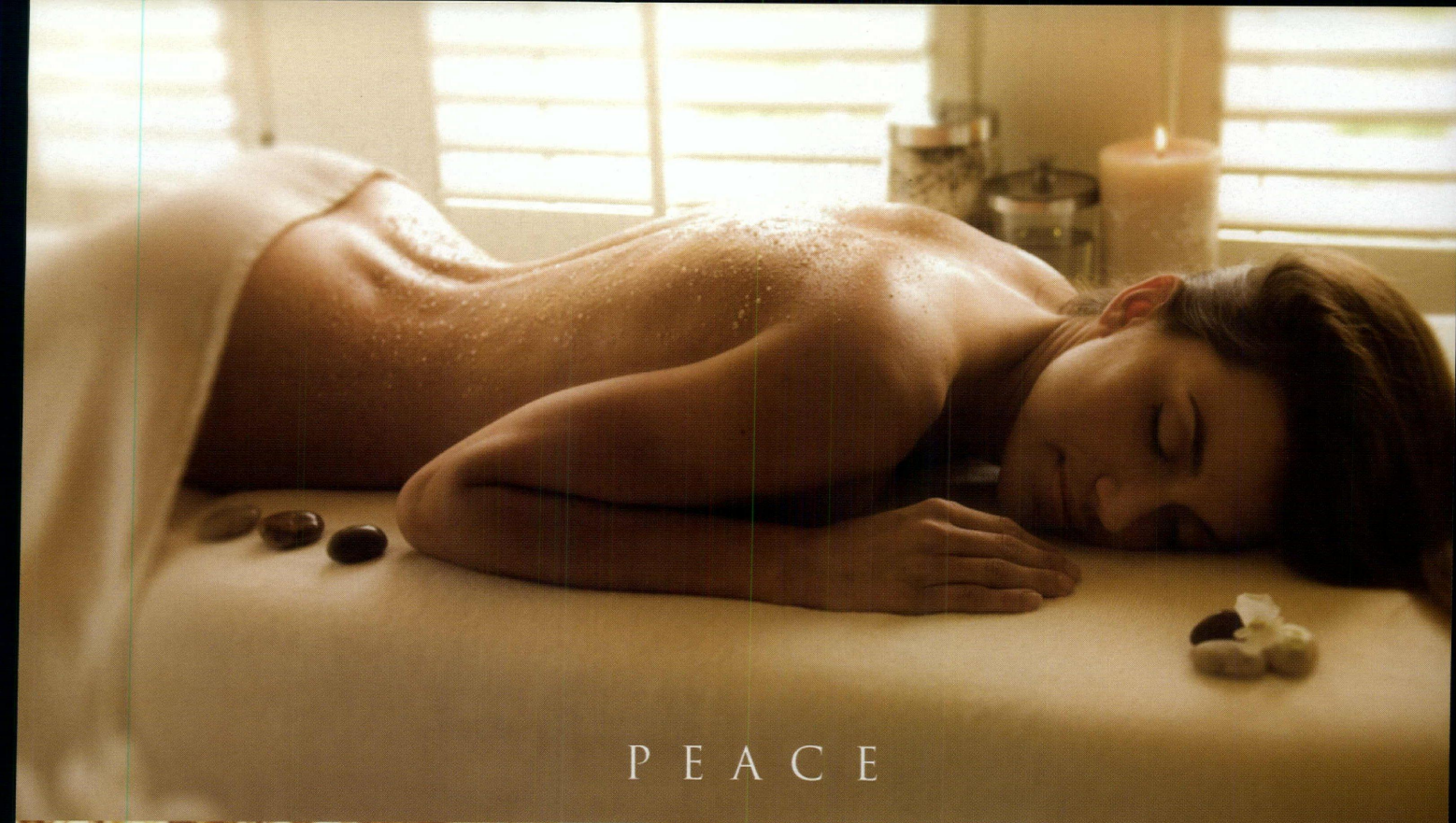
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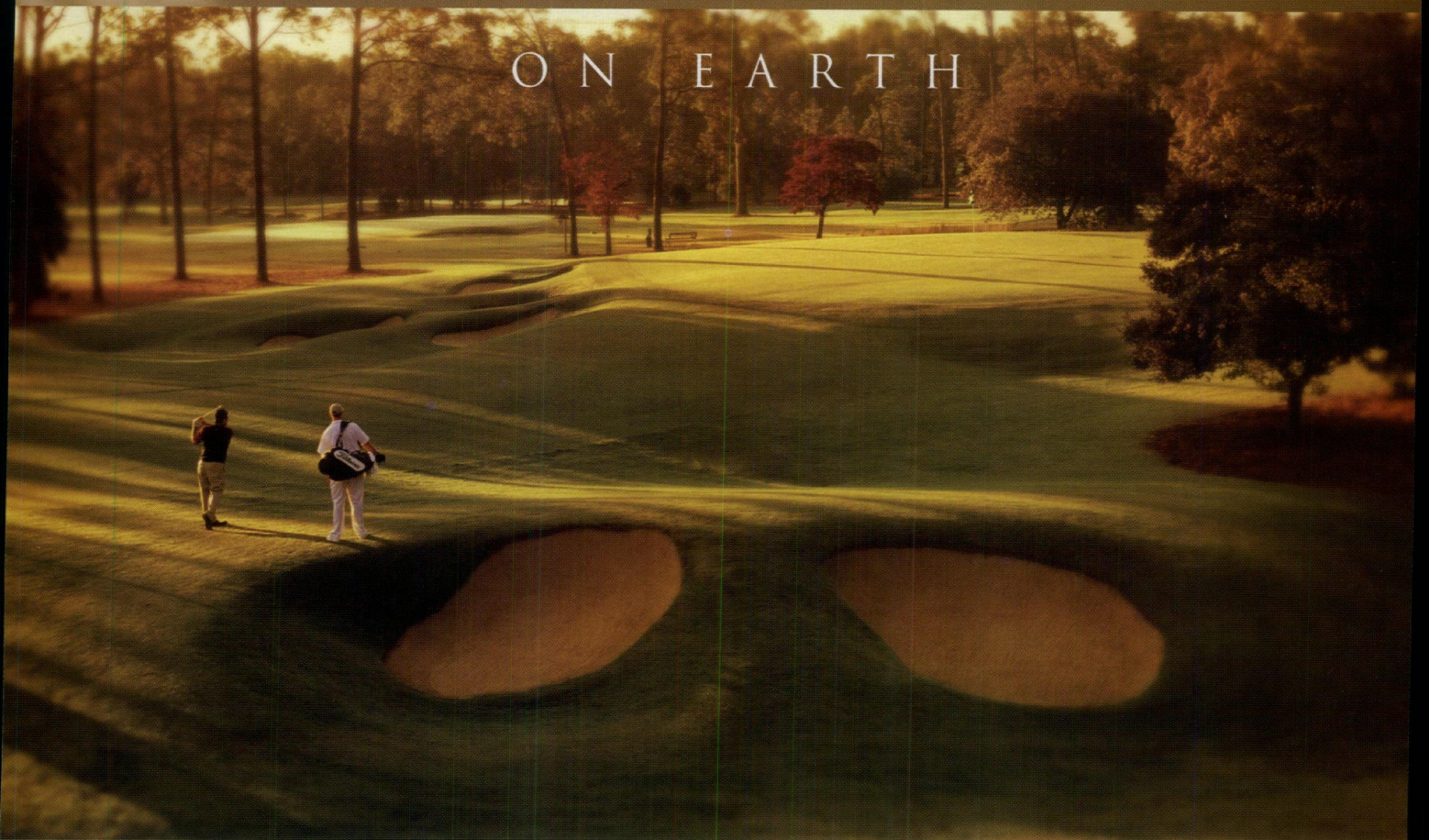
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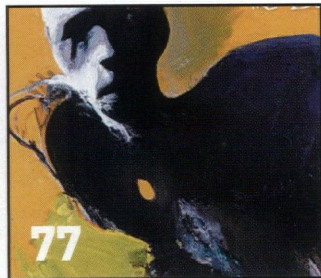
- 15 Caught in the Crosshairs**  
A Visit with the Collin Finnerty Family

**25 Special Section**

### WHO'S WHO 2006

We have the best right here, quietly and individually making our community a world-class place to live and work

- 37 Design**  
American Institute of Healthcare & Fitness  
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WALTERS AND WALTERS

## 45 Wedding Guide

## Departments

- 8 Introduction** At Home with the Collin Finnerty Family
- 10 Correspondence** Reader Feedback
- 14 Secrets of State** Beaufort Wine and Food Event, Hot Summer Nights, Vet Adds Docs, Nifong Number Two
- 56 MetroPreview** An Event-filled New Year
- 59 Editor-at-Large** Aquaculture
- 60 Between You and Me...** People, Performances and Collards
- 62 Artist-at-Large** A Time for Reflection
- 64 Style** Fashion Resolutions for 2007
- 68 Gourmet** Romancing the Restaurant
- 71 Restaurant Guide**
- 72 Cork Report** Time Can Be Sublime
- 74 Books** Books on America, New Noteworthy
- 77 PvW** Best of the Best From 2006
- 80 My Usual Charming Self** Nifong Leads North Carolina's Most Wanted



# SECRETS OF STATE

## Beaufort Wine and Food Event Sets Dates

The Beaufort Wine and Food Board has released the event line-up for the 2007 Festival to be held April 26-29. Larger Festival events, including the Celebrity Grand Gala and Auction and Celebration Champagne Brunch, will be moved to the Olde Beaufort Seaport along with The Beaufort Wine and Food Culinary Village to provide more space to showcase signature wine and food. The Village has been selected as the "heart" of the Festival and features over 60 culinary-related businesses, culinary and wine seminars and the Vin de Mer Grand Tasting Village.

Other events include the Winemaker Dinners, held at select restaurants in Beaufort and pairing top winemakers with a favorite local chef and regional guest chef for a prix-fix dinner complemented by select wines from the host vintners.

Guest chefs set for the 2007 Festival include Walter Royal of Angus Barn, Chip

Smith of Bonne Soirée, Jason Smith of 18 Seaboard, and Ashley Christensen of Enoteca Vin. Guest winery owners include Mark Friszolowski of Childress Vineyards and Elton Sloan or Robert Craig Vineyards.

For a complete list of events and guests, visit [www.beaufortwinandfood.com](http://www.beaufortwinandfood.com). **MM**

## Vet Adds Docs

The Veterinary Specialty Hospital of the Carolinas (VSH) recently added five new veterinarians to provide surgical, emergency and critical care services at its Cary and new North Raleigh hospitals.

Dr. Cindy Eward joins the surgical team and Dr. Mary Lewis joins the emergency/critical care team at VHS's Cary location. Prior to coming to VSH, Eward served as a surgeon at a private practice in Vermont. Lewis held an internship in emergency and critical care medicine at the University of Pennsylvania before joining the VSH staff.

Drs. Sharon Clare, Dondrae Coble and Lauren Reid also join the emergency/critical care team at VSH's North Raleigh hospital. Clare is a graduate of North Carolina State University's Veterinary School and also holds

a PhD in biochemistry from the University of South Carolina. Prior to coming to VSH, Coble, a North Carolina native, trained in emergency patient management at Florida Veterinary Specialists in Tampa, FL. Reid brings her background in primary case management for internal medicine to the VSH team. **MM**

## Hot Summer Nights

With less than 150 days until the first performance, Hot Summer Nights at the Kennedy Center has announced the line-up for its 2007 season. The 60-night summer theater series, launched in 2005, has brought Broadway talent to Raleigh, including Kate Shindle, Lauren Kennedy and Alan Campbell. The season will kick off on June 6 with the company's production of *Blithe Spirit*, Noel Coward's comedic play about a socialite haunted by the ghost of his first wife.

Other productions in the 2007 line-up include: *Doubt*, *Romance, Romance!*, *Wait Until Dark*, *Five Women Wearing the Same Dress*, and *Ain't Misbehavin*. Directors include: John McIlwee, Kenny Gannon and Kristen Coury. For a complete schedule of productions, visit [www.hotsummernight-satthekennedy.org](http://www.hotsummernight-satthekennedy.org). **MM**

## Nifong Number Two in PR Disasters for 2006

Global reputation management expert Mike "The Reputation Doctor" Paul has compiled his annual Top 10 List of Reputations in Crisis in 2006. Topping this year's list is Donald Rumsfeld, the now-former defense secretary, who Paul placed at the top of his list for Rumsfeld's inability to help us "win the war in Iraq."

Second on the 2006 list is the Duke case for its national and international headlines and damage to individual reputations, particularly DA Mike Nifong, who Paul said may have taken the case as a re-election ploy.

Numbers three through 10 on Paul's list include: Mel Gibson, Tour de France "winner" Floyd Landis, Halliburton, NYPD, Enron's Ken Lay and Jeff Skilling, Michael "Kramer" Richards, French soccer player and notorious head-butter Zinedine Zidane and Hewlett Packard.

For Paul's complete list of reputations in crisis, visit online at [www.broadcastnewsroom.com](http://www.broadcastnewsroom.com). **MM**

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## Caught In The Crosshairs of North Carolina Justice

## A Visit With the Family of Accused Duke Lacrosse Player Collin Finnerty

By Sharon Swanson

It started as an open dialogue between mothers. Mary Ellen Finnerty, whose son Collin was indicted in the Duke lacrosse incident, broke the silence of the three families involved and agreed to speak to Chapel Hill writer Sharon Swanson in an exclusive interview for *Raleigh Metro Magazine*.

The result is a profound and frank inside view of how a family has suffered — and transcended — the anger, shock and dismay created by the apparently false charges against their son.

—Bernie Reeves

I live in Chapel Hill, NC, the next door neighbor to Durham and Duke University. I could throw a rock into this adjoining county from my house. These days, I often want to, for reasons I will attempt to explain.

This spring, Durham County District Attorney Mike Nifong made national news when he very publicly charged three Duke University lacrosse players — Collin Finnerty from New York, Reade Seligmann from New Jersey, and David Evans of Maryland — with the rape of a black exotic dancer at a team party. Just before the primaries, Nifong vowed to be tough on these rich white boys — in an effort, some say, to win the black vote. Nifong has continued to affirm his position despite a *60 Minutes* broadcast that revealed that two of the defendants were never questioned by authorities, and a witness — the second dancer — is saying the rape never happened. Nifong has also acknowledged that he has never questioned the accuser — apparently because he doesn't want to risk being called to testify himself. The district attorney's office has yet to set a trial date for the young men, now referred to as the Duke Three. Nine months after the alleged assault took place, the DA's office is still "gathering evidence."

It would be easy to dismiss Nifong's actions as yahoo politics at their worse worst. I suspect that is the way many outside the Tar Heel state would characterize it. Yet, there was an undercurrent to these charges that many of us, who have our roots in the area, were afraid to acknowledge, even to ourselves. As soon as this case hit the media, I imagine many white liberals reflexively visualized the sons of white masters slipping into the slave



Collin Finnerty (fourth from left) with his family.

quarters at night. At the time, I, too, agreed that we should be hard on these boys from privileged white families. Like most people in this part of the country, I couldn't scratch the trunk of the family tree without uncovering a racist, even a KKK member or two. A branch of my husband's family once owned slaves in Virginia. My own family is only one generation removed from working the tobacco fields of this state, though I have a male cousin who graduated from Duke. I was relieved that these charges were aimed at what I assumed to be elite Yankee families instead of one of our own native sons. (It is still disputed whether Maryland qualifies as a Southern state.)

I am a freelance community columnist for Raleigh's *The News & Observer*. I wrote

about the Duke Three in terms of my concern regarding teenaged lacrosse players who were attending a summer camp near my 12-year-old daughter. After the column ran, I received an e-mail from Mary Ellen Finnerty, the mother of defendant Collin Finnerty. "I'd like you to meet my son," she said. She invited me to talk, "mother to mother," and to introduce me to the son that she believes is incapable of committing such a crime. In October, I visited the Long Island home of Kevin and Mary Ellen Finnerty, two days before a *60 Minutes* broadcast aired on the case by the now deceased Ed Bradley.

Although I felt I was an unlikely confidant in the 20-ring media circus that surrounds these families, it was Mary Ellen's voice over the phone — her fear and pain —



that left me no other decision but to go see her. The one caveat: We were prohibited, by a judge's gag order, from discussing details of the charges against Collin and the other lacrosse players.

### A GOOD KID

A statue of the Madonna and child stands near the landscaped entrance to the Finnerty home. The house itself is large and warmly decorated in muted shades of browns, greens and reds. No doubt it serves as a welcome retreat these days for the Finnertys' five children. Collin is the middle child; his two older brothers live and work in New York City and his younger sisters are still at home. Mary Ellen is a tall woman who admits that her hair "gets a little blonder the older I get." We sat at her kitchen table over lunch. Her worn jeans were a little loose on her, not, I suspect, because she's the kind of woman who diets, but because she's lost interest in food.

"What gets me so angry," Mary Ellen told me, "is that I held this child in my arms; I protected him. He was a good kid in high school. He was never a curfew breaker — and I was the strictest mother in America, according to all of the kids. The boys always

"What gets me so angry, is that I held this child in my arms; I protected him. He was a good kid in high school. He was never a curfew breaker — and I was the strictest mother in America, according to all of the kids."

—Mary Ellen Finnerty

worked hard and their spending money they earned. It was never handed to them, despite all these articles that talk about spoiled rich kids." Mary Ellen explained that her grandparents were Irish immigrants who lived in the Bronx; her grandfather was a New York City firefighter. "Everybody had a brogue in my mother's family and drank tea out of the saucer, not out of the cup. When I met my husband, he was working seven days a week and has supported himself basically since he was 15. He paid off college loans for the first 10 years of our married life."

I asked Mary Ellen about Collin. He was working she told me, full time at the Cystic Fibrosis Foundation. The phone rang and Mary Ellen answered, apologizing to me for the interruption.

"Where are you now?" she said cupping the receiver close. It was Emily, her 12-year-

old daughter. "Are you going for ice cream? Is her dad going to bring you home or do you want me to come and get you?"

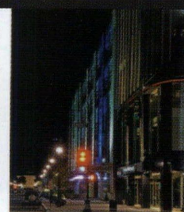
"I am a very private person," the mother of Collin Finnerty said at one point. Yet, before I arrived, she'd already dealt with a local television news cameraman who had come to her door asking for a comment about *60 Minutes*. She'd also ripped a story about her son out of the paper so that he wouldn't see the word "rapist" in the headlines. "A lot of joy has been taken out of our lives," she said. "We've been robbed. We were a very happy family, and a monster stepped in. [She was referring to Durham DA Mike Nifong.] It's hard to experience joy right now. I just sort of get through the day."

Jack, the smallest and youngest of the Finnerty family's dogs, approached me to have his head rubbed. As I reached down to

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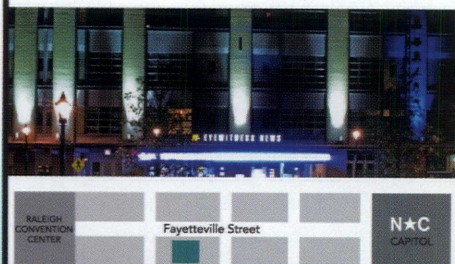
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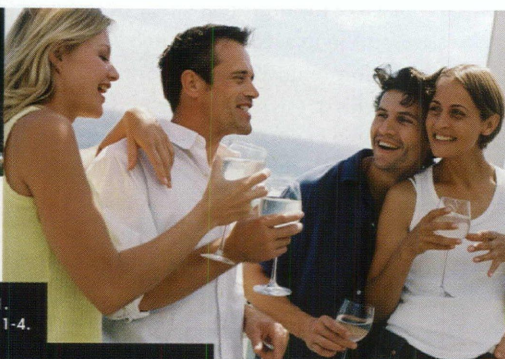
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oblige, I asked Mary Ellen about Jack's collar, which read: "Life is Good."

For a moment, Mary Ellen looked away. "I used to think that," she said.

### THE GEORGETOWN INCIDENT

I admired an unusual pair of carved wooden candleholders on the kitchen table. They were a gift from a grammar school friend of her husband's, a priest who works in Tanzania. The family has long supported that mission. This same priest performed the ceremony when the couple renewed their wedding vows for their 25th wedding anniversary three years earlier. Yet, when this family friend came to support the Finnerty family in a DC courtroom when Collin stood trial for what many have described as a "gay-bashing," he was dubbed the "Rent-A-Collar." For the Finnerty family, this represents just one example of how the details of their lives have been manipulated to make them appear to be different than what they are, to make their family appear different than who they are.

This Georgetown incident has stirred up even more questions about the character of Collin Finnerty. His mother knows that the



blogs about her son are filled with hate rhetoric; bloggers describe him as racist, homophobic and violent. I asked Mary Ellen about the circumstances that led to her son's conviction of simple assault. Witnesses testified that Collin never threw a punch; it was Collin's friend that struck the accuser — after he had knocked Collin to the ground from behind. Collin was convicted of "menacing

behavior," and spent six months on probation. The accuser, according to Mary Ellen, was not gay, and none of the boys ever thought he was. Neither the arresting officer, the DA nor the judge in that case believed that the actions of the young men constituted a hate crime.

Collin was, however, only 19 years old, and drinking at a bar. Mary Ellen told me

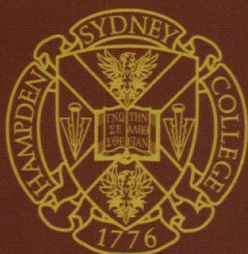
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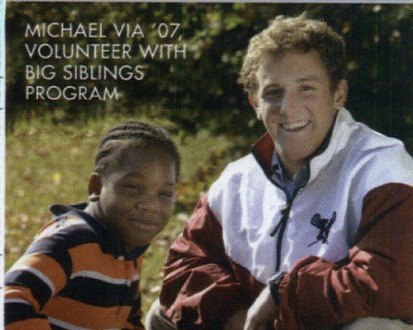




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that as a family they do not condone underage drinking. "I hate alcohol because I don't like to see what it does," she said. And as for the lacrosse party: "Was I thrilled that they had a stripper [at a lacrosse party]? I was disgusted that they would have a stripper." The phone rang, and she checked to make sure it wasn't one of the children before placing the phone back down on the counter. "I've heard since that there were as many as 22 incidents of strippers at other Duke parties; this wasn't the only time it's happened."

## NORTH CAROLINA JUSTICE

Kevin Finnerty, Collin's father, is a tall, handsome man, who retains the physique of the college scholarship swimmer he once was. He is seemingly relaxed and articulate — and he is on a mission to vindicate his son and by extension, his family.

"I'd like to believe that something good will come out of this," Kevin said. "I think that the Durham DA effectively answers to nobody, and I don't know anywhere else in America where people don't answer to anyone."

It's true that North Carolina district attorneys only answer to their constituents

every four years. However, DAs are also attorneys, and the North Carolina Bar investigates all complaints lodged with them. James Coleman, a Duke law professor, has recommended publicly that Nifong should appoint a special prosecutor due to his alleged misconduct in the handling of this case. (Citing confidentiality issues, the North Carolina Bar's general counsel, Katherine Jeans, would not reveal if a complaint has been filed in their office.)

Kevin went on. "Apparently in the state of North Carolina, neither the governor nor the attorney general can get involved in an active case," he continued. "In the state of New York, the governor can get involved in any case at any time. Then there is the North Carolina grand jury system, where no record is made of cases presented — there is no stenographer, no one taking notes, no tape recorder, there is simply no record of what is said to a North Carolina grand jury. We have friends who are lawyers in New York and they asked: 'When are you going to get the transcripts of what was given to the grand jury in Durham?' And there are none."

In the state of North Carolina, you

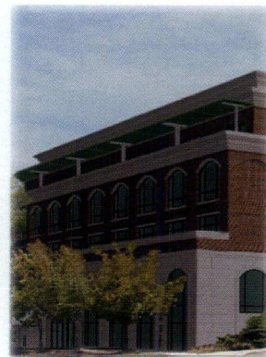
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must show probable cause for an indictment. The standards are different for an arrest; an investigating officer provides his word to a grand jury. In an arrest, there is no requirement to prove that there has actually been a crime.

he took it, he would have to, by law, give it to the grand jury."

Finally, in North Carolina, the DA does not present evidence to the grand jury; this is the task of investigators. It was this fact that moved Kevin to shake his head. "The prose-

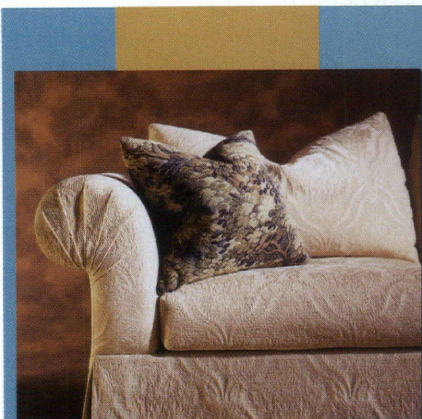
"A lot of joy has been taken out of our lives. We've been robbed. We were a very happy family, and a monster stepped in." [She was referring to Durham DA Mike Nifong.]

—Mary Ellen Finnerty

"They didn't want any evidence from any of the defense lawyers. They didn't want it, didn't ask for it, and didn't want to take it when it was offered," said Kevin. The DA is required by law to turn over any evidence he has to the grand jury. This technicality in North Carolina law allowed the Durham DA to charge the three young men without seeing any exonerating information they could have provided. "That's why you've read so much about defense lawyers wanting to offer cab receipts, telephone receipts, eyewitness testimony, [evidence as to] who they were with, what they were doing — the DA did not want to take these because, if

cutor, the DA, has a responsibility to get at the truth, and the DA has a responsibility to search for the evidence, and look at the evidence that reveals itself. That was certainly not done here. To this day, nobody has asked Collin where he was, who he was with, what kind of exonerating evidence he has ... no one has questioned Collin. No one has asked Wade Smith [Collin's Raleigh attorney]. No one has asked us. No one has asked Reade Seligmann [another defendant]."

"How do you get indicted, and you're never questioned?" Mary Ellen asked. "I'm frightened I live in a country that allows that to happen."

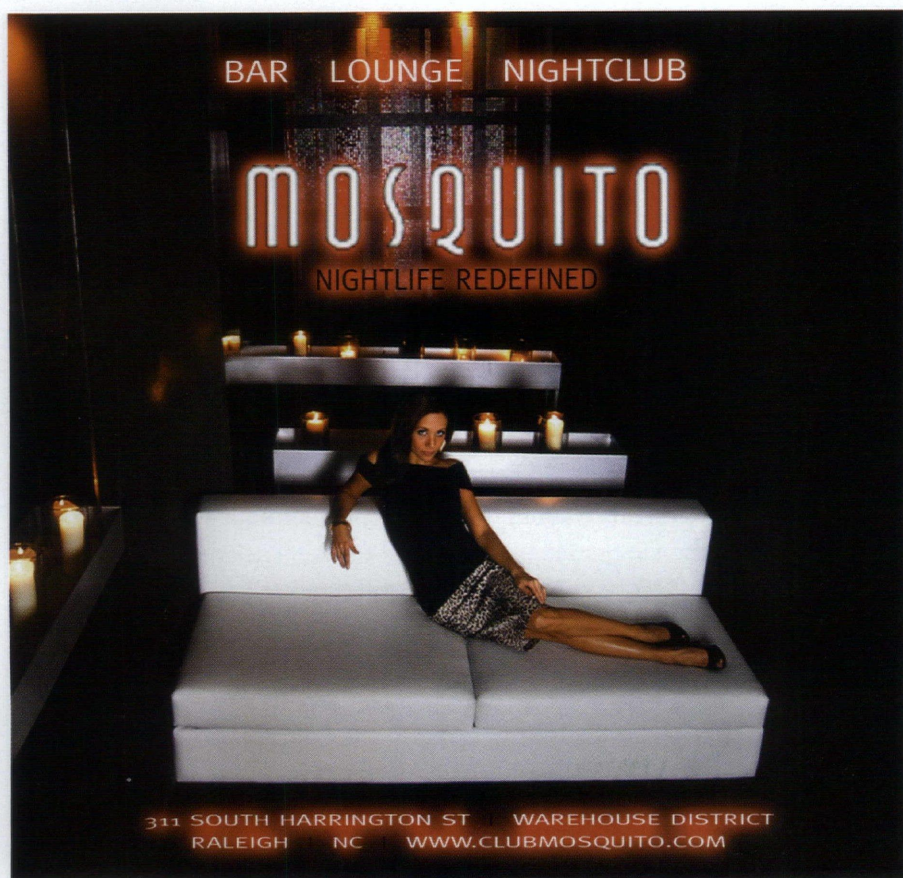


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## YEARS OFF OUR LIVES

I asked Kevin what good they believed could come out of this. "Obviously this is a major chapter in Collin's life, in his brothers and sisters' lives. I think it has taken a close family and made it much closer. So that's a good thing. It probably has taken more years off our lives in the process, but that is the tradeoff."

Jack brought a toy and dropped it at my feet to toss for about the 10th time. We all laughed at his persistence. "He's not so cute anymore, is he?" Mary Ellen said.

The Finnertys told me they have received hundreds of letters of support, many from the Durham community. They keep them in a box, hoping to one day have a chance to thank those people. The messages are not just from people who reflect their own background. They have some anecdotal reason to believe that the black community of Durham is more ambivalent about the charges than District Attorney Nifong might hope.

In May, they went to Durham for their second son Kyle's graduation from Duke. The visit had been planned as a celebration for the whole family, but they wound up leaving Collin and the younger children at

home. After the festivities, the Finnertys caught a yellow cab back to the airport. "We were guarded, talking about graduation, the weekend and Kyle — nothing else," Kevin said. "The black cab driver drove us to the airport and got out to help with our stuff. Out of left field, the driver gives me a hug. And then he's crying, he's teary, he's shaking my hand with two of his hands. He's holding on to me. 'You don't know me,' he said, 'and I don't know you, but I am a parent, too. I want you to know that I am praying for you and your son.'"

## PERFECT STORM OF EVENTS

Kevin made an effort to be philosophical about his son's accuser, although there was clearly anger lurking beneath the surface of his words. "My best guess is that this woman has had a hard life." We talked about the fact that the accuser's former husband has said that she told him she had been previously gang raped as a teenager. I am a former social worker and I suspect that no matter what happened the night of the Duke party, this woman must have felt threatened by this crowd of carousing young men, and the undeniable sexual and racial tones of the party.

Kevin wouldn't disagree with the fears this woman's past has bred in her. But he doesn't believe his son should have to pay for it.

Then his anger came to the surface. "You have a bully cop, who is so corrupt, he will say anything," referring to investigator Sgt. Mark Gottlieb, who has been under scrutiny for an arrest record that appears to indicate a targeting of Duke students. He is currently on paternity leave from the police department.

"You have Duke, which mishandled the whole situation. You have the media, the white guilt and years of injustices. It is the perfect storm of a lot of things. And yet, Collin is not guilty. Collin is innocent. He works full time, he goes to school at Hofstra [University] two nights a week taking courses; he works out every day in hopes that someday he will get back out on the field."

Collin first met his girlfriend, Jessica, in middle school. Mary Ellen showed me a photo of the two. Her picture reminded me of my own daughter, with her long straight hair and wholesome looks. I wondered how it was that her presence in Collin's life has escaped media scrutiny, and just how she has coped with the allegations against her

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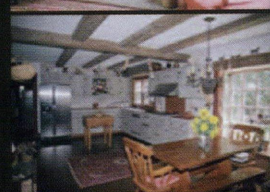
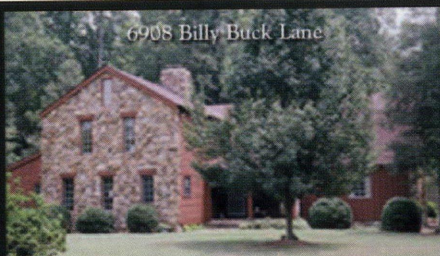
boyfriend. Jessica attends Boston College and planned to come home to watch *60 Minutes* with Collin and his family. Jessica's father served as a character reference for Collin in the Georgetown incident.

"His college years will never be what they should have been," said his mother. "He has lost so much of his innocence, his youth, his trust, his playful spirit, whatever. He is frightened of so many things."

I asked Kevin how he would feel about Collin going back to Duke, given a favorable outcome at the trial. Mary Ellen and I had talked about it earlier. She knows that this is what her son wants. Admitting this was the only time she cried throughout the afternoon. "I'd be afraid for his safety," she said.

"Collin has said that his friends are at Duke," said Kevin. "If he goes back, they are the only ones who understand this story completely. Collin has said, 'If I go to another school, I'll be that kid from Duke. The rapist.'"

Collin Finnerty's accuser described him as short and plump. Collin is 6 feet 5 inches tall, and lanky rather than bulky. When we met, Collin had just come in from the gym and was headed upstairs for a shower. He is a



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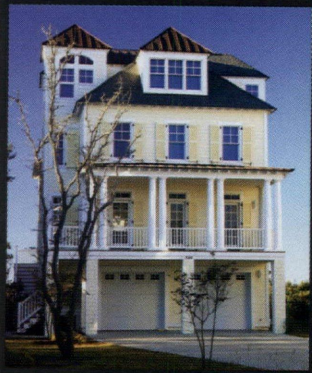
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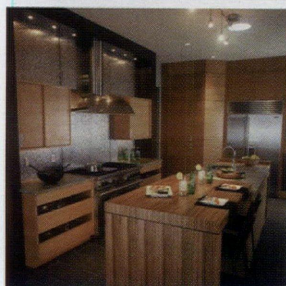


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quiet, shy young man, who looks younger than his 20 years. His mother introduced us with the same pride she would show with the introduction of each of her children, as they arrived home for dinner. He shook my hand, maintaining strong eye contact, though his manner was reserved. He studied my face as we made small talk. It was clear that he's learned recently that everyone can't be trusted.

#### A MOTHER'S SON

I understand that good people can do awful things. I also know that awful things can happen to good people. And within those poles lie the facts in the Duke lacrosse case. Standing at his mother's kitchen sink, I saw a vulnerable, almost fragile young man. I saw the son that his mother knows. After talking to Collin for five minutes, I wanted to leave the room — to go somewhere he couldn't see me — so that I could sob, or scream, or throw something breakable. If these charges turn out to be false, as he and the other defendants claim, it's not possible to undo the damage that has been done to this seemingly gentle young man.


Collin's return to Duke may not be an option, no matter the outcome at trial. Duke's

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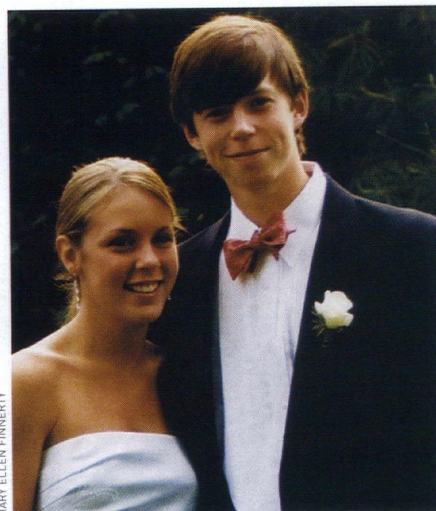
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president, Richard Brodhead, made this point clear in the *60 Minutes* interview: No matter how the case is adjudicated, these boys have admitted to underage drinking and entertaining a stripper. Brodhead's attitude seems a little self-righteous, only if you assume that he has no idea that this same kind of behavior has gone on all over his campus, without consequences. In short, Brodhead and others are still making assumptions that they know about the actions of Collin and his friends that night. For now, no one actually knows if Collin Finnerty was even there at the time the alleged assault took place.

Collin came into the room, wearing a dark polo shirt of his father's. "So you like my shirt, do you?" It seems this is a long-standing Finnerty male joke — they all borrow one another's shirts. It might have been a joke, but there is a comforting solidity and sincerity to Kevin that allows for others to place their confidence in him. I don't doubt this extends to his Wall Street business relationships. But for his children, wearing his clothes must feel a little like putting on armor. Later, when the night developed a chill, Mary Ellen, too, would appear in one of her husband's sweaters.



MARY ELLEN FINNERTY

Collin with his high school prom date.

"People think that I have the toughest time," Collin said, "but it's harder for my mom. It's tough to see her deal with this day after day for something that never happened. I'll be happy to see her sitting on a beach or some place, not having to think about this. When it's over, I'll be happy to see my whole family relieved, but especially for my mom. Right now I can't contemplate a day without this going on. A perfect day

for me would be just hanging out with my brothers. I could zone it out, not think about it for an hour ... but at some point it always comes back around."

Collin's sister, Molly, made an appearance on her way out to a Sweet Sixteen party with friends. She hugged her dad, then patted Collin on the shoulder as she exited the room, leaving the trail of scent in her wake.

When Mary Ellen left the room to put the finishing touches on dinner, Kevin told me that of his family, he worries most about her. I'd seen a pattern in these confidences. Each family member only talked to me about the case when the others weren't in the room. It's as if when they were together, they wanted to keep up the semblance of normality, as if to insulate one another from the case.

Dinner at the Finnerty house was chicken, salad and rice pilaf, served buffet style. They talked about movies and ball games. They teased each other while they waited for their dad to serve his plate. He's always the last to come to the table, they said. When Kevin took his place at the head of the table, the Finnerty family bowed their heads as Kevin gave thanks for their blessings.

*continued on page 79*

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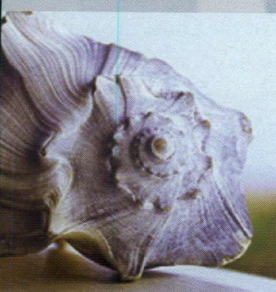




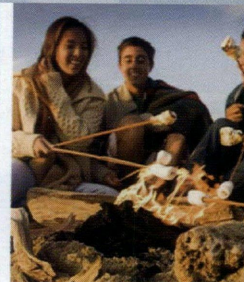


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# WHO'S WHO 2006

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Bernie Reeves  
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# Erskine Bowles

## ALWAYS MOVING FORWARD

Erskine Bowles, president of the University of North Carolina, is 61. But he continues to struggle to find a balance between work and life. So far, work is winning.

"My Dad once told me that no one has ever had written on his tombstone that he wished he'd spent more time at work," Bowles said with a chuckle. "There's still time. But there's a lot to do and many a mile to go."

Bowles toured the state and planned out his goals before he assumed the presidency of the 16-university system in January. Since taking the job he has been relentless, implementing plans to improve access, reduce costs, increase efficiency and instill more accountability into a massive statewide enterprise with nearly 200,000 students and a budget topping \$2 billion. He also supports the Biotech Research Campus being built in Kannapolis by billionaire David



KINSLEY DEY

Erskine Bowles

Murdock and the community college system in the state. He is determined that North Carolina produce an educated workforce that can compete in what he calls a "global knowledge economy."

That's quite an agenda, but Bowles is not intimidated.

"I'm cursed," he said, "with a work ethic."

When his second grandchild was born recently in California, Bowles hopped a plane to see her. Still, duty called. "I took the red-eye back the same night," he recalled.

Bowles and his wife Crandall, who is chairman of the textile firm Springs Industries, have three children and two grandchildren. "Spending time with my grandchildren is my favorite thing to do," he said happily.

Yet, service draws him back each day to his job. A son of the late Hargrove "Skipper" Bowles, a former Democratic candidate for governor, who bestowed considerable philanthropy on UNC-Chapel

Hill, Bowles has been held to high standards as long as he can remember.

"He instilled in my brother (Hargrove), sister (Holly) and I the responsibility to add to the woodpile — to be there for our fellow citizens," Bowles added.

Their father called the three out in public to be examples of service. Bowles recalled the event as if it were yesterday.

"This is something — the best example I can give you. My dad was receiving a big award, and he was supposed to give a big, long speech. He didn't. He said, 'Thank you a lot. I don't want you to judge me by what I have done, but judge me by what my children do for others.' That was a shot in the chest.

"He felt that he had gotten great values and a great education from his parents, and he thought the good things he had done was a reflection on them. If his kids ended up, as he always said, adding to the woodpile, that would be a legacy for him."

Asked if his father, whom Bowles described as his hero, would think he had added enough to the woodpile, Bowles said modestly, "I'd think he'd give me some pluses and minuses for sure."

A multi-millionaire from a career as an investment banker, Bowles donates part of his salary to the school. What he does need for compensation is the opportunity to serve. Twice defeated in runs for the US Senate after serving as head of the Small Business Administration and White House chief of staff to Bill Clinton, Bowles readily accepted the UNC presidency in 2005 after turning down the position in 1997.

"It's the one job in public service that I've always wanted," said Bowles, a graduate of UNC-Chapel Hill and the Columbia University School of Business. "In many ways, I've been blessed by the experiences in Washington. I feel I was better prepared for this job. As chief of staff, I had to manage something really big in the public sector, which was really different. I had to learn how to deal with the press, and I had to deal effectively with a legislative body — all of which is very useful to this job."

Bowles knows he has a big job now in seeking to improve the UNC system.

"Look, I'm a risk-taker, and I never believed much in standing on the status quo," he said. For example, Bowles took the risk of working for Clinton, a close friend, and instilled order at the White House while negotiating legislative deals with a hostile Republican Congress. "You always look to improve the product or the process. You surround yourself with people who will challenge you, and you look for ways to do a job while moving something forward.

"In life, you make mistakes. I've made my share. And I've made mistakes in my job. But you learn from those, and you move on."

Bowles also wants to help build a better future for North Carolina simply because he loves the state.

"It's my home. It's where my heart is. It's where my family is. I love North Carolina to my very core, and of course you want to take care of and nurture anything you love and watch it grow and help anyway you can."

Except politics. Bowles ruled out any more runs for office. "No," he said when asked if he might return to the political arena. "That's absolute. I enjoyed it all I could stand."

—Rick Smith



## William Atkinson II WAKEMED'S DRIVING FORCE

Whether serving as the co-chair of the successful \$970 million Wake County school bond issue, or working his day job as chief executive officer at WakeMed, William Atkinson II operates only at one speed. Full ahead.

"I have noticed that the harder you work, the more luck you have," Atkinson said while walking a reporter and photographer through the massive hospital complex on New Bern Avenue that sits like a fortress on a hill overlooking Raleigh and Wake County.

Since taking over as WakeMed CEO in 2003, Atkinson has managed an increase of more than 200 hospital beds to 852, increased employment of physicians to more than 1000, and grown a total staff to over 7000.

"Over the past 48 months, we've added 2000 jobs," Atkinson said, "and we'll add over 560 over the next 36 months."

Expansion plans include an East Healthplex, 18 beds for the WakeMed Rehab Hospital, and, pending state approval, an air ambulance service. The WakeMed medical conglomerate already includes a major hospital in Cary and satellite facilities in North Raleigh, Fuquay-Varina, Zebulon/Wendell and Clayton. At the main Raleigh campus, ground will be broken soon for a four-story tower and parking deck.

When reviewing all that is happening, Atkinson downplayed his own role: "It's a blessing to be here. ... These good things happen because of the people around you. It's rarely because of something I do. I have the good fortune to stand on the shoulders of other great people before me and around me."

But assembling the team and directing the agenda is Atkinson's job. He does so with intensity and, at 52 years of age, the energy of someone half his age. It's not because he is well-rested, either.

"I hate to sleep," Atkinson said. "I just hate it. I just hate missing what's happening in the world."

Outside of work, he is involved in public service projects, such as the school bond drive that he co-chaired with Ann Goodnight. "I grew up around people who believed in public service," Atkinson said, noting that his great-grandfather is Charles Aycock, who was known as North Carolina's "Education Governor."

Atkinson's office is filled with plaques and memorabilia covering a health services career he launched with a 10-year stint as an Emergency Medical Technician and paramedic. Reproductions of fire trucks and ambulances dot his bookshelves, along with badges from work in the field saving lives, to participating in an anti-drug task force in Colorado.

Under his direction, WakeMed recently was ranked as one of the top 50 hospitals in the country by the Leapfrog Hospital Quality and Safety Survey. "The only one in Wake County, and one of only three in North Carolina," Atkinson pointed out.

WakeMed also recently received Level 1 Trauma status. "From the time someone arrives here with a heart attack, they are having surgery in 28 minutes," he explained. But fast response is not atypical at WakeMed. *USA Today* reported last year that WakeMed's emergency service put patients with physicians in an average of 87 minutes, compared to the national average of 222 minutes.

WakeMed is embracing the latest technology, as well, from induced hypothermia to help select cardiac arrest patients to iBOT,

a robotic device to assist patients with disabilities.

As it grows, the hospital remains committed to its original mission — providing care regardless of one's ability to pay. In the 2005 fiscal year, WakeMed provided \$119 million in charity care out of total expenses of \$640 million.

Atkinson came to WakeMed from the New Hanover Health Network where he had worked for six years. Before that he ran the Columbia Presbyterian/St. Luke's Medical Center in Denver. He grew up in Greensboro and attended the Oak Ridge Military Academy.

"Much of my personality, what I learned and drives me today, I learned on the parade ground at Oak Ridge," Atkinson said. "Duty, honor, country."



William Atkinson II

He especially remembers the tutelage of Sgt. Maj. Marvin Woodward; a photo of the sergeant sits in his office. Atkinson remembered complaining to Woodward one day about someone not being perfect. "Give people time and attention," Woodward counseled Atkinson, then a freshman. "I live by that every single day."

He later graduated from the University of North Carolina at Greensboro, earned a master's degree in public health from the University of South Carolina and a master's in public administration and a doctorate in public administration at the University of Colorado in Denver.

Atkinson and Allison, his wife of 22 years, have three sons, Kellet,



Brantley and Lennox.

An avid reader of military history, Atkinson loves parachuting ("I stopped about 100 pounds ago," he said with a laugh), photography, rock climbing and what he calls "living on the edge."

He also savors overcoming obstacles, such as the huge rocks he recalled that once stymied some construction work on the original WakeMed.

"Some people see rocks. Some see art," Atkinson said. "Whether it's a blessing or a curse, I see art."

—Rick Smith

## Elizabeth F. Buford HISTORY IN THE MAKING

Elizabeth F. Buford, known as Betsy to everyone, is passionate about North Carolina history. Her energy and positive attitude are widely known, beginning with her first part-time position in 1975 with the NC Division of Archives and History, and especially over the last five years as Director of the Division of State History Museums and Director of the North Carolina Museum of History. Buford, who is set to retire March 1, 2007, oversees with a winning enthusiasm the daily operations and long-term development of the museums, including expanding their outreach and mission.

"I was very lucky; I had people who raised me who were interested in history, so I learned very early to appreciate these museums," she said. "That's why I don't mind if young people come in here and make noise. We want them to experience and understand the state's changing history and not be intimidated by museums."

During her tenure, the museums have expanded outreach to all visitors, especially public school teachers and senior citizens across the state. Under her leadership, visitation has increased each year she has been at the helm — up from over 2.7 million in 2002 to a total public impact in the last two years to more than 5 million people — including Museum visits, attendees of programs and courses, workshops and Web site users.

Buford administers seven museums in the division: Mountain Gateway Museum and Heritage Center at Old Fort; Museum of the Albemarle in Elizabeth City; the Cape Fear Museum in Fayetteville; the North Carolina Maritime Museum in Beaufort; and Maritime Museum branches in Southport and on Roanoke Island. To increase visitation at these museums, Buford provided camp and workshop opportunities for children as young as three and four and increased programming for adults and exhibitions.

Buford has increased the number of scholarly programs for adults and brought museum representatives to nursing homes and retirement centers to speak on various historical subjects. In the past year, Buford has also developed a partnership between the Museum of History and The University of North Carolina at Chapel Hill's School of Education and Department of History, which provides free professional development through workshops featuring scholars discussing topical subjects in national history for school teachers.

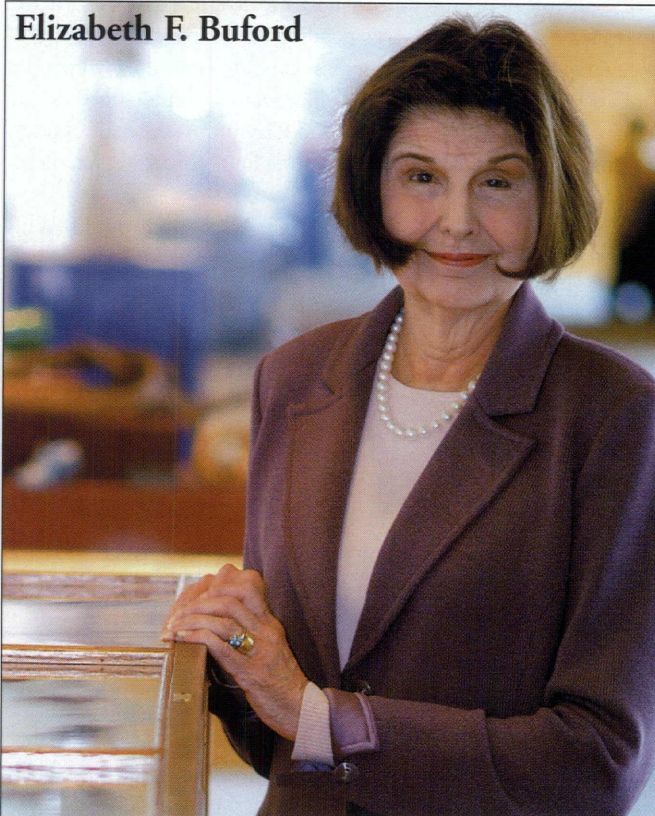
"Working on the different ways that people can experience North Carolina history has really helped our visitation increase," she said. "We try to reach out to different audiences and communities across the state."

Buford's education efforts extend beyond North Carolina's teach-

ers. Under her direction, the North Carolina Museum of History has partnered with the Thomas Day Education Project, receiving seven grants from the National Endowment for the Humanities to bring teachers and museum professionals from 45 states to North Carolina to introduce them to the 19th century free African-American furniture-maker from Milton, NC. The Museum has the largest collection of his work, with over 40 pieces — including two major pieces recently purchased at auction.

One of Buford's primary goals five years ago was to reinstitute a permanent, chronological exhibition of North Carolina history. The proposed exhibit lost funding three times during the '90s due to reallocation of funds to pay for hurricane damage. The project got back underway immediately after Buford took over: A committee is meeting with designers in Boston to develop the look of the new exhibition that will open in late 2007 or early 2008.

### Elizabeth F. Buford



"It grounds the Museum, so that North Carolinians that have been here for generations, or a tourist, or someone who has just moved to the state two days ago, can understand who we are and where we came from," she said.

Buford is modest about her role in the achievements of the state's museums in the last five years, crediting "we" and "us" rather than "me" and "I." Under Buford's watch, the state's history museums have become more professional, cordial and open toward their employees and supporters. And global attention has been brought to the Museum via the Raleigh International Spy Conference over the past four years in a partnership with Bernie Reeves of *Metro Magazine*, including broadcasts of sessions on C-SPAN. This focus and commitment was just part of the reason the Museum of History was named a Smithsonian Affiliate under her direction. It has also allowed



Buford to set the wheels in motion to "finish the building" and create a new entrance for the North Carolina Museum of History.

Buford is retiring on March 1 and has decided to "rest" before she takes on her next responsibilities. While she hasn't made any commitments, she is working to make the second Mannequin Ball set for Jan. 19, 2007, an even bigger success. (The first Ball raised nearly \$25,000 for the Museum's Costume and Textile Fund), and she is interested in helping raise funds for various documentary films in the works.

"When I was very young my father told me that if you can work to make a difference ... then you are successful. I hope my legacy will be the permanent history exhibit, an improved collection, scholarly publication projects, the creation of a North Carolina Museum of History Foundation, the establishment of a development director, but also that I raised the bar on how we do business at the Museum, and gave the Museum more statewide and national exposure."

Buford is married to Donald Mathews, professor of history emeritus and retired assistant dean for academic advising at the University of North Carolina at Chapel Hill. While the museums keep her quite busy with functions on evenings and weekends, in her "spare" time she volunteers as an Executive Mansion Docent and serves on the boards of more than 20 local art, history and charitable organizations.

—Patricia Staino

### **Hodding Carter III FINAL OUTPOST AT UNC**

The voice is still strong, with that bit of Southern twang heard so many years ago every night on television as the Iranian hostage crisis doomed the Jimmy Carter presidency.

These days, the voice of Hodding Carter III sounds forth at the University of North Carolina at Chapel Hill where he is a professor of leadership and public policy.

It's his last assignment, one he relishes.

"This is it. This is the last place," Carter declared. "I will die here and be buried in Greenville." (Mississippi, that is).

Carter, 71, is far removed from his 1980 State Department role of jousting with the press during "America Held Hostage." A warrior of the Civil Rights movement in the 60s as the editor of the family newspaper in Greenville, Miss., a crusader for the rights of blacks within the Democratic Party and an accomplished TV executive and reporter with four Emmys won in his post-Jimmy Carter career, Carter is for the second time in a distinguished career as a professor.

"I am the possessor of the most magnificent unpublished book about the contemporary South," Carter said with a laugh. "I need to finish a couple of books, but that's self-indulgence."

"What I want to do is to get deep into teaching – and this community. I spent four years as a professor at the University of Maryland, and I discovered I enjoyed teaching – a lot. The teaching was great."

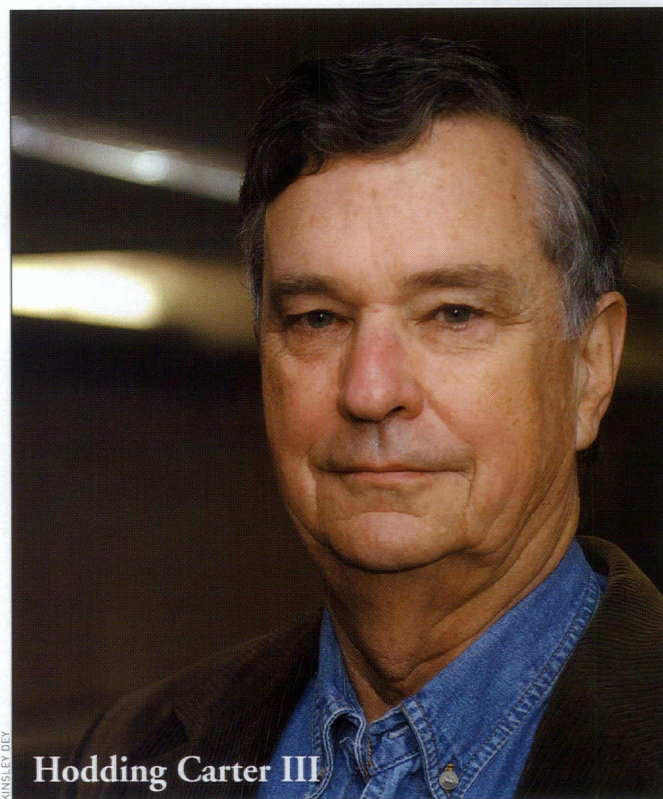
He and his wife Patricia Derian, who served as the first assistant Secretary of State for Human Affairs in a post created by Jimmy Carter, have seven children and 12 grandchildren. One of their sons lives in Chapel Hill, as do two grandchildren. Carter's North Carolina connections include a tour in the Marines posted to Camp Lejeune; campaigning strenuously for former NC governor Terry Sanford to

be president; and calling former Gov. Jim Hunt a close friend. But friends, family and history are not why he is at UNC.

Carter became quite close to former UNC system president Bill Friday while serving as chief executive officer of the \$2 billion Knight Foundation for eight years in Miami. Friday used his position as co-chair of the Knight Foundation's Commission on Intercollegiate Athletics to fight against the excesses of big-time sports on campus.

"I announced two years in advance that I was going to retire, and I shared with Bill that I wanted to do one more thing one more time, and I thought what I really was aiming for was a university. He said: 'Don't look any further.' So here I am."

Carter, a son of a Pulitzer Prize winning father who editorialized in favor of racial tolerance, went to Princeton where he was graduated with honors. Following two years in the Marines, he returned to Greenville as a reporter for the family paper. He later became editor and publisher.



**Hodding Carter III**

His rise to power coincided with the bloody Civil Rights struggle. Carter is most proud of what he accomplished in those dark, frightening days.

"The most satisfying, the best thing I've done in my life is working on and then running a family-owned newspaper between 1959 and 1977," Carter explained. "It was a time now defined as the Civil Rights revolution. I was running a paper in a state committed to white supremacy forever, which meant that I was at the ringside and then a participant in the best story of the time. Period."

"Why was it the best story of the time? Because it had a good outcome. It was exciting and fulfilling, and professionally, it made me grow up very fast."

Carter won numerous awards for his journalism. He also carried a loaded gun for several years due to threats on his life. Carter recalled



vividly one night hiding outside his home with two relatives, all armed to the teeth, as they prepared for an expected attack by the KKK. Carter's editorial that day had called for the governor of Mississippi to be tried on charges of sedition for failing to enforce court-ordered desegregation.

After spearheading efforts to desegregate the Democratic power structure in 1968, and now a committed political activist, Carter joined the Jimmy Carter administration in 1977. In 1980, he launched a successful career as a TV executive and on-air personality. In 1998, he took over the Knight Foundation.

Despite his success elsewhere, Carter chooses to talk most about fighting on the frontlines of desegregation.

"The dramatic and bloody events impelled me toward another decision, which was that I personally was not going to be able to stand there as an observer and commentator," he said, his voice rising. "This is what I had to do. What pushed me over from being a reporter and journalist to activist was the murder of the three boys in Philadelphia, Miss., in 1964.

"At that point, I shifted into activist mode. I was never in the Civil Rights movement, and there's nobody alive who can say that 'Hodding Carter was one of us.' I wasn't. But I did get off the sidelines and help push the whole white supremacy wagon into the ditch."

—Rick Smith

## Surry Roberts ALWAYS CONTINUE

Entering the Raleigh home of Dr. Surry Roberts, I am handed a copy of *Endurance: Shackleton's Incredible Voyage* by Alfred Lansing.

"Without any question, this is the best book I have ever read," said Roberts, a retired physician. "When I think of Ernest Shackleton and what he faced, what I have to face is not ever as difficult. He's my hero."

Shackleton, the famous explorer, saved his 27-man crew after his ship was crushed by ice off the coast of Antarctica in 1915. Sailing 850 miles through the treacherous South Atlantic in a small boat and crossing a mountainous, ice-packed island, Shackleton regained contact with civilization and went on to rescue his shipmates.

Roberts read Lansing's book as a 20-year-old in 1960. Already a restless traveler, the Durham native dreamed of seeing the world. So far, he has visited more than 90 countries. His life, too, has been an incredible voyage.

It's also a tale of endurance.

Now 66, Roberts is virtually blind due to a rare disease. He closed his medical practice as a rheumatologist in Raleigh in 1983 as his eyesight failed. By 1995, he could no longer read. Today he is limited to peripheral vision.

"It's like holding three fingers in front of each eye," Roberts said, demonstrating what he can see. But he navigates his home without a cane and is largely self-sufficient. A team of students helps him read his e-mail and handle correspondence.

Just as Shackleton overcame ice and storm-swept seas, Roberts overcomes his limitations. He is involved in several philanthropic endeavors and remains an active businessman.

For example, he co-owns the 18 Seaboard Restaurant in Raleigh with noted Chef Jason Smith. Roberts met Smith several years ago

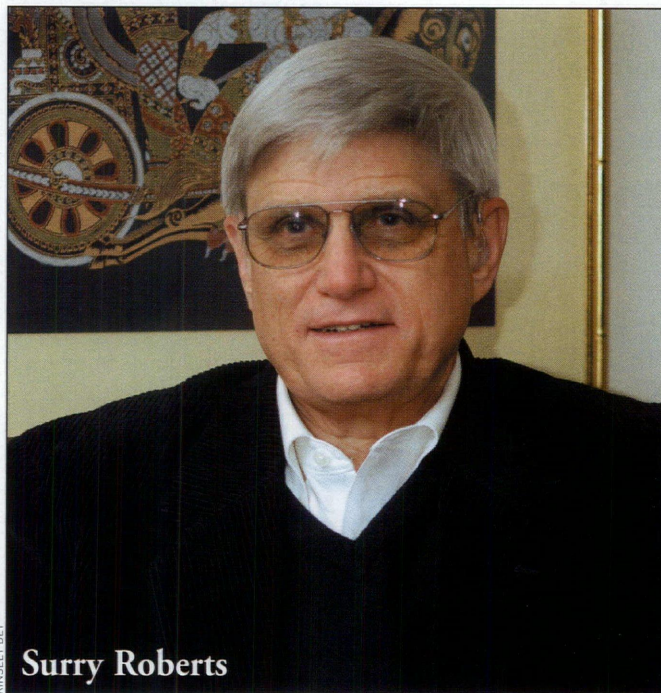
on a trip to Alaska. "It's been open since mid-May and is going like gangbusters," he said, smiling.

Roberts also developed and operates the Sugar Hollow Retreat in Butler, TN. "That's my heart and soul," he explained. The lodge and four guest houses opened in October 2003. His latest effort is a Web services company he launched with James Burns, who helped him at Sugar Hollow.

When not working, Roberts is especially devoted to the Montagnard Human Rights Organization that assists these natives of Vietnam he met while serving with the US Army 5th Special Forces Group as a doctor. Thousands of Montagnards, who were fiercely loyal allies of the US, have moved to North Carolina in the three decades since the war.

"It just sickens me what has happened to them," Roberts said. "We're going to build them a church on Poole Road next year."

Roberts attended the University of North Carolina at Chapel Hill and UNC Medical School, graduating in 1966. He volunteered for the Army, was sent to Vietnam with the 82nd Airborne Division and while there hooked up with the Green Berets.



Before going to Vietnam, Roberts spent several months at an Army hospital in Hawaii. His adventuresome spirit led him to compete in the Makaha International Surfing Championship. Catching the "bowl" of big waves is his "most exciting" experience.

Roberts' home reflects the life of an outdoorsman and adventurer. Bookshelves are lined with travel books and photos of the Himalayas where he has climbed and walked; the Australian desert where he rode camels in a 500-mile trek; and other exotic locations he has visited in his quest to see all he could while his eyesight lasted.

A huge gong he purchased in Hong Kong hangs from the ceiling. Mementoes present a mixture of cultures ranging from Buddhist to Wild West. A bust of Theodore Roosevelt by sculptor Alexander Phimister Proctor is a special possession. Roberts is proud to have been elected to full membership of The Explorers Club in 2006, join-



ing the famous Rough Rider on the elite roll of people who have sought adventure from Everest to the moon.

"Travel has been my whole life," Roberts said. "I still have got that wanderlust. I've got it as bad as anybody I know, and I've still got places I want to go."

This winter, Roberts is traveling to Africa to help Dale Lewis of the Wildlife Conservation Society, who is working with African farmers to stop poaching. Since Lewis' organization pays farmers more for their crops than they receive from others, they don't have to poach game for money.

Even though his sight is limited, Roberts knows he will enjoy seeing Africa.

"You have visual images in your mind, so when you see something it brings back a memory," he said. "You don't have to see something totally to appreciate it. If I can get there to see a sunset, I can appreciate it as much as you can."

"A problem is a problem in how you let it be one. It doesn't minimize your ability to relish and appreciate an activity."

For the rest of his life, Roberts added, he will remain a traveler, businessman and philanthropist.

"Here is my philosophy," he explained. "Buddha said start and then continue. Yogi Berra said when you get to a fork in the road — take it."

"My basic attitude is action is better than no action because even if it's wrong you can change direction once you have started. I really believe that."

—Rick Smith

## Linda Edmisten SAVING THE PAST

The Raleigh we know today wouldn't be if it weren't for Linda Edmisten. Her many years of service in the Raleigh City Planning Department and the North Carolina State Historic Preservation Office quietly shaped the downtown neighborhoods we treasure today.

As a child and teenager, Edmisten's father was in public health service. The family moved quite a bit — every year until she was in the middle of high school in 1969 — but she learned quickly about her new state, fostering an interest in local history.

"A light bulb went off when I realized that buildings reflected this history that I had always liked," she said.

She liked Raleigh so much she told her father she wasn't moving anymore. Luckily, the whole family agreed and decided to stay. She then set off for Ohio University where she majored in art and architectural history, developing skills and interests that served her well when she returned to the Capital City.

Edmisten, fascinated by the wealth of historic significance in Raleigh's buildings and neighborhoods, landed a job in the City Planning Department as a Planning Technician after college.

"Of course, I didn't know anything about planning, so I was very fortunate."

The director of the department had an interest in historic preservation. Since Edmisten was the only employee with a background in architectural history, he named her the city's first historic preservation planner in the early '70s, just as the Oakwood neighborhood

was rallying — led by resident Valley Henderson — to save the residential area from a north-south expressway. In an attempt to stymie the planned construction, Henderson and her neighbors asked City Hall to consider Oakwood as a locally designated historic district. There was a lot of head-scratching among the politicians; this was a request they hadn't faced before. The only historic district in the state at that time was Old Salem.

Edmisten and her team began extensive study and research of the area, resulting in Oakwood becoming Raleigh's first historic district. Around the same time, the state was implementing a plan for the state government complex that included historic Blount Street. Much discussion focused on whether or not the houses on the street were worth saving. In 1976, the Council of State agreed the area should be designated a historic district and, rather than buy the houses and demolish them, the state bought them and converted them to office space, saving many of the houses.



Linda Edmisten

"We're reclaiming the inner city, which we need to do because the more we can live on land that's already developed, less land outside needs to be developed, and then we can still have some farms," Edmisten maintains.

Edmisten's team helped Raleigh follow in the footsteps of Charleston, SC, and Savannah, GA, that were among the leaders in historic preservation at the time as part of a national movement created by the Historic Preservation Act of 1966 that created districts and incentives for historic preservation in localities.

"People were realizing that a lot of national history that actually starts on the local level, was being 'urban-renewed' or being removed for expressways," she said. "The consciousness was just beginning



to arise that maybe we needed to step back and see why history and historic buildings and neighborhoods are important to our national fabric."

Edmisten has been involved in the listing and preservation of thousands of buildings in her career, although she said it's hard to name an exact number or define the extent of her involvement in each. She was personally involved, however, in the historic preservation of the Oakwood neighborhood, the Capitol Area Historic District, the Blount Street District and Mooreland Heights, as well as in some National Registry districts in the Glenwood neighborhood, Moore Square and Cameron Park.

"But this was all a team effort; it wasn't just me," she said. "It was working with local folks and the State Historic Preservation Office and most importantly the property owners." When asked which projects are her favorites, Edmisten demurred, saying it would be like choosing a favorite child.

For Edmisten, the greatest challenge in historic preservation has been finding ways for these old buildings to have a life and a function in the 20th and 21st centuries.

"History is not just these grand designs; it's people living their everyday lives."

She is married to Rufus Edmisten, former Attorney General and Secretary of State of North Carolina and spends her leisure time practicing the art of dressage.

—Patricia Staino

## Gordon Smith

### INTERNATIONAL SPIRIT IN RALEIGH

It's a small world when you consider that the Peace Corps may be responsible for both growth and preservation in downtown Raleigh.

"One of the goals of the Peace Corps is to bring the world back to America," said Gordon Smith, a financial adviser specializing in global stock investing at Smith Barney, who spent two years in India as a Peace Corps volunteer in the 1960s. Inspired by his grandfather, Clarence Poe — editor of the *Progressive Farmer*, the most influential farm publication in the South from the 1880s until the 1960s when the company launched *Southern Living* magazine — one of the four founders of the North Carolina Museum of Art, he decided to start Exploris, a museum of the world in the late 1990s in honor of all he learned traveling abroad.

But Smith's commitment to his community goes beyond spreading an international perspective. His most recent projects are focused on preserving local landmarks and encouraging spiritual healing in the heart of Raleigh.

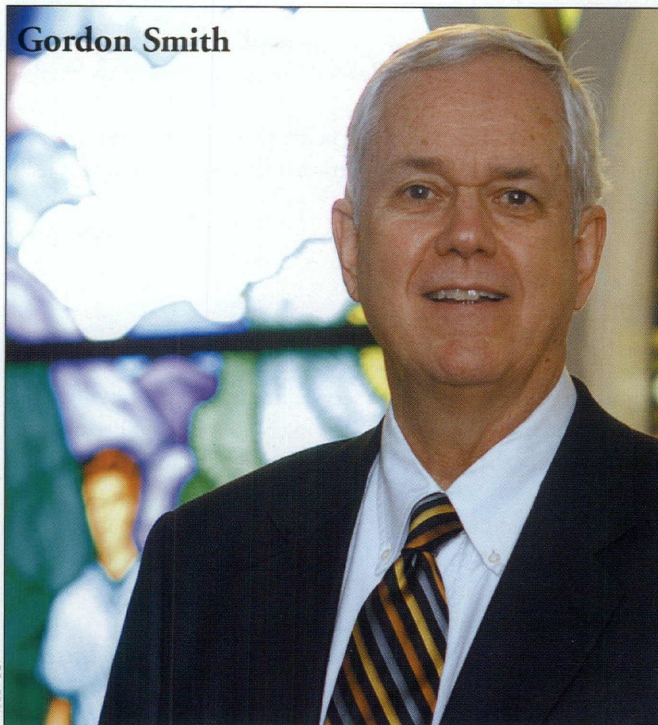
During construction of the Exploris Museum, a Moore Square neighbor, the Tabernacle Baptist Church, put its five-building complex, home to the congregation for 120 years, up for sale. At the same time, the General Assembly passed legislation encouraging nonprofit corporations to start charter schools. Smith decided to start an Exploris middle school and approached the church's representatives about buying one of the buildings. They were hesitant about breaking up the complex and preferred to sell it as one piece of property, so Smith bought the complex himself and sold one of the buildings to Exploris for its school and the parking lot for an IMAX theater.

"When I bought the property from the Tabernacle Baptist Church,

I told them I felt I had a moral obligation to preserve the building, not tear it down," Smith said. "I believe in historic preservation, but my long-term goal was to bring it back as a house of worship. I also wanted to make it available for educational, international and spiritual purposes."

The complex was renamed the Long View Center and has been used as a community center since the Tabernacle Baptist Church moved in 2001. But after attending a service at the Unity Church of the Triangle — and being impressed by the enthusiasm and spirituality of the congregation — Smith agreed to let them move in and use the church for Sunday worship and weekday prayer. A liberal sect of Christianity, the Unity Church welcomes all believers, regardless of background, beliefs or sexual orientation, making it a good fit for the downtown location. The congregation's first service in the new building was held in November.

"I'm excited that the Unity Church of the Triangle has moved in here and all the rhythms of that congregation are infused in this place of worship that's been here for 120 years. I wanted to find a congregation that will hopefully be here for the next 120 years."



He felt he was honoring a longstanding family tradition by preserving a historic building, but also in keeping the building as a church, as well.

"I'm a spiritual person and a believer. Also, my mother never said it, but I believe she always wanted me to be a priest, so I did the next best thing — I bought a church," laughed Smith.

The Unity Church also runs a spiritual bookstore open daily at the Long View Center, and Raleigh Contemporary Gallery has been holding spiritual art exhibits at the site. Almost without trying, Smith has created a spiritual center for Raleigh in the midst of the city's focus on artistic and commercial development.

There is one building left in the complex, a three-story structure with wooden floors and 10-foot ceilings, which Smith hopes to ren-



ovate and make into a center for spirituality and healing, a kind of urban religious retreat center. A committee is hammering out the details to pass on to the architect, but Smith said the second and third floors would be a combination of a monastic hall and a bed and breakfast.

"There's not a whole lot of these out there," he said. "It's an idea I've had for a long time. I am a believer in faith and spirituality, and I believe that brings healing."

In addition to fostering his cultural, philanthropic and spiritual sides, Smith likes to keep in shape with a regular Pilates regimen, as well as swimming and daily walks with Beverly, his wife of 15 years.

—Patricia Staino

### Alice Watkins WOMAN WITH A MISSION

While at her busiest working to revitalize downtown Raleigh and promote development as the executive director of the Downtown Business Association, Alice Watkins was asked numerous times to join the Board of Directors for the Alzheimer's Association. She repeatedly declined because her schedule was overloaded, and she didn't feel she knew enough about the illness or the mission. But the organization persisted, and she finally agreed, saying she could only give them two years.

That was in 1989.

She became president of the Board, causing her to wonder what exactly she was presiding over — the group's office was in shambles, there was no money to fund any programs, and not much seemed to be getting accomplished.

"I have a fix-it personality, but I remember thinking, 'There are some things I just can't fix,'" Watkins laughed.

She told the rest of the Board there were three things she needed them to think about before their next meeting — money, money and money. They did think about it, and things began moving along. Then the Association's director quit with only hours of notice.

"All of a sudden Alzheimer's and dementia became my bedtime reading, and it was the most horrible thing I'd ever read in my life," she remembered. "I wanted to understand what people with Alzheimer's disease were going through."

Her research, as well as watching a man she thought of as a father suffer from the disease — and not receiving quality, long-term care — made the Association's mission personal. Watkins left the Downtown Business Association and began volunteering her extra time to the Alzheimer's Association. Not long after, the Board offered her the executive director position. She told them she could give them six months. ...

Today, the Alzheimer's Association of Eastern North Carolina provides programs and services to individuals with dementia and their families, as well as educating families and the professional community about the disease in 51 counties. The organization also raises funds for a cause and a cure.

In North Carolina, about 150,000 people have been diagnosed with the disease. Nationally, it's estimated that 4.5 million people, most of them over the age of 65, suffer from Alzheimer's. Even more frightening, there are no concrete statistics on those showing signs of the disease from the age of 35 on, yet more cases in younger patients

are being reported each year.

"That's one of the reasons I'm still here," she said.

Thousands are touched by the group annually, mostly due to Watkins' efforts in developing education programs that reach out to the community.

In 1995, Watkins called together a nurse practitioner, an occupational therapist and a social worker who were doing most of the group's outreach and professional training. Together, the team developed hands-on team training for families and professionals to offer quality-of-life to individuals with Alzheimer's disease. Out of their efforts, in September 2003, a training DVD was released, entitled *Accepting the Challenge*. The DVD won several awards for excellence and is now being used across the United States and in 10 other countries.

"I know that the training we've put together provides a quality-of-life for the people who learn it and put it into practice," said Watkins.



Alice Watkins

In 2004, Watkins revamped a longstanding conference that drew 300 attendees from across the state that she felt was not reaching the right people or having the significant impact it should.

"We weren't really reaching the individuals that we're here for — the individuals with the disease and their families," said Watkins. "I wanted to stop the two-day conference and take it out to the people."

She developed one-day conferences with collaborative partners across the state that draw thousands every year. On any given day at a conference, a family attending can talk to neurologists, nurse practitioners, occupational therapists, social workers, attorneys specializing in elder law, and the Association's training team.



"Families have enough going against them in these circumstances. I wanted to provide them with help that was free to them," she explained.

Watkins' current goal is to place Alzheimer's, and dementia in general, as a priority by providing training in community colleges, universities, and nursing and medical schools. She also hopes to provide more respite care for patients and to support and assist the families that care for them. For Watkins, the Association's job isn't done until a cure is found.

"If you don't have your memories, there isn't a whole lot left."

While her work takes up much of her time, Watkins now enjoys gardening as much as she enjoyed the draw of downtown development in the past. She was married to the late John Watkins, a retired military officer who masterminded Raleigh's giant acorn that "drops" each New Year's Eve.

—Patricia Staino

## S. Lewis Ebert

### NORTH CAROLINA'S NEW VOICE FOR BUSINESS

Before meeting S. Lewis Ebert, or "Lew" as he calls himself, bear in mind his favorite slogan: "Good is the enemy of Great," as written by Jim Collins in the first sentence of his business book bestseller *Good To Great*.

Good is not good enough for the 48-year-old Ebert, an honors graduate from Millersville University in Pennsylvania with a degree in political science. He wants to do a great job as president and chief executive officer of North Carolina Citizens for Business and Industry, or NCCBI, North Carolina's de facto statewide chamber of commerce. By doing a great job, he hopes that NCCBI will do a great job in securing a great future for North Carolina.

"That slogan is applicable to people, to companies and certainly to states," Ebert said. "There is a tendency for complacency to settle in, and sometimes that gets in front of progress."

As Ebert knows, North Carolina is in a global competition for jobs, and 2006 was a good year for the state. Industrial recruiters won deals for expansions by companies including Fidelity Investments, Novartis and Merck. The state also won a bidding war to keep Quintiles Transnational from relocating its headquarters to Kansas. But in December, the state lost a battle with Pennsylvania for a new Westinghouse Electric campus.

Coincidentally, Ebert grew up in Pennsylvania and spent 23 years with the Pennsylvania Chamber of Business and Industry before going to Kansas where he headed that state's chamber of commerce for three years before joining NCCBI.

"The competition for jobs is fierce," Ebert said. "Not just the incentives, such as tax breaks, but also working on the fundamentals to keep companies. We want to be on the receiving end rather than the losing end of those deals."

Making North Carolina more competitive for business has been Ebert's goal since he joined NCCBI in August 2006 to replace longtime director Phil Kirk. In Raleigh, Ebert has been a one-man whirlwind, traveling the state to meet NCCBI members. Changes are already being made. For example, NCCBI now calls itself the "North Carolina Chamber."

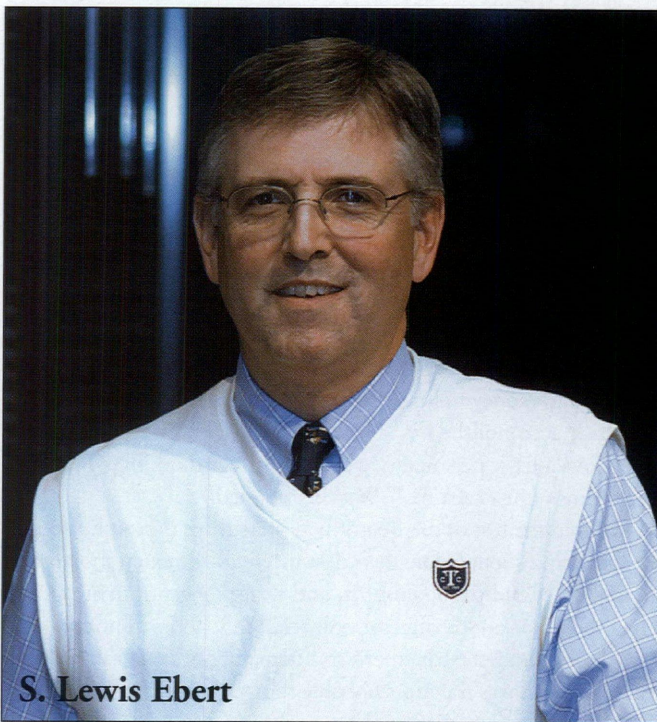
"We're moving in that direction," Ebert said of the Chamber tran-

sition. "It turns out that after three and a half months of touring the state that they see us as a Chamber. You can expect to see us evolve over time in that direction. We are very customer driven."

Under Kirk, a popular and well-known political activist, NCCBI worked the halls of the General Assembly and the back channels of Raleigh to make the state more friendly to businesses.

Under Ebert, NCCBI will also work to promote the state as a place where businesses need to relocate — or stay and expand existing facilities.

Ebert also wants NCCBI to work with its members — "our customers" — in reshaping the organization "so we can get to the next level." Further, Ebert said he wants the group "to focus on a little tighter agenda, probably a narrower agenda, to effectively get things done."



S. Lewis Ebert

In the political area, Ebert stressed a need for non-partisan relationships.

"Our mission statement calls for an effective, non-partisan business advocacy organization," said Ebert. "Good ideas aren't partisan ideas. Good ideas are good ideas."

Ebert also plans to emulate the example set by one of his heroes — Cliff Jones, a longtime president of the Pennsylvania Chamber of Commerce who worked with numerous governors from both parties to improve the Quaker state. "He had a big impact on my life," Ebert said of Jones. "I think about him a lot. He is a consummate developer of people, a mentor and a great individual who did a lot for Pennsylvania and other causes."

Moving to North Carolina was a good idea in other ways than business for Ebert. He and his wife Tammy's older daughter, Jamie, lives in Raleigh and runs the North Carolina Jim "Catfish" Hunter Amyotrophic Lateral Sclerosis (ALS), or Lou Gehrig's Disease Chapter. Her husband, Scott McQuiggan, works at SAS. Their younger daughter, Ashley, is a student at Penn State. And Ebert also happens



to be an avid golfer.

"This is a great opportunity," Ebert said of the NCCBI position and the chance to be closer to family. "It all seemed to make sense to move here."

—Rick Smith

## William S. Powell HISTORIAN LAURETE OF NORTH CAROLINA

With 15,000 copies in print and more on order, William S. Powell's *Encyclopedia of North Carolina* is a big seller, literally and figuratively.

At 1328 pages in an oversized hardback at \$65, the *Encyclopedia* is not a typical light-reading best seller. But Powell, the acknowledged historian laureate of all things North Carolina, is not surprised by good sales.

"No," said Powell, "because I believe in it."

The massive book that Powell — and co-editor Jay Mazzocchi — took more than 15 years to gather completes a trilogy of reference books about his native state that includes *The North Carolina Gazetteer* and the six-volume *Dictionary of North Carolina Biography*. He published a more general history, *North Carolina Through Four Centuries* in 1989.

Born in Johnston County and raised in Statesville, Powell's life spans meeting slaves once owned by his great-grandfather to a time when materials he so studiously worked to archive can be accessed globally through the Internet.

"It's a lifetime of work," Powell said of the *Encyclopedia*. "I believe so much in North Carolina. I know people are buying it. I hope they read it."

He wants people to learn about the state "because it's a great place," he said when asked why he is so devoted to North Carolina's story. "I want to share it with my friends. I've written on more than 20 books, all dealing with North Carolina."

To separate Powell from his Tar Heel roots would be like separating grits from corn meal. Impossible. Only the military and Yale pried Powell away.

"I've lived here all my life except when I was in the Army — not by choice but by necessity — and at Yale for one year when I made a mistake and took a job there," Powell recalled with a laugh. The historian and researcher graduated from the University of North Carolina at Chapel Hill with degrees in history and library science after serving in the US Army intelligence branch during World War II.

After a year stint at the Yale library in 1947, he returned home to work as a research historian at the North Carolina Department of Archives. In 1952, he joined the North Carolina Collection at UNC as an assistant librarian. By 1958, he was curator. In 1973, he launched his teaching career in history at UNC, retiring in 1986.

"I was told they happened to need somebody to teach history, and they offered me the job," Powell said. "This may sound boastful and conceited, but I don't think I ever had to apply for a job, which is really something."

Commenting about his passion for history, Powell said, "I've been collecting information practically all my life. It's a labor of love. But it had another purpose, too. When I retired from teaching, it occurred

to me that it would be a waste of effort if I just dropped my teaching. I decided to work on this encyclopedia and to share what I had learned and accumulated all these years."

Asked why he loves North Carolina, Powell responds quickly.

"The weather. The people who live here — most of them, not all of them — and the things that grow here, the familiarity with the place. Individuals — nearly all the teachers I've had, the authors of certain books."

Powell's family instilled his devotion to history. He recalled how his parents and grandparents shared stories they remembered. Inspired, he sought the stories of others.

"I used to go to the county courthouse in Statesville, sit on the front porch and listen to people, to see what other people knew. There were some Confederate veterans.



William S. Powell

KINSLEY DEY

"I think my grandparents wanted me to understand the things they had known because they had had a good life, and they wanted their children to know the same things. I felt the same way about my own children."

The *Encyclopedia* is the crowning success of Powell's distinguished career, but when asked what he takes the most pride in when looking back on his career, Powell made sure to mention his grandfather, Charles Powell, who once wrote for *The Smithfield Herald*. "I guess it's an ability that I probably inherited from my grandfather, and that is the ability to do a search and to write," he said.

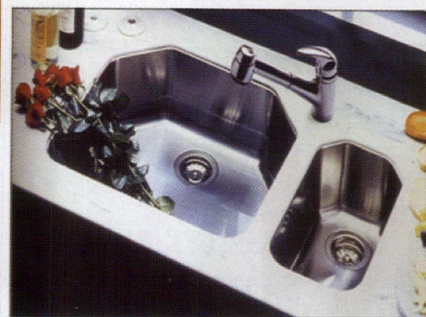
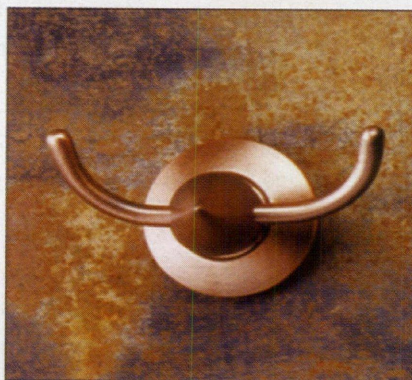
"Someone told me recently that I was a good writer," he said, "and that pleased me immensely."

Powell, 87, and his wife, Virginia, live in Chapel Hill. They have three children and eight grandchildren.

—Rick Smith



experience it for yourself



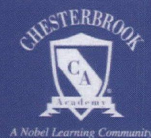
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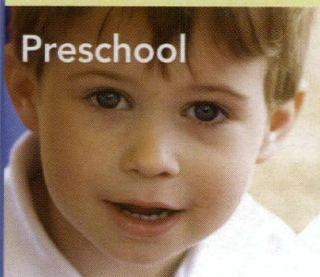
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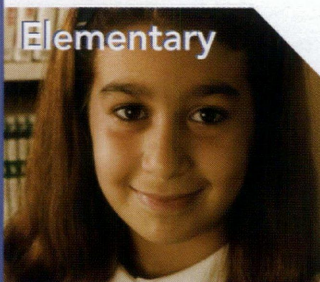
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# Integrated Care Arrives in Raleigh





# Opens Doors To Innovative Concept

by Diane Lea

**A**merican Institute of Healthcare & Fitness (AIHF) at 8300 Health Park off Forum Drive in Raleigh is the Triangle's first integrative healthcare and fitness center. It is the realization of the shared vision of two experienced healthcare professionals, Matt Person, a graduate of Duke University's Health Administration program, who served for 20 years as administrator of Raleigh's Rex Hospital and five years as a global health consultant, and Dr. Jay Stevens, a board-certified family practice physician and the founder of Carolina Family Practice & Sports Medicine. The pair met while both were associated with Rex. They came together five and a half years ago when Person, then a global health consultant, began conceptualizing an innovative model for providing better health care and optimum wellness for a broad spectrum of the population. Stevens, it turned out, was thinking along the same lines. Instrumental in the development of the Raleigh facility were Mason Williams and Catherine S. Williams, a husband-and-wife team who saw a meaningful use for a beloved tract of land owned by Catherine's family located in a rapidly developing upscale neighborhood of Northeast Raleigh.

"The core of AIHF is bringing together medical and health professionals in a state-of-the-art health and fitness complex to deliver quality, integrated care with the necessary ancillary health services," says Person. "AIHF is unique in our approach to healthcare delivery, and a direct response to the increasing fragmentation of our mainstream healthcare system." Person's emphasis on creating an outpatient setting where the highest quality specialists would be working collaboratively with other healthcare providers and communicating regularly with each other about their patients and research projects dovetailed nicely with Stevens' experience in the area of family practice and sports medicine. "We wanted the user to be able to enter the system at any level," says Person, "a primary care physician, a health club membership, a visit to the spa, or nutrition center, a specific counseling or educational program, or an annual physical at the executive health center — and be able to be referred easily to any other area when the need arose."

To this end, AIHF offers, under one roof, medical and surgical physician offices, a fitness center, a nutrition center, spa, counseling, a holistic center, a dental health center, executive health facilities, radiology services, labs, a pharmacy, voluntary health organizations, a café, sports medicine, physical therapy, clinical research, clinical education and a conference center.

**Photography by Kinsley Dey**





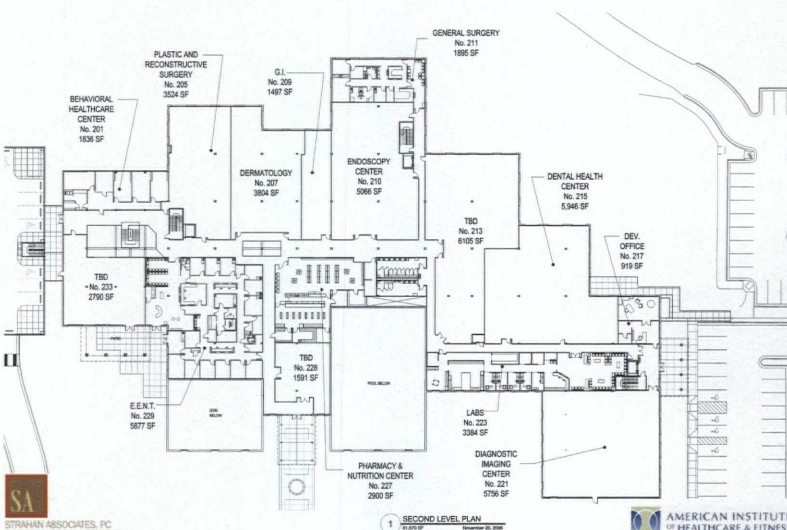
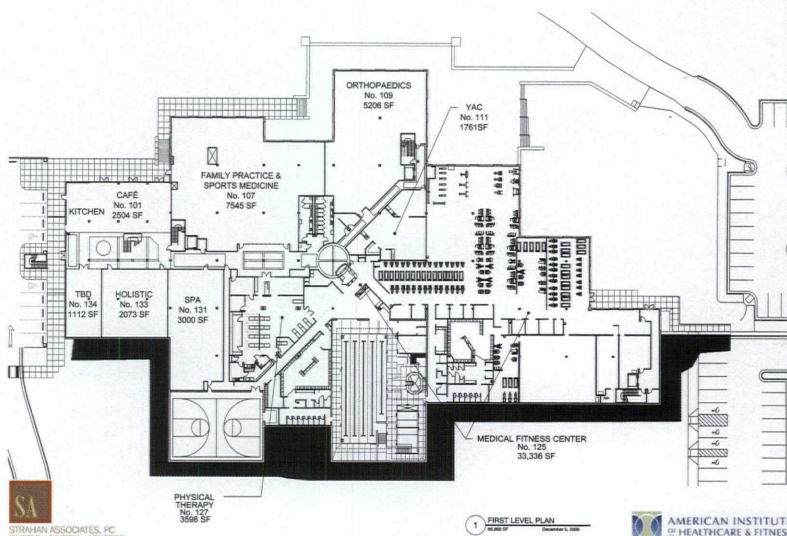


"We are particularly proud of the executive health center," Person comments. "Our first corporate client is Cisco Systems, Inc., which enrolled 20 of their executives from across the country in the executive corporate healthcare and fitness program." The program provides individuals with primary and preventive care services, including medical management, focused consultation, disease prevention and lifestyle modification.

Mason and Catherine grew up as near neighbors in Northeast Raleigh where the AIHF center is located. The home where Catherine was reared is still standing next door to the 180,000-square-foot center. "We were approached by Matt and Jay when they were looking for a site for AIHF," says Catherine. "We thought my mother, who died in 1999, would approve of that use of the land, so we became part of the team." Mason points out that the 16.5-acre parcel could have been developed with a 75 percent floor-area-to-site ratio, while AIHF occupies only 25 percent of the site. "Matt and Jay's vision was to keep the setting natural. They wanted it to feel and look different from a traditional healthcare facility — more like a residential complex or a fine resort."

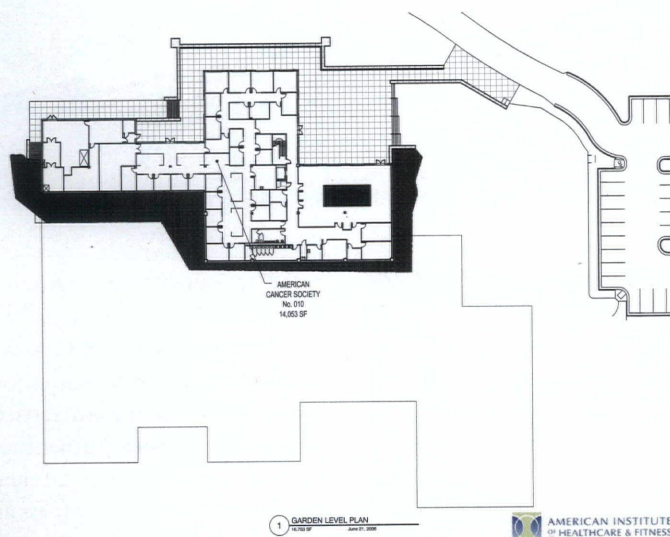
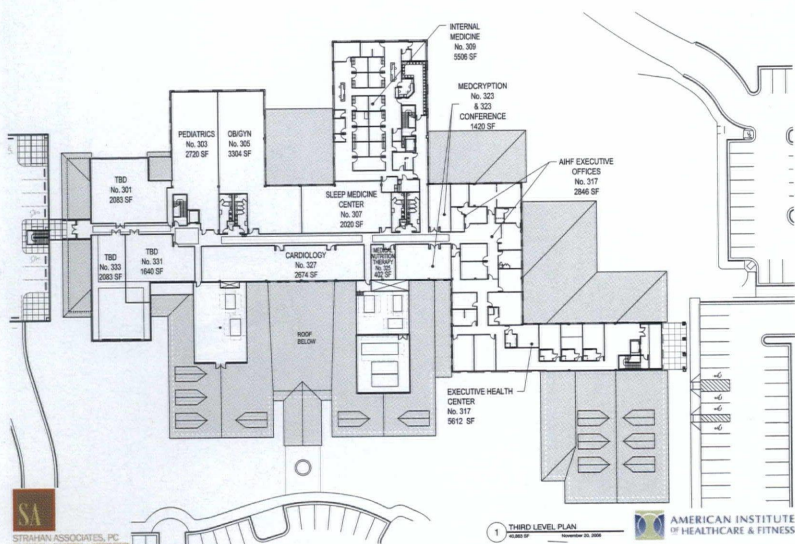
With these guidelines in mind, the Williamsses and architect Bennett Strahan, who studied at Frank Lloyd Wright's famous design workshop, Taliesin, have created a low-rise, nicely disaggregated structure of softly toned stuccoed concrete with a dark grey metal roof. Though the center is actually a four-level, tilt-up concrete structure, it settles nicely into the rolling tree-studded terrain naturally landscaped by Jim Griffin Landscape Architecture of Charlotte. Views from the rear elevation are of a 5-acre lake, enhanced by the extensive lower terraces designed for outdoor strolls and events and fund-raising functions. Birmingham, AL-based Hoar Construction, one of the top 10 healthcare contractors in the country, was selected to build AIHF.

The main entrance is on the second level and directly accessible from a main arrival parking area. Multiple dormers and simple but large-scaled rectangular windows with lintels add to the center's residential feel. Though the three-story garage is large, it is well designed to blend with the gabled and pedimented wings of the main structure, and features a stepped and



Meticulous planning allows ease of access among medical specialists and collaborative services throughout the multi-level complex.





crenulated wall with large window openings for light and air.

The center has six comfortable entrances, three of which facilitate access from the garage to the first, second and third levels. There are also entrances on the first level into the café and the medical fitness center. On the garden level there is an entrance to the lobby of the American Cancer Society and the 300-seat Conference Center and an entrance on the second level to provide direct access to the elevator for AIHF Executive Health. All entrances enjoy tall ceilings and large windows that give a sense of spaciousness and light. Within the building every effort has been made to provide views by means of large interior windows that literally see through office spaces to the out-of-doors.

Entering on the second level, the visitor is aware of the easy-to-read digital display signage that allows for direct communication by the visitor with offices and service centers. The flooring throughout is muted, two-toned marmoleum, a natural turpentine-based, emission-free product. It leads the visitor to an internal intersection where the handsomely appointed pharmacy and nutrition center form a corner. The pharmacy's entrance and two sides are glass panels with stainless hinges; inside the open shelving serves as both a design and functional element.

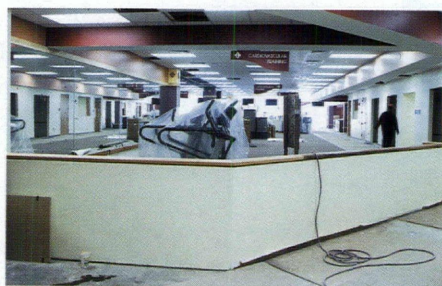
Located on the second level are Carolina Performance Sport Psychology and Sport Psychiatry, The Dermatology Center of Raleigh, Digestive Healthcare, Raleigh Endoscopy Center – North, Capital Surgical Associates, Dental Health Center, Quest Diagnostics, Wake Radiology Diagnostic Imaging, Williams Properties, Health Park Pharmacy, AIHF Nutrition Center, and North Carolina Eyes, Ears, Nose & Throat.

Crisp, clean lines are evident throughout the center. The horizontal metal railings of the open industrial-style staircases are painted a faux mahogany to match door surrounds and other interior details. Many walls are off-white with moldings and portrait rails intended for displaying artworks AIHF plans to acquire over time. A two-story Thomas Sayre mobile is suspended into the first-level lobby that serves as a central foyer for the café and holistic health center and channels visitors to the spa, Carolina Family Practice & Sports Medicine, Sports & More Physical Therapy, Triangle Orthopaedic Associates, and Healthtrax Fitness & Wellness.





State-of-the-art equipment and light-filled spaces create an efficient and pleasant environment.



The mobile is a steel spiral with hanging round stones. The contrast of sleek, modern materials and the organic earth-colored stones is striking. The spiral terminates above a mirrored terrazzo circle with an eye of light at the center.

The first or lower level of the center is devoted to physical activities and therapeutic services, including orthopaedics and an extensive medical fitness center, which integrate with the family practice and sports medicine area. "We have a large basketball court, transitional fitness center and pool area here," says Mason. "The aquatics center has a lap pool, whirlpool, therapy pool, sauna and steam room. All of the space allo-

cated to our fitness partner Healthtrax Fitness & Wellness is here." Since 1979, Connecticut-based Healthtrax has been specializing in integrating fitness, wellness education, traditional medical services and rehabilitation by forming partnerships with leading healthcare systems to create welcoming, centralized community fitness and wellness centers. AIHF Healthtrax center is the first in North Carolina, though there are 17 Healthtrax centers located throughout New England, New York, Pennsylvania and Maryland. "Healthtrax has a women-only, private fitness area and offers an array of classes including yoga, Pilates and group cycling," Mason explains. "The center has top-of-the-line equipment for addressing cardiovascular health, as well as strengthening and flexibility."

With 128,438 square feet of its total square footage concentrated in the first and second levels, AIHF is able to accommodate a special corporate partner, the American Cancer Society (ACS), in its own private space on the lower garden level. ACS occu-





pies a little over 14,000 square feet of offices and conference spaces. Dedicated to the prevention of cancer, saving lives of cancer patients, and diminishing suffering through research, education, advocacy and service, ACS holds a special place in the AIHF model. Person sees the ACS assisting AIHF to build knowledge-based experiences and networks throughout the nation and in other countries.

AIHF executive offices are located on the center's third floor, a 40,863-square-foot space shared with Boylan Medical Associates, Carolina Cardiology Consultants, Healthy Diets, and AIHF Executive Health.

AIHF is taking shape, and more physicians, clinics and services are filling the handsome, user-friendly building in its park-like setting. Says Person, reflecting on the next steps for AIHF: "Our goal is to make Raleigh known for leadership in creating a quality-of-life that integrates health, fitness and disease prevention. We want our city to be recognized for innovation and excellence in total health, as this will be an important factor in our future ability to attract the people and businesses from throughout the nation and around the world to fuel our economy and contribute to the continued success and growth of our community." ■

Views of the naturalized setting add an aesthetic element to medical care.



## Grand Opening Open To All

The Grand Opening event for the American Institute of Healthcare & Fitness is set for Saturday, Jan. 27, 2007 from 10 a.m. to 4 p.m. The event will include health and fitness screening tests, educational information for all ages, interactive stations — including "heart smart", diabetic friendly cooking exhibitions, fitness and exercise exhibitions and kid-friendly events including clowns, face-painting, and dancing with a deejay. The event is open and free to the public. Goodie bags will be given to the first 500 patrons.

Abby Y. Fairbank  
919.418.8932  
Vice President & Director  
of Operations





## AIHF Provider List

Suite	Specialty Group / Practice Name
10	ACS American Cancer Society - South Atlantic Division
107	Family Practice & Sports Medicine Carolina Family Practice & Sports Medicine
109	Orthopaedics Triangle Orthopaedic Associates, PA
125	Fitness Center Healthtrax Fitness & Wellness
127	Physical Therapy Sports & More Physical Therapy, Inc.
201	Psychology & Psychiatry Carolina Performance Sport Psychology & Sport Psychiatry
207	Dermatology The Dermatology Center of Raleigh, PA
209	Gastroenterology Digestive Healthcare, PA
210	Endoscopy Center Raleigh Endoscopy Center - North
211	General Surgery Capital Surgical Associates, PA
215	General Dentistry Dental Health Center: Thomas E. Long DDS, PA - Raleigh Institute for Aesthetic Dentistry
215	Oral & Maxillofacial Surgery Dental Health Center: Gerald W. Upton DDS MS PhD, PA
217	Development Office Williams Properties
221	Radiology Wake Radiology Diagnostic Imaging, Inc.
223	Laboratory Quest Diagnostics, Inc.
227	Pharmacy Health Park Pharmacy
227	Nutrition Center AIHF Nutrition Center
229	Ophthalmology & Otolaryngology North Carolina Eye Ear Nose & Throat, PA
309	Internal Medicine Boylan Medical Associates, PA
317	AIHF AIHF LLC
320	Executive Health AIHF Executive Health
325	Medical Nutrition Therapy Healthy Diets, Inc.
327	Cardiology Carolina Cardiology Consultants, PA



# Wedding Guide

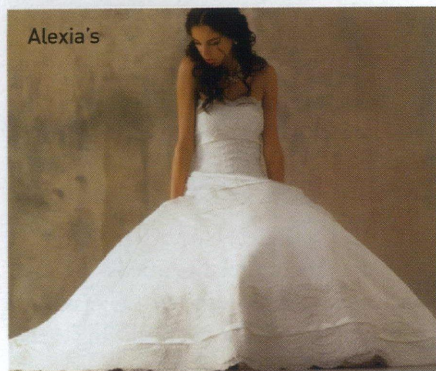
Information compiled by Jennifer Hadra and Dan Reeves

## DRESSES

### Alexia's Bridal Boutique

1051 Darrington Drive  
Cary, NC 27513

Brides-to-be can schedule customized appointments complete with a fashion show to determine gown preferences. Designers include Carmela Sutura, Elizabeth Filmore,

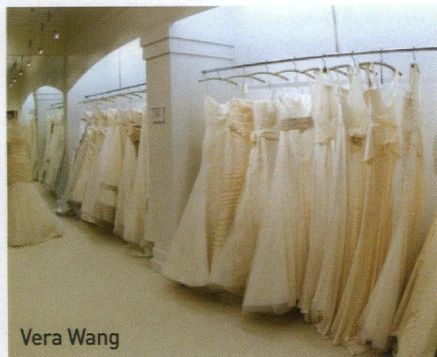


Alexia's

Reem Acra, Suzanne Ermann, Ulla-Maija and Vwidon. Accessories and alterations are available for additional charge. Visit online at [www.alexiasbridal.com](http://www.alexiasbridal.com) or call 919.481.6633.

### Vera Wang Salon at Alexia's

One of two on the East Coast, the Vera Wang Salon at Alexia's features a large selection of Vera Wang items including Vera Wang maids, lingerie, fragrance, home and fine papers. The salon is connected to Alexia's Bridal Boutique, but is available for viewing by private appointment only. Visit online at [www.alexiasbridal.com](http://www.alexiasbridal.com) or call 919.481.6633.



Vera Wang

### Victorian Rose

122 Glenwood Ave.  
Raleigh, NC 27603

Located in Glenwood South's antique and restaurant district in Downtown Raleigh, the stock list at Victorian Rose includes Tara Keely, L'ezu Atelier, Lazaro, Jim Hjelm, and Marisa. Bridesmaids dresses include designers Watters and Watters, Bill Levkoff, and Charsa. Silk bridal shoes, gloves, handbags and undergarments are also available. Visit [www.victorianrosebrideals.com](http://www.victorianrosebrideals.com) or call 919.833.1898.

### Traditions

4209-100 Lassiter Mill Road  
Raleigh, NC 27609

With over 16 years of experience helping brides find the right dress, the welcoming atmosphere at Traditions includes a wine bar and sitting area. Designers include Birnbaum & Bullock, Christos, LeaAnn Belter, and Romona Keveza. Bridesmaids lines include Simple Silhouettes and Kathlin Argiro. Flowergirls' dresses, veils and headpieces are also available. Visit [www.traditionsbridalshop.com](http://www.traditionsbridalshop.com) or call 919.783.8680.

### Enchanting Moments

132 S. Fuquay Ave.  
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Enchanting Moments has offered brides custom-fit attire for more than 50 years. Lines include Amsale, Helen Morley, Justin Alexander, Lazaro, Michelle Roth, Reem Acra, and Stephen Yearick. Mother's dresses and rehearsal dinner dresses are also available. Visit [www.enchantingmoments.biz](http://www.enchantingmoments.biz) or call 919.552.6393.

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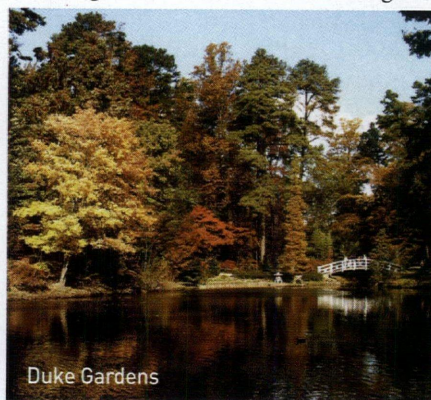
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clude the Iris Bridge, North Terrace, South Lawn and Bloomquist Gardens. A Duke Gardens event coordinator will assist in finding the right location for the big event. Call 919.684.3698.

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emony chairs arranged on the lawn, and microphone and sound system for vow exchange. Indoor and terrace ceremonies are also available. Call 866.877.4141 or visit [www.theumstead.com](http://www.theumstead.com).

### Cardinal Club

150 Fayetteville Street Mall  
Suite 2800  
Raleigh, NC 27601

Exchange vows or host a reception on the penthouse levels of the Wachovia Capitol Center overlooking Downtown Raleigh. The quarters include the elegant Main Dining Room on the 28th floor, the Library Bar on the 29th floor and seven private dining rooms. Visit [www.cardinal-club.com](http://www.cardinal-club.com) or call 919.834.8829.

### Governor's Club

11477 Club Drive  
Chapel Hill, NC 27517

This exclusive country club offers a beautiful setting, featuring a Grand Ballroom surrounded by verandahs with views of the lake and golf course. The Clubhouse accommodates up to 250 guests for seated

dinners and 350 for a cocktail reception. Visit [www.governorsclub.com](http://www.governorsclub.com) or call 919.933.7500.

## CATERERS

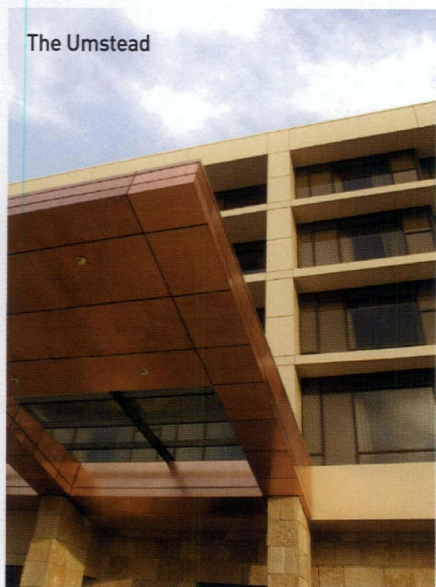
### Ladyfingers Caterers

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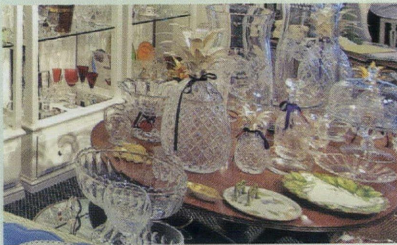
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910.692.2744

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



## Gift Guide

**Brides-to-be** looking for unique china to adorn their table can visit Raleigh's Quintessentials. From Juliska's line of microwavable, everyday dinnerware to Anna Weatherly's hand-painted, mix-and-match patterns, to the Queen's China, Royal Copenhagen "Flora Danica," Quintessentials has a place setting for every occasion. The store's bridal tables, which let brides set a table with items on their registry, make gift shopping easy for wedding guests. For more information on bridal registry, china patterns and items available at Quintessentials, call 919.785.0787.



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If exceptional creativity and impeccable taste is what you require for your wedding reception, Sister's Garden is the obvious choice. Since 1976, they have been providing the Triangle and Eastern NC's betrothed with innovative menus, dramatic settings and immaculate service. Call 919.872.2100 or [www.sisterscatering.com](http://www.sisterscatering.com).

### Mitchell's Catering and Events

1732 Capital Blvd.  
Raleigh, NC 27604

Mitchell's offers not only the finest in catering, but also premier service when it comes to designing events. The creative, confident staff serves delectable food and handles your occasion with style and graceful efficiency. Their offerings are sophisticated and mouthwatering. Visit [www.mitchellscatering.com](http://www.mitchellscatering.com) or call 919.847.0135.

### Catering Works

905 Tryon Hill Drive #106

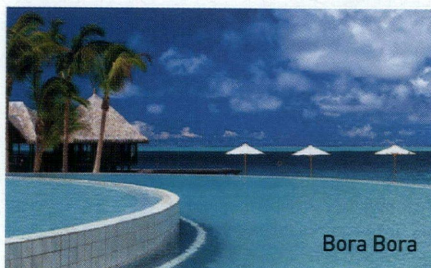
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### HONEYMOON DESTINATIONS

#### Bora Bora, Tahitian Islands

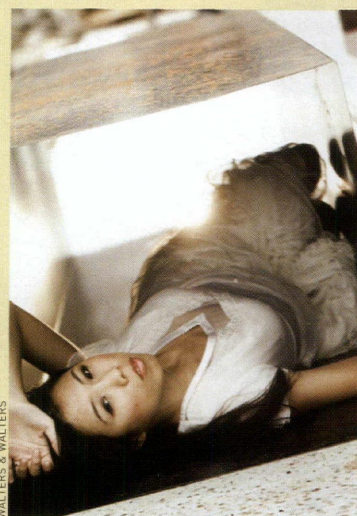
Take in an emerald-green island almost completely encircled by offshore islets and reefs known throughout the world as a romantic, unspoiled retreat for weddings



Bora Bora

## Worth a Thousand Words

If a picture is worth a thousand words, the wedding photos of Walters & Walters write a novel. With over a decade of professional experience, husband-and-wife team James and Meridith Walters' straight-forward photography style captures the beauty and emotion of each wedding they shoot. The photography duo works with the bride and groom to produce images that reflect the couples' personality together and as individuals. Believing that every photograph tells its own story, Walters & Walters capture the candid details of the day, as well as the traditional shots that place the viewer back in that unforgettable moment. For more information about Walters & Walters photography, visit [www.waltersandwalters.com](http://www.waltersandwalters.com).



WALTERS & WALTERS

### Other photographers in the Triangle include:

Burnie Batchelor Studio, Inc.  
[www.burniebatchelorstudio.com](http://www.burniebatchelorstudio.com)

Elizabeth Galecke Photography  
[www.elizabethgalecke.com](http://www.elizabethgalecke.com)

Kim Crenshaw Photography  
[www.kimcrenshawphotography.com](http://www.kimcrenshawphotography.com)



and honeymoons. Enjoy authentic and refined cuisine, serenades by local musicians, fish watching, star-gazing and much more.

### Maui, Hawaii

"Paradise" is a word that takes on a special meaning for couples planning to honeymoon in Maui's Magic Isles. What bet-

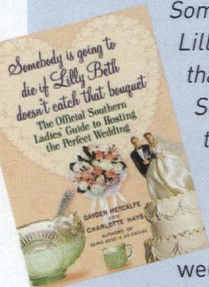


### Southern Style

Planning a wedding below the Mason-Dixon Line? Authors Gayden Metcalfe and Charlotte Hays have compiled the essential elements of a Southern wedding in their new book

*Somebody is going to die if Lilly Beth doesn't catch that bouquet: The Official Southern Ladies' Guide to Hosting the Perfect Wedding.* Metcalfe and Hays combine the traditional elements of a

wedding primer such as music playlists and must-serve recipes with witty anecdotes about the eccentricities of holy matrimony in the South. Due out in April 2007, visit [www.hyperionbooks.com](http://www.hyperionbooks.com) for more information.





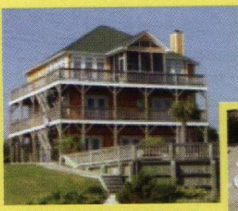
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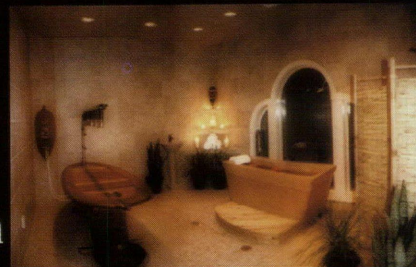
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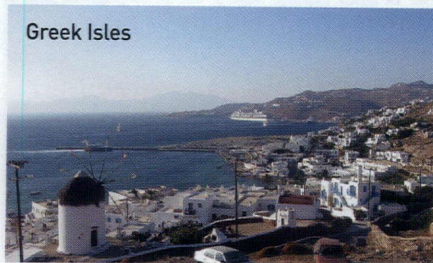




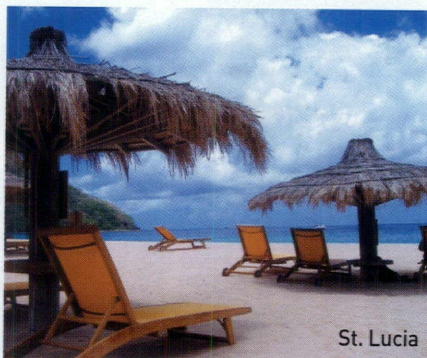
ter time for a magical sunset or moonlit walk on a tropical beach? What better setting than a tumbling waterfall framed by hillsides carpeted in exotic blooms and a gorgeous green rainforest? Candle-lit dinners in a world-class restaurant; snorkeling in an underwater garden; hiking the magnificent Haleakala Crater; the list of guaranteed memories goes on and on.

### Greek Isles

Natural beauty, amazing sunsets, sapphire waters and traditional Greek archi-



itecture combine to create one of the world's most romantic honeymoon settings. While all of the islands share a common thread, each one has its own distinct personality.



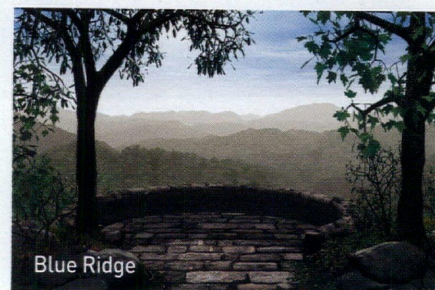
### St. Lucia

Dedicated to the idea that great couples deserve a special place in the sun they can call their own. Come to an escape exclusively for the man and woman who happily choose to share their lives. Everything is

provided to create an idyllic time in an idyllic place.

### Western North Carolina

The majestic Blue Ridge Mountains welcome you to honeymoon in luxury. Find solace and comfort under a blanket of stars while treating yourselves to the finest in dining, outdoor recreation and natural beauty. Asheville is the perfect destination for honeymooners who don't want to go too far from home.



## Envisioning a seaside wedding?

Here are a few locations in Eastern North Carolina that are sure to suit your style for the big day:

### Currituck

Corolla, NC  
500 Hunt Club Road  
Corolla, NC  
866-428-6826  
[www.visitcurrituck.com](http://www.visitcurrituck.com)

Capacity - over 400  
Price - \$35 and up  
Outdoor Space +  
Ceremony +  
Guest Rooms +  
Outside catering +  
Bridal Suite +

### The Sanderling

Duck, NC  
1461 Duck Road  
Duck, NC  
800-701-4111  
[www.thesanderling.com](http://www.thesanderling.com)

Capacity - up to 100  
Price - call for details  
Outdoor Space +  
Ceremony +  
Guest Rooms +  
Outside Catering +  
Bridal Suite +

### Currituck Club

Currituck, NC  
620 Currituck Clubhouse  
Drive  
Currituck, NC  
888-453-9400  
[www.currituckgolfclub.com](http://www.currituckgolfclub.com)

Capacity - Up to 150  
Price -  
Outdoor space +  
Ceremony +  
Guest Rooms -  
Outside catering -  
Bridal Suite +

### China Grove Plantation

Arapahoe, NC  
2989 Janeiro Road  
Arapahoe, NC  
252-259-4992  
[www.chinagroveplantation.com](http://www.chinagroveplantation.com)

Capacity - 250  
Price -  
Outdoor space +  
Ceremony +  
Guest rooms +  
Bridal Suite +  
Outside catering +

### NC Maritime Museum

Beaufort, NC  
315 Front St.  
Beaufort, NC  
252-728-7317

Capacity - 150-200  
Price - \$1500-\$2000  
Outdoor space +  
Ceremony +  
Guest Rooms -  
Outside catering +  
Bridal Suite -

### City Club at deRosset

Wilmington, NC  
23 S. Second St.  
Wilmington, NC  
910-343-1800  
[www.cityclubatderosset.com](http://www.cityclubatderosset.com)

Capacity - 150-300 (outdoor)  
Price - starting at \$185 per person  
Outdoor space +  
Ceremony +  
Guest Rooms +  
Bridal Suite +  
Outside catering -

### Bellamy Mansion

Wilmington, NC  
503 Market St.  
Wilmington, NC  
910-251-3700  
[www.bellamymansion.org](http://www.bellamymansion.org)

Capacity - 150-200  
Price - \$1500-\$3000  
Outdoor Space +  
Ceremony +  
Outside Catering +  
Guest Rooms -  
Bridal Suite +

### Airlie Gardens

Wilmington, NC  
300 Airlie Road  
Wilmington, NC  
910-798-7700  
[www.airliegarden.org](http://www.airliegarden.org)

Capacity -  
Price - call for details  
Outdoor space +  
Ceremony +  
Guest Rooms -  
Bridal Suite +  
Outside catering +

### The Sunset Inn

Sunset Beach  
9 North Shore Drive  
Sunset Beach, NC  
910-575-1000  
[www.thesunsetinn.net](http://www.thesunsetinn.net)

Capacity - 100  
Price - \$1500-\$2000  
Outdoor space +  
Ceremony - beach  
Guest Rooms +  
Bridal Suite +

### Bald Head Island

Southport, NC  
5079 Southport Supply Road  
Southport, NC  
910-457-3703  
[www.baldheadisland.com](http://www.baldheadisland.com)

Capacity - depending on location  
Price - call for details  
Outdoor Space +  
Ceremony +  
Guest Rooms +  
Outside Catering -  
Bridal Suite +





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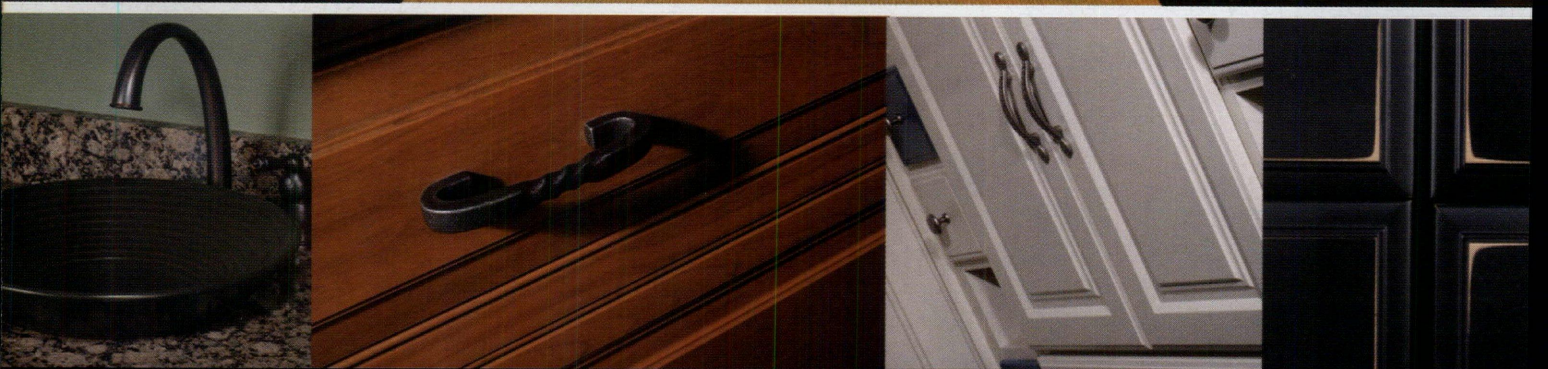
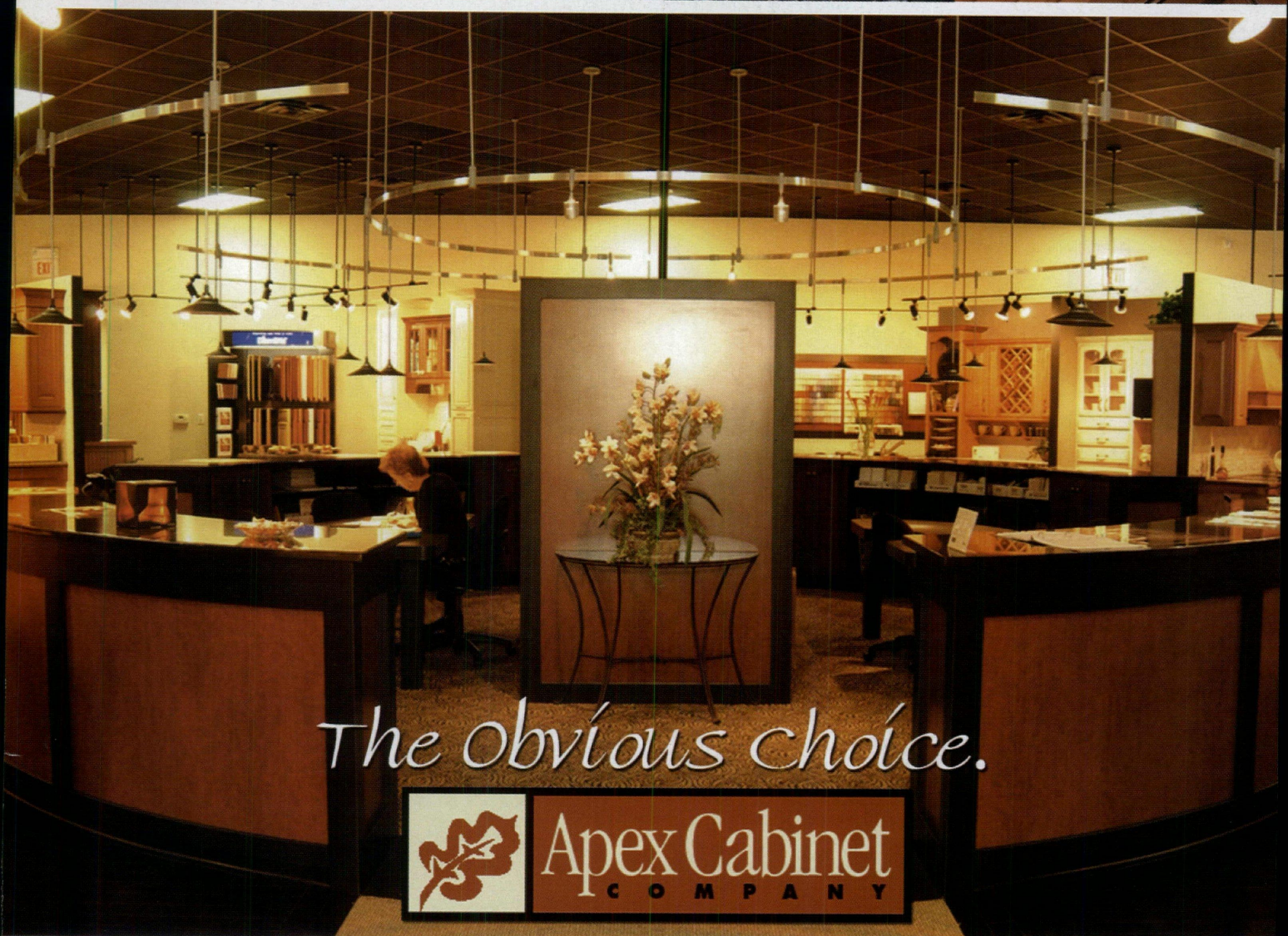
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Grammy Award-winning trumpeter Chris Botti will perform at Carolina Theatre on Jan. 19. (See Preview Pop Music for more details.)

Coinciding with the North Carolina Museum of Art's exhibit, Carolina Ballet will present an evening of new work inspired by the paintings of Claude Monet from Jan. 11-14. (See Preview Stage and Screen for more details.)

CHRIS BOTTI



# Openings

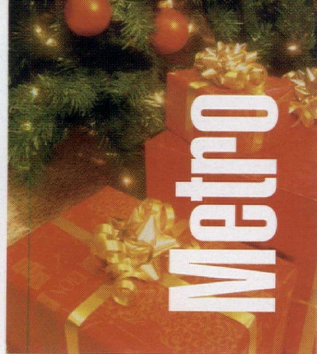
RIGHT IMAGE PHOTOGRAPHY

The Red Hot Chili Peppers will perform songs from their new album *Stadium Arcadium*, including the hit "Dani California," at the RBC Center on Jan. 22. (See Preview Pop Music for more details)



RED HOT CHILI PEPPERS





# Preview

by Jennifer Hadra

## AN EVENT-FILLED NEW YEAR

### GALLERIES

**NEW WORKS BY MT MCCLANAHAN, SHAUN RICHARDS & SANDY NELSON:** Fountainside Gallery, Wilmington; Thru January. Contact 910-256-9956 or [www.fountainsidegallery.com](http://www.fountainsidegallery.com).

**A RETROSPECTIVE OF PAINTINGS BY ROBERT BRODERSON (1920-1992):** Gallery C, Raleigh; Jan. 5-Feb. 13 (Opening Reception Jan. 5). Contact 919-828-3165 or [www.galleryc.net](http://www.galleryc.net).

**WHO LET THE DOGS OUT:** Dog portraiture and paintings by Hilda Spain-Owen; City Art Gallery, Greenville; Jan. 12-31 (Opening Reception & Dog Cir-

cus Jan. 12). Contact 252-353-7000 or [www.city-art-gallery.com](http://www.city-art-gallery.com).

**TRAVELOGUE — ONE ARTIST'S JOURNEY:** Assemblages by Lisa Nostrand; Durham Arts Council Allenton Gallery, Durham; Thru Feb. 11 (Opening Reception Jan. 12). Contact 919-560-2787 or [www.durhamarts.org](http://www.durhamarts.org).

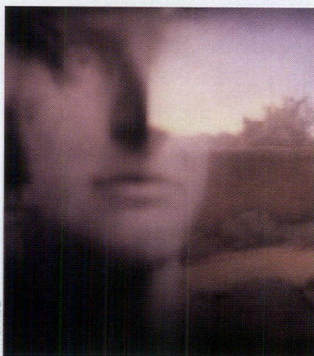
**NURTURED GROUND:** Paintings by Lauren Scharling; Durham Arts Council Semans Gallery, Durham; Thru Feb. 11 (Opening Reception Jan. 12). Call 919-560-2787 or [www.durhamarts.org](http://www.durhamarts.org).

**EVENTS AT ARTSPACE:** Raleigh; Call 919-821-2787 or online at [www.artspace.org](http://www.artspace.org).

[spacenc.org](http://spacenc.org).

• **LENI NEWELL, *LIVING IN YOUR DREAMS*:** Lobby; Jan. 5-27 (Opening Reception Jan. 5).

• **THOMAS KERRIGAN & MIKE LAVINE, *A SENSE OF PLACE*:** Gallery One; Jan. 20-March 3 (Opening Reception Feb. 2).



Knole, Kent (Memory) is one of the many works by Alison Overton on display at Artspace thru Jan. 27.

• **ALISON OVERTON, *WHEN GREY WAS GOLD*:** Upfront Gallery; Jan. 5-27 (Opening Reception Jan. 5).

• **ARTSPACE FIGURE STUDY EXHIBITION:** Education Room; Jan. 30 - Feb. 10 (Opening Reception Feb. 2).

**"A RETROSPECTIVE OF LLOYD J. SKIDMORE, III:** Life in Art and a celebration of his life on what would have been his 57th birthday" will be held at 6 p.m. Feb. 23, at Frameworks art gallery, 1520 Dixie Trail in Raleigh, 781-3118.

### STAGE & SCREEN

**CAROLINA BALLET PRESENTS *MONET IMPRESSIONS*:** Memorial Auditorium, Raleigh; Jan. 11-14. Contact 919-719-0800 or [www.carolinaballet.com](http://www.carolinaballet.com).

**WAITING FOR MARTIN:** Walltown Children's Theatre Performs Martin Luther King Jr. Tribute; Reynolds Theatre in Bryan Student Center, Duke University, Durham; Jan. 15. Call 919-286-4545.

**DON'T DRESS FOR DINNER:** New Bern Civic Theatre, New Bern; Jan. 19-21 & 26-28. Contact 252-633-0567 or [www.newberncivictheatre.org](http://www.newberncivictheatre.org).

**ALADDIN:** Presented by the Pied Piper Theatre and the Junior League of Wilmington; Historic Thalian Hall, Wilmington; Jan. 21. Contact 910-343-3664 or [www.thalianhall.com](http://www.thalianhall.com).

**RUSSIAN AMERICAN KIDS CIRCUS:** Carolina Theatre, Durham; Jan. 27.

Contact 919-560-3040 or [www.carolinatheatre.org](http://www.carolinatheatre.org).



*Don't Dress for Dinner* by Marc Camoletti will be showing at New Bern Civic Theatre thru Jan. 28.

### CLASSICAL

**SIGHTS & SOUNDS ON SUNDAYS — *SOUNDS OF MONET'S NORMANDY*:** Presented by Raleigh Chamber Music Guild & NCMA; NC Museum of Art, Raleigh; Jan. 7. Contact 919-821-2030 or 919-715-5923.



The Ying Quartet will perform works by Mozart, Tchaikovsky and a selection of Chinese-American works on Jan. 21 at Peace College.

**RALEIGH CHAMBER MUSIC GUILD PRESENTS THE YING QUARTET:** Kenan Recital Hall at Peace College, Raleigh; Jan. 21. Call 919-821-2030 or [www.rcmg.org](http://www.rcmg.org).



Paintings, drawings and etchings by Robert Broderson will be on display at Gallery C thru Feb. 13.



**EVENTS AT THE DUKE UNIVERSITY DEPARTMENT OF MUSIC:** Duke University, Durham; Contact 919-660-3333 or [www.duke.edu/music](http://www.duke.edu/music).

- **ERIC PRITCHARD, VIOLIN:** Faculty Recital; Nelson Music Room; Jan. 14.
- **BONNIE THRON, CELLO:** Guest Recital; Nelson Music Room; Jan. 16.
- **4+1= THE 5 STRING CELLO W/ BRENDA NEECE:** A DUMIC Event; Perkins Library Rare Book Room; Jan. 19.
- **JONATHAN BAGG, VIOLA:** Faculty Recital; Nelson Music Room; Jan. 21.

## POP MUSIC

**KING PUP RADIO SHOW:** Performances by Phil & Gaye Johnson, The Wilders, and The Red Stick Ramblers during a live recorded music event; Fletcher Theater at the Museum of History, Raleigh; Jan. 13. Contact 919-990-1900 or [www.pinecone.org](http://www.pinecone.org).

**CLARENCE GREENE WITH WAYNE MARTIN:** Presented by PineCone and the NC Museum of History; Daniels Auditorium at the NC Museum of History, Raleigh; Jan. 14. Call 919-807-7900 or [www.pinecone.org](http://www.pinecone.org).

**CHRIS BOTTI:** Grammy Award-winning trumpeter; Carolina Theatre, Durham; Jan. 19 & 20. Contact 919-560-3040 or [www.carolinatheatre.org](http://www.carolinatheatre.org).

**RED HOT CHILI PEPPERS W/ SPECIAL GUEST GNARLES BARKLEY:** RBC Center, Raleigh; Jan. 22. Contact 919-834-4000 or [www.livenation.com](http://www.livenation.com).

**RICKY SKAGGS & KENTUCKY THUNDER:** Presented by PineCone; Meymandi Concert Hall at the Progress Energy Center for the Performing Arts, Raleigh; Feb. 3. Contact 919-990-1900 or [www.pinecone.org](http://www.pinecone.org).

**EVENTS AT HISTORIC THALIAN HALL:** Wilmington; Contact 910-343-3664 or [www.thalianhall.com](http://www.thalianhall.com).

• **MARCUS BELGRAVE — A TRIBUTE TO LOUIS ARMSTRONG:** Co-presented by WHQR 91.3FM Public Radio; Jan. 14. Contact [www.vrmgmt.com](http://www.vrmgmt.com).

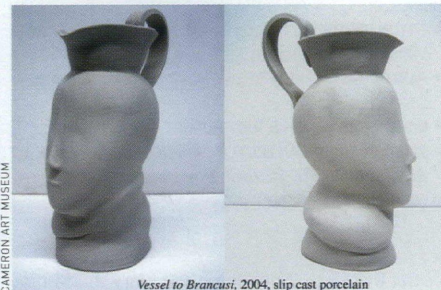
• **AN EVENING WITH DAVID FRISHBERG:** Co-presented with the Cape Fear Jazz Society; Jan. 20. More info online at [www.parny.com](http://www.parny.com).

• **TIEMPO LIBRE:** Globally acclaimed all-Cuban timba band performs; Jan. 26. More info online at [www.tiempolibremusic.com](http://www.tiempolibremusic.com).

## MUSEUMS

**ATLANTA-BASED THE SALON GRRLS PRESENT TENSION:** Hosted by the Preservation Society of Chapel Hill; Horace Williams House, Chapel Hill; Jan. 7-28 (Opening Reception Jan. 7). Contact 919-942-7818.

**BETWEEN PAST & FUTURE: NEW PHOTOGRAPHY AND VIDEO FROM CHINA:** Examines photo and video art from China produced since the mid-1990s; Nasher Museum of Art at Duke University, Durham; Thru Feb. 18. Contact [www.nasher.duke.edu](http://www.nasher.duke.edu).



*Vessel to Brancusi, 2004, slip cast porcelain*

*Vessel to Brancusi, 2004, slip cast porcelain* by Darryl Lauster will be on view at Cameron Art Museum thru April 15, courtesy of the artist and the Devin Borden/Hiram Butler Gallery.

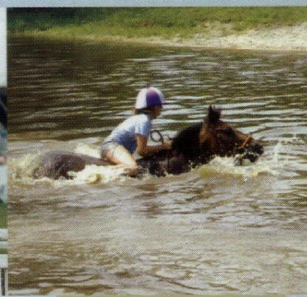
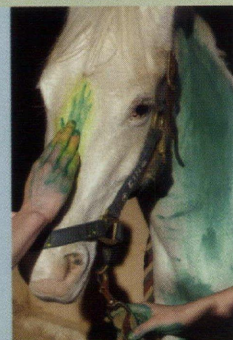
**EVENTS AT THE CAMERON ART MUSEUM:** Wilmington; Call 910-395-5999 or online at [www.cameronart-museum.com](http://www.cameronart-museum.com).

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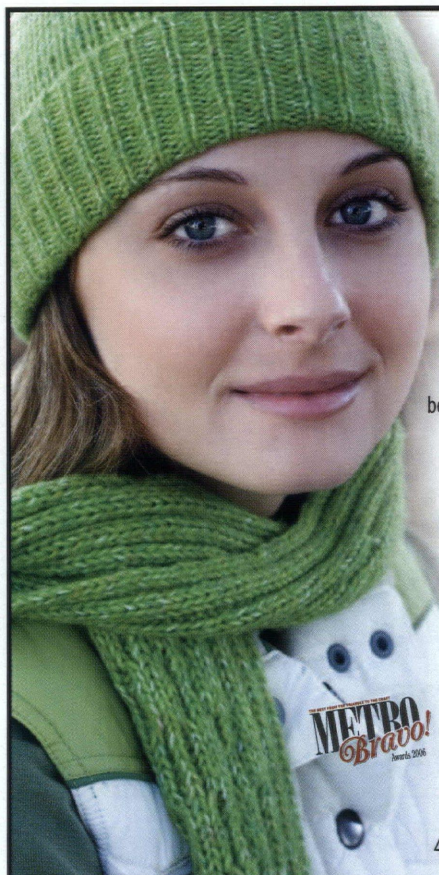
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- **BENNY HILL DUO, JAZZ:** Admission is by donation; Jan. 12; 7-8 p.m.
- **GALLERY TALK — DONALD FURST PRESENTS THE ART OF DARKNESS:** Jan. 14.
- **FILM — SHALL WE DANCE?:** Jan. 19; 7 p.m.
- **DANCE — FORWARD MOTION DANCE COMPANY:** Jan. 26; 7p.m.
- **LECTURE & GALLERY WALK W/ ANN CONNER:** Jan. 27; 11:30 a.m.
- **PRINTED IN BEAUTY:** Thru April 1.
- **DARRYL LAUSTER — RECREATING:** Jan. 12-April 15.
- **FLOORED!:** Jan. 21-April 1.

**EVENTS AT THE NC MUSEUM OF HISTORY:** Raleigh; Contact 919-807-7943 or [www.ncmuseumofhistory.org](http://www.ncmuseumofhistory.org).

- **HISTORY À LA CARTE — WAR GOVERNOR OF THE SOUTH:** Jan. 10.
- **YOUTH WRITERS' WORKSHOP — UNCOMMON ACTIVISTS:** Jan. 13 & 20.
- **MUSIC OF THE CAROLINAS — CLARENCE GREENE:** Jan. 14.
- **AFRICAN AMERICAN READING ROOM:** Saturdays & Sundays Jan. 13- Feb. 25.
- **SIXTH ANNUAL AFRICAN AMERICAN CULTURAL CELEBRATION:** Jan. 27; 11 a.m.-4 p.m.
- **AFRICAN AMERICAN HISTORY TOUR:** Saturdays, Jan. 13-Feb. 24.

### POTPOURRI

**WORLD'S TOUGHEST RODEO:** Bulls & Broncs competition and toughest cowboy competition; RBC Center, Raleigh; Jan. 12. Contact 919-861-5457 or online at [www.wtrodeo.com](http://www.wtrodeo.com).

**RAISING CHILDREN IN THE AGE OF TECHNOLOGY:** With Donna Sawyer of the NC Department of Public Instruction; Ravenscroft School Fine Arts Center, Raleigh; Jan. 23. Contact 919-847-0900 or online at [www.ravenscroft.org](http://www.ravenscroft.org).

**37TH ANNUAL GREATER WILMINGTON ANTIQUE SHOW & SALE:** Coastline Convention Center, Downtown Wilmington; Jan. 26-28. Contact 910-262-6161.

**EVENTS AT THE SENATOR BOB MARTIN EASTERN AGRICULTURAL CENTER:** Williamston; Contact 252-792-5111 or online at [www.showwithus.com](http://www.showwithus.com).

- **WINTER NATIONALS TRUCK & TRACTOR PULL:** Jan. 19 & 20.
- **9TH ANNUAL DOWN EAST BOAT SHOW:** Jan. 26-28; more info online at [www.pittcc.edu](http://www.pittcc.edu).
- **ECOSC FUZZY & FUN OPEN HORSE SHOW:** Feb. 3 & 4; more info online at [www.eastcoasthorses.com](http://www.eastcoasthorses.com).

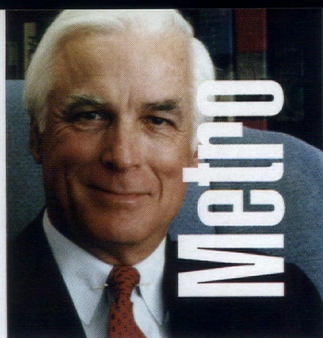
**EVENTS AT TRYON PALACE HISTORIC SITES & GARDENS:** New Bern; Contact 1-800-767-1560 or [www.tryonpalace.org](http://www.tryonpalace.org).

- **TRYON PALACE BOX & COX — A ONE ACT BRITISH FARCE:** Visitors Center Auditorium; Jan. 6, 20.
- **PARLOR TALK — NEW BERN UNDER UNION OCCUPATION:** Jan. 11.
- **HISTORICAL PUNCH & JUDY PUPPET SHOW:** Jan. 13.
- **AFRICAN AMERICAN LECTURE — FROM CIVIL RIGHTS TO BLACK POWER: The 1960s Revisited:** Lecture by Rev. Nelson Johnson; Jan. 18.

Our thanks to 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 e-mail: [jennifer@metromagazine.net](mailto:jennifer@metromagazine.net).





# Editor-at-Large

by Jim Leutze

## AQUACULTURE: RESEARCH AND REAL LIFE

**T**here are two examples of successful aquaculture I'd like to profile this month. The first is a large-scale project at the UNCW campus; at the other end of the spectrum, is a private venture started by an enterprising local fisherman.

The UNCW program was started in 1998 by Dr. Wade Watanabe, a research professor with the Center for Marine Science where he coordinates the aquaculture program. Watanabe came to UNCW from the Caribbean Marine Research Center, but he



Watanabe

has conducted research in Southeast Asia and the Pacific area, as well. He has published widely on controlled breeding, larval culture and how to grow both marine and freshwater species. He has worked with a wide variety of fish including grouper, drum, black sea bass and flounder.

At present Watanabe is conducting aquaculture research and trying to come up with ways to make the production of fish commercially viable by working on a variety of levels, including breeding, cultivating fish larvae, and fish food production. His collaborative work sounds dauntingly ambitious, so I'll quote from his Web site, "intensive recirculating aquaculture system design and operation, nutrient recycling through integrated finfish shellfish polyculture, economics and marketing of aquaculture production, and transfer of technology to commercial users through pilot-scale demonstration." In addition, he serves as associate editor for the *Journal of the World Aquaculture Society* and as a board member and publications chair of the US Aquaculture Society. Watanabe is no lightweight, and he knows his fish.

His facility at Wrightsville Beach covers almost an acre filled with tanks of fish. Movable panels at the top of the tanks are used to manipulate the amount of light coming into the tanks to influence spawning cycles. (I failed to learn whether fish are shy and wish to breed in the dark or whether they are exhibitionists.) All told he has 7000-8000 fish, including brood stock,

fingerlings and juveniles. To me some of the more interesting work he is doing is to find a non-fish based food to feed his charges. Most aquaculturists feed their stock with ground-up fish, but that is expensive, as well as somewhat circular — you grow fish by feeding them fish (?) Watanabe and his staff are conducting experiments using pelletized vegetable products after they wean the baby fish off specially grown rotifers and microalgae. Watanabe is already producing fish for the commercial market where they bring a premium price, but he is nowhere near meeting a long-range goal to restock fish in the wild. As mentioned in my earlier aquaculture article (go to [www.metronc.com](http://www.metronc.com)) there are many dangers involved in mixing farm-raised with wild fish.

### SPECIALIZE AND DIVERSIFY

As commercial fishermen have learned, if you're going to survive, you have to be multi-talented. Jeff Wolfe already fits the model of hardworking and smart. He began fishing 27 years ago; it didn't take long for him to realize that he had to specialize and diversify. So Wolfe decided to target flounder and crabs, while continuing to do some gill netting, as well as providing bait fish to sports stores. Flounder are flounder; the primary interesting feature about them is that when they are young their eyes are on the sides of their head like every other fish. As they mature, their eyes migrate to the top of their head, hence they are always looking up for prey. They lie on the bottom until something good to eat passes over and then — "gulp" — it's dinner time. To catch them you can use bait or lures or spear them or net them; commercial fishermen, like Wolfe, primarily net them. I won't go into the fine points of how the net works, but on a good day, he can catch 200 pounds that sell for \$2 – \$3 per pound. But before you rush out and buy a flounder net, remember your overhead — boat, gas, ice, coolers, truck — and the weather, often cold, wet — and the uncertainties, like where the heck are flounder?

Realizing all this, Wolfe also targets crabs. Talk about interesting: Read *Beautiful*

*Swimmers: Watermen, Crabs and the Chesapeake Bay* if you want to know how interesting. Let me point out a couple of things. If they lose a leg or a claw, they can grow a new one, and since their shells are much like human bones, scientists at UNCW are trying to learn whether their replacement process has important secrets applicable to us. Next, they grow by shedding their hard outer shell and replacing it with a larger one.

Wolfe catches his crabs in wire boxes baited with menhaden he has caught. In the prime crabbing season he will set out 150 – 250 traps, which will produce, on a good day, 30 bushels of crabs, which, depending on size and sex, sell for \$25 – \$75 per bushel. It is hard work hauling up the weighted traps, emptying them, rebaiting and resetting them. Some days he starts at 5:30 a.m. and finishes at dark.

After dealing with crabs for a time, he decided to take advantage of their growing cycle. When they shed their hard shells, there is a soft shell underneath. During this period they are called "soft shells," or to those who know them, "delicacies." Instead of trying to catch soft shells, Wolfe decided to grow his own. He baits a trap with a male hard crab. Females about to shed their shells (peelers) will enter the trap to mate and be protected by the male during her vulnerable soft phase. Wolfe catches the peelers and puts them in trays under his house. When they finally shed, usually within one or two weeks, he has four hours before they change from soft to semi-hard and unmarketable. (Imagine trying to gauge just when 3000 crabs are about to molt.) The soft crabs are put in special boxes and sold for \$24 – \$36 a dozen. It's challenging work in which split-second timing is everything.

Wolfe's operation is tiny compared to Watanabe's; he grows crabs underneath his house, which sits on a residential lot on a creek that leads into the ICW. Both of these men are trying to learn more about aquaculture and how to make it profitable. Watanabe's interest is academic; Wolfe's is more personal — it's his livelihood. **MM**



## PEOPLE, PERFORMANCES AND COLLARDS MAKE TOP TEN

**G**lancing back at my 2005 Top 10 column, I discovered I compiled that list with Chopin waltzes playing softly in the background. 2006 just doesn't feel like a Chopin kind of year, so I have slipped Blind Pigs Records' *30th Anniversary Collection* in the CD player. Magic Slim and the Teardrops are singing "I'm a Bluesman" and a harmonica is wailing. I like that. I'm ready to write.

At the top of my list is Dr. Bill Friday. I didn't ask him when we visited recently, but I bet he likes the blues. We all feel we know Dr. Friday because of the magic he works with his interviews on *NC People* each week. I have always admired people of great accomplishments, like Dr. Friday, who can focus intently and sincerely on others and make them feel special for the moment — whether on public television, at a dinner party or at a Franklin Street soda fountain. Between you and me, I believe it is a mark of greatness.

Dr. Friday is well past 80 now, and I don't think he spends a waking hour without thinking about this state that he loves so deeply. He still champions causes and speaks out — sometimes when others are reluctant to do so.

He did that just the other day when his university announced its extraordinary contract with Butch Davis, the football coach. There were gasps when the news broke that Davis would be paid \$1.8 million plus annually, but barely a whimper in the press. However, within hours Dr. Friday had expressed his concern.

While noting the signal it sends when coaches are paid many times the salaries of academics, Dr. Friday told Tom Campbell at the public affairs TV show *NC Spin*, "The University was not created nor is it funded to be in the entertainment business. The public trust we hold is to teach, to engage in creative research and to serve the citizens of our state. Has our priority now changed to 'win at the highest price?'"

"Those of us who are sports fans, who believe in and respect the great value of team competition, must ... ask what we

are willing to do to 'win.' Are these the priorities our University should have in investing its resources? Where is this 'race to win' taking us?"

Thanks for asking the hard questions, Dr. Friday. You're at the top of my list.

While we're in Chapel Hill, let's salute Dr. William S. Powell — "Mr. History." His much-anticipated *Encyclopedia of North Carolina* was published by UNC Press this year after 15 years in the making. It has more than 2000 entries written



by hundreds of volunteers — authorities on everything from collards to the capitol. I have spent hours with my copy — reading the first entry — Aberdeen & Rockfish Railroad Company — and the last — Z. Smith Reynolds Foundation, and facts and trivia in between. There is a lot on Down East in the *Encyclopedia's* 1244 pages.

Speaking of Down East, as we head that way let's stop in Durham for number three on my list, Bert Collins, former president and CEO and now chairman of the board at North Carolina Mutual Life Insurance Company. He recently was inducted into the North Carolina Business Hall of Fame with other legends of this state's corporate community. He has served on the Board of Governors of the University of North Carolina and in many other positions over the years. But I have him on my list for his graciousness and civility — rare qualities in these times. What a gentleman. With his beautiful, talented and stylish wife,

Carolyn, on his arm, there is no more dashing couple in this state.

We have recognized three venerable North Carolinians who have made their marks. Now let's go all the way east to note a fellow who is on the rise. Bill Saffo, a prosperous realtor in his mid-forties, had hardly warmed his seat on the Wilmington City Council when circumstances elevated him to mayor. Now this grandson of Greek immigrants — one grandfather owned Saffo's Restaurant and the other Boston Café — is the impressive spokesman for the Port City. I spent time with him recently. He's personable, does his homework and enjoys politics. Watch him. I have him on my list as the brightest new political star in the East.

Over the decades, East Carolina University has turned out a slew of graduates, many of whom have remained in the state — particularly in the East. They are prominent business people, educators, professionals and, yes, politicians. To cut to the chase, the University now has a powerful constituency that legislative and educational leaders cannot ignore. ECU's request to establish a dental school in Greenville gave some folks in the uplands heartburn, but the Board of Governors couldn't just say no. I don't think legislators will say no, either, when it's their turn to consider the proposal. Mr. Chairman, pass the Roloids, please. ECU is on my list for doing what is right for Down East, even when it prompts a fray.

Collards. I mentioned collards above casually, but now I formally place them on my Top 10 list. Somehow we human beings over the centuries have managed to find those things that are good for us and eat them. That's something of a miracle. Down East we found collards, and they have sustained many a family through the cold winter when these sturdy plants thrive and even convert starch to sugar to sweeten the pot. Mother always said collards taste better after the first frost. Now scientists say this soul food is loaded with an essential vitamin — vitamin K — as



well as vitamin C and fiber. Folklore tells us that laying a cool collard leaf on one's forehead will cure a headache. Don't turn up your nose at collards. Eat 'em. They're good for you.

I wrote a column about how volunteer fire departments build community spirit and create "social capital." I want to say the same here about community theaters and add them to my list. There are so many Down East, I can't name them all, but I must mention the 70-year-old Raleigh Little Theatre that, while I write, is performing *A Christmas Carol* to yet another sold-out audience. The old Stewart Theatre in Dunn, where we watched the movies growing up, is home to the Harnett County Regional Players, who get rave reviews. There are performances at Thalian Hall in Wilmington, one of the oldest theaters in the nation, and at the Edna Boykin Center in Wilson and the Turnage Theater in Washington. In Nashville, the Arts Council entices locals like former Congressman Tim Valentine on stage to perform. There is community theater in Southport. Regardless of the

town, when people come together to rehearse and perform for their friends and neighbors, and folks gather for family entertainment, the social fabric of the community and the arts grow stronger. I applaud community theater.

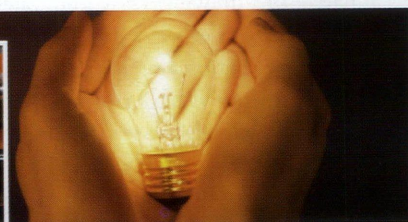
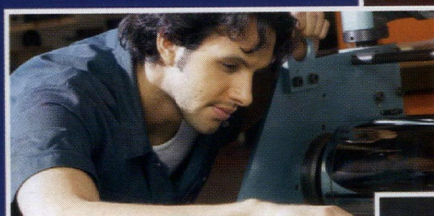
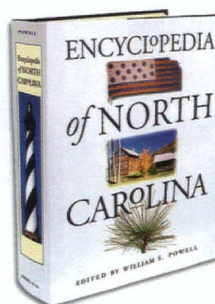
Holly Springs, you have a place on my list for pure spunk. You're Wake County's little train that could. The media had a grand time nit-picking the way you went after the big pharmaceutical manufacturer, Novartis. But you did a lot of things right, too. If you finally land that big fish, take lots of trophy shots and mail them out. I vote your ticket.

I have two more slots. One I give to the fledgling iPod-series industry in Wilmington. Talented folks, like Sheila Brothers at WGNI radio, are taking advantage of local talent and resources to produce a short, low-budget series that young viewers are watching on their iPods on the Internet and even on their cell phones. Brothers and her colleagues at Eleven Bravo

Productions have just signed a contract with Podshow Network ([www.podshow.com](http://www.podshow.com)), and she is working on the fifth episode of *Port City PD*, a 22-minute police drama. It means money in the pocket of this city where folks know something about making movies.

I found a new writer this year — at least new to me — who captures the soul of Down East and demonstrates a remarkable sense of place. Michael Parker, the novelist and teacher at UNC-Greensboro, received the 2006 Governor's Award for Literature, which is quite an achievement for a younger writer. Parker was reared in Clinton, and he sets his novels among the pine

forests and cypress swamps of Eastern North Carolina. Trouble is no stranger to his characters. They are the sort of folks bluesmen sing about. Parker is a good storyteller, and if you love Down East, you will enjoy his novels and short stories. He completes my list. **MM**



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# Artist-at-Large

by Louis St. Lewis

## A TIME FOR REFLECTION

**T**empus Fugit! Yes, kind readers, time does indeed fly and with greater rapidity each year, the pages of the calendar blown into sparkling confetti as the days rush by, the turn of the New Year allowing a moment to pause and reflect.

It seems that only yesterday I was a wide-eyed, fresh-faced, bleach blonde student at the North Carolina School of the Arts, ready and willing to take on my pre-ordained role as art messiah. Even though I rarely went to any classes that bored me, when I heard that Paloma Picasso was coming to the school to take a tour with one of our state senators, I immediately took action. Word through the school grapevine let it be known that Picasso's talented daughter would be coming to our life drawing class. I planned accordingly.

I hated life drawing class and rarely attended. The teacher was a dry, shriveled-up bore with no personality, and the models were all toothless old hags from the local trailer park. I really didn't see the point in drawing these creatures. We were in the age of technology, so why waste precious time laboring over drawings with a stick of charcoal when you could just Xerox them and be done with it and still have time to shop at Hanes Mall before cocktail hour. (I can assure you if Leonardo Da Vinci was around today he would be working with computers and NOT paint or pencil.)

On the day of Paloma's arrival, I showed up dressed to the nines — a jaunty black beret cocked at a rakish angle, a white billowing poet shirt, tight black velvet leggings and enough black eyeliner to trace a line from here to the moon and back. My teacher dropped his jaw at the shock of seeing me in class for the first time in months. I then set up my easel facing the model of the day. While the other students stood there capturing each and every wrinkle of the muse sitting before us, I just stood there before the blank board and waited. Soon enough Paloma entered the room, covered in gems



Kaola Allen Phoenix is one of the artists featured at the Mannequin Ball.

the size of doorknobs, the heels of her Ferragamo pumps tapping out a bored SOS in Morse Code as she strolled through the building. As she approached my side of the class, I reached into a jar of red paint and pummeled the paper with vengeance in my most expressionistic manner. "This one is quite dynamic, isn't he?" she asked my teacher while gesturing toward me.

Paloma stepped closer, pondered my marks with her luminous brown eyes, smiled and said in her thick, Spanish accent, "I live for color, don't you?" before turning to walk out the door. My teacher was furious: "Louis, you can't just show up for class when you think there is a photo or press opportunity.

Being an artist is hard work and you are going to have a rude awakening very shortly," he stammered.

That was the very last time I set foot in that classroom. Within months I found myself expelled from yet another institution of higher knowledge and thrust into the cold, cruel world with only my drinking skills, aesthetic stamina and inimitable fashion sense to protect me. Even though I really had no concept of where my life as an artist was taking me, I did have art stars in my eyes and immediately started correspondence with my heroes, such as performance artist Laurie Anderson and Louise Nevelson, Robert Indiana and my all time favorite, Andy Warhol.



Indiana responded the quickest, immediately buying me a ticket to his studio on Vinal-haven Island off the coast of Maine. It all seems like only yesterday.

### THINKING OF TOMORROW

But enough of yesterdays, here we are in 2007, and it's time to think of tomorrow. Where will all of the new exciting art come from? I'm betting that China will be a major player as things progress. Anyone who viewed the recent exhibition of contemporary Chinese art at the Nasher Museum came away with a greater appreciation of the amazing talents there. For a while, people were leaning toward the sensational art created in the UK, but things seem to be changing. The 2006 Turner Prize for the Tate Museum (sponsored by Gordon's gin) was awarded to Tomma Abts, whose boring and lifeless abstractions leave me comatose. Even though I have nothing against Gordon's gin, if this is the type of artwork they are pushing to celebrate, I might have to restrict myself to Bombay Sapphire and Tanqueray Ten until Gordon's aesthetic falls more in line with my own.

Here in North Carolina, I have nothing but the greatest optimism for the arts. We have more people than ever with visual sophistication moving into the area, galleries and museums are popping up all around us like toadstools after a rain and there seems to be a true excitement about viewing art, discussing art and — thank goodness — even buying art. Some galleries are even opening up branches in different cities. Glance Gallery in Raleigh is confident enough about the growing art market to open a new space this season in Atlanta. Everyone is excited about the plans for the new North Carolina Museum of Art. People can't get enough of the Nasher Museum. New blood has been brought into the Ackland, as well as the Cameron Art Museum. Times, it seems, are a changin' indeed.

### MIDNIGHT IN MILAN

On Jan. 19, the NC Museum of History will be transformed into Midnight in Milan for the Second Mannequin Ball, a fabulous evening of fashion, art, history and a great time. Last year's Ball (Paris After Dark) was the smash hit of the social scene. This year's

event will feature beautiful girls in gorgeous gowns; food to die for by Raleigh's Vivace Northern Italian restaurant; great music by New York City's DJ Angola; raffle prizes for two first class tickets to Milan and two first class tickets to New York — and the symbol of Italy, a Vespa motor bike; and most notably, a silent auction of original works by some of the region's most talented artists.

Special guests include Raleigh's own Emily Procter, star of *CSI: Miami*, the most-watched TV show in the world. Channel 5's David Crabtree will serve as master of ceremonies. Keep an eye out for news announcing more special guests.

Last year's Ball raised \$25,000 for the Museum and its costume and textiles division. Sponsored by Saks Fifth Avenue, American Airlines and *Metro Magazine*, the 2007 Mannequin Ball will celebrate the tenure of Museum director Betsy Buford, who retires March 1. Go to [www.themannequinball.com](http://www.themannequinball.com) or call 919-831-0999 for information and tickets.

Start your New Year the fun way for a good cause by being a part of this sensational event! **MM**



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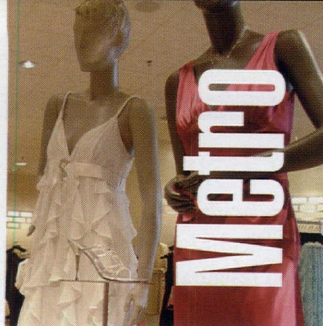
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# Style

by Molly Fulghum Heintz

## FASHION RESOLUTIONS FOR 2007

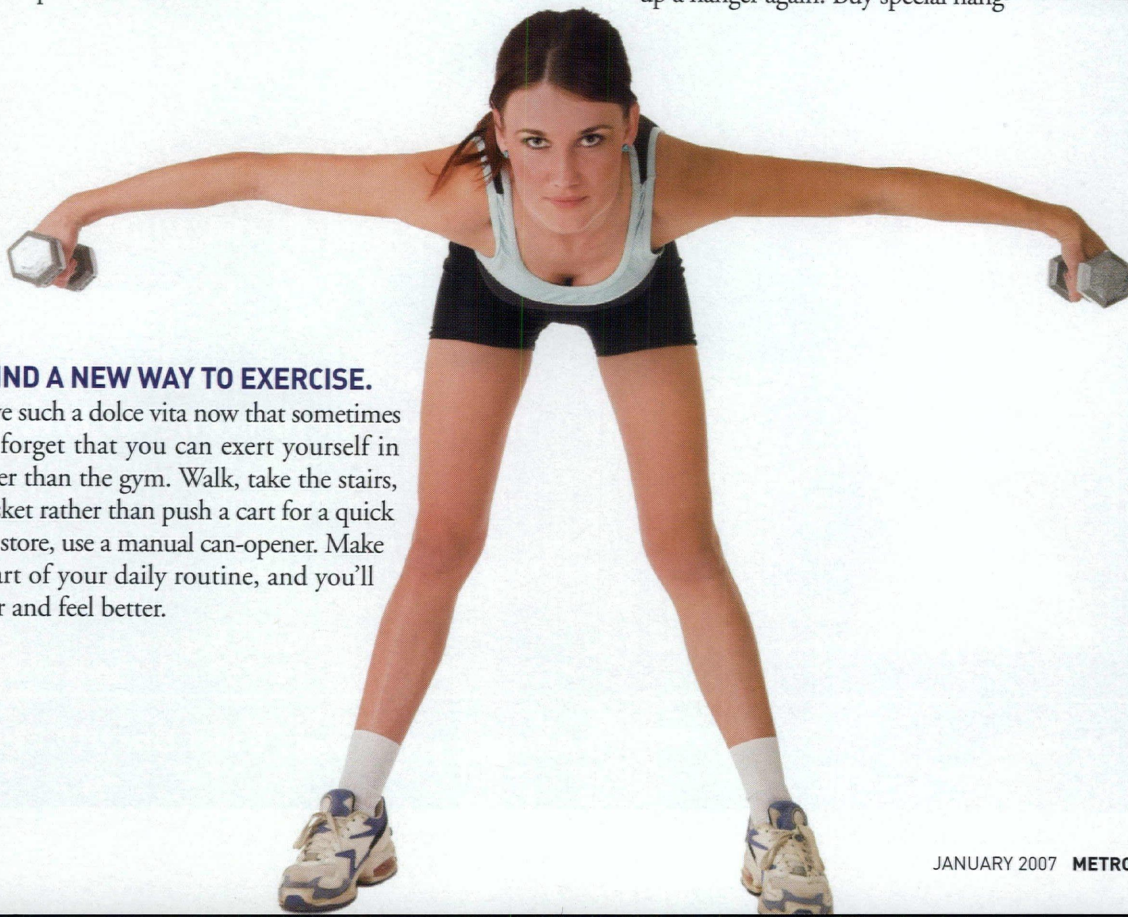
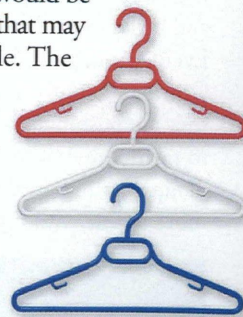
**J**anuary: It symbolizes clean slates, new beginnings and fresh starts ... the words alone inspire optimism and a sense of purpose, fleeting though it may be. Capture that moment of inspiration and put it toward making a list of resolutions, an exercise that should kick-off every New Year worth its salt. But be careful: Sometimes resolutions can seem so vast, daunting or just plain vague ("get healthy!") that it's easy to have slipped off the wagon by mid-month. Think in more concrete terms. Here's a sample of a fashion-oriented plan of action that will have you looking sharp in '07.

### I WILL CLEAN OUT MY CLOSET.

It's Jan. 1, the parties are over — what else do you have to do? A good closet cleaning means taking it all out. Yes, everything. Make piles on the bed, and then start asking the tough questions: "Do I like it?" "Does it fit?" "Should it go to the tailor?" "Did I only keep this for sentimental reasons?" "Who am I?" You'll feel better afterward. Need incentive? Remember that you never know what lies ahead, and if things go very, very wrong, someone will be cleaning out your closet. (Do you really want them to find ... that?). Shoes: Determine which pairs need polishing, which need new heels. Bags: Save your favorites and high-quality keepers only. Do your first act of charity for the year, and take a pile to Goodwill.

### I WILL USE DECENT COAT-HANGERS.

Wire coat-hangers from the cleaners are just not worthy of your cool, well-edited clothes. And while it would be lovely to have all matching wooden hangers, that may not be realistic, space-efficient or affordable. The solution: colorful plastic hangers from a place like The Container Store. Create a cheerful theme (a repeating rainbow, all sunny yellows and oranges) or a color strategy (dresses are red, blouses are blue, pants are pink ...). At about 25 cents each, you can buy in bulk and never have to double-up a hanger again. Buy special hang-



### I WILL FIND A NEW WAY TO EXERCISE.

We have such a dolce vita now that sometimes is easy to forget that you can exert yourself in places other than the gym. Walk, take the stairs, carry a basket rather than push a cart for a quick trip to the store, use a manual can-opener. Make activity part of your daily routine, and you'll look better and feel better.



ers for your scarves and belts and hang them with your clothes to inspire new outfit combinations.

### I WILL LOOK FOR ORGANIC LABELS.

No, not at the grocery store — we're talking about at the department store. An increasing number of designers are creating clothes from organically grown fibers. From Eileen Fisher's organic cotton line, to the hip Edun (that's "nude" backwards)

Eileen Fisher



line by Rogan Gregory with Ali Hewson and Bono, eco-fashion is a trend that is here to stay. Ask for organic labels where you shop.

### I WILL CLEAN OUT THE MAKEUP DRAWER.

Makeup is a perpetual quest for perfection, and often the products themselves



fall short. But it's hard to toss out that barely used lipstick (that looked much less purple in the drugstore). Instead, host a party for girlfriends where everyone brings never-used makeup supplies and tests and swaps products. Beauty is in the eye of the beholder.

### I WILL DRESS FOR MY BODY TYPE.

Unless you've had a dramatic transformation recently, you probably have a sense of what looks good on you and what doesn't. You know your best features. Don't be afraid to take fashion risks, but

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work from a point of confidence: If you have great legs, try a mini-skirt; if you have a tiny waist, go for that wide belt. But it's not all about your body: If you have a young and carefree attitude, you can pull off one of the trendiest looks for winter, a jumper.

### I WILL TRY CLOTHING FROM A NEW DESIGNER.

Maybe you have found a designer or store brand that suits you perfectly and keeps you coming back for more. But if 80 percent of the clothing in your closet comes from the same place, it's time to branch out. Assess what you like about your favored designer, and train your eye to look for those details or silhouettes in

### I WILL WEAR BLACK AND WHITE THIS SPRING.

Clean, graphic and flattering, the dualistic duo is a key color combo for the upcoming season. Go for black and white floral prints or pair black and white solids.

other places, too. Women cannot live by Chico's alone.

### I WILL BRUSH UP ON FRAGRANCE LIT.

*Perfume*, Patrick Süskind's 1985 novel has been turned into a movie premiering in the US this year, and scientist Luca Turin has written a fascinating first-person account of his study of smell in *Secrets of Scent*. Learn more about the most under-appreciated of the five senses.

### TO THE MEN OUT THERE: I WILL DRESS APPROPRIATELY WHEN I GO OUT WITH MY SIGNIFICANT OTHER.

There seems to be a lost generation of men who don't know how to dress for an occasion. How often have you seen a young couple where the woman has obviously spent time on her appearance, and the man can't manage to tuck in his shirt? Men, time to take it up a notch. And *Metro* resolves to be there to help with increased men's fashion coverage in 2007! **MM**

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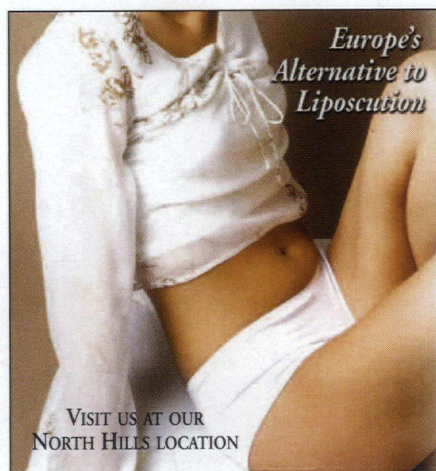


# FASHION NEWS

Stop into **Saks Fifth Avenue** this month to check out the **Raleigh Snow Globe**. The limited edition globe features downtown buildings and plays "What a Wonderful World." \$40. While you're there, check out Saks' new delivery of **Valentino Roma** handbags and shoes by **Chloe**, **Fendi buckle flats** and the reintroduction of **Lilly Pulitzer**. Men can check out the new CEO Made to Measure shirt program by **Ike Behar & Made to Measure** men's suiting for less than \$1000. Saks Fifth Avenue, Triangle Town Center, Raleigh, 919.792.9100.

Visit **Cameron Clothing** for a Lafayette 148 trunk show. Thurs. & Fri., Jan. 11 & 12. 10 a.m.-6 p.m. North Hills, Raleigh, 919.829.1511.

**Lark Home/Apparel** is having their BIG WINTER SALE starting Jan. 15. Clothing accessories and home furnishings will be marked down as much as 75 percent. Sale ends Jan. 27. 400 S. Elliott Road, Chapel Hill, 919 933-3902.



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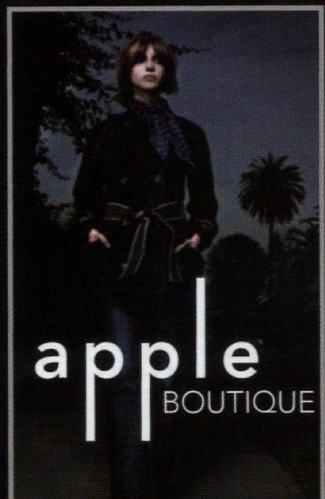
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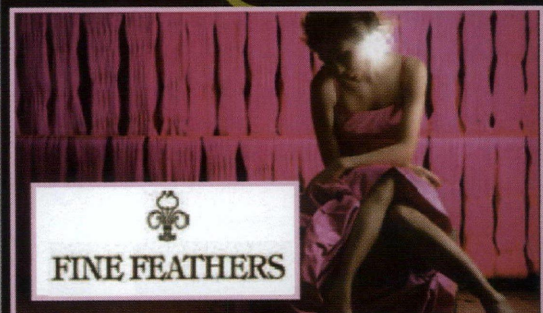


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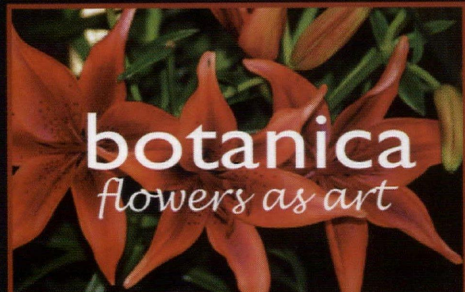
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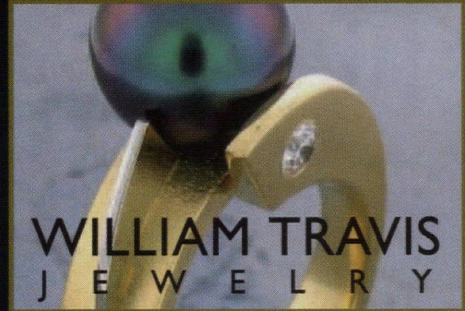
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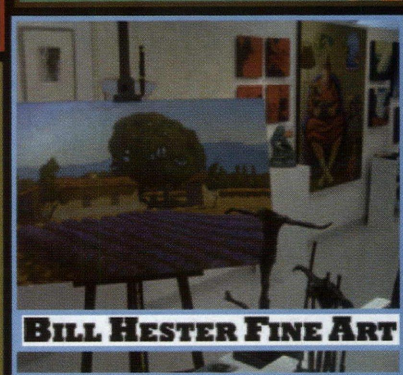
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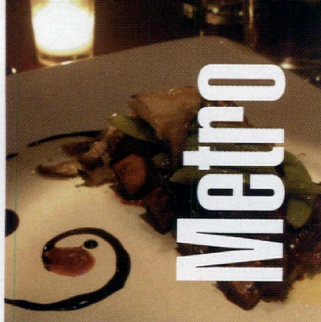


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# Gourmet

by Moreton Neal

**Dinnermatch.com**

## ROMANCING THE RESTAURANT

It's not unusual for me to be introduced as a restaurant reviewer, sometimes even a "critic." These occasions usually take place in restaurants where such an announcement is expected to produce better service, a strategy that usually works. But the label makes me uncomfortable, not because I don't think every customer shouldn't be treated like a potential reviewer, but because I'm not one, really.



Mura

What I am is a matchmaker.

My mission, and my joy, is to help a good restaurant find its audience and vice versa — to match a diner with a dinner.

In 2006, so many terrific restaurants opened in the *Metro* area that my head was spinning. Opportunities for great meals are everywhere, and this year's debuts are particularly auspicious.

Temptations everywhere, yet the perfect match is just waiting for you. The key, of course, is to find your type. That's where



Riviera



I come in.

Those of you with a taste for the Far East should be delighted with two new eateries on the eastern side of the Triangle. In Raleigh's North Hills, the lovely and serene **Mura** is a Japanese food addict's ultimate fantasy. Its assets include the best sushi imaginable, Kobe beef and a large selection of connoisseur saki. In Cary, **An** is another stunner — Southeast Asian fare prepared by a brilliant Vietnamese-born, New Orleans-reared chef, served in a luxurious contemporary setting.



Bonne Soirée

**Thai Café** in Durham is a different kettle of Asian fish. There's no glitz here — just reliable, satisfying comfort food climaxing with the best coconut cake imaginable. This may not be the place you'd choose for a New Year's Eve blow-out, but you'd be proud to introduce it to your mother.

The decade-old Asian trend may have reached its apotheosis with glamorous **Mura** and **An** this year, but there has been, happily, a resurgence in European-style restaurants in the past few months. Those who prefer freedom fries to frites will steer away from **Bonne Soirée** in Chapel Hill.



Piedmont's

But for the gastronomes willing to abandon themselves to the sensuality of a leisurely meal, lovingly cooked and served with finesse, this rare jewel is sure to seduce.

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Thai Café



KINSLEY DEY

**Riviera** in downtown Raleigh presents a different mood altogether. This French/Mediterranean hybrid combines a creative menu with a lively neighborhood scene. Maybe not the place to settle in for a long conversation, but I fell in love with Chef Steve Pexton after my first taste of his perfectly balanced crab soup with sherry and allspice.

Earthy appetites can find satisfaction in any of several new Northern Italian eateries. Long-awaited **Vivace** hit the ground running last summer and continues to dazzle in North Hills. In Hillsborough, tiny **Panciuto** charms its patrons with chef/owner Aaron Vandemark's combination of superb technique and the freshest local produce in unfussy dishes such as braised duck ragout — just right for a winter evening meal.

Just open in downtown Durham, **Piedmont's** gutsy flavors demand to be noticed. Inspired by the cuisine of Italy's Piedmont region, the kitchen cures its own bacon, grinds its own sausage and makes its own bread. Even pickles, orange bitters and limoncello are made in house. The resulting taste sensations astonish the palate with their intensity. Those with high cholesterol or blood pressure, be warned — this place is not afraid of flavor. It will do what it takes to arouse your palate. If you need to avoid animal fats or salt, go elsewhere.

Prefer Audrey Hepburn to Sophia

Loren? Try the American regional **18 Seaboard** in Raleigh. Chef Jason Smith makes the most of simple, fresh flavors, and there are several grilled fish and meat entrées available — with or without his deft version of classic sauces. Vegetarian diners will enjoy Smith's healthful, meatless entrées, such as garbanzo and eggplant stew.

Risk-takers searching for the *frisson* of a new adventure will appreciate the unusual flavor combinations and original presentations of Chef Ricardo Quintero at North Raleigh's **Jibarra**. Most of us don't associate south-of-the-border ingredients with fine dining, but Jibarra, modeled after Mexico City's most sophisticated dining rooms, brings both together with panache.

If you meet your match in a restaurant, let me give you a bit of guidance: cultivate the relationship. Go often and let the wait staff get to know you. A good establishment appreciates its regulars. As in a lasting love affair, your loyalty will be rewarded with special attention. My husband enjoys a long-running liaison with Allen & Son Barbecue, though he dallied briefly with The Barbecue Joint. It's not just that he prefers Allen's pork so much, it's the attention. The waitress (who calls him "honey") can read his mind and knows which pie he'll order for dessert the moment he walks through the door.

Sad to say, I'm offering advice I can't

take myself. I'm a promiscuous woman, a honeybee destined to fly from flower to flower. As the New Year waxes, other fresh and attractive faces are already catching my eye — Herons, Rue Cler, Azure Grille and J. Betski's, among them. The lure of a new restaurant is irresistible. I'll be having my way with as many as possible in 2007 and will let you know what I think ... because, after all, I do kiss and tell.

## NIBBLES

*Metro* Gourmet congratulates Angus Barn Chef **Walter Royal**, the newest *Iron Chef America* winner on the popular Food Network television show. Royal was assigned to come up with a multi-course meal using ostrich in his competition against Iron Chef Cat Cora. He wowed the judges with ostrich pot pie with black pepper honey and a chocolate soufflé using ostrich eggs. Triangle fans will be able to taste the entire menu at the Angus Barn in March. Dates are not yet available, but *Metro* will keep you posted.

Mickey Maloney, one of the original partners in Magnolia Grill, and Jim Wald, his former collaborator in Sante Wine Distributors, will launch **Glasshalfull** in Carrboro. Projected to open in mid-January, the new wine bar will serve small plates along with its selection of unusual wines.

*Metro* wine columnist **Barbara Ensrud** has been persuaded to teach another of her popular wine courses at Duke Continuing Education this winter. Call (919) 684-6259 to sign up for a vicarious tour, and a real taste, of the world's great wine regions.

Raleigh food writer Fred Thompson has just published his latest cookbook, **Hot Chocolate: 50 Heavenly Cups of Comfort**, just in time in time for cold January evenings.



*Metro* readers can let me know about restaurant openings and culinary events from the Triangle to the coast by e-mailing me at [sneal@nc.rr.com](mailto:sneal@nc.rr.com). **MM**



# 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 Piccata, 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](http://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 now has new look. Popular Chef John Wright returns with new tastes and new ideas. Standards, plus menu changes every few weeks. Voted No. 1 Power Lunch by *Metro* readers. Personable waitstaff. Outstanding wine list. Lunch/Dinner Mon.-Fri., Dinner Sat. Available for Private Parties on Sundays. Please call for reservations. [www.glenwoodgrill.com](http://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](http://www.jibarra.net).

**Margaux's Restaurant** – 8111 Creedmoor Road - Ste. 111, North Raleigh. (919) 846-9846. Consider

Margaux's for your next event, party or private dining experience. Two beautiful, separate dining rooms to accommodate your event perfectly. Call us or visit our Web site for more info and photos. [www.margauxsrestaurant.com](http://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](http://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](http://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!

**Uno Chicago Grill** – 8401 Brier Creek Parkway - Brier Creek Commons, Raleigh. (919) 544-6700. Enjoy original Chicago-style Deep Dish Pizza along with a wide selection of appetizers, steaks, pastas, burgers and desserts. Kid's Menu. Hungry Hour. Curbside pick-up. Open daily from 11am.

**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](http://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](http://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](http://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.crooks-corner.com](http://www.crooks-corner.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



## TIME CAN BE SUBLIME

**A**ging wine is not exactly “in” these days ... who has time to wait? The fashion is to drink wines young ... various wine critics tout blockbuster potency, “gobs of fruit” and huge flavors that make a wine buff want to rush out, buy a bottle and crack it open immediately ... but oh, what you’re missing when you do.

Nothing quite works magic on a fine wine the way time in a bottle does. Laying quietly someplace dark and cool, it undergoes a sort of alchemy over the years. The process transforms something tasty and promising but tannic and hard into something sublime, complete in a way that young wines simply aren’t — can’t be. They are not there yet because they haven’t undergone the transformation that time alone can achieve.

This is hard for some people to swallow, but I’ve experienced it time and again. And so have those in my wine classes. I like to show a current vintage of, say, California Cabernet or Chianti *Riserva* or Bordeaux, and then bring out the same type of wine that has aged a few years, sometimes a decade or more.

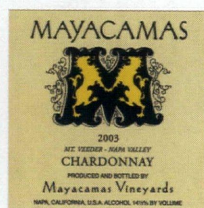
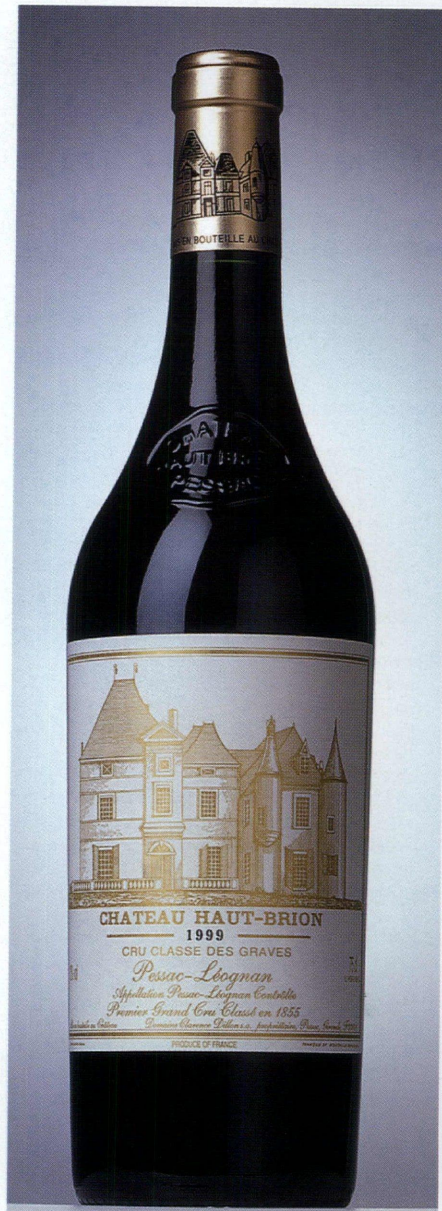
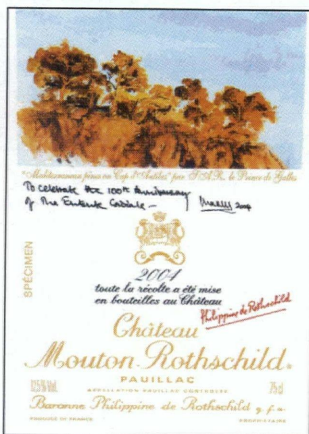
For one class a couple of years ago I pulled out a 1977 Stag’s Leap Wine Cellars Cabernet SLV (Stag’s Leap Vineyard). This was risky; I really thought it would prob-

ably be over the hill — but if so, that could serve as an object lesson: Fine wines must age to fully express their potential, but age them too long and the fruit will diminish or the wine will be oxidized. The Stag’s Leap ’77 astonished us. I decanted the bottle — it had thrown over an inch of sedi-

ment — and out sluiced a liquid of still-vibrant color, only slightly faded. The tannins had completely softened, so the wine was smooth and silky with the fabulous black-currant flavors of Napa’s Stag’s Leap District and an overlay of toasty oak. It is wines like this that inspire poets and writers of song.

Of course you can wait too long. And certain wines — like mammoth Zinfandels of 15-plus percent alcohol — are probably better in infancy, enveloped in ripe (or overripe!) fruit that likely won’t stand the test of time. If you must buy such wines, by all means drink them young. In a few years they’ll taste prune, raisiny or the fruit will have dropped leaving a hollow hulk of alcohol and an overload of oak.

The question I am asked is: How do you know which wines to age? Wines of balance and structure will always improve with age, developing complexity both in aroma and flavor. When the components — fruit, acidity, alcohol, oak — are in har-



Mayacamas, on a ridge above Napa Valley, produces consistently fine Cabernets — but if you want glorious drinking you have to wait. Given time, they evolve into magnificence like the 1984, with a rich bouquet of ripe berries and layers of wonderful bright plummy fruit and oak, still vibrant and enticing. Superbly balanced, this wine was an exciting catch *à poin* — perfect maturity.

From B.E.'s Discoveries, [www.Bewinewise.com](http://www.Bewinewise.com)



mony, balanced, when they have some depth to them, they will evolve to produce something much greater than the sum of their parts. Wineries produce such wines, but rarely can they age them. They release

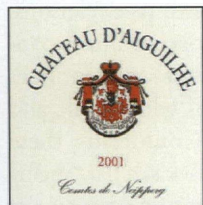
them to the marketplace, and it's up to us to buy and store them in proper conditions so they can fulfill their potential.

Wines have different aging capacities. Wines made from cabernet sauvignon or blended with cabernet franc, merlot, petit verdot (red Bordeaux or Meritage blends) in superior vintages often need a decade to show their stuff. And many, such as first growths of Bordeaux, may require 15 or 20 years to come into their own — and then last another decade or more. Top Bordeaux from such outstanding vintages as 1983, 1985, 1989 and 1990 are just approaching the peak of flavor and aroma.

The Carolina Wine Company in Cary recently held a tasting of 2003 Bordeaux that was a fascinating example of aging potential. John Laird, president of New York importer Chateau & Estates, presented nine Bordeaux ranging from simple to extraordinary. As the hottest summer in Europe in memory, 2003 produced some super-ripe wines, full-bodied and packed with fruit. Some are port-like — too ripe for Bordeaux in my view — and several produced vehement controversy in the wine press.

Laird's picks from 2003, however, were uniformly excellent — I'd suggest buying as many of these châteaux, and as much of each, as you can afford. Granted, they are

expensive — share a case with friends, and hold on to them till 2015 or longer (some have suggested 2035 for Haut-Brion).



Prices are per bottle, but all are likely to increase dramatically in value over time:

**Haut-Bataille, Pauillac**, \$35-40. I

admit to being partial to Pauillacs — that complex black-currant and cured tobacco character represents classic Bordeaux to me. Lovely cabernet flavors in this one.

**Pichon-Lalande, Pauillac**, \$119. Vibrant garnet color, incredibly aromatic with beautiful balance and structure. 2015-2025.



**Lynch-Bages, Pauillac**, \$70. A relative bargain! Sweet, ripe nose, chewy tannins but lively structure.

**Haut Brion, Graves**, \$399. Great depth and rich texture with some of the wiry, stony, edgy tannic structure of this great Graves.

**Mouton Rothschild, Pauillac**, \$399. Outstanding. Gorgeous color, lip-smacking flavors without being too massive, concentrated and opulent — wonderful potential. 2015-2025 and beyond.

**Cheval Blanc, Saint-Emilion**, \$399. Saint-Emilion's top growth and very winning in '03. Amazingly smooth, lively, punchy cabernet franc really shines here. Drinks awfully well now, but likely to tunnel in from 2007 to 2012 at least, fully in bloom at 2020.

Don't despair! One doesn't have to pay \$400 to drink well from Bordeaux. Such up-and-coming regions as Côtes de Castillon, Fronsac and Canon Fronsac offer

some very tasty wines — drinkable now and affordable at \$19-30 a bottle. Look for:

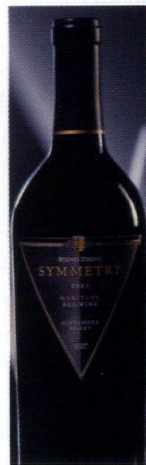
**Château Cap de Fau-gères, Château d'Aiguille, Ch. Bel-Air "La Chapelle"**

And check out these cabernets — if you can keep your hands off for 12-15 years:

**Duckhorn 2003**, Napa Valley, \$60, lush and vigorous

**Mayacamas 2003**, Napa Valley, \$60, deep, dark, great potential

**Rodney Strong Symmetry 2001**, \$45-60, deep hue, ripe blackberries **MM**



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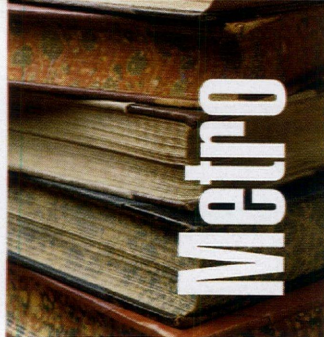
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# Books

## BOOKS ON AMERICA AND THE WORLD TOP 2006 READING LIST

by Arch T. Allen

**A**merica's promise, problems and position in the world are my theme for the Top 10 additions to the 2006 non-fiction reading list.

On America's promise, former Secretary of Education William J. Bennett has published *America: The Last Best Hope: Volume I: From the Age of Discovery to a World at War* (2006). Bennett continues an effort, noted here last year, to overcome the influence of radical leftist Howard Zinn's widely used American history text, *A People's History of the United States of America: 1492-Present* (1980, revised ed. 2003; paper, 2005). As an antidote to Zinn's leftist history, Bennett's book should be on library shelves alongside Larry Schweikart and Michael Allen's *A Patriot's History of the United States: From Columbus's Great Discovery to the War on Terror* (2004), and Paul Johnson's *A History of the American People* (1997).

Fulfillment of America's promise depends upon the proper interpretation of the Constitution, a subject of debate throughout our history. Now the Heritage Foundation adds for our guidance *The Heritage Guide to the Constitution* (2005). Edited under an advisory board chaired by former Attorney General Edwin Meese, it examines particular constitutional provisions with a brief scholarly commentary and suggests further readings, as well as references to significant cases. Although the Heritage Foundation is conservative by virtue of its commitment to our American heritage, its *Guide to the Constitution* is an excellent reference for liberals, as well as conservatives.

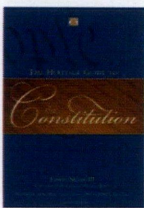
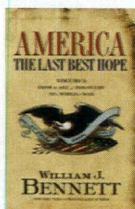
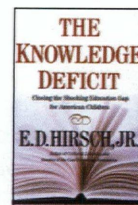
Even as "the last best hope," America faces problems. One is the threat of terrorism, and the corollary challenge to conduct our counterterrorism efforts consistent with our constitutional liberties. Publicity about the executive branch's classified, warrantless electronic surveillance of suspected terrorist communications into the country has aroused intense political and serious legal debate about the constitutionality of the program. Joining in the debate is federal appellate judge and scholar Richard A. Posner in *Uncertain Shield: The US Intelligence System in the Throes of Reform* (2006), who fears we lack a coherent, constitutional approach to the threat of terrorism. Posner concludes that the Constitution, instead of requiring that the courts and the criminal justice system are the only venues for combating global terrorism, does indeed permit the executive branch to conduct counterterrorism surveillance without warrants — as long as the surveillance is reasonable and subject to safeguards and oversight.

Another problem is our public education. It lacks content and coherence and in many instances actually undermines the culture it professes to protect. Among many critics offering positive suggestions for improvement, E. D. Hirsch is prominent. He is a former University of Virginia English professor who enraged the education establishment with *Cultural Literacy: What Every American Needs To Know* (1987), where he rejected the education establishment's faddish teaching theories and techniques and urged actually teaching students factual content about our culture. He has since promoted teaching core knowledge of American culture and has re-emphasized his arguments in *The Knowledge Deficit: Closing the Shocking Education Gap for American Children* (2006). Although sure to be dismissed by

the education establishment, the book is indispensable, according to Yale scholar David Gelernter, another critic of establishment approaches to education. Gelernter adds that Hirsch "is talking pure common sense; no one but a professional educator could fail to understand."

When Hirsch first became a prominent education critic and reformer in the 1980s, another scholar, the late Allan Bloom of the University of Chicago, directed his criticisms at higher education, another of America's problems. Bloom criticized the drift to relativism and nihilism in *The Closing of the American Mind: How Higher Education Has Failed Democracy and Impoverished the Souls of Today's Students* (1986). It became a controversial bestseller, and many subsequent books debated the directions of higher education. Joining the debate is Henry R. Lewis, a Harvard professor and former dean of Harvard College, with *Excellence Without a Soul: How a Great University Forgot Education* (2006). Focusing on Harvard, Lewis too concludes that US higher education is hollow and soulless, and he laments that our colleges and universities rarely propound "high ideals for future American leaders," or "ideals of what it means to be a good person."

High ideals are sometimes lost in another of our problems, race relations. Despite decades of progress, much contemporary thought about race continues to rest on old ideas of white guilt and black victimization. Countering these views is a prominent black scholar, Shelby Steele, formerly a literature professor at San Jose State and now a research fellow at the Hoover Institution at Stanford. Steele earlier wrote *The Content of Our*





*Character: A New Vision of Race in America* (1990) and *A Dream Deferred: The Second Betrayal of Black Freedom in America* (1999). He has now added *White Guilt: How Blacks and Whites Together Destroyed the Promise of the Civil Rights Era* (2006), where he argues that replacing historical white supremacy and black subjugation with contemporary white guilt and black victimization will not assure equal opportunity to all Americans.

Another prominent black scholar, John McWhorter, formerly a linguistics professor at Berkeley and now a senior fellow at the Manhattan Institute, publicly entered the debate about race with *Losing the Race: Self-Sabotage in Black America* (2001), where he rejected white racism as the cause of all black problems.

He now expands his themes in *Winning the Race: Beyond the Crisis in Black America* (2005), arguing that contemporary problems are unintended consequences of the "therapeutic alienation" of blacks from American culture. Winning, says McWhorter, requires blacks to reject anti-white attitudes, insistence on "authentic black" culture, and dependency on government. Instead, more blacks must join in pluralistic American culture, pursue individual achievement, and accept individual responsibility. (Perhaps the tide is turning toward such thinking, as suggested by two other prominent black Americans, Juan Williams, National Public Radio newsman and Fox News commentator, in *Enough: The Phony Leaders, Dead-End Movements, and Culture of Failure That Are Undermining Black America — and What We Can Do About It* (2006), and Joseph C. Phillips, successful actor and columnist, in *He Talk Like a White Boy: Reflections on Faith, Family, Politics, and Authenticity* (2006).)

Beyond our problems at home, there are America's problems abroad. The US arrived at its 21<sup>st</sup> century position in world affairs after two world wars dominated the first half of the last century, with the Cold War confrontation dominating the last half. In *The War of the World: Twentieth Century Conflict and the Descent of the West* (2006), Niall Ferguson

explains the violence of the last century as arising from economic disruption and the disintegration of old empires, combined with ethnic conflicts. Ferguson, a British historian now at Harvard and an author-ity on the American "empire" and America's role in the world, sets the stage for our 21<sup>st</sup> century problems. To face those problems and avoid "civilization

exhaustion," columnist Mark Steyn argues in *America Alone: The End of the World as We Know It* (2006), we must stand alone against the anti-Americanism of old Europe, enfeebled and transforming into "Eurabia," and radical Islam, demographically ascending and demonstrably threatening. Satirical in his columns, Steyn's seriousness in *America Alone* has received praise from scholars including Jeremy Rabkin and Victor Davis Hanson.

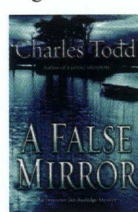
Alone or not, we must fulfill the promise of America and face our problems. Amid doubt and despair, there is hope, as historian Larry Schweikart explains in *America's Victories: Why the US Wins Wars and Will Win the War on Terror* (2006). While acknowledging some shortcomings, Schweikart rejects the anti-American condemnation of our military and projects victory based on our unique military culture. **MM**

## New and Noteworthy

By Art Taylor

### RALEIGH AUTHORS EVOKE POST-WORLD WAR I ENGLAND

I'll admit that I'm coming late to the Inspector Ian Rutledge mystery series — penned by Charles Todd, a mother-son writing team, one half of which (the son) lives in



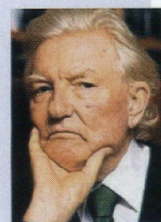
Raleigh. The first eight novels have already received high praise on the national level: *The Washington Post*, for example, called these books "one of the best historical series being written today"; the *New York Times* called the series "elegantly devised." The ninth novel, *A False Mirror*, has just been published this month,

## BRIEFLY NOTED

### Medal of Freedom To British Writer Paul Johnson

By Arch T. Allen

British historian Paul Johnson was awarded the Presidential Medal of Freedom in December, America's highest civilian award. Following is a selection of his most notable books: The cornerstones are *A History of the Jews* (1987) and *A History of Christianity* (1976). Along with his understanding of the historic and religious roots of the two main religions of the



Johnson

West, Johnson demonstrates an overall knowledge of the modern world they spawned, as shown in *Modern Times* (1983) — his magisterial work explaining the complexities of the 20<sup>th</sup> century. The breadth of his understanding, and his ability to explain how propaganda disguised as fact came to be in vogue in the West, is shown in *Intellectuals* (1988) and *Creators* (2006).

A spiritual person and practicing Catholic, Johnson explains his faith in *The Quest for God: A Personal Pilgrimage* (1996). An artist as well, he recently published *Art: A New History* (2003).

It is appropriate that America should honor this British author. In *A History of the American People* (1997), Johnson proclaimed: "The creation of the United States of America is the greatest of all human adventures. No other national story holds such tremendous lessons, for the American people themselves and for the rest of mankind. It now spans four centuries and, as we enter the new millennium, we need to retell it, for if we can learn these lessons and build upon them, the whole of humanity will benefit in the new age which is now opening." **MM**



and one of the co-authors (the son, again) will be appearing in local bookstores to celebrate. Readers, it turns out, have much to celebrate, too.

Each of the novels is set in England in the aftermath of the Great War, and each book has centered on an individual month in the life of Ian Rutledge, a war veteran and now Scotland Yard inspector. The series debuted with the novel *A Test of Wills*, set in June 1919 — a book, not incidentally, that has recently been republished after being out-of-print for awhile. The latest novel opens in February 1920, with Rutledge called from duty in London to the seaside town of Hampton Regis. A man there — Matthew Hamilton, a former diplomat with the Foreign Service and an opponent of the Treaty of Versailles — has been severely beaten, and the chief suspect in the assault is Stephen Mallory, a veteran of the war who had once been involved with Hamilton's wife, Felicity, and who has been spying on the Hamilton's house lately, to purposes unknown. The woman at the apex of this triangle loves both men, unfortunately, and when Mallory dodges arrest to find Felicity and tell her that he was in no way responsible for the attack, events take an awkward twist — making it appear that Mallory is holding Felicity and a maid hostage in the home. Seeing no way out of a dilemma, which makes him look even more certainly guilty, Mallory sends word that he refuses to surrender to anyone but his old trench mate, Inspector Rutledge of the Yard.

The hostage situation here seems remarkably ... well, *quaint* is the only word I can think of. Constables are sent to watch over the situation, but their role seems passive at best, and there are scenes where the Inspector and others are alone with Mallory, situations in which it would be easy enough to overtake the man — the narrative is explicit about that — but the parties refrain based on gentlemanly agreements. In today's world, where we're more accustomed to high-stakes hostage crises, police negotiators, snipers leveling their aims and new counterterrorism measures, the events surrounding *A False Mirror's* hostage situation seem a world away.

But in many ways, the novel's evocation of a lost society stands as one of the chief reasons to commend the book — its depiction of the attitudes and mores and of a country wracked by The Great War that has found

itself making occasionally unsteady steps from the Edwardian era to a more modern age. Class plays an important role in the events of this book, and even the recent past casts a long shadow. More than once, characters recount fondly the period before the war — a world in which people of society held house parties and weekends in the country — and several other characters remember less fondly the war itself: Rutledge, especially. As compelling as the plot and setting are — the hunt for an attempted murderer, the gradual discovery of other bodies, the villagers meddling about, the fog spilling in from the sea — Rutledge's personal trials and travails often seem the most interesting as he attempts to come to grips with the trauma of the battlefield and suffering guilt over an action that he himself took to execute one of his own men for refusing orders. The war haunts Rutledge — and the ghost of that dead soldier, Hamish, literally haunts him, following him around, making pointed commentary, a constant reminder of what can't be put behind him.

Ultimately, the plot draws Rutledge into that past, as well — the war again, and the period before it, the injured man's past coming back to provide possible solutions to the mystery at hand, and Rutledge's interactions with Mallory providing him with new tests of his own.

It's a tribute to the novel's authors — both American born and raised — that they've been able to inhabit this world so completely and naturally. In a recent e-mail exchange, the elder half of the team, Caroline Todd, credited their travels with much of their understanding of England at this time. She and her husband had journeyed through England since the 1960s, she explained, and had been taking along their son, Charles, as soon as he was old enough. "We've seen a vast change in the country and the countryside over the years," wrote Caroline. "This has helped us visualize Britain in an era long before our own."

And visualize it exquisitely well, we should be grateful. Readers interested not only in mysteries but also in this era of British history will likely revel in their accomplishments here in *A False Mirror* and, likely, throughout the full series, as well.

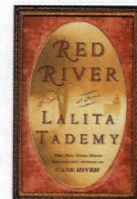
Charles will be reading from and signing copies of *A False Mirror* on Wednesday evening, Jan. 17, at Quail Ridge Books in Raleigh,

and again on Tuesday evening, Jan. 30, at McIntyre's Books in Farrington Village.

## ALSO NEW AND NOTABLE

A series of other major readings and signings are on the schedule at local venues this month, including:

- Lalita Tademy, whose *Cane River* was an Oprah Book Pick, with her latest book, *Red River*, on Friday evening, Jan. 5, at Raleigh's Quail Ridge Books.



- Authors published by the Lewisville, NC-based Press 53, including Valerie Nie-man (*Wake Wake Wake*), Joseph Mills (*Somewhere During The Spin Cycle*), Doug Frelke (*Croatan*) and John Ehle (*The Land Breakers and Trail of Tears: The Rise and Fall of the Cherokee Nation*, among others), on Saturday morning, Jan. 6, at McIntyre's in Farrington Village.

- Sharon O'Donnell, *Cary News* columnist and author of *House of Testosterone: One Mom's Survival in a Household of Males*, on Tuesday evening, Jan. 9, at the Barnes & Noble in Cary.

- J. Peder Zane, book review editor at *The News & Observer* and editor of the new anthology *The Top Ten: Writers Pick Their Favorite Books*, on Wednesday evening, Jan. 10, at Durham's Regulator Bookshop, and on Sunday afternoon, Jan. 14, at Quail Ridge Books.

- Cathy N. Davidson, Duke professor and author of *36 Views of Mount Fuji: On Finding Myself in Japan*, on Thursday afternoon, Jan. 11, at the Country Bookshop in Southern Pines.

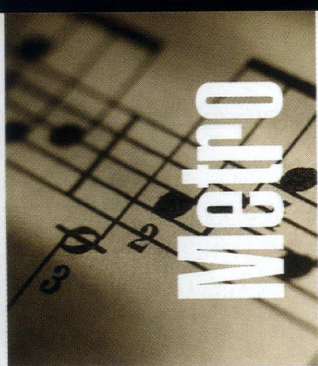
- Tim Downs, author of the psychological thriller *Head Game*, on Tuesday evening, Jan. 16, at the Cary Barnes & Noble.

- Author Barbara Ehrenreich, author of *Nickel and Dimed* and, more recently, *Dancing in the Streets: A History of Collective Joy*, on Tuesday evening, Jan. 23, at Quail Ridge Books.

- Bestselling mystery novelist J.A. Jance, author of *Web of Evil*, on Wednesday evening, Jan. 24, at Quail Ridge Books and again on Thursday evening, Jan. 25, at the Regulator.

- And bestselling author Mark Kurlansky, with the paperback publication of his latest book, *The Big Oyster*, on Saturday morning, Jan. 27, at McIntyre's Books. MM





# PwV

by Philip van Vleck

## THE BEST OF THE BEST FROM 2006

Once again my 10-Best albums of the year exceed 10. Amidst the avalanche of new recordings and downloads, there was much to praise. Superb world music titles, some excellent blues discs, and, for a change, some inspired rock music.

The following list is nothing but brilliant stuff. I hardly had a chance to listen to the majority of what's out there, so if you've got a different Best of '06 list — and you probably do — burn me a copy.

### ALEJANDRO ESCOVEDO: *THE BOXING MIRROR* (BACK PORCH/NARADA)

Escovedo bounced back from his bout with Hepatitis C and, to celebrate, delivered one of the best albums of his illustrious career — one of the top rock discs of 2006. Velvet Underground vet John Cale produced the record, providing deft guidance as Escovedo and friends tracked an album's worth of stellar tunes. *The Boxing Mirror* is a masterwork from one of the genuine lights of indie rock.

### ERIC CLAPTON & J.J. CALE: *THE ROAD TO ESCONDIDO* (REPRISE)

This was a long overdue collaboration. Clapton and Cale are brilliant, knocking together an album that combines Cale's fine Tulsa groove and Clapton's superb guitar. Contributing artists include Taj Mahal, Doyle Bramhall II, Derek Trucks, Walt Richmond, Jim Karstein, John Mayer, Albert Lee, David Teegarden and the late Billy Preston. Clapton and Cale work 13 original numbers and a mighty fine cover of

Brownie McGhee's "Sporting Life Blues." This is a special record.

### THE GOURDS: *HEAVY ORNAMENTALS* (ELEVEN THIRTY RECORDS)

*Heavy Ornamentals* is another excellent round of Gourds' eclecticism. The disc is a feast of cool, original tunes, notable, as always, for lyrics that challenge our lateral thought processes. Kevin Russell continues to rule as my songwriter laureate for observations, such as his description of a woman who is: "Chimney brown and lanky / smoke all in her hair / skin like tobacco and eyes like wine." This is a great Austin band.

### AZAM ALI: *ELYSIUM FOR THE BRAVE* (SIX DEGREES)

*Elysium for the Brave* is Ali's second solo project, following her stunning solo debut, *Portals of Grace* (2002). *Elysium* is a fascinating fusion of electronica, traditional Middle Eastern instruments — such as frame drum and ney flute — and Ali's superb voice. Anyone who hasn't heard this woman sing is short a major thrill.

### FLOOK: *HAVEN* (WORLD VILLAGE)

Flook is an English/Irish quartet that has consistently exhibited a level of virtuosity that is rarely matched by Celtic bands. Flutists Sarah Allen and Brian Finnegan, bodhran and mandolin player John Joe Kelly, and guitarist Ed Boyd are awe-inspiring

players who've been putting their unique spin on traditional music for the past decade. Anyone who fancies the jigs and reels that comprise a noteworthy facet of the music of the British Isles must get up with Flook.

### WAYNE HANCOCK: *TULSA* (BLOODSHOT)

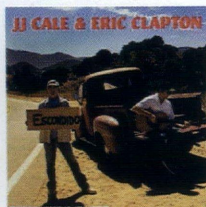
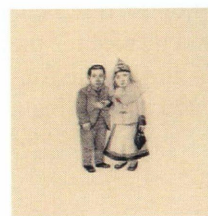
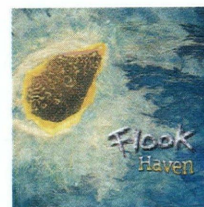
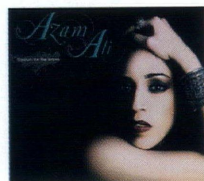
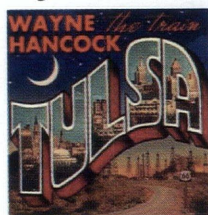
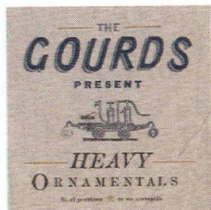
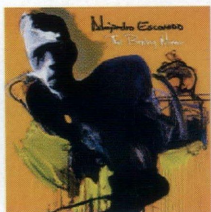
This brilliant piece of work is Wayne "The Train" Hancock's tribute to Bob Wills and His Texas Playboys. Rather than cover Wills' songs, Hancock tracked 14 original tunes that are totally in the spirit of the legendary country swing that was Wills' signature sound. The outcome is a killer CD that's true to the Texas Playboys' vibe and true to Hancock's personal take on traditional country music. *Tulsa* proves, yet again, that the best country music nowadays is mindful of the genre's tradition.

### THE DECEMBERISTS: *THE CRANE WIFE* (CAPITOL/EMI)

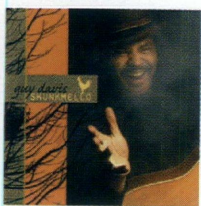
A genuinely compelling rock album, underwritten by songcraft that's really unusually literate. The title track, in three parts, is based on the Japanese folk tale of the same name. Other facets of the Decemberist vibe bring to mind Fairport Convention and Emerson, Lake & Palmer. *The Crane Wife* is receiving a good deal of well-deserved attention from rock critics. This is one of the best CDs of the year.

### GUY DAVIS: *SKUNKMELLO* (RED HOUSE)

Davis has tracked several excellent blues albums; his 2006 disc, *Skunkmello*, is the best to date. Davis does a fine job of mix-





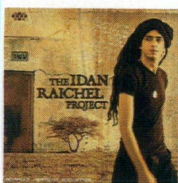


ing traditional numbers, such as Tommy Johnson's "Maggie Campbell Blues," with excellent original songs. Davis' "Blackberry Ramble"

is a choice country blues, while his tune "It Takes Love To Make A Home" has a pronounced contemporary feel. *Skunkmello* is Davis at the absolute top of his game.

#### THE IDAN RAICHEL PROJECT: THE IDAN RAICHEL PROJECT (CUMBANCH)

One of the most fascinating world music titles of '06. Raichel is an Israeli keyboardist and composer who has become

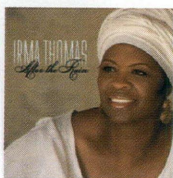


quite an item among Israeli and Ethiopian music fans. His collaboration with Ethiopian immigrants in Israel, as well as Arab-Israeli

vocalist Mira Anwar Awad and Surinam native Sergio Braams, has given Raichel's music a highly distinctive vibe.

#### IRMA THOMAS: AFTER THE RAIN (ROUNDER)

Thomas is the queen of New Orleans soul, and this album surely confirms her status. Working with producer Scott Billington, Thomas further availed herself

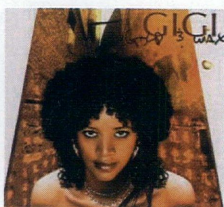


of the services of Sonny Landreth, Stanton Moore, Dirk Powell, Corey Harris and Marc Broussard to aid in the creation of this wonderful disc.

Thomas has a voice for the ages, and she's definitely singing with conviction on all 13 tracks. Her cover of Blind Willie Johnson's "Soul Of A Man" is not to be missed.

#### GIGI: GOLD & WAX (PALM PICTURES)

Ethiopian vocalist-songwriter Gigi (Ejigayehu Shibawbaw) appeared on the

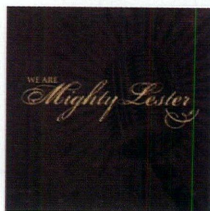


world music scene in 2001 with a stellar, self-titled debut CD on the Palm Pictures label. *Gold & Wax* is the much-antic-

ipated follow-up to her debut, and it does not disappoint. Gigi's a splendid singer and a gifted songwriter. With husband Bill Laswell again producing, *Gold & Wax* is a mesmerizing merger of East-African exoticism and righteous groove.

#### MIGHTY LESTER: WE ARE MIGHTY LESTER (INDIE RELEASE)

One of the best blues bands out there, Mighty Lester is an eight-piece powerhouse from right here in the Triangle. Their '06 release is loaded with original material and

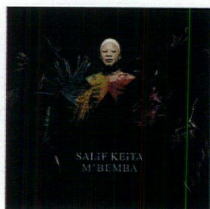


the sort of energy that puts a buzz in any crowd. Mighty Lester's got your jump blues and your Stax vibe, and they possess the

chops to make it real. Blues bands of this caliber are rare, and these players are homeboys.

#### SALIF KEITA: M'BEMBA (DECCA)

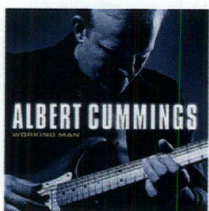
*M'Bemba* (ancestor, or grandfather) features Keita digging into his Malian background and devising a musical tribute to his ancestor Soundiata Keita — founder



of the Mandingo Empire of the 12th century. With a masterful assistance of Mama Sissoko (ngoni lute) and Toumani Diabaté (kora), as well as Ousmane Kouyaté (guitar) and Mino Cinelu (percussion), Keita and producer Jean Lamoot have crafted a dynamic, evocative record, rich in both groove and atmosphere.

#### ALBERT CUMMINGS: WORKING MAN (BLIND PIG)

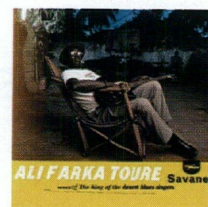
*Working Man* is one of the prime blues albums of '06. Cummings' guitar work is



monstrous, his vocals are the real deal, and he wrote all but one of the 13 songs on the record — and they're solid blues-rock numbers. This record is the calling card of a blues star who has arrived.

#### ALI FARKA TOURÉ: SAVANE (WORLD CIRCUIT/NONESUCH)

Malian guitarist Ali Farka Touré was one of the giants of West African music. His passing last March was a terrible loss,

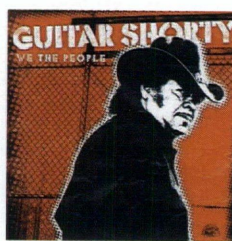


but he certainly knew how to exit with a flourish. Touré's last album project, *Savane*, is without question one of the finest

efforts in his legendary discography. Touré's subtle vocals and the sweet economy of his lead guitar infuse songs such as "Gambari Didi" and "Ledi Coumbe" with the incandescent glow of virtuosity.

#### GUITAR SHORTY: WE THE PEOPLE (ALLIGATOR)

Bluesman Guitar Shorty's latest project bristles with the sort of galvanizing guitar

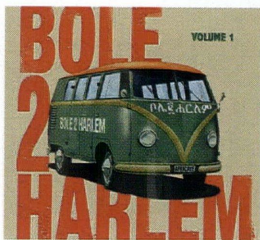


work that defines modern, top-of-the-line blues-rock, while his vocals remain as forceful as ever. Taken as a whole, *We the People* is a

*tour de force* by one of the great blues artists of his, or any other, generation.

#### BOLE2HARLEM: BOLE2HARLEM (SOUNDS OF THE MUSHROOM)

*Bole2Harlem* is an Ethiopian/African/American collective putting it all together



in Harlem. The payoff — this self-titled debut — is 13 tunes distinguished by killer beats and an infec-

tious blending of traditional Ethiopian melodies, funk and hip hop. David Schommer (producer/percussionist) and vocalist Maki Siraj have concocted a sound that's a distinctive hybrid, a truly ethno-eclectic celebration. Vocalists singing Amharic lyrics over a sweet rhythm section mixed with spoken work; it might well be the street sounds of Addis Ababa or New York's 123rd Street. **MM**



*continued from page 23*

No doubt the Finnertys have been somewhat prepped for dealing with reporters. Any good defense attorney would see to that. Was their house cleaner, more picked up than you might expect from a large family on a regular basis? Probably. Were the Finnertys on their best behavior? Most definitely. Yet, during my social work days, I have sat in interviews with couples who extolled their virtues as parents at great length while their toddler played behind them, unconsciously pretending to take a joint. It's tough to hide who you are for eight hours. If any clues as to the hidden natures of this family were there, I did not pick up on them. What I did observe, however, was a close family that sees themselves under siege by an enemy that has chosen to attack them for reasons they don't fully understand.

As I said my good-byes, the boys were drifting into the den to watch ESPN. Kevin

and Mary Ellen walked me to the door. Beyond the lights radiating from the Finnerty house, it was cold and dark. As I walked the rocky, graveled driveway to the car, there wasn't even a star to break up the unrelenting blackness — nothing to add a spark of warmth to the night.

Of course, I haven't sat down with Nifong and his family — I understand he is keeping a low profile these days. Nor have I met with the accuser and her family. No doubt I would find that they, too, have compelling stories to tell. They, too, will hereafter measure the events of their lives from a clear spring night in Durham. But there is no denying that people in this area unconsciously assumed Collin Finnerty's guilt, and now stay silent as that guilt becomes less clear, for fear of being accused of a historic racism. I don't believe it is a coincidence that the first outside attorney of any standing in this state that has been will-

ing to call Nifong on his inept handling of the Duke lacrosse charges just happens to be a black man. I also don't believe that it is a coincidence that the Durham DA held a press conference with the Durham police the day after he was pilloried in absentia by *60 Minutes* — he declined to be interviewed — to announce that he would be seeking the death penalty in the murder of four young black men a year earlier. On Nov. 7, DA Nifong retained his job with 49 percent of the vote. A majority, 51 percent, was split between two ghost candidates — one a Durham county commissioner who allowed his name on the ballot, but declared early on that he would not serve if elected, and a write-in candidate. Nifong was quoted the next day as saying that his decision to prosecute the lacrosse case had not changed. A state representative has requested a federal investigation. Still, no trial date has been set. **MM**



The new **Raleigh Convention Center** has doubled a key business plan projection, according to an independent analyst, and is on pace to exceed even more. "Based on my analysis of your data on year-to-date event and room night bookings, it appears that the Raleigh Convention Center is on path toward exceeding our event and room night projections," said Tom Hazinski, managing director of HVS International and author of the Center's 2003 business plan. "This is one of the best set of advanced bookings I have seen prior to a Convention Center opening."

■ ■ ■  
**The Solzhenitsyn Reader: New and Essential Writings**, 1947-2005, has been recognized as one of the top 10 books of 2006 by

*Books & Culture* magazine. Published by Intercollegiate Studies Institute Books, it gives readers a representative selection of Solzhenitsyn's works, including early and late poems, short stories, essays and speeches. For more information, visit [www.isi.org](http://www.isi.org).

■ ■ ■  
Students from **Hoggard High School's National Art Honor Society and Art Club** raised a total of \$1000 for Cameron Art Museum's artist-in-residence program after creating and selling all-occasion cards at Wilmington's Annual Sidewalk Chalk Competition. The donation helped the museum exceed its fund-raising goal for the artist-in-residence program. For more information, visit [www.cameronartmuseum.com](http://www.cameronartmuseum.com).

■ ■ ■  
The Web site of the **North Carolina Folklife Institute** (NCFI) is now online at [www.ncfolk.org](http://www.ncfolk.org). For over 30 years, NCFI has documented and presented traditional music, craft, storytelling, dance and other expressions of North Carolina's folk heritage.

The developing site includes audio documentaries, travel guides and an online store.

■ ■ ■  
**Durham Arts Council** will honor 12 Triangle area artists selected to receive Emerging Artists Grants at the 23rd Annual Emerging Artists Awards Ceremony on Jan. 12. The Emerging Artists Grant Program enables artists to complete projects that will aid their professional presence. For a list of recipients and project descriptions, visit online at [www.durhamarts.org](http://www.durhamarts.org).

■ ■ ■  
**Phil Kirk**, recently retired as chief executive of the North Carolina Citizens for Business and Industry, has formed a speaking and consulting firm while retaining the position of vice-president for External Affairs at his alma mater Catawba College in Salisbury. Go to [www.phillipkirk.com](http://www.phillipkirk.com) or call 704-637-4290 for more information.

■ ■ ■  
The **NC Museum of Natural**

**Sciences** will host **A Little Night Vision Gala** on Feb. 17 to benefit Prevent Blindness North Carolina. Guests will enjoy food, drink and live music while being able to bid on gifts. For more information, contact 919-755-5044.

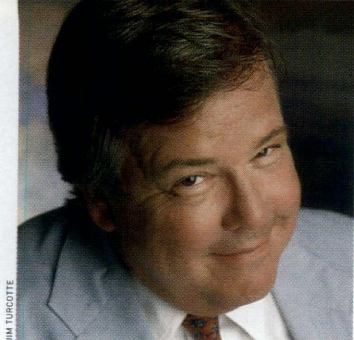
#### APPOINTMENTS

**Mary Lou Powell** of Rex Healthcare has been promoted to senior vice president of patient care services and chief nursing officer.

■ ■ ■  
**Betsy Conti** has been named director of development for the NC Museum of History. Conti served as Lt. Gov. Beverly Perdue's chief of staff from 2002-2005.

■ ■ ■  
**William H. Schlesinger**, dean of Duke University's Nicholas School of the Environment and Earth Sciences, has been named the second president and director of the Institute of Ecosystem Studies. He will step down as Nicholas School dean on June 1, 2007.





JIM TURCOTTE

## NIFONG LEADS NORTH CAROLINA'S MOST WANTED

**M**y list of the Most Wanted for 2006 and into the New Year ranks Durham District Attorney Mike Nifong as Public Enemy Number One. His crimes should be punishable by a life sentence for purposely seeking to ruin the lives of Duke lacrosse players because of who they are, not for crimes they allegedly committed. He needs to be separated from society and consigned to a padded cell where he can serve as a symbol to the culture warriors at Duke and in Durham that the days of staining people to achieve the goals of their politically correct agenda are over. Nifong is to have no privileges as extra punishment for embarrassing the state of North Carolina.

Holding to the Number Two Most Wanted position is Duke University president Richard Brodhead, singled out for being a sanctimonious dissembler. His first reaction to the charges against his own students was "off with their heads," along with the lacrosse season and the coach. He immediately created five commissions to investigate where Duke had gone wrong in defense of the accuser in the case, without even a nod in the direction of fairness to the boys. As the case against the lacrosse players began to fall apart in the last month, Brodhead issued a statement saying the boys should be considered innocent until proved guilty. This comes a little late, don't you think? Of the charges against him, his knee-jerk refusal even to attempt to be impartial and give his own students the benefit of the doubt is the most serious. Sprinting to the high ground to try to defend them nine months later is a lesser crime, but one worthy of punishment. His only chance for redemption is 1 million hours of community service dedicated to visiting every college and university in the Western world and explaining that higher education administrators must cease capitulating to the radical scholars and their politically correct class warfare — on campus and off — and return campuses to rational discourse and traditional scholarship. The lacrosse players then will have accomplished a greater good from their ordeal by helping to end the moral insanity gripping academe.

Number Three on the Most Wanted list is North Carolina Gov. Mike Easley, who has stood by while his appointee to the DA's job in Durham County has stained the reputation of our state in his quest to ruin the lives of the lacrosse players at Duke. Someone asked me how I felt about a woman governor after Beverly Perdue announced her candidacy for the job. I replied: "We already have one, Mary Easley." The governor's wife is a smart, good-looking lady who finds herself appearing at dozens of public functions each year because husband Mike just can't get himself together to show up. This is a well-known reality in Raleigh, with speculation that the governor is depressed and needs the recuperative time he spends on the golf course and taking the state airplane to his home in Brunswick County most every week. Since he purloined the state's highway fund to balance the budget, he shouldn't have to ride in his limo on our decaying highways. But he sure as hell could have intervened publicly and put a leash on his deranged pit bull DA in Durham and spared the state the bad reputation we have gained across the globe in the Duke lacrosse case.

Number Four on the list is the entire North Carolina Department of Transportation for gross ineptitude in the case of the newly constructed 10-mile stretch of Interstate 40 from RTP west that is going to cost taxpayers \$20 million to repair. This is a much-needed widening that was already held up for 10 years because DOT was tied up by a two-person environmental activist group in Carrboro. Pair this with the 8-year delay in building the NC 70 bypass around Clayton to relieve a massive bottleneck — due to one wildlife official who maintained the project would harm the infinitesimal and pervasive dwarf wedge mussel — and you can grasp the enormity of DOT's transgressions. In their defense, road allocations are hamstrung by a preposterous state regulation granting rural counties more than their proportionate share of road money. But these mitigating factors do not make up for the

aggravating truth that we have a problem with our roads in North Carolina.

The Number Five Most Wanted is the scattered band of Triangle Transit Authority banditos who broke and ran when the Feds busted their attempt to impose an iron mask of badly thought out rail transit on the region. Hiding out in the hills of Raleigh and Durham, they are still funded and dangerous, hell-bent to maintain a guerrilla war to get their way. Like the Shining Path in Peru — a Marxist gang that operates in the jungle to disrupt political stability — TTA will never give up, no matter the absurdity of their cause. Now that Durham and Durham County have pulled out of the Research Triangle Metropolitan Statistical Area, perhaps they will come out from hiding and embrace a Raleigh-Wake County rail transit system that is — very much unlike the old TTA — accountable to the people and rational in its proposals.

### NOTES FROM LA-LA LAND

As Russian radioactive **Polonium-210** plots continue, I think of our first Raleigh Spy Conference in 2003 where noted intelligence scholar Chris Andrew talked about caches of arms and money buried around Europe and the US by the KGB. It has now come out that these lethal bundles are used today by Vypmel, or Department V of the FSB — the new Russian spy agency — to supply assassination operations, including the killing of anti-Putin dissident Alexander Litvinenko in London. Go to [www.raleigh-spyconference.com](http://www.raleigh-spyconference.com) for more on this, and read the two books in the *The Mitrokhin Archives* series by Andrew and the now deceased former KGB colonel Vasili Mitrokhin.

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A school system in Massachusetts has rescinded the publication of **honor roll students** in the local newspaper, announcing that the move would reduce stress for other students in what they call a "high expectation, high achievement culture" that they say is "unhealthy for promoting learning."

...

Is the University of North Carolina endorsing the presidential bid by former US Sen. John Edwards? It sure seemed so when the matinee idol socialist inflicted the nation with his candidacy on live TV in December. **MM**



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