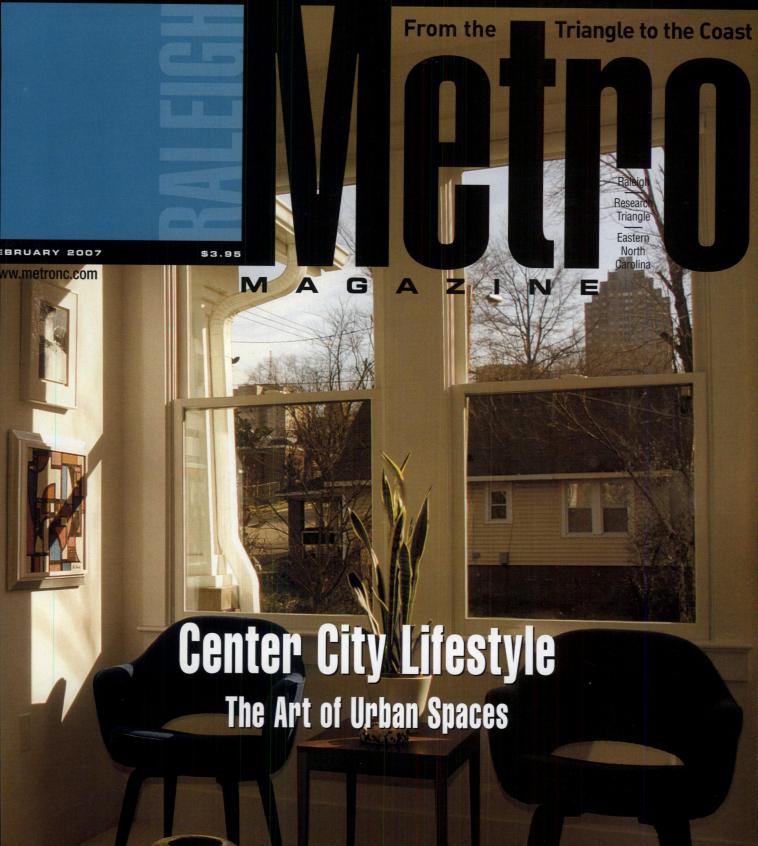
Tammy Lynn Center: Heaven-Sent Services





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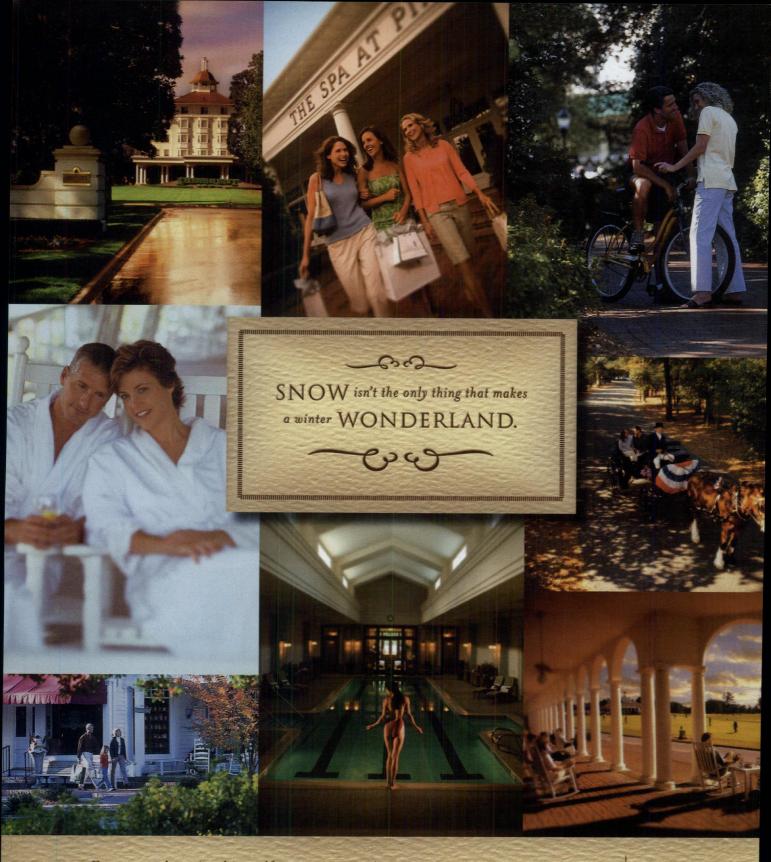
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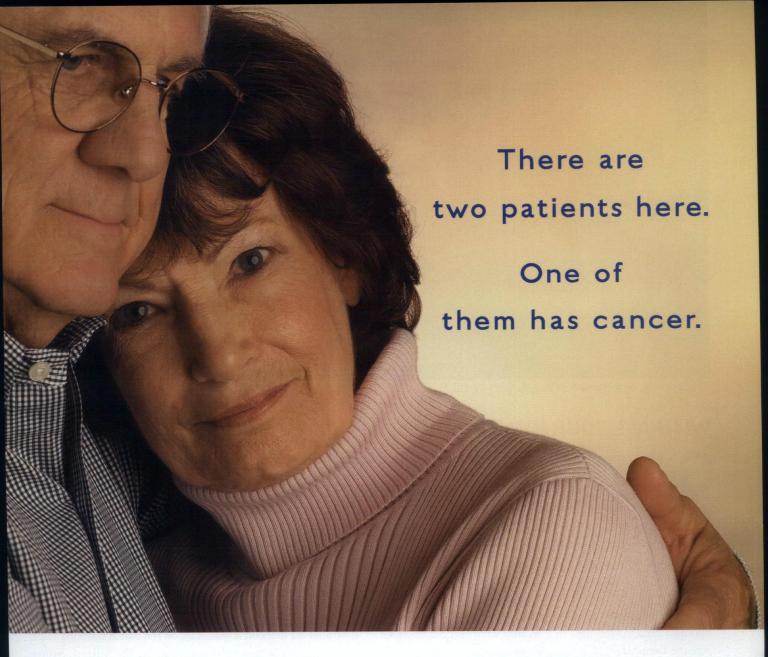
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The Second Annual Mannequin Ball, January 19, 2007

WITH ALL YOUR HEART

nce in a while we need to fall on our knees and thank whomever or whatever we believe in for organizations like the Tammy Lynn Center. Nestled into a neighborhood setting near NC State's Centennial Campus, this special facility performs more wonders in one day than most of us in a lifetime. Caring and teaching and assisting kids and young adults with developmental disorders — within and outside the Center — is not simply an occupation: it's a calling of the highest order. You don't know it yet, but you're very glad Tammy Lynn is there. After reading *Metro's* Special Report, break out the checkbook and find time to volunteer or look into what you can do to be sure the Tammy Lynn Center is able to continue in its great work. As one believer put it, the care at Tammy Lynn is heaven-sent. After reading about it, you will agree with all your heart.

Living in one of the most advanced medical communities in the world allows us access to the best in care, and that goes double for cancer treatment. Rick Smith reports that Duke Raleigh Hospital goes even further by offering a unique program that is receiving rave reviews across the region. On top of the list of advancing treatment in the region is early diagnosis of esophageal cancer. And sure enough, Tony Vecchione locates top experts right here in the region. There's much more in *Metro's* quarterly medical report, including breaking news and a nod to the good people who help the less fortunate who cannot afford proper medical care.

The slings and arrows of love mobilize in February for Valentine's Day. Chocolate is fine to give, and flowers of course, but jewelry seals the deal. Jennifer Hadra goes back in time and brings us to the present state of trends in the lapidary arts to help you choose the right piece for that right person. And if wine be the food of love, drink on — to paraphrase loosely — and read

wine critic Barbara Ensrud's informative take on living longer by drinking good vino. But do it in a good restaurant by checking out food editor Moreton Neal's suggestions for quality dining — and carry on the theme of love with fiction editor Art Taylor's offering of books from the heart.

Diane Lea delves into the art of urban living with an inside look at a center city condo space that integrates art with modern design; Molly Fulghum Heintz notices comfortable trends in clothes and new scents to die for; Louis St. Lewis spotlights the top women in art management in the region; Jim Leutze continues his series on aquaculture on the North Carolina coast; Philip van Vleck uncovers new music by the Milagro Saints; Carroll Leggett traces the Baggett family of Harnett County; and letter writers comment on our exclusive interview with the family of Collin Finnerty, one of the three Duke lacrosse players caught up in the machinations of former Durham County Prosecutor Mike Nifong and the cowardice of Duke President Richard Brodhead.

And be sure to check out the photo spread from the second Mannequin Ball. Fashion, fun and great food and music welcomed special guest stars Emily Procter of *CSI: Miami* and 5-time Tony winner William Ivey Long for an evening to remember in North Carolina. Go to www.mannequinball.com and www.metronc.com to view more pictures of the Ball.

March brings our first of four Southern Style special sections for 2007 and *Metro's* annual guide to fine food and wine. And look next month for a preview of the new book on basketball legend Pistol Pete Maravich, who developed his wizardry with the round ball at Raleigh's Broughton High School. Preview Mark Kriegel's *Pistol: The Life of Pete Maravich* at www.simonsays.com.

-Bernie Reeves, Editor & Publisher



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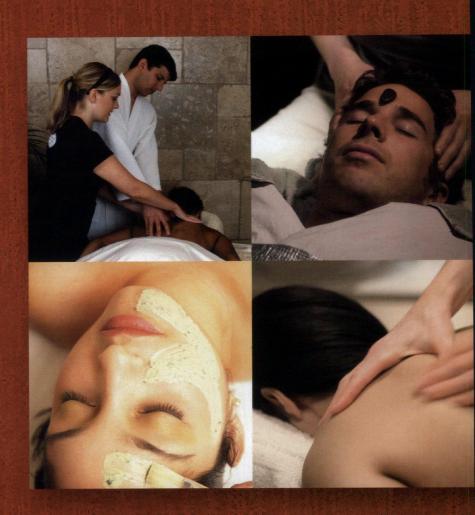
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Correspondence

TOTALLY CORRECT

To Sharon Swanson:

I read your piece in Metro about the Finnerty family. You got one thing totally wrong!!! Their house is always neat. All kidding aside, your article was amazing. Mary Ellen is my sister. I just wanted to tell you how totally correct you got the whole story. Usually I can read things about my family with a bit of detachment because they always miss the mark, and it isn't us they are writing about. On the other hand, your article was so spot on that I sobbed while reading it. The garbage people write can't really affect us, but the truth is painful.

You got every part of it correct (except the housecleaning). I had just told Mary Ellen to get new jeans since those were starting to bag on her. Kevin is pretty cute. Mary Ellen is the best mother. Kevin is the best father and the best husband. I just want to thank you for your willingness to put in the time and effort it takes to get the story right.

Mary Ellen thinks you are terrific. Now, I do, too.

> Eileen Cornacchia Palm Beach, FL

FINNERTY ARTICLE ACCURATE

Sharon Swanson's article on the Finnerty family could not have been more accurate. From the outset, it was clear to anyone who knows the Finnertys that there was something awfully wrong about what was misrepresented by nearly everyone who had a say - from Nifong to Duke.

I am not best friends with the Finnerty family, but I know them socially, and I know Kevin Finnerty from the business we are in. I have been to their home and have played golf with Kevin more than a few times. His reputation in business and as a person is beyond reproach — you know it very soon after you

To see them interact with their children is to step back in time - boys dancing with their mother at a family party, "yes sirs" and "no ma'ams" ... not forced, but cheerfully at ease with each other and friends. The first time I met Collin, I was greeted by a young man who looked you straight in the eye with a firm handshake ... he was probably 9 or 10 at the time. We've all witnessed spoiled, mannerless children — the Finnertys are the polar opposite. It takes a lot of hard work to raise a family like that. As Einstein once said, "What counts can't always be counted."

They truly are a close, well-raised bunch and a very loving family —I hope my children turn out like theirs.

It is an unspeakable tragedy that a human being(s) would casually toss a grenade into such a family, yet that is exactly what happened. I hope Nifong and those who blindly supported him get the legal punishment they deserve, and I will never allow my children to attend an institution that ran like a scared rat before even a minimal glance at the facts and instead leaped into the "guilty-first" crowd. I cannot understand how these people sleep at night.

Thanks for having the guts to go in openminded and report what you saw - that's what great journalism should aspire to again.

> Mark Lunden Palm Beach Gardens, FL

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LACK OF RATIONAL THINKING

What a pleasant surprise to read "My Usual Charming Self" by Bernie Reeves in the January 2007 *Metro Magazine*. Having moved to the Chapel Hill area with my husband eight years ago from Birmingham, MI, we have both been disturbed by the lack of rational thinking regarding current policies, government actions and general lack of responsibility toward and for the public's benefit. The "good old boy" syndrome seemed to be prevalent at each corner.

The most current display by the Durham prosecutor has disturbed us greatly, and add to that the governor's general lack of stepping to the plate to deal with serious issues, i.e. prosecutor misconduct, highway construction and on and on goes the list.

This is not to say that Michigan does not have its share of problems, but the most recent actions in Durham are an affront to the American system and very disturbing. I served as a city commissioner in Birmingham and as mayor for some time and, frankly I am stunned with what I read and hear. We struggled with many difficult issues, such as subsidized senior housing and the use of a nativity scene, but we were able to deal with these issues within the context of good government and within the framework of the constitution.

It is my hope that we shall see the powers that be step in and address the very serious issues that are raised. Once again, congratulations for stepping up and saying what has not been said — and needed to be said and heard — on some very serious issues for the community and the state.

Barbara Jeske Chapel Hill

HERONS A HIT

As a reader of your magazine, which I thoroughly enjoy every month, I must encourage your publication to review the newest restaurant in Raleigh, which opened Jan. 15. I am speaking of Herons, located within the new Umstead Hotel and Spa in Cary. I had the pleasure of eating at Herons Tuesday night and was absolutely amazed, start to finish. Chef Phil Evans' food was exquisite, from the Seared Tuna and Kobe Filets my guest and I had for dinner, to the Lobster and She Crab Bisque and Kobe Short Rib Ravioli that were our starters.

The pastry chef's creations were another highlight of the evening, creating a chocolate

soufflé served with coffee ice cream, and a pineapple dish that was out of this world (a shaker of piña colada is brought to the table and poured over the dish, giving it the perfect finishing touch). Presentation was gorgeous in all the platings and service was impeccable, formal without being too stuffy. My boyfriend is the sommelier at Herons, so I personally know the hard work that was put into creating their amazing, balanced and broad wine list. He was able to pair a wine with each of our courses perfectly, as well as finding a wine that my very picky aunt would enjoy.

Herons is a restaurant that is on its own level, something Raleigh has needed for quite some time. I know your food reviewer would enjoy the evening spent there.

Sincerely,

Amanda Kolts Cary

SENDING OFF JAMES BROWN: A LIVE REPORT

Rolling through Ocala, FL on Highway 301 on a Friday morning heading back to Blowing Rock to prepare to get some work done before the New Year, I was listening to Soul Street on my XM radio, and there was more discussion and more tribute to James Brown. I thought back to the time in the mid-'60s when I went to a concert in Raleigh where the white boys and girls were consigned to the balcony, and the "negroes" were allowed to dance and sing from the main floor of the auditorium. While I remember that arrangement, it was the Famous Flames backing up a 30-year-old James Brown that really changed my attitude toward music and lifted me almost totally into the soul and R&B camp - no more Elvis adoration, no more Bill Haley; they and many others were shoved to the fringes by the likes of James Brown, Wilson Pickett, Otis Redding, Booker T. & the MG's and numerous other black artists who have long since all but disappeared from the music scene. I listen to Soul Street on XM because they can be heard again ...

I spent the next few hours thinking about how much James Brown and his many musical incarnations meant to me and my generation, and so I turned off I-95 and headed to Augusta for what I thought was a Friday funeral. I was only meaning to pass the hallowed sights and see the statue of JB on Broad Street that was erected last year. It might take

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NORTH HILLS | 4421-102A SIX FORKS RD RALEIGH | 919-781-2220 www.bodychic.net me two hours out of my way. Well worth it.

I drove past the James Brown Arena near downtown Augusta and asked if the service was over. I was informed that there was a private service on Friday, but there was to be a public celebration and viewing scheduled for 9 a.m. on Saturday with the service starting at 1p.m. — seating limited to 8000. "Be here early if you want to get in," I was told. It only took me about 30 seconds to get anyone who was expecting me anywhere else on the phone to advise them that there were some opportunities in life you just did not want to miss: James Brown's Going Home Celebration was certainly one of those.

At the Marriott, I booked a pet friendly room and Emmit the dog and I checked in with high anticipation. There were rumors of numerous big stars arriving in Augusta for the event, but to be honest, the town seemed almost empty except for the 50 or so families and fans that gathered around the statue and signed cards or the American flag wrapped around the statue. There was a boom box blasting the music and there were numerous flower arrangements, candles and stuffed animals. TV trucks were arriving from Charlotte and Columbia and Atlanta and the excitement was building.

Saturday AM I awoke early and headed back to the Arena to check out the line. I got there at 8:30 a.m. and never saw the end of it. It had to be six blocks long. When they opened the doors at 9:00 a.m. and the line began to move in uneven spurts toward the entrance of the Arena, a familiar face, the individual I had gotten the information from the day before, invited me into the line with him and his mother, who had know JB all her life. I felt guilty, but I slipped in. Emmit went to sleep in the car. We swapped stories of JB encounters, but mine were nothing compared to theirs — her family helped mentor James when he emerged from reform school in the late '40s.

The crowd was probably pretty typical for a large black funeral and social event. There were women dressed in incredible finery — large hats and very exotic hair arrangements. There were men dressed in every variety of style, from Brooks Brothers to pure zoot suits with outrageous lapels and shoulders and colored in every variety possible. One of my very favorites was a man about 6'8" dressed from head to toe in a bright, shiny silk almost

Carolina Blue ensemble that featured matching hat and shoes and a coat that reached to his knees. There were thousands in similar style. It was a sight to behold.

In about an hour we filed past the solid gold open coffin silently, respectfully (No Pictures, Please!) and proceeded to an upper seat if we wished to stay for the Celebration at 1 p.m. It was 10:30 a.m. when I got seated. I was alone again but always among friends. It was a very, very friendly crowd.

I thought I might get restless and hungry, but it never happened. The visuals were just too interesting and, fortunately, the concession stands were in full swing offering Cokes and nachos among the available sources of nourishment. I mean, who ever heard of a good funeral without a large pretzel and mustard?



James Brown was dressed in a sequined tux with a bright red shirt and sequined boots with silver tips on the toes. Pure James Brown. He was in full view and remained there for the duration. The coffin was located in front of a full stage ominously holding two drum sets and speakers unequaled even to the Rolling Stones Steel Wheels Tour.

At 12:30 p.m. they closed the doors almost all the seats seemed occupied - and the "family" came in from behind the stage. From where I was sitting, and with the help of locals who sat next to me, I was able to identify a few folks: his current "wife" Tomi Fae Hynie, who is and was a backup singer of more than a little talent and movement; his daughter, who has taken control of his estate and business and is highly respected in Augusta; and several other children who, it was suggested, must be on early release to attend the funeral. Seems to be an uneven outcome in the Brown family like so many others. The invited guests and family occupied the seats on the floor of the ice rink arena, while the public sat above and looked across

the assembly or to one side to see the stage. Every now and then screaming would rise in the crowd from one corner of the floor or another. I am too old to recognize most of the arriving guests who brought on the cheering, but one was a 500-pound man with a great pomaded black pony tail who wore a mink coat that had to cost the lives of half the minks in Russia. Someone said he was a comedian, but I am pretty sure he was not Cedric or Bill Cosby or Eddie Murphy — and I remembered that Red Foxx is dead. Having exhausted my knowledge of black comedians, I turned like almost all others to the Michael Jackson watch. Was he really coming? Would we even know it if he was in the building? More pressing for me, why did this 65-yearold white realtor from Blowing Rock, NC, care if Michael Jackson was in the house? The implications ran from "just interested" to a far more worrisome suspicion of my arrested development. I am leaving such things unre-

After the family was seated and the arena was quieted down, a few words of why we were there were delivered by a religious figure from Augusta. Gospel music filled the space, delivered by a local congregation and a woman with a truly beautiful voice. Here was clear proof from whence so much talent evolved over the centuries. Maybe the greatest of them all is Jessye Norman, the opera star, who was also born in Augusta. (I learned this from one of those ubiquitous historical markers dotting the Southern landscape. In Augusta, the music figures seem to outnumber the generals.) The next gospel song was delivered in a totally upbeat fashion by one of the remaining Temptations. I didn't get his name and didn't care. Although he was terrific and moving and a good transition from the religious to the secular, I do not personally want any Temptation or any Four Top to develop a persona outside of the group. It just would not be right. I loved those groups almost as much as I loved the soul artists I mentioned earlier. Call me selfish.

As soon as the Temp wrapped it up, an announcer took the stage to bring on the Soul Generals, James Brown's backup band since the demise of the Flames in the late '60s. If there is a better horn section in the history of soul and R&B, you can bury me with James. Listen to "Living in America" and you will hear them in their full glory. As soon as this

great-looking band of 15 members, dressed in military jackets with gold epaulets, you had to think: If Michael Jackson was going to sneak into the arena, this was his chance. But for the next 90 minutes they just did it James' way one classic after another, sung by Bobby Byrd, other men, who were former band members or lesser known black soul singers, and all backed up by the band and the female singers: "I Got You (I Feel Good)," "Night Train," "Living in America," "Papa's Got a Brand New Bag," "Get On the Good Foot" ... came one after another.

Then a pretty remarkable thing happened. Tomi Fae Hynie stepped out of the backup girl singers group and delivered a first class version of the Sam and Dave classic "Hold On, I Am Coming," and sung it right down into the open casket. I doubt I am the only one who thought it was as sexy as any funeral I had ever attended. Here it occurred to me that James often feigned exhaustion in his act only to recover apparently from the healing effects of the cape. Now was the time for him to reveal that this was all a part of his New Year's surprise ... EEEEYAAWWWW ... I FEEL GOOD!!!!! It didn't happen, and we were all

convinced he was really dead. He had to be.

During the height of the rocking when MC Hammer" was working out to "Sex Machine, Michael Jackson, Al Sharpton and Jesse Jackson emerged on the floor from back stage to the great joy of all. Yes, ALL. I was really excited. The gathered "mourners" greeted them and James' daughter gave them a hug, and they sat for the remaining music. It was at or near this point that I injured myself attempting some of the Hammer shoulder moves while balancing on one leg. I was administered to by the lady who sat behind me and witnessed it all. She gave me a sip of her Dr Pepper and assured me that I would recover by morning. She said I was "OK" for a white guy. I squeezed her hand in appreciation.

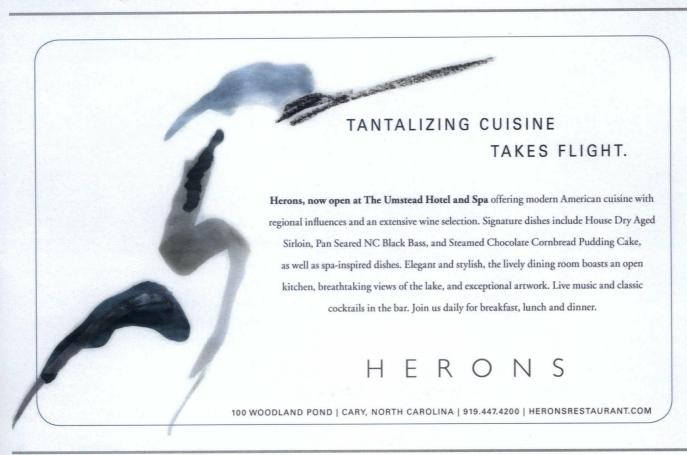
Al Sharpton took the stage soon after the music had to be halted since it was approaching 4 p.m. and there might have been an ice hockey game on the schedule or worse, the embalming science might have had limitations—but no one wanted it to end.

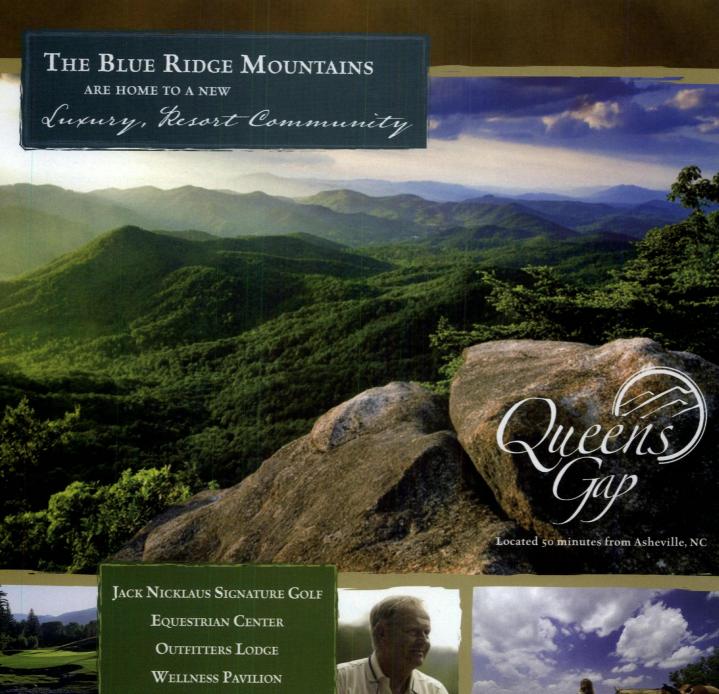
Al was really great. He does have a way with words and a grasp of his audience. When he completed his eulogy and invited Michael Jackson to speak, I used the standing crowd to cover my early departure. I was afraid of offending the family, but I had a dog in the car and knew he had limitations, as well.

Soon we were back on the road to Columbia, Charlotte and Blowing Rock. And in a complete lack of modesty, I imagined that just maybe I could think of myself as having represented the hundreds of thousands of white men and women who grew up in the music of the '60s and '70s and never went to a party without hearing "Night Train" or "I Got You," and who relentlessly spent their college allowances on records their parents could never understand and on a group of artists they would rarely approve of in those days and maybe even today. At a minimum, I felt I could justly represent my friends at the fraternity house in Chapel Hill who taught me to Shag and drank beer with me in front of the juke box that always had the Soul Classics stacked in permanent slots: B7 for "Night Train," A13 for "Mr. Pitiful." We were all there yesterday ...

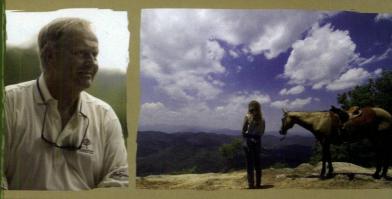
We love you, James.

John Schoo Blowing Rock, NC









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Contents

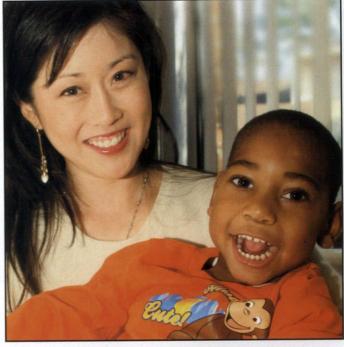
Volume 8, Number 2 February 2007

Features

- 19 Design
 Neo-Craftsman Bungalow Showcases 1950s
- 27 Medical Quarterly
 Esophageal Cancer Challenges Area Healthcare
 Professionals, Duke Health Raleigh Cancer Center
 Helps Patients Navigate Challenges
- **49** Metro Jewelry Guide The Golden Touch
- **66** The Mannequin Ball Fashion and Fun

Departments

- 6 Introduction With All Your Heart
- 10 Correspondence Reader Feedback
- Secrets of State Elephant Lovers Unite, Good Move for Duke Law, Alexander Julian Honored, WRAL Awarded, New Music from Chapel Hill
- **54** MetroPreview February Festivities
- 58 Between You and Me... End of a Harnett Country Era
- **60** Editor-at-Large Fish Tales: Two Sides to the Story
- **61** Artist-at-Large Sisters Making Statements
- 63 Style Chic Comfort and Classic Scents
- 68 Gourmet Three New Restaurants Capture Diners
- 71 Restaurant Guide
- 72 Cork Report Red Wine and Good Health
- 74 Books Books from the Heart, New Noteworthy
- 77 PvV Milagro Saints: Acoustic Punch
- **80** My Usual Charming Self Open Spaces Spending a Hoax



33 Tammy Lynn Center
A phenomenal facility offers unique community care.









Elephant Lovers Unite!

Raleigh-born Dr. Dale Lewis came home last month to encourage old friends and new to become involved with Com-



munity Markets for Conservation in Zambia, a program he founded to save the elephant population by providing natives with food security programs that prevent the need for poaching. Administered through the Wildlife Conservation Society (www.wcs.org), the program utilizes Trading Centers that serve as the management

company for each of the six distinct community tribal areas in the Luangwa Valley. Lewis announced that the first three of the six Trading Centers necessary to implement the Community Markets for Conservation are up and running and moving toward economic self-sufficiency. According to Lewis, these three alone are affecting the lives of over 30,000 Zambians for the better, while significantly reducing elephant and other large animal poaching. For example, school attendance has subsequently improved from 15 percent to 85 percent now that the farmers have returned to farming.

According to Dr. Surry Roberts, who served as host for Lewis' Raleigh appearance, the Wildlife Conservation Society needs \$200,000 in contributions in 2007 in order to support the first three Trading Centers and to lay the groundwork for opening one of the additional three Centers needed to cover the entire Luangwa Valley. According to Roberts, "This

\$200,000 need, while relatively modest when compared to most Triangle area non-profits' budgets, is very large by Zambian standards." Those interested in more information and to make a charitable gift, can go to www.itswild.org or call Dr. Roberts: 919-828-2245.

Good Move For Duke Law

In what is characterized as a "good move for Duke" by one esteemed law school dean, who spoke to *Metro*, David F. Levi, Chief US District Judge of the Eastern District of California, and a national leader in legal reform and civil procedure, has been selected as the next dean of the University's Law School. He's actually a Republican, indicating that Duke is perhaps moving away from its politically correct stance in seeking top faculty.

According to sources, Levi clerked for Supreme Court Justice Lewis Powell, was appointed by former Chief Justice William Rehnquist to the Judicial Committee of the federal courts and was appointed early in his career as US Attorney by President Gerald Ford. He was appointed to his past position by President George HW Bush.

Duke University Provost Peter Lange says Levi, 55, was praised during the search process for his understanding of and connections with the legal community, as well as his administrative experience, noting that the Eastern District has the highest weighted caseload per federal judge in the nation.

Levi noted "the exceptional momentum" of Duke Law School as a critical factor in his decision to leave the federal bench. He will succeed Katherine T. Bartlett on July 1, 2007.

Alexander Julian Honored

Award-winning designer and Chapel Hill native Alexander Julian was honored with a tribute exhibition at the Chapel Hill Museum Jan. 11. The five-time Coty Award winner began his career in his father's Franklin Street store, later forming Alexander's Ambition across the street, where he combined the finest European material with local fashion to create the elements of what became "The North Carolina Look," bringing his first Coty and



Built with 24 tons of scrap steel from the World Trade Center, the *USS New York* is the fifth in a new class of warship—designed for missions that include special operations against terrorists. Junior Chavers, foundry operations manager, said that when the trade center steel first arrived, the hair on his neck stood up. "They knocked us down. They can't keep us down. We're going to be back," he said. The *USS New York* will carry a crew of 360 sailors and 700 combat-ready Marines to be delivered ashore by helicopters and assault craft.

The ship's motto? "Never Forget."



Alexander Julian (I) and Tim Robbins

an international clothing and accessories line, that has included furniture, automobile interiors and UNC's basketball uniforms.

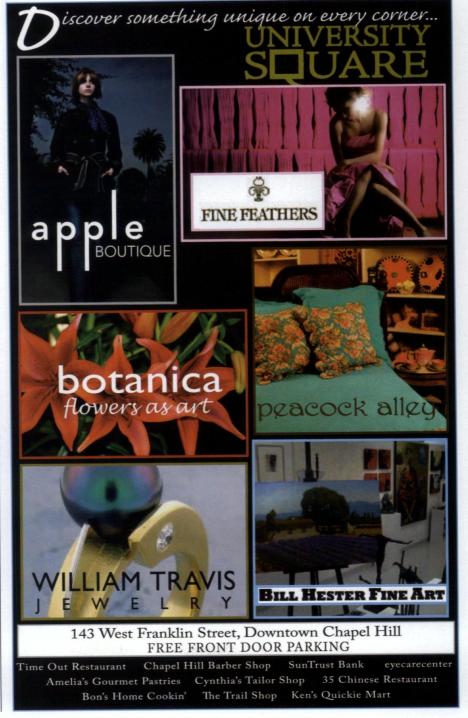
WRAL-TV Lands Two duPont Awards

WRAL-TV is among 14 winners of the 2007 Alfred I. duPont-Columbia University Awards for broadcast journalism for two documentaries in WRAL-TV's "Focal Point" series: "Standards of Living" and "Paper-Thin Promise." Documentary producer and writer Clay Johnson, photographer and editor Jay Jennings and hosts

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David Crabtree and Lynda Loveland traveled to New York City to attend the awards presentation Jan. 17. WRAL-TV's documentary unit was also featured in a PBS documentary on the duPont winners titled *Telling the Truth: The Best in Broadcast Journalism*, hosted by CNN correspondent Christiane Amanpour, broadcast on UNC-TV Tuesday, Jan. 23.

Winners were chosen from a pool of 526 radio and television news entries that aired in the United States between July 1, 2005 and June 30, 2006. "Standards of Living" examined the housing conditions of migrant farm workers in North Carolina and was originally broadcast in August 2005. "Paper-Thin Promise" looked at the use of restraining orders in domestic vio-



lence cases and was originally broadcast in June 2006. Both programs can be seen on www.wral.com. Other winners include PBS, NBC News, HBO and NPR.

The awards were established in 1942 by Jessie Ball duPont in memory of her late husband, Alfred I. duPont and have been administered by Columbia University's Graduate School of Journalism since 1968. MM

Mural Artist Moving Up

Going against industry trends has paid off for local muralist and artist Ken Brock. Brock's business, Kenbroart, and his paintings recently gained national attention for two murals and a canvas recreated for a local family featured on The Learning

Channel's program Moving Up.

Brock, whose house and studio are located in downtown Raleigh, creates three dimensional paintings that give the illusion of depth, incorporating electronics and fiberoptics. One of his most popular, *View from Wilmington Street* places the viewer inside a taxicab bound for downtown.

"Reality and perspective are very strong in my art. I like to bring the foregound close-up and extreme," Brock said. "One of the works I did for *Moving Up* was a sky mural. I found an engineer to help me put holes in the ceiling of the house and use fiberoptic lighting as stars."



Taxi by Ken Brock

Both the family and the show's producers were so impressed with Brock's work that he was asked to create another mural for a later episode.

"I'm not an industry obedient artist," Brock says. "I don't do abstract art or self portraits. You need to look at the way society operates. Every palatte is custom to the design, and every job is different."

Some of Brock's murals can also be found on the walls of Wake Medical Center. For more information about Brock and Kenbroart, visit www.kenbroart.com.

New Music From Chapel Hill's Old Ceremony

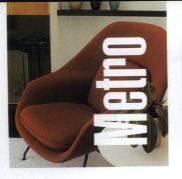
Chapel Hill produces incredible music, we know that. Now enters The Old Ceremony, a seven-piece coterie of polished rockers fronted by songwriter Django Haskins, a veteran of the national and local music scene. Propelled by lyrics of a storytelling sort, and swinging full-force comcontinued on page 79



ăn which means "to dine," or "to eat" in Vietnamese showcases
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Design by Diane Lea

Passion for Design:

NEO-CRAFTSMAN BUNGALOW SHOWCASES 1950s

ake a pleasant drive along Raleigh's Western Boulevard toward the Dorothea Dix Campus and turn left on South Boylan Street. You are entering the tree-shaded, gently winding streets of Boylan Heights, one of the Capital City's first planned suburbs. Established in 1907 and now celebrating its centennial year, Boylan Heights was formed from the estate of William Montfort Boylan, whose elegant 1858 Italianate mansion, Montfort Hall, remains one of Raleigh's few surviving pre-Civil War residences. Located west of the city and bordered by the Norfolk Southern Railroad on the north, Central Prison on the west and Dorothea Dix on the south, Boylan Heights developed as an early 20th century suburban neighborhood. At the top of the hilltop, or "heights," Queen Anne and Colonial Revival-style houses adorn the contoured streets near Montfort Hall, but the majority of the neighborhood is characterized by modestly scaled Craftsman bungalows of the 1910s and 1920s, all within a stone's throw of Downtown.

In 2003, a local development team planned two condominium buildings (four units in each) on the eastern edge of Boylan Heights in a design reminiscent of the neighborhood's predominant Craftsmanstyle architecture. To Ken Zogry, it seemed the perfect combination of location, affordability and style. Zogry — a historian and museum professional, who has served as assistant curator of Old Salem, curator of the Bennington Museum in Vermont, and most recently as executive director for the Pope House Museum Foundation in Raleigh was ready to make the move from North Raleigh to Downtown. "I was delighted to have the opportunity to custom design the unit to showcase my collection of vintage mid-20th century modern furniture, North Carolina art and pottery," says Zogry, "and I was thrilled that it would have a view of Downtown Raleigh and be in walking distance to restaurants and galleries. I also did not want to live in a high-rise building; this unique plan allowed for a yard, private entrance and driveway."



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A PhD candidate in American history at UNC-Chapel Hill, Zogry is steeped in material culture, as well as history and architecture, all of which he successfully integrated into two beautiful and scholarly books, The University's Living Room: A History of the Carolina Inn, published in 1999 by the University of North Carolina, and The Best the Country Affords: Vermont Furniture 1765-1850, published by the Bennington Museum in 1995. Both works received prestigious awards. The University's Living Room won two PICA Awards, presented by the Publishing Industry of the Carolinas, and The Best the Country Affords received the Charles F. Montgomery Award

from the American Decorative Arts Society for the most outstanding first major publication by a scholar in the field of American decorative arts for 1995.

DESIGN VALUES

With an informed eye and a passion for detail, Zogry worked with architect David Mauer to alter the basic floor plan of the condominium, which was completed in 2006. By expanding the footprint by 250 square feet, Zogry was able to add a small foyer and vaulted sunroom that looks toward the city skyline. Zogry also enlarged the dining room and created two luxurious baths for the unit. One, with an extra-long Jacuzzi tub tiled in



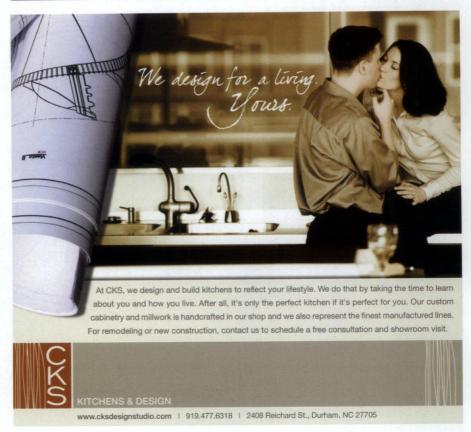
cobalt blue "Galaxy Speckle," adjoins Zogry's book-lined study. The other, the master bath, features a glass-walled, walk-in shower sheathed in a multi-toned slate named California Gold. "My mother, Sharon Davis, is finance manager at David Allen Company, a well-known Raleigh stone and tile firm," says Zogry. "Through David Allen I had access to an incredible range of natural stone and elegant ceramic tile, and I worked with a very skilled installer, Chris Williams of Williams Tile. A lot of the visual impact of the condominium is due to the creative use of special stone and tile."

Zogry's words are borne out when you enter the slate-covered foyer and view to the right the sunroom's warm gray floor of Brazilian slate. The tile's color and texture form a perfect backdrop for Zogry's distinctive collection of art and furniture, associated in some way with the modernist movement in North Carolina. "I've been collecting modernist art and furniture since 1990," says Zogry, "and I've been fortunate to find many objects that have local provenance, some once owned by famous area architects. In addition, all of the art and pottery is by people who worked in North Carolina from the 1940s to the present, many of whom were associated with North Carolina State University's School of Design, or other art departments at various UNC campuses."

Zogry's faultless sense of color, art and furniture is nicely demonstrated by his choice of a 1972 red and blue composition by Anne Wall Thomas, a modernist artist who lives and works in Carrboro and whose late husband, Howard Thomas, was a nationally known artist who once taught at UNC-Greensboro and the NCSU School of Design. Zogry's collection includes two works each by both Howard and Anne Wall Thomas. Her abstract painting hangs in the pleasant sunroom, furnished with a pair of original 1952 Harry Bertoia "diamond" chairs that flank a 1966 Richard Schultz table of white metal with a blue inset top. A minimalist marble lamp by Nessen Studios, one of six vintage lighting fixtures by the company in the condominium, is surrounded by family pictures on the table.

The foyer also serves the practical purpose of providing a space for a coat closet and partially shields the living room from the front entrance, creating a sense of anticipation and delight as the first of several fine pieces of art and furniture come into view. In the main







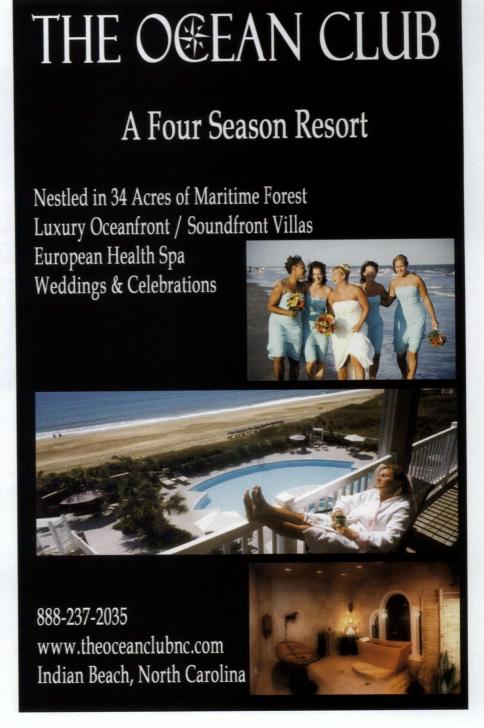
living area, a large scale Expressionist painting of fruit, vegetables and a cooking pan by South American artist Enrique Montenegro captures the eye. Zogry notes that Montenegro came to the NCSU School of Design at the invitation of Dean Henry Kamphoefner; this work was featured in 1957 at the first one-artist exhibition ever mounted by the North Carolina Museum of Art. The Montenegro painting is set in close proximity to a late work by the well-known Raleigh artist George Bireline, as well as a piece by one of his art teachers at UNC, George Kachergis, dated 1948. "Almost all of the artists in the collection knew each other and were often connected as teachers or students at various UNC art departments," says Zogry. Along with the Thomases, Montenegro, Bireline and Kachergis, are examples by Gregory Ivy, Joe Cox, Duncan Stuart, Bob Rankin and Claude McKinney (who served as dean of the School of Design in the late '70s and early '80s).

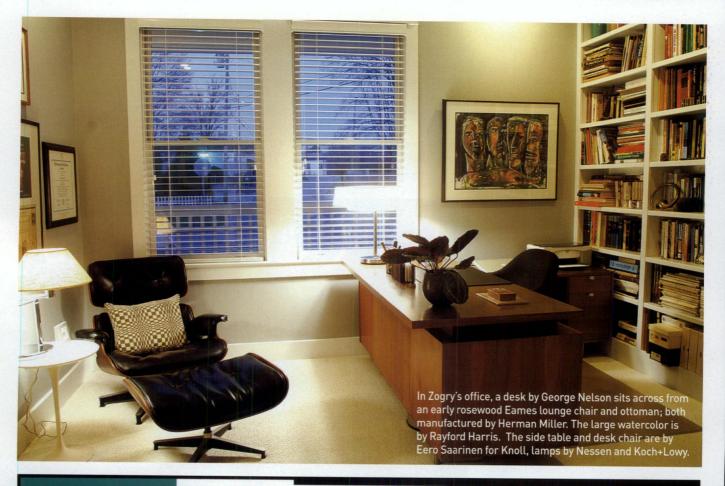
FURNISHINGS AND ART

The home's combined living and dining area features vintage modern furniture by the top American designers of the era, including Florence Knoll, George Nelson, Eero Saarinen, Charles and Ray Eames, and Isamu Noguchi, all manufactured by Knoll and Herman Miller. Zogry had the classic Saarinen "Womb" lounge chair and two armchairs - along with the Lewis Butler sofa once owned by local architect Carter Williams - re-upholstered in Knoll fabric by a craftsman who worked for the company in the 1950s. In the dining alcove, dramatically painted in a sunflower yellow, Zogry's appreciation for some of the best of modern design is apparent. Holding pride of place is a vintage "cyclone" table by Noguchi, found locally. The name derives from the table's pedestal of concentric metal rods set in a circular base. "The set of six Eames dining chairs was originally purchased for the Asheville Public Library," says Zogry. They are perfectly matched with a buffet by Florence Knoll, one of the Knoll Company's chief designers. "Florence Knoll was one of the few women furniture designers of the period, and her minimalist style was influenced by the work of Mies van der Rohe," says Zogry. Above the buffet hangs a colorful 1958 abstract painting by the late Raleigh artist Joe Cox, which originally hung in a house designed by noted architect George Matsumoto, who also taught at NC State's School of Design. Entitled "Parade," the piece is colorful with strong vertical black lines moving in graduated peaks across the canvas.

The colors and complexity of the painting play off another stellar dining room piece, a construction of colored blocks set on a gray background by Ivy, also created in 1958. Zogry describes Ivy, who established the art

department of what is today UNC-Greensboro — and was instrumental in the development of the North Carolina Museum of Art — as one of the state's most important 20th century proponents of modernism. "Ivy, like a number of North Carolina's early modernist architects and artists, was associated with the experimental Black Mountain School, which was based on the concept of Germany's Bauhaus," Zogry explains. This





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particular piece, clearly influenced by the artist's exposure to the work of Mark Rothko, was included last year in a major retrospective of Ivy's career at the Weatherspoon Art Museum in Greensboro.

The ebony and walnut tones of the dining room furniture are nicely offset by Zogry's use of large scale "Gardini Blanco" ceramic tiles on the floor. "We had a few tiles left over after installing the matching kitchen backsplash," says Zogry, "and we used them to back the built-in showcase that flanks one side of the living room fireplace wall." The glass shelves of the case feature pieces of Zogry's North Carolina pottery collection that seem to float one above the other. The jewel of this group, which is mainly works by the Cole families of Sanford and Seagrove, is a rare elongated bottle vase by A.R. Cole. The finish combines a black over-glaze on a rich earthtoned base. Other vases in the case display interesting incised decoration Zogry believes is probably the result of the influence of Scandinavian pottery of the 1950s,

The cabinetry above the fireplace was designed in vertical panels (a classic modernist design) to disguise a television and sound system. Sheathed in cherry veneer and bordered by a lighter grain cherry, the cabinets make a fine combination with black accents, in this case black granite. The "Black Galaxy" granite firebox surround and hearth, installed by David Allen Company, are alight with small particles of mica reflecting silver and copper highlights. The same granite is used to good effect on the handsome dining room and kitchen counters. The contrast of solid cherry kitchen cabinetry and the black granite countertops is a sophisticated touch that continues the theme of texture and materials found in the living and dining rooms. The solid cherry cabinets by Kraft-Maid are embellished with spun aluminum pulls - ordered on the Internet from Cool Knobs and Pulls — that add quality design without great expense to the compact kitchen. Featured on the gleaming counter in descending order of size are covered jars by three generations of the Cole family, spanning 50 years. A.R. Cole, the family patriarch, made the earliest jar in a mustard yellow glaze in the 1950s. His daughter, Neolia, turned the middle jar in red glaze in 1986 (no longer used because of its lead content), and grandson Kenneth George made the large blue jar in 2003.

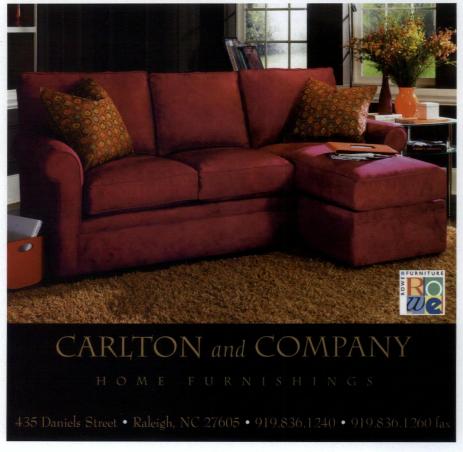
SPACES TO REFLECT AND REPOSE

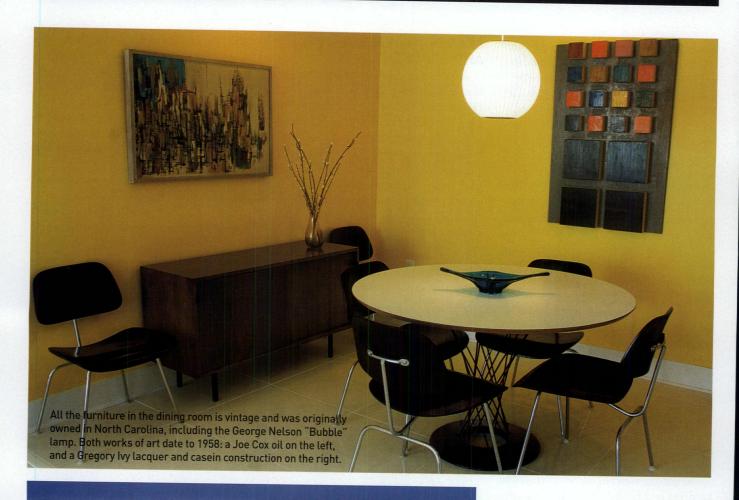
Adjacent to the kitchen and small hall that showcases more artwork, is Zogry's study. Dominating the room is a vintage walnut Executive Office Group desk by Nelson, part of the original furnishings of the 1958 PTA building on Glenwood Avenue. Across from the desk is a prized piece, an Eames lounge chair with ottoman from the first year of the chair's production, placed beneath a wall filled with Zogry's degrees, awards and framed book covers. The chair and ottoman retain the original naugahyde-covered down

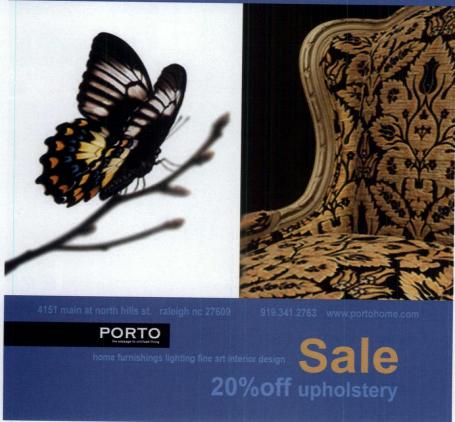
cushions, and the set is framed in rosewood, a beautiful and now-endangered wood. A Saarinen side chair, in the original brown Knoll fabric called "Homespun," sits beneath a handsome late 1950s woodcut by Jeff Hill, one of three examples of this artist's work in the collection. The woodcut, a woman's face, is dramatically highlighted in dark tones on a light background.

The master bedroom is a restful retreat with windows overlooking a sunny yard. Another Hill creation of tempera on board, dated 1952 and reminiscent of Picasso's Woman in a Mirror, is used to good effect in









this room, filled with the work of famous designers, including a vanity bench by Nelson from the Henry Kamphoefner House, and an early Eames lounge chair in vibrantly figured ash. A 1967 Milo Baughman chair in its original crushed velvet upholstery occupies a cozy corner set off by a multi-colored silk pillow from Pier 1. "Originally from California, Baughman later worked with a couple of North Carolina furniture-makers," Zogry explains, "including Janes Seating and Thayer Coggin." An early 1950s nightstand by Edward Wormley in bleached mahogany, and a 1960s Thomasville dresser from Zogry's childhood home are also used to advantage. The interesting wall color, "Lion," is muted and complementary to the golden tones of wood and fabric.

Zogry's tasteful use of thoughtfully chosen period art, pottery and furniture complement his creative redesign of a condominium that resonates with the neighborhood's Craftsman past. His delightful home reminds us that time spent in learning about and appreciating good design enriches and informs our sense of who we are as North Carolinians.

Early Diagnosis, Lifestyle Changes Key Factors by Anthony Vecchione

ESOPHAGEAL CANCER CHALLENGES AREA HEALTHCARE PROFESSIONALS

How many times have you seen an advertisement for an over-the-counter medication to treat heartburn? For too many Americans, popping a pill or chewing a chalky tablet to relieve their heartburn symptoms is part of their daily routine. But chronic heartburn is not a benign condition: It's a risk factor for one of the most deadly forms of cancer.

A recent nationwide poll revealed that 44 percent of adults in the US have heart-burn at least once a month. According to the American Cancer Society, heartburn is one of the main symptoms of gastroe-sophageal reflux disease, or GERD. Although GERD is a disease on its own, it's also a huge risk factor for a particularly deadly form of esophageal cancer.

While it is true that an increasing number of cancer types are no longer necessarily a death sentence (some forms of cancer, such as prostate has a pretty good survival rate), other types remain a challenge for both physicians and patients. Esophageal cancer is one of those stubborn cancers. Although treatable if caught early, the overall 5-year survival rate is low. And new cases of esophageal cancer are on the rise.

According to the National Cancer Institute, there were 14,550 new cases of esophageal cancer in 2006 and 13,770 deaths associated with this malignancy. There are two types of esophageal cancer, and the risk factors are different for both

Common Symptoms of Esophageal Cancer

- Difficulty swallowing
- Weight loss
- · Pain behind the breastbone
- · Hoarseness and Cough
- · Indigestion and Heartburn

Source: National Cancer Institute



L-R: Stephanie Bright; Douglas Morgan, MD, MPH; Melissa Spacek, RN; Nicholas Shaheen, MD; MPH; and Nicole Cheng, PA. Not pictured: Ryan Madanick, MD; Paris Heidt, CCRC.

types. The more common and fastest growing type is adenocarcinoma. Tumors associated with this type of cancer usually show up toward the bottom of the esophagus where it meets the stomach. Some studies have shown a strong relationship between GERD and adenocarcinoma. Barrett's esophagus, a condition caused by GERD that allows the stomach's contents to damage the cells lining the lower esophagus, is also linked to adenocarcinoma. The incidence of adenocarcinoma has shot up at an alarming rate, 300 percent to 500 percent in the past 40 years.

"It used to be a rare cancer. Now it accounts for more than half of the cancers of the esophagus," said Dr. Nicholas Shaheen, MPH, director of the Center for Esophageal Diseases and Swallowing (CEDAS) at UNC School of Medicine in Chapel Hill. UNC CEDAS is one of a handful of centers in the nation dedicated to the treatment of esophageal diseases.

The most common explanation for the increase in adenocarcinoma, noted Shaheen, is that Americans are becoming more obese, and obese people are more likely to have a problem with reflux. "More reflux equals more precancerous changes, such as Barrett's esophagus," said Shaheen.

The other type of esophageal cancer, squamous cell carcinoma, occurs when tumors can grow at any point along the lining of the esophagus. Tobacco, alcohol and diet are risk factors associated with squamous cell carcinoma. But unlike adenocarcinoma, new cases of squamous cell carcinoma are trending down. Some observers attribute the decline to a decrease in the numbers of Americans who smoke.

TREATMENT OPTIONS

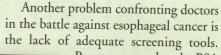
Procedures used to diagnosis both types of esophageal cancer include: endoscopy, barium X-rays, CT scans and ultrasound. The primary treatment options for both

types of esophageal cancer are surgery, radiation, chemotherapy or a combination of all three. Surgical treatment of esophageal

cancer can result in 5 percent to 30 percent survival rates in patients with early-stage cancers. However, when patients show up with symptoms such as difficulty swallowing, the disease is usually in its later stages and prognosis is poor.

"In the US we don't see early disease, we're seeing patients with more advanced disease," said Dr. Christopher Willett, chairman, Radiation Oncology at Duke University

Medical Center in Durham. Willett said that when most patients seek help with symptoms of esophageal cancer, it is not superficial or in an early stage. It's usually extended beyond the esophageal wall and is associated frequently with lymph node involvement. "In a high percentage of patients, it's associated with spread beyond the esophagus and regional lymph nodes to lung, liver and bone," said Willett.



Prostate cancer has the PSA blood test, breast cancer has mammography and colon cancer has the colonoscopy. But there isn't a similar screening tool for esophageal cancer.

LOCAL EFFORTS

While the overall prognosis for most patients with esophageal cancer is bleak, in the Triangle area, healthcare professionals are on the cut-

ting edge of research and treatment options. They help patients reduce their chances of contracting the disease or catch it in its early stages.

At Duke University Medical Center, patients diagnosed with esophageal cancer are seen by physicians with multiple specialties, including medical oncology and surgery. "This way the relevant reports and imaging can be reviewed, and a decision

about how to best manage the patient can be reached jointly," said Willett. He explained that frequently, patients with a localized carcinoma of the esophagus are treated with radiation and chemotherapy, as well as with targeted agents - biological agents that attack the biochemistry or the specific molecular pathway of the cancer. "These targeted agents are now being integrated into approaches with radiation, chemotherapy and surgery," said Willett. In patients where the cancer has spread beyond the esophageal region — to the liver or the lung — Duke physicians and researchers are looking into investigational studies to evaluate novel or new approaches.

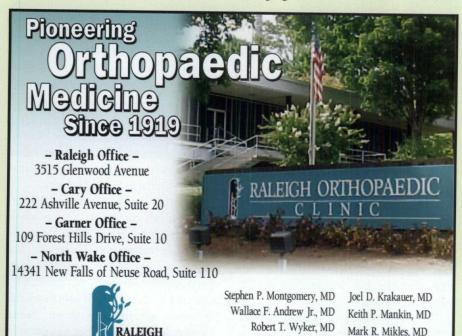
At UNC, Shaheen said that new therapies are being developed for superficial cancers of the esophagus. "Traditionally if you didn't have your cancer removed surgically, the likelihood of a cure was very small," said Shaheen. "We are now working on new techniques with lasers and other devices for removing precancerous tissue or early cancer from the inside without conventional surgery."

Experts say that finding the disease early is key in determining the prognosis for patients. For example, patients who have had heartburn symptoms for a long period of time could be referred by their doctor sooner to gastroenterologists or other specialists. "In high risk patients, we can do an upper endoscopy, and if the upper endoscopy shows that there are precancerous changes, such as Barrett's esophagus, those patients can be followed endoscopically every few years, and their cancers detected early or even treated before they develop," said Shaheen.

Healthcare professionals say that the best weapon is patient education. Knowing the risk factors along with lifestyle changes could help to catch esophageal cancer in the early stages — and perhaps prevent it all together. What are some of the tips the experts say will help reduce your chances of getting esophageal cancer? For starters, lose weight and eat smart. Avoid fried and greasy foods. Also, limit alcohol and carbonated beverage consumption. And if you have heartburn for an extended period of time, see your doctor.



Dr. Christopher Willett



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Duke Health Raleigh Cancer Center Helps Patients Navigate Challenges

by Rick Smith

athi Nesbitt, a 54-year-old certified public accountant, will never forget the moment she was told she had lung cancer.

"I still felt like I was hit in the stomach," said Nesbitt, a resident of Holly Springs. She had already suspected the worst, but the reality was hard to accept. "It was sort of surreal. I felt as if they were talking to somebody else."

Fortunately, Nesbitt recalled, she soon found a friend and adviser to help her through weeks of radiation and chemotherapy treatment, as well as several hospital stays. The help came courtesy of the Duke Health Raleigh Cancer Center.

Julie McQueen, one of two "Navigators" assigned to help patients at the Raleigh Duke hospital in North Raleigh, provided advice that only a fellow cancer victim can offer. McQueen, 53, has survived not one, but two bouts with breast cancer.

"Julie was there for me from the get-go," said Nesbitt. "I was in a daze. I was just reeling."

As part of the Cancer Center's program, cancer victims are offered help by McQueen and Brenda Wilcox. They assist in coordinating appointments and treatments and offer support, both emotionally and physically.

Their help is also offered at no cost, even though patients, such as Nesbitt, consider their assistance beyond financial value.

"Isn't that incredible?" said Nesbitt, that there is no charge for McQueen's help. "When I first got the brochure and saw that it was free, I asked myself, 'How can they do this?"

McQueen, a former educator, chose to take one of the two patient support positions at the Cancer Center when they were created in 2004. Given her own experience with cancer, McQueen felt she could help others facing the same fight she did.

McQueen was diagnosed with cancer in 1994 when she was 39, and again in 2003 at the age of 48. She joined the Duke Health Raleigh Cancer Center after 13 years as director of education at the Poe Health Center for Health Education in Raleigh. She earlier attended the University of North Carolina at Greensboro, majoring in public health education.



"I chose to fight," McQueen recalled about her own initial diagnosis and then a second bout 10 years later. "I will never forget the first time I was diagnosed. I have two sons. At the time, they were 8 and 11. My 11-year-old, with his little eyes really big, said, 'You're not going to die, are you?' I said, 'Oh, no, honey.' Then I said to myself, 'Dear Lord, don't let me be lying to this child, or he'll never believe another adult in his life.'

"It's too important not to fight. I think I'm a better person because of the cancer."

McQueen doesn't immediately share with patients that she is a two-time cancer survivor. When she believes they are ready, she shares her story.

"I realize a lot of good and blessings have come from having cancer," she explained. "This job is one of them. There are some good things that can come from adversity if you are open to them."

> McQueen helps patients from the start, such as finding ways to deal with the anger and denial often associated with the initial diagnosis.

"It plays with your head," McQueen said of fighting cancer.

McQueen became interested in the Navigator position when she first learned of it.

"Getting a cancer diagnosis is very overwhelming. It's very frightening," she said. "All of a sudden you are on a merry-go-round or a treadmill with appointments to see this physician or that physician, to get a PET scan or more staging studies.

"The Navigator gives the patients a place to turn for questions, or if they feel overwhelmed or need support and encouragement, or if they need information or education or clarification."

The Navigators also assist with scheduling and coordination of treatments and then follow-up to see that needs are being met.

"Once they have a treatment plan, we also are able to educate them about

that," McQueen added. "We don't take the place of anyone. The doctor still has that role, the nurse that role. Our role is an added benefit to the patient."

The Navigators are also available to help family members.

"Cancer can be overwhelming for the family, as well," she explained. "We can also help patients get a wig if necessary, or a prosthesis, or financial assistance, or help with transportation or childcare. We can plug them into different services so this situation

Alliance Medical Helps Community

THE RESEARCH TRIANGLE AND EASTERN NC REGION have climbed to a pinnacle of medical services, health care and pharmaceutical research. Doctors weary of snow relocate here, and Duke, UNC-Chapel Hill and ECU yearly crank out new doctors, many who stay on, adding to the host of medical professionals. Factor in our top-shelf hospitals; this is a good place to be if you need medical care.

But the successes are inversely visible in the rising numbers of poor and homeless. An ordinary checkup, something most of us take for granted, is an alien experience for many who rake, mop and build the Triangle. A common pattern among the poor, of necessity, is to avoid medical care until an emergency that could have been prevented pops up. Then they can seek indigent care at area hospitals, all of whom are under a federal mandate to treat all patients at their own or taxpayer expense. Or they can seek treatment at crowded public county clinics that do what they can, but are unable to handle the sheer number of patients with the personal relationship that is so important between doctor and patient.

At least this was the trend until 2003, the year Alliance Medical Ministry opened its doors with a mission: to serve the working poor. Alliance is a full-service doctor's office you might not even notice was different except there were more than a few patients waiting. Then you might begin to notice the burger smocks, ball caps, painter's pants, with actual paint spatters, and other uniforms of the working class. Everyone gets sick.

Alliance Medical Ministry and WakeMed — right next door — are doing remarkable work easing the burden on both the poor and the taxpayer. Alliance's team of doctors, who volunteer their time, has provided ongoing health care to 4500 patients and some 20,000 visits. Alliance literally provides a lifeline to those hardworking citizens who perform tasks that others can't — or won't do.

And Alliance Medical Ministry strengthens the community with amazing efficiency: Its services grew by 38 percent with costs growing by only 29 percent last year.

But it still costs money, and Alliance does its work with no outside agency assistance, all via contributions. With their Cervical and Breast Cancer initiative and the Katrina Clinic, Alliance is reaching out to the beleaguered. They, in turn, need you to answer the call back to them. Here is your chance. Contact Alliance at 919-250-3320 or online at www.alliancemedicalministry.org.

Raleigh Radiology

Blue Ridge

T 919-781-1437

F 919-787-4870

Cedarhurst

T 919-877-5400

F 919-877-5480

Breast Center

Raleigh, NC 27609

T 919-781-1437

F 919-787-4870

at Rex Hospital

T 919-784-3419

F 919-784-3497

-Peter Eichenberger

can be a little easier for them."

When not working as a Navigator, McQueen helps facilitate a breast cancer support group.

"Being with people who have had a similar experience is good for most patients," McQueen said. "I know for me, I sometimes feel when I am around someone who has been through what I have been through that I can open up."

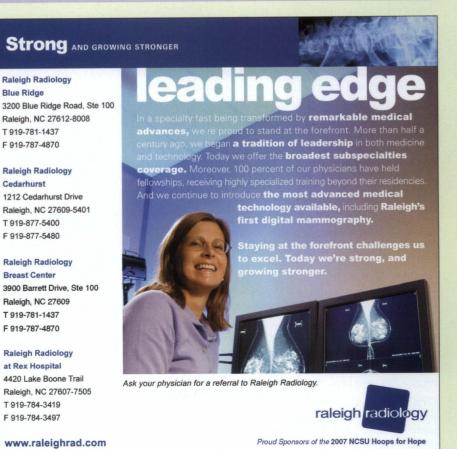
With a laugh, she stressed, "We're breast

Despite the challenges her patients and friends face, McQueen said she finds satisfaction in her roles.

"I think cancer patients are very amazing people as a general rule," she said. "People say to me, 'Isn't it depressing working at a cancer center?' I say, 'Are you kidding?' It brings out the best in people."

As a patient at the Duke Health Raleigh Cancer Center, Nesbitt said she finds McQueen and the staff to be extremely helpful in dealing with her cancer.

"I'm so glad and fortunate to be there," she said. "Everyone is so positive. I've got a million cheerleaders." MM



MEDICAL BRIEFS

ECU Adds Third Surgical Robot

Physicians at Pitt County Memorial Hospital now have access to a third \$1.5 million surgical robot.

The new Intuitive Surgical da Vinci S Surgical System was used to perform the 300th robot-assisted mitral valve repair done at the hospital.

Dr. W. Randolph Chitwood Jr., chief of cardiothoracic and vascular surgery at the Brody School of Medicine at East Carolina University, used the new robot the day after it arrived for the heart procedure. Chitwood is a pioneer in the use of surgical robots.

The new model is smaller, provides better vision and controls and enables surgeons to treat patients faster and with smaller incisions than the first da Vinci robot purchased in 1999. The other robot was manufactured by Intuitive Surgical.

"It's a very important step in the evolution of robotic surgery," said Chitwood, who is also director of the East Carolina Heart Institute.

Duke Researchers Develop New HIV Test

A team at Duke University Medical Center has developed a new HIV test designed to determine which drug-resistant strains of the HIV virus are in a patient's blood by detecting mutations in HIV.

According to Duke's Dr. Feng Gao, the test could provide doctors a tool for preparing treatments of patients based on whether they are likely to become resistant to a particular drug. Duke is seeking a patent for the technology.

The National Institutes of Health and the Duke Center for AIDS Research supported development of the test.

Fat Could Be Used To Combat Cancer

Fat particles could be used to fight cancer, according to new research by scientists at Duke University Medical Center.

The team has created "smart bombs" for attacking cancer by packing anti-cancer drugs in fat bubbles. The smart bombs are attracted when tumors are heated with microwave beams. The bubbles melt and "dump" the drugs on the tumor. The flood of drugs proved to be more potent in treating tumors than slow infusion through chemotherapy, the scientists reported. Tests were conducted on rats.

"Encapsulating the drugs inside of fat liposomes [bubbles] and infusing them into the bloodstream enables us to deliver 30 times more chemotherapy than we normally could to the tumor site," said senior investigator Mark Dewhirst, a professor of radiation oncology and director of the hyperthermia program. "The liposomes melt only within the tumor, and the rest of the body receives relatively less of the toxic drug."

The National Cancer Institute funded the study.

Low Cholesterol Linked to Parkinson's Disease

People who have low levels of the cholesterol known as LDL are at an increased risk of developing Parkinson's disease, researchers at the University of North Carolina reported recently.

LDL stands for low-density lipoprotein cholesterol. Low levels of LDL are typically considered signs of good heart health.

"People with Parkinson's disease have a lower occurrence of heart attack and stroke than people who do not have the disease," said Dr. Xuemei Huang, medical director of the Movement Disorder Clinic at UNC Hospitals. She also is an assistant professor of neurology in the UNC School of Medicine. "Parkinson's patients are also more likely to carry the gene APOE-2, which is linked with lower LDL cholesterol."

Huang's findings were published in the journal *Movement Disorders*.

However, Huang said people should not change eating habits or use of cholesterollowering drugs because of the results because the study was based on a small number of cases and controls and the results are too preliminary

"Parkinson's is a disease full of paradoxes," Huang said. "We've known for years that smoking reduces the risk of developing Parkinson's. More than 40 studies have documented that fact. But we don't advise people to smoke because of the other more serious health risks," she said.

The National Institute of Aging, the Intramural Research Program of the National Institute of Environmental Health Sciences, and the General Clinical Research Center at UNC Hospitals funded the study, which included 124 Parkinson's patients between July 2002 and November 2004.

Raleigh Doctor Named President of NC Orthopedic Association

Dr. David W. Boone, a sports medicine and foot and ankle specialist at the Raleigh Orthopedic Clinic, has been named president of the

North Carolina Orthopedic Association (NCOA). Boone, who has served many years on the statewide board, says his goal is to promote quality orthopedic care for North Carolinians and continue to allow members of the orthopedic profession to learn and develop through education, research and training.

Boone, a Raleigh native, joined the Raleigh Orthopedic Clinic in 1994. He received his undergraduate degree at Davidson College and acquired his medical degree at the University of North Carolina at Chapel Hill School of Medicine.

WakeMed Wins Approval for Air Ambulance Service

WakeMed Health & Hospitals will soon provide air ambulance service, competing with similar offerings from Duke and the University of North Carolina health systems.

The North Carolina Division of Facility Services approved WakeMed's certificate of need application for service in January. The hospital system filed to seek service in June 2006

The air ambulance service will focus on nine counties — Wake, Sampson, Harnett, Wilson, Wayne, Nash, Johnston, Franklin and Lee. It should be launched before the end of the year.

J. Edwin Woodard Jr. is joining WakeMed as executive director and chief of emergency response services. He had been vice president and chief of emergency response services at New Hanover Regional Medical Center in Wilmington.

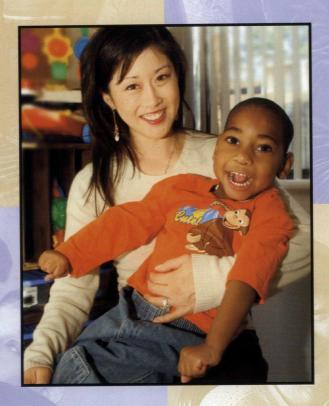
Cancer Deaths Drop

An American Cancer Society report shows there was a drop of 3014 cancer deaths in the United States from 2003 to 2004, the most recent year for which mortality data are available from the National Center for Health Statistics. This drop was significantly larger than the 369 fewer deaths reported for the previous time period (2002–2003). Drops in cancer deaths were seen across all four major cancer sites in men and women (lung, breast, prostate and colorectal) in 2004, except for lung cancer among women. Colorectal cancer showed the largest decrease in the number of deaths

Based on this data, which comes from Cancer Statistics 2007, the American Cancer Society epidemiologists predict that approximately 1.44 million Americans will be diagnosed with cancer and 560,000 will die from the disease in 2007.

Joy, Hope, Help, Love

Tammy Lynn Center for Developmental Disabilities



Phenomenal Facility Offers Unique Community Care

Heaven-sent Services Address Special Needs with Hope and a Smile



Thanks to the wonderful people who helped make this special section for the Tammy Lynn Center possible.

Joy, Hope, Help, Love Community Support Crucial For Tammy Lynn Center

by Rick Smith

ouring the Tammy Lynn Center for Developmental Disabilities, Kristi Yamaguchi smiled and absorbed the sites and sounds of a place dedicated to helping people in need of special care.

"My eyes were opened to the need," the former Olympic figure skating champion said in her quiet voice, "and how rewarding it can be to be in a position to give something back."

Her heart was filled as she met with children, teenagers and adults who either attend school at the Center or live there in the campus residences.

Her heart was lifted by the dazzling smiles and the warmth. The children and residents appreciated the fact that she had come to be a part of their world.

In all her years as a competitive skater and Olympic champion, Yamaguchi has met few people with an infectious smile like 3-year-old Ja'lyn. Each time someone prepared to take a photograph of the two, Ja'lyn broke into a huge grin. Wearing a shirt adorned with the words "Always Cute" and Air Jordan sneakers, Ja'lyn was among the students who touched Yamaguchi's heart.

"This is a phenomenal facility," Yamaguchi said later as she toured the Tammy Lynn campus. "The children here receive the kind of care and attention that helps them make a better life. It's

just amazing."

While most of the children are unable to talk, their faces told Yamaguchi a great deal about the Center: "You can tell the people who work here really love what they are doing, and it shows in the children's faces," she said. "They mean so much to the people here."

Yamaguchi, the glamorous skating star, mother of two, head of her own foundation for children, and wife of Carolina Hurricanes star Bret Hedican, is now part of that family. She has agreed to be the honorary chairwoman of the Center's biggest annual fundraiser, A Toast to the Triangle™. Restaurants donate food and beverages for more than a thousand people, which helped the Center raise more than \$175,000 last year to help meet the ever-increasing costs of providing care, education and family support services for more than 350 individuals and families.

"It is important to give back to your community," Yamaguchi said modestly. "Bret and I are glad to help. We do feel that Raleigh is our home."

For that one day as she met the Tammy Lynn Center team, students and residents, she became part of a community for service that was founded in 1969 as a place to help those children and adults with special needs. She will be back, she told Mary Freeman, the president and chief executive officer of the Center.





A GRATEFUL FATHER AND SON

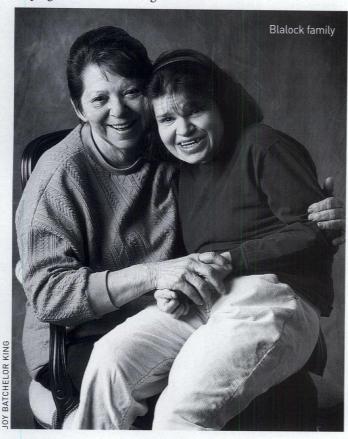
Looking on, as Yamaguchi posed for photos and shared quiet moments with children, was a very grateful father.

Steven Carthen took in every moment as Yamaguchi knelt next to his 5-year-old son, Steven Jr., who has been a student at the Center for two and a half years. He turns 6 in April.

"It is just worth it to see him smile," Carthen said of his son. "Since he has been here, he has been with family.

"He loves it here. I love it here. I call Mary and her staff family. They are really a blessing."

Like his classmates, young Steven has many needs ranging from helping him move to eating his meals.



"Steven was born with four different diseases," Carthen, a selfemployed carpenter, recalled. "He went through at least 150 hospital visits and stays and seven different operations. He is a 24/7 child, but I don't look at him as a handicapped child. I look at him as a normal kid with limitations."

Carthen said he has seen much progress in his son with help at home. A sister, Mikah, helps. But his wife, Laronda, died in an automobile accident. To care for Steven, Carthen said he adjusts his schedule around him and often stops by the Center to share lunch.

Each school day, Steven goes through various classrooms with a group of other students close to his age. Among them is Ja'lyn.

The staff works with the students and adult residents to meet their physical needs and to help them become as independent as possible.

A SPECIAL PLACE FOR SPECIAL PEOPLE

The logo for the Tammy Lynn Center reflects its mission: A red heart and TLC. TLC has a double meaning at the Center: tender loving care, as well as its acronym.

Children and adults at the Center have developmental disabilities, such as severe and profound mental retardation, cerebral palsy, brain injury and seizure disorders.

Few people realize so many children and adults have such special needs. Freeman noted that about 2 percent of the US population is affected by mental retardation, autism or other disabilities.

The Tammy Lynn Center's annual budget now totals \$6.5 million a year, and it relies on fundraisers, such as *A Toast to the Triangle*, to meet the \$1 million funding gap between government reimbursements and actual costs.

"We want people to know that they are never going to be alone," Freeman said. "Helping our students and our residents and their families is a passion. I see so much happiness here. I see so much joy here."

At its core, the Center is all about four essential factors:

Joy Hope Help Love

That's been the mission for Tammy Lynn since it first opened its doors and is reflected in its mission statement:

"Tammy Lynn Center for Developmental Disabilities offers educational, residential, and family support services to children and adults with special needs. The Center's goal is to provide the individuals it serves the opportunity to maximize their abilities and potential."

MEETING NEEDS ON AN INDIVIDUAL BASIS

The Tammy Lynn Center offers a variety of services to children and adults with special needs. Programs include:

- Early Intervention: In-home therapy visits for children up to the age of 3 with, or at risk for, developmental disabilities.
- Respite Care: In-home relief for caregivers of those who have developmental disabilities.
- **Developmental Day Services:** Individualized special education, before- and after-school childcare, and a summer program for children between the ages of 3 and 21 who have developmental disabilities.
- Residential Services: On-campus housing with 24-hour care and specialized nursing for children and adults, as well as an off-campus supervised living program for adults. The on-campus program provides a home environment for 20 children and 10 adults in an ICF/MR (Intermediate Care Facility for Persons with Mental Retardation) setting. The off-campus program includes one apartment with four private bedrooms adjoining one common living area. A four-bedroom home is being added in February, and another will be added later this spring.

The Center's Developmental Day Services includes special edu-

cation school programs. Each of four classrooms is staffed by a licensed teacher and two teaching aides and can support up to seven or eight students. The Center has a contract with Wake County Public School System to provide special education and related therapies. Approximately one-third of the students live in the children's residence.

A registered nurse is available to meet the special needs of students. Those range from medical treatments to tube feedings, medication administration, and seizure and breathing treatments.

The Center also has a childcare license and has received four out of a possible five-star rating.

For very young children up to the age of 3, the Center's Early Intervention Service provides therapy services offered by licensed pediatric therapists, child development and early intervention Nearly 200 individuals receive assistance through the Respite Care program, now in its $22^{\rm nd}$ year. The Early Intervention Services program works with up to 80 children at a time. The Day Service and Education program support up to 31 children for special education, as well as a few children who come for before/after-school care and another 10-12 who attend a special summer program for children with autism and others who need a summer activity and care. The Residential Service capacity is currently 34, but will be increased to 42 as the two new homes are opened.

AN ENVIRONMENT OF CARE AND FUN

From "Meredith's Courtyard" to "Bunny's Garden" and a recently updated playground complete with swings that can hold a wheelchair, the Tammy Lynn Center offers its students and res-



therapists. Services are based on an individualized family service plan. Early Intervention addresses needs including speech and motor delays, issues related to Down syndrome, cerebral palsy and issues involving mental retardation. Children at risk for disabilities, such as those born prematurely, also can receive services.

While the Center is not a "medical facility," its staff includes a team of nurses that provides care 24 hours a day.

The off-campus program utilizes trained habilitation staff on a 24-hour basis. Staff includes qualified developmental disabilities professionals and qualified mental retardation professionals.

Therapy services include physical therapy, occupational therapy, speech therapy, psychological services, and social work support.

idents a quiet, secure and light-filled place for learning and living.

"The people who are there have to be there," said Van Eure, owner of The Angus Barn and an eager volunteer to help the Center meet its needs. "If not for the Tammy Lynn Center, I don't know what would happen."

"We are all about empowerment," Freeman said. "We help our students reach their maximum potential, such as learning to make choices, communicating, feeding themselves and to learn to be as self-sufficient as possible."

Children come to the Center to learn and to reach their maximum level of potential, Freeman said. Teachers and their assistants offer instruction from improving communication to physical training.

"Families want their children with them in their communities," Freeman explained. "The families who launched the Center weren't satisfied. They wanted a home, something they could be involved in, to visit and a place where they and their children could be comfortable."

Yamaguchi broke into a huge grin when she saw a huge poster of Hurricanes captain Rod Brind'Amour.

Freeman, who has run the Center for the past 10 years, also stressed that the Center exists to help families just as they do students. Toward that end, residences currently are open for family visits 24 hours a day. Parents are encouraged to spend as much time with their children as possible.

The Center also is there to help parents meet the emotional challenges created when they need help in making care decisions.

"Supporting them through the parental decision process and the adjustment period is one of the most important missions we have," Freeman said. "We tell them: 'We hope you will put your trust in us. We will do our best. We will do all that we can to make this a good experience for you and your children.'

"When a mother or father says to us that their child is doing so well, we take great satisfaction in that."

VOLUNTEERS, SUPPORT TOP LIST OF NEEDS

The Tammy Lynn Center is decorated with pictures painted by its students. On one shelf sits a collection of hand-painted bird houses. In room after room there are recreational toys and tools, stuffed animals, and electronic devices designed to stimulate students with sounds and lights.

As much as possible, the Center wants to create a bright, cheery, educational and friendly environment for those students and adults placed in its care.

However, in the ongoing struggle for political and funding support to making more people aware of children and adults with developmental disabilities, Freeman and staff work hard to provide policy-makers and financial supporters with critical information.

"Mental retardation and other disabilities can be overlooked or misunderstood," she said. "Their needs can't be changed. Developmental disabilities are not cured and often may not improve as other conditions might. The disabilities we confront often are a hidden issue."

Freeman and her staff consider part of their mission to be sharing the Tammy Lynn Center with the greater Triangle community. The Center has received several awards over the years, and corporations such as GlaxoSmithKline and the A.J. Fletcher Foundation have been very supportive. A group of young leaders known as NC 32 transformed Bunny's Garden into a multi-sensory environment complete with fountains, benches, wheelchair-friendly surfaces and decorative statues.

But the need for volunteers is ever present.

"People often think they know what developmental disabilities are — until they come here," Freeman said, "Most of us have never seen so much severe disability in one place. Some see the children and can't bear it. Some see the adults and fear it. Some of our residents, for example, come to us later in life due to injury.

"These are among our state's most vulnerable citizens. We must

TLC Timeline by Patricia Staino

1969

Tammy Lynn Memorial Foundation, Inc. is incorporated.

1972

Day services begin at Greenwood Forest Baptist Church in Cary. After moving to the Catholic orphanage in Raleigh, residential and center-based Respite Care services begin.

1974

The Early Childhood Intervention Project, originally titled Project Outreach, is started.

1979

A new residence for children and an education facility are constructed on Chappell Drive in Raleigh.

1985

The Center assumes home-based Respite Care services from the ARC of Wake County. Also, an adult residence is constructed on the Chappell Drive campus.

1986

Held the first *A Toast to the Triangle*[™], Tammy Lynn's signature fundraising event.

1989

The Clifton L. Benson
Education Building and the
James A. Moore, Irvin B.
Tucker IV, and Raleigh
Civitan residences are dedicated.

1990

Completed renovation of former children's residence and

education facility to make space for therapy, conference and training rooms, assessment and observation areas, library and office space.

1994

The Terry "Bunny" Roberts

Memorial Garden is dedicated in memory of Terry, a former Tammy Lynn Center resident. Also, the Center celebrates it 25th anniversary.



protect them and this Center so we can ensure that their needs and those of their families are met."

To support the level of services it provides, the Center needs more and more volunteers to help support activities such as *A Toast to the Triangle*, the annual Tammy Lynn Golf Classic and other events. Help is needed, too, at the Center to improve facilities, maintenance and some minor administrative functions.



A recently updated playground offers its students and residents a quiet, secure and light-filled place for learning and living.

"Our mission is unique, and the Center is unique in its broad array of services," Freeman explained, "As a charitable organization, we depend upon contributions and volunteers to close the gap between our real costs and reimbursements."

"We also enjoy having groups come in and help us with activ-

ities or putting on programs, such as concerts. Music and hugs are universal languages."

The Center is looking for in-kind support, too. For example, Steel Dynamics, at no cost, modified a gate for access to the playground to meet a change in state requirements.

"Such donations are crucial," Freeman said. "They help us stay within budget."

As a volunteer, Eure said she has seen firsthand the dedication of Freeman and her staff.

"Mary is just a remarkable individual, and her staff is remarkable," Eure said. "I love working with them. I have been involved with Mary from day one when she arrived, and I wouldn't dream of letting her down. The restaurant has been involved in the *A Toast to the Triangle* for more than 20 years, and we will continue to be.

"They have really grown the event to something that is huge, and every year it gets better and better."

As a parent of a student at the Tammy Lynn Center, Carthen recognizes the value of the services it provides. He's seen his son develop an appreciation for music — especially from a piano.

"When Steven Jr. started coming here, he was locked into his chair and couldn't move a lot. He was always real still," Carthen said. "Since he's been here, I've seen movement, and I've seen smiles. When the gate goes down on the vehicle that brings him here each day, he smiles. I think he knows he's going riding, and he's coming here."

Attached to the back of Steven's wheelchair is a blue Beanie Baby stuffed animal. Appropriately enough, the Beanie Baby logo includes the same symbol of the Tammy Lynn Center: A heart.

1996

Meredith's Courtyard is constructed and dedicated in the memory of Meredith Herold, a former Tammy Lynn

Center resident and student

1997

A community-based adult supervised living apartment program for four young adults is initiated.

1998

New flexible, family-friendly service options are implement-

ed for home-based services, and a new reimbursement system is implemented for Respite Care.

1999

As the Center's Early Childhood Intervention Services celebrates 25 years, and earns the Anne Sessoms Royal Award, the Center's Web site goes live at www.tammylynncenter.org, and the Glaxo Wellcome Enrichment Center is dedicated by Lady Janet Sykes.

2005

An intensive behavioral program launches as part of Developmental Day Services, and Respite Care celebrates is 20th anniversary.

2006

The Center's new Adaptive Playground, undertaken by Leadership Raleigh, Team 20, is completed and dedicated in May 2006



2007

The 22nd annual A Toast to the TriangleTM fundraiser will take place on April 1 at the McKimmon Center on the North Carolina State University campus.

A second community-based supervised living residence opens in Cary, with a third planned to open in the spring. An inclusion preschool classroom, serving both children who are typically developing and children with developmental disabilities, is set to open in the spring.

Heaven-Sent Services Assist Parents and Kids

by Jennifer Hadra

immy Moore was diagnosed with severe and profound mental retardation at birth. His parents, Betty and Durham Moore, were told by the doctor that everyone would understand if they placed him in an institution.

"This wasn't an option for us," Durham said. "He was our son, and we were going to bring him home and raise him if we could."

Years of frustration ensued, shuffling Jimmy in and out of homes for children with mental illness. "At the time, Hilltop Home was the only place to put a child with mental handicaps. Someone there was able to teach Jimmy how to walk, but he grew too old for Hilltop at age 6, and every other place we took him had no idea how to care for him," Durham said. "Most of the places we took Jimmy

Woody and his mom, Julia.

after Hilltop put all the children in white hospital gowns and sat them in wheelchairs. It was the most miserable time of our lives."

After meeting Ervin and Helen Tucker and Bill and Ruth Pierce—who had children and grandchildren with mental retardation—at a meeting of the American Red Cross, the three families decided to take matters into their own hands. The Pierces offered a plot of land in Cary to be used in exchange for care for their daughter, Tammy Lynn—and the seeds were planted for what is now the Tammy Lynn Center located in Raleigh.

After years of hard work and planning, the dream of the Tammy Lynn Center became a reality in 1969, offering hope for children with mental retardation and help for their parents and families. According to Durham, Jimmy, who is now 47 years old and a resident at Tammy Lynn, has received training he would never have received otherwise — and is much more social than his parents expected, a result of the efforts of the staff and services at Tammy Lynn.

In one of her many speeches to raise awareness for the Tammy Lynn Center and children who have mental disabilities, Betty said: "Each child has a mission, but no child (with mental disabilities) has a voice ... I like to think of Tammy Lynn Center as God's Garden Spot in Wake County, offering parents help and a full life for their children."

FAMILIES FACE THE CHALLENGE

For Julia Haskett, Jan and John King and Ellen and Noble Summersill, all of whom have children with mental retardation cared for by services at Tammy Lynn, the Center has proven to be nothing short of heaven sent.

Like many new mothers, Haskett was nervous about bringing her infant son, Woody, home from the hospital. Unlike many new mothers, Haskett had already spent weeks watching Woody grow in the neo-natal intensive care unit (NICU) at Wake Medical Center. Although he weighed a solid 10 pounds, Woody was born with low muscle tone, numerous physical anomalies and had trouble sucking, swallowing and breathing.

"He was very floppy, and no one at the hospital seemed to know what was wrong with him," Haskett recalls. "I just thought that he got off to a rough start, but we'd work with it, and he'd be fine."

Haskett said her positive outlook about her son's condition was due, in part, to a visit she had received while Woody was still in the NICU from a woman who worked in Early Intervention Services at the Tammy Lynn Center. The woman not only familiarized her with the Center, but also gave her tips on how to care for Woody and make him more comfortable. After Woody came home from the hospital, Tammy Lynn's Early Intervention Services sent a therapist to the Haskett's home to work with Woody on basic skills, such as sitting up, holding up his head and training his eyes to focus and follow.

"Bringing a child home from the hospital is scary for any new mother, but I had really never been around children with mental disabilities, and I had no idea what to do with Woody," Haskett says. "Most babies just naturally develop, but children with mental disabilities can't do anything without proper care and therapy."

Now 8 years old, Woody is a full-time student at Tammy Lynn's day school; Haskett said she finds joy in watching her son flourish on a daily basis.

"Each year, I meet with Woody's committee and develop an individual education plan (IEP) for him. This year we're working on helping him go from sitting to standing without assistance, taking turns in conversation and choosing what toys he wants to play with. It's neat to hear the goals his therapist wants to set for him, and I often think, 'Wow! You think he can do that?' The doctors focused on what Woody could not do, but the therapist and everyone in Early Intervention focused on finding out what Woody could do. Most of us will never reach 90 percent of our full potential, but Woody will."

Haskett's experiences with the Tammy Lynn Center mirror the experiences of John and Jan King — whose daughter, Hayley, has severe mental retardation — and Ellen and Noble Summersill, whose son, Robby, has severe and profound autism.

"We tried other schools and therapies for Hayley, but they weren't very effective," Jan said. "Early Intervention Services helped us explore what Hayley's full potential might be and work toward

helping her live up to that potential."

When Hayley, now 16 years old, was born, doctors told John and Jan it was unlikely she would make it past her first year of life and that they should take her home and make her as comfortable as possible for as long as they could. At the time, the Kings also had a 4-year-old son, Daniel, and caring for both children quickly became difficult.

"We were concentrating so much on learning how to care for Hayley that we felt like we were neglecting our son," Jan said.

Experiencing only mild success with other therapy programs, the Kings eventually enrolled Hayley in Early Intervention Services at Tammy Lynn.

"They gave us ideas on how to care for her, got us enrolled in a Medicaid program, provided us with special equipment and, most

of all, helped us establish a routine," Jan said.

At age 3, Hayley entered day school at Tammy Lynn. Within two weeks of starting class, she began drinking out of a cup on her own. In addition, the Center provided a caregiver to come to the King's home after Hayley returned home from school.

Still, having an extra person in their house was difficult on the Kings, whose third child, Erin, was born three years after Hayley. With each passing year, Hayley required more care and attention, leading Jan and John to make the decision to move Hayley into one of the residences at Tammy Lynn.

While they agree that moving Hayley to Tammy Lynn was the most difficult decision they had ever made, both John and Jan said their history with the Center eased their minds and inspired con-

fidence that it was the right thing to do.

John said: "When we removed ourselves and our selfish desires to raise her at home from the situation, we realized that moving Hayley to Tammy Lynn was the best thing for her care. She was our baby, and we had been treating her like that. When we took her there, they treated her like a teenager, and it seemed like she grew up almost instantly. We definitely had a harder time adjusting than she did. We moved her in, and she was settled and happy within hours."

Since moving into Tammy Lynn, Hayley has made great strides in her development, learning to maneuver her wheelchair on her own and feed herself.

"She has a 30-inch-wide wheelchair, and if there's a 31-inch

space, she can move that wheelchair through it. We set an IEP every year, but doctors have stopped predicting what she will or won't do," John said. "She keeps defying everyone's expectations."

Three years after moving Hayley into Tammy Lynn, the Kings said they've found new joy in parenting and being a family. John and Jan pick Hayley up and take her home every weekend. Their time with her is now much less stressful.

"Having Hayley live at Tammy Lynn allows us to enjoy parenting her so much more," Jan said. "When we bring her home on the weekends, we can enjoy having her here because we don't feel like we constantly have to be teaching her to do something. Our quality time as a family is much greater. She's always happy to come with us on the weekends and happy to return to Tammy Lynn. We feel like she has two homes."

The Summersills, who moved their son, Robby, into Tammy Lynn when he was 10 years old, echoed that sentiment:

"It's nice to know that Robby is living at a place where people



Durham and Betty Moore

genuinely care about not only his health, but his personal growth. At Tammy Lynn, he can receive all of the services he needs under one roof — from administering health care, to taking him on outings to making him do chores like wash dishes," Ellen adds.

Haskett, the Kings and the Summersills also agreed that it was comforting to know their children would be taken care of if something should happen to their parents.

"When you have a son or daughter who has mental disabilities, you always wonder what will happen to your children if they outlive you, but now we know," Ellen said.

Perhaps Ellen spoke for everyone with a child who has been cared for by services at the Tammy Lynn Center: "I don't know how parents who don't have help do it. Without Tammy Lynn, I don't know where we'd be or what we'd do." •



by Patricia Staino

There was a time when families had no choice for long-term residential care. They were forced to place their children with severe mental retardation and developmental disabilities in state-run facilities — usually quite a distance away from home. And there was no program or facility in Raleigh that could allow parents to be involved with their children's lives on a regular basis as some parents desired.

aced with this reality, concerned and involved local families worked with the Legislature and local government to raise resources and secure commitments to build just such a place.

The Tammy Lynn Center was founded in 1969 as a Mothers' Morning Out program in the basement of a church in Cary. The founding families knew the Center would need to provide extensive services, programs that until that time were not available in this area. Soon, the mornings-only program developed into full-day services, a special education program and related therapies, which eventually led to a residential program. In the early 1970s, it was one of only a few residential facilities of its kind, serving children with severe and profound mental retardation who also had a degree of medical complexity in their conditions. Jimmy, the son of one of the founding families, still lives at the Center as one of its oldest residents.

Today, the Tammy Lynn Center is unique in North Carolina due to its scope of services. In addition to a 30-bed residential facility, there is a Respite Care program serving 180 area families; an Early Intervention program serving approximately 85 babies each year; Developmental Day Services providing special education and related therapies — that also comprises before-and after-school care, as well as a summer program; and an intensive behavior program for children with autism.

"We don't know of another program in North Carolina that has as many different types of services as we are providing here on one campus," said Mary Freeman, president and CEO of the Tammy Lynn Center.

Freeman has worked in human services for "a very long time, probably longer than I want to tell you," starting out in residential programs for children with severe emotional disturbances, as well as issues with juvenile delinquency. She was invited to visit the Center when the CEO position became vacant.

"As soon as I saw the Center, I fell in love with the mission," she remembers. "We're accomplishing miracles through the dedication, talent and expertise of this incredible staff."

The staff's commitment to the Center — and to the individu-

als it serves — is apparent in the years of service tallied by the organization's employees. In the lobby of the administrative building are plaques honoring staff members for numbers of years of service — from three years to 20-plus. Most of them have been with the Center for five to 14 years, an impressive record for the human services field where burnout is common.

"We actually do have a high turnover because people want to do this, but they find it's not a match," said Freeman. "Perhaps it's physically and emotionally too strenuous for them. You have to be able to care deeply, but you also have to be able to manage that, or you can't be effective."

Those who do find the Center a good match, and 135 regularly scheduled employees currently do, are deeply committed to Tammy Lynn's mission.

EARLY CHILDHOOD INTERVENTION KEY TO SUCCESS

Within five years of the Center's start, an Early Childhood Intervention program, providing specialized pediatric therapy to babies from birth to 3 years old, launched and quickly became a model program for the state. Now in its 33rd year, the program was innovative in how services should be provided to babies, who were at risk, and has won a number of awards for excellence and outstanding contributions.

"That was a time when we were in a different place about developmental disabilities," said Freeman. "Many of the children back then didn't survive some of the challenges that they can today with the advances in medicine."

Early childhood intervention takes place at the children's homes, with therapists paying regular visits.

"It's much better for a wee one to receive therapy in their home," said Freeman. "A 2-year-old needs to learn how to climb her own stairs. That will be more motivating and provide more reinforcement for her."

The program also allows parents to learn how to fulfill their children's needs in their own environment. Only about one-half of 1 percent of the children seen by the Center's staff in early intervention will eventually need Tammy Lynn's residential or day serv-

ices when they are older.

"The sooner you can get in there and address delays or identify disabilities, the greater the success in long-term adjustment," according to Freeman.

Some of the children who take part in the Early Intervention program may only experience minor delays that if addressed early on and corrected will allow them to enter the public school system with no further assistance from the Center. Others may continue to take part in the Center's Respite Care, Day or Residential programs.

Recently, however, Early Intervention Programs underwent

major changes in funding in North Carolina.

"The reduction in service dollars has been very, very difficult for us," explained Freeman. "Those changes have been good for some areas in the state, but Wake County was hit particularly hard because it's been very progressive and had figured out how to serve the maximum number of people with minimum dollars. When the system was restructured, funding was reorganized, so some of the reimbursement that had been available to us was lost."

For example, prior to the program redesign, the Center was able to receive reimbursement (unrelated to mileage reimbursement) for the time therapists spent traveling to and from children's homes. As a result, that loss must now be made up in charitable contributions.

Many programs and facilities probably reduced the number of children they are able to serve due to the restructuring because statewide eligibility requirements changed, as well. Many children who are at risk, on whom Freeman says the Center can have the greatest impact, may be falling through the cracks now.

"The Center is a unique place and we keep changing so that we can respond to whatever needs are out there," said Ellen Canavan, an occupational therapist at the Center for more than 15 years. "As long as we keep adapting, I think we'll have an important place in the community."

DAY PROGRAM

Walking down the school hallway, the classrooms are organized from the youngest to the oldest students. Most classrooms have approximately eight students, a licensed teacher and two teaching assistants. Other staff members, such as occupational and speech therapists, visit the rooms throughout the day to work one-on-one with the students.

Much of the school day — from 9 a.m. to 3 p.m. — is focused on improving motor and communications skills. One student may work on expressing whether he feels happy or sad by pressing switches that will light up in different colors and make various sounds that reflect those emotions. Another student may practice placing a peg into a corresponding hole, while a third may experi-

ence different sensory reactions through a number of toys that move, light up or play music.

The Center provides a full array of therapeutic services, including occupational therapy, speech therapy and physical therapy (all available through the Early Intervention and Residential programs, as well). The programs are scheduled and structured, with each day filled with activities and therapies that help each individual reach certain developmental and special education goals.

"For all our age groups, we work on skills for daily living," said Canavan. "A child's occupation is to play, so for little ones we help them develop skills to do that. Also, in this setting, the staff and I work intensively on the children's feeding skills — such as moving from the bottle to a cup, or learning how to chew or to feed themselves. It's pretty neat to see a child become independent in feeding herself, and it often takes a year or more."

Many of the methods and resources utilized in treatment may be surprising to those not familiar with the Center's facilities.

For instance, a sensory room with a two-way mirror allows parents and other therapists to observe a child's therapy session. It also

allows the individuals at the Center to enjoy experiences that delight all their senses.

"The people that we work with experience the world differently than we do," said Freeman. "They don't comprehend a television show, but they may enjoy watching it for the movement. We have sensory activities for them that are a lot of fun."

The room is often dark so a cascade of fiber optic tendrils and other illuminated objects can be enjoyed to the fullest. The area is packed with light, color, motion. noise and texture, with a parade of therapeu-

tic toys that can be watched and touched. When the sensory room was first assembled, the fiber optic tendril bundle was an expensive piece of equipment that was purchased with grant funds from White Memorial Presbyterian Church. More recently, however, the Center has been able to stock classrooms and therapy areas with colorful lamps, games and toys from Wal-mart and other stores now that fiber optics and LED lights are more readily available for consumer novelties.

"I find myself visiting the school almost every day," said Freeman. "The kids are changing so much, and it seems so slow, but it's really so huge. You have to be able to recognize the tiny little increments and how huge they are."

Children are encouraged to express themselves through their choice of wheelchair color and decoration — magenta, acid green and leopard print chairs can be spotted in the hallways of the school.

"We try to give them a choice, as well as teach them how to convey their preferences, so that they can control as much of their environment as possible," Freeman said.

For many of the children, who live with their families but attend



Kristi Yamaguchi interacts with a student.

the day school, it offers the opportunity to interact with other children, a chance they might not have except for the Center's Developmental Day School. Wake County Public School System (WCPSS) provides outstanding services and is able to serve most all of the children in our community. Occasionally, however, a child needs something a little different and, working closely with WCPSS, the Center is able to meet that need. Chief among the specialized education program that the Center offers is on-site nursing and specialized therapies along with a highly trained teaching staff to work with children who have multiple complications.

MEDICAL COMPLEXITIES

Tammy Lynn is set apart by the level of medical care it provides to its population. The program serves individuals with significant medical issues in an ICF/MR (Intermediate Care Facility for Mental Retardation) setting, one of only a small group of providers that is able to do so.



Holly in her residence room at Tammy Lynn.

"All of our children are here because they have medically complex issues," Freeman said. "They would be homebound or hospital-bound or unable to have an education program with other children if the Center was not available for them and their families."

Most of the children served are in wheelchairs, unable to stand or walk on their own. Many of the residents of the Center experience seizure, digestive and respiratory disorders, as well as congenital anomalies. Because these individuals do not have the full scope of motor abilities, often they require surgeries for conditions such as scoliosis, particularly the children who may experience greater discomfort as their bodies grow.

"We are seeing that the children we're working with now are much more medically involved than the children that we were working with years ago and who are still with us as adults," Freeman said.

One of the challenges of working with people with developmental delays is communication, and facilitating that ability is a

large part of the students' and residents' daily programs, as well as the nursing staff's daily routine.

"We have one person on campus who can hold a functional conversation, but everyone else is non-verbal," said Kim Symonds, director of nursing. "But they're not non-communicative because they can let us know their likes and dislikes by facial expressions and sounds. None of our folks can tell us if they have an earache or a stomachache, so when we notice a bad sound or unusual behavior, we have to do a head-to-toe assessment to figure out what might be wrong."

For Symonds and the nursing staff, the ability to relate to the students and residents, and to be able to assist them with their daily needs, is a source of great satisfaction.

"There isn't one of our residents or students who will not respond with a big smile when you pay them some attention," said Symonds. "There aren't those outside factors that cause them to be grumpy or take things for granted. And that's what's so nice about this. You can walk in here and say, 'Good morning,' and you're greeted by people who are genuinely glad that you're here. That's the way your day starts off, and that's the way your day ends."

RESIDENTIAL CARE

About one-third of the day students live at the Center in one of two children's residences (with 10 beds each). The youngest student in the residence is 11 years old, the oldest is 23. Each child has his or her own room that is decorated with personal touches. The private rooms allow for greater flexibility in treatment and care, allowing parents and family members to visit with their children as frequently as their schedules permit.

The residences have less of a hospital atmosphere and are much more home-like. Children can bring their own bedroom sets if they like, and stuffed animals abound.

Family involvement, the driving force behind the Center's founding, is still at the heart of its programs and services. Families are encouraged to be actively involved in residents' and program participants' activities; many are on a daily basis. Currently, the Center maintains a 24/7 open-door policy, so families are not limited by strict visiting hours.

"We want to be available and allow families to be here whenever they can," said Freeman.

"This is the hardest decision a family will ever have to make," said Freeman of the choice to house a child in a residential facility. "Children are able to stay home longer now because there are more services in the community, but there comes a point in time when children with a high level of need require round-the-clock care and attention. We're so honored when parents choose us to help with this part, allowing them more quality parenting time."

A DAY IN THE LIFE

The daily routine in the residences starts as early as 5 a.m., since all the children must be assisted with bathing, dressing and personal care issues, one at a time in the private bathrooms, so that those who have a 7 a.m. bus departure will be ready.

Because it provides long-term residential care, the Center also

has another residence with 10 beds and a small off-campus, supervised-living apartment with four beds to provide residential care to adults. The oldest resident is in his 40s.

"Our certificate of need allows us to serve 'birth to heaven,' which gives us the best of both worlds — working with children and adults," said Symonds. "There just aren't services out there for older folks with mental retardation and developmental delays. There just aren't facilities out there with the service and specialization to serve our adult residents." It is this lack of services for adults with mental retardation paired with medically complex issues that has led the Center to increase availability of adult residential services while preserving its commitment to retain a portion of its beds for children.

During the day, adult residents come to the Center's day activity area for structured programming led by habilitation aides that revolves around their individual developmental goals. Objectives often include acquiring self-help skills such as personal care, self-feeding or learning how to assist with basic housekeeping chores. Some also take part in community activities such as volunteering with Meals on Wheels or the Salvation Army. Two additional supervised-living homes will be opened in 2007.



George and Steven Jr. with Kristi Yamaguchi.

Each of the campus ICF/MR residences has a nursing station and nursing services are provided 24 hours a day. In the last few years, the residents of the Center have shown increasing medical needs as they have grown older (and as new residents have been admitted) compared to the residential populations of the past, requiring more nursing, more staff and more equipment than ever before. In 2000, the nursing staff administered a total of 156,000 regularly scheduled doses of medication to the Center's 30 residents. By 2004, regularly scheduled doses had reached 191,625 annually; in 2006 it rose to 217,905. That number will increase substantially this year when the Center brings two individuals back to Wake County from a state-run center. The increased medical needs of the Center's residents reflect the medical advances that have helped people with developmental disabilities survive conditions and illnesses longer than what was possible in the past. As people live longer, the medical needs throughout their lives are

compounded. Overall, those data represent tremendous increases in the level of care required by residents and provided by the Center. Those data also give insight into the increased charitable contributions required to operate the Center's services.

"Many of the people we serve were not expected to survive their first or second birthdays," said Freeman. "It's not necessarily that their health is worse today; it's that we are able to provide better treatment for a longer period of time than we were before. However, we need increased staffing, we need more funding and we need more charitable contributions to ensure the continuation of our mission."

RESPITE CARE

In addition to on-site services, the Center offers a "birth to heaven" Respite Care program. Twenty trained care providers visit family homes to provide relief to the primary caregivers in a family for a few hours or a few days. The Center trains the Respite Care staff and can offer its services on short notice or through a planned arrangement.

"Sometimes the family member may have a doctor's appointment, or may need to go to the grocery store by themselves, or do something with another child in the family, or simply take a nap," said Freeman. "When caring for children with special needs, you cannot just call the babysitter down the street. Through the Respite Care program, we can provide the specialized care that is required for families with these types of needs."

Sometimes a family has a neighbor or close friend who really wants to help them take care of their child. In that case, the family can refer the friend to the Center for training and employment, even if the family friend will only be caring for that one child. Most of the respite care workers have other jobs in addition to working with the Center.

CONTINUING NEEDS REQUIRE FUNDING

The school, Early Childhood Intervention program and Respite Care service all require significant contributions to maintain their current level of outreach.

"We must raise a significant amount of money to close the gap between what is reimbursed and our actual cost of providing services," said Freeman. "That's a big challenge for us — this year we must raise a million dollars in order to close that gap."

A great concern for Center administrators is that any shortfall in funding or failure to receive an annual cost of care increase in reimbursement can generate budgetary stress that can negatively impact overall operations. According to Freeman, several years ago a child who took nourishment through a feeding tube began rejecting the formula and continued to react negatively to other types of formula that were tried. When they finally found a formula that she could tolerate, the Center's cost for dietary supplements increased by \$10,000 annually.

"This is a place of joy and unparalleled accomplishment, not a place of hopelessness and sadness," said Freeman. "There is no pity here. Our staff are remarkable people, able to manage a variety of situations with humor, dignity, love and compassion, as are the families of those we serve."

Angus Barn "Very Proud" to be Associated with Tammy Lynn Center

by Rick Smith

an Eure, owner of the world-renowned Angus Barn restaurant, circles the date for the annual *A Toast to the Triangle*[™] fundraiser with relish. She and her employees are eager participants in the event that raises money for the Tammy Lynn Center.

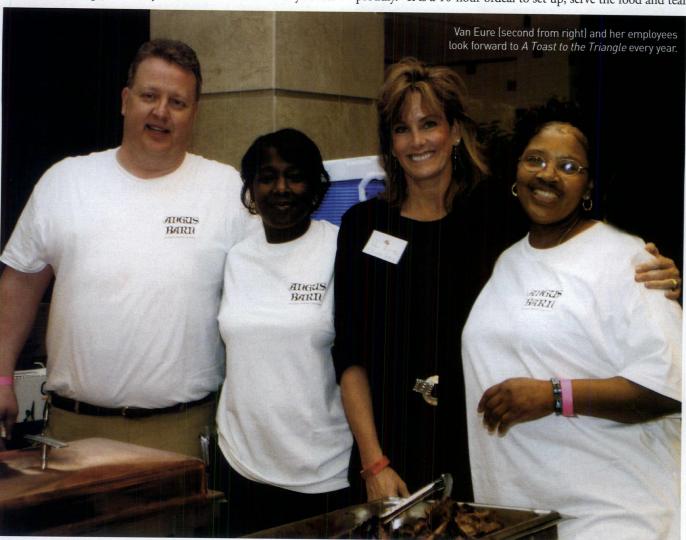
"I'm very proud that I and The Angus Barn are involved with the Tammy Lynn Center, and so are our employees," Eure said. She is also actively involved in the Foundation for Hope, another Angus Barn effort. Its focus is to fund the research and treatment of mental illness. "First of all, it's about giving back. We feel very strongly about giving back to the community. There are a million causes you could give to, and you have to choose the ones you feel committed to.

"Community-wise, the Tammy Lynn Center has always been a very big one for us, the reason being — well, if you just ever go over there, it's self-explanatory. The Center is just the most amazing thing I have ever seen."

A Toast to the Triangle brings together restaurants and vendors from around the Triangle to provide food and beverages with proceeds going to Tammy Lynn Center.

The Angus Barn donates savory ribs and its famous Chocolate Chess, Sawdust and pecan pies — and time from its employees.

"They view this as well as a chance to give back," Eure said proudly. "It is a 10-hour ordeal to set up, serve the food and tear



down. But we have almost the same crew sign up each year. It's a true labor of love."

Eure estimated that The Angus Barn donates between \$7000 and \$10,000 worth of food to the event. "Our policy is: We won't run out."

One year they did run out of the Chess pie. "We were so mortified," Eure said. "All those people had saved up their tickets for Angus Barn Chocolate Chess pie, and we had to tell them we were out. So we took the names and addresses of those who didn't get any pie and delivered them an entire pie the next day!"



The Center has affected Eure beyond her professional life. She also has gotten her family involved. She took her children — son Christopher, 13, and daughter Sarah Alice, 7 — during the recent Christmas season to see what the Center does and to meet some of the residents.

"If you are ever having a bad day, just come out here," she said of the Center. "I took my children after they had irritated me because it was just things, things, things they had gotten for Christmas. I said, 'That's it — we're going somewhere.' I packed them in the car with a whole bunch of stuff, and we went to Tammy Lynn.

"My children had a real eye-opening experience. I just think it would be so great if other families would do that.

"We sang some songs. The children at the Center loved it. We made a commitment to go back again."

The opening moments of the visit were not easy, Eure conceded.

"My children were a little shocked at first, but I explained to them that the children at the Center were just like them, but their minds don't operate like yours. If you look beyond the disability, you can appreciate them so much.

"I love it. I love going out there. It's almost selfish. I get more out of it than I give. I leave there as such a better person. I've got all my priorities in the right order. It's almost therapy to go there."

Eure remembered the joy her children shared with children at the Center.

"Just the joy — my gosh, my daughter handed a stuffed animal to one girl and to see the exchange was one of the great moments of my life," she recalled. "My children want to go back every year. That's what Christmas really means.

"We plan to go back — and often."

In 2007, the Tammy Lynn Center anticipates opening its first inclusive preschool classroom to teach the Center's students alongside typically developing children in a preschool setting.

"Everybody is going to learn from each other. Everybody is going to grow," said Mary Freeman, president and CEO of the Tammy Lynn Center.

Typically developing children, ages three to five years are eligible to apply for admission. Freeman believes many parents will be interested in the opportunity to send their children to a school so focused on learning and development — and that also has the special resources, such as an on-duty RN at all times.

For more information about the inclusive classroom, please contact Latoya Darden, Day Services Manager.

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A Toast to the Triangle™

by Patricia Staino

he Tammy Lynn Center's signature fundraiser is the annual A Toast to the Triangle™— a tasting of food and wines from the best locally owned and operated restaurants and caterers in the area. In 2007, A Toast to the Triangle will celebrate its 22nd year and will showcase Kristi Yamaguchi, Olympic Medalist, as the Honorary Chair. The first event was small, raising just \$8500. Today, it is the Center's major fundraiser—last year raising more than \$175,000. The Center relies heavily upon this extra funding to help close that gap between reimbursement and the actual cost of care.

"The service requirements for our residents have

changed dramatically," said Mary Freeman, president and CEO of the Tammy Lynn Center. "The community has been very caring and generous, and we are grateful to our supporters. We could not operate without their support, but we've had to ask more and more of them due to the funding situation in our state. It's a struggle and everyone sees it, knows it and I think understands it, but it does require us to work harder and to raise more contributions. It is very important to maintain our current level of support and to introduce our mission to those who are unaware of our vital work and who can — with proper information — help assure the ongoing quality of care."

Community members, businesses and organizations provide financial sponsorship for the Toast, including area restaurants that provide food, beverages and other supplies at their own expense. The popular social event includes a raffle and a silent auction, but the highlight of the evening is the food and drink. More than 50 local fine-dining establishments and highend caterers and purveyors serve up their best and favorite dishes. Freeman said it has become a bit of a competition among the chefs to make the best showing of the evening and to win some of the night's coveted honors.

"I am told that people look forward to the *Toast* as their favorite spring social event," said Freeman. "It is the best party in town."

This year the *Toast* has moved from its previous location at the Civic Center to the McKimmon Center at NC State. This year's event is set for April 1. Among participating restaurants already confirmed are The Angus Barn, Catering Works, The Duck & Dumpling, Saint Jacques French Cuisine, Michael Dean's, Second Empire and last year's People's Choice winner — Peak City Grill & Bar. About 1300 people, including numerous public officials, are expected to attend. Tickets are \$85 each and will soon be available for purchase at www.tammylynncenter.org.

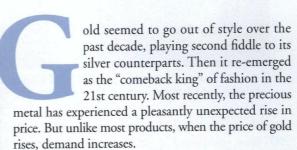






The popular social event includes a raffle and a silent auction, but the highlight of the evening is the food and drink. More than 50 local fine-dining establishments and high-end caterers and purveyors serve up their best and favorite dishes.

The Golden Touch



According to Duvall O'Steen of the World Gold Council in New York, the escalating price of gold has placed it in the forefront of the consumer mind, causing demand to skyrocket over the past three years.

This means that the precious metal is more valuable than ever. For retailers, this means investing more money in raw materials to satisfy the demand.

by Jennifer Hadra



Bucellati 18K Gold and Diamond Band

The latest issue of

Jewelry Arts and Lapidary Journal said the average retail price point of gold in 2006 was \$400. In order to keep that level in 2007, the quality of the gold that retailers sell would have to go down, leaving jewelers with the dilemma of raising prices or lowering quality. While large manufacturers — like Stuller — adjust their prices daily to reflect the current market price, smaller retailers are unable to adjust their gold prices quite as easily. So how are retailers planning to reconcile this predicament?

NEW TRENDS AND FASHIONS

According to O'Steen, retailers are placing demand on gold manufacturers to come up with lighter-weight gold pieces that still have a fashion-forward look. Italian designers are doing a lot of leaves and flowers, buds and butterflies and etched finishes. Other designers have turned to pieces with a lot of texture and brushed finishes.

American consumers are catching on to the trend, favoring gold pendants, unique hoops and bangles or necklaces with stone accents over heavy, classic gold items — like the basic



Fiskin and Fiskin Hammered Turquoise and Diamond Ring

chain. In recent fashion shows previewing 2007 lines, gold turned up on nearly every runway in the form of gilded floral embellishments on jackets and as chunky accessories

Given gold's diverse range of quality and colors, how do you get in on the gold rush and differentiate among the various qualities, colors and forms of gold?

FROM KARAT TO COLOR

Take a look at the ring on your finger. Chances are it is marked 22K, 18K or 14K gold. The karat (K) system is used to state how much pure gold is found in an



Fiskin and Fiskin 18K Yellow Gold Medium Hammered Earring with Diamonds

item. 24K gold is the purest form, but pure gold is generally too soft to be used for jewelry and other metals are added to increase its strength. Jewelry that is 18K gold contains 18 parts gold and six parts of another metal(s), making it 75 percent gold. In the United States, 10K gold is the lowest grade that can be legally sold.

Certain types of metals can be mixed with gold to create different colors. Nickel and palladium can be added to create white or gray alloys. Copper is added to make pink and rose tones — the more copper, the deeper the effect, and adding silver to gold creates a greenish shade.



Fiskin and Fiskin 18K Yellow Gold Wide Hammered Cuff

Alongside the karat marking, gold jewelry should have a hallmark or trademark that identifies its maker. The item's country of origin might also be included.

WEAR AND CARE

Once you've purchased your pieces, the question is: What goes with gold? In the '90s, mixing metals like silver and gold was considered a fashion faux pas. Now, thanks to the resurgence of the Luxe look, gold jewelry is being paired with silver hues but with rich, vibrant colors, as well as classic shades of navy or black.

When mixing metals, it's best to use pieces that are similar in style, tone or shine. A piece designed with both metals could also be worn to unify your look.

Because pure gold doesn't react with other elements to create tarnish, gold jewelry is relatively easy to keep clean. Washing gold with a dull or soft-bristled toothbrush in a solution of warm water and detergent-free soap works best for athome cleaning. Dropping two Alka-Seltzer tablets in a glass of water and immersing the jewelry for about two minutes, then polishing with a lint-free cloth also works well. Storing your gold pieces separately





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Rising gold prices are causing designers to create light weight gold pieces like this leaf necklace from Elaine Miller Collection.



Lauren Harper 22K Gold Multi-stone London Blue Topaz Necklace

in soft cloth bags or jewelry boxes will protect them from exposure to harsh daily elements.



Irene Neuwirth 18K Yellow Gold Nine Drop Chandelier Earrings; Irene Neuwirth pieces also available at Vermillion.

A FINAL NUGGET

While gold prices have moderated since their peak in the last quarter of '05 and the first two quarters of '06, it seems unlikely they'll be dipping back toward the \$250 level of the '90s. The World Gold Council notes that demand continues to slightly outpace supply, suggesting that market forces aren't likely to drive down prices significantly in the immediate future.

Whether you're looking for a timeless engagement ring or a trendy accessory, a piece of gold jewelry is still a solid investment in value and fashion.



Organize!

Tired of searching for that missing matching earring or untangling a delicate chain? Here are a few tips for keeping jewelry neat and organized — in or out of the box:

STEP 1: Scan your jewelry with a critical eye. Eliminate out-of-style, wornout, mismatched, never-worn and broken pieces.

STEP 2: Clean and fix any keepers that are tarnished or in disrepair.

STEP 3: Store similar items together. Keep specialty items in their original boxes if you like, labeling the box's exterior. Storing silver pieces in felt jewelry pouches prevents tarnishing and keeps items ready to wear.

STEP 4: Choose the best location and storage for your jewelry. A traditional jewelry box can accommodate smaller collections, while shallow dresser drawers outfitted with trays and organizers are best to manage larger collections.

STEP 5: Protect valuable pieces of jewelry and items with great sentimental worth in an at-home safe or in a bank's safe-deposit box. Make sure you properly value and insure these items in case of loss.

TIP: To prevent kinks from forming in link necklaces, run the chain through a straw and fasten the clasp. Lay it flat in a drawer or tray.

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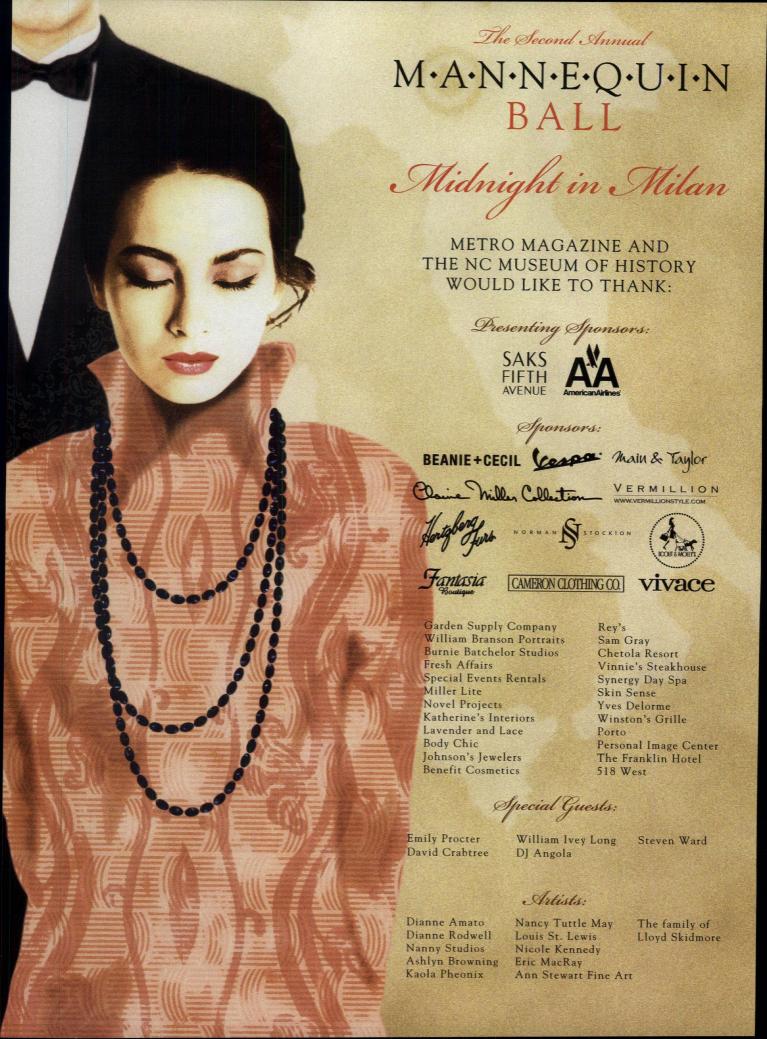
Gold By Any Other Name

In order to reduce the cost, a coating of gold can be applied to a less expensive metal. The thicker the layer of gold, the less likely it is to wear away easily and expose the metal underneath. Here are some terms to help you tell the difference:

GOLD FILLED: This is usually the thickest type of gold layering. Newer gold-filled items have markings that indicate how much and what type of gold was used for the layer. A marking that says 1/20 12K G.F. means that the jewelry is at least 1/20th 12K gold by weight.

GOLD PLATED: The gold layer is usually only a medium thickness and wears down more quickly than gold-filled jewelry.

GOLD WASHED: This is a term used to describe a very thin layer of gold — one that won't be very durable.



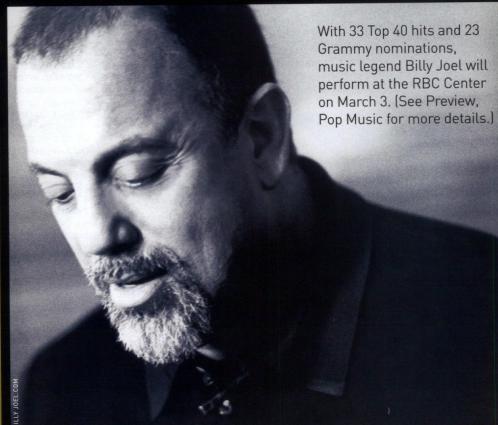
Jesus Christ Superstar, the rock opera by Tim Rice and Andrew Lloyd Webber, will play at Raleigh Memorial Auditorium from Feb. 24-March 4. (See Preview, Stage and Screen for more details.

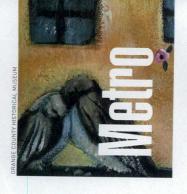


Cape Fear Regional Theatre will present Rodgers and Hammerstein's Cinderella thru Feb. 11. (See Preview, Stage and Screen for more details.)



Openings





Preview

by Jennifer Hadra

FEBRUARY FESTIVITIES

GALLERIES

A RETROSPECTIVE OF PAINTINGS BY ROBERT BRODERSON (1920-1992): Gallery C, Raleigh; Thru Feb. 13. Contact 919-828-3165 or www.galleryc.net.

TRAVELOGUE: ONE ARTIST'S JOURNEY:
Assemblages by Lisa Nostrand; Durham Arts Council Allenton Gallery, Durham; Thru Feb. 11. Contact 919-560-2787 or www.durhamarts.org.



Girl at Eleven # 18, 10"x10" toned silver gelatin print by Meg Madison is on exhibit along with works from seven other artists at Long View Gallery in Raleigh.

NUTURED GROUND: Paintings by Lauren Scharling; Durham Arts Council Semans Gallery, Durham; Thru Feb. 11. Contact 919-560-2787 or www.durhamarts.org.

WORKS BY ANGELA NESBIT: ArtSource at Five Points, Raleigh; Feb. 1-28. Contact 919-787-9533 or www.artsource-raleigh.com.

WORKS BY KAY HUTCHISON: ArtSource at North Hills, Raleigh; Feb. 1-28. Contact 919-787-9533 or www.artsourceraleigh.com.

NEW YORK BY JACOB COOLEY AND MARY ROUNDTREE: Contemporary landscape paintings; FountainSide Gallery,
Wilmington; Feb. 1-28. Call 910-2569956 or www.fountainsidegallery.com.

FOREVER LOST?: Eight contemporary artists explore absence, remembrance, and transformation in mixed media; The Collectors Gallery in the Long View Gallery, Raleigh; Feb. 2-March 31 (Opening Reception Feb. 2). Contact 919-828-6500 or www.thecollectorsgallery.com.

BOB ADAMS — CONTRASTS AND COL-ORS: Photography art show; Cary Senior Center, Cary; Feb. 1- March 2 (Opening Reception Feb. 23). Contact 9194694061 or www.townofcary.org.

ROBERT INDIANA — LOVE POEMS: Animation & Fine Art Gallery, University Mall Chapel Hill; Feb.9-March 8 (Opening Reception Feb. 9). Contact 919-968-8008 or www.animationandfineart.com.

BEVERLY MCIVER — **RECENT PAINT- INGS:** Tyndall Galleries, University Mall Chapel Hill; Feb. 13-March 31 (Opening Reception Feb. 17). Contact 919-942-2290 or www.tyndallgalleries.com.

MILL AS MUSE ART RECEPTION: View paintings inspired by the Historic Yates Mill; Historic Yates Mill County Park, Raleigh; Feb. 16. Call 919-856-6675.

RUSSIAN ART GALLERY: Imported orig-

inal oil paintings by well-known contemporary artists and unique craft works from Russia including Faberge and jewelry; Russian Art Gallery, Cary; Ongoing. Contact 919-468-1800 or www.russianartcary.com.

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

- THREE IN GIVERNY: Three artists display their oil interpretations of Monet's beloved gardens and village of Giverny from their travels and study of impressionism; Studios 211, 212 and 201; Thru Feb.
- LORNA WANG HOW ARE YOU FEEL-ING?: Featuring encaustic and mixedmedia paintings; Lobby; Feb. 2-24.
- ANNETTE ROGERS FABRICATIONS: A new series of work exploring surface texture and mixed media; Upfront Gallery; Feb. 2-24.

CLASSICAL

DURHAM SYMPHONY ORCHESTRA CLASSICAL CONCERT WITH NCCU CHOIR: Free encore performance of their Carnegie Hall Concert; Union Baptist Church, Durham; Feb. 10. Contact 919-560-2736 or www.durhamsymphony.org.

NC MASTER CHORALE PRESENTS ROMANCE IN THE AIR: Kenan Recital Hall at Peace College, Raleigh; Feb. 10. Call 919-856-9700.

LONG LEAF OPERA PRESENTS LOVE SONGS FROM BROADWAY: A Valentine's Day Concert; Carolina Club, Chapel Hill; Feb. 14. Contact 919-843-3333 or www.carolinaperformingarts.org.

SIGHTS & SOUNDS ON SUNDAYS PRE-SENTS CIOMPI QUARTET W/JOSEPH ROBIN-SON, OBOE: Program honoring composer Robert Ward; NC Museum of Art, Raleigh; Feb. 18. Contact 919-821-2030 or www.rcmg.org.

THE CRUCIBLE: Presented by The Opera Company of North Carolina; Memorial Hall, Chapel Hill; Feb. 23 & 25. Contact 919-783-0098 or visit online at www.operanc.com.

EVENTS AT THE DUKE UNIVERSITY DE-PARTMENT OF MUSIC: Duke University, Durham; Contact 919-660-3333 or www.duke.edu/music.

- MUSIC FOR WINDS: Nelson music room; Feb. 10
- DUKE SYMPHONY ORCHESTRA MOZARTIAN INFLUENCES, ANGLO-SAXON SYNERGIES: Baldwin Auditorium; Feb.

- PIANO MASTER CLASS W/HSIA-JUNG CHANG: Baldwin Auditorium; Feb. 19.
- CIOMPI QUARTET FIRST COURSE CON-CERT: A new work by Robert Ward for oboe and string quartet with commentary by Robert Ward; Doris Duke Center, Duke Gardens, Durham; Feb. 22.



The Ciompi Quartet with Joseph Robinson, oboe will honor composer Robert Ward in a performance on Feb. 18.

 DUKE WIND SYMPHONY — AMERICAN ORIGINALS: Baldwin Auditorium; Feb. 22.

POP MUSIC

DAVE HOLLAND SEXTET: Jazz bassist Dave Holland performs with his band; Memorial Hall at UNC, Chapel Hill; Feb. 8. Contact 919-843-3333 or www.carolinaperformingarts.org.

KRIS KRISTOFFERSON: Solo and unplugged performance presented by PineCone; Meymandi Concert Hall at the Progress Energy Center for the Performing Arts, Raleigh; Feb. 21. Call 919-664-8302 or www.pinecone.org.

THE HILLSBOROUGH ARTS COUNCIL PARLOR CONCERT — MAGGIE MCLEOD AND FRIENDS: Classical and Celtic; 215 S. Hillsborough Ave., Hillsborough; Feb. 18. Call 919-643-2500 or visit online at www.hillsboroughartscouncil.org.

THE RACHAEL PRICE TRIO & JOHN BROWN QUINTET: Thalian Hall, Wilmington; Feb. 22. Contact 910-343-3664 or www.thalianhall.com.

BILLY JOEL IN CONCERT: RBC Center, Raleigh; March 3. Contact 919-834-4000 or www.livenation.com.



Day's End, $18" \times 24"$ oil on canvas is one of the cityscapes, still lifes and architectural works by Kay Hutchinson, on display at ArtSource thru Feb. 28.

STAGE & SCREEN

DANCE 2007: ECU annual dance showcase; McGinnis Theatre at ECU, Greenville; Feb. 1-6. Call 1-800-ECU-ARTS or www.theatre-dance.ecu.edu.

NEW ROMANCES; SECOND CHANCES LOVE BITS & BITES: Presented by The Cary Players; Page Walker Arts & History Center, Cary; Feb. 9-11. Call 919-469-4061 or www.caryplayers.org.

CAPE FEAR REGIONAL THEATRE PRESENTS CINDERELLA:
The classic Rodgers & Hammerstein production;
Cape Fear Regional Theatre, Fayetteville; Thru Feb.
11. Contact 910-323-4234 or www.cfrt.org.

BROADWAY SERIES SOUTH PRESENTS A LIGHT IN THE PIAZZA: Progress Energy Center for the Performing Arts, Raleigh; Feb. 13-18. Contact www.broadwayseriessouth.com.

ROOM SERVICE: Presented by NC State's University Theatre; Stewart Theatre at NCSU, Raleigh. Feb. 14-17. Contact 919-515-1100 or visit online at www.ncsu.edu/arts.

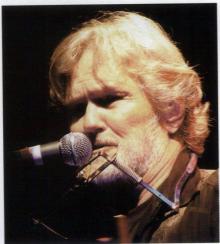
I DO! I DO! PRESENTED BY THE RIVERTOWNE REPERTORY PLAYERS: A Broadway musical comedy directed by Lu Hoff; New Bern Civic Theatre, New Bern; Feb. 14-17 & 23-25. Contact 252-633-0567.

CAROLINA BALLET — BALLET FESTIVAL: AJ Fletcher Opera Theater, Raleigh; Feb. 15-25. Contact 719-0900 or www.carolinaballet.com.

BROADWAY AT DUKE PRESENTS — THE GREAT GAME: Reynolds Theatre at Duke University, Durham; Feb. 15 & 18. Contact 919-684-4444.

THE MAN IN THE DESERT: World Premiere; Theatre in the Park, Raleigh; Feb. 16-25. Contact 919-831-6936 or www.theatreinthepark.com.

DAYTON CONTEMPORARY DANCE COMPANY — THE JACOB LAWRENCE PROJECT: Stewart Theatre at NCSU, Raleigh; Feb. 20. Call 919-515-1100 or visit online at www.ncsu.edu/arts.



Musician Kris Kristofferson will use his guitar and harmonica to perform music from his soon-to-bereleased album *This Old Road*, as well as old favorites, on Feb. 21 in Raleigh.

URINETOWN: Presented by ECU/Loessin Playhouse; Feb. 22-27. Contact 1-800-ECU-ARTS or www.theatre-dance.ecu.edu.

NORTH CAROLINA THEATRE PRESENTS — JESUS CHRIST SUPERSTAR: Memorial Auditorium, Raleigh; Feb. 24-March 4. Call 919-834-4000 or www.nctheatre.com.

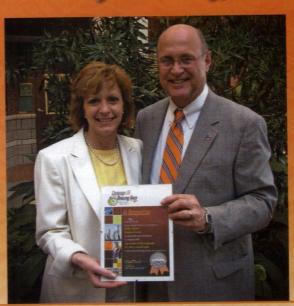
TONI MORRISON'S THE BLUEST EYE: Presented by Playmakers Repertory Company; Paul Green Theatre, Chapel Hill; Feb. 28- March 25. Contact 919-962-2481 or www.playmakersrep.org.

PIECES OF GOLD — ANNUAL ARTS EXTRAVAGANZA: Students and teachers work throughout the year to



Kellan Chapin

Progress Energy



2006 Campaign Rookie of the Year

As the Raleigh Chamber begins its 2007 Total Resource Campaign, we'd like to recognize and congratulate Kellan Chapin, Senior Coordinator, Supplier Diversity for Progress Energy, for her outstanding efforts in our 2006 Campaign. Her efforts alone raised \$31,585 for the Raleigh Chamber, earning Kellan the coveted Rookie of the Year title.

Congratulations, Kellan, and best of luck in this year's campaign!



produce a performance that supports the curriculum, as well as entertains an audience; Produced jointly by Wake County Public Schools and Wake Education Partnership; Memorial Auditorium at the Progress Energy Center for the Performing Arts, Raleigh; March 7. Contact www.wakeedpartnership.org.

EVENTS AT THE CAROLINA THEATRE OF DURHAM: Durham; Contact 919-560-3030 or www.carolinatheatre.org.

- ERIC BIBB AND THE CAMPBELL BROTHERS: Feb. 9.
- LES BALLETS AFRICAINS: Feb. 16.
- THE AFRICAN AMERICAN DANCE ENSEMBLE: Feb. 22.
- 8TH ANNUAL NEVERMORE FILM FESTIVAL: Feb. 23-25.
- WOMAN DEBUT OF SIGNATURE PERFORMANCE BY CAPITA FOUNDATION: March 3.

EVENTS AT CAROLINA PERFORMING ARTS: Memorial Hall at UNC, Chapel Hill; Contact 919-843-3333 or www.carolinaperformingarts.org.

- DANCE BRAZIL RETRATOS DA BAHIA: Feb. 9 & 10.
- MUSIC ON THE HILL CAROLINA WIND QUINTET: Feb. 13.
- KING BRITT PRESENTS SISTER GERTRUDE MORGAN: Feb. 16.
- JAMMIN' AT THE RENO COUNT BASIE & KANSAS CITY SWING: March 1.
- BATTLE OF THE BANDS KENNY GARRETT & NICHOLAS PAYTON: March 2.

EVENTS AT THE ARTSCENTER: Carrboro; Contact 919-929-2787 or www.artscenterlive.org.

- TOMMY EMMANUEL: Feb. 14.
- LUCY KAPLANSKY: Feb. 16.
- PAUL BRADY: Feb. 20.
- ALTAN: Feb. 21.
- BEARFOOT: Feb. 24.
- SOLAS: Feb. 25.

MUSEUMS

BETWEEN PAST AND 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.

...STILL-LIFE WORKS BY ANDRIA LINN: Orange County Historical Museum, Hillsborough; Feb. 1-28 (Opening Reception Feb. 3). Call 919-732-2201 or www.orange-countymuseum.org.

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

- THE NORTH CAROLINA ROOTS OF AFRICAN AMERICAN LIT-ERATURE — AN ANTHOLOGY: Book signing with Editor William L. Andrews; Feb. 10.
- MUSIC OF THE CAROLINAS CHARLES "WSIR" JOHNSON: Feb. 11.
- HISTORY À LA CARTE PIEDMONT AIRLINES: Author Frank Elliott will discuss his book; Feb. 14.

EVENTS AT THE CAMERON ART MUSEUM: Wilmington; Contact 910-395-5999 or visit online at www.cameronartmuseum.com.

- PRINTED IN BEAUTY: Major exhibition of over 200 individual prints including a wide variety of techniques and artists; Thru April 1.
- DARRYL LAUSTER RECREATING: Thru April 15.
- FLOORED!: Thru April 1.

EVENTS AT EXPLORIS: Raleigh; Contact 919-857-1040 or www.exploris.org.

- INDONESIAN SHADOW PUPPETS: The Workshop; Feb. 10.
- DANCES OF THE PHILIPPINES: Global Village Square; Feb. 10.
- NORWEGIAN FIDDLING WITH KAREN TORKELSON SOL-GARD: Global Village Square; Feb. 17.

- CHINESE NEW YEAR LANTERNS: The Workshop; Feb. 17.
- GYOTAKU FISH PRINTS: The Workshop; Feb. 24.
- GLOBAL MOUTH MUSIC: Global Village Sq.; Feb. 24.
- INDIA A CELEBRATION OF PEOPLE AND CULTURE: Global Village & East Courtyard; Feb. 3.
- MYSTIC INDIA AN INCREDIBLE JOURNEY OF INSPIRA-TION: IMAX Theater; Opens Feb. 2.
- CHILDREN'S VISIONS AND VOICES RIGHTS AND REALI-TIES IN SOUTH AFRICA: Horizon Gallery; Feb. 5- May 28.

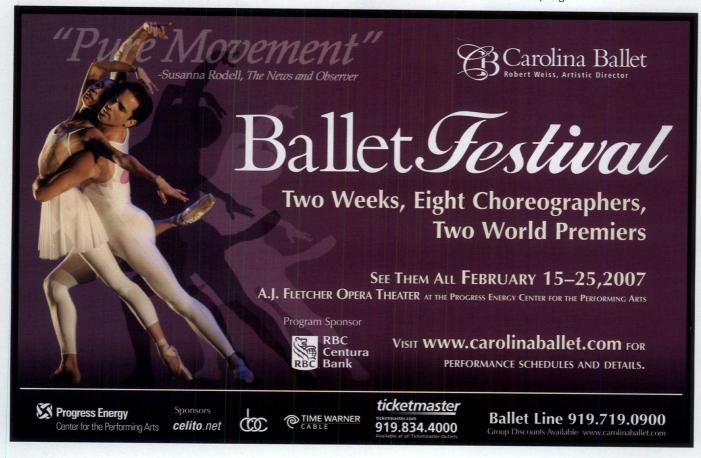
EVENTS AT TRYON PALACE HISTORIC SITES & GARDENS: New Bern; Contact 1-800-767-1560 or www.tryon-palace.org.

- TRYON PALACE BOX & COX A ONE ACT BRITISH FARCE: Feb. 3 & 17.
- TRYON PALACE HISTORICAL PUNCH & JUDY PUPPET SHOW: Feb. 10 & 24.
- AFRICAN AMERICAN LECTURE AND STILL I RISE: Sandi Ruger will discuss this collection of black renaissance poetry and spirituals; Feb. 15.
- AFRICAN AMERICAN TOUR PRESENTATION: A photographic presentation of New Bern's African American history; Feb. 18.

POTPOURRI

TWELFTH EAST CAROLINA WILDLIFE ARTS FESTIVAL & NC DECOY CARVING CHAMPIONSHIP: Washington Civic Center, Washington; Feb. 9-11. Contact 252-946-9326 or www.eastcarolinawildfowlguild.com.

NEW BERN PRESERVATION FOUNDATION ANTIQUES SHOW: Featuring a variety of antique dealers selling quality goods, and verbal evaluations of your treasures will also be available; New Bern Preservation Foundation; Feb. 9-11. Contact 252-633-6448 or www.newbernpf.org.



WILMINGTON GARDEN SHOW AND PREVIEW PARTY: Benefiting the Arboretum Foundation; Schwartz Center at Cape Fear Community College; Wilmington; Feb. 9-11. Contact 910-798-7670 or online at www.arboretumnhc.org.

BLYTHE SPIRITS: A fundraiser brunch hosted by NC Writers' Network to honor Will Blythe and his family; Fearrington Barn, Pittsboro; Feb. 10. Contact 919-967-9540 or www.ncwriters.org.

14TH ANNUAL KINSTON WINTER BLUEGRASS FESTIVAL: Lenoir Community College, Kinston; Feb. 16 &17. Contact www.kinstonwinterbluegrass.com.

STORIESWORK — ETHNICITY AND RACE: Adult storytelling and stimulating discussions inspired by characters in worldwide stories; Durham County Public Library, Durham; Feb. 17. Contact 919-321-8969 or www.storieswork.org.

MARDI GRAS BLACK TIE & COSTUME BALL: All proceeds benefit the Ronald McDonald House of Durham; Velvet Cloak Inn, Raleigh; Feb. 17. Contact 919-828-0333 or www.thevelvetcloak.com/mardigras.

FEARRINGTON FOLK ARTS FESTIVAL: Whimsical art show in its fifth year features some of the Southeast's most noted folk artists; Fearrington Village, Pittsboro; Feb. 17-18. Contact 919-542-2121.

A LITTLE NIGHT VISION GALA: Benefiting Prevent Blindness North Carolina; NC Museum of Natural Sciences; Raleigh; Feb. 17. Call 919-755-5044.

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.

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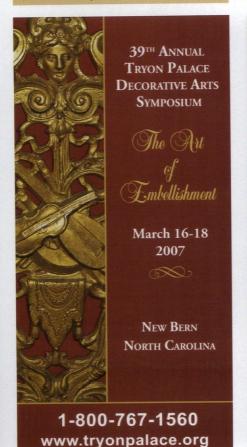
SESSION I July 8-21, 2007 for girls ages 12-14*

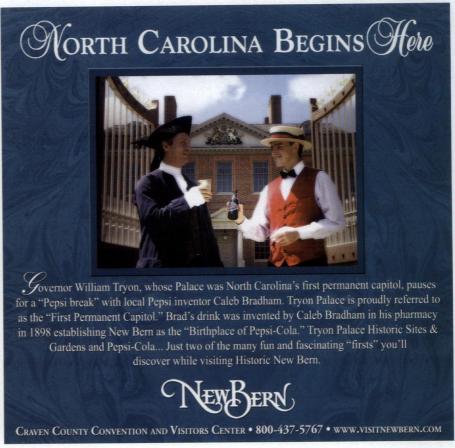
SESSION II July 22-28, 2007 for girls ages 9-12*

* Campers who are age 12 should attend Session II unless the camper is a returning rider.

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Dr. J. Winston Pearce, father of Paula

Pearce Hinton, my dear friend from college

and distinguished UNC-Chapel Hill librar-

ian — who died unexpectedly last year —

wrote about John Robert in his book,

Campbell College: Big Miracle at Little Buies

Between you and me...

END OF A HARNETT COUNTY ERA

saw the obituary in the *The Daily Record*, Harnett County's everyday-except-Sunday paper, and it struck me that history was made when Edna Baggett Crook died on Sunday, Dec. 17 at age 87. I never knew her, in fact, never met her, but I knew that she was the last surviving daughter of John Robert Baggett, who was something of a leg-

as they say, "he died before his time." His wife Natalie, an avid conservationist and supporter of the Neuse River Foundation, still lives in New Bern.

John Robert Baggett was born in 1871 just after the Civil War in Sampson County. However, the war had a major influence on his life. Injuries his father sustained required

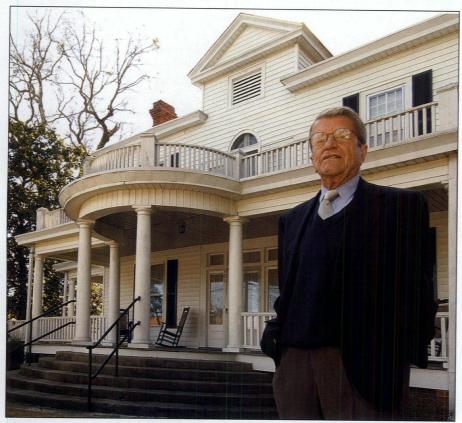
"He was a University of North Carolina man and came to Buies Creek to teach mathematics, science, and history. For about 20 years [I think it was more like 10 years.] he was identified with the school. His diligence in effort, competence in his fields of teaching, sense of humor, and identification with his students made him a favorite with young and old. He was a large man with a high forehead, receding hair, and something of a prune-projecting mouth and retreating chin." The striking photo of the mustachioed John Robert I have seen belies that description.

John Robert's thirst for education took him back to Chapel Hill where he earned a law degree and returned to Harnett County to practice about 1910. He packed up his belongings and moved from Buies Creek to the county seat of Lillington, just a few miles away. His eldest son, Venable, led the cow

John Robert's thirst for education took him back to Chapel Hill where he earned a law degree and returned to Harnett County to practice about 1910. He packed up his belongings and moved from Buies Creek to the county seat of Lillington, just a few miles away. His eldest son, Venable, led the cow and had such a tight grip that when the cow spooked during the long walk, Venable injured his hand. John Robert settled into a house with wide porches on West Front Street — for almost a century referred to as the "Baggett House" — just a block from the courthouse and began to practice law and raise his family of nine boys and girls, including Edna.

Former Sen. Robert Morgan has been a close friend of the Baggetts his entire life. They were reared a few miles apart. I have heard him tell the story many times of how Venable was responsible for his entering politics. I suppose I should stop here and tell you that Ann Baggett Goodnight of Cary, the Triangle philanthropist and business woman, is the daughter of Venable and John Robert's granddaughter.

Morgan was a student at Wake Forest Law School when Venable and long-time Democratic stalwart Dougald McRae came to the town of Wake Forest and urged him to run for clerk of court in Harnett County. There was bad blood between Venable, McRae and their wing of the party, and L.



Sen. Robert Morgan stands in front of the Baggett house.

end in the county. It also occurred to me that while the Baggett clan has multiplied — Mrs. Crook had eight brothers and sisters who predeceased her, I could not recall a single member of the family still living in Harnett County besides her.

The obituary referred to a "large, devoted, extended family," which is scattered about the state, including two grandchildren, Jack and Jim Nestor Crook of Chapel Hill. I knew only one of the Baggetts, her nephew Dr. John Baggett, who practiced medicine in New Bern until his death of cancer a few years ago. He was a gracious and gentle man, beloved in the New Bern community where,

that John Robert care for him, his mother and his seven brothers and sisters. Here the legend began. He was determined to get an education, but he was 19 before he could enroll in the first grade. It is said that he was so tall that he had to lean over to write on the blackboard. Within a year, this lanky country lad was awarded a first grade teacher's certificate and began teaching while studying at Salem Academy in Salemburg. At 25, he enrolled at UNC-Chapel Hill and graduated in 1900. The next year he was teaching at Buies Creek Academy, which became Campbell College and is now Campbell University.

M. Chafin, the incumbent clerk of court. Chafin had previously served as clerk, been defeated by Howard Godwin and then appointed to the post by Gov. Kerr Scott when Scott tapped Godwin to fill a vacancy on the Superior Court bench. While still a student, Morgan filed for the office and Chafin, having tested the political winds, withdrew from the race. Thus Morgan, at Venable's urging, began his climb to the United States Senate via the North Carolina State Senate and the State Attorney General's office.

John Robert was dedicated to public service. He served three terms in the North Carolina State Senate. "The Baggetts always were 'progressive," said Morgan. John Robert's son, Dr. Joe Baggett, who practiced medicine in Fayetteville for decades before his death in 2005, told Morgan a story that illustrated this fact graphically.

John Robert introduced a bill in the 1923 legislature to prohibit the Ku Klux Klan from concealing their identity by wearing hoods. The Klan tried to intimidate John Robert by coming to Lillington and marching in full regalia around his house. Joe said that instead of cowering inside, John Robert took him and his sister Edna and stood with them on the front porch — in full view of the Klansmen. Joe said his father wanted them to see what a sorry lot the Klansmen were and remember the spectacle. It was impressed indelibly on Joe's memory. The bill was defeated, but John Robert was never deterred by the Klan's tactics. He also championed mental health and public education. When Gov. Angus McLean wanted to establish a statewide public school system, John Robert introduced the bill.

Joe established the Wellness Institute at Campbell University, which provides educational opportunities for youth, consumer and healthcare professionals in Southeastern North Carolina. Joe also established a professorship at the University of North Carolina in the memory of his wife, Hannah Oliver Huske, to further research for the treatment and cure of Parkinson's disease, which took her life. Besides being a physician, he was an astute businessman. The Baggett family owns the Blockade Runner at Wrightsville Beach, and his daughter, Mary Webber Baggett, manages it.

Edna was a captain in the Army Nurse Corps and served in post-war Germany before returning to the states and a top post at the VA hospital in Fayetteville. She lived with her mother until her death. Edna became the family matriarch presiding over the Lillington homeplace.

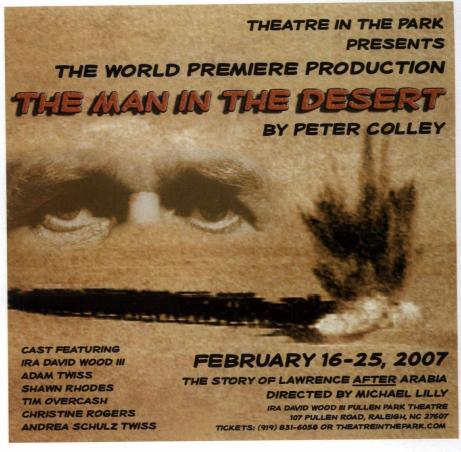
Although Edna's death means there is no descendent of John Robert living in the big house in downtown Lillington, it does not mean the boisterous family gatherings there will end. Even after Edna's death shortly before Christmas, the family threw open the doors for the season as they have done for decades, and friends and neighbors joined them to celebrate. There are never any formal invitations, and for days people simply show up at a whim. Everyone is welcome, and there is always a gracious sufficiency of food and drink. The Morgans always visit on Christmas Eve and did the same this year. Katie Morgan, daughter Mary, and Ed Holmes of Chapel Hill, daughter Margaret's husband, joined the festivities. They climbed the steps to the front door and were greeted by Baggetts from here and yon in the wide center hallway. The study to the right and the parlor to the left are full of family pictures and mementos, and the huge dining room that runs from side to side had a generous spread of food.

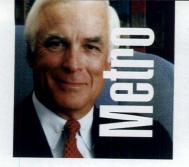
The Baggetts are a gregarious lot. Dunn newspaperman Hoover Adams described

them as "good people" and said they love to gather and have a good time. Katie described high-spirited festivities, including dancing. Joe would always make her girls' day by dancing with them, Katie said.

Adams noted that Venable's son, Bob, chaired the county school board for years. "He was close with money, but when it came to spending for education, he was all for it," Adams said. I remember that Bob had a booming voice and a strong personality. He guided the county through consolidation of its schools and into a new era of public education in Harnett County. Ann Baggett Goodnight has the family's passion for education. She established the splendid prep school Cary Academy and co-chaired the group that pushed through Wake County's recent school bond issue.

For years to come, the Baggetts will gather for special occasions at the Lillington homeplace. But now that Edna has left us, my great hope is that the Baggetts will create a memorial in Harnett County that will remind its citizenry of the family's legacy. The library does a grand job but lacks an auditorium and meeting space for special events. Between you and me, I hope the Baggett generosity will continue.





Editor-at-Larg

FISH TALES: TWO SIDES TO THE STORY

(Full disclosure requires that I reveal that I'm a member of the North Carolina Marine Fisheries Commission.)

hen I teach history, I always tell students that what people perceive to be real is, for them, reality. Thus believing something is true makes it real. To complicate the issue further, Albert Einstein observed that "Reality is merely an illusion, albeit a very persistent one," which calls into question the relativity of reality. These philosophical musings aside, the issue of perceptions is very important and has a practical impact when determining what goes on along the North Carolina coast regarding fishing. I'm not talking about the big one that got away about the very hostile relations between recreational and commercial fishermen that make compromise extremely difficult. Without recognizing the way in which the two sides perceive reality, it is sometimes difficult to understand why agreement is so hard to reach on fisheries management issues. Each for their own reasons fears the other and what they may do.

While recognizing you can't generalize about all people within groups, it is fair to say that there are some beliefs that are very common. For example, recreational fishermen are convinced that the deck is loaded against them because the commercial fishermen have powerful friends in Raleigh. Consequently, they believe that commercial fishermen are being allowed to plunder our fish stocks by way of weak rules and slack enforcement. Commercial fishermen, knowing they are outnumbered by recreational fishermen, think that a group of fun-seeking amateurs (some of them Yankees) are, in aggregate, catching more fish than they, the professionals. Moreover, they think the amateurs are insufficiently regulated, whereas, they have to put up with all kinds of rules, regulations and quotas.

Recreational fishermen think that commercial fishermen are unconcerned about exploiting the resources. "All they care about is making their truck payment this month" is a frequently heard refrain. On the other hand, commercial fishermen think that recreational fishermen want to drive them out of business.

Recreational fishermen think that gill nets are a product of the devil's workshop and need to be severely restricted. The commercial guys, on the other hand, think that any restriction on nets will be the beginning of the end — the first step before outlawing all nets.

People on the recreational side can't understand why anyone would want to continue to reduce fish stocks that science shows are already on the brink of crashing. The guys out on the water every day doubt the science and, with some accuracy, say that rules set by the National Marine Fisheries Service (NMFS) don't take into account regional differences. Since the commercial guys (along with a lot of other people) already distrust the "federal government," the fact that someone in far-away Washington, DC (not "our" Washington) is making the rules contributes to their anger when they find them allied with sports fishermen.

What to do? One thing is to air these perceptions so that maybe light can be substituted for heat. I continue to believe that people of good will can jointly arrive at conclusions that will help protect the resource. Indeed, the Division of Environmental and Natural Resources (DENR) has done a good job, not perfect, but a good job of charting a middle ground. Yet the hostility remains. Maybe we could mend differences by stating some truths:

1. Neither side is totally right or totally wrong in their perceptions. Neither side controls the political balance.

- 2. The rules need to be equally applied to commercial and recreational fishermen.
- 3. Obviously, commercial fishermen do care about preserving the resource it's their life and their livelihood. And no, the recreational fishermen are not intent on driving the traditional watermen into the unemployment line.
- 4. Nets, if properly designed, don't inevitably lead to a net ban any more than speed limits result in driving cars off the roads. Perhaps the best way to get a net ban is to infuriate the public by opposing all regulations.
- 5. Let's agree that the science is not perfect and sometimes the feds are insufficiently sensitive to regional variations. The solution? More money for better science and reasoned argument, if necessary through our Congressional delegation, to change NMFS's mind. But until those arguments bring results, we may as well accept the fact that we only have the "best available science" to guide decisions.

After all this reasoned argument, let me point out one poignant aspect of the debate. While we talk, some fish stocks continue to decline and the commercial fishing culture declines, as well. It's hard to hear these proud, hard-bitten watermen lament the disappearance of their way of life. We must find a way to protect the people who are dependent on fishing for their livelihood. That may mean giving them priority over fishermen for whom fishing is a sideline.

Unfortunately, at this point too many perceptions or, more accurately stated, "misperceptions" stand in the way of reasoned discourse. The only way to deal with this situation is to try, through extended, open and rational discussion, to come to some shared view of reality. Perhaps both sides could begin by remembering the advice of "Stonewall" Jackson, "Never take counsel of your fears." IMM



Artist-at-Large

SISTERS MAKING STATEMENTS

was just minding my own business the other day, like I always do, driving around with the top down on one of our beautiful, warm winter days when the song "Sisters Are Doin' it for Themselves" by Annie Lennox and the queen of soul Aretha Franklin, suddenly blared out across the radio. I immediately started thinking of four talented women here in our fair North Carolina that are leaders in the arts, making big impressions and making our state a much better place by their presence.



Emily Kass, director of UNC's Ackland Art Museum

First off, I want to give a BIG welcome to newcomer Emily Kass who has taken the helm as director of UNC's Ackland Art Museum (www.ackland.org). Kass looks like a museum director: hip black clothes, punky, spiky red hair, pale skin and a friendly smile. Kass is one of those people who were bitten by the art bug very early on. As a young girl, she viewed the

show "Dada, Surrealism And Its Legacy" at the Art Institute of Chicago and things have never been the same. She immediately wanted to know what made these artists tick? What did art mean? Why did it move her? Needless to say, the lady was



Kim Rorschach, director of the Nasher Museum of Art

on her way to a life in the arts, and it's been a wild ride. With over 26 years as an art professional — from director of the Fort Wayne Museum of Art, to the director of the Tampa Museum of Art, and now here to the Ackland — Kass has seen it all and dealt with it all. She is passionate about the arts and is looking forward to the energy from talented students that only a university museum can provide. I'm very excited to see what changes she has in store for the Ackland, including adding additional space and renovating several of the existing exhibition areas. I was recently told by a little bird that, while Kass was looking for a new home in the area, she

rented one to live in and one for her art. Now that's an art lover!

Kimerly Rorschach comes across as one of the most gentle, quiet, unassuming ladies you could imagine, but WATCH OUT. This lady knows it all, from 18th century European art to international contemporary art. A Fulbright Scholar with a PhD from Yale University, Rorschach was the Dana Feitler director of the David & Alfred Smart Museum of Art before taking the helm of the elegant



Deborah Velders, director of the Cameron Art Museum

Nasher Museum of Art at Duke University (www.nasher.duke.edu). A brand spanking new museum with over 65,000 square feet of space on 9 acres, the Nasher is attracting a lot of attention, and Rorschach is riding high on the waves of approval. I wonder if after the doors are locked for the day if she takes off her shoes and dances in the exhibition rooms? I would. There must be a real satisfaction

61

knowing that you are changing the lives of so many art lovers by presiding over such a stellar art venue. Talking with Rorschach is like talking to a neighbor, very friendly and down to earth, with none of the imperious pretensions so many in the arts cultivate. She has the perfect balance to deal with museum board members, billionaire patrons, students, the public ... and remember, all this is at ... Duke University. I think that about says it all.

Over in Wilmington, the Cameron Art Museum's reins are held by its director Deborah Velders. After serving as the head of exhibitions and public programs at the very prestigious Menil Collection in Houston, Velders decided it was time for a change and lucky for us she chose North Carolina to call home. With her strong background, expect to see lots of serious art gracing the halls of the Cameron. Right now they have a great show, "Printed in Beauty" featuring a lot of beautiful printed art from masters such as Matisse, Ed Ruscha and James Rosenquist, as well as local artists Ann Conner and Don

Furst. That's one of the great things about the Cameron. One of its main missions is to supports artists who actually have a connection with our state. Next time you

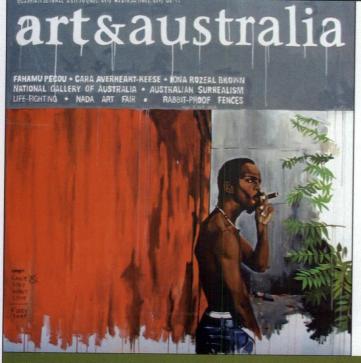


Lisa Morton, director of the Durham Art Guild

are in Wilmington, make certain to stop by and take a gander.

Now I'm going to talk about the Durham Art Guild. How can I talk about the Durham Art Guild in the same breath

as mentioning the museums above, you ask? Unlike the three ladies mentioned above, who have large staffs, worldly prestige and access to mega funds, there is one lady who works just as hard, if not harder and definitely needs to be counted as a woman who makes a huge difference in the arts. That woman is Lisa Morton, director of the Durham Art Guild (www.durhamartguild.org). Morton has to deal with everything — the light bulbs, hanging the artwork, the paperwork, the sales, dealing with the board of the Durham Art Council, educating the public and patiently soothing the very fragile egos of the local artists, who exhibit in the venue. Not only that, Morton is also a very talented photographer who, together with Diane Amato, form Nanny Studios dealing in witty, funny and biting photographs that are constantly juried into exhibitions across the country. What surprises me more than anything else is why some museum director hasn't yanked Morton up to be a right-hand assistant and placed in a position of power where she so rightly belongs.



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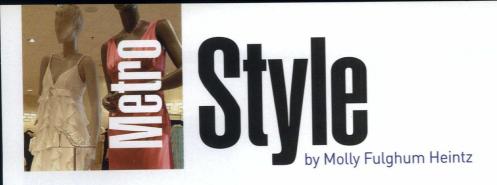
The FBI presents an Art Fraud Workshop by Bonnie Magness-Gardiner: Art Theft Program Manager, Washington, D.C. Co-Sponsored by Quail Ridge Books & Music * Space is Limited

Friday, March 16th

Hustle & Show: Exhibit by Fahamu Pecou An Exhibit that plays with notions of fame, image and black masculinity as well as fine art insider politics.

Flanders Art Gallery is committed to offering our clients a supportive environment that goes beyond the selling of art.

In addition to being knowledgeable about each of our artists, we offer art appraisals, workshops, and special events that focus on enlightening both the new and the experienced collector. We exhibit contemporary and traditional work in painting, sculpture, photography, serigraphs, engravings, and other works on paper by established and emerging artists.



CHIC COMFORT AND CLASSIC SCENTS

STRING THEORY

hen Versace shows a collection that doesn't cling to every curve, something is afoot. Maybe it's a heightened awareness that you actually can be too thin (several countries are implementing weight minimums for runway models), or maybe it's simply a pendulum swing away from silhouettes that are hyper-body conscious. But this spring, clothing across the board is looser and less-confining. Exhibit A: draw-

string waists. After a few seasons of extrawide belts, clothing with a sporty vibe allows followers of fashion to breathe a sign of relief and adjust as needed. Belgian designer Véronique Branquinho's pebble-colored elastic-waist silk pants are the epitome of chic comfort. The DKNY simple black mini-dress with a drawstring waist looks unstudied and fresh. Or check out Armani Collezione's black and white striped skirt with a paper bag waistline; Theory's elegant sleeveless drawstring tunic; or James Perse's tube dress, perfectly plain except for a brilliantly placed string. MM



CHANEL'S NEW BOUQUET

or melancholy mid-winter spirits, the perfect antidote is a trip to the perfume counter. Chanel perfumers have the fortune to work with some of the best and most expensive fragrance building blocks. The house uses its considerable clout to locate and purchase the top crops of jasmine, rose or iris, distills the raw materials and then adds the essences to a lineup of exclusive ingredients. It's enough to go to any perfumer's head. This month, Chanel's lead perfumer, Jacques Polge, makes a bold statement when he issues not one, but six new fragrances — five of which are based on the life of Coco Chanel herself. There is Thirty-one Rue Cambon, the address of Mlle. Chanel's atelier, a bold

scent featuring patchouli, rose and jasmine; her famous Chinese Coromandel screens inspired a fragrance based on amber, wood and vanilla; Bel Respiro, a greener scent based on Chanel's French country house; 28 La Pausa, a powdery floral featuring iris and inspired



by her home on the Côte d'Azur, where she frolicked with her friend, artist Jacque Cocteau, and various exiled Russian aristocrats; No. 18 refers to the address of the Chanel jewelry boutique on the Place Vendôme and highlights the unusual and slightly musy ambrette seed; and the sixth fragrance is simply known as Eau de Cologne, a traditional refreshing blend based on neroli oil, updated with musk and green notes. And as if this weren't enough, beginning this spring, four classic, but sometimes hard-to-find, Chanel fragrances will receive wider distribution: Bois des Îles, Gardenia, No.22, and the delightful leathery Cuir de Russie, first created by Chanel in 1924.

Chanel's Cuir de Russie is intended for women and not to be confused with Cuir de Russie by Creed, one of the most famous leather-based scents for men. Creed's 1953 formula features a citrus top note and a smoky heart of sandalwood. Dry and almost antiseptic, it's notable for never being sweet or cloying. If you want to evoke Cary Grant on horseback, then offer it to your leading man for Valentine's Day.

Armani

FRESH AIR

t's not only figures that are receiving a little breathing room but faces, as well. Oxygen therapy is not new but has now become affordable for those of us without one-word names. The theory is that a topical oxygen application allows your skin cells to function at their best (with a byproduct of glowing skin) and also kills surface bacteria that can cause breakouts. Typically, pressurized oxygen is sprayed on the face as part of a cocktail of vitamins and minerals, and the serum is quickly absorbed by the skin. The effects are temporary, but devotees claim that the difference is dramatic, the perfect pick-me-up before a big night out or a photo shoot. At Bliss Spa in New York, the Triple Oxygen

Synergyspa

Synery

facial is their best-selling treatment (\$160 for 85 minutes), while the more affordable take-home Triple Oxygen Energizing Mask

(\$52) has become one of their best-selling products (www.blissspa.com). Synergy Spa in Glenwood Village now offers an Oxygen Facial (\$95 for 60 minutes) in addition to an

O2 Infusion as an add-on option to most other facials (www.feelsynergy.com). It's the perfect jolt for mid-winter skin.





DKNY





Branquinho

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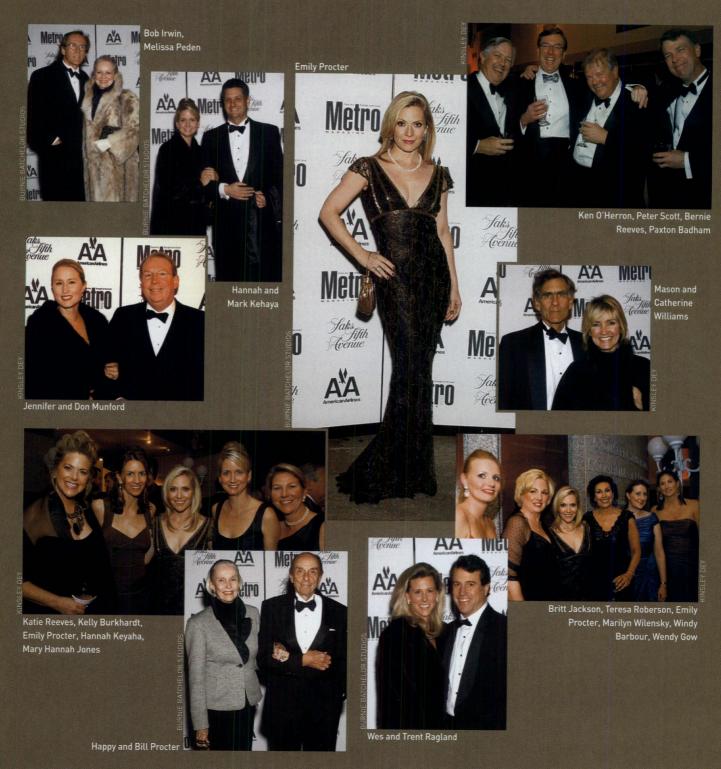




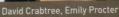
Fashion and Fun:

Dancing The Night Away At Second Mannequin Ball

THE FAMOUS AND FASHIONABLE TURNED OUT dressed to the nines January 19 for the second Mannequin Ball at the North Carolina Museum of History. Special guests Emily Procter, star of the mega-hit *CSI:Miami*, and 5-time Tony-winner William Ivey Long -both reared in Raleigh – danced the night away with area business, social and political leaders for what has been called "the most fashionable fund-raiser in North Carolina". Go to www.themannequinball.com or www.metronc.com to view more pictures.









L-R: Liz MacRae, Emily Procter, Steven Ward, Katie Reeves

Katie Poole



letro

Leroy Martin

L-R: Peter Scott, Cece Scott, Paxton Badham, Lucy Badham, Ken O'Herron, Barbara O'Herron



Gilda McKinney, Louise Benner, Hal McKinney, Bill MacRae, Ann Peranteao, William Ivy Long, Betsy Buford, Molly Conti, Betsy Conti



Gourmet

by Moreton Neal

Distinctive Yet Similar

THREE NEW RESTAURANTS CAPTURE DINERS

ith the explosion of new restaurants in Raleigh's North Hills in 2005, the food scene on the western edge of the Triangle was beginning to feel a little stagnant by comparison. Then, early in 2006, rumors began to circulate about three appealing restaurants underway. After what seemed like a long gestation period, Panciuto arrived on Hillsborough's Main Street. Then, by year's end, Piedmont and Rue Cler finally opened within walking distance of each other in downtown Durham.

Piedmont

These restaurants are distinctive in many ways, but they share so many similarities in attitude and aesthetics, I can't help thinking of them as siblings.

Small and subtly decorated, each of the three occupies a tastefully recycled old urban space, intentionally situated to foster a neighborhood clientele. All are owned by gifted young chefs whose culinary styles focus on a specific European region — yet they use the best North Carolina-grown produce, boutique meats and seafood. Because each kitchen relies on fresh ingredients, selections are limited and change nightly.

Panciuto was the "firstborn," opening in June to the great joy of Northern Orange County foodlovers, many as excited as new parents. Aaron Vandemark, the owner/chef, studied economics at Emory University before falling in love

with the cooking business under the tutelage of brilliant Chef Gennaro Villela of Chapel Hill's Il Palio Ristorante.

Vandemark's Northern Italian menu is

more like a private dinner party offering a model of elegant restraint: just three first courses, four seconds and a couple of desserts to choose from. Even so, it's not





easy to decide among delicacies — including veal meatballs with butternut squash raviolis with chard in sage brown butter, or braised duck ragu with parpadelle pasta.

Despite its unpretentious atmosphere, Panciuto is the most upscale of the three restaurants (main courses average around \$25), a destination worthy of a long drive. It offers dinner only and reservations are recommended. Vandemark's economical nature resists overbuying; he has been known to close the door when food runs



Rue Cler 401 E. Chapel Hill St., Durham (919) 682-8<u>8</u>44

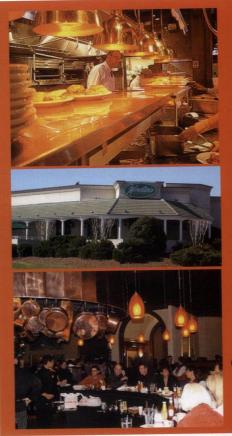
Piedmont 401 Foster St., Durham (919) 683-1213

short. You don't want to get there, taste buds set for the likes of "pan seared quail with polenta with a whiskey balsamic reduction," then end up with a Big Mac down the street.

On the other hand, Rue Cler takes no reservations at all. Lunch or dinner, just walk in for bistro food, Paris-style: coq au vin, moules frites, Salade Niçoise, soupe à l'oignon gratinée. The owners, who have pleased Brightleaf Square habitués for years with Pop's, now offer a straightforward menu of French classic dishes in their new downtown enterprise. A fixed price dinner with more creative choices, prepared with the same unfussy approach, is offered every night. But staples such as steak frites, a buttery house pâté and delicate dessert crêpes are always available.

Rue Cler's menu represents the typical everyday fare of a French café. By now many discerning downtowners are bound to show up on a regular basis, even though — just two blocks away — there is another irresistible enticement: Piedmont.

Named both for our Carolina Piedmont and the Piedmont region of Northwestern Italy (Piemonte, abutting the eastern border of France), this bistro attempts to incor-



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porate local products with Piemonte's earthy cuisine. It succeeds beautifully.

Like Rue Cler, Piedmont is all about comfort food. In cool weather, slow-cooked stews and pastas dominate the menu. Winter minestrone bursts with root vegetable flavors, and the potato gnocchi with duck confit melts in the mouth. I wanted my sausage-stuffed chicken with puréed potatoes and mushrooms to last forever, but my dinner companion, *Metro* wine editor Barbara Ensrud, insisted that we move to the next course. After the last bite of the delicate crust of apple crostata with crème fraiche, she commented, "This ranks up there with the great desserts!"

Like Rue Cler, prices at Piedmont are moderate, main courses at dinner averaging in the mid-teens, and the selection of unusual French and Italian wines is affordable. Breads, pasta, jams, pickles, sausages — even limoncello — are homemade. I imagine co-chefs Drew Brown and Andy Magowan supervising Italian elves working around the clock in the kitchen. I just hope they never tire out.

Though representing two sides of a national boundary, Rue Cler and Piedmont are almost twins in their perception and realization of the traditional cuisines of the countries they pay homage, and to the pursuit of great everyday food.

NIBBLES

One of Chapel Hill's oldest restaurants closed the last day of 2006. Aurora, owned and managed by Hank Strauss, may move to another location, but the first Northern Italian eatery in town is, at least for the time being, homeless. Strauss sold its Raleigh Road building to UNC Hospitals. He is currently considering other spots in the Chapel Hill area for a possible new incarnation of the restaurant that has survived two location changes in three decades of operation.

Restaurant Savannah in North Hills also didn't survive the year. Kevin and Stacey Jennings of The Urban Food Group (owners of Porter's City Tavern, Frazier's and Vivace) will open their newest restaurant, South, in Savannah's former spot. Inspired by their experiences working at restaurants in Charleston and Atlanta, the Jennings'

new restaurant is expected to open in February. It will feature updated versions of classic Southern dishes — shrimp & grits, fried chicken, cobblers and Mint Juleps — in an urban setting. South will honor gift cards purchased from Savannah.

Thai food has become one of the most popular cuisines in the Triangle. Viva Thai recently opened on Cary's Maynard Road, bringing the cooking of respected Bangkok chef Aree to the neighborhood. In Durham, Twisted Noodles is scheduled to open by February behind South Square. Thai cooking classes will be offered Sunday afternoons. Thai Palace, one of the area's oldest Asian restaurants, is now open for lunch on Chapel Hill's Raleigh Road.

Still trying to shed holiday pounds? Local Rockfish restaurants are drawing attention to the "Be the Chef" section on their menus. Now diners can customize their meals. Half portions are available, or you may choose fat-free grilled or blackened catfish, trout or shrimp and steamed vegetables and salads for a delicious, low calorie dinner.

For couples who love to cook, a romantic Valentine could be lessons for two at A Southern Season's cooking school. In its weekly series, "Taste of the Triangle," some of February's featured chefs are Aaron Whittington from Saint-Jacques, Martin Brunner from Max and Moritz Bakery, sous chefs from Magnolia Grill and Carolina CrossRoads, and Amy Tornquist of The Nasher Café, who will be cooking Mexican food from her new eatery, El Diablo.

Talented chef Maggie Radzwiller, former partner in Durham's Pop's and Brightleaf 905, will open a new café this month at 5511 Capital Center, Suite Plaza-180. Radzwiller's goal is to prove that office building food can be fast, healthy and delicious. Find out more about Comfort Cuisine Café & Catering at www.comfortcuisine.us.

Metro readers can contact Moreton Neal with news about restaurant events, openings and closings at moretonneal@yahoo.com.

Metro Magazine's Premiere

RESTAURANT GUIDE

RALEIGH/CARY

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

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

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

Bloomsbury Bistro - 509 West Whitaker Mill Road, Ste 101, Raleigh. (919) 834-9011. Everything you love about fine dining without the hype. Sophisticated food and wine in a comfortable neighborhood setting. Featured in Southern Living, Gourmet Magazine and USA Today and voted Best Restaurant in the 2005 MetroBravo Awards.

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

Glenwood Grill - 2603-151 Glenwood Ave., Glenwood Village Shopping. Ctr., Raleigh. (919) 782-3102. Triangle favorite for 16 years 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.

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 freshsqueezed citrus, and distinguish ourselves with a unique wine list featuring exquisite wines from Spain and Latin America. Now offering Sun. brunch and new lunch menu, www.jibarra.net.

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

Nana's Chophouse – 328 West Davie Street, Raleigh. (919) 829-1212. Nana's Chophouse is a high energy, contemporary Italian style chophouse infused with Southern American flavors and local ingredients. Nana's features complementary valet parking, live music, and fresh seafood. Seating in the bar and outdoor patio are first-come-first-serve. Hours of operation are Mon.-Thurs. 5:30-10:00 pm. Fri. and Sat. 5:30-11:00 pm; late night menu until midnight. Call for reservations.

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

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

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

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

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

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

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

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

DURHAM/APEX

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

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

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

CHAPEL HILL/CARRBORO

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

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

BEYOND THE TRIANGLE

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

Cork Report by Barbara Ensrud



THE HEART HAS ITS REASON: RED WINE AND GOOD HEALTH

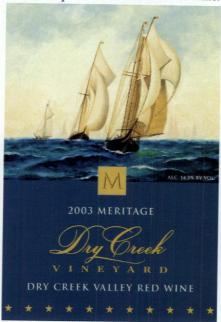
his is the month to nourish and pamper your heart and give free rein to all those romantic impulses to express love and affection. Spread it around lavishly; the more generous we are in our affections the better we feel — it's heartwarming and contagious. Just watch how your pets, including the four-legged ones, respond.

Short as it is, February is one of our most important months with the birthdays of two of our greatest presidents, Abraham Lincoln on Feb. 12 and George Washington on Feb. 22 (alas, most school children no longer know these dates). It is also celebrated as Black History Month, with Valentine's Day falling right in the middle. So it's appropriate that the president — for the past 13 years — has also declared February as American Heart Month to make us mindful of heart health. And in this regard, red wine drinkers can cheer. Again and again, studies here in the United States and in Europe show that com-

pounds in red wine — one or two 5-ounce glasses — contain significant amounts of antioxidants and cardio-protective elements.

The studies suggest that certain compounds known as polyphenols, specifically resveratrol and quercetin, fight against the formation of plaque in the arteries and combat the oxidation of cell membranes that contribute to the aging process and the development of Alzheimer's disease.

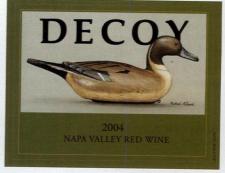
Quercetin, furthermore, is a flavonoid and shows a promising capacity to inhibit cell growth in certain types of cancer, including non-Hodgkin's lymphoma. Flavonoids derive from plant pigments, which give color to fruits, vegetables and flowers. While flavonoids can be found in many plants, from berries and nuts to apples (with skins), green tea and numerous other foods, the greatest concentration of resveratrol and quercetin is found in red wine.



The fermentation process of turning grapes into wine seems to enhance the effect, enabling the body to absorb more than by eating grapes alone.

Scientists are working to isolate these compounds for medical use — in pills, for instance. But in the studies, even with mice or in vitro, that have utilized red wine, it is unknown as yet if either of the compounds will have the same effect; there may be other constituents that contribute to the benefits. It may like vitamin C, which is more effective in combination with rutins and bioflavanoids than with the synthetic compound alone.

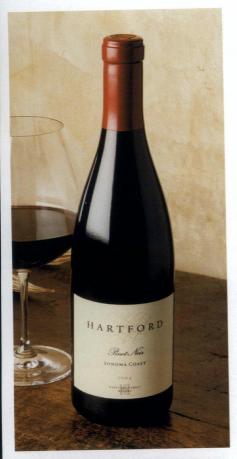
Sure suits a red wine aficionado like me. And actually, these findings may account for the so-called French Paradox — subject of a 60 Minutes segment back in 1991. How is it that the French, whose fat-rich cuisine would seem to deal lethal blows to heart health, have a far lower incidence of heart problems than diet-conscious Americans? The speculation has been that it might be the red wine they drink with rich meals. Now science has proven it so, and the study results continue to be replicated. A recent study reported by scientists at Johns Hopkins University indicates that resveratrol activates a family of enzymes

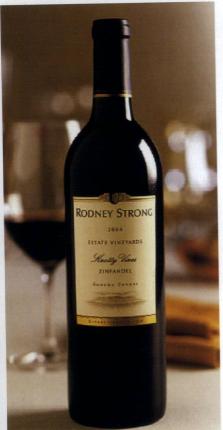


known as sirtuins that extends longevity. For more details on these remarkable findings and their potential, Google the terms "resveratrol" and "quercetin."

Isn't it nice to know as you enjoy a glass of Syrah or Zinfandel or Cabernet that the wine is giving you more than delightful flavor? But there is a caveat: More is not better! Moderation is the key, 10 to 12 ounces — roughly two generous glasses — offer the greatest benefits. Beyond that, the downside of alcohol kicks in. Over-indulgence, in other words, can wipe out those benefits and even kill or damage brain cells.

Sooooo ... "Drink thy wine with a merry heart," as advised in Ecclesiastes, and toast your best beloved with a glass of good red on Valentine's Day. You might do it with some of the highly recommended wines that follow:





Bridlewood Arabesque 2003, Central Coast, \$24. A southern Rhone-style blend à la Châteauneuf-du-Pape, quite balanced and appealing.

Castello Banfi Cum Laude 2002, Tuscany, \$40. A Super Tuscan blend of 30 percent cabernet sauvignon, 30 percent merlot, 25 percent sangiovese, 15 percent syrah; aromatic and intense flavors of ripe berries and a hint of licorice. Definitely age-worthy, too.

Dry Creek Meritage Red 2003, Dry Creek Valley, Sonoma, \$28. A beautifully structured Meritage blend to drink now with roast or grilled meats, but it will be even more interesting in a decade.

Duckhorn Decoy 2004, Napa Valley, \$30. A very fine Bordeaux blend of cabernet sauvignon, petit verdot and cabernet franc. Big, with lavish fruit. Potentially quite complex but very tasty now.

Hartford Court 2005 Pinot Noir, Land's Edge Vineyard, \$39. Big, rich, somewhat muscular Pinot from the cool Russian River Valley.

Louis Latour 2002 Volnay premier cru, \$42, Burgundy. Quite juicy, lovely spicy flavors, excellent for gamebirds, duckling.

Rodney Strong 2004 Knotty Vines Zinfandel, Sonoma County, \$20. Most of this lush-flavored Zin comes from a 15acre parcel of vines planted in 1904 — 102 years old, and still providing delicious juice.

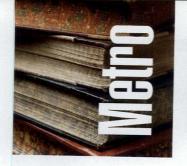
St. Supéry 2002 Élu, Napa Valley, \$70. St. Supéry's Meritage blend — this one 84 percent cabernet sauvignon blended with merlot and petit verdot — is always a stellar red. The 2002 continues in this tradition with outstanding structure, length and finesse.

Finally, for something different: a pomegranate liqueur called Pama. Pome-

granates, it turns out, also are loaded with polyphenols and antioxidant properties. Sweet, tart and potent, Pama puts a twist on some favorite cocktails, such as martinis and cosmos. I tried it in a variation on the Kir Royale — a few drops of Pama (instead of

traditional crème de cassis) topped with Champagne. Gorgeous color, great flavor, very romantic Valentine drink. \$25 a bottle, \$14 for a half bottle (375 ml).





Books

BOOKS FROM THE HEART

by Art Taylor

ichael Parker's short stories never fail to amaze me — and I've always been quick to spread the word to friends who've asked for recommendations. I've found myself reading one of his stories aloud to a gathering of friends who like to do that sort of thing. This story first appeared in the anthology *New Stories from the South 2005*, whose magnificent

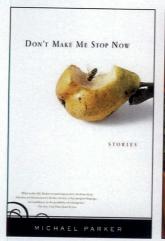
then — and here's the beauty — reveals something of her own personal life and longings, dreams and disappointments. The story is a delight from start to finish. And better testament to the story's lure than my own opinion or my eagerness to foist it upon friends? One of the friends who heard me read it aloud borrowed my copy of *New Stories from the South* to read

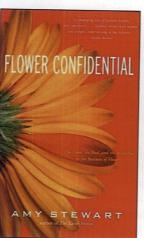
nursing home from a family reunion. Just at the climax to the anecdote — a dark-humored punch line in some ways — the story jumps ahead 20 years later, to an older Charlie Yancey telling the story to the latest in a line of women to share his bed, and contemplating what this new woman will say at this point and how that will determine everything that comes after in their relationship.

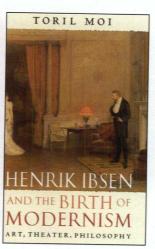
Perhaps my favorite of the new collection is "Go Ugly Early," in which the narrator, looking back at the night when he first met his wife, Jenn, remembers the other woman, Annie, sitting at the stool next to him, the one he hit on first. Here's the opening line: "The brunette said, 'I prefer a man who can hold his liquor,' so I turned my attention to the dirty blonde." After 28 years of marriage to the dirty blonde, the brunette shows up and the narrator allows himself "to acknowledge what I had so long denied: Annie and I were meant to be." Another story about adultery in suburbia? Hardly. This one doesn't go quite where readers might expect, but along the way it offers some keen insights into one man's musings on love and marriage — the "skirmish between the sexes," he calls it.

Love is not a simple thing in the worlds of Parker's stories, and it leads his characters into interesting predicaments (another favorite finds the main character crawling through an air conditioning duct into a drug store), but even though complex and conflicted, hard to navigate and sometimes heartbreaking, love in these stories pushes characters to reveal something essential and true about themselves — and perhaps about us, as well.

Parker will be reading from the new collection at several Triangle bookstores this month, including Sunday afternoon, Feb.







title is only outshone by the magnificent emotional subtlety of the story itself: "Hidden Meanings, Treatment of Time, Supreme Irony, and Life Experiences in the Song 'Ain't Gonna Bump No More No Big Fat Woman." The story is presented as if written by a young woman, a student crafting an essay that explicates a "Song, Saying or Incident from Public Life," and in the process, not only does the narrator succumb to some of the common, and hilarious, missteps of students in high school and college literature classes (it's worth noting here that Parker himself teaches at UNC-Greensboro), but at the same time she also delivers some humorous insights into the teacher and the rest of the class and

it aloud, in turn, to someone else.

"Hidden Meanings" is just one of a dozen of Parker's stories gathered in his latest collection, *Don't Make Me Stop Now*—recently published by Algonquin Books and providing a new opportunity for fellow fans of Parker's fiction to savor his rich characterizations, his nuanced understanding of people's complex, emotional lives, and both his clever plots and unexpected twists.

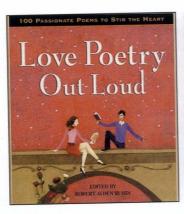
The opening story, "What Happens Next," deals with storytelling itself, beginning with an anecdote about a sullen 17-year-old named Charlie Yancey and his father's request that he drive his aging (and urine-tainted) grandmother back to the

4, at McIntyre's Books in Fearrington Village; Tuesday evening, Feb. 6, at Raleigh's Quail Ridge Books, and Wednesday evening, Feb. 7, at the Regulator Bookshop in Durham.

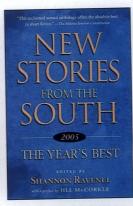
TWO MORE FROM ALGONQUIN

Algonquin Books may not have purposefully timed Parker's new collection just before Valentine's Day — not necessarily the aspects of love you'll find on most Hallmark cards — but two other titles from the publisher do seem better suited to the holidays. What more could the love of your life (or of the moment) want than flowers and poetry, right?

Love Poetry Out Loud offers just what it promises: 100 love poems that you can read aloud and covering a variety of love-themed occasions — in the words of editor Robert Alden Rubin, poems that seek "to seduce or amuse, to plead or to flatter, to inflict pain or express pain, or console ... poems that seek to cross the emptiness that separated two people — the gap that







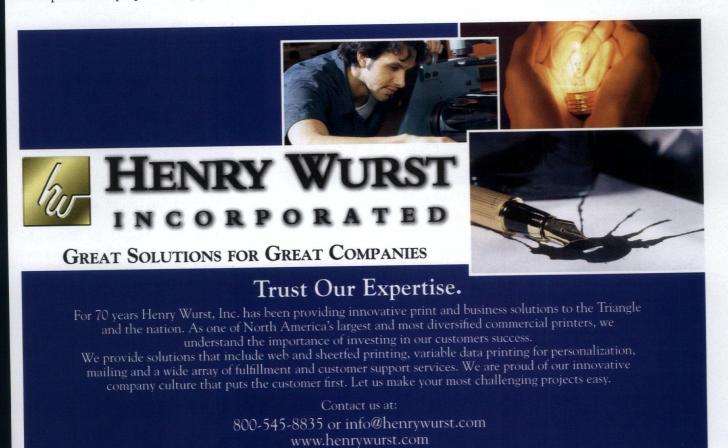
must be bridged for love to be shared." The poems span the centuries, from the Bible to Shakespeare to Dorothy Parker to Billy Collins, but there's something universal and eternal in each of them.

Amy Stewart's Flower Confidential: The Good, the Bad, and the Beautiful in the Business of Flowers only deals extensively with Valentine's Day in an epilogue, but that epilogue serves as a fine conclusion to a book that traces where those flowers you get on Valentine's Day come from —

both geographically and chronologically, with sections on "Breeding," "Growing" and "Selling" and a historical perspective that takes readers from Roman Egypt to the rise of the Dutch flower empire to the 1-800-FLOWERS.COM. Stewart writes in an engaging, conversational style. Definitely worth checking out for flower aficionados.

WAKE READS TOGETHER

In January, the Wake County Public



Library named the 2007 title for its Wake Reads Together program, a community-wide initiative that seeks to get people throughout the county to discover the same book at the same time and share their experiences in a series of public meetings and programs.

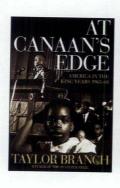
This year's book is The Memory Keeper's Daughter by Kentucky-based author Kim Edwards. Since coming out in paperback last May, the novel has enjoyed meteoric success — at times holding the number one spot on the New York Times, Washington Post and USA Today bestseller lists - and this past fall, I was fortunate to hear Edwards read the book's first chapter, surely as gripping an opening as any I've encountered in recent history (making it no surprise that so many readers have been pulled into the book's rich emotional life). In that first chapter, during a snowstorm in 1964, Dr. David Henry finds himself having to step in for a detained obstetrician and handle the birth of his own child - or rather, his own children, since his wife unexpectedly has twins. But when it turns out one of

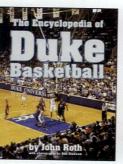
those twins has Down Syndrome, Henry tells the nurse to take it away to an institution and explains to his wife that the second child had been stillborn. The novel then continues to explore the consequences of that decision on all of the participants that evening, following them over a period of decades.

On Tuesday evening, Feb. 20, Barnes & Noble in Cary will host a discussion of

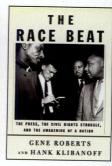
tures music from the new CD *OverTime* by Off Our Rocker, a band featuring Branch and two fellow UNC alumni.)

- J.P. Seaton, professor of Chinese at UNC-Chapel Hill, reading selections from poems he translated for two new collections, *The Shambhala Anthology of Chinese Poetry* and *The Poetry of Zen*, on Monday, Feb. 12 at the Regulator Bookshop.
 - Haven Kimmel, reading from her latest









the book, including representatives from both the Library and the Triangle Down Syndrome Network.

The Cameron Village Library will present a program on Thursday, Feb. 22, and Cameron Village librarian Clare Bass, one of the organizers of the event, will also lead a discussion at Quail Ridge Books on Friday evening, Feb. 23.

On Thursday evening, March 8, journalist Mary Bishop will visit North Regional Library to share personal experiences resonant with the book's events. And the Wake Reads Together Finale takes place on Thursday, March 29, at the Cameron Village Library.

Each branch of the library system is hosting its own discussion; check with your local library for more information, or visit www.wakegov.com/libraries/readstogether.

NEW & NOTEWORTHY

Other authors offering readings and signings at regional bookstores this month include:

• Taylor Branch, Pulitzer Prize-winning historian, discussing At Canaan's Edge: American in the King Years, 1965-68, the third volume of his trilogy about Martin Luther King Jr., on Friday evening, Feb. 9, at Quail Ridge Books. (The event also fea-

memoir, She Got Up Off the Couch: And Other Heroic Acts from Mooreland, Indiana (just published in paperback), on Tuesday evening, Feb. 13, at the Regulator Bookshop and on Thursday evening, Feb. 15, at Quail Ridge Books.

- Janice Therese Mancuso, local chef and food journalist, discussing her debut novel *Con Amore*, on Tuesday evening, Feb. 13, at Barnes & Noble in Cary.
- Karla Holloway, the William Rand Kenan Jr. professor of English, law and women's studies at Duke University, discussing *Book-Marks: Reading in Black and White*, on Monday evening, Feb. 19, at the Regulator Bookshop.
- John Roth, discussion on *The Encyclopedia of Duke Basketball*, on Tuesday evening, Feb. 20, at Barnes & Noble, New Hope Commons, Durham.
- Toril Moi, the James B. Duke professor of literature and romance studies at Duke University, discussing *Henrik Ibsen and the Birth of Modernism*, on Wednesday evening, Feb. 21, at the Regulator.
- And Gene Roberts and Hank Klibanoff, reporters during the Civil Rights Era, discussing *The Race Beat: The Press, the Civil Rights Struggle and the Awakening of a Nation*, on Thursday evening, Feb. 22, at the Regulator.



www.metronc.com



PVV

by Philip van Vleck

MILAGRO SAINTS: ACOUSTIC PUNCH

he Milagro Saints have been working out of Raleigh since the late 1990s. During that time they've released four albums, including their current disc, *Let It Rain*, on the Moon Caravan label.

This particular quartet of saints — Joyce Bowden (guitar, vocals, clarinet), Stephen Ineson (guitars, vocals, percussion), Lee Kirby (Hammond organ, piano, harmonica) and Ed Root (drums, vocals) — found their groove in blending rock and modern folk. Their new album is, as a fourth album should be, wholly emblematic of the Saints' musical sensibility. *Let It Rain* is really an acoustic-based album, though Kirby's Hammond organ and Root's drums give the songs more punch than an acoustic-oriented group of tunes would normally have.

The vocal work falls mainly to Ineson and Bowden, and their contrasting qualities pro-

vide a nice sonic palette for the Saints. Bowden's voice has a lot of air in it. She has a good bit of clarity in the upper register, which helps her voice glide when she pushes it. She also sings well in unison and harmony. Check her performance on "Samastithe" and her excellent cover of "Deep River Blues." Ineson's voice has a fine melodic quality and a good amount of power. He's a very agile singer within his range. Rather than a beautiful voice, Ineson has an immensely appealing voice. Listen to his vocal on "53rd & 9th Street" and "Jack Kerouac."

The songwriting credits for *Let It Rain* fall mainly to Ineson, who had a hand in all but two of the 11 tunes on the CD. Bowden penned the song "God of the Big and Small," and co-wrote "Soul Song" and "Shine Like a Healer" (this number is attributed to all four band members). A constant feature of

the songwriting is a superb, tuneful literacy that can only come from a devotion to modern folk and roots songwriters such as Bob Dylan, Joni Mitchell and Guy Clark.

The Milagro Saints tracked *Let It Rain* with Jerry Kee at Duckee Studio in Mebane. Bowden's brother, Richard, added some choice fiddle parts in Austin, TX. The Saints also received stellar help from vocalists Karen Kletter and Karen Delahunty, bassists Rick Lassiter and Ernie Brooks, cellist Lee Kirby III, and mandolin ace Charles Pettee.

During a recent phone conversation with Ineson and Bowden, Ineson explained that he first met Bowden in New York City.

"Sometimes it's just chance," Ineson noted. "I met Lee at some other people's show in New York. He and Joyce were doing a jam-session thing at their apartment, and I went along to that. I had a bunch of songs



at that point, and we played some of them."

Ineson, a native of Sheffield, England, had previously played in the English band The Jack Rubies.

"We came over here to tour in 1990," he explained. "We were signed to a New York record label. We did a big tour of the States, and I really loved it here. I went back to England for a while after the group broke up, and then I came back for good in 1995. It just seems like a natural place for me to be."

Ineson went on to note that it took a while for him to really get together musically with Bowden and Kirby after they'd met in New York.

"Lee and Joyce moved to North Carolina for various reasons, while I stayed in New York for about a year. Eventually, I also moved down here. We put out our first record on MoodFood Records (1998; self-titled album). I know that people think that New York City is the center of things, but when we got together in North Carolina it

seemed like a lot more was happening for us down here. I mean, obviously, a lot of great bands have come out of this area."

Discussing his musical influences, Ineson noted Bob Dylan, as well as Van Morrison and Neil Young.

"I was really into Joni Mitchell's record *Blue*," he said, adding that, "what's called roots music of that period was actually mainstream."

SAINTS

Bowden, who initially arrived in New York City to study at Juilliard, also allowed that she was captivated by Mitchell's monumental album.

"Blue turned my head around," she said. "Joni's work is a combination of intellect and emotion. She reached a depth that echoed what I already knew — not that I could reach it as an artist — but that I knew it was there. Mitchell and a few other artists pointed the way with their music to the journey inside."

Bowden noted that her Juilliard experience turned out to be something less than satisfying.

"Juilliard accepts about 30 people a year and then kicks out about six each year. Brutal. I didn't like that process, so I quit when six of my best friends were kicked out. I picked up a guitar after that."

With Juilliard relegated to her past history, Bowden pursued a somewhat different tack, music-wise. Among her many excellent musical adventures in New York, she worked with cellist/producer Arthur Russell.

"He was my mentor and my primary musical hero," she said. "He worked with Allen Ginsburg and Philip Glass and David Byrne. He played standing up, and he sang. He inhabited three worlds, really: the dance world, the classical thing he had going on with Philip Glass, and the pop stuff he did with The Flying Hearts.

"He was basically honoring me by letting me be a part of The Flying Hearts," she explained. "I was kind of this worshipful person on the periphery whom he let in, so to speak."

Bowden and Kirby left the Big Apple for North Carolina 10 years ago when she was pregnant with their first child.

"My mother was still living here," Bowden explained. "We were going to live a

having-a-baby everyday kind of life, but we were very happy when Stephen decided to come down here."

The having-a-baby everyday kind of life was replaced by a Milagro Saints kind of life, which has yielded their

four albums. They've been doing their bit to keep the folk-rock genre alive and well.

"That kind of folky '70s influence that we admire is getting bigger again," Ineson said. "There's definitely a strand of that music that's pretty big now, even though it's being sucked into the Starbucks thing. That's OK, though, because people who go to coffeehouses like that music. It's ironic, you know. All those '70s artists who have been so influential started out playing in coffeehouses; it's just that now that coffeehouse thing has become corporate.

"I mean, you've got to find new ways of distributing that kind of music," he added. "All music is becoming niche music, but people will still find what they want to listen to, despite the efforts of mainstream labels to force their music down our throats."

Let It Rain is available via the CD Baby Web site www.cdbaby.com. You can stay current with The Milagro Saints at: www.milagrosaints.com.

DISCOLOGY

Dave Holland Quintet: Critical Mass (Dare2 Records)

Another stellar jazz outing from the brilliant Dave Holland and his quintet. Holland, one of the true jazz masters of our time, is a gifted bassist and an accomplished composer. A veteran of Miles Davis' band — he played on the seminal album Bitches Brew - Holland is quite possibly the most adept bassist/composer since Charles Minqus. His sense of swing is innate and unfailing, and he keeps good company. His quintet features Robin Eubanks (trombone), Chris Potter (tenor and soprano saxophones), Nate Smith (drums) and Steve Nelson (vibes, marimba). Critical Mass is comprised of eight tunes — four penned by Holland, two by Nelson, and one each by Eubanks and Smith. It's a major thrill to listen to the dialogue between Eubanks, Potter and Nelson. Holland's compositions present intriguing opportunities for soloists, and his ideas always give rise to choice passages from Eubanks and Potter. And then there're Holland's bass solos, which are artful in the extreme. This is an extraordinary jazz disc.

Eric Bibb: Diamond Days (Telarc)

Eric Bibb is really in top form on this album. He's developed into an exceptional songwriter and an adroit guitarist, adding these crucial complementary talents to a singing voice that has always been massively appealing. Diamond Days offers a dozen original songs, each one unique, yet each one issuing from a single spiritual source. Bibb has said that blues, folk and gospel are all drawn from the same well, and the truth of that observation is apparent in listening to the tracks on Diamond Days. Bibb has established a new benchmark for himself with this release, and given his age, this could well be the beginning of a body of work that will be at the very least memorable, and quite possibly monumental.

continued from page 20

positions laden with a stew of swelling instrumentation, TOC plays pop — but a remarkably unique and adventurous type all their own.

Their sophomore release, Our One Mistake, is a glimpse into the worn pages of a dusty, leather-bound diary peppered with historical recollections and tales of amorous desperation. "Papers in Order" is the catchiest and most infectious tune, a testament to Haskins' uncanny ability to deliver a hook at just the right moment. If it were the 1980s and people still cared about a finely crafted pop song, it would be number one on the charts (think "Tempted" by Squeeze). The fervid opening track, "Talk Straight," lets you into the earnest tenderness that is a main ingredient in The Old Ceremony's recipe. But don't be fooled for long - with each lament lies something dark and sinister.

Our One Mistake has it all. The bands name is a nod to the great Leonard Cohen's 1974 album New Skin for the Old Ceremony. A poet-songwriter-singer, who has



strongly influenced so many, would be happy to know that these Chapel Hill boys are generating truly intriguing and original music.

The Old Ceremony is: Django Haskins, vocals, guitar; James Wallace, piano; Dan Hall, drums; Matt Brandau, bass; Josh Starmer, cello; Gabriel Pelli, violin; Mark Simonsen, vibraphone and organ. The Old Ceremony will be performing at The Pour House Feb. 15 with The Proclivities. *Our One Mistake* can be purchased on iTunes. To learn more about The Old Ceremony, check out their Web site, www.theoldceremony.com.

—Dan Reeves



Old line Raleigh law firm Maupin Taylor, P.A. and Williams Mullen of Norfolk, Virginia's third largest law firm, have signed a letter of intent to combine, creating a 300-member practice with offices in North Carolina, Virginia, the District of Columbia and London, UK. According to Joey Smith, chairman and CEO of Williams Mullen, the combined firm will be called Williams Mullen, with Smith as chairman and CEO of the merged entity. Lost in the merger are the original names well known in Ral-

eigh and North Carolina politics: Armistead Maupin, T. Taylor and Tom Ellis.

Tony Civello, chairman, president and CEO of Raleighbased Kerr Drug, was recently named 2006 Retailer of the Year by Chain Drug Review (CDR), the news publication serving the chain drug store industry. Kerr Drug was founded in Raleigh by Banks Kerr who was influenced by developer Willie York to open his first store in the new Cameron Village shopping center in the early 1950s. Civello spent the last two years chairing the National Association of Chain Drug Stores (NACDS) where he encouraged lawmakers to recognize the importance of the problems faced by community pharmacies nationwide.

Rye Barcott, founder of Carolina for Kibera, Inc. and alum-

nus of UNC-Chapel Hill, has been named one of ABC News' People of the Year for 2006. Carolina for Kibera is a nongovernmental program that has established a youth sports program in the Kibera slum of Nairobi, Kenya.

Outer Banks Concierge is now open and providing services for people to outsource their to-do list. Employees' local experience and knowledge helps residents and vacationers accomplish tasks from making travel plans to shopping for groceries. For more information, call 252-261-5817 or visit www.outerbanksconcierge.com.

The Franklin Hotel, the first luxury boutique in downtown Chapel Hill, is now open and welcoming guests. Featuring 67 guestrooms and penthouse suites and 2300 square feet of

meeting and event space, The Franklin is part of the revitalization of the West End of downtown Chapel Hill. For more information, contact www.franklinhotelnc.com.

APPOINTMENTS

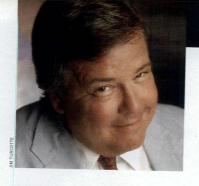
Rhoda Weiss, APR, Fellow PRSA, took over as chair and chief executive officer of the Public Relations Society of America (PRSA) on Jan. 1.

Blair H. Sheppard, a global and corporate education expert, was named the new dean of Duke University's Fuqua School of Business, effective July 1, 2007.

D.G. Martin, former director of the Trust for Public Lands of the Carolinas, has been chosen to serve as interim director of the Clean Water Management Trust Fund until a permanent executive director is hired.

My Usual Charming Self

by Bernie Reeves



OPEN SPACES SPENDING A HOAX

ane Fonda hawking anti-American slogans in a "march" on Washington against the war in Iraq indicates everything seems to be coming around again now that Congress has gone Democrat. NPR is positively giddy with snappy diatribes against George Bush and full coverage of the ludicrous Scooter Libby trial; the point of which is lost on most everyone except those who cling with clammy hands to anything that discredits US Iraq policy. You can see why powerful '50s and '60s political writer Drew Pearson named his influential column the "Washington Merry-GO-Round."

In this climate — not to make a pun — global warming has graduated from anti-capitalist zeitgeist to accepted fact. The usual suspects — The New York Times, Washington Post, national network television, CNN and old reliable NPR — couch any weather event in terms of man-made global warming. Of course, those who question the doomsday prognostications are labeled global warming "deniers," who need to be sent off to gulags where they can be "reducated" and made to see the truth. However, the truth is that manipulating computer models to prove whatever you want is not science, and science is still at odds on climate change.

Man-made climate change, rather than accepting that the planet goes through cycles quite naturally, is an offshoot of the old environmental movement where disillusioned Marxists sought refuge after the collapse of socialism in the 1990s. From their new redoubt, conservation became class warfare and scientific data useful only when it suited the cause. At the heart of the new deep environmental movement is the holy writ that a growing population spells doom for Mother Earth, as spelled out in the sacred text of the enviros: The Population Bomb by Paul Ehrlich. Like many mystical religious works, not any of the predictions in the book have come true. Thus true believers resort to a policy of inerrancy in direct proportion to the inaccuracy of the text. If confronted with inconvenient facts that explode their cherished beliefs, the faithful simply hold their breath until you go away. Just read America Alone by Mark Steyn to see how

Europe is committing demographic suicide by adhering to the false prophecy of population doomsdaying: Very soon now, Europe will be predominantly Islamic.

This brings me to a proposal floating around the North Carolina Legislative Building - driven by inaccurate population statistics -to spend \$1 billion to purchase land in the state to create "open spaces." Right here in a nutshell you have the pieces that make up the lunacy of current environmental thinking. First of all, the plan assumes we are becoming overpopulated, and therefore, developing land at an alarming rate. The television report I saw said — breathlessly — that builders are destroying 277 acres a day in North Carolina, as if tomorrow there wouldn't be a tree or blade of grass left. Typically, the reporter simply regurgitated the press release from some environmental group without putting the claim in context for viewers.

I had to have help with this, but I was able to ascertain that that there are approximately 30 million acres in this state. At 277 acres a day, and assuming that less than 10 percent of the land mass is already built on, we can be comforted that little green men visiting us is a greater probability than the over-development of the Old North State. Yet this ludicrous sort of folderol is occupying the agenda of our legislators while our roads are becoming impassable and the state's other infrastructure is close to collapsing. Better we fix some bridges and finish some overpasses before we waste a billion on more open spaces.

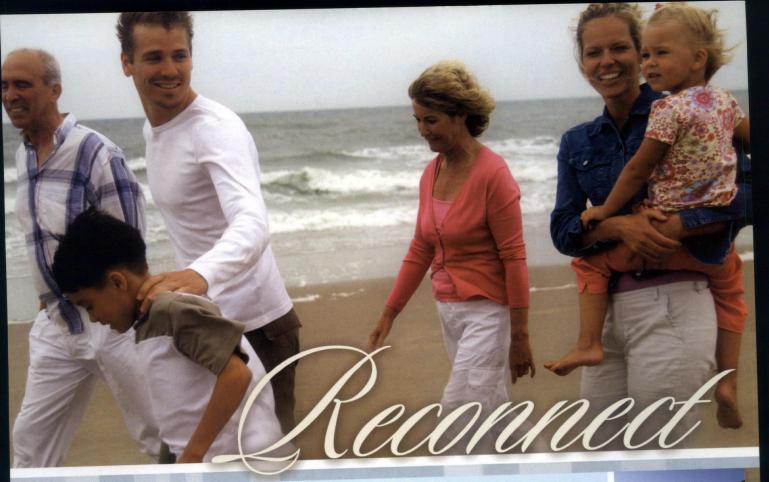
NOTES FROM LA-LA LAND

In a Jan. 19 letter to Duke University alumni, parents and friends (read donors) school president Richard Brodhead said he "called on the district attorney to turn the case over to an independent party to restore faith in the legal process, and we invited Collin Finnerty and Reade Seligmann to return to Duke to continue their studies." Now, after a wave of nausea at this vain gesture, I would like to call on Mr. Brodhead to step aside too, and resign as president of Duke. He abandoned his own students to the politically correct mob that sets the agenda at Duke without so much as a backward glance. When he found out the boys may be innocent, an assumption he should have made in the beginning, he started running for high ground to save his own hide. His first reactions are sadly typical of college management across the country. If one of them would stand up to the radical scholars when they use innuendo to prevent colleagues from gaining tenure because they don't toe the politically correct party line — a commonplace at elite universities — or capitulate to the mob of class warriors on or near campus who seek to stain anyone, students included, that do not fit the profile of the victimized, maybe universities would return to traditional scholarship and actually teach students something.

Speaking of the now disgraced Durham District Attorney Mike Nifong, I can't help but notice the similarity of what befell the Duke lacrosse players and recently retired CIA officer Brian Kelley, who had his life ruined by the incompetence and zealotry of FBI managers, most notably counterintelligence agent David Szady — also retired and working in a private industry. Szady, who is scheduled as a speaker for a NC Technology Agency conference in Charlotte in February, is a sleazy sort. He never apologized or acted like he was in the wrong after hounding and disgracing Kelley, thinking he was the mole that turned out to be the notorious Robert Hanssen. Kelley, who appeared as a speaker at the first Raleigh Spy Conference in 2003 — is writing a book about his ordeal with the FBI now wending its way through the censors at CIA, FBI and other agencies. (A current new book, *Enemies* by Bill Getz, has a chapter on the Kelley case and the connection to Chapel Hill suspected spy Felix Bloch. Go to www.crownpublishing.com for more.) Meanwhile, I suspect Nifong will respond like Szady and never show remorse or apologize. Their sort never do.

Did you catch that several Polish priests and a bishop confessed to spying for the Soviet Union before the Berlin Wall came tumbling down? I cite Chris Andrew's book *The Sword and the Shield* written with former KGB Col. Vasili Mitrokhin that uses formerly classified information revealing that the KGB fully penetrated the World Council of Churches and used the group to recruit priests for major espionage activities. Think about that when you send money to the National Council of Churches, the US affiliate organization.

It hits me sometimes that while we were living in a world of plenty after World War II, the British remained on wartime rations until the early 1960s. Last month, Great Britain made its last payment in its war debt to the US. Now that's a nation to admire, but no: The British once ran an empire — and a quite good one at that — so they are airbrushed from US history books or dismissed as "imperialists." Oh, I forgot, we also owe them our language, our form of government, the concept of common law and the principle of freedom. Thank you, Great Britain, not all of us have forgotten.





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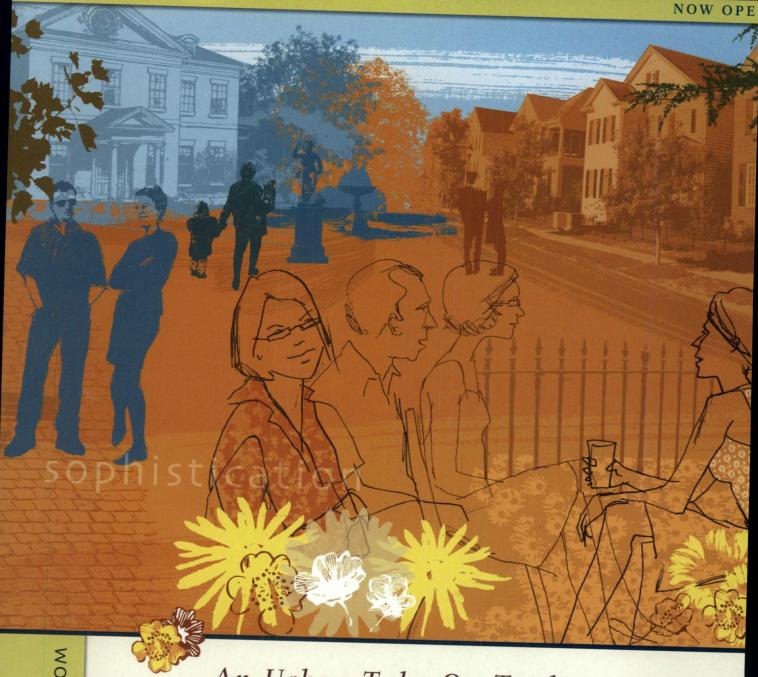
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