

NEW CHEROKEE HQ: PRESERVATION WITH AN ENVIRONMENTAL FLAVOR

From the Triangle to the Coast

Metro

MAGAZINE

Raleigh
Research
Triangle
Eastern
North
Carolina

FEBRUARY 2008

\$3.95

www.metronc.com

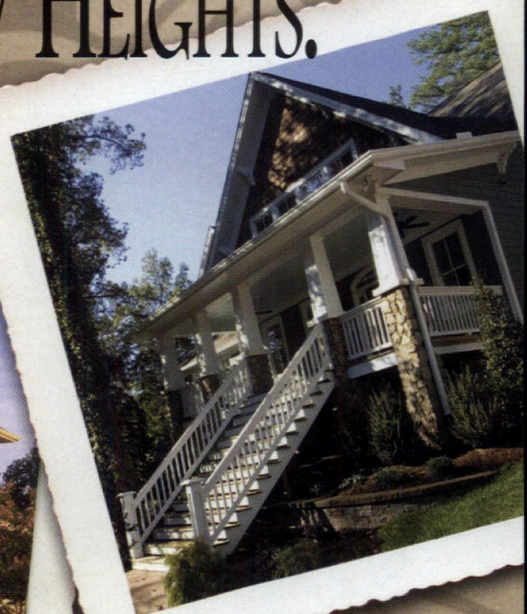
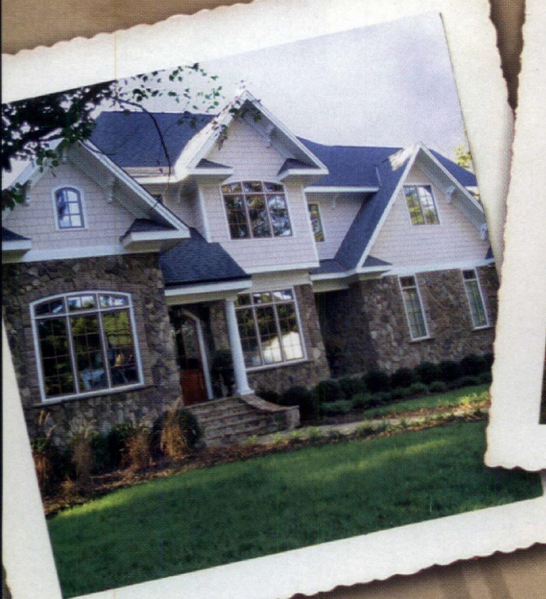
Nature Friendly Design

Green is the Word in New Homes



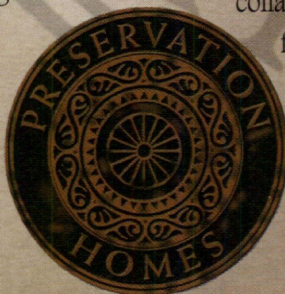
7 25274 97807 6

PRESERVATION HOMES IS RAISING CLASSICAL ARCHITECTURE TO NEW HEIGHTS.



The Evolution of the Bungalow

In the wake of the industrial Revolution of the early 1900's, Bungalows became the favorite new architecture of the Arts & Crafts Movement that glorified all things handcrafted. At Preservation Homes, we have set out to flatter, and frequently improve, the intent of that movement by relating its mission to new Bungalow-style homes to fit the needs of today's families. Our Bungalow designs are the result of extensive research and design. Like the charming originals, our creativity and diversity of materials are what make our homes so widely popular with area homebuyers.

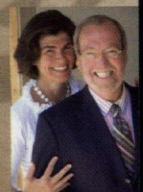


All our homes feature Hardiplank siding, and some include cedar-shake shingle, brick and even stone. Each one offers unique windows and doors, rocking chair deep front porches, bold exterior paint schemes, and gracious landscaping.

Preservation Homes is now offering a very unique new collection of homes designed in collaboration with noted fashion and home furnishings designer Alexander Julian.

For additional information, visit our website.

Experience the Renaissance of America's Arts & Crafts Houses.



WWW.PRESERVATIONHOMES.COM

Banbury
Park
*Inside Raleigh's
Beltline*

*Olde Towne
*Just outside
Raleigh's Beltline*

*Old Fields
Mebane

*St. Ives
Estates
Wake Forest

*Heritage
Wake Forest

*Bungalow
Park
Apex

Colony
Woods
Greenville

Carolina
Colours
New Bern

Grantham
Place
New Bern

River Dunes
Oriental

*South La
Fuquay-Var

*Sales and marketing by Coldwell Banker Howard Perry and Walston Builder Services. Each office independently owned and operated.

SONY

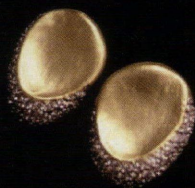
**James Hardie®
Siding Products**



Good as Gold...



SeidenGang 18K and Diamonds



Elizabeth Locke Jewels 19K



Slane & Slane 18K and Diamonds



Nicolis Designs 18K and Diamonds

Elaine Miller Collection

EXCITING NEW DESIGNER AND ONE-OF-A-KIND ESTATE JEWELRY
Diamonds, Pearls and Fashion Jewelry

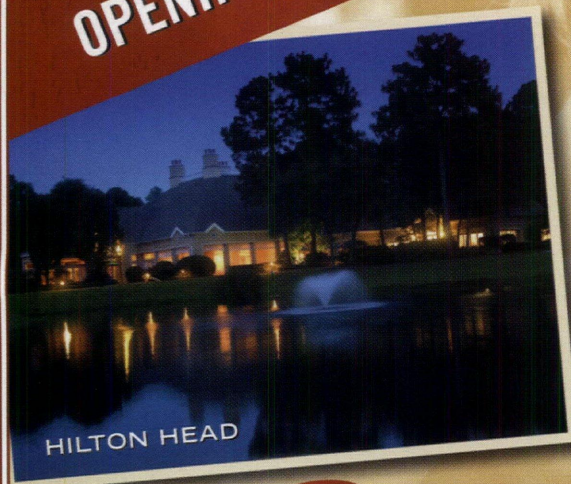
Thank You Metro Readers For Voting Us Best Designer, Estate and Pearl Jewelry

The Lassiter at North Hills
919.571.8888

4421-109A Six Forks Rd
★ www.elainemillercollection.com ★

Raleigh NC 27609
Mon-Sat 10:00 am-6:00 pm

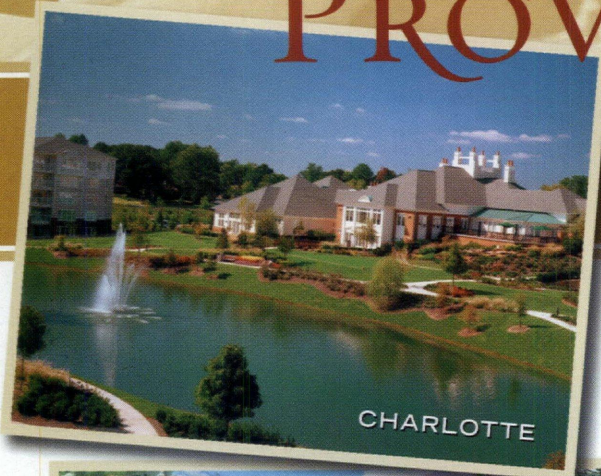
OPENING THIS FALL



There are many reasons to feel good about Raleigh's newest retirement community. Consider just one.

PROVEN SUCCESS.

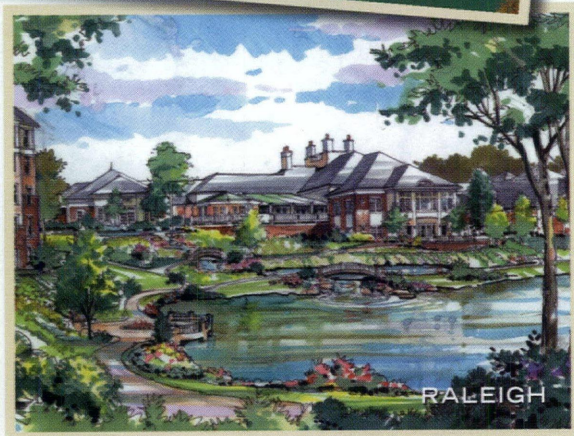
The Cypress of Raleigh. Building on the award-winning precedents established in Charlotte and Hilton Head.



What's in store for you at The Cypress?
The lifestyle and services of a vacation resort. The peace of mind of quality on-site health care. And all the financial advantages that come with owning your own gracious Cottage or Villa on a beautifully landscaped 48-acre campus.

A very firm foundation.

The Cypress communities in Hilton Head and Charlotte established a new benchmark for continuing care retirement communities. They've proven to be enormously popular—and financially rewarding for their members. Come see how we are creating a new touchstone for retirement living in Wake County.

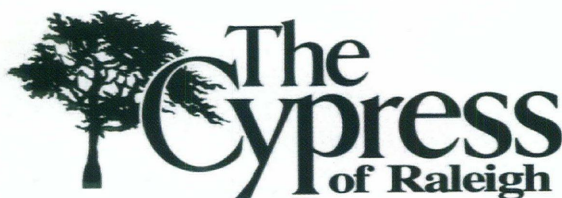


Discover The Cypress of Raleigh.
And discover a new way to live.

919-870-9007 or 888-876-9007

www.TheCypressofRaleigh.com

Now Preselling | Lakeview Homes Available
Homes from \$400s to \$925,000+



A Premier Equity Ownership Continuing
Care Retirement Community

Visit our information office at: 7101 Creedmoor Road,
Suite 102, Raleigh, NC 27613.



**He Loves me
He Loves me a lot!**

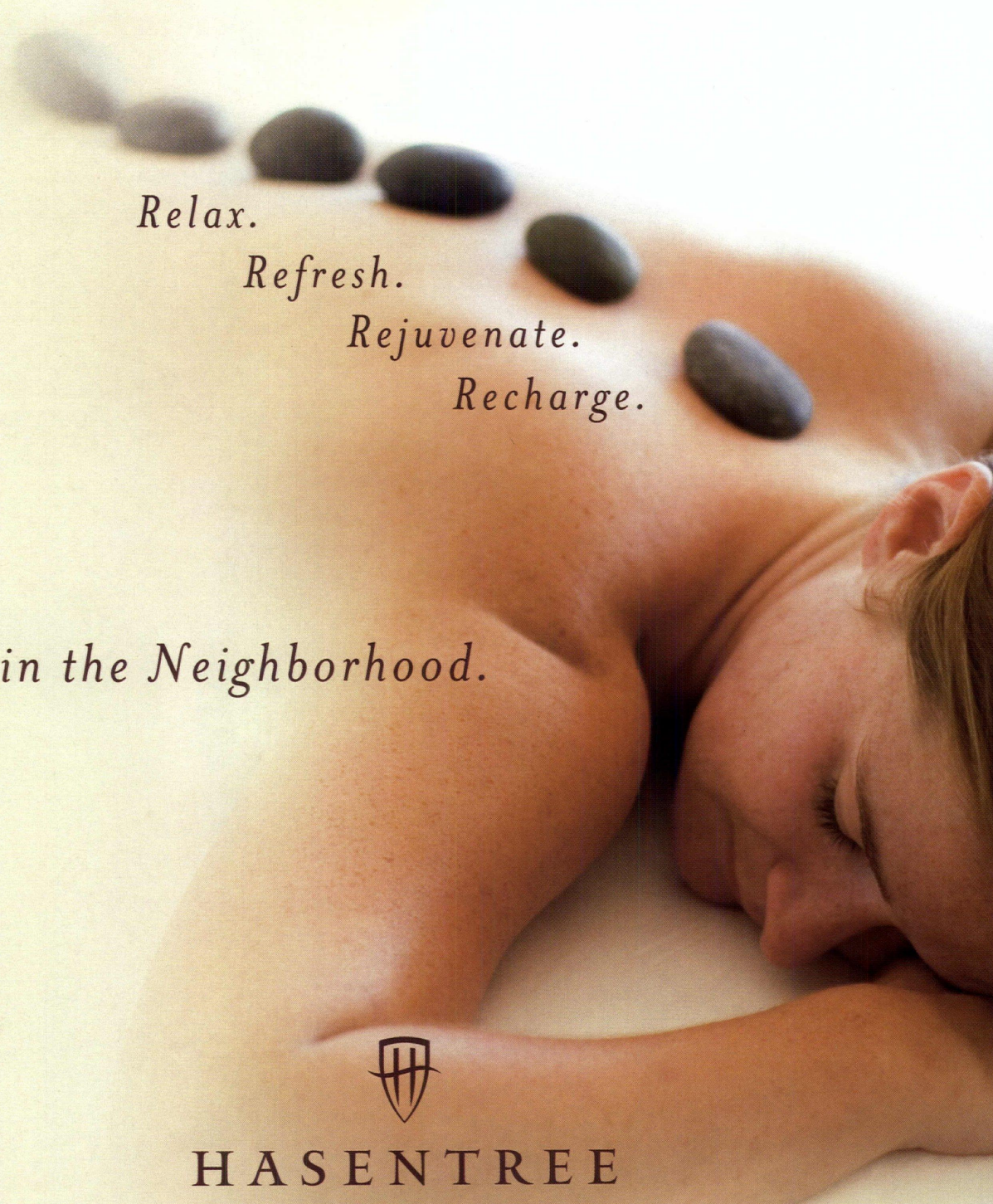


BAILEY'S
FINE JEWELRY

*Raleigh's Cameron Village . 829-7337 . Toll-free: 866-725-3111
Rocky Mount & Greenville*



The Official Jeweler of your Carolina Hurricanes



Relax.

Refresh.

Rejuvenate.

Recharge.

Right in the Neighborhood.



HASENTREE

We keep the kids busy so you can keep your appointment with serenity.

Custom Homes and Villas from the 800's. Homesites from the 350's.

www.hasentree-nc.com


7213 Hasentree Club Drive • Wake Forest, North Carolina • 919.229.2070 • 866.430.7470



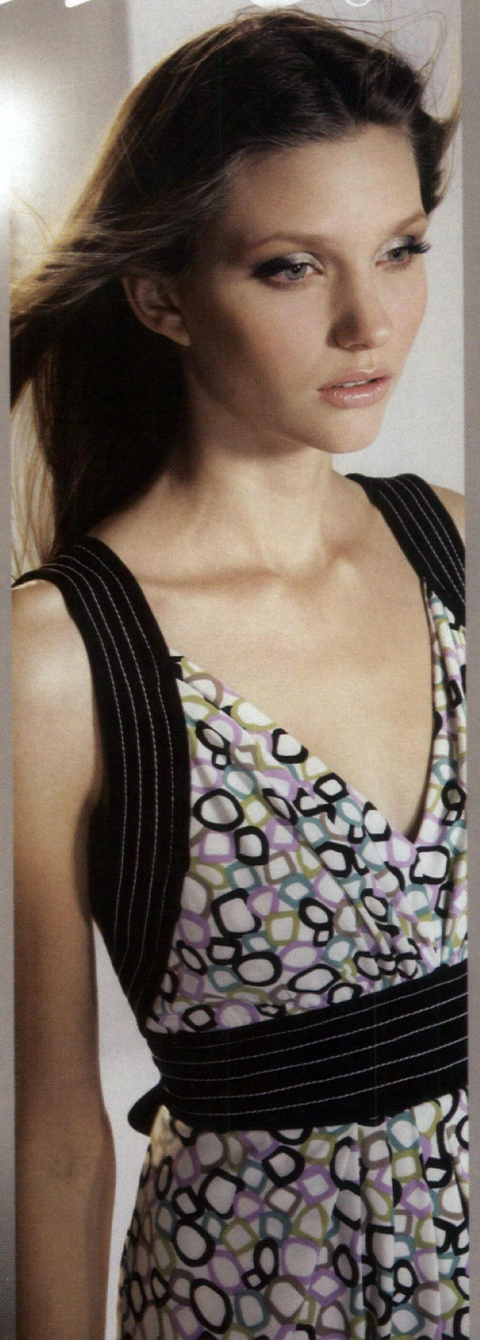
CREEDMOOR PARTNERS, LLC
CREATING A LEGACY OF LUXURY NEIGHBORHOODS



Obtain the Property Report required by Federal Law and read it before signing anything. No Federal agency has judged the merits or value, if any, of this property. This is not intended to be an offer to sell nor a solicitation of offer to buy real estate in North Carolina to residents of New York, New Jersey or any other state or other jurisdiction where prohibited by law, unless registered or exemptions are available. © 2008 Creedmoor Partners, LLC.

AUDUBON
INTERNATIONAL 
Gold Signature Member

Reelk®



BCBGMAXAZRIA

Geometric print dress, 178.00

AVAILABLE AT
CRABTREE VALLEY MALL



Homes are better with **Natural Gas**

Step into your house on a chilly day and you can appreciate the warmth of a natural gas home. That's because even in the coldest weather, natural gas feels up to 25 degrees warmer and heats the air faster than electric heat.

For even more soothing comfort, natural gas logs in your family room or den create instant, enjoyable warmth and ambience. Natural gas logs are convenient to light and mess free. There's no wood to buy, store or haul so you can spend

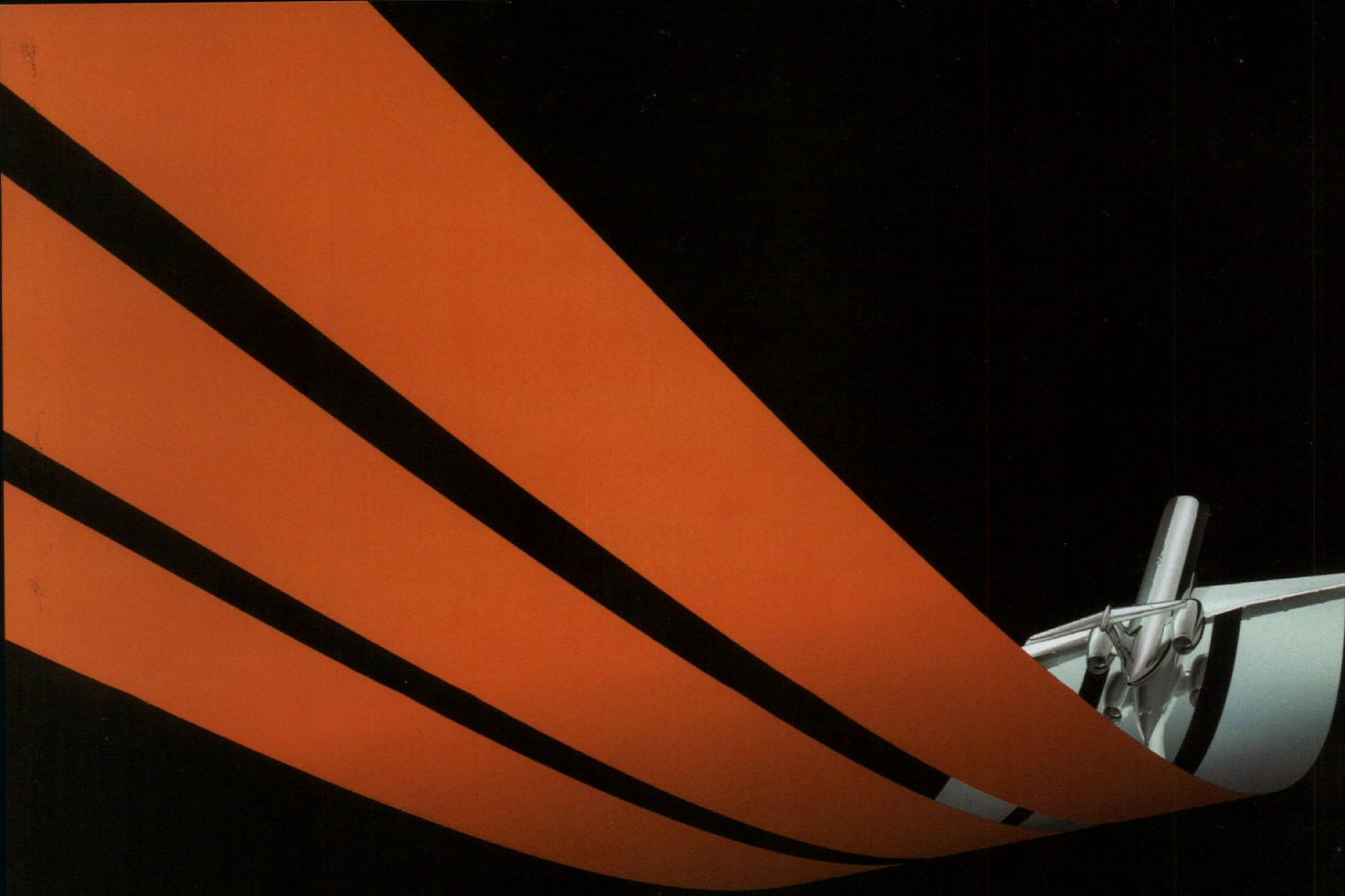
more time doing the things you enjoy. It's perfect for relaxing, watching a good movie and simply spending time with your family. Even in a storm, your natural gas logs will continue to reliably warm your home. Plus, today's natural gas logs and heating units are more dependable and feature technology that boosts their energy efficiency.

So enjoy the comfort and ease of natural gas heat. It makes your everyday life better.



Ask for natural gas in your home. Visit psncenergy.com.





Turn up the volume to 30,000.

Alter your attitude at a higher altitude with 100 channels of complimentary XM Radio.

///

Fly non-stop on ExpressJet Airlines to:

Kansas City / Birmingham / Jacksonville / New Orleans / San Antonio



n/v Hatteras ferry

PAINT THE TOWN GREEN

Tom Darden and his Cherokee Partners have blazed an international trail from their base in Raleigh, investing in large brownfield projects and other unique developments with a “green” outcome. It is fitting that the company’s new office in downtown Raleigh combines environmentally sound principles coupled with an investment in historic preservation. Diane Lea visits Cherokee’s new headquarters and adds a sidebar on the company’s unique home design built to define the green footprint for neighborhoods of the future.

Part 2 of *Metro’s* To-Do List for 2008 offers more useful and unique advice. Jennifer Hadra tracks down ideas you may have missed, including addressing home security, closet care, home remodeling and a related great idea — donate the “deconstructed items” from that kitchen or home do-over to Habitat for Humanity. Independent financial adviser Frank Smith runs down the list of what you should be doing in 2008 to ensure your financial future, and Tony Vecchione reminds us our pets deserve a plan for the New Year, too.

Jim Leutze uncovers the North Carolina Navy, the fleet of ferry boats that transverses our barrier islands and coastal destinations; Carroll Leggett says you don’t know beans; Louis St. Lewis notes the opening of new art galleries; Philip van Vleck offers his musi-

cal top picks for 2007; Art Taylor keeps you in the know about books and book signings; Moreton Neal notices the Greek revival in food; and Barbara Ensrud recommends you keep your vino romantic and rosy for Valentine’s Day.

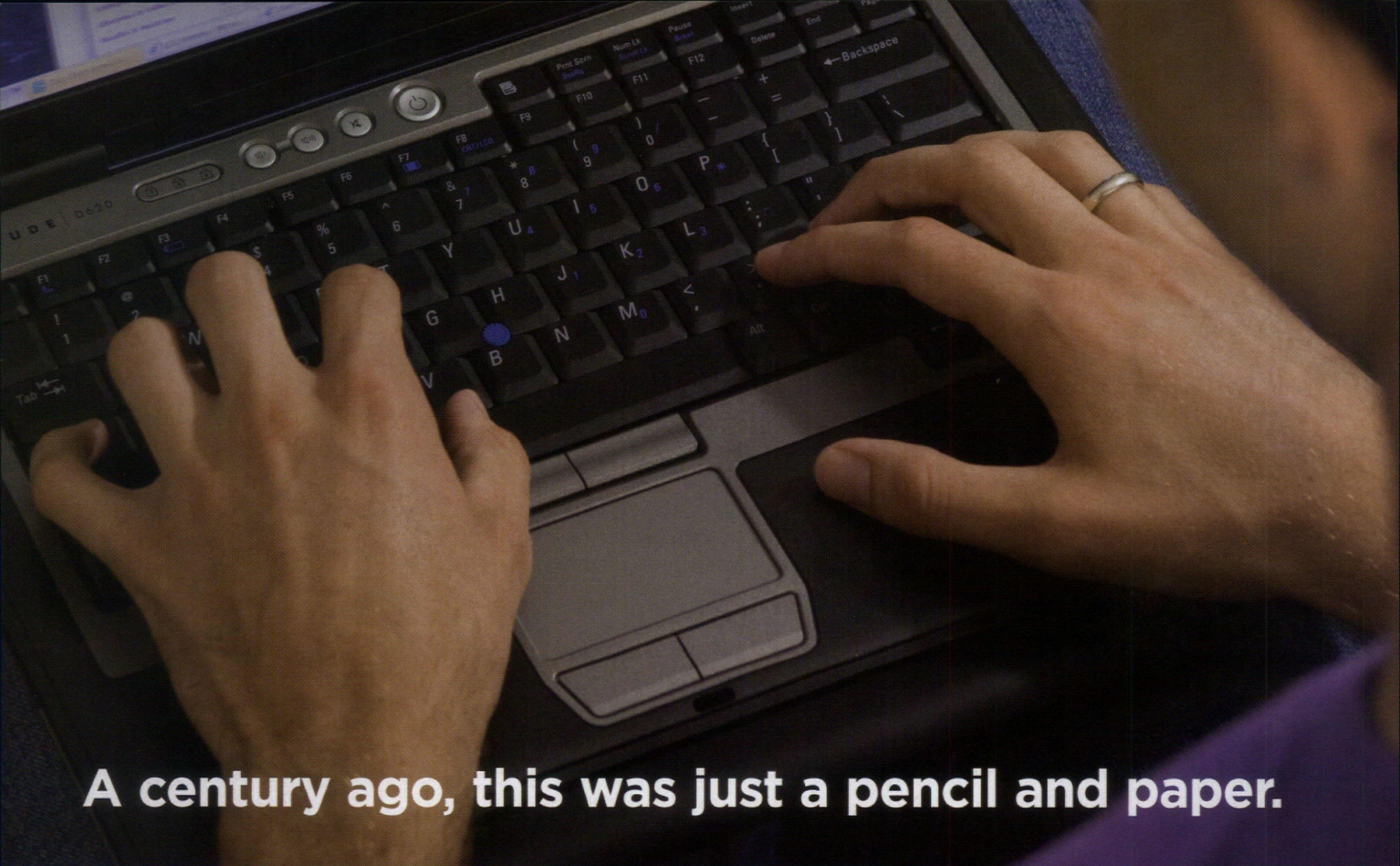
Mary Boerner has loaded Preview with events for the month of love; several announcements of spring events remind us warm weather will return; and SOS and Eyes keep you posted on news you won’t find anywhere else.

In March, the 5th Raleigh Spy Conference brings the top intelligence operatives and authors to our area, and *Metro’s* quarterly Southern Style section will arrive with the sun to bring you a tasty and tasteful array of fashion and design.

Recent posts to my online-only Between Issues column concern the recent documentary on Jesse Helms and the story of Mark Moyer, another victim of the campus radicals. Go to www.metroinc.com and click on Between Issues.

Stay warm and we’ll see you next issue...

—Bernie Reeves, Editor & Publisher



A century ago, this was just a pencil and paper.

A century ago, East Carolina's first students made the difficult journey from communities across the state to learn on our campus. Today, the university is teaching and transforming students on campus and around the world through technology.

A century ago, the possibilities for student opportunity were just beginning to blossom. Today, East Carolina scholarships and programs offer the opportunity to those who think the dream of college is beyond their reach.

A century ago, students honed skills geared toward succeeding in a simpler world. Today, ECU prepares students to succeed in an everchanging world.

A century ago, there was great excitement about an East Carolina education.

There still is. Tomorrow starts here.

www.ecu.edu



East Carolina University

MCCARTHY ON RIGHT TRACK

Great and courageous article on the big lie about Joe McCarthy! "Tail Gunner" Joe was certainly a controversial figure, but most intelligent people over the age of 50 know that he definitely was on the right track regarding subversive activity in the US in those days. It's an important story and obviously of great historical significance. I don't think you'll see *Blacklisted By History*, or its subject matter, promoted heavily by *The New York Times*, CNN or *The News & Observer*, since it obviously doesn't fit their agenda.

The atomic bomb and subsequent advances in weapons and defense technology gave America and the rest of the free world a trump card versus world communism. The Rosenbergs were the first in a long series of spies who believed that the US advantage in defense technology had to be neutralized so their utopian socialist ideal could flourish. Unfortunately, Stalin gave the world a clear view of what total unchecked government power and fear were all about, not to mention the slaughter of millions of innocent people in the name of the state. The Russians would never have been able to carry out their reign of terror without help from spies like the Rosenbergs.

It is most certainly true that the "torrent of hate directed against President George Bush over the war in Iraq sprang from the same well" as the McCarthy smear. It's easy to connect the dots between "the Hollywood crowd," big media, the numerous spies since WWII, who compromised our national security, and the Bush/America haters. I think some of these "old hippies" even lament the demise of communism, the same way some of the Duke "Group of 88" professors secretly lament the fact that there was no rape.

A strong America is a major impediment to the spread of Islamic extremism and terror today, just as it was the countervailing force that prevented the spread of communism in the last century. The real story is why Bono, Bill Gates, Ted Turner, Susan Sarandon, Al Gore and their ilk want a weak America. I guess their goal is some sort of modern day Pax Romana. I wonder who will be the emperor and who will be the barbarians in that scenario.

Buck Burwell
Raleigh

SHOCKING INACCURACIES

Jim Leutze's recent column about Turkey ("Visit to Turkey Stirs Issues," Editor-At-Large, December 2007) contains shocking inaccuracies concerning the persecution of Turkish Armenians during the First World War.

What Leutze refers to as the Turks' handling of the "Armenian issue," a chilling euphemism, is universally acknowledged to be one of the worst atrocities of the 20th century, in which the failing Ottoman Empire, soon to become the modern state of Turkey, attempted to expunge Turkey's Armenian population through violent coercion and direct killing. Leutze's admission of Turkish wrongdoing is perfunctory at best and disingenuous at worst. According to him, the number of Armenian casualties was in the thousands, while even the Turkish government's own conservative estimate puts the figure in the hundreds of thousands (scholars hold the number to be over a million).

Leutze lauds Turkey's modernity and Western values and argues for its admission to the European Union. Yet his praises stand in stark contrast to the fact that the Turkish government has never admitted its well-established complicity in the deaths of so many Turkish Armenians. Modernity means more than having a powerful army; it also means possessing an ethical consciousness. Before it can truly call itself a modern nation, Turkey must acknowledge its past and allow its citizens to do the same through open and probing public discourse, as have other nations like Germany and South Africa whose histories are marred by similar crimes.

Attempts at such discourse have so far invited only persecution from the Turkish government. Not until this happens will Turkey become the modern Western nation that Leutze claims it is, and not until then should it be accepted into the European Union.

Igor Gorodezky
Raleigh

BREATH OF FRESH AIR

Excellent piece on Joe McCarthy in the January 2008 issue of *Metro Magazine* (My Usual Charming Self — "The Truth Be Told: The Real Story of Joe McCarthy," www.metronc.com). It was nice to read a column that shed more light than heat on

EDITORIAL

Rick Smith *Senior Writer*
Emily Keveryn *Copy Editor*
Dan Reeves *Assistant Editor*
Jennifer Hadra *Assistant Editor*

Contributing Editors

Arch T. Allen *Books*
Barbara Ensrud *Cork Report*
Molly Fulghum Heintz *Style*
Diane Lea *Design*
Jim Leutze *Editor-at-Large*
Carroll Leggett *Columnist*
Moreton Neal *Gourmet*
Louis St. Lewis *Artist-at-Large*
Art Taylor *Fiction*
Alison Teer *Contributing Writer*
Philip van Vleck *Music and Video*

DESIGN

David Gough *Art Director*
Kathy Johnson *Graphics Associate*
Sean Byrne *Graphics Associate*
Kinsley Dey *Photographer*

ADVERTISING

Katie Reeves *Vice President of Sales and Marketing*
Elizabeth M. Richards *Regional/National Sales Executive*
Katie Poole *Director of Special Events*

SALES REPRESENTATIVES

Karla P. Appleby *Senior Sales Representative*
Catherine McLaurin *Sales Representative*
Mary Ward Boerner *Sales Assistant*

ADMINISTRATION

Cyndi Harris *Office Manager*

INTERNS

Vanessa Finnie
Meagan O'Daniel

Metro Magazine LLC

1033 Oberlin Road, Suite 100
Raleigh, NC 27605

Mailing address

P.O. Box 6190, Raleigh, NC 27628
Phone: 919-831-0999 Toll-free: 800-567-1841
Fax: 919-831-0222
email@metronc.com
Subscription: \$18 one year

Postmaster send address changes to
Metro Magazine, LLC
P.O. Box 6190, Raleigh, NC 27628

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

ARTICLE REPRINTS AVAILABLE

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

www.metronc.com

©2008 Metro Magazine, LLC
ISSN 1529-4404

METRO MAGAZINE (ISSN # 1529-4404)
is published monthly at \$18 per year by
Metro Magazine, LLC, P.O. Box 6190, Raleigh NC 27628
POSTMASTER: Send address changes to
METRO MAGAZINE, P.O. Box 6190,
Raleigh NC 27628.



McCarthy and his role in our history. As someone with two degrees in history, I cringe at the abuse our nation's history has taken in books, columns and articles by the educated and uneducated alike. Our children are being fed history that is contorted like Gumby and politicized to fit the agenda of the day. Your column was a breath of fresh air as it was well-written, factual and concise. Thank you for a fine piece of work.

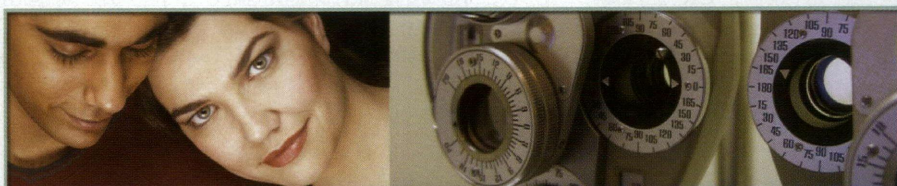
*Jack P.
Wake Forest*

RACE ISSUES BEGAN BEFORE SMITH-GRAHAM CONTEST

While agreeing with the assessment by Bernie Reeves that the Helms documentary was a fine and fair production ("Between Issues" by Bernie Reeves, available online-only at www.metronc.com), I take issue with one of your comments about the notorious 1950 Democratic Party primary between Frank Porter Graham and Willis Smith. You write: "And it was the Smith-Graham contest that introduced race in a big way to NC politics." True, that mid-century contest brought race to the forefront again, while many citizens wished that it had quietly disappeared. But race had dominated politics since the Civil War.

Democrats had used race to defeat Republican Reconstruction, first unleashing their Ku Klux Klan auxiliary and then turning to their Red Shirt Brigades to prevent white and black Republicans from voting. Fifty years before the Smith-Graham Democratic primary in the 1900 elections, Democrats had used their Red Shirt Brigades and white-supremacy campaign to defeat Republicans and resume control of North Carolina politics. After their victory, Democrats assured their continued political control by disfranchising black Republicans, but the Democrats continued to use white-supremacy campaigns in their primaries. It was only through their white-supremacy bargain with the devil of racial politics that "progressive" Democrats had a chance at political power. In the 1950 Senate primary, the "progressive" Democrats paid perfect penance for that bargain. They had ridden racial politics to power, and racial politics blew up in their faces in 1950, hoisting them on their own petard.

*Arch T. Allen
Raleigh*



World class care. Personal service.

Just Around The Corner.



The award winning doctors of Eye Care Associates have served North Carolinians for almost 30 years providing:

Comprehensive Eye Exams • Treatment for Eye Injuries • Distinctive Eyewear
Contact Lenses • Glaucoma & Cataract Care • Sunglasses
Laser Surgery Consultation • Senior & Pediatric Vision Care



Eye Care Associates®

VISIONARY

With offices throughout the Triangle and Wilmington,
we're close to where you live, work and shop.

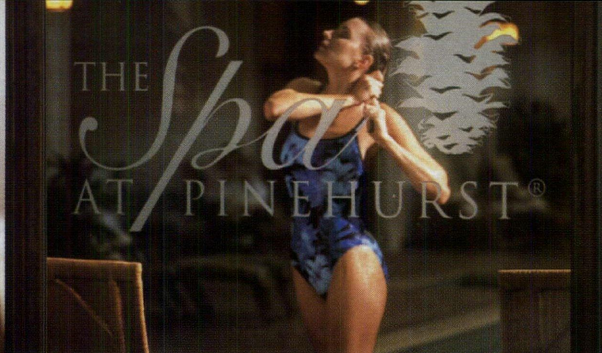
Call (919) 863-20/20

www.EyeCareAssociatesNC.com

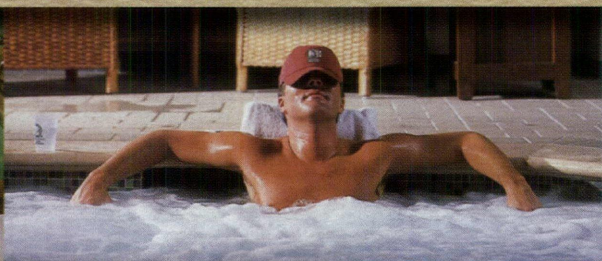


Voted 2007 Metro Bravo Winner ~ Best Eye Care in the Triangle.





some spend a lifetime seeking
ENLIGHTENMENT.
others just make an appointment.



Total contentment is a phone call away at The Spa at Pinehurst. The only spa in North Carolina awarded Four-Star status by Mobil Travel Guide offers everything from hydrating facials to soothing massage to exfoliating scrubs and cleansing body wraps. And with our Evergreen Escape package, you'll enjoy one spa treatment or a round of golf, overnight accommodations, breakfast and dinner for just \$229.* So put enlightenment on your calendar today. Just call 800.803.2719.

MOBIL ★★★★★ RATED

Village of Pinehurst, North Carolina • pinehurst.com

*Rate is per person based on double occupancy. Valid select dates 11/11/07-2/28/08. Upgrade to a round on No.2 for \$150.



ASSURED CONSTRUCTION

BENCHMARK HOMES

BETTON BUILDERS

BLUESTONE BUILDERS

BOCK CONSTRUCTION

COOPER & ROCK

CUSTOM LIVING

SUNDANCE DEVELOPMENT COMPANY

H.J. MORRIS CONSTRUCTION

J. DAVID PAYNE BUILDER

NEW CLASSIC BUILDERS

STEVE GRAY BUILDER

COLLINS & COLLINS

TED KEITH BUILDERS

TRELLIS HOMES

NORTH CAROLINA CONTRACTING COMPANY

The Relationship We Share With Our Builders Is Built On Our Mutual Admiration For The Environment.

For years, Contentnea Creek Development Company has been assembling an impressive team of the area's most respected builders, designed some of the finest communities around, and developed a great relationship with mother nature. We're proud of all these things, especially the builders who share our philosophy of environmental responsibility. It just goes to show, that by working together for a common goal, we can make a difference.



CONTENTNEA CREEK
DEVELOPMENT CO.

contentneacreek.com

919-882-2339



ethansglenfinehomes.com



windfallfinehomes.com



thegatesfinehomes.com



BISHOP'S GRANT

bishopsgrantfinehomes.com

CLOSE TO HOME FAR FROM ORDINARY



COME HOME TO THE CARDINAL

Home is where the heart is. Especially when it comes with all the conveniences you'll find in North Hills. An extraordinary, full-service retirement community, The Cardinal will offer an array of elegant residences, fine restaurants, and a blend of luxury and essential shopping at your doorstep. All this and world-class health and wellness services provided by Duke University Health System.


THE CARDINAL AT NORTH HILLS

Contact our sales office at 919-781-2021 to learn more about The Cardinal Priority Reservation Program. Be among the first to call The Cardinal home.

Residences starting from the \$300,000s.

NORTH  HILLS

LIVE | WORK | SHOP | DINE | PLAY | RELAX | RENEW

The Cardinal is a project of Kane Realty Corporation, Drucker & Falk LLC, and Duke University Health System. 

Features

- 24 Design**
Historic Preservation Meets the Green Revolution in Downtown Raleigh
- 33 To Do**
- Survive Home Remodeling
 - DeConstruct Your Home
 - Protect Your Valuables
 - Style: Get Organized and Ready for Spring
 - Closet Care 101
 - Get Jewelry Appraised
 - Pet Care for the New Year
 - Fine Tune Your Finances

DEPARTMENTS

- 8 Introduction** Paint the Town Green
- 10 Correspondence** Reader Feedback
- 17 Secrets of State** ASID Designer Showhouse, Beaufort Wine & Food Weekend, V Foundation Announces Campaign, Duke Student Wins, Strickland-Ferris House, Raleigh Oscar Night, AIA Selects Harmon Design, Wine Experience Aids Kids, Haiku Society Elects New President
- 51 Editor-at-Large** The North Carolina Navy
- 52 MetroPreview** Warm Up to February Fun
- 56 On the Town** Social Event Coverage
- 58 Artist-at-Large** New Galleries, New Shows
- 60 Between You and Me...** You Don't Know Beans
- 62 Gourmet** Greek Revival?
- 65 Restaurant Guide**
- 67 Cork Report** Romantic and Rosy for Valentines Day
- 69 Books** Road to Freedom
- 73 PvV** Best Discs of 2007
- 76 My Usual Charming Self** High Crimes on Wall Street; Yes — Finally — To Rail Transit

Special Metro Presentation

Ultimate To Do List

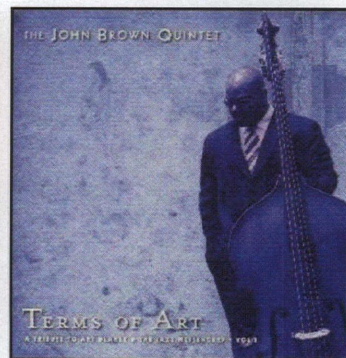


KINSLEY DEY

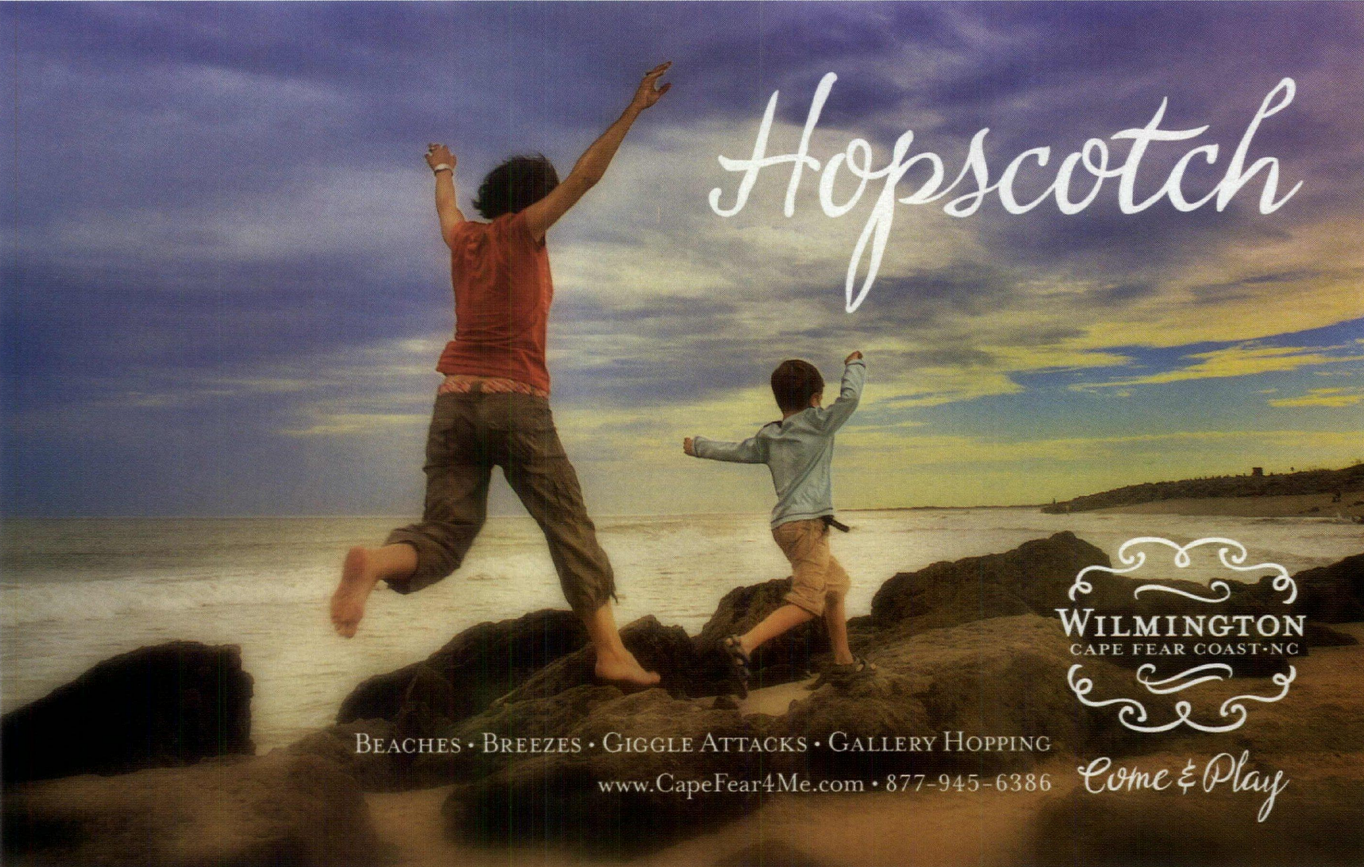
33



62



73



Hopscotch

WILMINGTON
CAPE FEAR COAST • NC

BEACHES • BREEZES • GIGGLE ATTACKS • GALLERY HOPPING
www.CapeFear4Me.com • 877-945-6386

Come & Play

experience it for yourself



BainUltra[®]
The Original Air Jet Bath & Home Spa™

WILKINSON SHOWROOMS

SECRETS OF STATE

Designer Showhouse Set For May

The 2008 ASID Designer Showhouse, sponsored by The Woman's Club of Raleigh (WCR) with the Carolinas Chapter of the American Society of Interior Designers (ASID), is scheduled for May 10 through June 1. The event will showcase two state-of-the-art townhouses in the Ramblewood development near North Hills in Raleigh.

The Designer Showhouse will be open to the public daily from Saturday, May 10, through Sunday, June 1. Hours will be Monday through Saturday 10:00 a.m. to 4:00 p.m., Thursday 10:00 a.m. to 7:00 p.m., and on Sunday from noon to 4:00 p.m.

Tickets at the door will be priced at \$20 each but can be purchased in advance for \$15 per person.

The Raleigh project is coordinated by The Woman's Club of Raleigh, an organi-

zation of more than 400 members. WCR is a nonprofit corporation whose volunteers raise approximately \$200,000 and contribute 30,000 hours of volunteer service to the community each year. The WCR last presented a Showhouse in 2005.

Proceeds will benefit Hospice of Wake County, as well as other community organizations and programs supported by the WCR.

The WCR will partner with the Carolinas Chapter of the ASID. Nationally, the ASID is the largest professional organization for interior designers with over 34,500 members who have passed acceptance standards. Each of the participating designers will be responsible for the design and décor of a specific area in one of the townhouses.

The finished townhouses will be previewed at an opening for sponsors and invited members of the community at an evening Designer Showhouse Gala Preview Reception May 9.

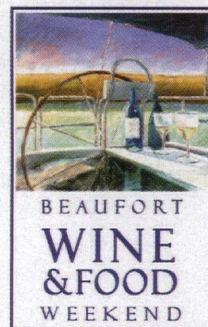
Find more information about The Woman's Club of Raleigh 2008 ASID

Designer Showhouse at www.asidshowhouse.org or call the WCR at 919-782-5599. MM

Beaufort Wine & Food Weekend Set For April

The fourth Beaufort Wine & Food Weekend, set for April 24-27, will showcase top wines and winemakers and food from local and regional celebrity chefs. The four-day weekend will include wine dinners and luncheons, educational seminars, a fashion show, a golf outing, a gala reception and auction, an art exhibit, live music, and an outdoor tasting village. The event has been selected by the Southeast Tourism Society (STS) as one of the Top 20 Events for the month of April 2008.

After a sponsor gala April 23, the weekend officially opens to the public on April



PRESTONWOOD

COUNTRY CLUB
54 HOLES OF CHAMPIONSHIP GOLF

300 Prestonwood Parkway
Cary, North Carolina 27513

For Membership or Catering Information:
(919) 467-2566 or www.prestonwoodcc.com

*Private party rooms
available for all occasions*

Residency in Preston not required for membership.

New Payment Plan: Pay your initiation fee over
5, 10, or 15 years with no interest.

24, featuring a variety of Winemaker Dinners hosted by sponsor restaurants: Aqua, Shepard's Point, Carlton's Fine Dining, and Chef's 105. Winemakers will be paired with local chefs and regional guest chefs

including Missy Robbins, the recipient of the 2006 "Rising Star" culinary award.

Also slated during the weekend: A "Fashionable Wine Luncheon" at William's Restaurant; "Fore Men Only Golf

Outing" catered by Beaufort Grocery and Clawson's located at the North River Club; a visit with festival artist Stephen Moore at the Cool Art – Hot Wines event in the Mattie King Davis Art Gallery on the Beaufort Historic Site; a Wine and Cheese seminar at the Maritime Museum's Watercraft Center; and The Celebrity Grand Gala and Auction featuring specially prepared food and selected wines. Celebrity Chef Virginia Willis, formerly the kitchen director for the *Martha Stewart Living* television show, will appear at events throughout the weekend.

The Vin de Mer Culinary Village officially opens during the festival, featuring a large enclosed vendor village showcasing culinary-related businesses and over 300 different wines. The weekend concludes with a champagne luncheon sponsored by Perrier Jouet.

For information on individual tickets and ticket packages, visit www.beaufortwineandfood.com, e-mail info@beaufortwineandfood.com or call 252-728-5225. **MM**

Duke Student Wins National Award for Citizen Diplomacy

Nineteen-year-old Anjali Bhatia, a Robertson Scholar at Duke University, will head to Washington, DC, this month to accept one of six first-ever national awards for citizen diplomacy granted by the US Center for Citizen Diplomacy.

Bhatia, the only honoree under 21, is being recognized for her work to raise awareness of humanitarian issues around the world, including genocide in Sudan and Rwanda, while engaging fellow students in her quest through Discover Worlds, the nonprofit organization she founded at the age of 16.

As part of the award, the US Center for Citizen Diplomacy will donate \$5000 to Discover Worlds. "Hopefully, the money will get us established in more countries," Bhatia said. "I've also given presentations across India." Bhatia first traveled to India to visit her grandparents at the age of 6 where she recalls seeing children her own age begging on the street instead of attending school. The injustice struck her and inspired early acts of compassion, such as organizing a school fundraiser at the age of 9.

Now a neuroeconomics major at Duke, Bhatia hopes the study of neuroscience and psychology in an economic context will help her to understand the roots of altruism and leadership. "In general, in trying to tie all of these fields together, I'm just trying to understand humanity." **MM**

—Liza Roberts

◀ your mountains

your morning jog

your lunch date

your meeting

your Saturday
at the museum

your view

Presenting the Residences at The Lafayette, an inspired way of life. These beautifully appointed condominiums with soaring 11-foot ceilings offer luxuriously different living in Downtown Raleigh. Relax at the rooftop pool and bar atop the twenty-second floor, dine at the signature restaurant, unwind at the fitness center or with a spa treatment. Indulge yourself with 24-hour concierge, housekeeping, in-home dining, laundry services and valet.

The V Foundation Announces Campaign

The V Foundation for Cancer Research and Team ESPN announced the 2008 Show Your Spirit annual fundraising campaign, inviting companies, organizations and schools nationwide to unite on March 20 and 21 in the fight against cancer. Show Your Spirit Day annually coincides with the start of the national collegiate basketball tournament. Participants are asked to contribute a minimum \$5 donation to The V Foundation, which "earns" them the right to wear their favorite team apparel to work or school on Show Your Spirit Day. Each participant will receive a "Don't Give Up ... Don't Ever Give Up!"® pin to wear to commemorate their support and as a reminder of the need for cancer research funding.



Valvano

Online program registration on The V Foundation Web site (www.jimmyv.org/showspirit) starts the process for a company, organization or school to participate

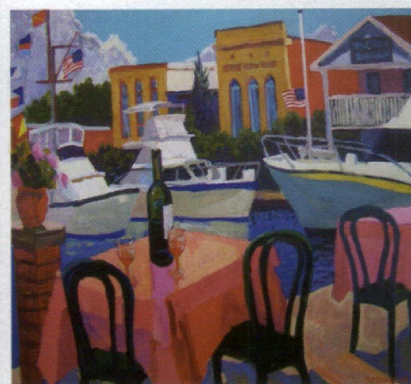
April 23rd - 27th

Premiere
Winemakers & Wineries

Celebrity Guest Chefs

Five Day Event featuring:
Tastings, Dinners, Music,
Auctions, a Grand
Outdoor Tasting Village,
and more!

Artwork by: Stephen Moore



BEAUFORT
WINE
& FOOD
WEEKEND

www.beaufortwineandfood.com
info@beaufortwineandfood.com
252-728-5225



your morning coffee

your office

your evening
cocktail

your afternoon
espresso

your favorite
art gallery

your night at
the symphony

your beach ▶

1, 2 and 3 bedrooms
Floor plans from 900 to 3,500 sq ft
From \$400s to \$1.8m
thelafayette-raleigh.com
919.834.8350



THE LAFAYETTE
Hotel & Residences

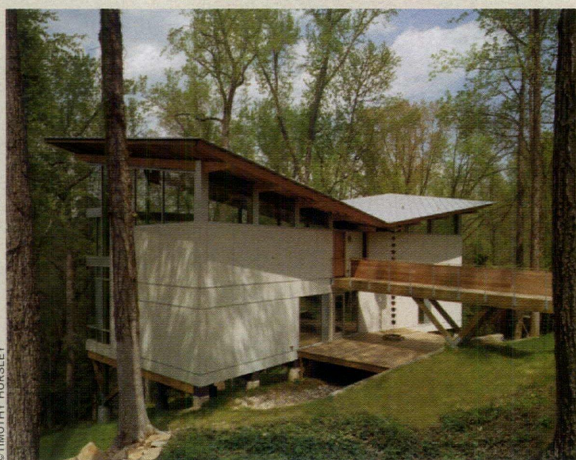


Harmon's Strickland-Ferris House

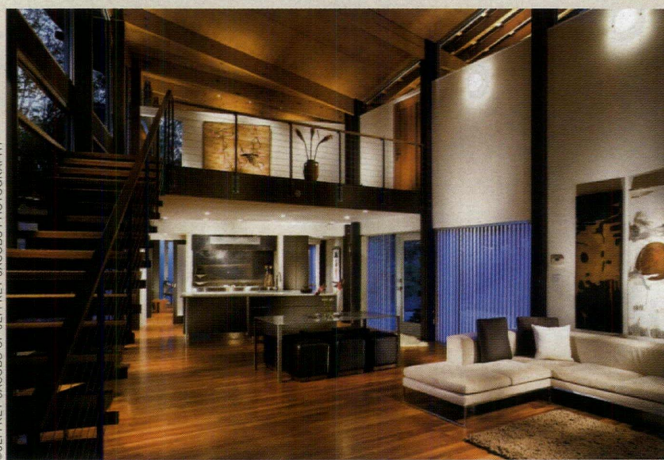
Located on a steep, north-facing escarpment overlooking Crabtree Creek, the Strickland-Ferris House by Raleigh architect Frank Harmon is designed to maximize the views of the surrounding beech and oak forest and of the creek 80 feet below. To minimize the home's impact on the site and its natural hydrology, the home rests on nine massive wooden trusses that allow air and water to flow beneath. The butterfly-shaped roof funnels rainwater into a water-reuse collection system, and the deep roof overhang shades the interior from the summer sun. The home's interiors are also nature-friendly. Interior partition walls stop short of the exposed wood ceiling and allow light to fill the house while providing leafy views. Operable windows allow breezes, scents and sounds of the forest to enter. Meeting the owner's request for "something dramatic," Harmon's design has won awards from both AIA/NC and the Triangle Chapter of AIA/NC. It appeared in the December issue of *Dwell* magazine in a feature on Harmon and will be published in the January edition of *Architectural Record*. **MM**



©JEFFREY JACOBS OF JEFFREY JACOBS PHOTOGRAPHY



©TIMOTHY HURSLEY



©JEFFREY JACOBS OF JEFFREY JACOBS PHOTOGRAPHY

AIA Selects Harmon Design For New Headquarters

The competition for the North Carolina Chapter of the American Institute of Architects' (AIA/NC) new 12,000-square-foot headquarters facility in downtown Raleigh drew entries from 69 firms from across the state. A national panel of architects selected the entry by Frank Harmon Architect of Raleigh for his design for the new \$2.5 million headquarters to be located on a triangle between the intersection of Peace and Wilmington Streets.

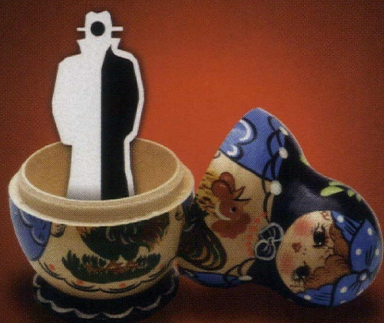
Harmon's design calls for a long, slim building nestled into park-like landscaping, including a porously paved "parking garden" that eliminates storm-water runoff and doubles as open green space for outdoor activities. Described as a "modern shell with a green heart," the narrow structure is sited to maximize natural lighting and ventilation to reduce energy consumption. Broad roof overhangs protect glass expanses from summer sun. Harmon also proposes a vegetated roof to filter rainwater for landscape use and to mitigate the urban heat-island effect.

"This design aspires to be a role model for healthy urbanism," Harmon wrote in his submission, noting that it will establish "an urban edge along a rapidly developing section of the city."

The jury told Harmon they were drawn to his plan "right away." They praised it for being "of its place," for making good use of a difficult site, for integrating sustainable design principles and for "embracing the community."



THE FIFTH ANNUAL RALEIGH SPY CONFERENCE



CIA'S UNSOLVED MYSTERIES:

THE NOSENKO DEFECTION,
DOUBLE AGENTS
AND ANGLETON'S
WILDERNESS OF MIRRORS

MARCH 26-28, 2008

NC MUSEUM OF HISTORY

WWW.RALEIGHSPYCONFERENCE.COM

919-831-0999

O. FRANKLIN SMITH

Financial Strategies & Planning

An independent fee-only financial planner and strategist dedicated to objective, innovative financial solutions and wealth accumulation. Provides advice, strategy or second opinions in the following eight broad areas:

- Personal goals
- Cash flow management
- Planning for college
- Retirement planning
- Investment management & analysis
- Insurance needs and risks
- Tax strategies
- Estate planning

No financial products offered or sold.

Consulting • Planning • Investing

4006 Barrett Drive, Raleigh, NC 27609
919.787.8170 or 919.280.2003 919.787.1204 fax

Registered Investment Advisor

in the campaign. A participation kit will be provided to help each "team" organize a successful Show Your Spirit Day. Additional information about the program is also available on the Web site where program materials will be available to download.

To register or for further information, log on to www.jimmyv.org/showspirit or call 1-800-4JimmyV. **MM**

Raleigh Oscar Night

The Academy of Motion Picture Arts

Metro Magazine

- News and Events
- Feature stories
- Style and Fashion trends
- Art news
- Design trends

919-831-0999

www.metronc.com

and Sciences has chosen Raleigh's Theatre In The Park to host Oscar Night America 2008 Feb. 24 at The Ira David Wood III Pullen Park Theatre, one of 46 parties held across the country on Oscar night. The event, which includes a silent auction, will benefit Theatre In The Park's Annual Fund for Community Arts and Education. For more information, contact Brent Simpson at 919-831-6936. **MM**

Wine Experience Aids Kids

The annual Triangle Wine Experience is set for Feb. 7-9 in support of The Frankie Lemmon Foundation that serves special needs for children in Wake County.

On Feb. 7, Winemaker Dinners — hosted by winemakers and winery owners from across the world — will pair Triangle restaurants with 29 fine wines. On Feb. 8, winemakers will pour at local wine shops throughout the Triangle. On Feb. 9, the event concludes with the Grand Gala and Auction in the Kerr Scott Building at the NC State Fairgrounds. Reservations are re-

quired. Go to www.twenc.org for more information. **MM**

Haiku Society Elects New President

Lenard Moore, a Jacksonville, NC, native who teaches at Mount Olive College, has been elected president of the Haiku Society of America, the first African American to hold the office in the organization's 40-year history.

Moore has received the Sam Ragan Fine Arts Award, the MOC Dean's Professional Development Award, and the 2000 Alumni Achievement Award from Shaw University. The author of more than 300 literary works, his latest book, *A Temple Looming*, will be released in June by Word Tech Communications.

Mount Olive College is a private institution rooted in the liberal arts tradition with defining Christian values. Sponsored by the Convention of Original Free Will Baptists, the College has locations in Mount Olive, New Bern, Wilmington, Goldsboro, Research Triangle Park and Washington, NC. **MM**

DIGITAL MAMMOGRAMS. NOW FASTER THAN EVER. *The fastest exam is now the easiest to schedule.*

Schedule your own digital screening mammogram at any of our 14 locations with **1 call** or **online** with a quick appointment request.

Mammo Request

Visit us at [<wakerad.com>](http://wakerad.com)



The Treatment You Deserve



Call WR Express Scheduling at 919-232-4700 or online appointment request [<wakerad.com>](http://wakerad.com)



great conversations
are just steps away



great living
is The Lassiter

THE LASSITER

NORTH HILLS



You bonded quickly in college, and you've counted on each other ever since. And now, enjoying Girls' Night Out is even easier, because Vivace, Firebirds and many other great gathering places are just a few steps from home, along with all the other conveniences you'll have for living your life. So now you have more time to do the things you really want to do—like reliving your junior year. When you live at The Lassiter, simply open your door and step into your life at North Hills. What memories will you make?

NOW SELLING 49 condominiums from \$490,000 to \$2.5 million, featuring gourmet kitchens, ten-foot ceilings, gracious master suites and sweeping terrace views of Midtown Raleigh. For availability, call **Anne Simons** or **Josie Reeves** at 919.833.5263.

NH

NORTH
HILLS

WWW.LIVEATNORTHILLS.COM
LIVE | WORK | SHOP | DINE | PLAY | RELAX | RENEW

KANE
RESIDENTIAL

HISTORIC PRESERVATION MEETS THE GREEN REVOLUTION IN DOWNTOWN RALEIGH

Entering the neatly inscribed glass front door on the handsome brick commercial building at 111 East Hargett St. in Raleigh's bustling historic Downtown is a little like wandering down the rabbit hole to Alice's Wonderland. A narrow corridor flanked by a mellow old brick wall leads to the building's elevator, large floor-to-ceiling glass windows and doors at the corridor's end beckoning toward pleasant outdoor courtyard spaces, as well as entrances to adjoining buildings. The elevator opens onto the third floor reception area of the world headquarters of the Cherokee Investment Partners, LLC, an international investment firm created to address "brownfield" redevelopment, the regeneration of abandoned or underutilized largely industrial sites complicated by environmental pollutants. Today, after nearly two decades, Cherokee has metamorphosed into a multi-faceted corporation that works to implement sustainable solutions to create long-term value for investors, partnering firms, employees and the national and international communities.



"The success we've enjoyed since establishing Cherokee," says Tom Darden, the firm's chief executive officer, "is due in large part to making sure that the brownfield site is not only cleaned up and environmentally safe, but that what is built on the site is sustainable — and part of an integrated redevelopment plan for the local community. It is a process based on constant communication with stakeholders and adherence to responsible land use and development practices."

Darden notes that Cherokee has dealt with more than 500 sites to date, each project starting with the question, "What kind of world are we building for the next generation?"

That question led to the creation of the Cherokee Sustainability Advisory Council, comprising leaders

in urban planning, green building, energy innovation and sustainable community design. It also led Cherokee to use the doctrines of the Leadership in Energy and Environmental Design (LEED) organization to approach the renovation of the former Heilig-Levine Building at the corner of Hargett and Wilmington Streets for the corporation's headquarters.

"The LEED Green Building Rating System is a nationally recognized benchmark for the design, construction and operation of high performance green buildings," says Darden.

The criteria are the guiding principles of the US Green Building Council (USGBC), a nonprofit organization committed to expanding sustainable building practices. It was developed by members of the 12,000 organizations across the building industry that are working to promote structures that are environmentally responsible, profitable and healthy places to live and work. (Currently both Carrboro and Chapel Hill are among North Carolina communities that have adopted LEED standards for publicly owned and funded buildings.)



Photography by Kinsley Dey



The building's original large south and southwest facing windows fill the Cherokee offices with light.

PERFECT PARTNERSHIP

It was a perfect partnership. Cherokee was looking for space for its burgeoning operations, and Greg Hatem of Empire Properties and Empire Hardhat Construction — Downtown Raleigh's ardent preservationist/developer — had recently completed the renovation of about 90 percent of a shell building encompassing eight different circa 1900 structures des-

tined for Class A office space. Tise-Kiester Architects, PA, (TKA), architects for the project, managed to orchestrate the diverse grouping as an energy-efficient composite 48,000-square-foot building that could accommodate numerous 2000-square-foot office spaces, or one as large as 20,000 square feet. With its recent growth, Cherokee was able to occupy 22,000 square feet — all of the second and third floors.

Architect Don Tise recalls that a major task was to overcome the challenges that always beleaguer historic buildings, especially a grouping of buildings, including: horizontal circulation among the buildings; vertical circulation among the buildings, which entails accommodating different floor levels; and creating a non-intrusive plumbing core. TKA's solution was to create a new building in the dead center of the complex to serve as the new core for circulation and plumbing.

"Interestingly enough," reports Tise, "the new building fit exactly on the footprint of a building that had been demolished."

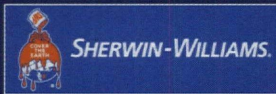
The success of the new central core is immediately apparent stepping from the elevator into Cherokee's light-filled reception area. Project architect Craig Carbrey explains that the main building's original windows, on the south and west, were retained to pour light into the open floor plan, devised so that 90 percent of the office occupants have views of the outside. Glass walls reveal the handsome conference room with its paneled wall of Twice Used Wood



Colors Inspired by History *Reinvented for Today*

To view the entire historic collection
visit your local Sherwin-Williams
or Duron store.

Available Exclusively at



sherwin-williams.com

DURON
PAINTS & WALLCOVERINGS
duron.com

George Washington's
MOUNT VERNON
ESTATE COLOURS

A portion of your purchase from these exclusive color collections, if purchased from Sherwin-Williams and Duron stores, will support the preservation and educational programs of George Washington's Mount Vernon Estate and the Historic Charleston Foundation.

TAYLOR'S OF RALEIGH

Since 1979

Wedding Invitations



10% Off Wedding Invitation Orders
through May 31, 2008

Glenwood Village Shopping Center
Corner of Glenwood & Oberlin
(919) 787-1246

CRANES ■ WILLIAM ARTHUR

taken from a home in Eastern North Carolina. Heart pine milled from beams and floor joists from old North Carolina industrial buildings appears in the reception desk and the half-walled, built-in work stations. The office is framed with wood from sustainably managed forests certified by the Forest Stewardship Council (FSC). Darden is quick to point out that part of the charge of green building is not only to select energy efficient roof materials and systems, but also to reuse existing materials.

"We chose antique rugs purchased at Langston Auction Gallery, a regional auc-

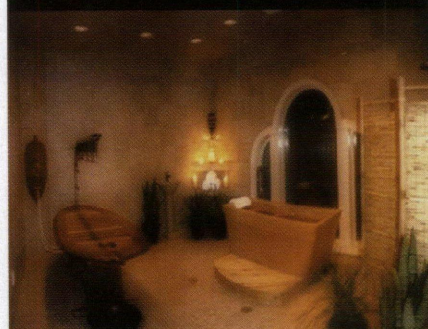
tion house, and the flooring materials are selected to avoid off-gassing often associated with chemicals industrial carpeting," he says.

Cherokee has prepared a comprehensive handout, *The Guided Tour of Cherokee's Green Office and Select Tips for Sustainable Living*, distributed to visitors touring the office space. Each energy-saving element is denoted with a Green feature sign and includes energy-efficient lighting that uses photo sensors to dim the lights on sunny days; low-wattage, low-mercury fluorescent bulbs; and occupancy sensors that reduce



Recycled materials include a reception desk of salvaged heart pine and antique wool rugs on the used wood floors.

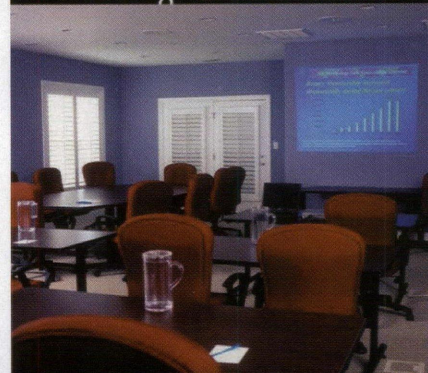
OC SPA



European Health Spa



Weddings & Celebrations



Executive Conference

888-237-2035

www.ocspanc.com
Indian Beach, North Carolina
Ocean to Sound Resort



This exquisite home office/library is Woodleaf's latest creation. Done completely in mahogany from walls to coffered ceilings, Woodleaf's attention to detail is unsurpassed. For the finest custom cabinetry for home or office call 919-834-2566.

woodleaf

211 E. HOKE STREET • RALEIGH, NC 27601 • 919.834.2566 • WWW.WOODLEAFINC.COM

lighting when offices are not in use. Darden estimates that lighting costs for offices, which make up 40 percent to 80 percent of the spaces' energy bills, can be reduced by up to 60 percent with careful planning and fixture selection. The bonus is that the simple, clean-lined light fixtures blend well with the office's pressed tin ceiling, a prize retained from an earlier incarnation. All office appliances are ENERGY STAR qualified products, including copiers, freezers, washers, heating and cooling equipment, doors, fans, lights, and computers. The kitchen features elegantly styled tables made from Alkemi, a recycled composite material containing a minimum of 60 percent post-industrial scrap aluminum. They were produced for Cherokee by Unique Concepts in Wendell, NC.

Tise commented that the Cherokee office was awarded the LEED Platinum Certification for Commercial Interiors.

"There are only a handful of historic renovation projects worldwide to achieve that status," says Tise.

Cherokee's new green office, a cooperative effort of Cherokee, TKA and Empire Hardhat Construction, was awarded Capital Area Preservation's Anthemion

YOUR HOME.
Our Priority.

YORK
SIMPSON
UNDERWOOD
WE MAKE GREAT NEIGHBORS

Residential Real Estate
www.ysuhomes.com



A Coca-Cola advertising graphic on mellow old brick walls lends historic charm.



Ceiling-to-floor windows help showcase the brightly colored and textured fabrics chosen for the reception area.

Award. On the national level, the National Housing & Rehabilitation Association awarded the Heilig-Levine Complex the J. Timothy Anderson Award for the Best Sustainable/Green Historic Rehab, the only Anderson award given that year. After all, preservation is the ultimate recycling. **MM**



MICHAEL ZIRKLE PHOTOGRAPHY

MINTABELL DESIGN GROUP

INTERIORS & FURNISHINGS

502 MEADOWMONT VILLAGE CIRCLE

CHAPEL HILL, NC 27517 - 7584

PHONE: 919-933-9800 WWW.MINTABELL.COM

Give Your Time Off More Texture.



It's no wonder some apartments are called "flats." Flat colors. Flat walls. A flat-line kind of environment. West Village is Durham's totally textured community. Apartments have 11-25 foot loft ceilings. Exposed brick walls and timber columns. Pine and bamboo floors. All within Durham's coolest urban core.

Durham, North Carolina ■ 919.682.3690 ■ WestVillageDurham.com

RESIDENTIAL | RETAIL | COMMERCIAL

Residential professionally managed by Drucker and Falk.

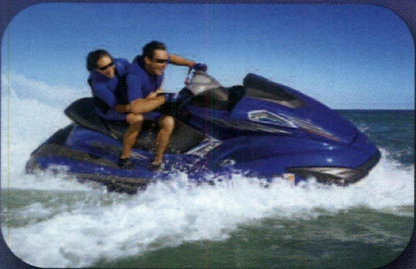


CHATLEE

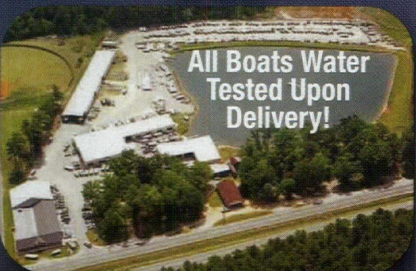
OVER 250 BOATS IN STOCK!



A Boat for Your Lifestyle.
SALT, SKI, PONTOON and
DECK BOATS IN STOCK!



The largest boat dealer
in N.C.



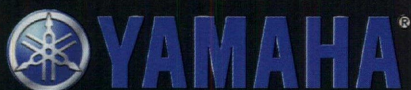
All Boats Water
Tested Upon
Delivery!



www.chatleeboats.com

919.775.7259

Hwy 1 South | 2615 Jefferson Davis Hwy
Sanford, NC 27330



Cherokee's GreenHome Project

By Diane Lea

A leader in the sustainable revitalization of environmentally distressed properties, Cherokee Investment Partners seeks to influence all aspects of development for sustainable communities. One of the company's latest ventures is the National Homebuilder Mainstream GreenHome™ located in a suburban Raleigh neighborhood, making it the first of its kind to be built in a traditional subdivision.

Cherokee CEO Tom Darden points out that the GreenHome is a model for what Cherokee anticipates will be tens of thousands of homes built on "brownfield" sites. Cherokee partnered with the National Association of Home Builders (NAHB) to implement the Association's Model Green Home Building Guidelines, calling for totally energy-efficient communities that include residences, commercial and retail establishments, office space, recreation, entertainment, and traditional services.

"The Mainstream GreenHome is a learning and teaching experience for all of us," says Darden, "and we have more than 100 partners in this project."

The home — a traditionally styled brick residence with third-floor dormers and a shed roof full-façade porch — features ElkCorp shingles that reflect sunlight and minimize heat gain; low-E Andersen windows; Centerpoint's translucent roof, which contains an insulating gel used in NASA space suits; and General Shale bricks specifically selected to moderate day and night temperature fluctuations.

On the site of the GreenHome, existing trees were maintained wherever possible. The home is also sited to facilitate groundwater infiltration of stormwater runoff that is diverted to a series of interlocking Rain Tanks — crate-like underground storage tanks — that allow the water to percolate gradually into the ground. The GreenHome was designed in cooperation with TRC, builder of the innovative ground source heat pump system; Dawn Solar, developers of the solar thermal hot water technology; and Atlantis Energy, creators of the photovoltaic system that captures solar energy and converts it to electricity. The GreenHome is currently selling the excess energy it produces back to the energy company. **MM**





The conference room features a wall paneled with Twice Used Wood from an Eastern North Carolina home.



Custom Design Work • Professional Fabrication & Installation
Residential and Commercial Experts • 1 to 2 week turnaround

Dimensionetix, Inc.
Granite ■ Marble ■ Onyx

Visit Our Beautiful Showroom

9013 Glenwood Ave., Raleigh, NC 27616
(Turn in at Fred Anderson Toyota)

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

919.786.0120



CIA'S UNSOLVED MYSTERIES: THE NOSENKO DEFECTION, DOUBLE AGENTS AND ANGLETON'S WILDERNESS OF MIRRORS

MARCH 26–28, 2008

NC MUSEUM OF HISTORY • WWW.RALEIGHSPYCONFERENCE.COM

TENNENT PETE BAGLEY – The former CIA officer presents the real story of Yuri Nosenko, the KGB officer who claimed the Soviets had nothing to do with the JFK assassination, had no contact with Lee Harvey Oswald and claimed a previous defector was a plant. Bagley handled Nosenko's defection in 1964, and claims in his 2007 book that the CIA was in error to believe Nosenko's story, re-igniting a controversy that remains unsolved.

DAVID ROBARGE – Chief Historian for CIA, presents the real story of James Jesus Angleton, the counterintelligence chief at CIA who turned the Agency inside out in search of an elusive Soviet mole.

BRIAN KELLEY – Former counterintelligence officer—and the “wrong man” in the Robert Hanssen espionage case—presents true cases of suspected double agents, moles and plants that remain unresolved today.

JERRY SCHECTER – Former Moscow bureau chief for *Time* magazine and respected author and expert on Cold War espionage discusses important cases of defectors, double agents and KGB deception operations.

DAVID IGNATIUS – *Washington Post* syndicated columnist, former foreign editor and author of best-selling spy fiction offers an overview of famous unresolved espionage cases.

SPECIAL GUEST – STANTON EVANS, author of *Blacklisted by History*, the recently-published, controversial biography of Joseph McCarthy.

FOR MORE INFORMATION CONTACT JENNIFER HADRA AT 919-831-0999

To Do

by Jennifer Hadra

- ☒ **Survive Home Remodeling**p. 34
- ☒ **DeConstruct Your Home**p. 35
- ☒ **Protect Your Valuables**p. 37
- ☒ **Style: Get Organized and Ready for Spring Fashion**.....p. 38
- ☒ **Closet Care 101**p. 41
- ☒ **Get Your Jewelry Appraised**p. 43
- ☒ **Pet Care for the New Year**p. 46
- ☒ **Fine Tune Your Finances**p. 48



Surviving Home Remodeling

National surveys indicate people will spend over \$11,000 on home improvements in 2008 — 13 percent more than in 2007.* Nearly half of those surveyed said they plan to complete their renovation projects themselves.

If you've ever finished — or have yet to finish — a home improvement project, you know that getting the job done requires more than just a hammer and nails. Angie Hicks, founder of Angie's List, recommends following these three guidelines before you start any project:

1.) Planning: Take a few minutes to walk around your house and observe the shape of your house inside and out.

2.) Budgeting: Consider how much you have to spend and start with projects that you can afford. Make sure money you spend will add value to your home.

3.) Executing: Timing is key in projects. Factor in what season you'll be doing the work or what time of year may be the best time to get on a contractor's schedule if you're hiring out the project.

Once you have your list of projects in hand, Hicks says it's important to consider these 10 factors:

1.) Start Small: Tackle the smaller jobs first because you'll more likely finish the project.

2.) Wants vs. needs: Make a list of projects that "need" to get done. Finish those first, then move on to your "wants."

3.) Safety concerns: Handle any projects that could affect your family's safety. Do you have water damage or faulty plumbing? Leaking water should be a priority because it could cause structural problems down the road. Also, check to make sure your smoke alarms are working and childproof your home.

4.) Upgrades: Perform projects that reduce energy and water consumption. This will save

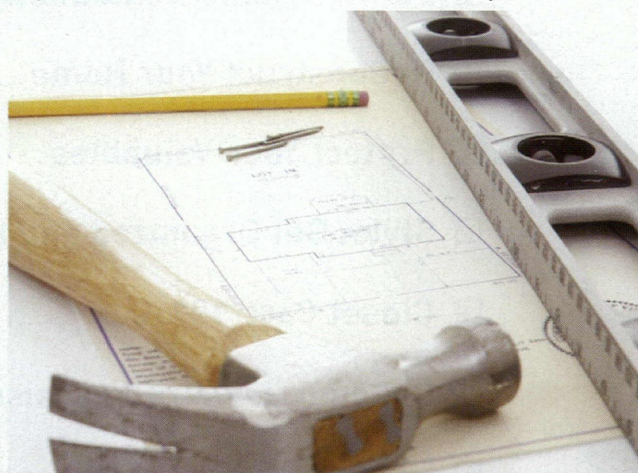
you money in the long run.

5.) Small tasks, big rewards: Make easy, low-cost improvements that can offer significant results, such as painting a room or changing a light fixture.

6.) Tedious Jobs: Polish off repairs that have been a nuisance or that you have been



National surveys indicate people will spend over \$11,000 on home improvements in 2008 — 13 percent more than in 2007.



putting off, such as that squeaky floor and leaky faucet.

7.) Pest Control: Check for the insect kind or the small furry ones. Sealing your home and lawn against pests is an important home maintenance item.

8.) Cosmetic: Fix that hole in the wall, repair molding or add a splash of color to your walls.

9.) Curb Appeal: Improvements to the home's exterior will make it more inviting. Get a new front door or spruce up the landscaping.

10.) Stay positive: Don't get discouraged. Just remember not to get too overwhelmed or you'll never see the project through. At the end of the year, you'll have a lot to look back on.

*Survey results based on a 2007 survey of Angie's List members. *Angie's List is where consumers turn to get the real scoop on local contractors and companies in more than 280 different categories. Get more information and consumer tips at www.angieslist.com.* **MM**

DeConstruct Your Home for a Good Cause

by Jennifer Hadra

From kitchen cabinet removal to full house demolition, Habitat for Humanity's DeConstruction services offer a cost-effective, environmentally friendly way to remove residential structures. Habitat's demolition team can salvage up to 85 percent of a building's materials for reuse or recycling, which offsets building removal costs by providing tax deductions for donated materials, conserves landfill space and supports the building of Habitat homes for families in need.

The DeConstruction crew offers a number of services, including strip-outs and residential deconstructions. Strip-outs involve the quick removal of structurally sound building materials from homes —

Habitat Wake ReStore sells new and used building materials to the public at discounted prices.



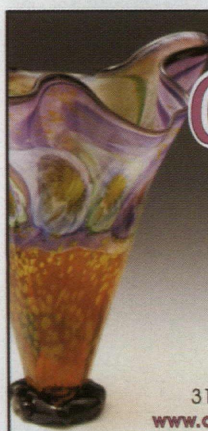
HABITAT FOR HUMANITY

- Furniture
- Accessories
- Area Rugs
- Wall to Wall Carpeting
- Interior Design Consultation



EATMANS CARPETS & INTERIORS

8101 Glenwood Ave. • Raleigh • 919-782-6010
M-F 9 am - 6 pm • Saturday 9 am - 5 pm



CAROLINA CREATIONS

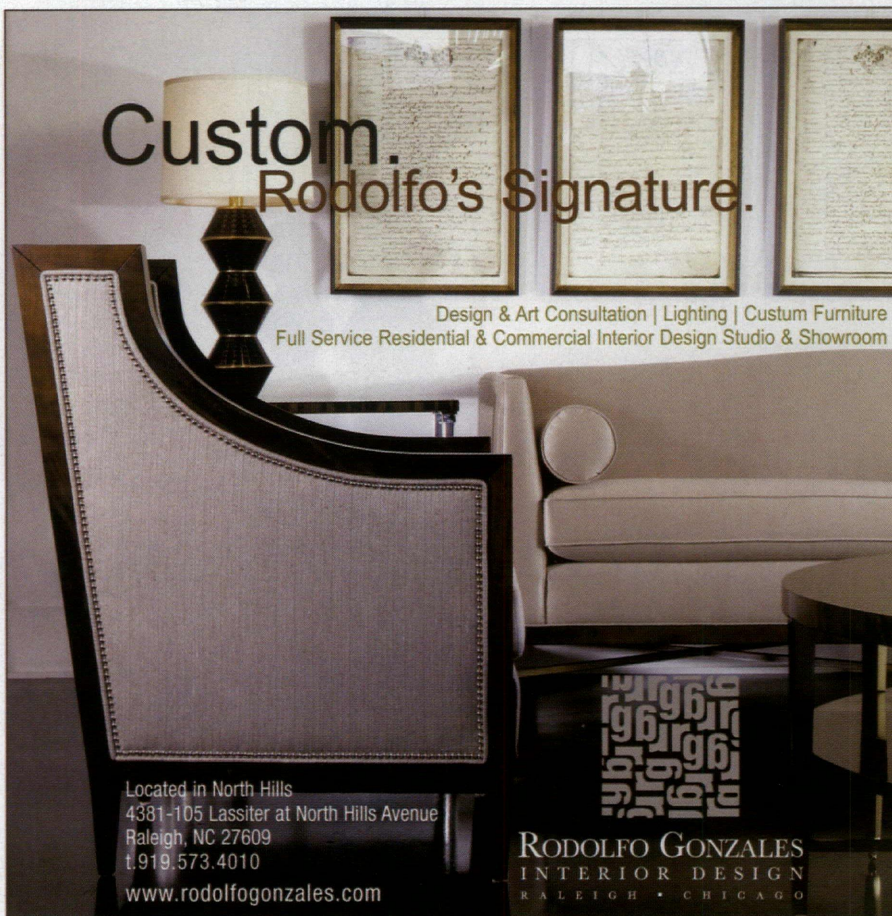
American Artisans & Fine Design including
Paintings - Pottery
Handcrafted Jewelry
Glass - Art Furniture

Named one of the top 25 American Craft Galleries in the US by Niche Magazine

252-633-4369
Open 7 days a week
317 Pollock St - New Bern
www.carollnacreations.com

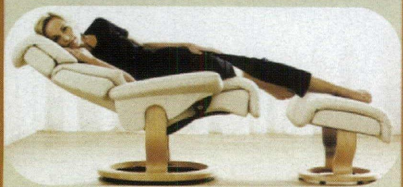
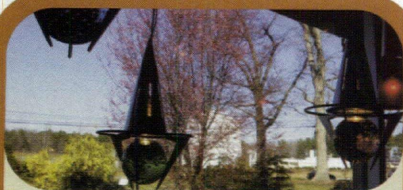
Custom. Rodolfo's Signature.

Design & Art Consultation | Lighting | Custom Furniture
Full Service Residential & Commercial Interior Design Studio & Showroom



Located in North Hills
4381-105 Lassiter at North Hills Avenue
Raleigh, NC 27609
t.919.573.4010
www.rodolfogonzales.com

RODOLFO GONZALES
INTERIOR DESIGN
RALEIGH • CHICAGO



WE'RE
OVER 100
YEARS
OLD, BUT
WE'RE
INCREDIBLY
HIP.

NOWELL'S

CONTEMPORARY & SCANDINAVIAN FURNITURE

900 E. Chatham St. Cary, NC
919.467.9224
nowellsfurniture.com

Monday-Saturday 10:00-6:00
Sunday 1:00-6:00

Quality, Service & Value since 1905

such as hardwood floors, doors, windows, cabinetry and plumbing hardware. Residential deconstructions range from partial projects to full-scale deconstructions that remove all building debris, including masonry — down to the foundation.

In addition, Habitat's DeConstruction crew is able to perform full kitchen cabinetry and appliance removal services. This year, the organization hopes to collect 40 new or pre-owned kitchen cabinet sets to build a new Habitat home in 2009.

A flat fee of \$300 is charged for kitchen cabinet removal, and residential deconstructions typically cost \$5-7 a square foot. All usable materials collected during the deconstruction process are tax deductible and will be donated to the Habitat Wake ReStore.

To learn more about DeConstruction or for a free estimate on your project, contact 919-833-1999 ext. 231 or visit www.habitatwake.org/decon. For more information about how to donate building materials to the Habitat Wake ReStore, call 919-833-6768 or visit www.habitatwake.org/restore. **MM**



HABITAT FOR HUMANITY

Habitat's DeConstruction staff salvages good and usable building materials from residential homes.

The Kitchen Specialist
Fine Design & Cabinetry

3407 University Drive, Durham • 919-490-4922 • www.thekitchenspecialist.com

Security on the Go: Make Home Protection A Priority

by Jennifer Hadra

Don't let relocation hinder you from protecting yourself and your valuables. The new LaserShield Plug-and-Go security system features a 105-decibel alarm and professional 24/7 monitoring with emergency response specifically designed for apartments, rental homes, offices and dorm rooms.

LaserShield's master alarm unit plugs into a telephone jack and standard wall outlet. Wireless motion detectors protect a room up to 35 feet by 35 feet (1200 square feet) via invisible infrared technology.



ogy. When a security breach is detected, the system dials the Rapid Response Monitoring Service, which notifies the owner immediately and, if warranted, the police. Each master alarm unit features 12 hours of backup battery power, while the wireless motion detectors have a Pet Shield to prevent animal activity from triggering false alarms. In addition, the master alarm unit, wireless detection unit and key chain remotes include a panic button for customers to send a distress alert.

"Renters are burglarized 70 percent more than homeowners," said Anthony Dohrmann, CEO, LaserShield. "We have created an affordable system that gets these people the help they need — when they need it most. And they can relocate the system and service instantly, in the event they move."

Individuals and businesses relocating or in need of a system to monitor a large space can also benefit from LaserShield's portability and versatility. Up to 12 wireless motion detectors can be added to

expand the system and cover up to 14,400 additional square feet without paying added monitoring fees.

The LaserShield Starter Kit and Wireless Detection Units are available at Circuit City stores nationwide, in addition to select Home Depots and many online stores, including Costco.com. For more information, see www.LaserShield.net.

LISTINGS

Want to make your house a safer place to live? Below you'll find a list of places from the Triangle to the coast to meet your personal home security needs.

ADT Home Security Systems*

400 N. McDowell St.
Raleigh, NC 27603
866-567-0178
www.adt.com

*ADT dealer locations in the Triangle and Eastern NC

American Detection Systems Inc.

6763 Market St. Bldg. A
Wilmington, NC 28405
910-799-7172
www.ads-nc.com

Brinks Home Security

6003 Chapel Hill Road
Suite 117
Raleigh, NC 27607
919-859-4409
www.brinkshomesecurity.com

CPI Security

5150 Mccrimmon Parkway
Suite 401
Morrisville, NC 27560
919-954-1532
www.cpisecurity.com

Holmes Electric Security Systems*

127 Hay St.
Fayetteville, NC 28302
800-426-9388
www.homeselectricsecurity.com

*Offices also located in Wilmington

Matrix Security Group

Locations Triangle-wide and in Wilmington
888-556-5055
www.matrixsecuritygroup.com

Power Home Technologies

4940-G Capitol Blvd.
Raleigh, NC 27616
866-409-4329
www.powerhometech.com

Priority Security Inc.

4940-F Capital Blvd.
Raleigh, NC 27616
866-855-4374
www.prioritysecurityinc.com

Safewatch Security, LLC

3336 Quarry Drive
Fayetteville, NC 28303
910-250-3310

Sound Profiles

6308 Falls of Neuse Road
Suite 150
Raleigh, NC 27615
919-876-8002
www.soundprofiles.com

Security Force, Inc.

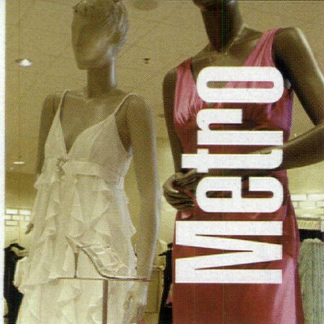
4805 Green Rd #110
Raleigh, NC 27616
919-855-9699
www.securityforceinc.com

Security Solutions

311 Judges Road
Wilmington, NC 28405
910-392-8171

Triangle Locksmith, Inc

4441 Six Forks Road
Suite 106-305
Raleigh, NC 27609
866-405-6707
www.triangle-locksmith.com



Style

by Jennifer Hadra

SEASONED ADVICE

According to Travis Groome, merchandise coordinator for Belk, “Trends change several times during the year, so you’ve got to know what your style is. Ask yourself what’s appropriate for your body and your lifestyle, and own your individual style.”

If you’re wondering what styles have staying power and what you can say goodbye to this spring and summer, compare these trends with what’s in your closet and organize accordingly.

KEEP:

- **Color** — Vibrant greens, yellows and corals are some of the season’s best and brightest shades, while basics like navy and gray will stand the test of time.
- **Dresses** — Long, comfortable dresses paired with metallic sandals are the perfect combination for daytime wear.
- **Flats** — Fortunately for your feet, comfy soles are still in style.

TOSS:

- **Pleats and cuffs** — Suits with flat front pants are easier to break down for a more casual look.
- **Linen** — It’s just not worth the hassle!
- **Denim shorts** — Last year’s throwback to the *Duke’s of Hazard* didn’t seem to stick around for long.

ON THE MOVE

The holidays were a busy season for Scout & Molly’s owner Lisa Disbrow. In November, she opened up her third store in Greensboro while December marked the opening of Walk, A Shoetique, in the Lassiter at North Hills. And things haven’t slowed down for Disbrow in the New Year. Last month, she moved Scout & Molly’s Raleigh location across the parking lot in



the Lassiter to bring the clothing boutique and Walk under one roof.

“I wanted to give customers a one-stop shopping experience,” Disbrow says. “Now I can help them find complete outfits. They can try on clothes in Scout & Molly’s and come over to Walk with the outfit on to pick out a pair of shoes.”

This month, Disbrow will use the new space to host her annual fundraiser for “Myself: Together Again” (M:TA), a project started by Disbrow’s cousin, Debbie, to share her story of recovery from breast cancer and breast reconstruction after double mastectomy surgery.

“Debbie put together a booklet of pictures detailing what she looked like throughout her mastectomy and breast reconstruction. There’s so much uncertainty surrounding the process that she wanted to give other young women going through it an idea of what they are about to experience,” Disbrow says.

The fundraiser will be held at the stores on Feb. 12 in conjunction with a Wendy Perry jewelry trunk show that day and evening. The shops will remain open until 9 p.m., and 20 percent of all sales will go toward the M:TA project. For more information about the project, visit www.myselftogetheragain.org. For fundraiser details, call Scout & Molly’s at 919-881-0303.

FASHION NEWS

Andy Warhol Union Square, the new neighborhood fragrance from **Bond No. 9**, is set to launch March 1. The green floral scent will be available at Saks Fifth Avenue, Triangle Town Center, Raleigh, 919-792-9100.

Shop for a Cause at Girls Night In on Feb. 24 from 7:30-9:30 p.m. at **Nordstrom**. The private shopping event will benefit Girls on the Run of the Triangle. Tickets cost \$30. Buy online at www.go-triangle.org by Feb. 20. The Streets at Southpoint, Durham.

Join **CT Weekends** for a fashion show on **Feb. 26** from 11:30 am to 1 pm at St. Jacques Restaurant. Raleigh; Please call 919-787-9073 for reservations.

Fine Feathers will be showcasing evening wear and a special occasion extravaganza of long and short styles, separates

SPORTSWEAR

LaFAYETTE 148 • SARA CAMPBELL • BERNARD ZINS
 BELFORD • MARISA BARATELLI • AUDREY TALBOTT
 ZANELLA • ELLEN TRACY • JILL MCGOWAN
 ONE GIRL WHO • YANSI FUGEL • ELLIOTT LAUREN
 FRENCH DRESSING • FABRIZIO GIANNI • VANILIA

DRESSES Daytime, Special Occasion,
 Mother of, Guest of

BADGLEY MISCHKA • CHRIS KOLE • CHETTA B
 CARMEN MARC VALVO • FLORES & FLORES
 MARISA BARATELLI • JOVANI • TERI JON • BIGIO
 THE MICHAEL COLLECTION

GIFTS & ACCESSORIES

CAMERON CLOTHING CO.

4351-111 The Circle at North Hills • Raleigh, North Carolina 27609 • 919.420.0411
 www.cameronclothing.com • *Now only at North Hills*

Go Sunless

Professionally Applied.



The Fastest Way to a
 4-minute Flawless Tan

Whether you want a full-body tan, bronzed legs, or a sunkissed face,
 look no further...go sunless and get a California Tan!

Mention this ad and receive 50% off (reg. \$30)

Exclusively at **PHYSIOS**

703 Tucker St., Glenwood South • 828.1080

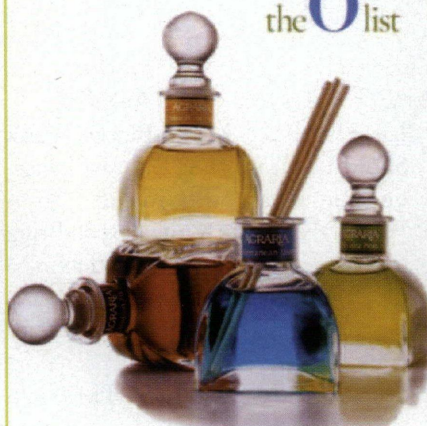
Metro Magazine

- News and Events
- Feature stories
- Style and Fashion trends
- Art news
- Design trends

919-831-0999

www.metronc.com

the O list



QUINTESSENTIALS

The Lassiter at North Hills
 Raleigh
 919.785.0787
 888.858.6944

Come see us when you
 don't know where to start



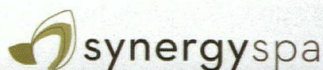
Our store is filled with beautiful fabrics,
 trims, furniture, rugs and accessories. Most
 importantly, our staff of talented decorators
 will help you pull it all together.

Whether creating a simple kitchen valance
 or furnishing an entire room, **Printer's Alley**
 has the solution that's perfect for you.

With thousands of options in stock,
 we make the possibilities practically endless.

PRINTER'S ALLEY
Decorating Your Home • Your Style • Your Way

One Block off Hwy. 70
 5910 DURAILEIGH ROAD
 919-781-1777 • M-F 10-6 • SAT 10-5
 visit our new website: printers-alley.com



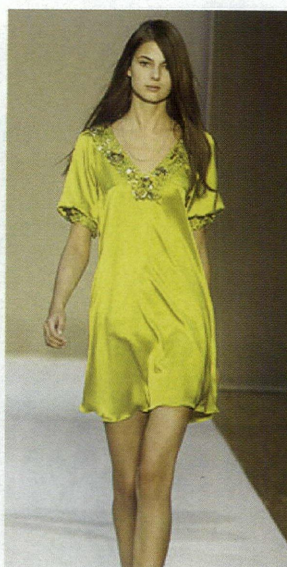
we know what women want
... *this valentine's day.*

personalized attention
customized service
amazing results

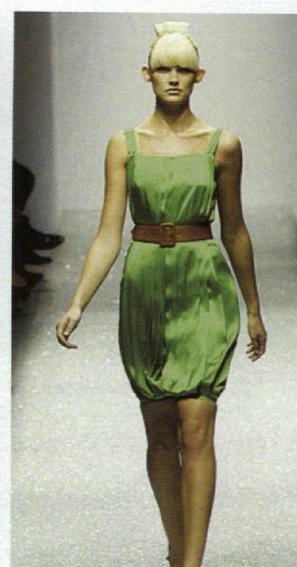
2603 glenwood ave | raleigh 27608
www.feelsynergy.com
919.510.5130



Elie Saab



Collette Dinnigan



Martin Grant

and accessories with color and style choices in sizes 2 to 20. Show runs Jan. 29-Feb. 2. University Square, Chapel Hill, 919-942-3151.

Join **Gena Chandler** Feb. 28 from 6-9 p.m. for their two-year anniversary celebration. Shop and listen to music from a live DJ. The entire store will be 15 percent off. The Lassiter at North Hills, Raleigh, 919-881-9480.

FEBRUARY IS FULL OF FASHION EVENTS AT SAKS FIFTH AVENUE:

- Jan. 31-Feb. 11: **Marco Bicego Trunk Show:** Come view the exclusive collection here at Saks Fifth Avenue.
- Feb. 11-Feb. 28: **Denim Drive:** Bring in your new or gently worn denim to the Contemporary Department at Saks Fifth Avenue to benefit the Boys & Girls Club.
- Feb. 23: **Escada Luncheon:** Please join

us for informal modeling while you discover the story behind the Escada Spring/Summer 2008 collection. To reserve your seat, please call 919-792-9100, ext. 5390.

- Feb. 25: **Akris Punto Clinic:** Please join us for a special viewing of the Akris Punto Spring 2008 Collection. Akris Punto Company Representative Edwin Gierbolini will assist with your spring wardrobe selection.
- Feb. 28: **Denim and Diamonds:** Join us for the area's most fabulous night of fashion and fun, all while shopping at Saks to benefit the Boys & Girls Club. The evening's festivities include: Denim Fashion Show featuring Saks' new trends, silent auction and live auction of fabulous jewelry and fashions, vacations and much more, delicious food and drinks from Bonefish Grill, Tavola Rossa and Total Wine. Purchase your \$50 tax-deductible tickets at www.denimanddiamonds.org.

To attend an event or for more information, please call **Saks Fifth Avenue**, Triangle Town Center, Raleigh, 919-792-9100.

Iatria Spa is now offering Radiesse®, a dermal filler that stimulates the body to produce new collagen to replace lost volume and smooth out wrinkles and folds, with results lasting a year or more. Iatria Spa, Triangle-wide; call 919-870-1975 for more information.

Metro Magazine

Subscribe now to get the best in:

- News and Events
- Feature stories that affect your life
- Style and Fashion trends
- Art news
- Design trends
- What to read

919-831-0999
www.metronc.com

Closet Care 101

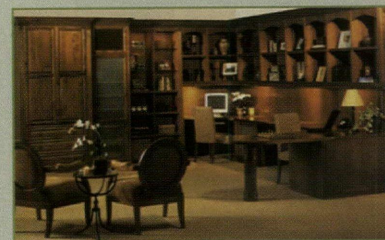
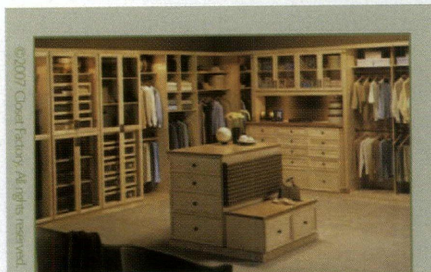
by Jennifer Hadra

Feel like you're wearing the same outfits to work every week? You probably are. According to Janet Fischer, closet designer for California Closets in Raleigh, people wear 20 percent of their clothes 80 percent of the time. This leads to crammed closets with little room to see what's actually inside.

"There shouldn't be a lot of clutter in your closet," Fischer says. "If you're not using it or wearing it, then sell it or give it away."

T-shirts and sweaters should be folded and placed on closet shelves rather than in drawers. Not only does this prevent them from stretching out of shape, but it also allows you to see what items you have or don't have.

"It's OK to put undergarments, camisoles and other 'slippery' items in drawers, but don't put sweaters and T-shirts in there," Fischer says. "If you put your knits in a drawer, you'll just keep wearing the top one or two items in the drawer."



**IF ONLY YOUR LIFE
WERE THIS ORGANIZED.**

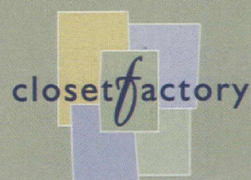
Custom storage solutions for every room in your house.

- Closets, offices, garages, entertainment centers etc.
- Handcrafted designs that fit your needs and style
- Professionally trained designers and installers.

**FREE
INSTALLATION**

Call for a FREE
design consultation

919.773.8990



www.closetfactory.com

54

As for shoes, try stacking one shoe on top of the other with the toe of one shoe facing the wall and the toe of the other shoe facing outward. This allows you to see how the shoe looks, as well as the height of the shoe's heel.

"Your clothes shouldn't hang lower than the baseboards of your closet, so there should be room to put shoes on the floor and still be able to see them clearly," Fischer says.

So how do you decide what to keep and what to get rid of?

"Hang all of your hangers in the same direction. Once you've worn the clothes, turn the hangers around in the other direction," Fischer says. "If you look and see that a few hangers haven't been turned after two or three months, get rid of those items."

HELPING HANDS

If unturned hangers aren't enough to make you rid your closet of excess items, Talia Beckman and Kathleen Fisher can help. The duo, both former employees at Beanie + Cecil, started Anne Crawford

Custom Shopping, a personal shopping service that offers at-home shopping and styling services, including wardrobe editing and closet organization.

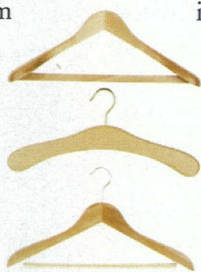
"Your closet should be an extension of your bedroom. You should feel good when you walk in there," Fisher says.

"We do all the legwork. The first thing we do when we meet with a client is make sure that they love what's in their closet. If they don't love it, we'll pack it away or take it to a consignment shop for them."

Getting rid of the clutter not only starts people off with a "usable palette" of clothing, but it also helps you assess "wardrobe holes." With the

closet tidy and the "holes" identified, Fisher and Beckman bring the clothes, shoes and accessories you need — to your doorstep.

"People think that personal shopping is a luxury, but what they don't realize is that we can actually save you time and money," Fisher says. "We bring you the items you want, in your size. No need to run from store to store or pay a babysitter to watch the kids." MM



RevolveST

Consignment Boutique

CLOTHING + FURNITURE + JEWELRY + ART

Upscale Consignment / Vintage Clothing for Men and Women

Lots Of New Arrivals For Fall & Winter! Featuring Michael Stars, Lacoste, Splendid, Ella Moss, Theory, Nanette Lepore, & Trina Turk.

Dresses by
Milly, Lilly Pulitzer,
Laundry, Tocca,
Diane Von
Furstenberg, plus...

Designer Jeans
Seven,
True Religion,
Paper Denim &
many more

Original tees & jewelry by local designers

2011 Fairview Road | Raleigh's Five Points | 919-834-3053

Consignment accepted by appointment

Tips & Tricks to Get Organized

- **Yes, No, Maybe So** — To decide what stays and goes, make a "yes," "no" and "maybe" pile. Keep the "yeses." Get rid of the "nos" and re-evaluate the "maybes" in a month. If you still haven't worn them, you're probably not going to.
- **Plus or Minus** — Pack away and store any clothes that you can't fit into right now. Whether you need to gain or lose weight to fit into them, they're just cluttering your closet until they fit.
- **Leave it Hanging** — Take your clothes off the dry cleaning racks as soon as you get them home and hang all clothing items on wooden hangers. Not only does this keep your clothes in better shape, but it also makes your closet look tidier and gives each clothing item equal space.
- **Support Group** — Group ties by color. This makes choosing and matching much easier.
- **Get Vertical** — Use tiered hangers for skirts, shorts and pants to maximize vertical space. Separate them by season for easy access.

CIA'S UNSOLVED
MYSTERIES:
THE NOSENKO DEFECTION,
DOUBLE AGENTS
AND ANGLETON'S
WILDERNESS OF MIRRORS
MARCH 26-28, 2008
NC MUSEUM OF HISTORY
WWW.RAaleighSPYCONFERENCE.COM
919-831-0999

Get Jewelry Appraised

by Jennifer Hadra

PREVENTING JEWELRY JUMBLE

- 1.) **Box it up** — Place bangles and chunky costume jewelry in neatly labeled linen boxes.
- 2.) **Insertion order** — Drawer inserts like California Closets' black velvet jewelry inserts make it easy to separate pairs of earrings and delicate necklaces.
- 3.) **Heartfelt** — Storing silver pieces in felt jewelry pouches will prevent tarnishing.
- 4.) **Keep 'em separated** — The more separated you keep each piece of jewelry, the easier you will be able to retrieve and actually wear your jewelry.

FOR WHAT IT'S WORTH

You've separated strands of pearls and paired each earring with its mate. Now that you know what precious pieces of jewelry you own, it's important to protect your purchases by having them properly appraised. Contrary to popular belief, not all appraisals are created equal. The value of a piece of jewelry may depend on the purpose of the appraisal.



Little documentation of the history of watches make them more difficult to appraise, but a reputable designer makes any piece of jewelry more valuable. David Yurman chronograph timepiece. Black and stainless steel. Bailey's Jewelers, Raleigh. \$3900.

DIFFERENT TYPES OF APPRAISALS INCLUDE:

Replacement Value:

Retail evaluations written for insurance needs are the most common types of replacement value appraisals. These eval-

uations give the cost to replace the jewelry with an item of equal quality and kind, also known as the current market price.

According to Ora Designers/Fine Jewelers in North Raleigh, an accurate insurance replacement document should accompany a replacement value appraisal.

Make sure to get good documentation of the item being appraised. Photos, measurements and computer diagramming are all helpful. The more detailed, credible information you have about the item, the better.

Comparable Replacement Value:

This value is used when items are no longer in production or available, often used on estate, vintage and antique pieces.

Elaine Miller, owner of Elaine Miller Collection in Raleigh, says that elements like artisan, creativity and age must be considered when appraising estate jewelry.

"Unlike modern pieces, estate jewelry is more than just the sum of its parts," Miller says. "You must figure in the uniqueness of the piece."

According to Miller, who has been working with estate jewelry for over 50 years, appraising estate jewelry is a matter of experience rather than education.

"You have to look for jewelry designers' hallmarks and other markings when making an estate jewelry appraisal. For instance,



Platinum wedding ring set designed and produced by Jolly's Custom Design Studio®.

Ora

DESIGNERS
FINE JEWELERS

Engagements
Anniversaries
Celebrations

6301 Falls of the Neuse Rd.
Raleigh, NC 27615
919-850-2501



www.orajewelers.com



Characteristics like hinge work, hardware and designer hallmarks distinguish antique jewelry from modern designs. Age and style are a factor when appraising antique and estate jewelry. Victorian wedding cuffs presented to Hannah Elizabeth Curtis in 1871, Sarah Ann Curtis in 1896 and Phyllis E. Curtis in 1923. Elaine Miller Collection, Raleigh.



This platinum pendant contains 2.37 carats of round brilliant cut diamonds. Jolly's Jewelers, Raleigh. \$7,000.

there are distinct markings that distinguish a piece of jewelry from the Art Deco period versus the Victorian period, or a piece of jewelry from France versus a piece of jewelry from England. But only someone who has been in the industry for years

and seen thousands of pieces can make that distinction," Miller says.

Fair Market Value:

This type of appraisal is used for estate settlement, tax liability, collateral, and

divorce settlement or dissolution of marriage.

Items appraised for fair market value are often estate pieces. The price of the piece is usually found by researching documented prices from estate sales, second-hand stores, antique stores and auction houses.

Be Sure

Insurance companies play a large role in protecting your valuables, but not all insurance companies are created equal. Different insurance companies handle the appraisal process differently so remember to read the fine print from your insurance company and know the right questions to ask them before you get your jewelry appraised.



The markings and ornamentation of this Victorian Tiger Claw brooch increase the value of the piece.

Ora Designers/Fine Jewelers is certified by the American Gem Society (AGS) for consumer protection and recommends asking insurance agents the following questions* before an appraisal:

- 1.) Is an appraisal necessary for full coverage?
- 2.) Will my claim — and the replacement value — be more readily acceptable if the appraisal has been done by an AGS jeweler, Certified Gemologist, Certified Gemologist Appraiser or Advance Personal Property Appraiser?
- 3.) Is there a deductible?
- 4.) Is my policy all-risk (partial loss, damage, theft, etc.)?

- 5.) Is the item covered if lost, stolen or damaged while in the possession of someone else?
- 6.) Can I go to whomever I wish for the replacement?
- 7.) How often should I have my appraisal updated?



Appraisals are performed on loose diamonds or mounted stones. Knowledgeable appraisers will count and test each stone before issuing an appraisal value. Custom engagement ring from Reliable Loan & Jewelry, Raleigh. Center diamond, 2.96 ct. Side diamonds equal 2.02 ct. Platinum setting. \$36,500.

- 8.) Am I limited to the appraisal replacement cost should there be a sizeable increase in value?
- 9.) What if the insurance item is irreplaceable, like an antique?
- 10.) If there is damage to a piece, can I replace it or will I be limited to repair?

*Questions prepared by the American Gem Society's appraisals committee. Full list of questions available in the Society's *Handbook of Jewelry and Gemstone Appraising*.

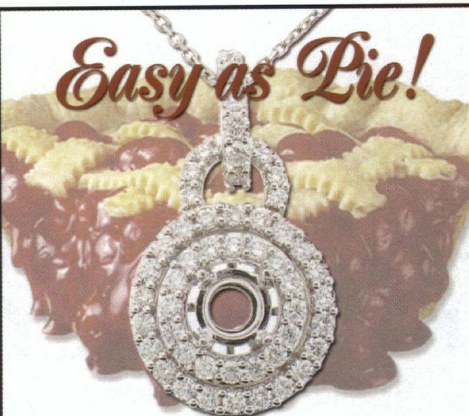


CAROLINA
Silver
COMPANY

Introducing
KAMELEON
Change • Natural

Falls Village Shopping Center
Raleigh
919-845-9917

Saltbox Village Shopping Center
Cary
919-465-3235



Easy as Pie!

Create Dazzling New Jewelry
from Pieces You Already Own

Re-mounts Available (starting at \$600)

Charlotte's

Raleigh Locations
Cameron Village • North Hills Mall
Wilmington
The Forum

**Raleigh's
Best Kept
Secret**

- Expert Jewelry Repair
- Diamonds and Fine Jewelry
- Jewelry Appraisals



**Fine high quality
diamonds since 1949**

Alan Horwitz
Graduate Gemologist, G.I.A.
Certified Appraisals

Reliable Loan & Jewelry
Downtown Raleigh • 307 S. Wilmington St.

919-832-3461

HANDPICKED



HandPicked Original

sterling with cherry quartz
necklace \$48, bracelet \$24
& earrings \$18

Cameron Village
421 Daniels St. ■ 919.861.0516
www.behandpicked.com
Making fashion fun & affordable for over 20 years!

HAND
PICKED

Pet Care Should Be A Priority For The New Year

By Anthony Vecchione

You don't have to be a brain surgeon to know that preventive medicine can lead to a better quality of life. Routine blood pressure checks, mammograms and colonoscopies can help doctors detect problems before they get more serious, not to mention more expensive to treat. The same is true for your pet. Whether you have a cat, a dog, a bird or a hamster, a routine checkup or the appropriate vaccination can result in a healthier, longer life for your pet.

A regularly scheduled checkup is even more imperative for pets than for humans, since animals can't verbalize when they're not feeling quite right. The bottom line: Don't wait until your pet is sick to take them to the vet.

"I can't stress enough the importance of having that exam done," said Dr. Susan Bristol, DVM, a partner at the Mayfair Animal Hospital in Cary, NC.

Bristol, a district representative for the North Carolina Veterinary Medical Association, said that having a checkup helps veterinarians to identify immediate potential problems, but also check symptoms that while minor now, can become bigger problems if left untreated. Internal lumps and heart murmurs, for example, are symptoms that pet owners aren't likely to pick up on. Early diagnosis and treatment for these conditions can mean the difference between life and death.

And not unlike humans, the type of checkup, test or vaccine a pet should get depends a lot on its age, and for dogs, its breed. But how do you know how often your dog or cat should get a checkup? And what about vaccines? Which ones should it get and when? In an interview with *Raleigh Metro Magazine*, Bristol suggested



Dr. Susan Bristol, DVM, examines one of her patients.

guidelines for pet owners to help them determine when a checkup is necessary.

MAN'S BEST FRIEND

When it comes to dogs, it's advantageous regardless of breed or age to have a checkup at least once a year. For puppies that have not had a full complement of immunizations, Bristol recommends it be seen more often for appropriate immunizations.

"And the number they get depends on

their age and what vaccines they've already had," said Bristol.

The rabies vaccine is required in North Carolina. Because its immune system is not fully developed, puppies are prone to a variety of different ailments — including intestinal and skin problems.

Mature dogs that are not yet seniors should have a preventive maintenance physical once a year. What determines exactly when a dog is considered a senior does depend on breed to some extent, but

in general, when dogs reach 7 they are considered seniors.

Typically, mature dogs are seen a minimum of once a year, but it's not unusual for it to pay a visit to the vet twice a year. Vaccinations along with preventive tests, such as examination of blood and testing for heartworm disease, are also suggested. Most dogs are on a heartworm preventive year-round.

Bristol said that with middle-aged pets there's been more recognition recently of performing wellness screenings that include a blood and urine test.

In senior dogs, tests for internal parasites are usually set once a year, and a thorough physical exam and a look at organ systems should also be considered.

"If problems are identified in certain areas, a further workup may be recommended," said Bristol.

For senior dogs, the guidelines are a little different. Blood and urine screenings are recommended every six months because there can be some minor problems that are not outwardly apparent. Vets can detect many problems from these screenings.

"If it's treated early, it's much easier to take care of before they become a large problem," noted Bristol.

FELINE FRIENDS

Cats are similar to dogs when it comes to checkups and vaccines. Kittens need to be seen monthly until vaccines are complete. Both cats and dogs should be on flea and tick medication. Adult cats and adult dogs are similar except that heartworm testing is not done on cats routinely unless warranted by clinical signs.

For adult cats, an annual exam, a risk assessment, vaccines as necessary or deemed appropriate, and an evaluation of internal parasites are recommended. Like senior dogs, senior cats should have twice-a-year physical exams, with the exception of a heartworm test, have breed-specific behavior and medical conditions.

FLUFFY, FURRY, FLYING THINGS

While most people have dogs or cats, rabbits, hamsters, gerbils, ferrets and birds are the family pets in many North Carolina homes said Bristol. For these creatures, an annual exam is recommended. For tropi-

cal fish, it is recommended the owner maintain water quality.

Bristol suggests that before you select a pet, consult with a vet to discuss things such as breed, size and space requirements, especially if you're considering a dog. It may be a good idea to talk to your vet about where you live — in the city, the suburbs or a rural area. Location may also influence your decision on what type and breed of pet to own. You may want to discuss medical issues associated with specific animals, too. And when you finally decide on a pet, remember that regular checkups, keeping up with immunizations and a little common sense can result in a better quality of life and a longer lifespan for your pet — and more years of enjoyment for you and your family.

PET CHECKUPS AT-A-GLANCE:

Puppies:

- Once a month until vaccines are complete.
- Heartworm and flea and tick preventives that are based on weight.

Adult Dogs:

- Annual exam. Risk assessment to determine which vaccines are appropriate for a particular dog and any vaccinations that are needed. Heartworm test and a check for internal parasites. Rabies vaccines are required in North Carolina. Other vaccines could be given as a preventive measure.
- Year-round monthly heartworm and

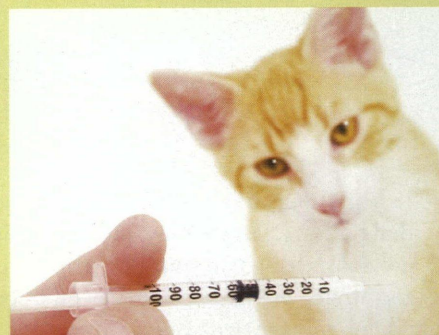
RABIES CLINICS

Wake County

Every April Wake County Animal Control sponsors a rabies clinic. Go online at www.wakegov.com/pets for times and locations. The shots are offered for \$5 each.

Durham County

Durham County Animal Control Rabies shots are given every Tuesday and Thursday, 10:00 a.m. and 4:00 p.m. \$8 per shot. One-year shots. Location: 2117 East Club Blvd., Durham On the Durham County Animal Shelter property



flea/tick preventive.

Seniors:

- Ideally an exam and senior screening every six months and vaccines as necessary.
- Yearly heartworm test, stool check and senior screening.
- Year-round monthly heartworm and flea/tick preventives for dogs and if appropriate for cats.

Cats:

- Kittens need to be seen monthly until vaccines are complete.
- Heartworm and flea and tick preventives if deemed appropriate.

Adult cats:

- Adult cats and adult dogs are similar except that no heartworm testing on cats routinely unless there are clinical signs that would warrant that.

Metro Magazine

- News and Events
- Feature stories
- Style and Fashion trends
- Art news
- Design trends

919-831-0999

www.metronc.com

A Guide to Improve Your Finances in 2008

By Franklin Smith

The beginning of a new year is an ideal time to assess your investments and make changes to your financial habits and strategies. We are all guilty of making dumb mistakes with our finances. Often due to procrastination and lack of discipline, we don't meet our financial goals.

Financial planning is an integrated,

your ability to earn income. We call this human capital, the engine for all of your finances so nurture and improve your job or profession. You should target 10 percent of annual income for your annual savings to achieve your goals. An exceptional savings target is in the 15-20 percent range, which few people achieve. Maintain an

SECURITY AND COMMUNICATION

Are your financial documents and statements compiled and kept in a safe location? How well do you communicate with your spouse on financial matters? Do you have too many separate accounts scattered among your IRAs, checking and investments? Consolidating these accounts will reduce paperwork, costs and confusion. It should also improve performance and provide a clearer strategy.

Do you have "risk phobia disease," where you keep an excessive amount of money in safe places like CDs and savings accounts? These investments are a breakeven proposition when you deduct taxes and inflation from your return.

What are you doing about college savings? The North Carolina 529 Plan has enhanced its benefits by adding a state tax deduction for up to \$5000 for couples' contributions — and the investment option of the admired Vanguard mutual funds. Vanguard is known for its low costs, index funds and performance.

PLANNING

Sit down and thoughtfully document your financial goals. Later, review these goals and adjust them as required. Life insurance rates have dropped significantly in the last 10 years. Are you adequately insured with the proper type and amount of insurance? Some term life insurance should be used in most standard situations. It is significantly cheaper than whole life. Whole life insurance policies often have their best applications for wealthier people with estate tax issues.

Annuities are insurance products with an investment account. I have never met an annuity owner who fully understood his annuity and all the advantages and disadvantages. These are complex products with

holistic process that brings all of our financial components together. The non-investment activities are often overlooked but may be more crucial than strict investing. Decisions such as saving and spending habits, what size house and mortgage, contributions to retirement plans, impact of taxes, how much and what type insurance are as significant as the tactics of investing. The following reminders, opinions and facts are intended to assist you in making better financial decisions.

HUMAN CAPITAL

Consider your most valuable asset —

emergency cash fund of four to six months of living expenses.

Examine your monthly cash flow and track your expenses — the process should be enlightening, even though it is tedious. Lacking discipline in your savings habit? How about utilize automatic savings from your paycheck. Do you have a will and other estate planning documents? Only 30 percent of us do. If so, are they current and up-to-date? Have you investigated long-term care insurance? This is a difficult decision for everyone but you should look into whether to buy a policy or self-insure.



high fees and difficult to comprehend. Prior to purchase, analyze the annuity and seek a second opinion to see if it meets your goals. Periodically review your health insurance needs, especially for the dangerous years of 55 to 65.

THE NUMBER

Avoid private mortgage insurance by increasing your equity in your house to 20 percent or more.

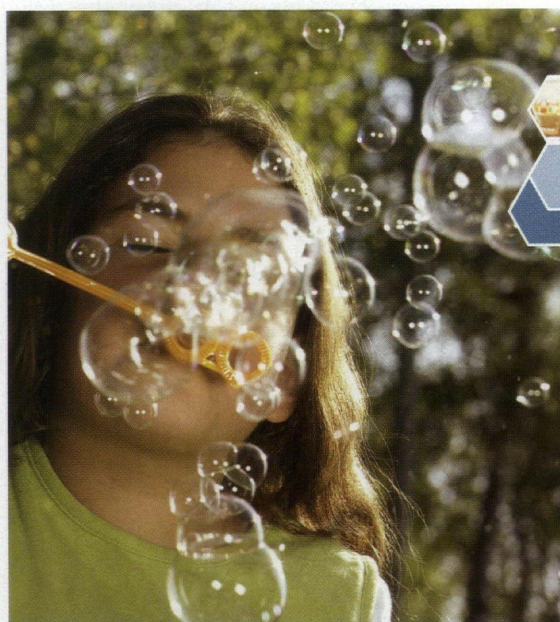
I recommend that personal mortgages be paid off by the time you plan to retire. Prepaying your mortgage to some degree is a sound strategy, but don't become obsessed. A good target is one extra payment per year, which will reduce a 30-year mortgage by six to seven years. Do you know your "number"? That is the total amount of assets you need for retirement and to withdraw from. Read *The Number* by Lee Eisenberg for further edification.

Employer pensions are of the past. You alone are responsible for your retirement. Are you aware of your potential benefits from Social Security and its endless rules? As you approach your 60s, do you have the best strategy to maximize these benefits



ST. DAVID'S SCHOOL
 3400 WHITE OAK ROAD, RALEIGH, NC 27609
 919-782-3331 • WWW.SDSW.ORG
 FAITH • VIRTUE • KNOWLEDGE

To learn more about what St. David's School can offer your family, call our Admissions Office at 919-782-3331 or visit our website at www.sdsd.org



Who Is Henry Wurst, Inc.?

Founded in 1937, Henry Wurst, Inc. provides targeted, integrated solutions managed by an experienced team that delivers all your communications needs from concept to print and beyond.

visit us online at www.henrywurst.com

Making It Count For Good

Being a responsible citizen is as important as the air that we breathe.

That's why Henry Wurst, Inc. actively supports local youth programs designed to build character and develop leadership, and strives to reduce our environmental footprint with forward-thinking recycling efforts.

From the lives of the people we touch to our environment, we are committed to make the world of difference not just for a strong today, but also for a healthy tomorrow.

Great Solutions for Great Communities.



HENRY WURST
INCORPORATED

based on your situation? Refer to www.ssa.gov for detailed information.

Have you thought about your withdrawal rate for your retirement income? Is it realistic for your situation? Could you outlive your money? Have you considered what you will do with your time after retirement? Will you need or want a "bridge job" or volunteer work for emotional or financial reasons? Again, read *The Number*.

401Ks often have limited choices or mediocre performances. Should you change jobs or retire, a Rollover IRA is usually a better choice than remaining at your 401K plan. Don't count on your 401K/IRA or Social Security for retirement. They may not be enough. You will require other investments. Start a Roth IRA for your children or grandchildren. It can give an early head start on their retirement.

STRATEGY

Have you assessed your risk level and financial goals and determined your investment strategy? This analysis should be reflected in the type of investments you

make. Perform basic analysis by comparing your annual portfolio returns to the comparable indexes such as the S&P 500, Russell 2000 or the MSCI EAFE. Are your investments leading or lagging these indexes and, if so, why?

Fifty-five percent of the world's stock value is in foreign markets, which have outperformed US equities for the last six years! Make sure you are represented in international equities. Many blue chip stocks are stagnant and have become "dead money." Look at their five-year returns and consider pruning a few of these stocks. Many investors are reluctant to sell a favorite stock and pay taxes. You may have to use tough love.

Index funds beat 65-75 percent of all money managers over a 15-20 year time frame despite the money managers' computers, analysts and superior intellect. Index funds have much lower costs than actively managed funds. Should you have any doubt, read Dr. Burton Malkiel's, *A Random Walk Down Wall Street*. Morningstar says that low management costs are the most consistent predictor of performance for mutual funds. Are your costs

above or below average? There is a direct correlation to your fund's performance.

LOAD OR NO-LOAD

No-load mutual funds generally have lower costs and outperform load funds. A typical commission on load funds is about 5 percent. Be aware of the differences between Class A, B, C loads and no-loads. Are you paying the unnecessary 12B-1 fee in your load fund? It removes \$10 billion per year from the American consumer.

The famous Brinson study said that 90 percent of portfolio performance is explained by how assets were allocated among stocks, bonds or cash, not by stock picking or market-timing skill. What is your strategy for asset allocation and diversification? Refer to www.efficientfrontier.com for more education.

How diversified are your investments? Harry Markowitz won the Nobel Prize for economics by proving a diversified portfolio can provide the same return as a high-risk investment with a lot less risk and worry.

Do you pay the demonic AMT (alternative minimum tax), and if so, do you know why? Do you have any options available to reduce it? Qualified corporate dividends are taxed at only 15 percent (federal) through 2010. Can you shift other income to this lower-taxed asset? If you are in the 10 percent or 15 percent federal tax brackets for 2008-2009, your capital gains tax will be zero. Yes, zero!

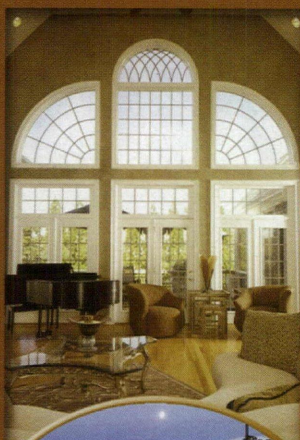
Are you concerned about taxes on distributions from mutual funds? You will pay no taxes on certain tax-managed mutual funds at Vanguard, Fidelity and T. Rowe Price. They manage the income and gains so there are no taxes. Index funds and ETFs are also quite tax efficient.

Is your net worth at or approaching \$2 million? Do you have a plan to deal with estate taxes, which can hit the punitive rate of 45 percent?

Admittedly, a lot of this is common sense and simple and easy. Of course, if it really was simple and easy, we would all be in better financial shape! **MM**

Franklin Smith is an independent financial planner and investment adviser. He is fee-only and does not sell any products. He can be reached at 919-280-2003 in Raleigh.

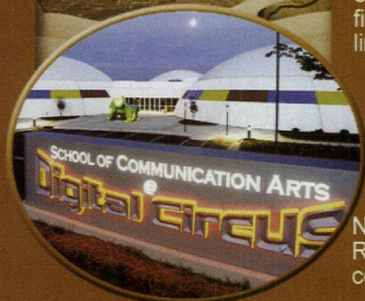
Learn TOTAL Interior Design



Day & evening programs in Interior Design and Graphic Design Animation Filmmaking Pro Tools Audio Photography

Save **25%** on your first course, limited time

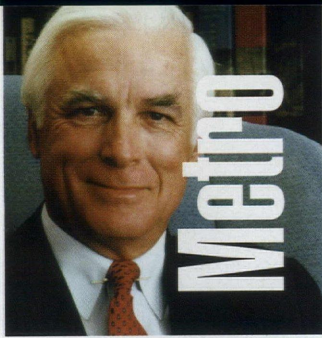
919.488.8504 for schedules



New! Revit CAD courses

SCHOOL OF COMMUNICATION ARTS

3000 Wakefield Crossing Drive | Raleigh, NC 27614



Editor-at-Large

by Jim Leutze

THE NORTH CAROLINA NAVY

Although everyone knows that North Carolina has a long sea coast, most people are unaware that we have a navy. Sometimes referred to as the North Carolina Department of Transportation's Ferry Division, our navy has 24 ships, a shipyard, a dredge, tugs, barges, military-type landing craft and various support vessels.

The ferries are divided into three classes — Hatteras, River and Sound. The Hatteras-class ferries vary in size from 199 gross tons to 248 tons and can carry as many as 30 cars and 149 passengers. The River-class ferries are larger, ranging from 372 to 462 tons and carrying 20 to 42 cars and 149 to 300 people. The Sound-class ferries are the largest, weighing in from 574 to 771 tons and carrying 35 to 50 cars and 300 passengers.

There are seven different ferry routes, so if you are traveling along the coast, you won't go very far without seeing a DOT sign alerting you to the presence of a ferry route and the times of operation. Actually, if you are traveling the Outer Banks, you *must* take ferries linking Hatteras to Ocracoke and Ocracoke to the mainland.

The Hatteras-Ocracoke ferry alone carried almost 1 million passengers this year, up 100,000-plus from last year. The Southport-Fort Fisher ferry carried almost half a million, up 20,000 over the year before. All in all, some 2.5 million people sailed with our navy. Our number of ships and number of passengers makes our ferry system the second largest and busiest in the nation. We're number two, we're number two!

How we got this way is a story of its own. Like lots of things, our ferry service sprang from small beginnings. Sensing an entrepreneurial opportunity, a man named Jack Nelson started a ferry "service" across Oregon Inlet in 1924. Business wasn't all that hot, which isn't surprising considering (a) it took people who were not risk averse to drive on a barge and be pulled across the water by a tug, and (b) there were no roads once you got on the south side of Oregon Inlet. Nelson soon went out of business. Undeterred by this example, Captain JB (Toby) Tillett re-established the ferry and preserved through thick and thin until the state stepped up in 1934 and began subsidizing his operation so fares could be reduced. Eight years later, with lower fares and an improved wooden "trawler-type ferry" drawing more customers, the state underwrote the operation so that the tolls could be dispensed with all together. North Carolina was in the ferry business.

Perhaps inspired by this example, Captain TA Baum started operating his own ferry business on Croatan Sound in the early 1940s. And, sure enough, when he died in 1946, his family soon sold the business to the state, which this time placed the operation under the

Highway Commission. This made sense since the state was paving the roads on the Outer Banks at about the same time. It is not quite as easy to make sense out of the names of the two ferries Tillett was operating at the time — *New Inlet* and, would you believe, *Barcelona*. In any case, the state bought Tillett out in 1956, thereby acquiring the two 11-car ferries. Noting that the US Navy had an excess of World War II landing craft, the state purchased several LCTs (Landing Craft Tank), which had a capacity of 21 cars and LCUs (Landing Craft Utility), which could carry 18 cars. How's this for an advertising slogan, "Let's hit the beach at Whalebone Junction"?

The rest, as they say, is history. As time went by, some new ferry routes were established and others were replaced by bridges. The fleet grew in numbers and sophistication. The whacky creativity of the name *Barcelona* was replaced by the more pedestrian policy of naming ferries after governors, other notables or local landmarks. (Your quiz for the month: Who was Alpheus W. Drinkwater? For extra credit: How did a business called The West India Fruit and Steamship Company come to own the private ferry *Sea Level*?)

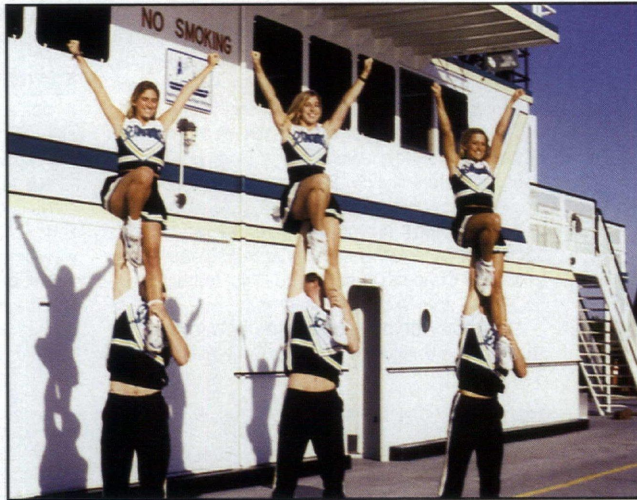
In an effort to jazz up the fleet, the Ferry Division decided to put the logo and stripe the ferries with the school colors of 16 state uni-

versities, but they didn't name them *m/v* (motor vessel) *Chapel Hill* or *m/v NC State* or *m/v Wilmington*, etc. For example, the UNC-Wilmington ferry is named *m/v Fort Fisher*, but painted in the UNCW teal, gold and navy colors; the UNC-Chapel Hill is actually named the *m/v Carteret*.

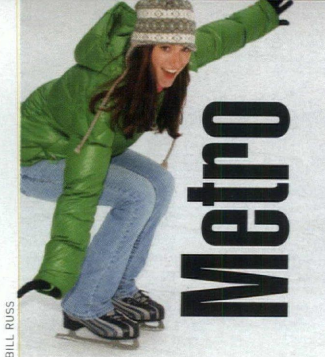
After the 16 were done, someone did the math and realized they had six undecorated ferries (22 minus 16 equals six). Hmmm. Maybe we ought to rethink this. How about the community colleges? Aside from the fact that these schools don't have colors, there are 58 of them. OK, how about the private schools, they have colors? Whoops, there are more than 35 of them (35 schools minus six ferries leaves 29 unhappy schools).

Finally, someone terminated the dialogue by deciding that the six should be painted in honor of the six largest private colleges: Gardner-Webb University, Duke University, Wake Forest University, Methodist College, Shaw University and Meredith College.

On a serious note, our navy does a great job of ferrying thousands of tourists, commuters and thrill seekers across our rivers and sounds — generally at a low cost. Moreover, if the doomsayers are correct, and the sea level rises in the next century, we may be connecting a lot more points along our coast with ferries. **MM**



m/v Fort Fisher dedication



BILL RUSS

Preview

by Mary Ward Boerner

WARM UP TO FEBRUARY FUN

GALLERY

DISCOVER CRAFT NC: The stylings of 23 North Carolina craftspeople will be on display; Craven Arts Council & Gallery's Bank of the Arts, New Bern; Thru Feb. 16. Contact 252-638-2577 or www.craven-arts.org.

JIMMY CRAIG WOMBLE II RECENT WORKS: Gallery C, Raleigh; Thru Feb. 12. Contact 919-828-3165 or www.galleryc.net.



HILLSBOROUGH GALLERY OF ARTS

The Hillsborough Gallery of Arts features "Winter Blues," a show of work by the gallery's member artists, through Feb. 23.

LICHTENSTEIN — SHAPES COLORS DOTS & POP: Animation & Fine Art Galleries, Chapel Hill; Thru Feb. 7. Contact 919-968-8008 or www.animationandfine-art.com.

LYDIA THOMPSON & MICHAEL BARRINGER: Sommerhill Gallery, Chapel Hill; Thru Feb. 16. Contact 919-968-8868 or www.somerhill.com.

WINTER BLUES: A show of new work by gallery member artists; Hillsborough Gallery of Arts, Hillsborough; Thru Feb. 23. Contact 919-732-5001 or www.hillsboroughgallery.com.

POLYTYCHS BY SUZY ANDRON: Salon Moxie, Raleigh; Thru Feb. 29. Contact 919-850-0721 or www.salon-moxie.com.

WINTERSHOW: Nancy Tuttle May Studio, Durham; Thru March 1. Contact 919-286-2097 or www.nancy-tuttlemay.com.

MICROCOSM/MACROCOSM: Exhibition featuring new works by Raleigh artists Jason Craighead and Tricia McKellar; Miriam Preston Block Art Gallery, Raleigh; Feb. 1-March 13 (Opening Reception Feb. 1). Contact 919-890-3610 or www.raleigh-nc.org.

VAE'S ANNUAL ART AUCTION & GALA: Silent & Live Art Auction and gala; North Ridge Country Club, Raleigh; Feb. 2. Contact www.visualartexchange.org/gala.

LANDSCAPE IN ART — THE CONTINUUM V: Featuring new works by Michael Knoch, Henry Link, Kevin Fitzgerald, David Nance and John Gaitenby; City Art Gallery, Greenville; Feb. 7-March 1 (Opening Reception Feb. 7). Contact 252-353-7000 or www.city-art-gallery.com.

LANDSCAPES — WORKS BY MATTHEW MAHLER: Studio 180, Cary; Feb. 29-March 27. Contact www.matthewlmahler.com.

EVENTS AT ARTSPACE: Raleigh; Contact 919-821-0383 or www.artspacenc.org.

• **JOCELYN CHÂTEAUVERT:** Visual Art; Gallery 1; Thru March 8 (Opening Reception Feb. 1).

• **CHRISTIN KLEINSTREUER, NEW ZEALAND — THE GREAT ESCAPE:** Visual Art; Upfront Gallery; Thru March 1 (Opening Reception Feb. 1).

• **EMILY CASH, CONSUMPTION JUNCTION:** Visual Art; Lobby; Thru March 1 (Opening Reception Feb. 1).

CLASSICAL

CAROLINA PIANO TRIO — NC COASTAL AND MOUNTAIN THEMES: North Carolina Museum of Art, Raleigh; Feb. 3. Contact 919-715-5923 or www.ncartmuseum.org.

THE FRENCH BAROQUE — PALACE TO PARLOR, MUSIQUE DE FRANCE: Period music concert; Horace Williams House, Chapel Hill; Feb. 10. Contact 919-942-7818 or www.chapelhillpreservation.com.

DUKE CHORALE CHAMBER CHOIR AND THE CHORAL SOCIETY OF DURHAM: Bach: *St. John Passion*; Duke University Chapel, Durham; Feb. 24. Contact 919-560-2733 or www.choral-society.org.

EVENTS AT THE DUKE UNIVERSITY DEPARTMENT OF MUSIC: Duke University, Durham; Contact 919-660-3333.

• **DUKE WIND SYMPHONY — MODERN AMERICAN VOICES:** Baldwin Auditorium; Feb. 7.

• **CIOMPI QUARTET — FIRST COURSE CONCERT:** Doris Duke Center, Duke Gardens; Feb. 14.

• **CIOMPI QUARTET W/JOSEPH ROBINSON:** Reynolds Industries Theater; Feb. 16. Call 684-4444 for tickets.

• **ORGAN RECITAL — JOHN SCOTT:** Duke Chapel; Feb. 17.

• **DUKE NEW MUSIC ENSEMBLE:** Sheaffer Theater (Bryan Center); Feb. 20.

• **PIANO MASTERS W/NING LU AND JIE LU:** Baldwin Auditorium; Feb. 21.

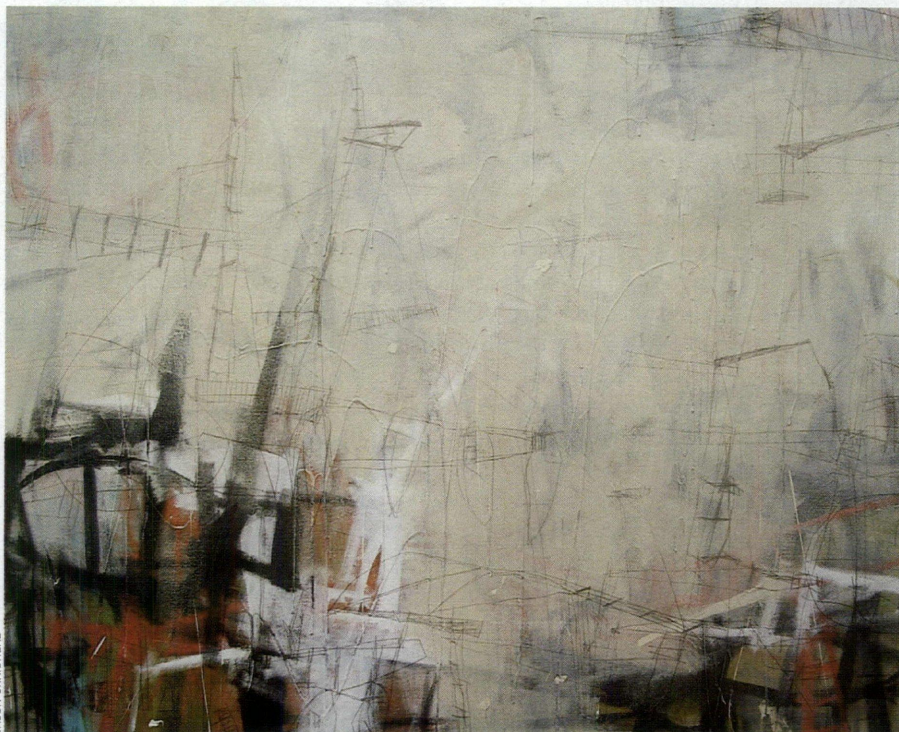
• **DUKE JAZZ ENSEMBLE W/GUEST ARTIST JIMMY HEATH:** Baldwin Auditorium; Feb. 22.

POP MUSIC

DBR & THE MISSION: Stewart Theatre at NCSU, Raleigh; Feb. 9. Contact 919-515-1100 or online at www.ncsu.edu/arts.

THE TAJ MAHAL TRIO: Presented by PineCone; Progress Energy Center for the Performing Arts, Raleigh; Feb. 14. Contact 919-834-4000 or online at www.pinecone.org.

THE CLAIRE LYNCH BAND: Presented by PineCone and the town of Holly Springs; Holly Springs Cultural Center, Holly Springs; Feb. 23. Contact 919-567-4000 or www.etix.com.



JASON CRAIGHEAD

Forward Progress 08 by Jason Craighead will be on display during the exhibition *Microcosm/Macrocosm* at the Miriam Preston Block Gallery in Raleigh through March 13.

STAGE & SCREEN

CABARET: Presented by Carolina Ballet; Memorial Auditorium at the Progress Energy Center for the Performing Arts, Raleigh; Feb. 7-10. Contact 919-719-0900 or www.ticketmaster.com

THE SMELL OF THE KILL: Presented by Theatre in the Park; Ira David Wood Theatre at Pullen Park, Raleigh; Feb. 8-17. Contact 919-831-6058 or www.theatre-inthepark.com.

EPIC PROPORTIONS BY LARRY COEN & DAVID CRANE: Presented by Raleigh Little Theatre; Cantey V. Sutton Theatre at Raleigh Little Theatre, Raleigh; Feb. 8-24. Contact www.raleighlittletheatre.org.

SHIRLEY VALENTINE: Starring Rebecca Koon; Sawtooth Center, Winston-Salem; Feb. 16- March 2. Contact 336-723-7395 or www.ncshakes.org.

GODSPELL: Presented by University Theatre at NC State; Stewart Theatre at NC State, Raleigh; Feb. 20-23. Contact 919-515-1100 or www.ticketcentral-ncsu.edu.

BALANCHINE FAVORITES: Presented by Carolina Ballet; AJ Fletcher Opera Theater at the Progress Energy Center for the Performing Arts, Raleigh; Feb. 21- March 2. Contact 919-719-0900 or www.ticketmaster.com

ANNIE GET YOUR GUN: Presented by NC Theatre and starring Larry Gatlin; Raleigh Memorial Auditorium at the Progress Energy Center for the Performing Arts; Feb. 23- March 2. Contact 919-834-4000 or www.ticketmaster.com.

FLORA, THE RED MENACE: Presented by ECU School of Theatre and Dance; McGinnis Theatre at ECU, Greenville; Feb. 28- March 4. Contact 1-800-ECU-ARTS or www.theatre-dance.ecu.edu.

INTO THE WOODS JR.: Presented by StageHANDS; New Bern Civic Theater, New Bern; Feb. 29. Contact 252-634-9057 or www.newberncivictheatre.org.



Daniel Bernard Roumain (aka DBR) performs along with his nine-piece band at NCSU Stewart Theatre in Raleigh, Feb. 9.

EVENTS AT PLAYMAKERS REPERATORY COMPANY: Paul Green Theatre at the Center for Dramatic Art, UNC-Chapel Hill; Contact www.playmakersrep.org.

- **DOUBT — A PARABLE:** Thru March 1
- **TOP DOG/UNDERDOG:** Thru March 2

MUSEUMS

NEW BERN IMAGES PART II: Presented by the New Bern Historical Society; New Bern-Craven County Public Library, New Bern; Feb. 26. Contact 252-638-8558.

THE ABC OF COLLECTING EVERYMAN'S LIBRARY, ARCHIVES, BOOKS, COLLECTIONS: Wilson Library at UNC, Chapel Hill; Thru March 31. Contact 919-962-1143

or www.lib.unc.edu/spotlight/2008/everymans.html.

OUR SUNKEN HISTORY — ARCHEOLOGICAL TREASURES FROM NORTH CAROLINA SHIPWRECKS: NC Maritime Museum expansion site at Gallants Channel, Beaufort; Open Thursdays for guided tours; Contact 252-728-7317 or www.ncmaritimemuseum.org.

EVENTS AT THE NASHER MUSEUM OF ART: Duke University, Durham; Contact www.nasher.duke.edu.

- **LECTURE BY THELMA GOLDEN:** Feb. 26
- **FESTAC '77 SYMPOSIUM:** Feb 29 & March 1
- **THE PAST IS PRESENT — CLASSICAL ANTIQUITIES AT THE NASHER MUSEUM:** On view thru Feb. 2008
- **TASTE OF THE MODERN — ROTHKO, RAUSCHENBERG, OLDENBURG, KLINE:** Now Open
- **NEW AT THE NASHER:** On view thru July 6, 2008
- **BARKLEY L. HENDRICKS — BIRTH OF THE COOL:** Feb. 7- July 13

EVENTS AT THE NC MUSEUM OF ART: Raleigh; Contact 919-839-6262 or www.ncartmuseum.org.

- **MODERN AMERICAN PAINTINGS FROM THE BEQUEST OF FANNIE AND ALAN LESLIE:** Thru Fall 2009
- **CHANGING PERCEPTIONS — MODERN EUROPEAN ART FROM THE COLLECTION OF MR. AND MRS. JULIAN H. ROBERTSON:** Thru March 9
- **FAR FROM HOME:** Feb. 17-July 13
- **CHAMBER MUSIC CONCERT — CAROLINA PIANO TRIO:** Feb. 3
- **LUNCH & LEARN — ART AND THE HOLY:** Feb. 8
- **ART IN THE EVENING:** Feb. 8, 15
- **FILM — THE EARRINGS OF MADAME DE...:** Feb. 8
- **LECTURE — PAUL KLEE, PSYCHIC IMPROVISATIONS IN THE SHADOW OF DEATH:** Feb. 10
- **FILM — PIERROT LE FOU:** Feb. 15
- **LUNCH & LEARN — PHARAOH'S ARTISTS:** Feb. 23
- **FAMILY WORKSHOP — ARTEXPLORATIONS:** Feb. 23
- **FILM — MAFIOSO:** Feb. 29

10th ANNIVERSARY
Carolina Ballet
Robert Weiss, Artistic Director

Carolina Ballet 10th Anniversary FANFARE

February 22—24, 2008

Fanfare Gala on Saturday Evening with Big Swing and the Ballroom Blasters

Included is a Friday or Sunday performance of *Balanchine Favorites* with a reception to be held prior to each performance

Late Night Party Sizzling at the Samovar Lounge

Exciting Raffle Prizes:

10th Anniversary Raffle: New York Trip

Golden Raffle: Paris, Pearls from Elaine Miller
and a Home Entertainment System from
Audio Video Excellence avxnc.com

For more information or an invitation
call us at 919.719.0800 x272
or e-mail RSVP@carolinaballet.com



Hilltop Home

Eighth Annual Night at the Theatre Fund Raising Event

A.J. Fletcher Theatre
Progress Energy Center
for the Performing Arts

Featuring

Jay Johnson

The Two and Only



March 4, 2008

Lavish Champagne Reception
begins at 7:00 PM

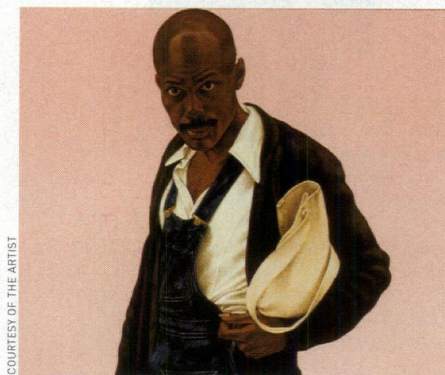
Show begins at 8:00 PM

For tickets or
more information call

919-231-8315

EVENTS AT THE NC MUSEUM OF HISTORY: Raleigh; Contact 919-807-7900 or online at www.ncmuseum-offhistory.org.

- **HISTORY CORNER — HISTORY DETECTIVES:** Feb. 6
- **AFRICAN AMERICAN HISTORY TOUR:** Feb. 9
- **THE CAPITAL CITY FIVE:** Daniels Auditorium; Feb. 10
- **HISTORY À LA CARTE — LITERARY TRAILS OF THE NORTH CAROLINA MOUNTAINS:** Feb. 13
- **HISTORY STORIES FOR CHILDREN:** Feb. 16
- **BEARING WITNESS — CIVIL RIGHTS PHOTOGRAPHS OF ALEXANDER RIVERA:** On view thru March 1, 2009.
- **COCKTAILS AND CAMOFLAGUE — HOSTED BY THE NC MUSEUM OF HISTORY YOUNG ASSOCIATES:** Feb. 29



Barkley L. Hendricks, *Misc. Tyrone (Tyrone Smith)*, 1976. Oil and magna on linen canvas, 72 x 50 1/4 inches. Part of the exhibition, "Barkley L. Hendricks: Birth of the Cool," on view at the Nasher Museum of Art at Duke University, Feb. 7- July 13.

EVENTS AT THE ACKLAND ART MUSEUM: UNC-Chapel Hill; Contact www.ackland.org.

- **PICTURING THE WORLD — CAROLINA'S CELEBRATED PHOTOJOURNALISTS:** Jan. 11-April 6
- **THEME AND VARIATION — PRINT SEQUENCES FROM ORNAMENT TO ABSTRACTION:** Thru Feb. 24
- **PERSPECTIVES ON PUBLIC JUSTICE:** Thru May 4
- **GLORIFYING PATRONAGE — ART IN SERVICE OF FAMILY, FAME AND FORTUNE:** Feb. 13-Aug. 16
- **JANET JARMAN — LONG-TERM DOCUMENTARY COVERAGE OF ISSUES RELATING TO SOCIAL AND ECONOMIC JUSTICE:** School of Journalism and Mass Communication, 11 Carroll Hall; Feb. 6.

EVENTS AT THE CAPE FEAR MUSEUM: Wilmington; Contact 910-798-4350 or online at www.capefearmuseum.com.

- **OCEAN — EXPLORE, DISCOVER:** Opens Feb. 3
- **CAPE FEAR SEASHELLS:** Ongoing Temporary Exhibit
- **RESIDENTS FREE DAY:** Feb. 3; All New Hanover County residents are admitted free.

- **WINTER JAZZ — GRENALDO FRAZIER:** Feb. 8
- **LEARNING CENTER — UNDER THE SEA:** Feb. 9, 16, 23
- **CAPE FEAR SKIES:** Feb. 17

EVENTS AT MARBLES KIDS MUSEUM: Raleigh; Contact 919-834-4040 or www.marbleskidsmuseum.org.

- **FAT TUESDAY ANNUAL BENEFIT:** Feb. 5

POTPOURRI

OVER THE RAINBOW: An evening to benefit *The Lost Colony* featuring music, dance, entertainment, silent auction and special guests; North Carolina Aquarium, Manteo; Feb. 2. Contact 252-473-2127.

2008 TRIANGLE WINE EXPERIENCE: Benefits Frankie Lemmon Foundation; Triangle Restaurants, Wine Shops and Kerr Scott Building at the NC State Fairgrounds, Raleigh; Feb. 7-9. Contact 919-845-8880 or www.trianglewineexperience.org.

NEW BERN PRESERVATION FOUNDATION ANTIQUES SHOW: Riverfront Convention Center, New Bern; Feb. 8-10. Contact 252-633-6448 or online at www.visit-newbern.com.

STORIES WORK — MEN & WOMEN, LIVING IN THE EXPANDED WORLD OF OTHERS: Bishops House, Duke University, Durham; Feb. 14. Contact 919-321-8969 or www.storieswork.org.

BENJAMIN FRANKLIN — IN SEARCH OF A BETTER WORLD: The national traveling exhibit looks at the remarkable life and achievements of Benjamin Franklin; Cameron Village Regional Library, Raleigh; Feb. 15-March 28. Contact 919-856-6703 or online at www.wakegov.com.

CAROL STEIN'S GARDENERS FORUM — GOT THE BLUES: The Garden Hut, Fuquay-Varina; Feb. 16. Contact 919-552-0509 or www.nelsasgardenhut.com.

CAROLINA BALLET 10TH ANNIVERSARY FANFARE: Kerr Scott Building at the NC State Fairgrounds, Raleigh; Feb. 22-24. Contact 919-719-0800 or RSVP at carol-inaballet.com.

GIRLS NIGHT IN — SHOP FOR A CAUSE NORDSTROM: An exclusive shopping event benefiting Girls on the Run; Nordstrom at The Streets at Southpoint, Durham; Feb. 24. Contact www.gotrtriangle.org.

OSCAR NIGHT AMERICA 2008: A Gala event and silent auction to benefit Theatre In The Park; Ira David Wood Theatre at Pullen Park, Raleigh; Feb. 24. Contact 919-831-6936 or www.theatreinthepark.com.

COOKBOOK SIGNING AT QUINTESSENTIALS: Cookbook author and North Carolina native Mary James Lawrence and her partner, French chef Xavier Hoffalt, will hold a cookbook signing and food sampling. Quintessentials, Raleigh; Feb. 27, 12-5 p.m. Contact 919-785-0787.

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

No security fee. No reservation fee. No worries.

888.258.9287
bluewatergmac.com

Bluewater **GMAC**
Real Estate

- TRYON PALACE THEATER: Feb. 16
- TRYON PALACE PARLOR TALK: Feb. 5
- TRYON PALACE COUNCIL OF FRIENDS HISTORICAL MOVIE SERIES: Feb. 5
- NC HISTORY BOWL REGIONAL COMPETITION: Feb. 8
- TRYON PALACE AFRICAN AMERICAN LECTURE: Feb. 21
- TRYON PALACE HISTORY AFTER DARK: Feb. 22

EVENTS AT JC RAULSTON ARBORETUM AT NCSU: Raleigh; Contact 919-513-7005 or www.ncsu.edu/jc-raulstonarboretum.

- EXPLORING THE FASCINATING WORLD INSIDE THE HIVE — INSIGHTS INTO THE HONEY BEE AND BEEKEEPING: York Auditorium; Feb. 7.
- WINTER GEMS: Visitors Center; Feb. 12.
- A WALK IN THE WINTER GARDEN: York Auditorium; Feb. 17.

8TH ANNUAL HILLTOP HOME NIGHT AT THE THEATRE FUNDRAISING EVENT FEATURING JAY JOHNSON — *THE TWO AND ONLY*: The evening includes a Champagne reception and performance proceeds to benefit Hilltop Home; AJ Fletcher Theatre in the Progress Energy Center for the Performing Arts, Raleigh; March 4. For information on this concert, or other ways in which you can support Hilltop Home, please contact 919-231-8315 or epearce@hilltophome.org.

Our thanks to Cyndi Harris for her assistance with MetroPreview.

EDITOR'S NOTE: Please send events info and color images, slides or photos 6 weeks before publication date. Send to Mary Ward Boerner, Metro Magazine, 1033 Oberlin Rd. Suite 100, Raleigh, 27605 or e-mail: mary@metromagazine.net.





April 10-13, 2008

- Grand Wine Tasting
- "Fire on the Rock" Chef's Challenge
- Vintners' Dinners
- Winemaker Competitions
- "Uncork the Festival" Gala
- Bob Timberlake Signing
- Cooking Classes and Seminars
- Cashore Marionettes
- VIP International Wine Gala
- Champagne Brunch
- Book Signings
- Silent Auction
- Merchant Specials



Blowing Rock





Blowing Rock Hotels and Resorts are featuring a variety of Festival Packages


877-295-7965 | www.blueridgewinefestival.com

40TH ANNUAL TRYON PALACE DECORATIVE ARTS SYMPOSIUM

Borrowed, Invented & Stolen

CELEBRATING THE DECORATIVE ARTS IN AMERICA

MARCH 28 - MARCH 30, 2008



Tryon Palace
HISTORIC SITES & GARDENS • NEW BERN

1-800-767-1560

www.tryonpalace.org

a weekend of food fun and drink



on the outer banks

dare county restaurant association's

Taste of the Beach

March 6-9, 2008

A long weekend of events, cooking classes, and incredible meals fit for every foodie fanatic. Plan your culinary adventure now at www.obxtasteofthebeach.com

The Outer Banks OF NORTH CAROLINA This project funded in part by The Outer Banks Visitors Bureau. 1-877-OBX-4FUN or www.outerbanks.org

On the Town

by Katie Poole

3rd Annual Brimley Ball

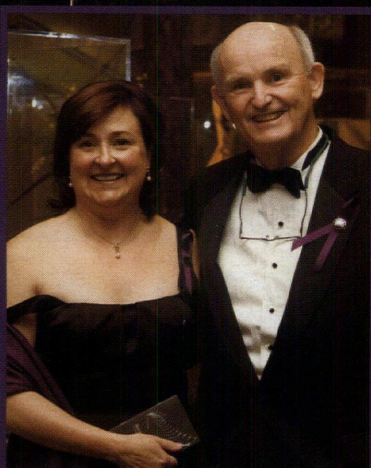
North Carolina Museum of Natural Sciences
Raleigh, NC
November 17th, 2007



Susan and I. Beverly Lake



Luke and Sonja Laborde



Dana Jennings and Tom Earnhardt



Tom and Lindi Howe



Bonnie and Rog Smith



Harriet Hill and Fran Preston



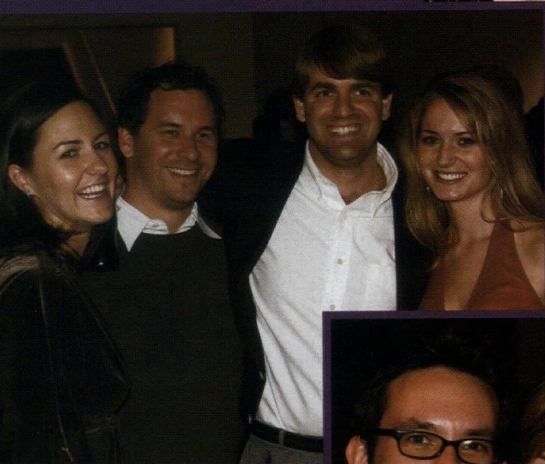
Bill Holman, Stephanie Bass, Gene and Betsy Conti

14th Annual Jingle Ball

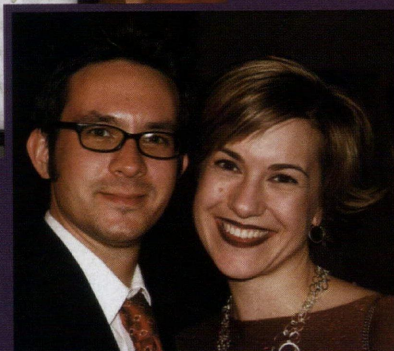
Marbles Kids Museum
December 6th, 2007
Raleigh, NC



Lisa Allen and Will Young



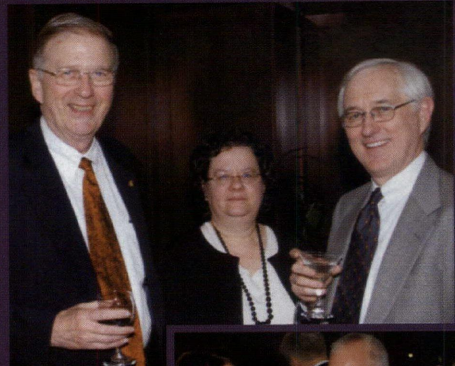
Lisa Allen, Will Young, Wil Spears
and Christina Spears



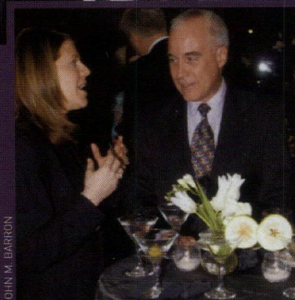
Kevin Bilbery and Adrienne Binni

Poyner & Spruill Partners with NC Symphony to Pay Tribute to Nat King Cole

Meymandi Concert Hall
Friday, January 18
Raleigh, NC



Steve and Sarah
Shaber, David Work



Lisa Sumner, John and Belinda Hester

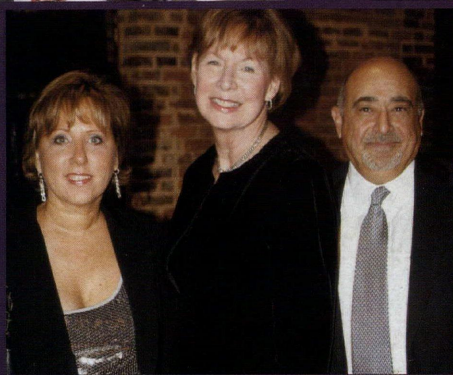
Leadership Triangle Presents the Sixth Annual Goodmon Awards

American Tobacco, Bay 7
Durham, NC
December 10, 2007

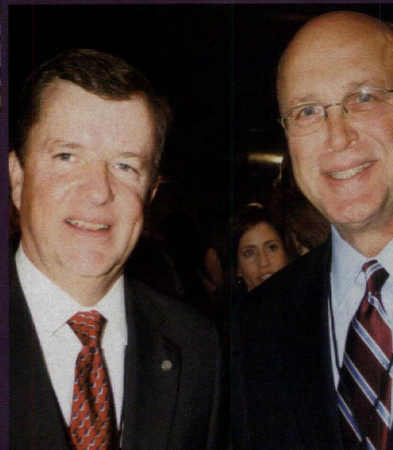
Frank and Lenna Hobson,
Chris Hoina



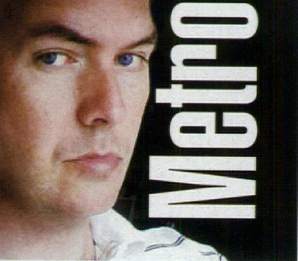
Lucien Roughton, Cam Ingram,
Richard Morgan, Rory Ingram



Suzanne Kinkel, Eileen Sakey and JP Sakey



Howard Johnson, Harvey Schmitt



by Louis St. Lewis

Artist-at-Large

NEW GALLERIES, NEW SHOWS

ools walk in where angels fear to tread." I personally think this statement was created to describe people who are crazy enough to open art galleries. I've seen more than a few open and close in the past couple of decades, but lucky for us there seems to be a constant stream of brave souls willing to step up to the challenge of selling art to the art lovers in our midst. Not only is the venture extremely risky from a financial point of view, but the brave souls must deal with the whims of the fickle public and the fragile egos of the artists they represent, as well. I don't know how they do it, but God bless 'em!

It therefore gives me great pleasure to announce the opening of Adam Cave Fine Art (www.adamcavefineart.com), located at 115 1/2 Hargett St. in downtown Raleigh, just a hop from Moore Square. Many of you will know Adam as the gallery director of Gallery C for the past 10 years, but he obviously has decided that it was time to spread his wings and perhaps feather his nest for a change. It doesn't hurt that Adam is taking with him his father, artist Stephen Cave, one of Gallery C's most popular and creative landscape painters, to become part of his artistic stable. This sta-

ble includes area favorites including photographer Stephen Aubuchon, as well as artists Wayne Taylor, Donald First, Jennifer O'Connell and others.



Adam and Cindy Cave, owners Adam Cave Fine Art

The idea is to keep the number of artists to a minimum, allowing Cave to concentrate on the development and promotion of each artist's career, as opposed to crowding the space with every artist in the phone book and just hoping that someone walks in. I wish there were more gallery directors with this approach. Unfortun-

ately, many galleries are satisfied exhibiting the most inane art imaginable, and when it inevitably sells to tasteless rabble, the gallery director looks smug, and the artist is only too happy to crank out the same painting ad nauseum. That doesn't make a gallery or an artist, ladies and gentlemen — that makes a shop and a product producer. With Adam's family history and his years of experience working for one of the more successful galleries in our area, I have great hopes that his new foray into the world of artistic representation brings great rewards for us all. Do the right thing and go check out his new space. You may just find the treasure you have been looking for.

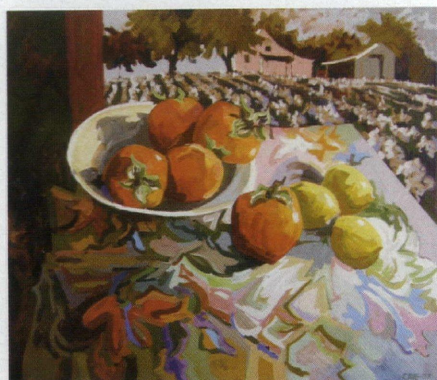
CRAIGHEAD EXHIBITION

Also on Hargett Street, one of the great overlooked exhibition spaces in Raleigh is located in the Avery C. Upchurch Municipal Building. The current show features work by Raleigh's own Jason Craighead, who has been a very busy boy for the past few years, exhibiting all up and down the East Coast. Jason looks very much like the artist, acts very much like the artist and works very much like the artist. He is prolific and has a definite talent. If you have



Stephen Aubuchon, *The White Dress*, Photograph

never seen his paintings before, they have the definite vibe of abstract expressionism, and they conjure up ghosts of everyone from Motherwell to Franz Kline to Cy Twombly. The scale is dramatic, and I can't wait to see how his style will evolve over time. Showing along with Jason, Tricia McKellar will be exhibiting her dramatic



Joseph Cave, *Lemons and Persimmons*, oil on linen

digital shibori collages that feature everything from vintage photos to insects and hand-dyed fabrics. I've always said that if Leonardo Di Vinci was alive he would be working in a digital format, and I'm glad to see this lady doing so with such enthusiasm.

TWO FOR THE SHOW

A perfect duo of artists is showing together this month, so get off of your tuffer and go check out the lovely work by Wayne Trapp and Mary-Ann Prack, up until the 19th of this month at Tyndall Galleries. I have known Wayne for many a year, and he consistently brings out one stellar show after another. An "eminence grise" of North Carolina painters, Wayne has the artistic confidence and dash of artists half his age. His works have an instinctive balance and control of color that no textbook or college can teach. Mary-Ann is his perfect foil, a gracious and elegant ceramicist whose sculptural forms and strong sense of design are amazing to witness. Seeing how the work of these two artists show against each other in a gallery setting is simply stunning. I wish both of them the greatest luck.

ST. JOAN

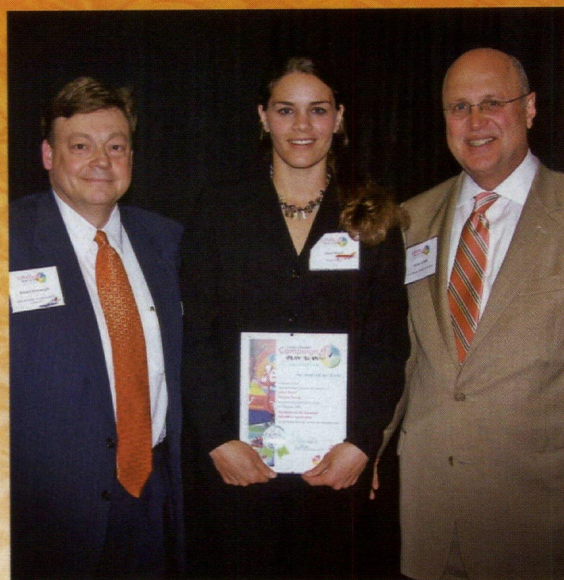
And last but not least, I want to congratulate the Concert Singers of Cary for

the phenomenal *Voices of Light: The Passion of Joan of Arc* performed recently at the Unitarian Universalist Fellowship of Raleigh. The Concert Singers — with the Raleigh Symphony Orchestra — captivated the audience while the amazing silent film from 1928 of St. Joan by Danish film director Carl Dreyer played before us. The original negative was burned, the film was censored and for most of the 20th century

it was considered a lost masterpiece. The complete film, only discovered by accident in the closet of a mental institution in the 1980s, is hypnotic, beautiful and haunting. It's been a long time since an art event moved me this way. Maria Falconetti as St. Joan could say more with one glance than the whole lot of modern-day Hollywood starlets grouped together. If you missed this one, you really missed it. **MM**

Alison Board

Progress Energy



2007 Campaign Rookie of the Year

As the Chamber begins its 2008 Total Resource Campaign, we'd like to recognize and congratulate Alison Board, business financial analyst with Progress Energy, for her outstanding efforts in our 2007 Campaign. Her efforts alone raised \$33,440 for the Greater Raleigh Chamber, earning Alison the coveted "Rookie of the Year" title.

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

The Chamber
Greater Raleigh Chamber of Commerce

YOU DON'T KNOW BEANS

I just returned from a four-day Southern Foodways Alliance affair at Blackberry Farm Inn, a 4200-acre estate nestled in the Great Smoky Mountains near Knoxville, TN. I resisted the temptation to check out Dollywood (that did not take a major effort), which is located just a few miles away at Pigeon Forge, and devoted my time to enjoying the superb food, wine and accommodations that prompted Zagat to name Blackberry Farm Inn the best small hotel in America.

Members of the Alliance gathered for an annual celebration that included inducting Alex and Betsy Hitt of Peregrine Farms into the prestigious Southern Fellowship of Southern Farmers, Artisans and Chefs. Many Triangle residents know the Hitts from the Carrboro Farmers' Market where they are mainstays, offering the highest quality vegetables, flowers and bakery products from their Graham farm.

These pioneers in sustainable agriculture — they operate with a 10-year crop rotation plan — also provide premier Triangle restaurants with products from their farm, including greens and a variety of peppers and heirloom tomatoes. Triangle chefs who are gaining national reputations use locally grown produce and rely heavily on the Hitts.

Speaking of local chefs who have made their mark, Chef Andrea Reusing of Lantern in Chapel Hill was one of three chefs featured at our *Taste of the South* gathering. The course she prepared — one of seven — was salt-cured duck with Louisiana kumquats and Peregrine Farm chilies. It was the clear favorite at my table that included Chef Scott Peacock of Watershed in Decatur, GA, and Molly O'Neill, *New York Times Sunday Magazine* food columnist. Molly is the sister of former Yankee outfielder Paul O'Neill and the author of *Mostly True: A Memoir of Family, Food and Baseball*.

If you dined recently at Lantern or in Durham at Magnolia Grill, consider that you got a bargain. A package of a special dinner for four at the two Triangle restaurants brought \$3000 at the live auction that raised more than \$60,000 for Southern Foodways Alliance efforts, including its oral history

program. Historian Amy Evans already has documented two Down East foodways legends: Ed Mitchell, now proprietor of The Pit in Raleigh, and Wilber Shirley of Wilber's in Goldsboro.

As for beans, I learned a lot about them high amidst the Great Smokies from a fellow in Pointer Brand overalls who talked like a Harvard grad. Blackberry Farm Master Gardener John Coykendall is what is called a "seedsman" among folks devoted to preserving heirloom fruits and vegetables. His specialty is near-extinct beans — both lima



Coykendall in the garden at Blackberry Farm.

and green. He quickly dispensed with the "What is the difference between a butterbean and a lima bean?" debate by noting that all these flat, green-hulled beans are lima (Leye ma) beans because they originated in Lima (Lee ma), Peru, and that over the years, names such as "butterbean" have attached to particular varieties. The name is meaningless except to prompt what I consider mindless debate.

John, like Bill Best at the Sustainable Mountain Agriculture Center in Berea, KY,

has tramped up and down the coves and hollows of Appalachia ferreting out seed-saving families who have passed down bean stock from crop to crop and generation to generation. Many beans, such as the Cherokee October Bean, have documented histories going back to the 18th century. Between you and me, I expect if one had the time and inclination to look, you could find rare varieties in Eastern North Carolina.

As a result of patience and good detective work, John's freezer contains bean stock from more than 100 different kinds with exotic names like Carolina Red Stick, Partridge Beans, Milk-and-Cider, Cut-Short Greasy Back, and Whippoorwill. Bill Best counts among his collection the North Carolina Speckled Long Greasy Cut-Short Bean, Ora's Speckled Bean, and the Lazy Wife Greasy. In case you are wondering, the "greasy" name is used to describe string beans that have a slick surface. You can purchase small quantities of heirloom beans from Bill Best (www.heirlooms.org).

Ronni Lundy, the Asheville food writer, said, "The rapid and natural mutation of the green bean led to a fascinating cultural and culinary phenomenon in the American South. Nearly every holler ended up with a green bean with some distinctly different characteristic that distinguishes it from its cousin the next holler over. Families and communities gave their names to these beans and some swore they were the best to be found. The mutated strains were passed on from generation to generation of seed collectors and even migrated around as daughters married sons from other bean stock and, in turn, their beans not only 'married' but, in different sunlight and soil, mutated into a new family bean."

These plain folks were geneticists and didn't know it. If they saw a few larger beans or beans of a different color, they might separate them and plant only those. Then they would repeat that process the next year until they developed a new strain. John said one regret of his is that the beans do lose their identifying colors and markings when cooked.

One of the principal attractions of

Blackberry Farm is its food — as much as possible fresh from John's garden or from local farmers. Homemade cheeses, eggs with bold yellow yolks, flour and cornmeal grown and milled locally, and meat raised in its broad pastures are served up by some of the nation's finest chefs. Until recently, the executive chef was John Fleeer of Winston-Salem, son of Dr. Jack Fleeer, long-time chair of the Political Science Department at Wake Forest.

Mass marketing considerations have been the death of countless heirloom strains — not only beans, but also tomatoes, corn, apples, pears and dozens of other fruits and vegetables. As John noted, seed companies have bred toughness into beans so they can withstand shipping and have shelf life once they arrive. "Why," he said, "I have bought beans in the store that were so tough the pot likker was tough." While there are hundreds of varieties of green beans still extant, you are lucky to find more than a half dozen in the markets.

Try cooking some of those precious little haricot verts — touted as tender and flavorful — the Down East, slow-cooking way. I bought two pounds for a dinner party that did not materialize, so I threw them in the pot with seasoning meat, got them simmering and walked away. They cooked until the cows came home and were still the crunchy, prissy little green beans I started with. As for me, I believe that half-runners and pole beans have been the least tampered with of supermarket beans, if you are lucky enough to find them. I avoid the traditional string beans that you cannot force flavor.

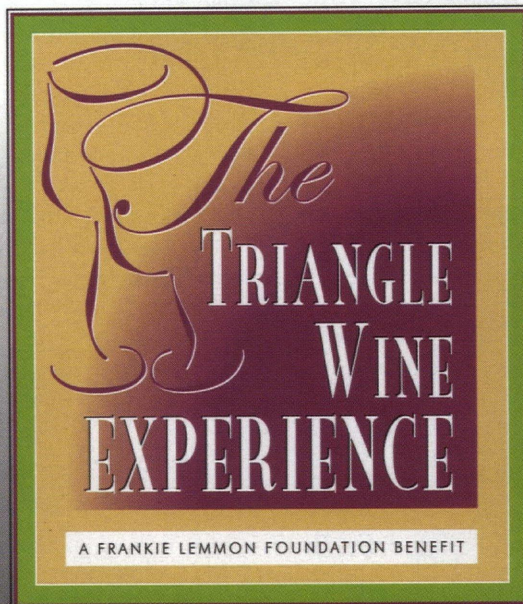
But all said, your local farmers' market is where "goodness grows," to borrow a phrase from the North Carolina Department of Agriculture. One thing is sure: The farther "fresh" food has traveled, the less flavor and goodness it is apt to have. The Carrboro market is the best I have even seen. I cannot imagine living anywhere close to Chapel Hill and not shopping there at least once a week. There are lots of people with the dedication of the Hitts vending there and in markets scattered across the state. These are committed folks who take pride in how they grow their produce and raise their meat, what they sell and the contribution they make to their customers' quality of life.

It is ironic that I have greater access to quality fruits and vegetables via my farmers'

market in Winston-Salem than many people in small towns through the east. I could eat homegrown butterbeans and heirloom tomatoes three meals a day when they are in season. While your neighbors may be growing the world's best green beans or turnip salet or making the best honey, without a farmers' market in your community, there is little chance it will ever make its way to your table.

There is a movement afoot to get fami-

lies back around the table at mealtime. Just this week, I read that children in families that eat together at least four times a week — only four times — have fewer problems growing up. It's a great idea. And while we are at it, let's reconnect with local food sources and create an appreciation for the people who go the extra mile to put quality, natural flavor and goodness on our plates. **MM**



TM

Thursday, February 7, 2008
Wine Maker Dinners

Friday, February 8, 2008
Wine Maker Tastings



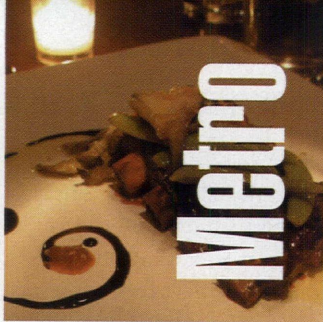
Saturday, February 9, 2008
Grand Gala & Wine Auction

Thursday-Sunday, May 1-4, 2008
Capital Crush at Moore Square

Thank you to our 2008 sponsors:



For event information
and reservations visit
www.twenc.org
or call 919.845.8880



Gourmet

by Moreton Neal

GREEK REVIVAL

Not too long ago many of the most popular restaurants in the South were owned by first or second generation Greek families. Remember Gus', Nick's, George's (usually followed by "Steakhouse" or "Fine Dining")? Most likely the owner's real name would be Augustus, Nikos or Giorgios. The subject was brought to my attention last year when I visited Birmingham, AL, to interview Frank Stitts, James Beard Award-winning owner/chef of Highland Grill — himself the son of a

tion to our own back yard. With the exception of Giorgios (George) Bakatsias, whose culinary repertoire covers the globe, Greek restaurants in the Triangle have been able to stay focused on classic cuisine of the old country. I like to attribute this to the multicultural and well-traveled population here in the Triangle — we are an experimental lot, willing to try and embrace unfamiliar flavors. As far back as half a century ago, the Mariakakis family found an audience for their mousaka and stuffed grape leaves and

owner Bill Bakis' partner became ill. Bakis tried retirement for a few months, but he missed the business and sought a new partner. He spotted Chef Giorgios Kastanios, recruited from Athens by Taverna Agora owner Lou Moshakos. A graduate of Le Monde, the prestigious Athenian culinary school, Kastanios had worked in fine restaurants all over Europe. His passion has always been his own regional cuisine and the food his mother cooked at home. Bakis recognized Kastanios' talent and enthusiasm and made him an offer he couldn't refuse — a partnership — to help open a taverna in Morrisville.

Nikos Taverna's colorful, contemporary new dining room in McCrimmons Shopping Center offers all the familiar standards — such as "patstitsio" (called "Greek lasagna") and "mousaka" (layers of eggplant, béchamel sauce and ground meat in casserole), as well as the unexpected — "octopodi" (grilled marinated octopus) and "saganaki" (pan-seared kefalograviera cheese flambéed with brandy). A tempting selection of vegetarian entrées includes artichoke, eggplant and spinach dishes. Everything we tried was delicious, cooked with skill and care. Our favorites were "kokkinisto," the most tender imaginable lamb shank braised for hours in a tomato and wine sauce with hints of cinnamon and rosemary, and "stifado," a chicken stew made with whole shallots and tomatoes, seasoned with oregano. We fought over the delectable "garides bacon," grilled shrimp stuffed with crabmeat and wrapped in bacon. "Kolythokeftedes" (zucchini and cheese cakes) were ethereal, with a subtle tang of feta and a sweet whiff of fresh dill.

Old fans of the original Nikos will soon be able to return to Brightleaf for their fixes of avgolemono soup, fried calamari, and spanakopita. This month, Bakis, Kastanios and third partner, Bakis' son James, will reopen the restaurant in its original space, the menu similar to Morrisville's.

"We want to serve real Greek food, not Americanized versions of the old recipes," Kastanios declares. "We import our olive oil, cheeses, yoghurt and even our pasta



WASP doctor. Reflecting on the city's culinary history, he observed, "The best restaurants in Birmingham used to be Greek/American steakhouses."

The next day at breakfast, I chatted with the coffee shop's owner, an elderly Greek lady who was happy to elaborate. "A generation ago, 70 percent of the congregation of our church [Greek Orthodox] used to be in the food business," she told me. "Now it's probably less than 20 percent." What happened to the children of the restaurateurs? "They became accountants, lawyers and doctors ... restaurant work is just too hard."

Before you conclude that this month's column is about European immigration patterns throughout the South, let's turn our atten-

tion to our own back yard. With the exception of Giorgios (George) Bakatsias, whose culinary repertoire covers the globe, Greek restaurants in the Triangle have been able to stay focused on classic cuisine of the old country. I like to attribute this to the multicultural and well-traveled population here in the Triangle — we are an experimental lot, willing to try and embrace unfamiliar flavors. As far back as half a century ago, the Mariakakis family found an audience for their mousaka and stuffed grape leaves and

lamb shanks in Chapel Hill, even though the most popular menu item was a gargantuan pizza targeted at UNC students with voracious appetites. Now in the 21st century, there are a handful of opportunities for Hellenic dining in various corners of the Triangle. Xios in Apex, Taverna Agora in Raleigh, the new Mythos Mediterranean Café in Cary, and Papa's in Durham (serving Greek and Mediterranean rim) appear to be attracting a new generation of foodies more interested in authenticity than familiarity.

Last April, Greek food enthusiasts in Durham were distraught when Taverna Nikos closed its doors. A mainstay of Durham's Brightleaf Square for 17 years, it folded after

from Greece.”

Since the quality of food at the new Nikos is so obviously due to the chef's close attention to detail, I voiced my concern that Kastanios may spread himself too thin in a second venue. But he is confident in his well-trained staff and promises to bring the same delicate touch, fresh produce, and heart and soul to the re-opened Brightleaf.

“My passion is cooking, and the best paycheck is just hearing a customer say, ‘this is delicious,’” he says.

Clearly, this talented chef and his new partners are in their element serving the food of their homeland — and show no fear of old-fashioned hard work.

NIBBLES

The long-anticipated Mint Restaurant just opened at 219 Fayetteville Street Mall in downtown Raleigh. This upscale dining destination features the contemporary Southern cuisine of Chef Jeremy Clayman whose experience includes cooking at Charleston's highly rated Peninsula Grill. The Mint is open for dinner Tuesday through Saturday and plans to open for lunch soon. To see the menu and photos of the Mint's beautiful decor, see www.themintrestaurant.com. Call 919-821-0011 for reservations.



Mint Restaurant

Piedmont North Carolina may soon become the truffle growing center of North America! Susan Rice, founder of Black Diamond French Truffles, is the newest of only a few truffle cultivators in the United States. This group includes the oldest truffle growing enterprise in America, Hillsborough's Garland Gourmet Mushrooms and Truffles. BDFT plans to cultivate truffles on 200 acres of land near Pinehurst. The ambitious Rice aims to reinvent North Carolina as the Napa Valley of truffle cultivation. “As Napa is to wine, so North Carolina can be to truffles,” she claims. “This crop could replace tobacco and single-handedly revitalize our farming industry.”

For fans of our state's wine country, RagApple Lassie Vineyards in Booneville will offer a chance to taste its award-winning wines at a dinner Feb. 9 prepared by gourmet Chef Sheri Castle of Chapel Hill. Castle, featured in the November issue of *Southern Living* magazine, not only shares her outstanding knowledge, but royally entertains you, as well. The \$30 per person charge includes recipes, ample samples for a light supper and paired wines. Reservations are available at www.ragapplelassie.com or phone 1-866-RagApple.

“Sweet Arts,” a benefit for the Durham Arts Council, has become a Valentine tradition in the Triangle. Bring your sweetheart to the Council's building at 120 Morris St. for this annual fundraiser on Saturday, Feb. 9, 8 p.m.-11 p.m. Enjoy decadent desserts from area restaurants and caterers, art by some of the area's most prominent artists, and entertainment featuring Brother Yusef on piano. Cost is just \$25 for tickets available at the door or through www.durhamartsguild.org.

For more sweet treats for your sweetie, check out Sugarland, downtown Chapel Hill's newest bakery on Franklin Street. Also be sure to visit the newly opened Matthew's Chocolates in downtown Hillsborough, La Farm Bakery in Cary, and A Southern Season, boasting the biggest selection of chocolates in America (including Raleigh's own incredible Azurelisse chocolates) at University Mall in Chapel Hill.

Feb. 5 is Mardi Gras, and Blu Seafood and Bar in Durham will be bringing the Big Easy to the Triangle. Chef Tim Lyons will prepare a special Cajun menu, featuring étouffée, boudin, red beans and rice, his famous seafood gumbo, and whole crawfish. Blue Diablo, one of the Triangle's premier blues bands, will provide live music. *Laissez les bon temps roulez!*

Metro Gourmet has been hearing great things about Lopaus Point Market, recognized in *The Daily Reflector* and *Greenville Times* as Best Café, Best Dessert, Best Sandwiches and Best Take Out in the Greenville area. Lopaus is a fine prepared foods market focusing on delicious, healthy food. Learn more at www.lopauspointmarket.com.

For those of us who resolved to eat health-

ier this winter, Chef Phil Evans now offers a spa-inspired menu at Herons at The Umstead Hotel to complement the hotel's impressive spa. The three-course menu, focused on extracting wonderful flavor without using fats, will change weekly and be available at lunch for \$35 (\$25 for those who have spa appointments that day).

Frazier's announces a new chef de cuisine, Jeffrey Satterly, formerly sous chef at Herons and chef de cuisine of Carolina CrossRoads. Satterly's experience includes training at two of America's finest kitchens — the French Laundry and Lespinasse.

NIKOS TAVERNA'S “KOLOKYTHOKEFTEDES”

I was so taken with Chef Giorgios Kastanios' delicate zucchini cakes that I persuaded him to share the recipe. These delightful fritters are easier to make than to pronounce.



INGREDIENTS:

- 6 zucchinis, grated
- 1/4 red onion, chopped
- 2 large cloves garlic, minced
- 1/4 cup fresh dill, finely chopped
- 1/4 cup fresh parsley, finely chopped
- 1/4 cup extra virgin olive oil
- 1 egg, lightly beaten
- 2 teaspoons dried oregano
- 3/4 teaspoon salt
- 3/4 teaspoon black pepper
- 1 cup fine bread crumbs
- 1/2 cup flour
- 4 ounces feta cheese
- 1/2 cup grated kefalograviera cheese (or parmesan)

Mix all ingredients in a large bowl and pat into 2-inch balls. Deep fry in medium hot olive oil until light brown. Serve immediately.

On Friday, March 7, Siglinda Scarpa, internationally known potter and cooking teacher, will be in the kitchen with Chef Adam Rose at Il Palio cooking an Italian meal in special terracotta cookware she has made just for this event. The restaurant will serve four courses of food "never seen before in this state," claims Scarpa, hinting at a secret goose recipe. Some of Scarpa's pottery work will be on display for silent auction. A percentage of

the evening's proceeds will go to benefit the Goathouse Animal Refuge.

It's not too early to look ahead and make plans for any or all of these Eastern North Carolina food festivals, each supporting worthy causes:

March 6-9

Celebrate "Taste of the Beach," a food festival sponsored by the Dare County Res-

taurant Association at Kill Devil Hills. For reservations and information, link to www.obxtasteofthebeach.com.

April 12

"The Crab Ball Gala & Auction" in Washington features food from 20 popular Eastern NC restaurants and crabby art for sale, as well. For reservations, call the Washington Visitors Center at 1-800-546-0162 or 252-948-9415. More info about the event is available at www.originalwashington.com.

April 23-29

Once more, Beaufort hosts its fourth annual "Beaufort Wine & Food Weekend." Find out more at www.beaufortwineand-food.com.

Last month's Gourmet column featured a photo and recipe of Bill Friday. *Metro* wishes to thank Catherine Carter for the photograph taken for a project of the Chapel Hill Historic Society. Val Lauder interviewed Mr. Friday as he demonstrated his technique. A more detailed recipe for Mr. Friday's famous brittle appears in Jean Anderson's *A Love Affair with Southern Cooking*. **MM**



A Special Valentines

LIVE JAZZ,
EXCEPTIONAL SERVICE,
& DELICIOUS FEATURES

BENTLEY'S
AT CROSSROADS

AGED STEAKS.
FRESH SEAFOOD.
MARKET FRESH PRODUCE.


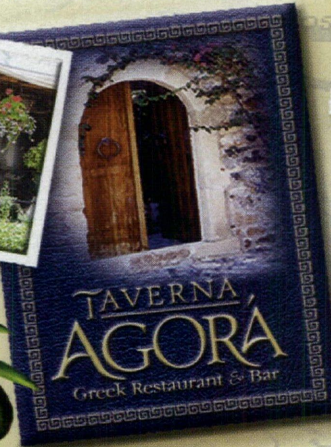
(Reservations Recommended)

Join Us This Valentine's Day and receive a complimentary rose.

Enjoy Live Jazz, delicious, special features, and a warm, romantic atmosphere.

LOOK FOR BENTLEY'S CLOCK TOWER AT CROSSROADS IN CARY
919.854.0644 • 2007 WALNUT ST., CARY • BENTLEYSATCROSSROADS.COM

YOUR PASSPORT
To a Romantic Valentines





TAVERNA AGORA
Greek Restaurant & Bar

Treat Your Valentine!
Floral wrapped trellises. Romantic, Mediterranean ambiance.
Delicious, home-made Greek food
A very special evening!

- Extraordinary Special Features
- Reservations Recommended

6101 Glenwood Avenue (Across from Pleasant Valley Promenade)
(919) 881-8333 • www.TavernaAgora.com • Open 5-11 PM Daily

www.LMRest.com  HOSPITALITY MANAGEMENT



Taste the Good Life

Vinnie's Steakhouse and Tavern

Banquet Facilities

Corporate Meetings

Open Monday — Saturday

Dinner Only

Reservations (919) 847-7319

7440 Six Forks Rd., Raleigh

METRO MAGAZINE RESTAURANT GUIDE

RALEIGH/CARY

18 SEABOARD – 18 Seaboard Avenue, Suite 100 Raleigh. 919-861-4318. www.18seaboard.com. Chef-Proprietor Jason Smith welcomes you with sensibly, inventive American Cuisine using North Carolina ingredients. From the downtown views of our open-air mezzanine to the staff's warm hospitality, 18 Seaboard is the place for casual dining or special occasions.

42ND STREET OYSTER BAR – 508 W. Jones St., Raleigh. 831-2811. Serving quality seafood, steaks and pasta in a casual atmosphere. Steamed oysters and clams available. Lunch M-F, Dinner seven nights a week.

THE ANGUS BARN – 9401 Glenwood Avenue. Raleigh. 781-2444. www.angusbarn.com. The Angus Barn, a Raleigh landmark offers Angus steaks, seafood, an extensive wine list, experienced and knowledgeable staff and much more in its eclectic barn setting. Since opening in the 1960s, the basic principals – hospitality, attractive atmosphere, and value have remained the same.

BELLA MONICA – 3121-103 Edwards Mill Rd, Raleigh. 881-9778. www.bellamonica.com. Authentic Neapolitan entrées from family recipes. Neighborhood wine bar with all-Italian list. Patio dining. Lunch & Dinner. Closed Sunday. Voted "Best Italian" by *CitySearch* & *AOL Cityguide*. *Wine Spectator* Award of Excellence.

BENTLEY'S AT CROSSROADS – 2007 Walnut St., Cary. 854-0644. www.BentleysAtCrossroads.com. Enjoy aged steaks, fresh seafood and seasonal produce in a casually elegant atmosphere. Lunch M-F from \$6. Dinner daily from \$14. Stunning bar area. Private A/V equipped Boardroom. Look for Bentley's Clock Tower. An LM Restaurant.

BLOOMSBURY BISTRO – 509 W. Whitaker Mill Rd. Ste 101, Raleigh. 834-9011. Sophisticated food and wine in a comfortable neighborhood setting. Featured in *Southern Living*, *Gourmet Magazine* and *USA Today*. Voted Best Restaurant two years running, Best Chef and Best Waitstaff 2006 MetroBravo Awards.

BLUE RIDGE, THE MUSEUM RESTAURANT – 2110 Blue Ridge Rd., Raleigh. 839-6262. www.ncart-museum.org. Offering renowned visual art and culinary masterpieces at the NC Museum of Art. Eclectic fare ranges from salads, sandwiches and entrées at lunch to sumptuous weekend brunches.

CAFÉ TIRAMISU – 6196-120 Falls of Neuse Rd., Raleigh. 981-0305. Northern Italian Cuisine: A family owned and operated restaurant originating from an old Raleigh favorite Piccolo Mondo restaurant. Slick and contemporary décor, will give fine dining at its best.

CAROLINA ALE HOUSE – 513 Creekside Dr., 835-2222; 4512 Falls of Neuse Rd., 431-0001; 7981

Skyland Ridge Pkwy., 957-4200; 2240 Walnut St., Cary, 854-9444. Hwy 98 bypass and US1, 11685 Northpark Drive, Wake Forest, 556-8666. www.CarolinaAleHouse.com. Award-winning menu served 11am until 2am. Catch all the sports action on 40+TVs. Daily lunch & dinner specials, coldest \$2 pints, 99¢ Kid's Tuesdays. An LM Restaurant.

THE DUCK & DUMPLING – 222 South Blount St., Raleigh. 838-0085. www.theduckanddumpling.com. Overlooking Moore Square, this contemporary Asian Bistro is home to Chef David Mao's unique blend of

cuisine with regional influences and an extensive wine selection. Live music and classic cocktails in the bar.

JIBARRA RESTAURANT – 7420 Six Forks Rd., Raleigh. 844-6330. www.jibarra.net. The first upscale Mexican restaurant in the area featuring eclectic, flavorful dishes representative of each region of Mexico. Unique wine list and posh tequila lounge. Now offering Sunday brunch and new lunch menu.

JK'S STEAKS & SEAFOOD – 4381 Lassiter Mill Rd. Raleigh. 781-3919. www.jksraleigh.com. Hospitably comfortable in a handsome setting, JK's features aged

Western beef and seasonal selections of fish and shellfish, baby back ribs and chicken, plus one of the best not-just-appetizer bar menus in the area.

KIN – 7713-39 Lead Mine Rd., Raleigh. 848-3535. www.kinfinedining.com. Charles Meteesatien- the chef/proprietor of Glenwood South's Sushi Blues and who brought big city chic to Raleigh dining with "shabashabu" - now conquers fine dining serving Thai & Japanese cuisine and Sushi at KIN. Private Tatami rooms, chef room, covered patio, extensive wine and martini list. Lunch and dinner.

MARGAUX'S RESTAURANT – 8111 Creedmoor Rd – Ste. 111, North Raleigh (919) 846-9846. At Margaux's, every experience is new. It's the relentless pursuit of innovation. Chef Andy Pettifer prepares a *new menu EVERY night* including our 3 Course Prix Fixe menu at \$27.95/pp. Check our web-

site daily. www.margauxsrestaurant.com

MYTHOS MEDITERRANEAN BISTRO & LOUNGE – 6490 Tryon Rd. Cary. 233-7555. www.mythos-bistro.net Chef Pete invites you to explore your senses through his eclecticist style of cooking in a homey and cozy ambiance. Offering only the freshest ingredients found (seafood, Aged Beef, poultry). Live your myth through essence.

NINA'S RISTORANTE – 8801 Leadmine Rd., Raleigh. 845-1122. www.ninasristorante.com. Vibrant flowers, paintings and hand-crafted 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, *Wine Spectator* Award of Excellence 2000-2006. Hours of operation M-Sat. 5-10 p.m.

NOFO MARKET AND CAFÉ – 2014 Fairview Rd., Raleigh. 821-1240. 1125 Military Cutoff Rd., Wilmington. (910) 256-5565. Café, bar and patio seating. Award-winning salads, soups, sandwiches and entrées. "Best Salads" *Wilmington Magazine*, "Best Bloody Mary" *Metro Magazine*. Brunch Sat. & Sun., Lunch M-F and Dinner M-Sat.

THE RALEIGH TIMES BAR – 14 East Hargett St., Raleigh. 833-0999. www.raleightimesbar.com. The beautifully restored, 100-year-old *Raleigh Times* building is now home to a timeless local watering hole in Downtown Raleigh. Featuring hand-crafted, creative takes on classic bar fare favorites, an inventive drink menu and extensive Belgian beer selection. Open: M – Sat 11:30am – 2am; Sun, Noon – Midnight.



Bloomsbury Bistro

Chinese and Vietnamese cuisine. Open for Lunch: M – F; 11:30am – 2:30pm, Dinner: T – Th; 5pm – 10pm, Fri and Sat 5pm – 11pm.

GIANNI & GAITANO'S – Towne North Shopping Center, 8311 Creedmoor Rd, Raleigh. 847-8223; Wakefield Shopping Center, 14460 Falls of Neuse, Raleigh. 256-8100; Triangle Town Center, 3751 Sumner Blvd, Raleigh. 449-0728. Presented by the Cinelli Family, the unique environment at these three locations offers a choice of family or adult dining and authentic family recipes. With an inspired wine list and only the finest and freshest ingredients, a visit to Gianni and Gaitano's isn't simply a meal – it's a magnificent experience. Open for Lunch: M-Sat 11am-4pm; Dinner: M-Th 4-10pm, F-Sat 4-11pm; Sun Noon-9pm.

GLENWOOD GRILL – 2603-151 Glenwood Ave., Raleigh. 919.782.3102. glenwoodgrill.com. Triangle favorite features Chef John Wright, who continues to surprise with new tastes, new ideas. Personable waitstaff, great wine list. Lunch M-F, Dinner, M-S. Gift Certificates. Ask about Private Parties on Sun.

THE GRAPE AT CAMERON VILLAGE – 403 Daniels St., Raleigh. 833-2669. www.yourgrape.com. Enjoy our gourmet menu including steaks and chops, a full bar and 120 handcrafted wines by the glass. Open 7 days, late night dining Thu-Sat. Live entertainment, reservations recommended. Catering, private parties & events.

HERONS – 100 Woodland Pond, Cary. 447-4200. www.héronsrestaurant.com. Now open at The Umstead Hotel and Spa offering modern American

SAINT-JACQUES – 6112 Falls of Neuse, North Ridge Shopping Center, Raleigh. 862-2770. www.saint-jacquesfrenchcuisine.com. Owned and operated by French native, Lil Lacassagne-fine dining at its best. Voted “Best French Food in the Triangle- 2006 by *Citysearch*. Lunch and Dinner server Tues.-Sat.

SECOND EMPIRE RESTAURANT & TAVERN – 330 Hillsborough St., Raleigh. 829-3663. www.second-empire.com. Located in the historic Dodd-Hinsdale House. Offering elegant upstairs dining, as well as the lighter fare menu and casual atmosphere of the tavern. Winner of the DiRoNA Award, AAA four Diamond Award & the *Wine Spectator* Award.

SULLIVAN'S STEAKHOUSE – 414 Glenwood Ave., Raleigh. 833-2888. The atmosphere at Sullivan's resembles a 1940s steakhouse, featuring fine steaks and seafood. Enjoy the unparalleled martinis and live jazz played seven nights a week.

TAVERNA AGORA – 6101 Glenwood Ave. Raleigh. 881-8333. www.TavernaAgora.com. Taverna Agora absolutely Greek restaurant and bar is your passport to authentic cuisine with slow roasted meats and flavorful seafood dishes. Catering available. M-Sun 5-11p. OPA! An LM Restaurant.

UNO CHICAGO GRILL – 8401 Brier Creek Parkway, Raleigh. 544-6700. Enjoy original Chicago-style deep dish pizza along with a wide selection of appetizers, steaks, pastas, burgers and desserts. Kids Menu. Curbside pick-up. Open daily from 11 a.m.

VINNIE'S STEAKHOUSE AND TAVERN – 7440 Six Forks Rd, Raleigh. 847-7319. Treat yourself to all the luxuries this classic New York style chophouse has to offer. Certified Angus Beef, the freshest seafood available and an extensive selection of wines from around the world.

WINSTON'S GRILLE – 6401 Falls of Neuse Rd., Raleigh. 790-0700. www.winstonsgrille.com. A warm, friendly atmosphere with great food and exceptional service make Winston's Grille the ideal place for any occasion. Specializing in hand-cut steaks, prime rib, fresh fish and baby back ribs.

ZELY & RITZ – 301 Glenwood Ave., Raleigh. 828-0018. Fresh, organic, locally grown dishes served tapas style in an upscale yet hip and smoke-free environment. Named as one of the Top 20 Organic

Restaurants in America by *Organic Style Magazine* and offering a *Wine Spectator* Award-Winning boutique wine list.

ZEST CAFÉ & HOME ART – 8831 Six Forks Rd., Raleigh. 848-4792. www.zestcafehometart.com. Offering the freshest, finest food served with a zesty outlook since 1995. Dine in our café or outdoor patio. Enjoy the Home Art selection of fun and whimsical home accessories and gifts. Lunch Tues.-Sat., Dinner Wed.-Sat. and Sunday Brunch.

DURHAM/APEX

CAFÉ PARIZADE – 2200 W. Main St., Durham. 286-9712. Renaissance-inspired murals, colorful surrealist works of art and casually chic crowds feasting on Mediterranean dishes. Lunch M-F 11:30-2:30, Dinner M-Th 5:30-10, F and Sat. 5:30-11, Sun. 5:30-9.

CAROLINA ALE HOUSE – 3911 Durham-Chapel Hill Blvd., Durham. 490-2001.

GEORGE'S GARAGE – 737 Ninth St., Durham. 286-4131. Enjoy our casual upbeat atmosphere with the freshest seafood and authentic sushi bar. After-hour celebration and dancing and a fresh to-go market and bakery.

GLOFT – 737 Ninth St., Durham. 286-4131. For meeting friends after work, for after dinner drinks, or exciting late-night entertainment. Also available to host your private event where we can throw a party or a full sit-down dinner for a chosen few or a large gathering.

GRASSHOPPER – 2010 Hillsborough Rd., Durham. 286-1600. Experience the essence of pure Asian food – a balance of flavors with Chinese and Vietnamese influences that delight the senses while nourishing the body.

VERDE – 2200 W. Main St., Durham. 286-9755. New American Cuisine in a sleek and modern atmosphere.

VIN ROUGE – 2010 Hillsborough Rd., Durham. 416-0406. Vin Rouge, a French café and wine bar, treats guests to provincial cooking at its finest in a chic, intimate setting. Dinner Tues.-Sun. 5:30-11, Brunch Sun. 10:30-2

CHAPEL HILL/HILLSBOROUGH

BIN 54 – 1201-M Raleigh Rd., Chapel Hill. 969-1155. Chapel Hill's high-end steakhouse has it all: delectable dishes, stellar service and an atmosphere rich in stylish romance.

CROOK'S CORNER – 610 W. Franklin St., Chapel Hill. 929-7643. www.crookscorner.com. “Sacred ground of Southern foodies,” *New York Times*. Patio dining, weather permitting. Acclaimed Sunday brunch. Dinner Tues.-Sun. at 5:30, Sun. Brunch 10:30-2.

GLASSHALFULL – 106 S. Greensboro St., Carboro. 794-4107. www.glasshalfull.net. Downtown Carboro's own optimistic wine bar, wine shop and kitchen serving small plates of the flavorful cuisines of the Mediterranean coast with an intriguing selection of wines from around the world. Wine shop specializes in affordable bottles for everyday drinking. Open for lunch and dinner Mon-Sat.

PANCIUTO – 110 S. Churton St., Hillsborough. 732-6261. www.panciuto.com. Fine dining blending Italian recipes with local North Carolina ingredients. All offerings prepared fresh daily. Pastas, breads,

desserts made on-site. Upscale yet comfortable “old world” style dining room. Opens 6 p.m. for dinner, Tuesday through Saturday.

SPICE STREET – 201 S. Estes Dr., Chapel Hill. 928-8200. A revolutionary experience in dining entertainment, Spice Street is a culinary experience created to nourish the soul and share flavors from around the world. Spice Street celebrates food and life.

BEYOND THE TRIANGLE

BEAUFORT GROCERY CO – 117 Queen St., Beaufort. (252) 728-3899. www.beaufortgrocery.com Beaufort's oldest and continuously operating fine dining restaurant since 1991. Specializing in regional cuisine fused with global techniques and influences. Lunch M, W-Sat 11:30-3; dinner M, W-Sat 5:30-9:30 and Sun brunch at 11:30. Closed Tues.

BLUE MOON BISTRO – 119 Queen Street, Beaufort. (252) 728-5800. Coastal cuisine in a casual historic setting. Offering innovative dishes that bring a welcomed departure from 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. Dinner Tues-Sat.

CHEF AND THE FARMER – 120 W. Gordon St., Kinston. (252) 208-2433. www.chefandthefarmer.com. A converted mule stable never looked so good. Blending old architecture and contemporary design with local ingredients and urban techniques makes this progressive eatery an epicurean oasis.

CHEF WARREN'S – 215 NE Broad St., Southern Pines. (910) 692-5240. Warren and Marianne Lewis invite you to their Bistro offering a variety of delicious specialties from an eclectic menu. “Local touch, international cuisine,” *Metro Magazine's* Moreton Neal. Dinner Tues.-Sun.

DELUXE – 114 Market Street, Wilmington. (910) 251-0333. Offering upscale dining with an emphasis on fresh local ingredients. Largest selection of fine wines in the region and one of Wilmington's superior brunches. Open for dinner and Sunday brunch. *Wine Spectator* Award of Excellence, www.deluxe-nc.com.

FRONT STREET GRILL AT STILLWATER – 300 Front St., Beaufort. (252) 728-4956. www.frontstreetgrill-atstillwater.com Historic Waterfront Bistro showcasing New World Cuisine. Perennial winner of the prestigious *Wine Spectator* Award of Excellence, serving lunch and dinner daily with inside and outside dining. New floating docks and outside waterfront bar.

SHARPIES GRILL & BAR – 521 Front St., Beaufort. (252) 838-0101. www.sharpiessgrill.com. Contemporary Coastal Cuisine served in an intimate setting. Rated four stars by John Batchelor. Enjoy house-made pastas, breads and desserts paired with fresh local seafood and certified Angus Beef. Outstanding wine list and full bar.

SHEPARD'S POINT – 913 Arendell St., Morehead City. (252) 727-0815. www.beaufortgrocery.com Contemporary fine dining in downtown Morehead City focusing on quality, value and service. Featuring seafood, steaks and spirits. Come casual and leave impressed. Dinner M, Th-Sat 5:30-10; Sun brunch begins at 11 a.m. Closed Tues.



A Toast to the Triangle

TO BENEFIT TAMMY LYNN MEMORIAL FOUNDATION INC.

The Ultimate Food & Wine Extravaganza

Combining a celebration of culinary talents with a worthwhile cause

Kristi Yamaguchi | Olympic Champion | Honorary Toast Chair

Sunday, March 9, 5:30 pm - 8 pm
at NC State University McKimmon Center - \$100

Event Information
www.atoasttothetriangle.org or 919.832.3909

Food Competition, Wine Tasting, Specialty Beers, Silent Auction & Raffle

BP Studios OFFICIAL WEB DEVELOPMENT & MARKETING PARTNER. WWW.BPSTUDIOS.COM

Cork Report

by Barbara Ensrud



ROMANTIC AND ROSY FOR VALENTINE'S DAY

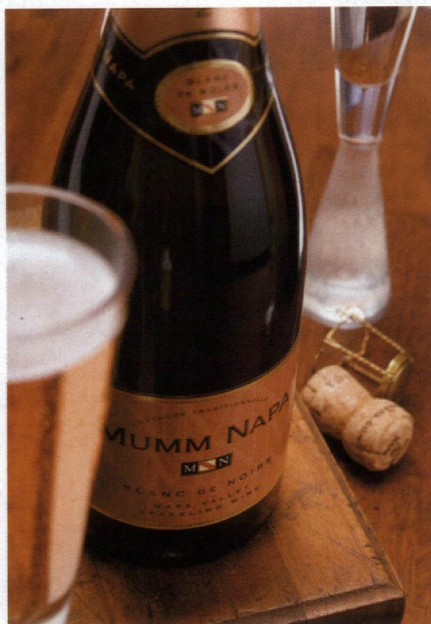
If romance is on your mind on the 14th of the month, there's no better way to kick off an amorous evening than with a little effervescence. Just to keep in the "rosy" spirit of things, think pink — as in Brut Rosé, pink sparkling wine. Pink does not mean sweet these days. The term *brut*, in fact, means "dry" in French, and it's used to denote *dry* bubbly wherever it is made.

Good ones are made in lots of places today. There's only so much Champagne that can be made — every square foot that is legal to plant is in vine already. With global demand for sparkling wines at an all-time high, the real McCoy has become pretty pricey, with Champagne *Brut Rosé* among the priciest; Dom Pérignon *Rosé*, for example, goes for \$399 a bottle (if you can find it, that is). Never fear, you don't have to pay that much, and you can drink well to boot.

What I like about the good *Brut Rosés* is their dry but fruity zest — brisk and crisp but with hints of berries, both in aroma and on the palate. Actually, these dry pinks come at all price levels. **Geoffroy Brut Rosé, \$56**, one of the small grower Champagnes, is svelte and elegant — enchantment in a bottle if you ask me. Two other good ones: **Pommery Brut Rosé, \$45**, and **Billecart-Salmon, \$48**. This side of the

Atlantic, try the French-owned **Domaine Mumm Blanc de Noirs, \$18-20**, a pale pink froth I recently enjoyed as an apéritif with smoked Scottish salmon and marcona almonds. It complemented those salty flavors superbly.

There are bargain pink bubbly, too. The Spanish **Segura Viudas Brut Rosé at \$7.99** a bottle is the top value — definitely a wine whose quality is well above its lowly



price. I've been disappointed, however, in a wine I've previously liked in Spanish sparklers, Cristalino Brut Rosé (also \$7.99, sometimes less), which seems a bit thin in current versions.

VALENTINE'S OYSTER PACKAGE

Need an extra nudge in the romance department? **Taylor Shellfish Farms** in Washington state has a special Valentine offer at: www.taylorshellfishfarms.com.

Included: Two dozen oysters — six Olympias, six Kumamotos, six Totten Inlet Pacifics, six Totten

Inlet Virginicas — oyster knife, shucking instructions, oyster guide, Jon Rowley's "Art of Eating an Oyster" and a parchment certificate from Cupid guaranteeing success in love included. All for \$29 plus shipping — or four dozen, \$12 each, for \$46.

I've ordered these on two occasions, and they are *outstanding*. So if you're in the mood ... or want to create a mood ... or just have a great party ... with oysters I like Chablis, Sauvignon Blanc or, especially for

this occasion, a sparkling Blanc de Blancs.

Then, of course, there's the other end of the meal. If you'd like to warm up after a chilly evening out, come home to a good Port and fine cheese. If you have a mature Vintage Port (nothing younger than 1997 incidentally), and have let it stand upright 12 to 24 hours so the sediment can sink to the bottom, then by all means decant it and enjoy. It's best if there are a few friends to share it, since decanted Vintage Port shows off its vibrant fire best when freshly poured. Some of that unique flavor subsides if left in the decanter beyond the first evening.



Wood-aged Ports, however, need no decanting — good Ruby, Tawny, young Late Bottled Vintage. These Ports are aged in wood cask — at least five years for good Rubies or LBVs, 10, 20 or 30 years for Tawnies (stated on the label) — and are ready to drink when you pull the cork. Once opened, they will keep well for a couple of weeks or more. They're also wonderful with the right cheeses: blues, aged firm cheeses, such as Sonoma Jack, Parmigiano, Gouda, but also savory soft-ripened varieties.

Good bets: **Dow's 10 Year Old Tawny, \$30**, **Churchill's 10 Year Old Tawny, \$26-29**. Try it with a nice blue. Stilton is the classic, but there are many other good blues, such as Point Reyes Original Blue,



THAT'S A MORE Y'ALL, RIGHT
IN THE HEART OF MIDTOWN.

vivace

A Modern Italian Restaurant
Voted "Best Restaurant" 2007
by Metro Magazine readers.

919-787-7747 ▼ www.vivaceraleigh.com

North Hills – Alexan Building, 4209 Lassiter Mill Rd, Suite 115, Raleigh

South

AT NORTH HILLS

Contemporary Southern Restaurant + Bar
Voted "Best New Restaurant" 2007
by Metro Magazine readers.

919-789-0606 ● www.southatnorthhills.com

4351-119 The Circle at North Hills, Raleigh

For private room reservations, please contact Jill Eaker at
privateevents@urbanfoodgroup.com or 919-633-4337

www.urbanfoodgroup.com



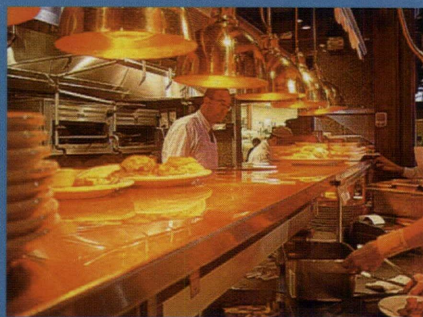
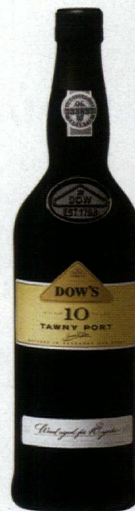
available at several places in the Triangle. Drizzle the cheese with a little honey and serve with roasted pecans or walnuts. A tip: Older LBVs, those more than seven or eight years from the vintage date, may need decanting since they do continue to age in bottle and will develop some sediment over time.

GREEK WINES REDUX

It's happy news that the Greek restaurant Nikos Taverna has opened a handsome new spot in Morrisville — definitely worth a foray if you like Greek food (see *Metro* gastronome Moreton Neal's take on this restaurant). If you haven't tasted Greek wine since your last glass of retsina, this is a good place to catch up. The restaurant has numerous wines from Greece by the glass. Greek wines have greatly improved in style and quality in recent years, both reds and whites. White wines from Crete, Santorini and Macedonia have racy, mineral character that works very well with seafood.

New chef and partner at Nikos, George Kastanias, has a seductive way with shellfish. Try his scallop dish or the bacon-wrapped giant shrimp with a glass of Hatzidakis Santorini white or one of the brisk whites from Crete. Greek reds are medium-bodied, smooth but with mineral accents edging ripe berry flavors, especially those from Nemea, a region in the Peloponnese. I also like Tsantalis Naoussa and Kourtaki's Syrah — no surprise that Syrah would do well in the Mediterranean climate here. It's excellent with the tender chunk of lamb shank, braised to perfection as only the Greeks can do it. Greece has long produced appealing dry *rosés*, hearty enough to go with meat dishes, such as Moussaka or Chicken Stifado. You can try a couple of very good ones here — Spiropoulos Meliastro and Cambas.

It is also good news to hear that Nikos is re-opening in its former location in Brightleaf Square in Durham — likely to be in operation by the time this issue is out. **MM**



Good Food and
Friendly Service
For Over 20 Years

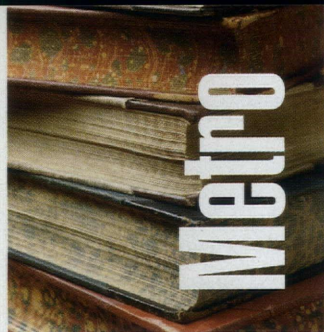


Thank you
Metro readers
for voting us...

- MetroBravo - Best Restaurant for Power Lunch
- MetroBravo - Best Bloody Mary
- Honorable Mention - Best Outdoor Dining

Winston's
GRILLE

6401 Falls of Neuse Road
919.790.0700
www.winstonsgrille.com



Books

ROAD TO FREEDOM

by Art Taylor

Charles E. Cobb Jr.'s *On the Road to Freedom: A Guided Tour of the Civil Rights Trail* was released on Martin Luther King Jr.'s birthday, and it's being promoted heavily during Black History Month. Cobb's book begins on the steps of the Lincoln Memorial — importantly not with King's "I Have a Dream" speech but with Marian Anderson's controversial DC performance on Easter Sunday 1939 — then wends its way down through Virginia, the Carolinas and Georgia, circles through the pivotal Deep South states, and comes around full circle to the National Civil Rights Museum in Memphis, built around the Lorraine Motel where King was assassinated in April 1968. Though largely a travel guide, boasting more than 400 sites across this region, the book inevitably serves as a history as well, recounting key episodes over the movement's several decades and even further back into slavery and the Civil War. Various sidebars offer biographical portraits, excerpts from articles, speeches, letters and other documents, photographs and maps to help contextualize these sites geographically, historically and even emotionally.

In the section on Raleigh, for example, Cobb first points to Shaw University as the site of a 1960 conference that helped form the Student Nonviolent Coordinating Committee (SNCC), one arm of the Southern Christian Leadership Conference (SCLC). But in order to explore this moment in history, he also offers a quick portrait of Ella Baker, a North Carolina native and Shaw alum who worked with the NAACP and served as SCLC's first executive director, and includes excerpts from a letter Baker wrote about her

thoughts on leadership and the full text of an article she penned on the Shaw conference and the sit-in philosophy. Cobb cites Greenleaf Hall on the Shaw Campus and Memorial Auditorium (now the BTI Center) for their roles in the conference, and he points to both the Raleigh City Museum and to the North Carolina Museum of History as resources for perspectives on the full Civil Rights Movement at the level of both city and state.

A separate section on Durham surveys the North Carolina Mutual Life Insurance Company, the first black-owned company to become a billion-dollar corporation; St. Joseph's AME Church as the headquarters of the St. Joseph's Historic Foundation and the center of the historic Hayti community; the Ashbury Temple United Methodist Church, whose pastor led a small sit-in at the Royal Ice Cream parlor; the William Jones Building at North Carolina Central, which displays part of the Durham Woolworth's counter, which figured in another sit-in; and White Rock Baptist Church, where King addressed a mass meeting after the pickets at Woolworth's.

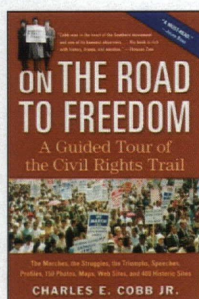
Two sidebars also explore significant moments in Wilmington history: both the 1898 Wilmington Race Riot and the 1971 firebombing that stemmed from a school boycott and ended in the arrest and conviction (and ultimate overturning of that conviction) of the Wilmington Ten.

Cobb himself was actively involved with the Civil Rights Movement, working for SNCC in Mississippi and even proposing the "Freedom School," a key component of 1964's Freedom Summer in that state. Drawing on these and other firsthand perspectives, Cobb steps beyond objective tour

guide to offer a personal angle on many of the sites he explores. In some cases, this simply amounts to quick asides: Cobb's father, for example, began his college career at North Carolina Central University and was director of the Commission for Racial Justice of the United Church of Christ, which sent assistance during Wilmington's school boycott.

At other points, Cobb's comments become more poignant. In the section about the notorious murder of three civil rights workers in Philadelphia, MS, Cobb writes that it is "almost physically painful to hold in my hands a county-produced 'Neshoba County African American Heritage Driving Tour'" and reacts to the brochure's content with, "I know I am supposed to applaud this, but in all honesty, I still have unresolved emotions lodged in anger here, even though the brochure is useful and sends visitors where I would send them." Later, visiting the National Civil Rights Museum in Memphis, he approaches the motel room where King stayed the night before his assassination and writes: "I am hostile to death and have seen too much of it, so I am willing only to peek in briefly."

Do such visceral emotions potentially cloud Cobb's ability to be an objective tour guide or, on the contrary, do they inform our understanding of these sites more fully than what we might get from a simple historical marker? In the same vein, might such depth of feeling better underscore the drama and dangers of the Civil Rights Era than would a more straightforward "just the facts" approach? I tend to lean with empathy toward Cobb's approach in general — his candor and his authority — but having visited Memphis recently myself, I also think there's something to be said for visitors encountering their own emotional



responses rather than having responses provided for them, even from so passionate and eloquent a source.

Aside from those questions and that qualification, *On the Road to Freedom* seems not just a useful but also an important book. Area readers are not only urged to give this new title a look, but also to meet Cobb himself when he comes to Durham's Regulator Bookshop on Monday evening, Feb. 18, to discuss this project and his personal involvement with the history recounted in these pages.

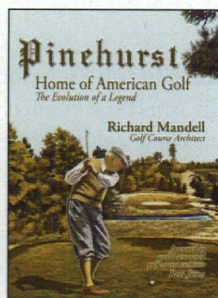
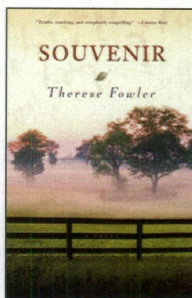
NEW AND NOTEWORTHY

Among the top news in new releases this month is *Souvenir*, the debut novel from Therese Fowler, an Illinois native who now lives in Raleigh. Fowler will be reading from and discussing the book at Quail Ridge Books in Raleigh on Tuesday evening, Feb. 12, the book's official release date. Stop by and congratulate her! And look forward to these upcoming events, as well:

- Joanna Catherine Scott, whose first

novel, *Charlie*, has been recently released, on Saturday morning, Feb. 2, at McIntyre's Books in Farrington Village.

- East Carolina University professor Gerry Prokopowicz, author of *Did Lincoln Own Slaves? And Other Frequently Asked Questions About Abraham Lincoln*, on Wednesday evening, Feb. 6, at Quail Ridge Books.



- Richard Mandell, author of *Pinehurst: Home of American Golf*, on Thursday afternoon, Feb. 7, at the Country Bookshop in Southern Pines.

- Richard Dansky, author of *Firefly Rain*, on Thursday evening, Feb. 7, at the Regulator Bookshop in Durham.

- Joe Miller, author of *100 Classic Hikes in North Carolina*, and Karen Chavez, author of *Best Hikes With Dogs: North Carolina* (both reviewed in last month's *Metro*), on Friday evening, Feb. 8, at Quail Ridge Books, and Chavez again on Saturday afternoon, Feb. 9, at the Regulator.

- Nancie McDermott, author of *Southern Cakes: Sweet and Irresistible Recipes for Everyday Celebrations*, on Sunday afternoon, Feb. 10, at Quail Ridge Books.

- UNC-Chapel Hill professor James L. Peacock, author of *Grounded Globalism: How the US South Embraces the World*, on Sunday afternoon, Feb. 10, at Barnes & Noble, New Hope Commons, Durham.

- Sarah Murray, author of *Moveable Feasts: From Ancient Rome to the 21st Century, the Incredible Journeys of the Food We Eat*, on Tuesday evening, Feb. 12, at the Regulator.

- Jeff Garigiano, author of *Dogface*, on Wednesday evening, Feb. 13, at Quail Ridge Books.

- Debra Dean, author of the story collection *Confessions of a Falling Woman*, on Saturday morning, Feb. 16, at McIntyre's Books, and on Monday evening, Feb. 18, at Quail Ridge Books.

- Southern poets Kelly Cherry, author of *Hazard and Prospect*, and Ann Killough, author of *Beloved Idea*, on Sunday afternoon, Feb. 17, at Quail Ridge Books.

- Manil Suri, author of *The Age of Shiva*, on Wednesday evening, Feb. 20, at Quail Ridge Books.

- Andrew Bridge, author of *Hope's Boy: A Memoir*, on Thursday evening, Feb. 21, at Quail Ridge Books.

- Charlotte author Kevin Keck, with the memoir *Are You There, God? It's Me. Kevin: A Memoir*, on Thursday evening, Feb. 21, at the Regulator.

- Best-selling novelist James McBride, author of *Song Yet Sung*, on Monday evening, Feb. 25, at Quail Ridge Books.

- Elon philosophy professor Anthony Weston, author of *How to Re-Imagine the World: A Pocket Guide for Practical Visionaries*, on Monday evening, Feb. 25, at the Regulator.

- William A. Link, author of *Righteous Warrior: Jesse Helms and the Rise of Modern Conservatism*, on Tuesday evening, Feb. 26, at Quail Ridge Books.

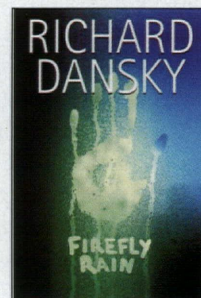
- UNC-Chapel Hill religious studies professor Bart Ehrman, author of *God's Problem: How the Bible Fails to Answer Our Most Important Question — Why We Suffer*, on Tuesday evening, Feb. 26, at the Regulator.

- Cary author Joseph Wheelan, author of *Mr. Adams's Last Crusade: John Quincy Adams's Extraordinary Post-Presidential Life in Congress*, on Thursday afternoon, Feb. 14, at the Country Bookshop, and on Wednesday evening, Feb. 27, at Quail Ridge Books.


- Durham author David Cook, whose debut novel, *Reservation Nation*, won the Fabri Literary Prize, on Wednesday evening, Feb. 27, at the Regulator.

- Ted Courtemanche, author of the memoir *The Philosophy of Rich*, on Thursday evening, Feb. 28, at McIntyre's.

- Mary Kay Andrews, author of *Deep Dish*, on Thursday evening, Feb. 28, at Quail Ridge Books, and on Friday afternoon, Feb. 29, at the Country Bookshop.



THE FIFTH ANNUAL
RALEIGH
SPY CONFERENCE

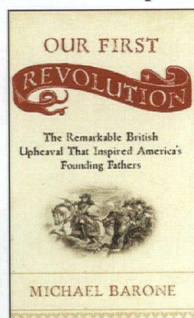
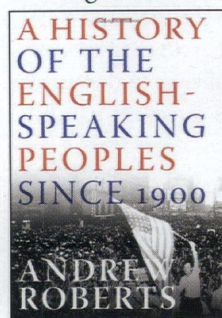


CIA'S UNSOLVED
MYSTERIES:
THE NOSENKO DEFECTION,
DOUBLE AGENTS
AND ANGLETON'S
WILDERNESS OF MIRRORS
MARCH 26-28, 2008
NC MUSEUM OF HISTORY
WWW.RALEIGHSPYCONFERENCE.COM
919-831-0999

BOOKS ON BEING AMERICAN

by Arch T. Allen

Among English-speaking peoples there are “common conceptions,” as Winston Churchill explained over a half century ago: “Law, language, literature ... a marked regard for fair play ... a stern sentiment of impartial justice, and above all a love of personal freedom. ...” As historian David Hackett Fischer has explained, the English originated American concepts of liberty and freedom. They continue in our culture, as historian Samuel Huntington has demonstrated, and explain



who we are as Americans. Those Anglo-American connections are reflected also in some significant books published in 2007.

Among them is British historian Andrew Roberts' *A History of the English-Speaking Peoples Since 1900* (2007). (See “MetroBooks” July 2007.) Beginning where Churchill ended his four-volume *A History of the English-Speaking Peoples* (1956-58), Roberts concludes, as Churchill predicted, that the 20th century was “the English speaking century.” Indeed, Roberts concurs with scholar Deepak Lal that among the important events of the last millennium, “the ascent of the English-speaking peoples to predominance in the world surely ranked highest.”

Adding to our understanding of the Anglo-American ascendancy is *Our First Revolution: The Remarkable British Upheaval That Inspired America's Founding Fathers* (2007). Political analyst and author Michael Barone explains how the Glorious Revolution of 1688 led to “changes in English law, governance, and politics that turned out to be major advances for representative government, guaranteeing liberties, global capitalism and a foreign policy of opposing hegemonic powers on the European continent and in the world

beyond.” Barone concludes that the assertion by American colonists of the rights and liberties of British subjects solidified in the Glorious Revolution of 1688 led to the American Revolution in 1776. Indeed, the Glorious Revolution still has “reverberations that sweep around the world.”

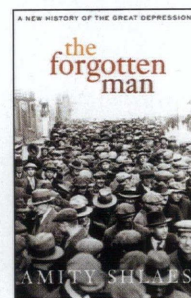
In *God and Gold: Britain, America, and the Making of the Modern World* (2007), Walter Russell Mead, a senior fellow at the Council on Foreign Relations, explains how the individualist culture of the English-speaking peoples is especially suitable for capitalism; how Britain and America have prospered under capitalism and democratic government; and how Britain earlier and America now have led the English-speaking peoples to unprecedented prosperity and power. Mead notes that since the Glorious Revolution of 1688 established parliamentary and Protestant rule in Britain, Anglo-Americans have won every major international conflict. Anglo-American successes are not about ethnicity or a particular Protestant faith, but they reflect the Anglo-Saxon cultural evolution of pluralistic and tolerant societies that accepted change and capitalism.

THE BAD DEAL

The English-speaking peoples' commitment to capitalism extended through the classical-liberal era of the 19th century, but progressive and socialist efforts began to challenge capitalism as the 20th century approached. Then, only decades into the 20th century, the Great Depression undermined confidence in capitalism. Confronting what many regarded as its collapse, President Franklin D. Roosevelt responded with his New Deal, the liberalism of governmental intervention into private economic activities. Whether a failure of the free market or earlier governmental interventions caused the Depression — and whether or not the New Deal cured or worsened it — are issues still debated by scholars. In any event, Roosevelt triumphed politically. Part of Roosevelt's success, and his legacy with most historians, rested upon his plea of support for “the for-

gotten man.” In *The Forgotten Man: A New History of the Great Depression* (2007), Amity Shlaes challenges New Deal liberalism, despite its political successes, for its economic and policy failures. (See the review by George Leef in the “MetroBooks” November 2007.) To Roosevelt and his admirers, “the forgotten man” meant the poor, and they designed New Deal policies to benefit special-interest groups of the underclass through income redistribution. But the phrase was originated decades before the New Deal to describe the individual who worked hard, saved his money and provided for his family, all while paying taxes to support a limited government. To Shlaes, a former member of *The Wall Street Journal* editorial board, the big-government New Deal made this self-reliant individual the real “forgotten man” by taxing him for income redistribution to Roosevelt's dependent “forgotten man.”

Roosevelt's political successes enshrined his New Deal-style liberalism as the dominant center of American politics. That center did not hold in the 1960s, however, when the assassination of President John F. Kennedy, Roosevelt's heir for political idolatry, changed the cultural and political dynamics of the country, as James Piereson explains in *Camelot and the Cultural Revolution: How the Assassination of John F. Kennedy Shattered American Liberalism*



Metro Magazine

- News and Events
- Feature stories
- Style and Fashion trends
- Art news
- Design trends

919-831-0999
www.metroinc.com

(2007). A former political science professor, and now a senior fellow at the Manhattan Institute, Piereson first reviews the liberal consensus that dominated the nation before the assassination. He then examines how ensuing confusion changed the meaning of American liberalism. Much of the confusion resulted from the insistence by some national leaders and Kennedy family members on mythologizing Kennedy as a civil rights martyr and slain heir to President Abraham Lincoln. Despite that surviving myth, the facts are that Kennedy was not assassinated by a racist bigot but by a dedicated Communist. Kennedy should not be mythologized as the victim of American hatred, but he should be mourned as a casualty of the Cold War.

NEW CHALLENGES

American democracy and capitalism survived the Great Depression and the Cultural Revolution, but they face new challenges. In *Democratic Capitalism and Its Discontents* (2007), Brian C. Anderson,

editor of the Manhattan Institute's City Journal, defends democracy and capitalism against recent criticisms. Anderson concisely and cogently analyzes the discontent of some intellectuals with the freest and richest society in history. He also examines weaknesses of the society, especially the radical egalitarianism and nihilism that threaten it. Although he has a broad perspective and draws on some European thinkers, he focuses on America and finds that it differs from other liberal democracies because of its religiosity, civil society and constitutionalism.

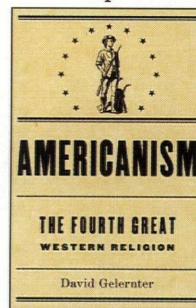
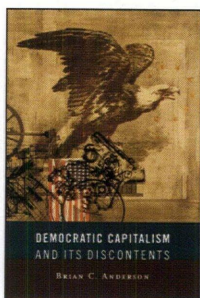
Beyond those discontented with democracy and capitalism, our free society now faces the terrorist threat of radical Islamism. This new danger follows the English-speaking peoples' victories over militarist and totalitarian threats in World War I, World War II and World War III, the latter better known as the Cold War. In *World War IV: The Long Struggle Against Islamofascism* (2007), Norman Podhoretz, former editor of *Commentary* magazine and author of several books — including *My Love Affair with America* (2000) — confronts the threat to our freedom posed by what he unabashedly calls Islamofascism. He defends the Bush Doctrine and its military strategy of preemption, coupled with the political strategy of democratization, and he sees the interventions in Afghanistan and Iraq as fronts in a global war. In the long struggle he foresees, Podhoretz warns that America, even standing alone, must summon the courage and patience of an earlier America that — with allies — defeated fascism in World War II and communism in World War III.

William J. Bennett's *America: The Last Best Hope: Volume II: From a World at War to the Triumph of Freedom* (2007) covers American history during most of the 20th century. As noted here last year regarding the first volume of this new history, Bennett seeks to overcome the influence in the teaching of our history of radical leftists like Howard Zinn and his

widely used textbook. Bennett, secretary of education under President Ronald Reagan, is sometimes critical in his assessments of our history — though for reasons other than Zinn's leftist condemnations. But Bennett is unapologetically patriotic. Unlike Zinn, Bennett favors American democracy and capitalism.

An inspiring interpretation of our history appears in *Americanism: The Fourth Great Western Religion* (2007). Yale computer scientist David Gelernter defines Americanism as "the idea that liberty, equality, and democracy were ordained by God for all mankind, and that America is a new promised land richly blessed by and deeply indebted to God." In his provocative challenge to the current view that America is a secular republic, Gelernter concludes that we are historically a biblical republic based on the Hebrew Bible and its influence on the early Christian settlers. Americanism emerged from the Puritan exodus from England to America and exploded in the American Revolution. It expanded through the Civil War and Lincoln's presidency and through America's defense of freedom during the 20th century. It continues today, even among today's anti-Americanism. It is available to non-believers and non-Americans, and, as Gelernter eloquently emphasizes, Americanism continues to inspire diverse peoples around the world.

For encouraging Americanism in the next generation of Americans, Myrna Blyth and Chriss Winston advise parents in *How To Raise An American: 1776 Fun and Easy Tools, Tips, and Activities To Help Your Child Love This Country* (2007). Blyth was editor of *Ladies Home Journal* and now contributes to National Review Online; Winston was a speechwriter in the first Bush presidency. Both are mothers, and here they show how parents can overcome popular culture's portrayal of America as bad by engaging their children in fun activities demonstrating that America is good so our children can learn to say proudly, "I'm an American." **MM**



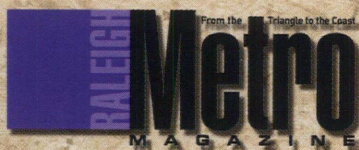
Metro Makes Friends

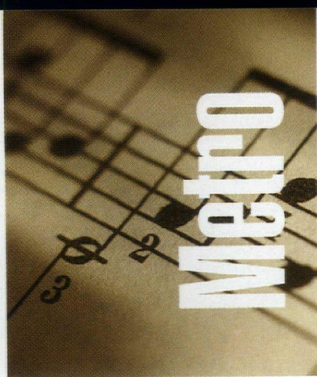
The Magazine That Defines Our Region

Order bulk copies of Metro Magazine for your organization

You can provide Metro Magazine for your patrons by contacting Cyndi Harris at 919-831-0999

Go to www.metroinc.com and download an order form





PvV

by Philip van Vleck

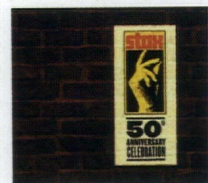
BEST DISCS OF 2007

It's time for a look back at some of the best albums of 2007. It was another stellar year for jazz recordings. Indeed, every pop genre, from modern folk to world music, delivered a number of very strong discs.

This is the last time I'm going with the following disclaimer: I didn't come close to hearing most of the CDs released in '07. Who does? Here's a look at some of the memorable music I did hear.

Various Artists, *Stax 50th Anniversary Celebration* (Stax)

This is the only compilation album on the list, and for devoted music fans, it's an

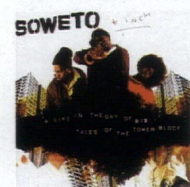


obvious winner. This is a two-disc collection of legendary soul music performed by

equally legendary artists, including Otis Redding, The Staples Singers, Sam & Dave, Albert King, The Bar-Kays, Rufus Thomas, Isaac Hayes, Little Milton, Shirley Brown and Booker T. & The MGs.

Soweto Kinch, *A Life in the Day of B19: Tales of the Tower Block* (Dune)

A jazz concept album isn't an everyday occurrence, but that's exactly what English sax man Soweto Kinch has contrived with *A Life in the Day of B19*. I've always believed there's a native affinity between

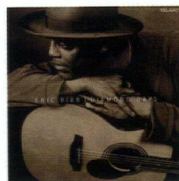


jazz and hip hop, but the only artists I've heard who get it have been either British or West African, which is

a bleak commentary on the whopping mediocrity of the American rap/hip hop scene. One of those English players who is all over this jazz/hip hop thing is Kinch, and he does it with major style and ineffable cool.

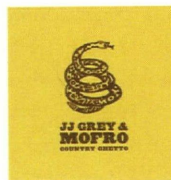
Eric Bibb, *Diamond Days* (Telarc)

Eric Bibb is an artist whose elegant, earthy feel for blues, folk and gospel is so innate that every song he tracks nowadays is a seamless amalgam of these genres. The CD is a dozen original tunes, each stirring in its own way. The songwriting is splendid, the production values are solid and Bibb's performance is mighty deep. *Diamond Days* is a thoroughly extraordinary album project from one of the finest singer-songwriters currently cutting tracks.



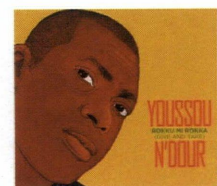
JJ Grey & Mofro, *Country Ghetto* (Alligator)

JJ Grey and his band, Mofro, are a southern-fried revelation out of north Florida. The Mofro groove travels freely between swamp funk, blues, rock and soul, and does so with a certain down-and-dirty swagger. Easily one of the best rock discs of '07.



Youssou N'Dour, *Rokku Mi Rokka* (None-such)

Senegalese world music ace Youssou N'Dour follows his Grammy-winning album *Egypt* (2004) with *Rokku Mi Rokka* (Give and Take). This time out, however,

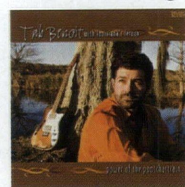


N'Dour has focused on tunes from the north of Senegal — the region bordering Mali and Mauritania. N'Dour wrote all 11 songs — quite an accomplishment, given that he's working with several regional styles. One constant, however, is N'Dour's sense of rhythmic groove, and a good place to plug into that vibe is "Pullo Ardo," a simple song about a simple man

that throws a rhythmic hook that will linger most pleasantly for days.

Tab Benoit, *Power of the Pontchartrain* (Telarc)

Louisiana bluesman Tab Benoit has delivered the best album of his career. *Power of the Pontchartrain* is an 11-track marvel that reveals a blues player who's definitely in command of the genre and confident in his abilities. Benoit brings it all together on this disc — excellent songwriting, tasty lead guitar and sturdy vocal work. He laid down these tracks with the Louisiana band Leroux — a crew that carries a formidable reputation in Southern Louisiana. *Power of the Pontchartrain* is one of the top blues albums of 2007; blues lovers should give it a listen.



Ojos de Brujo, *Techari* (Six Degrees)

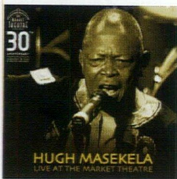
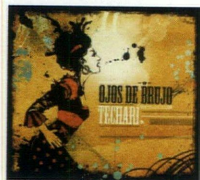
This is the second US release for the Spanish group Ojos de Brujo, and it more than realizes the promise shown in their American debut disc, *Bari* (2002). The Gypsy soul that animates the ODB vibe is indisputable. This crew is the sound of al-Andalus today — flamenco, rock, rap,

CIA'S UNSOLVED MYSTERIES:
THE NOSENKO DEFECTION, DOUBLE AGENTS AND ANGLETON'S WILDERNESS OF MIRRORS
MARCH 26-28, 2008
NC MUSEUM OF HISTORY
WWW.RALEIGHSPYCONFERENCE.COM
919-831-0999

funk and the keyboard scratch wizardry of DJ Panko. The opening track — “Color” — is an intense bit of Iberian funk that captures the dynamism of ODB, leading the listener to further wonders, such as “Todo Tiende” and “Piedras vs. Tanques.”

Hugh Masekela, *Live at the Market Theatre* (Times Square)

Live at the Market Theatre is a double-disc joint from this South African flugel-horn legend. I’m talking quintessential Afro-jazz from a collection of superb players. Make note of “The Boy’s Doin’ It” — one of the coolest jazz tracks I heard in ’07. Also check Masekela’s tribute, both word and music, to Nelson Mandela on Disc One. The sound on this track is so perfectly South African, evoking township jive, kwela music, chimurenga and gospel à la Soweto Gospel Choir. And, yes, Masekela



delivers a delicious rendition of “Grazing In The Grass.” It’s not quite the version that we recall from 1968 — it’s better.

Koko Taylor, *Old School* (Alligator)

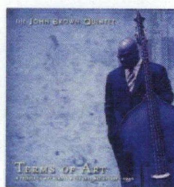
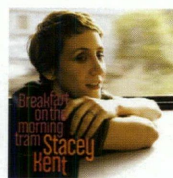
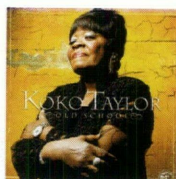
Koko Taylor’s latest release — the appropriately titled *Old School* — is destined to be remembered as one of the great blues albums of 2007, and, no doubt, as one of the best projects in Taylor’s illustrious discography. Half of these powerhouse tunes, including “Bad Avenue” and Memphis Minnie’s “Black Rat,” feature the righteous guitar and slide guitar of Muddy Waters Band vet Steady Rollin’ Bob Margolin. Also make note of Taylor’s ferocious cover of Willie Dixon’s “Young Fashioned Ways,” which she recorded with her band, The Blues Machine.

Stacey Kent, *Breakfast on the Morning Tram* (Blue Note/EMI)

Anyone who cops a buzz from a solid jazz vocalist will find this disc a treasure. Stacey Kent’s voice is a thing of beauty. She sings with a vivid clarity that lends her voice a bell-like quality. Her phrasing is unfailingly musical, and her intimate handling of her material gives the listener the sense that Kent’s singing to them instead of at them. Another noteworthy facet of this disc is that novelist Kazuo Ishiguro wrote the lyrics for four of the songs, with music provided by Kent’s husband-producer-saxophonist Jim Tomlinson.

John Brown Quintet, *Terms of Art* (self-released)

Great jazz from local artists is a treat we don’t enjoy on a regular basis in North Carolina, so the advent of this disc from bassist John Brown, director of the Jazz Program at Duke University, is a hot item. Brown recorded this album, a tribute to Art Blakey and the Jazz Messengers, with his regular quintet cats — Ray Codrington



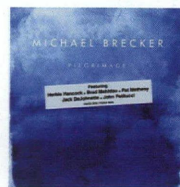
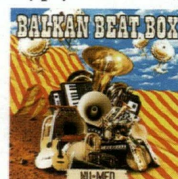
(trumpet), Gabe Evens (piano), Brian Miller (alto sax) and Adonis Rose (drums). The ensemble effort is outstanding, and the tunes Brown has chosen to cover are aptly chosen, from the well-known tunes “Caravan” and “Night in Tunisia” to less familiar numbers such as “Hello” and “Buttercorn Lady.” This is a splendid jazz record. Snag a copy on the Web at: www.cdbaby.com.

Balkan Beat Box, *Nu Med* (JDub)

Nu Med is an album that is the working definition of cross-pollination. Just spin the disc — “Keep ’em straight (intro)” and “Hermetico” will set the groove. You’re hearing shades of Balkan Gypsy brass band music, rap, klezmer, drum ’n bass, electronica and North Africa. The BBB sound is the entire Mediterranean world splattered across a map of American and European beats. This is some uncanny music, simultaneously invoking traditional Gypsy and Jewish music and the techno, hip hop and dancehall tunes you downloaded yesterday on your iPod.

Michael Brecker, *Pilgrimage* (Heads Up)

Tenor sax virtuoso Michael Brecker passed away in January 2007, but before he hung it up he tracked *Pilgrimage*, one of the finest albums of his remarkable career. Joined by Jack DeJohnette, Brad Mehldau, Herbie Hancock, John Patitucci and Pat Metheny, Brecker cut nine original jazz numbers for the ages. A good entry point would be track four — “Tumbleweed.” The ensemble performance is dizzying. DeJohnette and Patitucci deliver the propulsion, Brecker soars and Mehldau is perfect. The groove blazes with a final vamp that’ll blow your hat in the creek. The final track — “Pilgrimage” — really is final; it’s the last tune Brecker ever recorded. Brecker’s tone is beautiful and fluent, the vibe is by turns wistful and expansive, and, again, the ensemble effort is flawless. It’s one heluva adios. **MM**



Metro Magazine

Subscribe now to get the best in:

- News and Events
- Feature stories that affect your life
- Style and Fashion trends
- Art news
- Design trends
- What to read and where to eat



919-831-0999

www.metronc.com



The Creative Communities Initiative will host *Creating an Artistic Economy: A Creative Communities Workshop* on Feb. 29 at the Imperial Centre in Rocky Mount featuring keynote speaker Becky Anderson of HandMade in America. The event will examine the role of arts in local economic development and ideas to cultivate arts and crafts communities.

The event is \$25 per person and \$15 per student. For more information, contact Stephanie Griffin at 252-756-0176 or sgriffin@forenc.com.

Raleigh songwriter, singer and recording artist James Dunn's new 11-song album, *The Long Ride Home* — recorded at TrueTone Recording in Nashville, TN, with producers Brian Layson and Tres Sasser — is now available on CD Baby and iTunes.

Also working on the album were David Henry, Justin Tocket and mastering engineer Richard Dodd. For more information, visit the official Web site of James Dunn, www.jamesdunnmusic.com.

The Woman's Club of Raleigh 2008 Spring Antiques Show & Sale is scheduled for Friday, March 7, through Sunday, March 9, in the Kerr Scott Building at the NC State Fairgrounds. Hours are 10 a.m.–6 p.m. on Friday, 10 a.m.–5 p.m. on Saturday and 11 a.m.–5 p.m. on Sunday. Admission is \$7 per person and good for all three days of the Show. Free parking is available at the Fairgrounds.

Tickets are available from the Woman's Club of Raleigh, Club members, or by calling 919-782-5599 or e-mailing antique-show@womansclubofraleigh.org. During the event, tickets will be available at the Kerr Scott Building box office located at the NC State Fairgrounds. More information is available at www.womansclub-

ofraleigh.org.

Proceeds from the Antiques Show & Sale will be used to support community services and philanthropic projects of the Woman's Club of Raleigh.

The WCR Antiques Show & Sale is the longest running event of its kind in the Raleigh area.

The 23rd Annual A Toast to the Triangle to benefit the Tammy Lynn Center will be held on March 9 at the NC State University McKimmon Center. The event provides offerings from 40 of the Triangle's finest restaurants, caterers and purveyors of fine wine and specialty beers, as well as raffle and Live and Silent Auctions. The Tammy Lynn Center for Developmental Disabilities provides educational, residential and family support services for children and adults with special needs. All proceeds from *A Toast to the Triangle* will benefit the Center and the Tammy Lynn Memorial Foundation, Inc. For more information, call 919-832-3909 or visit www.atoasttothetriangle.org.

Wendell Falls in Wendell is being built with the Triangle's drought conditions in

mind. The 1400-acre project, set to open in 2009, will include a major water source "backbone," drawing water from Lake Benson and the future Little River Reservoir. The new system will reduce Eastern Wake County's dependence on Falls Lake, Raleigh's current water supply. Wendell Falls will use wells for irrigation and maintenance and all grass planted will be warm-season varieties that require less water. Builders will be selected based on their use of the latest green technology and innovations and water-saving devices in homes. Wendell Falls is the latest and largest development by Raleigh-based Mercury Development.

APPOINTMENTS

Gov. Mike Easley's Legal Counsel Office has named **Elizabeth Willoughby Riley** as Deputy Legal Counsel. Riley, a graduate of UNC-Chapel Hill and the UNC School of Law, began her duties in December 2007.

The Raleigh Regional Association of REALTORS has awarded **Robin Barton** of Barton Estate Realty in Raleigh their Community Service Award for 2007.

**CIA'S UNSOLVED
MYSTERIES:
THE NOSENKO DEFECTION,
DOUBLE AGENTS
AND ANGLETON'S
WILDERNESS OF MIRRORS
MARCH 26-28, 2008
NC MUSEUM OF HISTORY
WWW.RALEIGHSPYCONFERENCE.COM
919-831-0999**

My Usual Charming Self

by Bernie Reeves



JIM TURCOTTE

HIGH CRIMES ON WALL STREET; YES — FINALLY — TO RAIL TRANSIT

I never liked the cocky young jerks sauntering around New York City in Armani suits with slicked-back hair making obscene commissions selling financial products they knew little about for billions of dollars, mostly to their colleagues working in banks and hedge funds who knew even less. In the late '80s and early '90s, in the wake of the deregulation of the savings and loan industry, these same punks brought the economy to its knees kiting investments, sending the real business people down the tubes in the aftermath. They just did it again, concocting investment units securitized by dodgy mortgages. The grand economy of the past six years took it on the chin. Add in media glee that the economy is wobbly and a crisis raises its ugly head.

Fortunately, this time we are riding a high tide of worldwide capitalism raising all ships. And under the Bush presidency, interest rates have been kept down, preventing investment flight to cash instruments — thus bolstering stocks over the ups and downs of economic activity. And stocks will continue to hang in there, even in the face of greedy opportunists and unexpected events. Under global capitalism, most workers have an IRA-type instrument invested in equities: Every hour automatic drafts purchase huge chunks on world markets in good times and bad, keeping stock investments fairly stable.

Yes, the mortgage instrument damage was severe, but the economy righted itself — at least thus far — without taking all hands down to a watery grave. The financial leadership of the United States had learned to act — and to act fast — a lesson learned from the 1989-1994 tsunami when banks, left to their own devices, became cowardly predators, exacting their several pounds of flesh from their own customers.

I think that the greedy worms that cause these economic dislocations should be tracked down and water-boarded for the crime of risk-

ing our economic well-being. Sure, some companies and individuals perform heinous enough acts to be prosecuted. But the legal process is too slow to lasso them all as they slither away to await another opportunity to sacrifice the reputation of honest capitalism for their own enrichment. It's the bane of free enterprise.

NOTES FROM LA-LA LAND

OK, I give up. I criticized the **rail transit plan** now under study by the new Triangle region Special Transit Advisory Commission in the December 2007 issue. Upon investigation, I now feel it has merit — perhaps because it follows suggestions I made months back by addressing the big weakness of the old TTA plan — its insistence on running rail where no one wanted to go. The old plan was politically driven and factually bereft, ignoring the reality that the critical mass of population to justify rail transit resides in Raleigh and Wake County — not Durham and Chapel Hill. The new plan radiates outward from Raleigh to destinations that make sense: the RDU International Airport, RTP and other termini. If it works, plans call for spurs to Durham and Chapel Hill. Go with my blessing.

...

Once again reality trumps theoretical utopian policies in vogue in university, media and government circles. A recent study discovered that the \$200-\$300 million spent annually in the US on **forced diversity training** is actually counterproductive. Using 31 years of data from 831 companies of varying size, the research found that forced diversity training led to a 7.5 percent decline in the number of women in management, a 10 percent decline in the number of black women managers, and a 12 percent drop in the number of black men in top positions.

The study says voluntary diversity training is far more effective, especially when mentoring programs are included. According to study leader Alexandra Kalev of The University of Arizona, "forcing people to go through training creates a backlash against diversity."

...

For sheer entertainment, the BBC World News is better than most radio fare. The Beeb reaches new heights of incredulity trying to explain — in serious tones — European Union policy, lapsing into a patois equivalent to jive talk for eggheads. With global warming heating up, BBC is covering the **compulsion of the Euro-apparatchiks** to spin out regulatory energy demands that rival the best from the moribund command economies that flourished

during the Cold War.

Having issued a "target" for the amount of energy consumption that must be "green" by the year 2017, the planners ran into criticism from their own side, who maintained that increasing the requisite use of biofuels to reach their goal would decimate the rain forest, a venerated icon of the green movement equivalent to the holy cross in Christianity.

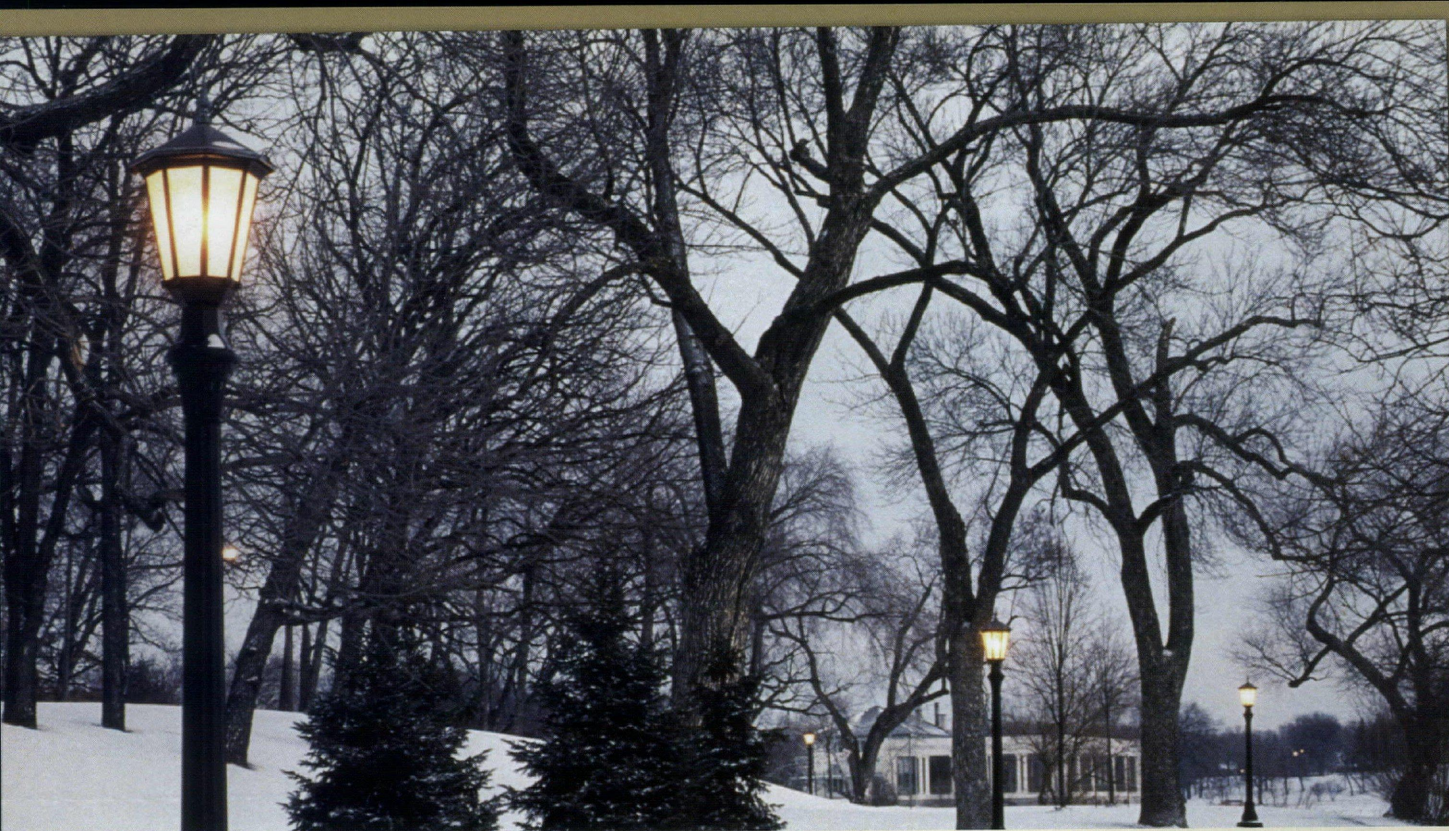
As the argument unfolded on BBC, advocates of the EU goals defended their theoretical position, causing the druids of the sacred rain forest to trot out their opposition, saying further depletion to feed the biofuel targets adds to the devastating catastrophe that economic growth — fueled by energy consumption, don't you see — is leading to people eating more meat. They say world capitalism has enriched so many of the former poor, they are forsaking a vegan diet and turning into bellicose red meat-eating war-mongers who demand that more land be cleared (including the venerated rain forests) to raise cows, sheep and pigs ... and on like that.

You can imagine the concern of the BBC hosts. What to do? Clear more rain forests or forego biofuel regulations? Answer? Bring on air an American economist, who settled the matter with finality. Simply cease consumption by greedy humans and all will be well, he intoned confidently. And there you go: The utopian theorists, sidelined by the failure of their doctrines worldwide, and worried that the proletariat and peasants are becoming capitalist too, have sidled up to the environmentalists to fight by other means the capitalists who are responsible for global warming — and, due to eating meat, causing more warfare. Except now it's not the plutocrats who control the means of production they want removed, it's all of us for daring to exploit Mother Earth.

...

An obscure skirmish **taking place between the British and Russians** over the extradition of Andrei Lugovoi, one of the suspected killers of Alexander Litvinenko, is slowly escalating. Litvinenko, a former Russian spy, who published articles critical of Russian president Vladimir Putin, was assassinated with radioactive polonium in London in 2006.

In defiance of the insistence of the British to extradite Lugovoi, Putin's henchmen have been ordering the closing of UK cultural offices outside Moscow. Keep an eye on this one. Remember it was the Russians who murdered English royal family cousins Nicholas and Alexandra in 1917. Neither side shows signs of standing down. **MM**



INSPIRED LIVING INSIDE THE BELTLINE

The Oaks at Fallon Park features:

- Prestigious inside-the-beltline location in Raleigh's historic Five Points area
- Neighborhood clubhouse and pool with pocket parks and playground
- Featuring Raleigh's premier custom builder team
- Custom home styles offer the freedom to create a plan tailored to your needs



The Oaks at Fallon Park—a new-home neighborhood priced from the \$700s
Sales Center open Monday through Saturday: 11a.m. to 5p.m., Sunday: 1p.m. to 5p.m.



THE OAKS

AT FALLON PARK

Metro.OaksatFallonPark.com

For more information, contact York Simpson Underwood
919-582-1690 • 1-800-955-3010 • fax: 919-899-3558
2121 Noble Rd., Raleigh, NC 27608

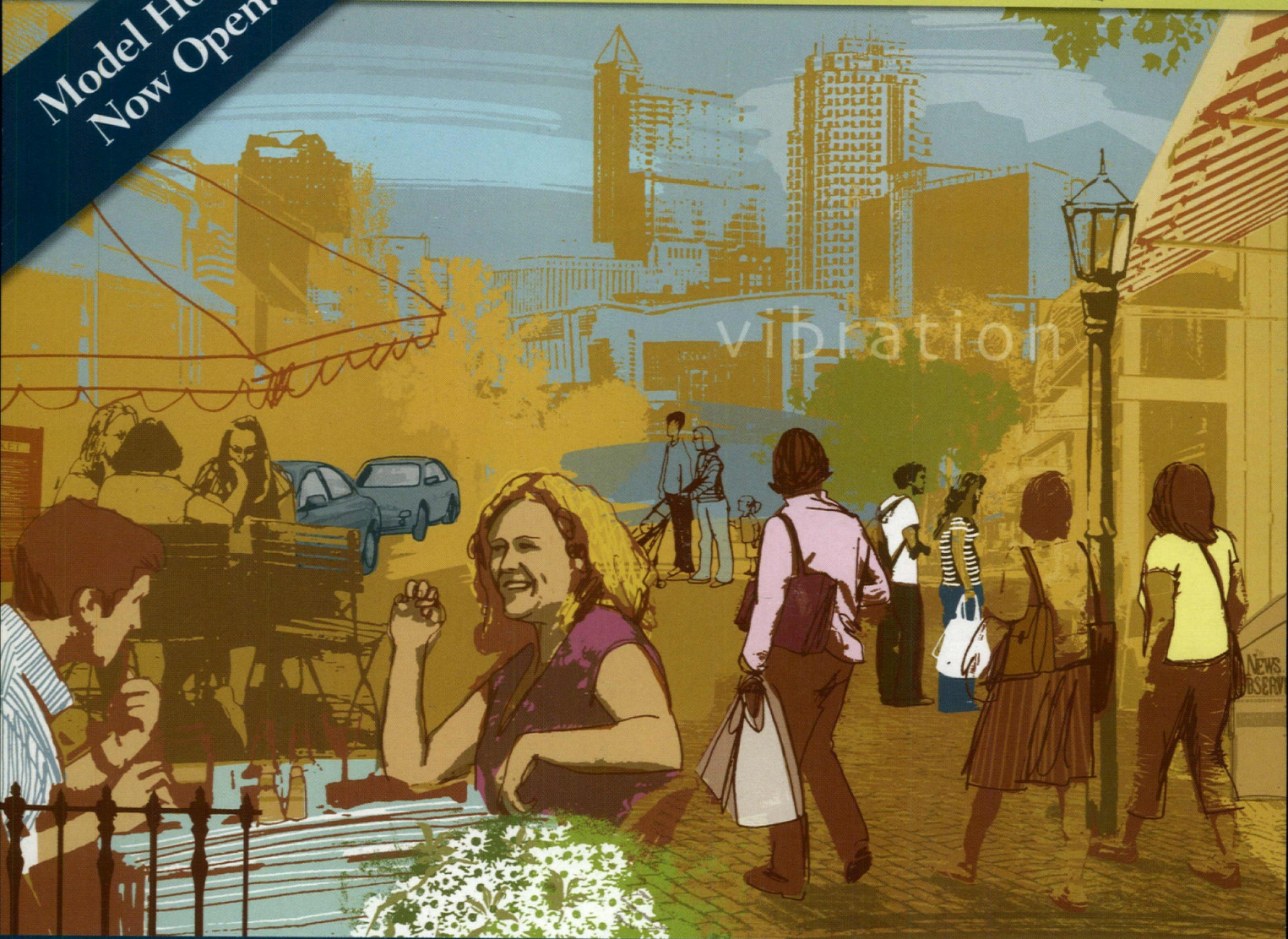
A NEW-HOME NEIGHBORHOOD DEVELOPED BY GRUBB VENTURES

Historic Perspective, Inspired Living



Model Homes
Now Open!

METRO.RENAISSANCEPARK.COM



Live The Vibrant, Energetic Urban Life

Things to do. Places to go. People to see. Maximize your time at home with friends and family when you live at Renaissance Park, a community in the heart of what gets you moving. Experience nearby state museums, business centers, night life, unique bistros and fine dining. Featuring the best of city living, culture and convenience.

Renaissance Park also offers the desirable amenities characteristic of a Wakefield Development Company community — tree-lined streets, miles of sidewalks, an appealing community and fitness center and a range of activities to help you live strong. Infused with the best balance of the city and traditional living, Renaissance Park gives you access to what you need. For more information, view Metro.RenaissancePark.com or call 919-779-1277.

DIRECTIONS

Take Dawson St. heading away from Downtown. Continue on S. Saunders St. and merge onto S. Wilmington St. Continue for one mile. Turn right on Tryon Rd., then right on Junction Blvd.



RENAISSANCE

P A R K

Signature Communities. Ideal Opportunities. Wakefield Development Company | Search Communities at WakefieldNC.com

Void where prohibited by law. Artist's renderings, photos, amenities and prices are based upon current development plans and are subject to change without notice.