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MORE BITE THAN BARK

The dog days are barking. Sure it's hot some days but there's plenty of rain, no drought and the schedule of events around here hasn't slowed to the usual sweltering crawl.

And traffic, alleviated a bit with school summer recess and high gas prices, continues to increase as the region grows. The answer to the problem is easy: build more roads and improve the main thoroughfares.

STAC is and what it purports to do. You decide if it makes sense, if you can comprehend the interlocking entities involved, and if the benefits outweigh the costs, especially if our roads continue to be neglected in the rush to have a rail system — whether we need it or not.

Raleigh and Durham have drifted apart since the salad days of Triangle identity in the 1980s. Durham has removed itself from the old Raleigh-Durham Metropolitan Statistical Area, leaving Raleigh-Cary on its own. I lamented this briefly, remembering my days founding the weekly Spectator and Triangle Business Journal as catalysts for regional growth. Back then each city (and Chapel Hill) needed the other to create urban critical mass. Today, Raleigh has grown far past Durham, and the Bull City didn't feel it could thrive in the Capital City's shadow. Now, I think growing apart is helping the Triangle cities grow back together in a healthy and newly defined fashion.

A daring example of the new era for Durham is Andy Rothschild. He is helping to transform downtown Durham with innovate real estate projects, most notably the renovation of the old Golden Belt building into a creative mixed-use project. Diane Lea sojourned to Durham and comes back impressed with Rothschild's vision and the new excitement for the future she sensed in Durham's burgeoning center city.

With many area residents remaining closer to home to avoid the high price of airfare and gasoline, it's an opportune time to visit and partake of the offerings of the winners of our MetroBravo! Awards. You can refer to last month's Part 1 while perusing the categories in Part 2 in this issue. Be sure to congratulate the winners and get out there and enjoy the offerings right under your nose. And that includes the always interesting coast. Check out the last installment of Coastal Preview and News in this issue, then head on down to get away from the heat and explore and relax and enjoy.

And what is summer without ice cream? Moreton Neal divulges the secret for the perfect treat, while Barbara Ensrud goes wild for wines from Washington State, noting the parallels to our own developing viticulture. Carroll Leggett returns to the art of barbecue, a Tar Heel pastime practiced even more on summer trips Down East. Art Taylor suggests new offerings from Clyde Edgerton and Margaret Maron for pleasurable beach reading when you finally arrive.

Louis St. Lewis takes an interesting angle on the travails of First Lady Mary Easley and her recent trips to Europe and Russia; Philip van Vleck meets a blues singer who earned her spurs; and Jim Leutze recommends renting and cooking for yourself while abroad.

Metros quarterly Medical Report examines the worry expressed these days about the alleged side effects of vaccines. Rick Smith tracks down the experts who say inoculating children is safe — and necessary.

As the old song goes, see you in September with a installment of Southern Style and a special feature on one of North Carolina's most famous writers — largely ignored until now.

—Bernie Reeves, Editor & Publisher
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EXPERT OUTED

Last month there was an Associated Press story never printed in either The News & Observer or the Durham Herald-Sun about Saami Shaibani, who testified for the prosecution in the Michael Peterson trial. He was exposed by defense attorney David Rudolf as a sham for having falsified information on his résumé.

The big news in the AP story was that the Wisconsin Supreme Court overturned a conviction of a man accused of killing his wife by drowning her in a toilet. He thought she committed suicide as she had lots of drugs in her. The chief expert for the prosecution was Shaibani. When the Supreme Court overturned this conviction, it opened the possibilities for 40 others also serving long sentences based on convictions from testimony from Shaibani, not such an expert after all.

Most convictions were in Virginia, but some were in South Dakota and other states. But in the Associated Press article, the Peterson trial was noted by name as being the time Shaibani was outed. For the local papers to say nothing was extraordinarily odd since they both jump at chances to publish news like Peterson being in trouble for having too many stamps.

Joan Miner
Durham

SORRY JACK

Looking through the July 2008 issue of Metro containing Part One of the MetroBravo! Awards, I couldn't help but notice that the winner of the bourbon category was, of all things, Jack Daniel's. Come on fellas, you phoning this in or what??

Jack?? Lordy be, we might as well have had the Kickin' Chicken in there as well, maybe some Old Grandad? There are far better bourbons out there my friends, and anyone in any of the finer restaurants you listed would tell you the same.

JE Warren
Raleigh

EDITOR'S NOTE

This happens every year. Readers send in bal­lons listing Jack Daniel's as a bourbon. Sorry.

OBAMA'S EYES

I wonder about the assessment by Bernie Reeves in My Usual Charming Self in the July 2008 issue of Barack Obama's chances for leaving Denver with his party's nomination; nil, he said. While I don't necessarily disagree with him on this and, in general, agree with the supporting thoughts he offers to back up his prediction, I think, perhaps, that like many, we have just a tendency to underestimate the electorate.

I think the Democratic Party might do the same thing and nominate someone else for just the reasons you've stated, but there's something about this Obama guy ... something intangible that's related, I think, to a sense that the man is not talking out of his hat. Sure, he mouths platitudes and rhetoric pledging to solve problems that won't get solved under his administration (or any other administration for that matter). Sure, he plays dodge ball with the truth sometimes, but what politician doesn't?

The needs and realities of getting elected turn candidates into mechanical dolls, trying to be sure that when someone pulls their voice box strings for a comment they don't say anything that's going to alienate anyone.

I sense in him a native intelligence that fights the bull every day in every way he can. You can see it in his eyes when a question or comment he wants to make is tempered (fixis­ted) by a realization that at this particular time or that particular place, he'd better keep his mouth shut because the truth would not serve him well.

As president of these United States, however, I can see him as a deeply honorable man, with a sense of what's right on both a personal and political level and a much reduced willing­ness to put up with things than his candi­dacy allows him. I haven't experienced this intuitive sense of a "good man" trying to be president in a long time. And it's something, I suspect (hope?), that the electorate senses about him as well. I like to think that a lot of us voters out here are not the dummies that the pundits like to think we are and that we can, in fact, sense intangible things that we bring with us to the voting booth.

Tough being a 59-year-old idealist in the 21st century, but like Obama, I fight the bull every day.

Skip Maloney
Wilmington, NC

LIBBA EVANS STRIKES AGAIN — IN BEAUFORT

It should be of particular interest to Metro editor Bernie Reeves as he himself has written an editorial concerning the administrators of the NC Department of Cultural Resources.
Secretary Libba Evans and her henchmen and henchwomen are at it again, and folks in Carteret County aren’t happy about what is being done to the North Carolina Maritime Museum, more specifically to the now “former” director, Dr. David Nateman.

The same administrators who were responsible for the ousting of Betsy Buford, former director of the NC Museum of History, are continuing their vendetta. In mid-July, Secretary of Cultural Resources Libba Evans, Deputy Secretary of Archives and History Jeffrey Crowe and Chief Deputy Secretary of Arts and Libraries Staci Meyer made moves that would suggest a demotion for Director Nateman as he was made curator of special programs and directed to leave his office at the museum in Beaufort for an office in Morehead City.

Did Nateman do anything illegal, immoral or unethical? Of course not, had he done so he would have been fired.

During the six years of his tenure, Nateman has done everything possible to operate the NC Maritime Museum as best he can under the circumstances thrust upon him by these officials. Like everyone, Nateman has a family to support and a reputation to maintain. I wrote the governor (as did many other supporters) on Nateman’s behalf in January 2007 when this began, and the governor did nothing. It is my sincere hope that Gov. Easley will look into this matter now before the work and reputation of another dedicated state employee is destroyed.

Jane Wolff, Retired
Morehead City, NC
Public Information/Volunteer Coordinator
North Carolina Maritime Museum
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Elegant Opening at Somerhill

The art world was out in force to celebrate the newest reincarnation of Joe Rowand’s Somerhill Gallery in a new space in Durham’s Venable Center on Roxboro Road during the weekend of July 11-12. A standing room only crowd filled the sleek new halls on Saturday and chatted over cocktails about the beauty of the space (designed by Phil Szostak) and the tall ceilings.

But the real party was the night before, when Rowand pulled out the stops to entertain the crème de la crème of Triangle society with a glamorous dinner party in the new gallery space. All the right names were there: Reynolds Price, Tom Kenan III, Larry Wheeler, Georgia Kyser, Betty Kenan, Mrs. Bill Burns and of course the grand dame of Durham, philanthropist Mary Duke Biddle Trent Semans, a staunch supporter of the arts who played a key role in the development of the NC School of the Arts.

Somerhill artists were in attendance as well, including featured artist Richard Pratt and gallery favorite Carol Bechtel. All in all a grand weekend to celebrate the new look for one of the Triangle’s most venerable galleries.

— Louis St. Lewis

Moving Midway Premieres in Raleigh

Following two openings in New York City, Godfrey Cheshire’s acclaimed film Moving Midway — hailed by The New York Times as “an extraordinarily rich documentary, which takes up the agonies and ironies of Southern history with remarkable wit, empathy and learning” — premieres in Raleigh Sept. 19 at the Rialto Theater in Five Points, with additional screenings in Chapel Hill and Cary.

Moving Midway examines plantation life, race issues, family bonds and the mythic capability of film to define the culture of the South as Cheshire’s family’s plantation in Eastern Wake County is physically moved to make way for development along the Interstate-540 corridor.

As events and discoveries unfold during the making of the film, audiences are captivated by the authenticity and drama of a real life look at the South — with several surprises.

Cheshire, who has become a noted film critic in New York City, has created a unique documentary described as “tenderhearted, tough-minded, witty and wise” by The Village Voice — and it all happens right here in Raleigh.

Go to www.movingmidway.com for more on the film and the Raleigh premiere.
Radio Man Tom Joyner Tells It Like It Is in New Book

Tom Joyner is still in the area memory bank from his days in the mid-’90s as the host of his own afternoon call-in program on 680 WPTF-AM. But Joyner’s real day job was buying and selling radio stations. His stint at WPTF was between acquisitions, including his last station in this market, Oldies 100.7, now under chain ownership and calling itself The River — adhering to the new programming culture that names stations for hunting dogs or vacation destinations.

Joyner retired for the umpteenth time and decided to write an autobiography called In Black And White in reaction, he says, to a book and other fulminations by “the other Tom Joyner,” an angry black man who uses the radio to hate whitey and generally trash the United States. But our Tom Joyner addressed race issues anyway many times on his radio show, along with center right and sometimes far right positions on hundreds of issues.

The book makes it clear that Joyner comes by his beliefs the hard way: he earned them. His childhood was a condition to overcome more than an environment for character growth. He establishes his race bona fides via one of his mother’s sisters who had a “black child” among her brood of six — all fathered by men other than her sterile husband who agreed to the arrangement. Joyner grew up side by side with his black cousin and learned early on the hurts and slights of racism — and the depressing reality of poverty. He vowed to rise above his status and applied himself doggedly to making money in radio.

The first half of the book is dedicated to his life and career and the second to a few dozen political and social issues that have hardened into a belief system. In between is the harrowing decline of radio that Joyner laments — although he was a fairly big factor in the result as he pounced on FCC rules that opened up opportunities for him to buy and sell stations and flip them to the omnivorous chains that have pretty much ruined radio. He is back in the business today with five stations and a Muzak franchise in Decatur, IL.

You can order copies of In Black And White for $16.95 plus $3 shipping by writing Tom Joyner, 415 Wayfield Lane, Cary, NC 27518.

— Bernie Reeves

NC Jewish Heritage Celebrated

For more than 300 years Jews have called North Carolina home. Now the Jewish Heritage Foundation of North Carolina (JHFC) is telling its story in a multimedia project, “Down Home: Jewish Life in North Carolina.” The program will include a documentary film, an illustrated book, a school curriculum and a traveling museum exhibit that will tour the state’s metropolitan areas.

Former Gov. James B. Hunt Jr. serves as honorary chairman of the $1.25 million campaign to create “Down Home.”

The state’s Jewish story — much of it untold — offers a centuries old example of how an immigrant people can become citizens and neighbors while preserving their identity as a distinct people. It begins with Joachim Gans, who arrived on Roanoke Island in 1585, and includes pioneers such as the Mordecai and...
Weil families.
Communities formed in antebellum times included German-Jewish immigrants who arrived to peddle and open stores. Some, like the Cone family of Greensboro, NC, became major industrialists. East European Jewish immigrants arrived in the thousands just as North Carolina was emerging as an industrial leader of the New South. Peddlers spread across the countryside, and merchants opened stores in the downtowns of budding mill and market towns. Jews settled from Manteo to Murphy. Today, Jewish peddlers, storekeepers and industrialists have yielded to Jewish doctors, scientists, professors and entrepreneurs.

The “Down Home” film, produced by Emmy-Award winning filmmaker Steve Channing, will debut on Oct. 12 at the Museum of History in Raleigh. Additional screenings are scheduled for Oct. 19 in Greensboro and Feb. 22, 2009, in Charlotte. Tickets for all events are available by contacting JHFNC Director of Operations Will Grossman (919-668-5839 or wgrossman@jhfnc.org).

The exhibition is scheduled to open in April 2010 and will tour Charlotte, Raleigh, Greensboro, Wilmington and Asheville. The University of North Carolina Press will publish the “Down Home” book. The school curriculum is estimated to reach 1.5 million children.

For more information on “Down Home”, contact the JHFNC Web site at www.jhfnc.org.

— Leonard Rogoff

GlaxoSmithKline Chief To Host MS Dinner
Christopher Viehbacher, president of North American Pharmaceuticals for GlaxoSmithKline (GSK), will chair the annual Dinner of Champions of The Eastern North Carolina Chapter of the National Multiple Sclerosis Society Sept. 4 at Prestonwood Country Club.
The dinner addresses contributions made by organizations in the health and life sciences and raises money to support the organization’s Access to Health Care Fund for people affected by multiple sclerosis in Eastern North Carolina.
Visit www.msdinnerofchampions.org or call 919-834-0678 for more information and to make reservations.
The National MS Society donates $125 million annually to programs and services for the 1 million people with MS. In 2007, the Society invested more than $46 million to support 440 research projects around the world. If you or someone you know has MS, contact the National MS Society at www.nationalmssociety.org or 1-800-FIGHT-MS.

Piedmont Laureate To Be Named
Applications are now being accepted for the Piedmont Laureate program, a new collaboration among four local arts agencies — the City of Raleigh Arts Commission, continued on page 87

Edenton’s Cupola House To Celebrate 250 Years
Big doings are in the planning stages in Edenton, NC, for a week-long celebration of the 250th anniversary of the historic Cupola House set for Sept. 27-Oct. 4. Vintage sailing ships will sail into port to kick off a full schedule of activities, including lectures and demonstrations on colonial art, music and maritime history; furniture displays and experts on colonial architecture; tours of historic homes, including a special visit to the Cupola House and gardens; and capped off with a gala dinner and auction. Contact Steve Lane (252-482-0283) or go to www.cupolahouse.org.

— Leonard Rogoff

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-A.O. Scott, NEW YORK TIMES

“Tenderhearted, tough-minded, witty and wise, *Midway* is moving indeed.”
-Nathan Lee, VILLAGE VOICE

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THE LONGEST-RUNNING GAME IN TOWN
By John Suddath

Transportation planning is becoming the longest-running game in town. The Transit 2001 Commission submitted its report in February 1997. The Triangle Transit Authority published its proposal for 16 rail stations in January 1997. And nothing has been built yet. Aside from the usual suspects of money and politics, the inaction primarily is the result of the large number of players involved and the numerous uncoordinated plans that each has developed. Recently, the Special Transit Advisory Commission (STAC) issued a report that once again offers a grand plan for a regional multimodal system, but are politicians and the public ready to accept such a costly proposal?

Here are the principal players in the game:

• The Capital Area Metropolitan Planning Organization — sets transportation funding priorities for Wake and parts of Johnson, Franklin and Harnett counties.

• The Durham-Chapel Hill-Carrboro Metropolitan Planning Organization — sets transportation funding priorities for Durham and parts of Orange and Chatham counties.

• Triangle Transit — The Triangle's regional transit service provider, currently operating local and express bus service and van pools.

• Regional Transportation Alliance — Regional business leadership group focused on mobility issues affecting the Triangle, supported by 22 chambers of commerce and over 100 companies.

• North Carolina Department of Transportation, Public Transit Division — The division does not provide any direct services but is involved in planning and setting priorities for transit funding across the state.

• Triangle J Council of Governments — A voluntary organization of municipal and county government that provides planning, mapping, Web page design and administrative services.

• Institute for Transportation Research and Education (ITRE) — An inter-institutional research center administered by NC State University in Raleigh. ITRE conducts research, transportation workforce training programs and technical assistance.

• Special Transit Advisory Commission — A 29-member panel appointed in 2007 by the two MPOs to study transit needs and to submit recommendations.

There also are some other groups not directly related to public transit that are currently studying transportation issues:

• North Carolina Railroad — An independent state agency that owns the railroad rights-of-way from Morehead City to Charlotte and leases trackage to freight and passenger operators. It is conducting an engineering feasibility study of adding commuter rail services in the Triangle.

• 21st Century Transportation Committee — This group was established by the 2007 General Assembly to study a broad range of transportation issues, including infrastructure, funding, organization of state agencies, local options available, and setting goals and priorities for the state.

• NC Go! — A statewide advocacy group that is working to expand Highway Trust Fund flexibility and to end the annual transfers from the Highway Trust Fund to the General Fund.

The six other transit service agencies in the Triangle (in addition to Triangle Transit) are part of the MPO's Transportation Advisory Committee and Technical Coordinating Committee. They are preparing three plans: a) the Annual Unified Planning Work Program, b) an update to the Long Range Transportation Plan that is being extended from 2030 to 2035, c) and the Transportation Improvement Program that is the actual authorization and funding document approved by the NC Department of Transportation.

If you're not confused enough by now, consider all of the politicians, political action committees, lobbyists and think tanks that are either doing studies or promoting some special interest and you begin to see the complexity of the game and the interaction of the players when there are no rules except for what the bureaucracy dictates.
AND THE DIFFERENCE IS

To cut to the chase, what's the difference in the new STAC recommendations and those of the failed TTA proposals? First, the STAC is a much broader-based constituency that brings in more people at a higher level. A large part of its meetings for the past year have been spent in thrashing out differences of opinions and interests and trying to reach some consensus. Although the basic TTA proposal of heavy rail — from Durant Road in Raleigh to the Multimodal Center in Durham — still remains, using the same corridors. A light rail system has been added from Durham to Chapel Hill following Erwin Road and US 15-501. A much higher priority has been given to expanding and improving bus services in the existing seven transit providers as the first step in providing basic local public transit. That will expand to areas that currently do not have any service, such as Wake Forest and Fuquay-Varina.

The key planning tool is a series of four detailed maps showing the 18 corridors (routes) for connector service (local bus), express bus, rail and the overall regional view including all services. Over time these maps have been marked up like a fourth-grade geography class and serve as a shorthand for the locations and the types and levels of service recommended. This is where the devil is in the details. Some are addressed in the appendices that include a section with answers to 16 frequently asked questions, and a section with a financial model and a proposal for funding the entire series of projects for the next 25 years.

The total cost of the rail portion is estimated to be $2.27 billion in 2007 dollars to be completed in five stages. One of the big problems in projecting costs that far out is the rising cost of land and construction materials. The cheaper version would have been to build the system 20 years ago rather than looking 25 years ahead, obviously not an option anymore.

PLAYERS AND REFEREES

So where is the opposing team in all this? The highway lobby likes to portray that spending on public transit detracts from the money available for new highway construction and maintenance. The facts are, at least as far the Feds are concerned, they are from separate funds. The new NC Turnpike Authority also is looking for some seed money to jump-start its two new projects in the Triangle that may conflict with the demands for an increase in the sales tax. One of these will be the construction of the southwestern loop of Interstate 540, which itself is controversial since the northern loop is free. Even though most of its funding will come from bonds, it still will need some up-front money. No one seems to know what the proposed southern loop of I-540 may cost, or where it may specifically go.

The field is full of referees in this game. The first call goes to the two MPOs who will vote up or down on the specific STAC recommendations. The STAC formally presented its final report and recommendations to a joint meeting of the two MPOs on May 21. The Transportation Advisory Committees of those two organizations will meet monthly starting in June and throughout the summer to review the STAC recommendations and determine which to incorporate into its long-range plans. The meetings are open to the public who will have the opportunity to voice their comments on these recommendations. The deadline for LRTP plans is November 2008. The second call goes to the Public Transit Division of the NC Department of Public Transportation, which may or may not agree with the MPO's plans.

Since the STAC is only projecting for 10 percent federal funds over the lifetime of the projects, the Federal Transit Administration probably will be less of a player (or a blocker) than in the previous proposals. Then there is a whole series of sequential "plans" from all of these entities ranging from annual budget appropriations to multi-year goals that go in effect over a period of years. At least everyone finally seems to be working from the same playbook and agrees that the Triangle needs a "regional" system and not just a hodgepodge of local entities each with its own turf to protect. Judging from the meetings I have attended in recent months, there seems to be more of a genuine feeling of cooperation and less of competition than before. Maybe the Triangle is finally growing up, both literally and politically.

LET THE GAMES BEGIN

So what is the schedule for the "fall season" of these games? First, the 21st Century

Assumed Amount of Revenues Raised, by Source, Through The Year 2035.

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>FTA Formula Funds</td>
<td>$77.56 1%</td>
</tr>
<tr>
<td>Sales Tax</td>
<td>$4,983.08 53%</td>
</tr>
<tr>
<td>Bond Payments</td>
<td>$208.69 3%</td>
</tr>
<tr>
<td>Rail Capital</td>
<td>$4,234.10 51%</td>
</tr>
<tr>
<td>TOTAL: $8.2 Billion</td>
<td></td>
</tr>
</tbody>
</table>

Cost Elements of Regional Transit Vision Plan, Through The Year 2035.

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>5% Vehicle Rental Tax</td>
<td>$331.16 4%</td>
</tr>
<tr>
<td>Vehicle Registration Fee</td>
<td>$458.05 5%</td>
</tr>
<tr>
<td>Bonds</td>
<td>$600.00 6%</td>
</tr>
<tr>
<td>Farebox Recovery</td>
<td>$516.66 6%</td>
</tr>
<tr>
<td>Federal Share</td>
<td>$892.19 19%</td>
</tr>
<tr>
<td>State Share</td>
<td>$1,410.94 15%</td>
</tr>
<tr>
<td>TOTAL: $9.3 Billion</td>
<td></td>
</tr>
</tbody>
</table>
Transportation Committee is due to present its report/plan/proposal in December 2008, which will have far more broadly-reaching effects both politically and in terms of total dollars statewide. It is studying highway and bridge construction and funding, as well as public transit. The STAC study is limited only to public transit in the Triangle as assigned by the MPOs. The 21st Century Committee presented some of its recommendations to the short session of the North Carolina General Assembly (primarily a bond issue), but the major action will not occur until the 2009 session. Whoever is elected to begin terms in 2009, both at the state and federal level, also will have a significant impact on what priorities are given to transportation needs and to the Triangle specifically.

So what are the proposals of the STAC plan? They are:

- An enhanced region-wide bus network that adds new routes and improved service on existing routes based on the Mayors’ 2006 Bus Expansion Plan.
- Circulators — a term that STAC uses to describe frequent local bus or trolley service in high-density areas (this is the most vague part of the proposals). Local city bus companies would provide this service.
- Rail service that includes heavy rail from Durant Road in North Raleigh to downtown Durham with light rail between downtown Durham and South Chapel Hill. The North Carolina Railroad is investigating the engineering feasibility of operating commuter rail on its rights-of-way, but it would not operate nor fund such service.
- Financing the cost of these proposals over the extended period would be through the continued tax on car rentals; a $10 increase in vehicle registration fees; a one-half cent increase in the local sales tax; a one-time $600 million bond issue; a contribution of federal funds to 10 percent of the total cost; a contribution of state funds to 15 percent of the total costs; and a small revenue stream from fare box fees. The systems would have to be fully built before they started producing much in terms of revenue. (See the two charts of assumed revenues and projected costs.)

People may agree or disagree with certain elements of the STAC proposals, but many public officials from all of the communities in the region invested a year of serious study in reaching a consensus and coming up with these recommendations. The public will have the opportunity to express their concerns to their Metropolitan Planning Organizations at its regular meetings. Stay tuned to see if the proposals finally materialize into action. To read the complete report, including maps and appendices, go to: www.transitblueprint.org/stac.shtml.
MetroBravo 2008

By Dan Reeves, Emily Keveryn and Emma Keim

FASHION/WHERE TO SHOP

MALL
Standing Ovation
Cabtree Valley Mall, Raleigh
MetroBravo
The Streets at Southpoint, Durham
Honorable Mention
Triangle Town Center, Raleigh

SHOPPING CENTER
Standing Ovation
North Hills, Raleigh
MetroBravo
Cameron Village, Raleigh
Honorable Mention
Brier Creek Commons, Raleigh

DEPARTMENT STORE
Standing Ovation
Belk, Triangle-wide
MetroBravo
Saks Fifth Avenue, Raleigh
Honorable Mention
Nordstrom, Durham

GIFT STORE
Standing Ovation
Charlotte’s, Raleigh
MetroBravo
Quintessentials, Raleigh
Honorable Mention
Swoozie’s, Raleigh

MEN’S CLOTHING STORE
Standing Ovation
Nowell’s Clothing, Raleigh
MetroBravo
Brooks Brothers, Raleigh
Honorable Mention
JoS. A. Bank, Triangle-wide
Varsity Men’s Wear, Raleigh

TIES
Standing Ovation
Nowell’s Clothing, Raleigh
MetroBravo
Brooks Brothers, Raleigh
JoS. A. Bank, Triangle-wide
Honorable Mention
Saks Fifth Avenue, Morrisville and Raleigh
Liles Clothing Studio, Raleigh

MEN’S SHOES
Standing Ovation
Belk, Triangle-wide
MetroBravo
Nordstrom, Durham
Honorable Mention
Johnston & Murphy, Raleigh

Nowell’s Clothing
Growing up in Raleigh, it has always been a no-brainer where to go for proper menswear. Nowell’s Clothing has always been a hallmark brand for distinguished and successful men (and later women) in Raleigh. Custom tailoring, designer brands, impeccable service and extensive variety are only a few of the positive characteristics that make Nowell’s Nowell’s.

Opened in 1921 by Arthur Nowell in downtown Raleigh as the Horton-Nowell Clothing Company, the store prided itself on offering goods and customer service of the highest quality.

Into the 1930s and ’40s, the store, with a great deal of help from Florence Nowell, affectionately known as “Granny,” the name became and remained Nowell’s Clothing Store. After the end of World War II with Florence and Arthur well into their golden years, the store became the responsibility of son Gwynn. As the years went by, the Nowell family grew along with its remarkable reputation as the best clothiers in town.

Eventually moving to a spot at Cameron Village, the success of Nowell’s blossomed even further, dressing generations of Raleigh natives, offering each customer professional assistance. Now located on Old Wake Forest Road, Nowell’s celebrates its 86th year of business under the direction of Matt Hooper, Gwynn “Schooner” Jr. and LuBet Nowell — and still offering the best in customer service.
EVENING/COCKTAIL WEAR
Standing Ovation
Vermillion, Raleigh
MetroBravo
Fleur Boutique, Raleigh and Chapel Hill
Honorable Mention
Saks Fifth Avenue, Raleigh

FUR COAT
Standing Ovation
Hertzberg Furs, Raleigh
MetroBravo
Belk, Triangle-wide
Honorable Mention
Saks Fifth Avenue, Raleigh

WEDDING DRESS
Standing Ovation
Traditions Bridal Shop, Raleigh

WOMEN’S CLOTHING STORE
Standing Ovation
Vermillion, Raleigh
MetroBravo
Fleur Boutique, Raleigh and Chapel Hill
Scout & Molly’s, Raleigh and Chapel Hill
Honorable Mention
Gena Chandler, Raleigh

Lee’s Tailors
Over 30 Years Experience

“Voted Best Tailor in Triangle”
by Spectator and Metro Magazine since 1985

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Dry Cleaning
Same Day Rush Service

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Streets at South Point  919-806-5770
Triangle Town Center  919-792-2108
Liberty Station, Apex  919-367-0226
Plaza West Shopping Center  919-233-0708

MetroBravo
Evening/Coctail Wear
Standing Ovation
Vermillion, Raleigh
MetroBravo
Fleur Boutique, Raleigh and Chapel Hill
Honorable Mention
Saks Fifth Avenue, Raleigh

Fur Coat
Standing Ovation
Hertzberg Furs, Raleigh
MetroBravo
Belk, Triangle-wide
Honorable Mention
Saks Fifth Avenue, Raleigh

Wedding Dress
Standing Ovation
Traditions Bridal Shop, Raleigh

Women’s Casual Clothing
Standing Ovation
Gena Chandler, Raleigh

Cameron Clothing Co.
Jenny and Marshall Lam of Cameron Clothing Co. at North Hills Shopping Center have been attracting women from every age group with clothes from fine designers since 1991 with their extensive collection of sportswear, daytime dresses and mother-of-the-bride attire, featuring designers such as Lafayette 148, Marisa Baratelli and Barry Bricken. Metro readers voted them not only the best place to shop for women’s casual clothing, but also the best place to shop for your mother — and that includes both the mother of the bride and groom with dresses by Badgley Mischka and Chris Kole. The sales associates even send thank you notes for your purchases — something your mother would appreciate.

EVENING/COCKTAIL WEAR
Standing Ovation
Vermillion, Raleigh
MetroBravo
Fleur Boutique, Raleigh and Chapel Hill
Honorable Mention
Saks Fifth Avenue, Raleigh

FUR COAT
Standing Ovation
Hertzberg Furs, Raleigh
MetroBravo
Belk, Triangle-wide
Honorable Mention
Saks Fifth Avenue, Raleigh

WEDDING DRESS
Standing Ovation
Traditions Bridal Shop, Raleigh

WOMEN’S CLOTHING STORE
Standing Ovation
Vermillion, Raleigh
MetroBravo
Fleur Boutique, Raleigh and Chapel Hill
Scout & Molly’s, Raleigh and Chapel Hill
Honorable Mention
Gena Chandler, Raleigh

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Over 30 Years Experience

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by Spectator and Metro Magazine since 1985

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Plaza West Shopping Center  919-233-0708

MetroBravo
Evening/Coctail Wear
Standing Ovation
Vermillion, Raleigh
MetroBravo
Fleur Boutique, Raleigh and Chapel Hill
Honorable Mention
Saks Fifth Avenue, Raleigh

Fur Coat
Standing Ovation
Hertzberg Furs, Raleigh
MetroBravo
Belk, Triangle-wide
Honorable Mention
Saks Fifth Avenue, Raleigh

Wedding Dress
Standing Ovation
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MetroBravo
Vermillion, Raleigh
Honorable Mention
Fleur Boutique, Raleigh and Chapel Hill
Cameron Clothing Co., Raleigh

DESIGNER JEANS
Standing Ovation
Uniquities, Raleigh

MetroBravo
Nordstrom, Durham
Honorable Mention
Saks Fifth Avenue, Raleigh

WOMEN'S SHOES
Standing Ovation
Nordstrom, Durham
MetroBravo
Main & Taylor, Raleigh

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MetroBravo 2008

Honorable Mention
Fleur Boutique, Raleigh and Chapel Hill
Monkee's, Raleigh and Chapel Hill

HANDBAG
Standing Ovation
Vermillion, Raleigh

MetroBravo
Saks Fifth Avenue, Morrisville and Raleigh
Honorable Mention
Nordstrom, Durham

LINGERIE
Standing Ovation
Victoria's Secret, Triangle-wide

MetroBravo
J. Alane's Fine Lingerie, Raleigh
Honorable Mention
Belk, Triangle-wide

MATERNITY CLOTHING
Standing Ovation
Cravings – A Maternity Boutique, Raleigh

MetroBravo
A Pea in the Pod, Triangle-wide
Honorable Mention
Belk, Triangle-wide

Scout & Molly's

BATHING SUIT
Standing Ovation
Belk, Triangle-wide

MetroBravo
Gena Chandler, Raleigh
J. Crew, Triangle-wide

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30 AUGUST 2008 METROMAGAZINE
Honorable Mention
Nordstrom, Durham

KIDS' CLOTHING
Standing Ovation
Lamb's Ear, Raleigh
MetroBravo
GapKids, Triangle-wide
Honorable Mention
Shutterbugs, Raleigh

OUTDOOR CLOTHING
Standing Ovation
REI, Triangle-wide
MetroBravo
Great Outdoor Provision Co., Triangle-wide
Honorable Mention
Dick's Sporting Goods, Triangle-wide

DESIGNER JEWELRY
Standing Ovation
Elaine Miller Collection, Raleigh
Honorable Mention
Ora Designers Fine Jewelers, Raleigh

ESTATE JEWELRY
Standing Ovation
Elaine Miller Collection, Raleigh

WEDDING RINGS
Standing Ovation
Bailey's Fine Jewelry, Raleigh and Rocky Mount
Honorable Mention
Jolly's Jewelers, Raleigh

Quintessentials
'Tis the season to tie the knot, which means wedding registries and wedding gifts. For brides looking for something traditional yet unique, Quintessentials, voted by Metro readers as the Triangle's best place for wedding registries and best gift store, has many new china patterns that help add a splash of color to area dinner tables. The newest patterns at Quintessentials include florals and geometric designs in a variety of soft and subtle or bright and bold colors, and you can select from the wide range of crystal, glassware and other giftware.
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MetroBravo
Jolly's Jewelers, Raleigh
Honorable Mention
CMI Jewelry Showroom, Raleigh

Pearls
Standing Ovation
Bailey's Fine Jewelry, Raleigh and Rocky Mount
MetroBravo
Elaine Miller Collection, Raleigh
Jolly's Jewelers, Raleigh

Watches
Standing Ovation
Bailey's Fine Jewelry, Raleigh and Rocky Mount
MetroBravo
Fink's Jewelers, Triangle-wide
Jolly's Jewelers, Raleigh
Honorable Mention
Johnson's Jewelers of Raleigh, Raleigh

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Vermillion

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Main & Taylor
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Haydon & Company, Raleigh

Jolly's Jewelers, Raleigh
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Sunglasses Hut, Triangle-wide
MetroBravo
Saks Fifth Avenue, Raleigh
Honorable Mention
20/20 Eyeworks, Chapel Hill and Raleigh

PERFUME
Standing Ovation
Belk, Triangle-wide
MetroBravo
Sephora, Triangle-wide

As Seen On
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Fox's Ambush Makeover

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Alexander Place at Brier Creek
7854-115 Alexander Place, Raleigh
919.898.7666
Honorable Mention
Saks Fifth Avenue, Raleigh

“TWEEN’S” CLOTHING
Standing Ovation
Belk, Triangle-wide
MetroBravo
Be-Tween, Raleigh
Honorable Mention
Old Navy, Triangle-wide

CONSIGNMENT STORE
Standing Ovation
Revolver Consignment Boutique, Raleigh
MetroBravo
Villa Consegna, Raleigh
Honorable Mention
Stuff Consignment Boutique, Raleigh

MAKE-UP SELECTION
Standing Ovation
Belk, Triangle-wide

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CLOTHES FOR YOUR DAUGHTER
Standing Ovation
Gena Chandler, Raleigh
MetroBravo
Belk, Triangle-wide
Honorable Mention
Vermillion, Raleigh

CLOTHES FOR YOUR MOTHER
Standing Ovation
Talbots, Triangle-wide
MetroBravo
Cameron Clothing Co., Raleigh
Honorable Mention
Tyler House, Raleigh

DRY CLEANER
Standing Ovation
Medlin-Davis, Cary and Raleigh
MetroBravo
Brothers Cleaners, Raleigh
Honorable Mention
Hilker’s Cleaners, Raleigh

TAILOR
Standing Ovation
Lee’s Tailor Shop, Triangle-wide
MetroBravo
Krystyna’s Tailor Shop, Cary
Honorable Mention
Duke’s Tailor, Raleigh

MetroBravo
Sephora, Triangle-wide
Honorable Mention
Saks Fifth Avenue, Raleigh
DRUG STORE
Standing Ovation
CVS, Triangle-wide
MetroBravo
Rite Aid (formerly Eckerd), Triangle-wide
Honorable Mention
Walgreens, Triangle-wide

PET BOUTIQUE
Standing Ovation
Gourmutt's Bakery, Triangle-wide
MetroBravo
Wag Pet Boutique, Raleigh
La Di Dogs Inc., Raleigh
Honorable Mention
Phydeaux, Carrboro

MARINA
Standing Ovation
Bradley Creek Marina, Wilmington
MetroBravo
70 West Marina, Atlantic Beach
Honorable Mention
Coral Bay Marina, Morehead City

BOOK STORE
Standing Ovation
Barnes & Noble, Triangle-wide
MetroBravo
Quail Ridge Books, Raleigh
Honorable Mention
Borders, Triangle-wide

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

LINENS
Standing Ovation
Lavender and Lace, Raleigh
MetroBravo
Belk, Triangle-wide
Honorable Mention
Yves Delorme, Raleigh

PIANO
Standing Ovation
Hopper Piano & Organ Co., Raleigh
MetroBravo
Ruggero Piano, Raleigh
Honorable Mention
Maus Piano & Organ Co., Raleigh

PICTURE FRAMING
Standing Ovation
Frameworks, Raleigh
MetroBravo
Jill Flink Fine Arts & Framing, Raleigh
Honorable Mention
Michaels, Triangle-wide

STATIONERY
Standing Ovation
Frances T. King Stationery, Raleigh

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Metro Readers for their support in the 2008 Metro Bravo Awards.

FIRST PLACE
Standing Ovation
Best Restaurant
MetroBravo
Best Chef
Honorable Mention

SECOND PLACE
Metro Bravo
Restaurant for Special Occasions

THIRD PLACE
Honorable Mention
Power Lunch
Wine
FLORIST
Standing Ovation
Kelly Odom Flowers, Raleigh

Honorable Mention
Bailey’s Fine Jewelry, Raleigh and Rocky Mount

BICYCLES
Standing Ovation
Flythe Cyclery, Raleigh
MetroBravo
Performance Bicycle, Carrboro and Cary

Honorable Mention
All-Star Bike Shop, Raleigh and Cary

SHOE/HANDBAG REPAIR
Standing Ovation
H&H Shoe Repair, Raleigh
MetroBravo
Man Mur Shoe Shop, Raleigh

Honorable Mention
Chung’s Tailoring & Shoe Repair, Raleigh

FLORIST
Standing Ovation
Kelly Odom Flowers, Raleigh

MetroBravo
Swoozie’s, Raleigh
Honorable Mention
Herget/Taylor Fine Paper, Raleigh

CHILDREN’S TOYS
Standing Ovation
Tookie’s Toys, Raleigh

MetroBravo
Learning Express Toys, Cary and Raleigh

Honorable Mention
Toys "R" Us, Triangle-wide

BOAT
Standing Ovation
Charlee Boat & Marina, Sanford
MetroBravo
Cape Fear Yacht Sales, Wilmington

Honorable Mention
Boater’s World, Raleigh

WEDDING REGISTRY
Standing Ovation
Quintessentials, Raleigh
MetroBravo
Belk, Triangle-wide

Returning from WWII, Ed Flythe established Raleigh’s Flythe Sales and Service, taking over the business from his father-in-law, WC Lewis.

Originally serving Raleigh as a sporting goods store on Hargett Street, Ed manned the firearm and locksmith services. He later added the lawn mower and bicycle department. By this time the store, now called Flythe Sales and Service, was located on Salisbury Street.

In 1972, Skip Flythe took over the store from his father. The business was soon moved to its present location at 424 W. Peace St. As several years passed, the locksmith and lawn mower services were phased out and the business concentrated solely on bicycles, and the name was officially changed to Flythe Schwinn Cyclery.

Keeping Flythe as the dependable, family-operated, go-to bike shop is now in the process of falling into the able hands of Skip’s son Winn. For 60 years now, area bikers, from certified racers to kids just taking off their training wheels, have faithfully depended on Flythe Cyclery to provide the best in equipment, knowledge and friendly service.
MetroBravo
Fallon's Creative Flowers, Raleigh
Honorable Mention
North Raleigh Florist, Raleigh

GARDEN CENTER/NURSERY
Standing Ovation
Logan's Trading Company, Raleigh
MetroBravo
Homewood Nursery & Garden Center, Raleigh
Honorable Mention
Atlantic Avenue Orchid & Garden Center, Raleigh

HOME MEDIA SYSTEM
Standing Ovation
Best Buy, Triangle-wide
MetroBravo
Audio Advice, Raleigh
Honorable Mention
Innovative Systems, Raleigh

PLACE TO OWN A SECOND HOME
Standing Ovation
Wrightsville Beach, NC
MetroBravo
Atlantic Beach, NC
Honorable Mention
Blowing Rock, NC

COASTAL DEVELOPMENT
Standing Ovation
Bald Head Island, NC
MetroBravo
Autumn Hall, Wilmington
Honorable Mention
Landfall, Wilmington

CONTEMPORARY FURNITURE
Standing Ovation
Nowell's Contemporary and Scandinavian Furniture, Raleigh
MetroBravo
ECKO International, Triangle-wide
Honorable Mention
Ambiente Furniture, Raleigh

TRADITIONAL FURNITURE
Standing Ovation
Ethan Allen, Triangle-wide
MetroBravo
Whitney Furniture Galleries, Zebulon
Honorable Mention
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Acquisitions, Ltd., Raleigh
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ArtSource Fine Art Gallery and Framing, Raleigh
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Triangle Acupuncture Clinic, LLP, Chapel Hill and Cary
Honorable Mention
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ACupuncturist
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Lower School (Grades PreK-5)
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Natural Body Spa and Shoppe, Raleigh
MetroBravo
Iatria, Raleigh and Cary
Synergy Spa, Raleigh
Honorable Mention
Skin Sense: A Day Spa, Raleigh and Cary

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MetroBravo
Rex Wellness Centers, Triangle-wide
Honorable Mention
Wellness Center at Duke Raleigh Hospital, Raleigh

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

Skin Sense
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MetroBravo
The Body Mechanic, Raleigh
Blue Lotus Yoga & Movement Arts, Raleigh
Honorable Mention
Moving Mantra Yoga Studio, Raleigh

SALON FOR SPRAY TAN
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Palm Beach Tan, Cary and Raleigh
Physios Salon, Raleigh
MetroBravo
Planet Beach, Triangle-wide
Honorable Mention
Skin Sense: A Day Spa, Cary and Raleigh

EDUCATION

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The Goddard School, Triangle-wide
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Honorable Mention
Primrose Schools, Triangle-wide

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Fred Anderson Toyota, Raleigh

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Lexus
MetroBravo
Mercedes-Benz
Honorable Mention
Cadillac
BMW

HYBRID CAR
Standing Ovation
Toyota Prius
MetroBravo
Lexus RX
Honorable Mention
Honda Civic Hybrid

DEALERSHIP FOR SERVICE
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FEAR OF VACCINES UNWARRANTED; HEALTH SCARES NOT PROVEN by Rick Smith

Pediatricians seem to encounter skeptical parents almost daily asking the same questions:

"Is it really safe for our child to take all these vaccinations in such a short period of time?"

"Does my child really need these vaccinations since the diseases are so rare?"

Their concerns reflect a genuine fear factor.

"How to deal with parental fears? That's the $64 question," said Dr. Samuel Katz, 81, a pioneer in the development of vaccines and related research since the days when polio ravaged so many people across the United States. He also is dean emeritus of the pediatric school at Duke University.

His most important response:

"You must have faith and trust in your physician."

Dr. John Rusher of Raleigh Pediatrics who attended medical school at UNC-Chapel Hill agrees.

"That's what I tell parents all the time. We are not here to cause disease. We are looking for ways to prevent disease.

"We think that one of the best things we can do for children is preventive care, and vaccines in my opinion are one of the most unheralded breakthroughs we've had in the last 50 years," said Rusher, who has practiced for 11 years. "We have seen in our practice a decrease and even disappearances of some diseases that we had to deal with in previous years."

Conversely, the success of virtually eliminating polio and wiping out smallpox has triggered complacency. Rusher counters that attitude by warning about potential risks.

"My answer is: No. 1, the diseases are still there. They could still get whooping cough or chicken pox. No. 2, these infections can re-emerge. They may be dormant now, but as the rates of vaccination go down, they can re-emerge. The third reason is to prevent infections that are common in the rest of the world.

"Because of international travel, we are a hub. Too many people are NIMBYs — not in my backyard. They say an outbreak is not going to happen here. That's not necessarily true. It can happen here, and in fact it has. Now we are seeing more international scares of some illnesses that have been around for a while. The risk is still there."

Despite assurances and warnings, concerns and complacency among parents continue to challenge pediatricians.

DO VACCINES CAUSE AUTISM OR OTHER DISEASES?

Day after day, year after year stories surface linking vaccines — or ingredients in them, such as mercury — with an increase in autism or other afflictions, even diabetes.

"One thing they have to have is confidence in their physicians, particularly their pediatricians," Katz repeated for emphasis. "We have the results of study after study that have disproven the relationship between autism and vaccines.

"On the other hand, we are still handicapped by the question, 'Well if it's not the vaccine then what causes it?' We don't know.

"We do know from a number of good studies that there are genes that cause autism. What we don't know is what causes them to turn on or to turn off. For example, there are very strong connections between identical twins. If one has autism, there's an 80 percent chance both will. If they are not identical twins, there's a 20 percent chance. At least that gives you some clue to the genetic aspects."

Reacting to concerns about the mercury preservative known as Thimerosal, pediatricians recommended in 1999 that it be removed, Katz said. By 2001, all of it had been removed with the exception of some adult influenza vaccines. But that move didn't end the autism surge.

"Despite removing the Thimerosal, over the next seven years, autism continued to occur more frequently," Katz said.

"We've been very succinct in disproving what causes autism. Unfortunately, we have not been able to determine what causes autism to express itself. Until that happens, lingering doubts will remain."

Rusher encounters similar concerns about autism but said he and his fellow doctors feel confident the Thimerosal and vaccine cocktail questions have been answered.

"There have literally been dozens of studies that refute measles, mumps and rubella vaccines cause autism, both overseas and the US," Rusher said.

"What do we rely on in making our recommendations? We look at the evidence to determine as a practice and as individual doctors," he said. "We certainly believe these claims are worth investigating, and we believe they have been or we wouldn't continue to give these vaccines."

If not the mercury, could autism then perhaps be triggered by the cocktail of vaccines for measles, mumps and other maladies?

No, Katz insisted. Those connections "all have been proved to be fallacious."

VACCINES TO STOP CERVICAL CANCER, LIVER DISEASE

Questions also continue to be raised about recently developed vaccines to prevent cervical cancer in young girls. The vaccine Gardasil from Merck helps prevent the human papillomavirus, which is linked to cervical cancer. GlaxoSmithKline is also seeking US approval for a similar vaccine called Cervarix.

But Katz said people wanting iron-clad proof that the vaccines work will have to
wait years for such data.

“We don’t have absolute proof because it’s going to take many years having prevented infections to say that the vaccines prevented cervical cancer,” Katz said. “It’s going to take 20 to 30 years from now before we can say so absolutely.

“We had the same thing with hepatitis B and liver disease. We couldn’t say it prevented cancer of the liver because it didn’t occur for another 20 or 30 years. Now, it is possible to show cancer of the liver is not occurring.

“It is sometimes hard to rationalize why their infant should receive a vaccine against diseases they have no perspective about. We have in my opinion been very successful in eliminating or decreasing significantly many of these diseases so they are not at the forefront of anxiety for young parents.”

— Dr. Rusher

“Hopefully, we’ll have the same thing in 2035 to say about cervical cancer. But until then, all we can say is that the vaccines are very effective at preventing the infection.”

IS MANDATING VACCINATIONS THE ANSWER?

Texas Gov. Rick Perry discovered in 2007 that mandating use of vaccines is not the answer to overcoming parental concerns. Perry issued an executive order requiring 11- and 12-year-old girls receive the cervical cancer vaccine. After howls of public protest, the state’s legislature overrode his order.

Katz numbers himself among those who don’t believe mandates are the answer.

“Until the vaccine has been used a number of years and we feel comfortable with the total safety of the vaccine and that the immunity generated is persistent and prolonged, I think it’s premature to say you have to be vaccinated before you can go to college,” Katz said.

However, he also pointed out that rules requiring vaccinations of children before they attend school, such as for measles, have proved effective.

“We used to have several million cases of measles,” he said. “Now, it’s a rarity. In contrast, there have been so few over the last 15 years, and in almost every one of the cases they occurred in children whose parents elected not to have him or her vaccinated. That’s very unfortunate.”

Many Americans also have grown complacent about the need for such vaccines, including polio. But Katz warned the diseases have not been eradicated.

“We still have importations of the diseases,” he said. “There are still places where measles exist.”

WHY SO MANY VACCINATIONS SO SOON?

Parents who consent to vaccines still may not embrace the schedule as prescribed by physicians. Rusher sees that trend growing among the 25,000 patients seen by the 14 doctors of Raleigh Pediatrics.

“Yes, it’s no fun to watch a 2-month-old receive four or five shots, but the amount of exposure to antigens in the shot is miniscule compared to what they already face in the real world,” Rusher said. “When kids are born, they are faced with literally thousands of bacteria and viruses. If it’s a healthy child, they already have a functioning immune system that has billions of cells working to prevent infections. Giving them vaccines within the first two years of life is like a raindrop in the ocean of bugs already out there bombarding the baby’s immune system.”

Fears and anxiety run in cycles, Rusher added, and he blamed the media in part.

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The average person lives 77.8 years. Who wants to be average?
"About every two or four years there will be a show on Oprah or an article in a publication in which somebody claims their child was harmed or has developed a delay of some kind because of vaccines," he said. "We are answering more questions and spending more time explaining our opinions and our feelings about the benefits of vaccines.

"We are not alone in this. I know pediatricians in the state who are currently dealing with an increased level of fear."

Part of the problem is that young parents today have not had to experience diseases that were common not that many years ago, Rusher added.

"It is sometimes hard to rationalize why their infant should receive a vaccine against diseases they have no perspective about. We have in my opinion been very successful in eliminating or decreasing significantly many of these diseases so they are not at the forefront of anxiety for young parents."

Rusher recalled with passion the vaccines he received as a child — and praised Katz who continues to travel the world as an advocate for vaccinations in a continuing bid to eradicate diseases just as smallpox was finally eradicated.

"It's interesting to talk to grandparents today who thought, 'Darn right we've got to get every vaccination we can' for their kids because they knew neighbors or had cousins who suffered with polio or died of diphtheria or had a bad case of the measles," Rusher said. "Dr. Katz travels all over the world, and he can tell you that outbreaks in poorer countries are still at the forefront of world health concerns."

"The schedule every pediatrician in this state uses is developed by a combination of the Centers for Disease Control and others. The schedule that was developed does have some leeway, but the schedule is there for many reasons. It was developed by people who put a lot of thought into when is the best time to prevent specific illnesses, as well as the best time to get the immunization system geared up to prevent a particular virus."

"We are passionate about vaccines because we think this is one of the best things we can do for our patients — preventive care."

**Where To Go for More Information About Vaccines:**

**NC INFORMATION**
The North Carolina Immunization Branch focuses on increasing immunization rates of children. North Carolina provides vaccines for children from birth to 18 years old.

Go to www.immunizenc.com for more information.

**RECOMMENDED READING**

Dr. Samuel Katz, dean emeritus of pediatrics at Duke University, recommends a recently published book, *Do Vaccines Cause That?*, for people seeking answers about questions surrounding vaccines and possible links to other diseases. Dr. Martin Myers and Diego Pineda, the editor and science writer for the National Network for Immunization, co-authored the book. Go to www.dovaccinescausethat.com for more.

The immunization group also maintains a Web site: www.immunizationinfo.org.
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Find out what’s new at New Hanover Regional Medical Center.
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Organ Donor Changes Name
The North Carolina Coalition on Donation has changed its name to Donate Life North Carolina to identify with the national organization, Donate Life. The organization is seeking to add new donors to the DMV and online registries and other outreach to ensure that an organ, eye or tissue transplants are available.

North Carolinians are urged to say yes to donation at their local DMV office or to join the recently created online donor registry. To register or for additional information, log on to www.verybigheart.com.

Hands of Health Nominations
The John Rex Endowment invites nominations for the fifth annual Hands of Health Award, established to recognize individuals who demonstrate innovation in efforts to improve the health of children and youth in Wake County. The deadline for entries is Sept. 5.

The winner will be announced at the annual Hands of Health program, an invitation-only breakfast to be held Oct. 21. A specially commissioned bronze sculpture by artist Ruth Burink will be presented to the winner, and the John Rex Endowment will make a donation of $10,000 to the winner's charity of choice.

Nomination forms and guidelines are available at www.rexendowment.org/about/hoh.html.

Past winners of the award include: Peter Morris, MD; Don Rosenblitt, MD; Mark Piehl, MD; Yo Sobha; Kathy Higgins and Lillian Berman.

WakeMed Wins Award For Diabetes Program
The American Hospital Association bestowed its NOVA Award to WakeMed Health & Hospitals for its ENERGIZE! program, a pediatric nutrition and fitness education plan designed to help curb diabetes. The program is one of only five collaborative hospital-led programs in the nation recognized this year for collaborative efforts toward improving community health. The John Rex Endowment, which invests in the development and support of activities, programs and organizations that improve the health of children in Wake County, has supported WakeMed's ENERGIZE! and other components of the WakeMed Children's Diabetes & Endocrinology Program with over $1.7 million in grant funds.

Pitt Trauma Unit Certified
The North Carolina Office of Emergency Medical Services has re-designated Pitt County Memorial Hospital as a Level 1 Trauma Center with verification by The Committee on Trauma of the American College of Surgeons.

PCMH, which admits 2000 trauma patients each year, was designated a Level 1 center in 1985. The American College of Surgeons committee verified certification in 2005. The new certification is effective until August 2013.

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Modern Day Legacy:

ANDY ROTHSCILD'S DOWNTOWN DURHAM REDEVELOPMENT PROJECTS SUCCEED ON SEVERAL LEVELS

In 2000, physician Andy Rothschild left New York to pursue a second career based on his love of architecture, urban design and real estate development. He and wife Barbra, also a physician, came to Durham because Barbra had grown up and attended both undergraduate and medical schools in the Triangle.

“We thought the area would be a good place to raise our children, as well as to start a business,” explains Rothschild.

The couple moved to the centrally located historic Trinity Park neighborhood where they still live with their four children, ages 11 years to 21 months.

As Rothschild looked around at his adopted city, he asked himself, “What can I do in Downtown Durham that is not being done by anyone else?” He soon hit on the idea to create a development portfolio concentrating on rehabbing properties for science-oriented businesses — hence the name of his company, Scientific Properties. So how did Scientific Properties, headed by Rothschild,
An elegant windowed tower and banks of segmented-arched windows provide the natural light that helps Golden Belt in its quest for a Silver LEEDS certification.

his wife and now a dozen or so employees, become a major developer of strongly arts-related, mixed-use projects? According to Rothschild, it happened quite logically, if somewhat unexpectedly.

“Our first project was the renovation and adaptive reuse of the old 1932 Clark & Sorrell Garage at 323 Foster St., as the Triangle Biotechnology Center” says Rothschild.

The building was the oldest repair garage still in operation in Durham when it closed in 2000. Rothschild adapted the handsome old brick and concrete building to a highly specialized use, a wet lab, to serve the research and development needs of the life sciences companies in the Research Triangle Park. The trick was to create a highly functional facility capable of properly managing acid wastes from a large-capacity sterilizer and lab glassware using a high-tech electrical system backed up by a 175 kW emergency diesel generator. The task was accomplished, and the lab is a symphony of primary-colored glass vessels, Scandinavian designed modular casework and handsome laboratory conference furniture provided by Kartell. The view through the building’s large glass store front is more like looking into an art gallery than a biotech lab. And the Triangle Biotechnology Center is listed on the National Register of Historic Places.

Unifying The Streetscape

Rothschild soon purchased 401 Foster St., next door to the biotechnology center, to ensure that he would have expansion space for the center should he need it. The simple 9000-square-foot, low-rise structure with dual store fronts was similar in size and scale to the old Clark & Sorrell Garage, and its acquisition meant that Foster Street would retain a unified streetscape.

“We were watching the Central Park neighborhood festival area develop across the street,” says Rothschild, “and now the new Farmers’ Market Pavilion has been built just at the end of the block.”

Everything is within walking distance, and the events in the park and the excitement of the Wednesday and Saturday Farmers’ Market keeps things lively.

As the regeneration of Downtown Durham was picking up momentum, Rothschild and Scientific Properties purchased another historic building, the 1907 Venable Tobacco Company Building at 302-308 East Pettigrew St. Situated just a couple of blocks east of the new Durham Bulls Ball Park and the massive American Tobacco Campus complex — which had been renovated and adapted for office, retail, dining and entertainment by James Goodmon — the Venable was in an ideal location for a diverse mix of tenants needing office space, flex space for artists and artisans, and high-tech spaces for research and development companies.
However, some of the existing artist tenants did not welcome the new rents they would have to pay when the Venable was upgraded and renovated with "green" standards. They complained to Rothschild that the regeneration of Downtown Durham would soon drive them out. Rothschild suggested they look at 401 Foster St., where he would work with them to keep rents affordable. Today 401 Arts, as the building is known, is home to a cooperative of working artists, the Bull City Arts Collaborative (BCAC), whose members work in a variety of media — including painting, drawing, comics, graphic design and letterpress printing, book design and publishing, bookmaking, documentary filmmaking, video production and editing, music, and song writing. Soon the Branch Gallery, considered one of the Southeast's leading contemporary art galleries, joined 401 Arts, followed shortly thereafter by Piedmont restaurant, a gourmet bistro and wine bar with a stylish décor providing aesthetic appeal along with its gastronomic offerings. This successful arts development would lead Rothschild and Scientific Properties into an even more challenging arts-related project in 2006 when a prize Rothschild had long coveted became available.

Golden Belt

"I'd always thought that Golden Belt Manufacturing Company, just across the railroad track from Downtown at the intersection of East Main and Fayetteville Streets, was the most architecturally beautiful of all of Durham's turn-of-the-century industrial buildings," says Rothschild. However, the seven-acre, multi-building complex was just a little bit beyond the American Tobacco Campus and Durham's revitalizing Downtown, dubbed the Center City District. Fortunately, the initial portion of a comprehensive public-private redevelopment effort to provide new, architecturally appealing subsidized housing between Downtown and Golden Belt had recently been successfully completed. Sidewalks and streetlights front the handsome new townhomes and detached houses, creating an easy walk from Golden Belt to the rest of Downtown. Bicyclers and walkers abound.

Rothschild approached the Durham Housing Authority in a second effort to buy the Golden Belt. This time he was successful.

"From my days in New York, I was familiar with the phenomenon of artists being the first to adopt transitioning locations on the edges of Downtown neighborhoods," says Rothschild. "They, the artists, almost seem biologically determined to drive such projects, perhaps because they like the creative edge that such 'edgy' places give them, and, of course, because rents are cheaper."

So when Rothschild looked at the classic old industrial buildings with bricked-up windows, he saw a multi-dimensional "green" complex. It would include residential live/work lofts, independent restaurants and retail, a contemporary art gallery with rotating exhibits, a visiting artist program, and studios for artists skilled in all forms of the visual arts — even a live music venue. The complex would also feature an industrial arts building to accommodate artists working in large-scale metal creations and sculpture, office space, and a landscaped parking area that could be easily cordoned off for concerts and festivals.

Golden Belt is entered through the elegant glass-door central foyer of Building 3, where a reception desk, created by a local artist, and a digital information kiosk will orient visitors to the plan and amenities of the Golden Belt Campus. Beyond the reception desk, a staircase rises to the central tower of the complex. A photograph from below limns the vertical ascent to the still usable tower.
A work/live space enjoys the complex's multi-paned windows.

erally fit for mythical spinners, is destined for office space. How wonderful to see the segmented arched windows ringing the floor, and the plain, slender wooden posts that support the sub-ceiling trusses — and flying above like circus performers the metal joists with wheels that once held the beautiful, now archaic, apparatus of a textile mill that wove fabric pouches for loose tobacco in the glory days of Durham's Industrial Age.

Even more surprising is Building 3 itself, a rectangular wing off the central core, divided into 37 perfectly proportioned work spaces for individual artists. Lit by the elegant paneled windows so thematic of the complex, the spaces have sealed concrete floors and industrial sliding doors that complete their utilitarian but stylish appearance. Of course, the piece de resistance is Building 6 and its residential live/work lofts. These living spaces are accessed through a security door opening to their own entry corridor. Upon entering the residential corridor, there is a nice effect created by pearlescent light reflected from the polished concrete floors and softly off-white walls. Arching windows in the original monitor roof flood the corridor with natural light and rouge red doors provide a staccato accent. Each loft has modern stainless steel kitchen appliances, bamboo tread stairs leading to the skylit loft and a magnificent wall of 12-by-12 windows that is the real design feature of this amazingly modern old complex of buildings.

The Green Effect
Public Relations and Marketing Coordinator Kristin Brewer shows Golden Belt to its best advantage. She’s quick to display
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Golden Belt’s window-lit areas, beautifully fitted wood ceilings and gracefully aging corbelled brickwork. Golden Belt’s plethora of natural light and recycled historic elements are essential to the LEED, or “green,” certification that Scientific Properties intends to achieve for Golden Belt.

“The response to this building, with its many uses and beautiful spaces, has been overwhelming,” says Brewer.

There is simply no more satisfying contribution to a community than the renovation and adaptive use of a historic building whose past was integral to the New City of the South. That city arose from the success of hard-driving industrialists who created architecture to serve their needs. To remake such a building to serve the present day needs of the people and the community is a salute and a contribution to our new age of artistic entrepreneurs, an age which attracts, nurtures and retains some very talented and diverse people. It is quite a special feat.

The Rothschilds join a proud group of visionary people who have seen beauty in the work-a-day buildings of the industrial age and made them our modern day legacy.
RIVER DUNES TO HOST REGATTA

River Dunes, a waterfront community located on the Intracoastal Waterway and the Pamlico Sound near Oriental, NC, will host the 2008 Etchells Class Atlantic Coast Championship on Oct. 24-26. The 30-foot-6-inch sailing vessels will start the world-class sailing event on the Pamlico Sound at 9 a.m. on Saturday, Oct. 25, with an awards ceremony at Grace Harbor at River Dunes on Sunday, Oct. 26. For more information about River Dunes or the sailing event, visit www.riverdunes.com.

COASTAL CALENDAR

By Maury Jefferson

Mattie King Davis Art Gallery: Aug. 1-31. Charles Sharpe will be the featured artist for the month of August at the Mattie King Davis Art Gallery, the oldest gallery in Carteret County. The gallery is open from 10 a.m.-4 p.m. Monday through Saturday located at the Beaufort Historic Site. Beaufort. Call 252-728-5225.

First Friday: Aug. 1. This family-oriented street festival is held from 6-8 p.m. on the downtown Manteo waterfront. Enjoy live music by Roots in the Sand, Aquarium, and Sandy Mountain Boys while engaging in activities including rock climbing, magic and chair massages. Manteo. Visit www.firstfriday-roanokeisland.com.


Riverfront Farmers' Market: Aug. 2. Open every Saturday from 8 a.m.-12:30 p.m., Wilmington's features a curbside market including local farmers, producers, artists and crafters. Wilmington. Visit www.wilmingtonfarmers.com.


Summer Concert Series on the Lawn: Aug. 7. Every Thursday from 7-8:30 p.m., relax on the south lawn of Currituck Heritage Park while enjoying musical talents from local musicians and...
students from NC School of Arts. **Corolla.** Visit www.whalesheadclub.org.

**Beaufort Pirate Invasion:** Aug. 8-9. The reenactment will begin at 1:30 p.m. on Aug. 9 from the Beaufort Waterfront. After the invasion, those captured will be marched to the Beaufort Historic Site for a mock trial — entertainment for the entire family. **Beaufort.** Call 252-728-3917 or 252-728-4611.

**Beaufort Pirate Invasion**

**Friday Free Flicks:** Aug. 8. Sponsored by Emerald Isle Parks and Recreation. Movies are family-oriented, free and open to the public starting at 7 p.m. Children must be accompanied by an adult. Popcorn and drink for $1, no outside beverages or snacks allowed. Please bring chairs and blankets. **Emerald Isle.** Call 252-354-6350 for movie titles up to one week prior to showing.

**Saturday Market:** Aug. 9. Music, food, arts and crafts, antiques and collectibles, and a farmers’ market will take place on the Washington waterfront in Harding Square. **Washington.** Call 252-975-6479 or visit www.visitwashingtonnc.com.

**9th Annual Kitty Hawks Kites Ocean Games:** Aug. 9. Participate in a 5-mile kayak race,
Coastal Special Report

sandcastle building contest, kiteboarding demonstrations and more for the whole family. Located on the beach behind the Ramada Inn in Kill Devil Hills, just north of Nags Head. **Kill Devil Hills.** Call 877-359-8447.

**Indian Cultural Festival & Powwow**

5th Annual Roanoke Island American Indian Cultural Festival & Powwow: Aug. 9-10. American Indian tribes from across the nation will gather in tribal regalia, celebrating traditional music, dance, visual arts, storytelling and more. **Manteo.** Visit www.ncalgonquians.com.


**Historic Manteo**

Marshes Light is a new, waterfront community in the heart of downtown Manteo. Wrapped by boardwalks and an operating marina. Mixing new with old. Marshes Light currently has luxury two and three bedroom marina villas, single family homesites and a limited number of boat slips available for sale. Carefully planned. Thoughtfully designed to blend with historic Roanoke Island and its sense of coastal traditions.

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New World Festival of Arts: Aug. 13-14. Enjoy an exhibition of fine arts and crafts featuring 80 selected artists from Vermont to Florida showcasing and selling their works on the Manteo waterfront from 10 a.m.-6 p.m. on Aug. 13 and 10 a.m.-5:30 p.m. on Aug. 14. Manteo. Call 252-473-2838.


3rd Annual Pickin' on the Pamlico: Aug. 16. An all-you-can-eat fresh NC steamed crab and shrimp feast, with musical entertainment. Keyzer's Catering is back for their third year, as well as the 360 Degrees Band. Event to support the revitalization of downtown Washington. Washington. Call 800-999-3857 or visit www.visitwashingtonnc.com.


Build a Boat in a Day: Aug. 16, 23-24. The Harvey W. Smith Watercraft Center, located across from the NC Maritime Museum in Beaufort, is open for viewing wooden boat construction and restoration, and ship model building. Boatbuilding Carpentry is a prerequisite for the Boatbuilding classes. Construction is for an adult/child team working from pre-cut kit. Beaufort. Contact the museum at 252-728-7317.

Virginia Dare’s Birthday: Aug. 18. Celebrate Virginia Dare’s 421st birthday at The Elizabethan Gardens, The Lost Colony and Fort Raleigh National Historic Site join together to present a day full of fun activities for the whole family to enjoy. Manteo. Call 252-473-3234.


Beach Jive After Five Summer Concert: Aug. 21. From 5:30-7 p.m. at the Western Ocean Regional Access in Emerald Isle. Bring chairs and
Coastal Special Report

blankets to enjoy live music featuring Big Drink (acoustic originals and covers). This event is free to the public. **Emerald Isle.** For details call 252-354-6350 or visit www.emeraldisle-nc.org.

**Free Concert on the Beaufort Waterfront:** Aug. 21. Live music on the Beaufort waterfront beside the Dock House by the clock. **Beaufort.** Contact Pat Wesson at 252-504-3396.


**8th Annual River City Bull Bash:** Aug. 22-23. Come enjoy this yearly rodeo at the Newland Truck & Tractor Pull Track. **Elizabeth City.** Call 252-339-2246.

**Flavor of the Past 2008:** Boom Times in a Boom Town: Aug. 23. From 9 a.m.-4 p.m. enjoy food and entertainment from Wilmington’s eras of richness, from the affluent antebellum era, to the extravagant Gilded Age, to the prosperous homefront years. **Wilmington.** Visit www.capefearmuseum.com or call 910-798-4362.

**The Wilmington Swingin’ for Wishes Golf Classic:** Aug. 27. Join the Make-A-Wish foundation of Eastern North Carolina in a round of golf at Castle Bay Golf & Country Club in Hampstead to help grant the wishes of children with life-threatening medical conditions in Eastern NC. Shotgun start begins at 1 p.m. **Hampstead.** Call 919-821-7111 ext. 203, or visit www.eastncwish.org.

**Beaufort Offshore Celebrity Classic:** Aug. 27-30. All ages are welcome to join us in celebrating Labor Day Weekend with the Beaufort Offshore Celebrity Classic (BOCC). This annual holiday fishing tournament is designed to include Billfish, Gamefish and King Mackerel — (ISKA Sanctioned). Originally known as Strike it Rich, this newly formatted tournament will kick off with the Captains Meeting and Party on Wednesday evening. Friday will include fireworks and the Awards Ceremony will close the event on Saturday evening. **Beaufort.** Visit www.fishbocc.com or call 252-504-2640 or 1-800-760-7278.

**Fall Show, Carteret County Arts & Crafts Coalition:** Aug. 30-31. A juried show and sale of arts and crafts of coastal artisans. **Beaufort.** Call 252-729-9311.

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*Rules and Restrictions apply. Tickets based on availability.
Homegrown singer-songwriter Tift Merritt returns to the NC Museum of Art’s outdoor concert series to perform hits from her chart-topping third album, Another Country, on Aug. 23 in Raleigh. [See Preview Museums for details.]

Artspace in Raleigh will host “BRICOLEUR” a comprehensive exhibition of assemblages and paintings by Metro’s own Louis St. Lewis Aug. 30-Oct. 5. [See Preview Galleries for details.]

The stars come out to shine on star-crossed lovers as the Carolina Shakespeare Festival celebrates its 10th anniversary with Romeo and Juliet Aug. 1-17 at The New Bern Civic Theatre in New Bern. [See Preview Stage & Screen for details.]
SUMMER’S GRAND FINALE

GALLERIES

RICHARD GARRISON, NEW PAINTINGS: Tyndall Galleries at University Mall, Chapel Hill; Thru Aug. 16. Contact 919-942-2290 or www.tyndallgalleries.com.


HEAD IN THE CLOUDS, NEW WORKS FROM CYNTHIA ROHRER AND THU TRAN: Rebus Works, Raleigh; Aug. 1-Sept. 27 (Opening Reception Aug. 1). Contact 919-754-8452 or www.rebusworks.us.

CHUCK CLOSE — A SELF PORTRAIT: Animation & Fine Art Galleries at University Mall, Chapel Hill; Aug. 8-Sept. 11. Contact 919-968-8008 or www.animationandfineart.com.


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

- BRICOLEUR — LOUIS ST. LEWIS: Gallery 2; Aug. 30-Oct. 5 (Opening Reception Sept. 5).
- EILEEN DOKTORSKI — VORTEX, SUMMER ARTIST-IN-RESIDENCE: Gallery 1; Aug. 1-Sept. 8 (Opening Reception Aug. 1).
- ARTSPACE SUMMER ARTS PROGRAM YOUTH EXHIBITION: Gallery 2; Aug. 19-23.
- FAMILY FUN DAY: Aug. 23
- EMILY HOWARD — SUSTAINABLE LINEAGE: Lobby; Aug. 1-30 (Opening Reception Aug. 1).

POP MUSIC

ARMAN OPRY THEATER: A classic country, gospel, bluegrass Christmas show; Masonic Theatre, New Bern; Aug. 2. Contact 252-675-7689 or 252-636-6225.

COOL CABANA DECK PARTY: Live entertainment every Friday evening from 5-9 p.m.; Sheraton New Bern Hotel; Aug. 1, 8, 15, 22, 29. Contact 252-638-3585.

JAZZ ON THE TRENT: Free live jazz concerts every Sunday; Sheraton New Bern Hotel; Aug. 3, 10, 17, 24, 31. Contact 252-638-3585.


AUGUST 2008 METROMAGAZINE
EVENTS AT KOKA BOOTH AMPITHEATRE: Cary; Contact www.boothampitheatre.com or www.ticketmaster.com.
- MILICO W/ SPECIAL GUEST BON IVER: Aug. 8
- BEER, BOURBON & BBQ FEST: Aug. 9
- LIVE/BLUES TRAVELER/Collective Soul: Aug. 16
- G. LOVE & SPECIAL SAUCE & THE JOHN BUTLER TRIO: Aug. 21
- 4TH ANNUAL CAROLINA MUSIC FESTIVAL: Aug. 23-24
- REGENERATION TOUR — THE HUMAN LEAGUE, BELINDA CARUSOE, ABC, A FLOCK OF SEAGULLS AND NAKED EYES: Aug. 27
- SLIGHTLY STOOPID, PEPPER, SLY & ROBBIE AND THE TAXI GANG: Aug. 28
- CAROUNA HOPE FESTIVAL W/ GUEST ARTISTS COLBIE CAILLAT & EDWIN MCCAIN: Aug. 30

- BAD COMPANY VOCALIST BRIAN HOWE, WILL HOGE, JIM BIANCO: Aug. 9
- PUDDLE OF MUD, EVE 6, REV THEORY, SAVING ABEL: Aug. 23

EVENTS AT THE TIME WARNER CABLE MUSIC PAVILION AT WALNUT CREEK: Raleigh; Contact 919-534-4000 or www.livenation.com.
- RASCAL FUTTS W/ TAYLOR SWIFT: Aug. 2
- JOURNEY, HEART AND CHEAP TRICK: Aug. 10
- JACK JOHNSON: Aug. 12
- KENNY CHESNEY W/ LEANN RIMES: Aug. 22
- JOHN MAYER W/ SPECIAL GUEST ONE REPUBLIC: Aug. 27

EVENTS AT MUSIC IN THE PARK CONCERT SERIES: Union Point Park, New Bern; Contact 252-639-2902.
- SOUTHERN BREEZE BAND: Aug. 8
- PICKIN & GRINNIN: Aug. 15
- KARAOKE: Aug. 22

STAGE & SCREEN
- EVENTS AT HOT SUMMER NIGHTS AT THE KENNEDY: Kennedy Theatre at the Progress Energy Center for the Performing Arts, Raleigh; Contact 919-831-6060 or www.hotsummernightsatthekennedy.org.
- EVENTS AT THE NC MUSEUM OF ART: Raleigh; Contact 919-839-6262 or www.ncartmuseum.org.
- MUSIC/MOVIE COMBO — CAROUNA CHOCOUTE DROPS/THE GREAT DEBATERS: Aug. 1
- OUTDOOR MOVIE — THE BOURNE ULTIMATUM: Aug. 2
- OUTDOOR MOVIE — JUNO: Aug. 16
- OUTDOOR MOVIE — ACROSS THE UNIVERSE: Aug. 22

MUSEUMS
- DEAD SEA SCROLLS EXHIBIT: Portions of the Dead Sea Scrolls along with more than 100 artifacts from the land and time of the scrolls will be on view; North Carolina Museum of Natural Sciences, Raleigh; Thru Dec. 28. Contact 919-733-7450 or online at www.naturalsciences.org.

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Events at the NC Museum of History: Raleigh; Contact 919-807-7900 or www.ncmuseumofhistory.org.
- Exhibit — Everyday Artistry: Opening Aug. 22.
- History Corner — I've Got the Blues: Aug. 6.
- Pirates Ahoy: Aug. 9.
- Summer Performance Series — Beverly Botsford: Aug. 10.
- History à la Carte — Go for the Gold: Aug. 13.
- Make It, Take It — Bathtub Decoys: Aug. 16.

Events at the Museum of Life and Science: Durham; Contact 919-220-5429 or online at www.lifeandscience.org.
- Seasonal Exhibit — Summer Wings Butterfly Pavilion: Open thru Sept.
- Catch the Wind & Explore the Wild: Ongoing.
- New Exhibit — Soundspace, Hear Motion: Now open thru Oct.
- Seasonal Exhibit — Summer Wings: Now open.

Portions of the Dead Sea Scrolls, the oldest surviving manuscripts of the Hebrew Bible, highlight an exhibition that also includes more than 100 artifacts from the land and time of the scrolls at The NC Museum of Natural Sciences in Raleigh through Dec. 28.

Events at Marbles Kids Museum: Raleigh; Contact 919-834-4040 or www.marbleskidsmuseum.org.
- IMAX Theatre Movies: Call 919-882-IMAX for movies and show times.

Events at Wilson Library: University of North Carolina-Chapel Hill; Contact www.lib.unc.edu.

Potpourri
North Hills Farmers' Market: Featuring fresh local produce, handmade goods, local artists and...
entertainment: Commons Lawn at North Hills, Raleigh; Saturdays 8 a.m-12 p.m. through October. Contact www.northhillsraleigh.com.

THE FRANKLIN HOTEL PRESENTS 2008 WINE DINNER SERIES: A four-course dinner with wine pairings on the grand terrace; The Franklin Hotel, Chapel Hill; Aug. 7. Contact 919-442-4091.

3RD ANNUAL JIMMY V RACQUETS FOR RESEARCH: Tennis tournament for professionals and enthusiasts to benefit local cancer research projects; Cary Tennis Park, Cary; Aug. 9. Contact 919-380-9505 or online at www.jimmvy.org.

3RD ANNUAL JIMMY V RIDE FOR RESEARCH: This year's event will include various road tours, a safety rodeo and family fun rides to benefit local cancer research projects; Koka Booth Amphitheatre at Regency Park, Cary; Aug. 9. Contact 919-380-9505 or www.jimmvy.org.


EVENTS AT THE GARDEN HUT: Fuquay-Varina; Contact 919-552-0590 or www.nelsasgardenhut.com.

• CAROL STEIN'S GARDENERS FORUM — CRITTERS ARE PEOPLE TOO: Aug. 9


EVENTS AT THE SENATOR BOB MARTIN EASTERN AGRICULTURAL CENTER: Williamston; Contact online at www.showwithus.com.


• T & J BARREL BLAST: Aug. 29-30

NATIONAL CONFERENCE ON COLLEGE STUDENT GRIEF: Conference will provide a national forum for student leaders, bereaved college students, the college mental health community, college administrators, families, patients and other interested parties to discuss current issues and future directions in college student grief support; Meredith College, Raleigh; Aug. 22-23. Contact http://collegestudentgriefconference.eventbrite.com/ or www.studentsofamf.org.

BOOT CAMP TO BEAT CANCER: The Boot Camp 2 Beat Cancer is an exercise-based fundraiser open to people of all ages; Ravenscroft School, Football Stadium, Raleigh; Aug. 23. Contact www.bootcamp.eventbrite.com or www.studentsofamf.org.

AMF BANQUET: The event is held to honor Anne Marie Fajgenbaum and to celebrate the success of the National Students of AMF Support Network. Pam and Jamie Valvano will receive the AMF Service Award and will offer the keynote address. Proceeds from the event will go towards developing the current chapters of Students of AMF, creating new chapters, and offering new programming to college students coping with the illness or death of a loved one. Vaughn Towers, NC State's Luxury Box, Raleigh, NC; Aug. 24. Contact www.amfbanquet.eventbrite.com or www.studentsofamf.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, 1023 Oberlin Rd. Suite 100, Raleigh, 27605 or e-mail: mary@metromagazine.net.
ENVIOUS OF EASLEY TRIP

I am mad as a hornet over this whole Mary Easley-Libba Evans-Larry Wheeler-Russia-Estonia-Cavalcade. I'm mad because I wasn't invited along! I don't know what all the fuss is about. I assure you that if I could jam my fingers into the state coffers and have a nice trip I would. Listen people, history remembers the Marie Antoinette's of this world, not the peasants, have even made it across the puddle — and the price would have been comparable to what they spent in Russia anyway.

When I was in the land of sable a few years ago, every place I dined plopped down a glass of Champagne AND a glass of vodka (big glass) as soon as you came to the table. Thank God some folks know how to be civilized at breakfast. Now folks Mia Yoon, Inaccessible Space

and the sooner you get that through your thick skulls the better. What did you expect them to eat while they were over there ... fried lard? I guess they could have had Andrea Reusing of Lantern or Ashley Christensen of Poole's Diner pack up special hampers of food for the trip, but the repast would have been so delicious it wouldn't have asked me why they had to spend so much money on room and board, 24/7 Mercedes limos etc., etc., etc. Why didn't the government and the museums over there just put them up and treat them like stars, people wonder? I'll tell you why. Most folks in Europe don't have any idea where North Carolina is much less Raleigh, Fuquay-Varina or the NC Museum of Art. When I have mentioned to people around the globe that I am from North Carolina, they just give a blank, lost look, then their eyes light up and they either start talking about the Durham Rape Trial and the Duke 88 or they start reciting lines from The Color Purple, which was filmed right here in the state down around my old stomping grounds in Anson County.

Imagine this in a thick Russian accent, "I want to thank you, Miss Celie, fo' every­thing you done for me. I 'members that day in the store with Miss Millie — I's feel­in' real down. I's feelin' mighty bad. And when I seed you — I know'd there is a God." It always brings a tear to my eye when people across the globe connect, don't you agree?

Larry Wheeler is to be commended for trying to make a link with the Hermitage Museum. I love our state museum, but let's call a spade a spade. We are not even in the same league. What the Hermitage throws in its dumpster could fill up our museum a hundred times over, so I say go for it. Y'all should know by now that it takes money to make money. Do you really think the museum got all those Rodins from Iris Cantor by luring her with Church's Fried Chicken? NO! Serious Champagne was involved. I'm just surprised that on this Russian trip they sprung for Veuve Clicquot. It's a fabulous wine, quite quaifiable, and I've had it several times at Mr. Wheeler's house, so I know that he is partial to it ... but in Russia, I would have thought that they would have sprung for the Louis Roederer Cristal, since that was the traditional tip­ple of the Czar and Czarina.

Who knows? Perhaps all of the nouveau Russian billionaires guzzled it up before they got there that evening. All I know is that next time the powers that be are plan­ning an all expense paid junket to Europe, courtesy of the people of the state, just let
me know. I don’t kiss and tell, and I don’t eat much.

MIA YOON MAKES SAATCHI LIST

While some of the populace of the world may not know much about the Tar Heel state, at least one of our artists is making big waves across the puddle. Sydney, Australia-based international critic and art market guru Nicholas Forrest recently chose Mia Yoon’s cool and calculated images for his “Top Ten” for the prestigious Saatchi Gallery online magazine. Over 70,000 artists vied for the top honor, and I’m so proud to say that one of Raleigh’s own is right up there with the best of the best. Keep your eyes peeled as Mia prepares debuts of her new work this October at Flanders Art Gallery (www.flandersartgallery.com), rapidly becoming one of my favorite galleries in the area.

CARY VISUAL ART WELCOMES TODD BRYANT

And last but not least, I want to give a big Metro welcome to Todd Bryant, recently appointed as the new executive director of Cary Visual Art (www.caryvisualart.org). Even though I have gotten lost each and every time I have ever traveled to Cary, they had the “meet and greet” for Bryant at the ultra swank Umstead Hotel, and that’s always easy to find. Bryant seems like a smart cookie. He immediately complimented me on my Gucci loafers and noticed that my tie was Hermès-inspired, but not Hermès. It takes a keen eye to notice the knockoffs nowadays, and I was duly impressed. The folks at Cary Visual Art have taken on the huge project of making Cary beautiful, so lend them your support. The Cary Art Ball will take place Nov. 8 right there at the Umstead, so dust off that old Christian LaCroix and get ready to boogie down with all the other Yankees in town.

MANNEQUIN BALL SET FOR NOV. 22

And stay tuned in this space for breaking news about the Third Mannequin Ball, set for Saturday, Nov. 22, at the new Raleigh Civic Center. The Mannequin Ball is all about fashion and art, this year centered on New York City. Expect “the best party in North Carolina” to be bigger and better than ever at the new location — and the Southern debut of the fabulous Puppini Sisters, the retro-glam London girls fast becoming one of the hottest acts across the globe. Go to www.thepuppinisisters.com to learn more and to www.themannequinball.com to become a sponsor, buy a table or purchase individual tickets. Or you can call Metro for more details: 919-831-0999.
BARBECUE “JOINTS” AND HOMEMADE PIE

For as long as I can remember, Down East eating spots have a “pie case” on the counter displaying desserts. I’ve been places where they should have made less of a show of them. Thick, cardboard-like crust on a perfectly uniform lemon meringue pie with near translucent filling is a dead giveaway. Store-bought. Dreadful fare, as I see it, and certainly not destined to make customers jostle each other for the last slice.

Then there are the other places — little dining spots where someone in the back known only to the locals each morning turns out homemade pies, cakes and everybody’s favorite, banana pudding. But with limited hands, you can’t spend all day making desserts. Folks have to be fed. So while the quality is guaranteed, the quantity often is limited — maybe a couple of pies and a chocolate cake. Pudding, enough for the day, they hope. When it’s gone, it’s gone. Sorry.

Grady’s in Wayne County is one of these places. A less respectful sort might call it a “barbecue joint.” I don’t know why writers have the habit of using the word “joint” to describe respected purveyors of the one essential food — barbecue. It bothers me. A joint ain’t a joint in my book unless it has cheap eats, a jukebox, china that could survive a nuclear attack, rowdy clientele and at least one waitress who has no compunction about laying a cussing on them — and can do it without taking the cigarette out of her mouth. As a teenager, I knew one aging waitress who would place a cigarette between her brightly painted lips, light it, carry on a conversation and blow smoke rings without ever removing the cigarette, singeing the stray dark hairs on her upper lip, or causing the ash to break and fall. “Cross my heart and hope to die,” as my friend Larry Stewart used to say. Such a lady. She would always pause before reaching for her lighter to see if you were gentleman enough to light the cigarette for her. At that point in life, she rewarded you with a smile. But those dear old girls are about all gone.

Grady’s Barbecue (pronounced “Graddy’s” as it if it had two D’s), owned and operated by the husband and wife team of Gerri and Steve Grady, deserves a better name than “barbecue joint.” Perhaps this plain, concrete block eatery should be dubbed a “maison du ‘cue.” I like the ring of that. If I ever decide to open a barbecue joint, I may go one step further: “LeGette’s Maison du ‘Cue.” Look for the sign.

I visited Grady’s on a Friday afternoon. The only signage is written on the side of the building, so it is easy to miss. Ms. Grady was still serving up barbecue and some other home cooking, including barbecue chicken, also cooked on the pit. As I was waiting, I noticed something. Local patrons who filtered in did not immediately join me at the service window that separated the no-frills dining area from the kitchen. They came in and headed straight for the glass pie case on the opposite side of the room to claim a dessert. The pickings were getting slim by 1:30 p.m., and while I was there, customers pretty well cleaned it out. I knew there was something good in that case, and I asked Gerri about it later.

Actually, it was hard for me to place an order for barbecue. A pot of cabbage was still giving off its distinctive aroma, and I could smell fried chicken. Mmmmmm. Barbecue and cabbage? I don’t think so. And surely I had not driven to the hinterlands of Wayne County (closest town is Dudley) to sample the barbecue only to yield to the smell of boiled cabbage and fried chicken.

The short, polite lady — Gerri Grady — who greeted me at the counter was all business. As she was writing my ticket, she was giving instructions over her left shoulder to the kitchen help. In minutes, I was dining happily on seriously good barbecue, potato salad, cole slaw and hushpuppies — and, of course, sweet tea.

Grady’s makes great barbecue — whole-hog, moist, hand-chopped and delightfully irregular, hickory flavored without the harsh bite of excessive vinegar, and laced with chewy pieces of skin, gristle and enough flecks of bone to attest to its authenticity as true, Eastern-style barbecue. As I removed the tiny bits
of bone, I thought of the boring consistency of the Lexington-style, shoulders-only variation on our nation's original barbecue and thanked God once again that I was born in the East where the men are strong, the women are beautiful, and whole-hog barbecue and vinegar-based sauce are the standard.

From time to time, I swear off writing about barbecue. Then something comes along, and I go back on my word. Obviously, I have done it again.

African-Americans have been a part of our barbecue tradition for centuries. They have dug the pits, split the hickory, made the sauce, basted and turned the pigs, and chopped the barbecue. But, for the most part, they have been behind the scenes. Proportionately, there have been few black-owned-and-operated maisons du 'cue. There are notable exceptions, such as the Scott family — also of Wayne County — and Ed Mitchell of Wilson and Raleigh (The Pit). My friend Ed is the highest profile "pit master" in North Carolina and a national culinary personality as evidenced by his recent appearance on The Today Show. His gracious personality, gregarious nature and the ability — with hands tucked in the front of his signature bib overalls — to explain authoritatively the process of cooking a pig Eastern-style so even a New York Times reporter can understand, have made him a media favorite.

Finding hardworking folks like Gerri and Steve making a good living in the "industry" far off the beaten path was reason enough for me to forswear my pledge. Steve was not around. It was the middle of the afternoon, and he had been up since midnight when he routinely starts cooking the day's pigs. Mrs. Grady said it took six hours of slow cooking over a combination of wood and charcoal in the pit out back to produce the barbecue I ate.

Gerri and Steve opened Grady's Barbecue on July 4, 1986. Mr. Grady had worked for years as a "saw man," but, on the side, he had mastered the art of making barbecue. Grady's is open Wednesday through Saturday, and its catering business extends well into the Piedmont. Coming from the Triangle, you take 581 South out of Goldsboro and several miles later turn right on Arrington Bridge Road. It's not the center of the universe, so best call Gerri for directions as I did.

After customers cleared out, I visited with Gerri, who I discovered is responsible for the popularity of the pie case. Her specialties, which she learned at her mother's apron, are chocolate cake, pineapple cake, strawberry shortcake cake, with fresh strawberries between the layers, and banana pudding, which she says moves the fastest.

"Why not coconut cake?" I asked.

"I just can't get coconut cakes right," she confessed. "They are always too dry." We talked about crushed pineapple in the filling to add some moisture. And I had to tell her about Nancie McDermott's book, Southern Cakes, which has several killer coconut cake recipes. It already is considered a classic. Applause for Nancie. She's a delight.

So is Gerri. "Fighting grease," as she sometimes refers to her role in the kitchen for 20 years, has not dulled her mischievous personality. As we were chatting, a young fellow entered, saw Mrs. Grady and announced, "Hey, the egg man is here," and they both laughed. Seems several years ago his wife told him to stop by Grady's and get some eggs. He didn't know another Grady ran a small grocery up the road. So he walked in Grady's Barbecue and told Mrs. Grady that he needed a dozen eggs.

"I had an extra dozen," she said, "so I figured why not let him have them?" When he got home, he discovered his mistake. They have been fast friends since. Applause for Gerri, also.

Because I may not get back to the subject of barbecue soon, I want to give you a heads up about Holy Smoke: The Big Book of North Carolina Barbecue to be released by UNC Press in November. John Shelton Reed and Dale Reed, along with William McKinney, the barbecue prodigy, have written a book that is sure to be a favorite with folks who love the Tar Heel state and its history and foodways. Between you and me, I found a quote on Eastern-style barbecue from this space in the elaborate promotional materials, and John called a year or so ago for permission to include a cornmeal dumpling recipe from a Metro column. I am excited.
FROZEN PLEASURES

Ice cream, frozen custard, gelato — whatever the name, whatever the flavor, we all know this: it’s cold, it’s sweet, it’s easy to eat. We all scream for ice cream as the sweltering dog days of August stretch before us. This time of year when cooking, and even the act of chewing, is too much of an effort, I could live on the stuff.

We can thank the Chinese for the delights of ice cream. Marco Polo is usually credited with bringing the concept from Asia to Italy, but another theory traces ice cream’s migratory pattern from China through India, Arabia and northward across the Mediterranean to Sicily. The French bourgeoisie first tasted ice cream in the mid-17th century when a Sicilian, Francesco Procopio, began selling it in his Parisian café, though Catherine de Medici’s courtiers enjoyed it a century earlier. Parisians quickly developed an addiction to crème glacée, and by 1676 there were 250 ice cream shops in Paris.

Thomas Jefferson is said to have introduced ice cream to the New World on his return from a year as minister to France. The recipe had already appeared in Hannah Glasse’s The Art of Cookery, a cookbook well known in the colonies, published 30 years before Jefferson set foot in Europe. Jefferson, however, popularized the dessert and installed an ice house at Monticello so he could serve it to his guests all year long. His Virginia neighbor, Dolly Madison, created a sensation when she served the novelty at husband James’ inaugural dinner in 1809.

The invention of the hand-cranked ice cream freezer in 1846 by American housewife Nancy Johnson opened the way to commercialization. Not long after its patent, Jacob Fussell opened the first ice cream factory in Baltimore; within a few years it was available all over the country.

For a food so easy to make or buy, there’s a mythical quality about ice cream. Most of us have sweet memories of walking downtown to the local creamery for a cone of the season’s special flavor — fresh strawberry, peach or blueberry “just churned today.” Or of churning the crank for a summer birthday party, licking the drippy paddle, and then suffering through the interminable wait for the cream to be packed and seasoned in the canister before we could indulge in a bowl full or two.

Ice cream lust can be satisfied all over the Triangle. Francesca’s Dessert Café in Durham, Henry’s Gelato in Cary, La Vita Dolce in Chapel Hill’s Southern Village, Cold Stone Creameries, and Maggie Moo’s all make their profusion of flavors in house. At the bucolic Maple View Farm near Hillsborough, you can lick your cone and contemplate the food chain while watching lactating Holsteins graze peacefully in the nearby pasture.

As for my own guilty frozen pleasure, it’s impossible for me to drive by a Dairy Queen without yearning for a messy and magical chocolate-dipped cone. If I had my way, there would be more Dairy Queens in the Triangle.

Freezer sections of Triangle grocery stores are chock full of extraordinary ice creams. Try Ciao Bella Gelato’s hazelnut, Green and Black’s bittersweet chocolate (both at Whole Foods), Maple View black walnut (Whole Foods and Weaver Street). Fresh Market’s rich Homemade Brand (peaches and cream is this month’s special), and the amazing, peppery REED’s Original Ginger Ice Cream from Harmony Farms and Weaver Street. Trader Joe’s house brand is noteworthy — its Coffee Bean Blast is literally an eye-opener.

This time of year, most of our favorite upscale dining spots will feature ice cream or sorbet on their dessert menus, made in their own kitchens. Lantern’s banana ice cream with caramel sauce and salted peanuts is a marvel, as are Magnolia Grill’s cardamom vanilla served on a fruit crisp, Bloomsbury Bistro’s margarita sorbet, and Vin’s grapefruit/rosemary sorbet.

Yet, nothing beats freshly churned vanilla custard ice cream. Published last fall, My Last Supper: 50 Great Chefs and Their Final Meals inspired me to think about my own last bite. The very idea of never eating again would leave me too depressed to chew, so my last meal would probably consist of a single course of the most soul satisfying food imag-
inable: my grandmother's custard ice cream topped with a fudgy chocolate sauce. Here is her ice cream recipe, a centerpiece of countless summer celebrations of my childhood — the ultimate cold comfort.

**OLD-FASHIONED VANILLA CUSTARD ICE CREAM**

- 3 cups half and half
- 6 large egg yolks
- 3/4 cup sugar
- 1/4 teaspoon salt
- 1 cup heavy cream
- 2 teaspoons pure vanilla extract

Heat the half and half in a heavy saucepan until it smokes and forms a skin on top (do not let it boil).

In a large bowl, beat eggs, salt and sugar together with a whisk until well incorporated. Gradually pour the hot half and half into the egg mixture, stirring constantly. Pour the mixture back into the saucepan and cook over low heat, stirring until the liquid thickens enough to coat the spoon.

Immediately remove the pan from heat and pour the cool heavy cream into the custard. Add vanilla. Pour mixture into a bowl and refrigerate until cold.

Then pour the chilled custard into the can of your ice cream maker and freeze according to instructions.

**NIBBLES**

Responding to the current economic mood, several Raleigh restaurants are advertising bargain dinners. Five Rocky Top restaurants will now offer a dinner for two special on designated weeknights — a bottle of wine and three courses for $39.95 a couple. Participating restaurants are Bogart's American Grill, The Mash House Restaurant & Brewery, Michael Dean's Seafood Grill & Oyster Bar, The Twisted Fork, and Red Room Tapas Lounge. For more information, visit their web site at www.rockythopospitality.com.

**THE WASHINGTON DUKES FAIRVIEW RESTAURANT**


One of the best kept secrets in the Triangle is the monthly wine dinners at the Franklin Hotel. In July I had the pleasure of tasting Chef Michael Opdyke's culinary feats spotlighting food of the Pacific Rim. Though the Franklin's lovely restaurant is available for breakfast and special events only, a bistro menu is available downstairs in Roberts Bar every day. On Sunday evenings enjoy live jazz with your supper. For information about the August wine dinner, phone 919-975-5601.

Downtown Wilmington's latest rage is The Basics Southern Gourmet that replaced Italian Bistro on Front Street. The Basics offers a new take on Southern regional cuisine, reinventing southern classics for a whole new generation and demographic. Don't miss Chef Mary Long's veggie plate featuring fried okra and hoppin' John.

The upscale contemporary Mexican eatery Jibarra will move to the Depot spot in the Warehouse district of downtown Raleigh. The relocated Jibarra will feature tapas and a large selection of fine tequilas, as well as its fine dining menu. A branch of El Rodeo will open in Jibarra's present North Raleigh location.

Talented Chef Daniel Taylor, whose tapas restaurant Underground closed last year, is alive and well at Martin Street Pizza in downtown Raleigh. Taylor is now focusing on artisanal pizzas, sandwiches and salads, but plans to expand the menu to feature Italian fare inspired by Chef Mario Batali.

McCormick & Schmick's, an upscale seafood franchise, is now open for lunch and dinner in the new expansion of Crabtree Valley in Raleigh.

Join the Chapel Hill Wine Company and some of Australia and New Zealand's top winemakers for the annual "Corks for Kids" Wine Extravaganza to benefit the North Carolina Children's Hospital. Wine dinners will take place at Pazzo! and Bin 54 in Chapel Hill, and at ACME in Carrboro Friday evening, Sept. 12, culminating in the huge wine tasting and auction event at the William and Ida Friday Center on Saturday, Sept. 13. The Saturday event will feature a tasting of over 65 wines and an auction of collectible wines. Call 919-968-1884 for reservations.

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THE ANGUS BARN — 18 Seaboard Avenue, Suite 100 Raleigh. 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.angusbar.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.


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.


GLENWOOD GRILL — 2403-151 Glenwood Ave. at Oberlin Rd. 782-3102. glenwoodgrill.com. Head Chef John Wright announces The Price Rollback. For only $25, choice of three appetizers or salads, three entrees, three desserts. Does not include beverage or gratuity. Expanded menu also available. Open Mon-Fri for Lunch, Mon-Sat for Dinner. Available for private parties Sundays.

GLOBE — 510 Glenwood Avenue Suite 103, Raleigh. 836-1811. Chefs Heath Holoman (co-owner) and Gray Modlin present a menu influenced by cuisines from all over the GLOBE, with their own twists. Choose a wine from the comprehensive list or have Henry Burgess (co-owner/sommelier) assist in a selection that will pair well with your food. “GLOBE...come taste a world of difference!”


JIBARRA — 7420 Six Forks Rd. Raleigh 27615. 844-6330. www.jibarra.net. Offering some of the most creative and modern dishes in the Triangle. Chef Ricardo Quintero has cooked alongside some of Spain’s greatest innovators, thus incorporating avant-garde tech­niques into his repertoire of traditional Mexican dishes. Lounge showcases premium tequilas, fresh-squeezed margaritas, and distinct wine list rich in Spanish and South American selections. T-Th, 5-10 p.m., Fri-Sat, 5-11 p.m. Sun, brunch 11 a.m.-2:30 p.m.

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.margauxrestaurant.com

THE MINT RESTAURANT — 219 Fayetteville St. Raleigh. 821-0011. www.themintrestaurant.com Tuesday-Saturday 6 p.m.-10 p.m. The Mint in downtown Raleigh offers contemporary fine southern dining with global influences. Executive Chef Jeremy Clayman presents new and exciting culinary pairings with The Mint’s unflappable service standards.

NINA’S RISTORANTE — 8801 Leadmine Rd., Raleigh. 845-1112. www.ninarestaurant.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.


RESTAURANT GUIDE

Winner of the DiRoNA Award, AAA four Diamond Award & the Wine Spectator Award.


SONO JAPANESE RESTAURANT — 319 Fayetteville Street #101, Raleigh. 521-5328. www.sonoraleigh.com. This new and exciting Japanese restaurant is unlike any other in the Triangle area. From the chic/modern decor to exciting new fusion dishes, this restaurant will please any taste buds.

SULLIVAN'S STEAKHOUSE — 414 Glenwood Ave., Raleigh. 853-2886. The atmosphere at Sullivan's resembles a 1940s steakhouse, featuring filet steaks and seafood. Enjoy the unparalled martinis and live jazz played seven nights a week.


TAVIERA AGORA — 6101 Glenwood Ave., Raleigh 881-6333. www.tavieraagora.com. Taverna Agora is the premier restaurant in the Triangle for authentic Greek cuisine. Enjoy the rustic ambiance of our dining room or our beautiful garden patio. Venue may be reserved for special events.

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 — 7460 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.


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 p.m., Dinner M-Th: 5:30-10 p.m., F and Sat: 5:30-11 p.m., Sun: 5:30-9 p.m.


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.

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

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.


SHARPIES GRILL & BAR — 521 Front St., Beaufort. 252-838-0101. www.sharpiesgrill.com Coastal Carolina cuisine. Every occasion is a special occasion. Rated four stars by John Beshstler. Serving local seafood, Certified Angus Beef, farm grown local produce, house-maid pastas and desserts. Tableside preparations, outstanding wine list and full bar.

BEYOND THE TRIANGLE

AQUA — 214 Middle Lane, Beaufort, NC 28516. 252-728-7777. www.aquaexperience.com. “Aqua’s urban chic décor whets the appetite for sophisticated, internationally inspired food... On all counts, Aqua was an exceptional dining experience.” Moreton Neal in Metro Magazine June 2005. Open for dinner: Tues.-Thurs. 5-10 p.m., Fri. & Sat. 5:30 p.m.

BEAUFORT GROCERY CO — 117 Queen St., Beaufort. 252-728-3899. www.beaufortgrocory.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 p.m.; Dinner M-W, Sat 5:30-9:30 p.m. and Sun brunch at 11:30 a.m. 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 Swan’s eclectic menu includes references from Asia, France and America. For a balanced plate, enjoy a well-matched wine to accompany your entre. Dinner Tues-Sat.

CAFÉ ZITO — 105 South 11th St, Morehead City. 252-726-6676. www.cafezito.com. Be delighted by the creative cuisine at this neighborhhood restaurant. Chef Knobbe offers a tantalizing menu of local favorites influenced by the Mediterranean. Located in a historic downtown home, enjoy dining inside or on the porch.


METROMAGAZINE AUGUST 2008
FASHION NEWS


On Aug. 21 between 6-8 p.m., come enjoy live music, food, sales and raffles at the Third Thursday Block Party sponsored by Spectacle, Von Kekel and Vivace. This charity event will be held in order to support SPCA, WakeMed Pediatrics and Crohn's Colitis Foundation of America; Lassiter at North Hills, Raleigh. E-mail wickosa@msn.com for information.


On Aug. 23-25, Gena Chandler and Charlotte's Jewelry & Gifts will be participating in the 4th Annual Boot Camp to Beat Cancer and Family Fun Walk selling special tees and tanks. Proceeds of sales will go to the National Students of AMF. Raleigh, 919-881-9480.

Throughout the month of August, join Ciao Bella for their summer sale as they bring in new fall arrivals. On Aug. 28, stop by for a trunk show featuring sterling silver bracelets by Maritosa Designs and pocket books by Anteprima Nueve. Cary, 919.678.8320.

August events at Saks Fifth Avenue, Triangle Town Center, Raleigh, 919.792.9100:

- Ellen Tracy Week, Aug. 10-16. Don't miss the newest fall collection by Ellen Tracy. Call ext. 5344.
- Escada Week, Aug. 17-23. Stop in for a viewing of the new fall collection of Escada. The collection loves to play with geometric shapes and intense color from daywear to cocktail wear. Call ext. 5374.
- Denim Day, Aug. 21. Saks invites you to come see their newest fall denim, including 7 for All Mankind, BCBG, Citizens of Humanity, Joe's, Juicy, Paige, Rock & Republic and True Religion. Call ext. 5383.
- Roberto Coin Trunk Show, Aug. 21. Meet Susan Burcham, Roberto Coin representative, while viewing exclusive jewelry pieces from Roberto Coin Trunk. Call ext. 5318.
- Shoe and Handbag Week, Aug. 24-30. View the latest designs from shoes and handbags featuring Chloé, Christian Louboutin, Cole Haan, Dolce & Gabbana, Fendi, Giuseppe Zanotti, Jimmy Choo, Juicy, Marc by Marc, Marc Jacobs, Miu Miu, Stuart Weitzman and Tory Burch. Call ext. 5351.

Be sure to check out the summer sale at Oliver and their new fall arrivals coming in through the month of August. Wilmington, 910.256.2233.
Don’t miss the 70 percent off sale throughout the month of August at Vermillion. Raleigh, 919.787.9780.

During the month of August, Liles Clothing Studio offers a custom suit special featuring an Economic Stimulus Package event, which includes three custom suits starting at $1995 per package. Six or more custom shirts up to 20 percent off. Raleigh, 919.510.5556.


Come enjoy drinks and appetizers at Uniquities Mix Fall Fashion Evening on Sept. 11 from 6-8 p.m. Co-hosted by Paige Crowther and Lisa Marie Ferrell, check out their new line of designers and learn how easy it is to use a personal shopping service. Raleigh, 919.785.3385.

**COMING IN SEPTEMBER**

**FALL PREVIEW**

by Molly Fulghum Heintz

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On the Town
by Katie Poole

Fish Towne Get Down
NC Maritime Museum
Beaufort, NC
June 28th, 2008

Sommerhill Gallery Opening
The Venable Center
Durham, NC
July 11th, 2008

(L-R) architect Phil Szostak, Durham Mayor Bill Bell, Gallery Director Joseph Rowand and Scientific Properties president Andy Rothschild
Rent Your Way Around Europe

Here's an idea for those who want to vacation in Europe and are appalled by the precipitous decline in the value of the dollar: Rent a house. First a disclaimer, nothing is cheap in Europe this year. What I'm proposing is a way to rent a house and save on the traditional costs such as hotel stays and meals out. Now I know to some that might sound like a fanciful idea — "How in the world would I rent a house," — you might say, "and how will that make it cheaper?" Two good questions, so let me take them in order.

Over the last several years, I have been doing what I'm recommending here to others. We started renting in Europe about 10 years ago by joining a "club" that sent a nice color catalog filled with pictures of potential rentals making for a rather easy selection. We followed up with phone calls and letters, thereby avoiding surprises. Using this technique, we located a lovely farm house in Tuscany ideal for four people. It was during this visit that we discovered the answer to the second question — a major advantage of house renting was buying and fixing your own food. Dick Huddleston, an Italian historian who had been a colleague of mine at UNC-Chapel Hill, introduced me to the wonder of Italian markets: meat markets, vegetable markets, cheese markets, wine markets and even pasta markets. He also talked about Marcella Hazen who championed the concept of simple Italian cooking. An idea was born. By buying a few simple ingredients, and combining them with fresh vegetables and some meat or fish, you could put together a first-class meal at a much lower cost than eating out.

As the years have passed, the process of finding a house to rent has become easier, but also harder as the selection is now so wide with the multitude of Web sites. Unfortunately, it has not become cheaper because of the dollar's decline, but it is still less expensive than renting a hotel room and eating out.

To start with, you need to decide what kind of accommodations you want from the wide range available: apartments in the cities, resort condos and remote farmhouses. A couple of Web sites that I have found to be helpful are: www.visitfrance.co.uk, www.vacationfrance.com, www.cyberrentals.com and www.europeanhomrentals.com. Most of these sites help you narrow your search by selecting a region — they usually provide maps — number of guests (from two to 10 or more), maximum price per week, and the amenities you seek, such as a swimming pool, washing machine, garden, etc. They then give you pictures and a pretty complete description, for instance:

"27 Avenue De Tourville Paris_7th (arrodissement) Metro: Ecole Militaire, sleeps four. This marvelous 19th century stone building is a good starting point for visiting all the tourist sites Paris has to offer ... It is also close to the famous avenue de Saxe street market and Le Norte Bakery ... Accommodations: Living room: double sofa bed, television, dining table. Kitchen: dishwasher, freezer, electric burners, microwave, dishes and cookeries provided ... two bedrooms/double bed two; single bed, bed linens provided..." Cost? $2200 US or $310 per night.

Not cheap, but less than a Paris hotel, and if split between couples, it's even better. And note the market and the bakery — more savings.

Here's another:

The house "is in the very heart of France, 250 km south of Paris, between the Loire Valley and Bur..."
gundy, so you have the best of all worlds. Situated in the countryside overlooking a valley, just outside the charming village of Le Chatelet, 25 km from Le Chate, a medieval market town that is simply lovely... there is a living room with fireplace ... television and sofa bed if needed, a dining room and a fully equipped kitchen, which includes an oven, microwave, dishwasher and washing machine ... the master bedroom has a king-size bed and a large armoire. Upstairs is a big open space with four handcrafted wooden beds..." Price: May-June 1300-Euros or $2000 or $280 per night.

To be sure, you will need a car, which will run approximately $450 per week. So for two couples, you are looking at $1200+ per week.

Here's another:

A converted 19th century wine cave in the Minervois (south and east) region with a sun terrace and a lovely courtyard. Located in a village near the fabulous fortress of Carcassonne, the house is fully renovated to accommodate up to five guests in three bedrooms. The ground floor is an open floor plan with an exposed stone wall, tiled floor and original exposed ceiling beams and includes "a fully equipped contemporary kitchen, an antique wooden dining table to seat six, and in the living area, a sofa and television."

Three bedrooms are upstairs and have two baths. And from the pictures, it looks not at all like a cellar. The price: April-July $1005 per week. So for two couples sharing a car, it is $725 per week.

Now to the food. For those who might be afraid of shopping in France or Italy, let me put your fears at rest. I actually have decided not to learn any more French, just so I can have the fun of trying to make myself understood, and they can have the fun of helping me. For example, in a butcher shop in Provence last year I was trying to order a rabbit that I wanted to return and pick up at 5 p.m. Soon a sultry voice behind me said, "May I help you monsieur?" I turned to face a sultry looking French woman who turned out to be an Air France flight attendant. My food arrangements were quickly made with laughter all around, and I can't wait to fly Air France.

Here's a recipe you might put together.

**COQ AU VIN**

1-750 ml. red wine 2-Euros $3.20
2 carrots 1-Euro $1.60
2 onions ½-Euro $0.80
3 stalks celery 2-Euros $3.20
¾ teaspoon thyme
2 bay leaves
6 chicken legs/thighs $8.00
(six pieces are cheaper)
5 Tb butter 2-Euros $3.20
12 oz mushrooms 1-Euro $1.60
4 oz bacon 1-Euro $1.60
Olive oil
1 1/2 cups Port 3-Euros $4.80
(you'll have plenty left)

**Total** $28.00

Put chicken in glass or plastic bowl overnight to marinate with wine and next five ingredients. Chill.

Fry bacon.

Remove chicken, but save marinade. Dry chicken and season with salt and pepper. Sauté chicken in 1 tablespoon of olive oil and transfer back into marinade. Bring marinade to a boil. Reduce heat and simmer 1 to 1 ½ hours until tender. Remove chicken and strain cooking liquid. Discard vegetables and return liquid to pot and add port and bring to boil. In a small bowl, combine flour and melted butter. Add cooking liquid to bowl and blend. When smooth, add to pot. Cook 15 minutes until thickened. Return chicken, bacon and mushrooms and simmer 15 more minutes.

Serve with bread (2-Euros = $3.20). Fresh fruit for dessert or cheese (2-Euros or $3.20). All told, less than $35 or about $8.50 each.

Moreover, you have port left to finish the evening.
GREAT WINES OUT YONDER IN WASHINGTON STATE

One of the gratifying aspects of several decades of wine writing is tracking the wines of a particular region and watching it grow up. When I first visited Washington State in 1980 and 1982, I was excited by the potential — at that time, however, mostly unrealized. Back then, Washington was best known for white wines — Riesling, Chardonnay, Sauvignon Blanc, the better ones from early-on pioneer wineries that grew steadily bigger (and better) over the years: Chateau Ste. Michelle, Columbia Winery, Hogue Cellars. The reds were uneven, a bit thin, sometimes vegetal in character and tartly acidic.

But there were exceptions, the reds from a few adventurous winemakers: Alex Golitzin of Quilceda Creek near Seattle; a couple of others in a fairly obscure eastern region of the state, Walla Walla, better known for onions than wine; and Rick Small of Woodward Canyon and Gary Figgins at Leonetti.

These guys had vision; they knew Washington could produce reds of the quality and stature of Napa Valley or fine Bordeaux. You got hints of it in their well-structured, intensely concentrated Cabernets and Merlots. They got better with each vintage, too, though not a lot bigger. Today, their wines are so sought after they are strictly allocated, available to avid fans only if they are on the winery's mailing list, and on a few of the country's top wine lists.

More importantly, however, these men inspired a whole generation of young winemakers whose wines have made Washington one of the hot spots on the planet for exceptional reds — not only Cabernet Sauvignon and Merlot, but some of the most sensuous Syrah to be found anywhere.

There are current visionaries, too. On a recent trip to Seattle, I had a chance to visit with one of them, Allen Shoup, who for many years was head honcho at Chateau Ste. Michelle, Washington's largest winery, now producing over a million cases of wine a year. Shoup retired in 2000. Restless and creative soul that he is, he was to start a new company, Long Shadows Vintners. "My thought," he said over lunch, "was that if we could get some of the world's top winemakers to make wines here, with fruit from some of our best vineyards, it would draw attention to just how great this region is."

It wasn't difficult at all to persuade a few lustrous names to get involved. The result is a handful of spectacular wines, a few of them available in the Triangle at shops such as Taylor's, The Wine Merchant, A Southern Season, Herons at the Umstead and Tar Heel Traders:

Sequel, a Syrah from John Duval, winemaker for Penfolds Grange, Australia's most notable red. Made of 100 percent Syrah, lush and incredibly deep, very long finish.

Saggi, SuperTuscan in style, blended from Sangiovese, Syrah and Cabernet Sauvignon, this impressive red made by Ambrogio and Giovanni Folonari, the family that produced Ruffino's superb Riserva Ducale Gold Chiantis.

Pedestal Merlot, made by Pomerol master winemaker Michel Rolland, a beautiful Merlot of rich texture, soft tannins and great length.

Feather, a Cabernet Sauvignon made by Randy Dunn of Napa Valley. Very impressive; I found it more elegantly structured and seductive than Dunn's Napa Cabs.

Poet's Leap Riesling, mosel-like crispness that elegantly balances light sweetness.

Look also for these wines on Triangle wine lists, such as The Mint, The Angus Barn, the Umstead Hotel in Cary.

My trip coincided with Taste Washington, which included a huge array of Washington wines. Though I've visited Washington several times over the years, this event was a revelation. The explosive growth in the last decade or so is nothing short of phenomenal.
Over 200 wineries were represented, pouring nearly a thousand different wines — and I was quite blown away by some of them. The state now has its coterie of cult wineries and winemakers, typically small producers whose wines are snapped up quickly.

**Betz Family Wines.** Bob Betz is having a ball making the kind of wines he dreamed of drinking during his years working at Chateau Ste. Michelle. His 2006 La Serenne is one of the lushest, most beguiling Syrahs I’ve tasted, plus knockout Bordeaux-style reds such as Père de Famille and Clos de Betz.

**Brian Carter.** Creator of Apex and Bridgman labels, Carter now handcrafts a scintillating white, Oriana, and alluring reds such as Byzance and Tuttorosso, a Sangio-Cab blend.

**Cayuse Vineyards.** Dynamic Frenchman Christophe Baron created his Syrah vineyards on water-worn river rocks to produce intense, concentrated Syrahs and red blends; often two-bottle limit per customer.

**DeLille Cellars.** Founded in 1992 by a quartet of hip gents whose suave and stylish wines, including Doyenne and Chaleur Estate labels, disappear quickly on release. Especially impressive: D2, a Bordeaux blend, Chaleur Blanc, a zesty white, Grand Ciel Cabernet.

**Leonetti.** Second generation Chris Figgins carries on dad Gary’s tradition with stunning Merlot and other reds — a little more flamboyant, but not necessarily superior.

**Quilceda Creek.** Stalwart Cabernets that age for years, gaining in stature and value.

**Waters Winery.** Another amazing Syrah — stand back, you Aussies! You’ll have to Google these names if you want to find and try them, but it’s worth it. All are ageworthy and steadily increase in value as collectors discover them.

Happily, however, a number of excellent Washington wines have found their way into the Triangle — seek them out and you’re in for some exciting tasting.

**WHITES**

**Bridgman Chardonnay, $10,** great value, not over-oaked.

**Chateau Ste. Michelle 2006 Pinot Gris,** $14. Lovely floral notes, and drier than most Gris, making it highly versatile with food, especially oriental dishes. Ste. Michelle '07 Dry Riesling, $12, thank goodness they are making this wine again! Dry and brisk, great with food.

**Apex II Sauvignon Blanc, $12-14.** Refreshing zing with lime and lemon flavors.

**Poet’s Leap Riesling, $24,** a touch of sweetness accents floral notes; excellent balance, acidity.

**Tsillan Pinot Grigio, $18,** zestier than Pinot Gris, crisp and appealing; can handle barbecue.

**DRY ROSÉS**

**Syncline 2007 Rosé,** $14, lively and fruity; good summer quaff.

**Barnard Griffin Rosé of Sangiovese,** $14. Sangio makes a dry, minerally rosé, great with food.

**REDS**

**Bridgman Syrah 2005,** $14, earthy, peppery, very drinkable Syrah.

**Columbia Crest Reserve Merlot 2005,** $27-29, consistently fine, well-structured Merlot.

**Three Rivers 2005 Merlot,** $19, not easy to find, but a very appealing flavor-some Merlot.

**Tamarack Firehouse Red 2005,** $23, a snappy red blend of Cabernet, Syrah, Merlot, Cab Franc.

**Chateau Ste. Michelle Cabernet Sauvignon Cold Creek Vyd,** $39, excellent Cab from a top vineyard; CSM Indian Wells Cabernet, $18, also quite good, more drinkable now.

**Helix Merlot 2005,** $24, second label of reputable Reininger winery delivers plenty of flavor.

**Chester Kiddler 2005,** $28, a Cabernet-based blend, well-structured for grilled steak or lamb.

**Andrew Will,** $60, whatever reds you can find under this label, grab ’em; all are impressive!
Summer Surprises:
NEW TALES FROM CLYDE EDGERTON AND MARGARET MARON
by Art Taylor

Just from the synopsis of his new book, you might think that Clyde Edgerton was riffing off of Flannery O'Connor. The Bible Salesman opens in 1950, with 20-year-old Henry Dampier — a Christian gentleman, naïve, virginal, maybe even a little dim-witted — hitchhiking on a dirt road in the North Carolina mountains. Dampier is the bible salesman of the title, and he’s picked up by a criminal named Preston Clearwater, a man who’s part of a car-theft ring working up and down the Southern coastline. Dampier isn’t entirely virtuous himself; not only does he have questions and concerns about the good book’s sometimes contradictory teachings, but he’s also getting those bibles for free from Christian organizations,razoring out the page with the word “complimentary” and selling them door-to-door. And Clearwater isn’t entirely a bad guy. Yes, he takes advantage of Dampier, claiming that he’s with the FBI and that they’re going to break the car ring, conning Dampier into driving the stolen cars himself while Clearwater rides safely behind. And yes, Clearwater can use a gun when he needs to — more than once, in fact. But there’s something appealing about his attitude toward Dampier, trying to get him to comb his hair right or keep his belt in his belt loops. If this is “A Good Man Is Hard to Find” meets “Good Country People,” it’s certainly a kinder, gentler O’Connor that Edgerton is channeling here.

But of course The Bible Salesman is not O’Connor; it’s Edgerton — more tall tale than dark fable, and all of it infused with the same warm, wise humor that we’ve come to expect from his works, the same careful depiction of a place and its sometimes zany inhabitants.

Navigating this unlikely pair’s car-stealing spree, Edgerton offers his own take on the period crime novel — a whimsical Elmore Leonard, to make another comparison — but he also offers an amusing love story and fond evocation of the past. Much as Dampier is excited about his job as a budding FBI accessory, for example, he’s also got some bibles still to sell, and a young woman at a fruit stand quickly goes from prospective customer to prospective girlfriend — and soon the question weighs heavy on his mind about what the Bible says about premarital sex. In addition to the 1950s storyline, Edgerton also steps back in time, exploring key scenes and characters from Dampier’s Depression-era childhood and younger adulthood: his father who died in an accident; his mother who abandoned him; the sister who almost drowned him; the cousin he took turns playing Cowboys and Indians with; and the neighbor who lived down the road, whose son had a goiter, and who threw her voice so it seemed like her cats talked.

As much as the crime story takes center stage here, it’s in these extended flashbacks to Dampier’s history that Edgerton shows some of his best writing: quick, nostalgic glimpses of a lost era, told mainly from a child’s wide-eyed perspective — but infused with a master storyteller’s understanding of the adult world as well. In one of the finest scenes, Dampier’s uncle takes the family to Swan Island, NC, to crash a fancy party and watch a movie on the beach. Dampier and his sister watch their uncle and aunt dance in the dunes and witness the full moon rise and marvel at the world around them, until that world crashes in a little on them. It’s a tour de force scene, one of the highlights of this warm and winning story.

Edgerton will read from and sign copies of The Bible Salesman at several area bookstores in August and September, including McIntyre’s Books in Fearrington Village on Saturday morning, Aug. 16, and Durham’s Regulator Bookshop later that same afternoon; Pomegranate books in Wilmington on Thursday evening, Sept. 4; and Quail Ridge Books in Raleigh on Saturday afternoon, Sept. 6.

NEW AND NOTEWORTHY

Edgerton’s work also appears in another new book this month: the annual New Stories from the South anthology, selected and edited this year by acclaimed short story writer ZZ Packer. Edgerton’s story “The Great Speckled Bird,” originally published by The Southern Review, finds wider audiences here, as do stories by several other writers with North Carolina ties, including Karen E. Bender, who teaches with Edgerton at UNC-Wilmington; Daniel Wallace, who teaches at UNC-Chapel Hill; and Ron Rash, who teaches at Western Carolina University. Additionally, the volume features several up-and-coming writers, including my good friend Rob Drummond, whose story “The Unnecessary Man” provides — from my biased point of view — reason enough for anyone to purchase the entire anthology.

And just as Edgerton’s new novel deals in part with the Bible and the people who struggle to stay true to it, so too does the new...
Margaret Maron's latest mystery, *Death's Half Acre*, starts out with a chilling scene as a minister tests his wife's devotion and obedience in front of the entire congregation. While this latest Deborah Knott mystery ultimately focuses more attention on real estate than religion (or more on development than dogma, to extend the alliteration), that opening scene casts a long shadow over this multi-layered exploration of how power can be misused and abused, whether in the pulpit or in the political arena.

Maron will be reading from her new novel at Raleigh's Quail Ridge Books on Friday evening, Aug. 22, and on Thursday evening, Sept. 4, at the Cary Barnes & Noble, and several other mystery-themed events are also planned for the coming weeks. Bestselling author JA Jance reads from her new novel *Damage Control* at McIntyre's Books in Fearrington Village on Friday afternoon, Aug. 1, and again later that evening at the Cary Barnes & Noble. Martin Clark, author of *The Legal Limit*, appears at Durham's Regulator Bookshop on Friday evening, Aug. 1; at McIntyre's Books on Saturday morning, Aug. 2; and at Quail Ridge Books on Monday evening, Aug. 4. T. Lynn Ocean reads from her mystery novel *Southern Fatality* — set in Wilmington! — at Wilmington's own Pomegranate Books on Tuesday evening, Aug. 5. And each of the Triangle's major independent bookstores is hosting a Southern mystery panel this month. Quail Ridge Books welcomes Mark de Castrique, author of *Blackman's Coffin*; Mary Anna Evans, author of *Effigies*; Vicki Lane, author of *In a Dark Season*; and Cathy Pickens, author of *Hush My Mouth*, on Thursday evening, Aug. 14. The panel — without Perkins — also appears on Friday afternoon, Aug. 15, at McIntyre's Books with reviewer Molly Weston, and again Friday evening at the Regulator.

Other notable authors on this month's schedule include:

- **Haven Kimmel**, author of *Iodine*, on Tuesday evening, Aug. 5, at the Regulator, and again on Thursday evening, Aug. 7, at Quail Ridge Books.
- **Ann Wicker**, editor of *Making Notes: Music of the Carolinas*, with contributor David Childers, on Friday evening, Aug. 8, at the Regulator.
- **Charles Price**, author of *Nor the Battle to the Strong: A Novel of the American Revolution in the South*, on Friday afternoon, Aug. 8, at McIntyre's, and again on Wednesday evening, Aug. 13, at Quail Ridge Books.

**NORTH CAROLINA BOOKWATCH**

While some authors are appearing in local bookstores, others are as close as your own living room, thanks to the new season of *North Carolina Bookwatch*, hosted weekly by DG Martin on UNC-TV. On Friday, Aug. 1, at 9:30 p.m. (and again in an encore presentation on Sunday, Aug. 3, at 5 p.m.), *Bookwatch* welcomes children's book author Eleanora Tate with her latest publication, *Celesté's Harlem Renaissance*. The rest of the month's schedule follows the same pattern (Fridays at 9:30 p.m., Sundays at 5 p.m.) with the following guests:

- **Eric Wilson**, a professor of English at Wake Forest University and author of *Against Happiness: In Praise of Melancholy*, on Friday, Aug. 8, and Sunday, Aug. 10.
- **Theda Perdue**, a professor of history at UNC-Chapel Hill and co-author, with fellow UNC-CH professor Michael D. Green, of *The Cherokee Nation and the Trail of Tears*, on Friday, Aug. 22, and Sunday, Aug. 24.
- **And Bernie Harberts**, author of the memoir/travelogue *Too Proud to Ride a Cow: By Mule Across America*, on Friday, Aug. 29, and Sunday, Aug. 31.

Turn to Metro next month for information on *NC Bookwatch*’s September programming. To have your literary event considered for inclusion in this column, please e-mail MetroBooksNC@gmail.com.
EARNING THE BLUES: ROBIN ROGERS DRAW ON THE REAL THING

Charlotte resident Robin Rogers has a severe case of the blues. It took a very long time to acquire this particularly musical ailment, and she hopes to hold onto it for the rest of her life. After all, like all credible blues artists, she had to pay major dues to earn a spot in the blues world.

Rogers is currently working the Southeast behind her new album — Treat Me Right — on the Blind Pig label. The album is a strong effort, particularly notable for the number of excellent original tunes. Rogers and her husband, Tony, penned seven of the 11 tracks on the CD. Tony also handles guitar, dobro and baritone guitar chores in Rogers’ band and on the new album.

Treat Me Right also features awfully pleasing performances from Rogers’ sidemen. Their playing is uniformly solid, sounding very much at home in arrangements that emphasize ensemble tightness rather than solo pyrotechnics. The arrangements give the album a sophisticated vibe that strikes the listener as polished musical sensibility rather than a sophistication that implies some sort of rarified knowledge of the blues.

Guitarist Tony Rogers, for instance, plays with a wonderful economy. He’s a tasty guitarist who’s hip enough to know the value of a sweet embellishment. His solo work is incisive and articulate, but you won’t catch him over-the-top anywhere on the disc.

This isn’t Chicago blues. Indeed, it’s not possible to pin down Rogers’ blues to a single style. In listening to the tracks, influences come from many directions, including New Orleans, California, Memphis and, yes, Chicago.

Rogers has a sturdy voice, but she’s no blues shouter. She has a good vocal range, and there’s an earthy quality to her voice. She obviously knows her limitations and sings very well within those parameters. She never pushes her voice out of shape. Her interpretive gift is one of her strengths; it allows her to slip convincingly into every track on the CD.

Rogers grew up in the Newport News-Hampton area in Virginia, but as she noted during our conversation, she didn’t remain there for long.

“When I was 13 I was sent to reform school for truancy, and when I got out in 1968 I still didn’t go to school,” she admitted. “I was acting out. I just didn’t want to go to school. There was a lot of dysfunction going on in my home.”

Her habitual truancy caused her parents to send her to Job Corps next, but that didn’t solve Rogers’ problems either.

“After that I was pretty much on my own,” she noted. “I traveled a lot and grew up raising myself. I spent time in Atlanta and New Orleans and New York City. I was doing the gypsy lifestyle thing.”

When a kid in her early teens feels the need to hit the road, it invariably signals something bad has unfolded on the home front. Rogers allowed that: “My home environment simply wasn’t conducive to being a good child. I was a great kid when I was younger. I was like junior mom. My parents had their own business — my mom and stepfather. They’d been together since I was 4. I took care of the house and helped raise my five brothers, who were all younger.
than me. I went to school and did well.

"When I was about 10 years old, however, my stepfather, who was an alcoholic, began sexually molesting me, and that's when the craziness began. That's when I wanted out of the house. In looking for something to ease the pain, I turned to drugs and, thankfully, music, too.

"Had I had a different home environment, I would probably have had a different childhood story," she said, adding: "Of course, I might not be a blues singer either."

Rogers explained that she has forgiven her stepfather for what he did to her, adding that she has been in recovery herself for nearly 20 years. She also noted, however, that, "When you're a child, however, you think something like that is your fault. I took all that guilt on myself and suppressed it, and, well, ran away."

Rogers was on the street, a runaway, when she was 14. This was risky business for a child of that age. The possible outcomes of such a tenuous existence are mostly bad, if not tragic, and yet Rogers managed to navigate this rough patch while keeping body and soul intact.

"I think because of the times, a lot of older people I hung out with looked after me," she said. "I managed to get up with people who kind of felt sorry for me, maybe because I was the youngest one in the crowd. I was also a budding musician, and I guess they thought that was cool and gave me a little respect for that."

She admitted that things didn't always go smoothly.

"There were times that were hard. I got arrested for shoplifting, for instance. I was shoplifting because I didn't have any shoes and I was freezing. I stole these purple Indian moccasins and found myself in jail. Another time I was hitchhiking and caught a ride with this guy. When I got in his car I noticed the door handle was missing. Luckily I had some teargas, so at the next stoplight I squirted him in the face, jumped in the back seat and got out that door."

Jail time and car rides with sketchy guys were part of the price, yet Rogers believes that she was lucky to have been a runaway in the era of the late '60s-early '70s.

"I know this sounds so back-in-the-day, but it was different back then," she said. "There wasn't as much meanness out there, or as much crime. But, you know, when you're that age you can think it's all just some great adventure. I wasn't at home with my boring parents, and I didn't have to go to school."

When Rogers ran away from home in her early teens, she wasn't alone. She took her guitar with her; it was probably the one legacy from her family that served her well.

"I came from a musical family," she said. "My mother was a beautiful singer, though she sounded like Doris Day. We used to sing Christmas carols, and she taught us how to sing harmonies. I was exposed to music very early and singing seemed to come naturally.

"The first time I remember realizing how valuable and precious my singing voice was, I was in elementary school. I did this play in 4th grade — a Christmas play — and I had a great music teacher who insisted I sing 'What Child Is This?' a cappella. I was terribly scared, but I did it. When I finished I heard what I thought at the time was thunderous applause and decided right then that this was what I wanted to do."

Rogers' mother also found a way to get Rogers additional stage time.

"My mom had a lot of friends who did country music, so she used to take me around to where they were playing and get me up to sit in with them. I'd get up there and sing Patsy Cline, or something like that, and I'm sure that was really cute.

"I wasn't really into that kind of music, however," she explained. "I wanted to do protest songs and stuff like Crosby, Stills and Nash."

One of Rogers' mother's friends taught Rogers how to play the guitar. As soon as she learned the three chords he initially taught her, she was writing songs.

"They all sounded the same," she laughed, "but they did have different words."

Once she ran away from home, she was able to earn some cash by busking on street corners in Atlanta. It proved to be a decent living for a kid.

"When I was in my 20s and living in New York and New Orleans, I started singing with bands, mainly doing Top 40 stuff," Rogers said. "It was a good living, though it still wasn't what I wanted to sing. I learned a lot from the guys I was playing with, too. It beat living on the street."

Rogers finally got to the point where she could delve into the blues in a substantial fashion. This point coincided with meeting her future husband a dozen years ago.

"We got on the same page, musically, and set up some goals and started doing it," she said. "We started out doing a lot of regular songs, you know, covers because of the gigs we were doing. I used to feel bad about that, like the blues police were gonna bust me, but then I saw a Memphis Minnie set list in a book, and it had the top hits of the day on it. That convinced me I wasn't doing something; I was just supporting my blues habit."

Dues paid in full, Rogers has landed a three-record deal with a major blues label. Stay tuned, blues fans.

METROMAGAZINE Capital Division is kicking off its season Aug. 12.

The Piedmont Laureate will be selected by a committee appointed by the sponsoring agencies and will present public readings and workshops, participate at select public functions, and create at least one original activity to expand appreciation of literature. The Laureate will receive an honorarium of $5000.

Wake Schools Progress Charted In New Book

It’s not all bad news in the world of public schools. A School District’s Journey to Excellence: Lessons From Business and Education, co-authored by Bill McNeal, former Wake County Superintendent of Schools, and former school board member Tom Oxholm, demonstrates how school systems can go from average to outstanding by applying sound business fiscal controls, progressive instructional leadership and strong bonds with the community to improve student performance.

Featuring a foreword by former Gov. Jim Hunt, the book is available from Corwin Press by calling 1-800-223-9936 or go online to www.corwinpress.com.

The National Students of Ailing Mothers and Fathers (AMF) will host a weekend of fundraising events Aug. 22-24 at Meredith College, Ravenscroft School and NC State University with donations dedicated to brain cancer research and to help grieving college students. 2008 MetroBravo Award-winners Charlotte’s and Gena Chandler will team up to promote the events by selling “Charlotte’s and Gena Chandler Love AMF” T-shirts. David Fajgenbaum, whose mother passed away from brain cancer four years ago, started AMF as an outlet for his grief. The organization is now on 40 college campuses, including Meredith College, Peace College, UNC-Chapel Hill and East Carolina University. For more information about the weekend events, go to www.studentsofamf.org.

BirdLife International presents the BirdLife Games, an online Olympics for our avian friends, running from Aug. 8-22. Go to www.birdlife.org for more information.

The Brandy Miller Cancer Fund committee has organized two events to raise money to help offset the medical expenses for Brandy Miller, including the car show set for Aug. 16 at the Time Warner Center and the medical expenses for Brandy Miller, including the car show set for Aug. 16 at the Time Warner Center.

The Woman’s Club of Raleigh presented Hospice of Wake County a check for $30,000 on July 23 from proceeds generated from the 2008 ASID Designer Showhouse held in May and June 2008 featuring two townhomes at the Ramblewood community in midtown Raleigh developed by Kane Realty. Metro Magazine served as program sponsor for the event.

The Core Sound Waterfowl Museum, located in Harkers Island in Carteret County, is honoring Purrell Jones, the former owner of Camp Morehead, for his role in starting the Museum with a luncheon and a High Tea for sponsors.

The World Adult Kickball Association, NC Capital Division is kicking off its season Aug. 12. Registration and a free pick-up game are set for Aug. 5 at Pullen Park in Raleigh. The league boasts 275 divisions in 28 states fielding 200 teams nationwide. To register or for more information, call 866-350-1710 or e-mail NCCapital1kickball.com.

Destination Hotels & Resorts has taken over the management of The Carolina Inn and the Rizzo Conference Center in Chapel Hill. The 184-room Carolina Inn, located near the UNC campus in Chapel Hill, opened in 1924. The 120-room Rizzo Conference Center is located on Highway 54 outside of Chapel Hill in the former estate of the DuBose family. Denver-based Destination manages 30 resort, hotel and conference properties.

A new private funding of $666,000 for the undergraduate creative writing program in the College of Arts and Sciences at UNC-CH from alumna Sallie Shuping-Russell of Chapel Hill will be matched with public trust funds established by the NC General Assembly to create a $1 million endowment starting in the fall of 2009 to underwrite a series of major writers who will hold distinguished visiting professorships in the creative writing program.

Three-time Ryder Cup representative Chip Beck and long-time South Carolina golf administrator Happ Lathrop will be inducted into the Carolinas Golf Hall of Fame in Pinehurst, NC, on Aug. 25. The duo was elected from a pool of nominations by members of the Carolinas Golf Reporters Association. This year’s induction ceremonies come the day after the conclusion of the US Amateur Championship at Pinehurst. The Carolinas Golf Hall of Fame inducts its first members in 1981. This year’s inductions take the total membership in the Hall of Fame to 65.

Purple Armchair, an “emerging marketplace in downtown Raleigh,” according to owner Patrick Lawton, offers “art … vintage … everything” in a renovated warehouse at 600 N. West Street near Glenwood South. The membership-driven market and association of artists, craftpeople and vendors is funded by client fees on a month-by-month basis to have the store sell their wares. Mid-century modern furniture, vintage and other handmade clothing, antiques, handmade jewelry, pottery, tabletop and fine art are just a portion of the current inventory.

Lawton, a native of Northern Virginia and a software engineer by profession, intends to add a coffee bar and fresh flower and herb vendors in the near future. Go to www.purplearmchair.com for more information.

The Core Sound Waterfowl Museum, located in Harkers Island in Carteret County, is honoring Purrell Jones, the former owner of Camp Morehead, for his role in starting the Museum with a golf tournament and home tour at the new North River Club in Beaufort Oct. 25. The event includes a luncheon and a High Tea for sponsors.

For more information, call 252-723-2992 or e-mail adeberry@northriverproperties.com.

APPOINTMENTS

Michael Patterson, executive chairman of CapStone Bank in Raleigh, has been elected to the board of directors of the North Carolina Bankers Association.

Poet and professor of English Michael McFee has been named head of the Creating Writing Program at UNC-Chapel Hill, replacing musician and writer Bland Simpson who served for six years.
BUCHANAN ON CHURCHILL: THE AXEMAN COMETH

The sigh of relief didn't last long watching the far Left radical scholars fade away from universities, think tanks, government agencies and the national mass media in recent months. Some are retiring, some have committed spontaneous human combustion like Ward Churchill at the University of Colorado, but mostly they are discredited.

But here's the shocker. Replacing the post modern, deconstructionist politically correct crowd, who kicked out the pillars of Western culture — claiming it is racist, homophobic and chauvinist and therefore not worthy of existence — is a cadre of far Right pundits and scholars who are grabbing the same cultural pickaxe and flailing away at the edifice of our inherited values just like the tenured radicals. Who would have thunk it?

The highest profile name leading the right-wing Rough Riders up the San Juan Hill of cultural upheaval is the always wrong but never wrong Buchanan. Maybe it's because he's Irish that he has penned a book attacking the leadership of British leader in doubt conservative gadfly Pat Buchanan. Maybe it's because he strived for appeasement at Munich on the wings of his diligence in identifying German rearmament in the 1930s in violation of the Treaty of Versailles. Churchill knew that Hitler was aiming to capture Europe for imperial reasons before attacking the USSR for political reasons.

Buchanan is saying the Germans rolled across Holland and Belgium into France because the Allies declared war after Hitler's invasion of Poland, an act that could have been avoided. That's the only sense I can make of his thesis. Is he saying Britain ended up isolated from the Continent and in real danger of invasion, or at least starvation — until the US entered the War — because the British and French lived up to their treaty obligations? I doubt that standing up to Hitler over Poland could have stopped the Blitzkrieg or the Battle of Britain — also disparaged by Buchanan.

What must Brits old enough to remember think? They sailed out in their own small boats to rescue their army at Dunkirk, stood alone against Germany's redoubt in Europe, endured incessant bombing of their homeland and suffered the loss of dead and wounded across the globe at war against Germany and Japan. Rationing remained in place in the UK until the early 1960s, a legacy that makes the point of Britain — also disparaged by Buchanan.

Oddly, Buchanan — and his defenders on the Right — and now Niall Ferguson in the recently aired PBS documentary War of the World, another revisionist WWII muddle by a conservative, is willing to toss away the pride of our victory to arrive at the point I agree with. Due to the necessity to ally with the USSR, we birthed the vilest killing machine in history. The Soviets in the aftermath of the defeat of Germany were given carte blanche to occupy Eastern Europe and set in motion an invasion of Poland, an act that could have been avoided. That's the only sense I can make of his thesis. Is he saying Britain ended up isolated from the Continent and in real danger of invasion, or at least starvation — until the US entered the War — because the British and French lived up to their treaty obligations? I doubt that standing up to Hitler over Poland could have stopped the Blitzkrieg or the Battle of Britain — also disparaged by Buchanan.

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Oddly, Buchanan — and his defenders on the Right — and now Niall Ferguson in the recently aired PBS documentary War of the World, another revisionist WWII muddle by a conservative, is willing to toss away the pride of our victory to arrive at the point I agree with. Due to the necessity to ally with the USSR, we birthed the vilest killing machine in history. The Soviets in the aftermath of the defeat of Germany were given carte blanche to occupy Eastern Europe and set in motion an international propaganda onslaught that nearly brought down the West. We toughened up finally over Berlin, but stood aside as tanks rolled into Hungary and later against the Czechs and Poles. Not until the Reagan/Thatcher days did we finally stiffen our spines.

As for the loss of the Empire as a result of WWII, this was a condition Churchill traded for US help. The Atlantic Charter mentions this demand specifically. Additionally, after the war, the US State Department and other key figures fell for the propaganda from the Soviets pushing for the extinction of imperialism. In the UK, the Socialist government that succeeded Churchill — influenced by its political sympathy for the Soviets — devolved the Empire before anyone really noticed.

It's hard to blame Churchill since he strived to save India before partition and the creation of Muslim Pakistan in 1947. And it's a stretch to blame the Allies in WWII for US policy to deploy troops to keep the peace across Europe and the Far East in Korea and Japan — and of course Vietnam and now Iraq. That's the real issue with Buchanan. He's an isolationist in a global environment looking for ways to rewrite history to prove the US could have stayed home and avoided becoming a victim of the treaties and intrigue of our European cousins.

Another point of interest to me is that Buchanan and Ferguson and their colleagues verify the purpose of the Raleigh Spy Conference (www.raleighspyconference.com), convened in 2003 to learn about the latest in the deluge of declassified data suddenly available over the past 15 years since the collapse of the USSR and the revelations of the Venona files. The problem is that scholars and nut cases are rewriting modern history at a rapid rate. Sadly, many of the purveyors of the new information — like Buchanan — either have an agenda to prove or just don't have the intellectual capability to understand what they are reading.

NOTES FROM LA-LA LAND

Democrat members of the US Congress at home on break are supposedly girding their loins for questions from constituents asking why they will not act to allow drilling for oil and gas, the logical step to ensure supply and ease the grip on our economy by oil-producing countries that ration supply for negative political motives. But the Democrats are hardly concerned. Due to crafty gerrymandering, Congressmen David Price and Brad Miller, representing the region encompassing the Triangle, have created safe seats for themselves, providing them the luxury to remain hostile to reality and forever in the thrall of the environmental activists — who appear intent on strangling our economy in the name of dodgy science masquerading as global ecology.

(Read commentary by Bernie Reeves in his online-only Between Issues column online at www.metronc.com.)
Talk to him

Duke urogynecologist Anthony Visco, MD, is happy to discuss with women a minimally invasive cure for a minimally talked-about problem—pelvic floor prolapse.

What exactly is prolapse?
The word literally means “falling out of place.” Prolapse of a woman’s pelvic floor organs—vagina, uterus, bladder, or rectum—can happen when tissues or muscles in the pelvis weaken. It can result from childbirth, chronic coughing or straining, or just simply from getting older—but it’s not an old person’s disease. It can happen at any age.

Is it common?
It’s pretty common, but most women consider prolapse a private condition and aren’t inclined to talk about it—even though it can have a drastic effect on their day-to-day lives.

What do you want women to know about prolapse?
For one, I think women should know that treatments for prolapse are really improving. In fact, this condition is at the forefront of surgical technology.

How so?
First of all, prolapse can be managed nonsurgically, but this won’t make it go away. There is a surgical treatment called colpophy which can cure prolapse. Until recently, it required a long abdominal incision, but now robotic surgery is making the cure much easier on patients.

That sounds futuristic.
It does, but we’re using robotics right now. Robotic surgery gives women a gold-standard repair with a minimally invasive approach. Instead of using a long incision, I make a few tiny incisions using the robot’s arms. Women recover quickly and there is a low risk of complications. Most women go home the morning after the procedure. We offer this procedure in both Raleigh and Durham.

So to learn more, just talk to you about it?
That’s a very good start.

Duke OB-GYN offers leading programs in urogynecology, fertility, gynecologic oncology, menopausal medicine, and more. Learn more at dukehealth.org.

To schedule an appointment, call 1-888-ASK-DUKE.
We Have the Closest Beach to Glenwood South

That would be our beach volleyball court... just one of the casual living activities that you ordinarily wouldn't expect to find within five minutes of Downtown Raleigh. There's more, of course. Like our crystal clear Olympic size swimming pool. Tennis courts. Clubhouse with state-of-the-art fitness center. Not to mention all of the social and cultural activities — from museums and theaters to restaurants and parks — that only Downtown Raleigh can offer.


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.