

TOP 10 FILMS FROM 2008 • WHICH ER FOR YOU? • PERDUE OPENS MANSION DOORS

From the Triangle to the Coast

Metro

M A G A Z I N E

Raleigh
Research
Triangle
Eastern
North
Carolina

JANUARY 2009

\$3.95

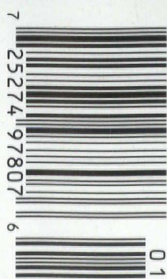
www.metronc.com

Did a Comet Create Carolina Bays?

George Howard Says Yes



10th Birthday Salute Kicks Off
With Cary's Cutting Edge
Commitment to the Future



LASER EYE CENTER

O F C A R O L I N A



Wonder what to
do with your old
glasses?

solution #043:
build a wind chime



our solution: bring in your old glasses
by February 28, 2009 and receive zero
percent financing for 24 months
(we donate old glasses to the Lions Club)

call for a complimentary consultation

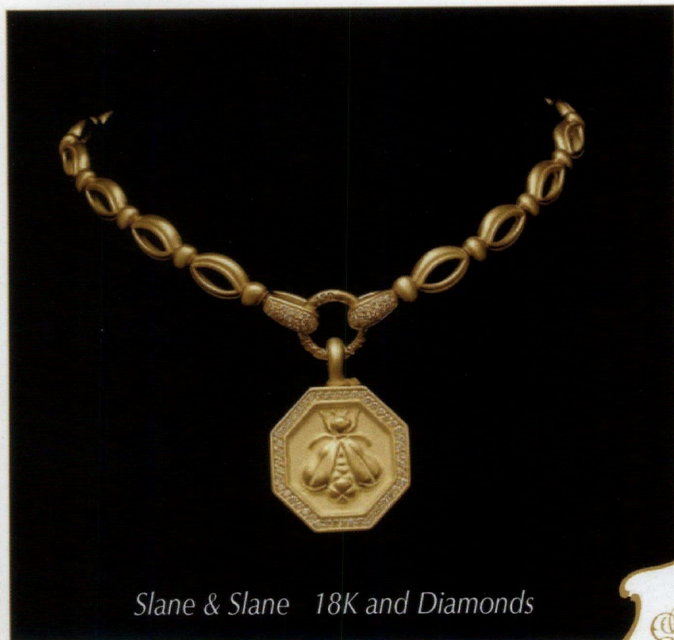
888-376-EYES

www.visionauthorities.com

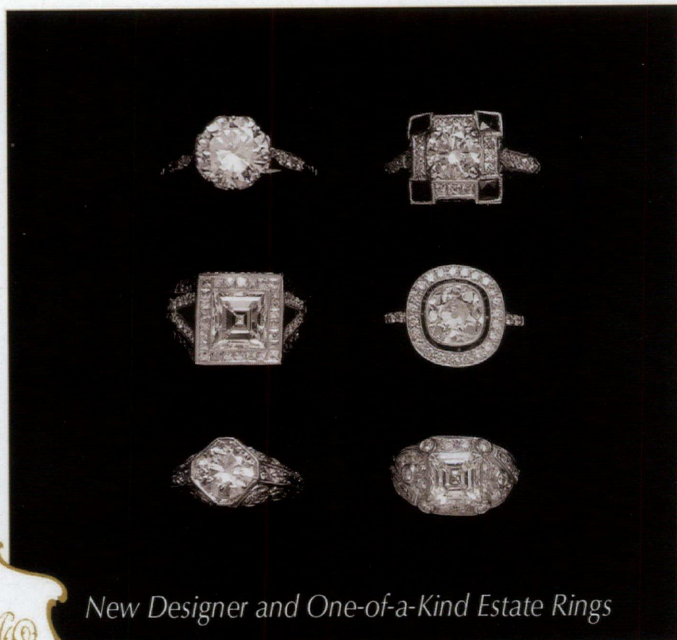
All surgical procedures carry some risk. Not all patients will be completely free of glasses.



Rise and Shine in '09



Slane & Slane 18K and Diamonds



New Designer and One-of-a-Kind Estate Rings



Breathtaking Vintage Necklace



Elizabeth Locke Jewels 19K

Elaine Miller Collection

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

Exceptional Quality – Extraordinary Value
Making Deals That Make Dreams Come True

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

The Lassiter at North Hills
919.571.8888

4421-109A Six Forks Road

Raleigh, NC 27609

* Visit Our Exciting New Website www.ElaineMillerJewelryCollection.com * Mon-Sat 10am-6:00pm



One in six couples has trouble getting pregnant.

We give you hope for a family

When the journey to parenthood becomes difficult, the Duke Fertility Center can help you realize your dream.

Duke has one of the most successful in vitro fertilization (IVF) programs in the nation. Our investment in one of the few certified ultra-pure laboratories in the United States led to a 30 percent increase in IVF success rates in 2007.

Duke is the area's only member of the Advanced Reproductive Care. Through ARC, Duke can offer affordable costs and a refund guarantee.

Turn to the region's most experienced fertility specialists. We can give you hope for your family.


Dukefertilitycenter.org

Duke is ranked #4 in the nation in gynecology by *U.S. News & World Report*.



DukeMedicine

1-888-ASK-DUKE DukeHealth.org

A romantic couple is shown in a close embrace, nearly kissing, in a grassy field under a soft, hazy sky. The woman is leaning over the man, who is lying on his back. They are both wearing elegant jewelry, including a necklace and earrings.

Live Intensely.
Love Intensely.



HEARTS ON FIRE®

THE WORLD'S MOST
PERFECTLY CUT DIAMOND®

BAILEY'S
FINE JEWELRY

Raleigh's Cameron Village, 919-829-7337
www.baileybox.com . Also in Greenville



heartsonfire.com



A short drive never took you so far away.



Right down the road you'll find an oasis of hydrating facials, soothing massage, exfoliating scrubs and cleansing body wraps. Call The Spa at Pinehurst at 800.487.4653 and see where our Mobil Four-Star Rated Spa takes you.

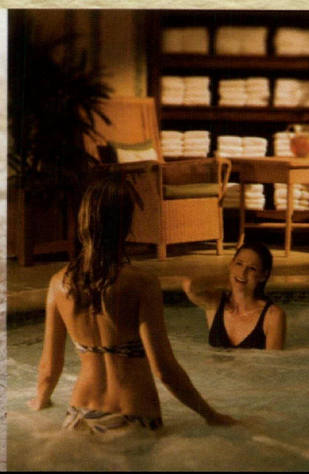
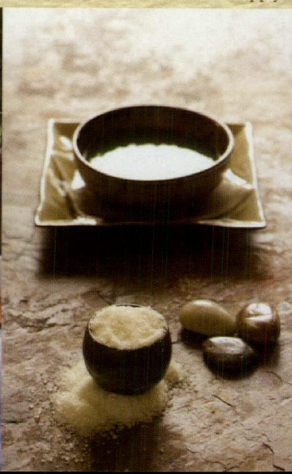
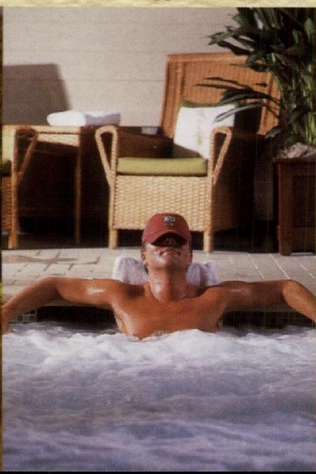
Evergreen Escape \$229*

Accommodations
Breakfast and dinner
Spa treatment or round of golf

MOBIL ★★★★★ RATED

Village of Pinehurst, North Carolina • 800.487.4653 • pinehurst.com

*Rate is per person, per night based on double occupancy. Valid through 3/7/09. Subject to tax and resort service fee. Upgrade to a round on No. 2 for \$175. Some restrictions apply. ©2009 Pinehurst LLC



Belk

BELK.COM

infinitely pretty
& so very Lilly

LILLY PULITZER

Jonnie shirt, \$118

Prussia skort, \$138

Lilly Tote, \$88

AVAILABLE AT CRABTREE VALLEY MALL

Lilly Pulitzer
FOR YOUR BEACH



IT CAME FROM OUTER SPACE

In our world a triangle is actually a rhomboid, a four-sided configuration comprised of Raleigh, Durham, Chapel Hill — and Cary, the little community that could, and did, and surpassed all expectations. To celebrate the advent of *Metro's* 10th year, we are commencing with Cary to dig into the identity of the region to see what we were at the eve of the millennium, and where we see ourselves heading by the year 2020 — an almost space-age waypoint in time nearly upon us.

After Cary in January, we move on to Chapel Hill in February, Durham in March, Raleigh in April, and the eastern and coastal region in May. We've mustered our top writers and let them loose



to seek the past and, most crucially the future — asking where will we be 10 years hence? And we will not forget the dozens of towns and villages in between that keep us all connected.

Senior Writer Rick Smith is the most respected tech writer in the state, and he knows Cary well from decades of reporting. His anatomy of Cary's past and present will inform and surprise and impress. And to wrap our arms around this award-winning "town," we wanted you to know what it used to look like — and what messages are communicated today by its built environment after 30 years of explosive growth. Design Editor Diane Lea delves into Cary's commitment to its past, and the pride radiating from sparkling new edifices connoting a cutting-edge commitment to the future. Indeed, Cary is the "biggest little town in the South."

What to do if an emergency happens at home? Is it best to dial 911, or jump in the car and head to the hospital? Or call an ambulance since you've heard it said you receive better service if you arrive in an emergency vehicle? Or what about the closest "doc in a box" urgent care facility you saw driving home? It's a tough call, and it could be costly if you aren't prepared. That's why *Metro* called on expert medical journalist Tony Vecchione to investigate what to do and where to go when disaster strikes. The solutions are interesting and useful. I'd clip out this article and keep it taped to the refrigerator door.

What's that thing in the sky? Is it a bird, a plane? No, it's a

gigantic comet that hit the Lake Michigan area of North America 13,000 years ago destroying every living creature for thousands of miles. But of interest to us — and to researcher George Howard — is the debris from the huge blast that left its mark across Eastern North Carolina and up and down the Atlantic seaboard. Howard's theory is gaining acceptance as new research vindicates his opinion and opens a new chapter into recent geologic and anthropological theory. *Metro* has extended hazardous duty pay to our intrepid Senior Writer Liza Roberts for climbing into a single-engine Cessna with Howard and seeing for herself the Carolina Bays created by the big bang. Liza composed herself afterward to add a sidebar on George Howard's day job as a dealer in wetland credits — an intriguing story of modern day "green" bartering.

It's a privilege having famous film critic Godfrey Cheshire in the pages of *Metro* — and online at www.metronc.com with up-to-date reviews of new films as they open. This first month of the New Year he lists his choices of the best films of 2008. Modestly, Godfrey didn't include his documentary *Moving Midway* receiving rave reviews nationwide. If you haven't seen it, hang on for the release of the DVD available Feb. 17. Check out Netflix or go to www.movingmidway.com to order your copy.

As 2008 stumbles to an end, Arch T. Allen looks back 40 years to the tumultuous '60s, the decade that defined the modern era. Now that

enough political water has gone under this generational bridge, it's time to look back with a sharp pencil and correct many of the myths that continue to masquerade as history. And note that Fiction Editor Art Taylor will alter his column to four seasonal in-depth essays in the print version while contributing even more book news online at www.metronc.com.

In an exclusive to *Metro*, Carroll Leggett talks with Governor-Elect Bev Perdue, who promises the mansion on Blount Street will come alive again during her administration; Jim Leutze draws on his past as a scholar to help define modern events; Louis St. Lewis suggests a federal bailout for artists; Liza Roberts takes in the brave new world envisioned by Raleigh city planners; Mary Ward Boerner finds a new and unusual musical venue in Durham; and Maury Jefferson rounds up the latest fashion events in the region.

And here is good advice from Food Editor Moreton Neal: Don't diet in January! Instead, patronize the area's fine restaurants, new and old. And to wrap up the old year, Wine Editor Barbara Ensrud offers fascinating developments and little-known facts from the world of wine.

Stay with us all year long as we celebrate our 10th year by recognizing you and your community.

After all, *Metro* is your magazine!

—Bernie Reeves, Editor & Publisher



We have thousands of reasons for building a new children's hospital. These are just two of them.

In just a few short years, there will be nearly 300,000 kids in our community. And we'll be here for them with a state-of-the-art children's hospital on the top floor of a new patient tower. Natural light. Healing gardens. Calming music. Kid-sized. Kid stuff. Less stress. More beds. More services. More specialties. More kid-friendly care than ever. Why? Because when we say every kid deserves every chance for a happy, healthy life, we mean every kid.

WakeMed Children's **JUST FOR KIDS** To learn how you can get involved, please visit kids.wakemed.org.

WakeMed 



3000 New Bern Avenue Raleigh NC 27610

Correspondence

WAKE SCHOOL BOARD FORGETS ABOUT PEOPLE

Please pass along to Bernie Reeves that his comments about the Wake County School Board (My Usual Charming Self, December 2008) reminded me that none of the board members' "nodes" where they live are being tinkered with in the current round of school re-assignments.

In the Preston community, hundreds of students are being ripped from their local community school ties at Green Hope, for example, and are sending them on a need-less, longer journey for education.

The "attack" on Preston is destroying the integrity and fragmenting this established community. It is not clear what the motivation was that led to the "attack." Some theorize it may be to "cover up" questionable decisions to invest and add capacity in schools like Cary High School where growth was not an issue (apparently there is considerable excess capacity as a result), rather than focus on areas where there was some real growth. Others suggest it may be a misguided way to remedy basic shortcomings in the quality of education being delivered at some schools. In essence, schools that have demonstrated an ability to excel academically overall are being arbitrarily gerrymandered through a senseless, artificial, costly exchange of students.

And what is a node? There is something cold and impersonal about the term used by the school board. There are real people involved here that would be adversely affected; this is not some inanimate bunch of objects to play around with and manipulate like a computer game.

Peter Eckle
Cary

DONALD ROSS TRAIL BRINGS SMILES

"Why Allow Alabama to Outshine North Carolina" put a smile on my face when I read the reprinted article by Jim Hughes from the October 2008 issue of *Metro* in the Retirement Systems of Alabama ADVISOR vol. XXXIV No.6 about the idea of a Donald Ross Trail in North Carolina copying the success of the Robert Trent Jones Trail here in Alabama.

Y'all had better get used to it. Alabama is no longer the Southern whipping boy. Our economy in medicine, technology and manufacturing is stronger than that of the rest of the country; our education system is now rising exponentially; and our sports recreation is the envy of the world.

Scott Smith
Sylacauga, AL

Bernie Reeves
Editor and Publisher

EDITORIAL

Rick Smith *Senior Writer*
Liza Roberts *Senior Writer*
Emily Keveryn *Copy Editor*
Dan Reeves *Assistant Editor*

Contributing Editors

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

DESIGN

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

ADVERTISING

Katie Reeves *Vice President of Sales and Marketing*
Karla P. Appleby *Regional Sales Manager*
Katie Poole *Director of Special Events*
Maury Jefferson *Special Events Assistant*

SALES REPRESENTATIVES

Catherine M. White *Senior Sales Representative*
Kimberleigh Ward *Sales Representative*
Caroline Bethune *Sales Representative*

ADMINISTRATION

Cyndi Harris *Office Manager*
Mary Ward Boerner *Events Editor*

Metro Magazine LLC

1033 Oberlin Road, Suite 100
Raleigh, NC 27605

Mailing address

P.O. Box 6190, Raleigh, NC 27628

Phone: 919-831-0999 Toll-free: 800-567-1841

Fax: 919-831-0222

Email: emails@metronc.com

Subscription: \$18 one year

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

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

ARTICLE REPRINTS AVAILABLE

Contact Glenn Benton at
Quick Color Solutions, Inc.,
919-868-8742.

www.metronc.com

©2009 Metro Magazine, LLC
ISSN 1529-4404

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

Metro

Raleigh • Research Triangle • Eastern North Carolina

Call our subscription hotline: **1.800.567.1841**
or visit our website at: **www.metronc.com**

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

I would like

- ☐ One-year subscription for \$18
☐ Two-year subscription for \$29
☐ Three-year subscription for \$36

☐ Payment is enclosed.

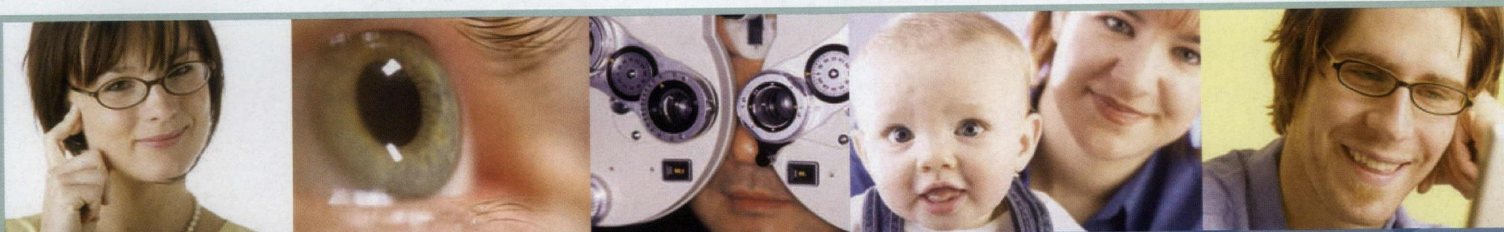
Please send check to
MetroMagazine
PO Box 6190
Raleigh, NC 27628

VISA / MASTERCARD / AMERICAN EXPRESS (CIRCLE ONE)

EXP. DATE _____

SUBSCRIBE TODAY!





**World Class Care.
Personal Service.
Just Around the Corner.**



Eye Care Associates®

VISIONARY

Comprehensive Eye Exams • Treatment for Eye Injuries • Distinctive Eyewear
Glaucoma & Cataract Care • Contact Lenses • Premium Sunglasses

For an appointment at any of our convenient offices,

Call (919) 863-20/20

Toll Free Statewide 888-863-20/10

www.ecanc.com

NORTH RALEIGH

7020 SIX FORKS ROAD
919-847-0187

WEST RALEIGH

TOWNRIDGE SHOPPING CTR.
6566 GLENWOOD AVE.
919-783-0011

RALEIGH/WAKE FOREST

WAKEFIELD COMMONS
14460 NEW FALLS OF NEUSE RD.
919-847-4665

RTP/RALEIGH

BRIER CREEK COMMONS
8231 BRIER CREEK PARKWAY
919-863-5032

RALEIGH/NC SU

CAMERON VILLAGE
2024 CAMERON STREET
919-863-2015

RALEIGH/LEESVILLE

LEESVILLE TOWNE CENTER
13220 STRICKLAND RD.
919-870-6430

CARY

CENTRUM AT CROSSROADS
2346 WALNUT STREET
919-851-0093

CARY

CRESCENT COMMONS
2042 KILDAIRE FARM ROAD
919-851-9995

CARY

CORNERSTONE
1975 HIGH HOUSE ROAD
919-461-0771

CARY

THE ARBORETUM
2075 RENAISSANCE PARK PLACE
919-861-7784

NORTH DURHAM

NCEENT BUILDING
4102 NORTH ROXBORO ROAD
919-595-2020

CHAPEL HILL

GLEN LENNOX SHOPPING CENTER
1201 RALEIGH ROAD
919-942-3320

KNIGHTDALE

WIDEWATERS SHOPPING CENTER
1001 WIDEWATERS PARKWAY
919-861-2020

LOUISBURG

307 FRANKLIN PLAZA
919-496-1156

ZEBULON

TRIANGLE EAST SHOPPING CENTER
178-N WAKELON STREET
919-269-6032

ABERDEEN

ABERDEEN COMMONS
11088 HWY 15-501 NORTH
910-693-1226

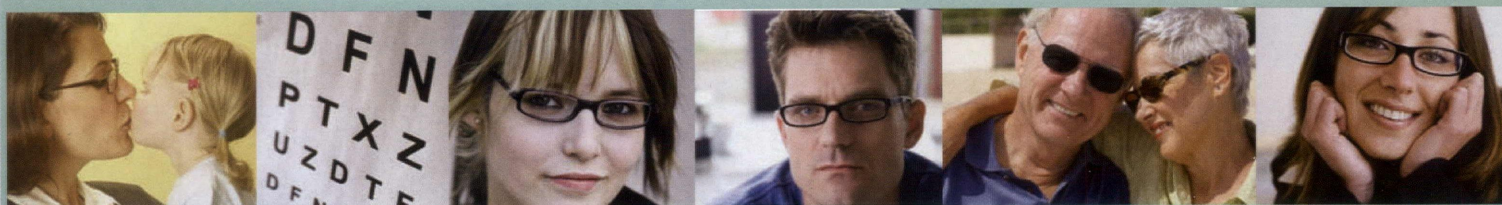
WILMINGTON

MAYFAIRE SHOPPING CENTER
6825 PARKER FARM DRIVE
910-452-0554

**We accept most major vision insurance plans including
Spectera, TRICARE, Blue Cross and Blue Shield of North Carolina, CIGNA, Superior and more.
We are VSP® Network Doctors.**



Eye Care Associates is proud to be a **Preferred Eye Care Provider for Carolina Athletics** and the
Official & Exclusive Eye Care Provider of the Carolina Hurricanes.



OPEN THE DOOR TO AN EXCITING FUTURE



LUXURY RETIREMENT LIVING IN NORTH HILLS

Each day, every day, indulge in the rich and vibrant lifestyle of The Cardinal at North Hills. Fine restaurants, endless entertainment, and shopping as close as your front door. A luxury retirement community with a full continuum of care and world-class health and wellness services from Duke University Health System, The Cardinal offers you a plan for living every day to its fullest with absolute confidence and peace of mind in a plan for your tomorrows.

PRE-CONSTRUCTION PRICING


For more information, please call 919-781-2021, toll free 888-781-2021.
Schedule an appointment or RSVP for one of our information seminars.

THE CARDINAL  AT NORTH HILLS

Residences starting from the \$300,000s.

NORTH  HILLS

WWW.THECARDINALATNORTHILLS.COM
LIVE | WORK | SHOP | DINE | PLAY | STAY | RENEW

 **Duke University**
Health System



Features

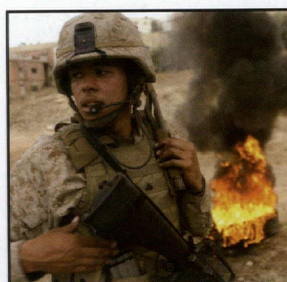
- 16 Journeys with George**
Did a Comet Cause the Carolina Bays?
- 20 Vision of Cary 2009**
 - Cary Remains: The Biggest Little Town in the South
 - A Perfect Story Called Cary: The Keystone of the Geometry of the Triangle
- 32 Medical Quarterly**
Emergency Rooms: Coping with a Crisis



20

DEPARTMENTS

- 6 Introduction** It Came From Outer Space
- 8 Correspondence** Reader Feedback
- 12 Secrets of State** Segway to the Past, Surprise Crowd for Raleigh Planning Scheme, Friday Bust on Display
- 42 MetroPreview** Jump into the New Year
- 45 On the Town** Social Event Coverage
- 46 Editor-at-Large** War by Other Means
- 47 Cheshire on Film** The Year in Film
- 49 Artist-at-Large** Artists Need Bailouts Too
- 51 Between You and Me...** Bev Perdue Will Open Governor's Mansion to the People
- 53 Style** Fashion News
- 54 Gourmet** Don't Diet in January
- 57 Restaurant Guide**
- 59 Cork Report** Interesting Year for Wines
- 61 Books** A New Look at the Sixties
- 64 My Usual Charming Self** Reversal of Fortune



47



12

54



SECRETS OF STATE

Segway to the Past

Tarheel Adventures has announced two narrated guided tours of historic New Bern, NC, while riding a Segway Personal Transporter (PT) operating from the historic Old City Hall building located at 222 Craven



St. The one-hour waterfront tour departs from Council Bluff to Union Point and on to Tryon Palace. The two-hour includes everything on the waterfront tour and continues on to encircle the colonial section of

the city, including Cedar Grove Cemetery, neighboring historic sites and historic homes along East Front Street.

"We provide every participant with individualized training, a safety briefing, a helmet and a wireless earpiece," said co-owner Neal Davis. "The earpiece enables the tour guide to be in continuous communication with the group as they learn about local history and listen to interesting stories.

In addition to public tours, customized private and group tours are also available. For more information, go to www.tarheel-adventures.com. **MM**

Surprise Crowd for Raleigh Planning Scheme

Several hundred people streamed into Raleigh's new convention center in early December, surprising city planners who hadn't anticipated a big turnout to hear their plan for Raleigh's growth and development over the next 20-odd years.

"I have to say, it's a fairly impressive turnout for the unveiling of a planning document," said Ken Bowers, deputy director

of the city's planning department, to a tightly packed audience. Homeowners, developers and moms with strollers showed up to hear how Raleigh might look in the decades ahead, how their property might be affected, and what they could do about it. They've all got a lot on the line: the potential value of their land and real property.

The draft report, which City Planner Mitchell Silver called a "greenprint for sustainable growth," aims to avoid urban sprawl, directing the bulk of Raleigh's anticipated development — 120,000 new households are expected by 2030 — into corridors and clusters. Eight so-called growth centers, including downtown, midtown, Crabtree Valley, West Raleigh, Cameron/University, New Bern/Wake Med, Triangle Town Center and Brier Creek, have been pinpointed as spots for new residential and business development — and for transit hubs.

Planners hope Raleigh will avoid "a center-less and undifferentiated pattern of sprawling development," as the plan puts it. "Do we want to grow like Atlanta?"

*"It all came together
for me when I visited
the campus."*

JOIN US FOR OPEN HOUSE

FEBRUARY 15-16

FOR MORE INFORMATION OR TO REGISTER,
CONTACT ADMISSION AT 434-432-5613 OR
ADMISSION@CHATHAMHALL.ORG

RESERVATIONS REQUIRED



CHATHAM HALL

ALL GIRLS • COLLEGE PREP • GRADES 9-12
CHATHAM, VA • EST. 1894 • WWW.CHATHAMHALL.ORG

Bust Of William Friday On Display

A group of interested North Carolinians — headed by William A. Johnson, former chairman of the UNC Board of Governors, and Bob Jordan, former lieutenant governor of North Carolina — is placing two duplicate life-sized bronze busts of William C. Friday by Marshville, NC, sculptor Stephen H. Smith on the campuses of NC State University in Raleigh and UNC-Chapel Hill to recognize Friday's role in education in North Carolina as former president of the consolidated system of colleges and universities. Friday, a national figure in education, earned his undergraduate degree at NC State and his law degree from UNC-Chapel Hill.

The NC State bust is now on display outside Nelson Hall at NC State, the former site of the textile school where Friday studied as an undergraduate that now houses NC State's College of Management. The UNC bust will be placed later at Manning Hall, the former law school building.

Other members of the Friday Commemorating Committee that commissioned the busts include Ann Goodnight of Cary, Jim Holshouser of Pinehurst, Betty McCain of Wilson, John Sanders of Chapel Hill, Julius L. Chambers of Charlotte, Art Padilla of Raleigh, Thomas W. Lambeth of Winston-Salem, and Wendell Murphy of Rose Hill. **MM**



DAVID GOUGH

Winter starts to thaw

New hopes and dreams spring to life

Renewal is here.

Take a weekend away from your troubles and indulge your senses at the Spring Renewal Weekend at Pinehurst Resort. Rekindle your zest for life with spa treatments, health and wellness seminars, motivating speakers, gourmet dining and more. Whether you fill your senses or unload your worries, this is a weekend that will inspire your soul. Call 800.487.4653 and plant your seeds of renewal today.

Renewal Weekend
\$499* 3 days/2 nights
 March 13-15, 2009



MOBIL ★★★★★ RATED

One Carolina Vista Drive • Village of Pinehurst • pinehurst.com



*Rate is per person, based on double occupancy. Subject to tax and resort service fee. ©2009 Pinehurst, LLC

READY FOR THE TRIANGLE REAL ESTATE MARKET TO IMPROVE? IT JUST DID.

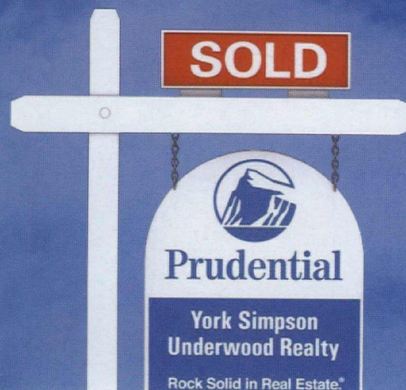
YORK SIMPSON UNDERWOOD
has merged with
PRUDENTIAL CAROLINAS REALTY

What do you get when two of the Triangle's leading real estate companies come together under the ownership of HomeServices of America, Inc., an affiliate of Berkshire Hathaway?

Prudential York Simpson Underwood Realty, with the unrivaled local expertise, legendary financial strength and unmatched technology to help homebuyers and sellers achieve Rock Solid™ results.

visit **PruYSU.com**

REAL ESTATE MORTGAGE SERVICES
TITLE INSURANCE RELOCATION SERVICES



Silver asked the crowd. A young woman in the crowd, and then a few others, answered: "No!"

Of much interest to the group milling around afterward studying maps on easels was the plan's "future land use" map — a color-by-numbers smattering that chops the city into categories such as "public parks and open space" (pale green), "general industrial" (purple) and "medium density residential" (orange). Though this map does not change current zoning, it will influence decisions in the future.

Bowers, who spoke to *Metro* following his speech, believes this land use map will attract a great deal of the public comment anticipated until Jan. 31, when the overall plan will be revised and presented to the City Council.

On his lapel, Bowers wore a pin of a green oak leaf with veins that branched out to mimic a system of highways and roads. "They're basically here to see some maps," he said with a smile. "I'm glad to see it. It shows the citizens of Raleigh stake a great deal on the future of their city." **MM**

—Liza Roberts

SOUND PURE OPENS IN DURHAM

Sound Pure LLC has opened an 8000-square-foot facility with multiple recording studios, lounges, a high-end Guitar Boutique and showroom, and a Pro Audio Sales department at 808 Washington St. in



downtown Durham. The redeveloped early 1900s all-brick building was recently awarded "Outstanding Downtown Renovation Project" at Downtown Durham Inc.'s annual meeting. This is the latest expansion for Sound Pure, formed originally in a Duke dorm room 10 years ago. The recent expansion, according to owner and founder Todd Atlas, represents the company's investment in downtown Durham redevelopment and a commitment to local music. Go to www.soundpure.com for more. **MM**

Why the Y?

50% OFF THE JOINING FEE



Join the celebration of the YMCA's new facilities, get fit, and fit right in. Save now on membership to any YMCA of the Triangle branch.

YMCA
OF THE TRIANGLE

Visit your local Y or
www.YMCATriangle.org for details.

Offer is valid through 2/15/09.

New Year's Resolution

- Live in The Villages of Apex
- Get a FREE GEM Electric Car
- Purchase a Lot in the Heart of Apex
- Build When I want



Thales Academy
Opens January 5, 2009

Take advantage of this incredible opportunity today.

Purchase a Lot Now --- Build When You Want



Live in The Villages of Apex, named by the North Carolina Home Builders Association as
THE 2008 MASTER-PLANNED COMMUNITY OF THE YEAR.

- Georgettes
- Brownstones
- Single-Family Homes
- Carriage Homes
- Townes over Retail
- Adult Leasing Options
- 13 Acre Park, Dog Park
- Class A Office Space
- Luxury Urban Condominiums
- Retail Shops
- Private School
- Resort Style Amenities
- Luxury Patio Villas

- **FREE CHRYSLER GEM** Electric car **FREE**
- **PURCHASE A LOT NOW --- BUILD WHEN YOU WANT***

Buyers who purchase by January 31, 2009 and close by February 28, 2009 will pay **NO CLOSING COSTS***



Class A Offices Open February 5, 2009

Sales by The King Partnership
Property Sales 919.363.1997
Office and Retail Leasing:
NAI Carolantic Realty
919.832.0594

APEX FIRST
DEVELOPMENT
A DIVISION OF THE HALLE COMPANIES



You also will receive a
\$100 GIFT CARD at closing.

Call 919.363.1997 and make your appointment today!

*See agent for details

The VILLAGES of APEX

Historic. Contemporary. Extraordinary.

THEVILLAGESOFAPEX.COM

Journeys with George

Did A Comet Cause The Carolina Bays?

By Liza Roberts

George Howard is many things. He is the president of the Raleigh-based Restoration Systems mitigation bank and a conservationist; he is a history buff, a science geek, a cartographer. The 42-year-old family man is a talented amateur artist, a dedicated if unprolific fisherman and a politico whose office photos show him chummy with folks including Jesse Helms, Newt Gingrich, Lauch Faircloth and both George Bushes.

But what really gets Howard going — gets him talking a mile a minute, playing hooky from work and waking up at night — is his research into a geographical oddity known as the Carolina Bays.

These elliptical, wetland depressions, often rimmed with white, crystalline sand, are sprinkled along much of the North Carolina coast and parts of the eastern seaboard from Georgia to the District of Columbia. To Howard and those who share both his interest and his theory, these droplet-shaped dents (often choked with bay trees, hence the name) were most likely caused by a life-obliterating comet that landed on earth about 13,000 years ago: in geologic terms, quite recently. Howard wants to prove this, and he wants the world to take note.

He also knows how his theory can sound: nuts. (His word.) But it's not, and he's not. In fact, the theory has some impressive bona fides: The National Academy of Sciences published a paper he and a small group of fellow researchers wrote on their findings. National Geographic has produced a documentary on the subject, and Howard and his research team were recently asked to speak on the subject at the prestigious American Geophysical Union's fall meeting.

But he also knows that real believing requires seeing. His favorite quotation, borrowed from the state motto of North Carolina, is "Esse Quam Videri," — "to be rather than to seem." He wants to show the evidence to prove his case. And so he is delighted for the chance to show an interested party just what he's talking about: these Carolina Bays, from above.

The Grand Tour

"You ready for the Grand Carolina Bays Tour?" Howard grins as the journey begins. The drive from downtown Raleigh to Fayetteville Regional Airport takes about an hour and a half — not

nearly enough time for Howard to begin to say all he wants to say about what we're about to see. His primer begins with a basic refresher course on the evolution of the planet, veers into mythology, geology, ancient cultures, climate science, dinosaurs, botany; sidesteps frequently into humor and pop culture — and ends up deadly serious.

Howard would be aghast at the idea that it could be summed up, but here goes: 13,000 years ago, he says, a "cataclysmic event" happened when a comet hit the earth somewhere in the vicinity of the Great Lakes. It hit an ice sheet, acting like a big kid's cannon ball in the shallow end of a pool, throwing off a vast airborne splatter of "flying detritus," including extra-terrestrial particles that landed as far away as North Carolina. It's also possible that it created a shockwave that rippled across the landscape, dimpling it in the process, or that a little bit of both happened. Howard says it is certain that the comet decimated everything in its path, including the mammoths and the Clovis people, a well-documented Paleo-Indian civilization.

It Can Happen Here

Believing that such a thing happened as recently as 13,000 years ago implies that it could happen again, and possibly soon: not something most people are prepared to contemplate. But it's clear that for Howard, zipping down Interstate 95 and half-listening to CNBC's market-meltdown report on the radio, this possibility is neither abstract nor unimaginable. He waves his hand out the window, vaguely northward. "You wonder what came flying from that direction and landed here in these fields. Or what hell storm swept through and left these depressions."

Howard's fascination with that hell storm, these depressions and what it means for the future of our planet began years ago as a staffer for Lauch Faircloth in the US Senate. Studying a US Geological Survey map of Faircloth's farm, he noticed something unusual. "What are all those elliptical dotted lines on your farm, Senator?" he asked. Faircloth's casual reply: "Oh, you know, meteor holes."

Howard's "natural ferocious curiosity" took over, and he quickly became an expert on the subject. These "meteor holes," mostly too shallow to notice at ground-level, are clearly evident from above.



George Howard

First observed in the 1930s when the agricultural programs of the New Deal mandated county-by-county aerial photographs, they caused a sensation at the time. The number (more than 500,000 is the estimate), the symmetry, the fact that they all point in the same direction (toward Lake Michigan) — all gripped the public imagination, culminating in a 1933 piece in *Harper's Monthly* entitled "The Comet That Hit the Carolinas," by Edna Muldrow. But the scientific establishment ultimately pooh-poohed the comet theory, arguing that the bays were caused by wind, water and erosion over time, and the subject fell off the public radar.

If Howard has his way, that will change.

The Bays from Above

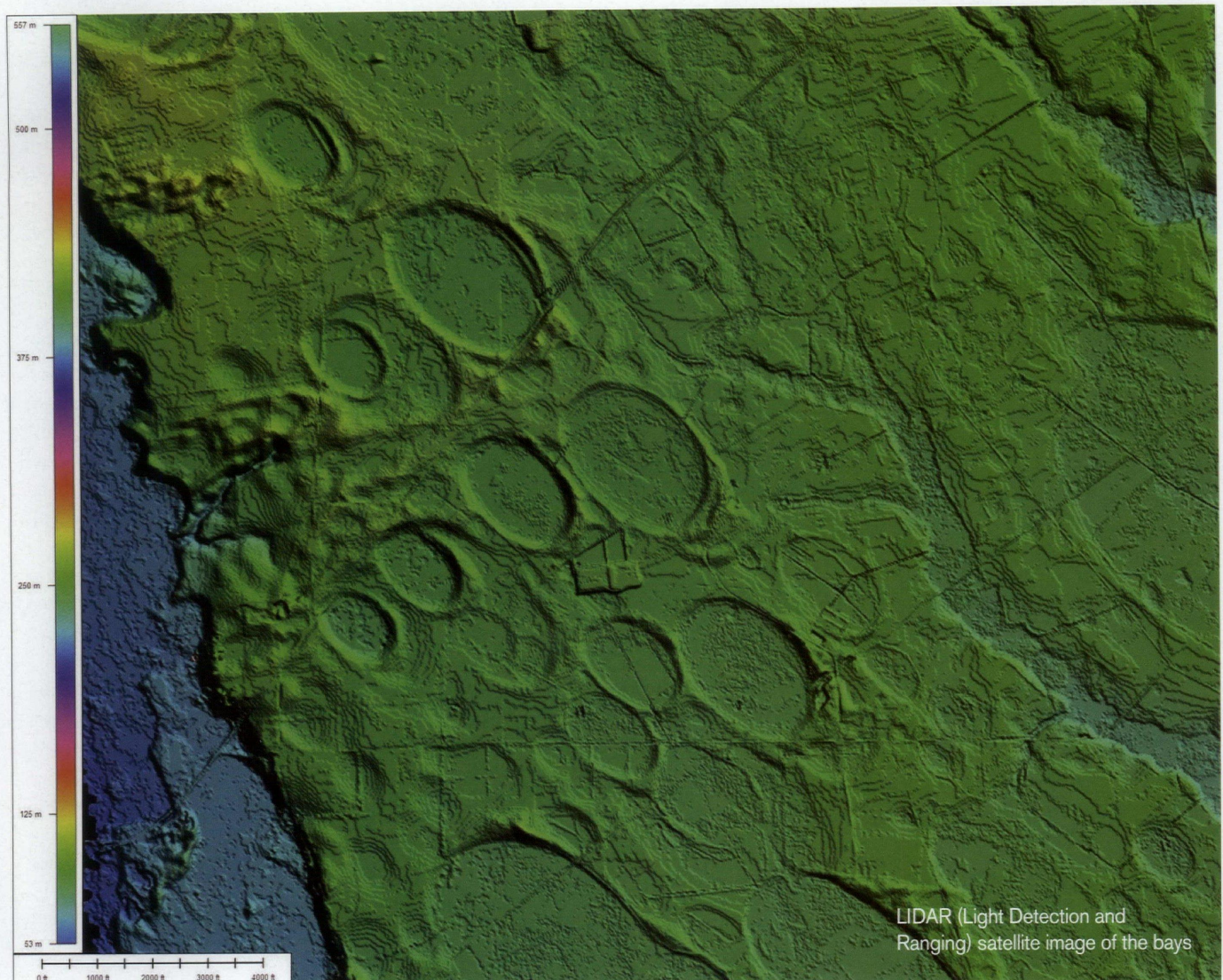
When we arrive at the airport, the fall weather is unseasonably warm. The skies are bright and clear, with a slight breeze, like a day in May. Our chartered plane is miniscule. It's so small we have to climb over its balsa-thin wings to pop into our seats through a Plexiglas-bubble hatch-top. We barely fit inside. Takeoff feels like racing down an empty street in a Matchbox car, until the thing lifts

off — then it's just like floating.

We meander above the airport before crossing over I-95 and heading south into "Bays Territory." At first, nothing jumps out. And then it does. Two blurred, white-sand-edged ellipses, about 100-yards long and 30-yards wide, chase each other across a field of soy. Another one nearby forms a visible swamp. A ghostly pair of ovals lurk in a cleared field. Once you know what to look for, they're impossible to miss.

"They're everywhere," Howard says gleefully, snapping away with a long lens camera. The jigsaw of green fields, punctuated here and there by these graceful, sandy shapes, is a beautiful sight, but as we head over the border into South Carolina, Howard points out a less lovely landmark: "Make sure not to miss the big purple lagoons of pig piss!" He's not kidding. Countless pig farms pepper the horizon, their low-slung, silver-roofed pig houses each accompanied by a large, strangely purple, chemically treated lagoon of waste.

But as our flight path takes us over the Cape Fear River, the Bays are once again quite noticeable. They've multiplied, lying side-by-



side now, then in rows, then in clusters. The chalk-white sand that surrounds many of them stands them out in stark relief; others are made distinct by the darker color of vegetation within their borders.

Bays are fertile ground, Howard points out. Blueberries in particular grow well in them. So do carnivorous plants: Venus flytraps, pitcher plants, sundews. "The highest concentration of Venus flytraps in the United States are found in Eastern North Carolina," he says. (According to the International Carnivorous Plant Society,

this is in fact the case.) Is he implying that these plants literally ... came from Venus? "Well," he demurs, "that's far into the realm of speculation."

But Howard does not consider it speculation to point out the other extra-terrestrial evidence he says are harbored in the Bays: tiny magnetic spheres, iridium-laced grains and nanodiamonds. The chemical composition of these materials, as the science press has noted, is most similar to lunar rocks and meteorites. Howard describes nanodiamonds as a veritable diamond dust that lines the

Raleigh's Restoration Systems Banks Mitigation Credits For A Cleaner World

By Liza Roberts

In the loft-like spaces of a renovated 1892 textile mill behind Raleigh's Seaboard Station, Restoration Systems is banking on a cleaner world.

For a decade now the firm has been restoring wetlands, streams and other ecosystems — then "banking" that acreage in the form of mitigation credits it can sell to developers, which are required by law to offset projects that adversely impact the environment elsewhere. The firm owns or manages 33 sites comprising more than 6000 acres of wetlands and 25 miles of creeks, streams and rivers.



George Howard, John Skvarla, John Pryor

"In the last 10 years we have planted more than a million trees that will never be cut," says Restoration Systems President George Howard. Most of those trees are in North Carolina, where the firm has concentrated much of its work. But Restoration Systems is looking outside the state to Maryland, Tennessee, Georgia, Texas and Virginia for wetlands and streams to restore. They're also jumping into the emerging mitigation banking areas of water quality and endangered species.

One reason to diversify is the continuing struggle of competing with the state of North Carolina for wetlands mitigation work here. The state has built-in advantages over its private competitors, namely the ability to collect payment from developers (much of the time its own Department of Transportation) before restoring any wetlands. For Restoration Systems, it's the other way around. Not until it has restored a wetland can it sell credits.

"The state has as much business building its own ecosystems as it does growing its own corn," Howard says. He claims

the private sector — "someone with skin in the game" — does the work faster, better and more efficiently than the government can manage.

State government headaches aside, Howard says he's bullish about his company's future. He and his partners John Pryor and John Skvarla are planning to grow the company, possibly adding five more "dirt chasers" to the current staff of 15. They're excited about the new terrain they're exploring in places such as the prairie land of Texas. "It's absolutely fascinating for any of us to get into a different state, in a different landscape," he says.

And they're eager to do more in the area of water quality mitigation, where they're reducing phosphorous and nitrogen in the Neuse River and selling credits to developers who put down impervious surfaces from Cary to New Bern. Also new is endangered species mitigation, whereby the red-cockaded woodpecker, for instance, can be protected via credits preserving its habitat of old-growth, longleaf pines in the Sandhills of North Carolina.

"In a new industry like this," Howard says, "we'd be selling ourselves short if we didn't take advantage of opportunities wherever they occurred." **MM**



bottoms of the Bays — too minute to have any value except as proof of great carbon impact. He regularly sends Ziploc bags full of the stuff to Arizona geophysicist Allen West and to a lab at UC Berkeley for testing. In the past four years Howard estimates he's sent off more than a ton of sand from the Bays.

Looking Skyward

But despite his efforts and those of his fellow researchers, including scientists from the University of South Carolina, UC Berkeley, Brown University and UCLA, among others, the endorsement of the broader scientific community remains elusive. "It's hard for people who are steeped in their own paradigm to accept a radically different way of viewing the past," he says. He also points to a lack of understanding, knowledge and communication between different areas of the science establishment. As Howard puts it, "the astronomers won't look down and the geologists won't look up."

If Howard's efforts bear fruit, we'll all start taking a cautious look skyward, and not a moment too soon. "There should be more attention paid to planetary protection," he says. "We're way behind the curve on that. The number of people working on it could staff a McDonald's." NASA does provide the global majority of research funding into near-earth-object detection and disaster prevention, but Howard's not alone in fearing it's not nearly enough.

"I am a catastrophist," Howard concedes. "I think that things have happened in the past that were horrible and were recorded for us. We don't recognize the tune, but it's all there in myth and fable."



And, he is certain: It's also recorded in the elliptical, wetland pocks that speckle our coastline; it's recorded in the magnetic, extra-terrestrial matter he says is embedded in the Mammoth tusk that hangs over his television; it's recorded in the diamond dust he FedExes across the country. The evidence is all there, he says, you just have to know how to look for it.

Indeed, Howard's wife kids him that he sees Carolina Bays everywhere he looks, even in the shapes of the raindrops on the windshield of his car. He smiles at the thought, forcing himself to end the day-long tutorial as his Grand Carolina Bays Tour draws to a close. "You ain't even heard half of it," he says, and he's not kidding. **MM**

Cary Remains “The Biggest Little Town In The South”

by Diane Lea

Cary, NC, proves the accuracy of the old real estate adage, “location, location, location.” Since its inception in Western Wake County near Raleigh as the site of an 18th century crossroads inn known as Bradford’s Ordinary — a fact noted in Kelly Lally Malloy’s National Register Nomination of the town’s downtown core — Cary’s success has been tied to its fortuitous geographical site. The inn served the Old Raleigh to Hillsborough Road, which we know today as NC Highway 54. By 1854, the inn had passed into the hands of Allison Francis (Frank) and Catherine (Kate) Page along with 300 acres of highly desirable real estate.

Why was this relatively flat scrub real estate so desirable? According to Malloy, the

Pages’ holdings were ideally situated to serve the North Carolina Railroad, chartered in 1849 to link the cities of Goldsboro and Charlotte via Raleigh, Hillsborough, Greensboro and Salisbury. “To avoid rough terrain along what would be the most direct passage,” Malloy writes, “the railroad was routed through the Cary area with its relatively level topography, roughly following the Raleigh to Hillsborough Road (present-day NC 54). The railroad was constructed through the area in 1856, with a ‘turnout’ near the Page property where trains traveling in both directions could pass each other. That same year a post office was established at ‘Cary’ with AF Page its first postmaster.” Talk about being in the right place at the right time.

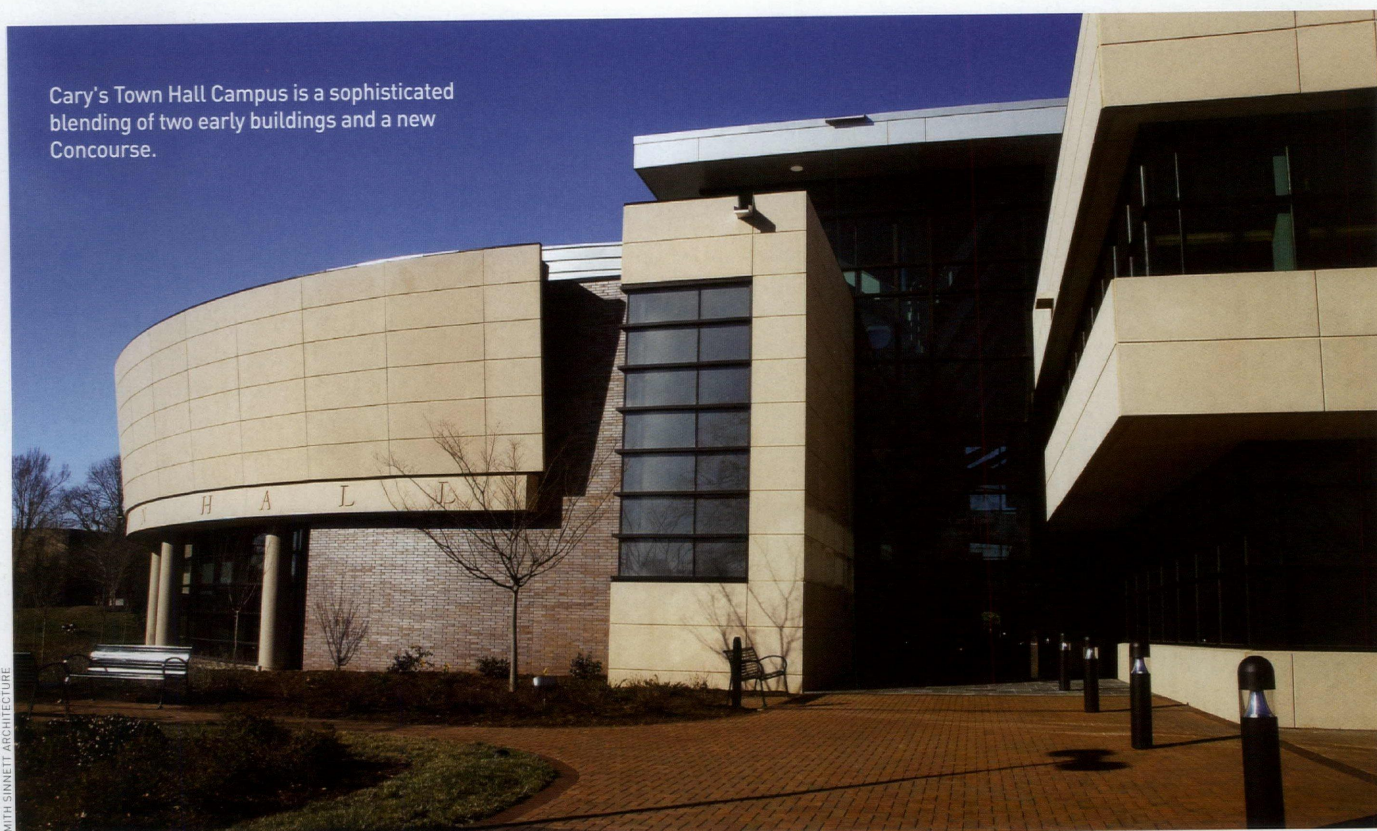
Rail passenger service from Cary began in 1867. The first depot was built in 1868 when the Chatham Railroad, which became the Seaboard Air Line, was constructed to provide Raleigh access to the Chatham County coalfields. With two railroads intersecting through the Cary depot, the Pages’ lumber and general merchandise businesses flourished. In the late 1860s, the family built a stylish Second Empire-style railroad hotel to serve the passengers and businessmen who plied the rails. The Pages also laid out one-acre lots for residential and commercial building — and the Town of Cary was officially chartered by the North Carolina General Assembly in 1871.

Though the railroad literally put Cary on the map, forward-thinking Pages added

The design of Cary’s new depot reflects the town’s long history as a railroad town.



Cary's Town Hall Campus is a sophisticated blending of two early buildings and a new Concourse.



SMITH SINNETT ARCHITECTURE

to Cary's luster by setting aside one of their lots for a school. Established in 1870 as Cary Academy, a private boarding school, the academy was incorporated in 1896 as Cary High School. Under the stewardship of Principal EL Middleton, the school developed a statewide reputation for excellence. Cary High School was housed in several different buildings constructed on the present site at 100 Dry Ave., the focal point of Cary's historic Academy Street. In 1907, after the General Assembly, under the leadership of Gov. Charles B. Aycock, passed a bill mandating a system of public high schools in North Carolina, the stockholders of Cary High School offered to sell the campus to the Wake County Board of Education. Cary High School became the first public high school in Wake County and possibly the first state-assisted public high school in North Carolina under the new law. The current building, an elegant Neoclassical Revival structure, was constructed in 1939 as a Works Progress Administration Project. Now known as the Old Cary Elementary School, it is slated to become a community arts center and continues to hold pride of place in the heart of Cary's historic district, side-by-side with sev-

eral late 19th and early 20th century residents along Academy Street associated with the school.

The circa 1890 James Jones House at 324 S. Academy St., a one-story Queen Anne cottage, said to have been occupied at various times by several high school principals, also served as boarding accommodations for students of Cary Academy. The turn-of-the-century Pasmore House, a triple-A-roofed house at 307 S. Academy St., was also a boarding house for Cary High School students. Of particular importance is the Marcus Baxter Dry House at 400 Faculty Ave. Another turn-of-the-century, triple-A-roofed cottage with a wrap-around porch, the house was occupied by Marcus Baxter Dry, Cary High School's principal from 1908-1942. Under his administration, the high school's curriculum added vocational agriculture, home economics and teacher training. Dry also oversaw construction of the new Cary High School by the Works Progress Administration.

Boom Town

Due to its close proximity to Raleigh, Cary enjoyed a post-World War I boom,



KINSLEY DEY

The Old Cary Elementary School will become a community arts center.

and by the 1920s was a full-fledged bedroom community for the Capital City. With the return of World War II house-hungry veterans, Cary again experienced a residential building boom that continues to the present day. Described by writer Carl Goerch in a 1947 issue of *The State* magazine as "the biggest little town in the South," Cary was already positioned to take advantage of the region's development in the 1950s, '60s and '70s when nearby Research Triangle Park began to grow in earnest by providing a series of handsome

large-scale shopping and residential developments, including Kildare Farms, MacGregor Downs, Lochmere and, later, Preston. Local historians Tom Byrd and Jerry Miller, cited in Malloy's National Register nomination, note that over 80 percent of Cary has been built since 1971.

A bellwether institution that marks Cary's progress is Nowell's Furniture that opened in Raleigh in 1905 and moved to

Cary in 1957 ahead of the coming boom. As if it could read the future, the store predicted the boom around the corner by switching to modern furniture and furnishings and changed its name to Nowell's Contemporary & Scandinavian Furniture in 1968 on the eve of the blossoming of Cary as a major player in the dynamic growth of the Research Triangle region. As owner Jerry Nowell says, "In our own way

I feel we contributed to the cosmopolitan atmosphere that made RTP transplants feel comfortable in Cary."

Another example of Cary's global and cosmopolitan identity is the success of the Russian Art Gallery that specializes in original and contemporary Russian art from their gallery on South Academy Street, recently selected for the 2008 Best of Cary Award in the Art Galleries & Dealers category by the US Local Business Association (USLBA). The gallery recently displayed new works by noted Russian painter Anatoly Kostovsky.


Preservation And Growth

As the town has grown, a succession of town officials and concerned residents has worked to preserve the historic heart of Cary, centered on the intersection of the residentially oriented Academy Street and




The Guess-White-Ogle House is considered one of the Triangle's most intact Queen Anne-style residences.

the town's commercial core flanking Chatham Street and the railroad tracks. A key element of the historic plan is the preserved Page-Walker Hotel, the town's original railroad hotel dating from 1868. The effort to preserve was spearheaded by the Friends of the Page-Walker Hotel in concert with Preservation North Carolina and the Cary Town Council. The Friends persuaded the town to purchase the hotel and lease it to them for restoration. \$500,000 was raised to restore the main floor of the hotel, which was renovated and adapted as the Page-Walker Arts & History Center and opened



GreyHawk Landing

www.GreyHawkLandingCary.com



A Tale of True Success

Estate Villas from the \$600's and Estate Homes from the \$800's to over \$1,000,000+ Greyhawk Landing in Cary, North Carolina* features custom homes and villas with rich detail inside and out. GreyHawk Landing has quickly become known for its exquisite outdoor living space amenity as part of each home. Each space is unique and incorporates features such as boutique pools, jacuzzis, fireplaces, covered patio cooking areas, screened porches, fountains... And the list goes on.

Greyhawk Landing is a planned luxury community of custom homes built by a team of award-winning builders - **Baron Custom Homes, Hurst Built Inc., Raley Residential Inc., Scott Daves Construction Co., Upton & Co., and Youngquist Homes.**

Greyhawk Landing - a wise investment in your family, your dream, and your future.

Cary's Benchmark for
Fine Custom Homes

www.GreyHawkLandingCary.com (919) 481-1212 Office info@GreyHawkLandingCary.com

*Visit us today to Discover why GreyHawk Landing is Cary's most successful neighborhood! See why *Cary, NC was named twice as one of Money Magazine's most desirable places to live in (2004 and ranking 5th in 2006).

Sales By Coldwell Banker Howard Perry & Walston Builder Services Each office independently owned and operated. A GreyHawk, LLC Community. © Copyright 2008. All Rights Reserved.

The Page-Walker Hotel has been adapted as an arts and history center and the Cary Heritage Museum.



KINSLEY DEY

INFANT • TODDLER • PRESCHOOL • PRE-K • AFTER-SCHOOL



LEARNING IS ALL AROUND. CALL TODAY!

★★★★★ APEX • 919-362-3999 License #92001834

NOW ENROLLING! CARY • 919-466-0008 License # 92002524

NOW OPEN! FUQUAY-VARINA • 919-552-8359 License #92002549

NOW OPEN! HOLLY SPRINGS • 919-552-3196 License #92002434

★★★★★ MORRISVILLE • 919-467-0467 License #92002420

★★★★★ RALEIGH • 919-572-0678 License #92002153

NOW OPEN! WAKE FOREST • 919-570-1005 License #92002251

THE
Goddard School
FOR EARLY CHILDHOOD DEVELOPMENT



Standing Ovation Bravo Award winner for Child Care

The Goddard Schools® are operated by independent franchisees under a license agreement with Goddard Systems, Inc. Programs and ages may vary. ★★★★★ denotes a five star school. © Goddard Systems Inc. 2008

www.goddardschool.com

<vision> of Cary 2009

in December 1991. A second phase of the project resulted in the development of the Cary Heritage Museum located on the third floor of the Page-Walker Hotel. The museum, which opened in 2000, provides a permanent exhibit featuring the history of Cary and a series of rotating displays and educational programs.

As the Page-Walker Arts & History Center and Cary Heritage Museum took shape, the town was engaged in the planning for and comprehensive remodeling and enhancement of the Cary Town Hall, housed in two modernist buildings dating from 1970 and 1990. The town's goal was to create a Town Campus with unified

spaces for town hall offices and civic functions in a park-like setting. The Raleigh architectural firm Smith Sinnett Architecture, headed by the design team of John Sinnett, AIA; Bill Lawrence, AIA; and Jamey Glueck, AIA, LEED AP, went to work creating a two-phase plan for the main building. The two existing buildings were gutted and remodeled, and a central concourse was created between them to act as a main thoroughfare for the complex. Glueck describes the new two-and-a-half story glass building as the intersection of the campus. "The concourse serves as a main public space or destination that allows for easy, uncomplicated public access to all areas of the now combined buildings," says Glueck. "Within the concourse, the public space serves as a main lobby and overflow space for the Council Chambers, which seats 300 with standing space for another 100. Plus, all public services are in the concourse, so a citizen can pay a water bill and attend a civic function without having to search around for one place or another." The tasteful combination of exterior materials blends well with the town's



The triple-gable cottage is typical of Cary's residential historic district.

In Cary, North Carolina,
Deere migrates and the herd thrives.

Where Cotton grows in bales and a global
leader proves SAS is a good thing.

In Cary, North Carolina you look out over the
Verizon and see American Airlines soaring.

In Cary, North Carolina.

In Cary, you find *Fortune* 500 companies and home-grown businesses flourishing as neighbors. Where the balance between work and life is perfectly struck. It's called smart growth. And it's what makes us the town of Cary. We'd love to talk to you about the possibilities. 919.319.4281

For more thorough information visit us at www.incarync.com

CARY
ECONOMIC
DEVELOPMENT

basic brick building material and makes use of the pre-cast concrete and mahogany-colored granite used in the earlier buildings. Landscaping by Mark Robinson provides sweeping terraces and walkways set around a semi-circular fountain. The project was completed in 2005, and the campus' location on Academy Street and the inclusion of the Page-Walker Arts & History Center makes it an appropriate extension of the downtown historic district.

SAS Brings Distinctive Creativity To Cary

Though Cary has held on to its historic town center, it may be best known as the home of SAS, an amazing company noted as the world's largest privately owned software developer. Incorporated in 1976 by founder Jim Goodnight, the original SAS software was based on agricultural research data software. Today, SAS is described as the world's leading business intelligence software vendor, and its campus on North Harrison Avenue, just off Interstate 40, is architecturally significant and notable for

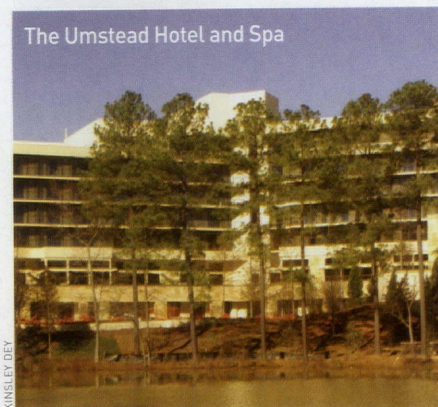
The Umstead Hotel and Spa, a five-star, world-class facility located at 100 Woodland Pond at the entrance to the SAS Institute Campus, is quite its own distinctive creation.

Opened in 2007, situated on a 6000-square-foot lawn overlooking a three-acre lake, the six-story hotel is a member of Leading Hotels of the World and Leading Spas of the World. A 2008 AAA "Five Diamond Award" property, The Umstead is designed as a luxury hotel and spa and as a premier events and meeting venue, featuring Herons, an outstanding signature restaurant. Designed by Three Architecture of Dallas, Texas, the sleekly modern hotel makes use of limestone and glass punctuated by bands of room balconies overlooking the lake. Ann's concept is the blending of art and nature: One of The Umstead's most dramatic elements is an art collection

featuring the work of many North Carolina artists. And Ann's daughter Leah — now running the hotel complex — has developed a series of seminars featuring area artists and artisans. Across the street from The Umstead, Ann created An, the area's most prestigious Asian fusion restaurant.

The diversity and quality of the town of Cary are exemplified by a carefully preserved past and a soaring future as a fine venue for new development. Its location off I-40, only six minutes from RDU Airport and central to the nearby communities of Raleigh, Chapel Hill, Durham and Research Triangle Park, is still critical to its success. Next time you take a drive to shop at your favorite Cary shopping center, play golf at one of its premier golf courses, or attend an event at the Koka Booth Amphitheatre, you might remember "location, location, location." **MM**

The Umstead Hotel and Spa



its environmentally sensitive 300-acre setting. Though software is key to the success of this unique company, Goodnight's business model is based on a strategy to make use of what he and well-known author Richard Florida call "creative capital," a combination of innovation, investment in research and development, and a stellar work environment. The plan has proved so successful that it has allowed Goodnight and his wife Ann to expand their horizons into education, launching the Georgian-style Cary Academy in 1996 drawing on classically derived architecture with the main campus laid out in the traditional academic quadrangle of red brick.



Ann Goodnight, owner of The Umstead Hotel and Spa, accepts the AAA Five Diamond award for the second year in a row from David Parsons, President of AAA Carolinas, at the AAA awards dinner held at the hotel December 15, 2008. The Umstead was one of only two North Carolina properties to receive the award for 2009.

A Perfect Storm Called Cary

The Keystone of the Geometry of the Triangle

by Rick Smith

If a Triangle could have four sides, the town of Cary would be No. 4 — a key piece of the geometry that forms Research Triangle.

"I even hear radio stations now that list Cary first — followed by Raleigh, Durham and Chapel Hill," said Cary Mayor Harold Weinbrecht with a laugh.

With a booming, largely affluent population and an economy anchored by high-tech stalwarts — including software giant SAS, Siemens Medical, communications powerhouse Verizon and emerging companies such as award-winning video game developer Epic Games — Cary wraps up the first decade of a new century with strong momentum for continuing growth in the years ahead. Long overshadowed by urban stalwarts Raleigh, Durham and Chapel Hill, the town of Cary is rapidly raising its own profile as a Triangle community where growth is welcome — but managed. And its future seems bright.

But to understand Cary today, it's helpful to review the community's beginnings.

As hard as it may be to comprehend, Cary was just a town in 1970 with a population of 7640 as RTP was just establishing its collective footing as the economic development powerhouse for the region. As the Park has soared in succeeding decades, so has Cary. Today, it is a "town" in official name only. With a population exceeding 130,000, Cary is the sixth largest city in the state.

Why the growth?

"This is such an interesting place," Weinbrecht said. "It's an environment so well planned and implemented that it's such a pleasant place to live. On top of that there



The R&D building on the SAS campus

is the beauty. Then there's the employment center.

"A perfect storm came together — and they called the result Cary." Or, in the succinct words of *Money Magazine*, the town is "blessed."

Cary often ranks highly in "Best" towns and cities lists, such as *Money's* "Best Small Places to Live." In the 2008 report, Cary ranked 16th. In 2007, the town placed fifth with more than 40 statistical criteria evaluated in the rankings. In education, more than 84 percent of Cary residents had some college education, which topped the 100-city list average of 73.7.

That cumulative education level and access to high-tech jobs at employers such as SAS and in nearby Research Triangle Park helped boost Cary median family income to \$104,858. That was more than \$11,000 higher than the 100-city average.

Two lower cost figures also gave Cary a

boost. Its housing cost of \$264,000 was nearly \$28,000 less than the *Money* list average. Property taxes, meanwhile, were \$2528 per household, sharply lower than the *Money* average of \$3886.

Cary also scored well in population age with an average of 34.6 years versus the overall list average of 35.9 years. Health, too, is good overall in the town, where hypertension (25.6 percent) was lower than the other *Money* places (27.2 percent). One slight excess came in diabetes with a rate of 9.9 percent, slightly higher than the *Money* 9.6 average.

Safe, Affluent And Cosmopolitan

Yet at its collective heart, Cary retains much of what has made it such an appealing place for people to live and companies to do business. Growth is managed. Urban sprawl hasn't overwhelmed the entire countryside where parks and recreational facilities

ties remain high priorities. The town even recycles cooking oil, not just waste water.

Even though a recent murder case has drawn media attention, Cary remains a very safe place to live, ranking third nationally among cities with populations between 100,000 and 500,000 on a list compiled by *Congressional Quarterly*. Cary ranked 15th overall in safety among the nation's major metro areas.

Despite its small size, the town is cosmopolitan. "Only 2 percent of the people who live here were born here," the mayor pointed out.

Adjacent to RTP and its international list of high-tech and life science companies — as well as the region's universities — Cary attracts job seekers from around the world. Its Asian population, for example, is the town's second largest according to a 2007 report.

Dr. Michael Walden, an economist at North Carolina State University, said Cary has an international appeal that reaches beyond jobs. "It developed in recent decades as a town of 'in-migrants' from other states," Walden explained, "so it has a homogeneity that Raleigh and Durham don't, and that is attractive to many newcomers in the region."

The town's emphasis on the environment and its support of the arts, such as the The Koka Booth Amphitheatre at Regency Park, also bolster its appeal to new residents, Walden noted.

A gap appeared in its downtown this fall, however. *The Cary News* headquarters, a fixture on Chatham Street for 28 years, was closed and its staff moved to other sites operated by McClatchy Newspapers, the owner of *The News & Observer* in Raleigh.

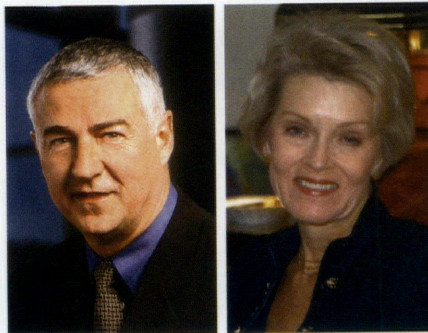
But Cary is not just strip malls and a patchwork of residential developments. It retains its character by preserving important landmarks (see accompany story on Cary's landmarks by Diane Lea).

To SAS Owner Jim Goodnight and Wife Ann, Cary Is "Home"

As its modest beginnings clearly demonstrate, Cary didn't always have the people or resources it does today. For example, when SAS moved its headquarters to the town in 1980, its population was still shy of 22,000.

SAS owner Jim Goodnight is one of the world's richest men as chief of the world's largest privately held software company with \$2 billion a year in revenues. He and his wife Ann could afford to live anywhere. He could move the headquarters of SAS on a whim. Ann could have chosen to build her five-star The Umstead Hotel and Spa anywhere — yet she chose Cary.

Looking across the SAS campus, he grew perplexed at the question about even considering moving himself or his company.



Jim and Ann Goodnight

"Why would I ever do that," he said. "This is home."

The town of Cary and SAS have a relationship that in many ways symbolizes both. Each is growing fast. Each is highly focused on technology — with Cary often called a "tech town" and SAS a global leader in sophisticated software data tools. Each has a long history of managed growth and an emphasis on environmental concerns.

Thousands of SAS employees work at a literally green headquarters complex, featuring walking paths and thousands of trees. SAS has become even more environmentally friendly with a just-opened five-acre solar energy "farm" that sells electricity to Progress Energy. The SAS environmental approach certainly fits Cary's image as a leader in water recycling and related environmental issues.

"When SAS moved its 25 employees from rented space in Raleigh to its new permanent home on 2.5 acres in Cary, North Harrison Avenue was a rural, two-lane road running through the sparsely populated countryside," Ann recalled.

Now, Harrison Avenue has multiple lanes, is lined with upscale homes, busi-

Great Seats....
on sale NOW!

Up to 50% off
Select In-stock Furniture

Up to 30% off
Special Orders



Hurry, sale ends
January 31.

NOWELL'S
CONTEMPORARY FURNITURE

900 E. Chatham St
Cary, N.C. 27511
919.467.9224
nowellsfurniture.com

Open Daily 10-6
Open Sunday 1-6

Redefining
Style Since
1905

Not valid on prior orders.
Discount on sug. list price.



**Recover from
the hectic
holidays...**

**with a mini vacation
at the beach!**

Beautiful ocean views from the
resort's Verandah Cafe, offering
BREAKFAST • LUNCH • DINNER

Oceanfront at
Wrightsville Beach, NC.

Holiday Inn
SunSpree Resort®

910.256.2231 877.330.5050
www.wrightsville.sunspreeresorts.com



**SOUTHEASTERN
WILDLIFE EXPOSITION**

**Southeastern
Wildlife
Exposition**

**Charleston, South Carolina
February 13-15, 2009**

450 Fine Artists & Nature Exhibitors • Retriever Demos • Dock Dogs®
• Decoys • Sporting Arms • Kids Activities • Outdoor Outfitters/Guides

www.sewe.com ❖ (843) 723-1748

nesses, shops and restaurants, including An, the region's top Asian fusion establishment — created by Ann.

"At that time, we had no idea that the town, and for that matter the company, would grow as fast as they have," Ann added.

"Nearly half of our 11,000 employees work in Cary, and Cary is home to almost 1400 of them. Jim and I chose to make our home here, so our ties to the town are very strong."

To the Goodnights, Cary and SAS have a mutually beneficial relationship.

"Over the years, as SAS and Cary have grown, our interests certainly have become intertwined," she said. "By being a great place to live, work and raise a family, Cary helps SAS attract and retain top talent. In return, SAS employees who settle in Cary contribute to a strong local economy, and many volunteer in the community and provide civic leadership."

SAS and the town also do business with each other. In 2007, Cary signed a multi-year, multi-million dollar contract with SAS for software designed to improve management of municipal services. SAS also gave the town a \$1.7 million discount.

Nearby is one of Cary's crown jewels — Cary Academy, a private school with rigorous academic standards that the Goodnights helped build. Established as a middle school and high school in 1996, the emphasis is on the latest technology, small classroom sizes and cutting-edge facilities. The Academy has won numerous awards and attracts students far from Cary's borders.

"We have been very fortunate to be in a position to give back to the community," Ann said.

"Jim and I believe that the top priority should be education. We are concerned about the success of our children, sustaining our competitive edge and maintaining our quality of life. We believe that it is urgently important that we prepare our students for the global, knowledge-based economy. We are pleased with the track record of Cary Academy.

"Through the dedication, innovative work and utilization of technology, the Cary Academy faculty has been extraordinarily successful," she added. "We believe

this success can and should be achieved in the public schools, which is why our current focus will be on this effort."

Planning for the Future

Mayor Weinbrecht, a 15-year SAS employee, is one of the town's best-known direct links between the community and SAS. While a councilman, he ran for mayor on an agenda of achieving balance between development and the community's common good.

"The town and Cary have a special relationship," he said. "SAS is probably the best corporate citizen we could have. They take care of their employees, and they are really working hard right now on environmental issues, such as saving water. Their solar farm — that's just fantastic. They are trying to be very mindful of our environment, and they really care about what goes on in Cary."

In many ways, he said, his campaign is a reflection of the Goodnight approach at SAS: grow, be profitable but take care of your employees.

Noting that his predecessors were anti-

ONE ELEVEN PLACE

Elegant, Unique, Unforgettable

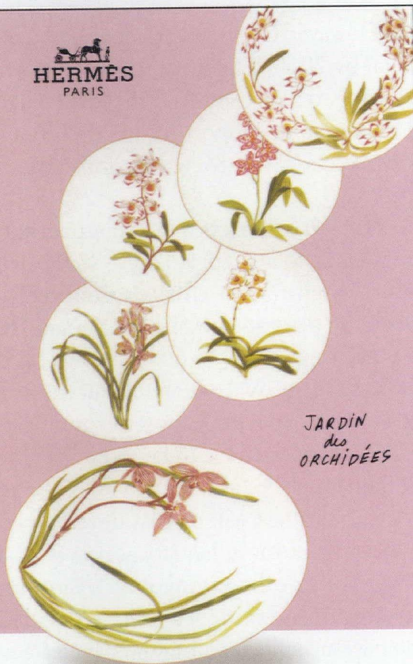


PHOTO: DARABLAKELEY.COM

REHEARSAL DINNERS • RECEPTIONS • WEDDINGS • PARTIES
DINNERS • CORPORATE FUNCTIONS • SPECIAL EVENTS

WWW.111PLACE.COM 919.654.5413

HERMÈS
PARIS



JARDIN
des
ORCHIDÉES

Quintessentials

GIFTS • CHINA • BRIDAL REGISTRY

THE LASSITER AT NORTH HILLS • RALEIGH

919.785.0787 • 1.888.858.6944



MICHAEL ZIRKLE PHOTOGRAPHY

MINTABELL DESIGN GROUP

INTERIORS & FURNISHINGS

502 MEADOWMONT VILLAGE CIRCLE

CHAPEL HILL, NC 27517 - 7584

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

growth and pro-growth respectively, Weinbrecht said, "I'm not against growth. A balanced Cary — that's what I'm trying to do." He feels Cary will be best positioned for the future if infrastructure is in place to support a growing population. To that end he is insisting that developers pay more for infrastructure costs.

"What we need to do is keep an eye on

development and make sure we are encouraging growth the best way we can," he said in an interview between the end of a workday at SAS and a council meeting that night where he is seeking to develop consensus on issues that are often divisive. For example, the council split 4-3 in voting down a recent town investment in an aquatics center.

Building Up, Not Out

Cary's collective leadership in recent years has no doubt been growth hungry.

In October 2008, the town estimated that its population surge to 132,647 — a 5.7 percent jump in one year — exceeded the 4.4 percent annual rate dating back to 2003.

Annexations have helped drive that growth. Dating back to 1990, the town noted in its annual 2007 report that they have increased their borders by 23 square miles since 1990. Now more than 53 square miles in size, Cary measured only 9.9 square miles in 1980.

In 1960, Cary residents made up a mere 2 percent of the Wake County population. By the 2000 US Census, that figure had skyrocketed to 15 percent. As the following figures show, Cary's population has doubled every decade dating back to the 1940s:

- 1940: 1141
- 1970: 7640
- 1980: 21,958
- 1990: 44,276
- 2000: 95,949
- 2007: 122,643

However, Cary may not double its 2000 total by 2010. The town forecasts growth slowing to 3 percent. And the town will be looking up to support future growth, but not necessarily outward, according to the mayor.

"Cary has developed in a suburban environment and is so spread out," Weinbrecht said. "Right now we have accounted for about 90 percent of available real estate that has been approved [for development] or has been built on. We're at about half the population we can handle for sewer and water. That means we have to be more urban in certain areas."

Cary leaders will discuss development issues at a retreat in January as part of what Weinbrecht calls an ongoing "visioning" project. "One thing we have to decide is how we are going to grow and where are we going to grow in more urban environments," he explained. "We have to decide what's going to be more urban and still protect the suburban that makes Cary great."

A possibility is revitalization of Cary's downtown in the area of Academy and Chatham streets — what Weinbrecht calls



Come celebrate your special occasions with us at ān. We offer you a unique experience for your weddings, rehearsal dinners, wedding receptions, birthdays, and business dinners.

Contact Van Chuong at **919-677-9229**.

Or visit our website at **www.ancuisines.com**.



2800 Renaissance Park Place • Cary, NC 27513 • 919-677-9229
info@ancuisines.com • www.ancuisines.com

Cary's "old part." He doesn't foresee skyscrapers as an option since the town limits buildings to fewer than 10 stories. But Weinbrecht said a "nice blend" could be mixed-use projects that blend housing and business.



Welcoming And Diverse

As Cary maps its future, Ann said the town continues to offer many benefits to SAS and its employees.

"Cary offers a wonderful environment," she said. "Besides being attractive, safe and well-planned, it is home to a well-educated populace. Major universities are just minutes away."

"People who move here to work at SAS stay because Cary is a welcoming community. It is enriched by a diverse population of folks from all over the country and the world — very appealing to knowledge workers of a global company."

Indeed, a place to call home. MM



the english garden

Where every bouquet is a gala affair!

919-341-6650

www.englishgardenraleigh.com



martin & mary's
clothing women | men

Shop Online!
martinandmarys.com

Tel : 919 463 1100 | www.martinandmarys.com

Store Hours: M-Th: 10am-8pm | Fri & Sat: 10am-9pm | Sunday: Closed

| | |
|--|---|
| Women's: BCBG Maxazria • Free People Paige Denim • Fidelity Denim | Men's: Monarchy • Paige Denim Velvet Men • Scotch & Soda |
|--|---|



Schelfe
AND ASSOCIATES INC

INTERIOR DESIGN

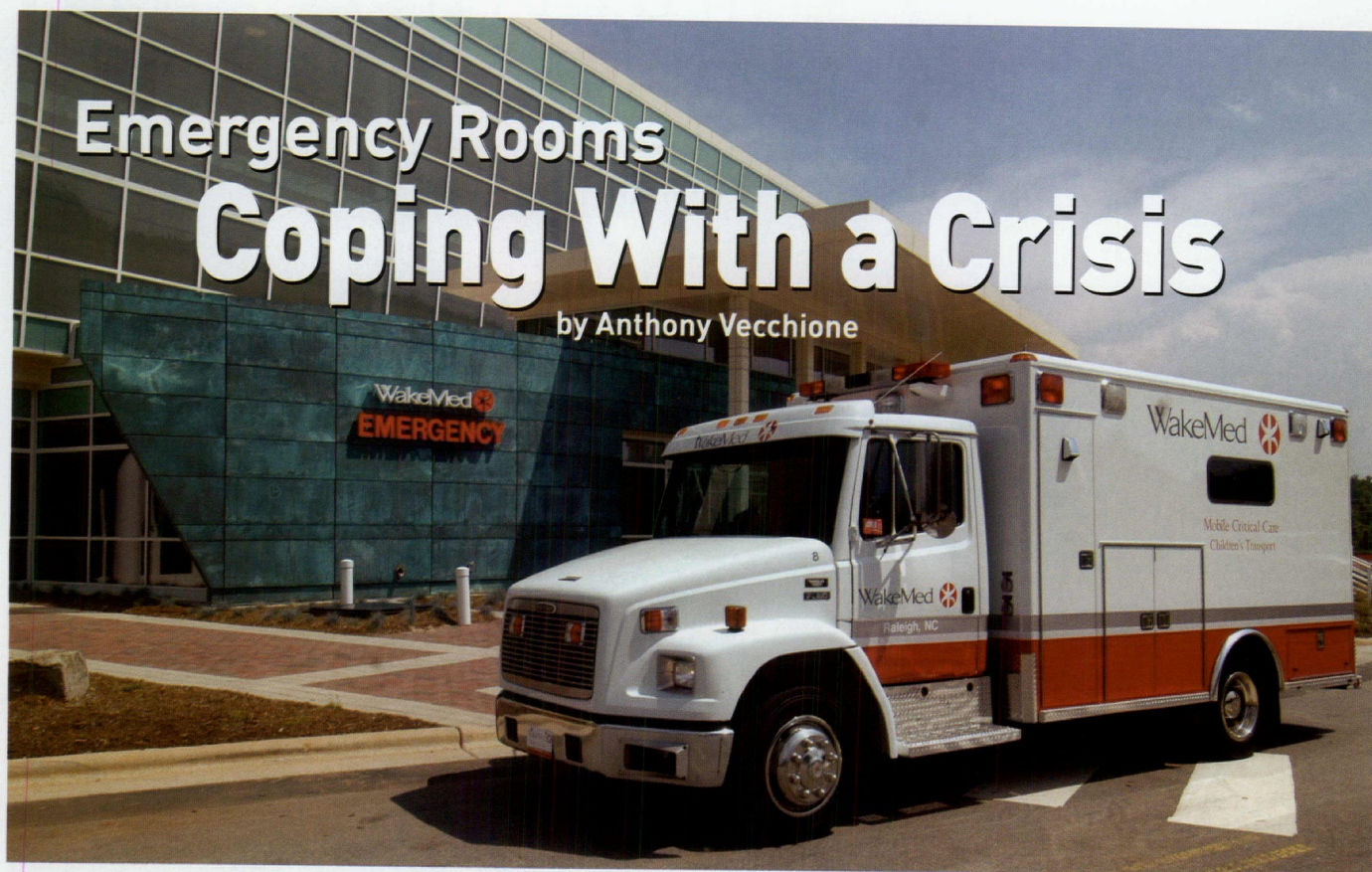
PROVIDING THE VISION, THE PROCESS AND
THE DESIGN TO TRANSFORM YOUR HOME

P | 919.832.8013 www.SchelfeAssociates.com

Now offering designer assisted shopping day trips to High Point
Days are limited, call now to reserve your day

Emergency Rooms Coping With a Crisis

by Anthony Vecchione



Emergency rooms are swamped. Nationwide, hospital emergency departments are seeing an increase in patient visits. A death of primary care physicians, coupled with a rise in uninsured patients, is among the contributing factors.

In addition to overcrowded conditions, tension in emergency rooms can reach a boiling point due to long waiting periods. A recent report from health consultants Press Ganey indicates that patients spend on average of four hours in an ER.

Just how serious is the problem? "Very serious, it's a national epidemic," said Dr. Nicholas Jouriles, president of the American College of Emergency Physicians. "Emergency physicians believe that this is the number one healthcare problem that we face in this country. It serves as a microcosm of the healthcare system," said Jouriles.

Urgent care centers, often an alternative choice to emergency rooms for non-life-threatening conditions, are also seeing increased patient census. "Over the past several years we've seen significant growth in the number of urgent care facilities opening around the country," said Harris

Fleming, editor of *The Journal of Urgent Care Medicine* (JUCM). Fleming said that, according to a recent study, there are now more than 8100 urgent care centers in the US.

When it comes to busy emergency rooms, North Carolina is no exception. Hospital ERs in the Triangle and other regions have experienced a rise in patient visits within the past few years.

"Our census is going up, we're seeing more patients, and we are seeing a shift of patients who don't have health insurance," said Dr. Charles Cairns, chairman of the emergency department at UNC Medical Center.

"It varies from day to day and hour to hour," said Dr. Jim Palombaro, emergency

department physician and medical director for the WakeMed Raleigh Campus Emergency Department. "There are times when we have extended wait times, especially in the adult emergency department on the Raleigh Campus." The Raleigh Campus is a large tertiary care hospital and features a busy trauma center, Heart Center and pediatric services that treat patients from across the region.

At Pitt County Memorial Hospital in Greenville, Barbara Dunn, director of public and customer relations, said that while the emergency department works hard to ensure that the care of patients is efficient, it's a process that can be challenging due to high volumes of patients, especially during flu season. The Emer-

THE NATIONAL REPORT CARD ON THE STATE OF EMERGENCY MEDICINE

| North Carolina | Rank | Grade |
|-----------------------------------|------|-------|
| Access to Emergency Care | 34 | D- |
| Quality and Patient Safety | | |
| Environment | 5 | A |
| Medical Liability | 46 | F |
| Public Health & Injury Prevention | 23 | C |
| Disaster Preparedness | 20 | B- |
| Overall | 32 | C- |

Source: American College of Emergency Physicians

REGIONAL ERS AT A GLANCE

UNC

- Level one trauma center
- 55,000 patients annually
- 70 beds – expanding by late spring early summer to 103 beds as part of the new hospital it will have a total capacity 110 beds
- 10 pediatric beds
- ER staff are employees, members of faculty of university



UNC Memorial Hospital

WakeMed

Raleigh Campus – 88 treatment areas in two Raleigh Campus Emergency Departments.

- 6 minor emergency care areas, 22 treatment areas in the Children's Emergency Department, and 60 in the Adult Emergency Department
- 59 observation/holding beds on the Raleigh Campus
- Cary Hospital – 22 treatment areas, 4 minor emergency care treatment areas, 10 observation beds
- North Healthplex – 14 treatment areas (plus 5 fast track)
- Apex Healthplex – 12 treatment areas

Staff: attending physicians, residents, nurses, pharmacists

- Wake Emergency Physicians, the physicians group that staffs WakeMed's emergency departments, employs 66 attending, 20 mid-level providers and WakeMed/UNC employs 2 fellows and 30 residents each semester to work in the EDs. As of today, WakeMed has 423 employees (nurses, clinicians, etc.) working in the 5 Emergency Departments. The total employee numbers does not include pharmacists, imaging services, etc.



WakeMed

- The ED staff are employed by WakeMed. The ED physicians are a completely separate physicians group, Wake Emergency Physicians, who exclusively staff WakeMed Emergency Departments.
- Nurses, clinicians and support staff are all employees of WakeMed.

Duke

- 61,277 patient visits to the emergency department in 2008
- EER employees work for Duke
- More than 80 beds
- A tertiary care center and Level I Trauma Center, Duke's Emergency Department provides medical care to North Carolina and the surrounding area ranging as far as Virginia and South Carolina.

- The ED is staffed continuously by attending emergency physicians certified by the American Board of Emergency Medicine to treat adult and pediatric patients.
- Duke's Emergency Department has been providing care to patients since 1945, and with a new state-of-the-art and expanded facility, which opened in April 2007, the ED is now equipped to treat over 90,000 patients a year.

The new ED includes:

- Pediatric ED – an 18-bed, full-service Pediatric Emergency Department that includes two critical care and isolation rooms for children with infectious diseases.
- Three adult care areas – providing care and services for patients requiring general care, critical care or isolation needs. Each room has its own laboratory space and nursing stations.



Duke University Hospital

- Patient rooms (adult and pediatric) equipped with a computer making it easier for physicians to enter orders, look up medical histories and provide the highest level of patient care and safety.
- Two fully equipped X-ray rooms and dedicated CT scanner.
- New 7000-square-foot ambulance bay with upgraded provisions for disaster planning, decontamination showers and mass casualty management.
- 8-bed Psychiatric Emergency Unit
- 14-bed Clinical Evaluation (Observation) Unit with dedicated stress test room.

Pitt County Memorial Hospital Emergency Department

- 58 beds in the Emergency Department, with 22 for less acute patients, 33 for those with higher acuity, and 3 trauma resuscitation rooms.
- Pediatric patients are cared for in the department
- Plans underway for new pediatric ED

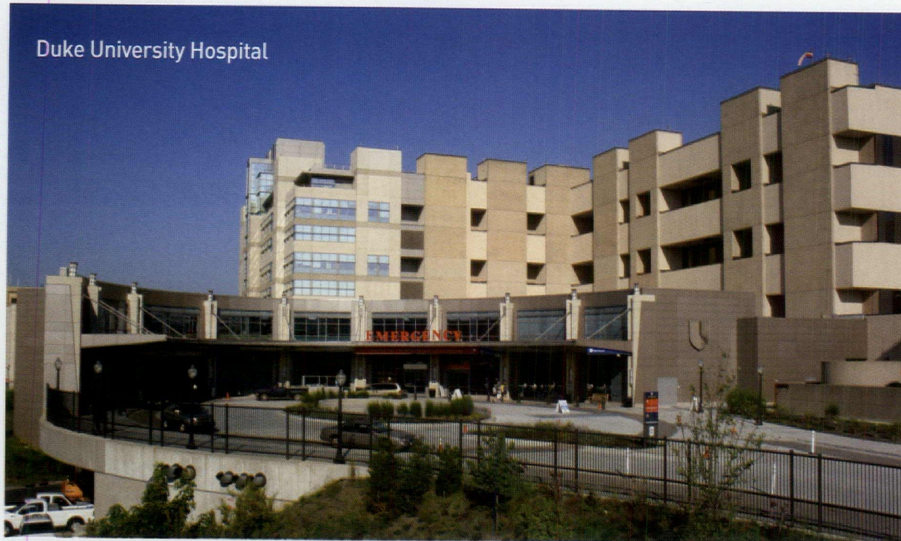
Staff:

- 24/7 by Emergency Medicine physicians and residents, nurses and behavioral-health triage nurses
- Child Life Specialists, social workers, case managers, pharmacy technicians and pharmacists



Pitt County Memorial Hospital

Duke University Hospital



gency Medicine physicians are employees of the Brody School of Medicine at East Carolina University, and all other staff members are PCMH employees.

North Carolina has some of the best hospitals and health systems in the country. But how does its emergency care stack up?

According to the American College of Emergency Physicians' "National Report

Card on the State of Emergency Medicine," North Carolina showed a strong performance in the Quality and Patient Safety Environment category, as well as Disaster Preparedness Efforts.

However, the state could use some improvement in Medical Liability Environment and Access to Emergency Care, which fell below most states. [See chart on pg. 32].

HOW TO PICK AN EMERGENCY ROOM

How do you know when you should go to an emergency room? Should you consider going to an urgent care center? Can your problem wait until you can schedule a visit to your primary care doctor? And if you do decide to go to an ER, which one should you choose: The closest one to your home or a trauma center?

"If it's something you've had before, and it's been treated by your doctor in a clinic or at an urgent care, then it's certainly reasonable to go back to one of those settings for the same problem," said Cairns. An urgent care center visit would be appropriate for things such as a cold, a cut where you've been able to control the bleeding, if you twist your ankle but can still walk, occurrences that would be considered to be a common problem for a certain individual, or where the initial symptoms have been controlled and you want to get another opinion and potentially more definitive care.



Dr. Cairns



Serving both Adult and Pediatric patients

- Urgent & General Medical Illnesses
- Lacerations, Sprains & Fractures (on site x-ray)
 - Burns, Skin Irritations & Bites
 - IV Hydration & IV Antibiotics
- Camp, Sport, DOT & Teacher Physicals

Board Certified Physicians
Professionally Licensed Clinical Staff
Most Major Health Insurance Plans Accepted
No Appointment Necessary

Treating Our Community Since 1996

www.accenturgentcare.com

RALEIGH OFFICE

2406 Blue Ridge Road
Suite 190
Raleigh, NC 27607

919-789-4322

(Between NC Museum
of Art and Rex Hospital)

CARY OFFICE

212 Ashville Avenue
Suite 10
Cary, NC 27518

919-859-1136

(Behind WakeMed
Cary Hospital)

Monday – Thursday
8am to 9:30pm

Friday, Saturday, Sunday
8am to 5:30pm

NextCare[®]

URGENT CARE

Convenient alternative to the ER for
non-life-threatening illness & injuries

Walk-in Medical Care
Occupational Medicine
Physicals, Labs, X-Rays
Insurance Accepted
Discount Programs
On-site Prescriptions
Web Check-in

Mon-Fri 8am-8pm
Sat-Sun 8am-4pm*
Numerous Locations



1-888-306-5307

www.nextcare.com/metro

BE PREPARED!
Program this
phone # NOW!

*Goldsboro clinic closed Sundays.

Trust your Face to a Specialist

Facial Aesthetic Surgery:

| | |
|----------------|------------------------|
| Facelifts | Rhinoplasty |
| Eyelid Surgery | Midface lifts |
| Brow lifts | Ear Refinement |
| Necklifts | Laser Skin Resurfacing |

Nonsurgical Treatments:

| | |
|--------------------|-------------------------------|
| IPL Fotofacial | Restylane, Juvederm, Sculptra |
| Laser Hair Removal | Vibraderm |
| Chemical Peels | Skin Care Products |
| Botox Cosmetic | Mineral Makeup |



Cynthia M. Gregg, MD
Facial Plastic &
Reconstructive Surgery
Board Certified

Our office is accredited by the AAAHC.
Complimentary Consultations

3550 NW Cary Parkway
Suite 100

Cary, NC 27513
919-297-0097

www.cynthiagreggmd.com



"It's becoming more and more difficult for primary care physicians, family practitioners and internal medicine doctors to accommodate patients who have what we call episodic illness or injury." Unscheduled visits, as a result, are becoming increasingly difficult for primary care doctors.

Chest pain and uncontrolled bleeding require a call to 911 and demand immediate attention in an emergency room. A twisted ankle where you can't take three steps, also requires an ER visit. Cairns said that if you have other diseases or other conditions — for example, diabetes, high blood pressure, and you start to have a headache, that would be a more worrisome symptom that probably requires immediate attention at an ER.

WHAT TO EXPECT WHEN YOU ARRIVE AT AN ER

- A busy place
- Expect to wait
- You won't be seen in the order you arrive
- Priority patients are seen first

WHAT SHOULD YOU BRING TO THE ER

- List of medications that you're currently taking
- A copy of your medical records
- Power of attorney

FOR CHILDREN

- Diaper bag
- Snacks
- Favorite toy or pacifier

In children who are less than a year old and pre-verbal children are sometimes very difficult to assess. Cairns said that if they cry right away if they fall, are able to drink liquids and they look like they are doing ok — but you want to get reassurance — it's probably a good idea to visit a doctor or urgent care center. However, if they don't start crying and if they aren't acting as they did before the fall, or are unresponsive or have vomiting, that means an ER visit.

Palombaro said that patients should visit an urgent care center if they have cold symptoms, bruising, stubbed toe, or other minor illnesses or injuries. Patients should



Dr. Palombaro

Regional Surgical ASSOCIATES

Novant Medical Group



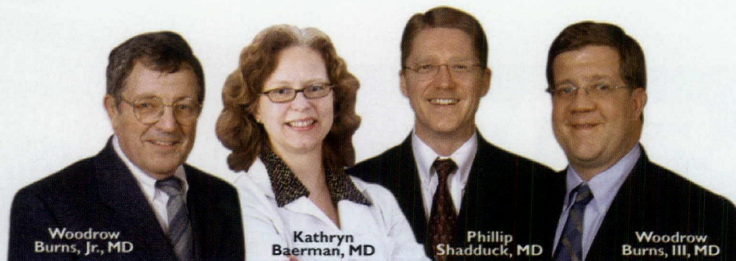
At Regional Surgical Associates, we believe it is a privilege to offer surgical care to you and your family. We are committed to offering high-quality, compassionate care to each of our patients before, during and after surgery.

- Minimally-invasive surgery — less pain and shorter recovery time
- General and cancer surgeries • Women's health procedures
- Assistance in referrals for other cancer treatments like chemotherapy and radiation

Welcoming New Patients

120 Conner Drive, Suite 100, Chapel Hill • 4301 Ben Franklin Boulevard, Durham
919-479-4400 • www.RegionalSurgicalAssociatesNC.com

a Novant Medical Group practice



Woodrow Burns, Jr., MD

Kathryn Baerman, MD

Phillip Shaddock, MD

Woodrow Burns, III, MD

Rex Healthcare



visit an emergency department at a hospital if they have: chest pain accompanied by sweating and shortness of breath; if they are choking, ingested poison; are dehydrated; experience bleeding that does not stop after 15 minutes; have symptoms of a stroke; severe abdominal pain; or a severe wound or burn.

Duke's department of emergency medicine suggests that if a primary care physician is not available and a patient needs quick medical attention for a non-life-threatening problem, a visit to an urgent care center is recommended. For example, patients should go to an urgent care center when they have an ear infection, a

sprain, simple cuts and burns. Duke's Urgent Care is open seven days a week, including holidays, from 8 a.m.-8 p.m. Patients can just walk in, no appointments are needed.

When should you call 911 versus driving yourself to the ER? For chest pain or stroke symptoms, calling 911 is the best

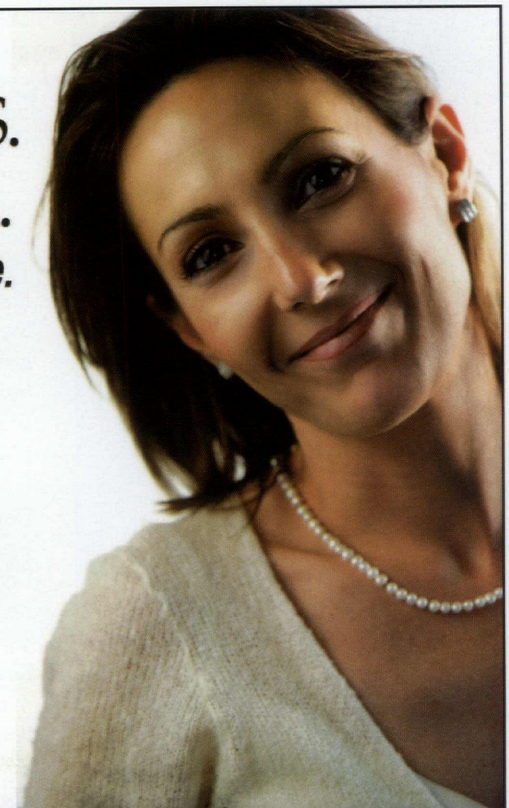
DIGITAL MAMMOGRAMS. NOW FASTER THAN EVER.

The fastest exam is now the easiest to schedule.

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

Mammo Request

Visit us at <wakerad.com>



Call WR Express Scheduling at 919-232-4700 or online appointment request <wakerad.com>

Celebrating



**25
YEARS**



1500 Sawmill Road
Raleigh, NC 27615
(919) 848.7080

www.springmoor.org

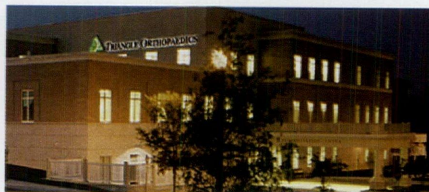
*Proven excellence
in retirement living.*

SPRINGMOOR
LIFE CARE RETIREMENT COMMUNITY

MEDICAL BRIEFS

Orthopods Open Urgent Care

Triangle Orthopaedic Associates has opened Urgent Care facilities for the treatment of orthopaedic emergencies to treat broken bones, dislocations and knee injuries. Urgent Care centers claim prompt



service with X-rays, injury care, splinting and pain treatment in a manner of minutes at a fraction of the cost of a hospital ER. The billing structure is the same as other urgent care co-pays. Go to www.triangleortho.com for more information. **MM**

Veterinary Specialty Hospital of the Carolinas Adds New Medical Oncologist

The Veterinary Specialty Hospital of the Carolinas (VSH) recently hired Dr. Angie Kozicki within the oncology service. Kozicki joins two existing oncologists. Her focus will be the medical management of cancer patients. She will be responsible for seeing cancer patients, performing medical diagnostics on these patients, consulting with the surgical staff to coordinate surgery and overseeing chemotherapy. She will also assist in the care of radiation oncology patients.

Kozicki received her doctorate from Michigan State University College of Veterinary Medicine where she developed a strong interest in oncology. Kozicki dedicated herself to obtaining advanced training by first completing a general internship followed by an oncology internship with two different groups of veterinary specialists in Detroit, MI. A one-year fellowship at the University of Colorado's Health Sciences Center preceded her acceptance to a residency program at the University of Wisconsin School of Veterinary Medicine. Dr. Kozicki is certified as a specialist in medical oncology through the American College of Veterinary Internal Medicine.

"Angie brings a wealth of experience to VSH," said VSH co-founder Dr. Kevin Cannon. "Her passion for oncology is not only evident in her extensive training, but it is also

manifested in the commitment she shows to her patients and their owners. Her ability to work as part of a coordinated effort to help our patients is clearly evident to those of us who work with her."

About Veterinary Specialty Hospitals of the Carolinas

Founded in 1997 and based in Cary, NC, with an additional facility in Raleigh, VSH of the Carolinas is a 24-hour, multi-specialty and emergency hospital dedicated to providing the highest quality medical, surgical, diagnostic and therapeutic services for referring veterinarians, patients and their owners. Orthopedic surgery, Computed Tomography (CT), chemotherapy, radiation therapy, as well as critical care procedures such as nutritional support, oxygen therapy and blood transfusions all are performed routinely at VSH. For more information about VSH, visit www.vshcarolinas.com. **MM**

Brody Heart Institute Dedication

East Carolina University and Pitt County Memorial Hospital, the teaching hospital for the Brody School of Medicine, have dedicated the East Carolina Heart Institute, a \$220 million facility that includes a six-story patient bed tower at PCMH and a 206,000-square-foot research, education and outpatient care facility at ECU.



East Carolina Heart Institute

The NC General Assembly allocated \$60 million to build the East Carolina Heart Institute at ECU in 2004, and PCMH approved a privately funded effort to build the \$160 million East Carolina Heart Institute at Pitt County Memorial Hospital.

The Heart Institute at Pitt County Memorial Hospital will open in January 2009. The Heart Institute at ECU opened in September. **MM**

choice because these conditions are time sensitive and require treatment as soon as possible, said Palombaro. A good rule to use, according to Palombaro, is to call 911 if a patient believes that they are having a medical emergency.

WHAT HAPPENS IF YOU DON'T HAVE HEALTH INSURANCE?

Federal law prohibits any hospital from denying patient care for life threatening conditions. For non-life-threatening ailments, a hospital may ask for confirmation of insurance or for a co-payment upfront. If a patient is on Medicaid, emergency room employees may help patients find a physician or a clinic where they can seek treatment.

WHERE ARE THE DOCTORS?

In North Carolina and most other states, a shortage of primary care doctors is putting a strain on emergency rooms.

Palombaro said that the lack of primary care definitely contributes to overcrowding in emergency departments. "There is a shortage of primary care physicians nationwide, so many patients do not have primary care physicians at all. The primary care physicians that are here typically have very full loads, so patients often are only seen by their primary care physician for maintenance and for chronic problems because there are very few appointments available for acute illnesses. To be seen in a timely manner, we find patients are turning to emergency departments for their acute illness."

EASING THE CRISIS

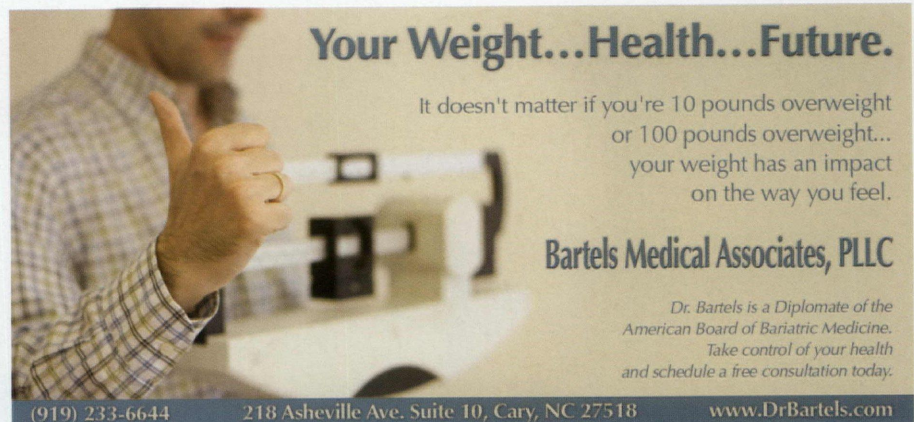
Palombaro said that WakeMed has taken many steps to help alleviate over-

crowding issues, including adding free-standing EDs around the county (currently at North Healthplex and Apex Healthplex), adding observation beds and minor treatment areas.

"WakeMed is also building a new patient tower on the Raleigh Campus that will house 60 new beds and recently opened an additional 42 beds at Cary Hospital. Having these new inpatient beds available will help with patient throughput, as ED beds are often filled by patients needing admission to the hos-

pital," said Palombaro. WakeMed also submitted an application to the state to add 40 new beds to WakeMed North Healthplex, making this location Wake County's fifth hospital.

Cairns said that UNC is expanding the capability of the emergency department and is developing new processes to try and minimize the wait for patients. "We have the capabilities of a large academic hospital and level one trauma center and all the resources that come with that including specialty care." **MM**



Your Weight...Health...Future.

It doesn't matter if you're 10 pounds overweight or 100 pounds overweight... your weight has an impact on the way you feel.

Bartels Medical Associates, PLLC

Dr. Bartels is a Diplomate of the American Board of Bariatric Medicine. Take control of your health and schedule a free consultation today.

(919) 233-6644 218 Asheville Ave. Suite 10, Cary, NC 27518 www.DrBartels.com



We see things others don't.

Raleigh Radiology has been listening. Your life is full and busy! We now offer four convenient digital mammography locations in the area, including a new location in Wake Forest. We've added online scheduling options for screening mammography, evening and weekend availability at two locations, and even walk-in screenings at our Breast Center facility. No more excuses, put your health first and foremost. Choose Raleigh Radiology.

RALEIGH RADIOLOGY BLUE RIDGE
919.781.1437

RALEIGH RADIOLOGY CEDARHURST
919.877.5400

RALEIGH RADIOLOGY CARY
919.781.1437

RALEIGH RADIOLOGY BREAST CENTER
919.781.1437

RALEIGH RADIOLOGY CLAYTON MRI
919.877.5400

RALEIGH RADIOLOGY WAKE FOREST
919.877.5400

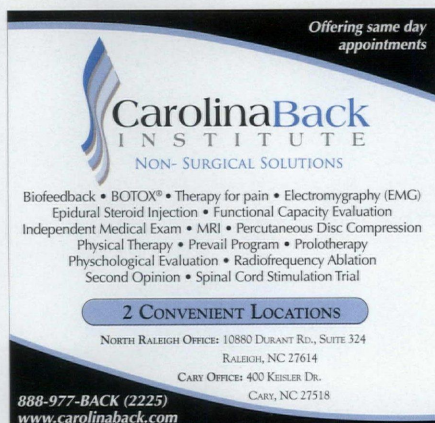
SCHEDULE YOUR SCREENING MAMMOGRAM ONLINE AT RALEIGHRAD.COM

raleigh radiology

go to raleighrad.com!

We accept most insurance plans.

Raleigh Radiology has served Rex Hospital for over 50 years.



Offering same day appointments

CarolinaBack INSTITUTE
NON-SURGICAL SOLUTIONS

Biofeedback • BOTOX® • Therapy for pain • Electromyography (EMG)
Epidural Steroid Injection • Functional Capacity Evaluation
Independent Medical Exam • MRI • Percutaneous Disc Compression
Physical Therapy • Prevail Program • Prolotherapy
Physiological Evaluation • Radiofrequency Ablation
Second Opinion • Spinal Cord Stimulation Trial

2 CONVENIENT LOCATIONS

NORTH RALEIGH OFFICE: 10880 DURANT RD., SUITE 324
RALEIGH, NC 27614
CARY OFFICE: 400 KESLER DR.
CARY, NC 27518

888-977-BACK (2225)
www.carolinaback.com



RBC
Center



Think Prestige

Think Passion

Think RBC Center Suites

Rise above the competition. Whether hosting clients, rewarding employees or celebrating with family and friends- leasing a suite at the RBC Center on an annual or single event bases is bound to make a lasting impression. For further information please contact the Premium Services Department at suzanneg@rbccenter.com or 919-861-5475.

The North Carolina Symphony performs a classical music concert in New Bern at The Riverfront Convention Center on Jan. 11. Programs in Raleigh include The Duke Medicine Raleigh Classical Series Events at Meymandi Concert Hall with Guest Conductor Michael Christie and Violinist Midori on Jan. 16 & 17 and a performance with the Raleigh Community Gospel Chorus on Jan. 30 & 31 at the Progress Energy Center for the Performing Arts in Raleigh. (See Preview Classical Music for details.)

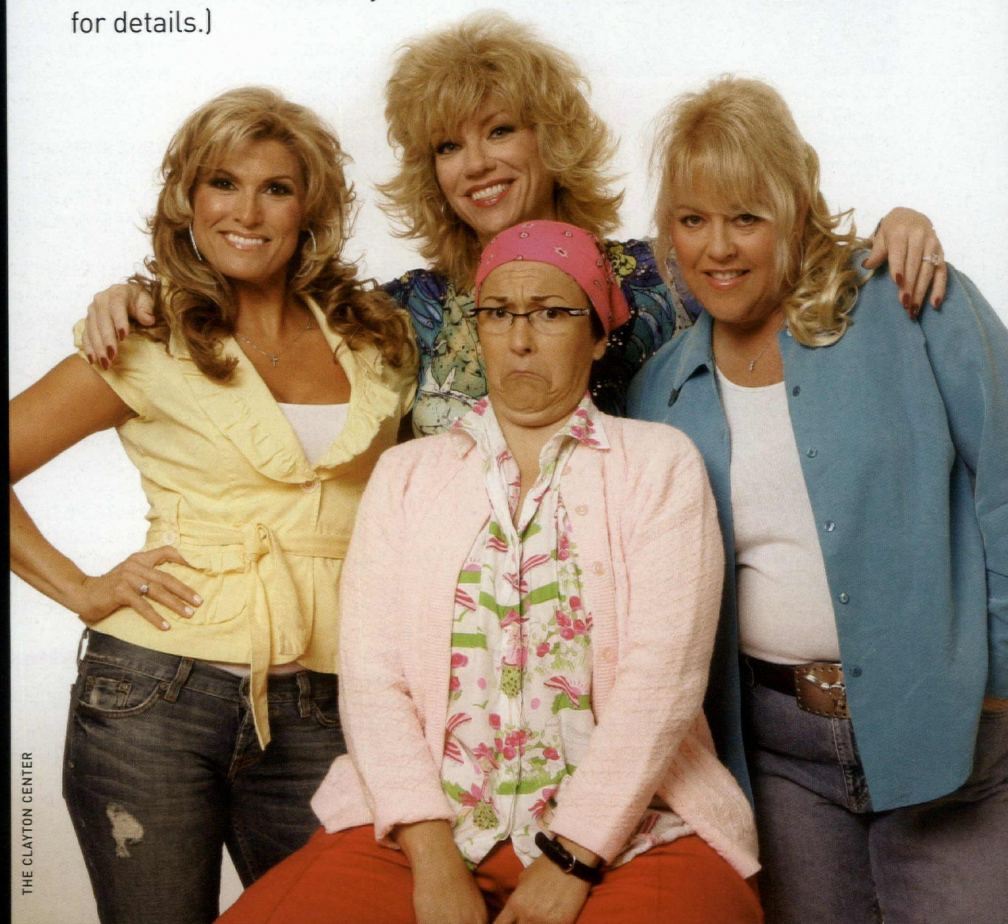
NC SYMPHONY



Celine Dion performs her biggest hits along with songs from her new album *Taking Chances*. Directed by Jamie King, this concert event includes elements of fashion, dance and visual effects, Jan. 20 at the RBC Center in Raleigh. (See Preview Pop Music for details.)

Openings

The hit female comedy tour *Southern Fried Chicks* starring Etta May and featuring Trish Suhr, Sonya White and Beth Donahue, bring their clean and clever Southern-style comedy and storytelling to The Clayton Center in downtown Clayton on Jan. 16. (See Preview Stage & Screen for details.)



THE CLAYTON CENTER

AEG LIVE CONCERTS





Preview

by Mary Ward Boerner

JUMP INTO THE NEW YEAR, JANUARY IS HERE!

GALLERIES

CLASSIC MODES OF COASTAL TRANSPORTATION: An exhibition of wood-grain, hand-painted surfboards and skateboards by Raleigh artist and entrepreneur Clark Hipolito of Artcosurf; Salon Moxie, Raleigh; Thru Jan. 31. Contact 919-850-0721 or www.artcosurf.com.

WHY IS A RAVEN LIKE A WRITING DESK?: 21 artists present art inspired by Alice's Adventures in Wonderland; Flanders 311, Raleigh; Thru Jan. 31. Contact www.flandersartgallery.com.

RECENT WORK BY HOLLY FISCHER, MARGIE STEWART & SCOTT UPTON: Flanders Art Gallery, Raleigh; Thru Jan. 17. Contact 919-834-5044 or www.flandersartgallery.com.



Fat Tuesday by James Kerr, oil on canvas, 48" x 48", will be featured as part of "Jazzy January" an exhibition celebrating all that is musical at both ArtSource Fine Art Gallery locations in Raleigh.

6TH ANNUAL NATIONAL ARTS PROGRAM EXHIBITION: Featuring a diversity of artwork by City of Raleigh and Wake County employees and their families; Miriam Preston Block Art Gallery at The Avery C. Upchurch Government Complex, Raleigh; Thru Jan. 13. Contact 919-996-3610.

BALD HEAD ISLAND AND HURRICANE FRAN — IN MEMORY OF TREES, PHOTOGRAPHS BY CHARLES DENNIS (1952-2005): UNC Center for the Study of the American South, Chapel Hill; Thru Jan. 30. Contact 919-967-8817 or www.annstewartfineart.com.

JAZZY JANUARY — A MUSIC-THEMED EXHIBITION: ArtSource Fine Art Gallery at Five Points and North Hills, Raleigh; Jan. 1-31. Contact 919-833-0013 or www.artsource-raleigh.com.

RENÉ MAGRITTE — COMPOSITIONS IN IMAGINARY SPACE: Original works by Belgian artist René Magritte; Animation and Fine Art Galleries at University Mall, Chapel Hill; Jan. 9-Feb. 12. Contact 919-968-8008 or www.animationandfineart.com.

WINTER LIGHT: A themed show by the gallery's member artists; Hillsborough Gallery of Arts, Hillsborough; Jan. 30-Feb. 21 (Opening Reception Jan. 30). Contact 919-732-5001 or www.hillsborough-gallery.com.

CURRENTS IN CONTEMPORARY PHOTOGRAPHY: Flanders Art Gallery, Raleigh; Jan. 20-Feb. 28. Contact 919-834-5044 or www.flandersartgallery.com.

FOR THE LOVE OF ART AUCTION AND GALA: Hosted by The Visual Art Exchange and includes an evening of networking, refreshments and art auction; Marriott City Center, Raleigh; Feb. 7. Contact 919-828-7834 or www.visualartexchange.org/gala.

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

• **NEW MEMBERS:** New Members of the Artspace Artists Alliance exhibit work; Upfront Gallery and Lobby; Jan. 2-31 (Opening Reception Jan. 2).

• **RESTRUCTURED — CAMERON JOHNSON:** Gallery 2; Thru Jan. 23.

• **RECENT ANIMALS — ALLISON HUNTER:** Gallery One; Jan. 17- March 6 (Opening Reception Feb. 6).

• **STAMMER!:** Artspace's bi-monthly, multi-art extravaganza; Jan. 9.

CLASSICAL

NORTH CAROLINA WIND ORCHESTRA PRESENTS MADE IN THE USA: Meymandi Concert Hall at the Progress Energy Center for the Performing Arts, Raleigh; Jan. 11. Contact 919-599-3111 or www.ncwo.org.

NORTH CAROLINA SYMPHONY: Classical music concert performance by the North Carolina Symphony, New Bern Riverfront Convention Center; Jan. 11. Contact 877-627-6724 or www.ncsymphony.org.

THE CHAMBER ORCHESTRA OF THE TRIANGLE FEATURING SYMPHONIES BY HAYDN AND MOZART: The Carolina Theatre, Durham; Jan. 18. Contact 919-560-3030 or www.thecot.org.

CIOMPI QUARTET — FORM, CONTENT, AESTHETIC, THE LONG SHADOW OF ROMANTICISM: A Sights & Sounds on Sundays Series Concert; NC Museum of Art, Raleigh; Jan. 25. Contact 919-715-5923 or www.ncartmuseum.org.

ORCHESTRA OF ST. LUKES WITH ALAN PIERSON, CONDUCTOR — IN THE GRACE OF THE WORLD: A contemporary program focusing around the Latvian composer Peteris Vasks and Alan Pierson conducting; Memorial Hall at UNC, Chapel Hill; Jan. 28. Contact 919-834-3333 or www.carolinaperformingarts.org.

THE SONGS OF ZION WINTER CONCERT BY WOMEN'S VOICES CHORUS: Duke Chapel, Durham; Jan. 31. Contact 919-684-3855 or online at www.womensvoices-chorus.org.

NORTH CAROLINA SYMPHONY DUKE MEDICINE RALEIGH CLASSICAL SERIES EVENTS: Meymandi Concert Hall at the Progress Energy Center for the Performing Arts, Raleigh; Contact www.ncsymphony.org.

• **MICHAEL CHRISTIE, GUEST CONDUCTOR W/ VIOLINIST MIDORI:** Jan. 16-17

• **GRANT LLEWELLYN, MUSIC DIRECTOR WITH THE RALEIGH COMMUNITY GOSPEL CHORUS:** Jan. 30-31

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

• **PIANO MASTER CLASS WITH SIMONE DINNERSTEIN:**

Baldwin Auditorium; Jan. 15.

• **DUMIC EVENT — COMPLETE WINTERREISE ON MODERN INSTRUMENTS:** Nelson Music Room, East Duke Building; Jan. 18.

• **PIANO MASTER CLASS WITH GABRIELA MONTERO:** Baldwin Auditorium; Jan. 29.

POP MUSIC

PICKIN' — A BLUEGRASS ALLSTAR JAM: A collection of 20 bluegrass musicians comes to Raleigh for one night of music in the song-circle format sponsored by PineCone; Meymandi Concert Hall at the Progress Energy Center for the Performing Arts, Raleigh; Jan. 8. Contact 919-664-8302 or www.pinecone.org.

FSK JUBILEE SINGERS: A part of Cary's MLK Dream-fest Celebration; Herbert C. Young Community Center, Cary; Jan. 10. Contact 919-469-4061.

CONTEMPORARY FOLK CONCERT — BROOKS WILLIAMS: Trent River Coffee Company, New Bern; Jan. 16. Contact 252-633-6444 or www.downtownfolkarts.org.

JAZZ AT LINCOLN CENTER ORCHESTRA WITH WYNTON MARSALIS: A big band jazz orchestra performs; Memorial Hall at UNC, Chapel Hill; Jan. 18. Contact 919-834-3333 or www.carolinaperformingarts.org.

CELINE DION — TAKING CHANCES WORLD TOUR: RBC Center, Raleigh; Jan. 20. Contact 919-834-4000 or www.ticketmaster.com.

NANCI GRIFFITH — SPONSORED BY PINECONE: Nanci Griffith performs her own brand of "folkabilly" music. Meymandi Concert Hall at the Progress Energy Center for the Performing Arts, Raleigh; Jan. 21. Contact 919-664-8302 or www.pinecone.org.

17TH ANNUAL ALL THAT JAZZ WEEKEND: Two days of concerts with seven-time Grammy-award winner Al Jarreau and other special guests; Grove Park Inn & Spa, Asheville; Jan. 30-31. Contact 1-800-438-5800 or www.grovecparkinn.com.

EVENTS AT THE 6TH ANNUAL AMERICAN ROOTS SERIES: ArtsCenter, Carrboro; Contact 919-929-2787 or www.artscenterlive.org.

• **DASHAWN HICKMAN AND STEEL MOVEN WITH HOOVERVILLE:** Jan. 9

• **AUSTIN LOUNGE LIZARDS:** Jan. 10

• **GIRLYMAN:** Jan. 16

STAGE & SCREEN

THE BAKER'S WIFE: New Bern Civic Theatre, New Bern; Jan. 15-18; 23-25; 29-31 & Feb. 1. Contact 252-633-0567 or www.newberncivictheatre.org.

SOUTHERN FRIED CHICKS COMEDY TOUR: Starring Etta May and featuring Trish Suhr, Beth Donahue and Sonya White; The Clayton Center, Clayton; Jan. 16. Contact 919-533-1737 or online at www.southernfriedchicks.net.

MONSTERS AND PRODIGES, THE HISTORY OF THE CASTRATI-TEATRO DE CIERTOS HABITANTES: A comedy from Mexico City exposing the outrageous lifestyles, musical brilliance, decadence and violence surrounding the male sopranos of the Baroque period, in Spanish with English supertitles; Memorial Hall at UNC, Chapel Hill; Jan. 24. Contact 919-834-3333 or online

at www.carolinaperformingarts.org.

DANCING WITH THE STARS THE TOUR: Starring Lance Bass, Toni Braxton, Maurice Greene and Marlee Matlin; RBC Center, Raleigh; Jan. 28. Contact 919-834-4000 or www.ticketmaster.com.

FOURTH ANNUAL RIVERKEEPER FILM FESTIVAL: Presented by the Neuse River Foundation a nonprofit organization created to address water quality issues in the Neuse River Basin. The January 2009 schedule includes screenings in Durham, Raleigh, Smithfield, Kinston, New Bern and Oriental, NC. Program selection will vary by venue. Tickets are good for all locations and include admission to a pre-film reception. Contact 919-856-1180 or www.neuseriver.org/events/filmfestival.html.



Nanci Griffith performs her own brand of "folka-billy" music at Meymandi Concert Hall in Raleigh on Jan. 21.

CAROLINA BALLET PRESENTS BALANCHINE — BY GEORGE! A further look into the works of this great choreographer; Raleigh Memorial Auditorium at the Progress Energy Center for the Performing Arts; Jan. 29-Feb. 1. Contact 919-719-0900 or www.carolinaballet.com.

EVENTS AT PLAYMAKERS REPERTORY COMPANY: Paul Green Theatre Center for the Dramatic Arts at UNC, Chapel Hill; Contact 919-962-7529 or www.playmakersrep.org.

- **THE YOUNG LADIES OF...** Jan. 7-11
- **THE GLASS MENAGERIE:** Jan. 25, 27, 30, 31
- **WELL:** Jan. 24, 28, 29, 31

EVENTS AT THE DURHAM PERFORMING ARTS CENTER: Durham; Contact 919-680-ARTS or www.dpacnc.com.

- **NBC'S LAST COMIC STANDING:** Jan. 4
- **BROADWAY CAROLINA SERIES PRESENTS RENT:** Jan. 20-25

MUSEUMS

RALEIGH 101 FOR KIDS: Presented by The Raleigh City Museum and Cameron Village Regional Library, a fun and educational program teaches basic Raleigh history; Cameron Village Library, Raleigh; Jan. 10. Contact 919-832-3775 or online at www.raleighcitymuseum.org.

EVENTS AT THE RALEIGH CITY MUSEUM: 220 Fayetteville St., Raleigh; Contact 919-832-3775 or online at www.raleighcitymuseum.org.

- **THE [R]EVOLUTION OF MEDIA — THE HISTORY OF NEWS-PAPER, RADIO, AND TELEVISION IN RALEIGH:** Now Open
- **HIGHER EDUCATION IN RALEIGH — THE FOUNDATIONS OF A LEGACY:** Thru Spring 2009

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

- **ESPEJO NEGRO/BLACK MIRROR — A MUSEUM INSTALLATION BY PEDRO LASCH:** On view through Jan. 18.
- **A ROOM OF THEIR OWN — THE BLOOMSBURY ARTISTS IN AMERICAN COLLECTIONS:** Now Open
- **GALLERY TALK:** Meet Robert Parsons, whose illuminated manuscript collection will be on view.
- **SACRED BEAUTY — MEDIEVAL AND RENAISSANCE ILLUMINATED MANUSCRIPTS FROM THE COLLECTION OF ROBERT J. PARSONS:** Now Open

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

- **ART IN THE EVENING:** Jan. 9, 16, 23, 30
- **FILM — CITY LIGHTS:** Jan. 9
- **CHILDREN'S PERFORMANCE:** Jan. 10
- **PRESCHOOL PLAYSHOP:** Jan. 14, 28

- **GALLERY CLASS — AFRICAN ART IN CONTEXT:** Jan. 15
- **FILM — THE MARK OF ZORRO:** Jan. 16
- **FAMILY FUN SATURDAY:** Jan. 17, 24, 31
- **HUMBER LECTURE — WORSHIPPING LOVE, THE MIGHTY APHRODITE:** Jan. 18
- **LUNCH & LEARN:** Jan. 23
- **FILM — FANFAN LA TULIPE:** Jan. 24
- **CHAMBER MUSIC — CIOMPI QUARTET WITH PIANIST RANDALL LOVE:** Jan. 25
- **FILM — DOG DAY AFTERNOON:** Jan. 30

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

- **EXHIBIT — ELECTED TO SERVE, NORTH CAROLINA'S GOVERNORS:** Thru Sept. 2009
- **HISTORY CORNER — SUGAR, SPICE AND EVERYTHING NICE:** Jan. 7

GILBERT THEATRE

January 29 - Opening Night
January 30 - February 15, 2009

Thursdays-Saturdays: 8 pm
Sundays: 2 pm

Tickets - \$10
For Reservations:
910.678.7186
gilberttheater@aol.com
www.gilberttheater.com
116 Green Street
Fayetteville, NC 28301

Mountain Camp For Grown-ups?

Rediscover the Scholar—and the child—in you!

the Appalachian Institution, Inc

Activities include Golf, Art History, Boating, Language, Hiking, Tennis, Fishing, Painting, Floral Design & Much More!

Entertainment from Beethoven to Bluegrass!

Lectures by Distinguished Scholars

| | | |
|--------------|----------------------------|----------------------------------|
| March 8-11 | The Inn on Biltmore Estate | "The Gilded Age" |
| May 17-22 | Kanuga Conference Center | "The American Ascendancy" |
| August 3-8 | Lake Logan Center | "Western Ideals of Ethical Life" |
| August 9-14 | Lake Logan Center | "Islam and the West" |
| August 24-28 | Lake Logan Center | "How did the Founders Think?" |

For Details and Registration visit www.appalachianinstitution.org
or Call (919) 604-4624

- **MUSIC OF THE CAROLINAS — BANGLADESH MUSIC & DANCE:** Jan. 11
- **HISTORY À LA CARTE — EMBELLISHING THE ORDINARY:** Jan. 14
- **EIGHTH ANNUAL AFRICAN AMERICAN CULTURAL CELEBRATION:** Jan. 31

EVENTS AT THE ACKLAND MUSEUM OF ART: University of North Carolina at Chapel Hill; Contact 919-966-1400 or www.ackland.org.

- **AT THE HEART OF PROGRESS — COAL, IRON, AND STEAM SINCE 1750 INDUSTRIAL IMAGERY FROM THE JOHN P. ECKBLAD COLLECTION:** Jan. 24-May 17, (Opening Reception Jan. 25).
- **THE COST OF COAL CULTURE — A DEBATE AMONG EXPERTS:** Hanes Art Center Auditorium; Jan. 25
- **ART AFTER DARK:** Jan. 9
- **MUSIC IN THE GALLERIES:** Jan. 18
- **REINVENTING THE FIGURE:** Jan. 17-March 22
- **CULTURAL POLITICS & CONTEMPORARY ART:** Jan. 24-March 29
- **FEMININE AND MASCULINE IN OVID'S POETRY AND EARLY MODERN ART:** Thru Feb. 1.

EVENTS AT THE GREGG MUSEUM OF ART & DESIGN: NC State University, Raleigh; Contact 919-515-1100 or www.ncsu.edu/arts.

- **NORM SCHULMAN — A LIFE IN CLAY:** Jan. 22-March 29
- **THOMAS SAYRE — NEW WORK:** Jan. 22-May 10
- **ARTIST & OBJECTS LECTURE SERIES — THOMAS SAYRE:** Feb. 5

EVENTS AT WILSON LIBRARY: University of North Carolina Chapel Hill; Contact www.lib.unc.edu.

- **SOAPBOXES AND TREE STUMPS — POLITICAL CAMPAIGNING IN NORTH CAROLINA:** North Carolina Collection Gallery; Thru Jan. 31.

- **CAMPAIGNS OF RACE IN THE SOLID SOUTH — SELECTED CAMPAIGN MATERIALS FROM THE SOUTHERN HISTORICAL COLLECTION:** Southern Historical Collection, 4th Floor; Thru Jan. 15.
- **PRESENTING JOHN KEATS — GALLERY TALK:** Melba Remig Saltarelli Exhibit Room; Jan. 9; Exhibit runs through March 15. Contact 919-962-1143.



"Classic Modes of Coastal Transportation," an exhibition of wood-grain, hand-painted surfboards and skateboards by Raleigh artist and entrepreneur Clark Hipolito of Artcosurf will be on view at Salon Moxie in Raleigh through January.

EVENTS AT THE CAMERON ART MUSEUM: Wilmington; Contact 910-395-5999 ext. 1005 or www.cameron-artmuseum.com.

- **GALLERY TALK — DON FURST, PRINTMAKER:** Jan. 4
- **COLLECTORS ON COLLECTING — JIM & FRANCES NICHOLS:** Jan. 8
- **MUSIC — GRENOLDO FRAZIER:** Jan. 15
- **FORWARD MOTION DANCE COMPANY:** Jan. 29
- **BEARDEN TO RUSCHA — CONTEMPORARY ART FROM THE**

NORTH CAROLINA MUSEUM OF ART: Thru May 24

- **TOY CRAZY — AN EXHIBITION OF TOYS OF ALL KINDS:** Thru Feb. 1.
- **BOB DEYOUNG — INSTALLATION (PHANTASM):** Thru April 26.
- **QUIET SPIRIT, SKILLFUL HAND — THE GRAPHIC WORK OF CLARE LEIGHTON:** Thru April 5.

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

- **WINTER JAZZ — SEA PANS:** Jan. 2
- **LEARNING CENTER — PLAYING WITH MATH:** Jan. 3, 10, 17, 31
- **CAPE FEAR SKYS — WINTER CONSTELLATIONS:** Jan. 18
- **MYSTERY AT THE MUSEUM:** Jan. 24

EVENTS AT THE NORTH CAROLINA MARITIME MUSEUM: Beaufort; Contact 252-728-7317 or www.ncmaritimemuseum.org

- **PORTS & PILOTS:** A guided tour of NC State Port at Morehead City; Jan. 15.
- **BEAUFORT'S DOLPHINS:** Slides and display about bottlenose dolphins around Beaufort and Cape Lookout; Jan. 22.
- **WINTER BIRDING:** Jan. 23
- **LANDING CRAFT VEHICLE & PERSONNEL:** Veterans of World War II landing operations talk about their experiences; Jan. 30.

EVENTS AT THE MUSEUM OF LIFE AND SCIENCE: Durham; Contact 919-220-5429 or online at www.lifeandscience.org.

- **GERBO'S GRAVITY RACER WORKSHOPS WITH ARTIST AND SCULPTOR STEVE GERBERICH:** Jan. 4
- **AMAZON RAINFOREST WITH BIRDMAN DAVE:** Jan. 10
- **SOUNDSPACE — HEAR MOTION:** Extended through Spring 2009.

POTPOURRI

A WINTER'S TALE GALA TO BENEFIT METHODIST HOME FOR CHILDREN: Evening includes silent and live auction, dinner, dancing and music featuring Laura Ridgeway and Friends; Raleigh Convention Center; Jan. 24. Contact 919-754-3621.

39TH ANNUAL GREATER WILMINGTON ANTIQUE SHOW & SALE: Proceeds benefit area charities supported by the North Carolina Junior Sorosis; Coastline Convention Center, Wilmington; Jan. 30-Feb. 1. Contact 919-686-3029 or www.ncjuniorsorosis.org.

MLK JR. DREAMFEST 2009: The Martin Luther King Jr. task force presents MLK Jr. Dreamfest 2009 with support from the town of Cary; Contact 919-460-4963.

- **DREAM OF INSPIRATION MUSICAL CELEBRATION:** Herb Young Community Center; Jan. 10.
- **DREAM OF KING 80TH LEGACY BIRTHDAY CELEBRATION:** Page-Walker Arts & History Center; Jan. 15.
- **DREAM OF EXPRESSION ART RECEPTION:** Page-Walker Arts & History Center; Jan. 17.
- **DREAM OF UNITY ECUMENICAL OBSERVANCE:** Herb Young Community Center; Jan. 18.
- **DREAM OF DEMOCRACY UNITY MARCH/RALLY & GREATER TRIANGLE AREA MLK JR. DAY OF SERVICE:** Downtown Raleigh and Cary; Jan. 19.

Our thanks to Cyndi Harris for her assistance with MetroPreview.

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

**41ST ANNUAL TRYON PALACE
DECORATIVE ARTS SYMPOSIUM**

**RECREATING THE PAST WE WANTED:
NEW VISIONS OF OLD AMERICA**

**MARCH 20 - MARCH 22, 2000
NEW BERN, NORTH CAROLINA**

PRESENTED BY:
The Tryon Palace Commission
UNCG Department of Interior Architecture
UNCG Department of History

1-800-767-1560
www.tryonpalace.org/symposium

Triangle Modernist Houses

Raleigh Modernist House Tour
Saturday, April 4, 1-4pm

Celebrating 60 cool years of the
NC State College of Design

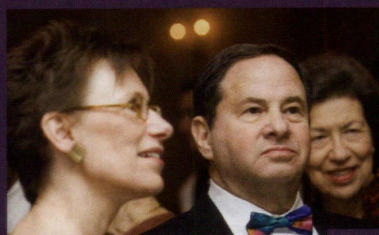
www.trianglemodernisthouses.com

On the Town

by Katie Poole

21st Annual PlayMaker's Ball

Nov. 1st, 2008
The Carolina Inn
Chapel Hill, NC



Emily Kass, Chuck Weinraub,
with Betty Kenan in the
background

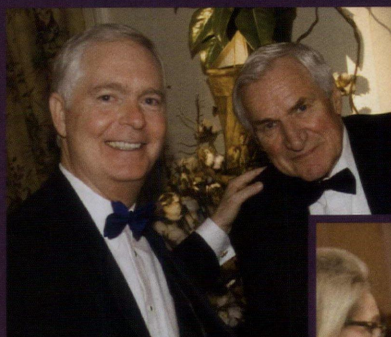
Billy Crudup and Carolyn Lontz



Billy Crudup, Joseph Haj, with Holden
and Patti Thorp, and Stacy Payne



Ball Co-Chairs UNC
Chancellor Holden
Thorp and Patti Thorp



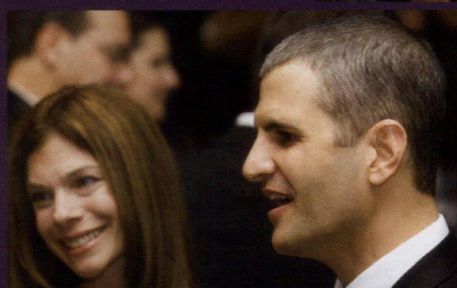
Gov. Mike Easley and Dean Smith



Kimberly Kyser, Louis St.
Lewis, and Mark Day



Main ballroom at The Carolina Inn, designed
and decorated by McKay Coble of PlayMakers



Deirdre and Joe Haj, PlayMakers Producing Artistic Director

ALL PHOTOS BY MEGAN MORR FOR PLAYMAKERS

Leadership Triangle's 7th Annual Awards Gala

Dec. 11th, 2008
Bay 7 at the American Tobacco Campus
Durham, NC



Jim Goodmon and Individual Winner,
Bill Shore, GlaxoSmith Kline



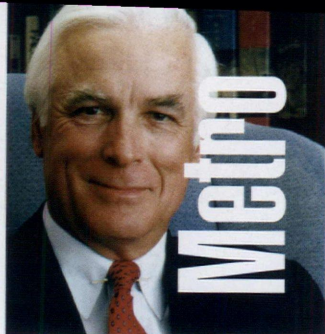
Durham Councilman and Leadership Triangle
graduate, Eugene Brown, Rev. Bob Seymour,
Carl Johnson, Pearl Seymour



Bouncing Bulldogs



Debra Morgan, Leadership Triangle
Alumna, WRAL-TV anchor



Editor-at-Large

by Jim Leutze

WAR BY OTHER MEANS; OUTER BANKS A STRING OF PEARLS

Keeping up with the international security scene is not easy these days with so much going on. However, one very interesting development reminds me that, while some people draw enduring lessons from history, others draw ... well, see what you think. It does remind me that when someone says, "history teaches us," you probably are about to know their favorite theory loosely backed up by "history."

When taking military history at Duke University in the mid-1960s, it was my privilege to study under the direction of the brilliant Theodore Ropp. Among other books, Ropp wrote *War in the Modern World* that quickly became a classic. His recurring concept, and often repeated in class, said that war was much more complicated than you think. "War," I can hear him saying now, "is a complex of politics, economics, psychology and diplomacy." You couldn't be successful in war by just focusing on fighting; you had to deal with these other issues, which sometimes were more important than the conflict itself. He also referred often to Carl von Clausewitz, who wrote in the 19th century that "war is a continuation of state politics by other means." The clear implications being that in this continuum, the peace-making and conflict resolution not carried on by warriors was an important part of a nation's arsenal.

I was reminded of his lectures recently by some of the views expressed by Secretary of Defense Robert Gates. In a speech delivered in July 2008, he said, "In recent years, the lines separating war, peace, diplomacy and development have become more blurred and no longer fit the neat organizational charts of the 20th century." He sees the problems in places like Afghanistan and Iraq arising, at least in part, by failed governance, including corruption, erosion of confidence and failure to fulfill promises.

To meet these challenges he wants agencies — such as the State Department or other civilian organizations — to help local citizens insist on responsive governments. President George Bush followed that up with a call for a civilian corps to help rebuild troubled nations. National Security Presidential Directive 44 calls for interagency "coordination, planning and implementation for reconstruction and stabilization assistance for foreign states or regions at risk of, in, or in transition from conflict or civil strife."

This idea of a broadened interpretation needed to pursue a new type of conflict resolution has taken think tanks by storm because of our experience in Iraq and Afghanistan and has been adopted by President-elect Barack Obama. During the campaign he said, "We cannot continue to rely only on our military in order to achieve the national security objectives we've set. We've got to have a civilian national security force that is just as powerful, just as strong, just as well-funded." In other words, he was calling for an expansion of the Foreign Service and other agencies that could help with nation building.

Now, for another example of learning from history. Paul Broun, the purveyor of this goofiness, was helpful enough to preface his comments by saying, "It may sound a bit crazy and off base," and, indeed, it does. The Georgia representative maintains that Obama's idea for a civilian force is "exactly what Hitler did in Nazi Germany..." In other words, Obama's idea and Bush's idea and Gates' idea sound like Hitler's idea to Broun. If that's not bad enough, an AOL Web site as of Dec. 2, 2008, shows that 52 percent of viewers thought Broun had a point.

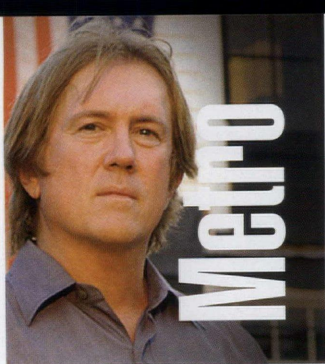
Well, I think Ropp would be pleased; Hitler would be amazed, and all those who like to think the public has good sense would be depressed.

ON THE BEACH FRONT

Dr. Stan Riggs and his colleagues at East Carolina University have just turned out a first-class study and prognosis on North Carolina's coast. Riggs is an internationally known coastal geologist, who for years has been studying constantly changing coastlines and all their dynamic fluctuations. In his most recent piece, *North Carolina's Coast in Crisis: A Vision for the Future*, he has gone from observing to predicting. But unlike some who look at the coasts and say, in essence, "the coasts are falling, head for the hills," Riggs has arrived at a more sensible lemon/lemonade conclusion.

He believes, as do I, that the seas are rising at an increasingly rapid rate. His conclusion is that sooner or later, and possibly much sooner, the Outer Banks will become a series of islands rather than a narrow barrier island connected by NC Highway 12. He refers to these islands as a "string of pearls," which gives you a clue as to his positive, or at least pragmatic, way of viewing the future. Instead of continuing to keep patching up the beaches in the barrier, he is proposing accepting reality and making the best of it. The islands, each with its own history and culture, could become individual tourist destinations if connected by car ferries similar to those used by the Marine Corps.

Noting the drawing power of Ocracoke Island, he imagines a series of seven unique, picturesque locations people would flock to see. There is a lot of other interesting, and in many cases not very reassuring information in this publication, but it is the string of pearls concept that is the most innovative. My only argument is that it would be a lot cheaper and much more environmentally friendly to leave the cars behind and utilize golf carts on the islands as they do on Bald Head. The report can be accessed on the Web at www.coastal.geology.ecu.edu/NCCOHAZ. **MM**



Cheshire on Film

by Godfrey Cheshire

The Year in Film:

THE TOP 10 OF 2008

The annual 10-best list is a ritual for film critics, one that's more than simply a year-end summing up. For me, it's a tool that's useful all year long. From the first new movie I see each January, I'm thinking, "Is this 10-best material or not?"

It's a handy shorthand that actually touches on the critic's essential task: evaluating films not only according to their own aims and accomplishments, but against all the competition too.

I've been assembling and publishing these lists for almost 30 years, that is, more than a third of the history of sound movies. Looking back over them I can see various patterns and trends, but I'm also struck by the relative rarity of breakthrough artistry.

The past year provides a negative example of that, I'm afraid. Most years, I come out of one, two or even more screenings completely knocked out by what I've seen, knowing that the film will top my list at year's end and, no doubt, head for a secure place in the history books.

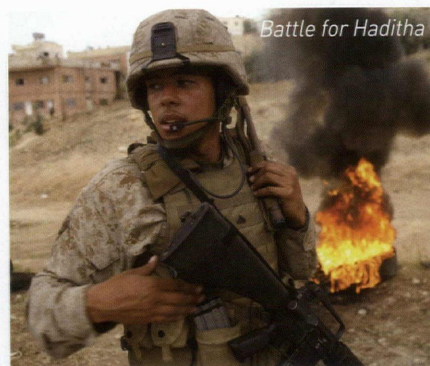
In 2008, I didn't encounter any such revelation. The film that tops my 10-best list, Ron Howard's *Frost/Nixon*, is an impressively intelligent Hollywood entertainment, but I wouldn't call it a masterpiece that will redefine cinematic standards.

Putting this more subjectively, it might seem that I saw a lot of films I liked in 2008 but none I truly loved. Yet that's not strictly true. There was one: My own film, *Moving Midway*, inspired in me a kind of love, though perhaps less that of critic for movie than parent for offspring. Should I have included it on my list or even considered it eligible? Nah. Not a good idea. The line between critic and filmmaker needs to be maintained.

All the same, going on the road with my

film — observing a process that encompasses festivals, publicity, reviewers and audiences — was clarifying in what it revealed about today's changing cinematic landscape. Perhaps that terrain's most disturbing aspect lies in the rapid deterioration of the print media and, with it, the role of film critics.

Critics, after all, are not just about entertainment. In individual markets, they serve to support the alternative and art-house programming that nurtures new artistic visions and connects them with local audiences.



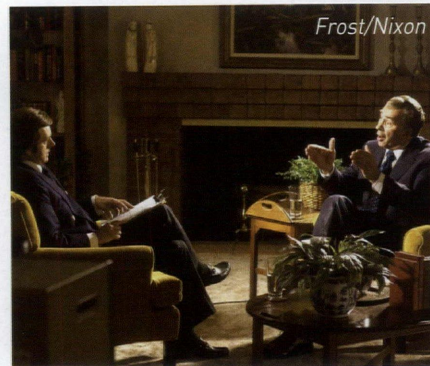
While the critical decline — which accords with a year that saw lots of good films but few great ones — is sure to continue in the present economic downturn, we are left with the kind of cinematic mix that characterizes my 10-best list, which encompasses big-budget Hollywood dramas and comedies, inquisitive documentaries, enterprising US indie and even the lone foreign-language title.

As always, the following list is meant to prompt your own.

***Frost/Nixon*.** Adapted by Peter Morgan from his hit play, Ron Howard's film about the battle of wills between a disgraced ex-president and an ambitious TV interviewer may fudge some of the history, but it's a

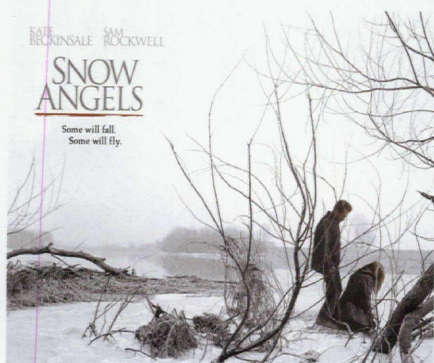
shrewd and endlessly thought-provoking look at the meshing of media, personality and politics, distinguished by bravura performances from Frank Langella and Michael Sheen.

***Happy-Go-Lucky*.** The great British director Mike Leigh tackles a strangely difficult subject — happiness — in this droll comic portrait of a 30-year-old school teacher whose unquenchable *joie de vivre* seems to reflect a profound contentment. (What — no angst?) The acting hits Leigh's usual high standards, especially the delightful lead Sally Hawkins.



***Trouble the Water*.** Using footage of Hurricane Katrina and its aftermath shot on a camcorder by self-described "street hustler" Kimberly Rivers Roberts, filmmakers Tia Lessin and Carl Deal fashion a startling, innovative and ultimately very moving documentary, a riveting account of a natural and civic disaster that's also a very humane self-portrait of people rarely seen in American movies.

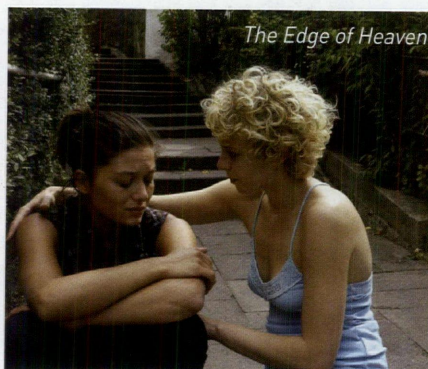
***Tropic Thunder*.** A big-budget Hollywood action movie that's also a dead-on lampoon of that genre, Ben Stiller's high-octane, neon-colored jungle combat comedy serves up the sharpest satire of Hollywood mores since Robert Altman's *The Player*. A trans-racial Robert Downey



Jr. takes the acting honors in a wonderful ensemble that also includes Stiller, Jack Black, Nick Nolte, and in a jaw-dropping supporting turn, Tom Cruise.

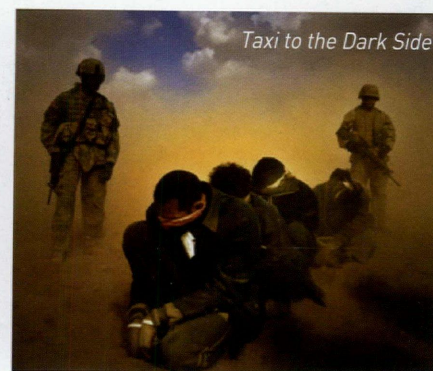
The Edge of Heaven. Turkish-German director Fatah Akin follows his terrific *Head On* with this novelistic, richly nuanced drama about the intersections and collisions of parents and children, wounded and wounding, Turks and Germans. A fascinating meditation on our increasingly globalized world, the film features a memorable supporting performance by erstwhile Fassbinder star Hanna Schygulla.

Taxi to the Dark Side. This year's



Oscar winner for Best Documentary, Alex Gibney's profoundly disturbing film takes a carefully structured, quietly impassioned look at America's use of torture in the "war on terror." Moving from the slaughter of one Afghan innocent up the US chain of command, Gibney's eloquent investigation suggests a society imperiling its own most cherished values.

Frozen River. In her feature debut, writer-director Courtney Hunt ventures to the frigid north for a gripping, based-on-real-life tale of economically pressed women who motor illegal immigrants across the frozen St. Lawrence River. A model of low-



budget indie film craft, the movie centers on a knockout performance by actress Melissa Leo, who deserves an Oscar nod.

Australia. A splashy, epic romance of the Outback in the 1930s and '40s, Baz Luhrman's three-hour opus is also an extravagant tribute to the Hollywood cinema of the same era. Recalling everything from *Gone with the Wind* to *The Wizard of Oz*, the movie didn't click with most critics or audiences, but it still strikes me as Luhrman's most daring, enjoyable and accomplished work to date.

Snow Angels. Adapting a novel by Stewart O'Nan, NC School of the Arts grad David Gordon Green ventures north of the Mason-Dixon to dissect the unfolding tragedy in a bleak Pennsylvania town. Made with great precision and delicacy, and featuring fine work by a cast including Sam Rockwell and Michael Angarano, it's Green's sharpest, most mature film to date.

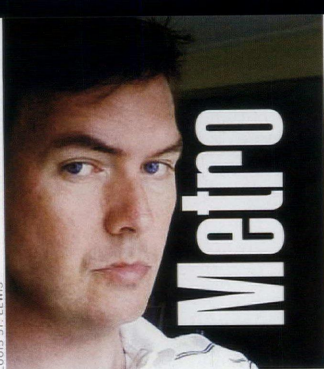
Battle for Haditha. Normally a documentarian, British director Nick Broomfield brings a strong *verité* feel to this wrenching dramatic investigation of a 2005 massacre committed by American troops in Iraq. Remarkably free of polemics, the film arrived after Iraq movies flatlined and so barely got a release. It's worth seeking out on DVD.

A Short List of Runners-up: Oliver Stone's *W.*, Margaret Brown's *The Order of Myths*, Laurent Cantet's *The Class*, John Patrick Shanley's *Doubt*, Jacques Rivette's *The Duchess of Langeais*, Michael Radford's *Flawless*, Marina Zenovich's *Roman Polanski: Wanted and Desired*, Clint Eastwood's *Gran Torino*, Scott Derrickson's *The Day the Earth Stood Still*, Ed Zwick's *Defiance*, Guido Santi and Tina Mascara's *Chris & Don: A Love Story*, Woody Allen's *Cassandra's Dream*. **MM**

Turning the Tide:
Friends of the Coast Campaign

Learn how you can help
protect and restore Coastal North Carolina
Visit www.nccoast.org
or call 252.393.8185

North Carolina Coastal Federation • 3609 Highway 24 • Newport, NC 28570



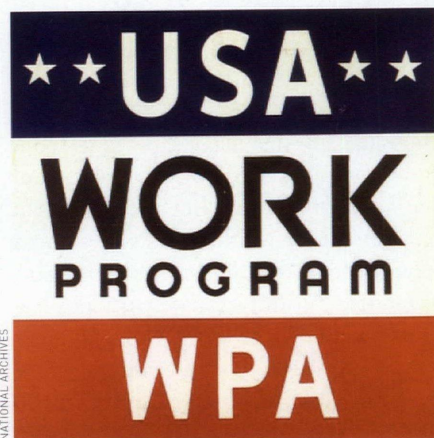
Artist-at-Large

by Louis St. Lewis

ARTISTS NEED BAILOUTS TOO; LAME CHOICE FOR MUSEUM OPENING

Well folks, the earth has spun around the sun once again and here we are at the beginning of 2009. In these difficult days, it seems that everyone is cutting back on expenditures and unnecessary flourishes. I've even changed from Champagne to cava on every other Tuesday to show my solidarity. Even her majesty Queen Elizabeth II recently started wearing the same dress twice, something unheard of for the monarch who normally just tosses the garment to one of her attendants like a peanut to a monkey. And just a few weeks ago she had her seamstress drag out some fabric she had been given a few decades ago to make a new gown for a party. I'm sure the fabric was worth a king's ransom, but hey, a girl has to do what a girl has to do. Honestly, when the Queen of England is on a budget and has to scrimp on her glad rags for state events, you know times are tough.

But with all this talking of bailouts for this and bailouts for that, I want to know one thing ... where's my bailout? I can



NATIONAL ARCHIVES

assure you that I am no less competent than the head of General Motors and as greedy as the head of Wachovia, so where's my loot? It's a crying shame we don't have visionary politicians like they did back in the 1930s when the Works Progress Administration and the Federal Art Project lit a fire under the booties of artists the nation over and gave them jobs to beautify this country. Over 5000 artists created over 225,000 works of art that made America

more attractive and got the artists out of the bars for a few weeks.

Even the Treasury Department got in on the act with their Special Section of Painting and Sculpture that hired thousands of artists to decorate post offices from sea to shining sea. Can you imagine that happening today? Don't hold your breath, some old grandma would start hollering about a breast being on display somewhere — and somebody would start bitching if the paintings didn't look like Josephine Baker's rainbow tribe of multi-ethnic children. And just think of the row if Andres Serrano made the cut and wound up doing a re-make of *Piss Christ*. The entire project would be shut down in the blink of an eye.

The National Endowment for the Arts hasn't had teeth in many years, and due to political correctness, innovation is treated as a four-letter word. So instead of hiring artists and making things more attractive, we are stuck with bland sterile and unimaginative buildings that will look cold and useless to future generations, devoid of per-



NATIONAL MUSEUM OF AMERICAN ART, SMITHSONIAN INSTITUTION

Mine Rescue, by Fletcher Martin, Treasury Section of Fine Arts, 1939, tempera on panel

NATIONAL MUSEUM OF AMERICAN ART, SITHSONIAN INSTITUTION



Waiting for the Mail, by Grant Wright Christian, Treasury Relief Art Project, 1937, oil on canvas

sonality, temples to tedium. Where is Lorenzo de' Medici when you need him? That's when an art patron was an art patron. Back in his day, he would just plop a great new sculpture in the center of the town square and that was that: no red tape, no discussion and everybody wound up happy.

ROCKWELL BAD CHOICE

While I am on the subject of tedium, I can't express my utter disappointment at the North Carolina Museum of Art for

choosing as its first major show in its soon-to-be-completed building an exhibition of the works of Norman Rockwell. Norman Rockwell? One would think that a brand new museum would have a brand new approach, but unfortunately it looks like business as usual for the new space. I guess they had a meeting where someone said let's grab fruit from the very lowest branch of the tree, or just pick up old fruit from the ground. There are so many exciting artists out there and the dull and boring choice of Mr. Rockwell smacks of just try-

ing to please the masses rather than educating them.

Everyone loves puppy dogs and kids flying kites and baby chicks and all that junk, but please put up something that challenges the mind every once in a while. Of course the show right after that is Rembrandt, so it doesn't take too many brain cells to see what the museum is doing — going for the bucks. Perhaps one day they will go for innovation, but if I were you, I wouldn't hold my breath on that one. Somebody needs to pick up a shoe like that Iraqi gentleman who tried to smack President George Bush and sling it at a museum official or two. It would release some stress, and it would definitely be the most interesting thing that has happened in the museum in years.

I do have reason for hope though. Times like these challenge the imagination and often bring out fantastic talents we never knew we had. Artists will do what they have always done — reflect on society and feed it back to us with new and amazing insight. Changes are coming for sure. **MM**

CEI

Commercial
Equipment
Inc.

THE DIGITAL OFFICE

www.copycei.com

8024 Glenwood Ave. • Raleigh, North Carolina 27612

P: (919) 781-8885 • F: (919) 781-0222

- Digital Copiers
- On-Site Network Support
- Digital Faxes
- Full Color Digital Solutions
- Network Printers
- Supplies

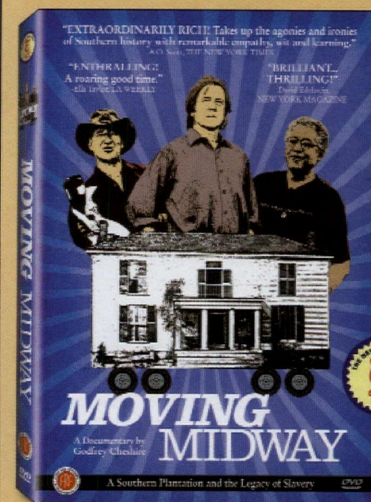
Proud
Sponsor of:



NEW!

Special Early Discount on Moving Midway DVD

Go to www.movingmidway.com



BEV PERDUE WILL OPEN GOVERNOR'S MANSION TO THE PEOPLE

When Governor-Elect Bev Perdue was presented with the Raleigh Junior League's plan for her inaugural weekend, she changed things about a bit. In her words, she wanted Saturday, Jan. 10, to be "the people's day all day." "I wanted to have the public swearing in and then the parade and then throw the doors of the Executive Mansion open in the afternoon and invite everyone to come and visit their house that they are going to let Bob and me live in." Consequently, the Inaugural Ball and other ticketed events usually held on Saturday night were rescheduled for Friday. Incidentally, she had high praise for the Junior League — who present the Inaugural Ball — as "wonderfully professional and efficient."

Thousands will show up on Blount Street to get a peek at the 1891 vintage Executive Mansion — one of the finest examples of Queen Anne style, Victorian, "gingerbread" architecture in America. Although plans were still in the making when we talked, the governor assured me there will be treats for kids, and well-wishers will be offered hot cider and cookies to make the inevitable wait more enjoyable.

I was last at the Mansion about a year ago, and it is thrilling to stand where so much history has been made, even if for just a few moments. Portraits of former governors are prominently displayed along with paintings by noted North Carolina artists. An impressive collection of Mansion china and glassware is displayed in cases in the spacious dining room. We owe a continuing debt of gratitude to Mrs. Dan K. Moore for her efforts while First Lady to spruce up the Mansion and furnish it appropriately. She had help from many generous North Carolinians, including her devoted friend Mary Semans of Durham.

It is going to be wonderful to have the lights burning brightly on Blount Street. By the time of the second Hunt administration, First Lady Carolyn Hunt had settled into life on the farm in Rock Ridge, NC, with children and grandchildren and a cattle operation and other family duties. Never particularly gregarious, her heart was

there. The Easleys seemingly never warmed up to the Mansion and entertained infrequently.

"Bob and I love the Triangle, and we want to be a part of all it offers," she said. "And we want to stay involved in Chapel Hill." Bob Eaves, whom she describes as "a wonderful partner, husband and best friend," has put his Chapel Hill home, which he owned prior to their marriage, on the market, and the Grand Old Lady of Blount Street will be their primary res-

member of the group that arranged it. They believed that by having a western residence, the governor would spend more time with them — and they would have more influence in state government circles. The 6000-square-foot stone-and-frame house, which is meticulously maintained by inmates of a state correctional facility, is of modern design, comfortable and has a spectacular view. However, governors have not spent much time there in the past.



idence. Collectively, she and Bob have five grandchildren with a sixth on the way. Family gatherings are sure to be spirited events. What fun it would be to ride a tricycle down the hall and play hide-and-seek in the downstairs public rooms.

During the campaign, Perdue promised residents of Western North Carolina that she would spend time at the Western Governor's Residence in Asheville and conduct business there. She stressed that, although she hails from Down East, she intends to be the governor of all North Carolina. "I also want to take the Council of State up there," she said. She also plans to open an office in Charlotte.

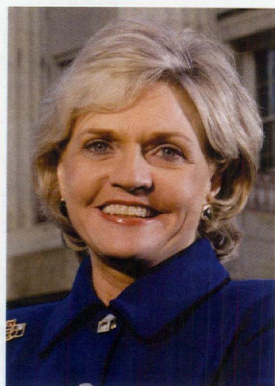
The Western Governor's Residence was a gift to the state of North Carolina from residents of the area decades ago. My friend and old lion of Western North Carolina politics, Wallace Hyde — husband of Ambassador Jeannette Hyde — was a

Perdue's house on the Trent River in New Bern will be the family getaway. "It's on the water, and the kids love it." She says it doesn't get any better than sitting in a favorite rocking chair and looking out over the river.

During the campaign, husband Bob spent a lot of time at her side. A successful businessman, his personality and self-confidence will allow him to be North Carolina's first "First Husband" without being threatened by the notion. He clearly has a great fan in Perdue. "Bob came into our lives at an important time for my boys, who had lost their father. He has been a very stable influence and a role model for them. He is a source of strength for all of us." Bob loves college sports, so look for the first couple in the chancellor's box at games. He is a trustee at Meredith — "We have really come to love it," said the governor — and involved in

other educational projects.

As of this writing, there has been much talk of First Dogs for the White House, but no one has inquired about First Dogs for the Blount Street Mansion. Well, I have the scoop. The new governor will bring with her Dos and Zipper, her Tibetan Terriers. Dos was a gift from Bob after she was elected lieutenant governor. Dos had puppies, and Zipper was the runt of the litter. They kept Zipper. I was briefly introduced to Dos and Zipper a few months ago at the Chapel Hill residence, but my guess is that they do not remember me. By nature, they are a bit boisterous — “watch dogs and barkers,” as the governor described them — and already the governor is thinking about how to contain their enthusiasm in their new digs. I wonder how long it will take for them to have the Highway Patrol officers manning the security desk eating from their hands ... uh, paws?



Perdue is passionate about making the Mansion a hub of activity and using the residence to full advantage to promote the state. That's a happy thought. What a grand place to entertain and showcase North Carolina arts, crafts, culture, food and products. I am guessing that on any given day there may be bluegrass on the porch, chamber music in the entrance hall or a chorus on the staircase.

Is that Johnston County sweet potatoes I smell baking in the oven? Is that Junior Johnson's country ham frying on the stove? Pass me some of those Bertie County blistered peanuts please. She wants to support North Carolina farmers by buying locally as much as possible and urging others to do the same.

When we talked, she already knew about the vegetable garden tucked away in the southeast corner of the Mansion grounds I wrote about in this column

(*Metro*, January 2008). There is a scuppernon arbor there too, so if you are trying to wrangle an invitation to the Mansion, you may want to come in the fall when the grapes are ripe — or after there has been a frost on the collards, turning some of that starch to sugar. On a visit to the Executive Mansion during the last days of the Hunt administration, I espied pineapples growing beside the driveway. I was intrigued. They are not exactly native to the Old North State.

Perdue has an easy way with people, reads them well and enjoys listening. She said she particularly enjoyed the public sessions she held across the state as part of the transition process. She is going to be highly visible, and her schedule will be full. As for management style, “I am going to provide leadership and be very involved in decision making. I am going to be hands-on,” she added. She is serious about getting the state's house in order. “Expect to see me dropping in unannounced.” Between you and me, I would not want to be playing solitaire on my state-owned laptop when the governor stops by. **MM**

Sexspionage: Famous Women Spies and the Ancient Art of Seduction

Keynote speaker Nigel West, author of the forthcoming book *The Historic Dictionary of Sexspionage*

Other speakers include:

BRIAN KELLEY, former CIA counterintelligence officer and intelligence instructor on famous women spies and espionage sex scandals

IC SMITH, former FBI special agent and author of *Inside*, an account of Chinese espionage in the US on the notorious Parlor Maid story

RON OLIVE, formerly counterintelligence officer for the US Marine Corps, NCIS investigator and author of *Capturing Jonathan Pollard* on the role of Pollard's wife

SCOTT CARMICHAEL, Defense Intelligence Agency, lead agent in the Ana Montes Cuban spy case and author of the book *True Believer*

6th Raleigh Spy Conference

March 26-27, 2009

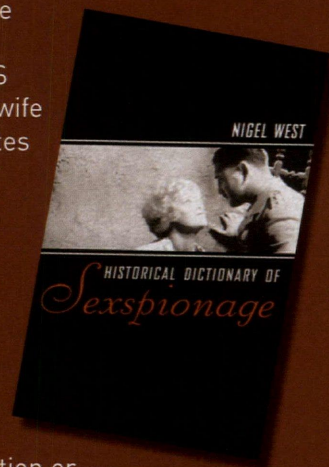
The Museum of History

Ladies Receive a Discount! Go to the web sites for more information



Email maury@metromagazine.net or call 919-831-0999.

Check out www.raleighspyconference.com for more information or go to www.metroinc.com and click on Raleigh Spy Conference





Style

by Maury Jefferson

FASHION NEWS

Benefit Cosmetics introduces BADgal Liner Waterproof Extra Black Eye Pencil and BADgal Waterproof Mascara available in January. Sephora, Belk Department Stores or online at www.benefitcosmetics.com.

A young Durham entrepreneur launches a trendy e-boutique **Clothes Hound**, which offers the latest in women's clothing at affordable prices. Durham.

The racks at **Main & Taylor** are out with shoes marked up to 50 percent off and handbags 30 percent off. Raleigh, 919.821.1556.

Fine Feathers invites customers to a Nina McLemore Trunk Show for spring featuring hundreds of sporty to evening jackets with coordinating pieces and a Linda McMillan Trunk Show of beautiful dresses and suits for ladies Jan. 5-6. Chapel Hill, 919.942.3151.

On Jan. 15-16, **Cameron Clothing** will host a Sara Campbell Trunk Show. Raleigh, 919.829.1511.

Visit Uniquities Jan. 17 from 10 a.m.-7 p.m. for a **Uniquities Attic Sale** of all your favorite designers and brands. Chapel Hill, 919.933.4007.

Don't miss a 25 percent off Coppley Custom Suit and Sport Coat Special at

Liles Clothing Studio during the month of January. Raleigh, 919.510.5556.

January events at **Saks Fifth Avenue**, Raleigh, 919.792.9100:

- **Tarek Abbas Personal Appearance**, Jan. 7, 10 a.m.-6 p.m. Meet Lancôme National Makeup artist Tarek Abbas and have a personal skin care and color update. Call ext. 5371 to reserve an appointment.

- **Shape up Make up for the New Year**, Jan. 11-18. A week of gifts, facials and expert tips from Saks on stress-free beauty, renewed color and healthful living. Ext. 5371.

- **CHANEL Sublimage Spa Events**, Jan 15. From 10 a.m.-5 p.m. join Saks

CHANEL specialist for a one-on-one spa event. Ext. 5362.

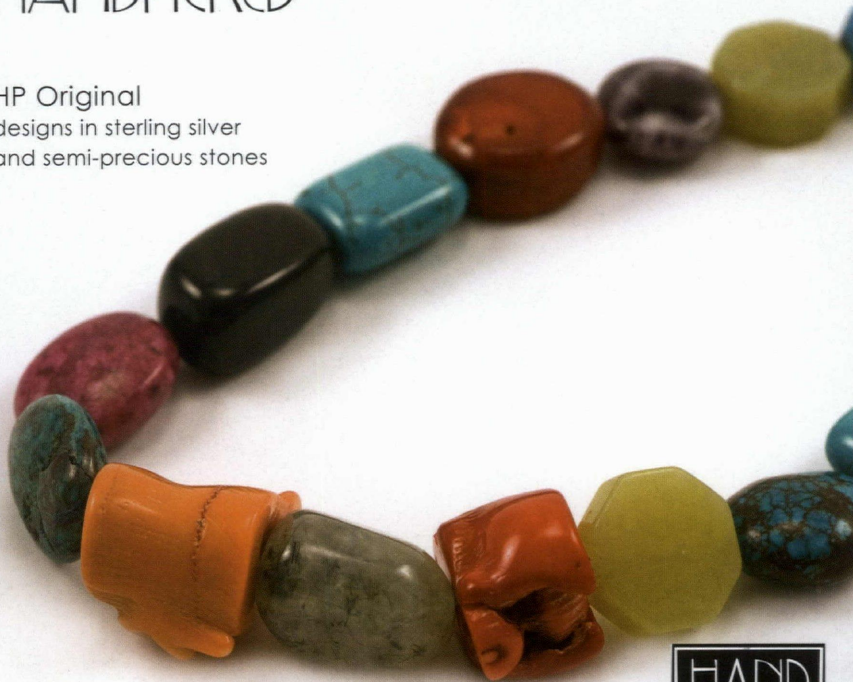
- **Akris Punto Spring 2009 Trunk Show**, Jan. 20 from 10 a.m.-5 p.m. Meet Edwin Gierbolini, Akris Punto representative, and have a personal wardrobing consultation while viewing the spring 2009 collection. Call ext. 5393 to reserve an appointment.

- Reserve an appointment now for a **Bobbi Brown Spring Color Event** on Jan. 29-30 from 10 a.m.-5 p.m. Ext. 5361.

- Reserve an appointment with a **Laura Mercier** specialist for a Spring Color Event Jan. 30-31 from 10 a.m.-5 p.m. Ext. 5362.

HANDPICKED

HP Original
designs in sterling silver
and semi-precious stones



Cameron Village ■ 421 Daniels St. ■ 919.861.0516
Bringing you fun & affordable jewelry for over 20 years!
www.behandpicked.com

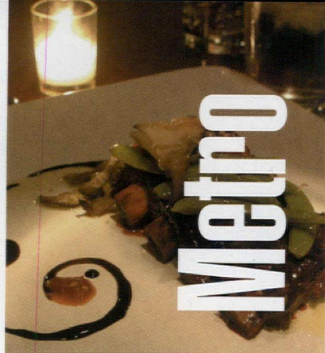


Glow Sunless
Professionally Applied.

2008 METRO MAGAZINE PRESENTS
BRavo AWARDS
Get Your California Tan for Only \$30!

The 4-minute Way to
Flawless Skin Color
Whether you want a full-body tan, bronzed legs, or a sunkissed face,
look no further for your Year Round Customized Skin Tone.

NEW Downtown Location!
Exclusively at **PHYSIOS**
904 New Bern Avenue • 828.1080



Gourmet

by Moreton Neal

Don't Diet in January

PATRONIZE GREAT AREA EATERIES — NEW AND OLD

New Year's resolutions feel anticlimactic this year. Most of us have already tightened our belts, responding to all those pesky financial woes affecting almost everyone's mood and spending habits. We don't need a crystal ball to foresee that some of our favorite eateries may disappear in 2009 — a deeply depressing thought. So depressing, in fact, it makes me want to eat.

If ever there were a time to count dining out as a virtue, this is it. Here's a resolution for you: postpone that January diet! Food enthusiasts are aware of how our spending affects the entire food chain, and how miniscule the profit margin is for local chef-owned restaurants, small farmers and culinary artisans. These folks create beautiful, wholesome food, not just for the bottom line, but for love. It's time to return

the love. Dining at your favorite eatery is both a help to the business and an investment in quality of life in our area.

Luckily, we can eat out and economize at the same time. Even our most upscale restaurants offer delicious bargain fare ... if you pay close attention to the menu. Looking back on the fabulous dishes I've tasted in '08, the most memorable have been the simplest — and often the least expensive.

Even when called "frites," French fries are the last item to catch my eye on a menu. But pilfering from my companions' plates lately I've discovered that this humble side dish can be sublime if the potatoes are fresh and fried correctly (once to cook and a second time to crisp — preferably in lard). Carolina CrossRoads, the Raleigh Times, and Vin Rouge all have French fries well worth the vascular hazards.

Soul-soothing soups and chowders usually cost less than the average appetizer and can be filling enough to substitute for a main course. At La Residence, the almost-solid she-crab soup, an enormous bowl of crustaceous decadence, should put a smile on your face. Savoy's cheesy Lyonnaise-style onion soup is a bone-warming meal in itself. Jujube's spicy curried oyster mushroom, enriched with coconut milk, is something I dream about. The Duck & Dumpling's hot and sour soup may be the best of its genre. It's a little light for a whole meal, but add David Mao's luscious "half fried" dumplings for a satisfying inexpensive supper.

For south-of-the-border cravings, you can't go wrong with any of Dos Taquito Centro's generous tacos. MEZ's delectable fish tacos are ocean-fresh, crunchy and a steal for three bucks at the daily happy hour. The Flying Burrito is back in business this year in its original Chapel Hill



Lionel Vatinet — La Farm

location, reviving its trademark burrito — voluptuous, squishy and invigoratingly spicy. Mellowing out at Carrburritos is easy with a Dos Equis and the freshest guacamole dip around, served with corn-fragrant house made chips. Or skip the *cerveza* and order the potent and tangy Marguerita Carrburrito to escape your dwindling portfolio.

Francophiles can bliss out at Vin Rouge with a glass of house burgundy and country *pâté* served simply with mustard, cornichons and crunchy French bread. The kitchen's roasted beet salad is all that's needed to make the happiest of meals. At the new Coquette, the house made duck liver *pâté* and rabbit rillettes are equally *magnifique*, evoking the illusion of a short hop to Paris. French wines are available there in half liters, a deal for two. Rue Cler's fresh *moules frites*, the savory sauce sopped up with a baguette, is a filling and inexpensive delicacy.

True Southerners know that nothing says comfort like fried chicken, unless it's good barbecue. At The Pit, you can have either — or both. Try "Mama's fried chicken" and Eastern-style chopped pork, paired with The Pit's unique blue cheese slaw. Mama Dip's Country Cooking still serves the best chicken livers in the Triangle. For a bird of a different feather, try the delicately crisp and juicy fried quail at the Carolina Inn, served on the lunch menu with an ample green salad. Mac-and-cheese longings, another symptom of Southern-ness, will find ultimate fulfillment at Poole's Downtown Diner.

Sweet teeth can be satisfied for a pittance with Thai Palace's famously huge portion of creamy coconut cake. Besides other attractions at the Nasher Museum, the café's spiced orange *crème brûlée* is worth the trip by itself. A well-made *crème brûlée* is almost impossible to improve upon, but the Nasher's subtly flavored version is a knockout.

Chocoholics on a budget can get a fix at Heregthy's Heavenly Delicious or at Dolly Mama's handmade chocolate booth at the Durham Farmers' Market. At your nearest Locopop store a mere two dollars will transport you to chocolate nirvana via its divine cinnamon-infused Mexican pop.

Now that we have economized on food,



Rob Bland — Coquette



Alex Gallis — Cypress on the Hill



Jim Anile — Revolution

we can splurge on dinner at one of the promising new restaurants opening early this year in the Triangle. I predict these four will be with us for the long haul.

Revolution, just opened in downtown Durham and a stone's throw from the new Durham Performing Arts Center, is designated a "VIP" restaurant. The former executive chef of Il Palio, Jim Anile and wife Teresa, have struck out on their own with a new concept located in the renovated old Baldwin's Department store. Anile des-

cribes his style as "contemporary global cuisine" reflecting his experience cooking in luxury hotel and resort kitchens from London to Thailand, as well as his Italian family heritage.

Projected to open this month at 308 W. Franklin St., Chapel Hill, **Cypress on the Hill** will bring another upscale fine dining establishment to the block occupied by Lantern and Elaine's. Co-owned by Johnny McCallus and Executive Chef Alex Gallis, the venue promises Southern contempo-

rary cuisine with Mediterranean touches. Gallis, a Durham native, trained at Charleston's Johnson and Wales, then apprenticed in the kitchens of Magnolias and Fish before moving back to his hometown. After two years at Acme, he became Chef de Cuisine at Magnolia Grill before leaving this spring to open his own place.

The new Parisian-style brasserie in North Hills, **Coquette**, is the latest in the stable of the Urban Food Group, owned by Kevin and Stacey Jennings. Rob Bland, a Culinary Institute of America graduate, was recruited as chef de cuisine. "In Bland we found someone whose entire career has been devoted to classic French cooking," says Jennings. The new chef's experience includes cooking at Bistro de L'Etoile Lauriston in Paris and at New York's Brasserie Les Halles. Bland and the Group's Executive Chef Jeremy Sabo have produced a menu of French dishes that are "delicious and have stood the test of time for a reason," according to Jennings. Having tried Coquette's monkfish *pot au feu*, *coq au vin*, rabbit rillettes, among other delights, I can vouch for Bland's skill and intuitive *esprit*

de France.

Master Baker Lionel Vatinet, owner of Cary's popular **La Farm Bakery**, has garnered dozens of international awards for baking over the years, the latest for "best raisin bread in the US." This spring, Vatinet and his wife Missy will fulfill their dream of expanding La Farm with a European-style café. Customers will now be able to sit comfortably and treat themselves to Vatinet's handcrafted breads anytime — croissants for breakfast, tartines at lunch and soups, salads, cheese, charcuterie plates, and pizzas well into the evening — with an appealing French wine list.

NIBBLES

The Umstead Hotel and Spa recently welcomed Paul Kellum as the new chef of Herons, and we look forward to tasting his offerings. A Virginia native, Kellum attended the Culinary Institute of America at Hyde Park and has worked at esteemed eateries including Philadelphia's Morimoto and New York's Restaurant Daniel. A recent sample of Kellum's appetizers showcased the talents of the young chef. Herons'

menu prices create high expectations, and Kellum may be just the right man to meet them. Former Herons Chef Phil Evans is working on plans to open his own restaurant in the Triangle in 2009. *Metro* will keep you posted.

Cooking classes at A Southern Season in January will feature local celebrity chefs Andrea Reusing (Lantern), Brian Stapleton (former chef of Carolina CrossRoads) and Fred Thompson (prolific cookbook author and editor-in-chief of the new *Edible Piedmont* magazine). Check the schedule at www.southernseason.com.

Bloomsbury Bistro joins many Triangle restaurants offering weeknight specials. Dinner for two is available with three courses for only \$50 Mondays through Thursdays. According to Chef/Owner **John Toler**, "It is the same great food you have come to count on over the years at about half the price."

For a sumptuous northern Italian lunch or dinner with attentive service, try the new **Posta Tuscan Grille** in the Marriott convention center in downtown Raleigh. The new restaurant is owned by Gianni and Marco Betti, former proprietors of Antica Posta, one of Atlanta's most prestigious Italian restaurants. For menus and wine dinners, link to www.postatuscangrille.com.

Jibarra, Raleigh's first upscale Mexican restaurant — formerly located on Six Forks Road, plans to open at its new location in the historic Depot downtown Raleigh at 327 W. Davie St. early this year. Jibarra's new concept will include a menu of small plates for casual grazing. Watch for opening date at www.jibarra.net.

Tickets are available now for the **Triangle Wine Experience**, the region's premier wine event featuring tastings, dinners, a gala and a fine wine auction. All proceeds go to the Frankie Lemmon Foundation, a nonprofit organization dedicated to the education and support of children with special needs. To find out more, log on to www.trianglewineexperience.org. **MM**



Salut Ya'll!

**Fifth Annual
BEAUFORT
WINE
& FOOD
WEEKEND**

**April 22 - 26
Beaufort, NC**

**Premiere Winemakers,
Wineries & Celebrity
Guest Chefs**

**Enjoy Wine & Food Tastings,
Fabulous Wine Dinners,
Fine Art, Food & Wine Seminars,
a Fabulous Champagne Brunch,
and more...**

**Tickets & Information,
www.beaufortwineandfood.com**

252.728.5225

RESTAURANT GUIDE

RALEIGH/CARY

18 SEABOARD — 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.

AN — 2800 Renaissance Park Place, Cary. 677-9229. www.ancuisines.com. Chef Michael Chuong showcases his signature 'New World' cuisine, an elegant blend of Southeast Asian flavors and European influences. Voted Best New Restaurant in 2007 by *Metro Magazine* & *Cary Magazine*, Best Appetizers in 2008 by *Metro Magazine*. Lunch Mon-Fri and Dinner Mon-Sat.

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

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

BENTLEY'S AT CROSSROADS — 2007 Walnut St., Cary. 854-0644. www.BentleysAtCrossroads.com. Offering aged steaks and fresh seafood in a casually elegant atmosphere. Lunch M-F from \$6. Dinner daily from \$8. Stunning lounge area. A/V equipped boardroom available for private events. Look for Bentley's clock tower at Crossroads Plaza.

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

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

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

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

Ridge Pkwy., 957-4200; 2240 Walnut St., Cary, 854-9444. Hwy 98 bypass and US1, 11685 Northpark Drive, Wake Forest, 556-8666. Visit Web site online at www.CarolinaAleHouse.com. A family-friendly sports-themed restaurant consistently awarded top honors for its atmosphere, hand-breaded wings, menu selection, and wide variety of ales. Full menu served 11-2 a.m. Daily lunch and dinner specials. Kid's menu 99¢ every Tuesday.

THE DUCK & DUMPLING — 222 S. Blount St., Raleigh. 838-0085. www.theduckanddumpling.com. Over-looking Moore Square, this contemporary Asian Bistro is home to Chef David Mao's unique blend of Chinese and Vietnamese cuisine. Open for Lunch: 11:30 a.m. - 2:30 p.m., M-F; Dinner: 5-10 p.m. T-Th; 5-11 p.m. Fri-Sat.

GIANNI & GAITANO'S — Towne North Shopping Center, 8311 Creedmoor Rd, Raleigh. 847-8223. Wakefield Shopping Center, 14460 Falls of Neuse, Raleigh. 256-8100. Presented by the Cinelli Family, the unique environment at these three locations offers a choice of family or adult dining and authentic family recipes. Guests can enjoy an inspiring wine list and only the finest and freshest ingredients. Open for Lunch: M-Sat 11 a.m.-4 p.m.; Dinner: M-Th 4-10 p.m., F-Sat 4-11 p.m.; Sun Noon-9 p.m.

GLENWOOD GRILL — 2603-151 Glenwood Ave. at Oberlin Rd. 782.3102. glenwoodgrill.com. Head Chef John Wright continues to add new and exciting offerings to our new Expanded Menu. Open Mon-Fri for Lunch, Mon-Sat for Dinner. Available on Sundays for Private Parties, from stand-up Buffets to sit-down Dinners.

GLOBE — 510 Glenwood Avenue Suite 103, Raleigh. 836-1811. Chefs Heath Holloman (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!"

HERONS — 100 Woodland Pond, Cary. 447-4200. www.héronsrestaurant.com. Now open at The Umstead Hotel and Spa offering modern American cuisine with regional influences and an extensive wine selection. Live music and classic cocktails in the bar.

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. Online at www.margauxsrestaurant.com

MIDTOWN & BAR 115 — 4421-115 Six Forks Road, Raleigh. 782-WINE. www.midtownandbar115.com. Recognized as one of the "Best Places for a Power Lunch," by *Metro Magazine*, Midtown offers the experience of a New York bistro and bar in the heart of Raleigh's new midtown. Enjoy metropolitan cuisine and distinctive wines served by a professional wait staff. Lunch and Dinner Mon-Sat. Bar 115 open until midnight Thurs-Sat.

THE MINT RESTAURANT — 219 Fayetteville St. Raleigh. 821-0011. www.themintrestaurant.com Tues-Sat. 6 p.m.-10 p.m. The Mint in downtown Raleigh offers contemporary fine southern dining with global influ-

ences. Executive Chef Jeremy Clayman presents new and exciting culinary combinations paired with The Mint's unflappable service standards.

NINA'S RISTORANTE — 8801 Leadmine Rd., Raleigh. 845-1122. www.ninasristorante.com. Vibrant flowers, paintings and hand-crafted sculptures are arranged throughout the terra cotta walls of the restaurant. The restaurant provides the ever-growing area with Tuscan Cuisine that is heavy on flavor and light on the ingredients, *Wine Spectator* Award of Excellence 2000-2006. Hours of operation M-Sat. 5-10 p.m.

NOFO MARKET AND CAFE — 2014 Fairview Road, Raleigh. 821-1240. Cafe, bar and deck seating. Award-winning salads, soups, sandwiches and entrees. "Best Brunch," "Best Eggs Benedict," "Best Bloody Mary," *Metro Magazine*. Lunch M-F, Brunch Sat & Sun, Dinner M-Sat.

THE PIT — 328 W. Davie St., Raleigh. 890-4500. www.thepit-raleigh.com. Country meets city with down-home barbecue offered as a gourmet meal to be savored. Featuring legendary pitmaster Ed Mitchell's authentic NC pit-cooked barbecue, complemented by creative, seasonal appetizers and sides. Enticing beer and wine selection. Open for Lunch 11:30 a.m. - 5 p.m., M-F; Dinner: 5-10 p.m., M-Th; 5-11 p.m. Fri - Sat.

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

SAINT JACQUES — 6112 Falls of Neuse, North Ridge Shopping Center, Raleigh. 862-2770. www.saint-jacquesfrenchcuisine.com. Owned and operated by French native, Lil Lacassagne - fine dining at its best. Voted "Best French Food in the Triangle - 2006 by *Citysearch* and "Best French Restaurant" in *Metro's* Bravo awards. Lunch and Dinner served Tues-Sat.

SAVOY — 7713-39 Lead Mine Rd., Raleigh 848-3535 www.restaurantsavoy.com. Smoke-free lunch M-F and dinner M-Sat. Chef brothers Peter Gibson and Marshall Smith make everything in-house, including breads and desserts. The contemporary menu features farmer's market produce and seasonal entrées. Convenient N. Raleigh location for business or pleasure! Classic. Simple. Delicious.

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

SHERATON RALEIGH HOTEL — The Grove Café - 421 South Salisbury Street, Raleigh. 834-9900 Located on second floor of the Sheraton Raleigh Hotel, serving Breakfast, Lunch, and Dinner in an open atrium atmosphere. The cuisine is American Continental, serving a daily Breakfast & Lunch Buffet, and a complete menu for all day dining. Also enjoy live entertainment on Wednesday nights in The Bar.

RESTAURANT GUIDE

SOLOMON'S RESTAURANT — 7333 Six Forks Rd., Raleigh. 844-4977. 4610 N. Capital Blvd., Raleigh. 790-0090. 10410 Moncreiffe Rd., Raleigh. 313-1381. 780 W. Williams St., Apex. 249-2433. Visit Web site online at www.solomons-restaurant.com. Offering a combination of the Mediterranean with the sophistication of the city. Enjoy dishes prepared using only the finest, fresh ingredients in an indulgent, casual atmosphere. Wine list and outdoor seating available. Open for Lunch and Dinner.

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. 833-2888. The atmosphere at Sullivan's resembles a 1940s steakhouse, featuring fine steaks and seafood. Enjoy the unparalleled martinis and live jazz played seven nights a week.

SUSHI BLUES — 301 Glenwood Ave., Raleigh. 664-8061. www.sushibluescafe.com. A Glenwood South Original located downtown for 10 great years. Featured in *Southern Living Magazine*, *Esquire*, *Rachel Ray Magazine*, *The Independent*, *News and Observer* and *Spectator*. Voted best sushi by readers of *Metro Magazine*, *Citysearch*, *Spectator*, and *The Independent*.

TAVERNA AGORA — 6101 Glenwood Ave., Raleigh 881-8333. www.TavernaAgora.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.

TROPICAL SMOOTHIE CAFÉ — 1028 Oberlin Rd., Raleigh. 755-2222. 6910 Fayetteville Rd #148, Durham. 806-1173. www.tropicalsmoothiecafe.com. More than just great tasting smoothies. Offering high quality, healthy alternatives to regular fast food. Gourmet wraps, specialty sandwiches and salads are made with the highest quality Dietz and Watson meats and cheses. Come early to enjoy breakfast wraps and bagels — catering available.

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

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

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

DURHAM/APEX/MORRISVILLE

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.

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

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

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

TAVERNA NIKOS — 905 W. Main Street, Durham. 682-0043. NIKOS TAVERNA- 4075 Davis Drive, Morrisville. 462-1148. www.nikostavernainc.com Executive Chef Georgios S. Kastanias. Family-owned restaurant featuring authentic Greek specialties. Showcasing a new menu with a wide variety of entrées, as well as nightly specials — the perfect place to experience traditional Greek dining.

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

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

PANCIUTO — 110 C. Churton St., Hillsborough. 732-6261. www.panciuto.com. Fine dining blending Italian recipes with local ingredients, prepared fresh daily. Pastas, breads, desserts made on-site. Wine, beer, mixed beverages available. Upscale yet comfortable "old world" style dining room. Opens 5:30 p.m. for dinner, Wed-Sat.

PENANG - MALAYSIAN, THAI & SUSHI — 431 W. Franklin St., Chapel Hill. 919-933-2288. Online at www.penangnc.com. Surprising balance of Southeast Asian spices and fruits. Intriguing menu based on family recipes, with curries, noodles, soups and sushi. Attractive, open atmosphere, vegetarian options and weekday lunch specials. "4 ½ Stars" from CitySearch. Open daily.

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

BEYOND THE TRIANGLE

AQUA — 214 Middle Lane, Beaufort, NC 28516. 252-728-7777. www.aqualexperience.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. 6 p.m., Fri. & Sat. 5:30 p.m.

BEAUFORT GROCERY CO — 117 Queen St., Beaufort. 252-728-3899. www.beaufortgrocery.com Beaufort's oldest and continuously operating fine dining restaurant since 1991. Specializing in regional cuisine fused with global techniques and influences. Lunch M, W-Sat 11:30-3 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 Swain's eclectic menu includes references from Asia, France and America. For a balanced plate, enjoy a well-matched wine to accompany your entrée. Dinner Tues-Sat.

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

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

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

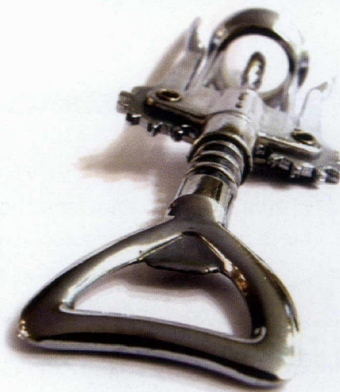
FRONT STREET GRILL AT STILLWATER — 300 Front St., Beaufort. 252-728-4956. Visit Web site online at www.frontstreetgrillatstillwater.com Historic Waterfront Bistro showcasing New World Cuisine. Perennial winner of the prestigious *Wine Spectator* Award of Excellence, serving lunch and dinner daily with inside and outside dining. New floating docks and outside waterfront bar.

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

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

Cork Report

by Barbara Ensrud



Interesting Year For Wines:

RED OUTSELL WHITES; NEW CONTAINERS; SPECIALTY SHOPS EMERGING

What a year! Early in 2008 we were flying high from rising gas prices to the stock market. In the fourth quarter, we plunged into a recession (we hope nothing worse) that will last well into this new year — and undoubtedly will affect the global wine market.

It was an interesting year for wine in many respects.

Several milestones were celebrated in 2008 by some of America's most notable wineries. **Trefethen Vineyards** in Napa Valley celebrated its 40th anniversary. One of the foremost estates of California's modern era, Trefethen made its name initially with graceful, well-balanced Chardonnays. The **1976 Trefethen Chardonnay** won Gault-Millau's top award for its 1976 Chardonnay. Still a producer of sought-after Chardonnay, Trefethen has become increasingly known for deeply concentrated ageworthy red wines, such as the **Hillside Cabernet Sauvignon** and the excellent red blend **HaLo**.

Gundlach-Bundschu, one of Sonoma's oldest wineries, celebrated its 150th anniversary in 2008. Still family controlled, with Jeff Bundschu at the helm, G-B produces solid reds and balanced whites from their large estate in Sonoma Valley, the **Rhinefarm Vineyard**. Highly recommended: **Gundlach-Bundschu Merlot, Cabernet Sauvignon and Pinot Noir**, \$25-35 a bottle.

Wente Vineyards, another venerable name in California wine, was founded 125 years ago in Livermore Valley east of San Francisco Bay. I have strong and affectionate memories of Karl Wente, the handsome and soft-spoken grandson of the founder; he reminded me of my own father. Wente

steadily evolved over its 125 years, from the days when Wente Grey Riesling was perhaps the best-selling white varietal in the US — to today, with the fifth generation in charge producing excellent **Merlot, Syrah and Cabernet Sauvignon**. A destination if you're in the Bay Area, known for its excellent restaurant and golf club.

TRENDS IN PROGRESS FOR 2009 AND BEYOND...

Red Over White

Red wine sales outpaced whites — 121 million cases to 118 — for the second year in a row. From 1976 to 2006, white wines outsold reds, in some years by a very large margin. The shift back to red is largely due to scientific studies showing the health benefits of drinking red wine. This trend will hold and likely grow this year. And wine drinkers will of course be looking for the best bang for their buck.

VALUES IN RED WINES FOR 2009:

Pressures on pricing will undoubtedly lead to something of a wine glut, so be on the lookout for markdowns in all categories and stock up.

MALBEC. Though limited production of reserve-style Malbecs can fetch \$45 and more, Argentina's best-known red offers excellent value in the \$10 to \$15 range. Solid, meaty Malbecs are great for grilled meats. Recommended: **Graffigna, Colombé, Gascon, Trapiche, Terrazas**

SPAIN. Terrific reds from Spain continue to spill into the US — Garnacha, Tempranillo, Monastrell — from Spain's copious production in **Navarra, La Mancha, Ribera del Duero**. Not to forget **Rioja**,

which offers some of the *most* food-friendly wines at affordable prices, such as the **2006 Loriñon, Conde de Valdemar, El Coto, Campo Viejo Reserva 2004**.

SOUTH OF FRANCE.

2007 was an outstanding vintage in the southern Rhône, but 2006 had warm friendly flavors too. Look for reds from **Côtes-du-Rhône, Côte du Ventoux, Corbières, Costières de Nîmes**.



EMERGING WINES

AUSTRIA. If you haven't tried crisp, piquant **Grüner Veltliner**, Austria's unique white wine, this may be the year for it as Asian and fusion cuisines continue to gain popularity. Grüner Veltliner (*groom-er velt-leaner*) is drier than Riesling or Pinot Gris, fuller in flavor than Pinot Grigio and a great match with oriental flavors. Appealing by itself, too. There are many good ones. Specially recommended: **Laurenz V 2007 Singing Grüner Veltliner, \$13**.

Austria also produces outstanding **Riesling** in styles off-dry to lightly sweet to very sweet.

OTHER TRENDS:

SPECIALTY WINE SHOPS ... are popping up in the Triangle. As with such well-established leaders as The Wine Merchant in Raleigh, Chapel Hill Wine Company and Wine Authorities in Durham, the emphasis is on individual service and hand-picked wine selections.

3 Cups (wine, coffee and tea) has attractive new digs in Chapel Hill's Village Gate shopping center between Highways 15-501 and Franklin Street (near Whole



Foods). The wine selection is not large, but it is thoughtful and well-focused.



Very attractive buys in the \$12 to \$18 range. Tasting flights are offered daily at varying price levels. Check out: **Devil's Corner 2006**

Pinot Noir from Tasmania, \$14.99. Complete inventory is online at www.3cups.net. You can place an order online, and they will have your bottles ready for pickup and payment at your convenience.

BrandyWine Cellars, Renaissance Center across from Southpoint Mall (www.brandywinecellars.com). BrandyWine reminds me of Spain's *bodegas*, as wine bars and wine shops are known there. Attractive recessed stucco niches line the walls, stacked with black metal shelving filled with intriguing wines. A horseshoe-shaped bar in the center and an area of high-table seating proves inviting at the shop's frequent specialty tastings.

ECO-PACKAGING: The "greening" of the marketing world certainly extends to wine.



In an effort to reduce their "carbon footprint," more companies are turning to alternative packaging: boxes, plastic bottles, even cans (from Australia, where else?).

It's the consumer's call, of course, but I will have none of this! I only drink wines shipped in glass bottles — and only drink them out of genuine glass, whether

tumblers or stemmed glasses, since it is my belief that alcohol beverages leach synthetics out of plastic containers and possibly aluminum cans. Though beer is served in cans, wines have more alcohol than beer — by a lot, double or more the amount.

I also find that the taste and aroma is negatively affected, especially aroma, a major aspect of the enjoyment of wine. Granted, those who start out drinking wine from cans or plastics probably won't notice a difference — but they don't know what they're missing!

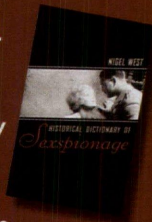
The advance I do applaud in wine packaging is the move by **Fetzer Vineyards'** to *lighter* glass — real glass but thinner, reducing bottle weight by 16 percent for its value line, Valley Oaks Merlot, Pinot Noir, Sauvignon Blanc and other wines. Fetzer has won several eco awards for being a leader in waste reduction, water conservation, recycling and other sustainable practices.

Best wishes for the New Year — may it abound with good bottles and good friends to share them. **MM**

Sexspionage: Famous Women Spies and the Ancient Art of Seduction



Keynote speaker Nigel West, author of the forthcoming book *The Historic Dictionary of Sexspionage*



6th Raleigh Spy Conference
March 26-27, 2009
The Museum of History

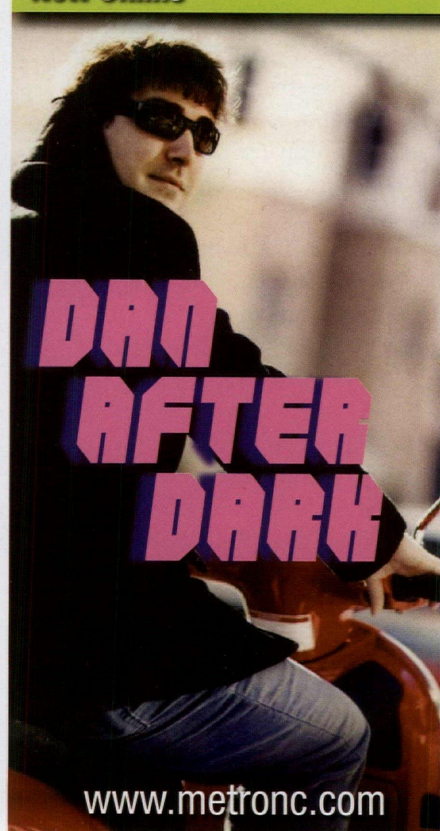
Ladies Receive a Discount!
Go to the web sites for more information

Email maury@metromagazine.net
or call 919-831-0999

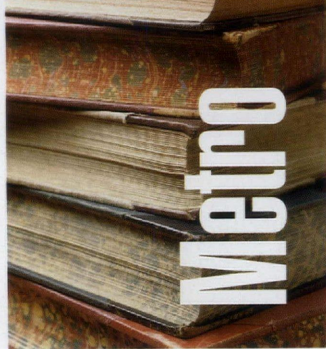
Check out www.raleighspyconference.com
for more information or go to
www.metronc.com and click on
Raleigh Spy Conference

919-831-0999 www.metronc.com

New Online



www.metronc.com



Books

A NEW LOOK AT THE SIXTIES

by Arch T. Allen

If you remember the sixties, you weren't there." That statement, attributed to godfather-of-the-'60s Timothy Leary, as well as to child-of-the-1960s Robin Williams, refers to the hallucinogenic haze that distorts some memories of the decade. Through that haze, however, many people who were there do remember the decade, although with different memories. With his '60s radical heart still beating to the decade's music, Todd Gitlin recalled it romantically in *The Sixties: Years of Hope, Days of Rage* (1987). In contrast, former '60s radicals Peter Collier and David Horowitz recalled it with horror in *Destructive Generation: Second Thoughts About the '60s* (1990). Whatever the memories, impacts of the decade continue. As explained by Roger Kimball in *The Long March: How the Cultural Revolution of the 1960s Changed America* (2001), the '60s "did not end when the last electric guitar was unplugged at Woodstock."

In *The Sixties Unplugged*, historian Gerard DeGroot looks at the '60s "unplugged, free of the amplifiers, synthesizers and filters that hide imperfection and distort meaning." Too young to have been plugged-in during the '60s, DeGroot is old enough now to be a detached scholar of the decade. Thus, DeGroot undertook "the history of a decade, not an idea," while for others the idea of the '60s is an ideology defined by faith. Separating facts from that faith, he concludes that the '60s "lacked coherent logic" and that the prevailing narrative of the decade as idealistic ignores many inconvenient facts.

In his "kaleidoscopic history of a disorderly decade," he gives his reinterpretation of the era by, as the book's subtitle suggests, turning his kaleidoscope so that a new pattern emerges. Some examples: DeGroot turns the kaleidoscope from the prevailing pattern that defines the decade through the song "Give Peace a Chance" to a new pattern revealing that "The Ballad of the Green Berets" was a bigger seller. Similarly, in the prevailing pattern the leftist Students for a Democratic Society (SDS) is prominent, but the new pattern shows that SDS was outnumbered by the conservative Young Americans for Freedom. SDS is portrayed in the prevailing pattern as having advocated equal rights for women, but that image is belied by DeGroot's exposure of SDS leader Tom Hayden's arrival at an SDS rally demanding that a young woman wash his dirty laundry. At another rally, when a young woman took the stage to advocate women's rights, the mostly male crowd shouted, "Get her off the stage and f*** her." And DeGroot exposes the hallowed San Francisco

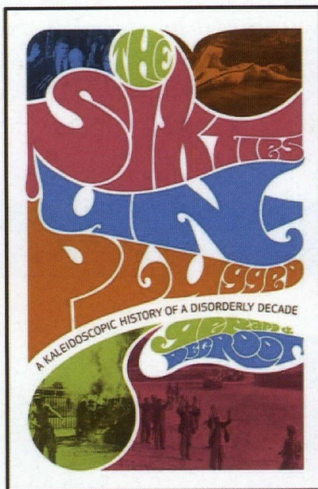
"Summer of Love" as a mass rape of young, drugged-out teenage runaways from Middle America.

Even facts we knew before DeGroot turned his kaleidoscope become clearer through his lens. He clarifies how the heroic and non-violent civil rights movement gave way to the black power movement and the hedonistic and murderous Black Panthers. The student free speech movement morphed into rebellion on campus, where college presidents capitulated to student demands made under the mantra, borrowed from a LeRoi Jones poem, "Up against the wall, motherf*****." Peaceful protests of the Vietnam War were usurped by subversive violence at the Chicago Democratic Convention. Soon to follow the '60s "days of rage" were the Weather Underground's terrorist bombings of the Pentagon and the Capitol.

We Americans remember the '60s mainly for the early civil rights movement, Martin Luther King's "I Have a Dream" speech in 1963, the assassination of President John F. Kennedy in 1963, the expanded American involvement in Vietnam beginning in 1965, the assassinations of Martin Luther King and Robert F. Kennedy in 1968, the "days of rage" later in 1968, and Woodstock in 1969. But DeGroot, an American who is a professor of modern history in Scotland, reminds us of the international aspects of the '60s. His kaleidoscope refocuses to include worldwide events, including Mao's Communist Cultural Revolution in China, "Rudi the Red's" attempted communist revolution in West Berlin, leftist student riots in Paris, and disaffected communist protesting in Prague for "socialism with a human face." While across America and Western Europe as socialism and rock music inspired many '60s youth to reject capitalism and parental authority, in Prague

their counterparts heard not the liberating beat of rock music but the intimidating roar of Soviet troops and tanks sent to save the communist order and suppress any hope of "socialism with a human face."

Sixties youth "worshipped Dylan, Che, Lenin and Lennon," DeGroot explains, and he uses the music of the decade to illustrate his points. He interprets John Lennon's "Revolution" as meaning that Lennon did not want violent emulation of Mao's Cultural Revolution, while he notes that Mick Jagger's "Street Fighting Man" was inspired by Jagger's having thrown stones at a riotous protest. While the '60s music plays on, DeGroot leaves to his readers whether his kaleidoscopic interpretations should be "incorporated into a fresh synthesis or simply ignored."



The Sixties Unplugged:
A Kaleidoscopic History of a Disorderly Decade
by Gerard J. DeGroot (2008,
Harvard University Press,
508 pp.)

They should not be ignored. Although he concludes that the decade was “an era of magnificent futility,” he adds that there were some significant consequences. Prominent among them, and certainly a consequence unintended by the '60s radicals, was the political rise of Ronald Reagan and Margaret Thatcher. And the '60s cultural revolution, as critic Kimball observes, “lives on especially in our educational and cultural institutions, and in the degraded pop culture that permeates our lives like a corrosive fog.” In our higher education institutions, dominated for decades by “tenured radicals” from the '60s, American college students became, in historian Alan Charles Kors' words, “the victims of a generational swindle of truly epic proportions.” Helping perpetuate that swindle is tenured radical Bill Ayers, who emerged from his Weather Underground terrorist past as an education professor. Ayers, a self-described “small-c communist,” now preaches socialist revolution as “education reform.”

As the '60s live on, DeGroot's unplugged and kaleidoscopic history helps us understand the decade. But to unscramble the code of its remaining secrets, another looking

glass must be focused on the decade's “movement” for socialist revolution by studying the effects on the “movement” of Soviet “active measures” — insidious efforts to undermine America and other Western countries from within — or as Bill Ayers' wife and fellow terrorist Bernadine Dohrn put it, from within “the belly of the beast.”

We know from recent histories that Soviet active measures were extensive. Former Soviet KGB general Oleg Kalugin, who defected and is now an American citizen, has acknowledged (including an appearance at the 2003 Raleigh Spy Conference) that Soviet Communists pumped millions of dollars into active measures to promote socialist revolution in America. In Ayers' memoir, *Fugitive Days* (2001), he obliquely mentions “mother country radicals here in the heartland” who directed the “movement.” Ayers' words are clearly euphemisms for Soviet agents in America. Yet, while much has been written about the '60s, the history of active measures and their effects on the “movement” remains to be written. Fortunately, a former CIA agent is working on such a book. It will likely show the '60s in yet another light. **MM**

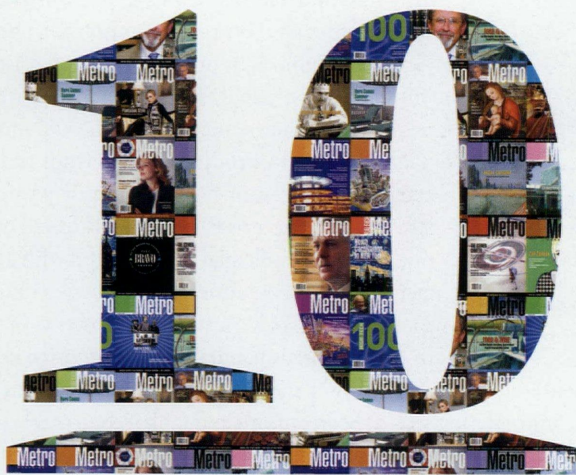
Briefly Noted

The '60s and the Vietnam War

The Vietnam War defined the '60s for many, and *The Sixties Unplugged* looks back upon the war among other events of the decade. But DeGroot earlier published a fuller account of his assessments of the war, *A Noble Cause? America and the Vietnam War* (1999). Although DeGroot may be viewed as a revisionist regarding his history of the '60s, he is orthodox in his view that America's massive involvement in Vietnam was a mistake.

In contrast, Mark Moyer reaches provocatively unorthodox conclusions in *Triumph Forsaken: The Vietnam War, 1954-1965* (2006). Drawing on new evidence, including materials from the communist side, Moyer rejects the orthodox view that American involvement was wrong and unjust. Moyer will follow *Triumph Forsaken* with another volume dealing with post-1965 events in the war. Moyer's history, published by Cambridge University Press, is an expansion of studies he undertook for his dissertation while earning his doctorate at Cambridge. **MM**

METRO MAGAZINE CELEBRATES 10 YEARS SERVING THE TRIANGLE TO THE COAST.



<VISION>

Each month of our 10th Anniversary year, Metro will highlight a different “vision” feature along with great content Metro readers have come to expect. We will cover each of the Triangle cities as well as Eastern North Carolina and the coast. Other features include special coverage of our MetroBravo Awards, a Real Estate Guide, Medical “vision”, Fashion, Cultural Review, Education and a special Writer's Review Collectors Edition.

Metro

Call your sales rep for information on advertising at 831-0999.



Clancy & Theys Construction Company, a general contractor and construction manager based in Raleigh with offices in Newport News, VA, and Wilmington, NC, has become a partner in Camp Challenge, a project of the North Carolina Bankers Association that teaches low-income children financial literacy; reading, writing and speaking skills; character development; citizenship; conflict resolution; leadership and entrepreneurship. Go to www.ncba.com or www.campsertoma.org for more information.

The Competitive Enterprise Institute is challenging the tobacco Master Settlement Agreement (MSA) in federal district court on the grounds states failed to obtain Congressional approval for the deal under Article I, Section 10 of the US Constitution. The agreement was signed 10 years ago this month by 46 state attorney generals and major tobacco companies imposing a \$250 billion hidden tax on smokers and set up a cartel between the states and big tobacco without any elected official openly taking responsibility. Go to www.cei.org to learn more.

American League All-Star **Josh Hamilton**, who returned to baseball after missing four seasons with drug and alcohol addictions, has started Triple Play Ministries. Hamilton will host a series of baseball camps for children ages 12-18, providing tips on batting, fielding and base running, while encouraging young people to make good choices in life through his message about "people, places and things."

The goal for 2009 is to donate up to \$80,000 to *Arise Africa* in Uganda to help complete the second phase of an orphanage to house 50 homeless children. Contact tripleplayministries@yahoo.com for more information.

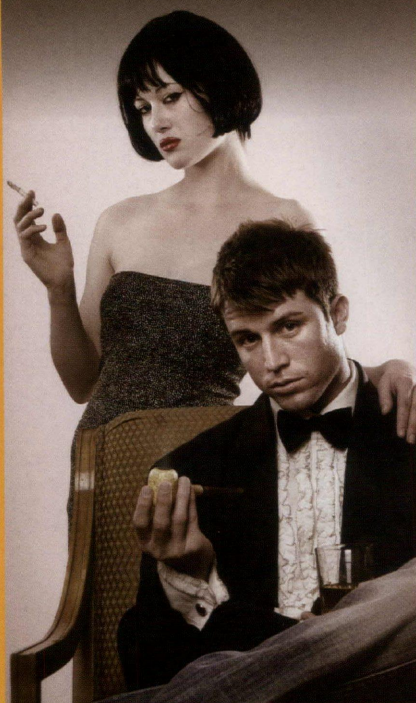
The NC Coastal Federation and Emerald Isle Realty are sponsoring "Protecting Our Threatened Landscapes," a photo contest calling for shutterbugs to submit a digital photo of the place they most want to see protected along the North Carolina coast. First prize is \$500 for the first-place winner, with finalists published in the 2009 State of the Coast Report. The contest is open to photographers 18 and older. Deadline for submitting photographs is April 15. For more information, rules and an entry form, visit www.nccoast.org.

Linda Pierce Ilsley has established LPI Events LLC with offices in Clemmons, NC, and Raleigh providing destination management services including teambuilding activities, tours, ground transportation, themed events, event branding and entertainment.

Sajith M. Wickramasekara and Andrew Y. Guo, both seniors at the North Carolina School of Science and Mathematics in Durham, won the team category of the National Finals of the 2008 Siemens Competition in Math, Science & Technology. The two will share a \$100,000 scholarship for their research that helps easily identify and improve new chemotherapeutic drugs. The team's project combined traditional genetics with computational modeling to streamline the gene discovery process. Their project is titled, "A Functional Genomic Framework for Chemotherapeutic Drug Improvement and Identification."

The Women's Networking Forum event — "Lipstick, Pantsuits and Politics" — held at the Raleigh City Museum in November included Dr. Barbara True-Weber, professor of history and political science at Meredith College; Laura Leslie, state political reporter at NC Public Radio; Dr. David McLennan, professor of communication and political science at Peace College; and political consultant Gary Pearce. The event was sponsored by the law firm Hunton & William LLP. For more information on the forum, contact jayme.burnett@fleishman.com.

Sexspionage: Famous Women Spies and the Ancient Art of Seduction



Keynote speaker Nigel West, author of the forthcoming book *The Historic Dictionary of Sexspionage*



6th Raleigh Spy Conference
March 26-27, 2009
The Museum of History

Ladies Receive a Discount!

Email maury@metromagazine.net
or call 919-831-0999

For more information go to
www.raleighspyconference.com
or www.metronc.com



919-831-0999 www.metronc.com

My Usual Charming Self

by Bernie Reeves

JIM TURCOTTE



REVERSAL OF FORTUNE

Franksy, I'm furious after paying property taxes with rates and valuations raised during the real estate spike. Now home prices are down significantly as we suffer through an economic collapse you'd expect in a banana republic or an African kleptocracy. It's as if the socialists have come back to win the day riding the wave of grossly unfair tax increases that will make government employees the highest paid middle class workers in America – and on the backs of the productivity of the citizens they allegedly serve. How's that for irony? We now really do work for a government that rarely works for us.

Relatively speaking, Zimbabwe could be faring better economically than our so-called Western democracies in the wake of the big meltdown. But at least in the former British-run Rhodesia there is only one Mugabe. The deranged African crook is mortal and surely will pass away, but in the US our schools are breeding thousands of graduates looking to be care-givers for the government or petty criminals heading for Wall Street. Granted, we haven't suffered a cholera outbreak now inflicting Zimbabweans, but our "provider" society and the cutpurses and their criminal conspiracies in finance continue to infect the common weal as the current economic pandemic continues to wobble searching for a bottom.

Those howling in the wilderness of the coming consequences might as well have been eating locusts and wearing loincloths for all the attention they received. Who was listening were the moneychangers in the temple of the American financial system who exacerbated the crisis by doing what they do best – jumping in the fray with both feet to manufacture a basically illegal investment instrument out of the bad mortgages.

Already we have enough unindicted crooks to fill Leavenworth from this mortgage-induced scandal, but aren't the moronic bankers and investment advisors who bought these

instruments as guilty as the investment bankers who sold them? Ever met a mid-level analyst for a huge pension-profit sharing firm? I have, so take my word they represent the glittering heights of mediocrity. Ensconced in their ivory towers – surrounded by computers, flow charts and MBA degrees – they resemble professors who think they know everything because they've never been tested in the real world where they would last about three hours in a confrontation with a normal human. A coal miner or a hair stylist would know better than to purchase investment units comprised of bad mortgage loans, simply because they would ask why are the interest returns so high: because most of the loans in the packages carry high rates because they are risky and probably no good.

But the petty apparatchiks at huge banks and investment firms failed to ask that basic question and bought them in the billions because the high returns looked good to their bosses. Then everything hit the fan as the packages became unstrung by massive loan defaults. But there's more. As this ponsy scheme unfolded, we discovered that respected names on Wall Street were also engaged in criminal short-selling to line their own pockets by driving good companies out of business. As if that wasn't enough, the same crowd – and others – were making illegal bets with other people's money with credit default swaps, basically a gambling operation outlawed 75 years ago in which fast and loose executives make a market out of betting on the demise of stocks, new issues and insurance claims. The icing on the corrupt cake is made of executive salaries in the financial sector that would embarrass even Mugabe who thought he knew how to steal money – until he heard of the obscene amounts burgled by our crowd.

All the king's men and the all the king's horses are trying to put the splat from Humpty-Dumpty's fall back together again, but success is spotty. Hell-bent to save the financial system first, the Feds have gorged up more cash than the Gross Domestic Product of a medium-sized country to feed the banks who are supposed to feed the system with credit to jump-start the economy. But the banks aren't lending, and they aren't saying what they are doing with our money. Of course banks haven't been lending to customers in the conventional sense in 15 years anyway, a shock I'm sure to federal financial officials and the White House – but not to the majority of Americans who can't land a 90-day

note. No, banks have been nabbing deposits and new investor money willy-nilly and then leveraging deposits 30 to 1 and acting like an investment bank – ie. Lehman Brothers (RIP) by trading in global investment interests. And you thought banks took in deposits from local customers and lent it out to other local customers. You are misinformed.

Instead of lift-off to recovery, the "bail-out" has left the rocket on the launch pad all gassed and nowhere to go. Banks are holding dollars our financial grandees proffered (derived from our taxes), the stock market is looking more like a Keno Board than an investment option, interest rates are so low no one can save money (and whatever happened to compound interest anyway?) and the cash you place in a bank is a deteriorating asset eroded by inflation anyway. And underneath any option the dazed citizens chooses there lurks some of the sleaziest and incompetent financial manipulators since the Italian bankers of the Renaissance.

In other words, you can't trust anyone anymore. And now you see why Christians were forbidden to lend money for centuries. Money made off money – when there is no tangible product created – creates an immoral edifice of greed and unethical behavior. At least the auto makers actually produce something, yet our financial elite stated firmly the "bail-out" was for financial institutions only. While we don't want to save the Detroit 3 just to protect the corrupt unions who actually control the industry, it makes better sense than dishing out more money to the felons who have disrupted and distressed just about every person and company in this country.

And as I wrote before, why aren't the Wall Street crooks, the Fannie Mae and Freddie Mac profiteers and the complicit elected government officials hauled up before a televised Congressional hearing like the Kefauver Committee of the 1950s that exposed organized crime to the world? The mafia seems like wayward children compared to the crime syndicate that brought down the greatest economy in history – and kept most of the money for themselves.

NOTES FROM LA-LA LAND

Thanks to the *News & Observer* for their series on the **scandal at the parole division** where incompetency served as an accomplice to the death of UNC student body president Eve Carson. Has anyone been fired? **MM**

(Read commentary by Bernie Reeves in his *Between Issues* column at www.metromagazine.com.)

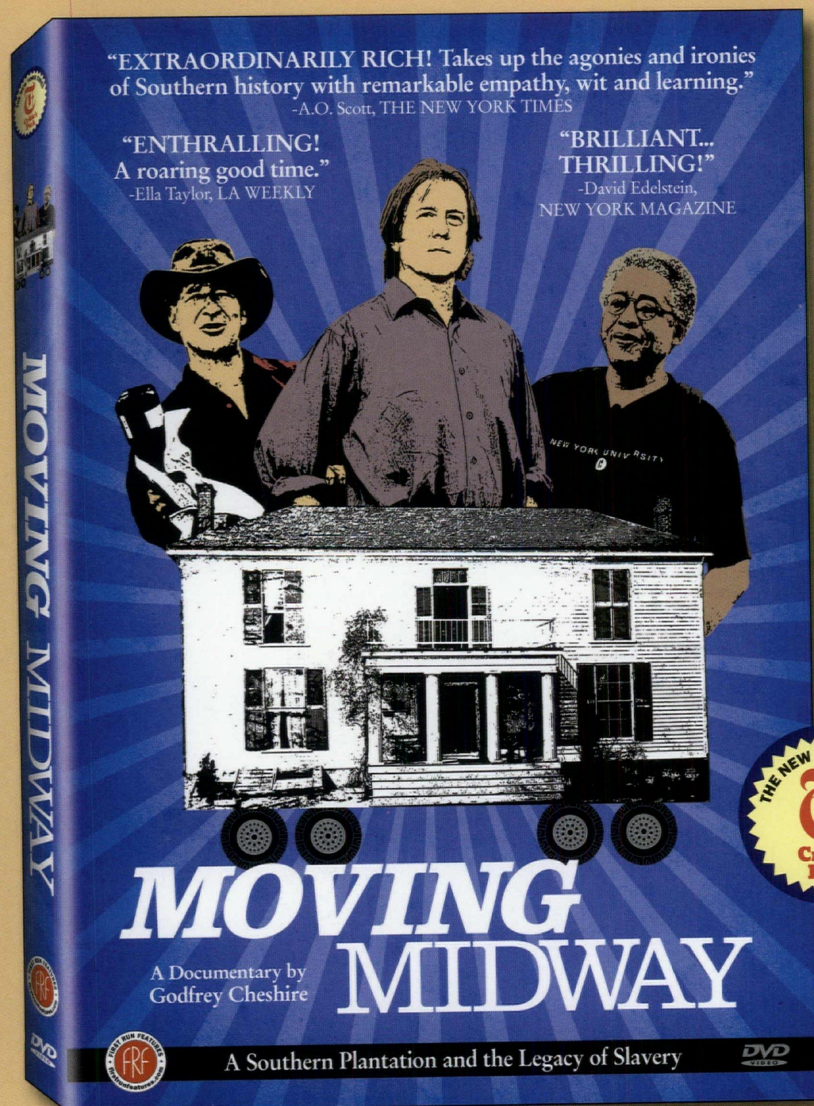


New From **FIRST RUN FEATURES**

"FASCINATING!"
-NATIONAL PUBLIC RADIO

"ENTHRALLING!"
-LA WEEKLY

"★★★★★ AMAZING!"
-CHICAGO TRIBUNE



**"AN ILLUMINATING LOOK
at the history of the plantation
and the endless secrets of the
South's gothic past."**
-OPRAH'S O AT HOME MAGAZINE

**"EXTRAORDINARY!
A riveting subject."**
-MTV.COM

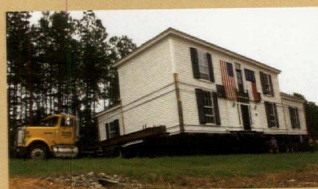
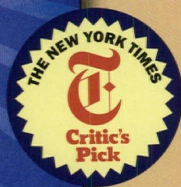
"A-! Graceful, compassionate."
-ENTERTAINMENT WEEKLY

"ENGAGING, FUNNY!"
-LOS ANGELES TIMES

**"A-! How popular mythology
works its way into our
private imaginations."**
-CHRISTIAN SCIENCE MONITOR

**"A PROFOUND
MASTERWORK!"**
-THE NEW YORK OBSERVER

**"TENDERHEARTED, TOUGH-
MINDED, WITTY AND WISE,
Midway is moving indeed."**
-VILLAGE VOICE



- One of the **BEST-REVIEWED DOCUMENTARIES OF THE YEAR** (95% Tomatometer Rating on Rotten Tomatoes!)
- Nationwide Arthouse Release
- A Wonderful Gift to Honor Black History Month

BONUS MATERIALS INCLUDE:

- Photo Gallery: How to Move a House
- Bonus Scenes • Interviews • More

"The past is not dead. It's not even past." - William Faulkner

Humorous, poignant, probing and suspenseful, *Moving Midway* follows a real-life family commotion that swirls around one of America's most contested and controversial icons: the Southern plantation.

New York film critic-turned-filmmaker Godfrey Cheshire returns home to North Carolina and finds that his cousin Charlie Silver proposes to uproot and relocate the family ancestral home – Midway Plantation – to escape urban sprawl. Cheshire also comes across history professor Robert Hinton, who reveals that his grandfather was born a slave at Midway.

As Cheshire and Hinton explore the plantation mythology embodied in our cultural history – from *Uncle Tom's Cabin* to *Gone with the Wind* to *Roots* – Charlie meanwhile follows through on the Herculean feat of hoisting Midway several miles across a forbidding landscape.

But this event's drama leads to an even more startling surprise: the discovery of 100 African-American cousins that Cheshire and Silver never suspected.

**SRP: \$24.95 • Catalog #: FRF 913607D • 98 minutes • Color
COMING TO DVD ON JANUARY 20**

SAVE 25% at WWW.FIRSTRUNFEATURES.COM
(Phone orders call 1-800-229-8575)





Escape To The City, Instead Of From It

Five minutes to museums, galleries, elegant dining and theaters. Ten minutes to the office. This is Renaissance Park, where traditional neighborhood living meets the best that a trendy, urban center has to offer.

Renaissance Park is conveniently located near downtown Raleigh, at the intersection of South Wilmington Street and Tryon Road. This highly-desirable community is comprised of townhomes, single-family and custom homes in the Federal, Colonial and Georgian styles of architecture, blending the best of downtown life with a traditional neighborhood setting. In addition to 49 acres of open space, residents enjoy the most luxurious of amenities, including a business center, fitness center, pool, tennis courts, miles of tree-lined sidewalks and tranquil pocket parks.

For more community information, visit Metro.RenaissancePark.com or call 919.779.1277.

Directions

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

Townhomes from the \$140s | Single-family homes from the \$250s | Custom Homes from the \$300s to \$400s



RENAISSANCE
PARK

Signature Communities. Ideal Opportunities. Wakefield Development Company | Search Communities at WakeDev.com/NewHomes
Void where prohibited by law. Artist's renderings, photos, amenities and prices are based upon current development plans and are subject to change without notice.

METRO.RENAISSANCEPARK.COM