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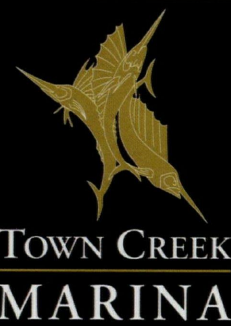
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"Joe Cox at the Oriental Yacht Club c. 1983", the lead painting by artist Robert Irwin for a show opening in June with artist Richard Garrison at the Carteret Gallery of Contemporary Art in Morehead City.



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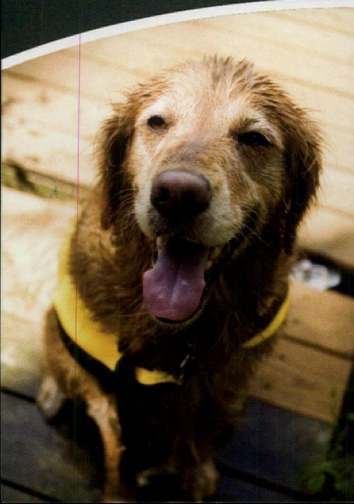
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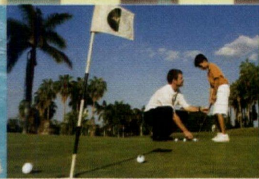
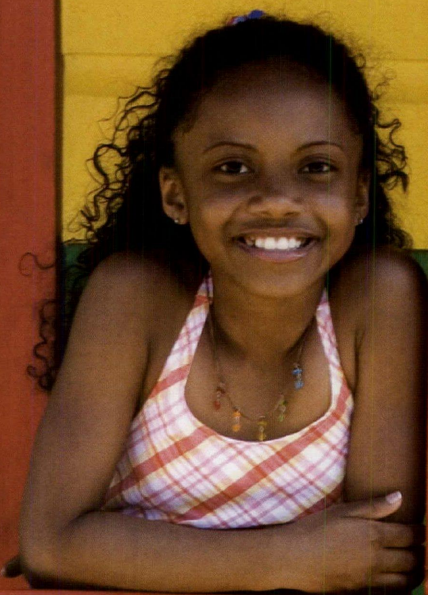
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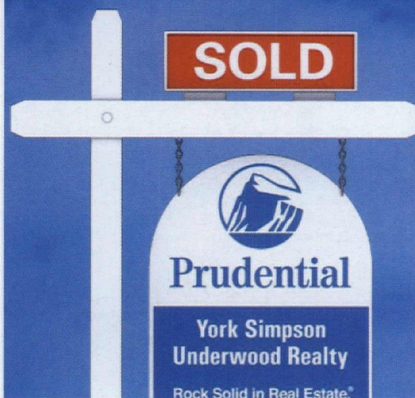
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THE COAST IS CALLING

It dramatizes *Metro's* reputation that the former Chancellor of UNC-Wilmington is a regular contributor. We called on Jim Leutze to summarize the status of the North Carolina coast by taking on the huge task of making sense out of the dozens of government, environmental, fishing, development and private citizen alphabet soup all going at once to save our coastal heritage. From the Inner Banks to the Outer Banks — and the inlets, sounds, rivers, bays and towns in between — Jim demonstrates the issues are “complex and dynamic.”



AIA award winner: Biomanufacturing Research Institute & Technology Enterprise Facility

To celebrate *Metro's* coastal special feature, we called on artist Robert Irwin who granted us permission to publish new work for our cover from his upcoming exhibition with artist Richard Garrison at the Carteret Contemporary Art Gallery in June. Bob's subject is well-known NC artist Joe Cox at the Oriental Yacht Club in 1983 painting one enclave of the ever-changing and enchanting vistas of our unique and diverse coastal region.

Once again in this issue, our writers step forward to remind you that *Metro* is the class magazine in the region. Design Editor Diane Lea presents the NC Chapter of the American Institute of Architects 2009 Triangle Design Awards, offering insights and knowledge you won't find anywhere else. Diane was a contributor in the 1980s when the former *Spectator* weekly created the awards program under then Managing Editor Kim Devins-Weiss. Our *Spectator* team — noted as the first general interest publication to cover the built environment as news — founded the *North Carolina Architect* magazine for the AIA. These accomplishments helped

launch the unprecedented design awareness in our area that we continue to emphasize in each issue of *Metro*.

The new trend in preventative medicine revolves around resveratrol, the antioxidant naturally occurring in various foods, but available in abundance in the first grapes discovered in the New World on the North Carolina coast. Over near Winston-Salem, the company behind Le Bleu water has kicked off a national trend by bottling capsules of Nature's Pearl containing the ancient muscadine grape seed. The studies are coming in apace, indicating success in the use of antioxidants for heart and cancer therapy. With the new muscadine products competing with the decades-long use of vitamin therapy, writer Anthony Vecchione takes on the subject of the effectiveness of new and old “natural” treatments in this month's Medical Quarterly.

To celebrate the arrival of spring, Linda Russell offers insights into the subtleties of opposite sex golfing partners; Louis St. Lewis heralds Raleigh's ARTSPLOSURE; *Metro's* coastal section offers a raft of outdoor activities; Barbara Ensrud reminds us to get out and tour the array of quality wineries in North Carolina; Maury Jefferson searches out hot spots for spring fashion; Moreton Neal celebrates two restaurants with high marks for sophisticated cuisine; and Godfrey Cheshire tracks down a Tar Heel movie-maker ignored by the mainstream media.

Come back in June for a visit to the North Carolina mountains, and remember to vote now for your favorites in our annual MetroBravo! Awards ballots.

—Bernie Reeves, Editor & Publisher

Online This Issue

We are experimenting with melding selections from our print edition with *Metro's* online magazine (www.metroinc.com). This month, our Preview calendar listings are online-only — allowing readers access to events immediately. Also this month, Carroll Leggett's popular Between You And Me column is online-only, joining Art Taylor's comprehensive Book Notes that offers the most complete guide to the latest in literary events. Let us know what you think.



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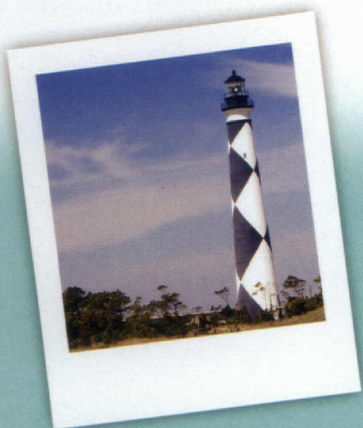
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Phone: 919-831-0999 Toll-free: 800-567-1842
Fax: 919-831-0222
Email: emails@metronc.com
Subscription: \$18 one year

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.



THE BATTLE FOR FREE SPEECH AT UNC

The letter below was sent to UNC Chancellor Holden Thorp by Dr. Robin Platt, PhD, who has been fighting a war of his own on the battlefield of free expression.

To Chancellor Holden Thorp:

Thank you for your stout defense of free speech at UNC. The overwhelming majority of North Carolinians, UNC students and University alumni support you. During my undergraduate years at UNC, I also experienced an ugly attack on free speech organized by the militant Black Student Movement (BSM), which prevented David Duke, the odious neo-Nazi and Klansman, from speaking in Memorial Hall in 1975. His speech had to be delivered upstairs in the Morehead Planetarium where only a handful of students (myself included) heard him speak.

But even in that tiny, cramped room, several students interrupted his talk until finally I (and I believe someone else as well) stood up and demanded silence in the name of our First Amendment's guarantee of freedom of speech. (It might have helped that I represented *The Daily Tar Heel* and was sent to cover the speech for my weekly column.) Thankfully, my request was heeded. Duke delivered his hateful attack on Jews, big government ("ZOG") and minorities — especially blacks — whose physical suppression of his speech that night surely gained new recruits for the radical right.

Having faced outright hostility, illegal discrimination and even physical threats for my traditional, non-Marxist approach to history when applying for positions in academe since 1989, may I suggest that you — as our alma mater's leader — begin that recommitment to free speech by ending the blacklisting of conservative candidates for academic positions throughout the University. Radical, intolerant students — such as those who violated the University's commitment to free speech last night — have usually been taught by aging, radical, Left-wing professors who took over many campuses during the '60s and '70s and held hostage for far too long our freedom to speak without obstruction.

They didn't learn their Marxist-Leninist ideology and violent Maoist tactics in a vacuum. They learned them from those who stormed many a college campus in the name of human "liberation." (Few were punished by the craven administrators who failed to lead an entire generation.) These same miscreants have "educated" thousands of students over the years and their influence is still felt by the continuing practice of hiring professors according to their ideological beliefs (e.g., class struggle), as well as race, class and gender — rather than merit and character.

Remember Thomas Jefferson's immortal words: "...error of opinion may be tolerated where reason is left free to combat it."

Rorin M. Platt, PhD
Raleigh

RALEIGH'S OFFICE OF CIRCUMLOCUTION

After enjoying, as always, the descriptive pontification by Bernie Reeves on the green movement in the City of Raleigh in My Usual Charming Self in the April 2009 issue of Metro Magazine, I was also amused by the reference to a Reign of Terror in the Letters section responding to the antics of the City in their zeal to be green. It reminded me of the just-ended Little Dorrit drama on public television in which author Charles Dickens referred to bureaucrats as running "the Office of Circumlocution".

Dickens was pretty descriptive too.

Tom Fisher
Raleigh

REMEMBERING THE BIG VOTE ON MIXED DRINKS

The article in the March 2009 issue by Bernie Reeves remembering the close vote on liquor-by-the drink in the NC Legislature reminded me of the campaign to pass the law.

Early 1977 found North Carolina with a hodge-podge of liquor laws that offered a mixed bag of opportunities for a mixed drink at a premise other than a private home. In most places — restaurants and private clubs, for example — it was permissible to bring your own bottle of spirits, usually in a brown bag and request a suitable mixer and ice along with your dinner order. Additionally, private clubs offered liquor lockers so it was possible to keep a bottle on the premises without having to tote the liquor back and forth.

This became a rather unhandy way to handle the arrangement, but a statewide election held on the proposition of "liquor by the drink" in 1977 was defeated by voters.

Since it was known that another statewide election on this subject could not be brought before the General Assembly for another 10 years, it was proposed to have a vote in the Legislature to allow local option voting for liquor-by-the-drink. This meant entire counties and even cities could have the option of open bars at restaurants and private clubs.

With the help of the North Carolina Restaurant Association, the Legislature passed a local option bill in 1979. One after another of the cities and counties in North Carolina joined in and passed local option liquor-by-the-drink. I was involved by designing a bumper strip and a campaign button with the YES logo during the campaign.

I believe the current arrangement is much more civilized and has probably never been the cause of any big problems projected by the "no voters." Besides, whoever wanted to leave a club or restaurant and drive home with a half-full liquor bottle.

Bill Garrabrant
Raleigh

SPY CONFERENCE THANKS

Thanks to Bernie Reeves and the rest of the *Metro Magazine* crew for a very successful Spy Conference. We thought the speakers were splendid, the venues wonderful and the information was outstanding. Please consider my husband Stephen and myself as future attendees ... we would love to come again.

Eugenia B. Ryner
Library Director/Unit Chief
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INTERESTING AND INFORMATIVE

I spoke to you briefly at the Gala on Thursday night. I want to thank you again for putting on the Spy Conference. This was the second time I have attended and plan to make it a yearly event. It is the most interesting and informative conference I have ever attended.

I applaud your My Usual Charming Self commentary. I couldn't agree with you more. How nice to find another conservative. To borrow a comment from Rush Limbaugh, the individual is the largest minority in America. Our freedoms are slowly being taken away. Thank heavens for people like you who have an audience and can help to keep the public informed of what is happening in Washington and North Carolina.

Sandra Patterson
Raleigh



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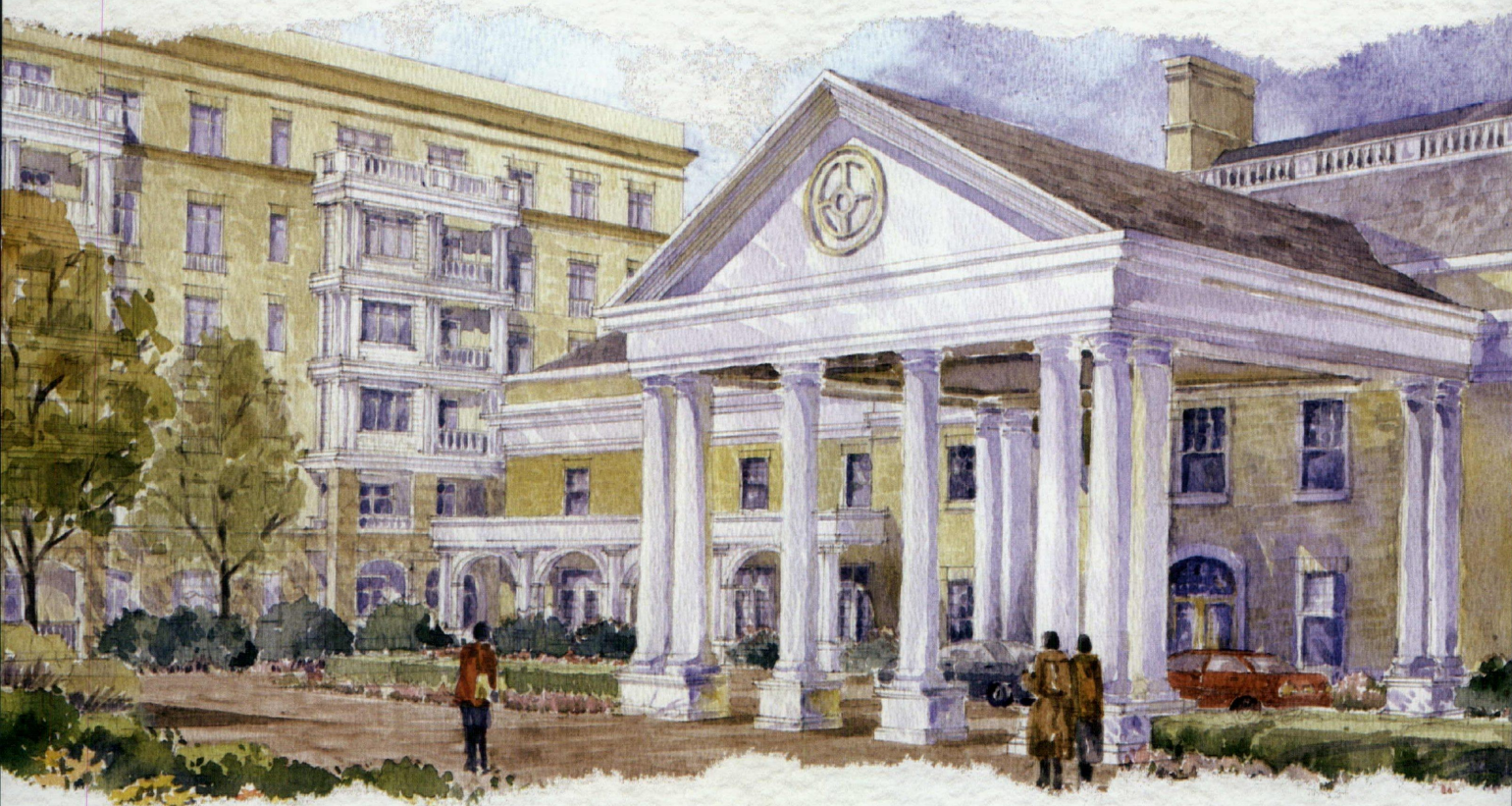


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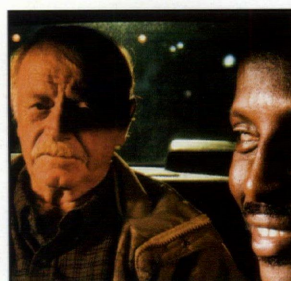
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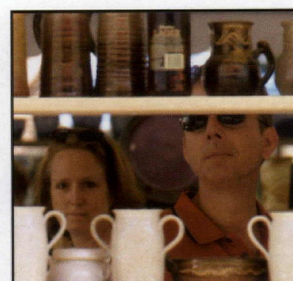
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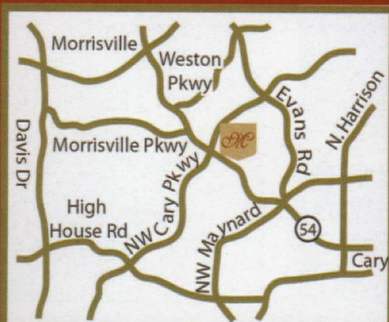
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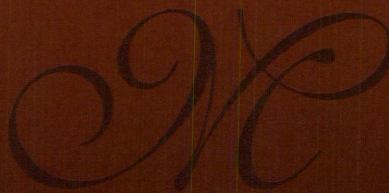
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Next month, Triangle-based fans of PBS's highest-rated series, "Antiques Roadshow," will certainly be scouring their attics in preparation for the show's one-day stopover in the capital city. "Antiques Roadshow" will be at the Raleigh Convention Center June 27, the second stop on the show's six-city national summer tour.

A word to the wise: Don't drive over unannounced with your great-grandmother's armoire in the back of your Suburban. Tickets are only available in advance, assigned through a random lottery to those who apply online. Also, whatever you bring (each ticket-holder is allowed to bring two items for appraisal), you have to be able to carry and fit it through a standard door. So ... Ming vase, yes; Studebaker, no.

PS: They're also a little jumpy about antique firearms, so do read the fine print on the site.

For more information, go to www.pbs.org/wgbh/roadshow/cities/raleigh_event.html. MM

— Liza Roberts

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Vino Challenge In Pine Level

The Epicurious Vino Challenge, hosted by the Hinnant Family Vineyards & Winery in Pine Level, NC — and sponsored by US Foodservice — is set for May 30 at 6:30 p.m. with chefs from Urban Food Group — operators of Frazier's, Vivace, Coquette, and Porter's; Chef Tom Armstrong of Vinnie's Steak House & Tavern; Chef Mario's, Inc, a personal chef and catering company; and Chef Wendy Perry, home economist and personal chef who specializes in "green" weddings. Also on board are Chef Frank Peters with Catering Works, the Serving Spoon of Pine Level, and the Pound Cake Company of Benson, NC.

Proceeds are earmarked for RHA Howell, a nonprofit organization dedicated to serving

children and adults with disabilities. Go to www.rhahowell.org. MM

The Queen's English

It was George Bernard Shaw in the 1890s who commented the US and Great Britain were two countries separated by a common language. Despite globalization and the general decline in proper language usage (except for the French, who strive to excise English words from their precious linguistic medium) the gulf remains, as dramatized in *The UK to USA Dictionary* by Claudine Dervaes and John Hunter, published by Solitaire Publishing of Inverness, FL.

You can go both ways — USA/UK or vice-versa — in this pocket-sized paperback edition, but in either direction you will be amazed at the variety of differences. The obvious but well-known terminologies are listed — queue for line; pram for baby carriage; broolly for umbrella; boot for trunk — but liberty bodice, garth, gobett, gazump and dozens of other mysterious terms justify owning the guide.

The book includes a guide to rhyming slang, the well-known cockney argot the au-

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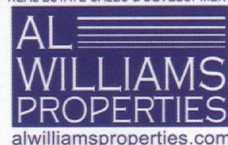
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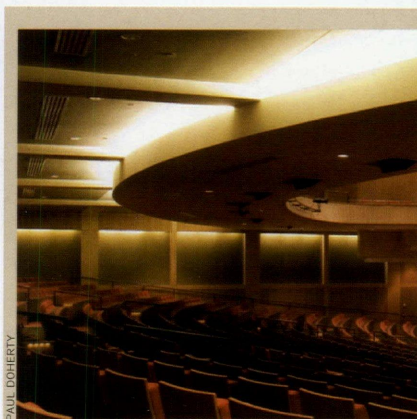
thors say was developed in London slums to elude eavesdropping by Irish immigrants in the long ago past; a temperature conversion chart from Fahrenheit to Celsius; and a handy pronunciation guide.

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KidsPeace Launches Foster Child Campaign

With 130,000 children entering the foster care system each year, KidsPeace is keying on May's National Foster Care Awareness Month as a rallying point to encourage area citizens to consider taking in an older foster child Go to www.fostercare.com to learn more. **MM**



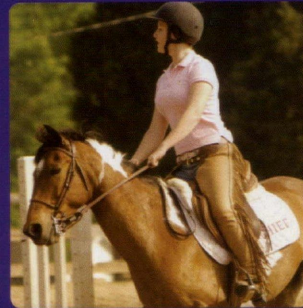
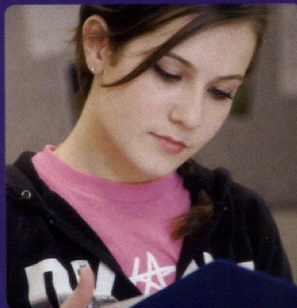
PAUL DOHERTY

DPAC Wins Woodwork Award

The Durham Performing Arts Center has received the 2009 Architectural Woodwork Institute (AWI) Award of Excellence for the design and construction of interior wood paneling and cabinetry. The project was designed by Szostak Design with interior wood finishes and casework constructed by Triangle Case Work, Inc. The award will be featured in the spring 2009 issue of AWI's Design Solutions publication. DPAC will also be eligible for the Institute's annual "Standards of Excellence" award.

The Durham Performing Arts Center is a 2800-seat proscenium theater, designed to accommodate touring stage shows, concerts and locally produced performances. Szostak Design is an award-winning architectural firm located in Chapel Hill. Triangle Case Work, Inc. is a woodwork manufacturer that has been in operation for 25 years and is a certified Minority Business Enterprise for the city of Durham. **MM**

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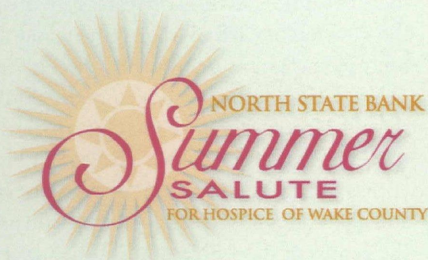
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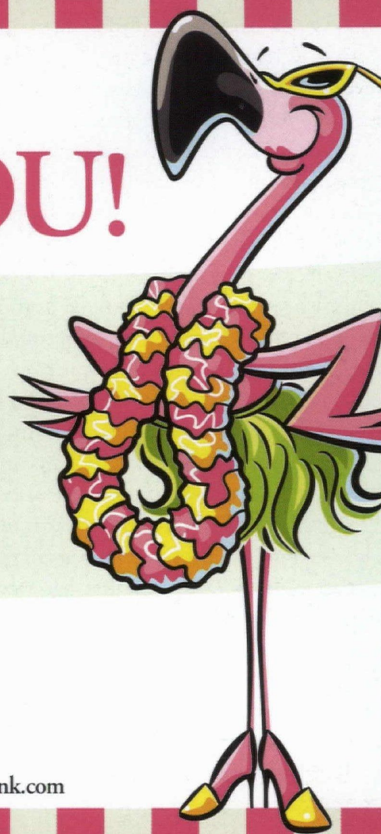
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Future Of NC Coast Caught In Net Of Politics, Economics And Environmental Concerns

by Jim Leutze

The more things change, the more they stay the same, the saying goes. In many ways that concept applies to the North Carolina coast. Since I started writing for *Metro* in 2004, few, if any, of the basic, underlying issues have been solved; addressed yes, solved no. This is, in part, the case because the underlying issues are complex, involving private property rights versus public interest rights; hard to answer questions regarding scientific predictions; resource allocation; and state and federal responsibilities.

To be specific, I'm talking about issues such as: who builds their house where; who pays for the risks they assume; who pays for dredging the Intracoastal Waterway (ICWW) and inlets; and who does beach renourishment work and at what cost. And there are recurring questions: is the sea level rising and at what rate; and do North Carolina's coastal laws need to be changed in the face of changing circumstances. The coast is a dynamic place. As more and more people have moved closer to the water, the stakes have gone up, but answers have proven to be distressingly elusive. What follows is a review of recent developments, followed, in some cases, with potential solutions or suggestions.

Much to the relief of coastal managers, the Obama Stimulus Package contained monetary relief for several important coastal projects. There was money for dredging the ICWW and selected inlets and funding for beach renourishment. Finally, it looked as though the long battle over funding lingering from the Clinton Administration was over. The feds could see that these projects would have a real economic impact on coastal America and numerous people who depend on the waters and beaches of our coastal areas for their livelihood — and those other millions who depend on those same resources for recreation. It appeared that they had wearied of the game in which the president zeroed out coastal projects in his budget, leaving local legislators to turn to those dreaded "earmarks" to fund essential projects. Oh happy day!

Shovel Ready And Economically Important

Then, in March came the rest of the

story. The Office of Management and Budget stepped in and performed the task the president had in the past — they zeroed out the stimulus money for all beach renourishment projects. There are at least two things



North Carolina beaches are sandbar barrier islands, which makes them certainly unique — no crowded seaside ticky-tack here. But the most unique is Bald Head Island off the coast near Southport just below Wilmington. Only 20 percent of the island is developed to protect species usually found further south in South Carolina, Georgia and Florida. Palm trees, foxes, sea turtles and even alligators call Bald Head home, along with humans who do without automobiles and can only access the island by boat. To say Bald Head is laid back doesn't do it justice. Visitors and homeowners think it's paradise ... for good reason: beautiful homes, an inn or two, a championship golf course, two elegant clubs, oceanside sandy beaches and a marina where the boating life thrives.

about this action that are surprising (shocking?). First, these projects were included in a package voted by the Congress to jump start the economy. Congress did this realizing that the beaches are a big part of the recreational economy of this country. They knew that for every dollar put into beach renourishment, the federal government gets back hundreds of dollars in tax revenues. Second, whatever else may be said about beach renourishment, there is no question

that wider beaches offer greater storm protection. After Hurricanes Rita, Katrina and their kin caused billions of dollars of damage and untold suffering on our coastal communities, can the Office of Management and Budget actually opt to make us more vulnerable? I can't answer that question, nor can I think about any more "shovel ready" projects than those protecting coastal infrastructure. Well, we'll see; with a president from Illinois — which you may not know, gets millions in beach renourishment funds — and a vice president from Delaware and a Speaker of the House from California, there may be further changes in the appropriations package.

It is good to know that the state is finally moving in a comprehensive way to address the issue of our beaches and inlets. In 1977, the Fisheries Reform Act (FRA) mandated a Coastal Habitat Protection Plan (CHHP), which would involve the various state agencies working on coastal issues to cooperate in developing a plan to protect the environment. The CHHP was unique and a forward-looking way of getting people out of their silos and working together. Following the same principle, the FRA also recommended the implementation of a comprehensive beach and inlet management plan to "address ecologically based guidelines, socio-economic concerns and fish habitat." Translated, this meant that the Division of Water Resources, the Division of Coastal Management and the multiple programs managed by the Department of Environment and Natural Resources should meet together to come up with the requested Beach and Inlet Management Plan (BIMP). I realize this sounds like a recipe for alphabet soup, but therein lies the lesson and the genius of the whole thing. When everybody is working on a piece of something, you will probably end up with a hodgepodge of overlapping and often conflicting policies. If, on the other hand, you can get a coordinated approach, you are more likely to have a satisfactory outcome.

Positive Results

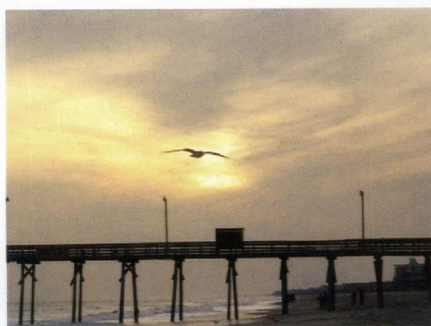
Some 12 years later, we are beginning to see some positive results. Interdepartmental

groups working in collaboration have been busily gathering data and holding public hearings. The first concrete outcome is the definition of beach and inlet regions. It has long been obvious that North Carolina's 326 miles of coast and 19 inlets are not all the same. Now we have had the information to identify four main regions and five sub-regions, each requiring a different management strategy.

The draft report is packed with data, and for those interested, I refer you to the Web site at www.ncbimp.net. Let me cite one interesting piece of economic information. Region 2a — Carolina Beach, Figure Eight, Kure Beach, Masonboro Beach and Wrightsville Beach — generates \$3.9 billion a year in recreational expenditures. During the past 10 years, those beaches have been renourished 23 times at a total cost of \$6.8 million. In other words, for every million dollars expended in beach renourishment there has been a return of \$49 million in expenditures. This does not definitively resolve the debate about beach renourishment because, among other things, there isn't an unlimited amount of sand in some regions. But it does give us a cost to benefit ratio. BIMP is due out this month and will help inform the debate about how we maintain our coast. The next step will be developing management strategies for each region. This is where the rubber meets the road.

Erosion Prevention Options Controversial

Ah, the problems caused by imprecise terminology, particularly when that terminology occurs in legislation. In 1985, the North Carolina General Assembly passed legislation outlawing "hardened structures" along North Carolina beaches. At the time, just about everyone applauded and kept applauding until people began asking just what this meant. The obvious intent was to save North Carolina from what we thought the New Jersey shore looked like. You know, with "jetties" and "groins" jutting out to sea every hundred yards or so. (Actually, New Jersey has some very beautiful beaches, renourished ... but beautiful.) Then the questions began to arise. What do you do when a house or vital infrastructure is threatened by a storm event or particularly severe erosion? One answer was "retreat" or "relocation," but what if there were no conven-



Atlantic Beach, as locals will remind you, is not the only town on Bogue Banks. There are actually five on a spit of land barely 24 miles long and a few hundred yards wide. Tar Heels like to keep to their own, as in Emerald Isle, until the 1950s a wild area of sand dunes and sea oats. Today, Emerald Isle is the "family beach" of the mid-coastal region, focused on healthy recreation, kids and a neighborhood attitude.

ient or economically feasible place to retreat? How about sandbags? OK, sandbags aren't hardened structures. They aren't? And, how long can they stay? I could go on and on about sandbags, but suffice it to say they have become a really controversial, difficult to control manner of managing erosion.

Part of the problem is semantic. There are

many ways to protect a shore that, like ours, is subject to erosion. One way is called "armouring," usually done with a concrete sea wall that literally walls off the ocean. They aren't very attractive, and they may even cause more erosion.

Then there are "breakwaters" constructed parallel to the beach to reduce wave action. Again, they are offensive to look at — and unless they run the whole length of the beach, they do little good. Jetties and groins placed perpendicular to the beach build up sand on one side of the structure and rob sand from the down-draft side.

Finally, there are "terminal groins," the subject of heated legislative and public debate. Many people have no idea what a terminal groin is, and even among those who do there is no consensus on their effectiveness.

As mentioned earlier, there are 19 inlets on the North Carolina Coast, each located at the north or south end of a barrier island. A terminal groin is one that would be built at the end of an island stretching out from the beach to delineate an inlet. For reference, think of the groins on either side of Masonboro Inlet between Wrightsville Beach and

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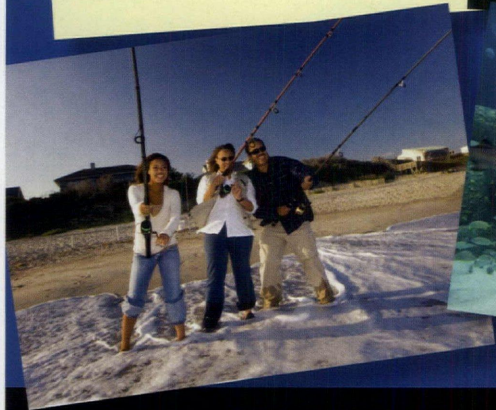


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Masonboro Island; or of the groin that protects Pea Island at the base of Bonner Bridge. The reason for the debate and its urgency is that the sharpest erosion along North Carolina's coast takes place in the vicinity of inlets. North Topsail Island has eroded up to 4th Street, and Figure Eight Island on the north end and Bald Head Island on the south end have experienced severe erosion. For this reason, legislation has twice been introduced in the General Assembly to allow the construction of "pilot project" terminal groins in certain inlet areas. In the 2008 session, the bill was trapped in a House committee after being overwhelmingly approved in the Senate. This year the bill has been reintroduced.



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Environmental groups are adamantly opposed to terminal groins, pointing to our current restrictions as a model for beach protection. Other groups, such as the NC Beach Inlet & Waterway Association, point to the numerous successful groin projects undertaken by other states. I attended one informative North Carolina Coastal Resources Commission session at which an engineering professional referenced several projects he had been associated with that were very, very successful; a coastal geologist who spoke against groins; and another coastal scientist who essentially said success depended on where the groin was constructed and how carefully it was designed.

So, there you have it. How to preserve our beautiful and economically critical coastal region is fraught with vexing options and political controversies. Keep an eye out for the brewing storm. **MM**

COASTAL CALENDAR

By Maury Jefferson

5th Annual Mayfaire "Music on the Town" Concert Series. Through May on Friday at 6 p.m., free concert series at the Mayfaire Town Center. Free parking on site; coolers and picnics welcome. **Wilmington.** Call 910-256-5131 for more information or visit www.mayfairetown.com.

Roanoke Island Festival Park. Through May — interactive family attraction celebrating the first English settlement in America. Events scheduled in outdoor Pavilion and indoor Film Theatre. **Roanoke Island.** For more information call 252-475-1506 or visit www.roanokeisland.com.

Jaquelin Perry Art Exhibit. Through May — art exhibit will be held at the Mattie King Davis Art Gallery. **Beaufort.** For more information call 252-728-5225 or visit www.beauforthistoricsite.org.

In conjunction with **IBX Lifestyles** that promotes Eastern North Carolina's people, culture and industries to the northeastern US, Canada and Europe, IBX Homes launches its Web site as the MLS of **Inner Banks** properties. Visit www.ibxlifestyles.com or www.ibxhomes.com for more information.

Edenton Art Exhibit. May 1. Edenton Coffee House and Sisters' Gallery present an art exhibit with live music and refreshments. **Edenton.** Call 242-482-2962 for more information.

Museum to Open Sports Hall of Fame Exhibit. May 1. Opening at the Cape Fear Museum of History and Science, the exhibit will showcase artifacts and memorabilia from members of the Greater Wilmington Sports Hall of Fame. **Wilmington.** For more information visit www.capefearmuseum.com.

35th Annual Wooden Boat Show. May. 1-2. Activities and exhibits on display at the NC Maritime Museum, the museum's Watercraft Center and at the museum's expansion site at Gallants Channel, with free parking available. **Beaufort.** Call 252-728-7317 or visit www.ncmaritimemuseum.org for more information.

19th Annual Mile of Hope. May. 1-3. Offers children suffering with cancer and their families a "get-away" weekend at the beach, involving over 100 children and family members for a weekend with lodging and food at the beach. **Atlantic Beach.** Call 800-682-7057 or 919-782-6471 for more information.

One Flew Over the Cuckoo's Nest. May 1-3, 8-10, 14-16. A tragi-comedy by Dale Wasserman, based on the novel by Ken Kesey; Main Stage Show, Athens Theatre. **New Bern.** Call 252-634-9057 or visit online at www.newberncivictheatre.org for more information.

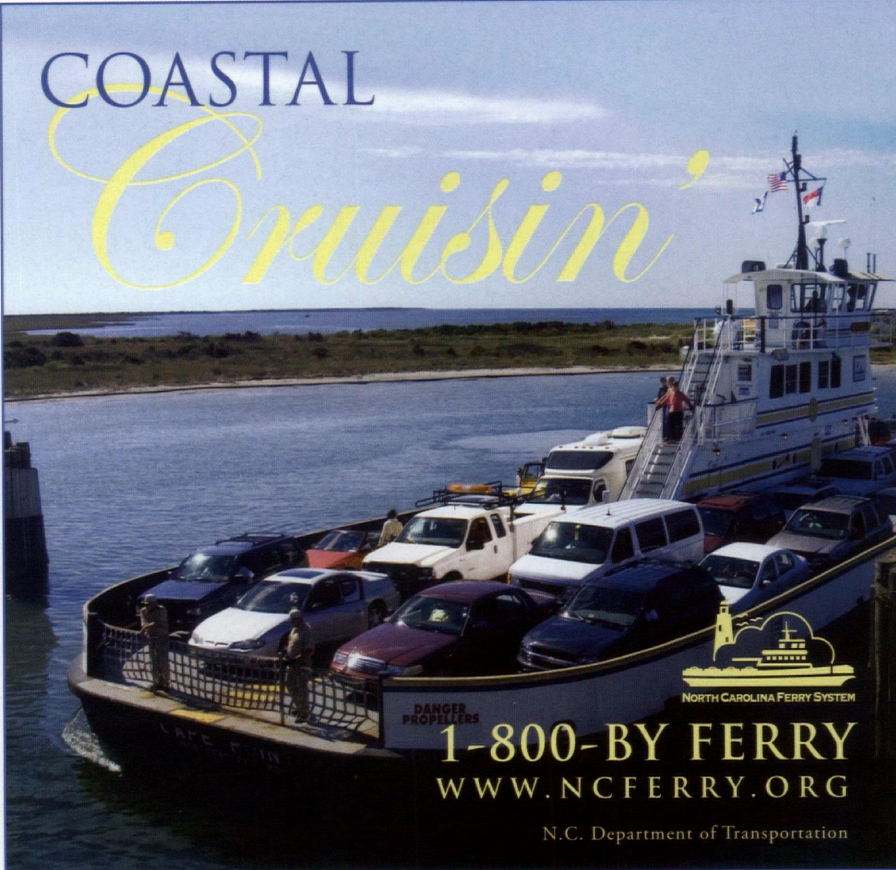
Blue Moon Film Festival 2009. May 2. Hosted by Magnolia Arts Center and Eastern NC Film Commission, the final screening of all submitted films from student filmmakers at 7 p.m. at the **Greenville Museum of Art.** For submission information visit online at www.filmeast.net or www.bluemoonfilm.com.

7th Annual Kitty Hawk Kites Surf Kayak Competition. May 2. Best sea kayakers on the coast show what they've got. **Kill Devil Hills.** Call 252-441-4124 or visit www.kittyhawk.com for more information.

Southport-Oak Island Area Golf Classic. May 2. Four-person Captain's Choice with prizes. Entry fee includes cart, green fee, special gift, breakfast biscuit, coffee, hospitality cart and lunch. **Southport.** Call 910-457-6964 for further details.

8th Annual Longboard Classic. May 2. Surfers convene in front of the Shell Island Resort and compete in several categories. Men and women surfers of all ages encouraged to participate. **Wrightsville.**

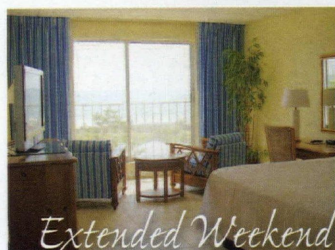
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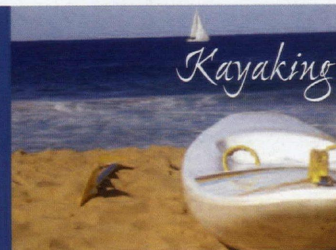
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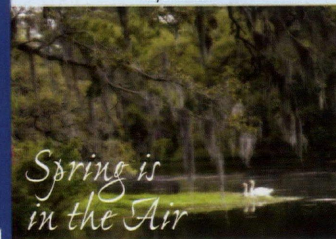
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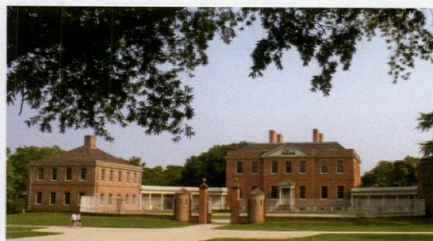
www.historicalbemarletour.org/gl



2. Participants can watch the Derby on a huge screen while enjoying mint juleps and Southern specialty foods. **Wilmington**. Call 910-762-0492 for more information or visit www.latimerhouse.org.

Mollie Fearing Memorial Art Show. May 4-27; reception May 3. Members of the Dare County Arts Council and residents of Dare County submit work to non-juried exhibition. Prize money and a people's choice award offered. Artists on all levels and work ranges from paintings and pottery to photography and fiber work accepted. **Roanoke Island**. Call 252-475-1500 or visit www.roanokeisland.com.

21st Century Pirates. May 7. Lecture on the current state of piracy in the world by Maritime Curator Paul Fontenoy. **Beaufort**. For more information visit www.ncmaritimemuseum.org.



A former royal capital, New Bern retains its historic authenticity and livability that evokes an age gone by. Tryon Palace, former home of the British governor, is the centerpiece of the town's reputation as a top-ranked national destination. The birthplace of Pepsi-Cola — invented by Caleb Bradham in his New Bern pharmacy — is located in the historic downtown district on Middle Street.

Annual "Touch of Class" Charity Auction. May 8. Courtyard By Marriott. Includes food stations, Diamond Soiree and silent and live auctions featuring trips, art, jewelry and more. **Carolina Beach**. Call 910-458-8434 for more information.

3rd Annual Hog Fest Backyard BBQ Cook-Off. May 9. Sanctioned by Kansas City Barbecue Society. All-day event includes a performance by Jason Aldean at the American Legion Fairgrounds. **Edenton**. For more information call 252-482-4057 or visit online at www.chowanfair.com/hogfest.htm.

26th Annual Nags Head Woods 5K. May 9. Runners and walkers welcome. One-mile run/walk, beach party and buffet. **Nags Head**. Visit www.active.com for more information.

North Carolina Symphony. May 10. Classical music concert performance by the North Carolina Symphony at the New Bern Riverfront Convention Center. **New Bern**. For more information, call 877-627-6724 or visit www.ncsymphony.org.

Carolina Classic Derby. May 14-17. **Williams-son**. For more information visit www.showwithus.com or www.carolinaclassicderby.com.

Morehead City Family Boating & In-Water Boat Show. May 15-17. Celebration Friday night — Saturday and Sunday includes boating exhibits, seminars, entertainment, in-water and on-shore boat shopping. **Morehead City**. Call 252-808-0440 for more information.

MCAS Cherry Point Air Show. May 15-17. NC's largest air show featuring military aviation and technology, including Canadian Snowbird jet team, Skyhawks skydiving team, USMC task force demo, rocket truck, variety of aerobatic stunt planes, historic and modern static displays, children's area and more. Free admission. **Havelock**. For more information, call 866-WINGS-NC or visit www.cherrypointairshow.com.

37th Annual Hang Gliding Spectacular. May 15-18. World's oldest, continuous hang gliding competition featuring demonstrations, street dances and awards ceremonies. Families can enjoy a rock climbing wall, hang gliding simulator, kite making and face painting. A portion of the event's proceeds will go to benefit Friends of Jockeys Ridge. **Nags Head.** For more information, call 252-441-4124 or visit www.kittyhawk.com.

11th Annual Cape Fear Disabled Sportsman's Tournament. May 15. Open to anyone with any disability to join in a free day of fishing, friends, food and fun. **Kure Beach.** Call 910-264-8397 for more information or visit www.got-um-on.com.

Harbor Island Garden Club Annual Home and Garden Tour. May 15. Walk through six waterfront homes on the Cape Fear Coast from 9 a.m.-5 p.m. Tickets are \$25. **Wrightsville Beach.** Call 910-679-4129 or visit www.harborislandgardenclub.com.

Haunted Evening. May 16. Mourners observe funeral customs of the South during the post Civil War occupation; "spirit" of Miss Mary Oliver relates growing up in New Bern; and paranormal investigation film reveals surprising results. **New Bern.** For more information, call New Bern Historical Society at 252-638-8558.

The Coastal Gardening Festival. May 16. Located at The Outer Banks Arboretum and Teaching Gardens: Vendors, demonstrations, plant sales, children's activities, food and more. Sponsored by and to benefit Dare County Extension Master Gardeners. **Kill Devil Hills.** Call 252-473-4290 for more information.

March of Dimes-Walk America. May 16. Registration 8 a.m. March of Dimes sponsors five-mile walk through historic **Manteo**. Picnic follows. Call 800-732-7097 for more information.

12th Annual "Run for Shelter." May 16. Coastal Women's Shelter for the 2009 5K run/walk "Run for Shelter" annual benefit. Registration at 7 a.m. Pre-registration \$18 and \$20 the day of the race. **New Bern.** For additional information, call 252-633-4689, 252-638-4509 or visit www.coastalwomensshelter.org.

Civil War Era Maritime Living History Program. May 16. Historic Edenton, in conjunction with Carolina Living History Guild, Chowan County Courthouse Green. **Edenton.** Call 252-482-2637 for more information.

13th Annual Jazz in the Park. May 17. Traditional, contemporary and big band jazz free and open to the public with free parking, food and beverages for purchase or bring your own. **Wrightsville Beach Park.** Call 910-256-9880 for more details or visit www.towb.org.

New River Banks Party. May 24. Music, the river, the gardens, artists, craftsmen and shopping options



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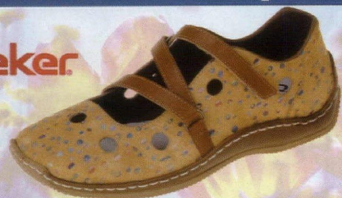
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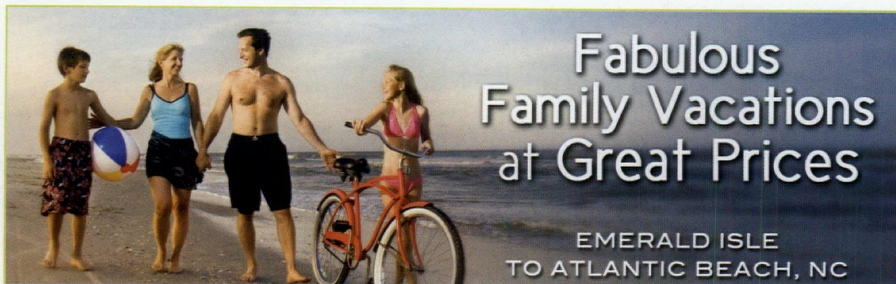
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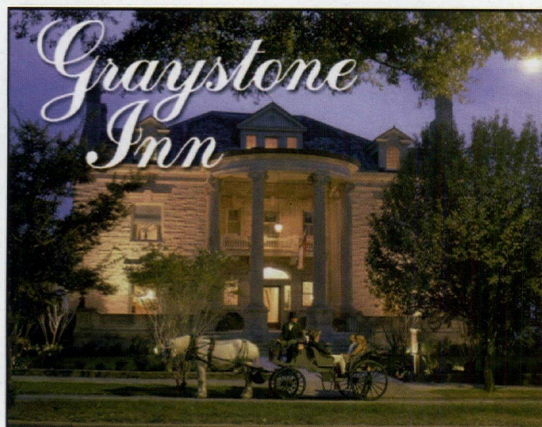
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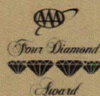
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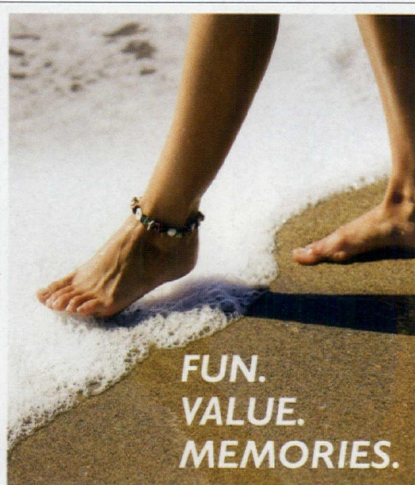


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The "beach" to Raleigh people usually means Atlantic Beach, straight east on Highway 70 to Morehead City, the town railroad tycoon John Motley Morehead spearheaded as the terminus for the North Carolina Railroad late in the 19th century. Today, the short trip across Bogue Sound to the beach transports visitors from all over the country away from the work-a-day world. Today Morehead City, Atlantic Beach and sister town Beaufort offer unified yet eclectic options, all within a mile or two of each other — featuring boating, a well-developed social life, old-fashioned fish joints and high-end cuisine.

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The Lost Colony's Opening Night Party. May 29. Celebrate the opening of America's first symphonic drama with cast, crew and special guests of The Lost Colony, including special opening remarks, hors d'oeuvres, beverages and dancing. Tickets \$15 per person. **Manteo**. Call 252-473-2127 for more information or visit www.thelostcolony.org.

Kitty Hawk Fire Department 2009 Golf Tournament. May 30. Hosted by Duck Woods Golf Course, the KHFDA Annual Golf Tournament is Captain's Choice limited to 30 teams. Shotgun start time at 1 p.m. The cost per team is \$320 and includes golf cart, green fees and a fish fry dinner. **Southern Shores**. Visit www.kittyhawkfd.com/khfdagolf.html for registration, sponsorships and more information.

Sprint Triathlon/Relay Triathlon. May 30. Race at MCAS Cherry Point combines swimming (400 meters), biking (10 miles) and running (3 miles) in a single event at Hancock Pool. Open to teams of three or individuals. **Havelock**. Call 252-466-2208 or visit www.mccscherrypoint.com for more information.

Annual Pig Pickin'. June 7. The recently opened FishTales Waterfront Restaurant will host the annual pig pickin' to kick off the Big Rock Fishing Tournament along with sponsors that include Hatteras, Jarrett Bay, Albemarle and Gregory Poole. **Beaufort**. Visit www.fishtalesattowncreek.com.

by Diane Lea

AIA TRIANGLE AWARDS RECOGNIZE AREA'S BEST DESIGN

One of the area's delightful rites of spring is the annual American Institute of Architects (AIA) Triangle Chapter's Design Awards. Held this year in Bay 7 of Downtown Durham's American Tobacco Campus, the awards recognized a selection of the profession's most talented designers. AIA Triangle is the voice of the local architecture profession. Its mission is to express the commitment of their 750-plus members to excellence in design and their dedication to improving the quality and livability of the built environment.

Section President Mark Reyer, associate at Raleigh's LS3P Architects, hosted the presentation, which included two types of awards: Design Awards, featuring both Honor and Merit Awards; and the Isosceles Award, presented to a professional who has worked with AIA Triangle to promote a better built environment. The 2009 AIA Triangle Awards Committee was comprised of Don Kranbuehl, AIA, Chair, PBC+L Architecture; Ellen Weinstein, AIA, Co-Chair, Dixon Weinstein Friedlein Architects; Jessica Johnson Moore, AIA, More Space Studio; Paul Stafford, Ideas Architecture Inc.; and John Reese, AIA, Duda/Paine Architects.

Weinstein, past president of AIA Triangle and principal in Carrboro's Dixon Weinstein Friedlein Architects, PA, noted this year's jury selected seven winning projects from a field of 68 entries, three Honor Awards and four Merit Awards. "The jury, all from the Boston area, held the entries to a high bar," says Weinstein. "The projects are quite varied, both institutional and residential, including an addition to a historic church, a restaurant and a new installation in the North Carolina Museum of Art's Art Park." The jury was headed by Brian Healy, AIA, of Brian Healy Architects in Somerville, MA, who presented the awards and presented the keynote address for the event. The other members of the Design Jury were Franco Violich, FAIA, Principal in the Boston firm of Kennedy Violich Architecture/Matrix; Jonathan Levi, FAIA, Principal in Jonathan Levi Architects and associate pro-

fessor at the Harvard Graduate School of Design; and Hansy Better Barraza, AIA, Principal, Studio Luz Architects and assistant professor at the Rhode Island School of Design.

HONOR AWARDS (BUILT)**Biomanufacturing Research Institute & Technology Enterprise Facility (BRITE)**

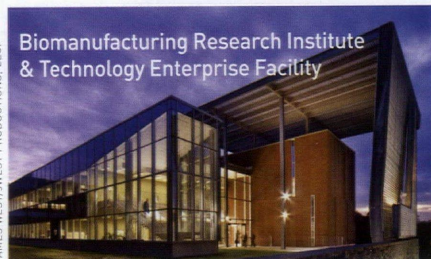
North Carolina Central University Campus, Durham, NC

O'Brien/Atkins (Architect of Record)

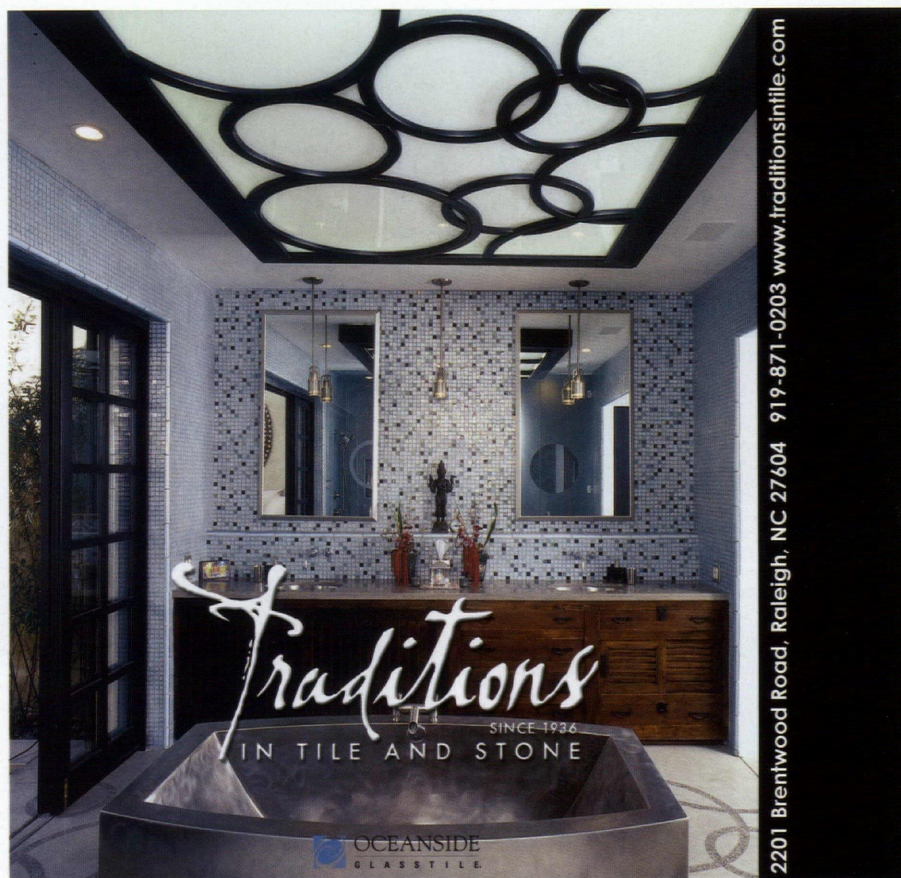
The Freelon Group (Design Lead)

General Contractor/Builder: Turner Contracting Company

The BRITE Foundation is part of a statewide initiative to make North Carolina a center for training skilled workers in the biotechnology industry, especially drug discovery and



manufacturing technology. The award-winning structure is a 35,000 gross square foot (GSF) research laboratory addition to the existing Mary M. Townes Science Building at NCCU's Science Complex. The BRITE building plays off the existing science building by the use of similar materials and shapes but creates a dramatic new design element — a 45-foot high, north-facing portal. Adjacent to the portal is the building's entrance with a



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two-story common space and a monumental public stair encased in glass. On BRITE's east elevation, where faculty offices are located, there is a semi-transparent curtain wall with vertical windows — based on the shape of an unfolded DNA strand — facing the courtyard common space. The west elevation lab space features masonry with vertical windows and is cloistered further by a masonry shell that protects the interior environment from the west sun. The building's systems are on the west elevation and screened from view by a distinctive roof element reminiscent of the building's dramatic entrance portal. In addition to the Freelon Group, winners of the Honor Award, other significant consultants on BRITE include CRB (mechanical, electrical, plumbing), GKC Associates (structural) and O'Brien/Atkins Site Group (landscaping). Photography is by James West/JWest Productions, LLC.

Circular Congregational Church Addition, Charleston, SC

Frank Harmon Architect, PA
General Contractor/Builder: NBM Construction Company

When the Building Committee for the Circular Congregational Church — founded in 1681 and the oldest church in Charleston — decided to commission the design of a sustainable 21st century Sunday School addition and the renovation of the existing Lance Hall (1856), their choice of architect was Raleigh's Frank Harmon. Harmon took on the assignment with the goal of using the smallest possible footprint to complement the historic church and grounds. Using materials common to Charleston (wood siding, stucco on masonry, heart-pine flooring and trim, and steel railings painted "Charleston green") Harmon designed a 3000-square-foot, L-shaped addition that provides needed Sunday



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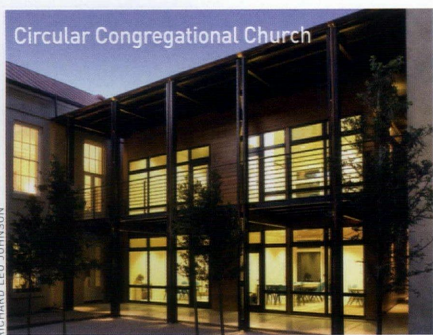


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Circular Congregational Church



School classroom space while creating a peaceful Meditation Garden and a Children's Courtyard. A broad-covered porch overlooks the courtyard and serves as an open-air hallway offering natural light for the new building. An elevator serves the new addition and historic Lance Hall, renovated to provide a larger nursery and a dedicated adult meeting room. Twenty-first century sustainability applications include geothermal ground coupled heat pumps, underground cisterns to collect water for irrigation, and an extensive "green" roof on the new addition that collects and filters rain water. Other notable consultants on the project include Gregg Bleam Landscape Architect (Charlottesville, VA), John Moore, PE, structural engineer (Charleston, SC), and Richard Leo Johnson, photographer (Savannah, GA).

1804 Pictou Road

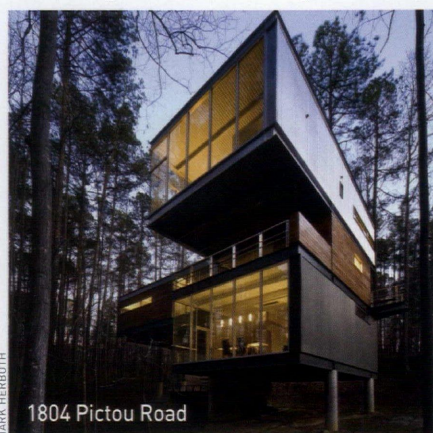
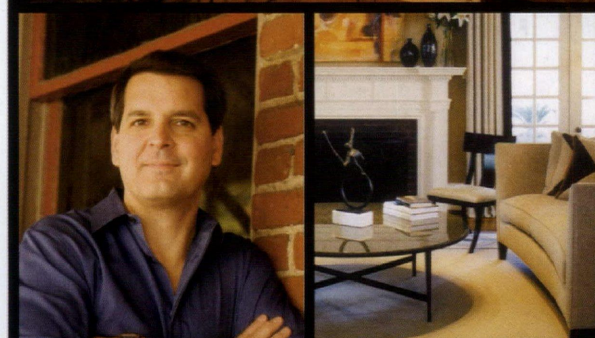
Private Residence in Raleigh, NC

Michael Rantilla, AIA, architect and owner
General Contractor/Builder: Jeff Morrison,
Stroud, Pence & Associates
(structural engineer)

The unique form of this private residence is a direct response to the challenging site, including zoning setbacks, a stream buffer and a steep slope. The architect/owner's solution was to create a three-story scheme elevated above the ground on concrete piers and sup-

ported by a 40-foot tall, 18-inch thick solid concrete shear wall. Each floor of the home is a rectangle sheathed on the exterior by a variety of materials, including aluminum, maple, ipe and concrete. Each floor is open to the forest setting by brace-framed glass walls, and each offers habitable outdoor spaces. The lower level spills onto a spacious teak deck accessible from the ground by a pyramidal teak staircase. An elevated drive-

way extends from the main level to the street. This roadside element has little fenestration in contrast to the all-glass private side with views of the forest, a stream and soft northern light. Exposed white metal deck ceilings allow the natural sound of rainfall. Other contributors include Jim Force, Force Construction, General Contracting Consultant, Durham, and Mark Herboth, photographer, Raleigh. **MM**



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Old World Grape Offers Newly Discovered Health Benefits

Nature's Pearl banks on the value of natural products from muscadine grapes and the lure of a home-based business

by Anthony Vecchione

In 1524 exploring the Cape Fear River Valley, Italian navigator Giovanni de Verrazzano entered into his logbook: "Many vines growing naturally there ... Grapes of such greatness, yet wild, as France, Spain, nor Italy hath no greater."

Verrazzano was referring to the scuppernon — or muscadine grape, commonly called the Big White Grape by early colonists. Native to North Carolina, muscadine grapes are large, thick-skinned and grow in small, loose clusters and are harvested in late August through October.

Nearly 500 years after Verrazzano's claim of muscadine's "greatness," modern science has discovered the grape contains powerful antioxidants and anti-inflammatory properties in its skin and seeds. Antioxidants are crucial for helping the body discard free radicals that can be harmful to cells. Medical researchers study free radicals because they are linked to various disease processes — including cancer, immune system dysfunction and rheumatoid arthritis.

What makes the Nature's Pearl's muscadine grape unique is that it contains 44 times more resveratrol than vinifera grapes. Resveratrol is a polyphenolic compound known to have anti-carcinogenic properties. Muscadine also contains high concentrations of fiber, ellagic acid, gallic acid and over 100 phenolic compounds.

Beth Reardon, an integrative nutritionist at Duke Integrated Medicine, told *Metro Magazine* there is solid (good) evidence to back up claims that resveratrol has medicinal benefits. "There are numerous studies in terms of cancer research where resveratrol has been shown to effect different stages of tumor initiation and promotion," Reardon said that the highest concentrations of resveratrol are found in the seeds and the skin of the grape.

Recognizing the health benefits and

monetary potential of muscadine, Advance, NC-based Nature's Pearl Corp., has successfully marketed its Premium Muscadine Grape Seed Supplement through retail channels. Nature's Pearl Muscadine Grape Seed Supplement comes in a 650 mg, vegetable-based capsule prescribed twice a day for adults.



NEW BUSINESS MODEL

Nature's Pearl founder Jerry W. Smith, who also owns Le Bleu Corp., a beverage company and producer of bottled water, made the decision this year to transform the company's business model from a retail-based operation to a network mar-

keting company. With 1455 home-based businesses in 48 states, Nature's Pearl executives believe that "relationship marketing" is the right direction in these troubled economic times.

"Network marketing explodes during recessionary times; it's counter-cyclical to the regular economy," said Brock Agee, president of Nature's Pearl. Agee added that it's an exciting time for home-based businesses. The company has also launched Muscadine 20™, a muscadine skincare line.

Modeled on successful network marketing models such as The Pampered Chef and Mary Kay, for less than \$200, distributors can be patched into the Nature's Pearl business system. They are provided with a personalized Web site and the necessary software to manage distribution and product shipment.

With its "The Smarter Grape" trademark, Nature's Pearl Premium Muscadine grape seeds have two more chromosomes than wine grapes. According to the company, that means they have more functional genes and a greater range of possibilities that distinguish themselves from other grapes.

HUMAN RESEARCH

While the health benefits of resveratrol have been observed in laboratory and animal studies, there has been a dearth of human trials, causing Nature's Pearl to put its muscadine product to the test. Dr.



"Many jobs are leaving the country, and it's a time when people have to be willing to look into different opportunities. ...For a small investment, you could potentially have a large return."

— Brock Agee

David Herrington, professor of Internal Medicine and Cardiology at Wake Forest University, said that a study funded by Nature's Pearl, and designed and conducted independently by scientists at Wake Forest, revealed positive results.

"One trial I was involved with was a study looking at vascular effects. The specific finding was that individuals who took Nature's Pearl for a month reacted with a vasodilator response in which their arteries dilated a very small, but significant amount. So they became just a little bit bigger. It means there was a clear physiologic effect of taking Nature's Pearl."

The randomized, double-blind, placebo-controlled, crossover clinical trial included 50 people who took Nature's Pearl and 50 who took a placebo during two periods of time. The participants did not know what they were taking and the order in which they took them was scrambled.



Nature's Pearl filling room

"This is a real biologically active product that has measurable effect on humans," said Herrington. "That's a very important finding, and the nature of the finding was one that is encouraging." Herrington noted that the clinical trial data does not tell doctors for sure if the increase in the diameter of the artery guarantees that people who take this product will go on to have fewer heart attacks or strokes. That would require a much larger clinical trial. "We can't make any assertions on the basis of this study that people can be assured that they will be less likely to have a heart attack." However, Herrington asserted, the data are very exciting and an encouraging preliminary result.

Nature's Pearl has been careful not to make unsubstantiated claims about its muscadine product. In 2008, the US Food

and Drug Administration (FDA) warned a Georgia-based supplement manufacturer to desist in promoting its resveratrol product as a cancer cure.

But Duke's Reardon agrees that resveratrol's benefits go beyond anticarcinogenic. She said that there is evidence that resveratrol does impact cardiovascular health by lowering pressure, platelet aggregation and oxidation of LDL cholesterol.

"Resveratrol has been shown in many studies to increase levels of endothelial nitric oxide synthase (eNOS), the enzyme responsible for the production of nitric oxide from arginine. NO [nitric oxide] is responsible for the vasodilation of the endothelium and lowering blood pressure."

Nature's Pearl management believes that the increasing popularity of natural

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substances and nutraceuticals will help drive the market for their muscadine supplement. "On the health side it is well noted the amount of free radicals we expose ourselves to daily. Taking Nature's Pearl as an antioxidant is just a must," said Agee. He added that "it is rare for a company producing a natural product to be willing to do human clinical trials."

Nature's Pearl is not the only company that recognizes the strong potential of resveratrol-based products. In 2008, the FDA granted Cambridge, MA-based Sirtris Pharmaceuticals Inc. "orphan-drug" designation for resveratrol in the treatment of MELAS syndrome (Mitochondrial myopathy, encephalopathy, lactic acidosis, and stroke-like episodes).

WINNING STRATEGY

Agee said network marketing is a winning business strategy. "Many jobs are leaving the country, and it's a time when people have to be willing to look into different opportunities." He said that a home-based business opportunity is easy. "We provide the training and we have the business system. For a small investment, you could potentially have a large return," citing distributors earning as much as \$8-9,000 per month in less than year.

In July 2009, the company will gather its distributors for a marketing strategy meeting in Nashville, TN. The company plans to debut a new beverage made with LeBleu water and the extract from the muscadine grape by the end of 2010. **MM**



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To Take or Not Take: The Vitamin Debate Rages On

by Anthony Vecchione

In this health-conscious culture, consumers are flocking to health food stores and natural food sections of grocery stores to purchase supplements and vitamins.

But vitamins, part of a daily ritual for millions of adults and children, have come under fire recently. Some nutritional experts challenge whether or not vitamins are necessary for those who eat a balanced diet. Taking extra vitamin C or E, for example, if you don't have a specific deficiency, may not be beneficial, and in some instances could actually be harmful.

An article on vitamin and mineral supplement use by children and adolescents in the February 2009 issue of *Archives of Pediatrics & Adolescent Medicine* concluded that a large number of children and adolescents in the United States use vitamin and mineral supplements, which for most may not be medically indicated. In addition, such supplements contribute signif-

icantly to total dietary intakes of vitamins and minerals, and studies of individual nutrition should include their assessment. The authors note that since vitamin and mineral supplement users report greater healthcare access, healthcare providers may be in a position to provide screening and counseling regarding dietary adequacy and indications for supplement use.

On the other hand, children — as well as adults — who do not have a balanced diet may not be receiving an adequate dose of vitamins. Obviously, health and nutritional experts are divided over the vitamin question. And what about safety concerns? Some vitamins and nutritional supplements have side effects and can interact with foods and medicines.

A report by the Government Accountability Office (GAO) said that the US Food and Drug Administration (FDA) needs to improve its oversight of vitamins

and other dietary supplements as reports of consumers experiencing side effects continue to rise.

WHAT TO DO?

So what's the right thing to do? Should taking a daily multiple vitamin or vitamin supplement be part of everyone's daily routine? Elisabetta Politi, the nutrition director of the Duke Diet and Fitness Center in Durham told *Metro Magazine*, "Based on the latest studies, we don't have a definite answer. We don't know whether we need a multi-vitamin or not. I do think that we have enough evidence not to recommend that someone go to the health food store and grab a bottle of vitamin C or D or E. The jury is still out on multi-vitamins," said Politi.

Politi added, "What is not recommendable, and we have several clinical trials that have pretty strong scientific evi-

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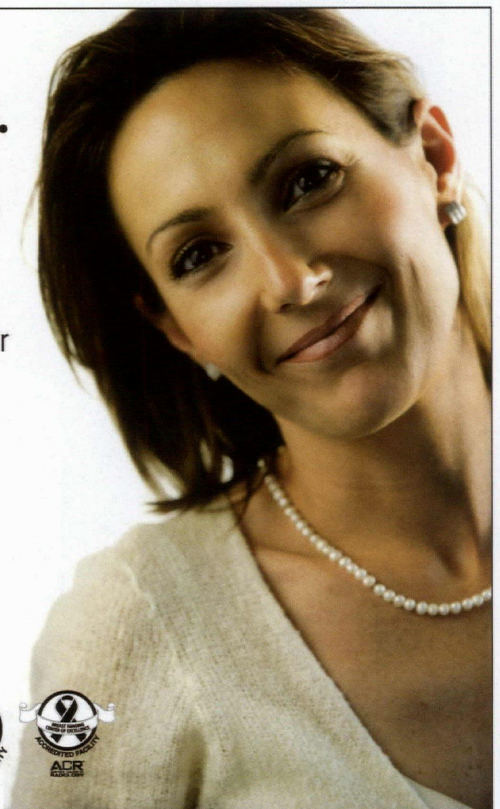
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"It boils down to having a well-balanced diet and trying to get all these magical substances not from a pill, but from real food."

— Elisabetta Politi

dence, is to take something in excessive amounts." Politi said that the National Research Council has determined that for most vitamins and minerals, there is a recommended daily allowance. In other words, the amount that we need to not be deficient — and that taking more than what's recommended is not going to help.

Politi explained that vitamins are micro-nutrients, and the amount we need in a whole day would fit in about one-eighth of a teaspoon.

"The question is, should you take a multi-vitamin if your diet is not well-balanced? I would say that we don't know for sure. We need to take a look at the results of more clinical trials. But it is really important to eat a well-balanced diet."

Vitamin D is one vitamin that in half the population indicates a deficiency. This has received a lot of attention because it's rare in food, and it's synthesized by exposure to the sun. Since vitamin D deficiency tends to occur in the winter months, if you live in northern states from October through March there's not enough ultra violet light in the sunshine to help synthesize vitamin D. And because of skin cancer fears, many people put on sunscreen, further preventing vitamin D synthesis. Politi recommends that instead of a vitamin D stand-alone, people with a deficiency should take a multi-vitamin.

The bottom line, said Politi, is that people have to stay informed, adding it's probably a good idea to take a multi-vitamin and eat a well-balanced diet. "I'm still leaning toward recommending it, but we're not 100 percent sure that's the way we should go." Politi added that some people will benefit from multi-vitamins, while others would be better off without them.

What about testing for vitamin deficiencies? Politi said that if you're healthy and have good energy and no pain that can't be explained — and if you have an annual physical exam with blood work —

there's no reason to test for vitamin deficiency.

What's the answer to the vitamin question? Politi said: "It boils down to having a well-balanced diet and trying to get all these magical substances not from a pill, but from real food." **MM**

MEDICAL BRIEFS

Healthy Hospital Movement

The new East Carolina Heart Institute at Pitt County Memorial Hospital is joining the "healthy hospital movement," an initiative focused on creating healthy hospital environments by adhering to the premise that thoughtfully designed, non-toxic environments enhance the patient and family experience, speed healing, improve patient safety and contribute to employee health and well-being. The initiative is designed to lead to improved patient safety, better clinical outcomes, improved psychosocial outcomes, increased patient and staff satisfaction, enhancements in staff effectiveness in providing care, and improvements in staff health.

The program was instigated by the landmark 2001 Institute of Medicine report identifying the health system in the United States as unsafe, inefficient and lacking patient-centered focus, setting off the "healthy hospital movement." **MM**

Instant Teeth

The Nulmage Dental Implant Center of Raleigh now provides "Teeth-in-An-Hour™" and "All-on-4™" procedures, providing patients with a permanent option to traditional dental replacement solutions of dentures and partials. According to the Center's founder Dr. Kevin Neshat, "What is now being offered to patients through our Immediate Teeth Techniques™ (Teeth-in-An-Hour™ or All-on-4™) is a monumental departure from traditional choices. Before, any type of implant procedure meant months of visits, bone grafting and longer and more painful recovery times."

The Teeth-in-An-Hour™ dental implant

surgery system provides patients with permanent teeth in about an hour. The system incorporates the use of CT Scans and advanced 3-D imaging software to assess bone structure to create a permanent prosthesis (stint) prior to surgery. The system offers a more accurate and safer positioning of dental implants and provides the patient with permanent teeth in one visit.

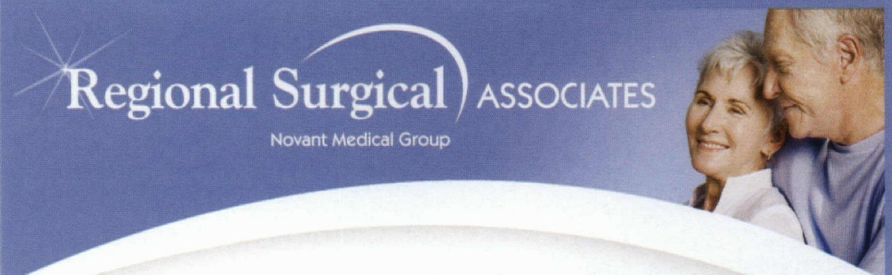
The All-on-4™ procedure is an advanced dental implant placement technique by which four individual implants are placed in the upper or lower jaw. Immediately after placement of the implants, the teeth (prosthesis) are stabilized onto the implants during the same visit.

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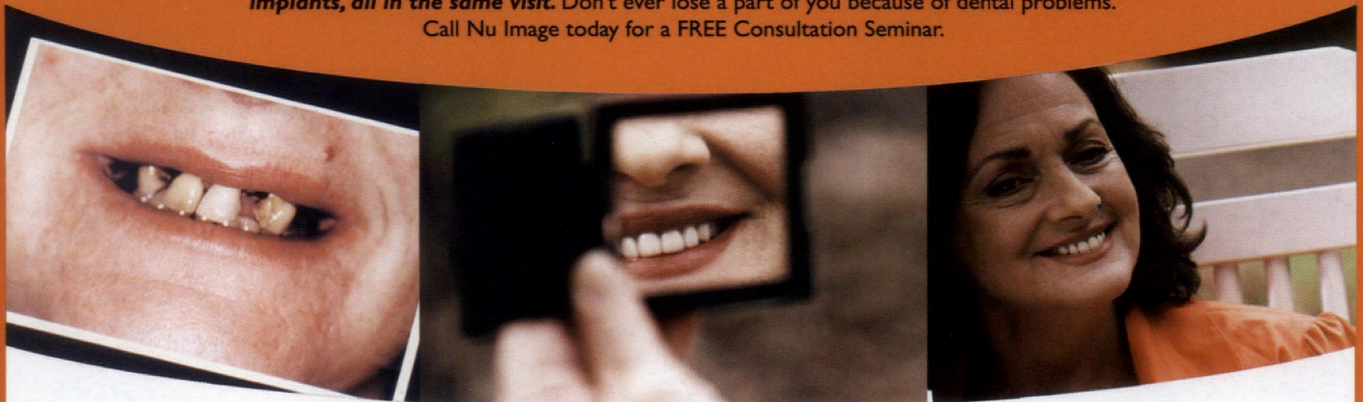
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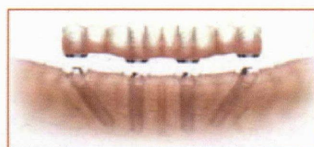
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any procedure can be performed in any room; additional space for staff to operate advanced equipment needed for laparoscopic procedures; 76 private surgical prep rooms; and 24 post-anesthesia beds.

For more information on New Hanover Regional Medical Center's new facilities, go to www.nhrmc.org. **MM**

Johnston Health Expanding

Johnston Health in Smithfield, NC, is investing \$144 million in new buildings and services with the Johnston Memorial Hospital Foundation contributing \$4.5 million earmarked for an 18-bed inpatient and residen-

tial hospice center — the first in Johnston County. A five-story bed tower will connect to Johnston Medical Center-Smithfield.

The addition will open in January 2010 with 101 patient suites, a large cafeteria, modern operating rooms and intensive care unit. Parts of the core hospital — built in 1951 — will be remodeled for other uses. The hospital is licensed for 179 acute care and 20 behavioral health beds.

In Clayton, Johnston Health is building an outpatient hospital on NC 42 West between Amelia Church Road and the new US 70 bypass set to open in October, offering round-the-clock emergency services, same-day sur-

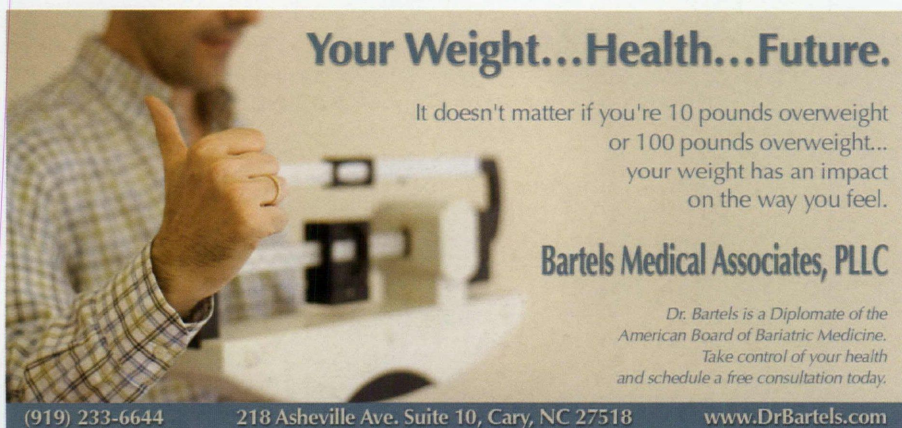
gery, lab services and diagnostic imaging. On the same campus, Johnston Health is building a three-story office building for doctors' practices. **MM**

Duke Health To Reach Out

Duke University Health System will shift how it treats chronic diseases with the establishment of Durham Health Innovations, a project intended to treat disease more efficiently by going into communities and connecting with more patients, according to a report in the *Raleigh News & Observer*.

The concept encourages Duke to go to the patient, rather than expecting the patient to come to the hospital. The initiative will start with \$1 million in planning money for teams to work on ways to improve treatment of 10 chronic illnesses prevalent in Durham, including asthma, cancer, heart disease, diabetes, HIV and substance abuse using geospatial mapping to find where particular diseases are most common.

The projects are funded by the National Institutes of Health and Duke Medicine, which hopes to reduce treatment costs by emphasizing disease prevention. At the end of the year, each of the 10 project plans will be evaluated. **MM**



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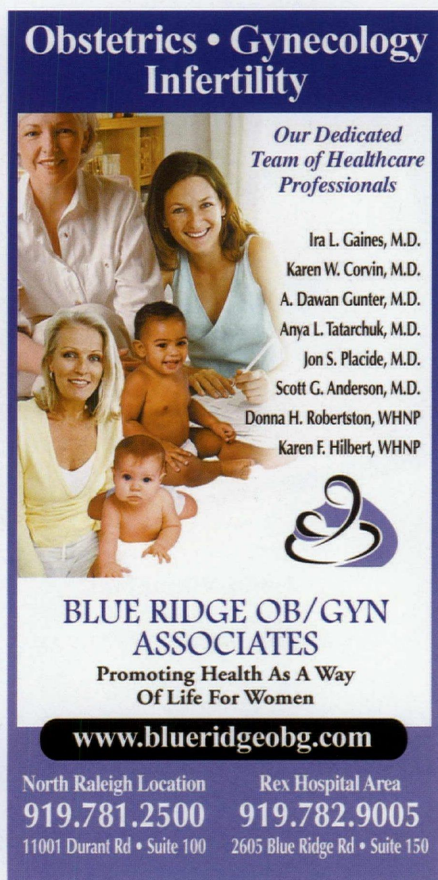
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Compromising Positions:

Battle of the Sexes Takes to the Links

by Linda Russell

Golf is no longer a gender-specific sport, but couples who intend to play golf together are well-advised to sign prenuptial agreements. Divorce may not solve irreconcilable differences on the course. When my husband and I first started playing golf together, I was an eager participant in this FUN couples' activity. I approached the challenge with savoir-faire, knowing I was going to be a great golfing companion and student of the game.

But the differences started showing up on the first tee. While Alton was unpacking his tees and markers, I was gazing at the iridescent light reflecting off spring tulips. He was taking 12 practice swings, and I was inhaling the crisp morning air. I was listening to the wrens chant a mating song, and he was chanting to himself about keeping his head down. I was absorbing the crunch of frosty grass beneath my cleats, while he was complaining about the damned dew. I was having a Zen moment. He was business as usual. *Counseling might be an option.*

"Be ready to hit" was his first advice. "Don't hold anybody up, don't lose the pace, and stop fiddling in your bag." Well, I'm a fiddler and a loser. I fiddle because that's what I do ... lipstick, *check*; low-fat mozzarella sticks, *check*; Band-aids, *check*! And I lose something every 30 minutes — glasses, car keys, recipes. St. Anthony, The Patron Saint of lost items, is my best friend. When I'm begging him to help me find a lost ball, Alton loses his patience. "Just drop another one." Well, it was my favorite ball, but I know I have to "be ready to hit." If it were HIS lost ball, we'd spend five minutes looking for it. *Dear Dr. Phil.*

After many years and miscommunications on the golf course — and a closer approximation of our handicaps — we made a deal. GIVE ADVICE ONLY WHEN ASKED FOR. When Alton flubs a shot in the bunker, I keep my trap shut. After all, men are the advisers and fixers, right? When he sees me squirt a ball off the tee that snakes sideways, he asks in his most polite voice, "Do you want to know what you did wrong?" Of course I don't want to know. I want to whine, but I say yes.

It's not always what our spouses say, but how they say it that makes us feel like blithering idiots or disobedient children. "Don't forget that those OB stakes are close on the left," is akin to telling a 2-year-old to "look out for that mud puddle." We just can't help ourselves. Which brings me to the next component of our deal. ENGAGE IN ONLY POSITIVE CONVERSATION ON THE GOLF COURSE. Bob Rotella, a sports psychologist, says in his book *Golf is a Game of Confidence*, "If you intend to invest time and energy in golf, it's a lot easier to be positive." He wasn't referring to couples who are trying to maintain harmony on the golf course, but his principles are applicable to most aspects of the game and to life in general. Love and golf are not incompatible. So Alton and I talk about the good shots or funny stories or movies we'd like to see. We don't talk about the broken economy, the broken windshield or our

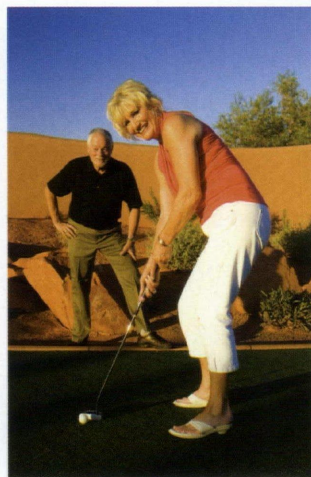
collective high cholesterol. If he grumbles about a bad shot or gets "edgy," I remind him that his negative attitude is bringing ME down. *This is all about me.* Likewise, if I whine about a ball's bad behavior (*it's not my fault*), he gives me "the look," which means "it IS your fault, get over it." *Are we having fun yet?*

Our deal about advice and positive interactions doesn't mean that we forget to uphold it from time to time. Recently, in a couples' competition, my drive landed in pine straw on the right. I shrugged with disbelief. Alton said, "You were lined up that way, but I didn't want to correct you because I knew you'd say 'WHAT?'" Being a Carolina girl, I know how to hit a ball out of pine straw, but said a "Hail, Mary" for backup. I nailed my second shot — a 3-wood as I recall — through the trees and onto the green, and said, "How'd you like that one, DARLING?" We called a truce because we savor our time together on the course and try to stay upbeat. Even on Sunday mornings when we skip church, we attempt to express some positive repartee with God by talking to Him, as in, "Dear God, please let this putt go in."

Gambling on the golf course is a mainstay for men: \$2 Nassau with automatic presses, trash, Murphys, snakes. Women do, too. We can be equally as fierce and competitive, but while men play for dollars, we play for dimes. It's all about bragging rights, of course. Couples make wagers on the course, too — a good thing — but usually for more esoteric stakes, like slavery. If we win, you wait on us, serve our drinks and massage our feet. If you win ... free sex. And sometimes those foot massages lead to, *you got it*, free sex, so both parties win. Speaking of sex, which is really what this article is about — the differences in the sexes on the golf course — men insist that they play better golf if they have sex before hitting the links. Well, that's a myth. But, they do walk with a more pronounced spring in their step. MAKE WAGERS ON THE COURSE.

In spite of deals, rules and compromises, there are unresolved questions. For instance, why do men always insist on driving the golf cart? The bag boys are in on the conspiracy and load the carts accordingly. When Alton drops himself off at his ball in the fairway, I move the cart away. He returns and shoves his 7-iron into the bag and approaches the driver's side with a pat on my left leg, indicating that I should move over. I don't budge. *Can't he see that this seat is occupied?* He "harumphs" and rides shotgun the next 20 yards. Just because I can't parallel park doesn't mean that I can't drive a golf cart. Lesson: LET MEN DO THE DRIVING.

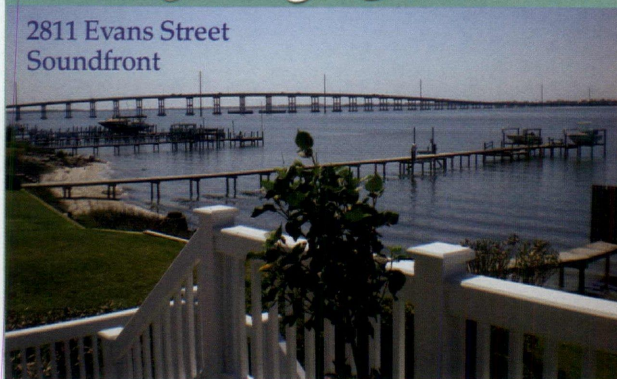
Men also commandeer the ball retriever, yet they never carry one of their own. The ball retriever might need re-gripping, but it doesn't need operating instructions. Besides, if it came with instructions, our spouses wouldn't read them. When one of us is in a water hazard, we search for it for five minutes if it's his and two if it's mine. *If it were in the refrigerator he'd never find it.* Once we've spied the





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drowned Titleist, Alton says, "We need the ball retriever." Not being a "step and fetch it" person, I agree, "Yeah, we do." He waits. I wait. You'd have to be living on Mars not to recognize this standoff. Finally he makes the move to fetch it, and *now that I've made my point*, I say, "Oh, I'll get it." I'm puzzled as to why men think they can fish better than we can. *I'm humming "What's it all about, Alfie."*

Occasionally I'm in a conundrum about what club to hit. I say out loud to no one in particular, "I have to go under a limb and over the bunker to get my ball on the green. I could hit a closed-faced 8-iron, or maybe I should just punch it with my 4-iron. I'm not afraid of that bunker." Alton says, "Hit your pitching wedge out to the fairway and lay up," clearly an option I hadn't considered, nor would I. What is he thinking? I don't want an answer or a "fix." I just want to talk about the problem. Guys, please! LET US TALK.

Men like to "give" 4-foot putts and will swat a ball back before a bug can blink. Alton and I PLAY BY THE RULES and putt out everything that's over 6 inches. Likewise, we return to the tee rather than take a drop if a ball is lost. *If I'd had any idea that my ball was going AWOL, I would have hit a provisional.* But rules, contrary to popular opinion, are not made to be broken. They serve to maintain the integrity of the game and to keep people honest. Just like in life.

After all, isn't golf analogous to life? To get through it, we must develop communication skills with our partners and our opponents; learn to negotiate difficult situations; control anger and frustration; laugh at ourselves and not others; and above all, we must not take ourselves too seriously. LIFE in four hours — four hours of living hell or an afternoon delight. Your choice. **MM**



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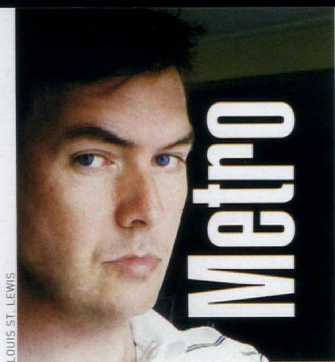
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Artist-at-Large

by Louis St. Lewis

ARTSPLOSURE CELEBRATES 30 YEARS; TIFT MERRITT SHOOTS PARIS

I'm certain most of you have heard the news that Raleigh was recently ranked the fastest-growing city in the whole entire US of A. I am not altogether certain that this is a good thing. Anytime I get out on Interstate 40 I feel as if I am taking my life in my hands, and I seriously doubt that my opinion is an orphan. Just where are all these new folks planning on living? I remember as a child watching the intro to "All in the Family" on television and marveling at the images of row after row of identical houses. I couldn't imagine anyone ever building or living in such a neighbor-

hood, but it seems that those exact impersonal, pre-fabricated labyrinths of tedium have sprung up all over the Triangle like so many inedible toadstools.

Perhaps it's the fact that I have an artistic temperament, but I really must have my privacy, so I enjoy either the seclusion of the woods or the anonymity of an urban loft. I assure you that I would not do well in a traditional suburban neighborhood. I like to paint with lots of open windows — music blaring, and I like to dance while I paint, and I like to paint in the nude. That's a very combustible combination, especially if you throw in a few bottles of Champagne. I can only imagine the letters from the homeowner's association: "Dear resident, please lower your blinds or raise your boxers, but refrain from the opposite actions."

I feel sorry for all the new artists moving to our area and expecting to find lovely, affordable, raw studio space with lots of light and brick walls. These spaces were rare birds here in the '80s when I first moved to the Triangle. By now they are certainly on the endangered species list if not actually extinct. And when developers get involved in designing art studios it just falls flat. Just be wild and free and throw some



paint on the walls in one of the overpriced studio complexes that have popped up here and there and see how fast your bags are packed and you are on the street. I am really curious to see if this new generation of artists forced to create in bedrooms and garages will funnel pent-up energy into works of amazing vitality, or if a cookie-cutter mentality will produce a gaggle of bland wannabes. Let's hope for the former.

TIFT MERRITT PHOTOS

Be sure to plan to attend the opening May 1 of The Mahler Fine Art Gallery on

Fayetteville Street in downtown Raleigh, established by art dealers Rory Parnell and Meg Rader. World-famous songwriter and singer Tift Merritt — originally from Raleigh — will debut her photographs taken in Paris while she worked on her latest album *Another Country*. There is a solo performance at the Fletcher Theater the night of the grand opening. Go to www.themahlerfineart.com for more.

MYRIADS OF CREATIVITY

I'm also quite curious and excited to see what's in store for the 2009 ARTSPLO-

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SURE to be held in downtown Raleigh May 16 and 17.

This will be the 30th anniversary of the festival, and if you and your family are ambulatory, then by all means you should make the effort to get out and enjoy the myriads of creative expressions on display — from ceramics and jewelry, fiber arts

and paintings to the musical entertainment of such notables as Buckwheat Zydeco and Big Bad VooDoo Daddy. Michael Lowder, Terri Dollar, Dylan Morris and all the folks at ARTSPLOSURE are to be commended for their hard work.

Do you think a yearly free festival is free? Think again. These folks have to get

out and knock on a lot of doors to get the financial support needed to bring this gift to the community. In honor of the anniversary, yours truly has created a special, limited-edition poster. You know you love beautiful art at a low price, so I expect to see y'all down there buying one and framing it for your home. For more information, to volunteer or to just donate to a great cause, visit www.artspllosure.org. And for those of you out there that just love snooping inside other peoples' homes like I do, you are in luck.

DOWNTOWN HOME TOUR

The 5th Annual Downtown Raleigh Home Tour will be taking place May 16 as well (see the April *Metro* for details). When I am on these house tours I always wonder where they stash all the junk, don't you? I feel that if you touch a closet door it might just explode off the hinges from the pressure of what's jammed inside. You can either pay 10 bucks in advance or \$14 on the day of the event — but its cash or check only. Leave the American Express at home. For more information, visit www.raleighdowntownliving.com. **MM**

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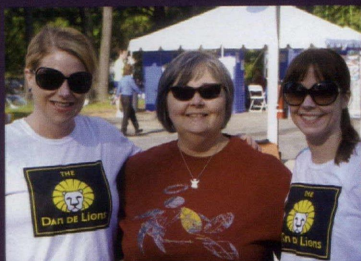
This project is supported by the Arts Council in part by contributions from businesses and individuals, and through grants from the City of Fayetteville, Cumberland County and the North Carolina Arts Council, an agency of the Department of Cultural Resources.

On the Town

by Katie Poole

Angels Among Us 5K Walk and Family Fun Walk

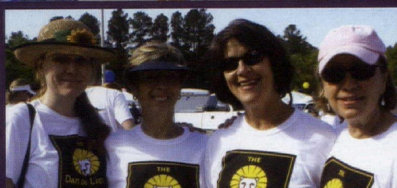
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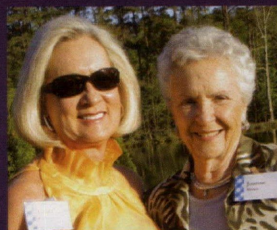
Judy Anderson, Billy Dunlap, Merritt Jones



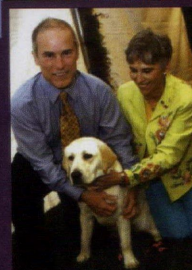
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John Grogan, David Crabtree, Larry Barber, Leslie Britow



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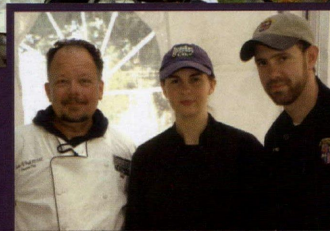


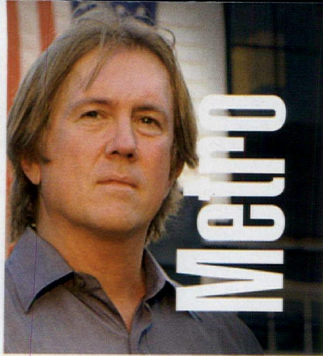
Amy Felder, Ashley
McGee and Ashley
Christensen

Michael Chuong receiving
food from chef's challenge
winner, Andy Hopper



Beaufort Grocery: Chef Charles
Park and staff





Cheshire on Film

by Godfrey Cheshire

NC-NATIVE RAMIN BAHRANI GARNERS GLOBAL FILM ACCLAIM

Ramin Bahrani, a North Carolina-born and bred filmmaker who has garnered an extraordinary amount of international acclaim though still in his early 30s, tells me that his latest film, *Goodbye Solo*, began with three images. Although Bahrani in recent years has lived in locales as diverse as Tehran, Paris and Brooklyn (his current address), these images all reflect his experience in North Carolina.

The first image: an African man walking down a suburban street in Winston-Salem, NC. Bahrani explains that a few years ago, in a pickup soccer game in the city where he grew up, he met an African who was working as a cab driver, but because he didn't own his cab, he had to get around town by hiring a cab — or walking. The idea of a lone African trekking through the Southern 'burbs stuck in Bahrani's mind.

The second image: An old white man standing in front of an assisted-living facility, also in Winston-Salem. Bahrani says he would see the man while driving by and would honk and wave to him, prompting a cheery wave in response. Yet the image remained as an emblem of the loneliness and challenges of old age.

Once these initial images connected, Bahrani knew he had the basis of a story. One character would be an African cab driver, the other an old white man who gets into his cab. That was the premise. But where would they go?

The third image: Blowing Rock, NC, at the peak of autumn's leaf-changing extravaganza. As we talk in New York in late March, a few days before *Goodbye Solo's* national debut, Bahrani recalls his vision of the film's ending: "The wind, the leaves, the autumn colors." Resplendent yet mysterious, Blowing Rock would be the tentative destination.

The story that grew out of these images

begins with an eloquent, haunting simplicity. One night in Winston-Salem, William (Red West), a gruff, taciturn white man in his 70s, offers Senegalese cabbie Solo (Souleymane Sy Savané) \$200 to take him to Blowing Rock and let him off some days hence. He indicates he won't be returning. Solo senses William plans to end his life and protests vehemently. William will say nothing about his intentions.

The rest of the movie — which is obliquely dramatic, often funny and beautifully made in every particular — details the

from suicide, if that indeed is what he intends. Yet they also indicate a North Carolina and an America rapidly being transformed by immigrant cultures — and they lead us into what I consider the best American dramatic film released so far this year.

GLOBAL REACH

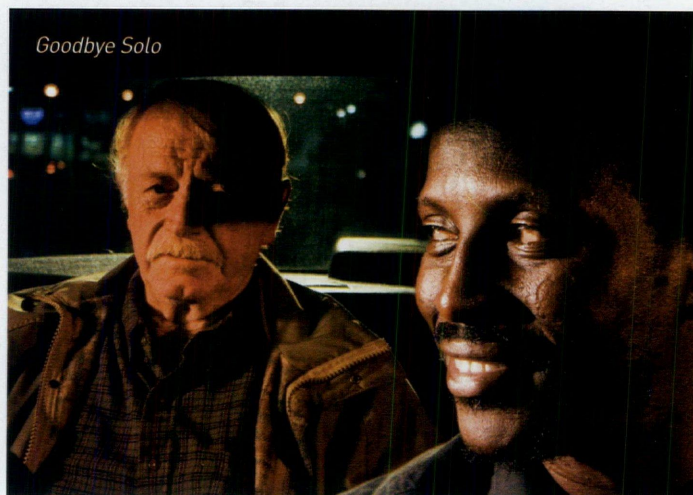
I am hardly alone in that estimation. Bahrani has written and directed four independent features in the past decade that have made him perhaps the most lionized young American auteur of the present moment. In

March, *The New York Times Sunday Magazine* printed a story ("Neo-Neo-Realism") centered on him, and New York's Museum of Modern Art devoted a retrospective to his work: a rare honor for a filmmaker so young. In April, shortly after *Goodbye Solo* opened to raves from critics, including *The Times'* AO Scott and Roger Ebert, Bahrani was awarded a Guggenheim Fellowship.

By any reckoning, he is North Carolina's most acclaimed young filmmaker. Did I hear you say that you've never heard of him?

If so, permit me a brief digression on a longstanding gripe. Though some North Carolinians imagine they live in "the state of the arts," the state, from my perspective, is uniquely lame in promoting its homegrown cinematic talent. A few years ago, invited by a state agency to write a memo about how North Carolina could improve its flagging film industry, I suggested — among other things — that the appropriate state organizations establish prizes and awards and look into other means of publicizing the yearly accomplishments of NC film artists. Such recognition would cost very little, but its benefits could be significant, especially on home ground.

My advice remains untaken. Thus, Bahrani has been honored by MOMA, not by any museum in North Carolina. His films



unlikely relationship that develops between these two, from their first cab ride to their last.

Solo, who aspires to be a flight attendant, is an ebullient, upbeat, cheery sort — he calls William and other guys "big dog" — who manifests an instant interest in his morose passenger. Why? No doubt, it's partly because he comes from a culture where elders are venerated and cared for communally. Taking William's isolation and cryptic melancholy as a personal challenge, Solo first invites the old man home with him. When that doesn't go over well with his wife, the cabbie contrives a pretext to move into William's shabby motel room.

Solo's efforts are aimed at trying to fathom William's motives in hopes of dissuading him

premiered at festivals including Cannes, Venice, Sundance and Toronto, opened at several theaters simultaneously in Paris and played commercially in numerous European countries and in the US. Yet (prior to *Goodbye Solo's* slated arrival in May), they've never shown at any Triangle cinema.

Ironically, it was at one short-lived attempt to counter this lack of recognition that I met Bahrani. In 1996, at the second North Carolina Film and Video Festival in Raleigh, he introduced himself to me, having read some of my articles about Iranian cinema. We became friends and have remained so.

At the time we met, Bahrani was 21 and on staff at the NC School of the Arts School of Film. The son of medical professionals who emigrated from Iran in the late 1960s, he was born and raised in Winston-Salem, graduated from Columbia University where he studied film theory, then took a job at the NCSA so that he could use its equipment to make a short film, *Backgammon*, to showcase his talents.

In 1998, he ventured to Iran to learn more about his cultural background. While there he made his first feature, *Strangers*, which concerns a young American looking for his roots. I like *Strangers*, but Bahrani remains dissatisfied with it, largely because his lead actor dropped out at the last moment and he was obliged to play the role himself.

In September 2001, Bahrani returned to Iran, but his plans to make a second feature there were scotched by the events of 9/11. Decamping to Paris, he observed Afghans watching their homeland being bombed on TV during the American invasion. This image, together with his longstanding interest in the myth of Sisyphus, led to the idea for his first US feature, *Man Push Cart* (2005), which concerns a lonely Afghan push-cart vendor in New York City.

He followed that film with another New York tale, *Chop Shop* (2007), which observes a scrappy Latino street kid who gets a job working on cars at a Queens chop shop. Like its predecessor, *Chop Shop* featured striking performances by non-actors and a poetic sense of place and immigrant experience. Both movies won lavish praise from critics in the US and abroad. And even before he filmed the second, he'd started writing *Goodbye Solo*.

He was first attracted by the dark American cinema of the 1970s, then film noir. You can see the traces of these influences in his films, as well as the lyrical humanism and formal intelligence of various foreign sources: the Italian Neorealists, Abbas Kiarostami and other Iranian directors (the premise of *Goodbye Solo* consciously recalls Kiarostami's *Taste of Cherry*), Belgium's Dardenne brothers and the Taiwanese master Hsiao-hsien Hou.

Like most of these filmmakers, Bahrani eschews obvious dramatic ploys and stylistic flash. His films are terse, supple and suggestive. In certain obvious ways, his three US movies are of a piece thematically. Yet *Goodbye Solo*, besides being shot in North Carolina instead of New York, marks a departure as his first film using professional actors in the two lead roles (all the other parts are played by non-actors).

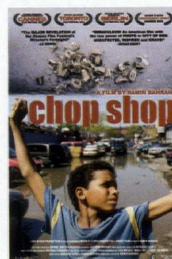
It wasn't a planned departure. Bahrani had written a script based on the African cabbie he'd met in Winston-Salem and intended to use that man to play the part. When the cabbie bowed out, he considered dropping the film. Instead, he rewrote his script and found two remarkable actors with equally remark-

able backgrounds.

Red West, who plays William, was Elvis Presley's best friend in high school and became a member of the Memphis Mafia. He has worked as a farmer, a stuntman, a country songwriter and has appeared in countless films and TV. Souleymane Sy Savané, whose real nickname is Solo, was born in Ivory Coast and worked as a flight attendant and a model before studying acting in New York. Neither man had starred in a film before.

Their terrific performances are among the chief pleasures of *Goodbye Solo* and attest strongly to Bahrani's gifts with actors, both professional and not. That achievement, though, is but one facet of his accruing mastery as a filmmaker who has developed a very distinct style and body of work through dedication and uncompromising vision.

Having watched Bahrani's career develop, I've been impressed that every new film has been better than the last. At once intimately evocative and richly resonant, *Goodbye Solo* is unquestionably his best to date. It's high time North Carolina filmgoers discovered this tremendously gifted native son. **MM**



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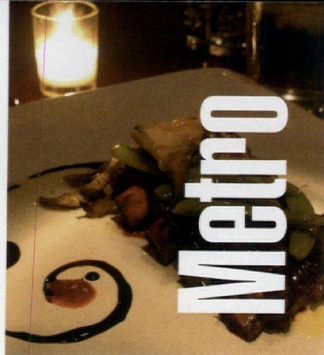




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RESONANT MASTERY

Bahrani, a discerning cinephile, tells me his interest in film was kindled in high school.



Gourmet

by Moreton Neal

A TALE OF TWO RESTAURANTS

Once in a blue moon a restaurant opens that fills a void, scratches an itch, hits the spot — a place so tuned in to the gastronomic zeitgeist of the Triangle that its success seems inevitable. Magnolia Grill is such a restaurant, having introduced imaginative, upscale Southern food to Durham in the early '80s at a time when choices for discriminating foodies were limited. The Angus Barn is another, kicking the steakhouse concept up so many notches in the early '60s that it became an instant icon in a carnivorous city.

This year, as many restaurants struggle for survival, two new eateries have hit the mark. Each has been steadily deluged with customers, many already loyal patrons. In North Hills Mall, three ambitious restaurants — JK's, Savannah and South — have already closed in just three years since the shopping center's dramatic renovation. Replacing South, Coquette has flirted, teased and ultimately brought satisfaction, even addiction, to French food lovers in a spot that, after the failure of two previous restaurants, appeared hexed.

Downtown Durham's newest restaurant, Revolution, began courting customers with press releases a year ago, but construction problems caused countless delays. Enthusiastic followers of former Il Palio Chef Jim Anile champed at the bit, and DPAC audiences missed a neighborhood venue for pre- and post-theater refreshment. Once its doors opened at last this past January, Jim and Teresa Anile's new place has surpassed all expectations.

Coquette and Revolution, each beautifully designed, demonstrate the importance of feeding the eye, as well as the palate. Coquette has the look (and even the concertina soundtrack) of a bustling Parisian brasserie; Revolution's sleek modern décor and sophisticated menu could have been transplanted from London's West End. Contemporary in feeling, Revolution occu-

pies a vintage space — the old Baldwin Department Store, while Coquette's early 20th century ambiance belies its brand new building. Each venue is fronted by inviting bars with comfortable stools for solo dining or people-watching while sipping an aperitif.



Coquette's menu reflects traditional brasserie food with familiar dishes, including escargot, rabbit rillettes, steak frites, moules frites, crêpes, and cassoulet. No gimmicks, no lengthy descriptions, no bizarre and overly ambitious creativity displayed here — the menu leads you to expect the real thing ... and you won't be disappointed. Pot au feu with monkfish, mussels in a subtly spicy sauce enhanced with red peppers and chorizo, the freshest seared scallops with braised Belgian endive in tarragon butter with a hint of orange — all are triumphs of basic French cooking with its emphasis on the best possible ingredients.

BRILLIANT CHEFS

Coquette's Parisian look and sound are the result of the Urban Food Group's brilliant design team, but the man responsible for its quintessential French flavors is Rob Bland. This extraordinary young chef is a Culinary Institute of America graduate, who trained in Paris with the great Guy Savoy at Bistrot de L'Etoile Lauriston, and continued his immersion in classic French

cooking at Brasserie Les Halles in New York, Le Cantou in Toulouse, France, and Simply Paris in Wellington, New Zealand. Every bite of Coquette's food is delicious evidence of Bland's experience working in every station of professional French kitchens.

Anile's training has been as extensive as Bland's, but in other directions. Born into an Italian family of restaurateurs, Anile grew up in Texas working in the family business. He left college to apprentice in the kitchen of a small boutique hotel, leading to jobs in Dallas, Santa Barbara, London, Thailand and finally Chapel Hill's Il Palio where he concentrated on Northern Italian cuisine. In his own kitchen, Anile can be as creative as he pleases with a menu that he calls "global contemporary," borrowing from the varied cuisines he has learned to embrace.

Revolution's cleverly composed menu is divided into sections that mirror the casual/formal juxtaposition of its space, divided into two main areas — the U-shaped bar and the cozy banquette-lined dining room. You can choose from "chilled/raw" (from raw oysters to beef tartar to venison carpaccio), "small" (salads and pastas), "big" (moderately priced main courses), and "Second Mortgage." We recently drooled over tamales filled with goat cheese and butternut squash topped with a juicy watermelon salsa, and fresh foie gras on savory waffles garnished with delectable house-preserved kumquats.

Anile's innovative combinations are tempting, but his simple Italian dishes are not to be missed. House-made pappardelle melts in the mouth, either topped simply with olive oil, butter and shaved truffles, or a more complex osso buco sauce (which includes tender chunks of veal shank). Cured Parma ham with arugula, almonds and preserved orange, an octopus salad with olives, and black bass with baby arti-

chokes and white beans will transport you to a trattoria in the Veneto.

Wines at each restaurant reflect the nature of the menu. While Revolution's wine list is eclectic, Coquette focuses on reasonably priced bottles from all wine-growing regions of France — and offers a large selection of European lagers and ales.



Coquette

Globetrotting isn't a requirement for enjoying these two remarkable restaurants. Nostalgia may stimulate the appetite, but it's not the crucial ingredient in either kitchen. Ultimately, it's the food that counts, not exposure to the cultures it represents. If you enjoy fresh ingredient-driven dishes, expertly cooked and reasonably priced, you may become addicted, as I have, to Revolution and Coquette — and find it difficult to choose which one to visit next for a fix of truly glorious food.

NIBBLES

The Moore Square Farmers Market has reopened for its fourth season in downtown Raleigh's Moore Square and will continue each Wednesday from 10:30 a.m. to 2 p.m. through August featuring over 20 local growers. To celebrate, select restaurants will feature a "Green Plate Special" the last Wednesday of each month this season, highlighting farm-fresh ingredients from the Moore Square Farmers Market with individual restaurants determining their own specific offering for lunch and/or dinner. Current participating restaurants include **Zely & Ritz** (April 29), **Second Empire** (May 27), **Poole's Diner** (June 24), **Jibarra** (July 29) and **Mo's Diner** (Aug. 26).

The Moore Square Farmers Market is also the first stop on Taste Carolina's new downtown Raleigh walking tour that began

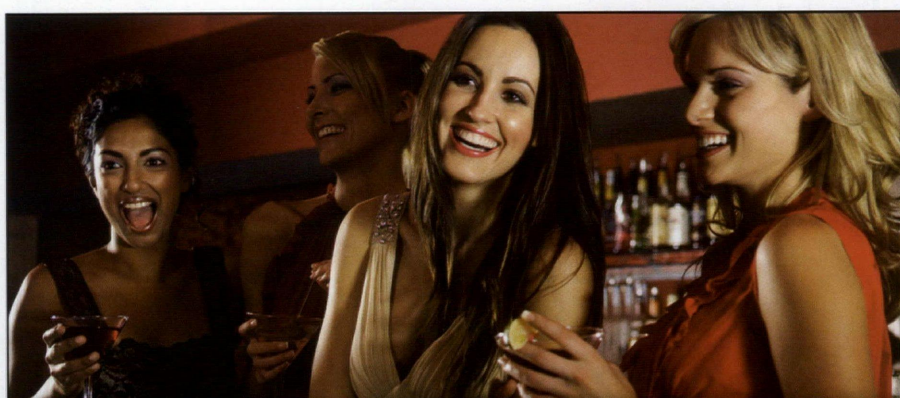
April 22. **Taste Carolina Gourmet Food Tours** takes participants behind-the-scenes while introducing them to legendary restaurants, farms, farmers' markets, bakeries and specialty stores, and chefs, artisans and farmers. The Wednesday tours begin at the Moore Square Farmers Market where a chef will introduce participants to local growers before meeting them back at a Glenwood South restaurant for a dish prepared using local ingredients selected at the market; the tour will also make stops at Fayetteville Street and Glenwood South restaurants, with tastes offered along the way. Reservations: 919-237-2254 or visit www.tastecarolina.net.

In Chapel Hill, **3CUPS**, a wine, tea and coffee merchant, introduces Master of Wine Sheri Sauter-Morano as the first speaker for their new Continuing Wine Education Program. Sauter-Morano is one of only two female Masters of Wine in the US, a title generally recognized as the highest credential in the wine trade. On May 7, the series will feature Spanish & Italian whites, and on May 14, *rosé*. For reservations or information, call 919-968-8993.

Triangle foodies are looking forward to the James Beard Awards, the Oscars of the culinary world, on May 4. Chef Bill Smith of **Crook's Corner** is one of five finalists nominated for Best Chef of the Southeast. He will be in New York at the ceremony along with another Crook's Corner alumni, John Currence, now chef of City Grocery in Oxford, MS. Currence is nominated for Best Chef in the Deep South.

Rocky Top Hospitality offers a dinner promotion every Tuesday through the end of June consisting of any entrée on the menu, a side salad and a dessert for \$19.99. This offer is valid at **Michael Dean's Seafood Grill & Oyster Bar**, **The Twisted Fork Grill, Market & Bar**, **Red Room Tapas Lounge**, and **Bogart's American Grill**. For more information, visit www.rockytophospitality.com.

It's not too late to register for Dorette Snover's popular teen chef classes and culinary summer camp sessions at **C'est Si Bon Cooking School** in Chapel Hill. Visit www.cestsibon.net for more information.



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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.

518 WEST ITALIAN CAFÉ — 518 West Jones St., Raleigh. 829-2518. www.518west.com. Located in a beautifully renovated, light-filled historic building, 518 West has been named "Best Italian Restaurant in the Triangle" four straight years by the readers of the *Independent*. Featuring a wood-burning pizza oven, fresh seasonal pastas made in-house, seafood and steaks, and much more. All bottles of wine are 50% off on Mondays.

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. 919-838-0085. www.theduckanddumpling.com. Overlooking Moore Square, this contemporary Asian-fusion bistro is home to Chef David Mao's unique blend of authentic Chinese and Vietnamese cuisine. Bar and sidewalk seating available. Lunch: 11:30 am-2:30 p.m., M-F; Dinner: 5 p.m.-10 p.m., T-Th; 5 p.m.-11 p.m., Fri-Sat.

EL RODEO GRILL — 7420 Six Forks Rd., Raleigh. 919-844-6330. www.elrodeogrill.com. Inspired by the bold flavors of Tex-Mex fare and the vibrant culture of Mexico, enjoy our favorite fajitas and stuffed Chile Rellenos. Or for a higher degree of authenticity, try our Michoacan-style Carnitas and a Mexico-City style Steak Tacos special. Signature margaritas and refreshing beers make for a perfect complement to this twist on traditional Mexican dining.

GLENWOOD GRILL — Oberlin & Glenwood, Raleigh. 782-3102. glenwoodgrill.com. Contemporary Southern at its best from Chef John Wright, featuring the Carpetbagger Appetite Stimulus Plan — \$6 on select wines M, T, W; \$50 dinner for two w/bottle of wine on

Thurs. Four-time Metro Bravo winner for power lunch. Available for private parties on Sundays.

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.

JIBARRA RESTAURANT — 327-102 West Davie Street, Raleigh. www.jibarra.net. 755-0556. Housed in historic Depot building in the warehouse district, this upscale Mexican restaurant couples indigenous ingredients with modern techniques and sensibilities elevating timeless recipes. Blending contemporary and Mexican style, the energetic atmosphere is dominated by a sleek tequila tower showcasing an array of premium, 100 percent blue agave spirits. Creative margaritas and an emphasized Spanish and Latin American wine list available.

MARGAUX'S RESTAURANT — 8111 Creedmoor Rd. Ste. 111, North Raleigh. 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.margauxs-restaurant.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 influences. Executive Chef Jeremy Clayman presents new and exciting culinary combinations paired with The Mint's unflappable service standards.

THE MORNING TIMES — 10 E. Hargett St., Raleigh. 919-836-1204. www.morningtimes-raleigh.com. Coffee shop serves up locally roasted coffee with bagels, muffins, scones, sandwiches; open late, serving wine and beer. Local artists' works featured in upstairs gallery. Sidewalk seating available. Open 6:30 a.m.-10 p.m., M-F; 7:30 a.m.-10 p.m., Sat-Sun.

MURA — 4121 Main at North Hills Street, Raleigh. 781-7887. www.mura-northhills.com. Traditional dishes and innovative new rolls make Mura stand out as one of the premier sushi restaurants on the East Coast. Elegant but cozy, Mura fits any occasion. Lunch: Mon-Sat 11 a.m.-2 p.m., Dinner: Sun-Thurs 5 p.m.-10 p.m.

NOFO MARKET AND CAFE — 2014 Fairview Road, Raleigh. 821-1240. Cafe, bar and deck seating. Award-winning salads, soups, sandwiches and entrées. "Best Brunch," "Best Eggs Benedict," "Best Bloody Mary," *Metro Magazine*. Private dining available in the Balcony at the Pig. Lunch M-F, Brunch Sat & Sun, Dinner Tues-Sat.

OLIVER TWIST — www.theolivetwistolounge.com. 8111 Creedmoor Rd, Raleigh. Offering an array of Eclectic Tapas & Signature Martini's served with a twist of sophistication. Featuring Live Music Monday through Thursday with Belly Dancers & DJ on weekends.

THE PIT — 328 W. Davie St., Raleigh. 919-890-4500. www.thepit-raleigh.com. Country meets city with authentic North Carolina pit cooked barbecue prepared by legendary pitmaster Ed Mitchell, complemented by creative, seasonal appetizers and sides. Bar and outdoor seating available. Lunch: 11:30 a.m. - 5 p.m., M-Sat; Dinner: 5 p.m.-10 p.m., M-Th; 5 p.m.-11 p.m., Fri-Sat. Sunday Brunch Buffet: 11:30 a.m.-3:00 p.m. (Sat lunch, Sun brunch start March 28).

THE RALEIGH TIMES — 14 E. Hargett St., Raleigh. 919-833-0999. www.raleightimesbar.com. Beautifully restored 100-year-old building is home to a timeless local watering hole, featuring creative takes on classic bar fare, inventive drink menu, extensive Belgian beer selection. Bar and sidewalk seating available. Open 11:30 a.m.-2 a.m., M-Sat; Noon-2 a.m., Sun.

SAINT JACQUES — 6112 Falls of Neuse, North Ridge Shopping Center, Raleigh. 862-2770. www.saintjacquesfrenchcuisine.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 Tu-F, dinner Tu-Sat and Sun Brunch. 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 North Raleigh location for business or pleasure! Classic. Simple. Delicious.

SECOND EMPIRE RESTAURANT & TAVERN — 330 Hillsborough St., Raleigh. 829-3663. www.second-empire.com. Award winning cuisine in two dining atmospheres. Upstairs enjoy the ultimate dining experience in an elegant yet relaxed atmosphere of charm and grace. Downstairs in the Tavern and Atrium enjoy a lighter fare menu and cozy atmosphere. AAA Four Diamond, DiRoNA Award, *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.

SITTI — 137 S. Wilmington St., Raleigh. 919-239-4070. www.sitti-raleigh.com. Authentic Lebanese cuisine by Chef Ghassan Jarrouj honors owners' home country and grandmothers, or sittis, with delicious food and endless hospitality. Made-fresh mezze, entrees and house-baked flatbreads. Bar and outdoor seating available. Lunch: 11 a.m.-5 p.m., M-Sat; Dinner: 5 p.m.-10 p.m., M-Th; 5 p.m.-Midnight, Fri-Sat.

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 playing seven nights a week.

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. www.tropicalsmoothiecafe.com. Tropical Smoothie Café is more than just great tasting smoothies. Keeping in line with the great taste and high quality that Tropical Smoothie is known for, we also offer healthy alternatives to regular fast food. Our gourmet wraps, specialty sandwiches and salads are made with the highest quality Dietz and Watson meats and chesses. Come early to enjoy our breakfast wraps and bagels. Catering is 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.

WINSTON'S GRILLE — 6401 Falls of the Neuse Rd, Raleigh. 790-0700. www.winstonsgrille.com. A Raleigh landmark for over 22 years; there's a perfect spot for everyone and every occasion. A combination of great food, fantastic service, and friendly atmosphere makes us a value place. Bread, desserts and cut meats are prepared and made fresh daily. Try our fine American cuisine, relax in the bar with our award winning Crab Dip or Bloody Mary's and enjoy beautiful, outdoor patio dining in the warmer months. M-Thu. 11 a.m.-10 p.m., Fri. 11 a.m.-11 p.m., Sat. 5 p.m.-11 p.m., Sun. 11 a.m.-10 p.m.

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

DURHAM/APEX/MORRISVILLE

CAFÉ PARIAZE — 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.

SAFFRON INDIAN RESTAURANT — 4121 Davis Drive, Morrisville. 469-5774. www.saffronnc.com. Offering fine dining in an elegantly modern ambience. Ranked best Indian restaurant and top 20 in RTP irrespective of cuisine by N&O for three years.

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.

WATTS GROCERY — 1116 Broad Street, Durham/ 919.416.5040. With a distinctive take on North Carolina cuisine, Watts Grocery features favorite seasonal and local foods by the forkful. Our menu changes seasonally so please check our website for new items at www.wattsgrocery.com.

CHAPEL HILL/HILLSBOROUGH

411 WEST ITALIAN CAFÉ — 411 West Franklin Street, Chapel Hill. 968-4732. www.411west.com. An Italian Café featuring fresh pasta, seafood, steaks, pizzas from a wood-fired oven, and homemade signature desserts in a Tuscan Villa setting. All bottle wines are 50% off on Monday nights. Private Room available for up to 50.

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.

THE CAROLINA CROSSROADS RESTAURANT — 211 Pittsboro Street, Chapel Hill. 918-2777. www.carolinainn.com. The Four Star and Four Diamond Carolina Crossroads Restaurant combines the graceful traditions of the south with Executive Chef Jimmy Reale's progressive new American cuisine. Fine dining menus change seasonally to highlight the best products from local and regional farms.

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.

MEZ CONTEMPORARY MEXICAN — 5410 Page Road, Research Triangle Park, Exit 282 off I-40. 941-1630. www.mezdurham.com. MEZ is the latest offering from the Chapel Hill Restaurant Group, operators of 411 West, 518 West, Squid's, and Spanky's. Featuring traditional Mexican dishes with a lighter, healthier twist, all made with the freshest ingredients. A beautiful private room upstairs overlooks the RTP and can accommodate up to 100. North Carolina's first LEED designed restaurant.

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 1/2 Stars" from CitySearch. Open daily.

SPANKY'S — 101 East Franklin St., Downtown Chapel Hill, 967-2678, www.spankysrestaurant.com. Featuring famous char-grilled hamburgers, Brown Sugar Babyback Ribs, fresh signature salads, and homemade desserts since 1977. Private Rooms upstairs accommodate up to 100, and overlook Franklin Street and Downtown Chapel Hill.

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.

SQUID'S — 1201 Fordham Blvd., Chapel Hill, 942-8757, www.squidsrestaurant.com. This local institution features the freshest seafood, steaks, and Chapel Hill's only raw bar. Named "2008 Best Seafood Restaurant in the Triangle" by the readers of the Independent, Squid's offers imaginative specials and fresh Maine lobster. Oyster Happy Hour daily from 4 - 6 p.m. Lobsters are Market price on Monday nights.

BEYOND THE TRIANGLE

AQUA — 214 Middle Lane, Beaufort, NC 28516. 252-728-7777. www.aquaexperience.com. "Aqua's urban-chic décor whets the appetite for sophisticated, internationally inspired food... On all counts, Aqua was an exceptional dining experience." Moreton Neal in *Metro Magazine* June 2005. Open for dinner: Tues.-Thurs. 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 Knaben 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.frontstreetgrill-atstillwater.com Historic Waterfront Bistro showcasing New World Cuisine. Perennial winner of the prestigious *Wine Spectator* Award of Excellence, serving lunch and dinner daily with inside and outside dining. New floating docks and outside waterfront bar.

PORTLAND GRILLE — 1908 Eastwood Road, Wilmington. 910-256-6056. www.portlandgrille.com. Chef/Owner Shawn Wellersdick's menu, featuring seafood, prime meats, and lots of flavor in a casually elegant atmosphere changing "slightly nightly" to reflect the season. Patio seating and private rooms available.

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.

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Cork Report

by Barbara Ensrud



Drinking Local Not Just for Yokels:

NC WINES AND WINERIES OFFER TOP CHOICES

The current buzz phrase is “eat local.” Good advice, especially with the fabulous bounty on display weekly at our local farmers’ markets. Well, let’s take it a step further: It’s time to drink local too!

I just read this comment somewhere online: “About 11 years ago I tried a North Carolina wine — it was awful.” Wow! If that’s your experience with NC wines, better try again. There are some awfully good ones out there today. Unfortunately, some aren’t ... not yet anyway. But I can easily recommend 25 to 30 wines — at the very least — that will change your mind.



Shelton Vineyard's Harvest Grill

On one evening during my recent wine class at Duke, we tasted blind three cabernet francs, one from France, one from Childress Vineyards and one from California. Thirteen out of 14 in the class — a wine-loving group of young professionals from around the Triangle — preferred the **Childress Cab Franc**. This quite surprised them — but the wine was livelier, juicier, well-balanced and a much better choice with food than the overripe Californian. The Chinon from France was still rather tannic, not really ready to drink.

It is true that selection is key. I taste our state’s wines often (as well as those from



Georgia and Virginia), frequently alongside the same types from other places, be it California, Down Under or Europe. The best of our local wines do stack up, often exceedingly well, especially those from recent vintages, such as 2006 and 2007 — both excellent in North Carolina wine areas, especially reds from **2007**. The drought was hard on the rest of us, but the warm, dry weather produced some beautifully ripe, rich reds from ’07, including **Merlot, Cabernet Franc, Cabernet blends, Syrah and Sangiovese**. Look for them to come along this summer and fall.

There are over 75 wineries in North Carolina. The Harris-Teeter grocery chain carries wines from the bigger ones — Childress, RayLen, Biltmore, Shelton, Westbend and occasionally others. Triangle wine shops are stocking more too. Many wineries, however, especially the newer ones, are small — producing only a few hundred to a thousand cases — and are mostly available only at the winery.

Sooooooo ... this is the perfect time for a road trip. National Public Radio’s “The State of Things” program recently featured a segment on NC wine with Margo Metzger, executive director of the NC Wine & Grape Council. “Wine is a beautiful part of agriculture in North Carolina,” said Metzger. “Everyone here lives within 100 miles of a family-owned winery.” That means *you*, wherever you happen to live in

our fair state. Check out the NC wine map at www.visitncwine.com for directions, visiting hours and contact numbers.

ROAD TRIP!

The wineries do their best to attract visitors, offering music, picnic facilities and special events throughout the year. RayLen, for instance, frequently features live music on weekends; Raffaldini hosts North Carolina artist exhibitions at their stunning new tasting room that looks like an estate villa in Tuscany. Many other wineries offer food, drink and merriment at special events.

Make a weekend of it by visiting the Yadkin Valley, the heart and center of Carolina’s wine industry. (Actually, to cover the whole valley would take more than one weekend.) Good food, good wine, great places to stay — they’re all available in what is shaping up to be one of the Southeast’s top destinations. Just as in Napa, you can rent a driver, even a limo.

The Yadkin is anchored at either end by two of the state’s largest and most imposing wineries — Childress Vineyards at the southern end in Lexington, and Shelton Vineyards in the north near Mt. Airy. Each boasts a state-of-the-art winery and tasting rooms that rival any in California. Each has nearby accommodations for comfortable stays, as well as good restaurants overlooking the vineyards.

Shelton's Harvest Grill is excellent for lunch or dinner and regularly attracts patrons from Charlotte, Winston-Salem and Raleigh-Durham. The adjacent Hampton Inn is the only one in the country with a wine-tasting bar, featuring Shelton wines.

You can eat extremely well in the valley now. Century Kitchen restaurant at Flint Hill Vineyards is a must for your itinerary. Housed in a 130-year-old yellow farmhouse built by owner Tim Doub's great-grandfather, the restaurant boasts several cozy dining rooms, as well as a tasting bar for sampling Flint Hill wines.

It's a quaint and picturesque setting, inside and out. Last summer I enjoyed the cool evening air on the shaded terrace, sipping Flint Hill's briskly dry, unoaked Chardonnay and watched Chef Sean Wehr through the terrace window at work in his gleaming kitchen. Artfully presented dishes streamed forth to "oohs" and "ahhs" from fellow diners: shrimp étouffée, wild mushroom bruschetta, mole-braised pork tenderloin, seared filet mignon with buttermilk whipped pota-



Flint Hill Vineyard's
Century Kitchen

toes — to name just a few.

Other not-to-miss restaurants are Shelton's Harvest Grill and The Kitchen at Elkin Creek that offer a perfect venue for pairing fine wines with good food.

Wine-and-swine? You gotta try it! Great barbecue can be found all through the area,

but especially around Lexington, well known as the Western NC-style Barbecue Capital of the World. Childress Vineyards even makes an annual Swine Wine, a chillable, lightly sweet red that sells out quickly at the annual Lexington Barbecue Festival each fall. **MM**

RagApple Lassie VINEYARDS

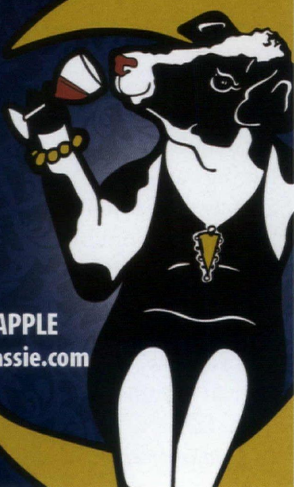
YUM 'MAZING WINES!

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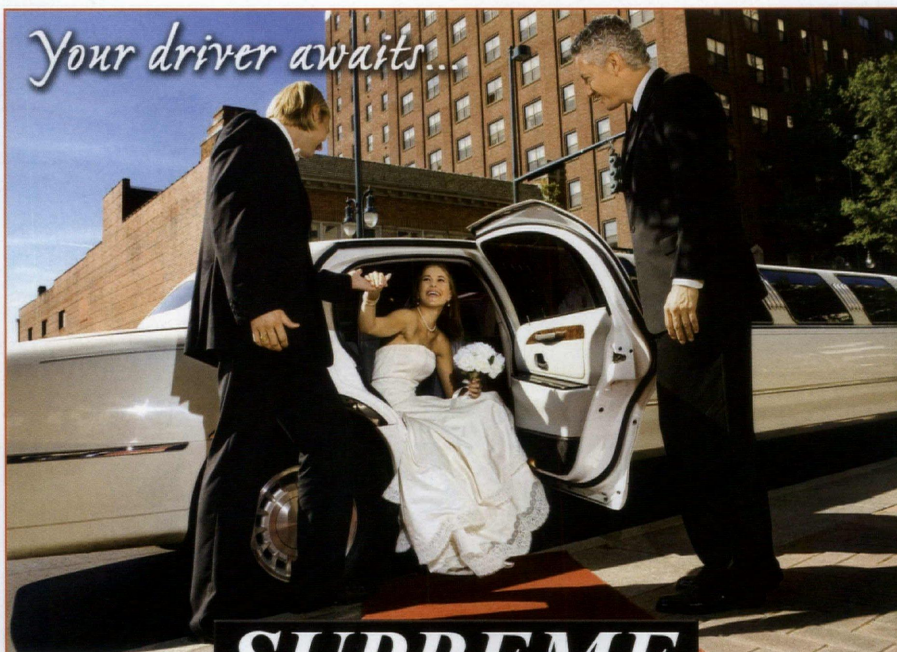
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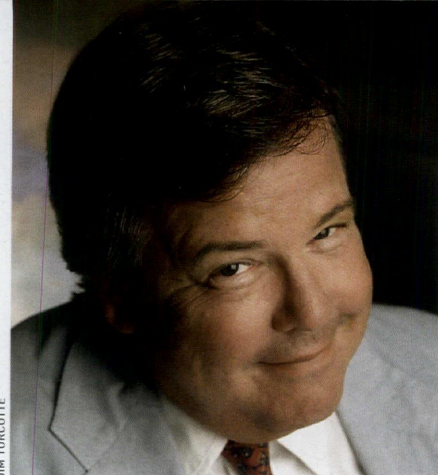
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My Usual Charming Self

by Bernie Reeves

JIM TURCOTTE



SDS LURKS BEHIND UNC STUDENT PROTEST

The recent student activism at UNC has not gone over well. Based on what they hear in class from the radical scholars, the demonstrators who disrupted a talk by Tom Tancredo on immigration are probably surprised their antics were not embraced by the school's constituencies. Instead, UNC Chancellor Holden Thorp has displayed a rather terse-lipped demeanor, indicating he is not amused as he wades through highly critical letters and e-mails.

It may have passed everyone by that the ruckus was kicked up by students and outsiders associated with the Students for a Democratic Society (SDS), a blast from the past most thought was dead and buried. Alas, SDS was resurrected in 2006 during the "grass roots" movement culminating with the 2008 election of Barack Obama to the presidency of the United States.

It is synchronistic timing indeed that the autobiography of Mark Rudd, one of the chiefs of the student revolution, hit the shelves at the same time as the UNC incident. *Underground: My Life with SDS and the Weathermen* seeks to re-energize SDS and rally students and fellow travelers to the ram-parts.

Rudd is best known as the headliner associated with the Columbia University riots of 1968-69 — where, incidentally, Erskine Bowles, president of the UNC system of colleges and universities, played the role of mediator as student president of the Columbia School of Business. Rudd had joined SDS — formed by activist Tom Hayden with the incoherent Port Huron Statement of 1962 — and went on to assist in the establishment of the Weathermen, later the Weather Underground — and even later the Weather Organization. His indoctrination included a long trip to Cuba,

where we now know the Soviets trained American activists in the arcane arts of revolution. Castro's enclave was a handy off-shore staging ground for mustering the troops to bring down America.

Later, Rudd lived a rather mundane and uneventful life underground as a "fugitive" until he gave himself up. He, like his counterparts Bill Ayers and his flamboyant wife Bernardine Dohrn, served no time in jail for their bomb-making and armed robbery antics.

The core belief of the SDS, that supersedes their incessant internal doctrinal quarrels (Che or Mao: Stalin or Trotsky, etc), is their unerring manifesto that "we must remake the world and abolish capitalism, the root cause of war, domination, and class and race exploitation ... and replace it with a humane, rational economic system." The Soviets couldn't have said it better — and they did.

Former KGB Maj. Gen. Oleg Kalugin told the Raleigh Spy Conference in 2003 that in one year alone — 1981 — his officers pushed Soviet anti-American propaganda by "funding or supporting 70 books, 66 feature and documentary films, more than 100 television stations, 4685 articles in magazines or newspapers, 300 conferences or exhibitions and 170,000 lectures around the world."

With that in mind, and after reading the screeds by Ayers (*Fugitive Days*, 2001) and now Rudd, the elephant in the room no one wants to notice is who funded the massive student movements of the '60s and '70s? Ayers says a guy would show up with a suitcase full of money ("we called him DB Cooper"). Rudd does say "community supporters" and wealthy advocates of the cause ponied up bail money, but he does not expand on the briefcase filled with \$10,000 in cash he displayed to his parents to prove the Movement was real.

SDS and the dozens of splinter cadres that dominated the Vietnam era have avoided closer scrutiny due to lack of will by the new breed of scholars who refuse to examine their heroes. The only available data come from books written by the participants seeking to burnish their place in history. Where, for example, is the PBS documentary/*The New York Times*/"60 Minutes" in-depth coverage of the Weathermen? Or their counterparts in Germany, Italy, Japan and

Peru who dominated the headlines as late as the mid-'80s? Baader Meinhof, the Red Army Faction, the Red Brigade and the Shining Path kidnapped, murdered and blew up innocent bystanders with regularity. Is that not history of interest in the new age of terrorism?

Rudd and Ayers and the domestic terror gangs inflicted a deep scar on the landscape. Yet they are treated as innocent children who went awry. Over at Carolina, the tenured radicals are keeping this history to themselves for their own political motives. That's the real story.

THE TRUTH WILL SET YOU FREE

Although rooted in the 1930s and '40s before the New Left got up a head of steam, the facts behind Soviet control of American spies has been verified — again. The new book *Spies: The Rise and Fall of the KGB in America* — by John Early Haynes, Harvey Klehr and Alexander Vassiliev — should put an end to the incessant denials from the Left that the Rosenbergs and Alger Hiss and other Soviet spies were innocent, a cherished canticle of the anti-American manifesto. This crowd should have capitulated after the revelations in the Venona Files, released in 1995 by the NSA and CIA, announcing the US intercepted cable traffic from Moscow to their American operatives from 1942 to the early '60s.

Now the truth of Venona is corroborated by Haynes and Klehr and co-author Vassiliev, a former KGB officer turned journalist who had access to complete Stalin-era records of Soviet intelligence. Using Vassiliev's detailed notebooks, the book puts to rest the Rosenberg and Hiss claims of innocence and verifies the guilt of hundreds of other spies who worked in the US government in the '30s and '40s.

The book also serves up some delicious new details, including the role of Ernest Hemingway — code named Argo — as a Soviet asset; that Julius Rosenberg recruited a previously unknown accomplice; that atomic bomb scientist Robert Oppenheimer was *not* a Soviet spy; and includes many other new discoveries, including the goods on IF Stone, whose role as a KGB and GRU asset had a dramatic influence on American media. **MM**

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



The condition is common, his approach is not.

James P. Zidar, MD, talks about his team's approach to peripheral vascular disease treatment.

What is peripheral vascular disease?

PVD is a blockage in the vessels that supply blood to the organs and limbs. Millions of Americans have it, but many don't realize it because they either miss the symptoms or mistake them for something else. PVD can cause weakness or pain in your legs, making activity difficult. It is a serious condition that left unchecked can lead to limb loss. It can also be an indicator of severe coronary disease, so early diagnosis can help prevent a heart attack.

How is it diagnosed?

Diagnostic tests include the quick and painless ankle-brachial index, x-ray angiography using contrast dye, ultrasound, and other tests. Ankle-brachial screening is recommended for everyone with diabetes over age 50.

So diabetes is a risk factor. Are there others?

The risk factors for PVD mirror those for heart disease: diabetes, tobacco use, high cholesterol and triglyceride levels, and high blood pressure. Prevention is the best medicine, and all these risk factors can be addressed.

What is your approach to treatment?

We use a team approach and integrate conventional treatments such as angioplasty and stenting with minimally invasive, catheter-based treatments and some very sophisticated options like atherectomy, laser ablation, and cryoplasty. Plus, Duke's PVD team is developing novel tests and treatments like gene therapy and stem-cell infusion.

Why do you hope people will read this?

Promoting awareness and increasing the diagnosis of PVD are top priorities of Duke's Peripheral Vascular Disease Program. No matter how comprehensive our approach to treatment, it won't help those who don't pay attention to the symptoms and risk factors.

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