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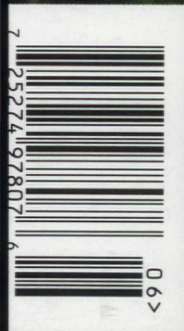
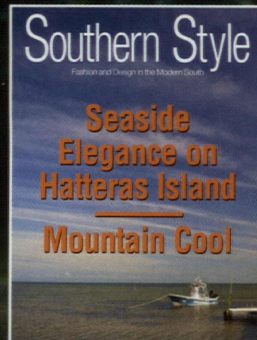
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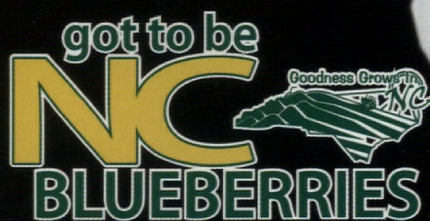


North Carolina Blueberries

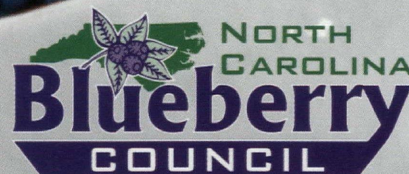
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FROM THE MOUNTAINS TO THE COAST

Alright already, we received the message you were unhappy with our experiment to run Carroll Leggett's column online-only in the May issue. He's back in print (and online) with an informed look at the desecration of the Order of the Long Leaf Pine former Gov. Mike Easley handed out like campaign buttons. (MetroPreview calendar of events is available online only at www.metroinc.com).

And what is Southern Style without product design and fashion ideas? Maury Jefferson compiles an in-depth look.

As the old tourism slogan for North Carolina put it, this is "variety vacationland," meaning if you've had enough fun in the sun, then hop on over to the gorgeous mountains where the temperatures are cool and the scenery breathtaking. Jim Hughes trekked upland and discovered that opportunities for mountain living are alive and well despite the economy.

Jim Leutze follows his excellent feature on coastal issues with the pros and cons of offshore drilling off the North Carolina coast, a hot topic that has occupied planners and beach-goers for the past 30 years. Godfrey Cheshire was surprised to discover he really liked the new film about boxer Mike Tyson; Louis St. Lewis maintains eccentricity is the key to being an artist; *Metro's* summertime coastal calendar fills you in on summer events; and the news and letters columns are buzzing with information and comments you won't find anywhere else.

On the food and wine front, Gourmet Editor Moreton Neal says the new chef at Herons at The Umstead Hotel and Spa knows his profession, and Wine Critic Barbara Ensrud explains that vintage years are indeed an important part of recognizing and enjoying fine wine. And be sure to refer to the Metro restaurant guide

before making your plans for dinner on the town.

The ballots are in and the winners of our annual "best of" MetroBravo! Awards will be announced in the July and August issues. There are surprises in store as our savvy readers decide who provides the very best in goods and services from the Triangle to the Coast. Advertisers call now to assure space.

Thanks for reading *Metro*!


—Bernie Reeves, Editor & Publisher



Interior of Magnolia Manor Plantation.

And it's summer, so Diane Lea contributes to our quarterly Southern Style special section with a visit to The Inn on Pamlico Sound, a hideaway on Hatteras Island where you can forget about the economy and relax in style and partake in fine cuisine, engage in a variety of water sports and get to know the Manhattan innkeeper who says he has found heaven on the Outer Banks. Diane also visits two other charming inns — The Oakwood Inn in Raleigh and the Magnolia Manor Plantation in Warrenton — where comfort and service come first.

Up the coast and across the water from Hatteras Island, the Elizabethan Gardens in Manteo entrance visitors with the quiet elegance of ages gone by, nestled close by the site of The Lost Colony, the first English settlement in the New World. Garden writer Helen Yoest provides an exclusive personal tour, enhanced by her knowledge of what to look for to appreciate first-class gardens.



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Bernie Reeves
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Contributing Editors

Arch T. Allen *Books*
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Jim Leutze *Editor-at-Large*
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Metro Magazine LLC

1033 Oberlin Road, Suite 100
Raleigh, NC 27605

Mailing address

P.O. Box 6190, Raleigh, NC 27628
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CARROLL LEGGETT ONLINE-ONLY BAD IDEA

Some of us are illiterate, some of us are computer illiterate and some of us are both. Perhaps I fit in the "both" category, but for sure I fit in the computer illiterate group.

I look forward each month to reading the irreverent commentary by Bernie Reeves (because I know him and expect not to be shocked) and Carroll Leggett's column Between You and Me — in part for some of the same reasons.

I beg you not to put either only online. It forces me to scramble to get someone to print it out, as I did Leggett's column in the May 2009 issue. I need some help here, and I'm counting on you to do the right thing. Us older guys have to stick together.

Nick Weaver
Goldsboro, NC

PS: If you think I sent you this e-mail without the assistance of my wonderful assistant, well think again.

TAKING VITAMINS: JUST IN CASE

I enjoyed the article on multi-vitamins in the medical special section in the May 2009 issue of *Metro*. I look upon taking vitamins as an insurance policy. I take them "just in case." Just like you may never need auto insurance, it's nice to know it's there.

The old adage, "you are what you eat," is actually referring to what nutrients your body is able to absorb and process. Suppose that overcooked food you are fond of has all the nutrients cooked away. The multi-vitamin

kicks in to balance what was "lost." Suppose the soil did not provide enough nutrients to that fresh tomato, lettuce or green pepper. The vitamin makes up the difference.

As for the comment concerning the "jury" is out on the effectiveness of vitamins, my opinion is the case never went to the jury in the first place.

The healthcare industry (yes, it is an industry) would rather keep us in the dark than admit vitamins are good for you.

In my opinion, the real question is, "Is one supplement enough?" Short answer: probably not.

My personal daily regimen includes one cold processed multi-vitamin, fish oil, garlic, L-Carnitine, and CoQ10. The garlic is a natural blood pressure regulator; the fish oil has omega-3 and 6; L-Carnitine is for the brain; and CoQ10 is for the 300 million feet (yes, million) of my circulatory system.

If you really want to stir up a hornets' nest, just ask the medical establishment what they think of chelation therapy.

Phil Poulos (originally from Raleigh)
Newport News, VA

FROM THE HAMPTONS TO THE INNER BANKS

I read your magazine online and really like it.

We bought a house in the small coastal village of Swan Quarter, NC, and were welcomed by the friendly people. That is the place where the ferry commutes to Ocracoke Island.

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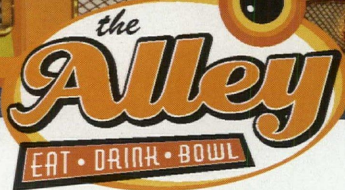
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I am writing you because we found our little piece of heaven on the IBX where people are still people, where there is no red-light and no traffic jam — whether they are retirees, entrepreneurs, developers or artists; whether from New York, Massachusetts, Ireland or Italy — we discovered here the very best that North Carolina's Inner Banks region has to offer. We have plenty of small waterfront towns, history, culture, news, people and the region's uniquely enticing lifestyle.

Ingrid Lemme
 Swan Quarter, NC

CALIFORNIA HERE WE COME

The column by Bernie Reeves, "From DC to NC: Ships of State on Collision Course" (March 2009 *Metro*) reminded me of middle-class homeowners in California complaining to then-Speaker of the Assembly Willie Brown about exorbitant property taxes. Brown ignored them, but their concern was hijacked by apartment house owners. The result was Proposition 13, which makes it extremely difficult to enact sensible improvements in, for example, school buildings, which would actually benefit the middle class.

Bussing school children, which initiated the white flight in the San Francisco Bay Area, is a misguided attempt to overcome past failures in public policy. The real problem was and remains that there are not enough poor black men with decent jobs. If successful, Barack Obama & Company's drive for legitimizing illegal aliens will guarantee another generation of the same problem.

David Ferris
 San Francisco, CA

CORRECTION

In his May 2009 feature, "Future of NC Coast Caught in Net of Politics, Economics and Environmental Concerns," Jim Leutze was correct that the Fisheries Reform Act was dated 1997. *Metro* apologizes that the date was changed incorrectly to 1977 during the editing process.

The Results are In!

MetroBravo

**Winners announced in our
July and August issues**



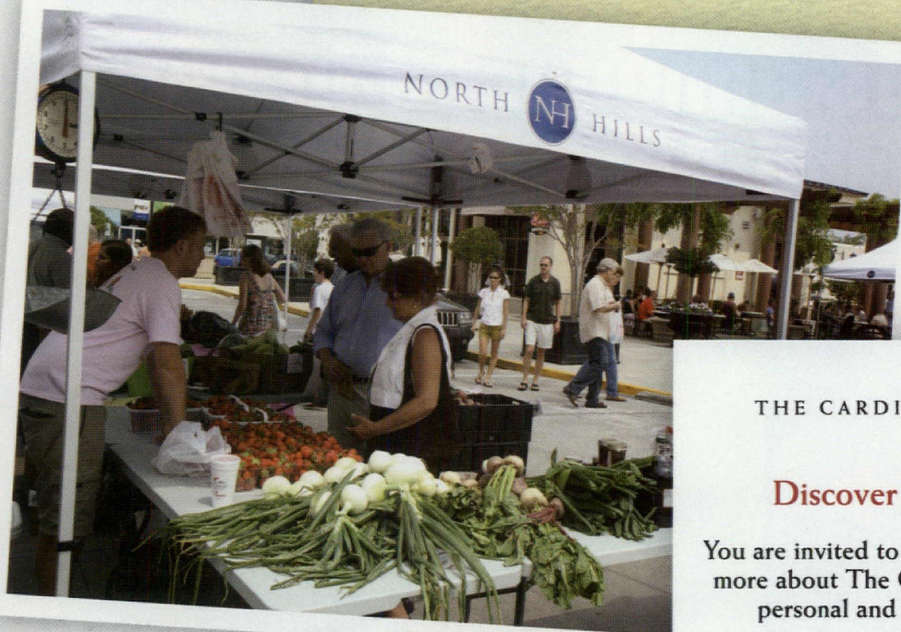
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 - Fun Finds for Summer
 - Fashion News
 - Elizabethan Gardens Delight Visitors
 - North Carolina Mountain Living

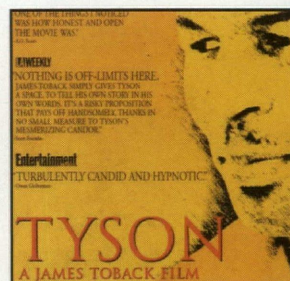
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SECRETS OF STATE

Last Nimitz-Class Carrier Named For George HW Bush

Northrop Grumman Shipbuilding officially delivered the nation's newest and most advanced nuclear-powered aircraft carrier, *USS George HW Bush* (CVN 77), to the



United States Navy on May 11. "We are proud to be part of history by delivering the final Nimitz-class carrier to the Navy today," said Ken Mahler, vice president, Navy Programs. "It represents the culmination of years of hard work, craftsmanship and dedication by thousands of shipbuilders, whose

work will remain with the fleet for the next 50 years."

USS George HW Bush is the nation's 10th and final Nimitz-class aircraft carrier constructed by shipbuilders at Northrop Grumman Shipbuilding's shipyard in Newport News, VA. At 1092 feet in length, *USS George HW Bush* is nearly as long as the Empire State Building is tall. It weighs 97,000 tons, can carry more than 80 combat aircraft and its top speed exceeds 30 knots. Powered with two nuclear reactors, it will operate for more than 20 years without refueling. **MM**

Golfers Assist Turfgrass Research

The first Rounds4Research.com online auction contributed \$55,000 in early May to benefit turfgrass research at Clemson and North Carolina State University in response to the United States Golf Association and the Golf Course Superintendents Association of America freeze on research funding this year.

Golfers from across the country bid for two weeks on rounds donated by clubs and courses in the Carolinas, Georgia, Virginia, Tennessee, Florida, Mississippi, Bermuda and the Dominican Republic coinciding with na-

tionally televised PGA Tour tournaments in Hilton Head, SC, and Charlotte, NC.

Turfgrass researchers assist golf course superintendents in combating threats from disease and pests and develop techniques for more efficient maintenance practices. For more information, call 910-235-8773. **MM**

Grey Ribbon Campaign Unifies Brain Tumor Support Groups

To bring awareness and to find a cure for brain tumors, the newly formed consortium "Heroes of Hope" has brought together over 200 individuals and 48 nonprofit charitable organizations from all 50 states for the debut of the Grey Ribbon Crusade to commemorate National Brain Tumor Awareness Month.

The grey ribbon has been adopted as the symbol for finding a cure for the leading cause of solid tumor death in children that also affects over 200,000 people yearly. The group's first fundraiser, a national text message campaign, "Hope for a Cure is at Your Fingertips" allows donors to text "BRAIN" to 40579 on their cell phone, automatically donating \$5 to brain tumor research added on their mobile phone bill. (Verizon users should make

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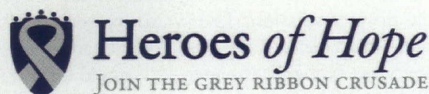
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their donation at www.greyribboncrusade.org/donate.)

For more information, contact DNL1231@aol.com or call Lisa Kaminsky-Millar at 866-48-4CURE(2873). Individuals and organizations can join the cause at www.greyribboncrusade.org for no fee and receive a grey ribbon to help spread awareness of the cause.



"The work the medical community can accomplish in its quest to find a cure for brain tumors is greatly enhanced by the involvement of organizations that make up 'Heroes of Hope'," said Dr. Henry Friedman, deputy director of The Preston Robert Tisch Brain Tumor Center at Duke. "Now having one cohesive resource across the nation brings more focus and strength to this cause." **MM**

Keli Wagner Honored By Big Rock Marlin Tournament

The Big Rock Blue Marlin Tournament in Morehead City, NC, has named the tour-

namment's Lady Angler Tournament in honor of Keli Wagner, an avid fisherman who encouraged participation and played a key role in dedicating monies from the women's event to the Raab Cancer Clinic in Morehead City where she received treatments for eight years before losing her battle with cancer in late 2008. All funds donated to the clinic are for patient comfort and care.

The Keli Wagner Tournament, sponsored by Alexseal Yacht Coatings, will kick off June 5 at the Crystal Coast Civic Center. Local florist English Rose will provide orchids and yellow roses in honor of Keli's favorite flowers. The one-day billfish release tournament will be held the following day on Saturday, June 6. For more information, call tournament headquarters at 252-247-3575. **MM**

Haw River Valley Named Wine Region

The Haw River Valley has been recognized as an American Viticultural Area (AVA), a "delimited grape-growing region distinguishable by geographical features." The Haw River Valley AVA is the third AVA in the state of North Carolina and encompasses all of Alamance County and portions of Caswell, Chat-

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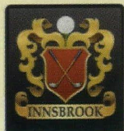
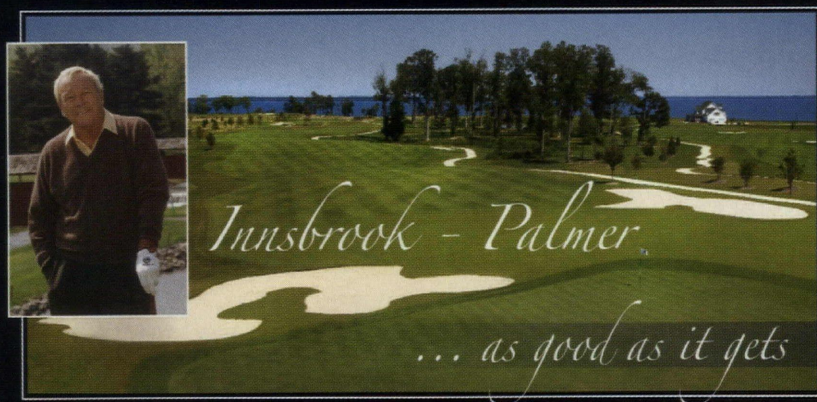
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ham, Guilford, Orange and Rockingham counties. At the present time, the wineries in the AVA include Benjamin Vineyards & Winery (Saxapahaw), GlenMarie Vineyards & Winery (Burlington), Grove Winery & Vineyards (Gibsonville), Iron Gate Vineyards & Winery (Mebane), Silk Hope Winery (Silk Hope), and Wolfe Wines (Snow Camp). Also included are over 10 other vineyards with over 60 acres planted. For activities, events and winery tours, visit www.visitalamance.com. **MM**



Dr. Rorin Platt, former professor of history at Campbell University, was voted Professor of the Year by the Campbell student body.

Platt, a diplomatic historian who specializes in American intelligence history, was recognized for his innovative teaching style and academic knowledge. He has authored two books and a number of articles and book reviews, including the book *Virginia in Foreign Affairs, 1933-1941*.

Campbell's president refused to renew Platt's contract from what appear to be political reasons.

The Autism Society of North Carolina's 2008 Parent of the Year Award was presented to **Donna Pittman** of Washington, NC, during the Autism Society's Annual Conference on Autism Spectrum Disorder.

The Carolinas Credit Union Foundation (CCUF) has awarded a \$15,000 Micro Community Grant to the Lucy Daniels Center for Early Childhood to fund the Lucy's Book Club Program, a mental health program serving 500 to 600 children from birth to 6 and their parents.

MSA, a Triangle-area marketing and communications shop, received the "Agency of the Year" award by SUBWAY® Restaurants — the chain's highest honor for advertising firms. Go to www.thinkmsa.com.

The Armed Services YMCA (ASYMCA), the nonprofit organization supporting families of junior enlisted military personnel, awarded its honorable mention in the 11th- and 12th-grade category of its annual essay contest to Fayetteville 12th-grader Drake Bruns. Winners were announced at a luncheon on Capitol Hill sponsored by Lockheed Martin.

Audubon North Carolina presented the organi-

zation's 16th Annual Charles H. Callison Award in recognition of outstanding leadership and service to Chris Canfield, executive director of Audubon North Carolina. Go to www.ncaudubon.org for more.

David White, a member of the board of trustees of the Hospice of Wake County Foundation since 1990 and a member of the Volunteer Ambassadors, has been named the 2009 recipient of the Dr. William M. Dunlap Award created in 1994 in recognition of excellence in service to the hospice mission. The award, presented 12 times in 15 years, was presented by board member Susan Rouse at the agency's Annual Dinner. Go to www.hospiceofwake.org for more.

The city of **Fayetteville** has created 750 miles of patriotically themed driving trails for visitors, including 11 themed trails that cover American history from before the Revolutionary War to modern times. Visitors not interested in a pre-planned route can customize their own tours through Fayetteville's Customize It program, an online feature that helps tourists personalize a visit to Fayetteville based on interests, age, budget and food preferences. For additional information, visit www.visitfayetteville.com or call 800-255-8217.

The Junior League of Raleigh and the Raleigh branch of Ferguson Kitchen and Bath kicked off the 2009 Showcase of Kitchens, "A Toast to the

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FRIDAY, JULY 10, 8 PM

Dan Zanes and Friends
SATURDAY, JULY 18, 7 PM

Annals and the Old Ceremony
SATURDAY, JULY 25, 8 PM

MUSIC/MOVIE COMBO

Chicago Blues Tribute
Hubert Sumlin and Bob Margolin
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SATURDAY, AUGUST 8, 7 PM

MUSIC/MOVIE COMBO

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SATURDAY, AUGUST 29, 7 PM

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Doc Watson and David Holt
SATURDAY, SEPTEMBER 26, 8 PM

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Tour: Nothing Could be Finer," at Ferguson's Raleigh Showroom April 17-18 with a silent auction, food from B&B Catering, music from the Band of Oz and Old Habits and the Junior League's signature drink, "Firefly Lemonade." The opening was followed by a two-day tour of 10 kitchens in private homes located in central and northern Raleigh areas and the Preston community in Cary. The Showcase benefits the Junior League's Center for Community Leadership.

The Liver Symposium: A Global Collaboration of Medical Practitioners and Cancer Patients took place in Chicago May 14-16 co-hosted by Dr. Andrew Kennedy, co-medical director at Wake Radiology Oncology in North Carolina, and Suzanne Lindley, a 10-year colon cancer survivor from Houston. Go to www.beatlivertumors.org for more information.

The NC State golf squad won the revived **Big Four Golf Challenge** by defeating Duke by one shot and going on to defeat Wake Forest in the afternoon round May 11 at Treyburn Country Club.

Dr. Victoria Haynes, CEO of RTI International in Research Triangle Park, was named the 2009 Citizen of the World by the board of directors of the International Affairs Council (IAC). Haynes was recognized for her commitment to improving the human condition while simultaneously expanding North Carolina's global reach under RTI's International Development Group. The public is invited to attend the fall dinner and awards ceremony. Go to www.iacnc.org for more information.

The Oaks at Fallon Park, developed by Grubb Ventures, will donate \$100 to Trees Across Raleigh for every home sold. With 17 homes sold so far, a total of \$1700 has been donated to the tree program. Go to www.treesacrossraleigh.org or www.oaksatfallonpark.com for more information.

Kiplinger's Personal Finance has ranked Raleigh in its list of 10 Best Cities of 2009, selecting locales offering solid employment opportunities and the talent to create new, well-paying positions.

The 1st Annual Bee Ball: A Second Chance Prom, hosted by the Beehive Collective, was held May 29 at The Berkeley Café in downtown Raleigh to "pollinate" community giving and to inspire young women to lead. Proceeds from the Bee Ball go to support local nonprofits focused on improving economic security for young people and low-income individuals. Visit www.thebeehivecollective.org/beeball for more.

The Durham Arts Council's Emerging Artists Program celebrates its 25th anniversary on June 18 with a special tribute to **Ella Fountain Pratt** (1914-2008), founding director of the program. Go to www.durhamarts.org for more information.

The American Cancer Society hosts its 10th annual **Coaches vs. Cancer® Golf Invitational** Sunday and Monday, June 7-8, at the Raleigh Country Club. NCAA Division I college basketball and football coaches from across the nation will compete to support the fight against cancer. Coaches vs. Cancer began in 1993 via the National Association of Basketball Coaches (NABC). Call 1-800-227-2345 or visit cancer.org.

APPOINTMENTS

WakeMed Health & Hospitals has elected **Billie Redmond**, CEO of Coldwell Banker Commercial TradeMark real estate, as board chair, North State Bank President **Larry Barbour** as vice chair, and **Tom Oxholm**, vice president for finance of Wake Stone Corporation, as secretary. WakeMed Health & Hospitals is an 870-bed private, nonprofit healthcare organization based in Raleigh. Go to www.wakemed.org for more information.

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The Inn on Pamlico Sound Offers Upscale Relaxation On Hatteras Island

By Diane Lea

The road from Raleigh to Hatteras Island on the Southern Outer Banks is now a breeze as far as Plymouth, NC, on four-lane US Highway 64 East, followed by a pleasant drive through the Alligator River National Wildlife Refuge and on across scenic bridges with beautiful views of the sparkling waters of Croatan and Roanoke Sounds. At the colorfully named Whalebone Junction in Nags Head, US 64 yields to southbound two-lane NC Highway 12 and enters Hatteras Island and the Cape Hatteras National Seashore, the nation's first

protected seashore. The barrier island stretches 73 miles from Bodie Island to Ocracoke Inlet and includes the villages of Rodanthe, Waves, Salvo, Avon, Buxton, Frisco, Hatteras and much of Ocracoke Island. At Oregon Inlet, where an expansive fleet of charter fishing boats docks at the Oregon Inlet Fishing Center, the dramatic Herbert C. Bonner Bridge spans to the Pea Island National Wildlife Refuge, a popular wintering area for migrating birds.

Long known to fishermen, birders and water sports enthusiasts, the Southern Outer

Banks has not been noted for luxury accommodations. Beloved by families who rented spacious beach cottages, or took over several rooms at one of the small-scale motels, the fun was derived from the easy interaction with nature, enjoying the island's two fishing piers at Avon and Frisco, or visiting local attractions such as the Bodie Island and Cape Hatteras Lighthouses, the restored Chicamacomico Life Saving Station, Buxton Woods Nature Trail, Frisco Native American Museum and the Graveyard of the Atlantic Museum.

Photography by Lee Cortese



The past decade has seen considerable development on Hatteras Island, especially among businesses and facilities catering to kiteboarders, windsurfers and paddle boarders. Cape Hatteras is internationally recognized as the best place to kiteboard and the East Coast's number one surfing destination, according to Trip Forman, co-founder of REAL Watersports. Forman has just relocated REAL to a new 18,000-square-foot facility in the village of Waves, boasting the largest kiteboarding school and retailer of kiteboarding equipment in the world. Other additions to the island include The Love Boat in Frisco — the popular wedding venue featured in *Metro's* July 2006 issue — and Spa Koru, a full-service spa, salon and gym that opened in Avon in 2005.

FEARLESS ENTREPRENEUR FINDS HOME

About that same time, fearless entrepreneur Steve Nelson, who describes himself as a “burned-out refugee from the corporate world,” began planning and building his dream — a luxury inn and gourmet restaurant in the village of Buxton, home of the great Hatteras Light.

“The dream of owning and operating a very upscale inn was really the dream of my former wife,” says this single father who lives with two of his children in the innkeeper's house on the grounds of the 12-suite Inn on Pamlico Sound. “She found she was not compatible with the inn keeping lifestyle, but I was hooked.” What contributed to Nelson's determination to see the Inn succeed is his deep sense that he has found “home.” “Whenever I visited friends in Maine during my years in New York City, they talked about ‘home’ with great confidence in what that meant to them,” says Nelson. “I never felt that way about any place until I came to Hatteras Island in 2001 and purchased my first home here. It was not long before I bought the first part of my two-plus acres overlooking Pamlico Sound that became the Inn.”

OUTER BANKS VIBE

The Inn on Pamlico Sound sits nestled into a protective ridge framed by live oak trees and a backdrop of green marsh and deep blue sound. The design is characteristic of universal indigenous coastal archi-



Starting with an existing cottage, the Inn on Pamlico Sound grew to a 12-suite inn with gourmet restaurant.

ecture, featuring simple rectilinear forms, gabled roofs, classic shingled siding and multiple decks that serve as balconies and connectors for the Inn's two buildings. Painted a warm, subdued yellow and trimmed in white, the Inn on Pamlico could be sitting on the coast of Maine or California.

In any locale, the vibe would be just as welcoming and tranquil. Interestingly enough, Nelson's approach to building his inn in two phases is typical of Hatteras Island residents: you source around, find some friends who know how to do things, who know friends who know how to do other, different things. Then everyone contributes to the project. This was especially important because Nelson was building an inn and restaurant that had to meet numerous standards for commercial construction and food preparation.

“My designer, Dare Designs, worked

with Rick House, an engineer,” says Nelson. “Then my friend Basil Hooper, a commercial contractor, put it together. All are Outer Bankers.”

The team began the Inn by gutting a small rental house on the property and overbuilding. Known as the West Building, it is now expanded to three levels, each with decks or balconies with lovely views. West Building accommodates the Inn's office; a space for kiteboarding instructor and Buxton resident Ty Lockett; a 14-seat home theater — which draws on Nelson's private 1700 DVD collection; a cozy guest lounge, complete with complimentary snacks; and a print library that reflects Nelson's own varied tastes. The West Building features three sound-front queen rooms, a sound-view premium king room, and a sound-view king. All the Inn's guest quarters are equipped with high speed Internet access,



Chef Chris Setzer, a graduate of the Culinary Institute of America, shaped the Inn's dining capabilities.

television and DVD player. Furnishings are upholstered and dressed with luxuriously embossed or embroidered fabrics in soothing neutral colors that complement the more vivid colors of the views from the Inn.

"The décor and use of local artists' work throughout the Inn is credited to Paul Pachowicz, my managing innkeeper," says Nelson.

Pachowicz, a native of Poland, first visited Hatteras Island in 2002 as a student. He has now passed his second year anniversary at the Inn. Nelson says Pachowicz was born in the wrong country.

"He's a Pole who hates cold weather," says Nelson.

Pachowicz views himself as a citizen of the world with a passion for extreme sports, or "anything that goes fast on land, sea or air," and sees Hatteras Island as a paradise where he can experience them all.

LEISURELY DINING

Completed in 2003, the East Building offers seven luxurious king suites, again in soothing neutrals and, like all of the Inn's guest rooms and suites, featuring splendidly tiled spa-like baths with jetted tubs. Private balconies and large windows provide panoramic views of Pamlico Sound, and the boardwalk below is often the stage for displays of wildlife temperament by the Inn's informal mascots, a pair of Great White Egrets and a cheeky Blue Heron. Since launching the Inn on Pamlico in 2005, Nelson has already expanded the dining room, located in the East Building.

"Though we always give our guests first choice of reservations in the dining room, we are usually able to seat our non-resident guests for dinner," says Nelson. "Your table is yours for the evening, and we encourage leisurely dining."

The Inn's dining room is run by Exec-

utive Chef Chris Setzer, a graduate of the Culinary Institute of America. Setzer was the chef at the island's first true gourmet restaurant, the now closed Austin Creek. After stints at fine dining establishments in Charleston, SC, and the Arizona Biltmore Resort & Spa, Setzer came to the island to make his home with his partner Christy Davis, who runs the Fish House restaurant, a casual favorite of locals. Setzer soon joined the enterprising group at the Inn to shape its fine dining capabilities.

"Chris is passionate about our local seafood so we feature nightly fresh catches, often provided by fisherman friends," says Nelson. "We also serve organic grain-fed beef, organic vegetable-fed chicken, and organically grown local produce."

While evening dining is famous for fine food and wine, quiet attentive service and the beauty of the sound sunsets, the Inn's guests can't say enough about breakfast,

which is included in the tariff.

"The Sunday morning brunch attracts a lot of our island neighbors," says Nelson. "The specialty dishes include such variety that you can have breakfast with us seven days a week and taste a completely new recipe every day."

In response to the reputation of the Inn's cuisine, demand for events and weddings caused Nelson to add a 300-square-foot catering kitchen. He is in the process of building a music pavilion with suitable sound equipment.

"We want to showcase the talented local island musicians with a series called Blues on the Sound," says Nelson.

And the pavilion will also enhance the larger-scale wedding and event business that Nelson shares with Joe and Tami Thompson, owners of The Love Boat. They all agree that the more quality establishments on the Island, the better the business for all.

GUEST SERVICES

As a self-taught innkeeper and restaurateur, Nelson discovered 90 percent of his

guests had never visited the Outer Banks until finding the Inn on Pamlico Sound. Today, 10 percent of the Inn's business is comprised of European visitors. Two adjoining suites in the East Building are booked so frequently by Germans, they are known as the German rooms.

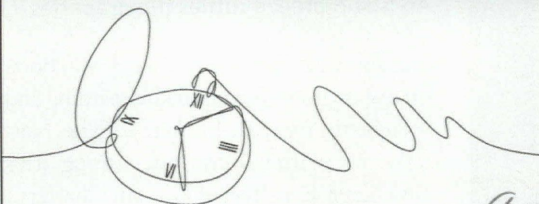
"We have learned to provide everything a guest can need in the package selected," says Nelson, "so long-distance travelers can

travel light. Beach gear, picnic baskets, kayaks — it's all here as part of our service."

The Inn on Pamlico will also book special guest services such as an in-room massage provided by In Touch Massage and Wellness Center, a popular choice for guests who choose the special Pampered Girlfriend Getaway weekend offering.

The Inn's prime location on Pamlico Sound makes it a highly desirable destina-

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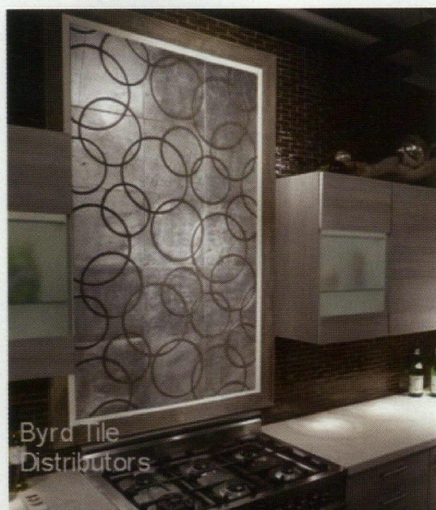
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An Island breeze ruffles the draperies in a king-suite overlooking Pamlico Sound.

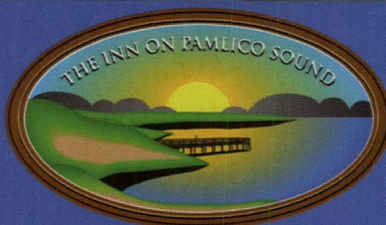
tion for water sports enthusiasts who book private or group lessons in kiteboarding and wakeboarding with Luckett of Kite Hatteras, or charter sound-side fishing trips with Capt. Jerry Teel of Got-em Charters.

"If you want our chef to cook your catch," says Nelson, "just bring it home."

He tells a story typical of his experience: When he mentioned to Luckett that the Inn needed a dock for its water activities but

he didn't know how to build one, a guest everyone called Andrew the Surfer overheard the conversation. "I'll do it," said Andrew. "I build wharves for a living."

Thanks to Nelson and his stellar crew for reminding us that life doesn't have to be all hard work. Sometimes it pays to just go on "Island Time" and let things come your way. Doing so at the Inn on Pamlico Sound is icing on the cake. ▣



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The Oakwood Inn: Raleigh Landmark Maintains Tradition of Quality

By Diane Lea

The Oakwood Inn, formerly the Raynor-Stronach House, was constructed in 1871 as one of the original 11 homes comprising the new Oakwood neighborhood developed to serve the middle-class merchants and business people working to rebuild Raleigh after the Civil War. The largely intact 19th century neighborhood, with its tree-shaded streets and variety of Victorian architectural styles, was successfully revitalized in the early 1970s. In 1984, the Raynor-Stronach House was adapted to become the first bed and breakfast in Raleigh and Wake County. The inn continues as a six-guest room bed and breakfast under the care

of owners Gary and Doris Jurkiewicz, who acquired the inn in 2001.

The couple has burnished the reputation of the inn to a luster since then. The six elegantly appointed guest suites are fur-



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nished with period and Victorian-style antiques and feature fireplaces and spacious bathrooms. Each has a private telephone line, WiFi Internet access and cable television. Maximizing the inn's location at the edge of the burgeoning downtown arts, culture and entertainment districts, the Oakwood Inn offers a selection of creative opportunities.



Guests can enjoy a Date Night with a Raleigh Rickshaw and be transported in a pedicab to a local restaurant for dinner and afterward for a romantic tour of downtown. The Three-Act Show option includes a night at the inn, dinner at a downtown restaurant and tickets to a play in one of the city's many theatrical venues. Honeymoon specials, romance weekends and a Weekend Relaxer are among others offered by the inn. Voted the Best of City-Search in 2007 in the categories of Bed & Breakfast, Business Hotel, Tourist Hotel and Staff, the Oakwood Inn is a Raleigh landmark noted for its history, architecture and hospitality. ▣



MICHAEL ZIRKLE PHOTOGRAPHY

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Magnolia Manor Plantation Bed & Breakfast: A Warren County Original

By Diane Lea

Historic Warrenton, founded in 1779 as the county seat of Warren County, NC, is just an hour-and-a-half drive from Raleigh. Follow US Highway 1 to NC 158 and turn right. You'll find yourself cruising through lush farm land and wending your way into history. The folks are friendly, the architecture is significant and local lore is part of the everyday parlance. Many Warren County family names can also be found in the Raleigh telephone directory. Many of the ancestors of Raleigh families made their way from Virginia to Warren County during the heyday of the plantation culture when tobacco was king. Their descendents went on to be well-known citizens of the Capital City.

One modern-day Raleigh couple, Sheila and Larry Carver, progressed in the other direction — from Raleigh to War-



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renton — to renovate the historic John Watson House into the Magnolia Manor Plantation Bed & Breakfast. The result is a marvelous blending of several architectural periods but noted for its remarkable main entry. Described by architectural historian Kenneth McFarland in *The Architecture of Warren County, North Carolina: 1770s to 1860s*, the columned and bracketed porch and elaborate side-



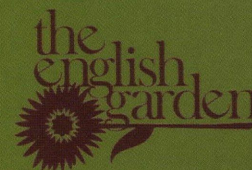
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Photo by Diane McKinney

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paneled, double-leaf door are exceptional for the pleasing use of various Romantic Revival motifs. After 10 years of "hands-on" renovation, much of it while Larry was still working in the Research Triangle Park, Magnolia Manor is a thriving establishment.

The Manor's guest suites, all decorated in period style with attractive furnishings and antique quilts, are arranged to accommodate smaller families and can be connected for bridesmaids' quarters to serve the Manor's thriving business as a wedding venue. With a pristine 16-acre rural setting and a renovated barn suitable for receptions and other events, Magnolia Manor's plantation-style weddings are popular with brides from near and far. The couple can arrive for their wedding in a horse-drawn carriage and host their guests to a locally catered spread.

Husband Larry is now Warrenton's town manager. Wife Sheila prepares a popular country breakfast and attends to the guests.

Their success proves you can go home again. ▣



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By Maury Jefferson



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Fashion News

Vermillion begins their annual up to 60 percent off Spring/Summer Sale June 1. Raleigh, 919.787.9780.

Uniquities and **Moxie Kids** will host a Mother/Daughter Fashion Show Fundraiser to benefit the Nancy Cooper Memorial Fund on June 2 at 5:30 p.m. Raleigh, Cameron Village, 919.832.1234.

To benefit the Women's Center of Wake County, **The Walk for Women** on June 6 invites women, men and kids to meet at Marbles Museum Courtyard and wear high heels, fun costumes or comfy attire. Visit www.wcwc.org/events.htm for more information and registration. Raleigh, 919.755.3625.

Fine Feathers invites you to an Armani Collezioni Fall Trunk Show June 24-25 and to shop their pre-inventory sale. Chapel Hill, 919.942.3151.

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

- **David Yurman Trunk Show.** June 2-6, 10 a.m.-6 p.m. View a David Yurman trunk show, including exclusive jew-

elry pieces, sunglasses and fragrance.

- **CHANEL Makeup Event.** June 5, 10 a.m.-5 p.m. Bring your cosmetic bag to the CHANEL counter to learn which items you need for this summer. Call ext. 5362.

- **Swimwear Event.** June 7-13. Join Saks in viewing the latest swimwear and cover-ups by Gottex, Juicy Couture, La Blanca, Ralph Lauren and Shoshanna. Our experts will help you find the best suit for you. Also view their summer hats and handbags by Eric Javits. Call ext. 5343.

- **Father's Day 2009 at Saks.** June 7-20. Saks offers help to find a gift for Father's Day. Call ext. 5205.

- **Bobbi Brown Spa Event.** June 11, 10 a.m.-5 p.m. Join Saks' Bobbi Brown specialist for a one-on-one Summer Spa Treatment and Makeover. Call ext. 5361.

- **Laura Mercier "Follow the Leader" Mater Class.** June 27, 2-4 p.m. Bring a friend and Follow our Leader with Laura Mercier's simple steps to a 5 minute makeover class. Space is limited. Call ext. 5362.

Visit **The Julia** in their new location at 7220 Riffe Ave., Suite E. Wilmington, 910.256.1175.

The newly opened **Midtown Medi-Spa** provides a full range of skincare treatments, including microdermabrasion, advance and light chemical peels, clinical facials, and mineral makeup application. Raleigh, 1112 Dresser Court; 919.622.2281.

Hertzberg Furs is displaying furs for the 2009 season. Fur storage still available in cold storage vaults for the summer months. Raleigh, 919.782.2165.

Liles Clothing Studio will host a Father's Day Sale through the month of June. Raleigh, 919.510.5556.

Scout & Molly's offers private shopping evening parties to raise money for the store's MS bike team providing the wine and music. Make a minimum donation the night of the event and receive a discount on purchases. Raleigh, 919.881.0303.

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Elizabethan Gardens Delight Visitors

By Helen Yoest

Built on the site of the first English colony, The Elizabethan Gardens in Manteo, NC, on the Roanoke Sound are unique in the New World. By maintaining the authenticity of 16th century England, the gardens offer a wide appeal to horticulturists, nature lovers, history buffs and culture seekers.

Nestled under a canopy of southern magnolias, pines, dogwoods and ancient live oak trees, the garden was originally funded more than 50 years ago by the Garden Club of North Carolina and designed and built by M. Umberto Innocenti and Richard Webel.



Set in 10 acres of gardens designed with a mixture of formal and naturalized areas, a visit to The Elizabethan Gardens is very much like touring a great English estate. The formal areas include an entrance garden designed with parterres of clipped boxwood and filled with annuals to reflect the seasons. The Shakespearean Herb Garden is filled with culinary,

The Elizabethan Gardens

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The popular Sunken Gardens feature a magnificent antique fountain donated by the late Honorable John Hay Whitney, former ambassador to the Court of St. James's, and Mrs. Whitney. The fountain dictated the design of a formal parterre pattern of clipped boxwood and yaupon hollies.

Surrounding the fountain is a circle of eight crepe myrtles, pollarded each year to maintain their size with the ends of each branch forming gnarled orbs that have become individual works of art. During the summer, their watermelon-colored flowers are dramatic and striking.

The Garden's naturalized areas are softened by fallen leaves and pine needles with walls of azaleas and camellias. A summer stroll reveals climbing hydrangeas gracing the Gatehouse wall in the courtyard, offering a sweet scent that wafts throughout the area. Nearby, lacecap and mophead hydrangea blooms stand out in splendid blue. Naturally pink cultivars abound, with the white blooms of oak leaf hydrangeas fading to a rosy pink.

Lining the Great Lawn are daylilies



that provide several weeks of delightful color. Perennial sunflowers, rain lilies, Stokes Asters, gardenias and coneflowers contribute to the effect. Natural paths lead guests to the octagonal shaped Gazebo built to period specifications with a thatched roof overlooking the Roanoke Sound.

The centerpiece of the Garden is a statue of Virginia Dare, sculpted in Italy in 1859 by American sculptor Maria Louise Lander, depicting the first child born of English parents in the New World as a young girl gazing over the famous settlement that disappeared into history. ■

North Carolina Mountain Living

The Sky's the Limit In Buyer's Market

By Jim Hughes

If you've dreamed of owning a vacation or second home in the North Carolina mountains, the best buying opportunity in a generation may well be at hand. Prices have dropped, interest rates are low and good deals can be found just about anywhere you look.

Better hurry, though. After a sluggish fall and nearly dormant winter, the Western North Carolina real estate market is once again showing signs of life. While the boom days of 2003 to 2006 are gone, the mountains are clearly beginning the long slow climb back to health.

One example of the budding turnaround is Echota, a luxury condominium community in the High Country near Boone in the shadow of Grandfather Mountain. "People were shell-shocked after the stock market meltdown last fall, but now they're returning to the market in growing numbers," Echota developer Mark Harrill said. "Our phones are starting to ring again and traffic is picking up."

Today's buyers appear to be markedly different from the wave that flocked to the region during the boom. Glossy brochures and gossamer promises just don't work in this market.

"Buyers aren't willing to take chances in this market," Harrill said. "During the boom, we made the decision to complete our amenities and retire the debt on them."

Access to some of the region's best amenities was the decisive factor in Doug and Jane Anderson's decision to purchase at The Fitzgerald, a collection of 24 top-shelf condominiums adjacent to Asheville's famed Grove Park Inn Resort & Spa priced from \$1.3 to \$1.9 million.

"It was an easy choice once we found out we'd have privileges at the Grove Park amenities," Doug said. "Where else could you treat yourself to the best spa and fitness center in the region, play a great Donald Ross golf course and eat at a four-star restaurant — all within a few hundred yards of your home? And the views are spectacular

— the Blue Ridge Mountains, the Asheville skyline, the golf course. I feel like I'm sitting on top of the world," he said.

COOLER CLIMES

The Andersons' primary residence is in Hilton Head, SC, where the brutal summer heat has been known to wilt the spirit of even the coolest souls. Like thousands of families before them, they went west in search of relief in the mountain's cooler climes, following a well-worn trail nearly as old as America itself.

It is a trail that Wilma Dykeman documents in *The French Broad* (1955), a beautifully written book recommended to anyone considering a move to the Carolina mountains. Dykeman writes: "The Lowlanders, who set out from their malarial flatlands with a caravan of carriages and trekked up through the foothills and into the mountains on a journey that cost at least two weeks every year, were looking for the same things many of the tourists who hurry through so

The Fitzgerald



rapidly today are seeking: A combination of comfort and ruggedness, the uneasy balance between luxurious personal surroundings and an untamed natural background."

Today, we have the interstates and, for the less intrepid explorer, the Internet. An innovative new service from Private Mountain Communities of Asheville (www.privatemountaincommunities.com) brings the Carolina mountains to your computer screen. "Our concept is to be the E-Harmony of Western North Carolina real estate," said Harry Redfearn, who founded the company three years ago with Asheville real estate expert Janet Whitworth. "We developed a proprietary Lifestyle Survey™ to help you find the community best suited to your preferences. There are over 200 master-planned communities in our region, so you can imagine how much time and travel you can save by eliminating communities that aren't what you're looking for."



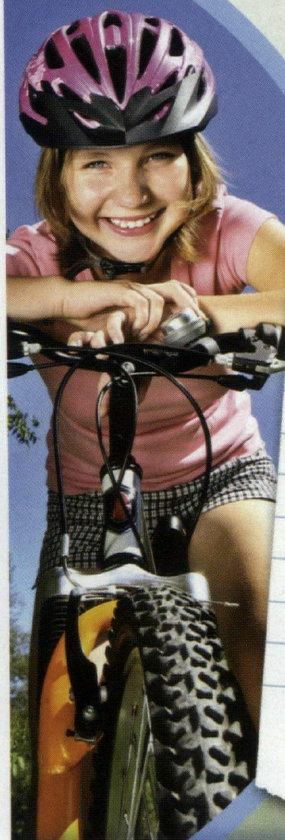
JACK MORTON

Redfearn has been involved in Western North Carolina real estate for over 20 years, working with some of the region's most successful communities. The last six months, he said, have been the roughest in the region in his memory. "Buyers started exiting the market last summer, then around October it shut down completely," he said. "They've just now started to come back. But it's definitely a buyer's market. Developers are more willing to negotiate — even at the most successful communities."

"This is a remarkably resilient market, and there are still a lot of affluent buyers on the sidelines waiting for the right time to buy. All the experts agree we'll be one of the first markets to recover. It's definitely a great time to buy mountain real estate," he said. "It's a lot like 1992. If you didn't buy then, you spent the next 15 years kicking yourself. It's the same thing today. If you don't buy now, there's a good chance you're going to regret it." ■

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Old Fort or Lake James

Day 2:

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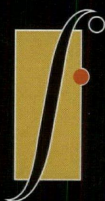


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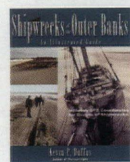


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COASTAL NEWS

COMPLETE GUIDE TO NC SHIPWRECKS AVAILABLE

It's not called the "graveyard of the Atlantic" by accident. The North Carolina coast is famous for shipwrecks, notably in the north banks off Cape Hatteras where the northern-flowing Gulf Stream meets the southern-flowing Labrador Current. The fishing is great, but the risks are high, especially when a winter nor'easter blows through.



Researcher David Stick laid the groundwork identifying 600 NC wrecks in his *Graveyard of the Atlantic* book written 50 years ago before Global Positioning Systems (GPS) and other modern technologies that today allow salvagers and amateurs alike to locate over 600 wrecks, each a time capsule of pertinent data of the era of their demise.

Now comes coastal historian Kevin Duffus with the beautifully wrought *Shipwrecks of the Outer Banks* that includes historic photographs, useful illustrations, informative depictions of wrecks, geographical locations, a complete index, GPS settings and backgrounds on the people involved in these maritime disasters offering the most complete offering available on the ever-fascinating saga of noted shipwrecks along the NC coast.

Go to www.thelostlight.com or call Lookin' Glass Productions: 800-647-3536. **MM**

COASTAL CALENDAR

By Maury Jefferson

2009 Roanoke Island Festival Park. Elizabeth R. June 2, 9, 16 at 3 p.m. *Bloody Mary and the Virgin Queen* June 3, 10, 17 at 3 p.m. *Shepherd of the Ocean* June 4, 11, 18 at 3 p.m. **Roanoke Island.** Call 252.475.1500 or visit www.roanokeisland.com for more information.

Council of Friends Historical Movie Series. June 2. This adaptation of the 1957 Tennessee Williams one act will be held at the Visitor Center Auditorium; free admission. Tryon Palace, **New Bern.** Visit www.tryonpalace.org.

New Bald Head Island Mainland Ferry Terminal to Open. June 2. Bald Head Island Limited announces the opening of Deep Point Marina, the new mainland ferry terminal. The 40,000-square-foot terminal will celebrate its grand opening with a ribbon-cutting ceremony at 10 a.m. **Bald Head.** Visit www.ferrytobhi.com or call 800-234-1666.

The Outer Banks Grand Ole' Opry Show. June 4. Show starts at 7:30 p.m. **Kitty Hawk.** Visit www.outerbanksmusicshowcase.com or call 252-261-7505 for more information.

Historic Wilmington Foundation Spring Shrimparoo. June 4. Enjoy shrimp, beer, prizes and music from Out on the Ocean from 6:30-8:30 p.m. **Wilmington.** Visit www.historicwilmington.org for prices, membership and details.

Beach Food Pantry. June 5. Clean out your pantry before you head home and donate a non-perishable food item for this event. **Nags Head.** Visit www.obxgearworks.com.

Surf's Pup 4 Summer. June 5. From 5-7 p.m. enjoy a costume contest with prizes, dog games and refreshments for people and their pets. **Manteo.** Call 252-473-2094 or visit www.obx-pupparazzi.com for more information.

Delbert McClinton in Concert. June 5. Gates open at 5 p.m., opening acts begin at 6 p.m. and Delbert McClinton will start at 8:30 p.m. **Manteo.** Visit www.ziggyrock.net for more information.

Audubon NC Free Birding Tours. June 5-Sept. 25. Tours will run from 9-11 a.m. every Friday featuring a walk along the protected sanctuary that serves as the habitat for beach-nesting birds, including Least Tern, Black Skimmer and other unique coastal birds. Open to public. **Wrightsville.** Visit www.ncaudubon.org.

Surf-Sun-Sand Volleyball & Bocce Ball Tournament. June 6. This six- or four-person coed volleyball tournament has divisions for skill levels including novice and intermediate. Pre-registration required. **Wrightsville.** Call 910-256-7925 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 Tournament along with sponsors that include Hatteras, Jarrett Bay, Albemarle and Gregory Poole. **Beaufort.** Visit www.fishtales-attowncreek.com.

Dare Day. June 6. Enjoy a day filled with music, fun, food, crafts and more. **Downtown Manteo.** Call 252-475-1912 for more information.

Open Bass Fishing Tournament. June 6. Pembroke Fishing Center. **Edenton.** Call 252-482-5343 for more information.

51st Annual Big Rock Blue Marlin Tournament. June 6-13. Visit www.thebigrock.com for tournament schedule and rules. **Morehead City.** Call 252.247.3575.

Donna Robertson Art Exhibit. June 6-23. Reception June 5 from 4-6 p.m. **Roanoke Island.** Call 252-475-1500 or visit www.roanoke-island.com for more information.

Meet the Author. June 8. Waterside Theatre's Gift Shop Kiosk. Children's book authors will be available to sign autographs and greet young readers. **Manteo.** Visit www.thelostcolony.org for more information.

South Lawn Concert Series: 2nd Marine Aircraft Wing Band. June 8. Gates open at 5 p.m., concert begins at 7 p.m., free admission, South Lawn. Tryon Palace, **New Bern.** Visit www.tryonpalace.org.

Wil-Bear Wright's Festival of Fun. June 10. Make and fly your own kite, try yo-yo stunts, get your face painted and demo all the new toys for 2009. This event kicks off the summer-long Kid's Day, held every Wednesday. **Kitty Hawk.** Call 252-441-4124 for more information.

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Eastern Music Festival

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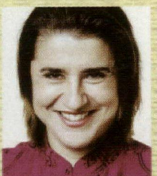
Saturday, July 4th
Peter Serkin,
piano



Saturday, July 11th
Sarah Chang,
violin



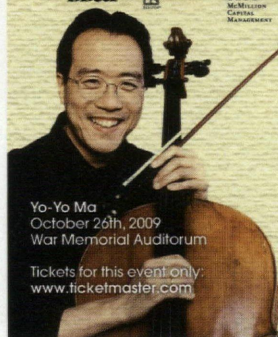
Saturday, July 18th
Horacio Gutierrez,
piano



Saturday, July 25th
Nadja Salerno-Sonnenberg,
violin



Saturday, August 1st
Xavier Phillips,
cello



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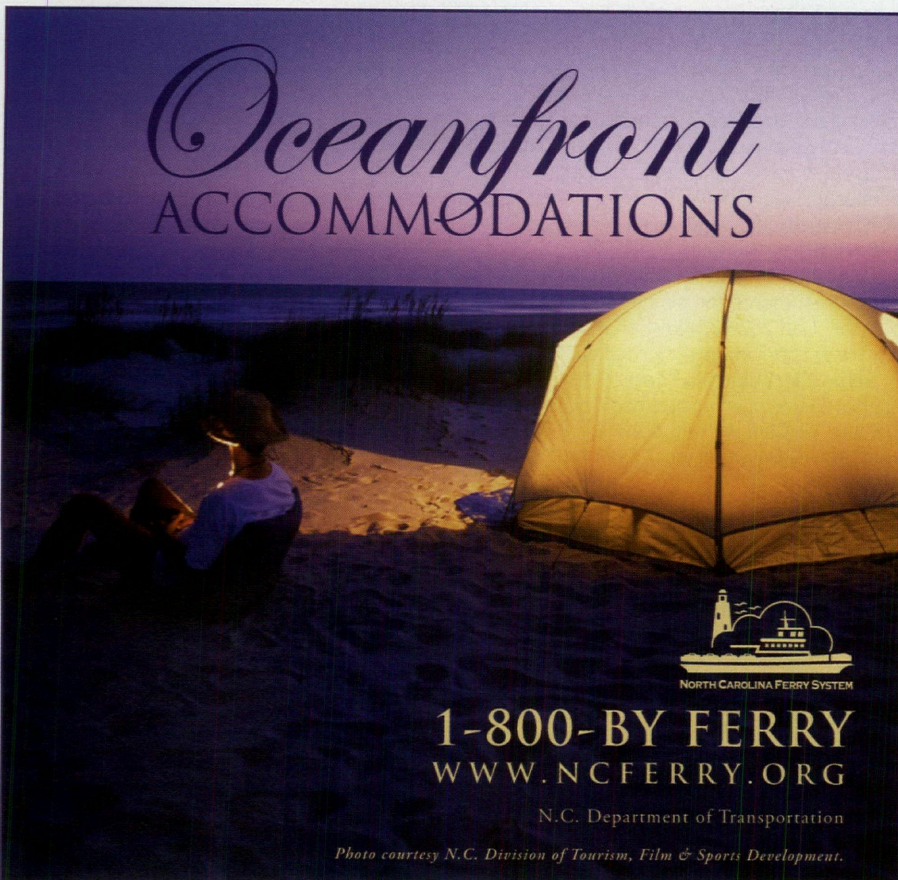


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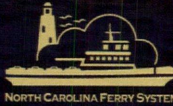
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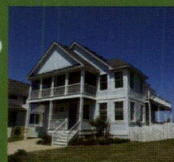


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Colonial Dance Revolution. June 11. Learn several popular dances of the late 18th century from 6:30-8 p.m. Tryon Palace, **New Bern**. Visit www.tryonpalace.org.

Showcase Magic and Comedy Show. June 12. This event will feature world-renowned Illusionist Clive Allen & Tracy. **Kitty Hawk**. Call 252-261-7505 for ticket prices and details.

2009 Washington Summer Festival. June 12-13. This two-day, family-oriented event will include food, crafts, rides, entertainment and more, located on Stewart Parkway at the downtown waterfront. **Washington**. Call 252-946-1836 or visit www.wbccchamber.com for more information.

2nd Annual Kayak for the Warriors. June 13. This 3.2-mile kayak and paddle board race will route 50 participants through the Pine Knoll Shores' canal starting at 10 a.m. A Family Fun Race begins at 10:30 a.m., with activities and a hot dog feast at Garner Park post-race. **Pine Knoll Shores**. For more information and registration, visit www.townofpks.com.

10th Annual Duck Cup Sailing Regatta. June 13-14. This two-day event includes one race to Corolla and back and another to the Currituck Sound Bridge and back. Nor' Banks Sailing Center, **Duck**. Call 252-202-6880 or visit www.norbanks.com for more information.

27th Annual Rogallo Kite Festival. June 13-14. This two-day festival features a signature kite flying on the dunes of Jockey's Ridge and nightly entertainment. Exhibitions, demonstrations, lessons and kids' games available. **Kitty Hawk**. Call 252-441-4124 or visit www.kittyhawk.com for more information.

Garden Lecture: Cyndi Lauderdale, Horticulture Extension Agent. June 13. "English Rose Gardening, Southern Style", sponsored by the Harold H. Bate Foundation, will begin at 10 a.m. at the Visitor Center Auditorium; free admissions. Tryon Palace, **New Bern**. Visit www.tryonpalace.org.

Tea with the Stanlys. June 13. Enjoy tea with Mrs. Elizabeth Franck Stanly 2-4 p.m. Tryon Palace, **New Bern**. RSVPs are required, call 252-514-4935 or visit www.tryonpalace.org.

16th Annual WECT Sounds of Summer Concert. June 18. Enjoy live music, food and dancing from 6:30-8 p.m. Free admission. **Wrightsville**. Visit www.towb.org for more information.

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North Carolina Symphony. June 19. Enjoy this outdoor family-outing event sponsored by the Outer Banks Visitors Bureau and the Dare County Tourism Board. **Roanoke Island.** Call 252-473-2130 or visit www.outerbanks.org for more information.

Edenton Music and Water Festival. June 20. Enjoy paddling, arts, crafts, food and music at the Colonial Park. **Edenton.** Call 252-482-3400 or visit www.visitedenton.com for more information.

Bernaroo Music and Arts Festival. June 20. Held at Union Point Park, Bernaroo will feature regional arts and crafts, food and beverage vendors, family activities, and many of the southeast musicians. **New Bern.** Call 252-639-2902 for more information.

Haunted Evening. June 20. Join the mourners as they observe funeral customs of the South during the post Civil War occupation. **New Bern.** Call New Bern Historical Society at 252-638-8558 for more information.

REAL Father's Day Sessions. June 21. Spend time with Dad with a buy one get one free for you and your father on Kiteboarding Ground Control, watertime lessons, standup paddleboard and surfing lessons. **Waves.** Call 252-987-6000 for more information.

South Lawn Concert Series: North Carolina Symphony. June 22. Pack a picnic and bring your chairs and blankets for this performance. Free admissions. Tryon Palace, **New Bern.** Visit www.tryonpalace.org.

Colonial Life Day Camp. June 22-26. Students will explore how colonists lived in 18th century North Carolina from 9 a.m.-12:30 p.m. daily. Tryon Palace, **New Bern.** Visit www.tryonpalace.org.

8th Annual "Under the Oaks" Art Festival. June 24-25. Enjoy this outdoor art show on the grounds of Currituck Heritage Park with over 100 quality artists showcasing a wide variety of media, musical entertainment, food and children's activities. **Corolla.** Call 252-453-9040 for more information.

Beach 'n Blues Festival. June 25-26. From 5-10 p.m. both nights, share an evening of entertainment with friends and family on the beach. **Pirate's Cove.** Call 252-384-3494 for more information.

36th Annual Cape Fear Blue Marlin Tournament. June 25-27. Welcoming all sponsors, fishermen, participants and spectators. Headquarters and weight station will be at Wrightsville Marina. **Wrightsville.** Call 910-256-6666 or visit www.capefearbluemarlintournament.com for more information.

People's Choice Opening Exhibit and Reception. June 26. Begins at 5:30 p.m. at the Arts Council. **Edenton.** Call 252-482-8005 for more information.

Spirited Through Time. June 27. The story of William and Hannah Oliver and their families offers visions and voices of the past as "spirits" come alive again to tell about life before and after the Civil War in New Bern. **New Bern.** Call New Bern Historical Society at 252-638-8558 for more information.

Kitty Hawk Kites Kiteboarding Competition.




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VISION GALLERY



Mike Rooney, *Radio Island Repaint*, oil 10 x 8 in.

June 6

Well Heeled (The Shoe as Art)

June 27

Mike Rooney, *Shadows and Light*

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252.247.5550 www.twogalleries.net

SMOOTH SAILING A CARIBBEAN CRUISE TO CAPE LOOKOUT



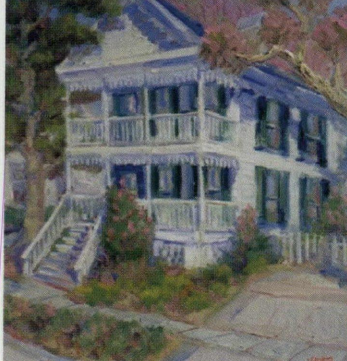
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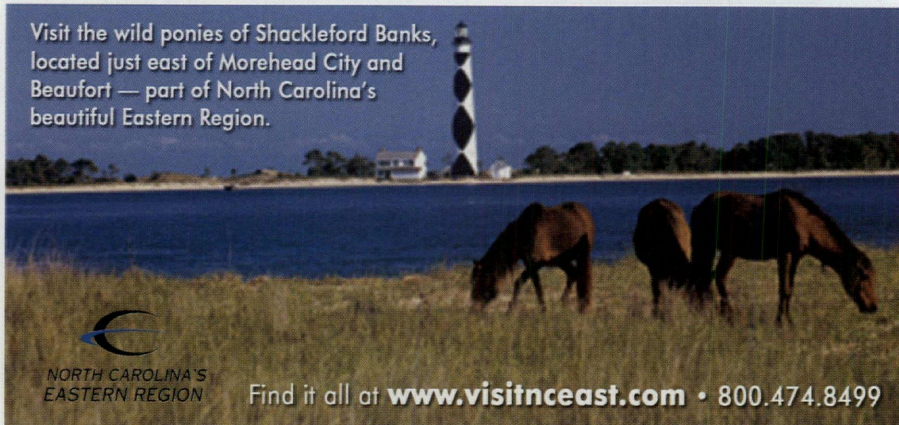
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June 27-28. Come see some of the best kite-boarders in the world; free demonstrations and competitions will be held. **Waves Village**. Call 252-411-4125 or visit www.kittyhawk.com for more information.

Shadows and Light — New Works by Mike Rooney. June 27-July 17. This is a fundraiser for City Mission of Goldsboro, founded by the artist. Vision Gallery, **Atlantic Beach**. Call 252-247-5550 or visit www.twogalleries.net.

Summer Concert Series on the South Lawn. July 2. Every Thursday evening in July and August — 6:30 p.m. to sunset — relax on the south lawn at Currituck Heritage Park and enjoy the musical talents of students from the NC School of the Arts and local musicians. **Corolla**. For more information, call 252-453-9040.

Duck's 5th Annual Fourth of July Parade. July 3. The one-mile parade route beginning at 9 a.m. starts at Scarborough Lane and continues down Ocean Way and then Christopher Drive. An after-event following at the Duck Town Park will feature music by Ruth Wyand & Friends. **Duck**. Call 252-255-1234 for more information.

17th Annual Independence Day Festival of Fireworks. July 4. Food, fun and entertainment for the entire family at Currituck Heritage Park. Fireworks will begin at dusk overlooking the Currituck Sound. Admission is free. **Corolla**. Call 252-453-9040 for more information.

REAL Stars and Stripes. July 4. Cape Hatteras will offer live music and real Flagship Store Specials and Giveaways. MOJO's Sunset Café will be on the deck with food, beer and wine. **Cape Hatteras**. Call 252-987-6000 for more information.

Atlantic Beach 4th of July Celebration. July 4. The annual Atlantic Beach Independence Day Celebration will feature the Sammy O'Banion and the Marti Gras Band with a break to watch the 9 p.m. fireworks show. **Atlantic Beach**.

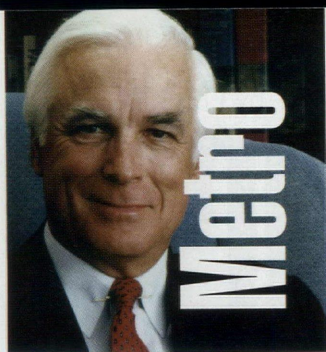
Fireworks with the NCSA. July 4. Enjoy fireworks and a performance by the North Carolina School of the Arts at the Outdoor Pavilion in Roanoke Island Festival Park. **Roanoke Island**. Call 252-475-1500 for more information.

4th of July Parade in Beaufort. July 4. At 11 a.m. come out and watch a Forth of July parade in **Beaufort**. Call 252-728-3917.

July 4th Arts & Crafts Show. July 4-5. A juried sale of arts and crafts of coastal artisans held at the Beaufort Historic Site is sponsored by Carteret County Arts & Crafts Coalition. **Beaufort**. E-mail collier1505@embarqmail.com for more information.

Fort Macon Summer Concert Series. July 10 & 24. All concerts are at Fort Macon State Park and are free to the public. The Morehead Brass Consortium will perform on the 10th, and The Mac and Tammy McRoy Band will perform on the 24th. **Fort Macon**. E-mail pmolnar@email.com for more information.

Labor Day weekend "Succulent Seafood." Sept. 5. Beaufort, NC, will host this Labor Day weekend fundraiser kicking off a three-week celebration of Beaufort's 300-year maritime heritage. A grand parade is set for 1 p.m. Sept. 12. **Beaufort**. Call 252-728-4771 for details or visit www.beaufortbythesea300.org.



Editor-at-Large

by Jim Leutze

Offshore Energy Exploration:

IS IT THE RIGHT CHOICE FOR NORTH CAROLINA?

The issue of drilling for oil and gas off the North Carolina coast has a long history. Back in the 1980s, Mobil and Chevron proposed drilling exploratory wells in the so-called Manteo unit. The two blocks they were interested in each measured almost nine square miles and lay 40 miles offshore. At that point, the ocean is 2000 feet deep and the oil they anticipated to find was some 11,000 to 15,000 feet beneath the seabed.

Before any drilling can be done, there is an extensive permitting process that involves both federal and state agencies. From the beginning, there was considerable opposition by groups within the state. Then in 1990 Congress enacted the Outer Banks Protection Act making oil exploration against the law. In the late 1990s, Chevron again expressed interest, but the issue became moot when President Bill Clinton signed an Executive Order closing drilling until at least 2012.

When gas rose to \$4 in the summer of 2008, there was renewed interest in offshore exploration. In June, President George Bush encouraged lifting the ban on drilling and "Drill Baby, Drill" became a political slogan. Ending our dependency on Middle Eastern oil was an issue that had significant appeal in both parties. After much debate, Congress allowed the ban on leasing activities to expire in September 2008. Virginia quickly signaled its willingness to allow exploration, putting North Carolina under additional pressure.

Despite the long history, one big question remains: Is there sufficient quantities of oil off our coast to make its recovery commercially attractive? No one knows that answer for sure. Experts from both the oil and gas industry and the federal Minerals Management Service believe the answer is yes. They base their assessment, in part, on the fact that coastal zones with similar geologic formations off the coast of Canada and Africa have proven to hold large quantities of oil. However, until you actually drill, you cannot be certain. There are other, less expensive, ways of making estimates and some surveying is currently under way.

There is less uncertainty when it comes to

two other potential energy resources. There are almost certainly large reserves of natural gas off the North Carolina coast. Industry experts will assure you that not only is gas there, but it is also more easily recoverable than oil. The environmental impact of gas recovery is less than that of oil recovery — and once you have gas, you have a more environmentally friendly product. The other energy resource is wind power. Directly offshore of Cape Hatteras, and in both Pamlico and Albemarle Sounds, the winds blow hard enough and consistently enough to make them attractive for wind recovery. Wind power also has the least impact on the coastal environment. The primary downside is the visual intrusion since a commercial wind farm will contain multiple wind turbines over 100-feet high. It should be emphasized there is infrastructure and other disruptions that occur when you bring any energy onshore in environmentally fragile areas such as Northeastern North Carolina. We have to consider the transmission facilities and the other changes brought to an area that currently relies on tourism and fishing. When we talk about environment, we usually think of nature; however, in this case, the socio-economic environment must also be considered.

Of greatest concern regarding oil drilling is the possibility of spills. Oil experts will tell you that the technology has come a long way in significantly reducing the danger of spills. There is no disputing that fact. A single oil platform, like you see in the Gulf of Mexico, can serve multiple well-heads, and there are extensive safety precautions taken today that are almost always successful. Even a storm like Hurricane Katrina did little damage to the drilling infrastructure in the Gulf of Mexico and resulted in very few spills.

While technology has made recovery safe and less susceptible to spills, another part of the equation is the sensitivity of the ocean environment off Cape Hatteras. As fate would have it, these waters are among the richest fishing grounds in the world. The Labrador Current sweeps down from the north while

the Gulf Stream brings a rich soup of nutrients up from the Caribbean. For fish and other sea creatures this is a virtual smorgasbord. The ocean floor is made up of soft mud, hard bottom and deep sea corals, which provide food and sanctuary for numerous fish species. Most scientists worry about the potential impact of energy production on these species, not just because of possible spills, but also because of the transmission and pipelines that will need to be laid on the seabed.

Oil, gas and wind don't exhaust the potential energy resources. Engineers are now exploring new technologies to harness the power of waves and tides. The Japanese, among others, are researching the possibility of harnessing the energy exchanged when cold sea water is warmed as it is brought to the surface. (Wave and tide energy is called hydrokinetic energy; ocean thermal conversion is the cooling/heating option.) But it takes no experimentation to tell you that the vast quantities of methane hydrate off the North Carolina coast are a wonderful energy resource — if you can find a way to mine them. Methane hydrates, in this layman's understanding, are solidified chunks of natural gas. Unfortunately, they have a distressing habit of exploding when disturbed, thus making their recovery from the seabed rather tricky. It is doubtless that one or more of these resources will become available in the next 15 to 20 years. That comment is not meant to imply that we shouldn't be exploring already available energy supplies, just that we may have more options than is commonly understood.

After all this is said, there is still a final question that must be answered: What is in it for North Carolina? Sure it would be nice to do something for the country, but in practical terms there has to be some form of profit sharing not currently on the table. At present, several of the Gulf states reap funds from drilling in the Gulf of Mexico, but there is no assurance that a similar deal will be offered to us. Regardless of where you may come down on drilling, my guess is that there is unanimity on profit sharing. **MM**

Artist-at-Large

CELEBRATING ECCENTRICITY

There is a new movie out on the early life of Salvador Dali, and I love it. Called *Little Ashes*, it's all about his young life — and loves: filmmaker Luis Bunuel and writer Federico Garcia Lorca. Dali does what Dali does, showing up at school wearing ruffles and lace while all the other boys are in suits. He goes on to inspire the Dada movement and the anarchists — all the while seducing both boys and girls. Fantastic movie, I love it — if for nothing else its celebration of eccentricity.

Last year I had the pleasure of visiting the Dali Museum in his hometown of Figueres, Spain. It was quite an experience. Dali did it all — painting, sculpture, films and outrageous jewelry, all blessed by his quirky and irreverent touch. In my humble opinion, if you are not a little bit wild or nuts, and think you are an artist, you are probably in the wrong profession.

For example: Picasso was the prime suspect in the theft of the *Mona Lisa* back in the early 20th century. They already knew he had been stealing pocket-sized Ibiza sculptures, so when the smiling lady went missing, Picasso's name was at the top of the list. Louise Nevelson would wear four pairs of fake eyelashes at once with an outfit consisting of a Japanese kimono over denim overalls with a fur hat while she was hammering away on her stunning assemblages. And don't even get me started talking about Andy Warhol and some of his more *recherché* activities.

If you are an artist, then you just have to be a full-fledged artist and let it rip. It's as simple as that. Retired scientists or doctors who try to get a review from me now that they have suddenly turned to the easel at age 60 is not going to happen. While I appreciate their efforts to express themselves, there are too many *real* artists out there struggling on a day-to-day basis who require my attention. And housewife artists with pretty studios and clean brushes are in the same boat. Have an affair with a hot college student, do some drugs, walk around drunk at 9 a.m. in your neighborhood — and then paint a picture. I'd love to see what you come up with then. I have no doubt it will be much better than what you painted last month. It's about time for these North Carolina artists to prove that they can be as decadent and talented as any artists in the world. But it does take effort.

ROBERT MIHALY FEEDS HUNGRY BEAST

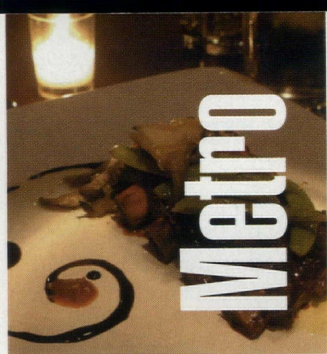
One artist who has recently been catching my interest is Robert Mihaly (www.robertmihaly.com), a very colorful and ambitious sculptor who, according to *The Wall Street Journal*, was dismissed from working in the National Cathedral's stonemasonry studio after a complaint about a 24,000-pound block of Vermont marble the artist had deposited on the cathedral's grounds, claiming it was a "liability hazard." Well ain't that a shame? Sculpture is bulky and takes up space. Thank goodness he is down here in Carolina sharing his talents. Many of you may recognize his name as the artist who created the angel that hovers over the grave of Wade Edwards, son of former US Sen. John Edwards. Mihaly's most recent exhibition at Duke University's Louise Jones Brown Gallery generated a good deal of press for the use of human blood and depleted uranium. He has received a lot of press from as far away as Palestine and Spain. The media is always a hungry beast. If you know how to feed it right, you can have them lapping out of your palm ... just like Mihaly.



The God of Useful Pandemics by Robert Mihaly

NEW WORKS FROM NANCY TUTTLE MAY

Now most people would not think to call Nancy Tuttle May crazy, but if you think of what it was like 30 years ago staking yourself out as a professional artist in the Triangle, you may very well have thought so. To her credit, May has been an active, productive and inspirational member of North Carolina's art landscape for as long as many people can remember — and her contributions continue to this day. Her recent offerings at Tyndall Galleries (www.tyndallgalleries.com) show her in great form. Her trademark scarlet and vermilion is traded for the moment for more contemplative shades that border on the spiritual. Ethereal and haunting, with a new return to collage, in many ways these new works are her strongest to date. Also in the exhibit are the accomplished ceramics of Conrad Weiser, former director of the Crafts Center at North Carolina State University. You can see from the texture and color of Weiser's creations the influences of Mexico from the artist's early days in San Miguel de Allende. Go see for yourself. **MM**



Gourmet

by Moreton Neal

Herons Revisited

CHEF SCOTT CRAWFORD BRINGS PURE MAGIC TO HERONS AT THE UMSTEAD

It can't be easy to be a hotel chef, especially at The Umstead Hotel and Spa. Breakfast, lunch, bar snacks, spa food, room service, special events and parties — imagine the work that goes into keeping demanding stomachs and palates happy 24/7. Only a very special person can keep all those balls in the air while delivering a dining experience that lives up to the hotel's exceptionally lovely setting.

Until recently, it hasn't been easy for The Umstead to find that person. Since opening in early 2007, two chefs have come and gone, neither a good fit for the unique property. The third time may be the charm — Scott Crawford has the talent, experience and maturity to fit the bill.

Already, Crawford is making all the right moves in building relationships with his staff, Herons' patrons and the suppliers — particularly local farmers and artisans. He has immersed himself in the Triangle dining scene by taking his cooks to the Triangle's top restaurants, touring farms to find the best pork and beef (his choice is Eliza MacLean's Cane Creek Farm), cheeses (Chapel Hill Creamery and the Goat Lady) and has arranged for two acres of Cherry

Lane Farm to be used exclusively for produce and herbs grown for Herons.

Personable and confident, Crawford (who looks like a movie star playing a chef) enjoys connecting with his audience. "We're going to be the place to be," he told us. "We're fighting against Herons' reputation as being over-priced. We really want people to come here and try us again."

After tasting Crawford's exquisite food, I'm convinced that Herons is already the place to be.

A brilliantly conceived dinner, perfectly prepared and served in a gorgeous dining



Seared Foie Gras
Macadamia Nut Bread Pudding,
Vanilla-Onion Marmalade

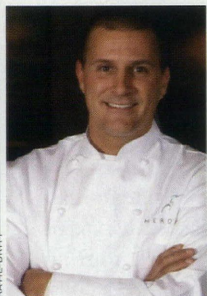
room with a wooded view, wines chosen for each course by an inspired sommelier, a serene chef looking very much at home behind the open kitchen window — what's not to like! Have I mentioned that the five-course tasting menu is priced at \$70? The last meal I had of this caliber was at Napa Valley's illustrious French Laundry — the bill, more than 10 times that.

An *amuse bouche* preceded the tasting menu and, as it should, spoke volumes about the chef's sensibilities — Elodie Farms' finest goat cheese on a bed of diced melon and cucumber topped off with a tiny sliver of deep purple basil. The tanginess of the cheese, the soothing flavors and textures of the sweet, soft melon and firmer cucumber — even the delicate size of dice — illustrated the care that goes into Crawford's every choice. The basil's pungency and intense color provided an unexpected exclamation point to this ostensibly simple dish. No fancy techniques were used here — just clean, bright flavors combined in a way that gave equal importance to each ingredient.

After this auspicious beginning, each course of the tasting menu (see sidebar) proved more exciting than its predecessor. Kobe beef tartare was given a spicy kick with

Kanzuri, a Japanese fermented chili paste. Chopped peanuts and a paper thin slice of brioche added textural counterpoint to the softness of the chopped meat. The accompanying wine from the tasting menu, Melange, a blended white from Washington, was a surprising but apt choice. In another course, the delicately smoked flavor of butterfish was reinforced by a silky smoked butter sauce and tongue-tingling bits of pickled fennel — this dish accompanied by another bold pairing, a Willamette Valley pinot noir.

Vegetable dishes were extraordinary, both on the à la carte and the tasting menus: a frothy green pea and lemongrass soup poured over pink lobster knuckles with a dollop of smoked char roe; a spring bean salad made with fava, lima and green beans, crunchy with chopped hazelnuts and garnished with fairy-sized deviled quail eggs. The tasting menu's delicious white asparagus with morels came with a surprise: posing as a perfectly round fritter, a soft boiled egg was coated with a crisply browned crust of Panko breadcrumbs. After cutting in, the warm, liquid yolk provided an unexpected sauce for the asparagus. I haven't asked how this neat trick was executed, preferring to remember it as pure magic.



Crawford

I did, however, ask the chef about his inspiration. "I come into this dining room every day to absorb it. I love the style, the art. It feels natural to me. I cook for the room." In fact, there is a geometric, quasi-Asian look to Crawford's compositions. Many of his dishes are presented on simple rectangular plates, reflecting the dining room's contemporary elegance — worlds away from his last gig at The Cloister Hotel at Sea Island, GA.

Management at the venerable Cloister, the posh golfing resort with a clientele that includes European royalty and American presidents, recruited Crawford from the Woodlands Resort & Inn in Summerville, SC, to open their new half billion dollar restaurant. While at the lavish Georgian Room, Crawford reinvented Low Country coastal cuisine to critical acclaim and quickly earned *Mobil Travel Guide's* five stars, its highest rating.

Like the greatest of American chefs — Thomas Keller, Charlie Trotter and Norman Van Aken (with whom the young chef apprenticed after graduating from Florida's American Culinary Academy) — Crawford's style is clean and fresh; flavors are never muddled. Every ingredient tastes like itself — but better than you ever imagined. His compositions are surprising, yet not gimmicky. The artistry of Crawford's multidimensional dishes demands your attention in the best possible way with flavor combinations that are witty, surprising and fun.

While Crawford presided over the Georgian Room's kitchen, John Kessler, long-

time food columnist of the *Atlanta Journal-Constitution*, dubbed him "the best chef in Georgia."

Once he implements all the changes planned for Herons, I predict we'll be hearing Crawford praised as the best chef in North Carolina.

NIBBLES

Every Thursday evening throughout the summer, visit **Heron's** terrace from 5-6:30 p.m. for a Cocktail Party hosted by new sommelier Justin Tilley and mixologist Sara Vannice. A different summer-inspired theme will be explored every week, alternating between wines and cocktails. Guests can engage in discussions with Tilley and Vannice about the libations while enjoying live music and a view of the lake. The cost is \$18 per person. For reservations, call 919-447-4200.

The farmhouse porch at **Elodie Farms** near Rougemont, NC, is the site of an ongoing dinner series featuring food cooked by some of the Triangle's best chefs. Visit www.elodiefarms.com for details on the June 6 dinner with Watts Grocery's Amy Tornquist and the Aug. 1 dinner featuring Scott Crawford of Herons.

The new **Busy Bee Café**, now open at 225 S. Wilmington St. in downtown Raleigh, is part lunch spot, part coffeehouse and part nighttime bar. Chef Jeremy Clayman, formerly of The Mint, has abandoned molecular gastronomy for a more traditional fare,

including shrimp and grits, steak frites, salade niçoise and a seasonal risotto. A rooftop patio offers views of the downtown skyline. Check www.busybeeraleigh.com for menus and regular beer dinners.

Gravy, an Italian-American restaurant co-owned by Bella Monica Restaurant and Greg Hatem's Empire Eats, should open early this summer in the spot next to the new Lebanese eatery, Sitti, at 135 S. Wilmington St., downtown Raleigh. The space was previously occupied by the Riviera Mediterranean Resto & Lounge that closed in November.

Two new restaurants are scheduled to open in downtown Durham this summer: **Dos Perros** (owned by Jujube's Charlie Deal) and **Eno Restaurant & Market** (a joint venture of Chef Sarig Agasi and Nancy Agasi from Zely & Ritz and Richard Holcomb of Coon Rock Farm). Both eateries will be located in the renovated firehouse building at 101 City Plaza.

Raleigh's popular Asian eatery **Shaba-Shabu** has expanded, opening a second location in Durham (at 4020 Chapel Hill Blvd.). Link to www.shabashabu.net for Shabu's Thai and Japanese menus.

Summer is the season for events throughout **North Carolina's wine regions**, including the newly designated Haw River region just a stone's throw from the Triangle. For a listing of statewide events, go to www.visitnc-wine.com.

Both visitors and local residents can explore the exceptional culinary landscape of our area with two different food touring companies. **Triangle Food Tour** offers walking tours of downtown Chapel Hill/Carrboro and Raleigh (and soon, Durham) providing an insider's perspective of area restaurants and farmers' markets — tastings included! For reservations, call 919-319-5674 or link to www.trianglefoodtour.com.

Another company, **Taste Carolina Gourmet Food Tours** (919-943-1231, www.tastecarolina.net), takes participants behind the scenes to restaurants on weekends. Tour guides give a historical, architectural and culinary account of the area with an emphasis on its food history and renaissance. Tastings will be offered at almost every stop. **MM**

HERONS CHEF'S TASTING MENU

LATE SPRING 2009

KOBE BEEF TARTARE, KANZURI, LIME, WHITE SOY, PEANUTS, CILANTRO

WATERBROOK, "MELANGE," COLUMBIA VALLEY, WASHINGTON 2007

POACHED ASPARAGUS, MOREL MUSHROOMS, DUCK HAM, AGED SHERRY

DOMAINE HENRI PERRUSSET, CHARDONNAY, MACON-VILLAGES, BURGOGNE, FRANCE 2006

SMOKED BUTTER FISH, HEIRLOOM TOMATO, PICKLED FENNEL, TANGERINE

SILVAN RIDGE, PINOT NOIR, WILLAMETTE VALLEY, OREGON 2006

ROAST LAMB LOIN, CURRIED SWEET PEAS & PINE NUTS, SHALLOT CONFIT

GRANT BURGE, "HOLY TRINITY," GSM, BAROSSA VALLEY, AUSTRALIA 2002

THREE PREPARATIONS OF OLIVE OIL CAKE

CHOCOLATE-CHERRY, LEMON-PISTACHIO, ALMOND-APRICOT, CRÈME FRAICHE

CHATEAU BASTOR-LAMONTAGNE, SAUTERNES, FRANCE 2001

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 *Metro-Bravo!* 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.

THE FLYING BISCUIT CAFE — 2016 Clark Ave., Raleigh. 833-6924. www.flyingbiscuit.com. www.raleighbiscuit.com. Serving breakfast all day and hearty entrées, sandwiches and salads for lunch and dinner, this Cameron Village restaurant also boasts a full bar. Open 7 a.m. until 10 p.m. daily.

GLENWOOD GRILL — Oberlin & Glenwood, Raleigh. 919.782.3102. glenwoodgrill.com. Contemporary Southern at its best from Chef John Wright, featuring the Carpetbagger. We're thanking customers with "More for Less" — Two courses for \$12 at lunch Mon-Fri: Option of smaller portions at lower prices, plus \$6/glass on selected wines MTW; Dinner For Two with a bottle of wine for \$50 TFS. Ask about private parties on Sun.

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.heronrestaurant.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 contem-

porary 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.margauxsrestaurant.com

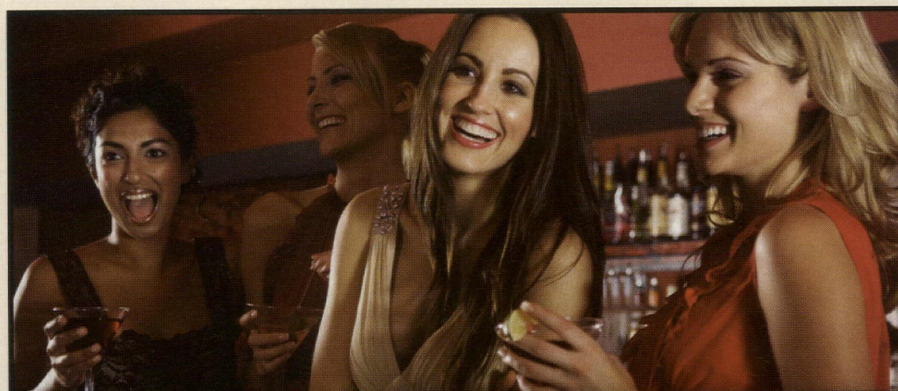
MIDTOWN & BAR 115 — 4421-115 Six Forks Road, Raleigh. 782-WINE. www.midtownandbar115.com. Recognized as one of the "Best Places for a Power Lunch," by *Metro Magazine*, Midtown offers the experience of a New York bistro and bar in the heart of Raleigh's new midtown. Enjoy metropolitan cuisine and distinctive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

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



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& Sun, Dinner Tues-Sat.

OLIVER TWIST — www.theoliver Twistlounge.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.

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 sitti, 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 played 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 cheses. 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.zestcafehomeart.com. Offering the freshest, finest food served with a zesty outlook since 1995. Dine in our café or outdoor patio. Enjoy the Home Art selection of fun and whimsical home accessories and gifts. Lunch Tues.-Sat., Dinner Wed.-Sat. and Sunday Brunch.

DURHAM/APEX/MORRISVILLE

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

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

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 menu 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 ½ 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 - 6p.m. Lobsters are Market price on Monday nights.

BEYOND THE TRIANGLE

AQUA — 214 Middle Lane, Beaufort, NC 28516. 252-728-7777. www.aquaxperience.com. "Aqua's urban-chic décor whets the appetite for sophisticated, internationally inspired food... On all counts, Aqua was an exceptional dining experience." Moreton Neal in *Metro Magazine* June 2005. Open for dinner: Tues.-Thurs. 6 p.m., Fri. & Sat. 5:30 p.m.

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

BLUE MOON BISTRO — 119 Queen Street, Beaufort. 252-728-5800. Coastal cuisine in a casual historic setting. Offering innovative dishes that bring a welcomed departure from other coastal venues. Chef Swain's eclectic menu includes references from Asia, France and America. For a balanced plate, enjoy a well-matched wine to accompany your entrée. Dinner Tues-Sat.

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

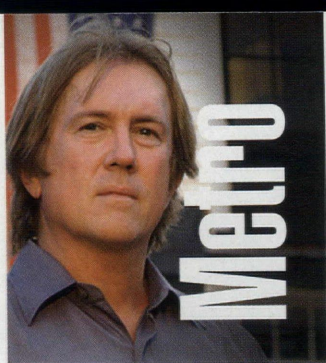
CHEF AND THE FARMER — 120 W. Gordon St., Kinston. 252-208-2433. www.chefandthefarmer.com. A converted mule stable never looked so good. Blending old architecture and contemporary design with local ingredients and urban techniques makes this progressive eatery an epicurean oasis.

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

PORT LAND 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.



Cheshire on Film

by Godfrey Cheshire

MIKE TYSON THE MOVIE: POWERFUL WORK OF ART

Some favorite movies we expect to like because they reflect our established tastes. Others are apparent anomalies, zingers that whiz in from far left field. James Toback's *Tyson*, my favorite film so far in 2009, decidedly belongs in the latter category.

I'm not a sports fan. I don't follow boxing. My interest in the deposed heavyweight champ and convicted felon Mike Tyson was, I figured, pretty close to zero, if not in negative territory. But I came out of an early screening of *Tyson* so dazzled that I was literally ready to go back in and see the next show. That hasn't happened to me in a very long time.

I stress the distance between my initial expectations and my eventual reaction in order to say to skeptical readers, "Take my word on this one." From a marketing standpoint, *Tyson* obviously has hurdles to overcome. Fans of boxing or Tyson may assume they've seen this story covered well enough on ESPN. Cinephiles may guess that there's little of artistic interest in the film. Both groups would be wrong. Both should see *Tyson*.

Toback is a veteran and well-nigh legendary New York independent filmmaker whom I count myself fortunate to have come to know socially in recent years. When we met for brunch near his Upper East Side apartment in April, shortly before the film had its national premiere (it's slated to arrive in the Triangle in June), he gives me a big smile when I tell him that the film *Tyson* reminds me of most is *Citizen Kane*.

"I'm glad it's you who's saying that," he laughs. "I obviously couldn't say it myself." Yet he allows that the parallels to *Kane* occurred to him while he was editing *Tyson*.

Orson Welles described his masterpiece's approach to its subject, the fictional newspaper mogul Charles Foster Kane, as "prismatic." The term is very apt: We see Kane reflected through the disparate memories of those who knew him. The eventual portrait of this larger-than-life tycoon is, thus, a fascinating composite, a mosaic that we complete with our own imaginations.

Tyson feels similarly prismatic, but with one

big difference: The disparate points of view that we encounter are all Tyson's own.

Here's what Toback did: He brought Tyson into a studio and filmed him with high definition cameras over several days. The filmmaker has known the boxer for 25 years, so they have a rapport, but Toback deliberately kept himself in the shadows behind the camera so that Tyson couldn't see him. He would occasionally ask a question, but mostly he just kept silent, allowing the boxer to recall his life as if by himself.

"He would sometimes sit for five minutes, saying nothing," Toback says of Tyson. "Then he would resume."

The result is a monologue (mostly laid over footage of Tyson's career) that feels deeply interior and intensely self-examining. There is no other narration or point of view in the movie; the words are all Tyson's. Yet, paradoxically, this doesn't mean a unitary perspective or even, in effect, a single voice.

There seem to be many different voices in Tyson's head. Toback deftly emphasizes this by occasionally juxtaposing split-screen shots of Tyson's interview with the sound tracks overlapping. If every man contains a multitude, the crowd inside Tyson has lots to say.

The story this one-voice-as-many tells has the power of myth yet the immediacy of tabloid fodder. Tyson repeatedly emphasizes his lifelong feeling of vulnerability. It might be hard to believe that the most physically formidable of men could feel so exposed to hurt, but his wounds seem genuine and decisive in their impact.

When an older boy twisted the head off one of his pet pigeons, Tyson got into his first fight and learned the respect that toughness earns; yet the anguish of the bird's death remains. Proud of the fear that he could instill as a teenage street thug, he started on the road to professional boxing while in a juvenile detention center, then was adopted and given a home by legendary trainer Constantine "Cus" D'Amato.

It would be hard to overstate D'Amato's

impact on Tyson and not just in the ring. Tyson says the old man taught him character and discipline; no doubt the love D'Amato and his family showed the boy provided him with the only stable emotional environment he ever knew. When D'Amato died just as Tyson's career was about to ignite, Tyson was devastated, inconsolable — as if he knew he'd never have such a trustworthy mentor again.

He won his first 19 professional fights by knockout, becoming the youngest heavyweight champ in history. The footage of these bouts shows a young fighter of tremendous strength, laser-like intensity and consummate tactical skills. D'Amato taught him well. Tyson's always fascinating commentary emphasizes the game's psychological dimension — some fights, he implies, he won before entering the ring.

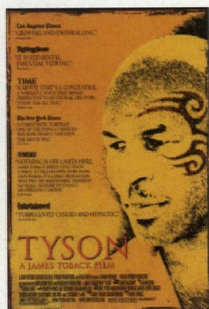
The immense wealth, the worldwide fame, the tempestuous marriage to movie star Robin Givens — all this propelled Tyson toward the day of reckoning when he was arrested for raping young beauty queen Desiree Washington. Toback doesn't go into the trial ("It would be a separate movie," he says). What concerns him is the effect of three years of brutalization and solitary confinement on Tyson.

He thinks the experience shattered the fighter's mind, Toback tells me. Afterward, Tyson became a real raging bull, gaining headlines for biting off another fighter's ear rather than winning championships.

Tyson's mind may have fragmented into those many voices, but it remains tremendously lucid, which gives his reflections an intense poignancy. His story is that of a man whose self-control does not match his self-awareness — an archetypal conflict that has tremendous resonances for both individuals and cultures.

Ever since Shakespeare, it has been said, the great subject of dramatic art has been the complexities of the human personality. In that sense, *Tyson* is a powerful work of art.

But perhaps Tyson himself put it best. Toback says that when he showed the film to its subject, Tyson sat for a long time in silence — then said: "It's a Greek tragedy. But it's about me." **MM**



Cork Report

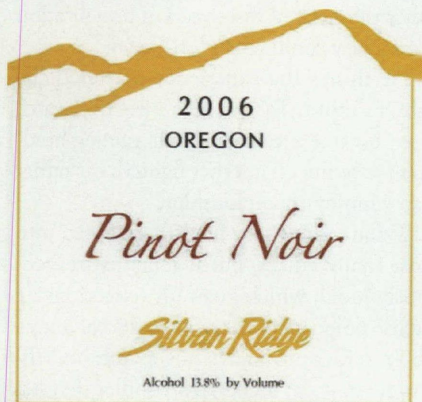
by Barbara Ensrud



VINTAGE DATES DO MATTER

What does the year on a wine label mean? Some consumers aren't sure: is it the year the wine was made, the year it was bottled or something else? Even some wine professionals, including restaurateurs, marketers and certain critics say it hardly matters since 95 percent of wine sold is opened and consumed the day it was bought, no matter the year.

But I don't agree because 1) I want to know the age of the wine, and 2) vintages vary, ranging from great to average or poor. The vintage date is the year the grapes were harvested in the vineyard. It's particularly important for white wines such as Pinot Grigio, Sauvignon Blanc, Viognier and dry rosés. As a rule I want to drink these wines as young and fresh as possible, within a year or two of the vintage date. Even a 2005, and certainly anything older, may taste tired and stale.



Vintage variations matter too, more so for red wines. One year may be rainy and cool producing thin fruit; others may be hot and dry producing overripe, raisiny wines. Some, however, such as 2005 in Bordeaux or 2007 in the Rhône were picture perfect. In these areas those vintages are outstanding. It explains why a classified '05 Bordeaux costs more than the 2004 — a lesser vintage — from the same property.



Some restaurants don't include vintage dates on the wine list, an annoyance for me because I always want to know the vintage of the wine I'm ordering. If it's not there, the waitperson has to go and check the bottle. Whether the list has dates or not, I look to make sure it's the vintage I wanted. You'd be surprised how often the wine list states a certain year but the wine you receive is a later vintage. Sometimes it's OK and I accept the bottle — but if I ordered a 2003 red from California — likely to be smoother and more ready to drink than the 2006 they now stock — I may switch to another wine.

No vintage date on table wines usually means that earlier vintages are in the blend. By law, a vintage date means that at least 85 percent of the wine is from the year stated. Sometimes adding wine from other

vintages can improve a wine, but it can also be a way of using up leftover, unsold wine. I recently had a non-vintage Chardonnay that was oxidized. I suspected the addition of old, tired wines.

My advice to consumers: don't buy wines without a vintage date unless you already know and like the wine. My advice to wineries: sell non-vintage wines at your winery, so people can taste before buying.

There are a few exceptions for non-vintage wines. Fortified wines such as **Sherry**, **Madeira** and wood-age **Port** are not vintage-dated. They are intentionally blended from several vintages for consistency of style.

Another exception is Champagne from the Champagne region of France (and some sparkling wines from elsewhere). While top *cuvées* (blends) of Champagne

are vintage-dated in superior vintages, by far the largest volume of French bubbly is non-vintage. It's a long-standing tradition and a part of *appellation contrôlée* laws that govern winemaking in every region of France. The practice here is to allow small amounts (as little as five, as much as 15 percent) of previous vintages in order to give consistency to house style. Non-vintage Champagne from quality producers can be an excellent value.

WEDDING DAY CHAMPAGNE SELECTIONS

This brings us to June's nuptial celebrations and how to choose bubbly for the occasion. For sizeable gatherings, non-vintage Champagne is certainly the way to go as it is more economical. I've recently enjoyed the non-vintage Brut from houses including **Pol Roger**, **Nicolas Feuillatte** and

Taittinger. The most popular French bubbly is Veuve Clicquot Yellow Label—though the wine captain at one local restaurant says he stocks it but won't put it on the wine list "because when people see it they don't consider anything else."

New World sparkling wines have become better and better — particularly **Schramsberg**, whose **Blanc de Blancs** is stunning. **Mumm Napa Blanc de Noir** is also quite terrific, as is **Gloria Ferrer Royal Cuvée** — most found for a lot less than non-vintage Champagne. Biltmore produces very good medal-winning sparklers that can stand with some of the best, but the North Carolina Blanc de Blancs Brut is their finest in my view.

NEW TASTES AND WINE SPECIALTIES AT HERONS IN CARY

With its new chef and wine director (see Moreton Neal's Gourmet column in this issue), The Umstead Hotel and Spa recently took a promising new gastronomic direction. Herons Chef Scott Crawford has a deft and innovative way with foods we love: foie gras, butterfish, southern-raised free-range roast hen with chanterelles, and roast loin of lamb with spring peas and pine nuts. Crawford and new wine director Justin Tilley seem to be on the same wavelength, entwining nuances of flavor and aromas in wine and food that are great fun to explore on their five-course tasting menu.

With Kobe beef tartare, Tilley paired **Waterbrook 2007 Melange** from Washington, an enticing off-dry blend of riesling, pinot gris, chardonnay and viognier. Diners might naturally think red for beef tartare, but bathed in a spicy lime and Japanese chili sauce it needed the crisp spice notes

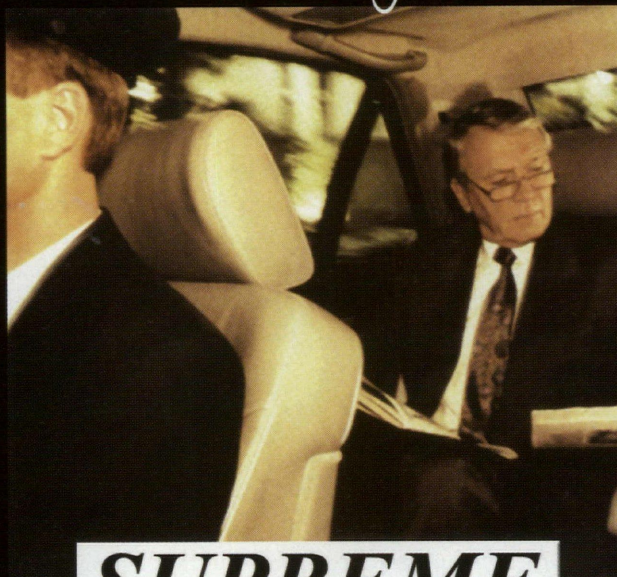
of white wine — a lovely match.

He tacked westward for the smoked butterfish, serving a faintly smoky Oregon Pinot Noir — **Silvan Ridge 2006** (which worked equally well with roast hen and chanterelles — but then, so did a rich Russian River Chardonnay, the **Patz and Hall 2006 Dutton Ranch**). The climax of the meal was succulent roast lamb loin, superbly accompanied by **Grant Burge 2002 Holy Trinity**, a bold blend of grenache, syrah and mourvèdre from Barossa Valley in Australia. It is rare to find the 2002 now that it has evolved into rich smoothness.

The \$70 five-course tasting menu is worth every penny. If you include the wines suggested by Tilley, it goes up to \$100. A well-chosen wine with each course comes out to about \$6 a glass. On Thursday evenings this summer, the restaurant hosts a cocktail party with summer drinks, wines to taste and hors d'oeuvres — a good chance to check out the new list. **MM**



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ORDER OF LONG LEAF PINE NOT NC'S HIGHEST AWARD

During the heated 1960 Democratic Primary campaign between Terry Sanford and Dr. I. Beverly Lake, the state government establishment was aligned with Sanford. In the midst of the fray, a campaign aide rushed into the room and announced to the taciturn former law professor, "We have them now, Dr. Lake. We have caught them playing politics at the Highway Commission."

"Yes," replied Lake, without looking up, "and the Brits have invaded London." The conversation ended there and for a half century more there have been allegations of "playing politics" at the Highway Commission — now called the Department of Transportation.

I thought about Lake's reply when the brouhaha erupted over a report that Robert Lee Guy, the head of the state's probation department, was deposed for mismanagement and later honored with The Order of the Long Leaf Pine by former Gov. Mike Easley. It was revealed that Easley gave more than 4000 of the awards — routinely described by news media as "the state's highest civilian honor" — during his eight years in office.

It was to this news that I said to myself, "Yes, and the Brits have invaded London."

You would have to have been homebound for the last eight years without benefit of media to miss the fact that Easley, and in fairness, governors before him, have handed out The Order of the Long Leaf Pine certificates like lollipops. The process is made even easier on Gov. Bev Perdue's Web site, which has a short application form you can complete to have a friend or associate honored with The Order of the Long Leaf Pine or one of seven other appropriate "honors" — including The Old North State Award; an Honorary Tar Heel Award; a generic "Certificate of Appreciation"; and The Laurel Wreath Award. This information may have been on Easley's Web site also. I don't know.

Retirement parties for longtime state employees and educators are not complete without the presentation of The Order of

the Long Leaf Pine. Rotary's Man and Woman of the Year get one, as well as the hardy soul who turns 100. Easley's in-laws received a certificate for their ego wall. The list goes on. A host of distinguished North Carolinians whose names you would recognize have received The Order of the Long Leaf Pine. Yes, I have one, too, that I received about 35 years ago. I tell you this to show that I am not trying to rain on someone else's parade.

Anyone who read the small print when Perdue received the UNC basketball team at the Executive Mansion learned that Coach Roy Williams and members of the 2009 Championship team were presented with The Laurel Wreath Award. A call to the governor's press office for background on this award resulted in my request being referred to Archives and History. By deadline, I had no reply. But an old press release I found reporting that Easley had presented The Laurel Wreath to NASCAR driver Jimmie Johnson described the award as "the state's highest honor for athletic achievement by residents or those representing North Carolina." Another release said that revered NC State Coach Kay Yow also received the award.

For decades, awarding The Order of the Long Leaf Pine has been something of a cottage industry in the governor's office designed to make political points. However, it is just in the last few years that the press has begun to describe The Order of the Long Leaf Pine as "the state's highest civilian honor."

"T'aint so, McGee," in the words made famous by Molly in response to exaggerations of her husband "Fibber," on the "Fibber McGee and Molly" radio show. Certainly, I have never suffered under the delusion that I have received the state's highest civilian honor.

What is The Order of the Long Leaf Pine, anyway? You might describe it as a "virtual" order that exists only in the minds of the people who receive it and place the lovely framed certificate on their wall. I have mine before me now.

It appears very official, and I suppose it is. The Great Seal of the State of North Carolina is affixed atop red and blue ribbons in the left bottom corner; the calligraphy is artful; my name is spelled correctly; and it has the governor's signature.

"Reposing special confidence in the integrity, learning and zeal of Carroll Harden Leggett," the governor states in language seldom heard since Victoria's death, "I do by these presents confer The Order of the Long Leaf Pine with the rank of Ambassador Extraordinary privileged to enjoy fully all rights granted to members of this exalted order, among which is the special privilege to propose the following North Carolina Toast in select company anywhere in the free world:

Here's to the land
of the Long Leaf Pine
The summer land
Where the sun doth shine,
Where the weak grow strong
And the strong grow great,
Here's to "down home,"
the Old North State!

I do wonder why one is not privileged to give the toast in the non-free world. Personally, I would be more disposed to toast my state in Havana and Beijing than in London.

Egalitarians among us may take heart from the fact that North Carolina's Constitution looks at "special privileges" with a jaundiced eye. Section 32, titled "Exclusive emoluments," states, "No person or set of persons is entitled to exclusive or separate emoluments or privileges from the community but in consideration of public services"; and Section 33 declares, "No hereditary emoluments, privileges, or honors shall be granted or conferred in this State." "Hereditary" is the operative word. I suppose our forefathers (and may I include "foremothers"?) were fed up with stuffed-shirt dukes and earls and lords and their trifling offspring by the time they got around to drafting our constitution.

OK, if The Order of the Long Leaf

Pine is not the state's highest civilian honor, what is? The answer is simple: The North Carolina Award, established by an act of the General Assembly and presented in October of each year at a grand black-tie reception and dinner. The award is administered by the Department of Cultural Resources and is often called "The Governor's Award" because traditionally the governor attends, reads the citation and places the medallion around the necks of the recipients.

In the case of Governor and Mrs. Easley, they presented the awards each year and promptly disappeared, leaving a ballroom filled with North Carolina's most distinguished citizens to dine without them. Better things to do at the Mansion, I suppose. I expect Perdue and husband Bob will stay for dinner this fall, especially since she and Secretary of Cultural Resources Linda Carlisle are longtime pals and share a birthday. I hope so, anyhow.

Go to the Web site of the North Carolina Department of Cultural Resources (www.ncculture.com) and click on North Carolina Award. What are the first words

you see? "The North Carolina Award is the highest civilian honor bestowed by the state. Created by the General Assembly in 1961, the award recognizes significant contributions of individuals in the fields of fine arts, literature, public service, and science."

There it is as clear as day. Don't ask me to tell you how this language became associated with The Order of the Long Leaf Pine and why so many people have been inclined to believe it.

Between you and me, I don't care how many awards the governor's office dispenses. If they make people feel good and enhance significant moments in the lives of good North Carolinians who deserve recognition for whatever reason, that's good enough for me. But, plainly put, let's cut the crap about The Order of the Long Pine being the state's highest civilian honor. I don't know who started it, but for the sake of much heralded "transparency," this administration should put a stop to it. Anyone with half sense knows it's not true. And to me, at least, it is highly annoying. **MM**

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My Usual Charming Self

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JIM TURCOTTE



RIGHTEOUS JUSTICE FOR EDWARDS AND EASLEY

British historian and writer Paul Johnson devoted his book *Intellectuals* to the irony that the personal lives of people who dwell in the rarified air of political righteousness are usually dissipated and dishonest. He concluded that the more dedicated the political activists, the more unsavory their personal habits in proportion to their zeal to save the world. Johnson's theory applies more broadly today, as one after another of the torch-bearers for the downtrodden find themselves under investigation for sleazy personal behavior.

John Edwards, the champion of the dispossessed, is drowning in a putrid sea of scandal. The matinee idol-cum advocate for the redistribution of wealth has been outed for his sordid affair with a campaign video freelancer who gave birth to their love child while Mrs. Edwards battles cancer — and worse, allegedly set up a male co-worker as the presumed father. The extent of his duplicity matches the political extremes of his campaign rhetoric.

And US House Speaker Nancy Pelosi, a delusional virago dedicated to imposing the socialist party line in Congress, bilks taxpayers so she can lord around like Queen Elizabeth with a retinue of attendants and a palatial private jet to accommodate her entourage. Now she has been caught in a colossal lie about her knowledge of CIA interrogation techniques, creating national security repercussions ringing 'round the world. While Edwards and Pelosi claim the disenfranchised as their constituencies, they enfranchise themselves with the usual trappings of sex, money and power.

The former governor of North Carolina is in the act too. Mike Easley finds himself the object of a grand jury investigation for using elected office to elevate himself into the upper echelons of greed and squalor. He called on his political donors to fly him around the state

and nation in fancy private jets to avoid the public record log for the perfectly nice plane provided by us dumb taxpayers. Easley's flunkies also clued him into potentially lucrative real estate deals and landed a sinecure at NC State University for the Lady Easley that reeks of favoritism and cronyism.

The Raleigh News & Observer nailed Easley, forcing federal prosecutors to impanel a star chamber to get to the bottom of the governor's shenanigans, treating the public to another spectacle of questionable ethical behavior by political blowhards. But sleaze has been trumped by the questionable and third-rate response by officials at NC State who cut the deal to hire Mary Easley at the request of the governor's rent boy McQueen Campbell. While in office, Mike Easley arranged for Campbell to be elevated to chairman of the school's board of trustees where Campbell, it appears, returned the favor by arranging for the school to hire the governor's wife for \$850,000 over five years.

NC State's Chancellor James Oblinger praised Mary Easley's appointment at the time and cleared it with UNC system President Erskine Bowles. All appeared above-board in their delusional world where insularity and the perceived power of their positions insulated them from reality — and from the wrath of the lowly taxpayer, more and more a pawn in a dark new age where political entities rule by fiat. But thanks to *The N&O*, and to new Gov. Bev Perdue, who released documents the Easley gang hid from public view, a wrecking ball crashed through their oblivious smugness.

How did the university leadership respond to the newspaper's revelations? By tossing the NC State provost Larry Nielson to the crocodiles as a sacrificial morsel thinking the problem would go away. Oblinger seems to have forgotten where the buck stops, but he is learning from the university community — students, professors, administrators and alumni — who are walking around with their heads bowed in shame.

Not only did the chancellor and his confidants misinterpret the public effect of Nielson appearing to fall on his sword, they also completely misjudged the reaction of Mary Easley, who refused to capitulate when they publically called for her to resign. That Oblinger and Bowles felt they would force her to take a hit for their team is naïve, dumb and sadly typical of the highly-paid inferior grandees who perch on the pinnacles of academic power far above

the professors and contributors who carry the water for the university.

Did Oblinger — and Bowles, who sent Mary Easley little mash notes over the past two years — really think she would simply walk away in shame because they said it “would be best for the university” for her to throw away her contract and admit wrongdoing? Maybe it's the chancellor who should step down and take the hit as maximum leader of the university — or be fired for cowardice and mendacity.

The long-term marriage of state government and the public university system has been a boon for the state — until now. The rampant corruption in government has stained the university and will bring to light more of the pitfalls created by using appointments to boards of trustees as political payoffs.

As the Easley-Campbell-NC State scandal hit, new buildings on Raleigh Road leading into Chapel Hill arose abruptly and ominously, scarring the landscape and allowing the violation of the visual integrity the campus town has maintained for 215 years. The buildings also serve as a dramatic symbol of the unfortunate paradigm shift caused by the politicization of university governance.

Are members of the UNC Board of Trustees behind this arrogant affront to the home of the nation's first public university? Stand by.

NOTES FROM LA-LA LAND...

Intelligence friends in high places tell me CIA field operatives are sticking to their desks for fear of retribution by their own government via threatened war tribunals to punish them for using extreme interrogation techniques in the battle against terrorists. If the frontline warriors in this dirty war are prevented from doing their duty, no wonder Americans are buying firearms in record numbers and stockpiling food and water.

...

Oh yeah, in context with the brouhaha over the Easley scandals, where is their close friend **Libba Evans**? After running roughshod over employees and programs as Secretary of Cultural Resources, she abandoned her post for the last nine months of the administration without so much as a how-do-you-do. Will the Grand Jury run across her name in their investigations? **MM**

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



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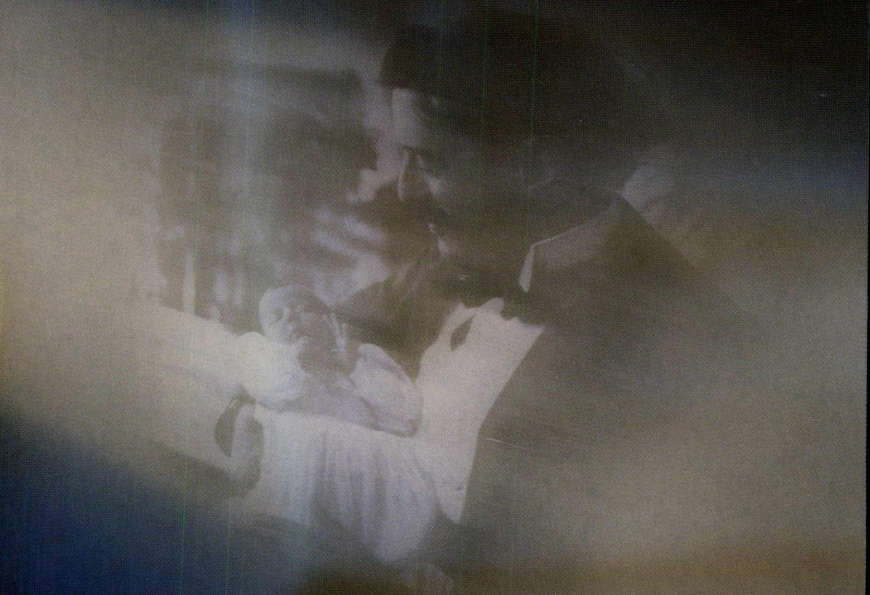
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