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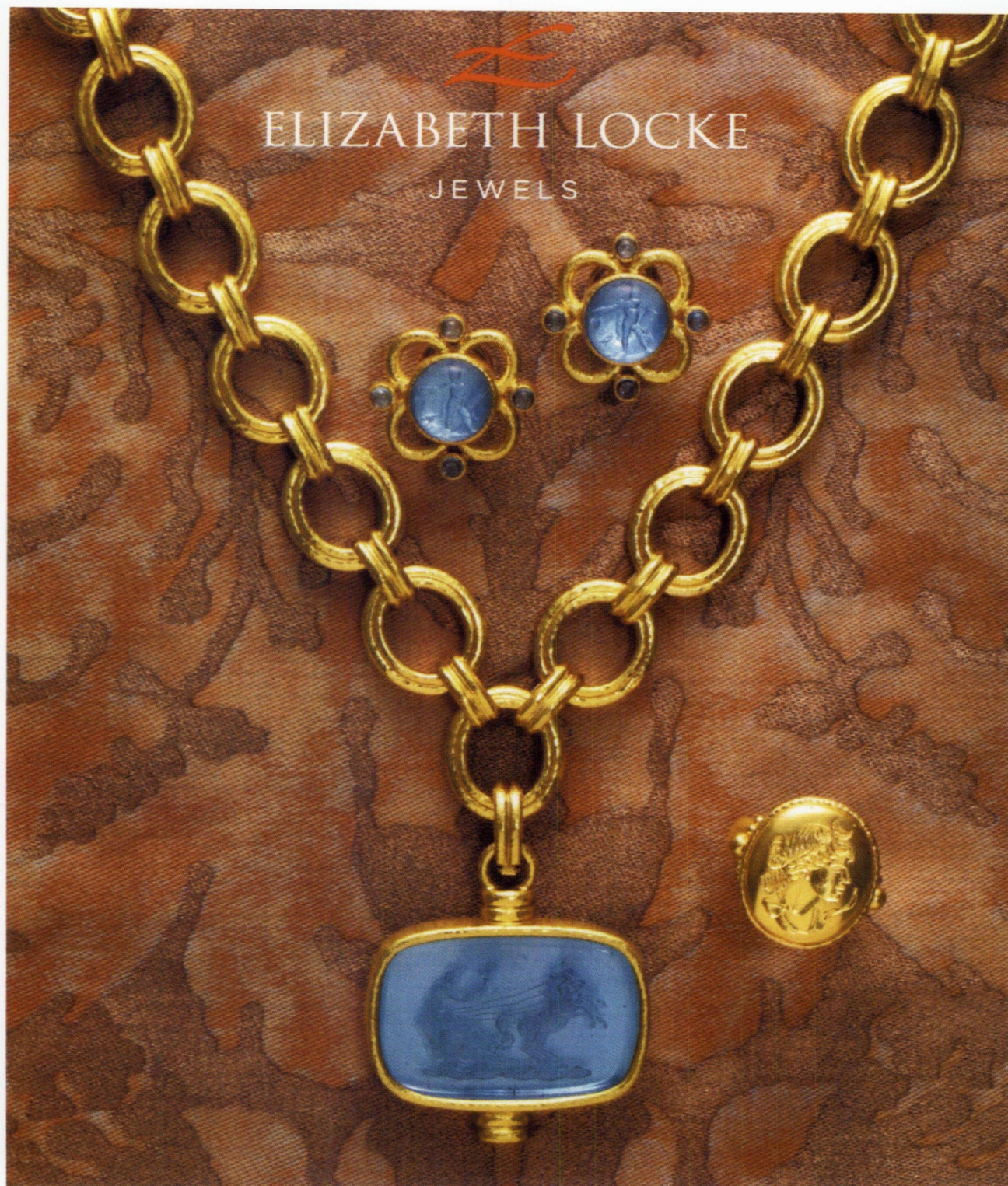
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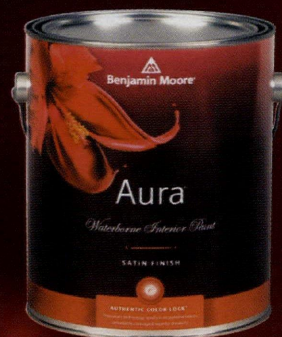
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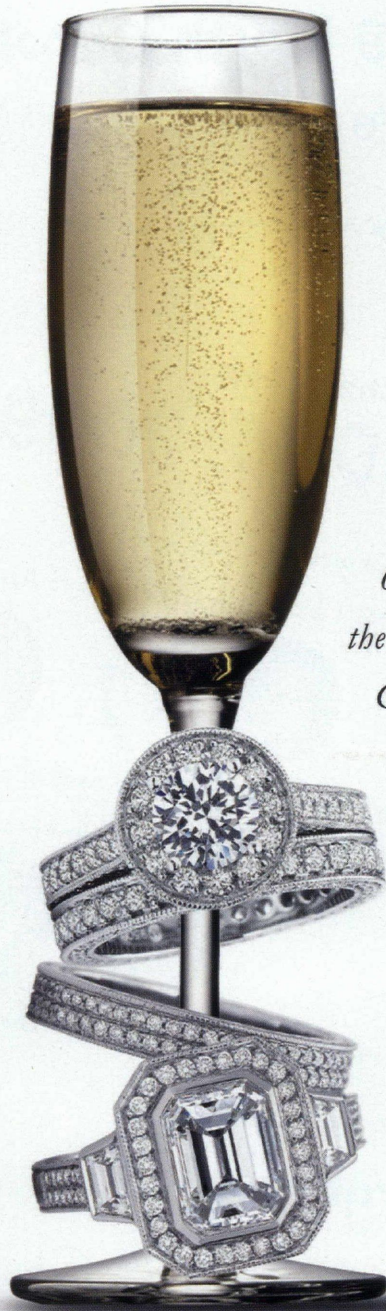
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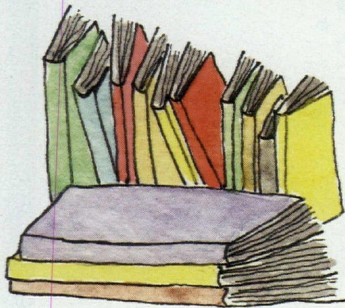
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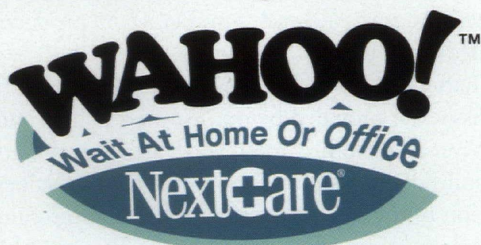
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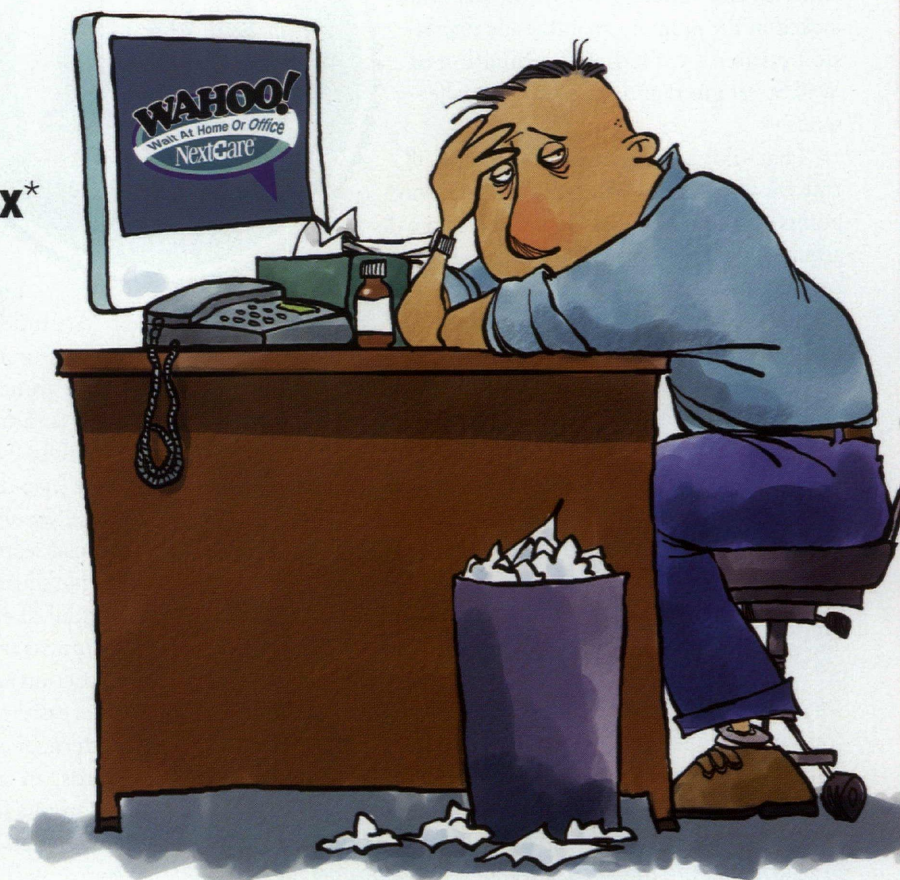


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TEN LIFETIMES

These past 10 years seem like 10 lifetimes. *Metro Magazine* came in on the millennium — despite the usual mass media panic that the world's computers would crash, ending the world as we knew it. But there was indeed a crash — the dot.com bust that set back the economy our first full year in business. But that was nothing compared to the events of 9/11. The world was indeed turned upside down, where it remains. And worse, as we wind down the decade, America and much of the world has been kicked in the groin by an authentic depression created by a lethal combination of Wall Street greed and government malfeasance.

That said, it's a wonder we're here at all. But we are. Between the catastrophic waypoints of war and pestilence and economic disaster, *Metro* has consistently published damn fine content, if I do say so myself. Beginning with the two exhaustive launch issues — featuring in — depth investigations into who we are in this special place — we continue month after month to present first-class features and special sections and a showcase of the finest writers in the South. And from what we hear, you think so too.

Metro was the first to outline what was happening in the Duke Lacrosse case, and ran the first interview with one of the families — before CBS made that claim. It was *Metro* that divulged

the details and expressed outrage about the Eve Carson murder at UNC, resulting in action to release the autopsy reports and investigate the parole system. *Metro* helped end the boondoggle created by the Triangle Transit Authority's rail plan, and shamed the city and state about the sorry condition of Raleigh's roads.

And who else let you know about the latest theory explaining the mysterious Carolina Bays that dimple the eastern coastal plains; or that NC native and famous author Robert Ruark had been ignored by his alma mater UNC? *Metro* discovered the burgeoning boat-building business in Eastern NC; covered the development of the Osprey fixed-wing helicopter; offered insight into the Global Transpark; and remembered Queen Elizabeth attending the UNC-Maryland football game.

Only *Metro* covered in detail the decision to return a famous painting from the NC Museum of Art stolen from a Jewish family by the Nazis — and in the process put a value on the art holdings of our famous museum. *Metro's* annual Who's Who selections presented the real leaders in the community to our readers. We provided the background of the Dix Park issue, inventoried the NC golf courses designed by the legendary Donald Ross and introduced you to Tift Merritt well before she became a star. And each summer *Metro* produces a special section dedicated to coastal activities.

That's just a smattering, as longtime readers know. The heart and soul of each issue are provided by our featured writers and columnists who cover architecture, food, wine, art, coastal matters, fiction and non-fiction, fashion, film, music and the values of the eastern region of the state. *Metro* publishes quarterly in-depth medical special sections, the winners of the Triangle AIA Awards, an annual appraisal of the condition of education and our famous MetroBravo "best of" reader poll. And don't forget the designers, photographers, sales reps, advertisers and administrative staff that pull the magazine — and the Web site — all together.

Metro also jumps in the political fray each issue — and online; sponsors the internationally known Raleigh Spy Conference; recognizes the fashion scene by producing the Mannequin Ball; and partners with dozens of organizations annually to play our part in supporting the events that make a difference in the region.

We think we reflect the true character of the region. And that's what it's all about. Thank you for reading, and for making our job a pleasure.

—Bernie Reeves, Editor & Publisher

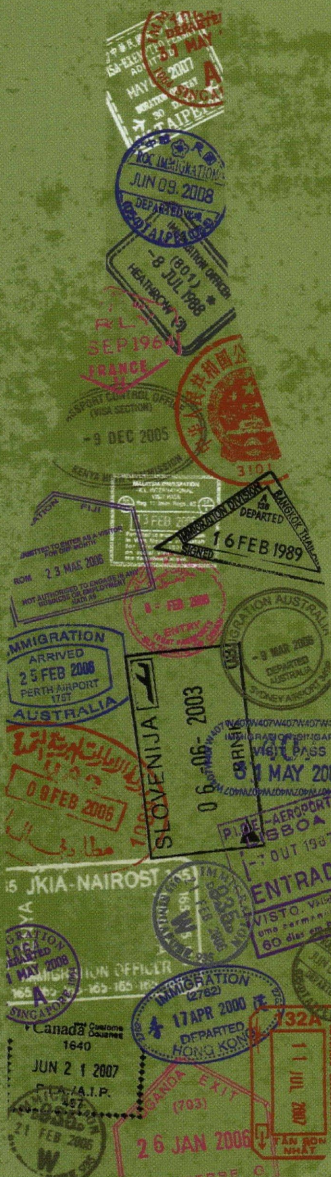


In This Issue

This 10th birthday issue continues the tradition of informative content, including essays from 10 area community leaders on the past decade and what to expect in the next ten years. And of course the much-awaited Part 2 of our annual MetroBravo Award winners — selected by you.

Godfrey Cheshire invites you to an exclusive outdoor showing of *Gone with the Wind*, introduced by Danny Selznick (son of David O) and accompanied by his highly praised film *Moving Midway*. We take you from stem cell research at Duke by Rick Smith to The Oaks at Fallon Park where the new and the traditional reside in harmony; from the latest fall fashions by our Raleigh girl in Manhattan Molly Fulghum Heintz to an inside look at leading private gardens; from a full listing of last-of-the-summer events on the Carolina coast to Moreton Neal shopping local and Barbara Ensrud enjoying "chilled" red wine.

It's another great issue, so enjoy, and join us in celebrating the first *Metro* Decade.



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Correspondence

NCDOT CHIEF: GOOD NEWS FOR RALEIGH ROADS

Thank you for your comments regarding road conditions in the Raleigh area. North Carolina is unique in that the Department of Transportation (NCDOT) maintains not only the interstate and primary road system, but also the county and many local roads in municipalities. In Wake County alone, there are 1315 primary route lane miles and 4187 secondary route lane miles that are the responsibility of the NCDOT. The typical annual resurfacing costs in Wake County are \$3 million for primary routes and \$8.5 million for secondary routes. This allows us to make pavement improvements to about 25 miles of primary lanes and 60 miles of secondary lanes per year. Therefore, it will take well over 30 years to treat our system. Even newly constructed roads will not last 30 years before they will need pavement improvements and preservation.

In fall 2008, the NCDOT's overall cash position jeopardized its ability to deliver many programs, such as contract resurfacing and routine pavement maintenance. Resurfacing in Wake County was delayed several months until a more finite fiscal picture was obtained. The American Recovery and Reinvestment Act (ARRA) provided a much-needed boost to our infrastructure health picture across the state — and especially in the Raleigh area.

The following Raleigh area projects are under contract and funded through ARRA: Interstate 440 from Interstate 40 (Exit 301) to the US 64/264 Bypass to remove the existing concrete bonded overlay and replace it with asphalt; I-440 from Wake Forest Road to Wade Avenue to remove the existing asphalt surface and replace with a new asphalt surface; Interstate 540 from I-40 to US 70 to remove the existing asphalt surface and replace with a new asphalt surface; and US 64 and US 264

from the US 64/264 Bypass to the Nash County lines to remove the existing asphalt surface and replace with a new asphalt surface.

Beginning this fall, we will begin another ARRA-funded project to remove and replace the asphalt on Wade Avenue from Faircloth Street to Capital Boulevard.

The ARRA funding has allowed the NCDOT to preserve many of our highest priority roadways, as well as move forward with other contract resurfacing projects as our cash concerns stabilize.

The NCDOT is also funding a couple of other major projects that impact the Raleigh area and certainly visitors' opinions of our Capital City. Already underway is a project to remove the existing asphalt surface and replacement of a new asphalt surface on I-40 from I-540 to Wade Avenue and a section of Wade Avenue from I-40 to Edwards Mill Road. Starting very soon is the much-anticipated widening of I-40 from four lanes to six lanes between Wade Avenue and US 1/64. This area has long been one of the worst "bottlenecks" in the state, and this project will surely improve peak hour commutes into Raleigh and RTP.

You also mentioned Glenwood Avenue, which has been one of our most publicized roadways over the last several years. Glenwood Avenue is a primary route and is mainly an old concrete roadway with sections that have been overlaid with asphalt. We are moving forward with a project to revitalize the section from Woman's Club Drive to Wade Avenue. This project will remove the existing asphalt sections, make repairs to the concrete, and then overlay with asphalt and an ultra-thin wearing surface. We are excited to finally fund this much-needed project to improve this corridor and resolve the current ride-quality issues. This project should begin this fall and be completed in June 2010.

Also set for fall 2009/spring 2010 in the downtown area is the removal of existing asphalt

Bernie Reeves
Editor and Publisher

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and the placement of a new asphalt surface on Edenton Street between Dawson Street and New Bern Avenue. In this same time period, we will be resurfacing Spring Forest Road between US 1 and US 401.

Hillsborough Street resurfacing has not currently been funded but is definitely in our vision as we plan improvements over the next several years. Of course the city has begun the first phase of its Hillsborough Street improvements between Oberlin Road and Gardner Street.

Another noteworthy project is the completion of concrete repairs and placement of an ultra-thin wearing surface on I-40 from near US 1/64 to I-440 (Exit 301). This project was completed in 2008 and has not only helped preserve this section of roadway, but also improved the appearance as you drive through the south side of Raleigh.

The above projects represent over \$30 million of pavement improvements and \$50 million of additional construction to improve roadways in the Raleigh area. The NCDOT will continue to strive to meet the demands of all our citizens and businesses across the state as we work diligently to transform our agency.

Thank you for sharing your concerns.

Eugene A. Conti Jr.

*North Carolina Secretary of Transportation
Raleigh*

RALEIGH RECEIVES D+ FOR ROADS AND APPEARANCE

Bernie Reeves, in his *My Usual Charming Self* column, "Raleigh's Decline is Durham's Big Chance," was right on. I too have noticed a significant decline in the way Raleigh maintains its roads and the overall appearance of the city.

I can't tell you how many times I have said to my wife while driving down Glenwood Avenue how terrible the road surface is. Why does this city let this happen? It makes Chicago's cracked freeways look like putting greens. Yes, I have heard the same excuses, the state maintains Glenwood, not the city.

I travel the US almost on a weekly basis, and I must say that for a city "On the Rise" for such a long time — and always ranked in the "10 Places to Live" — Raleigh gets a D+ in overall appearance.

Glenwood is one example, but so is Creedmoor Road (Highway 50 West), the Interstate 440 Beltline and countless other roads. That's not grass in the median, it's dead weeds that get mowed about once a quarter. I have never seen a street sweeper in Raleigh, and I am not sure if Raleigh or the state owns one. One sweeper could be kept busy just looping the Beltline picking up all the trash in the breakdown lanes.

"Meeks," call your "Comrade and Chief" in DC and get some of "my" "Highway Works" money. Mr. Mayor, you can even put up a sign, using my tax dollars of course, with your name on it saying you care about Raleigh's appearance. (See letter from the Secretary of NCDOT in this sec-

tion with good news for Raleigh.)

Raleigh's Mayor and City Council should be ashamed the city streets look the way they do. Maybe if the city would stop buying \$300,000 transit buses that drive around empty, or paying for studies on a rail system that will go nowhere and no one will use, there might be some money to pick up the trash (hopefully Obama bumper stickers ripped off by those finally coming out of their "Hope and Change" high), plant some grass and spread some pavement.

Keep up the fight, Bernie.

J. Clagett
Raleigh

LEUTZE MISGUIDED ON HEALTH CARE

I'm glad that Jim Leutze had a nice trip to France (Editor-at-Large, July 2009 issue), but he's jumping to an unwarranted conclusion if he thinks that his one satisfactory encounter with a nationalized healthcare system means that the United States should adopt some variant thereof. As a counterweight to his experience, I quote from Canadian doctor David Gratzer's book *The Cure*.

"On a cold Canadian morning about a decade ago, late for a class, I cut through a hospital emergency room and came upon dozens of people on stretchers — waiting, moaning, begging for treatment. Some elderly patients had waited for up to five days in corridors before being admitted to beds. They smelled of urine and sweat. As I navigated past the bodies, I began to question everything I thought I knew about health care. ... Though I didn't know it then, I had begun a journey into the heart of one of the great policy disasters of modern times."

The supposed upside of nationalized health care, universal access, is utterly swamped by the downsides of politicizing (or more accurately, much further politicizing) one of our most important industries. We'll lose efficiency, innovation and freedom.

Gratzer convincingly argues that the cure for what ails health care in the United States is to increase reliance on free market competition, not to embrace government dominated systems such as that in Canada, Britain, France or elsewhere.

George C. Leef
Raleigh

JIM LEUTZE RESPONDS:

George, George, George — I should have been foresighted and sent the column directly to you knowing that you would not be able to resist rising to the bait.

I know nothing about the veracity of the incident you cited, but I am just going to guess, and this is a wild one, that you and your doctor-source are also against healthcare reform. Please write and verify my hunch.

Now, as to the uniqueness of my wife's experience in France. I have enjoyed the fruits of socialized medicine in England, Germany, Finland, Japan and Thailand. All of those experiences were

similar to what I saw in France. But more importantly, you need to know that I was weaned on socialism. My father was a career Marine Corps officer, so consequently, I was raised, in part, by his retirement. When I went to college, I joined the ROTC and Uncle Sam was kind enough to help pay for my last two years of undergraduate school. As a result of my service in the US Air Force, I was eligible for the GI Bill — one of the greatest government giveaways, which has just been re-enacted for Gulf War Vets — which I used to attend graduate school. Several years ago I became eligible for one of the great products of the Franklin D. Roosevelt era — Social Security (isn't it too bad that George Bush's plan to turn Social Security over to Wall Street didn't materialize). Now comes the best part — I get Medicare. What a wonderful opportunity to enjoy Federal largess.

So, I don't have to go to France for my socialized medicine, I can get it at Duke.

Jim Leutze

SHEER MADNESS TO RAISE TAXES

We have our very own Lou Dobbs masquerading as Bernie Reeves. In his *My Usual Charming Self* column in the March 2009 issue, he discusses the negative effect of high property taxes in Wake County — but Wake is not the only locality that suffers from property tax hikes.

Orange County has just undergone reassessment — with some properties in Chapel Hill receiving as high as a 30 percent increase. It's complete madness. I for one am trying to sell my house in Chapel Hill and, just like in Wake County, have come to the realization I cannot sell for the assessed value.

OK, so we're in a recession. Revenues are dropping. But instead of raising taxes, did anybody in government ever consider the notion of cutting costs? Oh yes, I forgot one national statistic — à la Lou Dobbs — that 60 percent of the people in the US receive some form of compensation from the federal government. I trust that is the same at the state level — which is to say that to reduce services that would directly impact those at the trough would be considered tantamount to political suicide.

It is sheer madness to raise taxes in a recession, but it is indicative of a process that begs the question of self government. But what we have is not self government; rather it is government by the ruling elite who care less about what is best for its citizens — not including those who are here illegally — but more for how their actions benefit themselves.


Thank you for being "your usual charming self"!

David Lambert
Chapel Hill

CORRECTION

The Standing Ovation winner in *MetroBravo Part I* for Best Traffic Personality was spelled incorrectly. The correct spelling is Brian Shrader.

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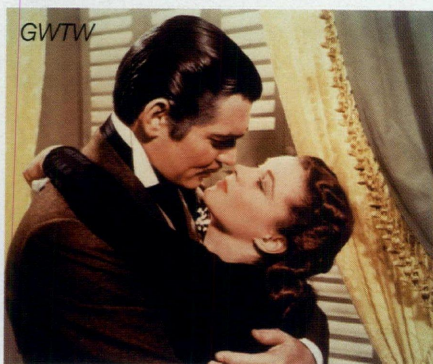
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SECRETS OF STATE

GWTW To Pair With Moving Midway At NCMA

Three exclusive showings of the film classic *Gone with the Wind* — winner of 10 Academy Awards — are part of a presentation of “The Southern Plantation Revisited” at the North Carolina Museum of Art that includes the screening of the heralded documentary *Moving Midway* by Raleigh-born film critic — and now filmmaker — Godfrey Cheshire.

Also featured is a concert of Piedmont blues, featuring Algia Mae Hinton whose music is part of the soundtrack of *Moving Midway*, with additional performances by guitarists Lightnin’ Wells and John Dee Holeman, harmonica master Phil Wiggins and old-time fiddler Wayne Martin — director of the NC Arts Council’s Folklife Section — who will host the concert and perform with his old-time stringband the Buggy Riders.



The NCMA is one of only two venues in the nation granted permission to screen the movie on the occasion of its 70th anniversary. Daniel M. Selznick, the son of *GWTW*’s producer David O. Selznick, who helped arrange the special screenings in Raleigh, will introduce the film and the documentary *The Making of a Legend: Gone with the Wind* that he and his brother Jeffrey helped create as executive producers.

The weekend closes with a screening of Cheshire’s *Moving Midway* — a remarkable and highly praised documentary film about the relocation of Midway Plantation, his family’s ancestral family home, built by Charles Lewis Hinton in 1848 near present-day Knightdale, NC.

Cheshire set out to film the moving of the house after urban sprawl encroached. In the

course of the project, he befriended a large branch of the Hinton family he did not know existed, who descended from a liaison between master and slave. Praised by leading critics, including Roger Ebert and AO Scott, *Moving Midway* was honored with screenings at the Museum of Modern Art and Lincoln Center.

THE SOUTHERN PLANTATION REVISITED WEEKEND SCHEDULE

Gone with the Wind

Friday, Aug. 28, 8 p.m.
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Literary Festival Welcomes Grisham, Elizabeth Edwards, Pulitzer Prize Winners

The 2009 North Carolina Literary Festival (NCLF), set for Sept. 10-13 at UNC-Chapel Hill, has assembled a stellar list of participants, pulling from ranks of the nation’s leading literary prizes, the top echelon of the bestseller lists and from the past year’s most controversial headlines.

John Grisham stands as the festival’s top name, fresh on the heels of his latest thriller, *The Associate*, and Elizabeth Edwards continues to share stories from her widely discussed memoir, *Resilience: Meditations on the Burdens and Gifts of Facing Life’s Adversities*, which explores her grief over the loss of her teenage son, her struggles with breast cancer and her husband’s affair during his failed bid for the Democratic nomination for president.

Two of this year’s Pulitzer Prize-winners have joined the festival’s ranks: Elizabeth

Strout, author of the novel-in-stories *Olive Kitteridge*, and Douglas A. Blackmon, *The Wall Street Journal*’s Atlanta Bureau Chief and author of *Slavery by Another Name: The Re-Enslavement of Black Americans from the Civil War to World War II*. Also appearing are two of the top honorees at this year’s Southern Independent Booksellers Alliance (SIBA) Awards: journalist and memoirist Rick Bragg, winner of his own Pulitzer in 1996 — and author of *The Prince of Frogtown*, a SIBA winner for Best Nonfiction; and novelist Ron Rash, author of *Serena*, winner for Best Fiction.

The 2009 festival spans a wide variety of genres, with poets James Applewhite, Michael Chitwood, Jaki Shelton Greene and Kathryn Stripling Byer; children’s and young adult writers Clay Carmichael, Brian Pinkney and RL Stine; musician and playwright Mike Craver; cookbook author Bill Smith; memoirist and sports writer Will Blythe; and fiction writers including Dorothy Allison, Doris Betts, Sarah Dessen, Pam Duncan, Clyde Edgerton, Marianne Gingher, Robert Morgan, Elizabeth Spencer and Wells Tower — plus mystery writers John Hart and Kathy Reichs and science fiction phenomenon John Kessel. Several featured authors — Fred Chappell, William Conescu, Michael Malone, and Matthew Vollmer — have already been interviewed in *Metro*’s pages or at our online literary blog: <http://artandliterature.wordpress.com>.

Additionally, *Metro* will sponsor one of the festival’s crowning events, when novelists and short story masters Lee Smith and Jill McCorkle join musicians Matraca Berg and Marshall Chapman on Saturday, Sept. 12, for an evening celebrating the highly acclaimed musical *Good Ol’ Girls*.

For a complete schedule and list of participants, visit the NCLF Web site, featuring original illustrations by bestselling novelist Daniel Wallace, at www.ncliteraryfestival.org.

SAS Champions Tour Seeks Volunteers

Tournament officials for the SAS Championship presented by *BusinessWeek* — returning to Prestonwood Country Club in Cary, Sept. 21-27 — are seeking 600 Triangle residents to volunteer to support the Champions Tour Event. Golf knowledge is not required, and families and friends are encouraged to participate.

According to Director Jeff Kleiber, responsibilities include Golf Channel support, walking scorers, standard bearers and hole marshals. Training will be provided for committees requiring specific knowledge.



The volunteer fee is \$50 and includes an Antigua golf shirt and headwear, volunteer badge valid for week-long tournament access, two weekly grounds badges for guests of the volunteer's choice, two invitations to the annual Volunteer Appreciation Party, and meals and beverages during assigned shifts. All volunteers who work three or more shifts will receive a free golf voucher for one round at Prestonwood Country Club.

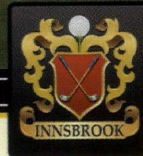
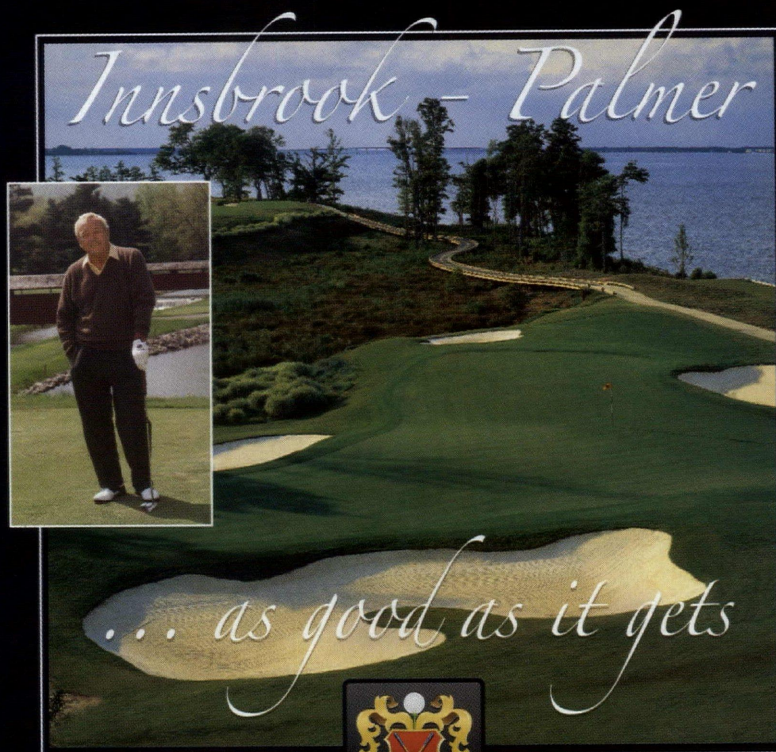
Tickets can be purchased online at www.saschampionship.com or by calling 919-531-GOLF (4653). Visit www.saschampionship.com for more information. MM

Book Calls For American Civic Revolution

Ten Amendments to Save America lays out a program to restore basic American values as a conclusion to the monograph *Reason & Tolerance*, a pamphlet asserting the necessity for an American Civic Revolution.

Written by W. Davis Jones of Raleigh, the concise booklet maintains that the American people have abandoned constitutional principles over the past 50 years in pursuit of government handouts, prosperity built upon debt and freedom from personal responsibility. Jones says that "over the next 50 years, America's headlong fall into socialism will intersect with China's soaring growth through free enterprise — sounding the death knell of the 400-year Anglo/American empire."

According to Jones, "freedom from tyranny, the principle upon which the United States was founded, is logically derived from recognition of divine rights and an understanding of the nature of man. Disregard for the Constitution, that serves as the fulfillment of the promise of the Declaration, has resulted in vitriolic political discourse, radical positions of the minority drowning out the reasoned voice of the majority and a resulting drift away from freedom and sovereignty."



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Jones asks if "Americans have the courage to recognize and honor the sacrifices and accomplishments of their forebears by righting the ship of State and embracing, once again, liberty through personal initiative and responsibility."

To obtain copies of *Reason & Tolerance*, call 919-616-6882, go to http://jonesandhoggard.com/catalog/product_info.php?cPath=15_16&products_id=23 or write PO Box 12952, Raleigh, NC 27605. **MM**

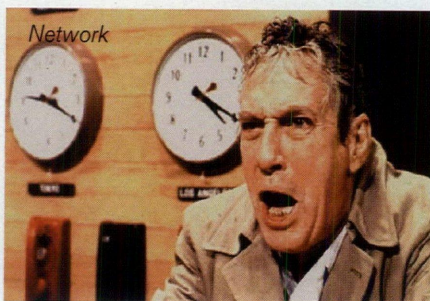
CINEMA, INC. PRESENTS 12 FILMS FOR \$20 at Rialto

The Cinema, Inc. of Raleigh, a nonprofit film society founded in 1966, kicks off its 44th season Sept. 13 offering screen classic feature films for less than \$2 each on the second Sunday of each month at The Rialto Theatre in Raleigh's Five Points. Admission is by season ticket only.

The 2009-2010 season opens with *Network*, followed by *Umberto D.*, *The Fog of War*, *Travellers and Magicians*, *Zelig*, *Sullivan's Travels*, Akira Kurosawa's *Dreams*, *Bright Leaves*, *The Land (Al-Ard)*, *My Darling Clementine*, *Blue (Trois Couleurs:*

Bleu), concluding August 8, 2010, with *Happy Times (Xingfu Shiguang)*.

To join The Cinema, Inc., go to www.cinema-inc.org/tickets.htm or write The Cinema, Inc., PO Box 20835, Raleigh, NC



27619. Details about this year's film selections are listed at www.cinema-inc.org/09_10_Schedule.htm. To request a printed season ticket brochure or ask for more information, call 919-787-7611, e-mail cinemainc@aol.com or visit www.cinema-inc.org.

The Cinema, Inc. is the oldest continuously operating nonprofit film society in North Carolina, booking widescreen, good-quality 35mm prints when possible. **MM**

Get Paid For Political Action

Wake Up America, a non-partisan movement that pays members to counter the current political policies of Congress via a person-to-person grassroots organization, established by Raleigh businessman and political activist Will Head, will launch Sept. 11.

"Think of us as the conservative and common sense alternative to Obama and MoveOn.org," says Head. "But with a big difference: people will be paid to spread the word."

"Wakers," according to Head — independent contractors who join Wake Up America — will earn commissions as they build their activist teams. "If it's treated like a business and worked like a business, then people can get paid like a business ... and one with a recurring revenue stream. That's the glue," says Head.

Wakers have access to a Web site featuring current news feeds, audio and video interviews, office systems, genealogy reports, and pay information. Wake Up America Radio, a 24/7 Internet radio channel, features daily nationwide opportunity meetings, training sessions and weekend seminars featuring thinkers



and leaders are included in the package.

Members help fund media campaigns and legal costs to challenge policies and organizations counter to the Wake Up America theme of fiscal conservatism, decreasing social programs, increasing the US industrial base, stemming the tide of immigration, reforming the tax code, implementing term limits and a strong military.

**WAKE UP!
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For a business plan, PowerPoint presentation and state founders' licensing agreement, contact Will Head: 919-413-3337 or e-mail whead@nc.rr.com. **MM**

Intellectual Conservative Site Carries Reeves Commentary

Since 1978, *Raleigh Metro Magazine* Editor and Publisher Bernie Reeves has penned commentary on politics, philosophy, academia and a host of other subjects — first in the weekly *Spectator* and, beginning in 1999, in two columns: My Usual Charming



Green Update

Raleigh Solar Facility To Open In 2010

Progress Energy Carolinas has signed an agreement with Southern Energy and NxGen Power to build, own and operate a 1.3-megawatt solar photovoltaic (PV) array and sell the output to Progress Energy Carolinas for distribution to its customers. The proposed PV array would be located on City of Raleigh property at the Neuse River Wastewater Treatment Plant (NRWWTP).

The project, approved by the Raleigh City Council, will be the first utility-scale solar power project located on local government property in North Carolina. This is also the fifth and largest solar array project announced by Progress Energy Carolinas, bringing the total amount of solar-generated electricity scheduled to be purchased by the company to more than 5 megawatts.

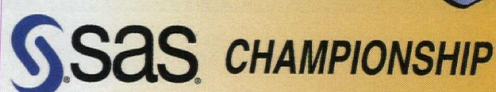
The proposed solar PV array is expected to come online in early 2010 and will generate about 1.7 million kilowatt-hours (kWh) of electricity per year, reducing carbon dioxide emissions by more than 1300 tons annually. This is equivalent to the carbon dioxide emissions from the use of about 140,000 gallons of gasoline.

Southern Energy, based in Morrisville, recently completed developing and installing two other megawatt-size solar arrays in the state. It is developing this project with financing partner NxGen Power, based in Charlotte, creating a wholly North Carolina-based project. Southern Energy anticipates creating 13 to 15 new local jobs through the construction phase of the solar array.

The city and Progress Energy Carolinas, which is headquartered in Raleigh, have already partnered on several "green" initiatives. These include installing energy-efficient LED streetlights and preparing the city for electric vehicles through the NC Get Ready! project. Go to www.progress-energy.com for more. **MM**

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Self, the monthly column published in *Raleigh Metro Magazine*, and Between Issues, the online repository for his thoughts between the magazine's newsstand appearances.

Fans of those two columns can also access commentary by Reeves at IntellectualConservative.com (IC), a nationally known Web site dedicated to conservative and libertarian politics and philosophy.

IC, founded and edited by siblings Andrew Alexander and Rachel Alexander, features articles, commentary, book reviews, blogs and a variety of links to other politically conservative sites. Rachel's "Common Sense" series of columns has landed her interview spots on national talk shows.

"We do not claim to be intellectuals," the Alexanders say of their Web site. "The intent is to attract conservative and libertarian intellectuals — whether by featuring philosophers like Robert Nozick, links to intellectual resources, or articles written on political and philosophical topics."

According to the Alexanders, IC "is part of a growing number of organizations on the *continued on page 79*

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Rotary Club of Raleigh

Betty Lee Tiddy Moore &
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PLANTATIONS REAL AND IMAGINED

Exclusive Outdoor Screening of *Gone With The Wind* And *Moving Midway*

by Godfrey Cheshire

In late 2003, I had what seemed like a simple idea. My cousins Charlie and Dena Silver had proposed moving Midway, our family's ancestral home near Knightdale, NC, to a new location to escape Raleigh's encroaching sprawl. My first thought was to get a little camcorder to make a document for the family. When friends in New York, intrigued by the subject, urged me to make a "real movie" instead, I began pondering what it would mean to mount a full-scale documentary about a Southern plantation.



My simple idea soon grew exponentially more complicated. Beyond all the logistical challenges, money-raising and the unexpectedly protracted move of Midway, I had to deal with the fact that, for most Americans (not just Southerners), the plantation is at least as much imaginary as real, thanks to nearly two centuries of emotion-laden, sometimes vehemently polemical pop-culture entertainments with white-columned facades.

Looming behind a real plantation like Midway are the spectral presences of countless fictional plantations — especially one called Tara. What is the relation between the actual and the invented? The historical and the mythic? The concrete and the fantastical?

There'll be a chance to ponder such questions in late August when the NC Museum of Art presents a weekend of

events titled "The Southern Plantation Revisited." On Friday night, Aug. 28, in the Museum's outdoor amphitheater, a screening of *Gone with the Wind*, the grandest of all plantation movies, will be introduced by Daniel Mayer Selznick, son of *GWTW* producer David O. Selznick.

On Saturday, Aug. 29, at 2 p.m. in the Museum, Daniel Selznick will screen his fascinating documentary, *The Making of a Legend: Gone with the Wind*, and then join me in a discussion with the audience. On Saturday evening, a concert by the renowned blues musician Algia Mae Hinton and other musicians will be followed by a screening of my documentary *Moving Midway* in the amphitheater.

Naturally, this event is a thrill for me for several reasons. The current year marks the

70th anniversary of *GWTW*, and our showing is one of only two that Warner Bros. is allowing during the year (the other of course is in Atlanta). Also, Aug. 29 will be the 80th birthday of Hinton, a phenomenal artist whose Piedmont blues comprise a living link to the vibrant African-American musical culture of central North Carolina's plantations.

The Southern plantation remains a hotly contested icon in American culture. Say the words to random people on the street and you're likely to get reactions that convey everything from "romantic luxury" at one extreme to "barbaric cruelty" at the other. What struck me in doing research for *Moving Midway* is how little serious attention has been given to the pop-culture sources of such attitudes.



Gone with the Wind is a prime example of this long-standing lack, and that's another reason I welcome the Museum's event: It gives me the chance to recommend a new book I've been reading (and re-reading) with enormous pleasure and benefit.

Billed as "the first book ever to deal simultaneously with Margaret Mitchell's beloved novel and David Selznick's spectacular film version," Molly Haskell's *Frankly, My Dear: Gone with the Wind Revisited* (Yale University Press) is not only consistently incisive and illuminating, but it's also the rare work of criticism that's as accessible and engaging as the entertainments it discusses.

Like me, Haskell is a Southern-born film critic, long resident in New York, and her approach to *GWTW* is fundamentally personal. As a tomboy-turned-belle in 1950s Richmond, VA, she recalls, "Reading the book and seeing the movie were to my generation interchangeable rites of passage as inevitable as baptism, the first communion, the first date, the first kiss."

Adulthood and New York brought other perspectives. In 1972, hearing Gloria Steinem denounce Scarlett O'Hara as an example of Southern-style female bondage, Haskell, who would make a name for herself as a feminist film critic, retorted by defending Mitchell's protagonist as a "fierce, courageous heroine."

"Both reactions," she now allows, "were, in their own way, right." Indeed, her book surveys numerous views of what she aptly calls the *GWTW* "book-film-phenomenon," and allows the rightness of many, given different times and contexts. The ones that seem wrong-headed now are those (mainly from the late '40s to the '70s) that simply dismissed Mitchell's book, which beat out William Faulkner's *Absalom, Absalom!* for the Pulitzer Prize, and Selznick's Oscar champ, the biggest blockbuster of all time.

Interestingly, the early review that bugged Mitchell most came from Malcolm Cowley, who called the novel an "encyclopedia of the plantation legend." Readers in 1936 would have known that he was referring to the "moonlight and magnolias" school of romanticized fiction that Americans consumed in vast quantities

from the 1870s till World War I. No wonder Mitchell was steamed. She thought she'd dealt the old genre a death blow by creating a hardscrabble north Georgia plantation with no frills or white columns.

Imagine her chagrin then when she saw Selznick's handiwork. Confecting his Old South on Hollywood backlots with lots of help from matte painters, the producer and his brilliant production designer William Cameron Menzies gave the old plantation image its lushest expression ever. Mitchell was aghast to find Tara huge and white-columned. Twelve Oaks might as well have been Buckingham Palace.



While Selznick's plantation may have had little to do with back-country Georgia, it answered expertly to cinema's deepest psychological appeal. In the end, Tara isn't a place out there in the world, but an idea buried deep in every heart: home. A lasting place sanctified by departed family yet always offering the dream of return.

Though Mitchell (who read Freud, Jung, et al) would have appreciated this dimension of her creation, she was more fixated on its historical aspects. She researched these exhaustively, yet today they provide some of the wobbliest parts of her achievement. Haskell is right to slice apart the novelist's depiction of Reconstruction and find it based on the same propagandistic distortions found in DW Griffith's *Birth of a Nation*.

Similar inherited attitudes color Mitchell's treatment of black characters, that Selznick, appalled by what he saw happening to Jews in Europe, softened and made more sympathetic. Yet Haskell rightly gives Mitchell credit for creating a range of finely drawn African-Americans, and she casts a harsh light on the reasons many Northerners reject any depiction of warmth and familiarity between blacks and whites in the South.

"During my 40 years as a Southern transplant [in the North]," she writes, "I consistently found that any hint of harmony between the races, of family feeling, even of love between the races, would be met with disbelieving fury, dismissed as factitious, as lies the South tells about itself. Such complex truths are threatening because they undermine Northern liberal righteousness and challenge the demonizing of the South as a repository of pure racism from which Northerners are exempt."

From this bull's-eye, Haskell turns her guns on the common misperception that Mitchell was out to idealize the Lost Cause or the Southern aristocracy, writing, "The dashing heroes of *Birth of a Nation* are the wimps and weaklings of *Gone with the Wind*. If ever there was a class that could claim defamation, it's the white male planters. What are [Scarlett's] armies of admirers, whey-faced strutting toy soldiers, but victims of her blood-sucking charms? Could this be why the South lost the war?"

The latter question may be half-joking, but it shows that for Haskell the key contest in *GWTW* isn't between North and South, black and white, or Old South and New, but male and female. In terms of cinema, one of her most astute analyses locates *GWTW* between the screwball comedies of the '30s — when relations between the sexes were competitive but friendly and more or less equal — and post-WWII film noir, when "masculinized" females like successful-businesswoman Scarlett came to seem hard and threatening.

Giving due credit to the uncanny performance of Vivien Leigh, the critic pays full homage to Scarlett as one of the most extraordinary creations in American literary and cinematic tradition: a woman who's described as frigid, a bitch, devious, deceitful and manipulative, yet who's also persuasive as a genuine heroine, brave and unswerving.

Though Haskell understandably compares *GWTW* to *The Iliad* and *The Aeneid*, Scarlett has always reminded me of a female Odysseus, determined if unscrupulous, bound on an endless voyage toward a lost home that may or may not be a white-columned plantation but is, by any reckoning, a place of her own. **MM**



Tenth Birthday Special:

COMMUNITY LEADERS COMMENT

To commemorate *Metro's* 10th birthday, we asked key community leaders in vital sectors to look back to the millennium — and ahead for the next 10 years — to offer their views on where we've been and where we're headed. Their responses are interesting, with some taking their own path to say what they feel. Our guest essayists represent areas emblematic of the community, ranging from architecture to high tech; from the arts to politics; from education to coastal issues; from medical care to real estate development and regional identity.

The mortar between the foundations discussed by our essayists, that strengthens the edifice from the Triangle to the coast, includes the evolutions of quality cuisine and the establishment of an internationally known wine culture statewide; the literary scene relying on a long and storied pedigree continues to flourish; and area musicians make national waves — also building on a strong foundation that stretches back to mountain bluegrass, gospel, Piedmont blues and the electric — and eclectic — quality of the club scene in the 1980s.

It's been a ride alright, and *Metro* has been proud to reveal the changing landscape whizzing by.

We thank our essayists for really thinking through the issues, and we thank everyone for reading *Metro*!

— Bernie Reeves

Arts Key To Identity of Region

by Larry Wheeler

Larry Wheeler, director of the North Carolina Museum of Art since 1994,



has presided over the development of the Museum Park, increased the presence of contemporary art and led the effort for the addition of the new

130,000-square-foot gallery pavilion for the Museum's collections. Opening in 2010, the new facility will include the largest collection of Rodin sculptures in the South.

Decade one of the 21st century has provided a showcase for the self confidence and strategic striving of Raleigh and the Triangle. Central to its ambition to be a national metropolitan center has been the flowering of the arts. Though some buds are fragile, the bouquet is impressive: A ballet of national importance, a symphony orchestra of similar stature, access to modern dance of international renown, a plethora of excellent local and national theater, good opera, and visual arts exhibitions worthy of any museum in the world have begun to define the region's enviable quality of life. Not to be overlooked is an affiliated investment of over a quarter of a billion dollars in cultural infrastructure, including new museums for art and science — and new or renovated performing arts centers over the last 10 years. Such a commitment will resound for decades to come.

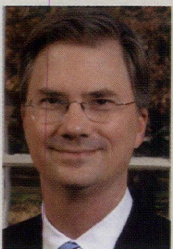
The North Carolina Museum of Art is preparing to unveil a remarkable cornerstone of the region's chutzpah and progress. In April 2010, we will open the new gallery building for the people's art collections. Designed by Thomas Phifer and Partners in New York, the elegant 130,000-square-foot facility will integrate gardens, natural light and pools of water into an unprecedented experience arrayed with some of the most important works of art in the world. Added to the exceptional collections owned already by the Museum will be over \$200 million of new works of art given by national collectors and patrons. This, of course, includes the collection of 30 Rodin sculptures.

International focus is about to come again to the region and acclaim and wonder at how all this came to be.

Making Use Of Our Capabilities Key To Future

by Holden Thorp

Holden Thorp studied chemistry at UNC-Chapel Hill, Caltech, and Yale for 15 years before moving into administration. He has been director of the



Morehead Planetarium and Science Center, chair of the chemistry department and dean of the College of Arts and Sciences at UNC. In 2008, he became UNC's 10th

chancellor. His mother, Bo Thorp, directs the Cape Fear Regional Theatre and has enjoyed many favorable mentions in *Metro*.

In 2000, we unlocked the sequence of the human genome and the ability to send it — and any other information — pretty much anywhere. Lots of scientists, including me, predicted that cures for every disease would come falling into our laps. We were wrong. Now we know that information alone isn't enough. Scientific advances require sweat equity and innovation, even when you have the instruction manual on your computer screen.

In the next 10 years in medicine, we'll see advances in the correlation of medical outcomes with gene sequences and histories for much larger numbers of people. Now, we only have good data on the patients who have been in clinical trials, and that's only about 3 percent of patients — not enough to make predictions about medical outcomes.

We'll also have to figure out how to direct efforts at our critical challenges, not just those that are readily attacked by our existing academic and industrial talent and competencies. Understanding how to develop talent in creativity and innovation will captivate social scientists and leaders in all sectors. Those innovators will be able to take the human genome, and other pieces of our abundant information, and do the hard work of making use of it all.



Entrepreneurs Build Dreams

By Joan Siefert Rose

Have you ever driven around the Triangle and wondered who worked inside all those glass office buildings? I decided to find out and discovered that, in addition to those working for our larger employers like IBM and GlaxoSmithKline, there are thousands of people in entrepreneurial enterprises starting, growing, changing and sometimes disbanding companies. Collectively, they form a humming sector of the economy that has been perhaps too well-kept a secret of our region's vitality for the past decade.

Between 1999 and 2007 (the latest year for which numbers are available), the number of jobs in North Carolina grew by 3.2 percent. By contrast, the number of jobs in the Raleigh-Cary region grew five times as fast during the same period. Durham fared less well, losing jobs as bigger companies downsized. But there was a silver lining: small and medium-sized companies added more than 10,000 jobs as people leaving bigger firms saw an opportunity to start their own ventures.

These statistics come from the Edward Lowe Foundation, a nonprofit organization dedicated to helping communities find ways to help their entrepreneurs. The Council for Entrepreneurial Development has analyzed data made available through the Foundation's YourEconomy.org Web site and concluded that there are many reasons to celebrate the unique entrepreneurial culture of our region.

Since 1999, the overwhelming majority of new jobs formed in the Triangle occurred in companies with fewer than 100 employees — outpacing jobs created by big companies, government and education. These entrepreneurial firms range from the one-person Web designer to the small retail outlet to a team of researchers developing the next medical breakthrough. In addition to jobs, entrepreneurial companies have attracted hundreds of millions of dollars of outside investment, creating wealth for this region and our citizens.

So the next time you wonder who's working late as you drive past an otherwise nondescript office building, chances are there's an entrepreneur inside building a dream — and strengthening our economy.

Joan Siefert Rose has been president of the Council for Entrepreneurial Development (CED) since 2008. CED's mission is to identify, enable and promote high growth, high impact companies and to accelerate the entrepreneurial culture of the Research Triangle and North Carolina.



Hospitals Planning For Healthcare Reform

By Bill Pully

When *Metro Magazine* celebrates its 20th birthday 10 years from now, healthcare will be vastly different. Today, hospitals and their partners are laying the groundwork aimed at overcoming existing fragmentation to make healthcare a true "system" that will coordinate among providers and make more efficient use of scarce resources.

All who use or provide health care are feeling the heat to reform the nation's healthcare system. And while there is heat, particularly in Washington, DC, a small amount of light is coming from North Carolina, where hospitals and their partners are already on the path to transform health care. North Carolina hospitals are acting on the belief they must initiate transformation of the system within their own communities through attention to quality, access, community service and financial stability.

The push for quality was the founding principle of the North Carolina Hospital Association at its start in 1918. For the past five years, that push has been embodied in the North Carolina Center for Hospital Quality and Patient Safety that has led hospitals to enhance quality through transparency that stimulates improvement. Hospitals now publicly report their adherence to process guidelines and expect soon to produce outcome measures.

North Carolina hospitals have also partnered with state organizations to open the system to more residents. The Care Share Health Alliance is providing information and resources to develop networks of care to reach the uninsured. As the anchor for health care in their communities, hospitals have undertaken public reporting of their charity care, losses from government programs and an array of other community benefits.

As reform occurs, North Carolina hospitals are committed to transforming themselves to provide access and encouraging individual responsibility for a bright healthcare future.

Bill Pully is president of the North Carolina Hospital Association (NCHA) that represents 130 hospitals and health systems in the state. He led the association in the creation of the North Carolina Center for Hospital Quality and Patient Safety. As NCHA chief lobbyist for more than 15 years — and president for the past 10 — Pully has been involved in almost every major health-care initiative in North Carolina.



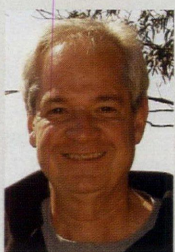
Obama's Tentacles

By Carter Wrenn



Carter Wrenn was director of the National Congressional Club from 1975 to 1996, the political organization led by Raleigh attorney Tom Ellis and associated with Sen. Jesse Helms. During that time he was also manager of Ronald Reagan's campaign in the North Carolina Presidential primary in 1976, directed five successful Republican campaigns for US Senate in North Carolina, and was media adviser to Steve Forbes' campaign for president in 1996. Today he is president of PEM Management, which produces TV and radio ads and advises on media strategies.

Gary Pearce is one of North Carolina's best-known political consultants. He was a key adviser to Gov. Jim Hunt through Hunt's four terms as governor and five of his statewide campaigns.



Pearce also has advised dozens of political and governmental leaders, including the late Sen. Terry Sanford and Erskine Bowles.

In 1998, Pearce was chief strategist for John Edwards' upset election to the US Senate. (He hastens to say that he has played no role with Edwards since then.)

Today, he advises corporate and nonprofit clients on communications and public affairs issues.

Along with Carter Wrenn, he is co-publisher of the blog www.talking-aboutpolitics.com.

Pearce also is writing a book about Gov. Hunt and North Carolina politics.

After winning The Cold War we reaped a "peace dividend" which launched an economic boom that lasted a decade. That era ended on 9/11 — we faced a new enemy, and defeating terrorism dominated the next two elections.

Then, when President George Bush lost support for the war in Iraq, his popularity collapsed and "peace candidates" swept to victory in the next two elections. Now, we're slipping out of Baghdad as quietly as possible — without a resounding victory in Iraq. And in Afghanistan we're sending in more troops.

Bottom Line: We haven't caught Osama bin Laden, haven't crushed terrorism and we're still living with the threat.

That's one political quandary. The other may be even more important.

President Barack Obama is soft spoken and reassuring, but he's also leading a revolution — for the first time government owns the biggest car company, the biggest bank and the biggest insurance company in America. The president is not just for bigger government — his faith in government is so profound its tentacles now pervade American life.

During the last century, from Havana to Moscow, state-directed economies were colossal failures, but now we have a Congressional Committee led by Barney Frank running General Motors — and the Premier of Russia warning us to beware of the evils of socialism.

Meanwhile in North Carolina: When the budget crisis struck, Gov. Bev Perdue had two choices: cut spending or raise taxes. She fervently endorsed spending cuts, declaring that was the only solution; then, stopping in mid-stream, she reversed course and just as fervently declared tax increases were the only answer. When she finished zigzagging, she'd made just about everyone mad.

Obama's popularity is beginning to fray around the edges, and six months into her term, Perdue is the first governor in memory with a negative job approval rating. She's fallen so far, so fast that Democratic candidates may be caught in an undertow next election. Even a normally safe Democrat — like Congressman Brad Miller, who is helping Obama close Gitmo — may not be immune.

Helms To Obama: Race Plays Role In NC Politics

By Gary Pearce

North Carolina politics turned upside-down in the first decade of the 21st century. The state that had elected Jesse Helms to the Senate five times voted for an African-American for president in 2008.

Ironically, Helms died the same year his style of racial politics died. From his days at WRAL fulminating against civil rights to his turn on the Senate floor filibustering against the Martin Luther King Holiday, Helms built his career on racial division. The allegedly liberal news media inexplicably glossed over that chapter of his history in their obituaries.

But North Carolina may never escape the politics of race. Barack Obama won because minority turnout exploded and white turnout fell. The reverse could happen in 2010. Democrats could suffer the same kind of disastrous losses that Republicans suffered in 2006 and 2008, especially if the economy doesn't recover quickly enough.

Whatever happens in the short term, North Carolina will remain a battleground. It's a fast-growing state, with a dynamic and diversifying economy. By the way, that is largely because we followed Jim Hunt's path to the future rather than the one led by Helms.



Durham Prefers Polycentric Model For Triangle Identity

by Reyn Bowman

Congratulations to *Metro Magazine* on its 10th anniversary and for frequently stretching beyond Raleigh to cover Durham and other metro areas.

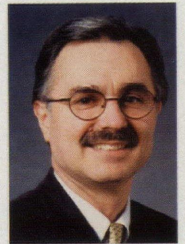
Two changes stand out over this decade: One, regionalism "Triangle-style" has shifted from "either/or," to "both/and," recognizing this is a polycentric region with no dominant center, but instead a family of distinct cities and towns, each with unique cultural identities, place-based assets and community values.

It's not unlike how our respective universities relate: cooperating at one level, competing at others. Benefits include increased mutual respect, clearer choices for newcomers, better decisions by retailers and malls, and more relevant transportation models.

Second, respect for different, but linked identities has enabled places like Durham to appeal to different markets for visitor-centric cultural and economic development, giving the entire region more "bites" of the tourism apple. This model also allows for clearer metro data for benchmarking the multiple cities and towns in national rankings. Today, there is less Durham-bashing and an increasing acceptance and appreciation for community differences — and a willingness to credit each its due.

Challenges in the next decade include balancing growth while protecting each community's respective place-based assets and sense of identity while finding polycentric solutions to transportation, air and water quality. Most critical by 2020 is substantial eradication of poverty throughout the state.

Reyn Bowman has served 20 years as CEO of the Durham Convention and Visitors Bureau, the marketing agency for the city and county and the first Destination Marketing Organization in North Carolina. He was co-anchor for creation of the Triangle – Family of Communities Campaign and Recipient of Goodman Award for Exemplary Regional Partnership.



Be Bold And Collaborate For Successful Future

by John Kane

The most significant development in Raleigh during the last decade has been the emergence of Downtown and Midtown. Different in what they offer the city, these regions strengthen Raleigh's urban identity as we move into the future.

Downtown's growth is undergirded by the recently opened state-of-the-art Convention Center and the conversion of Fayetteville Street from a pedestrian mall to an active street.

The transformation of North Hills from a floundering, antiquated mall to a flourishing Midtown district — with more growth on the horizon — has set a new tone for smart growth and helps establish Raleigh as a city on the move. Entitlements are in place for continued vertical development — residential, hotels, retail and office — with the goal to create a new way of living, to attract commerce and entertain visitors to our region.

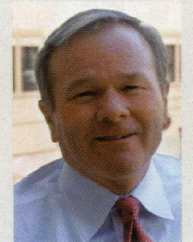
The new Comprehensive Plan the City of Raleigh is adopting creates a map for the future that includes continued development of North Hills, Downtown and other urban centers. The idea is to build critical mass in certain areas of the city, placing Raleigh in a better position to provide effective mass transit called for in the city's blueprint.

If Raleigh is to attain its extraordinary possibilities, we must attract positive leadership at the city level. Our citizens must be engaged in and vote in municipal elections. We have the opportunity to be one of the most vital, trend-setting cities in the country. For that to happen, leaders and developers must find a way to work together as a team, partnering to provide bolder, cutting-edge recycling of old neighborhoods and new development in concentrated urban zones. The day of shepherding pet projects and neglecting others must cease.

What does the future hold for Raleigh? The necessary components for our success are in place. We must embrace and integrate the strengths of our region to ensure continued smart growth. State and local government, the universities, technical colleges, the medical community, the arts community, and financial, business and development communities must all work together — not just in theory, but in reality.

The challenge is to collaborate, to be bold and to take risks so that Raleigh will be a leading, cutting-edge city without losing the things that make it a wonderful place to call home.

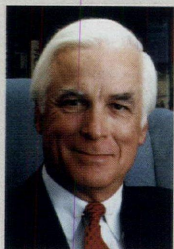
John Kane, chairman and CEO of Raleigh-based Kane Realty Corporation, is the man behind the re-development of Raleigh's North Hills, 120 acres of office, residential, hotel, entertainment, restaurants and retail. Called Raleigh's Midtown, North Hills is considered a model for urban development.



Dr. James Leutze on Coastal Issues

by Dr. James Leutze

Jim Leutze, former professor at UNC-Chapel Hill, is Chancellor Emeritus of



UNC-Wilmington where he continues to serve as professor of history. He serves as executive director of the Upper Coastal Plains Learning Council (a UNC

Tomorrow initiative) and co-chair of the Legislative Research Commission Advisory Subcommittee on Offshore Energy Exploration. An avid hunter and fisherman — and a regular columnist for *Metro Magazine* — he is deeply committed to coastal environmental issues.

The most significant coastal development during the last 10 years just occurred. I'm referring to the "Beach Plan," which has passed the House and seems certain to be approved by the Senate. Without going into detail (which is covered in my regular column in *Metro*), the reason this "Plan" is so important is because — for the first time — North Carolina is recognizing the need for a statewide approach to a regional problem. Instead of sticking the coastal residents with the whole cost of insurance against a catastrophic weather event, all North Carolina residents will bear a share of the burden. This form of shared risks and/or shared benefits is hardly the standard solution in North Carolina. Too often problems are addressed regionally with coastal problems the concern of coastal residents and air quality problems the concern of mountain and Piedmont residents. We didn't get to be two North Carolinas by working together, but let's hope a new day is dawning.

What do I see ahead for the coast in the next 10 years? This prediction is extremely hard to answer because, unlike the last 10 years, there are so many unknowns. To be specific, the future of the coast depends upon finding a source of funds for beach re-nourishment; deciding the future of the Mega Port on the Cape Fear River; an economic upturn that, again, fuels the building boom; offshore energy policy and the potential impact on Morehead City and possibly Wilmington; and, of course, rises in sea-level.

Triangle Architecture Reflects Community Values

by John Atkins

Architecture is a reflection of society and culture — its trends, aspirations and persona. Just as majestic cathedrals were the trademark of the Renaissance, and the Colosseum of civic-minded Rome, so our architecture provides insight into our collective psyche. In today's environment there is an expectation of well-designed buildings that are practical and efficient. Triangle architecture of the past 10 years reflects the region's cultural bias.

The inner-city revival in the Triangle demonstrates that residents value their cities. The American Tobacco Campus development, the Durham Performing Arts Center and the rehabilitation of several older, downtown buildings have transformed the image of downtown Durham. The Bull City is now about fine eateries, baseball and Broadway performances.

In Raleigh, the transformation of Fayetteville Street, the renovation of Memorial Auditorium, the addition of the Meymandi Concert Hall at the Progress Energy Center for the Performing Arts and the completion of the new Raleigh Convention Center have brought back the liveliness that declined when highways, shopping centers and urban sprawl took precedence. With Raleigh as the capital, this rejuvenation is significant because it enhances the relationship between the seat of government and cultural activities. It says who we are.

Another indicator of the Triangle's vitality is the Raleigh-Durham International Airport. It is an "ongoing project." The wood-laminated beams and natural aspects of the new Terminal 2 reflect the colors and tones of Piedmont North Carolina and serve as a gateway for our growing number of visitors.

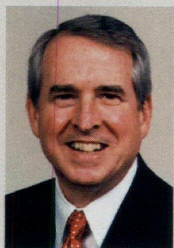
The presence of an enlightened population has fostered an appreciation of quality residential architecture within reasonable means. Our area has the third largest concentration of Modernist homes in the United States.

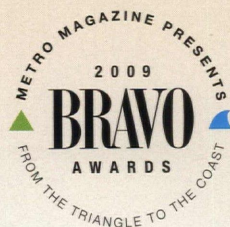
As for the future, it's green. This is not to say that architects have not pushed for more ecologically friendly building practices in the past, but that society's aspirations are ready to support exciting architectural initiatives in this direction. O'Brien/Atkins is now delivering the state's premiere sustainability project, the Green Square Complex in downtown Raleigh, to a citizenry that expects no less.

The future will also enliven the discussion of transportation. Concerns about energy and carbon footprints will create opportunities for rail, which, in turn, will influence land use, and the concentration of people and activities. Architects will be creatively responding to these changes.

In the Triangle, our architecture, through innovative problem solving, will continue to reflect who we are. It is an exciting time.

John L. Atkins III, FAIA, LEED Accredited Professional, is Chairman and Chief Executive Officer of O'Brien/Atkins Associates, PA located in Research Triangle Park, a 90-person multidisciplinary design services firm he co-founded in 1975. The firm specializes in the design of life sciences and information technology facilities, corporate office environments and public projects.





MetroBravo 2009

Part Two

By Morgan Siem and Emma Powell

It's so big it takes two issues to publish the winners of the annual MetroBravo "best of" readers' poll.

Part One in the June issue demonstrated how new favorites and old standards vied for prominence. The same is true for Part 2, featuring your top picks in the fields of Shopping and Retail; Home Life; Automotive; Health and Fitness; Education; and Tech Life.

Enjoy and look to see if your favorites won - and make a note to vote next year.

— Bernie Reeves, Editor & Publisher

FASHION/WHERE TO SHOP

MALL

Standing Ovation

Crabtree Valley Mall, Raleigh

MetroBravo

The Streets at Southpoint, Durham

Honorable Mention

Triangle Town Center, Raleigh

Cary Towne Center, Cary

SHOPPING CENTER

Standing Ovation

The Commons at North Hills, Raleigh

MetroBravo

Cameron Village, Raleigh

Honorable Mention

Brier Creek Commons, Raleigh

Crossroads Plaza, Cary

DEPARTMENT STORE

Standing Ovation

Belk, Triangle-wide

MetroBravo

Saks Fifth Avenue, Raleigh

Honorable Mention

Nordstrom, Durham

Crabtree Valley Mall



GIFT STORE

Standing Ovation

Charlotte's, Raleigh

Liles Clothing Studio



MetroBravo

Quintessentials, Raleigh

Honorable Mention

Swoozie's, Raleigh

Jesters, Chapel Hill

MEN'S CLOTHING STORE

Standing Ovation

Nowell's Clothing, Raleigh

MetroBravo

Liles Clothing Studio, Raleigh

Honorable Mention

JoS. A. Bank, Triangle-wide

Brooks Brothers, Raleigh

MEN'S SUITS

Standing Ovation

Liles Clothing Studio, Raleigh

MetroBravo

Nowell's Clothing, Raleigh

Honorable Mention

Brooks Brothers, Raleigh

Belk, Triangle-wide

TIES

Standing Ovation

Liles Clothing Studio, Raleigh

Nowell's Clothing, Raleigh

MetroBravo

Saks Fifth Avenue, Raleigh

Main & Taylor

KINSLEY DEY



Honorable Mention

Nordstrom, Durham
Brooks Brothers, Raleigh

MEN'S SHOES

Standing Ovation

Nordstrom, Durham

MetroBravo

Belk, Triangle-wide

Honorable Mention

Saks Fifth Avenue, Raleigh
Liles Clothing Studio, Raleigh

WOMEN'S CLOTHING STORE

Standing Ovation

Vermillion, Raleigh

MetroBravo

Scout & Molly's, Raleigh and Chapel Hill

Honorable Mention

Gena Chandler, Raleigh
Belk, Triangle-wide

EVENING/COCKTAIL WEAR

Standing Ovation

Saks Fifth Avenue, Raleigh



KINSLEY DEY

Nordstrom

MetroBravo

Vermillion, Raleigh

Honorable Mention

Cameron Clothing Co., Raleigh
Fleur Boutique, Raleigh and Chapel Hill

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MetroBravo
Alexia's Bridal Boutique, Cary



Haydon & Company

Honorable Mention

Enchanting Moments, Fuquay-Varina
Victorian Rose Bridals, Raleigh

WOMEN'S CASUAL CLOTHING

Standing Ovation

Gena Chandler, Raleigh
MetroBravo
Cameron Clothing Co., Raleigh

Honorable Mention

Scout & Molly's, Raleigh and Chapel Hill
Certain Things, Raleigh

DESIGNER JEANS

Standing Ovation

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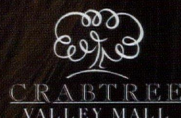
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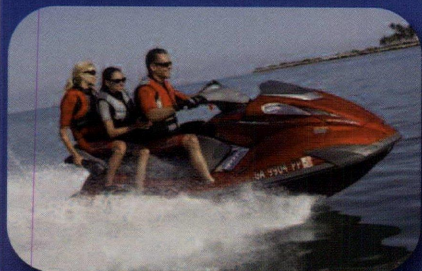
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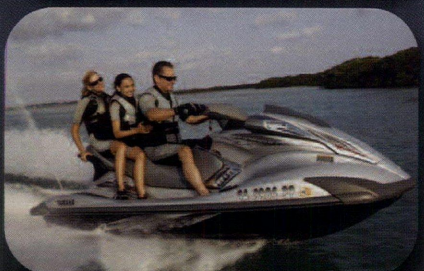
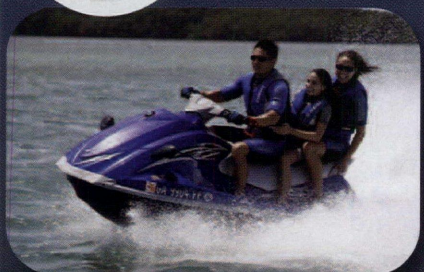
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MetroBravo

Main & Taylor, Raleigh

Honorable Mention

Walk, Raleigh

Monkee's, Raleigh, Chapel Hill and Wilmington

HANDBAG

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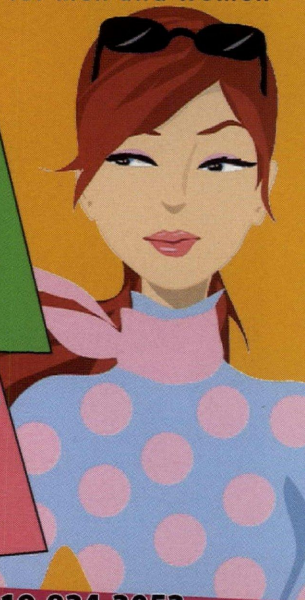
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MetroBravo

Gena Chandler, Raleigh

J.Crew, Triangle-wide

Honorable Mention

Saks Fifth Avenue, Raleigh

Redix, Wrightsville Beach



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KID'S CLOTHING

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Lamb's Ear, Raleigh

MetroBravo

GapKids, Triangle-wide

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The Children's Place, Triangle-wide

Belk, Triangle-wide

OUTDOOR CLOTHING

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REI, Triangle-wide

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Great Outdoor Provision Co., Triangle-wide

Honorable Mention

Dick's Sporting Goods, Triangle-wide

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Bailey's Fine Jewelry, Raleigh and Rocky Mount

MetroBravo

Elaine Miller Collection, Raleigh

Honorable Mention

Kerry Catherine Jewelry, Raleigh

Jewelsmith, Durham

ESTATE JEWELRY

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Joint Venture Estate Jewelers, Cary and Raleigh

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Jolly's Jewelers, Raleigh

Bailey's Fine Jewelry, Raleigh and Rocky Mount

WEDDING RINGS

Standing Ovation

Bailey's Fine Jewelry, Raleigh and Rocky Mount

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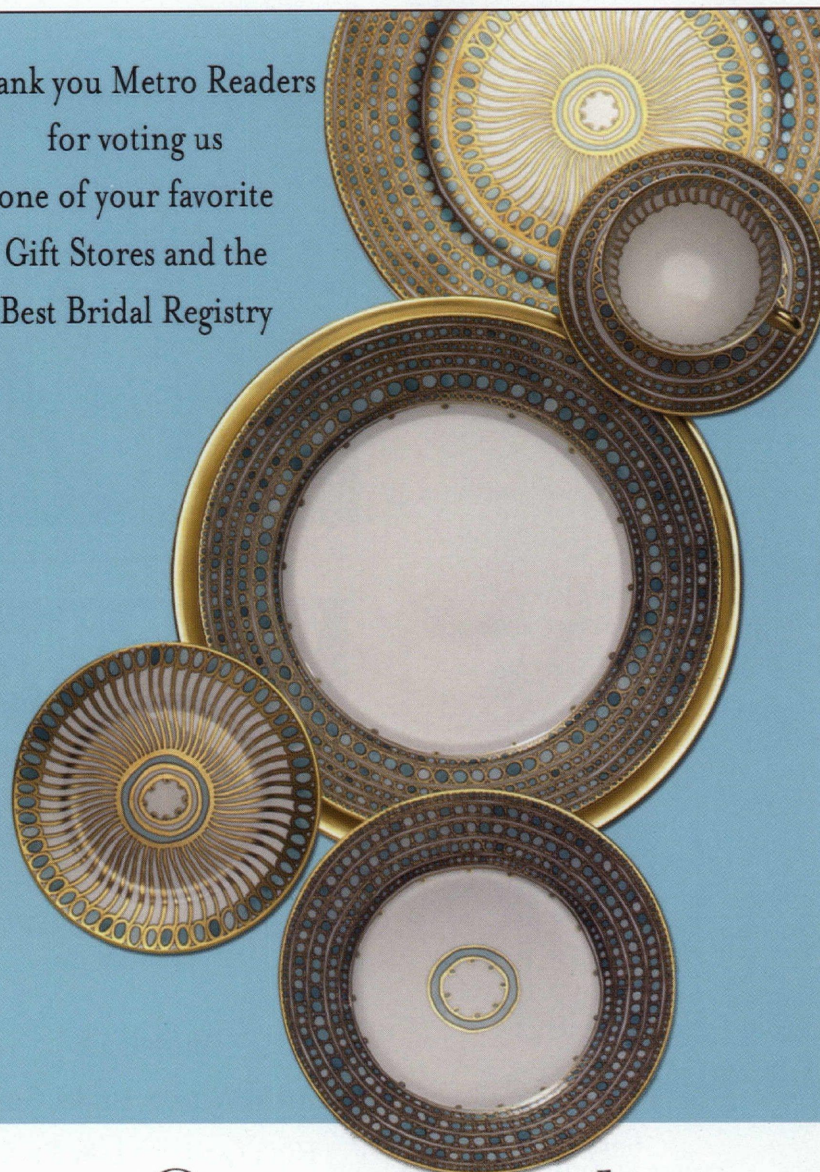
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Jolly's Jewelers, Raleigh

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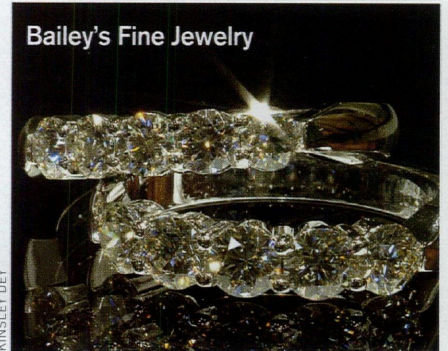
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Luxe Apothecary, Raleigh

Sephora, Triangle-wide



Bailey's Fine Jewelry

TWEENS' CLOTHING

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Tyler House, Raleigh

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Brothers Cleaners, Raleigh

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North Hills Tailor, Raleigh

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La Di Dogs Inc., Raleigh

Gourmutter's Bakery, Triangle-wide

MARINA

Standing Ovation

Town Creek Marina, Beaufort

MetroBravo

70 West Marina, Morehead City

Honorable Mention

Bradley Creek Marina, Wilmington

Coral Bay Marina, Morehead City

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BOOK STORE

Standing Ovation

Barnes & Noble, Triangle-wide

MetroBravo

Quail Ridge Books, Raleigh

Honorable Mention

Borders, Triangle-wide

McIntyre's Fine Books, Pittsboro

WINE RETAILER

Standing Ovation

Total Wine & More, Triangle-wide

MetroBravo

The Wine Merchant, Raleigh and Cary

Honorable Mention

Seaboard Wine Warehouse, Raleigh

A Southern Season, Chapel Hill

LINENS

Standing Ovation

Lavender and Lace, Raleigh

MetroBravo

Belk, Triangle-wide

Honorable Mention

Bed Bath & Beyond, Cary

Opulence of Southern Pines, Southern Pines

GOLF EQUIPMENT

Standing Ovation

Falls Village Golf Shop, Durham

MetroBravo

Golfsmith, Raleigh

Honorable Mention

Dick's Sporting Goods, Triangle-wide

Golf Galaxy, Cary and Durham

PICTURE FRAMING

Standing Ovation

Frameworks, Raleigh

MetroBravo

Jill Fink Fine Arts & Framing, Raleigh

Honorable Mention

Jerry's Artarama, Raleigh

Mobley's Framing & Gallery, Raleigh

PIANO

Standing Ovation

Hopper Piano & Organ Co., Raleigh

MetroBravo

Ruggero Piano, Raleigh

Honorable Mention

Maus Piano & Organ Co., Raleigh

Piano Company of Cary, Cary



AWARDS

- Trendiest Salon
Social Magazine 2008
- Best Hair Salon in Wake County
Independent Weekly 2008
- Bravo Award for Best Hair Salon
Metro Magazine 2008
- Best Makeup by Runway Wars
Z Spotlight 2007

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Standing Ovation

Frances T. King Stationery, Raleigh

MetroBravo

Taylor's of Raleigh, Raleigh

Honorable Mention

Swoozie's, Raleigh

Salutations Fine Stationery and Gifts, Chapel Hill

CHILDREN'S TOYS

Standing Ovation

Tookie's Toys, Raleigh

MetroBravo

Learning Express Toys, Cary and Raleigh

Honorable Mention

The Children's Place, Triangle-wide

Animal Quacker Toys, Raleigh

BOAT

Standing Ovation

Chatlee Boat & Marine, Sanford

MetroBravo

Cape Fear Yacht Sales, Wilmington

Honorable Mention

West Marine, Triangle-wide

Morehead Marine, Morehead City

WEDDING REGISTRY

Standing Ovation

Quintessentials, Raleigh

MetroBravo

Belk, Triangle-wide

Honorable Mention

Bed Bath & Beyond, Cary

Crate & Barrel, Raleigh



BICYCLES

Standing Ovation

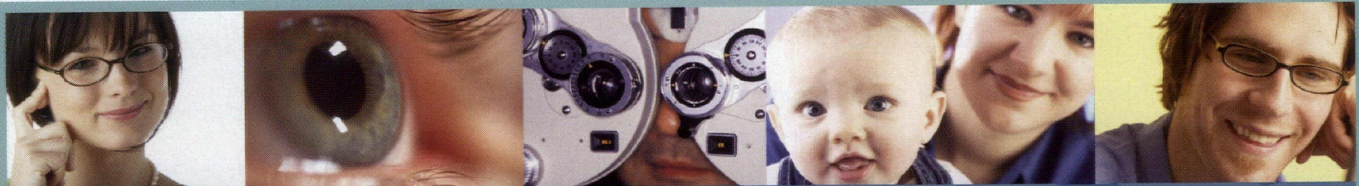
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MetroBravo 2009 Part Two

SHOE/HANDBAG REPAIR

Standing Ovation

H&H Shoe Repair, Raleigh

MetroBravo

Man Mur Shoe Shop, Raleigh

Honorable Mention

Chung's Tailoring & Shoe Repair, Raleigh

MacGregor Village, Cary

HOME LIFE

FLORIST

Standing Ovation

The English Garden, Raleigh

MetroBravo

North Raleigh Florist, Raleigh

Honorable Mention

Kelly Odom Flowers, Raleigh

Fallon's Creative Flowers, Raleigh

GARDEN CENTER/NURSERY

Standing Ovation

Logan's Trading Company, Raleigh

MetroBravo

Atlantic Avenue Orchid & Garden Center, Raleigh

Honorable Mention

Homewood Nursery & Garden Center, Raleigh

Garden Supply Company, Cary

HOME MEDIA SYSTEM

Standing Ovation

Audio Advice, Raleigh

MetroBravo

Best Buy, Triangle-wide

Honorable Mention

Bose, Durham

PLACE TO OWN A SECOND HOME

Standing Ovation

Wrightsville Beach, NC

MetroBravo

Atlantic Beach, NC

Honorable Mention

Outer Banks, NC

Topsail Island, NC

COASTAL DEVELOPMENT

Standing Ovation

Bald Head Island, NC

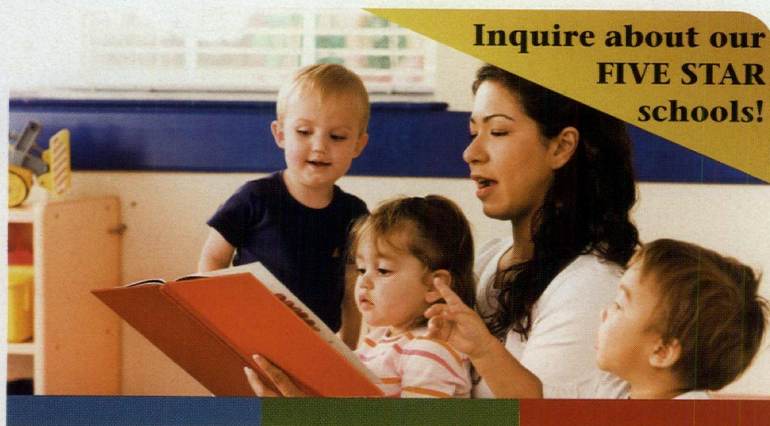
MetroBravo

Autumn Hall, Wilmington

Honorable Mention

Landfall, Wilmington

Figure Eight Island, NC



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KINSLEY DEY

Chatlee Boat & Marine

CONTEMPORARY FURNITURE

Standing Ovation

Nowell's Contemporary and Scandinavian Furniture, Raleigh

MetroBravo

ECKO International, Triangle-wide

Honorable Mention

Ambiente Furniture, Raleigh

BeyondBlue Interiors, Cary

TRADITIONAL FURNITURE

Standing Ovation

Ethan Allen, Triangle-wide

MetroBravo

Whitley Furniture Galleries, Zebulon

Green Front Furniture, Raleigh

Honorable Mention

Wayside Furniture House, Raleigh

Havertys, Raleigh, Durham, Fayetteville and Wilmington

BEACH HOUSE FURNITURE

Standing Ovation

Wicker Gallery, Raleigh

MetroBravo

Summer Classics, Raleigh

Honorable Mention

Kirk Imports Furniture, Raleigh

ECKO International, Triangle-wide

BEDS

Standing Ovation

Fred's Beds, Morehead City, Raleigh,
Rocky Mount and Wilmington
Sleep to Live, Triangle-wide

MetroBravo

Green Front Furniture, Raleigh

Honorable Mention

Haverty's, Raleigh, Durham, Fayetteville and
Wilmington
Kirk Imports Furniture, Raleigh

KITCHEN APPLIANCES

Standing Ovation

Kitchen & Bath Galleries, Triangle-wide

MetroBravo

Lowe's Home Improvement, Triangle-wide

Honorable Mention

Jeffreys Appliance Center, Raleigh
Sears, Triangle-wide

LAMPS

Standing Ovation

Thompson-Lynch Co., Raleigh

MetroBravo

Green Front Furniture, Raleigh

Honorable Mention

Haven, Raleigh

ANTIQUES

Standing Ovation

George McNeill Antiques, Raleigh

MetroBravo

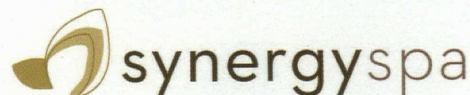
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Honorable Mention

Whitnee's Antiques, Raleigh
 Acquisitions, Ltd., Raleigh

ART

Standing Ovation

ArtSource Fine Art Gallery and Framing, Raleigh
 Sommerhill Gallery, Chapel Hill

MetroBravo

Gallery C, Raleigh

Honorable Mention

Artspace, Raleigh

Flink's Fine Art, Raleigh

CARPET

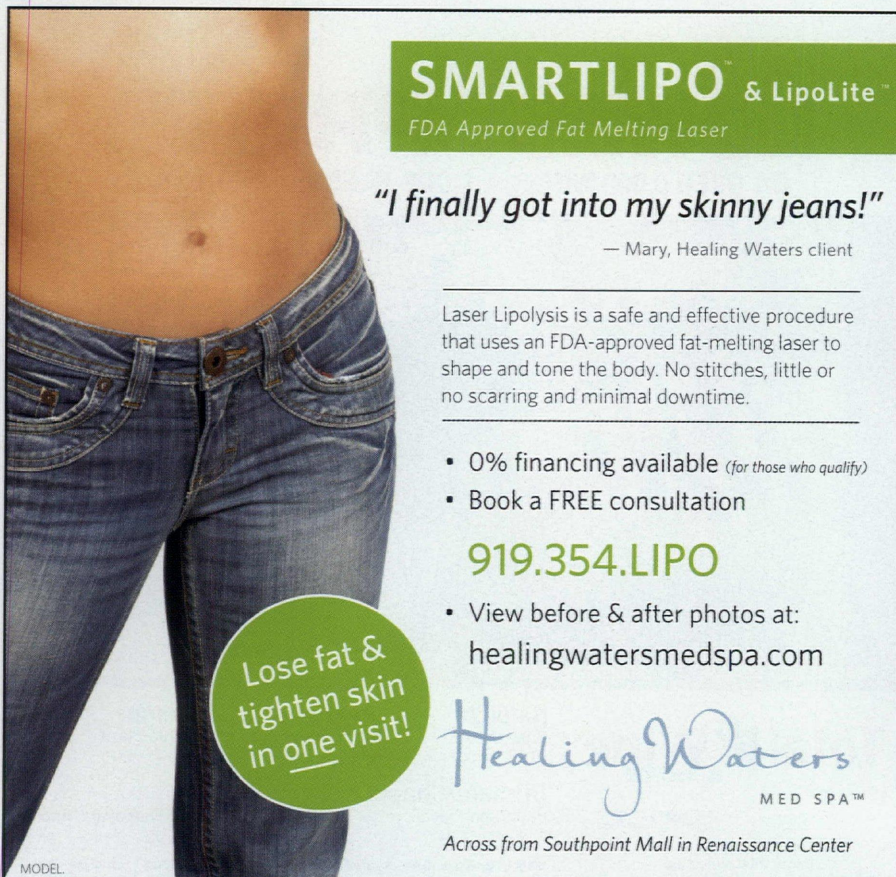
Standing Ovation

Eatmans Carpets & Interiors, Raleigh

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ArtSource

Former competitors Sharon Tharrington and Nancy McClure joined forces in October 1990 to establish ArtSource to provide a wide selection of art by emerging artists and rotating exhibitions by well-established artists. ArtSource is proud to support a number of local charities including Hospice of Wake County, The Wake Med Foundation, the Rex Heart Center, Interact, The American Cancer Society, The N.C. Symphony, and the North Carolina Ballet. The gallery is available for rental and an ideal setting for private parties, corporate functions and fund-raising events.



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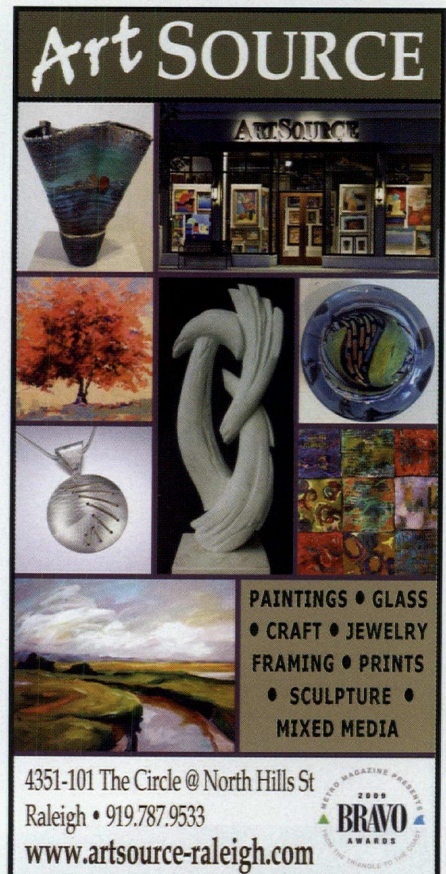
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Brentwood Carpets & Flooring, Cary and Raleigh
Floors To Go, Chapel Hill and Raleigh

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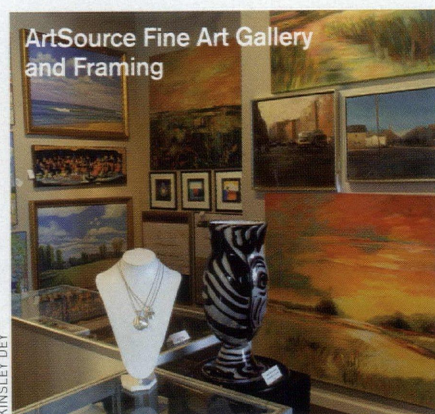
Persian Carpet, Raleigh

MetroBravo

Green Front Interiors & Rugs, Raleigh

Honorable Mention

Fargo-Hanna Oriental Rugs of Raleigh, Raleigh
Capel Rugs, Durham and Raleigh



KINSLEY DEY

HOME SECURITY SYSTEM

Standing Ovation

ADT

MetroBravo

CPI

Honorable Mention

NeuWave Systems
Priority Systems

**HEALTHCARE/
WELLNESS/BEAUTY**

HOSPITAL

Standing Ovation

Rex Hospital, Raleigh

WakeMed Health & Hospitals, Raleigh

MetroBravo

Duke University Medical Center, Durham

Honorable Mention

University of North Carolina Hospitals,
Chapel Hill

Pitt County Memorial Hospital, Greenville

EMERGENCY ROOM

Standing Ovation

WakeMed Health & Hospitals, Raleigh

MetroBravo

Rex Hospital, Raleigh



Honorable Mention

University of North Carolina Hospitals,

Chapel Hill

Duke University Medical Center, Durham

BIRTHING CENTER

Standing Ovation

Rex Hospital, Raleigh

MetroBravo

WakeMed Health & Hospitals, Raleigh

Honorable Mention

University of North Carolina Hospitals,
Chapel Hill

Duke University Medical Center, Durham

CARDIAC CENTER

Standing Ovation

WakeMed Health & Hospitals, Raleigh

MetroBravo

Duke University Medical Center, Durham

Honorable Mention

Rex Hospital, Raleigh

University of North Carolina Hospitals,
Chapel Hill

CANCER CARE CENTER

Standing Ovation

The Duke Comprehensive Cancer Center,
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MetroBravo 2009 Part Two



KINSLEY DEY

MetroBravo

University of North Carolina Hospitals,
Chapel Hill

Honorable Mention

Rex Hospital, Raleigh
Cancer Centers of North Carolina, Raleigh, Cary,
Dunn and Clayton

EYECARE CENTER

Standing Ovation

Eye Care Associates, Triangle-wide

MetroBravo

Duke Eye Center, Durham

Honorable Mention

LensCrafters, Triangle-wide
Laser Eye Center of Carolina, Cary

PLASTIC SURGERY CENTER

Standing Ovation

Duke Aesthetic Center, Durham

MetroBravo

Raleigh Plastic Surgery Center, Raleigh

Honorable Mention

Davis Plastic Surgery, Raleigh
Cynthia Gregg Plastic Surgery, Cary

VEIN CENTER

Standing Ovation

VeinCare of NC, Raleigh

MetroBravo

Duke Vein Center, Durham

Honorable Mention

Carolina Vein Center (formerly Vein Help),
Durham
Triangle Vein Clinic, Cary

VETERINARIAN

Standing Ovation

Oberlin Animal Hospital, Raleigh

MetroBravo

Hayes Barton Animal Hospital, Raleigh

Honorable Mention

Falls Village Veterinary Hospital, Raleigh

ACUPUNCTURIST

Standing Ovation

Dr. Lei Zheng, Eastern Traditions, Raleigh

MetroBravo

Triangle Acupuncture Clinic, LLP, Chapel Hill
and Cary

Honorable Mention

C. Daerr Reid, L.Ac. MSOM, East Coast
Acupuncture, Wilmington

ASSISTED LIVING CENTER

Standing Ovation

Spring Arbor of Raleigh, Raleigh

MetroBravo

Magnolia Glen, Raleigh

Honorable Mention

Carolina Meadows, Chapel Hill
The Cedars, Chapel Hill

HEALTH CLUB

Standing Ovation

Gold's Gym, Triangle-wide

MetroBravo

O2 Fitness Club, Triangle-wide and Wilmington

Honorable Mention

Peak Fitness, Triangle-wide

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MetroBravo

Sephora, Triangle-wide

Honorable Mention

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WELLNESS CENTER

Standing Ovation

UNC Wellness Center at Meadowmont,
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Standing Ovation

Mina's Studio, Chapel Hill

MetroBravo

Salon Blu, Raleigh

Honorable Mention

Douglas Carroll Salon, Raleigh
Samuel Cole Salon, Raleigh

PILATES STUDIO

Standing Ovation

Physios Salon, Raleigh

MetroBravo

Body Balance Movement Therapy, Raleigh

Honorable Mention

The Studio @ Hargett, Raleigh
Smart Body Pilates, Raleigh

BEST CANCER CENTER

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YOGA STUDIO

Standing Ovation

Open Door Yoga, Raleigh

MetroBravo

The Body Mechanic, Raleigh
Blue Lotus Yoga & Movement Arts, Raleigh

Honorable Mention

Moving Mantra Yoga Studio, Raleigh

SALON FOR A SPRAY TAN

Standing Ovation

Palm Beach Tan, Cary and Raleigh
Physios Salon, Raleigh

MetroBravo

Planet Beach, Triangle-wide

Honorable Mention

Skin Sense: A Day Spa, Cary and Raleigh

EDUCATION

DAYCARE CENTER

Standing Ovation

Primrose Schools, Triangle-wide

MetroBravo

The Goddard School, Triangle-wide

Honorable Mention

Bright Horizons, Triangle-wide

PRIVATE LOWER SCHOOL

Standing Ovation

Ravenscroft School, Raleigh

MetroBravo

Trinity Academy of Raleigh, Raleigh

Honorable Mention

Saint David's School, Raleigh
Saint Michael The Archangel School, Cary

PRIVATE HIGH SCHOOL

Standing Ovation

Saint Mary's School, Raleigh

MetroBravo

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First Place Standing Ovation

Best Chef • Best Appetizers

Second Place Metro Bravo

Best Restaurant • Dessert

Third Place Honorable Mention

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Ayrshire Farm - Lettuce, Herbs

Anthony Penny - Corn

Dean's Farms - Strawberries

Carolina Classics - Catfish

Old Mill of Guilford - Grits

Peregrine Farms - Tomatoes, Flowers,
Radishes, Peppers

Taylor's Produce - Tomatoes, Melons

Goat Lady Dairy - Goat Cheese

Captain John S. Pope Farm - Lamb

Robersonville Packing - Fresh Bacon

Perry Lowe Orchard - Apples

Enzor Farms - Sweet Potatoes

Yoder Farms - Eggs

Larry's Beans - Coffee

J. C. Harris - Split Hardwood

Elysian Field Farm - Tomatoes, Beets

Drowning Creek Farm - Pecans, Shitake
Mushrooms

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MetroBravo 2009 Part Two

Honorable Mention

Cary Academy, Cary
Trinity Academy of Raleigh, Raleigh

PRIVATE COLLEGE

Standing Ovation

Duke University, Durham

MetroBravo

Meredith College, Raleigh

Honorable Mention

Peace College, Raleigh
Wake Forest University, Winston-Salem

PUBLIC COLLEGE

Standing Ovation

The University of North Carolina at Chapel Hill,
Chapel Hill

MetroBravo

North Carolina State University, Raleigh

Honorable Mention

East Carolina University, Greenville
The University of North Carolina at Wilmington,
Wilmington

PARTY SCHOOL

Standing Ovation

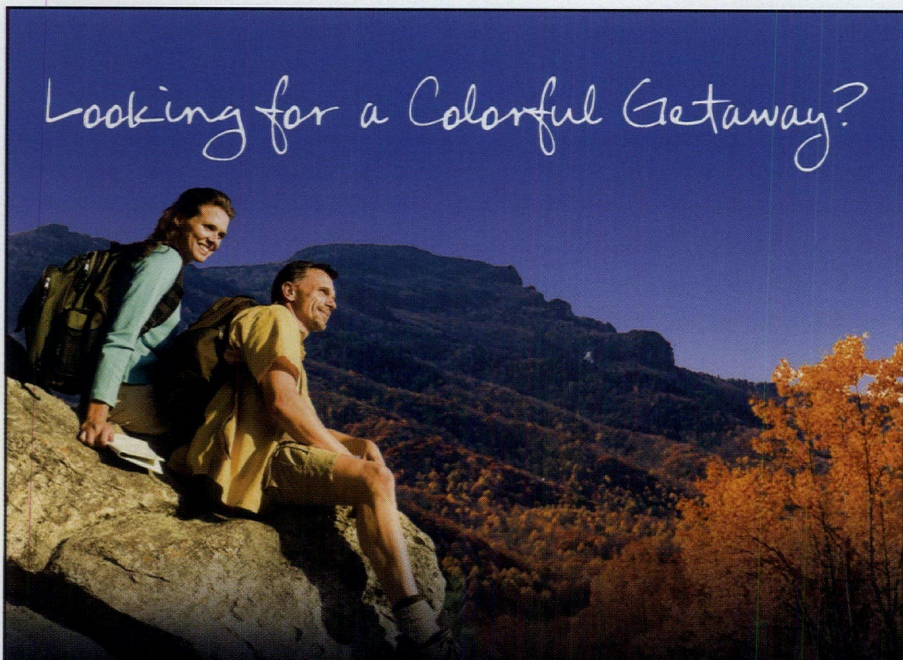
East Carolina University, Greenville

MetroBravo

The University of North Carolina at Chapel Hill,
Chapel Hill

Honorable Mention


North Carolina State University, Raleigh
The University of North Carolina at Wilmington,
Wilmington



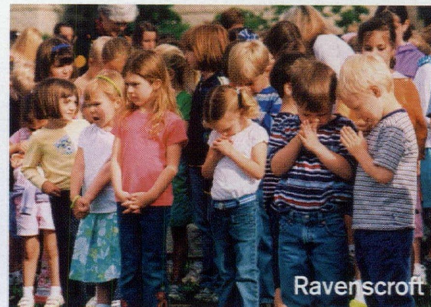
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AT&T

Honorable Mention

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Honorable Mention

Performance BMW, Chapel Hill
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Lexus RX

MetroBravo

BMW X5

Honorable Mention

Chevrolet Suburban
Ford Expedition

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Standing Ovation

Porsche 911

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Honorable Mention

BMW 6 Series
Ferrari



Lexus

SEDAN

Standing Ovation

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Honda Accord
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Toyota Camry
Infiniti

LUXURY CAR

Standing Ovation

Lexus

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BMW
Honorable Mention
Jaguar
Mercedes-Benz

HYBRID CAR

Standing Ovation

Toyota Prius
MetroBravo
Lexus RX
Honorable Mention
Honda Civic Hybrid

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MetroBravo
Leith Honda, Raleigh
Honorable Mention
Weaver Brothers Volvo Inc., Raleigh
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Mix and Match Past Seasons with Latest Fall Couture

By Molly Fulghum Heintz

At Barney's department store in New York, summer clothes are on their way out and fall clothes are on their way in. During a recent visit, I saw big bold prints, more dresses than separates and lots of hourglass silhouettes. The underlying vibe of polished femininity evoked "Mad Men," the AMC television series about a Madison Avenue advertising agency set in the late '50s and early '60s, and reminded me of some comments the show's creator and executive producer, Matthew Weiner, made at an event a few months ago.

He said his goal was to make the show's sets and wardrobe feel "real" rather than "iconic." To that end, he and his staff do not look to glossy fashion magazines from the period, which show the most au courant and aspirational images possible, but rather to footage from old home movies and snapshots, which offer a glimpse into actual lives, where "this year's" dress might be worn with "last year's" coat and be set against a backdrop of hand-me-down furniture and wallpaper chosen 10 years before. Through this perceptive approach, Weiner hopes to give the show a sense of authenticity and better reflect a past reality. Given our own reality check of the last 12 months, his words seemed particularly relevant when thinking about fall fashion, as we may be making more of an effort to mix and match this season's styles with those that have a little more ... "history."

Designers knew that shoppers would need a very compelling reason to even consider taking out their wallets this fall, and many new collections rise to the challenge in an exciting and resolutely cheerful way. Prints remain a big trend, but in addition to geometric patterns, plaid is back in favor, as well as animal prints, with leopard leading the pack. Miss Sixty's spotted snow leopard jumpsuit is perfect for a casual cocktail party, while a chic plaid shirt-dress from Kenneth Cole is an essential addition to a weekday uniform.

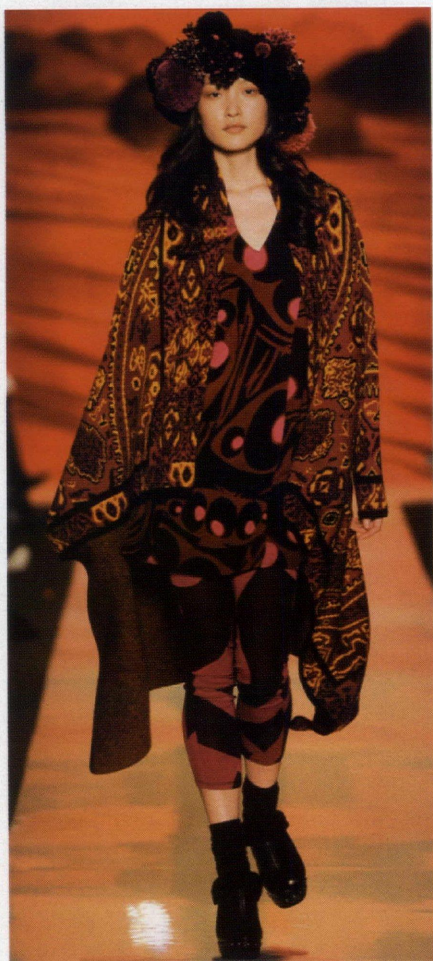
Diane von Furstenberg has always worked with bold patterns, and she had a heyday with her new "Nomad" collection, an optimistic mix of every type of print under the sun. For color this season, jewel tones are coupled with neutrals for graphic impact. Gucci featured prints of oversized black dots and stripes against electric blue and fuchsia backgrounds. And Marc Jacobs' very '80s-inspired collection included irresistible bubblegum pink coats and dresses paired with black tights.

While silhouettes from the '50s and '60s were popular last fall and into the summer, this season's shapes have slipped a little farther back in time — the wide shoulders, cinched waists



Marc Jacobs

and slim skirts falling just below the knee have a distinctively 1940s vibe. Rather than relying on a belt, some designers used ruching to achieve the same fitted effect, exemplified best in dresses by Bottega Veneta, Derek Lam and



Diane von Furstenberg

Valentino. The hourglass was carried to its extreme with bustiers, subtly used under a suit at Yves Saint Laurent and over a dress at Fendi, and not-so-subtly on display at Louis Vuitton and in cartoonish tops from D&G. Others threw out the silhouette altogether and went for more relaxed draping, as seen in Tommy Hilfiger's floor-length, long-sleeved white gown, or Yeohlee's asymmetrical silver sheaths. One piece dressing — whether dresses or jumpsuits — remains a strong trend.

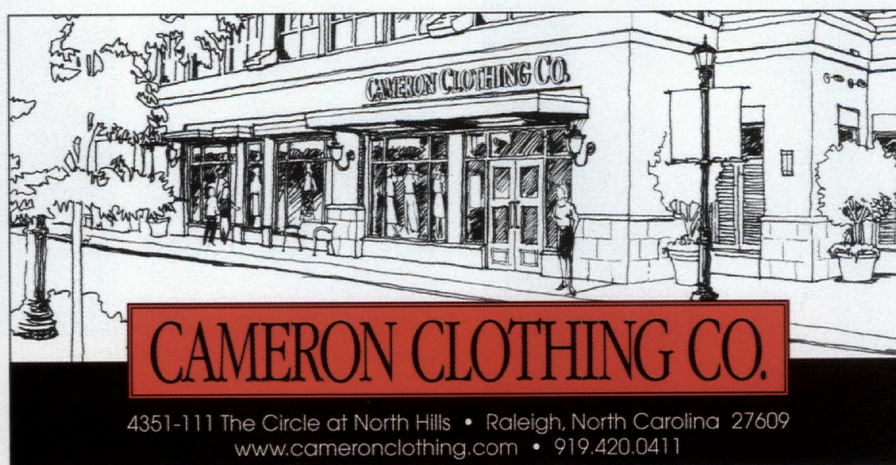
In terms of texture, leather and fur (both real and faux) ruled the runways. From studded biker styles by Jean Paul Gaultier to origami-like pleather pieces from Stella McCartney, a tough little

jacket may qualify as a must-have of the season. Fur coats and fur-trimmed dresses were important components of the Missoni and Christian Lacroix collections, among many others, while Marni made a whimsical statement with oversized fur mittens and gloves.

DOWN TO EARTH SUGGESTIONS

Overall, the fall runway shows were fun and engaging, in a wild and wooly

sort of way. Yet, this semi-annual piece of theater, which includes a musical score and lighting effects, clever styling of clothes, hair and makeup, plus performers with otherworldly physiques (aka models), can still seem, well ... totally inaccessible. To bring this fall's fashions down to earth, I checked in with stylist Derek Warburton, who specializes in translating designer ideas into looks for real-world lifestyles.



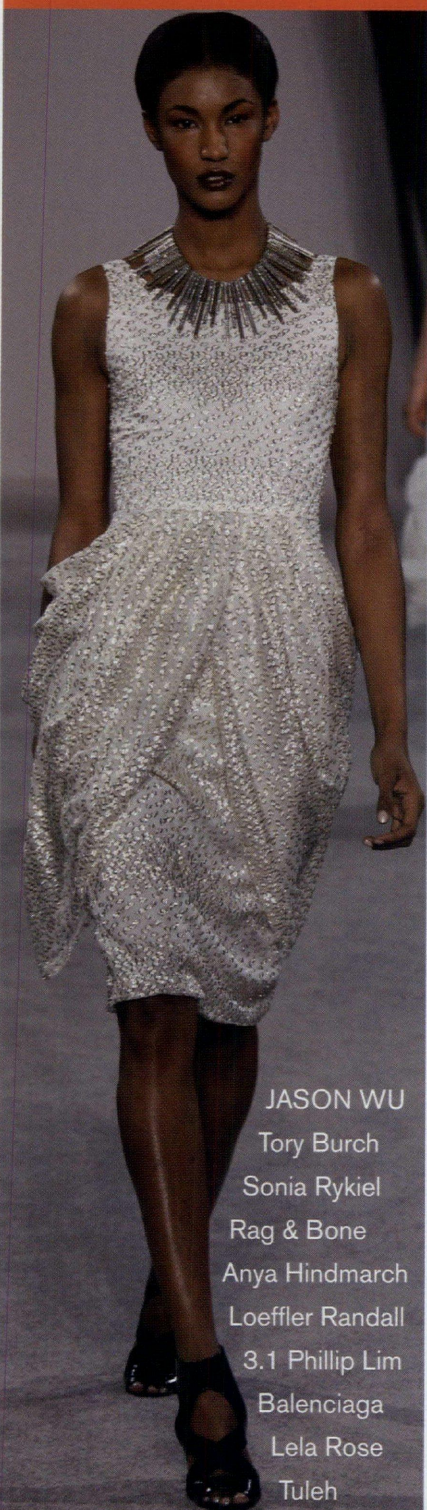
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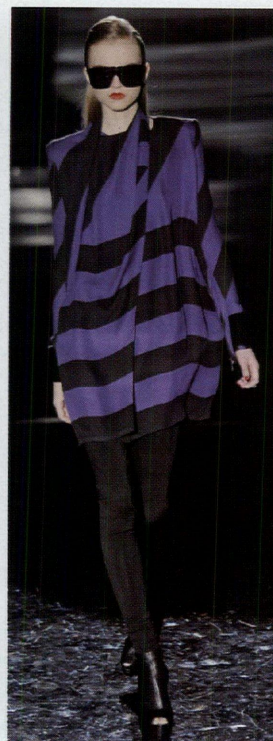


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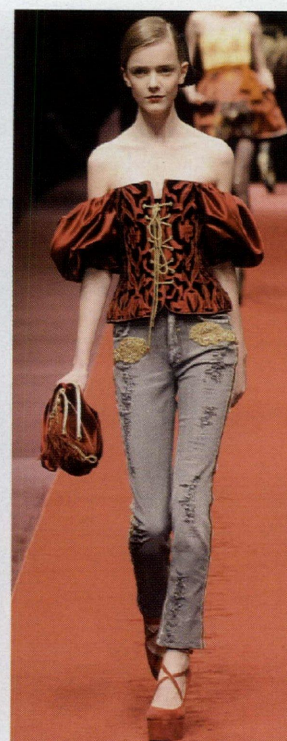
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MFH: *In an effort to be budget-conscious, many people will be recycling pieces from seasons past. What's the best way to make an older outfit look fresh for fall?*

DW: The best way to recycle this fall is with color. Jewel tones are all the rage, so add some fun bejeweled accessories to the mix. Big broaches, necklaces or earrings with jewels or great stones will give that old gray sweater new life. Also, a new lipstick in your favorite fall shade is a great way to add a shot of color.

[DEREK'S TIP:] If you go to your favorite makeup counter for a makeover in the hottest seasonal look, don't forget to ask for the "face chart," a guide to the colors the makeup artist used. Then if you can't afford to buy everything at the counter, you can run to your favorite drug store and complete the look for less.)

MFH: *What fall trend is a flash-in-the-pan fad that shoppers can skip?*

DW: Flash-in-the-pan looks happen every year to give the editors something to talk about and consumers something to dream about. This year's in-and-out piece is the "Dynasty" shoulder pads. They were fun for Crystal and Alexis, but the cat-

fight over them are over!

MFH: *What's the best designer deal in the fall collections you've seen?*

DW: The best designer deal I've seen is the power suit. Every major (and not-so-major) designer has come up with one, and you'll wear it so much that it's worth



Louis Vuitton



Marc Jacobs

the investment. But I tell people with skinny bank accounts to live by the "THEORY theory." The Theory line is known for its career girl clothes and has made the power suit — an absolute staple — for half the price of any other runway collection.

(DEREK'S TIP: What's the biggest giveaway on an inexpensive suit? Poor fit. Take any suit to your tailor and have it fit like it was made for you. Another helpful hint: replace the buttons. When I work with people and they ask me how to make something look more expensive, I always recommend upgrading the buttons!)

MFH: Bold colors like fuchsia and chartreuse are big this season, but some people may find them a little hard to wear. Any tips?

DW: All colors are accessible and easy to

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wear if styled properly. The absolute rule on wearing a color that does not suit you is to not let the color near your face. Always, always highlight your face and neck with a flattering color. Buy a fuchsia skirt or a chartreuse pair of trousers. You could even do a vest in a difficult color, but make sure there is a flattering blouse underneath or a scarf around your neckline.

MFH: *Platform stilettos are big this season. For women not used to wearing the dramatic styles seen on the runway, can you suggest a designer high heel that is approachable but still fashionable?*

DW: A fashionable but yet approachable designer shoe is Stuart Weitzman. Weitzman has worked very hard in their design department to come up with au courant styles for people who are actually

“pedestrians.” Honey, it’s not cute if you can’t make it from your desk to the coffee machine without groaning! Gucci and Miu Miu also make fashionable but wearable heels. Not all of their shoes are practical, but many styles every season cater to the “walking girl.”

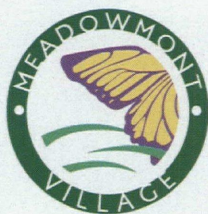
More fall fashion tips from Derek Warburton can be found on his Web site, www.dereklovesshopping.com. □



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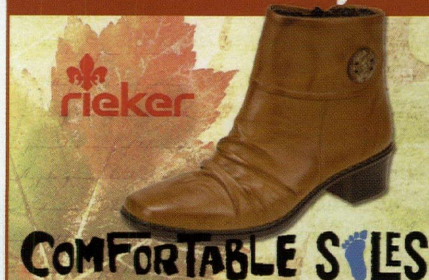
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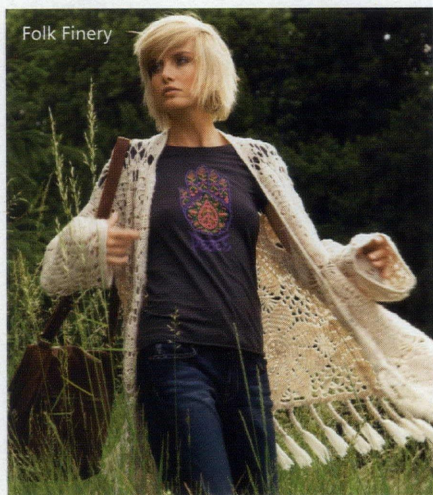
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Fashion News

By Morgan Siem

Belk Suggests Mixing Several Styles

"It's about not being so predictable," says Arlene Goldstein, vice president of Trend Merchandising and Fashion Direction at Belk Inc., suggesting women make what Belk sees as the season's *Prim & Proper* look their own by expressing femininity with flowers, ruffles, tiers and lace — and explore a wilder side with their *Highlands* look of plaids, paisleys, animal prints and tweeds. The understated silhouettes of the *Sharp Cuts* look give license to go with bold accessories, such as their *Folk Finery*'s gypsy flair of fringe, sequins, embroideries and bangles mixed to create elegance with exoticism, a combination guaranteed to make an impression. Blend distressed vintage leathers, aggressive heels and creative color combos go with each look for extra individuality.



The best fall fashion tip: Make room for "must-haves" in your wardrobe by getting rid of the squatters — those items in your closet that never make it off the hanger. You'll get much more use out of these most-wanted items: lean jeans, a scarf, a vintage boot, an animal print handbag and a boyfriend jacket.

For your skin, harness the anti-aging trio of continuous repair, prevention and hydration with Estée Lauder's Advanced Night Repair — Synchronized Recovery Complex. Also, add sensuality to your presence with Idole d'Armani, Giorgio Armani's opulent floral fragrance hitting counters in early September.

FASHION NEWS

New from Benefit Cosmetics:

- "It" girl color collection of full-finish lipsticks and velvet eyeshadows are jeweled berries, pewters and pinks. Now available at Belk Department Store and Sephora.
- Brows a-go-go — a brow and eye shaping kit including powders, wax, liner, cream, angle brush, tweezers and a step-by-step lesson. Now available at Belk Department Store and Sephora.

Martin & Mary's is moving. Visit online at www.martinandmarys.com for the new location. Cary, 919.463.1100.

Elaine Miller Collections' fall collection of Alexis Bittar Jewelry is now available.

Saks Fifth Avenue events include:

- **CHANEL Sublimage.** View the fall colors for CHANEL on Aug. 20, 10 a.m.-4 p.m. Book a one-on-one appointment and receive a deluxe sample of Sublimage. 919.792.9100 ext. 5362.
- **Laura Mercier Spa Day.** Enjoy a one-on-one spa treatment and makeover on Aug. 29. Call 919.792.9100 ext. 5362.
- **Saks Want it! Work Shop** brings together Saks Fifth Avenue and The Triangle Wine Experience for a Frankie Lemmon Foundation Benefit on Sept. 8, 6-8 p.m. Watch a presentation of the 2009 fall trends while enjoying wines, hors d'oeuvres and shopping. Meet Lynette Lewis, author of *Climbing the Ladder in Stilettos*. Please RSVP by calling, 919.792.9100 ext. 5205.
- **David Yurman Trunk Show** gives shoppers the chance to meet with David Yurman representative Lauren Troler, on hand to assist with selections on Sept. 8, 6-8 p.m. Call 919.792.9100 ext. 5318.
- **Laura Mercier Master Class** is a chance to take lessons from an expert on the tricks to look your best for fall. Classes take place on Sept. 12, 2 p.m. & 4 p.m. Class is limited to eight clients. Call 919.792.9100 ext. 5362.
- **WEAR** — must-have presentation of style for the working woman on Sept. 19, 11 a.m.-2 p.m. Call 919.792.9100 ext. 5343.
- **Contemporary Week.** View the 2009 fall collections by BCBG, Diane von Furstenberg, Juicy Couture, Rebecca Taylor, Theory, and Twisted Heart from Sept. 24-27. To book a personal appointment, call 919.792.9100 ext. 5383.
- **La Mer Facials.** Get a one-on-one spa treatment with a La Mer specialist. Sept. 25 & 26, 10 a.m.-4 p.m. Call 919.792.9100 ext. 5370.
- **Ermenegildo Zegna Made-to-Measure** event on Sept. 25 & 26 is all about the men — have 12 individual measurements taken for a suit, eight for a shirt.
- **Ermenegildo Zegna** style expert Angel Rosado will be on hand to assist with selections on Sept. 26, 10 a.m.-6 p.m. Call 919.792.9100 ext. 5381.

Beanie + Cecil welcomes Kate Spade's retro-glam designs in swinging London style with a special in-store launch event Aug. 27, 10 a.m.-5 p.m. The fashion house puts a fresh spin on its signature ladylike style with embellished cardigans, mod shifts and dramatic coats in splashy colors and cheeky prints. Raleigh, 919.821.5455.

Events at Scout & Molly's:

- **MS Fundraising Cocktail Party** at Angus Barn Pavilion on Aug. 27, 7 p.m. Tickets are \$100. Night will include silent auction, DJ, dinner, dancing and drinks. Raleigh, 919.881.0303 or lisa@scoutandmollys.com.
- **Girl's Night Out** private shopping parties. Call to reserve. Chapel Hill, 919.969.8886. Raleigh, 919.881.0303.
- **MS Bike Ride** taking place in September. Join the Scout & Molly's team or donate to the cause.

Skin Sense, A Day Spa will host a cocktail party with MonaVie Martinis on Aug. 27, 6-8 p.m. Enjoy "The Answer Is Simple" readings by Catherine Hobbs of Hay House Publishing and complimentary petit-treatments, including skin scanner and mini-facial masques, makeup applications and heated hand and foot treatments. Space is limited to 50 guests. Brier Creek, 919.870.0700.

Cameron Clothing Co. will host a Sara Campbell Fall & Winter Trunk Show on Sept. 9 & 10.

Fine Feathers will host a **Nina McLemore** show, Sept. 14-19, featuring jackets for every shape and size with basic separates to complement. A **Catherine Regehr** show to be held Sept. 23-30, will showcase vibrant, colorful ball gowns and special occasion cocktail dresses, Chapel Hill, 919.942.3151.

Massage Envy, in partnership with Susan G. Komen to help beat breast cancer, will host a "Massage for the Cure" event Sept. 15, 8 a.m.-10 p.m. featuring one-hour therapeutic massages for only \$35 at any of the 25 NC locations with 100 percent of profits going to support local breast cancer research initiatives and community health programs. For an appointment, call 800.944.ENVY.

Vermillion's Fall Fashion show on Sept. 17, 1 p.m. & 6 p.m. will feature new arrivals from Phillip Lim, Hanii Y, Sonia Rykiel, Tory Burch, Jason Wu, Balenciaga, Pucci and Lela Rose. Raleigh, 919.787.9780.

Liles' trunk show special on Sept. 18 & 19 will feature Oxford Clothes; VK Nagrani, who specializes in socks; and Robin Rotenier, for men's cuff links and women's jewelry.

Wine, Women & Shoes charity event will take place Sept. 10, 7-10 p.m. at the American Tobacco Campus in Durham in support of the Make-A-Wish Foundation of Eastern North Carolina. Sip wine and shoe shop while working toward a great cause. Tickets are \$80 in advance or \$95 at the door. For tickets, call 919.821.7111 or e-mail events@eastncwish.org.

The Oaks at Fallon Park

Modern Design Details in a Traditional Setting

By Diane Lea

When visitors and longtime residents refer to Old Raleigh, they are usually talking about the homes and landscapes of the inside-the-beltline neighborhoods developed between 1920 and the late 1950s. Those venerable residential enclaves have stood the test of time by retaining their tree-shaded winding streets, one- to two-story traditionally styled homes, and walkable commercial districts with interesting retail and entertainment venues. Think of the neighborhoods around Glenwood South, St. Mary's Street, Boylan Heights and, of course, the historic Hayes-Barton area and nearby Five Points, located at the intersection of Glenwood Avenue, Fairview Road, Whitaker Mill Road, White Oak Road and Glenn Avenue. Now a trendy blend of restaurants, clubs, offices and neighborhood service establishments — bordered by churches and schools — Five Points is positioned between Raleigh's revitalizing downtown and the suburban chic of John Kane's multi-faceted North Hills Midtown, a residential, shopping and entertainment complex off Six Forks Road.



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The Five Points residential neighborhood, bordered by Whitaker Mill Road to the east of the commercial area, is characterized by period homes in styles ranging from various Colonial Revival designs and cozy



KIMBLEY DEY

bungalows to the now suddenly popular brick ranches. A left turn off Whitaker Mill leaving Five Points takes you down to a pleasant, upscale area surrounding Fallon Park, a historic space now part of the extensive Raleigh Greenway System. The leafy trails through Fallon Park are favorites of dog walkers and runners; streams, playgrounds and soccer fields add to its appeal.

A WALK IN THE PARK

While running in Fallon Park one spring evening in 1991, neighborhood resident and burgeoning developer and UNC-Chapel Hill MBA student Gordon Grubb had the idea for his master's thesis, a renovation plan for the nearby Whitaker Park Apartments. "The 200-unit, 1950s brick apartment complex was beginning to show its age,"



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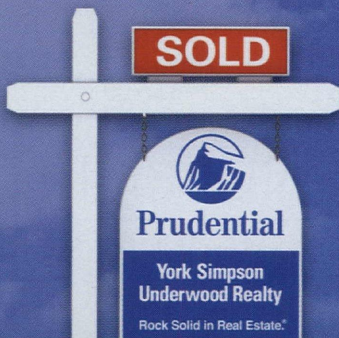


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KINSLEY DEY

says Grubb. "I knew that the decline of these formerly desirable apartment buildings would affect the value of the neighborhood around them." So Grubb wrote his thesis

and put away thoughts of the Whitaker Park Apartments while pursuing a career in his family's North Carolina-based business that specialized in redevelopment of older infill

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Under the imprimatur of his own development company, Grubb Ventures, Grubb took on new Raleigh projects and produced noted successes, including the Gardens on Glenwood, a luxury condominium community on Glenwood — featuring traditional architecture and numerous amenities and services designed for empty nester families, as well as younger professionals. (Glenwood Gardens was featured in the June 2002 issue of *Metro*. Go to www.metronc.com.)

“When we were able to obtain the Whitaker Apartments in 2005, we considered several alternatives for the property,” says Grubb. “We first thought of multi-family. Then we were approached by a national company who wanted to build 120 town homes. The density of those two options was pretty high for the surrounding residential neighborhood.”

What Grubb did not want to do was insert a pocket of mega-mansions in the traditional low-rise neighborhood. After several meetings with Raleigh’s planning department staff and the project’s prospective neighbors, Grubb decided to develop a neo-



traditionalist community with scale, materials and architectural designs that resonated in context with the neighborhood.

“We knew we wanted to avoid having cookie-cutter designs with front-loaded garages,” says Grubb. “And we wanted low-maintenance, energy-efficient, one-and-one-half story homes of good quality traditional designs characterized by fine architectural details. In addition, we wanted the houses to settle into the landscape, not dominate it. That meant keeping as many of the old trees as possible, utilizing narrow rear alleyways for ease of access, and making room for private gardens.”

Those goals set a pretty high bar for a developer working in a recession economy and with a site bordered by older homes, a school and a park.

CAREFUL DESIGN

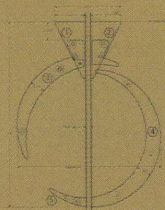
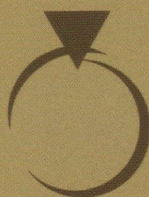
Grubb invited several designers, technicians and builders to join him in thinking through what would become The Oaks at Fallon Park. Among the key resource people he consulted were residential designers Carter Skinner, David Kenoyer and Gary Murphy. Kenoyer now lives in The Oaks at Fallon Park in a home he designed. “I was inspired to build my own house in The Oaks by the quality of design in the neighborhood,” says Kenoyer. Architect Cari Jones, of Cari Jones Designs, developed the Architectural Review Board (ARB) criteria and leads the Board in reviewing each house plan before construction can begin.

The energy-efficient construction techniques, systems and materials used in the homes in The Oaks at Fallon Park gain homeowners a 5 percent discount from Progress Energy by meeting the criteria for Energy Star, a government-backed energy

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efficiency program. Energy Star standards include using advanced techniques for sealing holes and cracks in the home's envelope and in heating and cooling ducts. Other Energy Star standards are effective insulation, efficient heating and cooling equipment, high-performance windows, and cost-saving products such as compact fluorescent bulbs and appliances.

Another challenge was addressing the aesthetics of ensuring privacy and good views for houses that would be situated very close together.

"We were dealing with what one of our designers called four-sided architecture," says Grubb. "We wanted our buyers to have a sense of privacy while dealing with 15-foot setbacks from their neighbors."

The key to achieving this was the careful siting of the 88 homes' footprints to take advantage of the natural buffering provided by the gently rolling site of the former Whitaker Apartments. Other strategies entail incorporating the use of high windows on some of the elevations, which front other homes in order to provide light with-

out intrusive views. Private patio gardens often employ handsome brick walls for privacy or "borrow" visual space and scenery from the extensive creative landscaping provided by The Oaks at Fallon Park developer.

READY TO GO

By the time the 2007 Parade of Homes event arrived, The Oaks at Fallon Park was ready for its public introduction. Four building teams had stayed the course to fulfill the goals of Grubb Ventures and the resource team. Timberline Builders,

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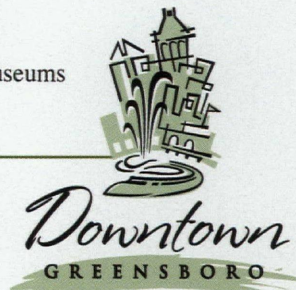
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Dixon/Kirby & Company, Legacy Custom Homes, and Poythress Construction provided a selection of quality architect-designed homes ready for viewing, each with myriad details based on historical precedent, but with the free-flowing floor plans that many families find so important



to modern living and entertaining. Designer Kenoyer points out that each builder was striving to achieve a level of quality in construction and materials, which included correct architectural detailing for rooflines, dormers, front and back porches and, to the greatest extent possible, artisan-like workmanship.

A favorite design features antiques exterior, sheltered balconies and appropri-

ately sized shutters that actually close to cover the windows — a design requirement in the project's architectural guidelines. The style is derived from the English and French country houses whose casual sophistication continues to appeal. The interior is equally well done with quartz counter tops in a kitchen replete with Thermador, Viking and Wolf appliances. A hammered copper basin accentuates a marble-countered vanity, and multi-part moldings and a clever beaded-board ceiling are additional interesting touches. Kathryn West, who promotes sales for The Oaks at Fallon Park, points out that every entrance door is special. For example, one residence is graced by a lovely two-leaf mahogany door set in an inviting recessed arch.

A cedar door at the top of a stair landing is the signature for another handsome home on view. Interesting interior touches include beaded-board accents and leather finished granite counter tops. Also on the list of viewable homes is an urban-style residence that features flanking wings set with front-facing pedimented gables. Ten-foot ceilings and a spacious great room with a baronial



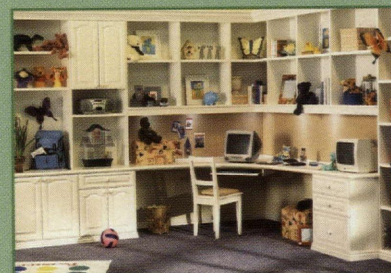
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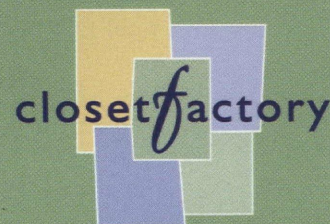
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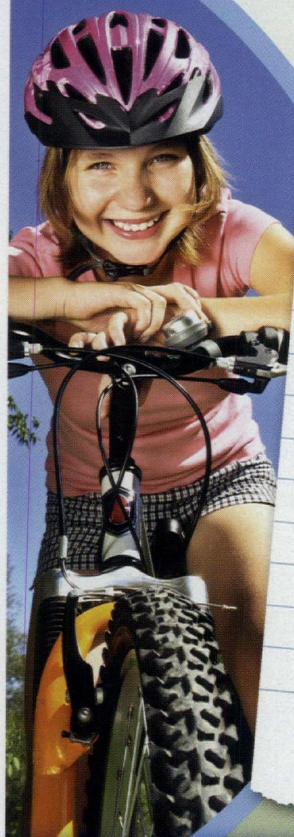
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54

McDOWELL COUNTY

No Boundaries!



Family Bike Weekend in McDowell

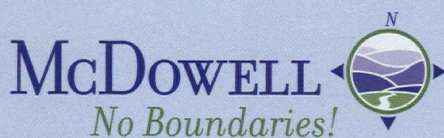
Day 1:

- Meet at Old Fort Depot -
bike to Point Lookout Trail (8+ miles)
- Picnic at Andrews Geyser -
off-road biking at Kitsuma Peak Trail
- Cool down in Old Fort -
Visit the train museum, pioneer museum,
shops & restaurants
- Dinner? Historic Downtown Marion,
Old Fort or Lake James

Day 2:

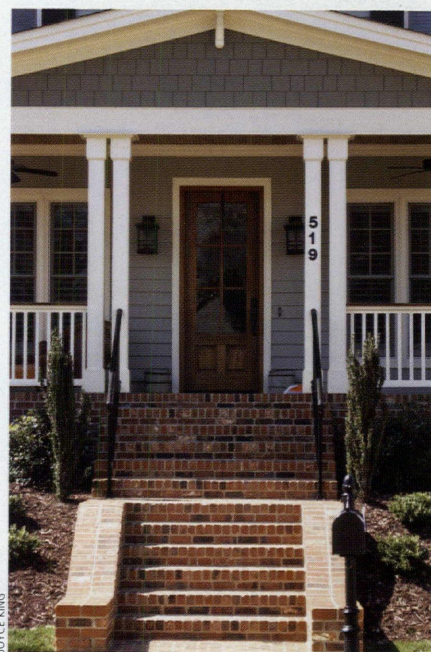
- Curtis Creek Recreation Area - 10,000+ acres -
bike to the Blue Ridge Parkway
- Picnic at Hickory Branch Trail Falls
- Afternoon gem and mineral mining -
north for gems and south for GOLD!

No Boundaries! Spend your weekend hiking, biking, swimming or fishing in our spectacular region of the Blue Ridge Mountains. Take your pick from the Blue Ridge Parkway communities of Little Switzerland, Altapass and Linville Falls and the foothill towns of Old Fort and Marion. Save a little time for Point Lookout Trail, Catawba Falls and Linville Falls. Endless opportunity. Boundless adventure!



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fireplace and a view off the elevated rear balcony give panache to the home's public spaces. Another home features a bracketed copper canopy over the entrance door and triple windows across the lower front elevation. Equipped with an elevator, this home has four finished floors but still stays within the height restriction required for The Oaks at Fallon Park to retain a unified sense of scale for the neighborhood.



JOYCE KING

DESERVED RECOGNITION

Over the course of a successful career in Raleigh, Grubb and Grubb Ventures have been honored with the Sir Walter Raleigh Award for Community Appearance from the City of Raleigh, the Honor Award from the North Carolina Chapter of the American Society of Landscape Architects, and the award for Best Multi-Family Development from Triangle Commercial Real Estate Women. In preparation for the opening of The Oaks at Fallon Park, Grubb invited friends and new residents to help inaugurate the pool and clubhouse, key amenities to the new community. "We're the only inner-beltline, single-family community with our own pool and clubhouse," says Grubb.

Gordon Grubb, Grubb Ventures, and the skilled team of architects, designers and builders have created a tasteful and compatible new neighborhood settled within an old and venerated urban space. ■

The Garden Conservancy Open Days Tour 2009

By Helen Yoest

The Garden Conservancy Open Days tour will be held once again in the Raleigh area. For two days, six gardens will open to share a peek behind their private gates. Gardeners and non-gardeners will enjoy special access to these works of nature's art just in time for fall planning and planting.

CARY The Thompson Garden GARDEN OF KATHLEEN AND WALT THOMPSON 119 RAVENNA WAY CARY

As close as the curb, delight begins. Paths beckon to enter, but proceed slowly to take in everything — the threadleaf Japanese maple, plant vignettes and accents.

At the arbor, take in the view of a garden gently sloping with curvilinear borders and paths outlined with recycled concrete, displaying an excellent example of applying recycled materials to create garden walls, paths and edging.

Garden beds are planted with perennials, tropical and native plants. The sound of the pond provides a soothing respite and attracts various wildlife visitors that continue on down the paths into the woods to the community lake.



potatoes, onions — and a sweet English knot herb garden.

The borrowed landscape makes this property seem larger than it is. With plenty of seating dotted throughout, take the time to sit a spell and enjoy the views.

Rose Cottage GARDEN OF SHARON AND JIM BRIGHT 115 N. BLOODWORTH ST. RALEIGH

The journey through the quaint and mesmerizing gardens of Rose Cottage begins at the carriage step: Antique roses, perennials, annuals, flowering trees and shrubs, plus pretty parterres define the space that serves to halt the hectic pace of life.

This new home, built to historic specifications, sits comfortably in Raleigh's downtown Historic Oakwood district. The gardens arose out of an old graveled



parking lot left barren by a house fire long ago. The couple transformed the grounds into a lush and tranquil oasis of color and fragrance — inspired by Monet, but realized with Sharon's keen eye for color and Jim's talents.

In the very back, bountiful vegetable beds, a secret garden, a compost operation and a little garden cottage functions as a convenient shed.

Helen's Haven GARDEN OF HELEN YOEST AND DAVID PHILBROOK 3412 YELVERTON CIRCLE RALEIGH

Helen's Haven is the garden I share with my family. The design took into account the needs of three young and active children. Even so, the stone path

RALEIGH The Paisley Garden GARDEN OF JULIA KORNEGAY AND ALFREDO ESCOBAR 5237 LEIDEN LANE RALEIGH

A groovy garden to be sure! Paisley patterns present well to the visitor, who can meander the paisley beds and into and out of the woodland gardens, never far from the sound of water from the stone-bordered pond, a stream and the waterfall comprising the heart of the garden.

On a corner 1-acre lot, Julia and Alfredo create a fashion-forward design (or is it nostalgia?) with a front yard vegetable garden — providing tomatoes,

through the center on the main back border, built by Phil Hathcock of Natural Stone Sculptures, is often overlooked as a transition point when the kids are chasing an errant ball. But that's OK; this is their garden too.

Low boxwood hedges were used to create a formal atmosphere to complement the architecture of this Georgian Colonial-style home. These hedges also map out the space for the kids to play. Within the hedges are informal plantings of perennials and annuals to attract butterflies, birds and bees.

Helen's Haven is a certified wildlife habitat and a certified Monarch Watch Station. Using waterwise design principles and watered with harvested rain, the organic garden demonstrates environmental practices resulting in a colorful, lush space.

WAKE FOREST

Entwined

GARDEN OF JAYME BEDNARCZYK AND
PHIL ABBOTT
1025 TRADERS TRAIL
WAKE FOREST

The home and garden's name is Entwined, aptly named by Jayme and Phil as their place of, "hopeful dreams entwined with patience and time."

The gardens were built at the pace of one passion at a time. Amidst the trees, roses and perennials, with drama focused to the lake, visitors turn back to a villa. Strong European influences are present in the design decisions; terraced beds on the sloping land add to the drama of a home in the heart of a garden.

Falls Revival

GARDEN OF JEFF BOTTOMS AND
JOHN MARTIN
12160 FALLS OF NEUSE ROAD
WAKE FOREST

From the road, visitors view a tapestry hedge buffering the busy street. On the other side, in an historic valley in Wake Forest, rests a garden — a collector's garden — with a foot in the past and an eye toward the future. Nostalgia, tradition and modern design meld to make this garden shine.

A casual cottage-style garden, with

some very unusual plantings, pique interest, with visitors wanting to know more and where to find them. And you can. Toward the back of the property is the nursery, with a wide range of exotic and unusual plants, many found in the gardens.

During the tour, the on-site nursery will be selling plants and sharing proceeds with the JC Raulston Arboretum.

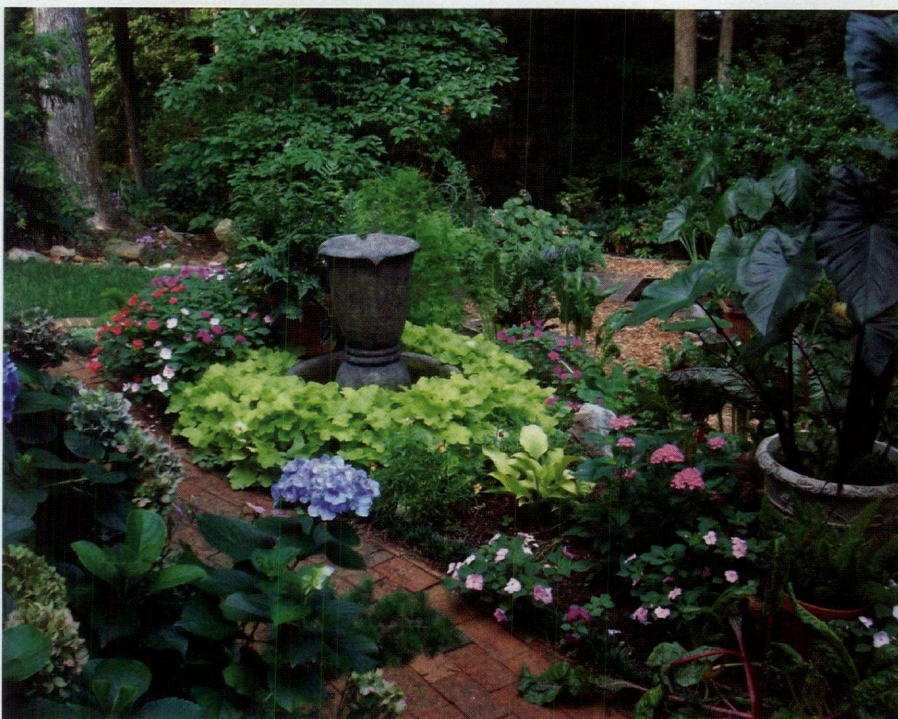
POSTSCRIPT

For the past five years, it has been a pleasure volunteering for the Garden Conservancy Open Days tour. This year marks my last year leading this great tour and fundraising event. I'm happy to

dener Frank Cabot, the Garden Conservancy works in partnership with individual garden owners and public and private organizations, and uses legal, financial and horticultural resources to help secure the future of hundreds of gardens across the country. North Carolina is fortunate to have two Garden Conservancy preservation projects: Montrose in Hillsborough and The Elizabeth Lawrence Garden in Charlotte.

The Open Days tour allows proceeds to be shared with another nonprofit. Helen Yoest, regional representative of the Raleigh area tour, named the JC Raulston Arboretum as the shared benefactor.

Tickets can be purchased in advance at



announce the Garden Conservancy tour will continue on in 2010 under the direction of the JC Raulston Arboretum. Please contact Anne Porter at the Arboretum if you are interested in helping with next year's tour at, 919-513-3463.

ABOUT THE GARDEN CONSERVANCY

The Garden Conservancy is a national organization with a mission to preserve exceptional American gardens for public education and enjoyment. The Open Days Program serves as the primary educational outreach for the Conservancy.

Founded in 1989 by American gar-

deners the JC Raulston Arboretum by calling 919-513-3463 or directly through the Garden Conservancy, www.gardenconservancy.org. Tickets can also be purchased during the days of the tour at the individual gardens or at the Bobby Wilder Visitor Center at the JC Raulston Arboretum, 4511 Beryl Road, Raleigh. Tickets are \$5 per garden or a book of six tickets for \$25. Garden Conservancy members get a further discount of just \$15 per book of six tickets.

Saturday, Sept. 19, from 9 a.m. to 5 p.m. and Sunday, Sept. 20, from noon to 5 p.m. ☐

Duke Testing New Stem Cell Therapy

by Rick Smith

The name is not commonly known and is difficult to pronounce, but the disease afflicts an estimated 12 million Americans. It's called critical limb ischemia. Treatments are lacking and often require amputation, but help may be on the way: A potential solution for people afflicted with diabetes and obesity who are facing amputation of a limb due to circulatory problems caused by ischemia is soon to begin clinical testing at Duke University.

The disease causes narrowing and hardening of arteries, thus reducing blood flow. If not treated, victims can suffer nerve and tissue damage. The disease can also trigger gangrene, which often requires amputation.

In lab tests on animals, the use of stem cells not only improved blood flow, but also grew new blood vessels. Dr. Chris Kontos, co-director of the Duke Heart and Vascular Group, will be coordinating the trial that focuses on the stem cell regime developed by Pluristem Therapeutics.



But these are not embryonic stem cells, which have created so much controversy within the medical community. Rather, Pluristem, an Israeli biotherapeutics company whose stock is traded on the Nasdaq, is pioneering the use of stem cells derived from the placenta.

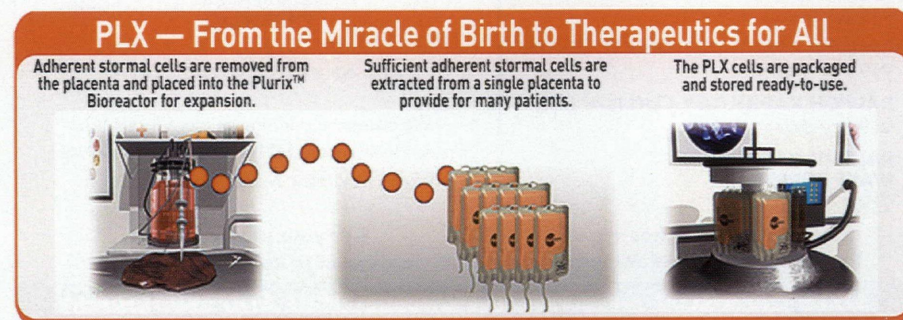
"There is no good medical therapy for critical ischemia," said Dr. William Prather, who is a consultant with Pluristem and helped pick Duke as one of the sites for the test. "There are surgical therapies that can clean out the vessels, but there is no medication or procedure to

grow new blood vessels around the obstruction. That is what we have proved in animals."

Duke is currently enrolling subjects for the trials for the Phase I tests of Pluristem's PLX-PAD solution. A similar trial will take place in Alabama. "Both locations have used other companies' cells in the past, so they are familiar with stem cell therapy," Prather said.

In late July, the first patient was injected with the proposed treatment in a clinical trial in Germany being run in parallel with the US tests. As many as 12 patients will be injected, with a mix of smokers, diabetics and obese subjects to be tested in the US.

Phase I trials focus on safety. If the treatment is found to be safe, Phase II trials would begin. The US Food and Drug



ALLOGENEIC METHOD

Pluristem is working on a variety of products that would enable stem cell transplants between unrelated donors and patients. The concept is called allogeneic, or "taken from different individuals." The company wants to treat both severe ischemic and autoimmune disorders; it recently received funding support from the Israeli government.

The Pluristem method is not the first to use stem cells as a potential treatment for ischemia, Prather pointed out. However, the other choice is stem cells taken from bone marrow. Placenta cells are much more widely available, less expensive and don't require donors to go through the surgical process to extract cells from the hip.

"We don't have to do any of that with our cells," Prather explained. "Our cells come off the shelf, they are one size fit all, they come from material that is thrown away, and outpatients can be injected in a process that takes 30 minutes. They are observed for six hours and then sent home."

Administration granted Pluristem approval for the Phase I trials earlier this year.

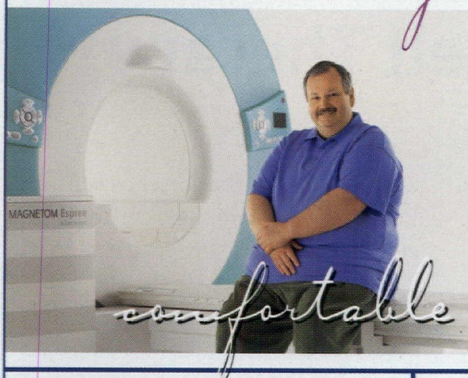
The treatment is intended for victims of "late stage" ischemia who have not responded to other treatments or surgery and face the prospect of amputation. People selected for the trial will already have a condition related to ischemia, such as an ulcer or nerve pain.

All test patients will receive one injection and half will receive a second, Prather said. There will be no placebos. Pluristem will track both safety and efficacy data over a three-month period following the injections. Although the primary "end point," or goal of the Phase I trial, is safety, Prather said doctors also will be able to track whether the patients show improvement.

"In animal trials, we saw improvement in blood flow in about three weeks," Prather explained. "I'm not sure we can equate that to three weeks in humans, though. We could get efficacy in blood flow within a month or two months of injection."

Even if the treatment proves safe and ultimately is granted FDA approval for

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sale, Prather pointed out the healing process would not be a quick one. "If these cells are going to be effective, blood flow improvement will be a matter of weeks and months, not inject today and improve tomorrow," he said. "It just takes time for a new blood vessel to grow."

Duke and Pluristem agreed to partner on the trial after Pluristem came in contact with Dr. Brian Annex, a former physician at Duke. "He is a world-renowned leader in angiogenesis (the growth of new blood vessels)," Prather said. "He was in transition at the time when we talked last year, and he recommended that we work with Dr. Kontos. Annex later joined the Pluristem Scientific Advisory Board.

"We are very excited about the possibilities," said Kontos, who hopes for the first patient injections to be made by the end of August. **MM**

MEDICAL BRIEFS

Pretty In Pink Foundation Aids Breast Cancer Treatment

Raleigh surgeon Dr. Lisa Tolnitch, founder of Pretty In Pink Foundation, has

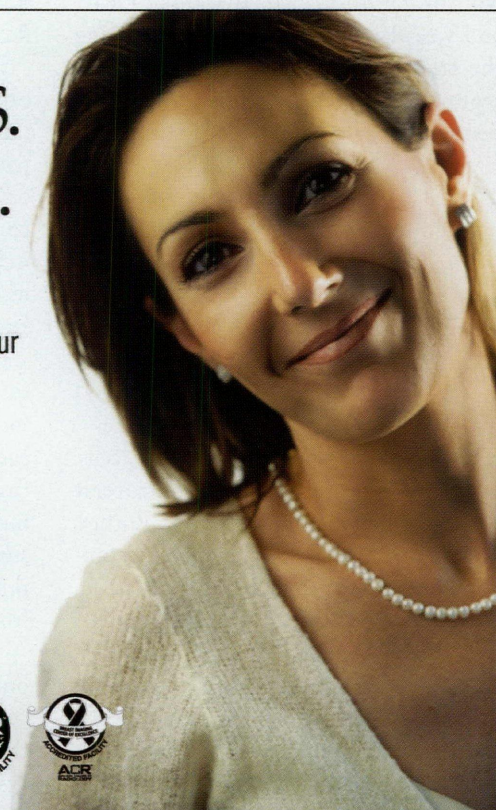
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The NC Cancer Hospital is much more than a building. It is a new face for a program built on three decades of excellence in clinical cancer care and groundbreaking cancer research. Here, UNC Health Care and UNC Lineberger Comprehensive Cancer Center will offer North Carolinians remarkable new resources. Patients will benefit as our teams of medical professionals bring to life the discoveries of new research and the benefits of new treatments. It will open tremendous new possibilities in cancer care – for you, for those you care about, and for all the people of North Carolina.

Dedication Ceremony:
Tuesday, September 15th, 1 to 3 p.m.

Open House:
Saturday, September 26th, 1 to 3 p.m.



UNC
LINEBERGER COMPREHENSIVE
CANCER CENTER
NC CANCER HOSPITAL

appeared on NBC's "TODAY Show" as part of her outreach to spread the word about her nonprofit organization's work. NBC News correspondent Anne Thompson, a breast cancer survivor, focused her report on Pretty In Pink Foundation's commitment to providing treatment and surgical options for people with breast cancer in North Carolina who do not have the financial means to seek treatment.

Capital Bank President and CEO B. Grant Yarber was interviewed to discuss

Capital Bank's corporate donation for a minimum of three years.

According to Tolnitch, Pretty in Pink Foundation devotes more than 90 percent of its donations for funding required for immediate treatment, life saving surgery, emotional support and quality of life resources. So far, the foundation has saved the lives of 19 North Carolina women.

For more information on Pretty In Pink Foundation, visit www.prettyinpinkfoundation.org. MM



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Founded in 1983 by Dr. Keith L. Hull Jr. and Dr. S. Mitchell Freedman, Raleigh Neurology Associates — with four locations in the Triangle — is one of the largest neurology practices in the Southeast.

For more information, visit online at: www.raleighneurology.com or call 919-782-3456. MM

UNC Receives Angel Grant

Dr. Julie Blatt, chief of pediatric hematology/oncology at The University of North Carolina at Chapel Hill, was recently awarded the Angel Grant, a program from the National Cancer Coalition that provides funding to projects that benefit and further cancer research, education and programs. The award furthered UNC's study demonstrating no overall link between autism and cancer in children, as well as a teaching program for childhood cancer survivors and healthcare providers. For more information on Angel Grants, visit online at www.nationalcancercoalition.org. MM

Service Provides Non-Medical Care

AnotherDaughter, a Raleigh-based company headed by Lesley Gray, provides an array of non-medical services to adult children and their parents by advocates on behalf of clients with caregivers, and those who provide services such as doctors, attorneys, CPAs and insurance. The firm manages and organizes accounts, pays bills, files documents and monitors health insurance claims.

Gray sits in on medical appointments, provides written reports to family members and supports preparation of end-of-life documents, particularly helpful to adult children who are geographically distant from their parents. Gray also coordinates household and homemaker services such as house cleaning, lawn care and household repairs.

For more information, go online to www.anotherdaughter.com or call 919-788-7620. MM

COASTAL CALENDAR

By Morgan Siem

Beat the Heat: August. Learn Colonial strategies for coping with the heat during a guided tour of the Iredell House. **Edenton.** Call 252-482-2637.

"Boardwalk Blast" Summer Event Series: August-Sept. 3. Six nights a week enjoy different events such as live music, DJs, dancing, kids' activities, movies, bingo, etc. All activities are free except bingo. **Carolina Beach.** Visit www.boardwalkmakeover.org.

Evening Racing at Nor'Banks Sailing in Duck: Mondays. Racing begins two hours before sunset. All small sailboats are welcome. Charter a boat or bring your own and participate in some casual "beer can" races. **Duck.** Call 252-202-6880.

Shallowbag Bay Sailabouts: Tuesdays at 6 p.m. through September. Join the NC Maritime Museum for a short sail on Shallowbag Bay aboard a traditional watercraft. **Manteo.** Call 252-475-1750.

Charlotte Web's Barnyard Brunch: Tuesdays. After the performance of *Charlotte's Web* at Waterside Theatre, join the cast, enjoy fiddle music, learn a barnyard dance, watch Wilbur's video Web-log and more while eating brunch. Tickets: \$8 Youth (11 & under) and \$16 adults. Price includes meal and keepsake photo. **Roanoke Island.** Call 252-473-2127 or visit www.thelostcolony.org.

Whalehead Club Wednesday Wine Festivals: Wednesdays from 3-7 p.m. Sample wines from NC and the world under tents on the north lawn of Currituck Heritage Park. Keep your souvenir glass, take a complimentary tour of the Whalehead Club, listen to local musicians and sample food from local vendors. Children and leashed pets are welcome. Admission: \$12 adults. **Corolla.** Call 252-453-9040 or visit www.whaleheadclub.com/events.php.

Hatteras Heroes: History and Mystery: Thursdays at 7 p.m. Hatteras Realty Avon office hosts historian Danny Couch with his multimedia storytelling presentation. Reservations recommended. **Hatteras Island.** Call 252-995-5466 or visit www.hatterasrealty.com.

Friday Night Music Series: Fridays from 7-10 p.m. at the Wine Sellar. Upcoming shows will feature Chris Palestrant, Ty Fleming, Abstract Vibe, Trigger Finger and more. **Elizabeth City.** Call 252-335-1163.

Audubon NC Free Birding Tours: Fridays from 9-11 a.m. Free guided tours of the Mason Inlet Waterbird Management Area. No registration required. Meet at the **Mason Inlet** information kiosk. Call 910-686-7527 or visit www.ncaudubon.org.

5th Annual Mayfaire "Music on the Town"

Concert Series: Fridays at 6 p.m. Mayfaire event lawn; coolers and picnics are welcome. Bring lawn chairs. **Wilmington.** Call 910-256-5131 or visit www.mayfairetown.com.

Morehead City Parks and Recreation Summer Concerts: Saturdays from 7-8:30 p.m. through Sept. 7 at Jaycee Park. Free. **Morehead City.** Call 252-726-5083.

Sunday Scene at Riverfront Park: Sundays from 4-8 p.m. City-supported Riverfront Park Arts and Crafts Fair, including music and food vendors. **Wilmington.** Call 910-251-0832 or e-mail: vpfoote@earthlink.net.

Sangria Sundays at Weeksville Vineyards: Sundays through Aug. 30 from 3-7 p.m. **Elizabeth City.** Call 252-330-2622.

Virginia Dare Faire: Aug. 18. The Elizabethan Gardens, The Lost Colony and Fort Raleigh National Historic Site join together to present special activities, cake and ice cream at the Elizabethan Gardens in celebration of Virginia Dare's 422nd birthday. Admission is free. **Manteo.** Visit www.elizabethangardens.org.

The Outer Banks Grand Old Opry Show: Aug. 18, Sept. 4 & 5 at 7:30 p.m. Call 252-261-7505 or visit www.outerbanksmusicshowcase.com.

Mulligan's Wake: Aug. 19, Sept. 2, 16 & 30 at 6 p.m. Mulligan's Wake is an interactive, portable dinner theatre coming to Roudabush Restaurant. Dress up or down for the funeral and be prepared to meet a crazy Irish-Catholic family while audience members interact with the cast. \$40 ticket includes show, dinner, tax and gratuity. **Wilmington.** Call 910-232-6611 or e-mail: mulliganswake@gmail.com.

Bloody Mary and the Virgin Queen: Aug. 19 at 3 p.m. A musical farce based on the relationship between Queen Elizabeth I and her half-sister, Mary Tudor takes place in Film Theatre, Roanoke Island Festival Park. Tickets required. **Manteo.** Call 252-475-1500 or visit online at www.roanokeisland.com.

Showcase Magic & Comedy Show: Aug. 19 & 28 at 7:30 p.m. The Outer Banks Music Showcase hosts illusionists Clive Allen & Tracy. Tickets: \$19.95 adults, \$18.95 seniors and \$7 children. **Kitty Hawk.** Call 252-261-7505 or visit www.outerbanksmusicshowcase.com.

Shepherd of the Ocean: Aug. 20 at 3 p.m. A comedy about Sir Walter Raleigh and Queen Elizabeth I takes place in Film Theatre, Roanoke Island Festival Park. Tickets required. **Manteo.** Call 252-475-1500 or online at www.roanokeisland.com.

Avon Art Show: Aug. 20 from 1-7 p.m. Location is at Hatteras Realty. Rain date is the following day. **Avon.** Call 252-305-0010.

Free Concert on the Beaufort Waterfront: Aug. 20 & Sept. 17 from 6-8 p.m. Sponsored by the Beaufort Business Association. Located at the clock by the Dock House. **Beaufort.** Call 252-504-3396.

Whalehead Summer Concert Series: Aug.

20 & 27 at 6:30 p.m. Bring blanket, lawn chair and leashed pets to the South Lawn at the Whalehead Club at **Currituck Heritage Park** to hear The Crowd on the 20th and Julie Clark on the 27th. Concessions available. Admission and parking are free. Visit online at www.whaleheadclub.org.

Toddler Time: Discover & Explore: Aug. 20 at 10 a.m. at the Port Discover Center. For ages 3-5. Tickets: \$5 per family. Reservations required. **Elizabeth City.** Call 252-338-6117.

Beach Jive after Five: Aug. 20 & Sept. 17 from 5:30-7:30 p.m. Bring chairs, blankets and dinner. Along with live music, the Access also features volleyball courts, picnic tables and restrooms. Alcoholic beverages prohibited. Located at the Western Ocean Regional Access (WORA). Sponsored by Emerald Isle Parks and Recreation. Free. **Emerald Isle.** Call 252-354-6350.

Ronnie McDowell Concert: Aug. 21 at Swain Auditorium. Radio Media Productions and the Swain Auditorium team up to bring you the Edenton Concert Series. Tickets: \$35 general admission and \$45 for reserved seats. **Edenton.** Call 252-482-2297 or visit www.radiomediaproductions.com.

Airlie Gardens Concert Series: Aug. 21, Sept. 4 & 18 from 6-8 p.m. Tickets: \$8 adults, \$2 children and free for Airlie members. **Wilmington.** Call 910-798-7700 or visit online at www.airliegardens.org.

Oakdale Cemetery Historical Tour: Aug. 22 & Sept. 19 at 10 a.m. Friends of Oakdale Cemetery will offer a series of historical walking tours of NC's oldest rural cemetery. No advance reservations. \$8. **Wilmington.** Call 910-762-5682 or visit www.oakdalecemetery.org.

Sportsfishing Clinic at the NC Aquarium: Aug. 22 at 2 p.m. Expert angler Dr. Bogus shares tips on surf fishing and pier fishing in a clinic at the NC Aquarium. Free with Aquarium admission or membership. **Pine Knoll Shores.** Call 252-247-4003.

Book Discussion & Signing with Michael Scott McNeil Jr.: Aug. 22 from 2-5 p.m. at Page After Page Bookstore. Free. **Elizabeth City.** Call 252-335-7243.

Haunted Evening Tour: Aug. 22 at 8 p.m. at the Attmore-Oliver House. Watch as mourners observe funeral customs of the South during the post-Civil War occupation. Meet the "spirit" of Miss Mary Oliver and hear about growing up in New Bern. Tickets: \$12 advance and \$14 at the door. Dinner packages at Chelsea Restaurant available. **New Bern.** Call 252-638-8558 or visit www.newbernhistorical.org.

Wine Down in the Country Nights, Theme: California Night: Aug. 28 from 6-8 p.m. at the Weeksville Vineyards & Cellars. Tickets: \$10. Reservations required. **Elizabeth City.** Call 252-330-2622.

Pleasure Island Free Summer Concert Series: Aug. 28 from 6-8 p.m. The Pleasure

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Island Chamber of Commerce hosts free summer concerts at the Fort Fisher Air Force Recreation Area located along the Cape Fear River. Bring a chair, blanket and food. No alcoholic beverages or pets allowed. Beverages on sale. **Kure Beach.** Call 910-458-8434 or online at www.pleasureislandnc.org.

Taste of Elizabeth City Street Party: Aug. 29 from 6-10 p.m. on Main Street. Admission: \$15 and \$10 for active military. Price includes food, drinks and entertainment. **Elizabeth City.** Call 252-338-6455.

Harbor Arts Festival: Aug 29-30. Saturday from 10 a.m.-7 p.m. and Sunday from 10 a.m.-5 p.m., enjoy a free arts festival on Main Street in downtown **Elizabeth City.** Call 252-338-6455.

Lumina Daze: Aug. 30 at 5 p.m. The home of the Wrightsville Beach Museum is celebrating its 100th birthday. Come to the Blockade Runner for activities, including the nostalgic showing of a silent movie on the beach, Buddy Skipper and the Jetty Jumpers, a cakewalk, face painting and a silent auction and raffle. **Wrightsville Beach.** Call 910-256-2569 or visit online at www.wb-museum.com.

Hatteras Village Invitational Surf Fishing Tournament: Sept. 3-5. **Hatteras Island.** Call 252-986-2579 or visit online at www.hatteras-onmymind.com.

First Friday: Sept. 4 from 6-8 p.m. Street festival. **Downtown Manteo Waterfront.** Visit online at www.firstfriday-roanokeisland.com.

Bark 2 School: Sept. 4 from 5-7 p.m. Costume contest with prizes, dog games and refreshments for dogs and their people. **Manteo.** Call 252-473-2094 or visit www.obx-puparazzi.com.

Labor Day Arts & Crafts Show: Sept. 5 from 10 a.m.-5 p.m. and Sept. 6 from 12-5 p.m. at the Beaufort Historic Site. Juried sale of arts and crafts of coastal artisans sponsored by the Carteret County Arts & Crafts Coalition. **Beaufort.** For more information E-mail: collier1505@embarqmail.com.

Bluez & Brewz Festival: Sept. 6 from 5-10 p.m. Outdoor Pavilion, Roanoke Island Festival Park. Roughly 100 different beers will be available to sample while enjoying performances by three blues bands. Bring blankets, chairs and dancing shoes. No coolers please. Tickets available at all Outer Banks Brew-Thru locations. A portion of all tickets sold will benefit the March of Dimes. **Manteo.** Visit online at www.bluezandbrewz.com.

Beaufort's 300th Anniversary Celebrations: Sept. 7-26. Beaufort celebrates its 300th anniversary with events throughout the month including a homecoming parade, boat building, coast guard demonstrations, traditional sail boat rides, boat maneuvering competition, ice cream social, dance concerts, shrimp boat parade and more. **Beaufort.** Call 252-241-1259 or visit www.crystalcoastnc.org.

5K Run & Mile Walk for Preservation: Sept. 10 at 7 p.m. This year the course is certified. As usual, runners will be timed and the first 500 participants will receive T-shirts. After the race enjoy a free water bottle and a pizza party. Registration: \$25 at HWF or Active.com. **Wilmington.** Call 910-762-2511 or visit online at www.historicwilmington.org.

Elvis Tribute Show: Sept. 11 at 7:30 p.m. **Kitty Hawk.** Call 252-261-7505 or visit online at www.outerbanksmusicshowcase.com.

Emerald Isle Summer 4v4 Beach Volleyball Series: Sept. 12 at 9 a.m. Tournaments take place at the Western Ocean Regional Access on Islander Drive. Registration is \$55/team. Pre-registration is required. Prize money will go to the 1st and 2nd place teams. Registration/roster forms may be downloaded at www.emeraldisle-nc.org/eiprd or picked up at the Emerald Isle Community Center. **Emerald Isle.** Call 252-354-6350.

8th Annual Art & Antique Walk: Sept. 12 at 10 a.m. See paintings, photographs, jewelry, sculptures and antiques from New Hanover, Pender and Brunswick counties. The event will be held on Front Street. **Wilmington.** Call 910-251-0727 or visit www.artandantiquewalk.com.

World War II Veterans Jamboree II: Sept. 12 at 10 a.m. Veterans and home front workers assemble and exhibit memorabilia, uniforms and photographs while swapping stories in an open-house setting. Sponsored by the World War II Wilmington Home Front Heritage Coalition and the Community Arts Center. Free, donations accepted. Refreshments available. **Wilmington.** Call 910-251-1788 or e-mail: JonesWD@aol.com.

Daughters of the American Revolution Constitution Day: Sept. 13 at 3:30 p.m. Please arrive at 3 p.m. to the Museum of the Albemarle. **Elizabeth City.** Call 252-335-7389.

MACU's Sunday Night Live: Sept. 13 from 5-7 p.m. Music, comedy, challenge and fun for local teens. Open to all youth 6th grade and up at the Mid-Atlantic Christian University, Davenport Chapel. Free. **Elizabeth City.** Call 252-334-2000.

Blackbeard's Pirate Festival: Sept. 16-19. Come to Kitty Hawk Kites for pirate history, storytelling, reenactments and shows. **Nags Head.** Call 252-441-4124 or visit www.kittyhawk.com.

Junior Museum Explorers: Sept. 15 from 3:30-4:30 p.m. at the Museum of the Albemarle. For ages 12-17. Learn about life during the Great Depression. Free. **Elizabeth City.** Call 252-335-1453.

History Tales: "Make It, Take It:" Sept. 15 from 3:30-4:30 p.m. at the Museum of the Albemarle. Free. **Elizabeth City.** Call 252-335-1453.

Atlantic Beach King Mackerel Tournament: Sept. 17-19. Atlantic Station Shopping Center. **Atlantic Beach.** Visit online at www.bluewater-promo.com.

Secret Garden Tour in Wilmington: Sept. 18-



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19 from 10 a.m.-4 p.m. Tickets: \$18. **Wilmington.** Call 910-762-0492 or visit online at www.latimerhouse.org.

The OBX Pro 2009: Sept. 18-20. Non-sanctioned Pro Event with a \$10,000-\$15,000 cash purse. The event will host 96 of the coast's finest surfers. Comfort Inn South, **Nags Head.** Register at www.waveridingvehicles.com.

Waterway 5K Run/Walk Event: Sept. 19 at 8 a.m. The race is championship timed by Kale Running and USA T&F certified. Located at Waterfront Park. Registration required. **Elizabeth City.** Call 252-384-4600 or visit online at www.waterway5k.org.

Emerald Isle's 4th Annual Day4Kids: Sept. 19 from 10 a.m.-2 p.m. Vendors, activities, games, face painting and more at the Emerald Isle Parks and Recreation Center. **Emerald Isle.** Call 252-354-6350.

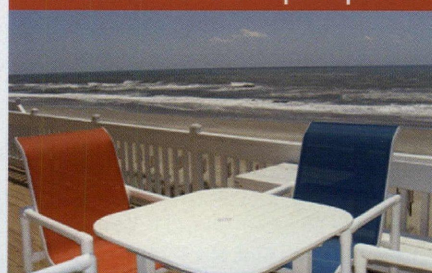
Down East FolkArts Society Concerts: Sept. 19 at 8 p.m. Clawson's Restaurant. **Beaufort.** Visit www.downeastfolkarts.org.

Day at the Docks — A Celebration of Hatteras Island Watermen: Sept. 19 from 10 a.m.-5 p.m. The commercial and charter fishing fleets will display their boats, skills, products and gear in a variety of competitions and demonstrations. Maritime-inspired games for children and fresh, local seafood will be featured in a chowder cook-off and cooking demos. Traditional wooden boats will be on site. Musical entertainment throughout the day. Blessing of the Fleet begins at 5:30 p.m. **Hatteras Village.** Visit www.dayatthedocks.org.

7th Annual Southern Coastal Bluegrass Festival: Sept. 19-20 at the Fort Fisher Military Recreation Area. Presented by the Thalian Association Community Theatre with the Children's Theatre. Bringing the flavor of the mountains to the beach. Tickets can be purchased at the festival or the Community Arts Center. **Kure Beach.** Call 910-251-1788 or visit online at www.coastalbluegrassfestival.org.

31st Annual YMCA Triathlon: Sept. 19 at 7 a.m. The largest race from Washington, DC, to Florida starts out with a 1500-meter swim, followed by a bike course over the Wrightsville

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drawbridge and a 5K run. **Wrightsville Beach.** Call 910-251-9622 ext. 224 or visit online at www.setupevents.com.

21st Annual Moth Boat Nationals Regatta: Sept. 19-20 from 10 a.m.-3 p.m. Free. **Elizabeth City.** Call 242-335-5530.

Fisherman's Post NC Flatfish Championship: Sept. 19-20 at 11:45 a.m. \$125 per boat before Sept. 6; \$150 per boat after Sept. 6. Over \$14,000 in cash and prizes to be awarded. No checkouts, no boundaries. Complimentary Captain's Party and Dinner. **Carolina Beach.** Call 910-452-6378 or visit online at www.fishermanspost.com/tournaments/nc-flatfish.

Albemarle Historic Roundtable: Sept. 20 from 2-3 p.m. at the Museum of the Albemarle. Free. **Elizabeth City.** Call 252-335-1453.

1st Annual Chamber Golf Tournament: Sept. 24. Located at The Pines at **Elizabeth City.** Call 252-335-4365.

Wine Down in the Country Nights, Theme: Spain Night: Sept. 25 from 6-8 p.m. at Weeks-ville Vineyards & Cellars. Admission: \$10. Reservation required. **Elizabeth City.** Call 252-330-2622.

Hobie Wave Atlantic Coast Championships: Sept. 25-27. This three-day regatta is part of the Hobie Wave National Series. Nor' Banks Sailing Center in **Duck.** For more information on registration, watching or chartering boats, call 252-202-6880 or visit norbanks.com.

Cape Fear Italian Festival: Sept. 26-27. Live music and entertainment along with Italian card games, bocce and more. **Leland.** Visit online at www.ihscapefear.com.

Great Strides Walk for Cystic Fibrosis: Sept. 26 at 9 a.m. at Charles Creek Park. **Elizabeth City.** E-mail: lnewinslow@yahoo.com.

Battleship Alive: Sept. 26 at 8 a.m. Watch and interact with WWII living history interpreters as they bring the ship to life by enacting daily duties and drills. Included with regular admission. **Wilmington.** Call 910-251-5797 ext 2046 or visit www.battleshipnc.com.

3rd Annual Flounder Surf Fishing Tournament: Sept. 26-30 & Oct. 1-10. Free registration (Aug. 26-Sept. 23) and prizes. All flounder must be caught by fishing on foot (surf, pier, inlet, sound) from Fort Macon to Emerald Isle. Sponsored by Emerald Isle Parks and Recreation and The Reel Outdoors. Call 252-354-6350.

Laura Martier Trio: Sept. 27 at 4 p.m. Featuring John Toomey on piano. Art Gallery, Roanoke Island Festival Park. **Manteo.** Call 252-475-1500 or visit www.roanokeisland.com.

Nagata Shachu: Sept. 28 at 8 p.m. at the UNCW Kenan Auditorium. Taking its name from founder Kiyoshi Nagata and "shachu" (an old term for a performing troupe), Nagata Shachu reinvents Japanese Taiko drumming. These drummers are also athletes and performers. **Wilmington.** Call 910-962-3500 for tickets or visit www.uncw.edu/presents. **MM**

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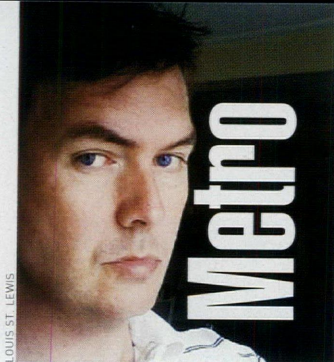
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Artist-at-Large

by Louis St. Lewis

FOR THE LOVE OF BEAUTY

These are crazy days, frightening days and exciting days, especially for artists. After all, we artists have chosen by our very nature to be in occupations with very few safety nets. Many have no real financial stability even in the best of times, so the roller-coaster ride of the economy can really play havoc with your nerves. It's easy to see why so many parents try to shy their children away from the possibility of becoming full-time artists. It's a hazardous road, but as one who is on it, I can state the view can be quite beautiful.

I recently had the opportunity to see a fantastic movie, *Valentino: The Last Emperor*. It is a wonderful film about the daily life of the couturier Valentino Garavani and his longtime business partner, Giancarlo Giammetti. Valentino came from nothing to amass a fashion empire that spans the globe, along with the assorted mansions, yachts, jets and lapdogs that go along with an extravagant life filled with great beauty. Valentino states many times in the movie that it is beauty that drove him to become a designer, a love of beauty from the day he was born. Watching the movie was inspirational to me because I truly think that beauty is what motivates most artists to live the lives they do. It is something so ingrained and innate that you can really do nothing else but follow the dream, even when it leads you into a professional life wrought with perils. The lure is that strong.

GALLERIES WITH VERVE

Equally traumatic can be the life of the gallery owner, who must lay out big cash to pay for space, promotion, utilities and, of course, the crap shoot of choosing the right artist to exhibit. Unfortunately, many galleries fall prey to the easy answer and show the blandest of artists who are popular with the lowest common denominator of the buying public. And while I certainly understand the need to keep the doors



Catherine Shuman-Miller, *Lotus 4*, woodblock print with gouache and wax resist

open, I think the best dealers are visionaries as well, willing to take on challenging art and showcase it to a new inquisitive public. Often the very enthusiasm of the dealer when showing a new artist can be enough to intoxicate a potential client. That is when a new collector is born and

gallery magic made.

Gallery magic is being made in Raleigh right now, or at least the cauldron is being set to make the magic soon. I have been to a few events at The Mahler Fine Art (www.themahlerfineart.com), and I absolutely love the space. Rory Parnell and

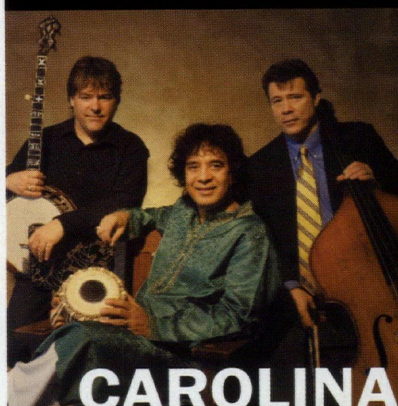
Megg Rader have really taken on this project with gusto — and it shows. Who would think that these two ladies, who also own The Collectors Gallery, would take a chance on opening a new space on Fayetteville Street? The space is modern, clean and elegant. It has a panache that immediately shines through, making it a pleasure to view the art on display. The styles range from the sedate to the scintillating, so there is something for just about everyone.

Equally inspiring is Flanders Gallery (www.flandersartgallery.com) where Kelly Flanders McChesney and associate director Marjorie Hodges are preparing to make the huge jump from their lovely gallery at 18 Seaboard Avenue to even bigger digs in the warehouse district. What I really love about this gallery is their commitment to dramatic and challenging contemporary art. If you are looking for a bland landscape, this is NOT the place to come. No café scenes, no jazz musicians, no bland salmon-colored abstracts, none of it, just great, edgy well-crafted art. They are the closest thing we have going to a traditional NYC gallery and it shows.

INTIMATE SCALE, DRAMATIC COLOR

To warm up the neighborhood, the owners have been exhibiting artists at Flanders 311, over on West Martin Street, which is where I came across the lovely works of Catherine Shuman-Miller and Ellen Gamble, who have been grouped together for an exhibition called "Guises." Miller's works, while intimately scaled, have a graphic presence and sensitivity to line that make them impressive, almost meditative with her use of ancient hand symbolism. Gamble excels in her explorations in color. Both ladies exhibit a professionalism and searching intellect that is readily apparent, exhibited in a space perfectly fit for the show. Many of you may recognize 311 West Martin as an art venue that has possessed many incarnations, from photographer Stephen Aubuchon's glamorous private studio back in the old days, to the imaginative and popular Glance Gallery from a few years ago. In addition to the front gallery, several artists now inhabit the back half of the building and collectively form a smaller version of an Artspace-type environment. Definitely worth visiting on a First Friday. **MM**

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10 YEARS OF METRO, EIGHT YEARS OF BETWEEN YOU AND ME

Salute!
Metro is 10 years old, and there is every reason to celebrate. I love this space, and I count visiting with you each month a unique pleasure.

Between You and Me is only eight. My first column ran in September 2001. I backed into it. Bernie Reeves asked me about writing a “regular” column, and after pondering it, I told him I didn’t think I wanted to do that. “Well, suppose you write an irregular column and if it’s regular, that will be OK.” I have written a piece for each issue since, and every column has been a joyful gig.

Sometimes friends have a favorite column they want to discuss. Having written almost 100 now, I find myself shuffling about and trying to remember details. Regardless, I am flattered they find something memorable. The great thing is that I — or you — can go to www.metroinc.com and pull any column up in just a few seconds.

I decided that for this anniversary issue, I would retrieve and share with you some of my favorite musings. I hope you enjoy reading these short passages as much as I enjoyed writing them.

One of my earliest columns was titled “Uncle John in the Collard Patch,” and folks still mention it on occasion.

UNCLE JOHN STEWART

Uncle John was old and wizened and totally ravaged by a lifetime of alcohol abuse. His eyes contained huge puddles of red-tinted fluid that ponded in his lower lids and miraculously hung there and refused to spill over. His eyes also had a mournful look — sort of like those of an aged, totally dissipated basset hound.

Miss Jane Cotton told me that one night she was at her mother’s house talking to her in the kitchen. They heard a commotion out back — somebody moaning and groaning and calling for help in a thin, frail voice. Her mother, old Miz Cotton, grabbed a broom and ran out the

back door, Miss Jane right behind her. It’s a fact that an Eastern North Carolina woman can kill copperheads and fend off hungry black bears with an ordinary house broom.

The noise was coming from Miz Cotton’s collard patch, and she was proud of those collards — all lined up, perfectly spaced, tall, gourd green, big around as a tub and not a worm on them. And there in the middle of her collards, lying on the ground, thrashing about, making awful noises and, worse still, tearing up Miz Cotton’s prize collards was Uncle John Stewart. He had taken a short cut home across her place, stumbled in the collard patch and couldn’t get up.

Miz Cotton, broom gripped in both hands in attack position, surveyed the sorry scene. Finally in total disgust, she said, “John Stewart, if you don’t stop drinking liquor you’re going to go straight to Hell.” She paused for one brief second, caught her breath and then added, “But Hell ain’t gonnah be half as bad as what’s going to happen to you if you ever git in my collard patch again!” And, with that, all 90 pounds of her lit in on Uncle John and flailed him good with the big end of the broom.

BUTTER BEANS

Between you and me, there are some things folks “who ain’t from here” can do to make assimilation into Down East society easier. Let’s start with butter beans — you know how important they are to our culture. Butter beans are in season only a few weeks and a pain to pick and hell to shell. When a host serves up a Down East dinner and tops it off with a huge bowl of steaming, fresh butter beans, she expects — indeed, deserves — lavish compliments on what in some parts of our nation might be considered rather ordinary fare.

Please, please don’t dare refer to them as “lima beans” or, worse still, as simply “limas.” Do it, and a host can thrust a butcher knife in your back, and no court in this state will convict her. If one does,

come election time, the governor will pardon her to make political points Down East. In some counties, the sheriff will not even come to the house, if called, and undertakers will refuse to handle the body of a person who has dis’d butter beans. So, right now, sit down with a pencil and lined paper and write 100 times, “I will never say ‘lima beans’ again.”

SHAGGING

There is the dancing thing. From eight to 80, we shag Down East — it’s genetic. The first time a 2-year-old hears the Atlanta Tams sing “Ramshackle Shack,” he will leap from his mother’s lap, seize a broom handle for a partner and execute perfect shag steps — all the while pretending to hold a cold Bud high above his head in his left hand. Old men, supposedly on their death beds, jump to the floor, grab their IV stands and shag the entire length of a hospital hall in a split-tail gown — executing intricate spins without once tangling their tubes — after hearing just a few lines of the Band of Oz singing “Sweet Carolina Girl.”

But if you ain’t from here, shagging is an acquired art. Keep in mind, it’s mostly about “Weejuns,” leather-bottom soles and sliding your feet. If your feet are leaving the floor, you aren’t doing it right. Don’t humiliate yourself by trying to shag in public until you have been certified proficient by the state-authorized waitress in too-tight jeans at a Waffle House or all-night diner.

MANNERS

Just down the road in Roxobel, NC, there is a gentleman named John CP Tyler, clerk of court in Bertie County. He, his wife and daughter, Marjorie, visited me in Washington, and we dined in high style at the University Club. During dinner, Marjorie — 11 or 12 or so — asked to be excused. John rose, stepped behind her chair and assisted her as she left the table. When she returned, he gave her a welcoming smile, stood as if royalty had

entered the room, slid her chair back and saw that she was seated comfortably again. I was embarrassed that I had not risen too.

These were simple acts — unconscious ones for him, I know — but those of a rare Southern gentleman who was reared in a home of uncommon hospitality and gentility. They impressed because there was no intention to impress. John is keeping the tradition of good manners and graciousness alive Down East and, by doing so, honoring the memory of his parents, Jack and Margaret Tyler, who presided for decades over the Tyler's ancestral home, Oaklana.

CORN MEAL DUMPLINGS

I was almost grown before I knew they were something special.

It was during my summer at ECU. I signed up for an Early American Lit course taught by an inspired teacher named Miss White — a frail, gentle lady who gave top grades for a minimum amount of work. She wore dresses with lots of material — rayon, maybe — that hung to her ankles and sensible shoes. She had long, bony arms that she flung about excitedly as she spoke, brand-new false teeth that she fought to keep in her mouth, hair that had never had a professional coifing, and a passion for American literature.

In Miss White's classroom, I sat on the front pew in fire breathing, Jonathan Edwards 17th century New England church, heard him preach *Sinners in the Hands of an Angry God*, and learned what Hell is all about — at least for the while. Later, I really learned what it was about during my first year of law school. It was in her classrooms one hot, muggy ECU morning that I discovered that food I had considered quite ordinary — corn meal dumplings — was really something extraordinary.

CARTWRIGHT STORE

A few miles east of Bath, NC, on Highway 92, you come to a crossroads, and the Cartwright store is on the right. It's been years since the last Nabs and Pepsi Colas were sold there, and its sign is faded and weathered. But the grounds around it are neatly kept, and vandals have spared it. The clapboard building with a shelter out

front where farm folks and watermen once lingered and talked about life and death, droughts, floods, fishing, crabbing — and maybe even the good plum and scuppernong wine made locally — is a landmark, and it helped me find my way to The Crab Ranch, owned and operated by Debbie Cutler.

When my friend Gregg Jamback and I reached the Cartwright store and jogged right down Kelly Road, I kept looking back over my left shoulder. In my mind was the country store — much like this one — that my Uncle George Leggett operated during the 1930s and '40s on Highway 17 in Bertie County near where the road runs into the cypress swamp and then takes you over the Roanoke River into Williamston. "You know," I said to Gregg, "I think I could be content now running the Cartwright store — selling hoop cheese, soda crackers and soft drinks, and holding court out front."

Revisiting eight years of *Metro* columns has been great fun. Between you and me, I wish I had another couple of pages I could fill with bits and pieces that for one reason or the other are special to me. **MM**

Metro Magazine

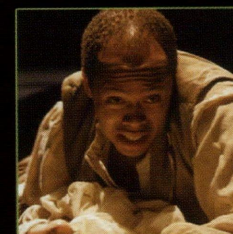
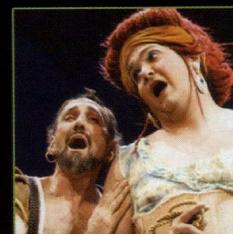
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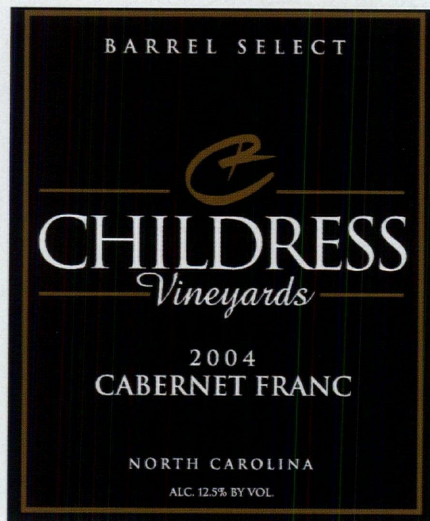
by Barbara Ensrud



OK TO CHILL REDS FOR SUMMER'S DOG DAYS

I find it hard to drink hefty reds in the sizzling heat of summer — so I don't much, unless they're chillable. This means I generally avoid big, tannic reds like young Cabernets, Syrahs, even certain Merlots and Pinot Noirs until cooler weather. Oaky, tannic reds don't take well to chill; at cooler temperatures tannins taste bitter — which is why the emphasis is on serving red wines at room temperature.

This British (and French) custom referred to serious reds, well-aged, brought up from chilly wine cellars, which ideally ranged from a low of about 48 degrees to 55 at the highest. Room temperatures in lofty English manors, however, weren't all that much warmer — often 60 to 66 degrees max. In this country we drink our reds at warmer temperatures because our rooms are warmer, 68 to 72 degrees or higher; some keep their thermostats at 75



degrees in summer and find it quite comfortable. But it's way too warm for wine.

Spending a very hot August in the Loire Valley one year, I discovered that local

restaurants chill their young reds just as they do white wines and dry *rosés*. Loire reds are made mostly from cabernet franc and pinot noir, neither particularly tannic (unless made in California), so a little chill makes them more refreshing — especially when you're eating outside. Every day we had lunch in one quaint Loire town or another, usually outside, the tables set under shade trees or umbrellas. If we ordered a meat dish, the wine would be **Chinon** or **Bourgueil**, perhaps **Sancerre rouge** (made from pinot noir), brought to us quite cold but soon merely cool as the wine warmed up in the mid-day heat. **North Carolina Cab Francs** (Childress, RayLen, Grove and others) are fruit forward and also take well to light chilling in summer.

WINE BUYS OF THE MONTH

Domaine Houchart 2008, Provence \$14

(featured on sale at The Wine Merchant in Raleigh for \$11.99). Long one of my favorites, this dry *rosé* has the charming fruit that makes these wines so perfect for summer and right into fall.

Bonterra 2008 Dry Rosé, \$12.99.

Made from organically grown grapes in Mendocino County, CA, this bright, crisp pink is one of the best made in the US, and can nicely handle a variety of summer foods, including **grilled chicken, sausages and hot dogs, smoked ham, turkey or salmon.**



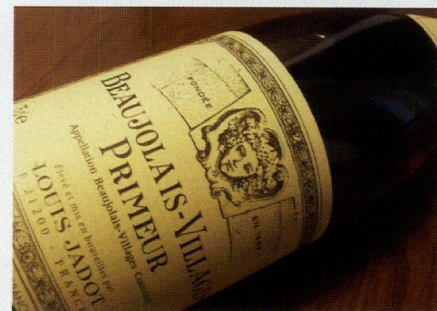
Tavel La Rouvière 2008, \$17.99, Rhône Valley. Tavel is historic, possibly the very first

rosé made anywhere as such and centuries ago. Made in the classic *saignée* method — bleeding off the fermented juice from red grapes (mostly Grenache) just at the point when it has picked up pink or coral hues — Tavel is quite dry and often more full-bodied than other *rosés*, allowing it to accompany heartier foods. Also look for these '08s: **Château Ségriès, Pelaquié and Trinquedel.**

Pink Wine & Pig Pickin' — 3CUPS, the wine, coffee and tea merchant in Chapel Hill, will host this event on Aug. 23, a summer block party that will feature a selection of **dry pink wines** to go with food from Cane Creek pig farm, The Barbecue Joint, and Neal's Deli hot dogs (best in the Triangle!).

There will be music and LocoPops dessert popsicles, all for \$30 in advance, \$35 at the door.

For more information: 919-968-8993.



Beaujolais is another great summer red, too often overlooked these days. I always pop Beaujolais and **Beaujolais-Villages** in the fridge a good half hour or so before drinking — summer or winter. It accentuates the berryish fruit and makes it more appealing. Try it with the 2008s that are starting to appear in wine shops this month.

DRY PINKS

My favorite warm weather wine, of course, is dry *rosé*; I keep a good stock on hand all summer and replenish it often. These wines work terrifically well with summer foods, from fish to smoked meats

like ham, turkey or duck, to grilled sausages, fried chicken, sushi — and they are delightful just to sip on their own. They make the perfect aperitif, especially with appetizers like smoked salmon, goat cheese or other savory snacks. Some that I've especially liked: Jaboulet Parallele 45, Domaine Houchart (see box), Tavel, Côtes de Provence — there are literally dozens out there in wine shops.

KUDOS FOR NORTH CAROLINA WINES

Raffaldini's 2008 Vermentino, from the Swan Creek appellation in the Yadkin Valley, was chosen as one of the American wines that will soon be presented to Italy's President Giorgio Napolitano. The wines, in a handcrafted wooden box, are made by Italian heritage families and include some of the outstanding producers of wine in the US, including Leonetti (WA), Barbourville (VA), Ponzi (OR), Martinelli and Seghesio (CA).



well as neighboring parts of Caswell, Chatham, Guilford, Orange and Rockingham counties. There are over 500,000 acres within the 868 square miles of the new AVA and six wineries: **Benjamin Vineyards, GlennMarie, Grove Winery, Iron Gate Farm, Silk Hope and Wolfe Wines.**

Currently, there are only some 60 acres under vine, but the new designation will undoubtedly create more interest in the region for vineyards, and there is plenty of room to grow. The region, which drains into the Haw River watershed, was largely planted to tobacco, soybeans and some cotton in the past. A few such stands remain, but the area's trails and historic spots are popular with tourists and bikers.

Warmer here than farther west for winegrowing, the Haw River Valley seems especially promising for red varieties such as cabernet sauvignon, cabernet franc and malbec. "We seem particularly



DUPLIN WINERY

Rose Hill, North Carolina

suited to such southern European grapes as malbec, sangiovese and tempranillo," said Max Lloyd, founder and owner of Grove Winery. "We're even experimenting with nero d'avola (native to Sicily)."

The warm weather and longer growing season allows the grapes to ripen well — particularly in great vintage years like 2007. Grove quickly sold out of its 2007 Tempranillo (the grape used for fine reds in Spain). I was impressed by the 2007 Cabernet Franc and Cabernet Sauvignon, both of which had firm, flavorful fruit and excellent balance. Grove also makes a delightfully fruity Nebbiolo.

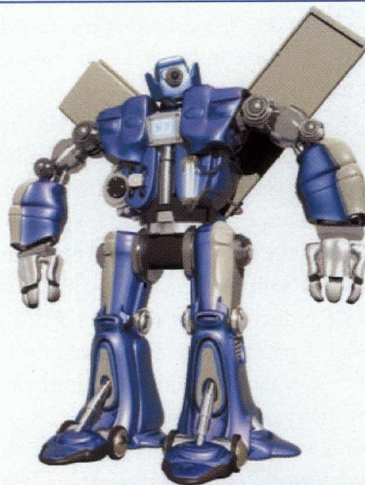
The Haw River Valley is the winegrowing area closest to the Triangle. Google the "Haw River Wine Trail" for directions to wineries, festivals and winery events. MM

I've no doubt that Signor Napolitano will be impressed with the Vermentino, since I find this wine to be one of North Carolina's best homegrown white wines. It is appropriate, too, coming from the Raffaldini family, whose roots go back several centuries in Italy. Further, the vermentino grape is native to the island of Sardinia off the Italian coast, where it makes a bracing dry white with minerally accents — a hallmark of the Raffaldini Vermentino as well. The wine goes on sale at the winery this month.

Duplin Winery was awarded the Hot Brands designation by Impact, the national wine and spirit newsletter based in New York. Duplin's sales of muscadine wines has grown rapidly, ranking it among the 100 top-selling brands in the US alongside the likes of Kendall-Jackson, Gallo and Beringer.

NC'S NEWEST AVA

Our newest American Viticultural Area (AVA), an official appellation awarded by the US government, is the Haw River Valley. It is the largest after Yadkin Valley, encompassing all of Alamance County, as

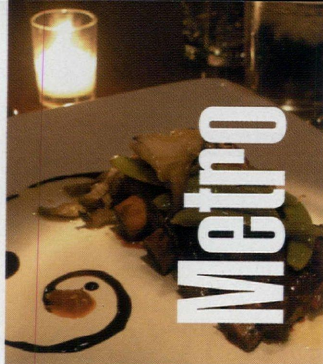


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Gourmet

by Moreton Neal

Locavore's Pantry:

ENJOYING THE PLEASURES OF LOCALLY PRODUCED FOODS AND SAUCES

Since I write about food, “locavore,” is a word I appreciate and use often. It’s a whole lot simpler than saying, “someone who eats food grown or produced locally or within a certain radius...”

By definition, we would assume the locavore’s diet consists almost exclusively of fresh produce and meats. After all, locally grown food is fresher than trucked food, warehoused and/or preserved — and isn’t freshness the point, both for flavor and health?

I aspire to be a locavore, yet even in the apex of the growing season, there are certain things that can’t be plucked from a stalk or purchased from a nearby farmers’ market booth.

My understanding of the term broadened recently when a friend bought several packages of something I’d never heard of before: Chapel Hill Toffee. “Best candy ever,” she insisted as she loaded up a box full to take to friends in Charleston.

Curious about other local products with a long shelf life, I talked to one of the Triangle’s most respected foodies, Joyce Fowler, the former chocolate buyer for A Southern Season. Fowler introduced me to a dozen bottled and packaged goodies, raising my consciousness and my enthusiasm for

preserved foodstuffs made by Triangle culinary artisans.

We have seen them around without noticing where they came from. Cackalacky Sauce, Zing Sauce, Foster’s Market Seven Pepper Jelly, Mama Dip’s barbecue sauce and cornbread mix, La Farm’s granola, and Jim’s Famous barbecue sauces are just a few of the items Fowler pointed out. These products are available at gourmet stores and groceries in the Triangle and online. Farmer’s Daughter jams and preserves are my latest addiction, available now only at Carrboro Farmers’ Market and 3CUPS, but I’m hoping owner April McGreger will follow the example of Foster’s Market and Mama Dip and ramp up production in the near future.

Here are three of our favorites:

ESCAZU CHOCOLATE BARS

Escazu Artisan Chocolates is a small shop selling truffles and other

handmade bon-bons on the foodiest street in Raleigh, Glenwood Avenue. The company was founded in 2003 in Beaufort, NC, by Hal Parson and Robert Henkens, passionate chocolatiers who use cocoa beans grown in Venezuela and on farms near the town of Escazu, Costa Rica.

After its successful move to the Triangle, Escazu’s artisans began to think outside the shop and increased staff to produce chocolate hardy enough to sell online and through other outlets. Flavors include chocolate mixed with chili and pumpkin, with sea salt, with coffee beans and several other intriguing combinations. For the most discriminating connoisseurs, Escazu also makes four different bean-to-bar or “single origin chocolate bars,” pure chocolate made with emphasis on the unique flavor produced by the earth where the cacao beans are grown — the equivalent of *terroir* in wine parlance.

These remarkable chocolate bars can be found in the Triangle at the Escazu shop at 610 Glenwood Ave., at Whole Foods Market, Earth Fare, A Southern Season, LocoPops and through the Web site www.escazuchocolates.com.

PLUTO’S CARIBBEAN SEASONINGS

When Pluto Richards, lead singer of the band Plutopia, arrived in the Triangle area in 1990, he missed the flavors of his native Jamaica. At a loss for store-bought spice mixtures, he began mixing his own, aiming to recreate the island seasonings he craved.

Richards’ experiments were so successful he shared the results with a friend, Robert Marath. After one bite of jerk chicken made with one of the mixtures, Marath gushed, “This is Caribbean bliss!”

Marath and Richards eventually formed a partnership to manufacture Pluto’s Jamaican Seasonings, including the signature jerk spice mixture dubbed, naturally, “Caribbean Bliss.”

Now you can find all four of the Bliss blends, in addition to the Paradise Potion marinades and other jerk sauces, in gourmet stores or through their Web site www.plutosinc.com. The site includes recipes for using the condiments — the ever popular jerk chicken, turkey and several veggie dishes, including Pluto’s potatoes and Blissful beans. Try them and you will understand why the subtitle on each label reads, “Jamaica in a Bottle.”



DAVID GOUGH

KERALA CURRY SAUCES AND CHUTNEYS

It was love at first bite. After I tasted Kerala Curry Tomato Chutney at a grocery display, I filled up my cart with this extraordinary condiment and, on faith, the company's other curry sauces. I hadn't a clue where Kerala Curry was based, but after unloading my bounty at home, I discovered these products were made just down the road in Pittsboro, NC, by a couple originally from southern India, Ann and Rollo Varkey.

I found I'm not the only person smitten with this stellar tomato chutney. It won the Sofi Award for "outstanding condiment" at New York's Fancy Food Show last year. The Sofi is the specialty food industry's version of an Oscar, its highest honor.



I imagined (and later tried) the chutney on meatloaf, grilled chicken, with cream cheese and crackers, with fried catfish, on a hamburger and even with French fries. This may be the world's most versatile condiment, I thought as I threw the old ketchup bottle in the trash.

But the chutney's natural affinity is for Indian food. That evening I improvised a quick curry to go with it, resulting in a delicious dinner that bears repeating ... as long as the tomato chutney holds out.

Easy Kerala Curry Dinner

Lamb Curry

- 1-2 Tablespoons vegetable oil
- 1 pound lamb shank or shoulder, cut into one-inch cubes
- 3 carrots, peeled and cut into one-inch slices
- 1 medium yellow onion, chopped roughly
- 2 cloves garlic, sliced
- ½ jar Kerala Curry "Kera" Curry Sauce
- ½-1 cup water
- Salt and pepper to taste

In a large sauté pan, cook lamb and onions together in oil until soft and browned. Add carrots and garlic, cooking for a few minutes

longer. Add the Kera Sauce and ½ cup or more water (liquid should almost cover the meat and veggies). Simmer for a half hour or more until the lamb is tender. Add water, if needed, as liquid evaporates. Add salt and pepper.

Serve on basmati rice (I added a cinnamon stick to the rice before cooking).

Roasted Cauliflower and Potatoes

- 2 Tablespoons vegetable oil
- 1 large potato, preferably Yukon Gold
- ½ head cauliflower
- 1 teaspoon garam masala
- Salt and pepper to taste

Pour the oil into roasting pan. Add one potato, peeled and cut into small chunks, and one half of a head of cauliflower, broken into florets. Sprinkle with salt, pepper and garam masala to taste and mix, lightly coating the veggies with oil.

Roast in a 400 degree oven for 45 minutes or until soft.

Serve the lamb, rice and vegetables with raita (the traditional yogurt sauce — I use plain yogurt mixed with finely chopped cucumber, chopped fresh mint, salt and a pinch of ground cumin) and, of course, Kerala Curry's Tomato Chutney!

NIBBLES

This month, enjoy the culinary splendors of the **fourth Euphoria Festival**, "a higher state of food, wine and music," in Greenville, NC. Among the well-known guest chefs scheduled to appear Sept. 18-20 are Scott Crawford from Herons in Raleigh, Frank Stitt from Highlands Bar & Grill in Birmingham, AL, Guy and Franck Savoy from Guy Savoy, Paris, and Tim Graham from Tru in Chicago. For more information, go to www.euphoriagreenville.com.

Vinnie's Steak House & Tavern in Raleigh will hold a wine dinner featuring Silver Oak Cellars on Thursday, Sept. 3. The five-course dinner will feature creations from Vinnie's executive chef, Tom Armstrong, paired with Silver Oak's flagship Cabernets and a Pinot Noir and Merlot from its sister winery Twomey. Reservations are available at www.vinniessteakhouse.com or by calling 919-847-7319.

On Wednesday, Sept. 23, **The Old Granary Restaurant** at Fearrington Village will initiate a series of special "Evening Out Dinners" featuring three-course menus created by Chef Stephen Amos for \$30 per guest. For an additional \$15, each guest's dinner may be paired with wines selected by Fearrington Wine Director Maximilian Kast. For reservations, link to www.fearrington.com.

Restaurant Eden, featuring "regionalized American cuisine," according to Chef/Owner Adam Smith, just opened in the old Starlu location at 3211 Shannon Road in Durham. Smith's experience includes stints at restaurants throughout the Triangle, including George's Garage and Raleigh's North Ridge Country Club.

The Triangle's third **Ruth's Chris Steak House** will open this month at Durham's Southpoint, 7007 Fayetteville Road. For reser-

variations, call 919-361-0123 or link to www.serioussteaks.com.

Tandoor Indian Restaurant in Chapel Hill has had a colorful face-lift and has become a uniquely festive venue for Northern Indian food. Each Wednesday the restaurant holds a special "Bollywood night" featuring Bollywood music videos. Tandoor is located at 1301 E. Franklin St., Chapel Hill. Call 919-967-6622 for reservations.

Every Friday evening, **Shula's 347 Grill** at Chapel Hill's Sheraton Hotel invites you to "Friday Music on the Terrace," with live jazz, \$5 martinis and wine, and a selection of the restaurant's best appetizer specials.

Formerly Cindy's House Café, **Chatham Street Café & Catering**, located at 140 E. Chatham St. in Cary, now serves full-service lunch, brunch and dinner. The café's menu still offers some of the favorites from Cindy's, along with new ideas created by new owner Gayla Bonke's "new eclectic American" repertoire. For a full menu, visit www.chatham-streetcafe.com.

Downtown Chapel Hill's latest eatery, **R&R Grill** just opened for lunch and dinner at 137 E. Franklin St. Owned and operated by father-son team Rob and Ross Moll, R&R features traditional American cuisine with menu items such as slow-cooked St. Louis ribs, home-ground burgers and gourmet flatbread pizza. A late night menu is available until after midnight. For more information or to preview the menu online, visit www.rnrgrill.com. For reservations, call 919-240-4411.

A new vegetarian restaurant has opened in University Square in Chapel Hill. Butternut Squash's owners lured Chef Andrew Gentry from Asheville to create a diverse menu of vegan and vegetarian specialties in the former Bon's dining room, 133 E. W. Franklin St. Call 919-929-8199 or go to www.butternutsquashrestaurant.com for menu and hours.

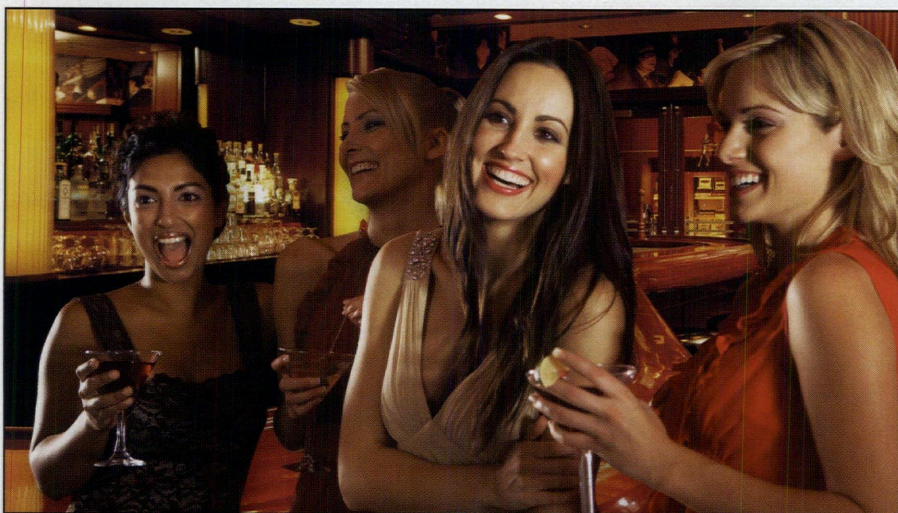
Durham author Ann Prospero's long-awaited *Chefs of the Triangle: Their Lives, Recipes and Restaurants* will be out in

September. Prospero has written profiles of both established and up-and-coming chefs from our area and edited recipes from each chef for home cooking. She will be reading at McIntyre's Fine Books at 2 p.m. on Sunday, Sept. 27. Joining Prospero will be Fearington House Restaurant Executive Chef Colin Bedford, who will share both his cooking experiences and his food. In Raleigh, Quail Ridge Books will host Prospero and guest chefs at "An Evening to Delight Foodies" at 7:30 p.m., Sept. 24.

You can honor restaurateur and cookbook author **Mildred Council** at "Mama Dip's 80th Birthday Celebration Fundraiser," September 20 at Fearington Village. The event will raise funds for "Share the Love" at Triangle Community Foundation.

Information and reservations are available at www.trianglecf.org/sharethelove

Watch for *The Chapel Hill Food Lover's Guide* by yours truly, Moreton Neal, available at local bookstores by mid-September. **MM**

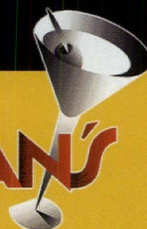


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RESTAURANT GUIDE

RALEIGH/CARY

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

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

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

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

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

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

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

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

BONEFISH GRILL — 4421-112 Six Forks Rd., Raleigh. 782-5127. Specializing in market fresh fish and seafood cooked over a wood-burning grill. Eight or more fresh fish selections daily, paired with original toppings. ½ price appetizers from 9 p.m.-10 p.m. every night. Live music Thursday nights from 9 p.m.-11 p.m. Bar and outdoor patio dining available. Located at North Hills. M-Th: 4 p.m.-10 p.m., F-Sat: 4 p.m.-11 p.m., Sun: 4 p.m.-10 p.m.

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.

COQUETTE BRASSERIE — 4351-119 The Circle at North Hills, Raleigh. 789-0606. www.coquetteraleigh.com. Raleigh's first authentic French Brasserie featuring traditional fare, an exclusive French wine list and the best beers and classic French cocktails. Open air restaurant made possible by giant doors that open when the weather is just right. Mon-Thurs: 11 a.m.-10 p.m., Fri-Sat: 11 a.m.-11 p.m., Sun: 10 a.m.-10 p.m.

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.

FIREBIRDS ROCKY MOUNTAIN GRILL — 4350-118 Lassiter at North Hills Ave., Raleigh. 788-8778. A unique style of American cuisine that originated in Aspen Colorado. Open-flame grilled steaks, herb roasted prime rib, fresh seafood, hearty pasta, awesome burgers and giant salads served in a cozy, comfortable setting. Bar and outdoor patio seating available. M-Th: 11 a.m. - 10 p.m., F-Sat: 11 a.m. - 11 p.m., Sun: 11 a.m. - 10 p.m.

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. The longtime favorite in the Triangle, five-time Metro Bravo winner for Power Lunch. Head Chef John Wright continues to discover new takes on Contemporary Southern. Now offering *even More for Less: \$50 Dinner for Two*, six nights a week. Appetizer or salad to share, two entrees, dessert to share and a bottle of wine. For lunch, Monday-Friday: *Two for \$12*: Choose appetizer or salad with Main Course. Available for private parties on Sundays. Visit us at glenwoodgrill.com.

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

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

HOT POINT CAFE — 4209-136 Lassiter Mill Rd., Raleigh. 788-8240. A contemporary American café known as Midtown Raleigh's "neighborhood café" serving traditional breakfast and Mediterranean-influenced lunch and dinner. Famous for their California-style pizzas, sandwiches and house-baked focaccia. Wine and beer served. Outdoor patio dining available. Located at North Hills. M-Th: 7 a.m.-9 p.m., Fri: 7 a.m.-10 p.m., Sat: 8 a.m.-10 p.m., Sun: 8 a.m.-9 p.m.

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

and an emphasized Spanish and Latin American wine list available.

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 entrees. "Best Brunch," "Best Eggs Benedict," "Best Bloody Mary," *Metro Magazine*. Private dining available in the Balcony at the Pig. Lunch M-F, Brunch Sat & Sun, Dinner Tues-Sat.

OLIVER TWIST — www.theolivetwistlounge.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 Q-SHACK — 4120-135 Main at North Hills St., Raleigh. (919) 786-4381. Locally owned and operated, specializing in Western Carolina and Texas-style BBQ, salads and sides made from local, farm-fresh ingredients, 100% locally raised, hormone-free pork, chicken, turkey and beef. Catering and delivery. Outdoor sidewalk seating available. M-Th: 11 a.m.-9 p.m., F-Sat: 11 a.m.-10 p.m., Sun: 12 p.m.-8 p.m.

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.

RUTH'S CHRIS STEAK HOUSE — 4381-100 Lassiter at North Hills Ave, Raleigh. (919) 791-1103. New Orleans-inspired appetizers, aged USDA Prime steaks, fresh seafood, signature side dishes and homemade desserts served with genuine hospitality. Among the most distinctive dining destinations in the area. M-Th: 4 p.m.-10 p.m., F-Sat: 4 p.m.-11 p.m., Sun: 4 p.m.-9 p.m.

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. 881-8333-2888. 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 ambience 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.

VIVACE — 4209-115 Lassiter Mill Rd., Raleigh. 787-7747. www.vivaceraleigh.com. Tuscan-inspired Italian restaurant featuring Chef Jeremy Sabo's signature style in an upbeat, hip environment. Consecutively voted "Top 20 Best Restaurants" in the Triangle. Italian wines and house-made limoncello. Bar and outdoor patio dining available. Located at North Hills. M-Th: 11 a.m.-10 p.m., F-Sat: 11 a.m.-11 p.m., Sun: 11 a.m.-9 p.m.

WINSTON'S GRILLE — 6401 Falls of the Neuse Rd, Raleigh. 790-0700. www.winstonsgrille.com. A Raleigh landmark for over 22 years; there's a perfect spot for everyone and every occasion. A combination of great food, fantastic service, and friendly atmosphere makes us a value place. Bread, desserts and cut meats are prepared and made fresh daily. Try our fine

American cuisine, relax in the bar with our award winning Crab Dip or Bloody Mary's and enjoy beautiful, outdoor patio dining in the warmer months. M-Thu. 11 a.m.-10 p.m., Fri. 11 a.m.-11 p.m., Sat. 5 p.m.-11 p.m., Sun. 11 a.m.-10 p.m.

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

DURHAM/APEX/MORRISVILLE

CAFÉ 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 menus change seasonally to highlight the best products from local and regional farms.

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

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

PENANG - MALAYSIAN, THAI & SUSHI — 431 W. Franklin St, Chapel Hill. 919-933-2288. Online at www.penangnc.com. Surprising balance of Southeast Asian spices and fruits. Intriguing menu based on family recipes, with curries, noodles, soups and sushi. Attractive, open atmosphere, vegetarian options and weekday lunch specials. "4 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 4-6 p.m. Lobsters are Market price on Monday nights.

BEYOND THE TRIANGLE

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

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

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

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

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

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

FISHTALES WATERFRONT RESTAURANT — 232 W. Beaufort Rd. Beaufort 252-504-7263. www.fishtalesdining.com. Our open-air waterfront restaurant offers phenomenal sunset views, a laid-back attitude and entertainment. Sample the local flavor with outside dining and come enjoy the simple Coastal Carolina-inspired fare and unmatched service.

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.



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right using the Internet to slowly tear down the left's reputation as the exclusive haven of intellectual thought."

Reeves has contributed nearly 20 opinion pieces on national interest to IC since September 2007. **MM**

Chance To Help Heroes

The North Carolina Heroes' Fund Gala is slated for Saturday, Aug. 29, at the NC Guard Armory in Morrisville. The fund was created in January 2007, to aid men and women specifically from North Carolina — or those serving at one of North Carolina's many military installations — many returning from ac-

tive duty facing difficult transitions and financial hardships.

Efforts are primarily centered on family support as a direct result to their service overseas. In addition, the group assists with the continued education of military dependants.

Call Joyce Kohn at 919-210-3829 or jkohn@kohnassociates.net and visit online at www.ncheroes.org to learn more and to contribute. **MM**

Raleigh Hall of Fame

The ceremony for the 14 inductees for the 2009 Raleigh Hall of Fame will be held on Thursday, September 24, 2009 from six to nine PM at the Raleigh Convention Center.



Metro Fiction Editor Art Taylor's short story "A Voice From The Past" was published in the August 2009 edition of *Ellery Queen Mystery Magazine*. The piece traces the relationship between two boarding school graduates who meet in later life. Secret resentments from the past arise to create a suspenseful story with a surprise ending. Go to www.metroinc.com for Art Taylor's Blog.

The Breeders' Cup has selected The V Foundation for Cancer Research as its primary nonprofit beneficiary for the 26th running of the Breeders' Cup World Championship Nov. 6-7 at Santa Anita Park in Arcadia, CA.

David Hill, assistant professor of architecture at North Carolina State University's College of Design has received Triangle Modernist Houses' first Macon Smith Research Grant to support research into Modernist architecture and architects who practice in the Raleigh/ Durham/Chapel Hill region of North Carolina. Hill will use his grant to travel to Oakland, CA, where he will interview Modernist architect George Matsumoto.

The 7th annual Gail Parkins Memorial Ovarian Cancer Walk & 5K Run takes place Saturday, Sept. 26, at Sanderson High School in Raleigh. The event includes a demonstration by the Gymcarolina Competitive team gymnasts, a shopping marketplace, a silent auction and the appearance of Kristen Dalton, Miss USA 2009. Proceeds go to the Ovarian Cancer Research Fund at Duke University Medical Center. Go to www.ovarianawareness.org for more.

Gerhard L. Weinberg, William R. Kenan Jr. Professor Emeritus of History at The University of North Carolina at Chapel Hill, was awarded The Pritzker Military Library Literature Award for lifetime achievement in military writing. Go to www.pritzkermilitarylibrary.org for more.

The proposed **Museum of Durham History** has gained assistance from the *Connecting to Collections Bookshelf*, a core set of conservation books and online resources donated by the Institute of Museum and Library Services (IMLS). IMLS is the primary source of federal support for the nation's 123,000 libraries and 17,500 museums. The proposed Museum of Durham History was one of 900 institutions awarded a grant in a nationwide competition.

The Z. Smith Reynolds Foundation of Winston-Salem has awarded a three-year, \$330,000 grant to the North Carolina Coastal Federation to support programs that engage citizens in protecting and restoring coastal water. Go to www.nccoast.org for more.

North Carolina's Eastern Region (NCER) implemented the second upgrade to its Geographic Information System (GIS)-based tourism Web site (www.visitnceast.org) unveiled one year ago with planned phased-in upgrades. To view NCER's Business and Tourism finder Web site, visit www.visitnceast.org.

Raleigh's North Hills shopping complex is providing free wireless Internet access for shoppers, diners, residents, hotel guests and employees. Instructions are available at North Hills businesses located near Wi-Fi hot spots. Visit www.northhillsraleigh.com for more.

The 4th Annual Jimmy V Racquets for Research fundraising event will take place Aug. 15 at Raleigh Racquet Club. Tennis professionals, including Don

Mayor Charles Meeker will present the awards and WRAL's Bill Leslie will serve as the emcee.

2009 Raleigh Hall of Fame Inductees are: Sherwood H. Smith; Jr, Mabel J. Dorsey; Dr. Powell Graham "P.G." Fox Jr; Clarence Everett Lightner; James Marion Poyner; Karl Grier Hudson Jr; Margaret Rose Murray; Victor E. Bell; Jr. Cyrus B. & Carolyn S. King; Richard Alexander Urquhart; Jr, Betty Lee Tiddy Moore & C. Durham Moore Jr; Rotary Club of Raleigh; and the YMCA of the Triangle, Inc.

Jane Simpson McKimmon will be honored with induction into the Centennial Hall of Fame. **MM**

Johnson, Tim Wilkison, Tom Gullikson and Jared Palmer are scheduled to attend and will play in a ProAM exhibition following tournament play. Proceeds from the event will benefit local cancer research projects. To register, visit www.reg-online.com/racquets.

The Raleigh Convention Center has installed access to AT&T's 3G network via the addition of an in-building system inside the convention center.

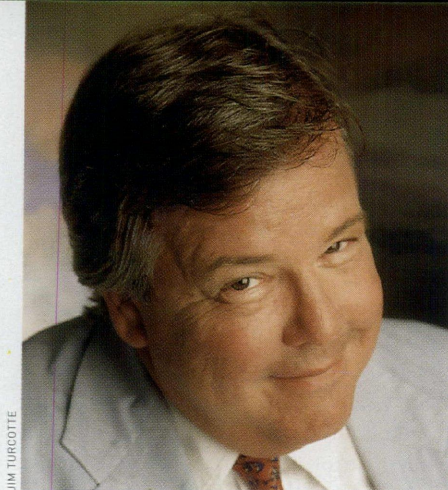
Vernacular Studio (www.vstudio3.com), a Raleigh-based architecture and interiors firm, has received an Award of Merit from the American Institute of Architects, Virginia Chapter and Inform magazine for its interior design of 101 Lounge + Café (www.101raleigh.com) in downtown Raleigh. The awards recognize design excellence in the mid-Atlantic region and are judged by an independent group of Florida-based architects.

The North Carolina Museum of Art building temporarily closes beginning Monday, Sept. 7, for approximately seven months before the grand opening of the Museum expansion, a new 127,000-square-foot gallery building for the permanent collection, scheduled to open mid-April 2010. Go to www.ncartmuseum.org for more.

APPOINTMENTS

Chris Bingham, president and CEO of Riley Life Industries, Inc in Durham, was appointed to Nourish International's (www.nourishinternational.org) Board of Directors, the nonprofit organization that seeks to eradicate poverty by engaging students and empowering communities.

WakeMed Health & Hospitals has named **Gail Sturtevant**, RN, MSN, NEA-BC, to the new position of executive director of nursing for WakeMed Cary Hospital. Sturtevant currently serves as the director of operations for the Heart Center on the WakeMed Raleigh Campus. Go to www.wake-med.org for more.



My Usual Charming Self

by Bernie Reeves

BANISH THE BBC

The greatest danger to world security and sanity is not pan-Islamic terrorism, nuclear proliferation, Democrats or swine flu. It's the British Broadcasting Corporation (BBC), specifically the state-owned network's World Service on radio and television, that is targeting the US with a ramped up presence on the BBC America cable channel and regular broadcasts via National Public Radio.

For decades BBC News was proper and unaffected without the melodrama infecting media today. Alas, that is hardly the case now. The UK has fallen to the forces of mediocrity commensurate with the "leveling" of society that ignores achievement and emphasizes self-esteem.

In this environment, BBC News has descended into a hellish amalgam of political sloganeering, maudlin programming and incessant interviews with the least important people on earth: beggars in Calcutta, washerwomen in Yemen, cannibals in New Guinea, victims of genocide in Africa are the standard for man-and woman-on-the-street opinions. Obviously, the BBC fully subscribes to the manifesto of victimization that relies on sources with the least investment in the modern world.

But worse, the great leveling has banished "received pronunciation," proper accents used by announcers until the 1990s. The new voices are often impossible to understand, bawling in Glaswegian, Midlands and Yorkshire accents. These annoying on-air personalities also bring attitude. Government officials are assaulted with accusatory insults; economists and scientists (unless they share the BBC party line) are treated like gangsters by this artificially empowered media elite.

Although excellent reports from remote regions filter through, BBC reporting consistently selects trivial and politically charged subject matter, creating an atmosphere supine to agendas. And that is why the BBC has become a danger to the world. Deep in the

bowels of Broadcasting House in London are the hidden producers who pull the levers of the news-making machinery, delivering dispatches to their swaggering on-air factotums that global warming is fomenting the end of the earth's existence.

Underneath the hourly news bulletins, there is a steady output of stories on the impending disaster. Obviously, the BBC opinion mongers adhere to the new school of thought that earnestly believes global warming is caused by mankind, not by natural forces and cycles. This dogma suffers no objectors. Man is the culprit, and Western capitalism is the engine destroying planet earth.

One BBC World Service program asks listeners to confess their environmental sins. Responses include: "I didn't recycle this week"; "I increased my carbon footprint by driving more than I intended"; "I am purchasing too many consumer goods"; "I flew on an airplane that filled the atmosphere with jet fuel"; and on like that. In one episode of this trying program, the host switched to an interview with a mad scientist type, part of an activist group in the UK that demonstrates at Gatwick and Heathrow airports against jet travel. He has constructed an artificial rain forest in a Quonset hut in Lancashire where guilt-stricken Brits can experience the drama of nature without polluting the air with a visit to Brazil.

This intramural rain forest impresario commented: "Another thing outrages me: I drive through areas where each house has its own lawnmower. Why can't they share one lawnmower? Why does everyone have to have his own? It would reduce the carbon footprint and help save the earth."

There you have it. The environmental movement has evolved into a repository for socialist claptrap. But there was more. Our host aired an interview with the president of the Maldives, small islands in the Indian Ocean with a population of 300,000. The president said his nation would be under water in "about a hundred years" but that his people were doing all they could by adopting "green" policies to avert disaster. Then the kicker: "We are calling on the nations of the world to send us aid money to assist in our struggle to save our country." He added: "We have a right to live here," repeating the mantra that everyone has a right to everything these days — except he plans to rake in some cash as well, recognizing the global

warming scare as the scam of a lifetime.

While the BBC is the international carrier of the virus of man-made global warming, the US holds its own in disseminating bogus dogma. *The New York Times* continues to emit infected microbes picked up by other papers and TV news who serve as carriers of the "gray lady's" propaganda-based news flow. In this sick room, there is no counter theory to global warming. It is now accepted as doctrine. Arguments that the liturgy is questionable are scorned as heresy.

The *Times* carried a front-page piece stating that America's military, intelligence and diplomatic savants are preparing for the world to decline into famine and warfare caused by man-made global warming. The sources for the story were climate agencies, not the Joint Chiefs — and in any case, strategic planners model for any future scenario possible. But the *Times* story was not written as a possibility; to them it was inevitable and factual. The story proves that the more theory is separated from reality, the more likely we are to fall for the big lie that the earth is on its last legs due to the depredations of its most advanced inhabitant.

The thing is, we've been here before, in 1968 when Paul Ehrlich wrote the specious book *The Population Bomb*. Ehrlich confidently predicted that high birth rates would bring famine and drought and war by the year 2000. That didn't happen, but the book helped transform the perfectly sane practice of conservation into the "environmental" movement, now evolved into the fake global warming emergency of today that threatens to halt production and bring capitalism to its knees. Now mankind is the guilty party that murdered Mother Earth.

I've railed against Ehrlich in past columns (go to www.metronc.com). Despite being wrong in his predictions, his theories carry on today. Livescience.com circulated a news story recently suggesting Americans reduce their carbon footprint by having fewer kids. The Europeans who fell for this after Ehrlich's book will tell you that decreasing birth rates for environmental theory leads to the extinction of entire races — as is happening to the Italians and Greeks today. This condition led to the importation of "guest workers" to make the wages to pay for the nanny state. In most cases these workers are Moslem. **MM**

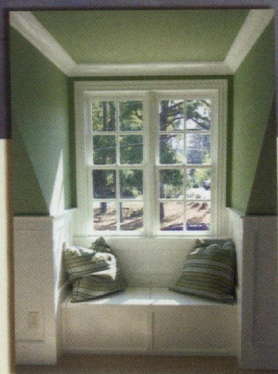
(Read commentary by Bernie Reeves in his *Between Issues* column at www.metronc.com.)



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than most. Mind you, over the years our beer has witnessed the odd change or two. For instance, our customers no longer drink it to ward off the Plague, as they used to in medieval times. However, one thing has stayed

the same after all these years. Stella Artois is still painstakingly brewed in a time-honored tradition with the choicest ingredients. Which is why our customers have kept coming back for more, even after 600 years.



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