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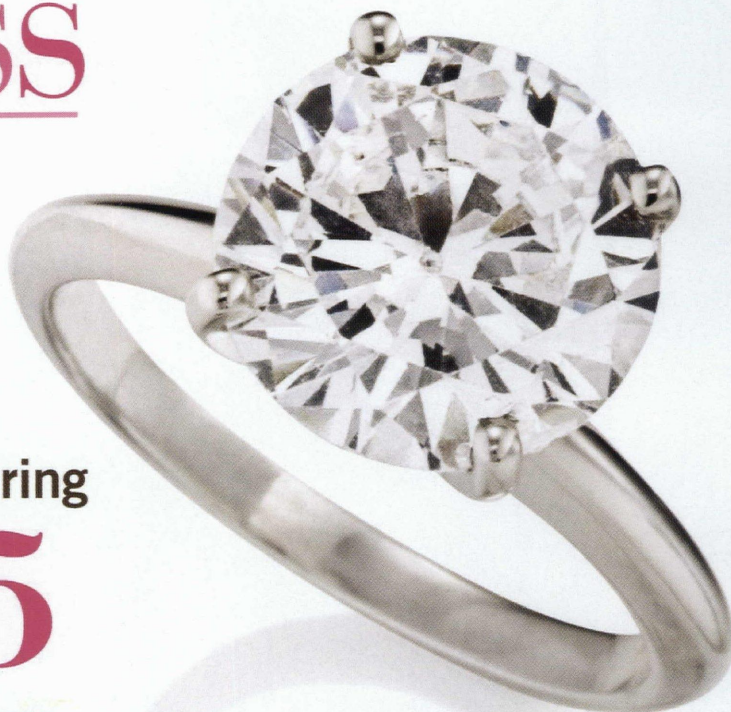
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Jim Leutze discusses offshore energy.

THE FUTURE OF THE TRIANGLE IN THE NEW DECADE

Metro's quarterly medical report about the construction boom in hospital facilities — and the opening of the new hospice facility in Raleigh — dovetails with Rick Smith's survey of the future of the Triangle in these dicey economic times. The news is mostly good, but there are concerns expressed by leaders in several sectors of the regional economy.

But over in Carrboro everyone is looking ahead with optimism. At one time an appendage to Chapel Hill offering rail travel and textile manufacturing, the Paris of the Piedmont — as locals call it — is thriving. Diane Lea discovers why there is an uptown attitude in downtown Carrboro focused on architecture, the arts, food and a funky retail panache. And Mike Welton's Form + Function column addresses an array of architectural happenings, including the possibility NC State will rebuild the famous modernist Catalano House on Centennial Campus.

Jim Leutze reminds us that public involvement will be critical as North Carolina ponders energy development along the coast; Godfrey Cheshire weighs in on the *Avatar*-dominated Oscars contest; Carroll Leggett ponders what he thinks he knows; Louis St Lewis laments the passing of an iconic art gallery; and Cyndi Harris offers up a full slate of fashion events.

Moreton Neal reminds us to eat our veggies — and tells us where to go to find healthy menus. And Barbara Ensrud chooses the right wines to wash it all down.

The Correspondence column is smokin'; Secrets of State presents news you won't find anywhere else. And don't forget to go online for the region's most complete calendar of events, Dan Reeves and his Dan After Dark music column, and Art Taylor's New & Noteworthy books.

It's here again, the famous MetroBravo "best of" reader poll, kicking off in the spring and including new ways to vote for your favorites. See you then.

— Bernie Reeves, Editor & Publisher

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EASLEY ARTICLE OBNOXIOUS

Your latest issue featuring Jim Hughes' article about former Gov. Mike Easley (Metro, December 2009/January 2010) was obnoxious and shallow.

He conveniently overlooked many accomplishments, such as bringing in the lottery and thus stopping the loss of millions of NC dollars to surrounding states, raising teachers' salaries and trying to keep them above "poverty level," instituting the "More at Four" program, balancing the budget and other achievements..

Despite the current investigations concerning Easley, which, how if found valid, will reach back through many governors and probably legislators as well and diminish their reputations and legacies.

Despite revengeful journalistic tactics in Raleigh, Easley had many strong good qualities and accomplishments.

No thanks to your one-sided article.

Via the Internet

LEUTZE'S CALL FOR CIVILITY

A MetroBravo Award should be given to Jim Leutze for his fine column in the November 2009 issue of *Metro Magazine* ("Manifesto for Civility in the Age of Obama").

Leutze's snapshot of the American public and his request for civility is something that resonates across political lines. In the end, "a good invasion from Mars" would pull the world together to face a new adversary making universal health care less important.

Chuck De Smet
Raleigh

MY APATHETIC GENERATION

Our elected officials are capitalizing on the naïveté and apathy of my generation to perpetuate their agenda and greedy desires to make history, whether good or bad. The apathetic generation appears to be too blinded or lazy to care and is indiscriminately led into change they do not understand. This apathy has allowed our elected officials to perpetuate the same greed and self servitude they vilified Wall Street for: using health care reform as a substitute for mortgage backed securities, credit default swaps and other "tools of fiscal greed" that led our country into the biggest downturn since the Great Depression.

A bill in excess of 2000 pages that will affect 1/6th of our nation's economy was passed two days after it was ready to be seen in its entirety. There may be changes in this bill that may lead to the rise of our country, or our devastating demise. We don't know because we don't know what is contained in the 2000-page bill — and neither do our elected officials.

That is not change we can believe in, it is change no one understands.

The result of this process will define much of our country's future; yet we sit on the sideline and allow dinosaur politicians to exploit us every step of the way. Voting for the sake of voting is not cool. "Rocking the vote" does not make you a rock star. Adopting someone else's beliefs and opinions because pop culture says it is hip is not admirable.

President Barack Obama made change for the sake of change cool. It is not. What is cool — what is admirable — is understanding the issues, learning about the values and beliefs of

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those we elect, forming your own opinions and then acting on them.

The proposed healthcare reform may or may not be the agent of failure. But if the apathy of our generation persists, our country could fail. The cause will be the apathetic generation that refuses to stand up for one of the key founding principles of our country — the simple moral act of elected officials representing the people.

But our officials cannot represent us if we will not form and stand by our own opinions, beliefs and moral principles. Instead of disowning politicians who strike immoral backroom deals like Nebraska Sen. Ben Nelson's Cornhusker Kickback to vote for the healthcare bill, our generation's apathy allows it to persist. Our country cannot and will not stand on the morals of men like Nelson.

Our generation's apathy is not from lack of voting. Turn out by the younger generation is higher than ever. Our apathy is headquartered in a far more perilous place, one where we refuse to form our own opinions and beliefs because we are too lazy to do so.

I am reminded of the question John F. Kennedy posed to the nation in his Inaugural Address on Jan. 20, 1961: "Ask not what your country can do for you — ask what you can do for your country." The answer is this: Think. Form your own real and genuine beliefs, and then have the courage and fervor to act on them and stand by them.

*John M. Kane — 24 years old
Raleigh*

MAX WOODY: AN AUTHENTIC SUCCESS STORY

I just finished reading the article by Carroll Leggett in the December/January 2009 *Metro* on my dad, Max Woody ("Max Woody Rocking Chairs And Christmas"), and it is the best I have ever read. Honestly! It was very heart-warming.

Knowing that Pop is getting older and may not be making chairs much longer, it reminds me of why I came back to work with him. He is truly one of a kind. He would rather be sitting in a Woody Rocker, entertaining people with his stories, than anything else besides turning on his lathe.

I can remember working in the shop way late at night when I was very young. I cannot remember how old I was, but I do remember listening to Lum and Abner on the radio. Time has flown by.

I have thought about "The Last Max Woody Chair" made exclusively by Pop. I am not sure who has it as of now. There is one more

Rocker he has that is not finished. He says that will be it, and he will not sell it. I sure hope it will be mine.

Funny thing: There was a lady here in Marion, NC, that had an order in for years, but Pop did not fulfill it. When I was back with him in the '90s, she asked me to build her chairs. It is one of three sets of chairs I have exclusively made. He said a few years ago she came back to him saying she wished he had been a part of them. Part of me feels a little upset, but I realized it is not the quality of the chair itself, but the fact he has had a part in it. For the people that truly understand Pop's life, it is the sense of knowing they have something he has had a hand in.

I am happy to see the article Leggett has written. It gives Pop what is more precious than anything in this world — to look at his life and feel he has been successful but not in a financial sense. He tells me often of a teacher in his school telling him he was "least likely to succeed." It gives him great pleasure to know he has succeeded. Succeeded in putting so many fine chairs in homes. Succeeded in meeting so many wonderful people. And succeeded in doing what he loves to do.

*Myron Woody
Old Fort, NC*

INCORRECT FIRM

We certainly appreciate the kind words that the writer of "New Projects on the Boards" in the January 2010 issue had for the presentation we recently made with Snøhetta for the Institute for Emerging Issues project. However, the writer was completely incorrect when he went on to surmise that our firm, C&G Partners, is the same as a firm called Chermayeff & Geismar. The two firms are completely different and not the same. All work done on the presentation that the writer enjoyed was done by C&G Partners. A quick Google check would have prevented that assumption. We would appreciate if this attribution could be corrected.

We look forward to reading more interesting articles in *Raleigh Metro Magazine*.

*Jonathan Alger, Partner, C&G Partners
New York City, NY*

CORRECTION

In the December 2009/January 2010 Spa Guide, hair services should have been included in the listing for Mina's Studio in Chapel Hill.

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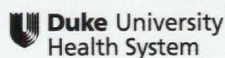
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SECRETS OF STATE

Spy Conference Changes Dates

The 2010 Raleigh Spy Conference has been postponed from late March to a date later in the year to be decided.

According to conference founder Bernie Reeves, "We had problems with schedules and speaker conflicts that caused the need to reschedule. We are currently working on new dates for 2010 and a new theme for the event."

The Raleigh Spy Conference was founded in 2003 to address the increased flow of declassified data since the end of the Cold War. Subjects have included

Soviet espionage; the connection between intelligence and the war on terrorism; the scholarship of the Cold War; Cuba and the Castro brothers; famous double agent activity; and "sexspionage," the role of women spies and the use of seduction in intelligence gathering.

For more information, go to www.raleighspyconference.com. **MM**

Bernie Reeves Announces For Congress

Dropping our guard against terrorism, the neglect of the small businessman in the Obama stimulus program, and the kind of one-party, strong-arm tactics used to push healthcare reform are threatening the future of the nation, says longtime Raleigh editor, publisher and columnist Bernie Reeves in

announcing he will seek the Republican nomination for the United States Congress in the 13th District to face Democrat Brad Miller in November.

"The problem, in a nutshell," says Reeves, "is Washington politics. I've been engaged in the political dialogue here as an editor for 30 years. I've learned about the important issues. I've written about complicated political problems. I've never seen the kind of mess we have today in Washington."

Reeves, founder of the weekly *Spectator* in 1978, *Triangle Business Journal* in 1984, *Triad Business Journal* in 1986, and *Raleigh Metro Magazine* in 1999 established the Raleigh Spy Conference in 2003, a leading international forum of intelligence experts, which has been broadcast nationally on



Serving patients at home since 1979, Hospice of Wake County has expanded with the completion of a new facility for inpatient care – the first in the five-county service region – providing specially designed spaces for patients and families to approach the end of life in comfort and with dignity. The new facility houses a bereavement center and spiritual retreat open to the community. Named for Hospice of Wake County co-founder and driving force Billy Dunlap, the new facility opened in mid-January. Go to www.hospiceofwake.org for more.

C-SPAN three times.

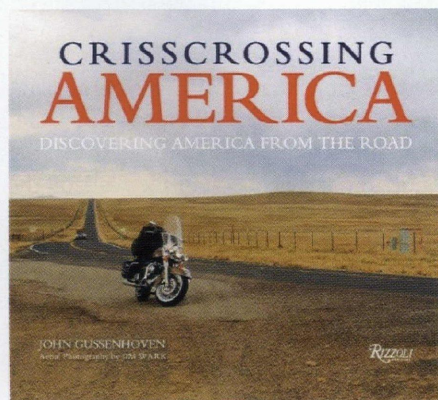
"My affiliation with many of our top intelligence officials has convinced me the Obama administration is not protecting and encouraging the intelligence community — our front line of defense against terrorists. We are letting down our guard," Reeves says.

Says Reeves: "Brad Miller has a 97 percent voting record supporting House Speaker Nancy Pelosi. He flew in her private jet to the Copenhagen climate meeting. He voted for the Pelosi Obama Global Warming Bill that raises taxes on Americans. The money is used pay \$300 billion in foreign aid to third world nations so they can build so-called 'Green Industries.' Obviously, we need a fresh face representing North Carolina's 13th Congressional District."

Go to www.bernier Reeves for congress.com for more information and to make a donation. Campaign consultant for the race is long-time political expert Carter Wrenn. Luther Snyder will serve as campaign manager and treasurer. **MM**

Crisscrossing America

At age 60 John Gussenhoven had it all: A successful career, a family, a blessed life, but something was calling him to embark on a quest for discovery. Before he knew it, Gussenhoven had planned a modern Odyssey and produced a handsome book: *Crisscrossing America: Discovering America from the Road*.



Gussenhoven, a type-rated pilot, enlisted Jim Wark, an acclaimed aerial photographer, to join him on his journey. Hopping on a Harley Davidson Road King Classic as his trusty steed, Gussenhoven commenced the first leg of his adventure in

Mount Vernon, WA, and ended in Naples, FL. A year later he traversed the US from San Diego, CA, to Eastport, ME, flying to each starting destination and riding his bike in a crisscross from northeast to southwest and back again — staying mostly on state and federal highways in an effort to get to know the country.

Along the way he put his photography skills to work, shooting over 3000 pictures from the ground and, with Wark, 6000 from the air, capturing corners and nooks that achieve his goal to represent the essence and spirit of America. Contrasting, for example, the rich and colorful settings within a small town like Yazoo, MS, and the broad outstretching foothills of Boise National Park, Gussenhoven's personal journey makes for an awe-inspiring photographic tour of America.

Gussenhoven succeeds in absorbing the scenic wonder of America but also captures the very marrow of the people. And the generosity and hospitality that flowed so naturally from everyone he met in his travels reassured him that — by and large — people are good.

Purchase *Crisscrossing America: Discovering America from the Road* at any Barnes & Noble and at Amazon.com. **MM**

— Dan Reeves

Lee Brothers Book Tour Kicks off with Zest and Great Eats in Durham

The basement is packed. Rows of folding chairs are full, and people stand, holding plastic cups of red wine, or finishing bites of sweet potato and okra fritters, or shrimp pâté, or cocktail eggs with country ham. The food — prepared by one of the area's star chefs, Amy Tornquist — is lovely — and the crowd demonstrates a sense of eager anticipation at Durham's Regulator Bookshop on this rainy night in November.

Matt and Ted Lee are the reason.

It is the first night of the cookbook-writing twosome's mad-dash book tour across the Southeast, and they are hopped up with their particular brand of tag-team, brother-sparring enthusiasm: for Southern food, for Southern folk and for countless friends — new ones made daily, clearly — sprinkled across the region like so much filé powder.

The brothers, instantly recognizable with

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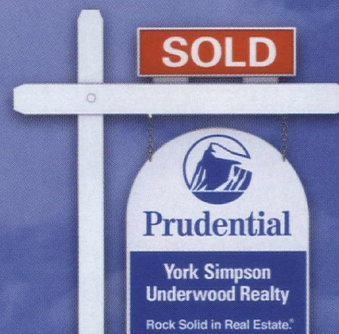


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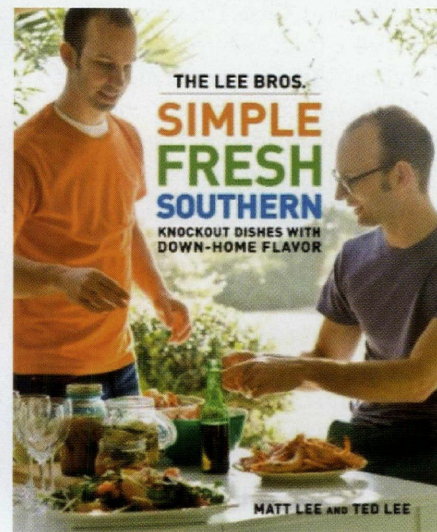
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their lanky frames, close-shorn haircuts and hipster-preppy clothes (Ted's the one with the Clark Kent glasses), first came to food-world prominence a few years ago as the proprietors of mail-order boiled peanuts.

As the story goes, the Charleston, SC, duo was homesick and marooned in New York with a hankering for some Low Country comfort food. They got their hands on some raw peanuts, boiled them up, sent some to a *New York Times* food editor in a brown paper bag and *The Lee Bros. Boiled Peanuts Catalogue* — selling peanuts and other Southern pantry staples in a humorous, anecdote-laden conversational style — was effectively launched.



Soon they were writing about food for *Travel + Leisure*, *Food & Wine*, *GQ*, and *The New York Times* itself. Next, they were hard at work on a cookbook. *The Lee Bros. Southern Cookbook* — a brick-thick love letter to Southern food and its multi-layered history — was published in 2007, and went on to win, among other awards, the James Beard Cookbook of the Year and the James Beard Award for best regional cookbook.

For a home cook, the recipes required dedication: Creole Gumbo involved 18 ingredients and took about five hours. Two years later, *The Lee Bros.: Simple Fresh Southern* is a markedly more accessible volume, filled with fast, modernized recipes, color photographs, ideas for entertaining, and the brothers' now-familiar hybrid of intelligence, nostalgia, and unabashed love for what they call "Southern foodways" high and low. On the back of the book, praise



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from food world high-priestess Alice Waters and down-home Southern queen Paula Deen speak to its broad embrace, an irony not lost on the brothers. "That might be a first," Matt quips. "The two of them on the same cookbook."

The brothers, admitted autodidacts, are self-effacing, joking that they "steal most of their good ideas from chefs." They also say that some of their best recipes are inspired by "those comb-bound community cookbooks" written by Junior Leagues and church ladies, but given a good solid tweak. They describe, for instance, being smitten with the "genius" of shrimp combined with deviled eggs in an otherwise laborious, mayonnaise-clogged casserole recipe from an old Tennessee PTA cookbook. So they scratched several cups of mayo and the casserole concept altogether and came up with something brand new: shrimp and deviled egg salad rolls, a sort of Southern twist on the beloved lobster rolls of the Northeast.

Always, Back to Food

As the brothers fielded questions from the Regulator audience, it didn't take long before they're rhapsodizing about meals recently eaten, favorite ingredients or foods they're eager to try.

"Salt rising bread?" Ted asks excitedly when a woman asks if he has a recipe. "Does it start with a cornmeal mash?"

"Smoked paprika and a chef's knife," Matt says decisively when asked which indispensable cooking items he'd packed for the eight-week trip.

He didn't need either one for his boxed lunch that day from Sally Bell's Kitchen in Richmond, VA, an experience that has clearly left him swooning: "The place hasn't changed since the Eisenhower era," he tells the crowd. "Everything is made from scratch, including the mayo. I had chicken salad, and it was packed so beautifully with all of these little elements, a cheese wafer with almonds, half a deviled egg wrapped in a piece of waxed paper and," he pauses, "a caramel cupcake, iced upside-down." People sigh.

At length, the two discuss pickled figs, roasted muscadines, Duke's mayonnaise, smoky greens, stone-ground grits, and where to find wild rosemary, loquats and

mushrooms growing in downtown Charleston. To hear them tell it, their hometown is a veritable foodie Eden, filled with family-recipe-sharing matriarchs, impromptu feasts and fruit-laden trees. "I can tell you where three fig trees are with boughs that hang over the street," Ted brags.

In the book-signing line, fans bring small presents: a tiny jar of homemade serrano pepper jam; a bottle of beer made

from wheat and the white grapes that grow along North Carolina's Scuppernon River. "Huh," Ted says, tasting the grape-wheat beer he's poured into a go-cup for the short ride to dinner afterward. "Want to try?"

Paula Deen has called the brothers "the Lewis and Clark of Southern cuisine," and the comparison is apt: Matt and Ted have an explorer's thirst for new discoveries and the zeal to share them.

Mark Werner

Blue Cross and Blue Shield of North Carolina



2009 Campaign Rookie of the Year

As the Chamber begins its 2010 Total Resource Campaign, we'd like to recognize and congratulate Mark Werner, corporate director of network management with Blue Cross and Blue Shield of North Carolina, for his outstanding efforts in our 2009 Campaign. His efforts alone raised \$30,065 for the Greater Raleigh Chamber, earning Mark the coveted "Rookie of the Year" title.

Congratulations, Mark, and best of luck in this year's campaign!

The
Chamber
Greater Raleigh Chamber of Commerce

Watts Grocery For Dinner

If the dinner the Lee brothers had that night was any indication of the way they'd be eating for the next two months, it's no wonder they were swooning and a miracle if they remained thin.

Durham-native Amy Tornquist, the celebrated chef who made the appetizers served at the book signing from the Lee Bros.' own new recipes, welcomed the brothers and a few friends into her packed Watts Grocery restaurant (reviewed by *Metro's* Moreton Neal in 2007) for dinner, and then the food-talk really took off, and the food-eating too. Various delicacies appeared unbidden from the kitchen: chicken terrine with artichoke pickles, barbecued shrimp, fried oysters, hush puppies, fish muddle, rib eye steak, molasses-barbecued ribs. Everyone



Tornquist

Bill Neal at Crook's Corner; everyone compared notes on the funny pressures of cooking on television and of teaching lessons at Chapel Hill's A Southern Season. They talked about brunch food and running a restaurant, about beignets, how to serve egg nog "without killing people," about peanut varieties, and the magic it takes to bake a perfect caramel cake.

tried everything. Continuing with the high-low theme, debate was held on the merits of various hot dog stands and condiments: carrot slaw or Jerusalem artichoke relish?

Tornquist told stories about working with

As the last bites of four shared desserts were savored, the brothers compared notes for their Charlotte appearance the following day, where they planned to make creamy asparagus soup and buttermilk pudding cakes with raspberries. Their itinerary would take them to a new city almost every day for the next two months — and Matt with an eight-week-old baby in tow. Clearly, it's worth it to the brothers. Yes, they want to sell books. But it's that gleam in their eye that tells you their ambitions are broader than *Simple Fresh Southern*.

"We're hoping," says Ted, a sideways smile escaping, "we really think," he pushes up his glasses, "that Southern food — there's evidence everywhere — is actually going to take over the world." **MM**

— Liza Roberts

EYES ONLY

Metro Magazine Film Critic **Godfrey Cheshire** is teaching "Introduction to Screen Studies" this semester at The New School in New York City. He's modeling his syllabus on a course he taught at UNC-Chapel Hill in 2005.

Raleigh artist **Sean W. Byrne's** latest mixed media works explore ways in which traditional and new media can work together to create mood, texture and vision. Graphite, acrylic, oil-stick, ink, and digital imagery blend seamlessly to make statements on patience, aging, and the ephemeral quality of life. Five of his new works are on display in the VAE Exchange Gallery from December 4 - 24, 2009. "Ruminant" and "Incomplete Thoughts 1 - 4" use sheep and muted landscapes as metaphors for wandering ideas, vanishing rural communities and the inevitable march of time.

The VAE Exchange Gallery is located on the Raleigh City Market, 325 Blake Street, 919.828.7834, www.visualartexchange.org. More information about Sean is available on his website, www.seanwbyrne.com.

The Hope Valley Renaissance Coalition, Preservation Durham, and The Hope Valley Neighborhood Association has announced the listing of **Hope Valley's Historic Core** (including

Hope Valley's 1926 Donald Ross golf course) on the National Register of Historic Places effective Dec. 11, 2009. The National Register is administered by the National Park Service.

Clay Aiken, actress Meredith Baxter and HRC President Joe Solmonese will be guest speakers at the **15th Annual Human Rights Campaign Carolinas Gala** on Saturday, Feb. 27, at the Raleigh Convention Center. HRC is America's largest civil rights organization for lesbian, gay, bisexual and transgender equality. For more information and tickets, go to <http://hrccarolinas.org>.

THE LoDi PROJECT art gallery is exhibiting "Alphabet Soup," a show by 26 Raleigh artists who have created a specific 12"x12" letter to form a unique alphabet. Artists participating are: A. Sean Kernick - B. Brianna Martinez - C. Dan Nelson - D. Marc Russo - E. Keith Norval - F. Lena Corter - G. Rob Allen - H. Joe DiGiulio - I. Robert King - J. Gavin Jones - K. Victor Knight - L. Madonna Phillips - M. Emily Jesserer - N. Bart Cusik - O. Gabriella Corter - P. Casey Porn - Q. Matt Yow - R. Matt Scofield - S. Garrett Scales - T. Geoff Helderman - U. Antre Reid - V. Domingo Vega - W. Sarah Powers - X. Lisa King - Y. Sharon DiGiulio - Z. Greg Davis.

Go to www.thelodiproject.com for more.

The Lupus Foundation of America (LFA),

Piedmont Chapter, a support organization for people with lupus, has added Wilson County as a new local group set to meet the second Saturday of each month 4-5:30 p.m. at the Wilson Medical Center Auxiliary Conference Room, 1705 S. Tarboro St. in Wilson.

Baseball Hall of Famer Goose Gossage appeared in Morehead City, NC, in January to announce the formation of the Morehead City Marlins Baseball Club, a collegiate-level baseball team in the Coastal Plains League, the equivalent of the Cape Cod League in New England. Teams are made up of top-of-the-line collegiate players and will play in a recently completed baseball stadium in Morehead City. The Morehead City team is associated with the Florida Marlins. Go to www.mhcmarlins.com for more.

APPOINTMENTS

Williams Mullen announces that **John D. Burns** has joined the firm as partner and Julia R. Wicker has joined as counsel. Burns and Wicker will both practice from the firm's Raleigh office.

Adam Cohen has been named creative director for Raleigh public relations and advertising firm Capstrat. Cohen worked for San Francisco creative shop Ketchum Advertising and as founder and executive creative director of the creative firm Distill.

Are the Triangle's Best Days Behind Us – Or Still To Come?

By Rick Smith

Are the Triangle's best days behind it after more than 25 years of growth? As the Research Triangle Park enters its sixth decade of existence, has it passed its peak as one of the world's leading sites for the blending of high tech, life sciences, medicine and education?

What challenges must be overcome during the next 10 years to keep the shine on what former Gov. Jim Hunt likes to call "the Golden Triangle"?

Education, public policy, taxes and maintenance of entrepreneurial passion that leads to growth as well as new businesses, highlight the list of concerns as expressed to *Raleigh Metro Magazine* in a series of interviews with technology, business and policy leaders.

Steve Ogburn, chief executive officer at Capstone Bank in North Raleigh, was quite succinct in his appraisal.

"The quality of life, good economy, workforce, the government being proactive in recruiting, and the availability of capital" are among the strengths, he explained. On the other hand, the "strength of banks, bank regulation, the weakness of government budget and increased taxes" are among the threats.

John Kane, the developer behind the renaissance of North Hills, remains a big booster of the Triangle despite the current economic challenges.

"We are heavily invested in the Triangle and more specifically North Hills," he told *Metro*. "We believe that Wake County will continue to grow and flourish because of the same reasons that has precipitated growth in the past: being a State Capital, great education, diverse employment, fabulous climate and quality of life.

"When the economy begins to improve, we will be a leader due to those attributes and many more."

As the recession has shown, however, not even the Triangle could escape the malady



"Perhaps the greatest threat we face is not being visionary or agile enough to anticipate what's next and position ourselves correctly."

— Rick Weddle



RTP is now the U.S. headquarters for GlaxoSmithKline, the world's No. 2 drug maker.

afflicting commerce worldwide. Kane wants to see more private-sector growth and banks making credit more widely available.

"The obvious priority is putting people back to work," he said. "Our region has been immune to high unemployment in more recent downturns and this time we

are in pretty rough shape."

While Raleigh certainly did not suffer the same caliber of financial hits that rocked Charlotte during the 2008-9 recession, the financial crisis tsunami certainly hit. Wachovia, a major operator in the Triangle, is now part of Wells Fargo. RBC, mean-



"North Carolina is taking some steps in the right direction, backing development of emerging sectors like medical devices and [video] gaming."

— Joan Siefert Rose

while, opened its U.S. headquarters in a towering Raleigh skyscraper as the most dominant sign of the capital city's emergence as a financial center. However, it has reported losses of more than \$100 million a quarter due in large part to real estate loan problems.

Fidelity Investments also recently moved to sell back land to the Research triangle Foundation as it scaled back plans for a southeast campus.

North Carolina's fiscal problems also remain unchecked with the state raising a wide variety of taxes and fees to deal with a \$1 billion-plus budget deficit. The state already had one of the highest tax burdens in the Southeast, and those costs are detriments to recruiting new employers and retaining current ones.

"As a state, we have to make sure we are welcoming to innovation, basic research, and business development," warned economist Michael Walden, who teaches at N.C. State and wrote about North Carolina's transition to a more tech-based economy in the book "North Carolina in the Connected Age." "I continue to see the Triangle as a hub for tech innovation. The main reason is the unique quantity and quality of top flight university talent and research in the area — almost unmatched anywhere in the world."

Brooks Raiford, head of the North Carolina Technology Association, the state's most powerful voice for the high-tech sector, sees hazards in the future. While stressing that region "will remain at the forefront" of innovation due to strengths such as the Research Triangle Park and area universities, he is concerned about public policy.

"I would point to two potential limited factors to our success in promoting innovation," he explained. "One is a state tax code that is not as aggressive or nimble as

it should be to incent entrepreneurship and growth. The other is that we are home to a number of successful large companies that are not as prolific as some in other entrepreneurial hot spots in purposely spinning off startups."

Time To Retool, Reinvigorate?

Jane Patterson, longtime science advisor to Hunt and a technology pioneer who helped spark statewide initiatives such as Microelectronics Center of North Carolina — as well as the statewide broadband North Carolina Research and Education Networks — warns that the region needs to re-tool and re-energize if RTP is to continue growing.

"It is time for the universities and businesses of RTP to move forward again to create the next 50 years of technology-based economic development," said Patterson, who now directs eNC, established to expand high-speed Internet access across the state.

Patterson and others also stressed to *Metro Magazine* that MCNC (25 years), RTI International (50), the N.C. Biotech Center (25), North Carolina State University's Centennial Campus (25 years) and other foundations of the Triangle's high-tech base have matured in many ways, from facilities to leadership.

What additions will be made beyond occasional new buildings? What new technologies will be developed in the region's R&D labs? Who will be the new leaders?

Rick Weddle, chief executive officer of the RTP Foundation, which recently celebrated its 50th anniversary, is well aware that the region faces challenges from competitors as well as the inertia created by past successes.

"Perhaps the greatest threat we face is not being visionary or agile enough to anticipate what's next and position ourselves

correctly," he told *Metro*. "We also face heightened competition from places — usually countries or major city-states — that recognize the value of creating a fully functioning knowledge ecosystem and that may have the resources and political will to act more aggressively and decisively than we can."

"As long as we don't become overly complacent and try to rest on our laurels," he added, "we should remain well positioned."

Work Force Development Challenges Remain

Beyond facilities and public policy, however, is the gnawing concern about education and work force development.

North Carolina's K-12 schools continue to produce students whose overall SAT scores rank among the nation's lowest. Offsetting that challenge to some extent are the Triangle's "big three" universities — NCSU, UNC-Chapel Hill, Duke — along with other area colleges. Wake Tech and Durham Tech community colleges have also helped land business newcomers such as Novartis and Fidelity with worker training programs. But even former Governor Jim Hunt noted in a recent speech, commemorating the 25th anniversary of the MCNC network, that education requires continued attention.

"As we all know, the past 25 years have brought tremendous economic changes in North Carolina and growth in our state's technology-based economy," he said. "Fortunately, our state's leaders joined me more than 25 years ago in beginning to prepare for these changes. Our roadmap for progress for North Carolina will always begin with investments in our educational institutions."

Fighting "Brain Drain"

Regardless of what leaders in North Carolina and the Triangle want to do, the bottom line is they are hamstrung by the struggling global economy, said Richard Thomas, chief technology officer at Quintiles, the world's largest life sciences services company based in a new headquarters building in RTP.

"The largest threat continues to be a

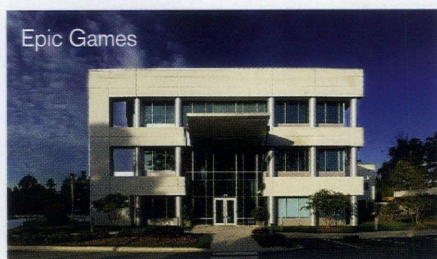
sluggish economy and frozen capital markets as we emerge from the worst recession in recent times," Thomas said. "It is important that the state and counties around RTP continue to incentivize and promote new business development opportunities and support startup entrepreneurs.

"It is no secret that the Triangle offers a compelling quality of life, combined with professional business development opportunities," he added.

Joan Siefert Rose, who runs the Council for Entrepreneurial Development with thousands of members statewide, concurred with Thomas and others about the region's many strengths. However, she pointed out: "We can't assume that the conditions that propelled RTP to prominence 20 years ago will be enough to keep us there."

Rose called for more assistance to startup businesses and entrepreneurs. She embraces Governor Perdue's Innovation Council.

"North Carolina is taking some steps in the right direction, backing development of emerging sectors like medical devices and [video] gaming," Rose added.



Cary-based Epic Games is the headliner in the growing videogames sector, having produced two of the world's biggest selling game franchises – Unreal Tournament and Gears of War. Its success after relocating to Cary from Maryland – for reasons such as workforce and quality of life a decade ago – has helped draw other companies to the area. Red Storm Entertainment, once owned by Tom Clancy, started in Cary.

Still, Rose fears what will happen if the region and state do not provide more reasons for people to stay here once they have called N.C. home or as a place to go to school.

"Brain drain," Rose warned, "both in terms of innovative ideas and experienced managers, is the greatest risk we face." **MM**

Triangle's fast-changing skyline: Landmarks of Change

With the Triangle population rapidly approaching one million, new and expanded highways crisscrossing Wake and Durham counties, and office buildings continuing to go up despite the ongoing recession, it's hard to fathom that 25 years ago the region boasted fewer than 400,000 residents, I-40 was far from complete and a skyscraper meant fewer than 20 stories.

Physical landmarks and development alone are proof positive of the Triangle's profound transformation triggered by explosive population growth. From the eruption of the technology and life sciences industries in and around the Park, to the increasing emergence of the Triangle as a financial services and health center, the signs are clear to see:

- The towering RBC skyscraper in a revitalized downtown Raleigh
- The new CapTrust skyscraper at Raleigh's North Hills that looms over the shopping and blossoming residential area
- The new \$1 billion vaccine production plant recently opened by Novartis in Holly Springs
- New buildings, facilities and two solar farms at SAS, the world's largest privately held software company, reflect the firm's balance of growth while using technology to become more environmentally friendly
- The construction of a headquarters campus in Morrisville by Lenovo, the world's No. 4 PC maker.
- A new headquarters for Quintiles, the world's leading life sciences research and related services firm in RTP
- The recently built Environmental Protection Agency complex in RTP
- The revitalization of the Tobacco Historical District in Durham into the home for several high-tech firms
- Major expansion in hospital and medical facilities (see Medical Special report in this issue)

And there are many more, including signs of the region's growth, such as an arts and culture center symbolized by Durham's Performing Arts Center, the Nasher Art Museum at Duke, Raleigh's new Convention Center, the planned Contemporary Art Museum, plus the huge expansion at the North Carolina Museum of Art.

Other signs:

- RTP is now the U.S. headquarters for GlaxoSmithKline, the world's No. 2 drug maker.
- A new North Campus is being built at UNC-Chapel Hill which also recently added a new state-of-the-art cancer hospital
- A new high-tech library, named after four-term Gov. Jim Hunt, soon will empower researchers at North Carolina State University's Centennial Campus.
- Wake Med, UNC's health system and Duke have built a host of new regional service facilities, seeking to capitalize on the region's continued rapid growth.

But despite the growth in high-tech, there also continue to be the occasional setbacks.

Sony Ericsson recently announced plans to abandon its U.S. headquarters in RTP and move to Atlanta.

Nortel, meanwhile, is in the process of selling off its assets through bankruptcy. It once operated a sprawling RTP campus with more than 8,000 workers. Now, it employs well under 2,000 – and many of those face the prospect of being laid off as Nortel heads toward shutdown.

The recession also led to postpones of some high-profile building projects.

However, the Triangle's skylines were changed forever by the boom of the past three decades. Whether change will continue at such a remarkable pace over the next decade will be determined by the recovery of the economy, and how the region's leaders respond to a myriad of opportunities as well as obstacles.

Regional Healthcare Building Boom Defies Recession

by Rick Smith

A lingering global recession and concerns about the costs of healthcare reform have done little to slow a continuing expansion of medical facilities across much of the Triangle and eastward to Greenville, Wilmington and Hoke County. Also underway is the new state mental health hospital in Butner, NC, to replace Dorothea Dix Hospital in Raleigh.

Projects worth close to \$2 billion have produced new hospitals, hospital additions, emergency care units and specialty facilities across the region. And other projects are still in the pipeline.

On Jan. 20, Rex Healthcare filed plans with the state to add two operating rooms at a 9000-square-foot outpatient center in Holly Springs. The state approved the project just two years ago and is looking at Rex's request to open a surgical physician practice at the same location.



Rex Healthcare

But not every project has won state approval, despite the wealth of building underway. Just last year Novant Health, which operates Franklin Regional Medical Center in Louisburg, NC, failed to achieve the go-ahead to build a \$100 million hospital in Holly Springs.

Meanwhile, approval by the state of competing hospitals in Hoke County has triggered appeals from both healthcare



Workout room at Rex Healthcare.

providers that secured permission to build that cite concerns about overlapping facilities. Cape Fear Valley and FirstHealth of the Carolinas filed their objections in December. The various projects from the Triangle to the coast must receive state approval based on a Certificate of Need process that focuses on controlling costs and determining need.

DEMAND IS THERE

Despite all the building in recent years, David Strong, president of Rex Healthcare, said there is patient demand for more.

"We hope the state recognizes the need to support this application for operating rooms (OR), as Rex generated the need for the three ORs in the state master facility plan," he said. "The addition of these operating rooms to our campus in Holly Springs will provide a comprehensive cen-

ter in this high-growth area of Wake County."

The third operating room he mentioned would be an addition to Rex's main campus in Raleigh. Rex also has facilities in Apex, Cary, Garner, Knightdale, Wakefield and downtown Raleigh.

Town leaders want the additions, said Holly Springs Town Manager Carl Dean.

"We fully and exclusively commit our support to Rex's (certificate of need) application to the state," Dean said in a statement. "Our town is growing, and we look forward to Rex Healthcare's ability to provide much-needed medical services to our community through the addition of these two new operating rooms."

The Holly Springs project is just one of several that have included expansion in Wake County by Rex — which is owned by UNC Hospitals — as well as projects by Duke Health and WakeMed.

The latest project outside Wake County is a \$227 million, 68-bed hospital UNC Hospitals wants to build in Hillsborough by 2013. That project received initial North Carolina approval from the Department of Health and Human Services last September. However, a recently filed protest by the Alamance Regional Medical Center, which fears increased competition for an outpatient facility it opened in nearby Mebane, has led to a delay in a final decision by the state.

The UNC plan for Hillsborough is just the latest in a blizzard of expansion by the major healthcare providers.

UNC Hospitals and Rex Hospital, Duke Health and its Duke Raleigh Hospital, as well as WakeMed, have sprouted outpatient, specialty and emergency care facilities all over Wake County, especially in the fast-growing areas near Wake Forest.

Not to be outdone, Johnston County Health is building a major new tower in Smithfield and wants to grow even more. In Greenville, East Carolina University's burgeoning healthcare system recently opened a new state-funded heart hospital.

Also building is New Hanover Regional Medical Center, which is in the midst of expansion and upgrades that will stretch into 2010.

Here's an overview of the healthcare building boom:

UNC HOSPITALS

Construction continues of a center for imaging and spinal treatment. The facility will cost \$22 million. For the moment, however, plans for another patient tower at the main facility on the UNC campus are on hold.

In 2009, UNC opened a \$208 million hospital focused on cancer treatment. The facility includes programs from the UNC Lineberger Comprehensive Cancer Center, as well as UNC Health Care System programs.

A biomedical research imaging building is also going up, budgeted at \$242 million and including a 343,000-square-foot building for lab research. Completion is expected in 2013.

UNC Hospitals also is adding a \$118 million, 216,000-square-foot dental sci-

WakeMed North Healthplex



ences building that will open in 2012.

In Wake County, Rex and UNC Health Care, along with Raleigh Orthopaedic Clinic, recently received approval for a \$6.5 million ambulatory surgical center that will include four operating rooms.

In Siler City, meanwhile, UNC Health Care is expanding the hospital and related facilities it acquired in 2008. A \$6 million addition is underway that includes a new \$26 million, 66,000-square-foot building.

DUKE UNIVERSITY HEALTH SYSTEM

The Durham-based healthcare network plans to continue its aggressive expansion. At the top of the list: a \$250 million cancer hospital that opens in 2012. The hospital will encompass 267,000 square feet and include 140 examination rooms and 75 treatment stations.

In 2008, Duke won approval for a massive \$596 million expansion project that includes nearly 550,000 additional square feet, new intensive care units and so-called "step down care" units for patients who have left intensive care. The complex is set to open in 2013.

Duke also has discussed building a \$50 million, 80,000-square-foot building for medical school instruction.

The Duke system includes Duke University Hospital, Durham Regional Hospital and Duke Raleigh Hospital.

WAKEMED HEALTH & HOSPITALS

WakeMed is in the midst of expanding its new WakeMed North Healthplex with 41 beds for a women's hospital. A year ago, WakeMed prevailed in a permit battle over Rex and Novant for the required state permit. The beds were authorized based on growth projections.



WakeMed treatment room

At its main campus in Raleigh, WakeMed is building a \$35 million, 60-patient tower for a new children's hospital that will include a neonatal intensive care unit that will cost more than \$8 million. In Cary, meanwhile, the WakeMed facility recently completed a two-story addition with 42 beds.

JOHNSTON HEALTH

Johnston Health is building a \$62 million, five-story patient tower at its main Smithfield facility with 101 beds. Johnston Health is also expanding into Clayton with Johnston Medical Center-Clayton, which opened in October 2009 and includes an emergency room, an imaging department and a facility for outpatient surgery. Johnston Health plans to transfer beds from Smithfield to Clayton at some point, turning the Clayton facility into a full-fledged hospital.

The Clayton facility will cost \$60 million once its transition to a full-service hospital is complete. \$28 million is budgeted for the 27 acute-care beds to be moved from Smithfield.



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CAPE FEAR VALLEY HEALTH SYSTEM

The Fayetteville-based healthcare network is seeking to build a 41-bed hospital on US Highway 401 near the Cumberland-Hoke County line. It also would include a 16-bed emergency department. The facility will be called Cape Fear Valley West. Cape Fear also wants to add an outpatient center in Hoke County.



CAPE FEAR VALLEY MEDICAL CENTER

Both Cape Fear and FirstHealth recently received state permission to build facilities in Hoke County within 10 miles of each other. The hospitals have filed appeals with the state over the decision, saying the facilities would duplicate operations.

NEW HANOVER REGIONAL MEDICAL CENTER

This large hospital in Wilmington is

wrapping up a renovation project approved in 2005 — the largest in the history of the hospital.

Last June, a new surgical pavilion that includes 26 operating rooms and covers more than 186,000 square feet opened. In September 2008, the Betty H. Cameron Women's and Children's Hospital was added. Covering 195,000 square feet, it includes a pediatric intensive care unit and a neonatal intensive care unit.

Still underway is a renovation of the main patient facility that will not be completed until late 2010. Almost all of the rooms in the nine-floor structure will be private. The first two floors were opened for patients last June.

At nearby UNC-Wilmington, construction is nearing completion on a \$15.7 million nursing school building that covers 80,000 square feet.

MOORE REGIONAL HOSPITAL

FirstHealth of the Carolinas is investing \$90 million in a heart care center at Moore Regional Hospital in Pinehurst that covers 180,000 square feet. The

building includes six operating facilities, six catheterization labs, 23 cardiology patient rooms and intensive care units.

FirstHealth, which is based in Pinehurst, also operates hospitals in Montgomery County and Richmond County.



East Carolina Heart Institute

EAST CAROLINA UNIVERSITY

As UNC Health Care built its cancer hospital, ECU completed its \$220 million heart facility last year. The East Carolina Heart Institute at Pitt County Memorial Hospital covers 375,000 square feet and includes 120 beds, as well as six operating rooms in a six-story tower. It cost \$160 million.

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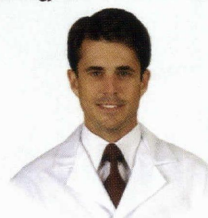
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"This is the most advanced facility for cardiovascular care in this part of the country," said Pitt County Memorial Hospital Vice President Brian Floyd on the one-year anniversary of the building. "But more importantly, we're building an advanced team of caregivers who are expert at what they do and have a passion for people."

The second part of the project is a \$60 million Heart Institute.

FRANKLIN REGIONAL MEDICAL CENTER

The state rejected a plan by Franklin Regional Medical Center to relocate facilities to Franklinton from Louisburg in partnership with Rex.

Last fall, Franklin Regional did land a new majority owner when Novant Health, which is based in Winston-Salem, assumed

99 percent ownership of the hospital from Health Management Associates.

DURHAM VA MEDICAL CENTER

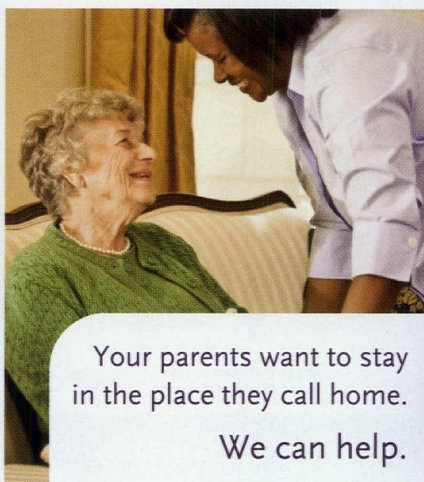
Upgrades and expansion worth \$15 million are underway at the Durham facility. Additions include new clinical and research facilities. **MM**

MEDICAL NOTES

EAST CAROLINA HEART INSTITUTE MARKS FIRST YEAR

In its first year, the Heart Institute at Pitt County Memorial Hospital has treated more than 6000 inpatients with 70,000 procedures. The six-story, 375,000-square-foot Heart Institute is home to 120 inpatient cardiovascular beds, six operating rooms and 11 interventional laboratories.

The East Carolina Heart Institute at



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East Carolina University is a \$60 million research, education and outpatient care facility. The four-story, 206,000-square-foot ECU building opened in September 2008. ECU and PCMH jointly dedicated

the East Carolina Heart Institute in December 2008. **MM**

NEW HEART CARE PARTNERSHIP

Nash Health Care Systems and the

Japanese Heart Evaluator Demonstrated

NU-Tech 2010, a one-day conference focusing on investing in collaborative technologies (www.nutechshowcase.org), featured a demonstration by Japan-based FAIN-Biomedical Inc. of an endovascular evaluator designed for use in medical training and surgical practice.

Known as EVE, the FAIN device — the result of 20 years of joint research between engineers and physicians — the endovascular evaluator is a model of the human vascular system created from CT and MRI data. A high-precision model, it provides a realistic simulation environment that can be used for surgery rehearsal, medical student training, as well as medical devices and procedural evaluation.

NU-Tech 2010 featured more than 20 breakthrough technologies from the fields of life science, biotechnology and engineering. Held at the Starting at the Sheraton Imperial, RTP, NU-Tech 2010 featured technology developments from Nagoya University, home to four Nobel Prize-winning professors in physics and chemistry (www.nagoya-u.ac.jp/en), North Carolina State University, The University of North Carolina at Chapel Hill and East Carolina University.

Featured speakers included:

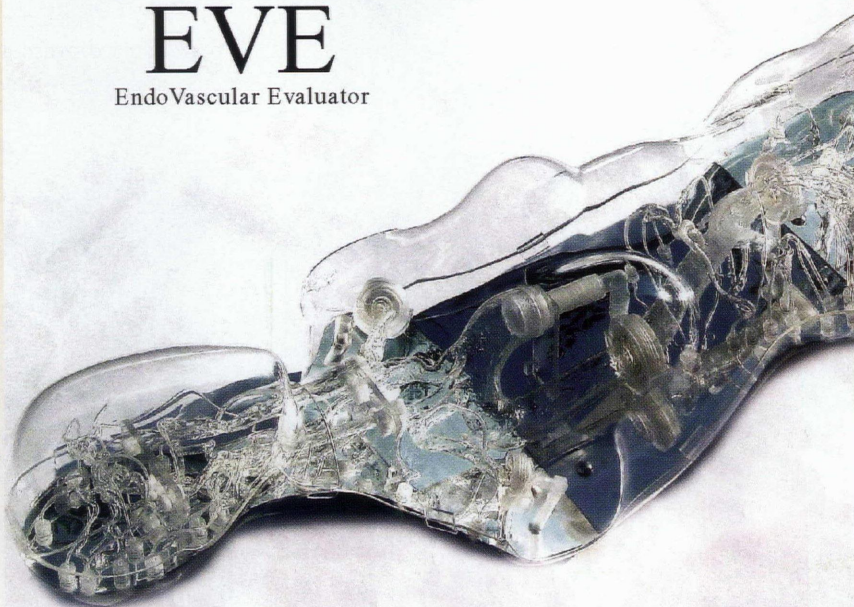
- North Carolina Secretary of Commerce J. Keith Crisco
- Vice President of Eisai Inc., Dr. Ray W. Wood
- Director of Aisin AW and President of EQUOS Research, Masao Ando
- Nagoya University President Dr. Michinari Hamaguchi
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Go to www.nutechshowcase.org for more information. **MM**

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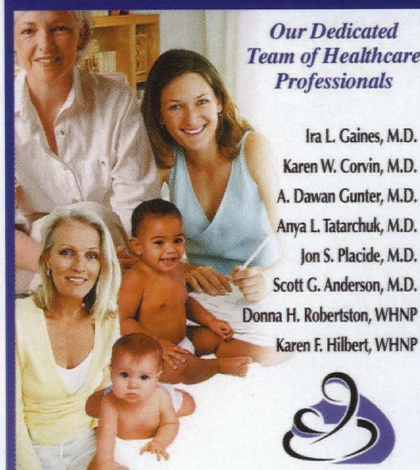
Boice-Willis Clinic in Rocky Mount, NC, have chosen University Health Systems of Eastern Carolina (UHS) in Greenville, NC, as the tertiary partner to explore improvements in the delivery of specialized heart care services for people in Nash and surrounding counties.

According to Larry Chewning, chief executive officer (CEO) of Nash Health Care, and Dave McRae, UHS CEO: "The focus here is to offer high-quality heart services in our four-county service area that Nash Health Care Systems has traditionally served."

Dr. Nick Patrone, president of Boice-Willis Clinic, said the expanded cardiology program at Nash Health Care will provide a new level of cardiology service in Rocky Mount.

The heart center would be affiliated with the new East Carolina Heart Institute at Pitt County Memorial Hospital in Greenville. The Nash Heart Center could eventually serve as a satellite-training site for students and residents affiliated with The Brody School of Medicine at East Carolina University. **MM**

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by Diane Lea

UPTOWN ATTITUDE IN DOWNTOWN CARRBORO

Carrboro, once adjoining Chapel Hill's less affluent western neighbor, has transformed into a trendy artistic and culturally diverse community, referred to by locals as The Paris of the Piedmont, Chiccarrboro or The Seattle of the South. These clever labels dramatize that Carrboro's visual arts, performing arts and music community is gaining attention.

Small businesses abound, and food establishments range from taco wagons to a southern deli with New York-style pastрами; to wine bars specializing in small plates of locally prepared local ingredients; and the nationally recognized local Farmers'

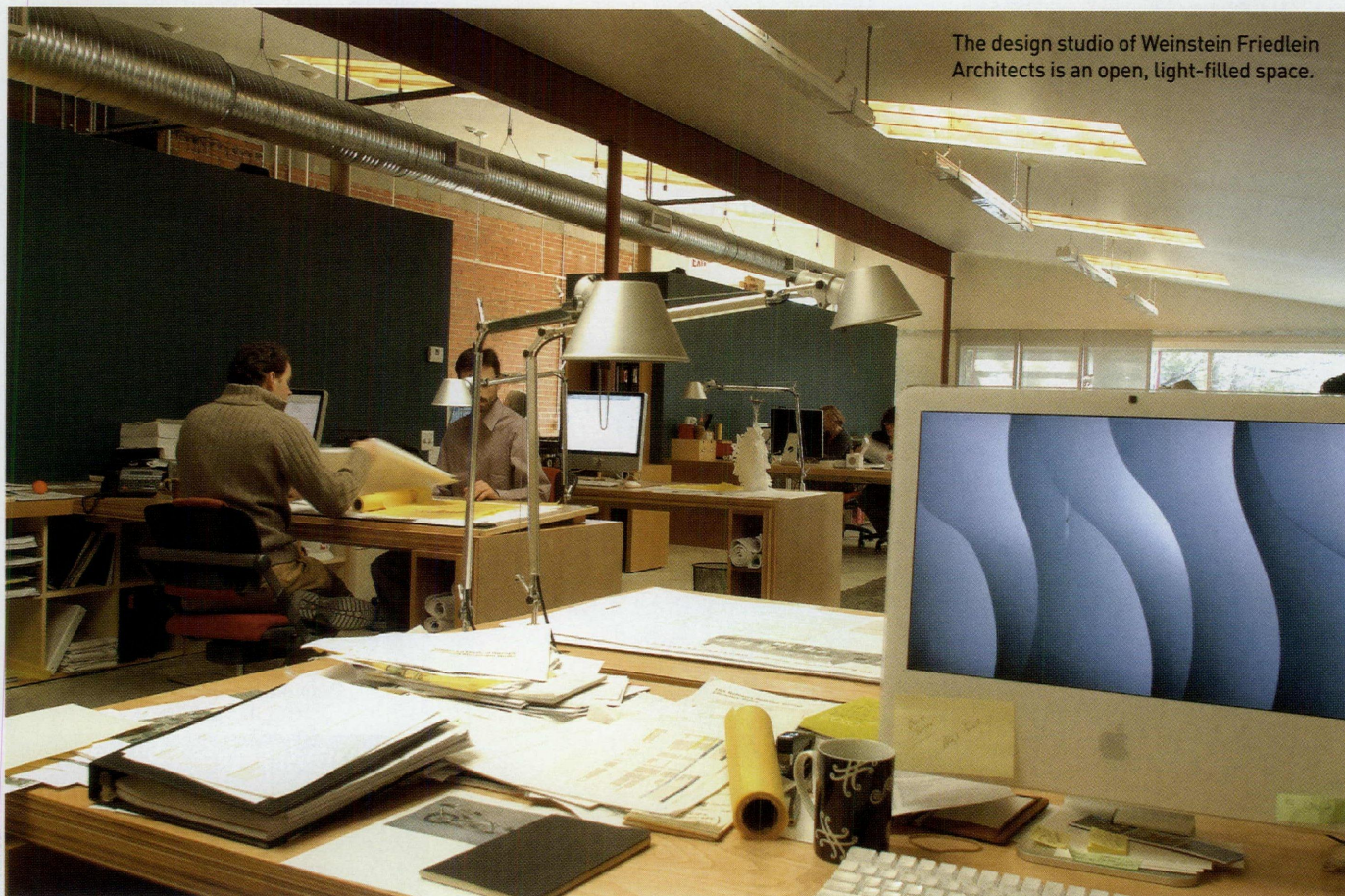
Market. Carrboro is home to the Arts-Center, Cat's Cradle, NC Crafts Gallery, The Clay Centre, Dirty South Improv (DSI) and unique festivals and community fundraising events. What other community of 18,000 residents can boast its own music festival featuring 165 acts, its own volunteer-run FM radio station, The West End Poets Weekend, an annual Community Dinner and an Annual Kite Fly? The town that came into being as a railroad stop serving the students attending The University of North Carolina has long since attained its own special identity — and an uptown attitude to match.

Railroad Roots

Carrboro's story began in 1882. A spur of the Richmond and Danville Railroad (later Southern Railroad) was extended from University Station 10 miles west of Chapel Hill to terminate one mile from the University to keep the students of the Village separated from "city temptations." For nearly two decades, the depot was a boxcar in a community known as West End. Twice a day the Chapel Hill Station passenger train served the depot with round trips from University Station.

As chronicled by the National Register of Historic Places Nomination, prepared in

The design studio of Weinstein Friedlein Architects is an open, light-filled space.



1983 by members of the staff of the NC Division of Archives and History, a tiny industrial complex evolved at West End beginning about 1883. Thomas F. Lloyd, a local entrepreneur, established a steam-powered grist mill and cotton gin housed in a two-story frame building directly across from the station. The addition of these industries allowed local farmers to bring their crops to be processed and shipped in one convenient location. Lloyd kept expanding the complex's facilities and his business flourished. Soon other commercial enterprises set up shop on what was called East Main Street and later along new streets as the community grew.

In 1899, Lloyd invested in North Carolina's burgeoning textile business and established the Alberta Cotton Mill across the railroad tracks 150 yards from the depot. The mill prospered, and in 1909 Lloyd sold the mill to Julian S. Carr, the Durham financier and industrialist and founder of the Durham Hosiery Mill Company. Lloyd went on to start yet another mill, the Thomas F. Lloyd Manufacturing Company, one block southeast of the depot. Upon Lloyd's death in 1911, Carr purchased the Manufacturing Company, adding it to an expanding chain that eventually totaled 16 textile mills between High Point and Goldsboro.

West End was briefly named Venable after Francis Venable, president of the University from 1911 to 1914. It was renamed Carrboro when Julian Carr agreed that his Durham Hosiery Mill holdings would provide electricity to the growing town. In 1975, a new Carrboro began to emerge following a residents' petition that prevented demolition of Lloyd's first mill — the Alberta Mill (renamed Carr Mill) — resulting in the renovated and adapted mixed-use Carr Mill Mall shopping center. The rambling brick structure, set in a large green space crisscrossed with brick walks and shaded by spreading oaks, serves as Carrboro's community gathering place and front lawn. Its human scale and original materials are a welcome testament to Carrboro's history and the vitality of the town's community spirit.

Cycle 9 specializes in "life-style" bikes.

Preservation Flourishes

Fortunately, the idea of preserving buildings and adapting them to enhance Carrboro's unique character continues to flourish. Three business entities — one family based, another owned by a consortium of local businesspeople and a third the project of a team of owner-architects — are setting stellar examples of how to renovate, adapt, reuse and preserve the mid-20th century buildings that form the downtown core.

The locations of the three buildings triangulate with Carr Mill Mall. At the

entrance of Carrboro is 401 E. Main St.; in the center of town is 106 S. Greensboro St.; and at the westward commercial edge, 601 W. Main St. is part of a secondary commercial hub transitioning to an established residential area. You can take this route and enjoy these interesting properties and their establishments by foot, bicycle or car from the nexus where Chapel Hill meets Carrboro via Franklin and Rosemary streets and flow into Carrboro's main artery, East Main Street.

First on our list of people friendly, new-



old places is Jesse's Coffee & Bar, a family-owned restaurant at 401 E. Main St. The frame and block lavender-hued building, with rose red trim and a front-facing gable, blends the talents and styles of a remarkable extended family. David Jesse, with wife Karen and children Josephine and Jonas, are longtime residents of the Triangle. Their interests in historic preservation and small business start-ups have led them to

numerous adventurous projects; when David's brother Jon and sister-in-law Cheyenna decided to move from metropolitan Orange County, CA, and open a coffee bar and restaurant, it seemed that everyone had something to contribute.

Jon managed the leasing of the quirky former Padgett Station Coffee Shop, and David brought well-known local Chef Paul Covington of Crook's Corner fame to cre-

ate the kitchen. The Jessees' friend John Lindsey provided the streamlined interior design; Karen, a colorist, selected the restaurant's inviting colors and textures; while Cheyenna, a trained coffee roaster, took over the sourcing and roasting of gourmet coffees in the bright yellow state-of-the-art Ambex Roaster. Brother Jon fills in as major domo, doing what needs to be done.

The former Village Laundry building at 106 S. Greensboro St. is another venture undertaken by David and business partners, including local commercial broker Johnnie Morris and design-builder Runyon Woods. David called on contractor Woods to work with the owners in rehabbing the industrial laundry space into a mixed-use complex featuring the Glasshalfull restaurant, wine bar and wine shop; the venerable Trading Post, owned by Richard Moody — the building's first tenant whose antiques, furniture and moving business spans more than 30 years; Fifth Season, a garden and gardening goods shop that carries an array of hard-to-find items and plants; and The FurnitureLab, a high-tech furniture design company that serves mainly designer and commercial clients.

Each business space is carefully arranged and appointed. Glasshalfull holds pride of place and is noted for its sophisticated design featuring a large open dining area with a granite-topped, U-shaped drinks bar that fits flush with a see-through wall to the kitchen area. The wall, a focal point of the room designed by John Lindsey, is of contrasting stainless framed panels of grained wood and ebony-hued material. Half walls with mirrored insets provide cozy space for tables leaving open the view into the wine shop. Angular canvas awnings shade the outdoor terrace dining area. The exterior of antiqued brick features art by local muralist Michael Brown. David, a lover of all things old, and especially interesting industrial objects, has retained the various apparatus that once served the laundry: an antique gas pump, a brass wheel on a steam pipe and, of course, concrete floors.

Architects Ellen Weinstein and her partner Ken Friedlein of Weinstein Friedlein Architects have honored the building at 601 W. Main St., for 50 years home to SH Basnight and Sons, a door and hardware store and warehouse. (The family-owned



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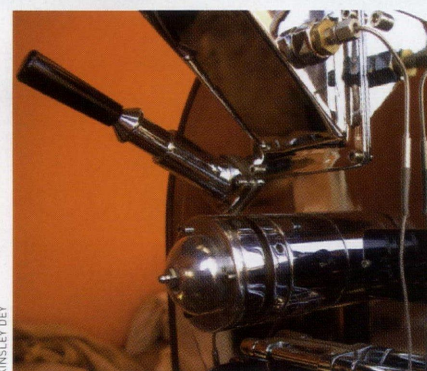
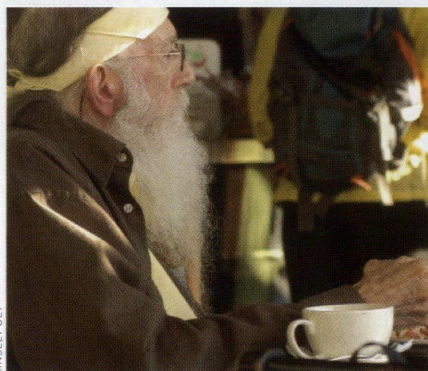
Glasshalfull, a restaurant and wine shop, dazzles the eye and whets the appetite.

hardware store and warehouse has moved to a larger location west of Carrboro and is still run by members of the family.)

"What Ken and I wanted to do," says Weinstein, "was to preserve the simplicity of the exterior and interior spaces while adapting it to our needs. The building represents three periods of construction, and we did even out the differences in floor heights and opened up the space between the former warehouse and the retail area."

An urban garden of tall grasses and silvery shrubs flanks the walk to the main entrance of the offices of Weinstein Friedlein Architects, set beneath a bright red steel trellis that adds interest to the simple shed-roofed warehouse at the rear of the building that serves as the firm's design studio. The office's main corridor features a

Jessee's Coffee & Bar, a family-owned establishment, features an Ambex coffee roaster.





A Fifth Season flourishes in a former commercial laundry space.

Sheer awning fabric shades on moveable frames can be arranged to dim the brightness of south-facing windows.

An interior corridor leads to the Looking Glass Café and Boutique. The main room, done in tones of terra cotta and pumpkin, is filled with tables, a handsome coffee bar and an aquarium. Its visual appeal owes much to owner Carolyn Griggs' background in art. Persimmon-colored Chinese lanterns are hung from the café's porch overhang; hints of spring plantings are interspersed among the outdoor tables. Often poetry readings and musical events spill out onto the porch and passersby join in the fun.

"We love that the building has a front porch on Main Street," says Weinstein. "We feel fully integrated into the community here. We're an easy stroll to Weaver Street Market in Carr Mill Mall, and we often provide parking for Saturday morning

reception desk set against one of a pair of long custom-designed cabinets that provide deep storage shelves and sliding doors where plans and design work can be displayed. The studio space that accommodates the

firm's nine architects is a large open room infused with light.

"We added a wall of thermal windows and glass doors," says Weinstein. "We don't even turn on the lights for days at a time."

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Bernie Reeves writes
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The Looking Glass Cafe and Boutique is a warm and welcoming place.

Farmers' Market patrons and other community activities."

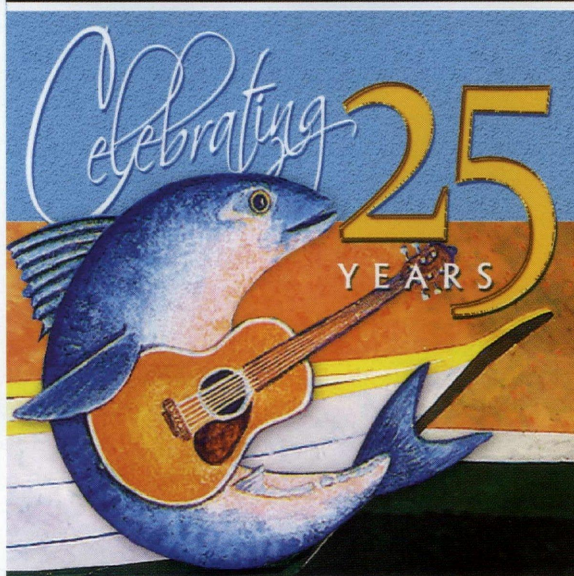
The building at 601 W. Main St. offers one more delightful surprise: a typical Carrboro small business, Cycle 9, which owner Elise Giddings says specializes in "life-style" bikes "that can be customized and fancy, but many are pretty ordinary bikes designed for commuting to work and play," she says. "You don't have to have a special wardrobe or lots of technical knowledge to ride them." The shop, which also features African batiks, is like an artist's collage of found art. The colorful bikes hang from clever wrought-iron racks designed by a local metal worker. As Weinstein says, "You don't have to go far to find art and artists in Carrboro."

Many North Carolina towns have grown up around rail heads and mills, but Carrboro may be unique in successfully preserving its deeply rooted historic character while capitalizing on the creativity and business energy of its people. **MM**

THE COASTAL COHORTS

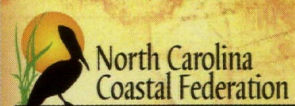
DON DIXON, BLAND SIMPSON & JIM WANN

PERFORMING SONGS AND STORIES FROM
KING MACKEREL & THE BLUES
ARE RUNNING and WILD PONIES



THE COASTAL COHORTS

KING MACKEREL & WILD PONIES



CONCERT SCHEDULE

FRIDAY, MARCH 5, 2010
Sunset Theatre, Asheboro

SATURDAY, MARCH 6, 2010
Lincoln Theatre, Raleigh

FRIDAY, MARCH 26, 2010
Arts of The Albemarle
Maguire Theatre,
Elizabeth City

SATURDAY, MARCH 27, 2010
Roanoke Island Festival Park,
Manteo

TUESDAY, JUNE 15, 2010
Thalian Hall, Wilmington

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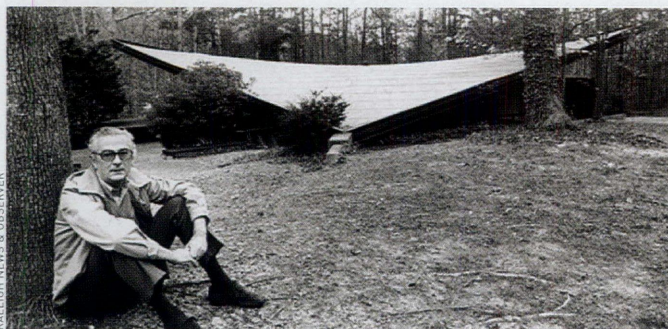
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Form + Function

by J. Michael Welton

CATALANO HOUSE MAY RETURN

Eduardo Catalano's revolutionary parabolic-roofed house may soon be reborn on the NC State Centennial Campus, according to **Marvin Malecha**, dean of the college of design. Catalano's original modernist icon, as noted here in November, fell into disrepair and was demolished in 2001. Malecha is putting the finishing touches on a proposal for review by the 92-year-old Catalano, who taught at NC State's School of Design from 1952-1957. If Catalano agrees to the cost, his house will be rebuilt, as he requested, within a mile of the NC State campus. Malecha says it will be constructed within walking distance of the front door of Brooks Hall — on a part of the



Eduardo Catalano in front of his original parabolic-roofed house

Centennial Campus that reaches into the old Dix property. "We hope Eduardo will gift the house to the College of Design, and then as dean, I'll have to build an endowment fund to maintain it," Malecha says. The new Catalano house will be used for classes, design seminars and as a showcase for modernism. *Bravo!*

SOUTHERN TOUCH IN CHINA

If you thought only the Triangle could do proper justice to the concept of sprawl, think again. While architects here wait out our current Great Recession, their counterparts in China have barely missed a beat. According to **Thomas Campanella's** comprehensive tome, *The Concrete Dragon*, the Chinese since the 1980s have built more skyscrapers, office buildings, shopping malls, hotels, roads, etc. than probably all other nations combined. Indeed, since the '70s, when China boasted only 200 cities, it's now rocketed past 700. And while there appears to be no end to this unbridled expansion, one Triangle-based architecture firm is bringing a Western and enlightened touch to China's northwestern provinces. **Duda Paine Architects** of Durham is not only designing an aerospace museum and office plazas there, but is also engaged in urban planning for entire cities too.

TOTAL URBAN SPACE

Raleigh-based architect **Tina Govan**, whose Martin Residence in downtown Raleigh was featured on The Discovery Channel's "Planet Green," is now in the current online issue of McGraw Hill's *GreenSource* magazine. Govan's a graduate of NC State's College of



Interior, Martin Residence in Raleigh, by architect Tina Govan

Design, as well as MIT's graduate program. She's honing her gift for maximizing total space in a tight urban site — from sidewalk curbs to rooftop terraces. Govan said she looked at all the Martin Residence's scales and wanted to use the lot, inside and out, as living space. And she did, in spades.

ENERGY CONFERENCE

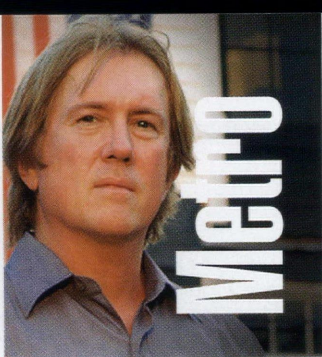
RCI Inc. of Raleigh is holding its annual International Convention & Trade Show March 25-30 in Orlando. The five-day program will offer architects, engineers and building owners demonstrations on rooftop energy production systems, sustainable and vegetated roofs, and the impact of climate, fire and drainage on overall design standards. Call 212-297-2113 or e-mail rgumucio@kellencompany.com.

LEED CERTIFIED

Scientific Properties' Golden Belt, the 155,000-square-foot, adaptive re-use campus, has been certified LEED Gold by the US Green Building Council. The company recycled century-old buildings — once part of a brownfield — into a mixed-use arts center, with sustainability at the core of its approach.

ERRATA:

I stand corrected on two points from December's Form + Function. First, **C&G Partners**, which is handling branding at the new **Hunt Library**, is not the same corporate entity as **Chermayeff & Geismar**, though C&G Partners' Web site does note that a number of Chermayeff & Geismar partners have formed C&G Partners. Second, local **Contemporary Art Museum** interim director **Jay Gates** did not oversee fundraising for a Robert Venturi-designed museum in Seattle. Brad Cloepfil of Allied Works Architecture designed it. Venturi designed the 1991 museum facility there. **MM**



Cheshire on Film

by Godfrey Cheshire

AVATAR A SURE WINNER IN EXPANDED OSCAR SLATE

The Oscars hasn't been a time of keen anticipation for me since I was a movie-besotted teenager, but this year it offers me one welcome opportunity: the chance to say a few retrospective words about the contest's likely front-runners.

Looming over the race, of course, is a significant change and an attached irony. For the first time in decades, 10 rather than five movies will be nominated for Best Picture. The irony is that, if the expanded competition was supposed to increase suspense and the chances of a dark horse winner, this was perhaps the worst time of all to institute it. For the 2009 movie year, they don't need to nominate 10 films, five films or even two. Because the race is all about one: James Cameron's *Avatar*.

There's a widespread assumption that Cameron's fantasy epic will easily capture the Best Picture honors, and for once I agree with the conventional wisdom. The reason is more economics than aesthetics: The highest-grossing movie in history after only a few weeks in theaters (as I write this, its box-office tally is rocketing toward a jaw-dropping \$2 billion), *Avatar* is regarded by many in Hollywood as having "saved" the movie business.

You have to know exactly how fearful people in the biz have been in recent years to understand the exhilaration that has greeted the film's success, and thus the desire to award it. After years of complaints about too many small indie and arty films being nominated — leading to a ceremony in which most Best Picture nominees were unknown to the great unwashed in TV-land — here's the industry's chance to heap praise and prizes on the biggest crowd-pleaser of all time.

The odd thing here is that *Avatar*, though a gargantuan one-time geyser of cash, isn't "saving" Hollywood in the way that most in the business would wish for: that is, by providing a new paradigm for

surefire earnings. Think all the studios are going to rush out and invest a half-billion dollars each in 3-D outer space extravaganzas? No chance. Ironically, *Avatar* is the precise opposite of a new business model. Though huge and hugely entertaining, it's also a one-of-a-kind auteur film. We won't see its like again — or any studio putting up the cash to make one — unless Cameron decides to make another.

My own reaction to the film was a mix of fascination and tedium. The first movie that — to me — has made 3-D feel

almost smug in their shoddy, clichéd scripting. While these qualities may in fact add to the movies' commercial potency, they sadly undercut their artistic possibilities.

Will the Academy award Cameron Best Director as well as Picture? That also seems almost guaranteed, but the intriguing possibility this year is that the voters might see fit to hand the directing trophy to his ex-wife, Kathryn Bigelow, the auteur of *The Hurt Locker* and presumed inspiration for the tough heroines in *Aliens* and the *Terminator* films.



Avatar

organic and appealing, it's a marvel of technological wizardry and inspired execution. However much it cost, every penny seems to be up on the screen in a never-ending cascade of otherworldly action and eye-popping effects.

At the same time, Cameron's penchants for narrative bloat and simpleminded characterizations are equally on display. Ever since the lean, supple narrative and razor-sharp wit of the original *Terminator*, his films have grown ponderously overlong and

With earnings less than 1/100th of those of *Avatar*, *The Hurt Locker* was propelled toward the Oscar race by critics groups across the country, which were almost unanimous in awarding it their Best Picture honors. Though I admired the film, as I do most of Bigelow's work, I had more reservations than my colleagues, feeling that the film was being embraced largely because it brought the kicks of an action film to the serious topic of the Iraq War. Though brilliantly kinetic, *The Hurt Locker*

offers little of the dramatic or moral trenchancy of Oren Moverman's war-themed *The Messenger* (a film I'd love to see slip onto the roster of 10 nominees).

I also had reservations, though fewer, about *Up in the Air*, Jason Reitman's serious-minded comedy starring George Clooney as a commitment-phobic corporate axe man. With *Thank You for Smoking*, *Juno* and this new film, Reitman has established his own distinct brand of social satire cum rueful romantic comedy. And his stylistic confidence seems to grow with each

matic pitfalls, not all of which it can avoid. But its daring also comprises an unusual kind of courage and compassion that, together with the terrific performances Daniels gets from his cast, make *Precious* a deserving Oscar contender.

The five films named above are generally taken to be the titles most likely to gain nominations. (I'm writing this before the nominations are announced.) What will the other five be? Odds are they will contain a mix of movies that previously might have been regarded as too commercial, such

But the minister gets up, and all he says about the changes wrought by integration is that A&T's football coach is chagrined. He still goes to the black high schools where he used to find his best recruits, but now they're not so interested in A&T. One's headed to play at Chapel Hill, another's going to NC State.

I thought this was a great moment in *Blood Done Sign My Name*, Duke professor Tim Tyson's extraordinary and widely acclaimed book about the Civil Rights era in his hometown of Oxford, NC. Watching the new movie version of *Blood*, I was happy to see the scene was included, but I also had to wonder if it could possibly be quite so droll to people from other parts of the country as it will be for many North Carolinians.

That's not to say that the film is at all parochial. Like Tyson's book, which centers on the public murder of a black Vietnam veteran by three white men, it tells a story that should be of great import to many Americans interested in the social changes that transformed this country in the last century. All I'm suggesting is that *Blood* offers certain extra elements of fascination for North Carolina viewers.

The movie represents the combined energies of three native North Carolinians now in their 50s, looking back on the state as it changed in the 1960s and '70s. Besides Tyson, there's producer Robert K. Steel, a Durham native and Duke alumnus, who formerly headed Goldman Sachs. Sensing that Tyson's book would make a good film, Steel enlisted writer-director Jeb Stuart, a Gastonia, NC, native and UNC-Chapel Hill grad who made his name in Hollywood writing big-ticket action films including *Die Hard*, *Another 48 Hrs.* and *The Fugitive*.

Stuart assembled a talented cast that includes Rick Schroder as Rev. Vernon Tyson, Tim's father, and the brilliant young black actor Nate Parker Jr. as Civil Rights activist Ben Chavis. The cast also features cameos by the local likes of the late John Hope Franklin and singer Mary Williams.

I recently interviewed Tyson, Steel, Stuart and Chavis for an upcoming story in *The New York Times*. *Blood Done Sign My Name* opens nationally on Feb. 19. **MM**



The Hurt Locker

film; with assured performances and quick-silver momentum, *Air*, an intoxicating ride, also poses some serious questions. Yet it doesn't really answer the most critical of them. In the film's last act, there's a bit of glib avoidance where a sharp comeuppance is needed, and the tale merely glides when it should soar.

But those qualms are tiny compared to those I have regarding Quentin Tarantino's *Inglourious Basterds*. My views of Tarantino's work have veered from way up (*Pulp Fiction*, *Death Proof*) to moderately down (*Jackie Brown*, *Kill Bill*), and while his Nazi-scalping fantasia had many admirers and was full of exuberant stylistic bravado, it struck me as one of his most aggressively inane outings. I much preferred another Oscar favorite that some of my hipper cinephile friends disdained. Admittedly, Lee Daniels' *Precious*, in dealing with a poor, obese black teenage girl's many miseries, treads into story territory full of melodra-

as *Star Trek* or *Up*, or too small, such as *An Education* or *The Messenger*. The interesting question is whether the idea of having 10 nominees will be judged a success or not. My guess is that it will get a thumbs-up from both movie fans and the industry. It will spread recognition in some new directions, while doing nothing to alter the reality that this is inexorably *Avatar*'s year.

CAROLINA "BLOOD" ON SCREEN

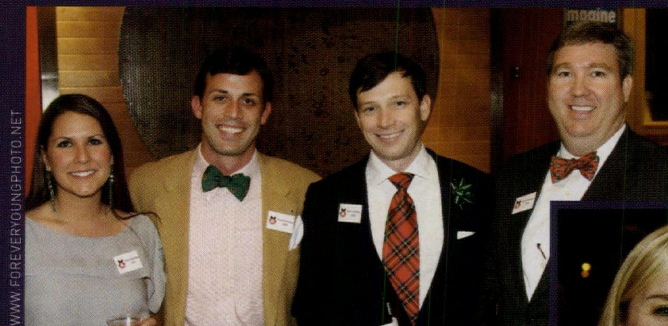
It's the peak of Civil Rights changes in one North Carolina town when a progressive Methodist minister decides to invite a prominent black pastor, who's headquartered at NC A&T, to preach at his church. The decision creates a furor among his more conservative parishioners, but eventually the Sunday for the sermon arrives with everyone in the congregation wondering what the minister will say, assuming they're in for a big harangue about Civil Rights.

On the Town

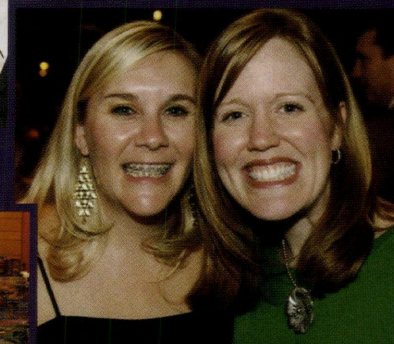
by Helen Wallace

16th Annual Jingle Ball

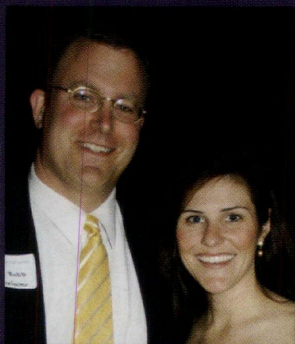
For: The Salvation Army
Marbles Kids Museum
Raleigh, NC
December 10, 2009



Ingrid Thomas, Antoine A. Pontón, Phillip Kennedy, Jonathan Phillips



Katherine Meyer and Molly Nichols



Russell and Julie Babb



Back row: Henry Ward, Kathy White, Lisa Young, Shawn West, Phillip Kennedy, Jonathan Phillips, Antoine Pontón Middle row: Angela Elliot, Heather Brewer, Shelly Baird, Jaci Wheeler, Robyn Sauer, Colleen Terbet Front row: Christina Coffey, Lindsay Beth Gunter



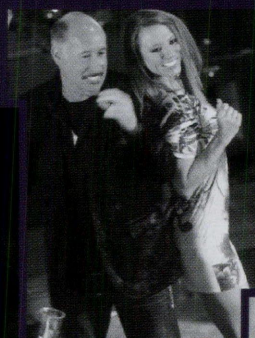
Kevin Williams, Jonathon Barefoot, Dana Chandler, Brooke Stephens



Melissa Green, Keri Bennington, Heather Brewer

Models for Charity

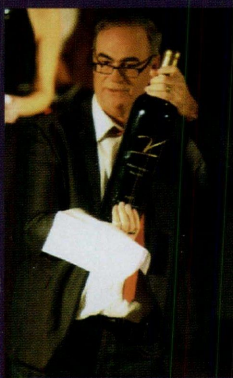
All Saints Chapel
Raleigh, NC
December 8, 2009



James Grosslight and DJ Crystal Rosendaal



Dr. Puja Wentworth



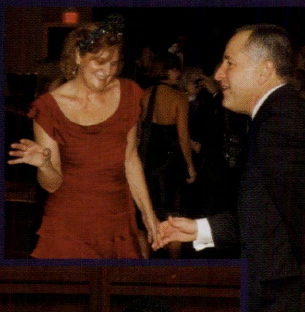
Mort Congleton



Tashama Williams

New Year's Eve Extravaganza

For: North Carolina Symphony
Meymandi Concert Hall
Raleigh, NC
December 31, 2009



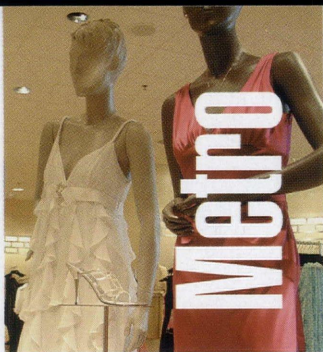
James Romano and Lea Isadore



Grant Llwelllyn, guest artists, Jodi Burns (vocalist), Alan Toda-Ambaras (cello), Corey Marcus Dundee (sax)



Michelle Congleton, Tonia Zampieri, Jennifer Gray and Jessie Hrivnak



Style

by Mary Ward Boerner

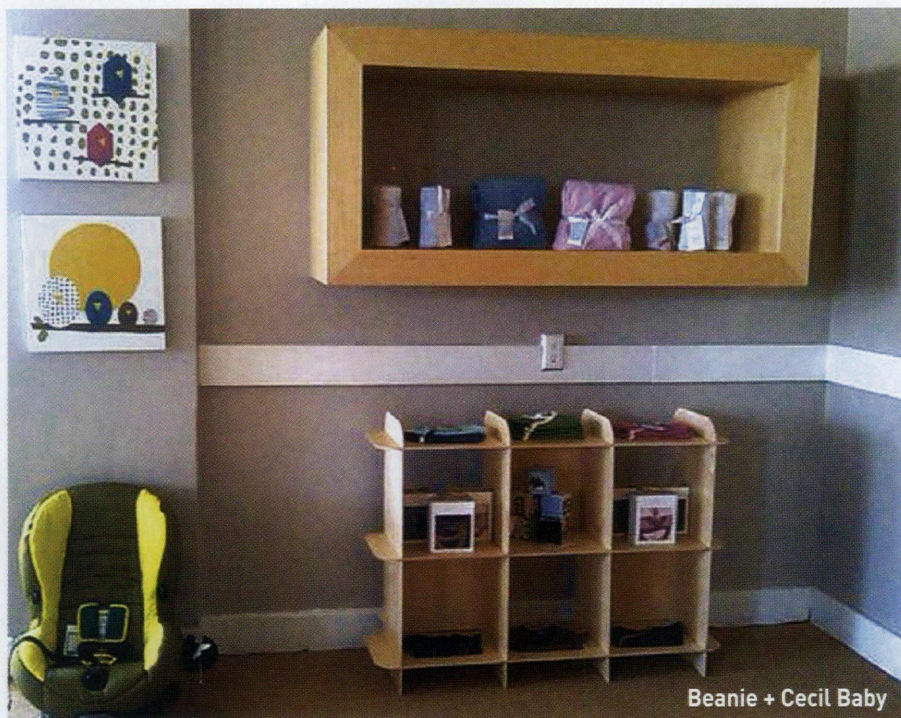
FASHION NEWS

The Vera Wang Salon at **Alexia's Bridal Boutique** will host a Vera Wang bridal trunk show event Feb. 4 through Feb. 6 featuring the Fall 2010 collection. A representative from Vera Wang will be present to provide style and fit expertise. Special incentives will be offered for any gown purchased during the event. Call 919-481-6633 to reserve your appointment, Cary.

Gel Salon will host a "Stay a While for Love and Style" event Feb. 12 from 5p.m. to 7p.m. Customers can enjoy the Valentine's Day themed meet and greet with salon stylists including wine and cheese. Stylists will be available for complimentary color and style consultations. Preston Walk Shopping Center, Cary; contact info@gelsaloninc.com.

February events at Saks Fifth Avenue:

- **Laura Mercier's Global Makeup Artist Event** Feb. 25 through Feb. 27
10a.m. to 6p.m. Bring a friend and enjoy a one-on-one session with Michel Coulombe and his team who will share their favorite tips and techniques. Space is limited. Call 919.792.9100, ext.5362.
- **Men's Valentines Shopping Night** Feb. 11 from 6p.m. to 8p.m., view jewelry from Alexis Bittar, David Yurman, Ippolita, John Hardy and Roberto Coin with prices from \$100 and up with



Revolver will host a Valentine's event on Feb. 11 from 7-10p.m. featuring art and jewelry by Brandi Bowen of Creativ*Bee Designs.

Visit **Beanie + Cecil Baby** at their new location at Seaboard Station which is now open. The location has more space, new inventory & a larger selection of consignment. 121 Seaboard Avenue, Raleigh, 919-821-7685 or visit online at www.beanieandcecilbaby.com

On Feb. 13, **Monkee's of Raleigh** will host a Cupcakes, Champaign & Tory party to introduce their newest line and their large selection of Tory Burch shoes and bags.

Hertzberg Furs continues the Anniversary sale through Feb. 14. All furs and accessories in stock are on sale at the lowest prices of the season. Raleigh, 919-782-2165 or visit www.hertzbergfurs.com.



Hertzberg Furs

complimentary gift wrapping. Receive a pair of ticket to Broadway Series South production "Doo Wop Valentines Day Beach and Oldies Show" at the Raleigh Memorial Auditorium for February 14 at 7:00pm with any \$500 jewelry purchase. Limited amount of tickets available. See sales associate for details. Call 919.792.9100, ext.5318 or visit www.broadwayseriesouth.com.

- **Roberto Coin Trunk Show** Feb.11. View the exclusive collection from Roberto Coin exclusively at Saks. Call 919.792.9100, ext.5318
- **Beauty Week:** Feb. 25 through March 6. For more information, call 919.792.9100, ext. 5365
- **Zegna Made-To-Measure Event** featuring the Spring 2010 Ermenegildo Zegna collection for men with Angel Rosado, Ermenegildo Zegna Brand Director. Feb. 19 and Feb. 20; call 919-792-9100, ext. 5381

New for February; **Benefit Cosmetics** introduces "POP", a limited edition

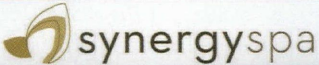
Spring, 2010 collection of velvet eye-shadows featuring six new vibrant hues and "Sugarbomb", featuring four complementing shades of rose, pink, plum

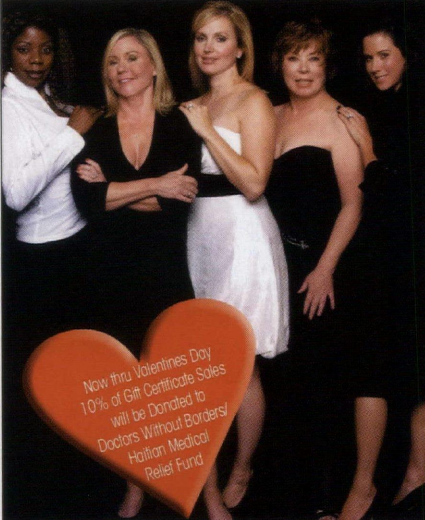
and peach which blend together to brighten cheeks. Available at Belk Department Stores and Sephora. **MM**



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AWARDS

Trendiest Salon
Social Magazine '08

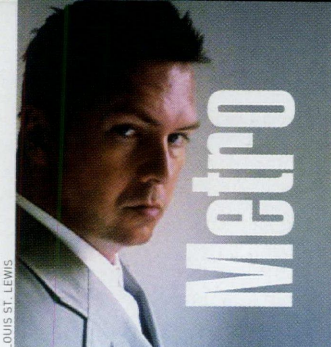
**Best Hair Salon
in Wake County**
Independent Weekly '08

**Bravo Award for
Best Hair Salon**
Metro Magazine '08

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by Louis St. Lewis

Artist-at-Large

REVOLVING DOORS

I have always loved etymology, the study of the history of words and how they change over time. It was January when I wrote this piece, the month named for the Roman god Janus: god of gates, doors, beginnings and endings — topics that seem to be swirling around with great intensity as of late.

Perhaps it's just human nature, but some doors you always expect to be open, like Tyndall Galleries (www.tyndallgalleries.com) in Chapel Hill, one of the top art galleries in the South, which closed its doors just a few days ago. When Jane Tyndall called me up to break the news, you could have knocked me over with a feather. While I wouldn't miss some galleries (ask me about that over cocktails) but not Tyndall.

Every time I walked into that gorgeous space, designed by Phil Szostak, with its high ceilings and gleaming bamboo floors, I felt I was in New York City. The gallery was beautiful, well lit, well managed and respected by both artist and client with a director who understood the needs of commerce but also encouraged artists to create and shine. I have had some serious cat fights with gallery directors — I'm talking screaming fits and cussing and such — but never in all my years knowing Jane has there been one moment of disagreement or friction. A true professional and a lady of impeccable taste, Jane is the mold that most gallery directors should be cast from.

When I asked Jane her thoughts looking back on her impressive gallery career, she told me, "I am so blessed to have been able to represent such a brilliant group of artists these 19 years. We have had an eclectic mix, and I love every one of them. Each artist has a unique vision and is passionately committed to his or her own work. Each is accomplished and well respected." That's no lie, Tyndall Galleries was fortunate enough to represent many of the best areas of the region, including Beverly McIver way back before she gained national exposure and Jane Filers, who she helped polish from a rising star to a high sheen. Ellen Kong, Gayle Lowery, Lynn Boggess, Duy Huynh and many others flourished and thrived at Tyndall. The noted ceramicist Kong told me, "Jane is one of the few dealers who is always cheerful, always supportive, a woman with a true goodness of spirit who had the rare power of drawing together an eclectic group of talented artists that was supportive, and even protective of each other — almost like a family."

When Jane told me she was near retirement age, I was shocked. I thought her silver mane was premature, caused by having to deal with artists and the public all day. But if I had to deal with the general public day in and day out for 20 years, I think I would need a break as

well. Even though Jane is closing shop and intending on spending more time with her family, don't count her out of the art scene. Tyndall intends to continue consulting privately, and she certainly has the chops, beginning with her career in the '80s as an art consultant working with notables such as GlaxoSmithKline, IBM, and Duke Medical Center. Jane, wherever you are reading this, know that you have helped bring beauty and dignity to thousands of lives through your efforts.

Your closing leaves a hole in the arts community that feels like the Grand Canyon.

Remember that Janus presides over doorways. Sure enough, just as one closes, another opens, and that's the case with the new Raleigh Institute of Contemporary Art (RICA) (www.rica-nc.com). Located at 2123 Atlantic Ave., founder Mia Yoon has based her enterprise on famous art schools, such as The Art Students League of New York where she attended. Yoon has brought in an accomplished array of professional artists as teachers for the atelier-style school. I hope it takes off with flying colors.

We really need good art education around here. As the great Wassily Kandinsky stated, "The artist must not forget that in him lies the power of true application of every method, but that power must be developed." Many artists,

and would-be artists, think they need no further education, and that's a lot of baloney. We all can advance our talents. Doctors take classes to find the latest techniques, stylists go to seminars to learn the latest trends and products, but for some reason an artist takes a class 20 years ago and thinks they are set for life. It's not hard to see how this mindset develops. You go in many of the local galleries and see just the most god-awful junk, like a bad landscape or sunflower painting, and somebody with a new McMansion, with absolutely no taste but too much money, buys the monstrosity and slaps the ugly sunflower painting over the mantle, thus encouraging artists to make bad art and art galleries to sell bad art.

It gets even worse when would-be artists walk into the galleries and see bad art and say to themselves, "I could do that," and then proceed to go home and do it. It makes me want to retch. If you have aesthetic ambitions, do yourself a favor and sign up for some real art classes at RICA and skip the weekend mediocrity seminars at the local art shops we have been stuck with for too many years. The only way that North Carolina will become a sophisticated art market is if we take the steps to rise to a level of sophistication. Do your part. **MM**



THINGS I THINK I KNOW

I was in the book store and picked up a thin paperback of essays, poetry and writings that sported Maya Angelou's name in letters far larger than those of the title, *Letter to My Daughter*. Dr. Angelou lives here in Winston-Salem, and I know that she has no daughter — only a son — so I wondered what the point was.

It seems she counts women she has mentored “daughters,” first and foremost Oprah Winfrey. Angelou has a substantial home with a high wooden fence that obscures the gated grounds. Just now it is painted yellow. I have been told that it provides privacy for Oprah when she comes in by private jet to Smith Reynolds Airport for visits. I have never seen Oprah in Winston-Salem or her private jet, so this may just be urban legend. I do know that countless celebrities do make their way to Angelou's North Carolina home, as well as her Harlem townhouse. The fence is a tad jarring, and I expect it may give some residents of her silk-stocking neighborhood a bit of heartburn, which, in turn, I expect amuses Angelou. As for Oprah, her name is first on a list of 12 women Angelou acknowledges by saying, “My thanks to women not born to me but who allow me to mother them.”

By chance I opened the book to a page where Angelou savors the memory of old friends and wonders aloud where they are now after departing this earth. “I find relief from the questions only when I concede that I am not obliged to know everything. I remind myself it is sufficient to know what I know, and that what I know may not always be true.” I was taken by the implications of that concession and the idea of remembering old friends at New Year's. So I bought *Letter to My Daughter* and read it cover to cover before bedtime.

While learning is a life-long process, we have arrived at a great place when we can candidly admit what we do not know and feel no embarrassment about it. I cannot know everything. But there is much I know, though it may be of little consequence, that others do not know.

We also have reached a significant milestone in “life's journey,” as they say, when we recognize that what we think we know may just not be true and have the flexibility to accommodate revelations that prove us wrong when they occur. As for me, I often find myself saying, “I used to think ... but now I have decided...” “Truth,” or what I know to be true, at least in my mind, is subject to correction.

As we begin 2010, instead of contemplating New Year's resolutions or making a list of the “Top 10” this or that, I have decided to talk about things I know are true while recognizing, like Angelou, “that what I know may not always be true.”

I know that people truly at peace with themselves have the greatest capacity and willingness to share in the joys and good fortunes of others. Happy people do not rain on other people's parades.

“Auld Lang Syne” raises the question of whether Angelou, you, me or anyone else should even bother to think about old friends, including those who have passed on. Then the song answers its own question. Let's toast them. New friends keep the friend pool fresh and stimulating and compensate for inevitable attrition. But I know that old friends are dearest — those who know our foibles and ignore our shortcomings, as we do theirs, acknowledging that we all are made of flawed cloth. Perhaps New Year's Eve should be a celebration of the human mind that allows us to relive times spent with friends and family now gone and hear their voices and laughter.

A New Year's is about time, and I know that time is finite and, thus, precious and that I have wasted far too much of it. It is said that time changes with time: in youth, time marches on; in middle age, time flies; in old age, time runs out. Unlike cell phone plans, we cannot save minutes, days, years and use them later.

I know that everyone has something to give. Some have millions. Others may have a friendly greeting, a loving smile, a caring touch, words of encouragement, and the ability to make others feel special and appreciated — all priceless.

I know that people truly at peace with themselves have the greatest capacity and willingness to share in the joys and good fortunes of others. Happy people do not rain on other people's parades.

I know that carrying grudges is self-destructive. There is no greater feeling of liberation than moving beyond an old hurt or wrong. And I know there are few things more difficult to do.

I know that beauty in the broadest sense is important, in whatever form it can be perceived or achieved — through the arts, through nature, through self-expression. Through food lovingly prepared and presented. Through unselfish love.

I know that being frugal in one's own affairs and generous toward others is far more rewarding than the opposite. I know that as time goes by this becomes increasingly clear to most people.

I know that dwelling on mistakes and shortcomings eats at our inner self and is seldom productive. Looking back, we can always see how we could have done things better and been kinder or more generous or more understanding.

I know that one can be alone without being lonely. Quiet can nurture the soul, and communing with yourself can be the most important time you spend in a day. It makes me sad to see young people who cannot function apart from noise, activity and even confusion. How will they get to know themselves?

I know that the older people are, generally the less “stuff” counts. While my world compared to that of some is small, I have few wants and even fewer needs, and that pleases me very much.

I know that good guys do not always win. I have reconciled myself to this fact, although I do not like it and have no explanation for it. Perhaps you can tell me that in this case what I know is not true. Between you and me, I would welcome that.

Over the years, especially as I have begun to write for publication rather than for clients — seldom for attribution — people have commented on my “sense of place.” At first, I was put off by it, thinking that “sense of place” meant “provincialism.” I know better now, and I am thankful that my youth was full of people and characters and settings that will not turn me loose and are the stuff of good stories, gentle humor and thoughtful reflection.

Angelou made an observation, which I will use to conclude this litany of what “I know” or, as she puts it, “I believe.”

“Thomas Wolfe warned in the title of

America’s great novel that ‘you can’t go home again.’ I enjoyed the book but I never agreed with the title. I believe that one can never leave home. I believe that

“We may act sophisticated and worldly but I believe we feel safest when we go inside ourselves and find home, a place where we belong and maybe the only place we really do.”

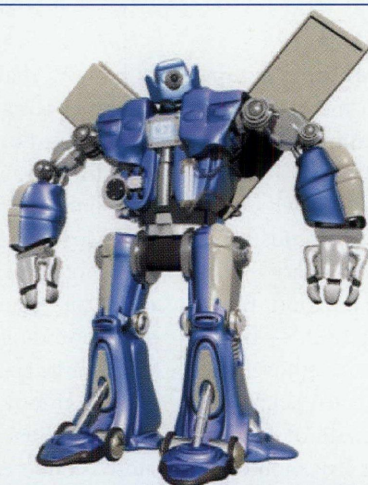
— Angelou

one carries the shadows, the dreams, the fears and the dragons of home under one’s skin, at the extreme corners of one’s eyes, and possibly in the gristle of the earlobe...” She had a difficult childhood,

and I would add to that joys, loves, friendships and accumulated experiences, among other things.

“We may act sophisticated and worldly but I believe we feel safest when we go inside ourselves and find home, a place where we belong and maybe the only place we really do,” said Angelou, who has lived on several continents and in major cities of the world.

In 2010, I know there will be times when I will “go inside myself and find home.” I know you will too. I also know that I actually will spend joy-filled days at home: Sitting on Brother Frank’s front porch in Buies Creek and visiting with friends. Exploring in Bertie. Watching a football game at ECU or a baseball game at Campbell. Attending a hog killing in Johnston County. Eating soft-shell crabs in Hyde and barbecue in Wayne. Daydreaming as I drive old 421 to Wilmington. Or cobbling together in my head “Between You and Me” as I walk in the surf at Wrightsville Beach and contemplate the distance to the horizon. **MM**



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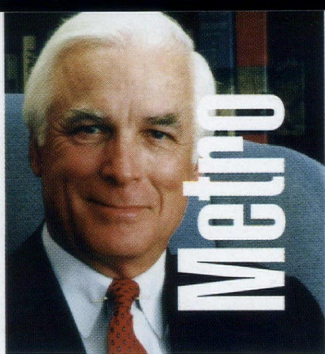
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Editor-at-Large

by Jim Leutze

OFFSHORE ENERGY A COMPLEX ISSUE

One of the more interesting things I have learned while serving on various state boards and commissions is how little public attention is paid to the rule-making or recommendations made by those groups. An exception is the Marine Fisheries Commission meetings, which always include armed police officers since public input can turn volatile and potentially violent. I'm not advocating that level of engagement, but generally we do need more public attention. It's not that these boards discourage input. They always welcome and encourage public suggestions and comments. The problem is the public often doesn't respond. Moreover, it is normal practice for boards and commissions to devote personnel to the specific task of public education. Despite the intent and the efforts, much public policy-making proceeds without many people paying attention. I just had a good example of this matter during a recent meeting of the Offshore Energy Exploration Committee.

This particular meeting was devoted to considering the onshore infrastructure needed to facilitate the harvesting of offshore energy, whether oil, gas, wind or other more esoteric technologies. It turns out that this is a complex and nuanced issue. In the first place, the infrastructure necessary to support the various types of energy production varies widely. For example, oil would take the most, wind would take much less. It is, however, the case that virtually any energy production will require, at a minimum, some increased road and rail infrastructure — sometimes in areas where the transportation network is already overloaded.

In the case of oil or natural gas it is not certain they would be brought ashore in North Carolina since both Norfolk, VA, and Charleston, SC, are larger and already have more relevant infrastructure in place. But if North Carolina received the products, the only possible ports of entry are Wilmington and Morehead City. Consequently, the first presentation was from the North Carolina Ports Authority. The two State Ports, which, despite the title, are for-profit enterprises, receive no state funds. The most likely site for oil and gas drilling — “the point” — is off Cape Hatteras and much closer to Morehead City. That port currently comprises 128 acres — half the size of Wilmington — and pales by comparison to Charleston at 575 acres. The Ports Authority representative did

say that Radio Island, which is part of the Morehead City complex, would be an ideal place for pre-construction work on either wind turbines or oil rigs. He also said that there would have to be considerable infrastructure improvement since all transportation depends on the railroad that runs through the center of town on the already congested NC Highway 70.

The real hope for the future is the proposed North Carolina International Terminal (NCIT) at the mouth of the Cape Fear River. This point would comprise 600 acres, accommodate the giant ships being built to transit a re-designed Panama Canal, and be 50 percent larger than the current ports at Charleston and Norfolk. Presumably there will have to be significant road and rail improvements to serve this huge project, which should begin first phase development in 2017.

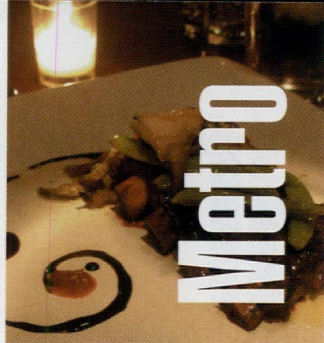
We next heard from municipal and county organizations regarding their interest in accommodating the new onshore developments. What would they have to do regarding zoning and land use plans? Sure they want some jobs, but what impact will all this have on tourism? We didn't have the answers, nor did they. Then someone introduced the troubling issue of sea level rise. Even if you're not convinced of this inevitability, prudent planning calls for at least considering it. In any case, the officials

conceded that their public had not really begun to focus on the issues.

As I said at the start, it is unfortunate the citizens, many of whom will be affected, don't tune in when decisions are being made. However, in this particular case inattention may be understandable. Estimates are that if we were to begin drilling at the earliest possible date, it might be 20 years before oil would begin coming onshore. Natural gas would come a little quicker and wind is the quickest, but you still are talking years and years. The NCIT won't start until 2017 and probably won't be in full operation until 2030. Sea level rise happens very, very slowly and probably won't be very noticeable until 2050.

Unfortunately, however, decisions regarding offshore energy production and exploration need to be made within the next few years. I only hope that when the consequences of those decisions are realized, the public will wish they had paid more attention. **MM**





Gourmet

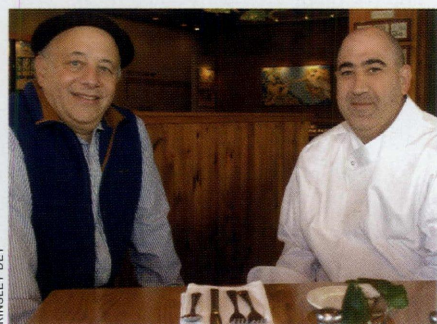
by Moreton Neal

EAT YOUR VEGGIES

Now that we've seen the pork belly craze reach its climax (some would say nadir) with chocolate-covered bacon, we can move on to the other big food story of the year, if not the entire past decade: vegetables.

When my meat and potato-loving husband brought home a copy of *Vegetarian Times* recently, I realized a meatless diet has grown far beyond a mere trend, it's a lifestyle for a growing percentage of Americans. If a cover photo of collard greens and mushroom polenta proved irresistible to a devout carnivore like Drake, something significant must be happening in the food zeitgeist. Another sign is the sheer volume of vegetarians I've run into this year — as if the Church of Seventh-day Adventist has suddenly mushroomed into a major American religion.

Vegetarians, as we know, are averse to eating animals, but vegans take this practice even further. To practice a "cruelty-free lifestyle," some vegans refuse to wear leather or wool and eschew dairy, eggs and any animal product, even honey. Yes. Honey.



Arthur Gordon and Daniel Cohn

Being a vegan in our culture ain't easy. I recently dined at a popular local Southern restaurant with a group that included a vegan. The only thing the kitchen could produce without an animal component was a banana. Understandably, she felt "disrespected," (her words) by the choice of this particular eatery. Consciousness raised, the rest of us continued to devour our juicy hamburgers and barbecue sandwiches, but with



Maisie Coborne and Kelly Bruney

just a tad of guilt.

This sort of prickly frisson between omnivores and strict vegans appears to be fairly commonplace. In a holiday article called "Veg Etiquette," the *Vegetarian Times* addressed the issue, advising vegans, "DON'T make comments about your nausea at seeing a bird corpse being hacked away at," advised the author. "It may make you squeamish, but it's something that some people drool over."

Actually, there are many vegetarians who aren't all that squeamish about flesh-eating but owe their conversion to health concerns. Losing weight, lowering cholesterol, and avoiding hormones and antibiotics used in commercially raised animals are reasons enough to steer one's regime toward more fruits and veggies.

Home cooks familiar with classic cookbooks such as Patricia Wells' *Vegetable Harvest*, Barbara Kafka's *Vegetable Love*, Madhur Jaffrey's *World Vegetarian*, Anna Thomas' *The Vegetarian Epicure* and Deborah Madison's *Vegetarian Cooking for Everyone* already know how varied and satisfying cooking without meat can be. With the obesity epidemic in this country, it would behoove all of us to eat less animal fat and more nutri-

tious plant life.

Fortunately, the Triangle has a range of choices for meatless feasting. The excellent Sage Vegetarian Café in Chapel Hill (Persian cuisine), Udupi in Cary and Tower in Morrisville (both Southern Indian) serve no meat at all. Delicious vegetarian main courses can be found at Raleigh's Sitti, Neomonde, and St. Jacques; Durham's Blue Corn; Carrboro's Glasshalfull; Chapel Hill's Margaret's Cantina; and Cary's Bosphorus, to name just a few. This month, I celebrated my heightened veggie-consciousness by visiting the oldest and the newest vegetarian restaurants in our area.

The Irregardless Café

901 W. Morgan St.
Raleigh, NC 27603

Arthur Gordon, with not a lick of restaurant experience but a passion for healthy, tasty food, opened Raleigh's first vegetarian restaurant in 1975. Thirty-five years later, his hospitable establishment still satisfies vegetable lovers at its original address on Morgan Street. Though the first café burned in 1994, Gordon rebuilt the eatery. His simply decorated space exudes permanence, as if it has been nurturing the neighborhood forever,

and always will. One reason for longevity is the flexibility of the owner who met popular demand and added seafood and meat to the menu years ago. But his menu still offers many meatless items, including a few vegan specialties.

The dishes we tried, executed by Chef Daniel Cohn, a Culinary Institute of America graduate, were rich and generously portioned, ostensibly geared more to athletes than ladies who lunch. A huge grilled Portabella mushroom cap on polenta, topped with a large dollop of pesto, was served with spinach and carrots. The traditional baked macaroni and cheese was big enough for three football players, as was the voluptuous apple crisp. The goat cheese salad was more about the cheese than the lettuce, though I heard no complaints from my dinner companions. Billed as an appetizer, the Middle Eastern platter — butterbean pâté, hummus and tabouli — is a meal in itself.

Gordon has always been a nurturer — of his loyal staff, his patrons and his community (he was awarded Green Business Leader of 2009 by the *Triangle Business Journal*). Characteristically, his restaurant's dishes are all about comfort. Those looking for a low-fat, spa experience should stick with the salads.

Butternut Squash Restaurant

133E W. Franklin St., University Square Chapel Hill, NC 27516

The newest vegetarian restaurant in the Triangle, Butternut Squash, could be beamed in from an upscale health spa. Light and airy, pastel walls covered with abstract paintings, Butternut's feminine ambience reflects the sunny personality of its owners, mother-daughter team Maisie Coborne, who runs the floor, and Kelly Bruney in the kitchen.

The spring-like décor suits Butternut's health-conscious menu, and servers are trained to cater to the concerns of fussy purists. Before the menu arrived we were asked, "Do you prefer ice in your water?"

From the international selection of dishes, we tried the highly spiced spicy seitan chili, butternut and pear salad, Thai green curry and the pleasantly seasoned "A taste of India" with coconut rice. All dishes feature farm-fresh vegetables and fragrant spices, but at first bite, everything tasted surprisingly bland. This was easily remedied by a salt shaker. The chef uses little salt in cooking, but after we added it, flavors came alive and the meal was enjoyable.

Brunch was less successful with faux "sausage" and "bacon." And Southern biscuit fanatics will be disappointed with Butternut's rendition, as flat and tough as zwieback. Apparently faux shortening has not yet been perfected. Better to stick with the dishes that feature fruits and vegetables with no pretensions of being anything other than what they are.

NIBBLES

To learn more about vegetarian dining spots and food events, **The Triangle Vegetarian Society's** Web site, www.trianglevegssociety.org, offers a calendar and a listing of veggie-friendly restaurants.

Niall Hanley, owner of Hibernian and Solas, has opened his third eatery in the Glenwood South restaurant ghetto. **The Diner** promises to be another visual treat by the ambitiously creative restaurateur. Menu items include burgers, fries, milkshakes, steaks, salads and other traditional diner foods. It will be open 24/7 and serves breakfast at all hours.

Chef Ricky Moore, formerly of Glass-half-full, will head the kitchen of George Bakatsias' new Cary enterprise, **Giorgio**, on Cary Parkway at High House Road. Moore's menu includes "new Mediterranean" dishes, such as chicken tagine and red snapper plaki.

La Residence starts the year with new Chef Stephen Amos, formerly head of The Old Granary's kitchen at Fearington Village.

Fins has closed in downtown Raleigh but plans to morph into an international street food restaurant to open later this winter.

Iron Chef winner Walter Royal will host

three fine-dining cooking classes this spring at **The Angus Barn** where he has been executive chef for over a decade. Guests will prepare a multi-course meal from start to finish. Reserve a space now by calling Kelly Joslin at 919-787-3505 ext. 268 or e-mail kelly.joslin@angusbarn.com.

Barbara Ensrud's wine classes at Duke begin Jan. 29, five Friday night sessions exploring the likes of Pinot Noir, the Cabernets, Syrah and other top grapes from the world's top wine regions. Information: 919-684-6259 or www.learnmore.duke.edu/weekend/courses.

The Triangle food scene lost one of its most memorable personalities last month when **Fred Benton** passed away. Benton began his food-writing career at *The Spectator*, then owned and edited by our own Bernie Reeves. Benton wrote "Off the Menu" for *Metro*, and most recently was the dining editor of *Raleigh Downtowner Magazine*. For 15 years Benton hosted "Food Forum" and "The Better Living Show" on Durham's radio station WDNC-AM. He was a knowledgeable epicurean, but his real talent was comedy and his playful, wicked wit. As co-host on the show, I tried to maintain a sense of seriousness and dignity on air, and, fortunately for listeners, I never succeeded. Benton was all about laughter and enjoying life to the fullest, which he did for a much-too-short 58 years.

We have also lost a wonderful chef, **Marta Brewer**. Brewer and her husband brought Spanish cuisine to Raleigh with their restaurant, *Tasca Brava*. Later she cooked at *Dos Taquitos Centro*. Raleigh foodies will miss her inventive Spanish and Mexican cooking. **MM**

In the Mood?

We can help!

We will be open Sunday Feb. 14th to celebrate Valentine's Day, offering our full menu plus chef's features.

2009 Metro Bravo Award
"Best Restaurant for Special Occasions"

Now taking reservations for our upcoming wine dinner featuring Delectus Winery of Napa Valley on March 11th.

(919) 847-7319 | 7440 Six Forks Rd., Raleigh | www.vinniessteakhouse.com



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 week-end 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.

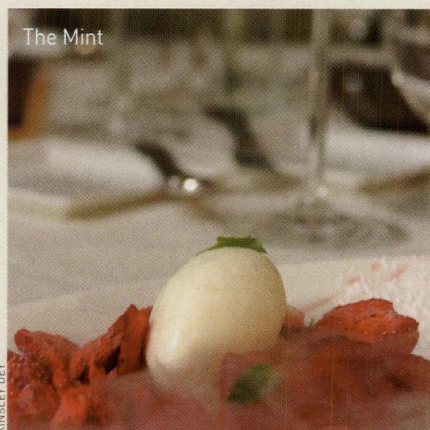
CAFÉ TIRAMISU — 6196-120 Falls of Neuse Rd., Raleigh. 981-0305. Northern Italian Cuisine: A family owned and operated restaurant originating from an old Raleigh favorite Piccolo Mondo restaurant. Slick and contemporary décor, will give fine dining at its best.

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 compliment 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. Mon.-Thurs. 5-9p.m.; Fri. and Sat. 5-10p.m. The Mint in downtown Raleigh offers contemporary fine southern dining with global influences. Culinary Director Christopher Hylton 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 avail-

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

TAVERNA AGORA — 6101 Glenwood Ave., Raleigh. 881-8333. www.TavernaAgora.com. Taverna Agora is the premier restaurant in the Triangle for authentic Greek cuisine. Enjoy the rustic 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.zestcafehomeart.com. Offering the freshest, finest food served with a zesty outlook since 1995. Dine in our café or outdoor patio. Enjoy the Home Art selection of fun and whimsical home accessories and gifts. Lunch Tues.-Sat., Dinner Wed.-Sat. and Sunday Brunch.

DURHAM/APEX/MORRISVILLE

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

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

SAFFRON INDIAN RESTAURANT — 4121 Davis Drive, Morrisville. 469-5774. www.saffronnc.com. Offering fine dining in an elegantly modern ambience. Ranked best Indian restaurant and top 20 in RTP irrespective of cuisine by *N&O* for three years.
VIN ROUGE — 2010 Hillsborough Rd., Durham. 416-0406. Vin Rouge, a French café and wine bar, treats guests to provincial cooking at its finest in a chic, intimate setting. Dinner Tues.-Sun. 5:30-11 p.m., Brunch Sun. 10:30-2 p.m.

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

CHAPEL HILL/HILLSBOROUGH

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

BIN 54 — 1201-M Raleigh Rd., Chapel Hill. 969-1155. Chapel Hill's high-end steakhouse has it all: delectable dishes, stellar service and an atmosphere rich in stylish romance.

THE CAROLINA CROSSROADS RESTAURANT — 211 Pittsboro Street, Chapel Hill. 918-2777. www.carolinainn.com. The Four Star and Four Diamond Carolina Crossroads Restaurant combines the graceful traditions of the south with Executive Chef Jimmy Reale's progressive new American cuisine. Fine dining 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. Visit online at 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. Authentic menu based on family recipes, with curries, noodles, soups, and sushi. Attractive, open, atmosphere, vegetarian options and weekly specials. Special sushi offer Tuesday and Thursday nights. 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.aquaexperience.com. "Aqua's urban-chic décor whets the appetite for sophisticated, internationally inspired food... On all counts, Aqua was an exceptional dining experience." Moreton Neal in *Metro Magazine* June 2005. Open for dinner: Tues.-Thurs. 6 p.m., Fri. & Sat. 5:30 p.m.

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

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

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

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

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

FISHTALES WATERFRONT RESTAURANT — 232 W. Beaufort Rd. Beaufort 252-504-7263. www.fishtalesdining.com. Have your Holiday Party on the Waterfront this year! FishTales offers the best food selection, service and a great atmosphere for your special event. We can provide the perfect setting no matter what the occasion. Our facility accommodates parties from 10 to 1000. Call today or come by for a personal tour.

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

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

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

Cork Report

by Barbara Ensrud



WINE VALUES AND PAIRINGS

This year's Top 100 wines of 2009 (*Wine Spectator*, Dec. 31) seemed to include more value-priced wines than usual, with quite a few at \$20 and under — a nod to the economics of the times, no doubt. Local wine merchants agree that wine-buying habits reflect this trend.

"The alcohol budget seems to be the last to go in a recession," said Cory Lyster at The Wine Merchant in Cary. "People are spending the same amount overall — they haven't cut back on drinking wine — but they're buying differently. Fewer of the \$50-\$60 reds are flying out the door. The biggest sellers now are in the \$10 range."

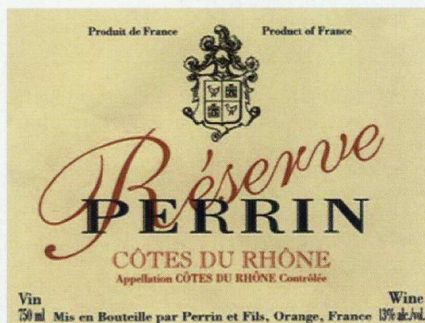
Profit margins are less on these wines, however, so wine sellers are feeling the pinch too. The best buys — and best values, in my view — are in the \$12-\$20 range, and they include reds much more pleasurable to enjoy right now than more expensive ones. Some of the most popular wines, noted Lyster, are from Chile and Argentina. Australia has lost ground of late, but there are still some excellent buys from Down Under.

Here are some wines from different areas that I've tasted recently and highly recommend. Do remember that anything available at one particular shop can be ordered at others.

Domaine des Rozets 2007, Coteaux du Tricastin, \$10-\$11, The Wine Merchant, 3CUPS. Appealing blend of gre-

nache, syrah and cinsault, a snappy red suited to a wide range of casual fare, from pizza to smoked meats to vegetarian chili.

Vieux Clocher 2007, Côte du Ventoux, \$9-\$11, Chapel Hill Wine Company, A Southern Season. The ripeness of 2007 Rhône Valley reds makes for delightful drinking. Though Ventoux reds are lighter than Côte du Rhône, they have plenty of juicy punch to enjoy with meat pastas, hamburgers, grilled sausages and the like.



Perrin Reserve 2007, Côtes du Rhône, \$9.99, Total Wine, Trader Joe's. The Perrin brothers, makers of the famed **Château-neuf-du-Pape Beaucastel** (\$115 a bottle), get lots of appealing flavor into this little red. Great value.

Domaine de Fontenille 2007, Luberon/Rhône, \$13.99, Seaboard Wine Warehouse, The Wine Merchant in Cary. Great intensity at a modest price, a tasty blend of old-vine grenache and syrah that is great with roast chicken but can also handle steak or lamb and savory cheeses.

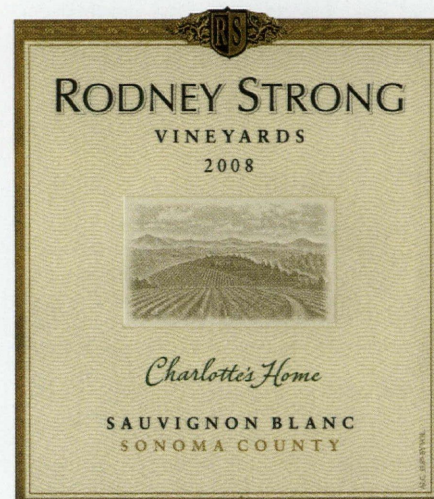
Brancott Reserve Sauvignon Blanc 2008, Marlborough, NZ, \$12-\$14, Harris-Teeter, Total Wine. Bright and zesty, with the bold citrus and mineral accents typical of New Zealand Sauvignons. Also one of 2009's Top 100.

Cooper Mountain Pinot Noir 2006, Oregon, \$20, Whole Foods. Pinot in a lighter frame with attractive fruit; made from organically grown grapes; excellent

for grilled salmon.

Château Coupe Roses "La Bastide" 2007, Minervois, \$13.99, Hillsborough Wine Company. Proprietor Todd Wielar dubs this appealing blend of grenache, carignan and a squirt of juicy syrah as "fire-side juice for sure." Just the thing for a blustery winter night.

King Estate Signature Pinot Gris 2008, Willamette Valley, OR, \$17. Dry and crisp, but richer than Pinot Grigio, which allows it to complement sautéed chicken breast, tilapia or flounder filets, sea scallops, and seafood pastas. A consistently lovely white wine.



Rodney Strong Sauvignon Blanc 2008 "Charlotte's Home," Sonoma, \$10-\$14, widely available. Nery and crisp, attractive mineral accents, excellent for shellfish.

St. Supéry 2008 Chardonnay Oak Free, Napa Valley, \$18-\$20. A comely Chardonnay — crisp and well-balanced, clean and bright, with pearish aromas.

Peter Lehmann Shiraz Barossa 2006, Australia, \$14-\$16, widely available. Big without being overly tannic, boasting generous dark berry and plum flavors, fine with roast or grilled leg of lamb.



WINES WITH VEGETARIAN FOODS

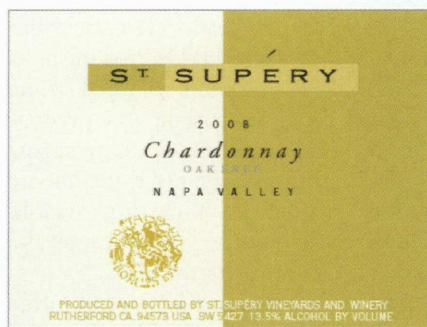
As Moreton Neal points out in her Gourmet column in this issue, vegetarian dishes are increasingly featured at Triangle restaurants, many highly flavored and hearty. I'm often asked about pairing wines with vegetarian meals, and it does require a different approach.

While there are indeed bold dishes, such as Butternut Squash Cassoulet at The Irregardless Cafe, that call for flavorful, medium-bodied red wines, big and tannic reds will overpower most vegetarian dishes.

The Irregardless wine list offers some of the best values in the Triangle — well-chosen wines at very fair prices. There are several choices to pair with the cassoulet, for instance — such as the **Santa Ema Merlot** from Chile, a quite delectable red, or the organically grown **Santa Julia Cabernet Sauvignon** from Argentina or the **Shoofly Shiraz** from Australia, each \$21-\$23 a bottle, \$6 by the glass.

The popularity of Asian and Asian-fusion foods has proved a useful segue into wines with vegetarian foods. So many

Asian foods — Indian, Thai, Chinese, Japanese — are meatless, but they are certainly not lacking in flavor. Wine lists in such restaurants have introduced light, crisp whites, dry and off-dry, such as Rieslings, Grüner Veltliner, Sauvignon Blanc from New Zealand, Viognier,



unoaked Chardonnays — as well as lighter reds, such as Pinot Noir from Germany, Brouillys from Beaujolais, and claret blends of cabernet and merlot.

The dinner menu at Lantern in Chapel Hill offers intriguing meatless dishes, and the carefully chosen wine list complements

them. Wondering what to order with fresh black mushroom and cabbage dumplings? Try one of the several **Grüner Veltliners** they offer, the slightly fuller **Domaine Ostertag Pinot Blanc** or the **Bouzeron Aligoté**.

And with the red curry and tofu pumpkin stew? Hmm ... a lightish red might be best — the **Jean-Marc Morey Santenay**, perhaps, or **Colterenzio Pinot Noir** from Italy's cool mountainous Alto-Adige region. A dry *rosé* could also work, but so could an Alsace Riesling.

Regions in the south of France — Ventoux, Luberon, Coteaux du Tricastin and Languedoc-Roussillon — offer many light reds suitable to the heartier vegetarian dishes, some light and fruity enough to take a light chilling. Cheese dishes, including pizza, can take more robust reds, such as Zinfandel, Dolcetto, Shiraz and Monastrell. Asian vegetarian dishes are often quite spicy, so keep that in mind and look to crisp, refreshing whites such as Riesling, Pinot Blanc or Pinot Grigio to cool the heat. **MM**

Brad Miller and The Economy

The old saying 'I lost my hat, coat and the shirt off my back' is sadly resounding across the land. But the most malicious consequence of the current economic crash is more dramatic: the theft of the future, the driving force that propels the American economic system. You buy a house confident it will gain value in the future. You start a business betting on the future. You pay for college hoping a degree will pay off in the future. A business borrows for inventory assuming the goods will be sold in the future.

Even in the Great Depression there was always hope. But today, Americans are watching their quality of life disappear. They're losing the one thing that matters most — their hope for the future.

Obamacare. Bank and insurance company bailouts that end in multi-million dollar bonuses to Wall Street wheelers and dealers. Trillion dollar deficits. Foreign aid to the Third World "in the name of climate debt." It's economic madness — and Brad Miller voted for every bit of it.



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JIM TURCOTTE

My Usual Charming Self

by Bernie Reeves

LIBERTY REAWAKENS

I have listened carefully to the analysis of the issues that swayed liberal Massachusetts voters to swing 31 points away from their vote for Obama in 2008 to vote for Republican Scott Brown to take the seat held since 1953 by Jack, and later Teddy Kennedy.

The economy was on the top of the list. Lingering unemployment and the plight of small businesses show that the Obama 'stimulus' plan is not working. The scheme was flawed from the outset. Obama's central government oriented economic advisors presented theory over reality by assuming that banks would run out and lend money from the Troubled Assets Recovery Plan to households and small businesses.

Banks have been shifting from lending money to investments since the breakdown of regulations the Glass-Steagall Act in the late 80s and early 90s that separated banking from investment banking. But it's not all the fault of the banks. While the White House and Congress plead for more lending to save the economy, federal banking regulators have made it virtually impossible by increasing the requirement for assets in reserve from 10% to 12%. Regulators obviously see more problems ahead.

Exit polling demonstrated that "security moms" overwhelmingly voted for Brown, expressing the national uneasiness with the Democrats to combat terrorism. The Christmas Day Bomber incident added to the anxiety, exacerbated by the decision to try him as a criminal defendant rather than an enemy combatant. The accused was extended Miranda rights and, now that he is "lawyered up", is no longer giving information to investigators that could lead to uncovering the cell that sent him on his deadly mission.

My choice for the most dramatic reason for the huge swing in political sentiment in

the Massachusetts vote was the disclosure of the naked aggression by Democrats in Congress to force through Obama's health care bill. The most famous example was the deal to gain the vote of Nebraska US Senator Ben Nelson by reducing the state's medical outlays by \$300 million.

Senate Majority Leader Harry Reid and House Speaker Nancy Pelosi told the press the bribe was "business as usual". The American people understand that negotiation and compromise are necessary to pass legislation, but bribery and extortion are another matter. As Governor Arnold Schwarzenegger put it: "Nebraska got the corn and California got the husk".

The most important message from the Scott Brown victory is the affirmation that the American people have not given up and accepted the Obama coup d'état. The fear that apathy had overtaken the electorate is gone. America is back.

NOTES FROM LA-LA LAND

As columnist Mark Steyn put it, "people will surrender liberty piecemeal with remarkable ease". He was writing about the "web of micro-tyrannies, which, in their overbearing pettiness, ensnare you at every turn." Steyn would like to know about the City of Raleigh, where downtown parking regulations and enforcement compete for honors with the East German Stasi. Hour after hour petty apparatchiks issue citations for parking too far from the curb. While citizens complain, the practice continues in an area of the City seeking conventioners and visitors from outlying areas in the Triangle. Downtown is where civic tax money is heavily invested to attract visitors. Then why are the parking police running people away?

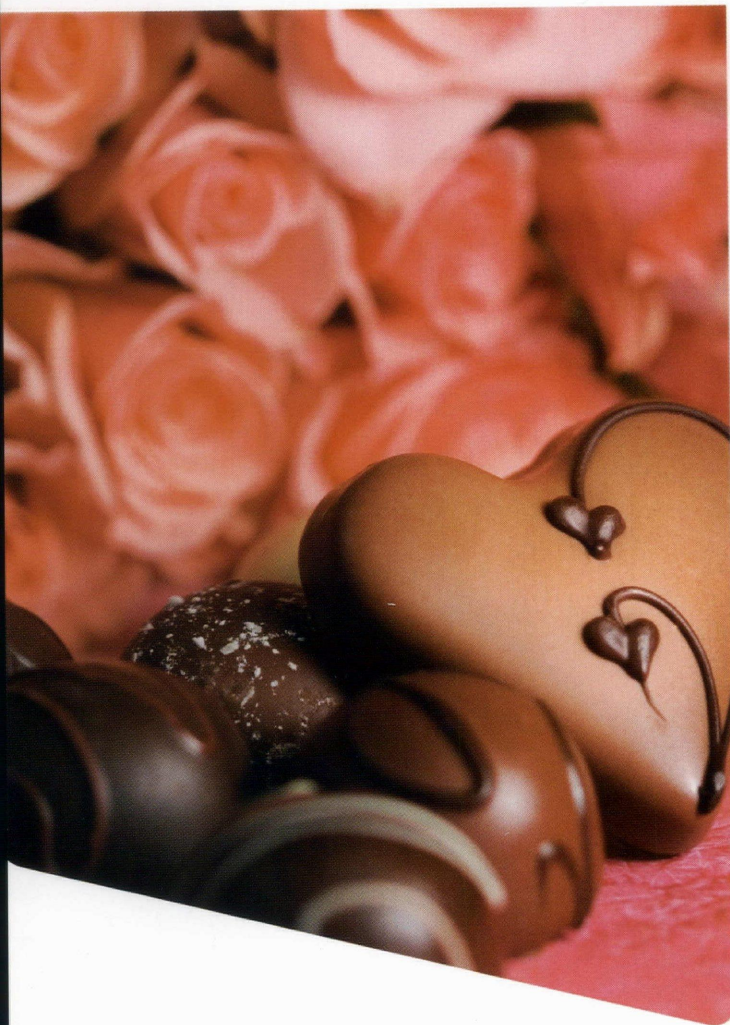
The absurdities continue in Raleigh. While homeowners groan under the burden of high property taxes, the City Manager, rather than showing concern, has called for an increase in the tax to construct a \$205 million public safety skyscraper. Other cities and towns across the nation are reducing citizen property tax burdens in view of the 30 to 40% reduction in value of most homes during the recession. But Raleigh's leaders are oblivious.

The data show that 60% of North

Carolina's high school graduates require remedial training on the college level, demonstrating the scandal in education rages on unabated. The issue is under constant observation, with books and conferences and reports pointing out the reasons why and what to do about the problem. I'd throw aside all the theory and begin with a simple plan: public schools should open uniformly across each system at 8:30 AM. Kids remain at school until 4 PM. After the regular school day courses, students participate in club activities, sports and, most importantly, tutoring and homework sessions. At the end of the day their main work is done and homework is reduced significantly, allowing families time to participate in sports, musical, dance and related activities. There could even be time for dinner together.

The war in Afghanistan is where the White House wants it, on the back burner while the heat on domestic issues is turned up significantly. You remember that George Bush detractors called the successful "surge" in Iraq a non-event, claiming that Iraq was not our war. Our war is Afghanistan they trumpeted, so now they are committed to a politically intractable and topographically treacherous region for what appear to be political purposes. Alexander the Great couldn't pacify ancient Afghanistan and no great power since has been successful. The British ultimately failed in the "Great Game" there in the 19th century, and the Soviets kicked off their eventual implosion as a state in the mid-80s trying to conquer the bloody-minded tribes that make peace there impossible. The war in Iraq was our line in the sand in response to 9-11. We overthrew a brutal dictator and engaged al-Qaeda on the ground. The Taliban in Afghanistan is a local problem that we should help deter - but they are not our specific enemy, requiring massive US response. Meanwhile, al-Qaeda pops up like whack-a-moles in places like Yemen while Obama is committed to an unwinnable war that will, in the end, provide arms to tribal leaders who will use them against each other as soon as we pull out. **MM**

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



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