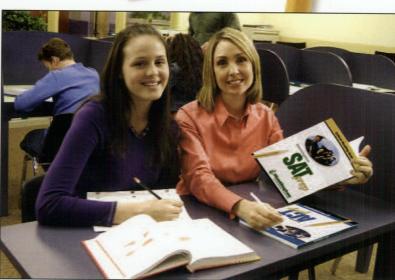


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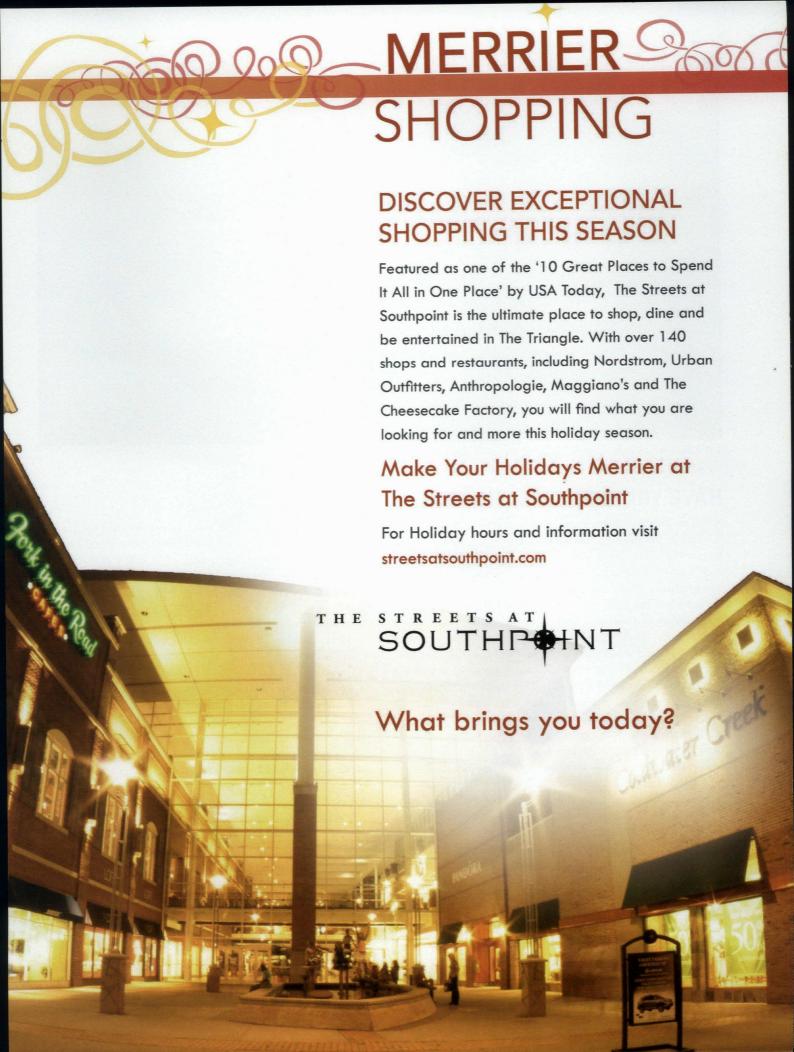
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A North Carolina wine country sunset arrives at Shelton Vineyards.

HAVE YOURSELF A SLEIGHFUL

feel like Santa delivering a sleigh-full of shiny presents hand-made by our busy and talented writers for our readers in this special Holiday Issue. We will return later in the New Year with a newly designed *Metro* featuring a bolder look, exciting and original content, more interactive choices and a renewed dedication to our mission to provide the finest editorial product in the region and state.

It may not be the traditional Southern home decorated with greenery for the season, but Blue Haven is a significant architecture landmark. That is why the current owners of the personal residence of venerated Raleigh architect Carter Williams have cherished the opportunity to keep alive his legacy to the built environment in the region. Diane Lea's visit is an exclusive opportunity to share a rare glimpse into a very special example of modernist home architecture. And fittingly in this issue, Mike Welton reports on the latest chapter in the effort to re-build the significant and modern Catalano house in Raleigh.

Education is in the news as budget cuts are coming for public colleges, Wake County schools undergo a change in policy on student assignments, private schools face challenges in the tough economy and Wake Tech Community College deals with explosive growth. Leave it to *Metro* to publish an essay on Tom Ross, the new president of the UNC system by our resident education expert Arch T. Allen and a fascinating piece by Rick Smith on the expansion of area colleges to create an international presence.

St. David's Episcopal School in Raleigh has faced the future with an expansive and impressive construction program. Enrollment is up, and you will see why in this special feature by Rick Smith. DG Martin, host of UNC-TV's highly regarded Bookwatch Program — whose father was past president of

Davidson College — offers an essay on the shift to provide Internet college degrees; and Wake Tech is providing a special program for kids from foster homes.

Now here is a good idea, North Carolina wines for gifts and holiday feasts. Food Editor Moreton Neal and Wine Editor Barbara Ensrud took a notion to tour our vaunted wine regions and returned with a in-depth look sure to impress. And senior writer Jim Hughes headed to the hills to report that mountain resort property is finally on the upswing.

Carlos the Jackal is the shadowy and mysterious terrorist who reigned as the king of political violence in his day. Now, a French director has produced two feature films on Carlos (one over five hours long and the other a mere two hours) that dramatizes realistically the saga of the notorious outlaw. Godfrey Cheshire examines the results, and also highly recommends *Inside Job*, the film that dissects the reasons for the economic collapse.

Secrets of State is brimming with unique stories and reviews of books with local connections perfect for under the tree; Louis St Lewis reveals his antics at the NC School of the Arts (an education piece itself); Jim Leutze provides background on the Afghan War; a Raleigh plastic surgeon discusses the dismaying changes in health and medical services in *Metro's* Medical Quarterly; Maury Poole offers fashion ideas for the holidays; and *Metro* elves busied themselves to create our annual seasonal Gift Guide and Spa Guide — much needed after the partying is over.

But the party cranks up again in 2011. So enjoy the holidays — and this information-packed issue of *Metro* –and be right here when we return in the new year.

— Bernie Reeves, Editor & Publisher

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CORRECTION

Metro's October 2010 Social Calendar listed the Assistance League of Raleigh's 2010 Festival of Trees to take place on Nov. 11. The correct date is Dec. 2. For details, call 919-623-7734.



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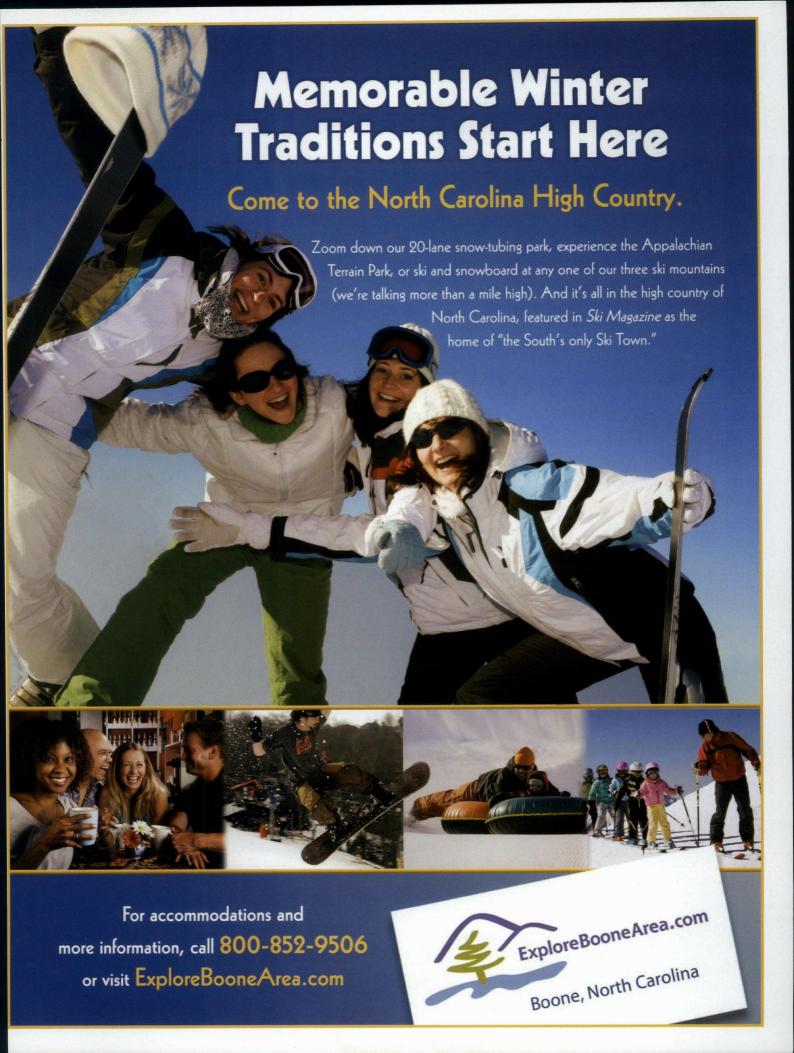
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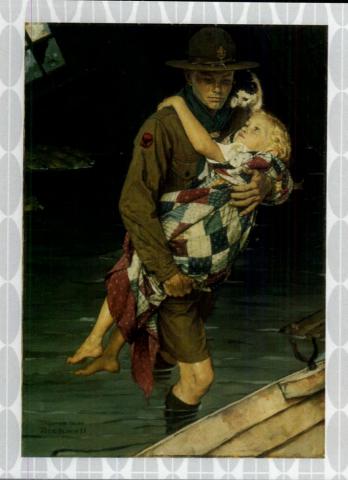
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Organized by the Norman Rockwell Museum in Stockbridge, Mass. The exhibition has been made possible by a grant from the National Endowment for the Arts, American Masterpieces Program

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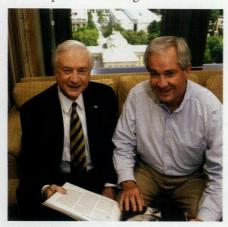






Jim Hunt Biography Captures The **Energy And Vision That Transformed** North Carolina

"He's been governor all my life," one younger wag announced talking about Jim Hunt, North Carolina's political war horse who started as a one-term lieutenant governor from 1973-1977, then governor for eight years from 1976 to 1984 after pushing through succession for North Carolina chief executives in his first term. He was defeated soundly by Jesse Helms for the US Senate in 1984, but rose from the political grave-yard in 1992 to serve two more terms in the Executive Mansion, this time gaining the veto power for NC's governors.



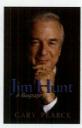
Jim Hunt and Gary Pearce

Political consultant Gary Pearce, who served as Hunt's press secretary and policy advisor through it all, has written a readable, useful authorized biography that captures Hunt's dynamism and pure will to win that have not receded since Hunt ceased seeking public office. The former governor remains engaged today at age 73, pursuing his vision of a better North Carolina he developed on the family farm in Rock Ridge near Wilson where he learned to fight for the common

Hunt's legendary accomplishments in North Carolina were driven by a fierce desire to improve education, attract new industry and forge the Democrats into a "big tent" party that would control the future. He was largely successful, and Pearce

demonstrates how he did it - from his early years in the Future Farmers of America to nearly positioning himself for President of the United States if he had defeated Helms and entered the US Senate. But Hunt didn't need to leave North Carolina to make a national impact. He was right in the thick of things, jiggering the national party to include more minorities and women, leading the charge for super-delegates that could blunt the impact of back-room king-making and pushing reforms that earned him a coast to coast reputation for educational innovation.

Pearce's biography is an honest appraisal, loaded with actors and bit players who acted in the Jim Hunt political drama. Followers of Tar Heel politics will relish remembering Bert Bennett, John



A. Williams, Joe Grimsley, Joe Pell, even a brief cameo by Dick Morris - as well as former candidates I Beverly Lake, Hargrove Skipper Bowles, Ed O'Herron, Roy Sowers and Jimmy Green; and office holders including Republicans US Senator Lauch Faircloth and governors Jim Holshouser and Jim Martin. And there is connective continuity reaching back to Kerr Scott's Branchhead Boys, Luther Hodges, Terry Sanford, Dan Moore and Hunt's bête noir Republicans Tom Ellis and Carter Wrenn. Woven into this tableau is the ever-recurring theme of rural poverty, transportation, race relations, education and the urgent need to move the state away from its traditional industries of tobacco and textiles to high tech, biotechnology and medicine. Pearce realizes Hunt stood on many shoulders to see so far ahead.

Pearce avoids hagiography and makes few missteps But while going over the race issues used by the Helms camp in the 1984 campaign for the US Senate, he does not mention how Helms over-powered Hunt in a key debate; and he omits important people that had more to do with the development of the Research Triangle Park than Hunt. And it must be said that Hunt's Basic Education Plan (that included a 15% pay raise for teachers) was partly responsible for North Carolina hitting 51st in SAT scores in the mid-90s. But Hunt was not a total

pawn to the teacher unions. Their earlier ire over a salary freeze was one factor in Hunt's loss to Helms in 1984.

In today's sordid political realm, Jim Hunt's determination, energy and sheer will to make things better for the people of the state glows with a kindly and comfortable luminescence as a reminder that honest government by men and women of good will once protected our goodliest land. He was a go-getting son of a gun that wore us all out when we didn't realize how much he would be missed.

But look around and Hunt's achievements resonate. His Emerging Issues Forum is nationally significant, and NC State University's Centennial Campus - that he marshaled his powers to create - is a legacy that will honor his dedication to the future of North Carolina for decades to come, personified in the soon to be completed James B. Hunt Library.

Published by John F. Blair of Winston-Sale, Jim Hunt: A Biography rides the Jim Hunt whirlwind that transformed North Carolina. Definitely a must read.

- Bernie Reeves

Hilarious New Book Debates New York City Versus North Carolina

Hovering around 8.5 million residents, New York City is the most populated metropolis in the United States. But the vast

majority of its inhabitants were born somewhere else. So why is it such a big deal for a girl from North Carolina to do what millions have done and move to New York?



In her book due out in

March 2011, I Totally Meant To Do That (Broadway Paperbacks), Time Out New York comedy editor, UNC-Chapel Hill graduate and Greensboro-native Jane Borden sharply and hilariously answers that question — and then some — as she searches for her true identity somewhere between Southern debutante and Brooklyn hipster.

Through a collection of well-shaped, entertaining stories set in New York and North Carolina covering a 10-year period, Borden throws herself into an endless debate as she struggles to decide if she is making the right choice between her masochistic addiction to The City and the relentless tug from her Tar Heel roots to come back and be a proper lady.

She goes back and forth, literally (lots of Southern weddings), and figuratively, as she vacillates between the minute-by-0minute excitement of urban life and the inducements of home. All the while Borden's powers of observation and sharp wit combine to create an informative slice of the sociological pie that will fascinate readers inside and outside the NYC/NC nexus. She loves New York but she stands up for James Taylor ("my insides turn to lava" defending the man who wrote and sang "Carolina On My Mind"), retains her love of Carolina basketball and cherishes the rituals of her home state, including christening her feet in the murky waters of Bogue Sound.

Borden also joins the never-ending debate constantly enjoined in New York: When do non-natives gain the status of New Yorker? Is it living there five years? Ten? Knowing the subway? Spitting on a cab? Shouting an obscenity to a total stranger? Or is it, as Borden suggests after empathizing with the stranger who verbally assaulted her in Hell's Kitchen, "When you have been forced to question your existence to prove you're alive, you become a New Yorker?"

As she makes her decision — at least for now — Borden reminds readers that to be a New Yorker she is a glutton for punishment to remain in a place where "it's simply in its nature to destroy." Now past 30, how can she defend not wanting a life of garden clubs and a big house and instead choose to live in Brooklyn? In response, she offers dozens of attributes of city life that combine to create an addiction to anonymity set in a casino: "...the lights never dim, there is an incessant din of bells and horns, and there's always someone, somewhere, crying in a bathroom."

The most poignant aspect of *I Totally Meant To Do That* is Borden's relationship with her namesake, "Aunt Jane," who was living in Raleigh for the bulk of the book and serves as the voice of family and a symbol of the road not taken toward the country club life in North Carolina.

To the amusement of the author's coworkers, Aunt Jane bombards Borden with dainty care packages, including a book on etiquette — How to Be a Lady: A Contemporary Guide to Common Courtesy — with specific sections highlighted in pink. For example: "A lady knows when to wear a slip or half-slip and does so," an admonition our Jane in New York ignores, she states to her mother "because I don't wear the kind of clothes which require them. Because I don't go to church."

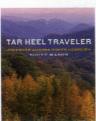
While Borden devotes a healthy portion of the book mocking the preposterousness of *How to Be a Lady*, she eventually realizes that she herself has written a "How To" book.

Borden's adventures are highly recommended reading. Go to www.broadway-paperbacks.com for more.

- RB Reeves IV

Tar Heel Traveler The Book Goes Behind Scenes Of Popular TV News Series

Scott Mason has filmed over 500 segments of the "Tar Heel Traveler" for Raleigh's WRAL-TV, each one a welcome respite from the drum-beat of homicides,



political corruption and house fires that dominate the evening news. Mason is also a good writer, with an inquiring and educated mind that makes this new book

about his adventures producing the popular program a pleasure to read.

Published by the respected Globe Pequot Press, *Tar Heel Traveler* the book goes beyond pictures and captions by providing a continuous commentary from Mason that provides insights into his subjects and his interview sources that the time constraints of broadcasting omit. Mason also offers a running catalogue of the logistics involved, pays grateful compliments to his cameramen and editors and offers an inside view of television news procedures.

Mason chose 30 subjects from hundreds of interviews filmed in nooks and crannies all over North Carolina, ranging from the Sunnny Side Oyster Bar in Williamston to the Devil's Tramping Ground near Siler City to the monument to the Ten Commandments near Murphy in the mountains — where on another trip he helped rescue the famous Hugh Morton, former owner of





Grandfather Mountain, from a fall down the side of a steep ravine.

Tar Heel Traveler: Journeys Across North Carolina — dare I say it — is a perfect gift this Christmas, a festive stocking stuffer that celebrates the ever-intriguing essence of the Tar Heel state.

- Bernie Reeves

John Isner Tennis Exhibition Dedicated To Raleigh's Rhyne Andrews

ATP touring professional and North Carolina-native John Isner will headline a tennis exhibition in Raleigh on Nov. 20 with proceeds going to the Duke Hospital Ovarian Cancer Research in support of Rhyne Andrews of Raleigh, daughter of former professional tennis player Andy Andrews and his wife Carol. Isner will be joined by Luke Jensen, Irina Falconi and Lauren Herring. This special charity event will take place on the JW Isenhour Indoor Tennis Center on the NC State University campus. Play will begin at 5 p.m. and will include women's singles, mixed doubles and men's singles.

Currently ranked No. 17 on the ATP Tour, Isner's rise began In 2007 when he led the University of Georgia to an undefeated season and an NCAA Championship. He turned professional later that same year. As a professional, Isner had a break-out performance in the 2009 U.S. Open when he defeated fellow American and the world's fifth ranked player Andy Roddick. His most famous victory came this past summer at Wimbledon when the 6'9" Isner defeated Nicolas Mahut in "the longest tennis match ever played." Currently, he is a member of the 2010 US Davis Cup team.

Isner and his friends are donating their

time to play an exhibition in Raleigh after Rhyne, a friend and fellow Georgia Bulldog, was diagnosed with ovarian cancer. Isner's mother is an ovarian cancer survivor, so the diagnosis of his 22-year-old friend hit home. Rhyne has taken the semester off while she undergoes treatment.

"We are truly thankful to John Isner for headlining this event. Many thanks also go out to Duke Hospital, NC State University, Gateway Bank, Melanie Bachelor, Bobby Mariencheck, NC Tennis Association, John McDonald, Luke Jensen, Lauren Herring, Irina Falconi and others for making this event possible." says Andy Andrews, organizer of the event.

Tickets are limited and can be purchased at www.ovarianawareness.org. General seating tickets are \$50 and VIP seating is available for \$75. Doors will open at 4:30 p.m. for the event.

Wreaths Honor Deceased Military Personnel.

As Christmas approaches, US servicemen and women are on the minds of most Americans who might not know about Wreaths Across America, founded by Morrill Worcester in 1992 with the donation and laying of 5000 Christmas wreaths on the grounds of Arlington National Cemetery. By 2008, over 300 locations held wreath laying ceremonies in every state, Puerto Rico and 24 overseas cemeteries. Over 100,000 wreaths were placed on veterans graves. Over 60,000 volunteers participated.

The Worcester family established the non-profit group Wreaths Across Americand to further promote Veterans' remembrance. The event is now scheduled annually on the



second Saturday in December. Go to www.wreathsacrossamerica.org to participate. Or go to www.uso-nc.org to learn about and support the chapters of the United Service Organization operations in NC, including the facility at RDU International Airport soon to move to larger quarters with the opening of Terminal 2 in December.

Online Raleigh Tour Offered

Visitors to Raleigh can access an Adobe Acrobat (pdf) photo tour guide available for download for \$12.95 from the website www.visualtraveltours.com. The guide, that can be downloaded directly from the Internet to a laptop computer or smartphone, includes 92 color photos, commentary and directions to accompany a walking tour of downtown sites. Photos and directions for major sites outside of downtown are included for a short driving tour. The guide takes about 30 minutes to preview and can be viewed while walking by starting and stopping the tour. An audio version of the tour with a voice-over narration will be available later this year for \$19.95. The tour guide also will be available later this fall from Amazon.com in Adobe Acrobat or Kindle.

Prepared by John Suddath, who has contributed to *Metro* on transportation issues, prepared the guide. Examples of some of his other photographs are available at his photography website. Samples of some of Suddath's recent travel articles are available via www.johnsuddath.com.

Ravages Of Conscience Permeate Cold Case Killing

A Matter Of Conscience: Redemption of a Hometown Hero is the first book published by Wakestone Press of Nashville, TN, an imprint established by Frank Daniels III



(of *The News & Observer* founding family) and his wife Carol. Written by Sherry Lee Hoppe about her husband Bobby, a star of the 1957 Auburn national champion football

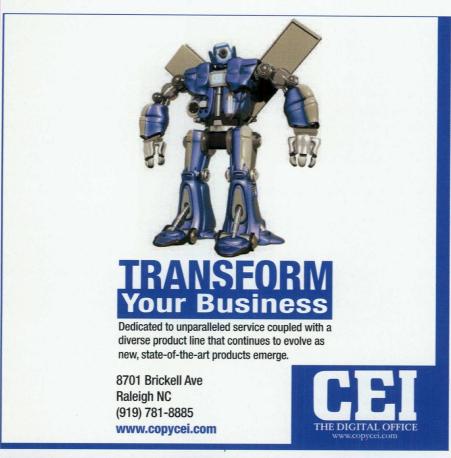
team, the book draws readers beneath the din of roaring football fans into a far more dramatic contest raging inside Bobby Hoppe's conscience: He thinks he killed a man before the season kicked off during summer vacation in his hometown of Chattanooga, TN.

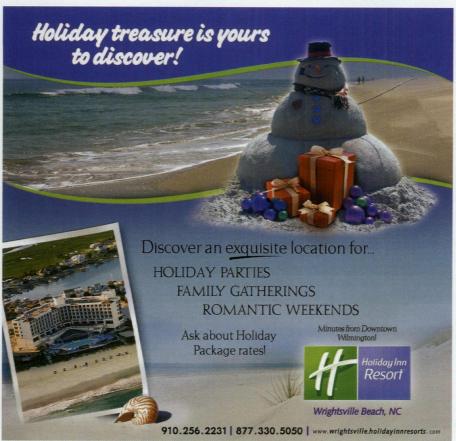
Bobby was not interviewed after the death in 1957 and was not called for a coroner's inquest held 10 years later. But in 1987 a "cold case" team re-opened the investigation, resulting in Bobby's trial in 1988. In the courtroom, witnesses relied on 30-yearold faded memories in response to an agitated prosecutor and a defense team that included Bobby Lee Cook — one of the most successful criminal trial lawyers in the country. Readers are drawn into small town intrigue, the importance of football in the rural South and mean streets where fearless wheel men drove souped-up cars at high speed carrying bootleg liquor. It was the '50s in eastern Tennessee.

Did Bobby actually kill Don Hudson? You are the judge and jury as the testimony unfolds, interspersed with flashbacks fashioned by the author and co-author Dennie Burke. This well-written saga is courtroom drama and emotional conflict woven into a gripping story.

— Bernie Reeves





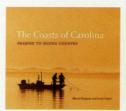


NC Coastal Comes Alive In New Book

Bland Simpson, UNC professor of English and creative writing, and Beaufort, N.C photographer Scott Taylor have written *The Coasts of Carolina: Seaside to Sound Country* published by the University of North Carolina Press, a textual and visual portrait of life along North Carolina's oceanfront and interior shores. It combines

Simpson's text and 145 color images by Taylor.

The collaboration was prompted by a twenty-five year friendship,



and what Simpson and Taylor have said is a shared interest in the natural world and a deep appreciation for diverse people and places of the coast.

Simpson is Bowman and Gordon Gray Distinguished Term Professor of English and Creative Writing at UNC. He has published several previous books about North Carolina's coastal regions. He is also a longtime member of the Tony Award-winning Red Clay Ramblers musical group.

Taylor is a photographer whose work has appeared in local, state, regional, and national magazines, publications, and galleries. He works from his studio and gallery in historic Beaufort, NC.

Go to www.uncpress.org for more.

Hilltop Home Launches Campaign For New Facility That Serves Very Special Children

Hilltop Home is a special place where medically fragile children with profound developmental disabilities from birth to six years old receive 24-hour care in an intimate home-like setting. Hilltop, established in 1959 and operating by 1960, was a ground-breaking concept that addressed a crucial gap in treatment for these young children.

Following a groundbreaking October 27 for a new \$3.5 million, 15,000 square foot facility — to be constructed at 2820 Kidd Rd behind Wake Medical Center near the present Home — over 100 friends and associates gathered to honor Etherlene Pearce, who recently retired as the long-time Director of Hilltop Home, and to urge friends to volunteer to raise funds for the new building.

A lead gift of \$1.8 million, additional donations of \$400,000 proceeds from the sale of the current facility leave less than \$1 million to raise, according to Audrey Black, Chairman of the campaign.

Interested donors and volunteers should contact Holly Lemieux (hlemieux@hilltophome.org) executive director of Hilltop Home, or call 919-231-8315.

Pinehurst #2 Undergoing Restoration

Pinehurst Resort will close its famous

Donald Ross-designed #2 golf course — scheduled to host the 2014 men's and women's U.S. Opens — for four months as part of a renovation aimed at more closely reflecting the original design. Ben Crenshaw and Bill Coore's design company will strip all 26 acres of rough, leaving two lengths of grass — fairway and green.

The designers are using photographs from the 1940s to restore the golf course to Donald Ross's "natural" design, accord-

ing to the resort. The redesign will bring back "some of the shot values and strategic play that have been lost over time."

The removal of about 550 sprinkler heads will reduce irrigation by about 30 percent and natural bunker edges that have become "too rigid and defined" over the years will be re-established. The signature turtleback-shaped greens will be re-sodded with bent grass; eight new tee boxes will be added; and the layout will be lengthened by less than 100 yards.

EYES ONLY

Duke Realty Corporation has sold a laboratory building in Morrisville, NC, for \$17.55 million to San Diego, CA-based BioMed Realty Trust Inc. that specializes in laboratory and research-based real estate. BioMed Realty currently owns or has interests in more than 80 properties comprising 144 buildings and about 12 million square feet of laboratory and office space. The purchase from Duke Realty of the 61,603-square-foot building at 3500 Paramount Parkway is BioMed Realty's first acquisition in the Triangle area.

Jennifer Joyce Pedley shares proven strategies for finding the perfect adoption match in Secrets To Your Successful Domestic Adoption: Insider Advice to Create Your Forever Family Faster (HCI Books, \$15.95). Available online, at bookstores, directly from the publisher: www.hcibooks.com or call 800-441-5569.

Raleigh-based commercial real estate firm **Anthony & Co.** has joined Colliers International, the second largest global real estate services firm.

Owners Sharon Tharrington and Nancy McClure of **ArtSource Fine Art** in North Hills are celebrating 20 years serving private and corporate collectors in the selection and placement of fine art. ArtSource Fine Art won the Pinnacle Award in 2009 in recognition of its support for charitable organizations and the "Best Place to Buy Art" award for the past five years by the readers of *Metro Magazine*. On Nov. 18 the firm hosts its an-

nual Holiday Showcase of Gallery Artists, highlighting the best works from its gallery artists. Go to www.artsource-raleigh.com or call 919-787-9533 for more information.

North Carolina artist **Bill Mangum** kicks off his annual holiday Honor Card Program in November. Now in its 21st year, the program raises awareness and funds to meet the needs of the homeless.

Cape Fear Museum of History and Science has been awarded top prize for exhibition excellence from the Southeastern Museums Conference for "Land of the Longleaf Pine," the first chapter of the Museum's core "Cape Fear Stories" exhibit.

Edenton Cotton Mill, shut down by Unifit textiles in 1995, has been transformed into a neighborhood of homes and modern condos. Area citizens will celebrate the results Nov. 19 at 715 McMullan Ave. The public is invited to enjoy cocktails and hors d'oeuvres and tours of renovated condos on the site. Tickets for the event are \$35 and are available by calling 919-832-3652 or online at www.preservationnc.org.

The International Affairs Council has named **Dr. Assad Meymandi** the 2010 Citizen of the World. Meymandi, a psychiatrist and philanthropist, has endowed and chaired programs at UNC and the Sorbonne and was the key benefactor for Meymandi Concert Hall in Raleigh's Progress Energy Center for the Performing Arts.

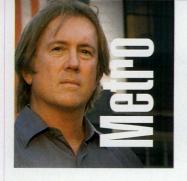
Founded by Nick Palmisciano, Durhambased apparel company **Ranger Up** (www.rangerup.com) caters to servicemen and women. Owned entirely by military veterans, the company expects to reach \$1 million in sales in 2020. For more, go to www.armytimes.com/offduty/sports/navy_mi litary_rangerup_tshirts_030209OD/

ESPN covered the **8th Annual Red Trout** Celebrity Classic at Wrightsville Beach, NC, Oct. 28-30 to benefit the Cystic Fibrosis Foundation. A large contingent of anglers, including celebrity pro Jimbo Meador, competed during the weekend. Go to www.cape-fearredtrout.com for more.

Robert J. Greczyn Jr., retired chief executive officer of Blue Cross and Blue Shield of North Carolina, has been named a Gillings Visiting Professor at The University of North Carolina at Chapel Hill's Gillings School of Global Public Health. Greczyn will provide guest lectures on insurance, health care and healthcare reform; serve as a policy adviser and resource for faculty and students; and help the school catalyze and shape the state's focus on reducing obesity.

Stephen Blank, senior resident fellow of finance for the Urban Land Institute, presented research from "Emerging Trends in Real Estate 2011" on Nov. 9 at the Fletcher Opera Theater in Raleigh, followed by a panel of local speakers discussing trends the in Triangle economy.

Nowell's Contemporary Furniture of Cary is holding an online auction through December 31 seeking bids for the contemporary furniture featured on the set of NBC 17's morning news show to benefit Multiple Myeloma cancer research at Duke Medicine. Go to www.nowellsfurniture.com/auction.aspx to learn more.



Cheshire on Film

by Godfrey Cheshire

Carlos The Jackal:

THE ROCK STAR TERRORIST AND INSIDE JOB LEAD BEST NEW FILMS

arlos, an epic dramatic portrait of both the miscreant known as Carlos the Jackal and the era (the 1970s and '80s) of international terrorism he dominated, is the latest from French critic turned auteur Olivier Assayas. Last year Assayas' beautifully muted family drama Summer Hours was number one on my annual 10-best list. While Carlos won't grab the same honor this year, I will hand it this: Despite a few reservations I have about the film, it has stuck with me, haunted my imagination, more than any movie I've seen this fall.

Backed by TV interests, the film exists in two versions. The longer (the one I've seen) runs five and a half hours; when shown on TV, it's divided into three feature-length parts. The shorter version is two and a half hours long. Both versions have been released theatrically in the US. At this writing I have no news of Triangle playdates



but would hope the film will locally in the coming weeks. (The longer version is also available by video-on-demand from www.ifc.com.)

Notwithstanding its availability on video, I would urge

you see *Carlos* on the big screen if you have the chance. A masterful visual stylist, Assayas shot the film in a wide-screen format, which, along with his cool color palette and mobile camerawork, gives it something of the look of certain movies of the era it depicts — high-tension, viscerally immediate '70s dramas like *Dog Day Afternoon* and *The French Connection*.

The film's subject was born Ilich Ramírez Sánchez in 1949 in Venezuela to a Marxist father who named all three of his



sons after Lenin (Ilich's brothers were Vladimir and Lenin). Sent to the USSR-backed Lumumba University in Africa, he was kicked out at age 20 for "anti-Soviet provocation and indiscipline." Thereafter it seems he toyed with the idea of becoming a Latin American revolutionary but followed his mother to London where he apparently decided the opportunities of an aspiring terrorist were better in Europe and the Middle East. (It's one of the film's finer ironies that we repeatedly see this wouldbe Che from Caracas berating and even killing Arabs in the name of Arab liberation.)

Assayas tells Carlos' story in three parts. In the first, acting as an operative for the Popular Front for the Liberation of Palestine, Carlos earns his stripes by participating in, and sometimes directing, terrorist actions in Europe, including the attempted assassination of a Marks & Spencer executive and a failed bank bombing in London, an attack (led by the Japanese Red Army)

on the French Embassy in the Hague and two failed rocket attacks on El Al Airlines at Orly Airport in Paris. Also during this time, he is surprised by French investigators at a Left Bank party. He escapes by killing two officers, along with an Arab informer, and wounding a third.

The film's second section — which, as others have noted, could be a stand-alone movie — centers on the Carlos-led 1975 attack on an OPEC meeting in Vienna, an extended, highly charged drama in which three are killed and Carlos' gang (a hodgepodge that includes Germans as well as Arabs) takes several oil ministers hostage, and then flies them to Algiers and Tripoli and finally back to Algiers, where Carlos releases his prisoners in exchange for \$20 million. This is the apogee of his celebrity as a terrorist, but it's also a failure of sorts too. Funded by Saddam Hussein, his PFLP bosses had ordered him to kill the oil ministers of Iran and Saudi Arabia and were enraged when he elected to spare their lives

in order to reap that huge ransom.

Expelled by the PFLP, Carlos — in the film's third part - shifts his operation behind the Iron Curtain, where he finds protection from the state security apparatuses in East Berlin and Budapest. He is now essentially a freelance terrorist, selling his services to the highest bidder, but in the largest sense his real patron is, of course, the Soviet Union. As it weakens and finally collapses, his business begins to crumble, and he's obliged to relocate to Damascus and then Khartoum, where the Sudanese authorities ultimately give him up to the French. (Carlos is now serving a life sentence in France for killing the two French officers in 1975.)

I said above that the film is a portrait of both the man and his era. As such, I believe it is a bit less successful at the former task. Assayas' Carlos is certainly complex. Vain, cocky, avid for power, women and notoriety, he is a leftist ideologue who gradually morphs into a cynical entrepreneur of terror, serving no one but himself. (Though he converts to Islam late in the story, this seems a matter of careerist calculation too.) At the same time, the portrayal is a bit softedged, reflecting the tendency of many filmmakers to glamorize leftist thugs. Rather than incisive or revealing, the characterization ultimately adds another riff to an old tune: the revolutionary as rock star (a notion Assayas accentuates by filling the soundtrack with songs by his fave British and American indie rockers).

That criticism, however, in no way detracts from the terrific and unabashedly sexy lead performance of Venezuelan actor Edgar Ramírez, who will be catapulted to international stardom by this film. Not only does he hail from Caracas and bear the protagonist's patronymic, Ramírez also resembles Carlos in being a polyglot. (Fluent in five languages, in the film the actor speaks six, having learned enough Arabic to get by.)

The density of languages in the film indicates what to me is the most commendable and fascinating aspect of *Carlos*. Throughout his career as a director, Assayas' great theme has been globalization, and here we get a remarkably detailed depiction of modern terror as a shadowy adjunct of

that process. Carlos is indeed an entrepreneur, eager to establish his brand ("You may have heard of me," he says to the startled OPEC oil ministers) and gain market share. His allies (and occasional competitors) include such infamous operators as Germany's Baader-Meinhof Gang and their confederates, Italy's Red Brigades, the IRA, and the Japanese Red Army, as well as a whole slew of state and non-state actors from North Africa and the Middle East, along with the Soviet Union and its former satellites.

While it might be objected that Assayas doesn't portray this world with any great analytical depth, he certainly captures its roiling, complex surface with electrifying vividness and an admirable mania for authenticity, which extends from the casting to the locations: The film was shot in all the European locales where the story took place, including England, France, Germany and the Netherlands. (Due to the difficulties of shooting in many parts of the Islamic world, all the scenes that take place in Africa and the Middle East were shot in Lebanon.)

The end result is a riveting evocation of an era that, to paraphrase Barbara Tuchman, serves as a not-so-distant mirror of our own. This, I'm sure, is why the film has kept rolling around in my mind. Every day brings news of some new terrorist incident in the world, and today's terror seems far more entrenched, pandemic and cumulatively lethal than that of the '70s and '80s. That's no reason for nostalgia, of course, but compared to Osama bin Laden, Carlos looks like a hopeless lightweight.

A film with a more immediate kind of geopolitical punch, Charles Ferguson's *Inside Job* strikes me as the year's best documentary, as well as most depressing film of 2010. An examination of the recent global economic downturn, this powerfully argued, precisely mounted chronicle of a disaster foretold cleverly starts out avoiding current US political passions by beginning its narrative tour in Iceland.

How could clean and beautiful little Iceland, ostensibly a model of Nordic probity, nosedive into financial calamity? Just like a lot of other countries, it turns out. A combination of over-leveraging and underregulation, together with an astonishing amount of personal greed and irresponsibility, created the kind of perfect storm that came perilously close to sinking the Icelandic economy.

Played out on the far grander stage of the US, this same drama features much bigger actors, including familiar names like Fannie Mae and Freddie Mac, AIG, Bear Stearns, Lehman Brothers, Goldman Sachs and so on. Certainly, you know the players and you've heard the story before. But hear it again here, because Ferguson's account is the most methodical, lucid and comprehensible of all — and the most absolutely infuriating.



In his telling, great crimes have been committed, but no one has been punished and the whole system is on course to produce future disasters equal to or worse than the one we're still struggling with. And don't think either side of the political spectrum occupies the moral high ground. Ferguson is as hard as Barack Obama's reliance on fixers like Larry Summers as he is on George W. Bush and Alan Greenspan. As for the "experts," his account of the sleazy professional morals of academic economists at places like Harvard and Columbia is astonishingly damning.

In the last election, there was a lot of anger but very little clarity. This important movie shows exactly where much of that anger should be directed. Don't miss it.

I will publish my 10-best list for 2010 on my blog at www.metronc.com. Look for it at year's end.



Early Modernist Jewel:

ARCHITECT CARTER WILLIAMS' "BLUE HAVEN" IN LOVING HANDS

any fine examples of Raleigh's well-known reputation for family friendly suburban communities are found west of center city. If you turn off Leesville Road to Rest Haven Drive, you wend your way through gently rolling topography and an enclave of handsome transitional residences. But tucked away behind a curving driveway concealed from the street is one of Raleigh's acknowledged early Modernist jewels: Blue Haven. The home, named for its distinctive Carolina Blue Stone, was con-

structed in 1959 by Raleigh architect F. Carter Williams as his personal residence and is considered by many to be his signature work.

Current owner Jill Maurer (there have only been three owners) opened the glass-flanked double entry doors with a cheery, "Welcome to Blue Haven." Maurer, a software entrepreneur and mother of two young boys, is an enthusiastic admirer of Modernist architecture. She has collected art and furnishings of the early Modernist period to complement the home's architecture and unique interior appointments. She is also a fan of the late Williams, noting not only his impressive architectural career, but also his many civic contribu-

tions, including serving in virtually every elective office in the North Carolina Chapter of the AIA between 1947 and 1975.

Carter Williams

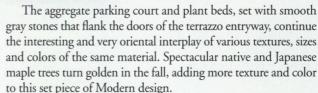
Williams, a North Carolina native and 1935 graduate of what was then North Carolina State College, received an architectural degree from the University of Illinois in 1939. He returned to Raleigh and to his old alma mater as an assistant professor in the department of architecture. By 1940, Williams had established his own architectural firm, one that endured and thrived until the late 1990s. Maurer sums up his vitality: "In 2000, at age 88 Carter shot an 88 in a round of golf, came home and died at his desk where he was writing change of address cards." Quite a final act for a practicing architect who, before his retirement in 1991, had designed and overseen hundreds of projects, including schools, offices, banks, churches, hospitals, government buildings, homes and apartments. In a study called, "Post-World War II and Modern

Architecture in Raleigh, North Carolina, 1945-1965," Ruth Little concludes: "It is safe to say that Williams' elegant understated modernism had a bigger impact on Raleigh architecture than any other architect in Raleigh from 1945 to 1965."

Whole Is More Than The Sum Of The Parts

Complemented by a landscape plan by famous Raleigh landscape architect Richard Bell, winner of the Prix de Rome, Blue

Haven first appears to be a simple ranch. However, the whole is indeed more than the sum of its parts. The home's long rectilinear form — with its low-pitched overhanging roofline — is characterized by the striking color and texture of the Carolina Blue Stone. According to Maurer, the stone was obtained from a nearby quarry that had ceased operation when Williams convinced them to re-open and allow him to obtain enough of the consistently colored blue-gray stone for his residence. Bell's landscape plan made use of the site's natural rock outcroppings, curving the gravel driveway around them and interspersing native azaleas along the borders.

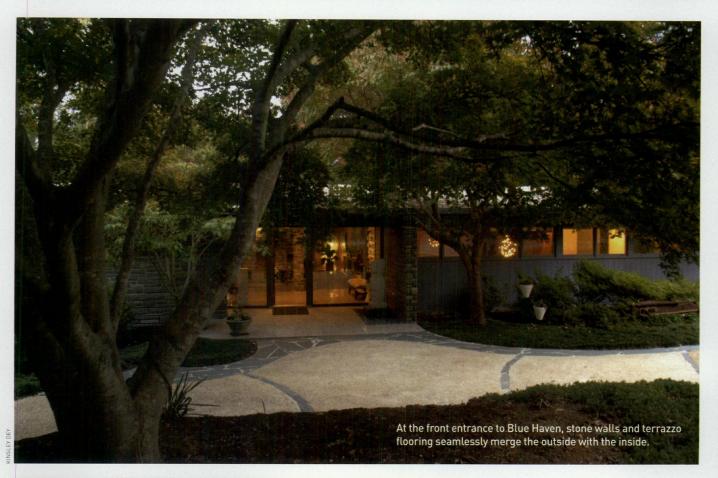


Entering Blue Haven, the visitor is immediately struck by a multi-columned Blue Stone construction that creates a visual divider between the entrance hall and the great room beyond. The divider is suitable for plantings or cascading water, with the base forming part of the supporting structure of the home's lower-level fireplace. The foyer's west wall is also of Blue Stone, serving as a foil for an abstract relief painting by the late Gregory Ivy, the founder of Greensboro's Weatherspoon Art Museum.

Beyond the pleasant complexity of the entry foyer into Blue Haven's great room is the view through the room's floor-to-ceiling glass walls of the forest beyond the room. Here the distinction









between the room, trees and sky vanishes; the only man-made material seems to be the thin metal bands for child safety that Maurer added to the balustrade of the deck that runs along the home's rear elevation.

The great room is further integrated into the landscape by the elegant walnut cabinetry that flows along the west wall. According to Maurer, Williams had very definite ideas about how to live in Blue Haven. The walnut storage elements were to conceal audio equipment and other necessities of living while presenting a wood-finished sculptural design element. The great room is completely open with walnut bookcases on the east wall that divide its space from the dining area. Furnishings, carefully gathered by Maurer, include a period Florence Knoll lounge with its original leather and accompanying chairs and tables by famous designers such as Bertoia and Eero Saarinen, as well as an Isamu Noguchi coffee table. A favorite S-curved light construction, handmade and of the period, occupies a perfect place before the room's exterior glass wall.

Art Integrated With Design

The dining room built-ins, also of walnut,



flank a contemporary Italian dining table purchased at High Point Furniture Market. The freestanding units serve as glass and china storage and a bar with glass front cabinetry. The multi-armed walnut and steel chandelier above the table is original to the house. The room holds some of Maurer's favorite art: a painting by Claude Howell of an abstract window view and an unusually large Howard Thomas purchased from Raleigh's Lee Hansley Gallery. A George Bireline abstract is also

well-placed in the dining room.

In perfect symmetry, the home's den is beyond the dining room and here the wall finish becomes a stained mahogany with, again, a Blue Stone fireplace. The den adjoins the kitchen, which Maurer is pleased to say remains functional space without much intervention from successive owners.

"The previous owners removed the hanging cabinets above the island to make the kitchen more open to the den," says Maurer,

"but the kitchen cabinetry is original, as is the spice box, another example of Williams' integration of storage into good design."

Maurer's stainless piston stools were purchased from Design Within Reach, one of her favorite sources of well-priced designer items.

The home's main staircase, directly beyond the foyer, descends to a spacious lower-level recreation room. The staircase forms a nexus between the home's lower, more casual public space and the intimate family wing on the main level.

"When the Williamses lived here," says Maurer, "the sliding panel to the family wing was always closed for privacy."

The wing follows the long rectangular form of the house, and the hall is maple with an abundance of concealed storage set within the corridor walls. Maurer displays the rooms once occupied by Williams' two daughters. She reports that each girl wanted a sink in her room. The stainless sinks are placed in built-in cabinetry that runs beneath each room's seamless glass windows.

Again, landscape is a decorative element in this inside-outside house. In addition to in-room sinks, the girls were allowed to choose either a shower or a bath. Since the girls' rooms shared a bath, one daughter's choice of a sunken tub might have created a dilemma for a less creative designer. The solution is delightful: a tiled shower space with a sunken floor that accommodates just enough water to splash about.

The master bedroom suite at the end of the long hall is a combination of nature retreat, sitting room and bedroom. A glass wall overlooks the landscape and an Eero Saarinen womb chair creates a perfect place to sit and read. The master bed is ensconced in an ensemble of handcrafted mahogany. Constructions of natural materials by Raleigh artist Margaret Crawford and a favorite Edith London painting were purchased from Lee Hansley Gallery. The paintings by Mary Anne Keel Jenkins, another Raleigh artist, were purchased from Mary Jo Bell of the former Water Garden Gallery. Maurer has refurbished her bath with glass tiles, but the space is the same. An office connected to the master suite is now a fourth upstairs bedroom.

Modernism Extended

The lower level of Blue Haven continues the materials and textures so typical of Modernist architecture. The floors are terrazzo; the walls are smooth concrete. The exterior glass







walls flood the walk-out recreation room with light, and a billiard table holds pride of place at the far end of the room. A Saarinen ball chair is matched with a suitable stool, and more pieces by Florence Knoll and Noguchi have found homes in this playful room. The recreation room kitchen, drywall placed over cinderblocks, is painted a psychedelic orange. Here, Maurer has room for more work by favorite artists: paintings by three Chapel Hill artists, the late George Kachergis, Marvin Saltzman and Richard Kinnaird, lend color and abstract line. Williams' workshop occupies a space off the recreation room and has a full bath with shower that Maurer has made into a fifth bedroom.

Blue Haven is one of a distinguished group of architect-designed residences that were built in Raleigh during the post-World War II building boom. Raleigh was fortunate to have a talented cadre of Modernist architects, many drawn to the city by the School of Design in 1948. In refurbishing Blue Haven, the premier example of the work of F. Carter Williams, Jill Maurer has contributed to the preservation of one of Raleigh's most significant architectural resources: Raleigh's early Modernist residences.

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Form+Function

by J. Michael Welton

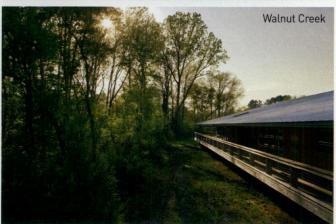
A GENEROUS MEMORIAL TO CATALANO

Talks between the late **Eduardo Catalano's** family and NC State's College of Design about a memorial in the architect's name are ongoing, said **Dean Marvin Malecha**. Whether that means Catalano's iconic, parabolic-roofed residence will be rebuilt remained unknown at press time. "The family wants to do something thoughtful in his name," Malecha said. "We've presented several options to them, and they're weighing them all, including what it means to rebuild without their father there to be part of it." Catalano established a \$400,000 endowment in his name at the school before he died, and the family "intends to be generous once again, one way or another," Malecha said.

TWO AWARDS FOR WALNUT CREEK URBAN WETLANDS PARK

The very green Walnut Creek Urban Wetlands Park Environmental Education Center in Raleigh, by Frank Harmon Architect PA, has received a Sir Walter Raleigh Award for Community Appearance, presented during a special ceremony at the NC Museum of Natural Sciences.





TRIANGLE MODERNISTAS TO TAKE CHARLOTTE BY STORM

It's a road trip to Charlotte on Dec. 4 for **George Smart** and his **Triangle Modernist Houses** group. They're planning the sec-

ond "ModShop Art+Architecture+Shopping" with stops at the Bechtler and the Mint museums, one new uber-modern house, and an afternoon of shopping at IKEA. Bus leaves at 7:15 a.m., returning at 6:30 p.m. Tickets are \$69. For more information, go to www.trianglemodernisthouses.com/modshop.htm.

AIANC SELLS WATER TOWER, LOOKS TO FUTURE

With the October sale of its late 19th century water tower in downtown Raleigh, AIANC was poised to break ground in mid-November on its 21st-century headquarters at the intersection of Peace and Wilmington streets. The group wants it completed in time for the state AIA convention's first-ever convention in Raleigh Sept. 7, 2011.

COMINGS AND GOINGS AT FRANK HARMON ARCHITECT PA

John Caliendo AIA, and **Michael Spinello** LEEP AP, have joined **Frank Harmon's** practice in downtown Raleigh.

Caliendo earned a BS in mathematics and economics from UNC-Chapel Hill in 1990 and graduated cum laude with an MA from NCSU in 1995. Previous work experience includes years of practice with Pearce Brinkley Cease + Lee and Kenneth Hobgood Architect, both in Raleigh. He's experienced in commercial, institutional and residential architecture.

Spinello received a BA from Chapman University in Orange, CA, in 1994 and a BA in landscape architecture from Auburn University in 1999, spending a semester at Auburn's Rural Studio. In 2004, he earned his MA in architecture from MIT. He spent five years at Cooper Carry Architects in Atlanta, where he led a successful effort for the Gwinnett Tech Life Sciences Building, now under construction.

Meanwhile, Harmon alums **Matthew Griffith** and **Erin Lewis** have set up a new firm — called in situ — that's dedicated to contemporary and sustainable work.

Griffith is a 1996 graduate of Davidson College (BS Mathematics) and a 2002 graduate of the NC State College of Design, where he was awarded the Kamphoefner Fellowship, the Dean's Award for outstanding service, the Faculty Design Award, and the AIA School Medal. He's managed and designed several award-winning projects at Harmon's office, including the AIANC Center for Architecture and Design.

Lewis graduated from the University of Kentucky in 2002 with a BA in architecture. She worked for eight years with Harmon's firm, playing an integral role in projects, including the Merchants Millpond State Park Visitor Center, the Walnut Creek Urban Wetlands Park, Horseshoe Farm Park, the AIANC Center for Architecture and Design, and First Presbyterian Church.

Mike Welton also writes a blog on architecture and the people who make it possible at: www.architectsandartisans.com.

High Country Comeback

Reynolds Blue Ridge Is Bringing Second Home Buyers Back to the North Carolina Mountains

by Jim Hughes

f you've dreamed of owning a second home in the North Carolina mountains, this is the time to buy.

Sanity has returned to the mountain marketplace and with it a rising stream of prospective buyers. After five years of freefall, prices have finally come back down to earth, bottoming out at levels last seen in the mid-'90s. Judging by the crowds packing into the upscale real estate storefronts in Blowing Rock on a recent fall weekend, they won't stay this low much longer.

"There's a tremendous amount of pentup demand out there," said Jim Pitts, general manager of Reynolds Blue Ridge, the 6200-acre community off the Blue Ridge Parkway between Blowing Rock and Boone. "You have to remember the market up here has been pretty much stagnant for the last three years. Since the meltdown, buyers have been reluctant to make any kind of commitment. Now they're starting to come back into the market, and the ones who act now are going to lock in some incredible values," he said.

Reynolds Blue Ridge could be the bell-wether for a mountain market turnaround. It's seen a flurry of activity in the last two months, booking more than 150 tours and generating more than 20 sales, a total unmatched by any other mountain development in that period. And Pitts is confident the momentum will carry over into 2011.

"Today's buyers are looking for three

things — vision, lifestyle and price — and they can find them all right here," he said. "Plus, we've got the Reynolds name behind us, which gives us the capital strength and experience to deliver on the promises we make to our buyers."

The Reynolds name, of course, has become the gold standard in resort and residential community development. It stands behind some of the world's best and most successful communities, including the flagship property, Reynolds Plantation, on Lake Oconee outside Atlanta, home to over 6000 people, a Ritz-Carlton and five golf courses designed by top architects.

Now Reynolds has arrived in the North Carolina mountains, bringing with them



their commitment to world-class development and environmental stewardship. It took over ownership of the property in late 2008 from a Florida developer who went bust the year before. It was his vision to create the first great mountain resort of the 21st Century, echoing the grandeur of classics, such as The Greenbrier and The Homestead, only on an even grander scale.

That vision remains largely intact. "The only thing we're downsizing is the price," Pitts said.

By any standard, Reynolds Blue Ridge will be an extraordinary place. All the amenities that were initially envisioned will be completed. There'll be a village center with general store, community library, wellness center, luxurious inn, and a restaurant that features fresh-caught trout and views that stretch across the valley for 35 miles. Here you'll find some of the best trout fishing streams in the Carolinas and some of most scenic hiking trails in the Blue Ridge Mountains. And to top it off, Reynolds has commissioned master architect Rees Jones to design the golf course, with specific in-



structions to create a mountain masterpiece.

In its previous incarnation, ownership was out of reach of most buyers. The average homesite price was north of \$650,000, and home prices started at just under \$1 million. The Reynolds pricing is more in tune with the new market realities. The average homesite price is under \$150,000, and new homes start in the low \$400,000s, according to sales manager Chris England.

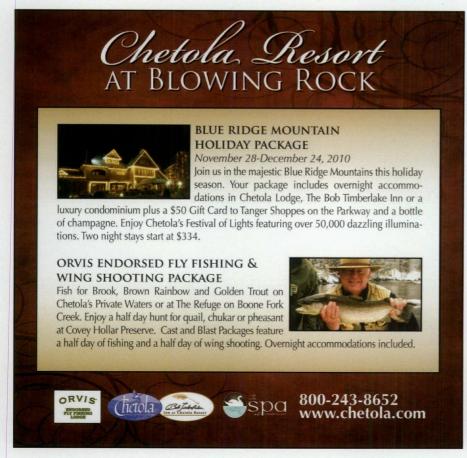
Reynolds recently unveiled the Watson Gap Cottages, a new enclave of elegantly crafted cottages located next door to the



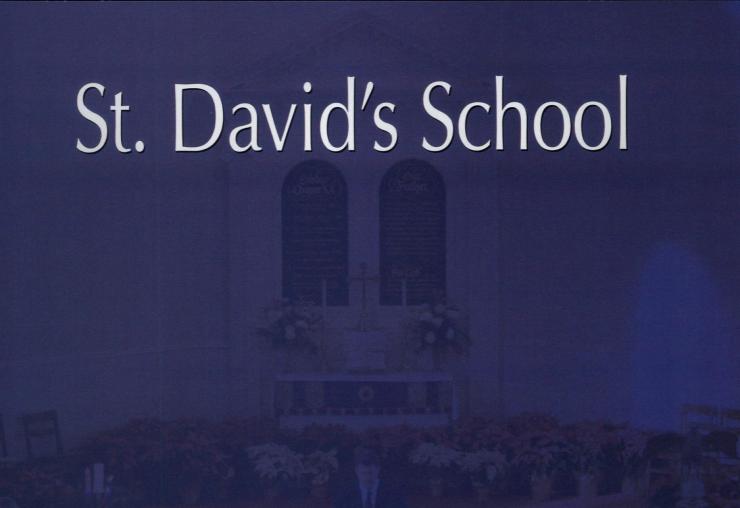
planned village center. These homes have a rugged style that features roughhewn natural timbers, bark siding, free-stacked stone and intricate wrought-iron hardware — a contemporary interpretation of the regional architectural vernacular. The cottages range in size from 2000 to just under 3000 square feet and in price from \$400,000 to \$600,000, England said.

"We've spent the last 18 months repositioning the community to appeal to a wide range of buyers," England said. "The response in the last few months is an indication that we're on the right track. For magnificent views and incredible value, it's hard to beat what we offer here."

For more information, call 828-623-5900 or visit online at www.reynoldsblueridge.com.







Faith, Virtue and Knowledge





New Facilities Augment St. David's Educational Experience

evin Lockerbie is excited. The headmaster of St. David's School in Raleigh — where the values of faith, virtue and knowledge augment the traditional educational core — can add three key words: "world-class facilities," commemorated with a blessing and dedication service on Sept. 24.

"To Go Beyond," the school's motto, is more meaningful now that \$15 million in new and refurbished infrastructure enables athletes to train better, performing artists to practice and demonstrate their talents on a stage suitable for professionals — and students can dine and socialize in open, bright comfortable places.

"It's truly a blessing," said Headmaster Lockerbie, gazing out at the re-shaped and expanded facilities. "We have transformed the 17-acre campus in so many ways. We found a way to work within limited land to create first-class facilities. Visitors and prospective students say, 'I can't believe it."

Named for the patron saint of Wales, the first saint from Britain to be canonized, St. David's offers kindergarten through high school classes at its Lower, Middle and Upper schools. And all graduates have received college admission offers, many to the nation's leading universities.

According to Lockerbie, "The choices for private education in the Triangle area are numerous. At St. David's School we purposefully blend a small educational setting with superior academics, sports and fine arts programs. As a result, St. David's stands apart."

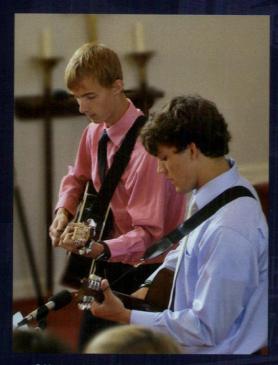
Yet in the midst of the new facilities and additions, one building remains the hub of the school: The Chapel — a striking, towering facility that hosts services each day and is rented to churches on Sundays.

"Holy Trinity Church is our signature piece," Lockerbie said. "We start every day with prayer. Chapel is not announcement time."

DEDICATION TO GOALS

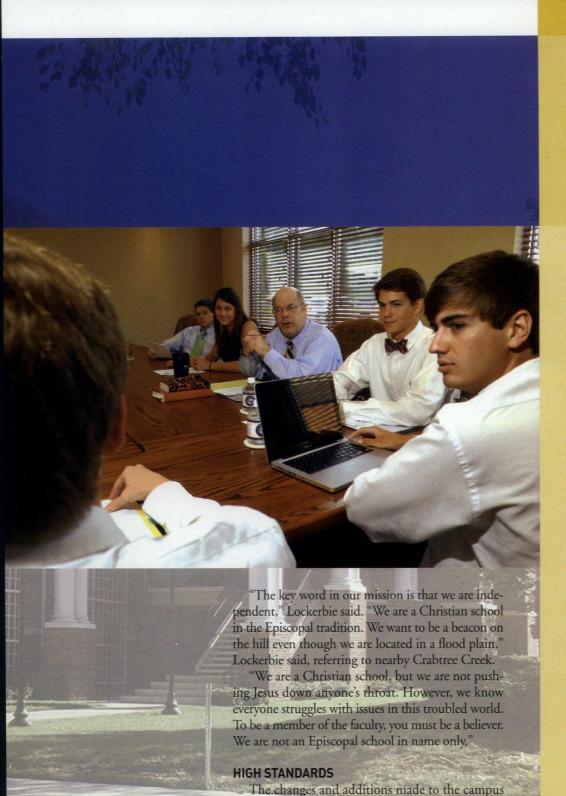
Even with more facilities — and a student body that has grown to more than 600 from just over 500 in four years — Lockerbie remains adamant about what he and the St. David's leadership, faculty and students want their institution to be, "We have a passion that is unmatched. We want to put St. David's on the map. We want to broadly proclaim the name of Jesus and establish St. David's as a preeminent learning institution.

Together for Excellence



Glistening performing arts and athletic venues, plus more areas for socializing and a new dining hall are now available to more students at Raleigh's private Episcopal school.





Hale High School.

adding square feet.

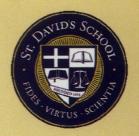
are a continuation of the vision of the leaders and supporters of the school since it was founded in 1972 as

"We needed space," said Lockerbie, who came to the school in 2006 and has more than 20 years of experience in leading private schools. But the St. David's growth strategy was much more than just

Information About St. David's School

St. David's School is an independent Episcopal school that prepares young men and women for college and life by providing challenging opportunities to excel in the vital areas of faith, virtue and knowledge.

- St. David's website www.sdsw.org/about-us
- The school provides \$500,000
 a year in financial aid to 90
 students.
- While an Episcopal school where daily chapel is required, St.
 David's is open to students of all faiths and features a diverse student population. Nearly 30 percent of the school's student body is Baptist and 21 percent
 Episcopalian. Although all students attend chapel, they are not required to participate.
- Further emphasis is placed on student development beyond academics, athletics and the arts with Upper School students required to complete 80 hours of community service.
- The school also has a strictly enforced Honor Code.





TIMELINE

St. David's was founded in 1972 as Hale High School.

In 1990, the campus expanded to include the former St. Timothy's Middle School for grades 6 through 8.

In 1994, fifth- and sixth-grade classes were added.

In 2003, the campus expanded to support kindergarten through fourth grades.

For the academic year of 2003-2004 and with a K-12 program in place, the school changed its name to St. David's.

Dedication To Goals





"This is all about building a community," he explained. "When I came here, students were sitting in hallways on their book bags. They had no place to hang. Now, we have a student commons, as well as a new dining hall."

Lockerbie said the additions have presented challenges as well. "We have had a real explosion of options," he said. "We're learning how to use them." And school went on despite the construction, he added. "For us to not miss one day of school during construction is divine providence."

The results have been beyond expectations. St. David's new gym enabled the school to host the North Carolina private school basketball championship last spring. With the new arts center, St. David's students can practice and perform without having to travel to other venues.

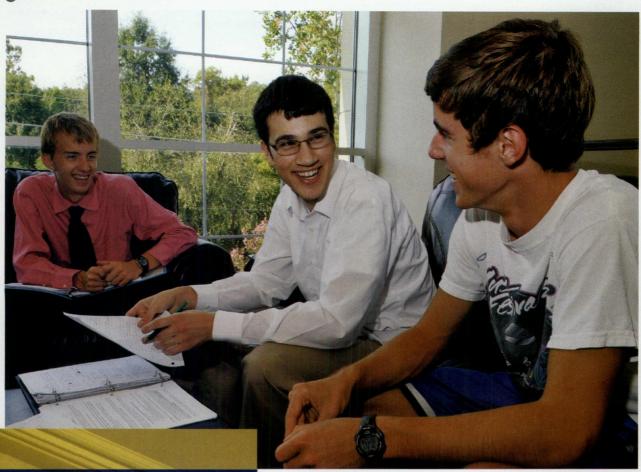




We can put on Fiddler on the Roof and no longer go to Meymandi Concert Hall at the Progress Energy Center for the Performing Arts.



High Standards



ST. DAVID'S FACTS

- Average class size of 14
- Integrated Lower, Middle and Upper School curriculums
- Nineteen Advanced Placement courses with 90 percent of students who took an exam in May 2008 scoring a 3 or higher on one or more exams
- Honor Code and student-led Honor Council
- Daily Chapel services
- Interscholastic athletics program, which won the 2005 Wachovia Cup
- Exceptional fine arts program, including band, chorus, drama and visual arts programs
- Highly qualified faculty with 40 percent holding advanced degrees
- Dual accreditation by the Southern Association of Colleges and Schools and the Southern Association of Independent Schools
- Member of the National Association of Independent Schools and the National Association of Episcopal Schools

"We can put on *Fiddler on the Roof* and no longer go to Meymandi Concert Hall at the Progress Energy Center for the Performing Arts," Lockerbie said.

St. David's is also able to support more of its own athletic programs on site.

Lockerbie and the St. David's leadership realize that facilities don't ensure student success. As proud as he is of the new campus, Lockerbie is even prouder of the faculty. Accredited by both the Southern Association of Colleges and Schools and the Southern Association of Independent Schools, 40 percent of St. David's faculty hold advanced degrees.

"It has been said that a poor teacher tells, a good teacher explains, an outstanding teacher shows, but the great teacher inspires," Lockerbie said. "If a teacher can ignite in his or her students a genuine love of learning, as well as an understanding of the great truths of life, those students have the potential to achieve some form of greatness, not only for 'self,' but also for others who will benefit from their intellect, abilities and example."

Over here Area Universities Look Overseas Over Here

By Rick Smith

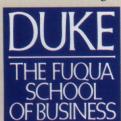
he Chinese media fawned, the crowd awed as the Duke Blue Devil worked the crowd.

No, Blue Devil basketball Coach Mike Krzyzewski wasn't back in China to repeat his coaching feat leading the US to basketball gold in the Beijing Olympics. The media attention this time was focused on Duke University President Richard Brodhead

Dapper as usual in a dark suit and wearing a solid tie in Blue Devil mascot blue, Brodhead was in the city of Kunshan near Shanghai in January to help lay the cornerstone for a new Duke Fuqua School of Business campus.

Under Brodhead's direction, Duke is living up to the Fuqua slogan of "Rethinking the Boundaries of Business School."

Even in a difficult world economic climate, universities are looking beyond America's shores for growth. Not just bringing



students here (for example, some 600 Chinese alone attend Duke) but also looking for partners to build campuses.

By far, Duke has been the most aggres-

sive. NC State explored, then dropped the idea of building a campus in South Korea. But next year, a French partner will send 250 students to Raleigh.

It's hard to believe that nearly a decade has past since UNC-Chapel Hill considered and then dropped the idea of a campus in the Middle East. Now, Duke has a presence in Dubai.

THE WORLD IS DUKE'S TARGET

Duke leadership has cast globally for growth with Fuqua at the forefront. The Kunshan campus is just one of five the uni-



The artist's rendering of the China campus.

versity has developed overseas. Working with partners, it is expanding its master's in Business Administration program to London; St. Petersburg, Russia; New Delhi, India; and Dubai.

In 2009, Duke also launched a Graduate Medical School in Singapore in partnership with the National University of Singapore.

The China campus, scheduled to open next year, is a huge project, covering 200 acres and including five buildings. Duke's China partner is Shanghai Jiao Tong University.

Led by Dean Blair Sheppard, who joined Fuqua in 2007, Duke has grown aggressively overseas despite the fact that one project in Frankfurt, Germany, was closed due to lack of business.

Sheppard says Duke's efforts are to help Fuqua become "the first global business school, shaped and driven by the fundamental issues of our time." Sheppard was no stranger to either Duke or business when he accepted the dean's post. He was the

founder and chair of Duke's Corporate Education training group, which he launched in 2000 and built into a global operation.

While other universities have overseas operations in business and medicine, Duke's is special — at least according to the prestigious Financial Times of London: "What is different about the Duke model is the breadth and scale of the venture," the newspaper said in 2008 when Sheppard first unveiled the Fuqua plan.

Duke has much more in mind than business for its China campus. It also will house programs for public policy and the environment and a global health institute.

"The Duke-Kunshan campus will create great learning opportunities for our students and represents a new model of international educational collaboration," Brodhead said at the groundbreaking.

To Sheppard, the Fuqua international focus is important in these days of globalization.

"The world will increasingly rely on university graduates and faculty members who have been trained in global settings," Sheppard said in China. "It is our true pleasure to enter into partnerships that will help China address its immediate needs for talent development, while also creating unique opportunities to educate future leaders."

The China campus reflects goals Sheppard set out when the five-campus program was announced. He was determined that Duke would stick to a plan that "calls for a significant presence in each location rather than the casual affiliations that define the international programs of most US business schools."

NC STATE BRINGS THE FRENCH TO AMERICA

In January, the French business school SKEMA will send 250 students to NC State for spring classes. They will participate in undergraduate and graduate courses through NC State's College of Management. SKEMA, the largest business school in France, picked NCSU over



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Ground breaking ceremony at the site of the Duke-Kunshan campus. From L-R: Duke University Provost Peter Lange, Duke President Richard H. Brodhead, U.S. Consul General Beatrice Camp, and Deputy Dean of the Antai College of Economics and Management at Shanghai Jiao Tong University He Zhiyi.

several other universities.

SKEMA is also leasing 18,000 square feet of space at NCSU's Centennial Campus. According to SKEMA, it has plans to utilize 30,000 square feet of space and bring up to 300 students.

"This type of partnership is extremely important in an increasingly global business environment," said Ira Weiss, the NCSU College of Management dean, when the agreement with SKEMA was announced. "SKEMA is a highly ranked, highly regarded business school. By bringing SKEMA to NC State, we expand our international portfolio and create new international opportunities for students and faculty — for study, research and employment. International connections like this one also reinforce North Carolina's existing trade opportunities and help open the door for new economic development."

The SKEMA program will include its own faculty and staff. Courses will be taught in English.

NCSU's plans to expand overseas, after being approached about launching a site in Songdo, South Korea, was dropped last year due to budget conditions.

UNC-CH CHOOSES PARTNERSHIPS

UNC-Chapel Hill leaders seriously considered the establishment of a campus

in Qatar before a growing amount of criticism after the 9/11 terror attacks led to the project's cancellation in early 2002.

The university does aggressively partner with other schools and has scores of international opportunities from medical research partnerships to shared degree programs. One of the best known is the Global OneMBA program in which the Kenan-Flagler Business School works with four other universities. The partners are:

- The Chinese University of Hong Kong
- Rotterdam School of Management, Erasmus University in the Netherlands
- Tecnológico de Monterrey Graduate School of Business Administration and Leadership in Mexico
- Escola de Administração de Empresas de São Paulo da Fundação Getulio Vargas in Brazil

However, building campuses overseas doesn't appear to be in UNC's plans.

Two UNC administrators recently wrote at length in *The Chronicle of Higher Education* about the pros and cons of overseas campuses. They stressed partnerships.

"From our vantage point, the best collaborations involve partners such as [the National University of Singapore] that seek reciprocity and balance in a relationship," wrote Peter Coclanis and Ronald Strauss. Coclanis is director of the UNC Global Research Institute and Strauss is an executive associate provost.

"Our preference for partnerships differs sharply from the planting-the-flag mentality that often drives American universities to establish branch campuses abroad," they explained. "The latter strategy, critics charge, is often invested with neocolonial overtones — we take your money, attract

your most talented students (eventually luring them to the United States), and build stand-alone institutions that take little account of local cultures.

"Such charges are often difficult to refute," the two added. "For these reasons and because of our history and traditions, when we expand our global portfolio, we welcome collaboration with global universities, but do not seek to establish campuses abroad." MM

For more on overseas projects, go to: www.fuqua.duke.edu/about/locations/china Duke University Fuqua School of Business international locations: www.duke-nus.edu.sg/web/index.php

Duke-National University of Singapore Graduate Medical School: www.skema.edu/en/usa

SKEMA

Public Universities and the Phoenix Challenge

By DG Martin

oday, American universities are the envy of the rest of the world.
So, until a few years ago, were American auto manufacturers.

Could our universities fall from the top of the ladder the way General Motors did — arrogant, loaded down with costs and with products unrelated to changing market trends?

I was worrying about this possibility the other day when a nationally syndicated "stock picking" column in the *Durham Herald-Sun* caught my eye.

A reader wrote to columnist Malcolm Berko, "I recently hired a University of Phoenix graduate over a University of Florida graduate because I felt the Phoenix student would give me more bang for my buck in our accounting department. I'm interested in owning shares of this forprofit school because I think they do a superb job preparing people for the business world."

Berko responded, "...[T]he University of Phoenix, may not have the panache of a University of Florida, but gives more students a superb education for enormously cheaper, certainly more effectively and in a lot less time than the University of Florida."

Berko asserted that the University of Florida had 50,000 students with a budget of \$4.89 billion, while Phoenix, with about the same size budget, has 478,000 students. One reason for the higher cost at Florida: "900 buildings on a 2000-plusacre campus and a staff of 16,000, has a

ratio of three students for each staff member," while Phoenix has virtually no campus and a ratio of nine students per staff member.



Berko continued, "And while the University of Florida continues to raise its rates and beg the legislators for more money because its budget runs more red ink than Chairman Mao's Little Red Book; APOL [Phoenix's owner] expects to make an \$830 million profit.... They know how to deliver a good education without coddling students, without frivolous fluff, without the useless feel-good curriculum, without the lavish student unions, dormitories, sports complexes, private health care, a police force or elaborate administration buildings that look like Taj Mahals."

Putting aside some of the important controversies about alleged deceptive recruiting practices at Phoenix, will the focused, low-cost education on the Phoenix model bring down the higher cost model of today's American higher education?

My university friends are not ready to surrender. As one of them said, "What about Nobel Prizes? How many have members of the Phoenix faculty won?" Another asserted that comparing Phoenix to Florida or any other big research campus was like comparing apples and oranges. "Only if you think the only contribution of the University of Florida is the education of students do the comparisons made in this column make sense. Florida is a Tier 1 university with major professional schools and research units. What cancer research is Phoenix supporting? And what service to the state is it providing?"

My friends will not get any argument from me about the relative contributions of American public universities and Phoenix. It is no contest.

Nor will the Phoenix model ever be as good in providing undergraduates with rich and challenging educational, cultural and social experiences as our best public universities.

But Phoenix still presents a challenge when it comes to the "apples to apples" comparisons on cost for undergraduates and the relevance of a student's course work to the lightning-fast workplace changes today's students face when they finish their course work.

As our public universities seek continued and increased funding for each student from state legislators, more and more often they are going to hear more and more questions about cost, effectiveness, relevance and ... "frivolous fluff."

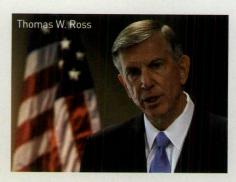
DG Martin hosts UNC-TV's "North Carolina Bookwatch" and has served in the UNC system administration.

Is It Bad The New UNC System President Is Associated With The Forces of "Good?"

By Arch T. Allen

hen the UNC Board of Governors elected Thomas W. Ross as the new UNC system president, former UNC President William C. Friday praised Ross as aligned with "all the forces that work for good in North Carolina." While what Friday meant by the forces of good is unclear, the media connected Ross to the state's Democratic Party power-structure. A reasonable inference is that the forces of good are the Democrats that control state government and the UNC system.

Since their scandalous white-supremacy campaign success in 1900, Democrats have controlled state government. All the governors have been Democrats except for two Republicans, one elected in 1972 and another elected in 1984 and re-elected in 1988. Democrats have controlled both the



state Senate and House, except for a few years after the 1994 elections when Republicans controlled the House. Democrats then regained control of the House by bribing a legislator to switch parties, a crime for which the Democrat Speaker of the House served time in federal prison.

During their political dominance in the 1970s, Democrats reorganized governance

of the state's public colleges and universities and created the UNC system. They controlled the system and its campuses by providing that the legislature would elect the system's board of governors. That board in turn elects a majority of each campus' board of trustees. Among the many members of both sets of boards, some have been known to be high-dollar Democratic fundraisers and donors. Significantly, as reported recently, one UNC-Chapel Hill trustee violated campaign-finance laws and made large, illegal contributions to Democratic candidates, including the incumbent governor, Beverly Purdue.

The governor also influences the system, principally by proposing the state budget to the legislature and then administering the adopted budget, but also by appointing some members of each cam-

CHATHAM HALL SMALL SCHOOL. BIG EXPERIENCE.



ALL GIRLS COLLEGE PREP GRADES 9-12 CHATHAM, VA EST. 1894 WWW.CHATHAMHALL.ORG CONTACT THE OFFICE OF ADMISSION AT 877.644.2941 pus' board. Those two lines of influence merged during the term of the immediate-past governor, Mike Easley, when one of his appointed trustees at NC State University and his budget director prevailed upon the university to hire the governor's wife. Whether that hiring involved illegal acts remains to be established.

Meanwhile, the universities themselves have succumbed to politicized courses, politically biased faculty members and politically correct mantras. Despite the efforts of current UNC President Erskine Bowles toward de-politicization of the universities, more effort is needed. For his successor to succeed, he needs to look beyond the Democrats and exert non-partisan, de-politicized leadership. Ross can start with a page from Bowles' book: after his second unsuccessful campaign for the US Senate as a Democrat, Bowles became friends with the last Republican to defeat him, Sen. Richard Burr.

Although many Democrats are good people, one-party dominance has not been good for our state, as evidenced by the incompetence and corruption manifested today in various state agencies and officials. Of course, much good occurs at our universities, but one-party dominance is not good for them either. We must demand a high level of integrity at our universities, higher than that of the State Bureau of Investigation — which under Democratic control was willing to allow conviction of the innocent - or the State Board of Elections, which under Democratic control was willing to let pass without investigation possible criminality in the campaign finance violations of Perdue's campaign.

But a recent news item about a UNC campus is not encouraging. At Winston-Salem State, just before the 2010 elections, someone used the campus e-mail system to urge 6400 employees and students to vote early and support Democratic candidates.

Such illegal activity does not speak well for the forces of "good." Indeed, North Carolina has had enough of such "good."

Arch T. Allen, Books Editor for Metro, has served on the UNC-Chapel Hill Board of Trustees and as vice chancellor.

Foster Program Builds Bright Futures At Wake Tech

By Rick Smith

wake Tech and the Wake Tech Community College Foundation are reaching out to teens leaving high school and foster care.

The "Fostering Bright Futures Fellowship" program offers financial, academic and social support to students who are transitioning out of the Wake County Foster Care system.

Wake Tech estimates that 20 of every 35 to 50 teens graduating from high school and phasing out of the foster care program are ready to attend college. Currently there are 550 students in the county foster care system, and 25 percent are age 12 or older. Through the Fellowship program, the college hopes to "eliminate the barriers" that "typically derail" many teens leaving foster homes to attend college and develop skills needed for "meaningful employment."

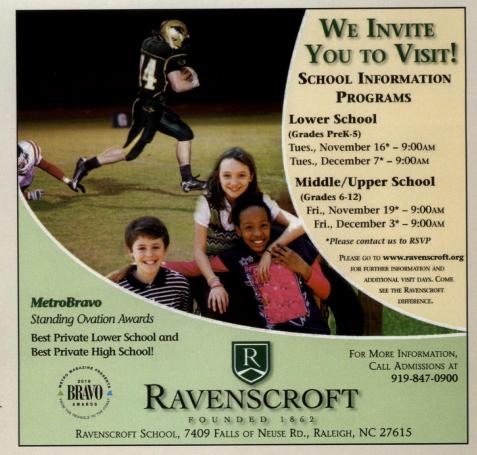
Also working with the college and its foundation are the Wake County Human

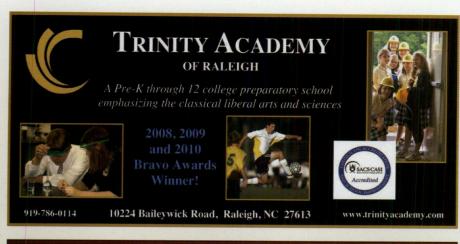
Services Bridge to Independence and the Fostering Bright Futures Collaborative Advisory Board.

This fall, Wake Tech and Fostering Bright Futures teamed with Triangle Family Services to offer a series of workshops focused on financial skills through a \$28,000 grant from Chase Card Services. Additional support has come from SAS and Wake County who each provided \$150,000; \$50,000 from AT&T; and \$25,000 from the Women's Network in Cary.

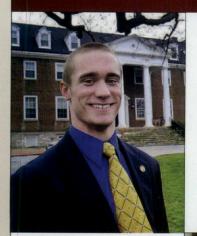
"We're excited to have the support of Triangle Family Services," said Patrick Lindsey, the chairman of the Fostering Bright Futures Advisory Board. "This partnership will provide a unique opportunity for our students to learn about financial responsibility, which is key to success in every phase of their lives."

Alice Lutz, CEO of Triangle Family





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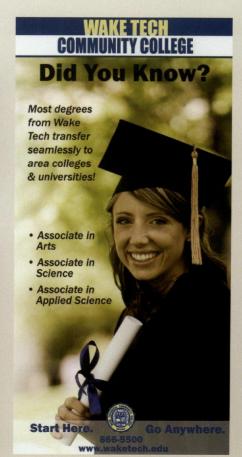
Services, said the financial seminars were designed to "help break the cycle of poverty."

Statistics cited by Wake Tech point to some of the odds foster care children face upon leaving the system:

- 43 percent are unable to keep jobs for six months or longer or don't make enough money to live independently
- 40 percent of former foster youths are incarcerated
- 40 percent of young women who have been in foster care become pregnant before age 19

The goals of the program include moving more students through a degree, diploma or certificate program at Wake tech, help more youths continue their education at a 4-year college or university, improve life and financial management skills, and also encourage more foster care tens to graduate from high school.

For more information visit the program's web site at: http://fosteringbright-futures.org or www2.waketech.edu/blogs/fosteringbrightfutures.



Medical Quarterly

Issues Facing Doctors and Patients Today





Trials and Tribulations

Plastic Surgeon Discusses Issues Facing Physicians Today

by Rick Smith

late night traffic accident left a victim in need of reconstructive surgery. Dr. William Stoeckel answers the call for help, racing to a Triangle area hospital.

A call to an emergency room triggers the adrenaline rush experienced by physicians:

"I think that many people feel that plastic surgery is just a way for attractive and vain people to spend money to try to just look just a little better," explained Stoeckel, who operates Wake Plastic Surgery. "But the vast majority of the time, the things that I get to do are physically and emotionally life changing for my patients. And the motivation is that I can't wait to see the next happy customer, even if it is an ER call at 2 a.m."

Stoeckel works far from the world as envisioned by glitzy TV shows such as "Nip/Tuck." In fact, he's never watched an

episode. To him, reconstructive surgery and other treatments meet vital needs while others may be elective and geared to helping patients make bodily cosmetic improvements. Like many other plastic surgeons, he also donates services, including annual trips to South America with colleagues from Wake Forest University to treat pediatric burn patients.

"I get a huge emotional kickback from putting a face back together after a trauma or a cancer resection," he explained. "The patient and their family members are invariably grateful. And it's still strange to me that most of my cosmetic patients are just as grateful for the changes they see

with elective procedures.

"The plastic surgery world does have its fair share of the glitz and glamour types," he conceded. "But most of us are involved in the community, enjoy our ER call and really just enjoy operating."

Yet these days are the times that try the souls of those in the medical profession — plastic surgeons included.

In addition to a struggling economy, the healthcare industry is under increasing price pressure for reimbursements, as well as governmental regulation with prac-



Dr. Stoeckel





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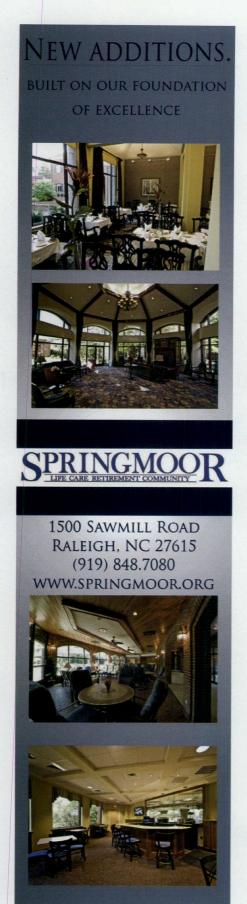
Wake Radiology's comprehensive approach to vein therapy is unlike any other around. Our skilled interventional physicians have training and expertise in minimally invasive vein treatments, evaluating each patient personally and discussing the best treatment options for their unique situation.

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Vein Therapy Consultation

Request your free consultation online at wakerad.com today!





tically no field of medicine or healthcare immune.

Stoeckel, a University of Cincinnati Medical School graduate, considers himself fortunate to be operating in the Research Triangle area.

"I am incredibly fortunate to have my practice located in a relatively stable demographic," he replied when asked about the increasing financial pressures on health care. "It is certainly a very scary issue for many other surgeons in more affected parts of the country."

TECHNOLOGY CONTINUES TO OFFER MORE TOOLS

A \$10 billion annual business, aesthetic surgery has increased 147 percent since 1997. But plastic surgery did not prove to be recession proof. In 2009, the number of procedures declined 2 percent nationally to 10 million, according to the American Society for Aesthetic Plastic Surgery.

Plastic surgeons performed some 2.6 million Botox procedures as the most popular non-surgical treatments, and 312,000 breast augmentations as the most common surgical procedures last year.

At his practice, Stoeckel sees growing demand for breast reduction and "a very busy" skin lesion removal business. "I think that I most enjoy facial reconstruction after skin cancer removal more than anything else," he added, "but I really am happy anytime that I am in the operating room."

Rapid changes in technology mean more options are available to patients, so Stoeckel believes the industry will find new ways to meet demands.

"The plastic surgery market has been flooded with dermal and volume fillers and neuromuscular blocking agents such as Botox and Dysport," he explained. "These services will continue to be popular due to their instant results and little to no down time, despite their lack of longevity.

"The liposuction world continues to see a huge increase in the number of companies that have claims to the best technology for removing excess fat. There are ultrasonic, thermal energy, laser energy, and power assisted liposuction devices that all advertise their product to be the most effective and with the least amount of downtime.

"As with anything in life, there are always pros and cons. But there will always be a new and better way to deliver the liposuction procedure.

"The other trend is with laser treatments. There is a wide array of new laser therapies to improve skin texture, coloration and tightness. The good thing is that the technology is growing. The bad thing is that there are so many new ideas that it is often difficult to know which ones actually have evidence to support their claims."

TOUGHER FINANCIAL TIMES AHEAD?

The latest technology advances won't resolve other challenges — financial and regulatory.

Stoeckel, a member of the North Carolina Society of Plastic Surgeons, points out that his profession faces growing financial pressure, and he wonders what the future holds.

"The squeezing has already begun, and it is a real shame for so many patients," he said. "The persistent cut in reimbursement is driving a large number of very good plastic surgeons away from insurance-covered services to those that are paid cash for service. The government is trying to make it harder for physicians to run their operations outside of a hospital setting, which often means less reimbursement for the surgeon, and a higher cost to the patient as well."

Stoeckel also fears the prospect of taxes: "The attempts at placing taxes on cosmetic surgery have been stifled for now, but they will always try to make their way back again," he said. "The supporters of such ideas do not recognize that the vast majority of patients that are having elective plastic surgery are middle class women. And to specifically place a tax on that subset of the population is very shortsighted."

A more immediate concern is how procedures are evaluated for reimbursement. Noting that there is "virtually no insurance reimbursement for elective plastic surgery," Stoeckel pointed out that fighting for other funds is "dizzying."

"Even getting breast reduction surgery covered by most plans requires multiple requests and appeals, despite the very obvious nature of the deformity," he said. "The actual payment for such surgery often appears to have no rationale whatsoever. It many cases, I get reimbursed more to take a history and complete a physical than to surgically remove a skin cancer and repair a patient's face.

"When it comes to insurance reimbursement versus elective cosmetic surgery, the numbers are often dizzying. The reimbursement for a breast reconstruction surgery, which may take five to six hours to complete and which involves a single payment for the operation and all of the follow-up visits, routinely pays about onethird of the payment for a one-hour breast augmentation."

If the regulatory environment continues to increase burdens on his profession, Stoeckel worries that he and other physicians will have to focus on patients who don't rely on insurance.

"The obvious fear is that compensation from insurance may become so low that it is prohibitive from a business model to continue to provide services to insurance-based patients," he said. "I already am not able to provide services for a few insurance types because of their lack of adequate compensation.

"As philanthropic as we would all like

Metro Magazine asked Dr. William Stoeckel to offer his advice about which doctors are best trained to handle cosmetic treatments and reconstructive surgery.

QUESTION: What advice can you offer to patients to avoid non-plastic surgeons who claim they are trained?

"Any physician that is using the words 'plastic surgeon' in their title or description of themselves should have completed a plastic surgery residency from an accredited institution," he explained.

There are only two ways that I know of currently to obtain the appropriate training to advertise as a plastic surgeon:

- 1. Complete a general surgery residency program and then a fellowship in a plastic surgery program or;
 - 2. Complete an integrated or combined plastic surgery residency.

"There is quite a bit of confusion, some of it created intentionally, about the training of non-plastic surgeons. A family practice physician who has taken a course in liposuction is just that — a family practice physician who has completed a course in liposuction. An [ear, nose, throat] physician who has finished a fellowship in 'facial plastic surgery' is just that — an otolaryngologist with extra training in cosmetic and reconstructive facial procedures. A dermatologist who administers Botox or facial fillers is just that — a dermatologist that has completed a training to provide injectable services."

QUESTION: Is there a problem with other physicians performing reconstructive surgeries that should be the purview of plastic surgeons?

"On the reconstructive side of things, there are several other subspecialties that share common skill sets with plastic surgeons. Both orthopedic and plastic surgeons are effectively trained in hand surgery. Both ENT and plastic surgeons are effectively trained in facial trauma and facial reconstruction. Many dermatologists, especially those trained in surgery [for skin cancer], are excellent in their field of facial reconstruction. And certainly, many ophthalmologists are equally if not better trained to handle ocular injuries and periorbital trauma.

"I have not found that there is a significant amount of 'turf warring' in the reconstructive side of things. I would say that most of these specialists know what they are good at and know when they need help. And I certainly feel that most of my plastic surgery colleagues know when another specialty could provide better care for a patient and are happy referral sources. The problem almost always rears its head when out-of-pocket money is involved."



to be, the staff still needs to be paid and the bills will continue to come in the door. And for some insurance providers, their payment for service simply does not allow me to work with them. Hopefully, the new government plans will not force us out of helping in all of the areas that we would like to."

WEB LINKS

NC Society of Plastic Surgeons

www.ncsps.com

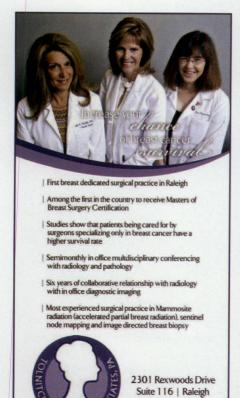
Wake Plastic Surgery

www.wakeplasticsurgery.com/dr_todd_stoec kel_plastic_surgeon.php

American Society for Aesthetic Surgery www.surgery.org

Latest Statistics in Plastic Surgery

www.surgery.org/media/news-releases/ despite-recession-overall-plastic-surgerydemand-drops-only-2-percent-from-lastyear



919.782.8200 | www.carolinabreastcare.com

Fear of Frailty Big Concern for Seniors — and Their Families

ome Instead Senior Care has developed the Get Mom Moving Activity Cards and website (www.getmommoving.com) designed to help keep seniors engaged and fit to address problems identified in a recent national survey of seniors and adult children that points out staying physically active is a major challenge for seniors. Fear of frailty is of para-

mount concern — and for adults ages 35 to 62 who are worried about the health and safety of their older loved ones.

Lack of activity can lead to a downward spiral of poor health that threatens the mind, body and social life of older adults, according to senior care experts.

"We regularly see seniors who are literally trapped in their homes because they



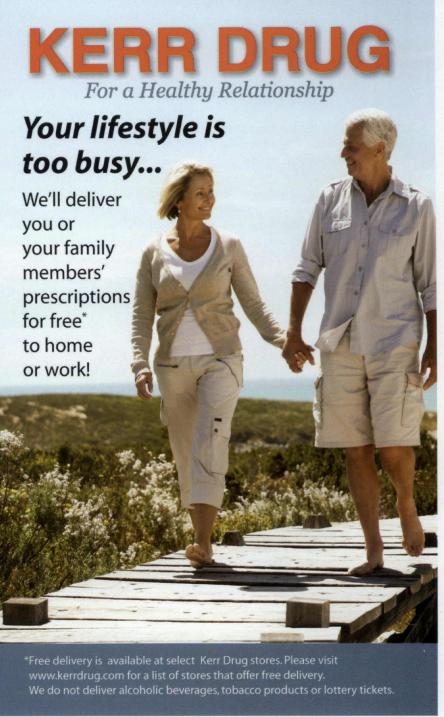
are too weak to perform many of the activities they need to remain safe and independent or to even enjoy life," said John Posey, owner of the Home Instead Senior Care office in Wake County.

The recent national survey conducted for the Home Instead Senior Care network found that 74 percent of seniors 65 and older say that staying physically active is a major challenge. Adult caregivers see the problem as well: 81 percent of adult caregivers listed staying physically active as a top challenge for seniors. That challenge leads to another worry: 90 percent of seniors in the survey say their greatest fear is loss of independence.

Dr. Stephanie Studenski MPH, an authority on mobility, balance disorders and falls in older adults — and director of clinical research for the University of Pittsburgh Institute on Aging — says professionals describe frailty as a syndrome of weakness, fatigue and decline in physical activity that may be triggered by hormonal or inflammatory changes or chronic disease states. For some, frailty results from a heart attack or stroke, while another senior might experience falls and weight loss.







Studenski and her colleagues conducted a series of focus groups with healthcare providers and family caregivers about how they perceive frailty in an effort to better identify the condition.



"I think the thing that was most striking to me was that many family members we talked with perceived that an older person is getting more or less frail based more on social and psychological factors rather than physical factors. Doctors, on the other hand, focused on the physical manifestations in an older adult," she noted.

Studenski said that frailty can be both

prevented and reversed by activity.

"One of the core ideas in aging is that there are underlying problems in the body's self-correcting mechanism. For example, when a young person is bleeding, the body self-corrects by increasing the heart rate. But older adults, because of medication or health problems, may have lost the ability to self-correct by being able to increase their heart rate. Through activity, though, seniors can build both physical and mental reserves that can help their bodies better tolerate problems that come with aging."

Family caregivers who can encourage and integrate physical, mental and social activities in the lives of seniors are helping them ward off frailty and stay healthy, as addressing the fear of losing their independence.

"This topic is at the heart of the concerns that we see each day in the lives of seniors and those who care for them," said Posey. "Fear of frailty keeps seniors worried about whether they can stay home."

For more information on addressing this issue, call 919-676-2273.





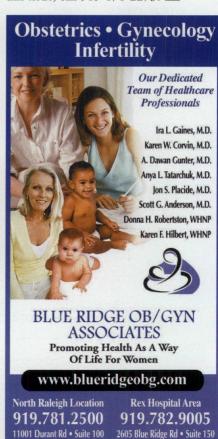
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LOOK AND SEE SIGNS OF FRAILTY

In a women's study released last summer, researchers at Columbia and Johns Hopkins universities discovered the role activity plays in the fight against frailty that shed new light on what causes the condition.

Dr. Linda P. Fried MPH and scientists found that frailty is the result of a systems failure in older adults, rather than a specific problem, disease or even chronological age. Data from women ages 70-79 led researchers to discover that half of those frail had three or more systems at abnormal levels, compared with 25 percent of the pre-frail and 16 percent of the non-frail population. Among the physiological factors that were assessed included anemia, inflammation and fine motor skills.

Solutions to address frailty, including medications and hormone replacement, are unlikely to prevent frailty unless they are designed to improve multiple systems, Fried noted. "This may explain the importance of approaches such as remaining physically active as we get older, since activity improves many aspects of biology and overall health."

So how do family caregivers know what to look for? Following, from Dr. Stephanie Studenski MPH, University of Pittsburgh geriatrician and researcher, and Home Instead Senior Care, are the signs that a senior might be becoming frail:

Change. If a senior has always been interested in talking to the neighbors, reading the newspaper or volunteering and is withdrawing from those interests, suggest they see a doctor.

Inactivity. If your senior suddenly becomes less active, investigate what could be the cause.

Slowing down. If grandpa always used to have a bounce in his step and now, suddenly, trudges along, that's a bad sign.

Loss of appetite and weight. A senior who loses a healthy appetite should be of concern to loved ones.

Unsteadiness. Loss of balance comes with aging, but an increasing unsteadiness is a sign that something could be wrong.

To find out how to help keep a senior active, contact Home Instead Senior Care for free Get Mom Moving Activity Cards: "Activities for the Mind Body and Soul."

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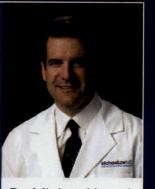
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Dr. Michael Law is a board-certified plastic surgeon. He grew up in Raleigh, trained at UCLA and USC, and practiced aesthetic plastic surgery in Beverly Hills. In 2002 he returned to his hometown to be near family and open his solo practice. He and his wife reside in Raleigh with their two young sons. Dr. Law is the top provider of Botox and Juvederm in the Raleigh area. The Blue Water Spa food drive has raised more than 90,000 lbs. of food for hungry children. Dr. Law and his staff want to thank all clients and patients for their loyalty and generosity for helping us acheive our goal of donating 100,000 lbs. of food to the Interfaith Food Shuttle.



Artist-at-Large

I ESCAPED FROM THE SCHOOL OF THE ARTS

ow I don't know about y'all, but my scholastic record is quite checkered. You will never find me playing the part of custos morum when it comes to what a person should or should not do in school. After all, I was kicked out of every college and university I ever attended ... all six of them. I had a marvelous time for the most part, and have never regretted not having a degree to hang above my escritoire. And out of all the ivory towers from which I was thrown, headlong one after another into the graduate program of the school of hard knocks, none holds a dearer place in the kaleidoscope of my memory than the North Carolina School of the Arts, now going by the less elegant moniker, University of North Carolina School of the Arts.

I have recently heard some mothers telling me that guidance counselors had advised them against sending their young ones off to the school because of it's reputation for permissiveness, drug use and sex. Well, duh! What do people think that creative folks do when not in class ... knit ponchos? I burnt my candle from all three ends while I was there, and I'm actually quite surprised that I still have anything left resembling a wick.

I was actually too wild to be placed in the regular classes there, so they more or less created a special curriculum for me, understanding it would not lead to a degree, but at least give me a chance to spread my wings and experiment in an artistic environment after my suffering through almost every oppressive Southern Baptist college in the state. The first day I wore a white hospital gown and white tidy whities, some feathers clipped into my hair and that was it. (It was summer session, and I have always believed in dressing with an eye to both comfort and style.) One student asked if I was in a cult, another if I was a space alien, but then a lovely young lady behind me tapped me on the shoulder and told me that I looked like I had escaped from a mental institution for fallen angels and I knew I had made a friend for life.

Ms. Sean Yseult (Shauna Reynolds then) was always the class darling. She had already been at the school since junior high, excelling at everything from piano to dance and was the apple of the art department's eye. We were often paired off against each other by the teachers during critiques, my wild child impetuosity compared and dissected against



her calm professionalism. The teacher would say, "Louis, if you would ever spend as much time on your lessons as you do on choosing your outfits, you could be as good as Shauna!" That statement seemed to me quite generous because after knowing her for all these years, few people are as good as Sean Yseult. After graduating with honors from Parsons The New School for Design, Sean did what any respectable young lady from a good family in Raleigh did, she co-founded a heavy metal band called White Zombie and proceeded to take the world by storm, selling out megaarena's, touring with The Ramones, Pantera, The Cramps, winning MTV Music Awards and generally living a life many would-be rockers dream of. From 1985-1996 she was the ONLY female performer in the heavy metal world, holding her own with any man, and wound up being nominated as Best Metal Bassist twice in a row.

Since the demise of White Zombie, Sean has rocked out two more bands, Famous Monsters and Rock City Morgue. And when this Martha Stewart of Rock has the time, she of course runs her own design business making gorgeous silk scarves, pillows and accessories, which are sold in upscale boutiques worldwide (www.yseultdesigns.com), as well as creating photographs and artworks, which have received rave reviews. After a life so full of interesting people and places, LSD with Tim Leary and cocktails with David Letterman, gold albums and gold bullion, it's not surprising that Sean has decided to author a memoir of her days on the road. Her book I'm in the Band just published in November, traces her steps with the who's who of rock royalty. And since Sean is indeed a North Carolina gal through and through, she will be gracing the always hip Regulator Bookshop on Nov. 27 to meet, greet and autograph her new tome (www.regulatorbookshop.com).

Sean and I are still close and in fact collaborate on artistic ventures as time permits. And even though time mellows many folks, for some reason I still find a way to get into trouble when I am around her, such as last year when, after an evening of drinking Champagne and absinthe in New Orleans, I managed to get both of us kicked out of a very posh art party. So Sean, here is my very public apology to you, but that lady I told to save her money for a face-lift really did need one, and I feel that I was doing my civic duty to help Keep America Beautiful. I hope you understand.

PS: The School of the Arts has sent forth a myriad of creative people over the decades, including Raleigh's own Ira David Wood of *A Christmas Carol* fame. Wood has just undergone heart surgery, but the show must go on, so Wood has turned the long-running extravaganza over to his talented son Ira, IV — and, for added glamour, famous movie star daughter Evan Rachel Wood has come to town to back up her brother as codirector.

SPA LOCATIONS IN YOUR AREA AND BEYOND

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The Aesthetic Medispa 2304 Wesvill Court Suite 360 919-785-1220 Services: laser resurfacing, injectable procedures, hair and vein laser treatments, microdermabrasion

Bluewater Spa 10941 Raven Ridge Road 919-870-6066 www.bluewaterspa.com Services: laser hair removal, microdermabrasion, aesthetic surgery, therapeutic massages, facials, Botox, Restylane

Body Chic 4421-102A Six Forks Road 800-738-4617 www.bodychic.net Services: VacuStep therapy, cellulite reduction programs

BodyLase Skin Spa 6531 Creedmoor Road 919-954-2288 www.getbodylase.com Services: laser hair removal, skin rejuvenation, Botox, wrinkle fillers, lip augmentation, laser vein care, waxing, facials, eyelash extensions, LipoDissolve

D'Elegance Day Spa & Salon 8801-113 Lead Mine Road 919-844-6737 www.delegancespa.com Services: massage, facials, waxing, nails, body treatments, hair, makeup

Devine Salon Spa & Wellness 5024 Old Wake Forest Road 919-850-9616 Services: nails, hair, massage, facials, makeup, hydrotherapy tub Douglas Carroll 6325-61 Falls of Neuse Road 800-851-8929 www.douglascarrollsalon.com Services: hair, body treatments, massage, makeup, nails, facials, peels

Generations Day Salon & Spa
Brierdale Shopping Center 10370-101 Moncreiffe
Road 919-361-9140
www.gensalon.com

919-361-9140 www.gensalon.com Services: hair, waxing, nails, massage, facial treatments, body wraps, glycolic peels, cellulite treatment

Glo De Vie Lassiter at North Hills 4209 Lassiter Mill Road 919-510-5919 www.glodevie.com Services: facials, laser hair removal, vibradermabrasion, Botox, Juvederm, laser Genesis collegen enhancer, anti-aging medicine, eyelash extensions

Image Hair & Body Salon 7521-106 Mourning Dove Road 919-676-6630 www.imagehairandbodysalon. com Services: hair, facials, nails, waxing, massages, body wraps, glycolic peels

Jolie the Day Spa 412-201 Woodburn Road 919-834-1772 www.joliethedayspa.com Services: facials, massage, body treatments, waxing, makeup artist, hair design, nails

Lux Salon 910-109 Spring Forest Road 919-790-7011 www.luxsalonspa.net Services: hair, waxing, nails, scalp massage



Luxe
The Alexan at North Hills
4209 Lassiter Mill Rd,
#126
www.luxeapothocary.com
Services: make-up application and lessons, facials,
waxing and tinting

Massage Envy 8201 Brier Creek Parkway Suite 105 919-806-3689

8357 Creedmoor Road 919-847-8220

9660 Falls of Neuse Road Suite 167 919-847-3633

1028 Oberlin Road 919-838-5060 www.massageenvy.com Services: deep tissue, Swedish, sports, hot stone and reflexology massages

Natural Body Spa 4120 Main at North Hills St. 919-510-6701 www.naturalbody.com Services: body therapies, waxing, tinting, facials, hand and foot treatments, nails, massage

Peles Salon and Day Spa 7501 Creedmoor Road Suite 112 919-847-1882 www.pelessalon.com Services: hair, facials, body treatments, hair removal, makeup, nails

Physios Salon 904 New Bern Ave. 919-828-1080 Services: hair, sunless tanning, massage, nails, makeup, microdermabrasion, waxing

Salon Blu Alexander Place at Brier Creek 7854-115 Alexander Promenade Place 919-598-7666

Falls Village Shopping Center 6617-103 Falls of Neuse Road 919-848-0555

North Hills — Midtown 141 Park Avenue 919-900-8212 www.salonbluhair.com Services: hair design and color, waxing, hair extensions, thermal straightening Skin Essence 8340 Bandford Way Suite 107 919-848-0199 www.skinessenceadayspa.com Services: microdermabrasion, facials, Revitalight treatment, massage, aromatherapy, nails, ion cleanse, lash and brow tinting, makeup

Skin Sense, A Day Spa 6801 Falls of Neuse Road 8441 Brier Creek Parkway 919-870-0700 www.skinsense.com Services: nails, body treatments, seaweed treatments, body wraps, facial treatments, massage, reflexology, hair removal, makeup artist

Spa Guide

Skin Sense – Teens Too 8441 Brier Creek Parkway 919-870-0700 Services: massage, facial, manicure/pedicure, waxing and body treatments catering to teens and 'tweens

Studio 108 2900 Spring Forest Road #108 919-872-3108 Services: hair, massage therapy, nails

Synergy Spa 2603 Glenwood Ave. Suite 121 C 919-510-5130 www.feelsynergy.com Services: facials, resurfacing treatments, microdermabrasion, natural skin peels, waxing, tinting, makeup artist, massages, body wraps, nails, Botox

Tanas Hair Design and Day Spa 9800 Leesville Road 919-870-6050

10940 Raven Ridge Road 919-870-7009 www.tanashairdesigns.com Services: hair, nails, microdermabrasion, body wraps, lash and brow services, massage therapy, body treatments, hair removal, permanent makeup

The Museum Spa 3633 Harden Road Suite 200 919-785-9696 www.themuseumspa.com Services: massage, facials, laser hair removal, permanent makeup, reflexology, microdermabrasion, Botox, chemical peels and other cosmetic treatments The Oakwood Spa Historic Oakwood — Downtown Raleigh 112-B N. Person St. www.theoakwoodspa.com Services: massage, facials, waxing, tinting, therapeutic footbaths

The Spa by Mitchells Triangle Town Center 3721 Sumner Blvd. 919-792-2299 www.mitchellspas.com Services: healing massage therapy, cleansing facials, body treatments, manicures and pedicures, peels, men's treatments

The Spa of the Healing Arts
9203 Baileywick Road
Suite 103
919-518-1495
www.thespaofhealingarts.com
Services: massage therapy,
pain and stress relief treatments, facials and organic
skin care, nail salon, Ion
cleanse

Von Kekel Salon Spa 4209-114 Lassiter Mill Road 919-782-0808 www.vonkekel.com Services: facials, body treatments, massages, brow and lash tinting, hair, nails, waxing

White Dahlia
8351 Standonshire Way
Suite 109
919-845-5525
www.whitedahlia.com
Services: Swedish, deep
tissue, sports, hot stone
and pregnancy massages



Youthology, Aesthetic & Anti-Aging Medicine 10940 Raven Ridge Road Suite 214 919-847-1495 Services: Botox, Juvederm, liposuction, sclerotherapy, silicon, laser hair removal

DURHAM

Bella Trio Day Spa 5826 Fayetteville Road Suites 103 & 110 919-484-1221 www.bellatrio.com Services: hair, acupuncture, nails, facials, body treatments, massage, microdermabrasion, sunless tanning, waxing, laser services, lash and brow tinting

Healing Waters Day and Med Spa 6813 Fayetteville Road Suite 101 www.hwmedspa.com 919-572-1710 Services: massage treatments, body treatments, body cocoons, spa facial treatments, intensive facial treatments, clinical skin care, makeup and image



services, Botox, Smartlipo

Massage Envy 8202 Renaissance Parkway Suite 111 919-493-3689 www.massageenvy.com Services: deep tissue, Swedish, sports, hot stone and reflexology massages

Sheer Bliss Day Spa Salon 1843 Martin Luther King Parkway 919-403-8159 www.sheer-blissdayspa.com Services: hair, massages, facials, body treatments, nails, waxing

The Body Café Salon & Day Spa 3400 Westgate Drive Suite A-10 919-493-7900 www.thebodycafe.com Services: nail care, massages, reflexology, waxing, facials, hair, tanning, body treatments

CHAPEL HILL

Aveda Institute Salon & Spa 200 W. Franklin St. 919-960-4769 www.avedachapelhill.com Services: hair, makeup, waxing, facials, nails

Day Spa 255 255 S. Elliott Road 919-968-1066 Services: hair, makeup, facials, nails, massages, waxing, microdermabrasion, body wraps

Forever Young Spa 400 Market St. Suite 100 919-928-9490 www.foreveryoung-spa.com Services: hair, nails, skin care, waxing, coloring, massages

Massage Envy 1800 E. Franklin St. Suite 2 919-442-0500 www.massageenvy.com Services: deep tissue, Swedish, sports, hot stone and reflexology massages

Mina's Studio 400 S. Elliott Road 919-968-8548 www.minasstudio.com Services: nails, facials, ear candling, massages, sunless tan treatments, waxing, tinting, makeup

CARY

B. Roman Skin & Body Therapy 2425 Kildaire Farm Road 919-851-2255

208 Ledge Stone Way 919-463-9575 www.b-romandayspa.com Services: body wraps and treatments, facials, skin care, bronzing treatments, massage, steam room, reflexology, aromatherapy massage, hot stone therapy, nails, makeup artistry, waxing

BodyLase Skin Spa 501 Keisler Drive 919-851-8989 www.getbodylase.com Services: laser hair removal, skin rejuvenation, Botox, wrinkle fillers, lip augmentation, laser vein care, waxing, facials, eyelash extensions, LipoDissolve



Borja Day Spa 324 S. Academy St. 919-467-4772 www.borjadayspa.com Services: massage, nails, waxing, facials, makeup, body treatments

Cary Massage Therapy
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1330 SE Maynard Road
Suite 203
Sey19-319-4911
www.carymassagetherapy.com
Services: facials, massage, reflexology, acupressure, waxing, hot stone therapy, aromatherapy

1.

Cary Skin Center 200 Wellesley Trade Lane 919-363-7546 www.caryskincenter.com Services: aesthetic surgery, laser treatments

La Thérapie Day Spa 1000 Darrington Drive 919-380-0041 www.ltdayspa.com Services: facial treatments, massage, body treatments, nails, waxing, tinting, Endermologie

Massage Envy 1385 Kildaire Farm Road 919-467-5400 www.massageenvy.com Services: deep tissue, Swedish, sports, hot stone and reflexology massages

My Day Spa 2056 Kildaire Farm Road 919-816-8228 www.mydayspa.com Services: nails, Swedish and deep tissue massage, pregnancy massage, facials

Skin Sense, A Day Spa 1269 Kildaire Farm Road 919-870-0700

2058 Renaissance Park Place 919-870-0700 www.skinsense.com Services: nails, body treatments, seaweed treatments, body wraps, facial treatments, massage, reflexology, hair removal, makeup artist

Tanas Hair Designs and Day Spa 105 Baines Court 919-380-0221 www.tanashairdesigns.com

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www.tanashairdesigns.com
Services: hair, nails, microdermabrasion, body wraps,
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massage therapy, body
treatments, hair removal

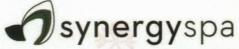
The Spa by Mitchells 1105 Walnut St. Unit F-160 919-467-9641 www.mitchellspas.com Services: healing massage, cleansing facial, body treatment, manicure and pedicure

Von Kekel Salon Spa 2230 Walnut St. 919-859-0888 www.vonkekel.com Services: facials, body treatments, massages, brow and lash tinting, hair, nails, waxing

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APEX

Botalia Med Spa 2046 Creekside Landing Drive 919-363-8400 www.botaliamedspa.com Services: Botox, Juvederm, peels, facials, vibradermabrasion, laser hair removal, evelash extensions

Jay Andrews Salon and Spa 2008 Creekside Landing Drive 919-387-1815 www.jayandrewssalonspa.com Services: hair, facials, skin care and treatments, massage, nails, hair removal, chemical peels, microdermabrasion

Life's Little Pleasures 134 Salem Towne Court 919-362-6311 www.llpleasures.com Services: massages, facials, body wraps, nails, microdermabrasion, photo light therapy, cellulite reduction

Natural Marvel's Spa 800 W. Williams St. 919-367-9880 www.naturalmarvelspa.com Services: massage therapy, skin therapy, skin resurfacing, hair removal, spa treatments

Syeni Salon & Spa 225 N. Salem St. Suite 101 919-387-4166 www.syenispa.com Services: hair care, manicures, pedicures, facials, peels, waxing, massage, body polishes, men's services

CLAYTON

Botanicals II Laser Center & Day Spa 11690 US 70 West 919-553-1293 www.botanicals2.com Services: massages, facials, nails, laser treatments, chemical peels, waxing, Botox, hair

REGIONAL

1604 Day Spa and Salon 1604 S. Winstead Ave. Rocky Mount, NC 252-451-0422 www.1604dayspasalon.com Services: hair, facials, microdermabrasion, body treatments, wraps, skin treatments, massage, nails, makeup application

A Spa-Inn Asheville 128 Hillside St. Asheville, NC 828-255-0051 www.ashevillespa.com Services: massage, body treatments, sauna, reflexology, aromatherapy

Ballantyne Resort 10000 Ballantyne Commons Parkway Charlotte, NC 704-248-4000 www.ballantyneresort.com Services: facials, facial enhancements, massage, exfoliation, body massage and wraps, nails, hair, makeup, hair removal

Chetola Resort North Main St. Blowing Rock, NC 800-243-8652 www.chetola.com Services: massage, reflexology, facials

Grandover Resort 1000 Club Road Greensboro, NC 336-294-1800 www.grandover.com Swerices: massage, facials, body treatments, nails, waxing, hot tub, sauna, steam room, fitness center

Hot Springs Resort & Spa 315 Bridge St. Hot Springs, NC 828-622-7676 www.nchotsprings.com Services: massage, body treatments, mineral baths

Kingsmill Resort 1010 Kings Mill Road Williamsburg, VA 800-832-5665 www.kingsmill.com Services: massage, nails, hair, facials, body treatments, fitness center

Nantahala Village Resort & Spa 9400 Hwy. 19 West Bryson City, NC 828-488-2826 www.nvnc.com Services: massage, facials, body treatments

Old Edwards Inn and Spa 445 Main St. Highlands, NC 828-526-8008 www.oldedwardsinn.com Services: sauna, fitness center, facials, body treatments, massage, baths, hair, nails

Sea Island Spa at the Cloister Sea Island, GA 912-638-3611 www.seaisland.com Services: holistic therapeutics, body wraps, skin care, nails, fitness center, massage, hair 866-354-4653 www.thehomestead.com Services: fitness and relaxation lounges, massage therapies, hydrotherapy, body wraps, facials, hair, nails

The Ocean Club 1701 Salter Path Road Indian Beach, NC 888-237-2035 www.ocspanc.com Services: facials, massage, body treatments, hydrotherapy, hair, nails

The Sanderling Resort & Spa 1461 Duck Road 800-701-4111 Duck, NC www.thesanderling.com Services: hair, nails, waxing, massage, facials, body treatments



Spa at Colonial Williamsburg Resort 307 S. England St. Williamsburg, VA 777-220-7720 www.colonialwilliamsburgreso rt.com/spa Services: massage, body scrubs, wraps, baths, skin care, aromatherapy

Spa Koru – Hatteras 40920 Hwy. 12 Avon, NC 252-995-3125 www.spakoru.com Services: facials, massage, body wraps and scrubs

The Greenbrier 300 W. Main St. White Sulphur Springs, WV 800-624-6070 www.greenbrier.com Services: holistic treatments, massages, baths in indigenous spring water, sprays, reflexology, body scrubs and polishes, facials, nails

The Homestead Resort 1766 Homestead Drive Hot Springs, VA The Spa at the Grove Park Inn Resort 290 Macon Ave. Asheville, NC 800-438-5800 www.groveparkinn.com Services: nails, skin care, hydro-bath treatments, massage treatments, body wraps

The Spa at Pinehurst 1 Carolina Vista Drive 910-235-8320 Pinehurst, NC www.pinehurst.com Services: nails, facials, massage, body and hydrotherapy treatments, whirlpool relaxation

Westglow Spa 224 Westglow Circle Blowing Rock, NC 800-562-0807 www.westglow.com Services: face and body treatments, salon services, heath and fitness therapies

Many spas offer gift certificates, day and weekend packages. Call for details.

Gift Guide

Tis the season to go shopping!
Our elves have been busy this
year and have taken
the guesswork out of what to
get for that special someone
on your list.



GIFTS FOR KIDS



The Melissa and Doug Deluxe Kitchen Play Center is any little chef's dream! Include the Play With Your Food Set and The Market Shopping Cart and your kids will have their own grocery and kitchen experience! Available at MelissaandDoug.com and LandofNod.com. Kitchen \$249, Cart \$50, Food \$20.

The Fisher Price iXL is a 6-in-1 learning system including an interactive story and activity, a learning game, writing activities, and it's easy to add more! Available at most children's toy stores. \$80.





Little builders will have hours of fun with the Black and Decker Junior Power Tool Workshop! Featuring a circular saw with sparkling effects, a working drill press, play hammer and other tools. Available at Children's toy stores. \$70.





These Great Plain Teepees by Dexton range from 6-12 feet tall. Fun and unique for indoor or outdoor play, they come ready for the young artist to decorate and paint, or already decorated to enjoy! Visit Dextonkids.com or other kid's stores. Costs may vary. \$100-\$125.



Make any child's dream come true when you give them their own Airflow Sky King Peddle Plane! Available at Sears, Toys R' Us or online. \$300.



This modern playtable has a reversible table top that lets you easily change from a regular top to a chalkboard top with useful storage space within. Available at LandofNod.com. \$89.



A must-have's for kids this Holiday season is the Wood Complete Brentwood Swing Set. With loads of activities, the set features a climbing wall, glider, play deck, wave slide and more! Available online, Sam's Club and various children's toy stores. \$725.



Jagg Offers All The Trimmings

Jagg Classic Wholesale sits among railroad tracks, an oasis of creativity and color among warehouses just outside of downtown Raleigh. The firm creates a festive atmosphere for any business or home where event planners, retailers and interior designers are welcome to select fresh flowers and specialty products with a concentration on medium- to upper-end silks and botanicals.

During the holidays, the "boutique type" wholesaler offers custom-made wreaths, pre-lit trees with double lighting, ornaments, decorative ribbon, garland and all the trimmings. This year inventory includes the newest trend in permanent trees, offering a variety of "flocked and iced" trees designed to resemble a Fraser fir just after a North Carolina ice storm. Patrons can also enjoy mannequins adorned in "Holiday Couture" and a "recipe" for dressing the perfect tree. For more details, visit www.jaggclassic.com.

GIFTS FOR TEENS



Give your teen the gift that keeps on giving this Holiday

— The FujiFilm FinePix Z70 digital camera! Personalize
it by choosing their favorite color! Available at Best Buy
and most electronic stores. \$130.





Great for your music-loving teen is the Numark iDJ2 IPod Mixer — a fun, fresh and innovated way for them to experiment with their music. With scratch control, seamless looping and more, this mixer allows you to play 2 songs simultaneously from a single iPod. Available at Amazon and various electronic stores. \$500-\$700.







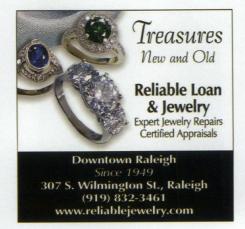
The beautiful and popular Leigh and Luca scarves are a perfect gift for the holidays. Let her choose from one of the modern motifs and patterns available in multiple colors. Available at Fleur, Main & Taylor and online. \$100-200.



The new Apple iPod Nano is on every teen's wish list this Holiday! Available in six colors with multi-touch — it's smaller, lighter, colorful and sleek. Visit any Apple stores. 8GB \$149, 16GB \$179. Get them started with an iTunes Gift Card in their stalking!



Every girl loves her cosmetic bags — choose from four prints and eight color waves from Halsea Holiday collection. Available at Halsea.com. \$40-60.

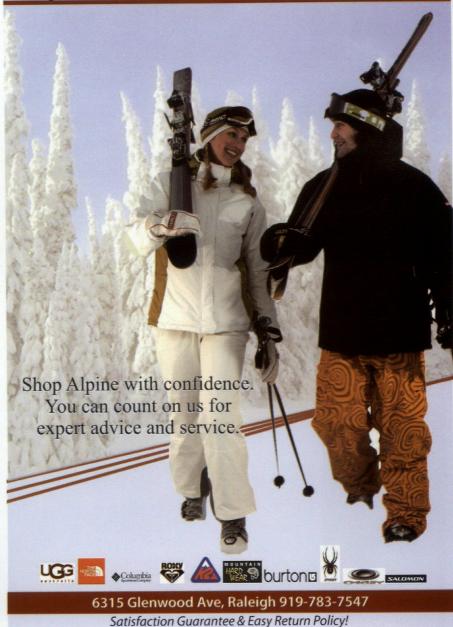




ALPINE SKI CENTER

Raleigh's #1 Ski/Snowboard Shop since 1978





METROMAGAZINE HOLIDAY 2010 61

GIFTS FOR BIG KIDS



The Movado Series 800 Stainless Steel Chronograph high performance watch for men is a bold and sleek gift with Swiss quartz chronograph movement and water resistance up to 3ATM. Available at Saks Fifth Avenue and various watch retail stores. \$990.

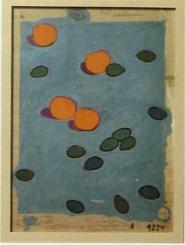


With polar weighting, a chemically milled hyperbolic face cup, aerodynamic body design and fusion technology, the Callaway FT-iZ driver is better than ever and will help any golfer break through their distance barrier. Available at shop.Callawaygolf.com and various golf retailers. \$399.



Inspired by Classic Greek and Roman Designs — timeless Intaglio necklace and earrings by The Mazza Company; 14K Gold. Available at The Elaine Miller Collection, call 919-571-8888.





This unique piece of art by Paule Marrot, a French textile artist, is just one of many of his eccentric works including decorative fabrics, leather and more. Visit www.paulemarrot.com to browse his collection. \$998.



This chic and edgy handbag by Cleobella Rebella has detailed leather fringe strips, braided trim and subtle stud detailing. She'll love this fun and functional bag! Available at endless.com. \$470.



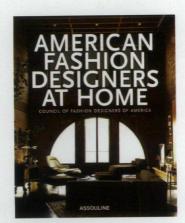
Who doesn't want an iPad this year? With a high-resolution display on a multi-touch screen, this new revolutionary product has it all! Available at Apple. \$499.



Spoil her this year with a stunning pair of Bijouz Heart hand crafted Plique A Jour turquoise blue glass earrings. Exclusively at Net-A-Porter.com. \$380.



The Dalmore 1981 Finesse Amoroso is a rare find that has been aged for 28 years. With only 484 bottles produced, any whiskey connoisseur will know how special this gift is. Available online and select Liquor stores. \$1300.



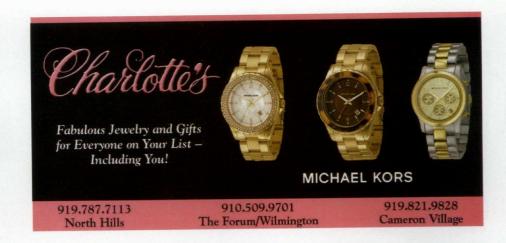
Thumb through pages of Fashion
Designers at Home by Assouline and enjoy
full-bleed photos of designers' homes
including Ralph Lauren, Oscar de la Renta,
Carolina Herrera and more. Available at
most book stores and online. \$65.



Dansko's Kenzie in charcoal is an open back clog that is the perfect choice on a cold winter night. Kenzie features a waterproof nubuck upper with a sweater cuff and button detailing for added appeal. Available at Comfortable Soles in Raleigh and Chapel Hill.



December 1st – December 20th with your purchase of \$150 or more in gift certificates you will receive a complimentary Manicure Gift Certificate as our gift to you. Synergy Spa; Glenwood Village, call 919-510-5130.





Make your list and check it twice – then proceed immediately to Meadowmont Village, your headquarters for one-stop-holiday-shopping. Get in the spirit with great stores, great buys, great holiday cheer, and of course, Jolly St. Nick.

Everything you need. So close to home.

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GIFT GUIDE



The popular and stylish Jimmy Choo Hunter Rain Boot has a decorative goldtone buckle and richly rubber texture. Available at most department stores. \$425.



Surprise her with this classic yet stunning Dior by John Galliano bag she'll never take off her shoulder. Call 310-859-4700, \$3600.

Reminiscent of Laura Slatkin's famous Holiday candle and packaged in a familiar red box, Nest Holiday Candle combines holiday traditional scents such as mandarin orange, pine, cinnamon and eucalyptus. Available at Charlotte's; call 919-821-9828.



The Polo Ralph Lauren Modern Thicket Jacket is highly functional and water resistant jacket with an attachable hood, adjustable snap tabs at cuff, and a two-way front zip. Available at Bloomingdale's. \$695.



Make this season bright for everyone on your gift-giving list with a heart-warming gift from the spa boutique. Featuring Eat, Pray, Love Jewelry and Gemstone Bookmarks! Complimentary gift wrap available. Available at Skin Sense, a day spa; call 919.870.0700 or visit www.skinsense.com for locations.



The Best Wines on Earth. The Lowest Prices Anywhere.

Total Wine & More is like no other store you have ever visited. Each of our stores carries over 8,000 different wines and 1,000 beers. With over 65 superstores, we have the buying power to bring you the best wines at the best prices. Our wine team is the best trained in the industry. Just think of them as tour guides, guiding you through the great wine regions. They are committed and dedicated to bringing you the Total Wine Experience™.

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RALEIGH - Brier Creek (919) 293-0362

(919) 232-2580

RALEIGH - Triangle Plaza (919) 235-0000 RALEIGH - North Hills

(919) 235-3322

DURHAM/CHAPEL HILL



Make gift-giving special with Mina's Studio Holiday promotion - Buy \$150 GIFT CARD, receive FREE \$25 in product credit. No expiration date and available at our Chapel Hill salon or at www.minasstudio.com.



Give your loved ones LIVE music by your North Carolina Symphony. With MyMix, they pick the concert, the number of seats, at any time. www.ncsymphony.org.





The Globe-Trotter Centenary luggage is handcrafted and distinctively luxurious. This collection is crafted to withstand rigorous traveling made from the exceptionally lightweight Vulcan Fibre. Available at Globe-TrotterLTD.com or J.Crew. \$1,600.



The Jura-Capresso Impressa S9 One Touch has the latest and most comprehensive One-Touch technology allowing you to brew cappuccino, café mocha, latte or latte macchiato. Available at Capressa.com or specialty coffee retailers. \$2,300.





Give the Gift of Juevederm 50% off; Dr. Michael Law Aesthetic Plastic Surgery is the top provider of Juvederm, Botox and Latisse in the Triangle. For a limited time 50% off Latisse by supporting Boys and Girls Clubs of Wake County. Visit www.bluewaterspa.com.



The Beach-Side Grill by Sur La Table lets you take your grilling expertise where ever you'd like! Grill out over your camp fire or have a romantic dinner on the beach.

Available at SurLeTable.com. \$149.

Give the gift of relaxation and send her to The Spa at Fearrington. Stay for the day, night or let her choose by giving available gift certificates. Call 919-545-5723 for rates. Spa services vary up to \$400.



Organized by topic from A-Z, Martha Stewart Encyclopedia of Crafts contains step by step instructions, techniques, tips and more on how to do some of Martha's favorite and well-known crafts. Available at various book stores. \$35.





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Raleigh NC 27609

65

919.571.8888

GIFTS EASY ON THE BUDGET



These classic table top games provide fun for the entire family and no different from regular size games, these smaller tables are easily transported and stored. Available at www.sportsunlimitedinc.com. \$30 each.



Stuff her stalking this Holiday with one of Benefit Cosmetic's new makeup kits! The Fab Lane makeup collection includes three beautifiers — or the Her Name Was Glowla includes eye shadow, gloss and more! Available at most cosmetic stores. \$36-\$49.



This stainless steel money clip from Orvis includes a small knife, a flathead screwdriver with small ruler, a nail file, can opener and small pair of scissors. \$29.



The kits and mixes by Brooklyn Brew Shop are fun and unique gifts — available in 1 or 5 gallons with a variety of mixes to choose from, your friends will love making their own tasty beer this year! \$40-\$125.



Le Jacquard Français table linens are made from 100% pure cotton and are available in many colors with many patterns to co-coordinate with other linens. Available at Quintessentials and other fine linen retailers. \$20-25.



A perfect gift for wine tasting sessions, this Make Scents of Wine set features six vials of the most familiar aromas and an introductory booklet. Visit www.onthefly.com. \$40.



Spice Up Your Holiday Season

OMFORTABLE STES

North Hills, Raleigh 919.782.6565 Eastgate, Chapel Hill 919.933.1300



Available in various colors, the Shashi Gold Nugget Bracelets are woven with white gold-toned nuggets perfect for layering with a watch or other bracelets. Available at Bloomingdale's. \$20.



FANTASY RULES HOLIDAY FASHION

he Holidays are here — so make sure your closet is prepared for every occasion. Black tie Christmas events, New Year's parties, family dinners and even decorating the tree require each an outfit to remember. To be in style this season, dress yourself from head to toe in fabulous fur and leather, romantic lace and shimmer, winter whites and lavish jewel tones

The edgy Emilio Pucci emerald jewel-toned jersey gown is definitely a must-have this year. Or try a striking red from head to toe. You can make a statement in Alexander McQueen's long red gown, or Elie Saab's deep-V maroon red dress with layers of chiffon and an embellished neck line. A softer, but still stunning black tie look would include a piece from Lavin. His long pale-gray, silk-charmeuse gown is flawlessly sleek and luxurious. And make your dramatic exit in a long black asymmetrical piece by Aquascutum — or dare to wear a lavish yet elegant gold brocade gown that screams Holiday Couture.

Perfect for your Holiday cocktail parties, a little black dress like Stella McCartney's signature lace shift is romantic yet sophisticated. Winter whites can also be romantic this season, like one of Marc Jacobs' shimmery sheer gowns or Robert Cavali's chiffon dress with a bohemian twist. Bold yet plush prints are also fun for the Holidays, like Jason Wu's silk sheath dress with a brocade shimmer, and Diane Van Furstenberg's georgette dress. But remember, dresses aren't the only thing you can wear to a party. Posh dress shorts, sequined leggings, leather pants or snake-skinned skirts paired with a fabulous top and extravagant heel are just as exciting as any cocktail dress.

Your outerwear can be just as extravagant as what you don underneath. The lambskin and shearling coat by 3.1 Phillip Lim, or the wool blend parka by Rag and Bone are stylish and functional for a casual festive event. For a night out, pair your evening attire with a silk crepe ruffle jacket, or a long sophisticated camel coat.

And it's all about fur and leather this Holiday. Spice it up with a fur coat by Marc Jacobs, Derek Lam, or Paul and Joe. Try a more rugged look with a bomber leather jacket by Vince, Emilio Pucci's leather trench, or something classic and feminine by Coach. And for your casual outings, knits by Sonia Rykiel, Alice and Olivia, or Rag and Bone will add just the right amount of style to your favorite pair of jeans. Plaids are back in style too, but aren't only seen on your flannel shirts. ADAM's chic plaid dress paired with boots and a chunky scarf make for the perfect afternoon outing.

Your accessories can make as big of a statement as your fashion this Holiday season, from thigh-high leather boots by Burberry and Reed Krakoff's fur embellished heels; to animal print scarves by Tory Burch and dazzling jewels by Yves Saint Laurent or Bijoux Heart.

From fabulous leather to romantic lace, this Holiday season is all about fantasy. Spoil yourself with lavish jewel tones, dreamy winter whites, sexy blacks or sparkling shimmer for the season.



Alexander-McQueen
— lace pumps



Bijoux Heart Ring



Yves Saint Laurent Arty Silverplated Earrings



Tory Burch Leather and Rabbit Boots

Marc Jacobs

FASHION NEWS

Monkee's of Chapel Hill will host an Emu Boot trunk show Nov. 12-13 and a Paul Mayer Trunk Show Nov. 19. Chapel Hill, 919-967-6830.

SoHo Clothing will host their 14th Annual Holiday Open House from 5-8 p.m. on Nov. 18th with bubbly, bonbons, gifts for customers and a buy one get one free on different designer collection each house. Raleigh, 919-833-8550.

Visit Cameron Village Nov. 18 from 5-8 p.m. for a Seeing if Believing Open House including a visit from Santa, entertainers, window décor contests, gifts for kids and the option to receive a \$25 Cameron Village gift card when you spend \$100. Raleigh, www.shopcameronvillage.com.

For one day only, visit Elaine Miller Collection for an exclusive Elizabeth Locke Trunk Show Nov. 18. Raleigh, 919-571-8888.

Revolver Consignment invites you to celebrate their 5-Year Anniversary with them Nov. 19 from 7:00-10:00 p.m. Raleigh, 919-834-3053

On Nov. 19 from 5-8 p.m., stop by Bella Bridesmaid for a 'BUY 1, FEED 10' event to support those in need on Thanksgiving Day. For every dress purchased during the event, you will feed 10 people through the Raleigh Rescue Mission. Contact Bella Bridesmaid for details. Raleigh, 919-833-0059.

Visit Charlotte's at North Hills for a Kenneth Jay Lane Trunk Show Dec. 2 from 10-5 p.m. Raleigh, 919-787-7113.

Vermillion will host a Vintage Jewelry Trunk Show from Carole Tanenbaum's personal collection.

Fashion maven and vintage connoisseur, Ellen Carey, will be there with the jewelry Dec. 2-4 for the show. Contact Vermillion to make your appointment, Vermillion will now be open on Sundays from 1-5 p.m. Raleigh, 919-880-2546.



Ciao Bella Boutique and Kristen's Shoe Boutique will host a Holiday Party Dec. 2. Now partnered with Coffman's of Greenville, Ciao Bella has converted half their store into a Peter Millar menswear store and plan to be 100% menswear for the Spring. Keep an eye out for a major Sale in January on all remaining Ciao Bella clothing. Cary, 919-678-8320.

Stop by Fleur this Holiday season to check out their wide variety of high-end contemporary cocktail wear for Holiday events. Be sure to browse their many gift ideas including Santi Handbags, Kendra Scott Jewelry, French Curve Tights & Leggings, Leigh & Luca Scarves and Sprig Candles & Fragrances. Raleigh, 919-571-6203.

January events at Cameron Clothing Co. Raleigh, 919-420-0411

- Lafayette 148 Spring Trunk Show Jan. 3-8 with petites, missy and women's sizes available to
- Frascara Spring Trunk Show Jan. 24-Jan. 29 includes special occasion pieces.



Holiday events at **Bailey's Fine Jewelry**. Raleigh, 919-821-1350

- Thru Nov. 18-20, Bailey's will host an Early Christmas Shopper's Spree with Special Savings at all Bailey's locations
- On Nov. 18, visit the Greenville location for a Slane and Slane Trunk Show with personal appearance by Heath Slane.
- Heath Slane will make another appearance at the Raleigh Cameron Village location on Nov. 19 for a Slane and Slane Trunk Show.
- On Dec. 3-5 Come unwrap the new Bailey's Fayetteville's Cross Creek Mall Grand Opening Event
- Visit the new Fayetteville location for a David Yurman Trunk Show Dec. 7.
- On Dec. 8, the Greenville location will host a David Yurman Trunk Show.
- The Raleigh Cameron Village location will a host a Ippolita Trunk Show Dec. 8.
- On Dec. 10-11, Raleigh's Cameron Village location will host a Christopher Designs Trunk Show.
- Enjoy a JB Star Trunk Show Dec. 14-15 at Cameron Village.

77Kids By American Eagle has opened its seventh brick-and-mortar store at Crabtree Valley Mall. The store boasts several innovative features including a "denim canyon", which showcases the extensive 77kids denim collection, floor project games and a



Goodie bar offering kids a selection of free gifts. To kick off the holiday season, the store opening highlights the kid and baby collections' kid-cool

winter must-haves ranging from faux fur shrugs to sparkly cardigans to plaid lined denim, knit bomber hats and cashmere onesies. Raleigh, 919-510-7921.

Holiday Events at **North Hills**, Raleigh, 919-833-7755 ext. 260:

- The Shops at North Hills will offer complimentary refreshments and extended hours on Nov. 18 from 6-9 p.m.
- Enjoy carolers, train riding, a visit from Santa during 3-8pm on Nov. 20 and the lighting of the tree at 6 p.m.

- From Nov. 20 thru Jan. 2, enjoy the ice skating rink at North Hills that benefits the Raleigh Rescue Mission.
- Santa Claus heads to North Hills Nov. 27 thru Dec.
 19 every Saturday and Sunday from 12-3 p.m.
- Each Saturday and Sunday from Nov. 27 thru Dec.
 19, North Hills and Starbucks will show their Holiday Hospitality by giving out complimentary hot chocolate and cider

Saks Fifth Avenue will host an Akris Punto Resort Clinic with Edwin Gierbolini Dec. 7 from 10-4 p.m. Raleigh, 919-792-9100.

Fine Feathers offers party clothes, holiday shopping with gifts galore including cashmere sweaters and accessories and free gift wrapping. Ring in the New Year with a WEILL Trunk Show January 11-15 featuring cotton dresses and sportswear separates in colorful prints. Also visit the ALTA MODA Spring Show, January 25-29, and enjoy custom made dresses and suits and the opportunity to choose color, fabric and sleeve length. Chapel Hill, Call 919-942-3151.

On the Town

by Helen Wallace

The Container Store Grand Opening PartyFor: The Junior League of Raleigh

Thursday, October 14, 2010 Raleigh, NC



Ashley Campbell, Joy Mall, Lisa Droste





Dorothea Bitler, Jeff Bitler





Beaufort Historical Assoc. Annual Fall Party

For: Beaufort Historical Association Saturday, October 23, 2010 Beaufort, NC









Fur Ball

For: SPCA of Wake County The State Club Raleigh, NC October 3, 2010 Photos Courtesy of Nancy Thomas Photo





their SPCA rescue, who was selected to

2nd Annual Saks Key to the Cure **Physician Fashion Show**

For: WakeMed Women's Services Friday, October 22, 2010 Saks Fifth Avenue Raleigh, NC



Webb Linton, Tracy Linton, Spencer Hughes, Abigale Hughes



Sara Rooker, MD

Christina Coffey, Earle Thompson,

Ashleigh Black



Charles Shaw and Deidre Sarvis

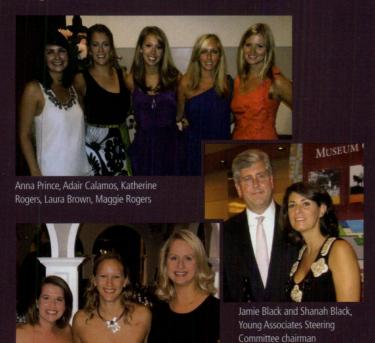


Carson Hilliard, Robin Hilliard



Young Associates Midnight in Washington's Garden Party

September 17, 2010 **NC Museum of History** Raleigh, NC



77kids Grand Opening

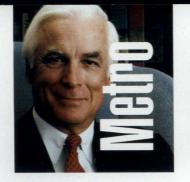
For: WakeMed Children's Hospital Wednesday, October 27, 2010 Crabtree Valley Mall Raleigh, NC



Katarina Pietrzykowski, Makayla Pietrzykowski, Arianna Pietrzykowski



Ke'Cee McClain, Keri Penny



Editor-at-Large by Jim Leutze

AFGHANISTAN: OUR ORIENTAL WAR

s I wrote several months ago, this war is drifting the wrong way. That comment is not meant to be taken as saying it is unwinnable — almost any war can be won if you are willing to invest the resources and take the time. We have already put in 10 years - some of which were not spent productively - 5000 US lives and \$1 trillion, a big investment, particularly when the country is in an economic slump. If history is any guide (read Vietnam) the country will soon get tired. Not only that, but our relationship with Pakistan, critical to the war effort, is growing ever more troubled and the more Predator strikes, the worse it will get.

Although not having access to privileged information, I am virtually certain that the Pakistan intelligence service (ISI) is playing a double game. While proclaiming their support for our effort in Afghanistan against the Taliban, they are at the same time providing intelligence and a safe haven to senior Taliban and Al-Qaeda operatives. Their motive is to strengthen the hand of Pakistan in the region against their archenemy, India, with whom they are obsessed. They believe that the US will be leaving sooner or later and they want to have helped the winning side.

While unsympathetic with this type of duplicity, I think the ISI is onto something. By our own timetable we will start to leave in 2011. Anyone who thinks that Afghan security forces will be sufficiently trained and equipped to start taking over 12 months from now must have not been paying attention. Report after report lets us know that (a.) the Afghans are poorly led and unenthusiastic about engaging in combat, (b.) that their forces, police and army, are filled with corruption and (c.) that the Taliban have infiltrated many Afghan units. All of this, in addition to the fact that their leader, Hamid Karzai, is "secretly" negotiating with the Taliban.



Now what Afghan soldier, no matter how dedicated, wants to be the last soldier killed in a doomed war effort?

It also has been confirmed that Iran is funneling millions of dollars in "aid" into Karzai's pocket. Folks, we clearly are in way over our heads and are playing on a chess board we've never seen before. As someone said, "This situation is simply a continuation of a medieval system in which people pay tribute to an oriental court." An "oriental court?" I don't think we have much experience with oriental courts.

So what do we do? I suggest that we join with our potentate Karzai in trying to negotiate with the Taliban. I'd rather win outright, but it is the only practical course and far better than letting Karzai handle the negotiations himself. Our current strategy seems to be to soften up the Taliban with the surge of US NATO forces and air strikes — which we already are doing, but it does-

n't seem to be doing much softening. But we should keep it up while at the same time holding out the opportunity for talks.

Now, we should have no illusions that any talks are going to be swift or go smoothly. These guys have by no means lost the war; they may just want to stop the bleeding. It also is far from clear what we are willing to concede to them in return. Women's rights, anyone? Schools? As to timetable, I have very unhappy memories about how the Paris peace talks over Vietnam dragged on and on. As it turned out, we could have achieved the same results months earlier and we still ended up selling out our friends. We've got to do better this time.

While those negotiations are going on, we can figure out a better strategy for working with Pakistan. There, too, we are collaborating with "wily oriental gentleman." Anyone for a class in Pashtun?

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

518 WEST ITALIAN CAFÉ — 518 West Jones Street. Raleigh. 829-2518. www.518west.com. Named "Best Italian Restaurant in the Triangle" five years in a row, 518 West serves Italian and Mediterranean cuisine with a modern, healthy twist.

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-

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

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 City-Search & AOL Cityquide. Wine Spectator Award of

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

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

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.

CAFE 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

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. 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 vibrate 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

FIREBIRDS ROCKY MOUNTAIN GRILL -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.

refreshing beers make for a perfect compliment to

this twist on traditional Mexican dining.



THE FLYING BISCUIT CAFE - 2016 Clark Ave., Raleigh. 833-6924. Online at www.flyingbiscuit.com and 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 MetroBravo 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, Mon-Thurs. 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, Carv. 447-4200. www.herons restaurant.com. Now open at The Umstead Hotel and Spa offering modern American cuisine with regional influnces 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.

IRREGARDLESS CAFÉ - 901 West Morgan Street, Raleigh 833-8898, www.irregardless.com. Authentic Raleigh experience since 1975. Award winning, handcrafted meals which respect the environment. Live music nightly! Casual fine dining with unique wines & beers. Open Lunch, Dinner, Sun. Brunch. Catering

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.

MEZ - 5410 Page Rd. Durham. 941-1630. Visit online at www.mezdurham.com. North Carolina's first LEED designed restaurant, serving contemporary Mexican cuisine in the heart of the Triangle at Exit 282 off I-40 in the Research Triangle Park

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. NOFO MARKET AND CAFE — 2014 Fairview Road, Raleigh. 821-1240. Cafe, bar and deck seating. Awardwinning 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-

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.

RUTH'S CHRIS STEAK HOUSE — 4381-100 Lassiter at North Hills Ave, Raleigh. (919) 791-1103. New Orleansinspired 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

RESTAURANT GUIDE

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 & TAYERN — 330 Hillsborough St., Raleigh. 829-3663. Visit online at www.secondempire.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 Tayern 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.

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.

TROPICAL SMOOTHIE CAPÉ — 1028 Oberlin Rd, Raleigh. 755-2222. www.tropicalsmoothiecafe.com. Tropical Smoothie Café is more than just great tasting smoothies. Keeping in line with the great taste and high quality that Tropical Smoothie is known for, we also offer healthy alternatives to regular fast food. Our gourmet wraps, specialty sandwiches and salads are made with the highest quality Dietz and Watson meats and chesses. Come early to enjoy our breakfast wraps and bagels. Catering is available.

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

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

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.

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 T-Sat., Dinner W-Sat. and Sun. 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.

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&0 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

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. Visit Web site online at 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. Drink and appetizer specials at the bar. 4 ½ stars from CitySearch. Open daily."

SPICE STREET — 201 S. Estes Dr., Chapel Hill. 928-8200. A revolutionary experience in dining entertainment, Spice Street is a culinary experience created to

nourish the soul and share flavors from around the world. Spice Street celebrates food and life.

BEYOND THE TRIANGLE

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

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

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

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

CHEF & THE FARMER PROGRESSIVE EATERY & WINE SHOP — 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 eatery an epicurean oasis. AAA Rating 4 Diamonds, 4.5 Stars N & O, Wine Spectator Award of Excellence.

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 Wilmingon's superior brunches. Open for dinner and Sunday brunch. *Wine Spectator* Award of Excellence, www.deluxenc.com. **FISHTALES WATERFRONT RESTAURANT** — 232 W. Beaufort Rd. Beaufort 252-504-7263. Visit Web site online at 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.frontstreetgrillatstillwater.com Historic Waterfront Bistro showcasing New World Cuisine. Perennial winner of the prestigious *Wine Spectator* Award of Excellence, serving lunch and dinner daily with inside and outside dining. New floating docks and outside waterfront bar.

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.



Wine Country Adventure:

NORTH CAROLINA'S TUSCANY THRIVES IN THE YADKIN VALLEY

ive in these parts long enough and you'll hear Carrboro called, tongue in cheek, the Paris of the Piedmont. Arty and libertine as the town's image may be, nobody would mistake Main Street for Boulevard Saint-Germain. In the same vein, I've heard the Yadkin Valley wine country referred to as North Carolina's Napa. That's got to be quite a stretch, I thought. I imagined Yadkin Valley to be more like the Carrboro of wine regions — interesting, but not a major player.

California's Napa Valley has beautiful scenery, grand wineries that produce world-class varietals, terrific restaurants and a thriving tourist trade. The Yadkin River may be a designated American Viticultural Area but it's not exactly a household word.

After a weekend exploring the Yadkin Valley Viticultural Area, I've been disabused of my skepticism. There are differences, of course. On the plus side, our wine county is less crowded and glitzy than Napa; on the minus side, restaurants are few and far between. The wine industry may be new to the area but most of the land has been owned and farmed by the same families for generations, as in most European wine regions.

Metro's wine columnist Barbara Ensrud and I set off on a weekend jaunt to visit some of the best wineries in the valley. We shared a gastronomical adventure very similar to our experiences in California, France, Spain and Italy — minus the interminable plane ride. There's not a medieval village in sight, but the Piedmont's rolling hills and farmland, now striped with grape vines, have their own New World pastoral allure. Take away the occasional glimpse of a clapboard farmhouse and tobacco fields, and some of the wineries look as if they were beamed straight over from Montepulciano — losing a bit of patina on the way.

Thirty wineries stretch from Lexington to Mount Airy within easy reach of *Metro* residents. You can get there on a tank of gaso-



Tim Doub, Barbara Ensrud, Brenda Doub stand in front of the rustic farmhouse at Flint Hill built in 1878.

line. And English is spoken at every winery.

Barbara and I left the Triangle mid-morning, landing at Childress Vineyards outside Lexington in time for lunch. Culture shock sets in at first sight of the stone-walled, tile-roofed Tuscan-style winery, just down the road from a culinary landmark of another ilk, Lexington Pit Cook Barbecue #1. We adapted quickly after settling at a table on the loggia and sipping on a glass of 2008 Viognier. Childress' bistro overlooks pristine rows of grapevines and its sophisticated menu transported us from the land of sweet tea, pulled pork and NASCAR — but not too far. One of the specialties bridged the gap: braised barbecue served on polenta with its

recommended wine pairing: Fine Swine Wine! We skipped that in favor of an excellent fresh crab cake served with a subtle remoulade sauce. Barbara enjoyed the filet of beef with fresh herb butter, and I was delighted with a flatbread pizza loaded with artisan mozzarella, sweet roasted tomatoes and housemade pesto.

Each of us ordered the flight of three Childress reds, a bargain at \$10. My Syrah, Cabernet Sauvignon and especially the Cabernet Franc complemented the earthy flavors of the pizza beautifully. For dessert we tried a buttery yellow cake sandwiched between strawberry mousse and cheesecake filling, lovely with the suggested red Muscato.

After dessert, Chef David Thomas chatted with us about his experience cooking for Dale Earnhardt and his racing cronies who regularly hunted in Montana. "I learned to cook elk and all the game they brought home," he said. "Race car drivers are into good food these days. No more chicken wings!"

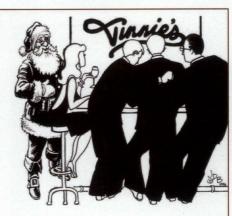
Our dinner that evening at Flint Hill Vineyards couldn't have been a greater contrast to the grandeur of Richard Childress' vision. Century Kitchen at Flint Hill occupies a rustic farmhouse built in 1878. The original owner, the great grandfather of present owner Tim Doub, made "Old Yadkin"

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whiskey from corn and rye grown in the same fields where grape vines now flourish. Tim and his wife, Brenda, who manages the vineyard, greeted us with a tasting of their best selections. We paired her dry Viognier with Chef Sean Wehr's poached mussels in a delectable creamy saffron sauce. Then we chose Flint Hill's Chardonnay to accompany fresh scallops served on a cauliflower purée. Barbara's braised pork tenderloin with butternut squash risotto was a pleasant pairing with Synergy — Brenda's outstanding blend of Syrah and Viogner, in homage to northern Rhone Valley's Côte-Rôtie.

The next morning we drove west to Raffaldini Vineyards, another impressive Tuscan-like edifice overlooking a striking panorama of the Blue Ridge mountains. Ebulliant after this year's harvest, owner Jay Raffaldini told us, "2010 will be the best vintage ever. This hot and dry summer was especially good for the grapes." Unlike most of North Carolina's vineyard owners, Raffaldini shopped around all over the US for his enterprise. "I could have gone anywhere," he said, "but North Carolina has the right soil and climate for growing European grapes. The heat and minerality here is sim-

presents with spirit for everyone on your list

absi six forks road, raleigh. N.C. www.zestcafehomeart.com

CAFE & HOME ART 919.848.4792

ilar to Tuscany, and our grapes make a highquality fruity Italian-style wine."

The winery offered a few spreads and cheeses and a gorgeous view from the patio tables (an Italian restaurant will be added next year!), but Raffaldini recommended we soak up a different kind of local color for lunch, the Shiloh General Store, a short scenic drive away. This bustling Amish enterprise serves thick meaty sandwiches on sourdough bread made by the store's bakers, dressed in their everyday garb — white bonnets and long skirts. Jellies (dandelion, quince and elderberry), homemade noodles and "Dutch Kettle" pickles line the shelves among many other Amish-made goodies. Picnic tables outside offered a view of grazing horses, but, sticking with our mission to taste wines, we bagged our sandwiches and shoofly pie and headed down the road to Shadow Springs Vineyard.

Like most wineries, Shadow Springs offers tables on a patio with a view of grapevines, in this case, with a scenic lake as the backdrop. While Barbara talked wines with the owner (words like bricks, acid and PH came up in the conversation — "All perfect this year," she said), I tried seven wines (a tasting for \$5) in an effort to decide which would best enhance my turkey and Swiss sandwich. It wasn't easy to choose between the 2008 barrel-fermented Chardonnay, the off-dry Seyval Blanc or Crimson Sunset, a fruity merlot/franc blend. For dessert, we tried the astonishing Dark Shadow made from a mélange of grapes and chocolate!

Our last tasting was at McRitchie Winery near Roaring Gap, where winemaker Sean McRitchie introduced us to his famous hard cider and a stunning red blend, Ring of Fire. McRitchie, like those of many of the smaller wineries, has a limited number of bottles available only at the tasting room and wine clubs, but his bottles can be found on the wine list of Twenty One and Main, Elkin's fine dining restaurant highly recommended by the nearby winemakers.

On the way home we drove by Shelton Vineyards outside Mount Airy, the largest of the state's family-owned vineyards. A large public event prevented us from sampling its award-winning wines or the cuisine of its restaurant, the Harvest Grill, but we enjoyed a passing glance at the festive atmosphere, the gorgeous setting, and the tile-roofed, stuccowalled buildings reminiscent, once again, of ... Tuscany.

NIBBLES

Serious foodies will tell you some of the best eats in the Triangle can be found at local artisan food wagons. The new kid on the block is **Farmhand Foods' Sausage Wagon**, featuring handmade sausages made by Drew Brown, formerly of Piedmont Restaurant. Look for the sausage wagon to appear at farmers' markets throughout the Triangle. Farmhand Foods is a new company that will sell meat from North Carolina pasture-raised animals to restaurants and markets in the *Metro Magazine* circulation area. Visit www.farmhandfoods.com to learn more.

Bruno Peres, a veteran of Peter Luger Restaurant in New York, has opened an upscale Italian steakhouse at Wakefield Park in North Raleigh. **Bruno** is located at 11211 Galleria Ave. Call 919-435-6640 for reservations or log on to www.brunoraleigh.com to view a tempting menu that includes American steakhouse classics, pasta and fresh seafood.

Sushi 0 just opened at the former Dunkin' Donuts spot at 222-113 Glenwood Ave. Owner John Tang (who also runs Mount Fuji in Durham) presents a menu that includes a range of Pan Asian fare, sushi and some fun Trader Vic-style cocktails. Call 919-838-8868 for information.

Crook's Atrium Café opened this fall on the ground floor of the Europa Center across from the Sheraton on Highway 15-501. The café serves a familiar menu of original Crook's Corner specialties for breakfast and lunch Monday through Friday. The new Crook's Corner Catering is equipped to cook on site from a trailer with a full kitchen for large parties. Call 919-801-8015 for catering needs.

Durham's **Piedmont Restaurant** has been bought by Jamie DeMent, owner of Zely & Ritz in Raleigh. New Chef Marco Shaw took over the Northern Italian-style kitchen, which uses Coon Rock Farm produce in his seasonal specialties.

North Carolina is developing a reputation for fine artisan cheeses. There are 32 **registered cheesemakers** here, more than any other Southern state. One of the most popular tents at the recent state fair featured the wares of Chapel Hill Creamery, Elodie Farms in Rougemont, Holly Grove Farm in Mount Olive and Calico Farmstead Cheese in Gibsonville. Watch for delicious local cheeses on restaurant menus, groceries and farmers' markets. I can't think of a better holiday gift than a bottle of North Carolina wine and a round of local cheese!

Cork Report by Barbara Ensrud



GREAT NC WINES FOR THE HOLIDAYS

get a little steamed when I hear people diss North Carolina wines — because I regularly taste such good ones. You'd agree, I'm sure, if you tasted the likes of RayLen's Category 5 or the 2007 Cabernets from Childress, Flint Hill, Grove or Shelton — to name just a few. I do realize, however, that if you happen to taste a homegrown wine that isn't so good you may be reluctant to try others. But keep trying — I'm finding that NC wines overall are getting better all the time.

Proof was abundant at the recent North Carolina State Fair Wine competition in October, boasting 454 wines. The largest number of entries to date. Thirty-two double gold medals were awarded (unanimous votes for Gold), 34 golds and a slew of silvers and bronzes. That's a record, too. There were, of course, some wines that were awkward or flawed but many fewer than in previous years.

The last three vintages — 2007, 2008,



2009 — have been good, with long, warm growing seasons that allowed the grapes, especially for red wines, to fully ripen. The 2007 reds, are especially delicious. The disastrous spring freeze over Easter weekend that year wiped out most of the white wine grapes and greatly reduced tonnage for reds; but the drought conditions concentrated flavors and color. It made for a small crop but some very impressive reds.

The larger vintages of 2008 and 2009 are also quite good — as Moreton Neal and I discovered on a beautiful October weekend in the Yadkin Valley. It was fun to see Moreton's look of pleased surprise as she tasted. She bought a number of bottles to share with friends and family back home (see Gourmet section in this issue).



Sean McRitchie and Barbara Ensrud

Lunching on the terrace at Childress in Lexington, with its view of immaculate vineyards, we both were reminded of favorite Napa Valley spots. The food, as she notes, was excellent. Moreton enjoyed the Childress 2008 Viognier with crab cakes. I tried a tasting flight of three reds with my Petite Filet. The 2008 Cabernet Franc, with its juicy red-currant fruit, was a great match.

Afterward, we met with winemaker Mark Friszolowski to taste through the extensive list of Childress wines. Richard Childress likes his wines, including the reds and reserves, to be smooth and readily drinkable, but in the 2006 red wines it led to a certain softness and sameness of taste that doesn't show much varietal character. Reds from more recent vintages are livelier and some definitely ageworthy, such as the

AWARD-WINNING NC WINES

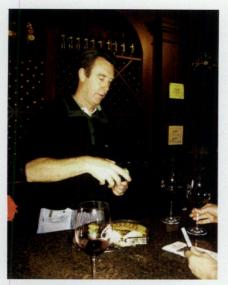
BEST OF WINE CLASS	NAME OF VINEYARD/WINERY	WINE NAME
White Vinifera	Sanders Ridge Vineyard & Winery	Muscat Canelli 2009
White Hybrid	Divine Lalama Vineyards	Traminette Gold 2009
Rose/Blush Vinifera or Hybrid	Brandon Hills Vineyard	White Merlot
Red Vinifera	Childress Vineyards	Barrel Select Cabernet Sauvignon 2007
Red Hybrid	Owl's Eye Vineyard & Winery	Chambourcin
White Native American	Sanders Ridge Vineyard & Winery	Carlos 2008
Rose-Blush Native American	Grove Winery	Chinqua Penn 2009 Muscadine Blush
Red Native American	Cypress Bend Vineyards	Campbell
Fruit/Other Wines	Laurel Gray Vineyards	Encore
Sparkling	Biltmore Winery	Biltmore Estate Blanc de Blancs
Fortified/Dessert	Westbend Vineyards	Lily B

Other Top Golds:

Biltmore Blancs de Blancs Sparkling; Sangiovese; Century Red (note: these medal winners were made from 75 percent or more grapes from California or Washington)

Childress Trio White; Cypress Bend Catherine; Flint Hill 2008 Chambourcin; Grove 2007 Cabernet Sauvignon; McRitchie 2008 Ring of Fire; Raffaldini Oenotria 2008; RayLen Eagle's Select 2007 and Category 5 2008; Rock of Ages 2007 Merlot; Silk Hope 2008 Grand Vista; Vineyards at Southpoint 2007 Merlot; Westbend 2008 Chambourcin

For a complete list of medal winners, go to: www.nccommerce.com.



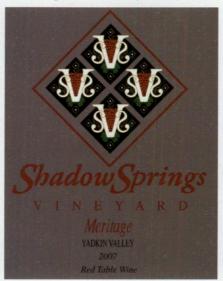
Winemaker Mark Friszlowski, Childress Vineyards

well-structured 2007 Reserve Cabernet Sauvignon. Wines we especially liked: 2008 Viognier, with its spicy floral aromas; 2008 Cabernet Franc — juicy red-fruit flavors; 2009 Reserve Chardonnay — graceful and balanced with a light touch of oak; 2007 Reserve Cabernet Sauvignon (Best of Show at the 2010 competition) — richly textured black-fruit flavors, well-balanced and long in finish; 2009 Sangiovese — red cherry flavors, like a good Chianti; 2008 Malbec, the newest variety at Childress, rich and lively. Friszolowski is excited about its potential for enlivening the red blends.

Quite a different setting awaited us for dinner at Flint Hill Vineyard's Century Kitchen. Owner Tim Doub grew up in the charming yellow farmhouse his grandfather built that now houses the restaurant and tasting room. Dining takes place in the original rooms of the first floor, with century-old wood flooring and wood-paneled walls. Family portraits adorn the walls. Flint Hill is small, with five acres of vineyard producing around a thousand cases of wine. Brenda Doub, Tim's wife, is in charge of the vineyard, ensuring that it yields exceptional fruit and character in Flint Hill wines. The wines, especially the reds, are excellent, among North Carolina's best in my view — and make superb accompaniments to dishes prepared by the Doubs' partner, Chef Sean Wehr. Century Kitchen is a destination for lunch or dinner from Thursday to Sunday.

Recommended wines: Flint Hill 2007 Chambourcin, delicious dark-berry fruit, plush chewy texture; 2007 Cabernet Sauvignon, dark and rich, layers of structure and flavor; 2007 Syrah, concentrated fruit, long finish; quite good; 2008 Synergy, Flint Hill's newest red, reserve style Syrah blended with 4 percent Viognier—modeled after one of the Rhône Valley's best reds, Côte Rôtie. A solid effort, with bold deep flavors and a lively finish, likely to get even better with a few years in bottle.

We found much to like in visits to other Yadkin Valley wineries. The harvest festival in **Swan Creek**, an official sub-appellation of the Yadkin with half a dozen wineries, was in full swing that weekend, with special tastings, live music and foods for picknicking in abundance. At Raffaldini's splendiferous stone and tile "Tuscan villa" we met up with owner Jay Raffaldini and



winemaker Steve Rigby to taste through wines from such Italian varieties as sangiovese, vermentino and montepulciano. The **2009 Vermentino** is one of the state's best white wines — dry, crisp and minerally, dashing and tangy, a great choice for shellfish. It won a double gold in the 2010 wine competition. I'd like to see more of this grape planted here.

"We're planting a little more of it," said Rigby. "It grows well here, with big, loose clusters that resist mildew so there's little need for spraying." They are also adding more montepulciano, which produces an excellent vibrant red, ideal for grilled meats or chicken. Raffaldini's red blends are very appealing, including **Bello Misto**, an aromatic blend of merlot, petit verdot, cabernet franc and cabernet sauvignon.

Swan Creek's newest winery is **Shadow Springs**, which Moreton describes so well. I particularly liked the **2008 Chambourcin**, the **'07 Reserve Cabernet** and barrel-fermented **'08 Chardonnay**. I would love to serve **Shadow Springs Crimson Sunset** with Thanksgiving turkey. This cherry red blend of merlot and cabernet franc is perfect for light chilling, fruity and refreshing.

The larger wineries do send wines our way - Childress, RayLen, Shelton. On our brief foray to RayLen, visible from Interstate 40 just west of Winston-Salem, I was impressed with most of winemaker Steve Shepard's current offerings. He does a terrific job with red blends, such as the juicy 2007 Carolinius (well-named!), perhaps his best rendition so far. Carolinius is another great pick for Thanksgiving and is available here in the Triangle, so check around. More impressive for structure and complexity is the 2008 Category 5, named for the force 5 Hurricane Hugo, a full-bodied vigorous blend of Bordeaux varieties: the cabernets, merlot, petit verdot (and a bit of syrah). The wines are distributed in the Triangle by Mutual, so any of them can be ordered through any wine shop.

Our last visit took us McRitchie, a nifty little property owned by Sean and Patty McRitchie. Patty was manning the quaint and cozy tasting room when we arrived so we met with Sean in the shadow of tall stainless fermenting tanks in the cellar. He was sold out of his crisp unoaked Chardonnay and his popular Pinot Gris. But he makes deft use of French hybrid white varieties such as traminette, a major component of the white blend Falling Water, along with Riesling and viognier. Ring of Fire is McRitchie's Meritage (the term coined for blends made from Bordeaux grape varieties). The 2008 Ring of Fire (named after the couple's favorite Johnny Cash song) is rich and robust, a dark and lively red that I've sighted in the Triangle. Its intense flavors can handle richly flavored dishes such as venison or roast lamb.

WINES FOR THE HOLIDAY BIRD

When roast turkey plays the leading role on your holiday table, more than one wine is called for if the gathering is large. Some prefer white wines, some red and a good dry chilled *rosé* could please both. You can't miss with any of the following:

Viognier, the floral-scented dry white: **Childress, Eberle, Zaca Mesa** *Riesling*/Grüner Veltliner: **Shelton, Hugel, Marcel Deiss, Zocker**

Beaujolais/Gamay: The 2010 is heralded as great, but a balanced beauty is **Chateau Thivin 2007 Brouilly**. Check out the juicy Loire Valley **Gamay de Touraine 2009**

Pinot Noir: Belle Glos 2008 Taylor Lane, Russian Hill 2007 Tara Vyd Cabernet Franc: Shelton, Childress, RayLen

Blends: RayLen Carolinius 2008, Zaca Mesa 'Z Cuvée 2006

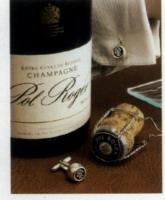
And don't forget: a North Carolina Muscadine for dessert: **Benjamin, Cypress Bend, Duplin, Grove, Hinnant, Sanders Ridge** —
great with pumpkin or mincemeat pie or chocolate cake.



SURPRISES FOR OENOPHILES ON YOUR GIFT LIST

PERFECT HOLIDAY GIFT: While any of the above wines could delight and surprise the wine lovers on your Christmas list, there are other stellar bottles I've tasted recently that will thrill your favorite oenophile, or wineloving friends.

Pol Roger Champagne — one of the venerable Champagne houses, producing a brisk and classic Brut, as well as the stunning Sir Winston Churchill Cuvée, or the Brut 2006 — which reminds me: I recently saw an old movie set in Europe pre-WWII in which Conrad Veidt, in seduction mode, tells the waiter to bring Champagne — "Pol Roger '06," he says — meaning 1906, of course. Was it as good as the 2006?



Caymus 2008 Special Selection Cabernet Sauvignon, Napa. Superb! Shafer One Point Five 2007 Cabernet Sauvignon, Napa Valley. A bold and powerful red that can only increase in complexity and value.

Dry Creek Vineyards Mariner 2006, a superbly balanced blend of the Bordeaux varieties, to drink now or keep.

Jordan Vineyards Cabernet Sauvigon 2000 Library Selection, one of my favorite Cabernets — I was thrilled to see how beautifully it has evolved. Drink now or wait.

Sterling Vineyards 2007 Merlot 'Three Palms' — intensely aromatic, one of California's most distinctive Merlots.

Ridge Vineyards 2008 Zinfandel 'Geyserville' — still the most complex Zin made.

Trefethen 2006 Cabernet Sauvignon, Napa Valley — classic, balanced Napa Cab.

Zaca Mesa 2006 Syrah 'Black Bear Block' — big, dark and utterly tasty.

NEW YEAR'S — AND THE RIGHT BUBBLY AT EVERY PRICE RANGE...

\$20 and under: for larger gatherings you want something reasonable but still of good quality, and I particularly recommend these: Roederer Estate Brut from Mendocino, Mirabelle Brut, a second label of Schramsberg in Napa Valley, both dry, crisp and flavorful — excellent renditions of New World sparkling wines; Segura



Viudas Brut *Rosé*, a *cava* from Spain, excellent and a super bargain at \$10 a bottle.

If it's a small group, or just the two of you, spluge a little on something like that Pol Roger 2006, Schramsberg 2006 Blanc de Noirs or Mumm's ultra elegant Rene Lalou Cuvée 1998.

Cheers ... and a blessed and Happy New Year!

STOCKING STUFFERS FOR WINE LOVERS

This time of year I'm often asked about special little gifts for winelovers — and there are a bunch of nifty items that can be found both at wine shops and gift shops, as well as online at websites such as www.800wine.com.

Portable Screwpull: possibly the handiest of all corkscrews; fits in a pocket or purse. With its Tefloncoated bore, it easily extracts almost any cork.

Vinturi Wine Aerator, pocket size.

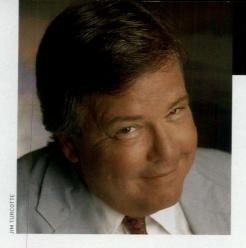
Folks love the "schlussing" sound as wine is poured through the aerator into the glass, giving a potent

infusion of oxygen to open the aromas and flavors quickly.

Wine-Off. This small spray cylinder of enzymes is excellent for wiping out wine stains. I've found it to work beautifully on red wine stains, on clothes or table linens.

Wine Pourer. Another useful little item that prevents drips during pouring — and you can always use more than one.





LUCIFER IS LOOSE IN THE LAND

t was the devil himself who said the" future is not what it used to be". Lucifer was disguised as Louis Cyphre (get it?) played by Robert De Niro in the edgy and disturbing film Angel Heart. This was 1987, before the election of Barack Obama and the beginning of the end of America as we knew it. Today, the future isn't just what it used to be, it's now a menacing and gloomy reality that a new Congress may not be able to alter.

The key change in the construct is the end of home ownership as the "American Dream", a goal agreed upon politically and, most importantly, economically. And the dream was backed by a government program that actually worked. Loans were secured through Fannie May and Freddie Mac and Congress obliged by allowing interest deductions for home mortgages. The result was increasing prosperity as Americans were able to create a secure investment to fall back on in troubled times. Home ownership became the largest asset in the portfolio of the majority of Americans — and homebuilding generated the hottest sector in the economy, calling upon millions of small business sub-contractors that expanded job creation and stimulated the consumer sector.

But the devil didn't like that. He set about dismantling the dream relying on his favorite alchemy - greed and corruption. Enticed by ever- rising homeprices, executives across the spectrum, including federal housing lenders, banks and Wall Street investment firms fell under a spell that led them to believe bubbles never burst. And homeowners were deceived too, leveraging their key asset to the hilt. The bubble burst, causing high-end homes to become millstones around the necks of owners and the economy to collapse. As to the future, many young people aren't as interested in home ownership having witnessed older citizens lose the security of their latter years as houses become financial anchors, foreclosures quicken and the economy stalls. Without the home sector, an economy centered around families and small businesses is giving way to government command economy princi-

My Usual Charming Self

ples and the rise of an elite ruling class confident it knows what's best for the rest of us. The dignity, wealth and self-esteem of the vast middle class are fading away.

Erskine Bowles, about to step down as president of the University of North Carolina system of schools, can now spend more time working with former US Senator Alan Simpson, his cochairman of the White House Deficit Reduction Commission. Their recent suggestions to confront the problem include cutting military spending, extending and trimming social security payments, reducing medicare benefits and removing the tax deduction for mortgage interest. Strapped with tyrannical local property taxes at the same time homes decrease in value across the board, owners are now forced to give up their tax deduction, the only bright spot in an otherwise grim reality.

The proposal to cut military spending is an old chestnut from the files of the liberal left since the 1950s. The idea comes over today like suggesting government workers use less paper clips. Military spending has remained 20% or less of the federal budget for decades. And Defense Secretary Robert Gates, a hold-over form the much-missed George W. Bush administration, has been streamlining military spending for several years.

To throw this out today as a budget saving salve is more political than practical, and does not take into account how defense spending stimulates the economy (via civilian contractors and the jobs created), contributes to the economies of states who host military bases, produces technologicalinnovations that assure our security and serves as the major contributor to the civilian technological sector. Cuts also negatively affect morale at a time everyone is nervous about terrorism and the nations who give them safe harbor.

Trimming Social Security and reducing medicare are additional blows to the benighted Baby Boomers. After home ownership, a monthly check in old age really is all that is left as a safety net in a disastrous economy. Worse, it was the boomers who made the contributions so their parents have enjoyed a far more secure retirement. So Bowles and Simpson have erred — while staring them right in the face is the solution Americans desire: cut federal government salaries across the board.

Only two days before the suggested cutbacks were announced, Bowles and I exchanged emails on the task ahead. He wrote: "there are too many federal employees and contractors. ...no State employee (in NC) has had a raise in the last three years while federal pay has gone up 3+% in two of those years — 2% one year — and is scheduled to go up again in January of 2011."

by Bernie Reeves

Federal employees are allegedly paid 30% more than their counterparts in the private sector. While the economy of Washington, DC and environs is booming, the rest of the country is suffering. What's wrong with this picture? Ask Louis Cyphre.

NOTES FROM LA-LA LAND

The NPR/Juan Williams episode included a cultural and political cue to heed. After firing the black news commentator, who also serves in the same capacity at the conservative FOX News. for stating he feels uncomfortable boarding an airliner with Muslims wearing caftans, NPR's president Vivian Schiller commented that Williams' behavior was between "Juan and his psychiatrist". Williams opinion was honest and expressed the views of most Americans. But NPR is not interested in the views of most Americans. Even though the network is a non-profit "public" broadcasting entity, its managers consistently refract information through the prism of a highly biased left-wing view. Schiller's repost to Williams — that he must be mentally unbalanced not to understand NPR's objection to his comments is a venerated tradition borrowed from the Soviets who imprisoned subjects who dared disagree with communist orthodoxy. Alexander Solzhenitsyn's famous book Gulag Archipelago makes this clear. Vivian Schiller makes it clear the practice to label class enemies and those who disagree with you "crazy" is alive and well in the radical redoubt of NPR.

Just as the economy seems to have bottomed, the Federal Reserve plans to purchase \$600 billion of US debt, supposedly to guard against inflation. With interest rates nearly zero, and prices deflated in most economic sectors, why is the Fed doing this? Could it be that the good faith and credibility of the United States, the core asset that encourages others to buy our debt, is slipping more than we feared? Are investors saying the rates we pay on our debt are too low that for them to keep buying, the interest rate has to be higher because our economy is worse than we know? That does explain why the Fed says it fears future inflation: If the rate we have to pay to sell our debt has to be raised, the rates paid for loans go up too, thus creating inflation. Another concern is that the Fed purchase of US debt lowers the value of the dollar, which irritates our trading partners. Is it déjà vu all over again? Is dollar devaluation that inhibits trade the equivalent of the tariffs the US implemented at the beginning of the Great Depression that caused the financial collapse to spread around the globe? What say Louis Cyphre?

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



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