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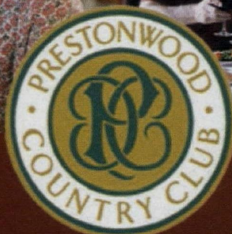
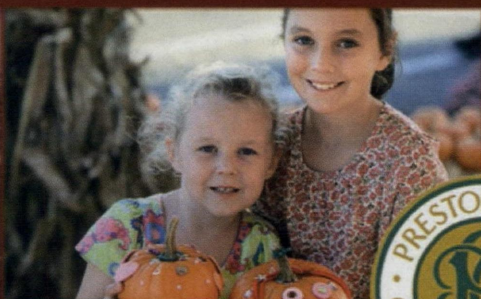
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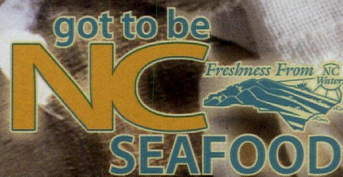


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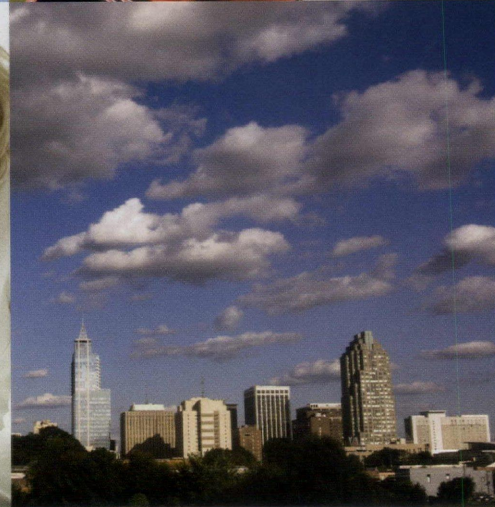
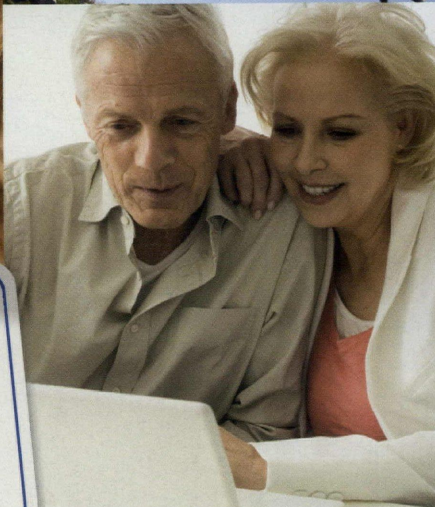
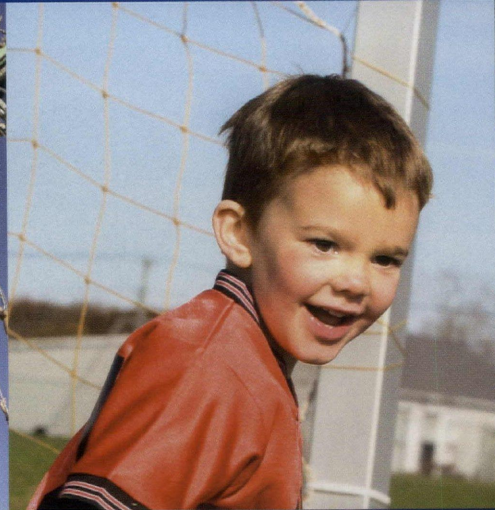


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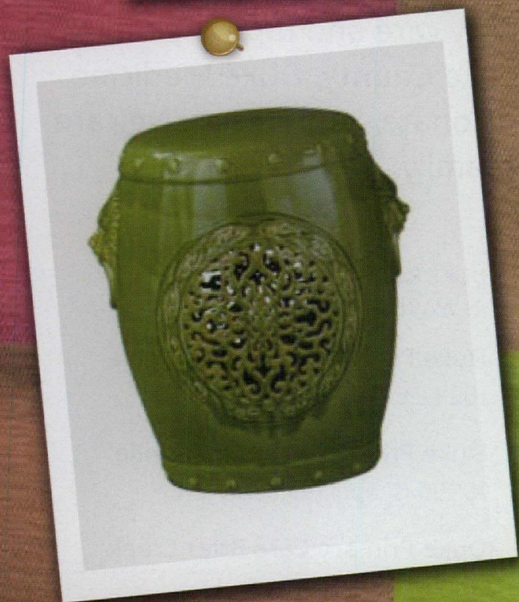


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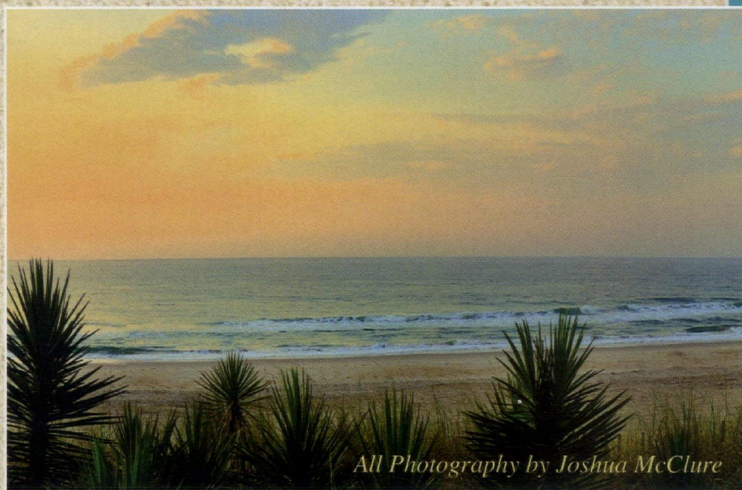
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Duke Cancer Center

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Good art combined with quality provenance is worthy of our attention, especially since artworks are up for auction from the collection of Mary Jo Bell – and husband Dick Bell, the noted landscape architect – who opened the famous Water Garden Gallery in the 1970s as an adjunct to Dick's office. The couple created an oasis of creativity and social interaction that defined the local scene for two decades. Kim Weiss captures this significant history, and describes key selections of art available for sale.

Golf is the most frustrating game, but offers pleasures that lure players time after time. *Metro* golf enthusiast Linda Russell landed an interview with the seasoned pro Bob Murphy to ask him what the game means to him after a long career as a professional, as one of the most intriguing television commentators in the game, to his success on the Champions Tour. The "Murph" shares insights, hardscrabble philosophy and tips for a more relaxed and effective game. (And speaking of golf, *Metro* golf editor visited Cutter Creek, the challenging lay-out near Kinston receiving high praise for its creative design).

Dining and related events related have elevated to a nationally prominent level in the past decade, which has meant more options to dine al fresco in the Triangle.

The inveterate CC Glenn examines the outdoor scene and finds much to offer. And Nibbles, compiled by CC, keeps you up-to-date on the latest news in area dining and cooking trends.

We are indeed fortunate to live in one of the foremost medical conclaves in the world. The centerpiece is the Duke medical complex, that now features the spanking-new, modern and comprehensive Duke Cancer Center, a symbol of the cutting edge research and treatment that marks Duke's international reputation. Diane Lea takes the tour, and discovers that cancer treatment today has advanced to a marvelous new level.

I believe we have broken new ground with Rick Smith's personal disclosure of the process involved in losing your teeth and installing dentures. Rick's bout with cancer made it a necessity, but the results are positive indeed. It's a great story everyone, young and old, will find useful and entertaining.

Louis St. Lewis discusses the essence of the art persona, visits the aging but active sculptor Elaine Reed who has produced exquisite work that keeps her young, tootles down to Southern Pines as a art show judge and discovers a new gallery in Durham. Jim Leutze shares his insights on the political scene from his view and Carroll Leggett discusses and unusual and

authentic candidate for governor who lost in the primary but carries on with his message.

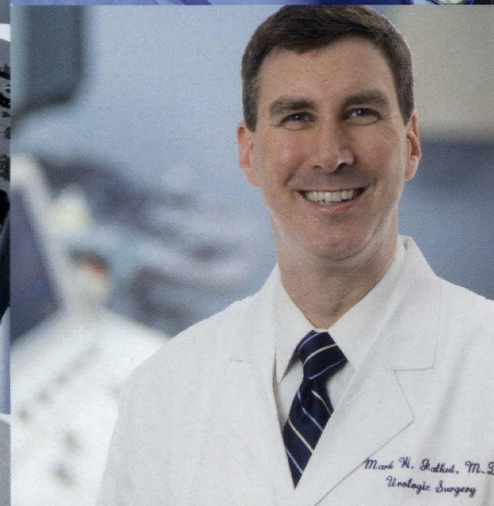
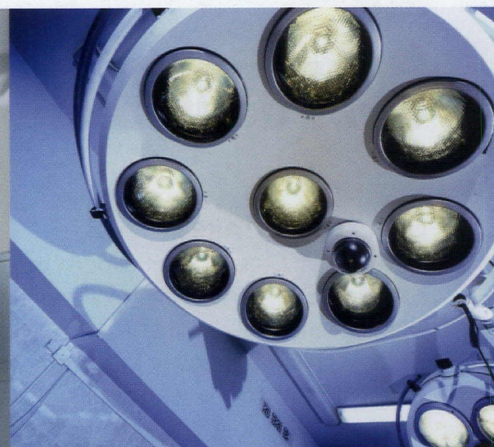
It's beach time so enjoy *Metro's* Coastal Calendar prepared by Hayleigh Phillips and our annual Coastal Bravo Awards, a prelude to the Triangle-wide results coming out in two special issues in July and August.

And note the 8th Raleigh Spy Conference is set for August 22-24, this year featuring FBI Historian John Fox; Max Holland, author of the intriguing new book *Leak* about why Mark Felt became Deep Throat, CIA Castro expert Brian Latell on shocking revelations from his new book *Castro's Secrets*; Albert Grajales of INTERPOL on the profile of the modern terrorist from Carlos the Jackal to today; and the return of officials from the CIA's Historic Collections Division who will share recently declassified secrets.

Go to www.raleighspyconference for more information and to register.

See you next time....

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Correspondence

LEUTZE'S MISTAKES

I think Jim Leutze in his Editor At Large column tries to be all things to all people, which is a mistake.

As for his getting it right as to coastal issues, this could be his worst fault. Several years ago, I pointed out to him that the Italian company that purchased several thousand acres in Carteret County had killed White Oak River by pouring fertilizer over "Open Grounds Farm". He ignored my report, probably because he thought he might offend someone.

Now he is endorsing "groins" for beaches, which the State and independent agencies have flatly said is harmful.

Jim Cheatham
Chapel Hill



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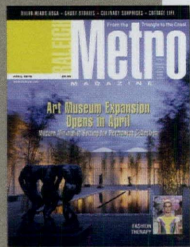
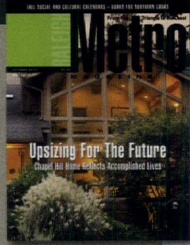
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THE 8TH RALEIGH SPY CONFERENCE

August 22-24, 2012

North Carolina Museum of History

**Dramatic Revelations: J Edgar Hoover, Castro, Deep Throat,
Carlos the Jackal And Secrets From The CIA**

SPEAKER LINE-UP:

John Fox, FBI Historian to discuss the real J. Edgar Hoover

Brian Latell, former CIA Cuba Expert and author of the new
Castro's Secrets: The CIA and Cuba's Intelligence Machine

Max Holland, editor of Washington Decoded and author of
Leak: Why Mark Felt Became Deep Throat

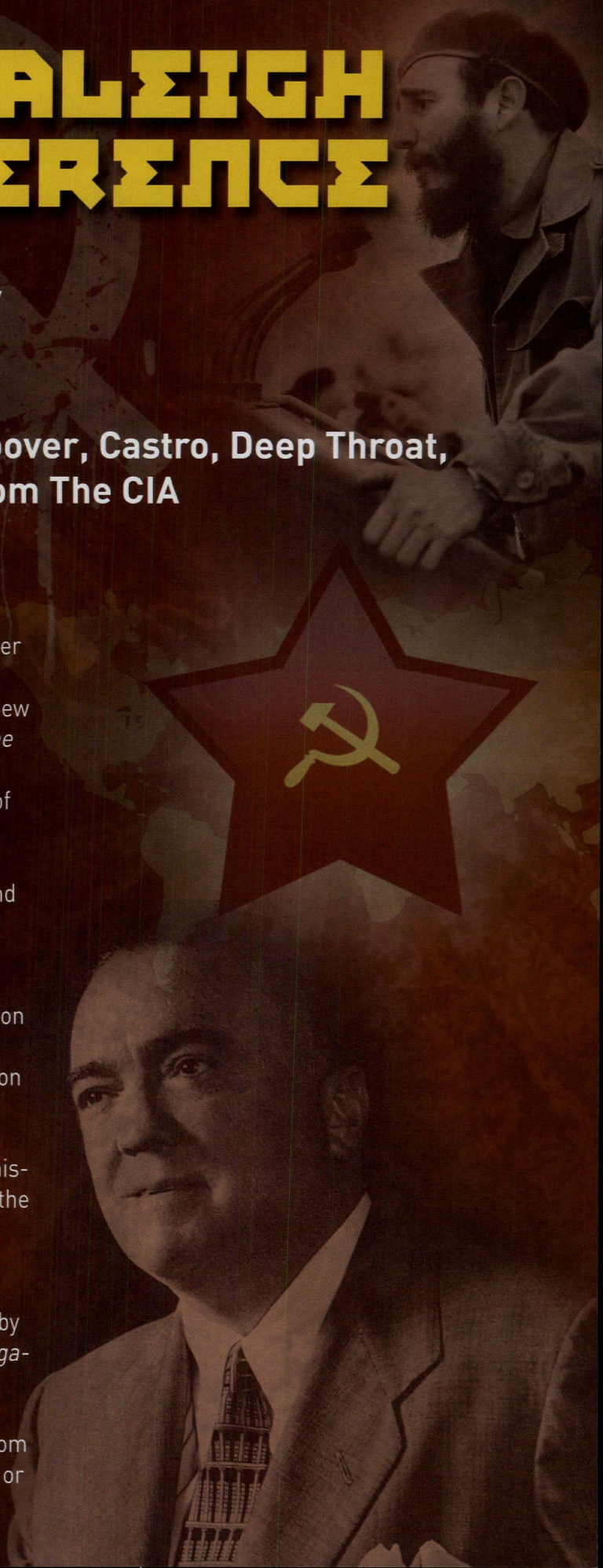
Albert Grajales, INTEPOL Director of Public Relations and
Assistant Coordinator of anti-Terrorism, Government of
Puerto Rico

CIA officials representing the Historical Collections Division
of the Office of Information Management on the Agency's
program to communicate recently declassified information
on key Cold War events and personalities

The Raleigh Spy Conference is known worldwide for its mis-
sion to bring to the public new information gleaned from the
high volume of declassified information made available
since the end of the Cold War.

The Raleigh Spy Conference is sponsored and presented by
Bernie Reeves, editor and publisher of *Raleigh Metro Maga-
zine* (www.metronc.com).

For more information, go to www.raleighspyconference.com
or call Carlie Sorosiak at *Metro Magazine*: **919-831-0999** or
email carlie@metromagazine.net.



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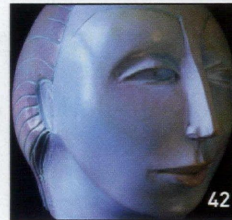
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8th Raleigh Spy Conference Announced

Bernie Reeves and *Raleigh Metro Magazine* have announced the speaker line-up for the 8th Raleigh Spy Conference to be held August 22-24 at the NC Museum of History in downtown Raleigh.

Entitled **Dramatic Revelations: J. Edgar Hoover, Castro, Deep Throat, Carlos the Jackal and Secrets from the CIA**, the event signifies a culmination of the event's basic theme: recently declassified information is re-writing history.

The FBI is not simply the nation's top cop agency, says founder Reeves. The Bureau serves as America's domestic security service, responsible for tracking down spies in America and running counter-intelligence operations. And J. Edgar Hoover, the man who shaped and ran the FBI from 1924 to his death in 1972, was the nation's top domestic intelligence officer.

But who was the real Hoover? FBI Historian **John Fox** will present a session on Hoover's role as chief intelligence officer – and share the latest declassified data on one of the most significant figures in United States history.

Fidel Castro casts a long shadow over modern American history. He led a revolution, unexpectedly embraced communism and invited the Soviets to Cuba who installed offensive nuclear weapons 90 miles from the United States.

Brian Latell, formerly a Cuba hand for the CIA, has plowed through newly declassified documents – and interviewed secret Cuban agents who can now talk for the first time – for his new book *Castro's Secrets*, revealing that the Cuban intelligence services were highly sophisticated. Cuban operatives duped the CIA and planted nearly 50 double agents in the US intelligence services. Latell also reveals from secret sources that Castro had prior knowledge of the assassination of John F. Kennedy.

Max Holland, editor of the insider web site *Washington Decoded* – and a prolific and respected author on key events of the modern era – has dug into newly declassified documents to reveal the true story of the motivation that compelled FBI assistant director Mark Felt to disguise himself as the infamous Deep Throat, the source that allegedly brought down a presidency and elevated two obscure journalists to super-star status. Watergate remains a watershed event in American history – and Mark Felt was the man who made it happen.

David Waltrop, a CIA officer currently serving as a Program Manager in the Agency's Historical Collections Division will share the recently declassified story of one of the most secret operations of the Cold War. Called An

Underwater Ice Station Zebra, this little known undersea mission was hidden in rumor and speculation – until now.

Albert Garajales, INTERPOL Director of Public Relations and assistant coordinator of anti-Terrorism for Puerto Rico, will present an insider's assessment of the profile of the modern terrorist, beginning with Carlos the Jackal up to today's dangerous operatives.

"We are fortunate to have a speaker roster of this caliber for the 8th spy conference", says Reeves. "I feel we are addressing and explaining top subjects that have continued to be shrouded in mystery. I am very excited that we continue to live up to our reputation as the best intelligence conference for the general public in the world".

Go to www.raleighspyconference.com for more information and to register. Or call Carlie Sorosiak at the *Metro Magazine* office: 919-831-0999 or email carlie@metromagazine.net.

The Raleigh Spy Conference was founded in 2003 by Bernie Reeves, editor and publisher of *Raleigh Metro Magazine* (www.metro-nc.com). Discounts are offered for intelligence workers, members of the armed forces, students and seniors.

Sponsored by: Association For Intelligence Officers, Dr. Robert Schaaf, Rosemary and Smedes York, *Raleigh Metro Magazine*. **MM**



Code Breaker, Inventor Of Computer Alan Turing Honored

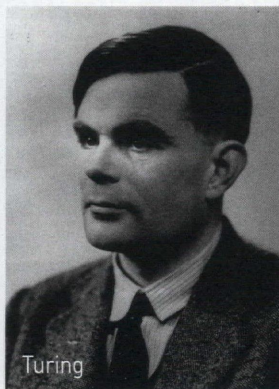
An exhibition depicting the life and work of code breaker and mathematician Alan Turing has opened at Bletchley Park in Buckinghamshire near London. In 1940, at the outset of World War II, Turing led a gifted group of assorted experts to crack the German Enigma code. In the process, Turing and his cohorts created the world's first computer.

Breaking the code, dubbed the Ultra Secret, was a key factor that allowed Great Britain to hold on alone against the German war machine from 1939 until the US effectively entered the war in 1942 after the Japanese attack on Pearl Harbor December 7, 1941. The Bletchley code-breakers kept Ultra secret until the British government declassified its existence in the late 1970s.

The use of Ultra material was cunningly safeguarded during the war, including elaborate deceptions to keep the Germans from discovering the codes were compromised. Ultra was a critical component in the 1944 D-Day landings in Normandy. Intelligence officials monitored coded German transmissions to verify they were duped by the elaborate schemes to cloak the invasion destination.

Turing, a homosexual, was considered a security risk after the end of the war and was denied access to sensitive materials. In despair, he com-

mitted suicide in 1954 by ingesting an apple laced with strychnine he administered with a syringe.



"The Life and Works of Alan Turing" exhibition, which includes rare mathematical papers and personal artifacts donated by the Turing family, was developed following a public campaign to save a rare collection of his mathematical papers, now known as the Turing-Newman Collaboration Collection.

Alan Turing Is Credited With A Key Role In Breaking Wartime German Codes

Members of the Turing family donated some of the mathematician's personal belongings, including a teddy bear called Porgy he used for practicing his lectures, a biography written by his mother, prize books awarded at school and his wristwatch. His sporting prowess is highlighted by tankards awarded by King's College, Cambridge for his rowing, and a set of oars hand-painted with his name.

Iain Standen from the Bletchley Park Trust said the exhibition gave "long-awaited recognition to the short but brilliant life and legacy of Alan Turing, the father of computing". **MM**

Freeman Retires From Tammy Lynn

Mary Freeman, CEO of the Tammy Lynn Center for Developmental Disabilities, has retired after 15 years. She is succeeded by Holly Lemieux, former executive director of the Arc of

Haywood County, and immediate past executive director for Hilltop Home in Raleigh. "This is a phenomenal facility," said figure skater Kristi Yamaguchi as she toured the Tammy Lynn cam-

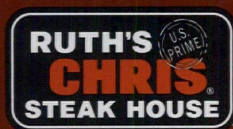
pus. "The children here receive the kind of care and attention that helps them make a better life. It's just amazing." Go to this link to view a *Metro Magazine* special section on the Tammy Lynn Center: www.metroinc.com/article/?id=1264. **MM**



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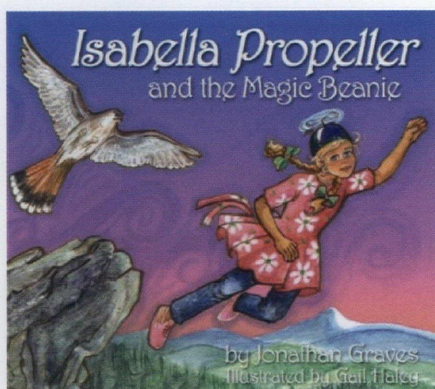
Hilltop Home, a special and beloved residential care facility - created in 1960 to provide 24/7 care for severely handicapped children from birth to six-years-old - has moved to a modern new facility on Kidd Road near Wake Medical Center.

The 15,000 square -foot new building, sited on 2.7 acres, provides 22 children and over 40 trained staff with expanded space that includes individual furnished bedrooms, five handicapped equipped bathrooms, two spacious classrooms, a dedicated nursery for babies and infants, a medical prep room, a physical therapy room, a full service kitchen, a living/dining/activity room and outdoor walkways where parents can perambulate a child in individually-fitted wheelchairs.

One quality moved from the antiquated previous facility: a commitment by staff, board members and friends to provide a caring and loving environment for these very precious children. **MM**

Modernism At Risk

Modernism at Risk, an exhibition featuring a large-format photographic gallery of saved, endangered, and destroyed Modernist buildings - taken by internationally renowned photographer Andrew Moore - runs June 1-9 at the NC AIA headquarters building in downtown Raleigh. The exhibit, sponsored by locally by Triangle Modernist Houses.com, is a project of the World Monuments Fund featuring 27 photographs comprising five case studies exploring the preservation of Modern landmarks. The exhibit's goal is to persuade the public that Modern buildings can continue to be economically and functionally viable. During the exhibition, a cycling slideshow presents North Carolina Modernist houses (such as the Catalano House) that have been lost to neglect and vacancy. Also on display are architectural models of local Modernist houses rarely displayed to the public. Admission is \$6.95 in advance, \$10 at the door for the June 1 opening \$3.95 in advance, \$5 at the door from June 2-9. Hours vary by day, generally 1-4pm on the weekends and 6-8pm during the week. AIA North Carolina members in good standing are admitted free. Go to trianglemodernist-houses.com to purchase tickets and for more information. **MM**



Blowing Rock Setting For *Isabella Propeller*

Jonathan Graves, attorney and grandfather of five, weaves the tale of *Isabella Propeller And The Magic Beanie*, about a young girl who finds a beanie with a propeller in her grandparents' attic and sets off to locate the mysterious cave believed to be the source of the strange winds of Blowing Rock, NC that legend says returned an Indian brave back to his lover centuries ago.

Our heroine meets the Wind Keeper, an ancient Indian female shaman who lets her know the magical powers of her new-found beanie that allow her to befriend Red Tail the Hawk who protects her during her adventure.

Nicely illustrated by Gail Haley, also from the Blowing Rock area, *Isabella's* story is sure to entertain – and inform – children of all ages.

Isabella Propeller is published by Parkway Publishers, Inc of Blowing Rock. Go to www.IsabellaPropeller.com.

Angels Among Us At Duke

The 19th annual Angels Among Us 5k and Family Fun Walk, hosted by The Duke Cancer Institute April 21, raised \$1,802,475 for the Preston Robert Tisch Brain Tumor Center, an integral force in the treatment and cure of brain and spinal tumors in children and adults.

Survivors, ranging from young children to the elderly, took the stage to demonstrate the age diversity of patients and to display the promising success of the work taking place at the Center.

A survivor, *Metro Magazine* music editor Dan Reeves, whose Dan de Lions team headed by Katie Reeves, came in 4th place by raising nearly \$40,000 - observed the progress many participants have made throughout the years: "It is uplifting to see the same people each year as they continue to gain strength, and to see the number of survivors grow."

Proceeds from Angels Among Us have provided sophisticated equipment to improve patient therapy, assisted Duke in recruiting top researchers in the brain cancer field and helped in the purchase of critical research and clinical investigation supplies.

Registration is now open for the 20th Annual Angels Among Us 5k and Family Fun Walk on April 20, 2013. For more information, go to www.angelsamongus.com.



EYES ONLY

From Murphy to Manteo - An artist's Scenic Journey Through NC is on display at the NC Museum of History in downtown Raleigh featuring 27 large-scale oil paintings by J. Chris Wilson, professor of art and artist-in-residence at Barton College in Wilson, N.C. The artist embarked on a journey across North Carolina and is now working toward a goal of 100 paintings that will showcase the state's scenic diversity.

Sea Tow Services International, Inc. is offering boaters the Sea Tow App as a free download from www.seatow.com/app available for members and non-members by iPhone and Android smart phone. The App includes marine weather forecasts, alerts and

radar; tide tables and graphs; GPS location, speed and heading; a link to 24-hour on-water assistance; and an easy-to use graphic interface with Day and Night running modes.

...

Dr. Deborah Mosca has been hired as the first Chief Executive Officer for the Marine Biotechnology Center of Innovation funded by a Center of Innovation grant provided by the North Carolina Biotechnology Center tasked to be a catalyst for commercialization, partnership and entrepreneurial and fiscal investments for marine-based research and innovations.

...

RHA Howell, Inc., a statewide non-profit organization that serves people with disabilities and their families, has announced the 2012 Epicurious Vino Challenge, which will be held this year on Saturday, June 2, from

6:30-10 p.m. at the 80-acre Hinnant Family Vineyards in Pine Level, NC. All proceeds benefit a child or an adult with a medical, physical, or mental disability. Ticket information will be available soon on RHA Howell's website, www.rhahowell.org, and on the Epicurious Vino Challenge Facebook page.

...

Gregory Poole Equipment Company, the Caterpillar dealer founded in Raleigh in 1951, returns as presenting sponsor of the 2012 MuckRuckus June 16. Presented by the Greater Carolinas Chapter of the National Multiple Sclerosis of Raleigh to raise money for multiple sclerosis, the five mile challenge course is located at the Schneider Electric Facility in Knightdale. Go www.muckruckusMSCarolinas.org or call 1-800-344-4867 for more.

Love Of A Lifetime: Bell Private Art Collection, Spanning Five Decades, To Be Sold At Auction

By Kim Weiss

Before there was a First Friday Arts Walk, Artspace, or the Visual Art Exchange, before The Little Art Gallery, Gallery C, Somerhill, Flanders, Tyndall, or Lee Hansley galleries opened, 13 years before the Raleigh Arts Commission was founded, and decades before the Contemporary Art Museum opened in downtown Raleigh, there was the Garden Gallery, tucked among the pines and ponds out on Highway 70 West between Raleigh and Durham.

When Mary Jo Bell opened the Garden Gallery in 1964, it was the only one in Raleigh, and it quickly became the epicenter of the budding arts scene in the Triangle. Year round, artists, art collectors, and art enthusiasts happily slogged through rain, mud, snow and hot summer nights to be a part of the gallery's monthly receptions and to purchase work by many artists who would become legends.

A student of art history and an avid collector, Mary Jo Bell used the Garden Gallery to celebrate and support North Carolina artists as well as artists she met during her travels in the United States and abroad. And along the way, she and her husband - landscape architect Dick Bell - amassed their own private collection, which spans five decades (from the 1960s to today) and represents both well-known and more obscure artists.

Paintings of a variety of genres, sculpture, assemblage art, photography, and even a one-of-a-kind set of dishes are included in their collection. Luminaries among her holdings include Joe Cox, Herb Jackson, Horace Farlowe, Susan Smyly, A.B. Jackson, Gayle Stott Lowry, Norbert Irvine, S. Tucker Cooke, Elizabeth Matheson and Madonna Phillips - to name only a few. The collection also includes an original print by abstract expressionist Robert Motherwell.

LIFE-CONSUMING PASSION

Now, nearly 50 years since Mary Jo opened the Garden Gallery, the Bells are ready to share their private collection with new owners.

"We've lived with, and loved, every piece of our collection for five decades," Mary Jo said recently. She sat in the Country Club Hills living room of her daughter, Sharon Bell Glazener, surrounded by art she helped Sharon collect over the years. "Now we feel we'd like to put it out in the world again, to be enjoyed by others."



Sculpture by Dempsey Calhoun

On Friday, June 15, 150 pieces from the Bells' private collection will be sold at auction at the Leland Little Auction House in Hillsborough, NC. A wine and cheese reception will begin at 6:30 p.m. with the auction commencing at 7 p.m.

According to Sharon, who helped catalogue her parents' collection, the estimated total value of the 150 pieces is \$1 million.

For Mary Jo Bell, studying, collecting, and selling art has consumed her entire adult life. She began by receiving a Bachelor of Science degree in Art History at Greensboro College, a small Methodist girls' college in Greensboro, NC. In 1955 she married Dick Bell, who shared her passion for art. A year later they began building what would become the "Water Garden" on Highway 70, Raleigh's

first mixed-use development for living and working and the future home of the Garden Gallery.

The Bells built their first home in the Water Garden — a simple, modern structure — and later added a two-story office building, designed by modernist architect Ligon Flynn for Dick's landscape architecture firm. By the early '60s, Mary Jo was ready to turn her passion for art into owning and operating a gallery in the Water Garden, where she would show and sell work by North Carolina artists. She also added a framing shop to the space, explaining that "framing is an important part of enjoying art. The two together can make a wonderful composition, or fight each other. A bad frame is an injustice to the art."

She chose a name for her gallery that would reflect the verdant setting — beyond a sparkling pond and among the pines and hardwoods at the top of a long, winding driveway off Highway 70, which was, in 1964, in the middle of nowhere.

Mary Jo took over part of the lower floor of Richard C. Bell Associates for the Garden Gallery. To secure a stable of artists, she approached their friend Joe Cox, a painter and muralist and a professor at North Carolina State University.

"With his connections with other artists, we felt we could get started," she said. "And, if he agreed, we would show his work in the gallery. Joe directed us to many artists around the state, so we traveled to Greenville, Greensboro, Asheville, Chapel Hill, and other towns, as well as to big cities with stellar art programs." In later years Mary Jo traveled to New York, Washington, D.C., the southeast and southwest regions of the United States as well as abroad seeking out artists and artwork she wished to represent in the gallery.

BUILD IT AND THEY WILL COME

The Garden Gallery's first stable of artists consisted of Joe Cox, James Tucker, Walter Thrift, Ron Taylor, and Donald Sexauer. Before long, Mary Jo didn't have to seek out

artists to represent; they were coming to her. And she continued to visit galleries around the state, often making purchases for her private collection.

Almost as important as the art displayed and sold at the Garden Gallery were the art shows and openings Mary Jo hosted.

"The gallery was open every day of the week and we had shows every month, which were always a party," she recalled. "Some included poetry readings, renaissance music, rock and roll, and always cocktails. Once, we even had a black-tie 'trunk show' event for an art dealer from Abrams in New York. We soon had a lot of regular clients, some of whom would come early so we could talk about what we were showing and they could pick out several pieces before the show actually opened that night."

At one particular opening featuring A.B. Jackson and Ray Musselwhite became a "real festival of artists and patrons stayed late into the night," Sharon remembered. "The next morning we found that someone had enjoyed himself so much he left his shoes!"

In the 1960s and early 1970s, there were few hotels in the Raleigh for out-of-town artists to stay when they arrived for an opening at the Garden Gallery. So the Bells offered them a bedroom in their own home.

"The artists would stay for the weekend, which was a great way for our family to get to know them. We'd have lunches out on the deck and I made my favorite tuna fish salad," she added with a grin.



Painting by A.B. Jackson

"The bedroom my mother offered the artists was actually my room," Sharon interjected. "And I was fine with that. I loved the fact that most of the artists were really happy people who enjoyed talking to me about their work, even though I was so young. One weekend A.B. Jackson gave me a drawing he'd made as thanks for letting him have my room."

FAMILY AFFAIR

One of the many things Mary Jo loved about the Garden Gallery was the fact that her three children — Sharon, Rick Bell, and Cassandra Bell — were exposed to art and artists at a very young age and throughout



Porcelain Teapot by Mary Lou Higgins

their lives at the Water Garden.

"Because we lived and worked there, we enjoyed an extra intimacy with the artists," Mary Jo said. "And I think, for the artists, it made being a part of the gallery very special."

"And all of us loved being a part of the gallery, especially the openings," Mary Jo added. "We had Rick and Sharon hanging art and arranging crafts and sculpture, and Cassandra enjoyed serving refreshments. Even the folks in Dick's office, particularly Dan Sears [who worked for Dick before starting his own firm], loved the art gallery and helped us repaint the walls the night before an opening."

Sharon recalled how much her mother loved to talk about art. "She'd talk to anyone, whether they were buying customers or not," she said. "She loved art and she loved people and she was always trying to educate people about art — to communicate her love of what she was selling. There's a certain ceremony to selling art. You have to feel it and identify with it before you buy it, and my mother was so good at making that happen."

Mary Jo also remembers when several visiting artists cooked meals for the Bell family while they enjoyed their hospitality. Sculptor and Fulbright scholar Susan Smyly made Spaghetti Carbonara one night. Another night, Joe Cox brought a Japanese friend with him and we enjoyed a big Japanese dinner. In general, we Bells weren't much for family dinners, except when the artists were there. All of us loved those nights."

When asked what the Garden Gallery meant to her as a young girl growing up, Sharon quickly answered, "Everything. It was



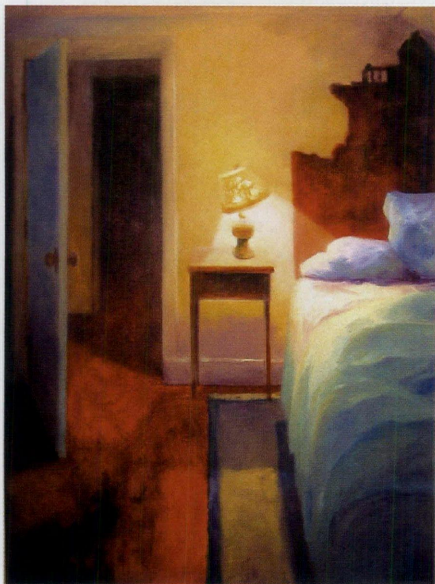
Original home of Mary Jo and Dick Bell in the Water Garden complex. Sculpture in pathway by Horace Farlow.

my exposure to life, to people.”

In 1970, the Bells added another level to the office building and moved the gallery up to the new floor. In 1973-74, Dick's firm needed more space, so they built a 2800-square-foot addition to their house in the Water Garden and installed the gallery and framing shop there. It would remain in that addition until it closed in 2007.

TIME TO SHARE THE MEMORIES

By 2007, the now-burgeoning art scene in Raleigh had become firmly ensconced in the revitalized downtown district. Rampant development along Highway 70 West was also encroaching on the serenity of the Water Garden. Approaching their 80th birthdays, the Bells decided to sell the entire 11-acre property and move to their condominium in Atlantic Beach, taking their private art collection with them.



Painting by Gayle Stott Lowry

Mary Jo Bell laughed as she described their three-story condo, which has been “quite literally covered in art,” she said. “There was not a single space on the wall, or the shelves, or on the floors that wasn't covered by art.” They've also had to maintain a climate-controlled storage unit for the portion of the collection that they couldn't wedge into their beach house.

Today, almost all of that artwork is in the hands of Leland Little Auction & Estate Sales, Ltd, awaiting the June 15 auction.

When asked if it would be difficult to watch her collection leave with new owners

after the auction, she paused for a moment: “Even though it's going, I still feel like it's a part of me because I've been with it, and loved it, for a lifetime. Yet I know a lot of memories will be stirred that night” — memories of where she was when she bought a piece of sculpture... of a painter who spent a weekend in her home... of a certain time in her family's life when a special piece of art entered their collection.

The artists represented in the Bells' upcoming auction are, in alphabetical order:

Sigmund Abeles, Prints
Debbie Arnold, Paintings and Watercolor
Willie Baucom, Sculpture
Ernestine Bettsberg, Paintings
Robert Broderson, Paintings
Judith Brown, Watercolor
Dempsey Calhoun, Sculpture and Paintings
S. Tucker Cooke, Paintings
Ogden Deal, Sculpture
Tisha Edwards (Weddington), Paintings
Horace Farlowe, Sculpture
J. Friedlander, Prints
Robin Griswold-Ott, Mixed Media
Laura Grosch, Paintings and Prints
Mary Lou Higgins, Ceramics
James Harrell, Mixed Media
Frank Howell, Print
Vic Huggins, Paintings
Lisa Irvine, Mixed Media
Norbert Irvine, Paintings and Prints
A.B. Jackson, Paintings
Herb Jackson, Paintings
George Jeane, Sculpture
Mary Anne K. Jenkins, Paintings
George Jolley, Sculpture
Joseph Kurichuk, Mixed Media
Keith Lambert, Sculpture and Paintings
Dean Leary, Sculpture
Mark Lynch, Paintings
Gail Stott Lowry, Paintings
Dick Mandell, Paintings
Elizabeth Matheson, Photographs
Nancy Tuttle May, Paintings
Eric McRay, Paintings
Robert Motherwell, Prints
Art Osver, Paintings
Ward Nichols, Paintings
Madonna Phillips, Mixed Media
Bob Rankin, Paintings
Elaine Reed, Sculpture
Mike Rigsbee, Paintings
Richanda Rhoden, Paintings
Keith Rose, Paintings
Ron Taylor, Paintings

Susan Smyly, Drawings
Nona Short, Photographs
Wayne Taylor, Paintings
Walter Thrift, Paintings
Stephen White, Paintings

Leland Little Auction & Estate Sales' auction house is located at 620 Cornerstone Court, Hillsborough, NC 27278. For more information call 919-644-1243 or visit the website at www.llauctions.com. **MM**

Matsumoto Architecture Prize Announced

George Smart, Executive Director of Triangle Modernist Houses (TMH), has announced the inaugural George Matsumoto Prize, a unique architecture competition to recognize recent achievement in North Carolina Modernist residential design. TMH is a non-profit organization dedicated to documenting, preserving and promoting Modernist architecture.

The Prize is named for George Matsumoto, FAIA, one of the founding faculty members of the North Carolina State University School of Design (now College of Design), internationally known for his mid-century Modernist houses in North Carolina and elsewhere. Matsumoto will serve as Honorary Chair on the jury, that includes Frank Harmon, FAIA, (Chair), Marlon Blackwell, FAIA, David Jameson, FAIA, Tom Kundig, FAIA, and Larry Scarpa, FAIA.

The Matsumoto Prize is open to both architects and designers worldwide who have designed houses built in North Carolina since 2006. Winners receive honoraria of \$3000, \$2000, and \$1000, respectively. For the first time in a North Carolina design competition, the public will participate as a juror, voting for their favorite houses. The public's three favorites will receive a special certificate.

TMH's objectives in creating the Matsumoto Prize are “to expand the public's awareness about the great inventory of North Carolina Modernist houses, to showcase the skills of the North Carolina residential design community, and to inform the public that great design can be well within a home-buyer's reach,” said George Smart.

Competition rules, submission procedures, and deadlines are available online at www.trianglemodernisthouses.com/prize.htm.

Bouncing Back with Bob Murphy

PGA Winner and TV Golf Analyst Tells Linda Russell What
The Game of Golf Is All About

by Linda Russell

The first time I met Bob Murphy I was smitten. That was about twenty years ago in Pinehurst when he was playing in the US Senior Open. Did he win? I have no idea. But he signed my hat.

According to most of the great players Murph has the reputation of being one of the best putters that ever lived. His tempo and putting stroke are unparalleled. Johnny Miller said, "Old Murph; could make a putt or two, and to watch him is like watching 'the movement of a fine Swiss timepiece.'" His short game is so good that many amateur golfers who play "trash" include "Murphys" - for getting up and down from off the green - along with their "sandies, woodies, greenies and poleys."

I had the opportunity to watch him compete at Prestonwood Country Club in Cary when my husband Alton played with him in a Pro-Am. It was a drizzly day and Bob asked me, "Wouldn't you rather be shopping?" Always the consummate gentleman, Bob acknowledges his fans with his warm personality, engaging smile and folksy manner. He had me at "hello."

Murph and his wife Gail live in Boynton Beach, Florida, at Delray Dunes Country Club, which is directly across the road from our house in Quail Ridge Country Club. I ran into him recently at an event - actually I chased him down - and asked if he would talk to me about his career as a PGA professional, announcer for CBS, analyst for NBC and ESPN, and his current experience playing on the Champions Tour. He graciously agreed.

From The Diamond To The Links

Originally from Brooklyn, NY and raised in Central Florida, Murph was a standout baseball pitcher in high school, leading his team to the state championship in 1960. He threw sidearm. "I was one of those guys who throws 'junk'." He attended the University of Florida on a baseball scholarship, but because of a shoulder injury (his arm was separated and torn) he required sev-

eral operations to continue his baseball career at UF. "As a boy going to college, scared to death and knowing I would have to live the rest of my life with a series of operations, I didn't pursue the multiple surgeries. The school told me I wouldn't be on the team if I didn't have the operations. So I started studying pre-med and playing golf." His driving force was his father. "Bobby", as he was called then, had caddied for his father, who was the amateur champion of Polk County and realized "it's a hard game, the most challenging game I've ever played."

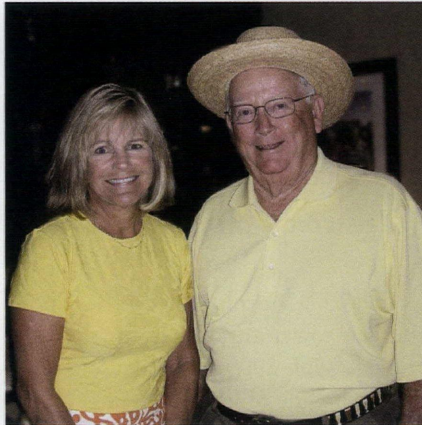
Murphy played on the University of Florida Golf team and won the U.S. Amateur Championship in 1965. In 1966, he won the individual NCAA Championship, was recognized as an All-American and graduated from the University of Florida with a bachelor's degree in Health and Human Performance. In 1971, he was inducted into the University of Florida Athletic Hall of Fame as a "Gator Great."

Bob Murphy turned pro in November 1967, joined the PGA Tour in 1968 and was named "Rookie of the Year." He won five tournaments on the Tour and was a member of the victorious U.S.A. Team in

the 1975 Ryder Cup. "The Ryder Cup wasn't the competition in those days that it is today. We only played Great Britain and Ireland, but beat them rather handily. Nicklaus suggested that all of Europe join the competition and Seve Ballesteros helped bring this to fruition with his enthusiasm."

Playing Hurt

Psoriatic arthritis hit Murphy in 1986, "really bad." "It's migratory; wake up and it's in one place, then wake up and it's gone, then wake up and it's somewhere else. I thought my career was over. I took about two and a half years of intravenous antibiotics and the treatment worked. When I started treatment, I had six fingers that I couldn't bend at all. I couldn't play then." This is the same affliction that Phil Mickelson has, but has "Lefty" contacted Bob about his experience?



Linda Russell and Bob Murphy

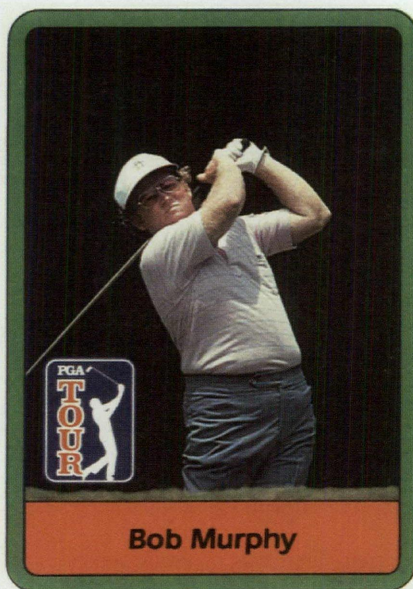
"No, he's never as much as even called me to find out anything about what I had. Phil is one of those people in our game whose I.Q. is directly relative to the number of wins and it goes up enormously. So there was nothing I could possibly know that he doesn't already know."

A hand injury sidelined Murphy in 1982 and CBS asked if he would be interested in doing some broadcasting. "They told me that it was imperative that you not say S**T on the air. I knew it was going to be a hard job. How can you talk about golf and not say that word? I told Frank Chirkinian, CBS Sports producer, 'I don't like statistics; besides that, by the time you get to me at #10, Venturi, Summerall and the rest have given the statistics.'"

He did TV strictly from a former player's perspective. "I never did statistics in my own career. I couldn't tell you how many fairways I hit or how many greens I hit; I just didn't. I knew when I wasn't driving well or hitting greens so I worked on it."

Murph admits to being admonished occasionally by the TV executives for being quiet too long, but "in my mind, I reckoned it was time to be quiet and time to watch." He deviated from this at the 1989 Master's playoff between Nick Faldo and Scott Hoch.

"Scott Hoch was on the 10th hole at Augusta, trying to make a putt from a foot and a half or two feet and I said something like, 'He's been over this putt for an inordinate amount of time. That means that other things are going on in his brain. Chirkinian said, 'Do not talk over a shot.'" As you will recall, Raleigh native Hoch missed the putt.



"I led a tournament my rookie year on tour. I had led the entire tournament and then lost on the last hole to Julius Boros, who made a birdie. I didn't feel like I lost; he beat me. Then I went on to win the next two weeks in a row. That's called 'bounce back,' a statistic they now have."

In 1999, Murph joined NBC Sports and was tower announcer for the PGA Tour through 2009. He had also worked a full schedule of ESPN telecasts (1988-92) before joining the Champions tour.

Back The Game

Lee Trevino said to Murphy one day,

"You're never going to beat us if you don't play with us," encouraging him to join the Senior Tour, now the Champions Tour. He did in 1993 and was named "Rookie of the Year". He is the only golfer to have been named "ROY" of both the regular and senior tours.

Murphy was on the board with Cadillac, the biggest sponsor of the senior tour and they wanted to change the connotation of "senior." He asked a local Cadillac dealer the average age of a person who buys a Cadillac. "He said 74.7 years... AND THEY WANTED TO FIDDLE AROUND WITH THE CONNOTATION OF 'SENIOR'. Horrible mistake...changing it to Champions! Marketing is the big thing."

Bob has gone on to win eleven times on the Senior/Champions Tour. And in 2011, he was inducted into the Florida Sports Hall of Fame.

Acknowledgement of the role of emotions in golf helped Murph turn his career around when he joined the senior tour. He went in with a better attitude; didn't get as upset with himself and didn't pat himself on the back. He told himself, "Nobody's much better than you are at chip-pin' and choppin' around the greens."

About midway through 1994 I made up my mind that I was going to play golf and enjoy it. In the past, I would've stayed mad for four holes (after one bad one)." He learned from sports psychologist Deborah Graham, "As soon as you miss it from the fairway, you should be thinking, 'Wait until they see me hit this next one.'" When Bob changed his emotional response to his golf game, great things happened. He went on to win four times in 1995.

Putting For Dough

When he talks about putting, Murphy is passionate. He thinks most players could easily pick up their pace. "When you hit your shot close to hole-high, 15-20 feet to the right of the hole, you can read that putt when you're walking to the green. You've played it before and have it in your computer. It's not an exact read, never 1/2 inch outside the hole. Ask yourself what do I need to do to get this ball to roll and go in the right direction."

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You put it outside the hole, then your hand-eye coordination and ‘what not’ take over and you roll the ball. Don’t go through all the ministrations of reading a putt. Take a look when you walk on the green. This is more doable when you’re relaxed and not thinking about your stroke. Trust your swing. I sometimes practice putting with my eyes closed to get exact feedback.”

Bob is working on a new putter insert. “The new golf ball is simply not round. Where a lot of dimples come together in a lot of areas, there is an area that sits up above where the dimples are. If you strike it on one of those dimple configurations that sticks out, you start the ball spinning and it goes off line, sideways, literally. I know I’m right. We’ve run tests on a pool table with a putting machine.”

He has devised the “High Friction Insert” that holds the ball on the putter face a slightly longer time for greater accuracy. The insert is USGA approved and was played on the regular and senior tours last month. www.golfwrx.com/2012/01/20/golf-legend-bob-murphys-new-putter-insert/.

Today’s Players

Among Murphy’s varied interest is “Hook a Kid on Golf,” a national program started in 1991 by Fred Engh to provide golf opportunities to children of all walks of life. Murphy has been the national spokesperson for the organization and is zealous about teaching kids rules, history, ethics, behavior and the etiquette of golf. www.nays.org/hook_a_kid_on_golf/.

Because of his vast experience, both on the tour and as an analyst for TV, Bob has opinions about the new young pros on the scene. “So many players now haven’t quite learned how to win. Ricky Fowler needs to re-work his whole mental process and figure out why he can’t win.

Kids don’t come out of college, go to the tour, qualify and win. It takes them three to five years. Hunter Mahan won everything in college... came to tour... gone... didn’t get his card. They can learn how to hit in a video room, but they don’t know how to play. When they hit the ball 320 yards in

the air, why can’t they win? They need to learn how to play on the ground, to hit out of places they’ve never been.

“Keegan Bradley’s got it together. Kyle Stanley’s going to be terrific. Webb Simpson has proved he can win and will be a good player a long time. His future is as big as he wants to make it.

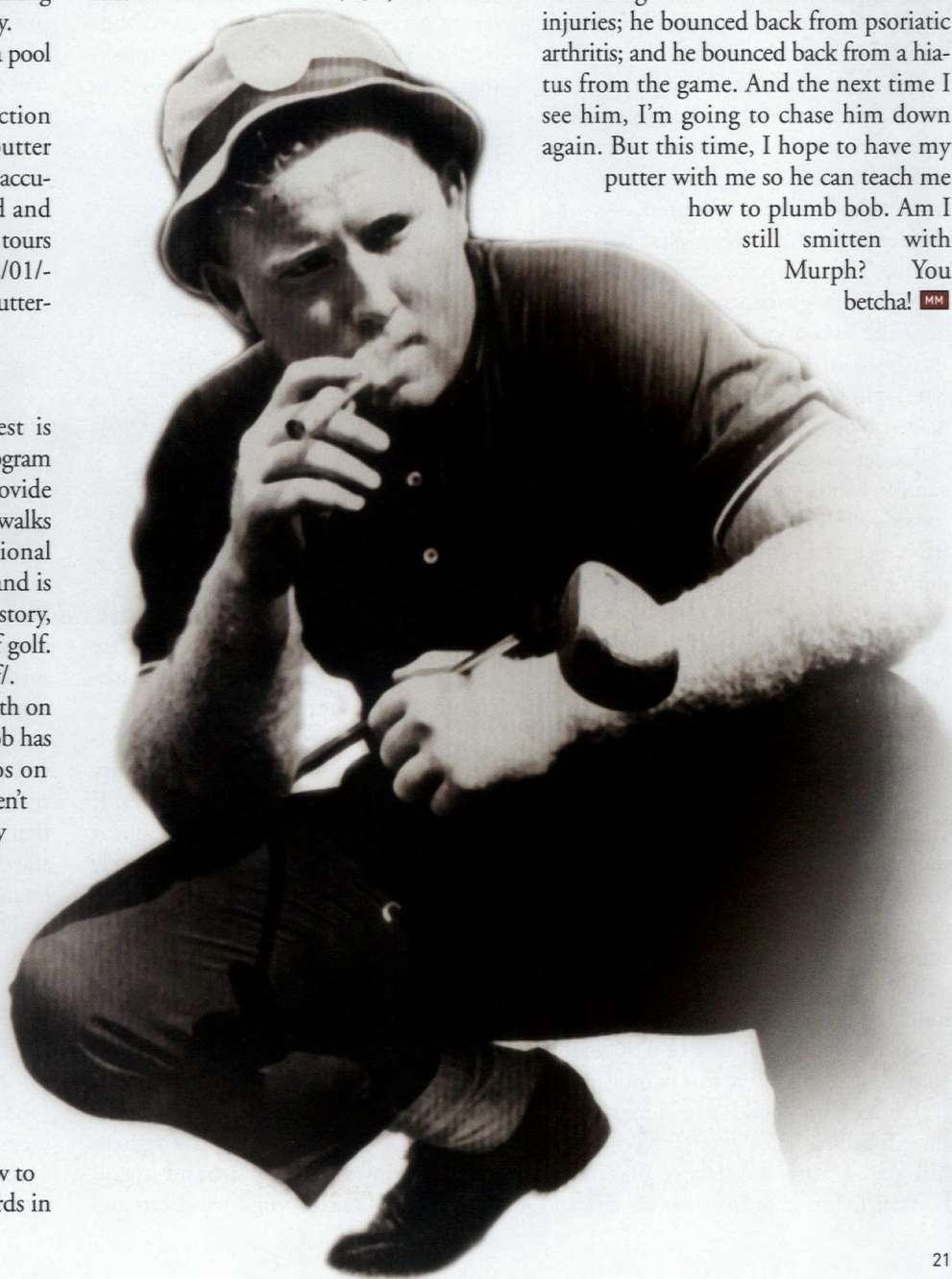
“Scheduling is a problem with players who have young children at home. The thing for all those young men is an airplane because they can leave any tournament on Sunday night and be home until the next tournament and then fly there. That would allow them to be home 50 or 60 days more a year; a lot of time with the kids. It would cost about \$250,000. That’s

one putt! Arnold and Jack always had an airplane and this should be very much in the minds of young people.

Loss is not a stranger to Murphy. Recounting a recent PGA event in which two young players led the field the entire time and lost the tournament, Bob related a similar circumstance of his own. “I led a tournament my rookie year on tour. I had led the entire tournament and then lost on the last hole to Julius Boros, who made a birdie. I didn’t feel like I lost; he beat me. Then I went on to win the next two weeks in a row. That’s called ‘bounce back,’ a statistic they now have.”

And we all know that Bob’s good at “bouncing back.” He bounced back from injuries; he bounced back from psoriatic arthritis; and he bounced back from a hiatus from the game. And the next time I see him, I’m going to chase him down again. But this time, I hope to have my putter with me so he can teach me

how to plumb bob. Am I still smitten with Murphy? You betcha! **MM**



Cutter Creek Rises in the East

Bob Moore Designed Golf Course Features Memorable Lay-Out

by Jim Hughes

For the last several years, Chapel Hill's Bob Moore has been building an international reputation for his mastery of modern golf course design. He was recently voted one of the top three designers in China, where he has nine courses under construction and several more on the drawing board. He also has multiple commissions in Southeast Asia and Indonesia, where one of his designs plays host to the Indonesian Masters.

Here at home, Moore's star is also on the rise. He's the creative force behind two popular Triangle courses – The Heritage in Wake Forest and Chapel Ridge near Pittsboro in Chatham County. Cutter Creek Golf Club in Snow Hill is Moore's newest North Carolina masterpiece.

Cutter Creek is Moore at the top of his game, a handsome design as well as a great test of golf. It stretches nearly 7,300 yards from the championship tees, but you don't have to play from there. Moore has provided five sets of tees to accommodate every level of golfing ability, from the accomplished amateur to the raw beginner.

The course features a strong mix of memorable holes, highlighted by a quartet of par 3s as good as any in the Carolinas. Don't expect it to be as flat as the farmland you roll through on the drive there. It's got some serious elevation changes, with rolling fairways, lots of mounding and large water features on about half the holes. And none of the holes looks contrived: You'd never know Moore moved upwards of 600,000 cubic yards of dirt to achieve this natural effect.

Cutter Creek builds to a climax on the three finishing holes. The 16th is a downhill par 4 with a phalanx of fairway bunkers to intercept an errant tee shot and

a treacherous green complex to test your short game to the max. The 17th is my own favorite – an uphill par 3 climbing 240 yards from the tips to a narrow undulating green protected by a deep front bunker. Par here is a major accomplishment. The 18th is a reachable par 5 as

an abiding passion for the game. He knew Cutter Creek was special, and he wasn't about to let it die.

"The main thing we brought to the project was stability and credibility," McRae said. "When we got involved, it sent a message that we were going to do




long as you've got good length off the tee and the nerve to attempt a high risk-reward second shot over water.

Cutter Creek was conceived as the centerpiece of a 600-acre gated community with plans for more than 500 homes. It came on line just in time for the great housing crash of 2008, and the story nearly came to an abrupt end at Chapter 11.

Enter Kinston businessman Cam McRae, who took over sole ownership in 2009 and breathed life in the moribund project. McRae was the ideal white knight. Not only is he an accomplished businessman (he started with one Bojangles in Kinston 30 years ago and now operates 50 in Eastern North Carolina and Virginia), he also knows his way around a golf course, with a single-digit handicap and

everything possible to make Cutter Creek successful. We've achieved our goals in that respect.

"Our initial focus has been on the golf course," he said. "It's the heart and soul of the real estate side of the business. Now that the course is on solid footing, we're starting to see signs of life in the real estate."

Directions: From Raleigh, take 64/264 East, bear right on 264 to Wilson, then 58 South past Snow Hill. Or straight shoot 70 East to Kinston and turn left on 58 North. Either way you're on the tee inside of 90 minutes. Call 252-747-GOLF (4653) for tee times or visit www.cutter-creekgolfclub.com. If you use GPS or Google map, the address is 93 Cutter Creek Drive, Snow Hill, NC. 



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New Duke Cancer Center Places Patients First

by Diane Lea

Photography by Ted Bartlett

The aptly named Duke Medicine Circle, just off Trent Drive in the heart of the Duke South Medical Complex in Durham, is populated by an array of handsome structures, including the School of Nursing and the soon-to-be completed Duke Medicine Pavilion and companion Learning Center. But the star of the show is the recently dedicated Duke Cancer Center that greets visitors with a welcoming canopy sheltering a dramatic glass entry lobby introducing a symphony of modern design. Classic materials — glass, stone and steel — adorn the five above-ground levels of the seven-story center.

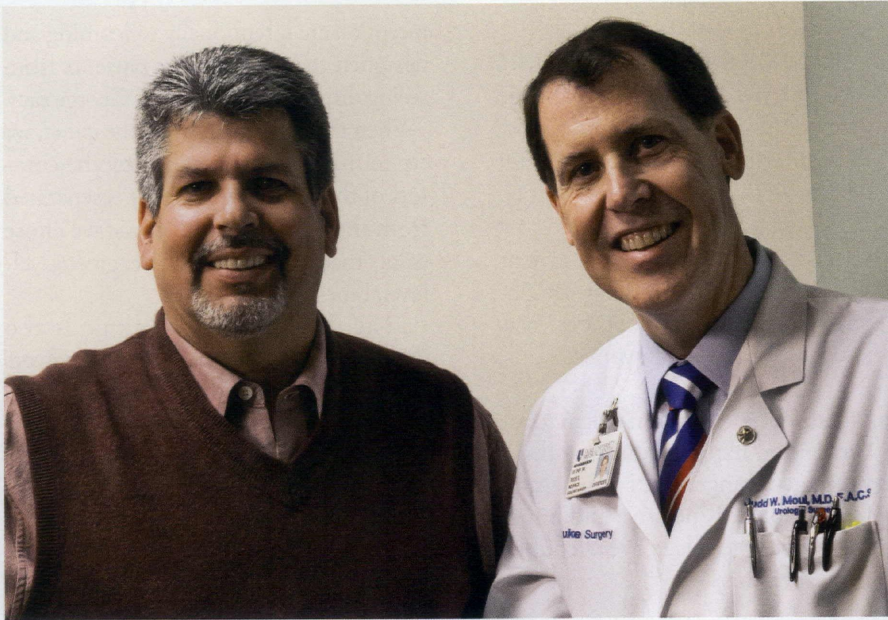
Upper levels are stepped -back, and a corner tower nicely resonates with Duke University's signature Gothic architecture.

The lobby and adjoining atrium space feature a sweep of terrazzo-tiled floor with accents that glitter in the natural light that fills this multi-storied glass walled space. A dramatic reception desk of narrow wood blocks adds to the warmth of the area that is dressed with an elevated inset fireplace and comfortable chairs and sofas in modernist patterned fabrics. Frosted glass panels behind the reception desk reveal the subtle silhouettes of the tall North Carolina pines, some of which stand in nearby Duke Forest. To the right, a food

court provides bistro tables and a glass wall with a view of the Duke Medicine Pavilion - scheduled to open in 2013. To the left, the atrium is open to the building's above-ground five stories and provides more seating and an information station displaying the center's floor plan.

A towering Gothic arched screen of matched ash provides a foil for the curving staircase with glass and wood balustrade. Visitors can also choose the marble-sheathed elevator kiosks highlighted by graphite-toned seamed marble to ensure ease of recognition. Other directional guides are the bright swathes of color inset in the terrazzo floor. These





Patient John Barr recounts his incredible journey from being diagnosed with stage five prostate cancer with his physician Dr. Judd Moul of the Duke Prostate Center.

medallions are stylized designs based on Duke Chapel's magnificent stained glass windows. Beyond the Gothic screen, on both the lower level and the floor above it, gently lit seating areas offer central laboratory information and scheduling for patients.

The main level, denoted as 0, is the location of the Resource Center that houses educational materials, computer kiosks and a skills lab for patient and family education. The glass walled center is naturally lit by the towering atrium window walls. Friendly and knowledgeable staff are on hand to assist users. Next to the Resource Center is the newly opened Belk Boutique with show windows displaying a variety of stylish head wear, scarves and wigs; in discreet rooms to the rear prosthetics consultation is available. Beyond the boutique is a pharmacy with several client consultation booths. Since many Duke Cancer Center patients cannot easily obtain the specialized medications their treatment may require, a fully stocked pharmacy and expert advice on how to use the medications are essential.

Quiet Please!

One of the most dramatic features of the main level is the Quiet Room. Located behind a curving reflective wall across

from the Belk Boutique, the space, like the rest of the Center, was designed in consultation with patients, patients' families, doctors, nurses and caregivers. The decision was made to create a Quiet Room that would respect the variety of religious beliefs of Duke Cancer Center's multinational clientele - and provide a space for mindfulness, one of the key components of cancer therapy. Designed by Durham-based Duda/Paine Architects, LLP, the Quiet Room is a circular space with comfortable chairs placed around a glowing glass fountain set on glossy river rocks. The carved surfaces of the fountain appear to be water and reflect the glow of the room's lighting programmed to simulate the changes of day and night. Along the room's walls are tall-backed benches with separated seats, each with its individual light canopy. The bench seats are for journaling and reading by patients and others who seek refreshment by this beautifully peaceful space.

On the fifth floor, patient John Barr is recounting his incredible journey from being diagnosed with stage five prostate cancer -with little chance of survival - to a 50-year old man in good health who anticipates reaching a ripe old age. He is talking with Dr. Judd Moul, who is the director of the multi-disciplinary team of physicians that make up the Duke Pros-

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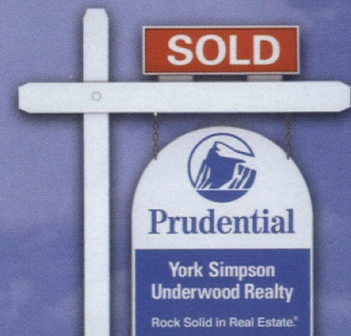


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tate Center, and has shepherded Barr through hormone treatment therapy and, only three weeks ago, surgery. Barr and Moul are talking in a compact but functional exam room with spotless pale laminate wood flooring. Suspended from the wall is a TV and computer screen for reviewing patient files, and a comfortable recliner chair in a shimmering copper fabric. There are recessed lights and a beveled mirror to assist the patient in redressing after an exam. The colors in the room are predominately sea green, with touches of pale yellow with metallic accents in the curvilinear wallpaper. There is art on the walls, contributing to the easy to feel and sense of wellbeing in the room.

When queried about the extraordinary care evident in the exam room, Dr. Daniel George, a member of the team that treated John Barr, offered that "Patients need an uplifting atmosphere. It is as much part of their treatment as the clinical care." Barr, who drives two hours from his home

RALEIGH ORTHOPAEDIC CLINIC AND REX HEALTHCARE

have broken ground for a 27,707-square-foot Raleigh Orthopaedic Surgery Center on the first floor of a four-story, 98,000-square-foot building on Edwards Mill Road that will serve as the new home for Raleigh Orthopaedic Clinic's main offices now located on Glenwood Avenue.

in Pfafftown near Winston-Salem to arrive at the center, happily confirms this. "It may sound strange, but I enjoy coming here. This place is positive and hopeful, not like any other place I've encountered in this experience."

Welcoming Atmosphere

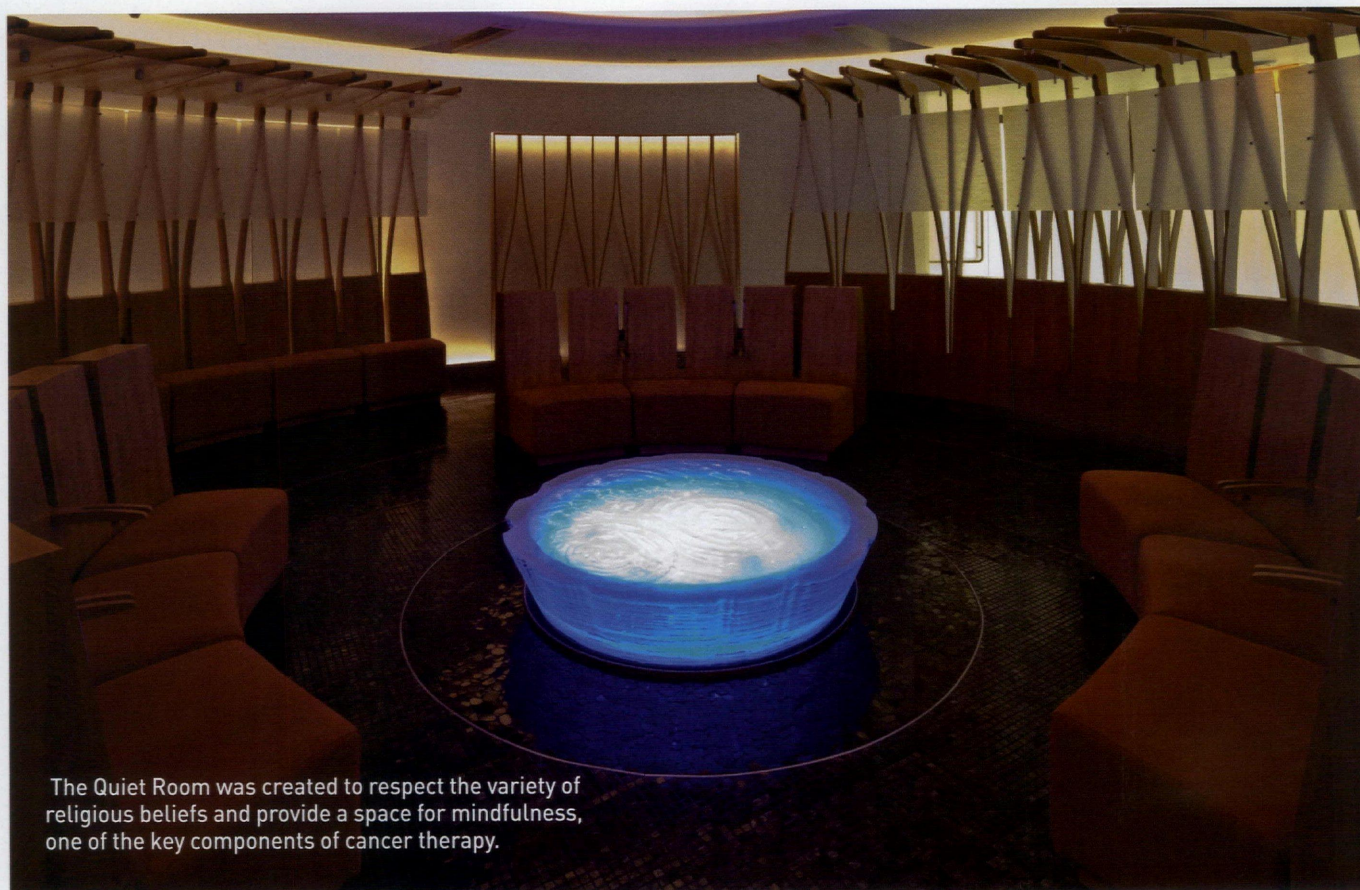
Dr. George and his colleague Dr. W. Robert Lee, who also worked with Barr, take the time to explain how the clinic works. "The center's front lobby and

reception are intentionally welcoming and designed to keep nervous patients from seeing distressing situations," George says. "When the patients arrive at the clinic, we try to maintain that feeling by the comfort of the waiting room that is separated from the clinic. For the clinic we chose colors that you find in nature: greens, yellows, blues, earth colors."

The floor plan of the clinic is also designed to allow the team caregivers working on prostate cases easy access to one another. George points out the corridor where offices for social work, pharmacy education and group support are located just steps away from the areas where nurses, practitioner extenders, residents and the attending physicians are carrying on their part of the patient care process. "This facility allows the organized work group to be together," George says. "All of them are critical to patient care."

Dr. Lee and Dr. George are especially proud of the multi-disciplinary work





The Quiet Room was created to respect the variety of religious beliefs and provide a space for mindfulness, one of the key components of cancer therapy.

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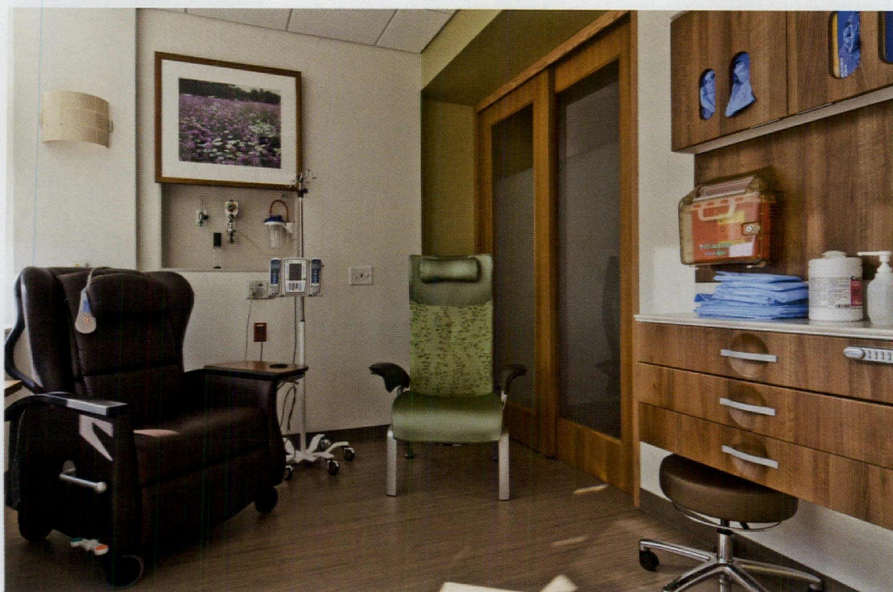


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room where every Friday morning physicians and other members of the team can meet after examining patients. Lee notes, "The time we spend in this room helps us provide the patient-centered care cancer patients need," Lee notes. "It allows us to discuss options that can then be presented to the patients themselves." He adds that prostate cancer is a disease of almost too many options. "We go back to the patient with the question, 'What is important to you?'" he says.

Tracy Gosselin, associate chief nursing officer for oncology services, discusses another key area of the Duke Cancer Center - the Infusion Clinic on the fourth floor. "Designing this clinic presented special challenges because the patients spend a lot of time here," she says. "We think it

is a model from both patients' and nurses' standpoints." Each room is designed with a comfortable patient chair, a TV and computer screen, and a desk for using a laptop computer so work can be done while the patient is being treated. All the supplies needed for each treatment are carefully locked in handsome hanging cabinets. There are connecting doors between rooms for patients to talk to one another if they wish. "To keep the atmosphere positive," Gosselin continues, "all the equipment that can be shielded from view is tucked in a niche behind artwork so patients aren't looking at tubes and masks and emergency apparatus."

The Infusion Clinic opens onto a lovely terrace and roof garden that can be enjoyed by families who accompany

patients to the Clinic. The terrace has clean-lined sculptural outdoor tables with umbrella canopies and benches that frame flourishing sunlit herb gardens. A lattice-work screen softens patient exposure to the sun and adds an almost resort-like touch to the setting. Work is currently underway to complete the Duke Cancer Center Patient Support Garden, located between the Center and the School of Nursing. It is being designed with both hardscape and landscape to facilitate walking, sitting, talking and enjoying nature.

The Duke Cancer Center is the next step in maintaining Duke's internationally famous reputation for cancer care by intentionally placing the patient at the heart of the process by carefully designing the 267,000-square foot space that took six years to plan and three years to construct. Here you can witness the dedication of the medical center's doctors, specialists and staff in action.

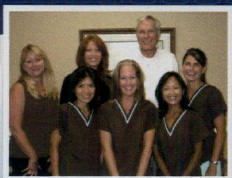
The Duke Cancer Center currently works with 600 patients a day, with that number expected to rise dramatically as new cancer cases are compounded by the successes of cancer treatments that enable cancer survivors to enjoy longer and more comfortable lives. The Center's patient-oriented design, functionality and beauty are key elements in those successes. **MM**

UNC DENTISTRY SCHOOL EXPANDS

The 216,000 square foot University of North Carolina at Chapel Hill School of Dentistry Koury Building opened in April after four years of construction. The \$118 million facility, adjoining Tarrson Hall, Brauer Hall and the Old Dental Building, provides space to train 20 more dentists and facilities to expand oral health research.

The new building includes video conferencing technology, which allows professors to record lectures that can be viewed later, a new patient stimulation lab with work stations and a new research lab that reunites researchers with teaching faculty and students.

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Today's Denture Technology Will Bring a Smile to Your Face

by Rick Smith

Talk about a stark choice – repair your teeth at a cost of \$15,000 over an extended period of time or replace your teeth quickly for around \$4,500.

My teeth were literally falling apart. One night a massive “crack” startled me from a sound sleep. In a dream while grinding my teeth I had broken a tooth in half. Pain became a constant companion and a growing inability to eat anything other than the softest food, I made choice No. 2.

Today, I am learning to eat and talk again with a set of new teeth, and the financing choice made my decision much easier.

Dentists call them dentures. I call them life-changers.

I can smile without embarrassment, eat solid food, live without fear that another

tooth is going to break or fall out, I do not have to take antibiotics to fight infection and pleased that I didn't need a second mortgage to finance continuing dental work.

I am not alone. Many people today embrace dentures. The Centers for Disease Control estimates that one quarter of people over age 60 have dentures. That's down from a third in just the past decade or so. Yes, dental health is improving, the CDC says, but some of us did not take good enough care of our teeth years ago.

With the help of inexpensive dental insurance from my two employers, and through the benefit of medical savings accounts loaded up front with tax-free dollars, I was able to amass enough money to rebuild my mouth in a matter of weeks.

Yes, I could have kept my natural teeth

– or most of them anyway. But at what cost? The \$15,000 estimate included a litany of root canals, caps and crowns.

Only gluttons for pain enjoy root canals. And as for caps and crowns, they break or come off as my own decayed dental history proves.

Fortunately, dentures today aren't animal teeth or made of wood. Modern technology can produce very life-like looking teeth (in multiple shades) that make the transition comfortable.

Psychological Challenge

But the decision to go the denture route was not easy.

First, there was a psychological challenge. Both my parents had false teeth. Growing up during the 1930s Depression, they, like many others, decided dental care



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DENTURES AND YOU: SOME FREQUENTLY ASKED QUESTIONS AND TIPS

The American Dental Association offers a variety of tips and insight about dentures.

● WHAT'S AN "OVERDENTURE?"

Patients might consider a mix of natural teeth and a denture, called an "overdenture." The ADA defines an overdenture as a removable denture that fits over a small number of remaining natural teeth or implants. The natural teeth must be prepared to provide stability and support for the denture.

● THE "FEEL" OF DENTURES

"The dentures may feel loose while the muscles of your cheek and tongue learn to keep them in place," the ADA warns. "It is not unusual to experience minor irritation or soreness. You may find that saliva flow temporarily increases. As your mouth becomes accustomed to the dentures, these problems should diminish. One or more follow-up appointments with the dentist are generally needed after a denture is inserted."

If any problem persists, particularly irritation or soreness, be sure to consult your dentist.

● A BETTER SMILE

The right dentures can "closely resemble your natural teeth so that little change in appearance will be noticeable." They also "may even improve the look of your smile and help fill out the appearance of your face and profile."

● HOW DO I EAT?

This can be a challenging transition.

"Eating will take a little practice," the ADA says. "Start with soft foods cut into small pieces. Chew slowly using both sides of your mouth at the same time to prevent the dentures from tipping. As you become accustomed to chewing, add other foods until you return to your normal diet." The ADA also encourages new denture wearers to chew using both sides of the mouth at the same time while warning against hot and hard foods.

● HOW DO I TALK?

An immediate effect users will notice is difficulty in talking clearly. You shouldn't be alarmed, the ADA says. "Pronouncing certain words may require practice," the association says. "Reading out loud and repeating troublesome words will help. If your dentures click while you're talking, speak more slowly."

● CAN I KEEP THEM IN ALL THE TIME?

Not necessarily. Dentists often recommend that dentures be removed at night once wearers have adjusted to them. By taking them out, you promote oral health and your gums can rest.

● DO I NEED AN ADHESIVE?

If you have a poorly fitting denture, an adhesive is not the answer. If your denture fits well, an adhesive "can provide additional retention," the ADA says.

● "BRUSHING" YOUR DENTURES, MOUTH

Just because you have dentures doesn't mean you can ignore care for your mouth. "Like natural teeth, dentures must be brushed daily to remove food deposits and plaque," the ADA says. "Brushing helps prevent dentures from becoming permanently stained and helps your mouth stay healthy. It's best to use a brush designed for cleaning dentures. A toothbrush with soft bristles can also be used. Avoid using hard-bristled brushes that can damage dentures."

Each and every day, you should "brush your gums, tongue and palate with a soft-bristled brush before you put in your dentures," the ADA adds. "This removes plaque and stimulates circulation in the mouth. Selecting a balanced diet for proper nutrition is also important for maintaining a healthy mouth."

was not as big as a priority as staying alive. But as they aged and dentures became less popular, they were embarrassed to have them.

I learned my father wore false teeth in a shocking way. While swimming in the Gulf of Mexico, Dad stood up and took the full brunt of a wave striking him in the back. The force of the surge flung him forward; the surprise led him to yell – and out flew his teeth!

I couldn't help chuckling as I remembered Dad's accident while sitting in the dentist's chair. Yet, could I deal with the psychological pain of knowing that I, too, would have false teeth?

There, I wrote it – The two words that make dentures a hard choice for many people. False teeth is a harsh term. Dentures is a nice medical term.

In talking with my wife, I made clear a couple of points. One, she was not to look at me when I had my false teeth out. (No teeth leaves you with a shrunk face; you age 10 years in a moment.)

Two, she would not kiss me if I were minus the teeth.

The Broken Teeth Diet

Despite the embarrassment, the mix of financial costs and the length of time required for the other work to be done left me little choice. Because I couldn't eat I was starving. In short order after losing a couple of teeth, breaking two more and in fear of losing yet others, I ate less and less. I quickly lost 10 pounds. (However, the "broken teeth" diet is NOT one I recommend anyone else.)

To accelerate matters, I chose "immediate" over "conventional" dentures. By going the "immediate" route, my dentists made molds of the upper and lower mouth. As I underwent three rounds of teeth removal, the dentures were formed at a lab. As the name implies, the immediate upper denture was put into my mouth shortly after the final upper teeth were removed.

Didn't this hurt? Well, my mouth was still numbed – and the denture fit very well. But within a couple of days I started feeling pretty good. A month later, I feel great! If I had gone the conventional route,

I would just now be getting the denture.

The Route to Decay

Why were my teeth in such bad shape?

First, I've always had weak teeth dating back to baby teeth that rotted and had to be pulled.

In 2005, I underwent a great deal of radiation and chemotherapy to treat Stage 3 colon cancer. While all that poison helped save my life, it also left me with neuropathy in my hands and feet (I can no longer run), more loss of hearing (it was already bad), and dry mouth.

Dry mouth helped undermine my teeth, and seven years after the cancer treatment they began to collapse. In the period of a few months, they began to chip and break. It was like a domino effect.

By December 2011, I had to make a choice. I had to see a dentist. I could not endure the pain. Yes, I should have gone to the dentist much sooner. But the diagnosis then would have been the same as the year ended – the teeth had to go or be

completely rebuilt.

Relearning to Whistle

The first stage of work is now complete. I wear discreetly, not proudly, a full upper denture. The formal term is maxillary denture. I just call it my upper teeth.

Have Dentures Already? Some Tips for Care from Dentureliving

- Clean your dentures every day. Cleaning dentures daily with a denture brush and soaking them in a cleanser solution will help keep your dentures looking white and bright, while preventing plaque buildup and denture odor.
- Rinse and brush your dentures in clean, warm water with a denture brush.
- When cleaning dentures, don't brush too hard; you don't want to damage any plastic or metal parts of the dentures. If needed, moisten the denture brush to avoid damages or scratches to the denture surface.
- Brush your gums, tongue, and natural teeth with a fluoride toothpaste before reinserting your dentures. This will help remove plaque from your teeth, stimulate circulation in your mouth, and help maintain good oral health.
- After brushing, rinse with a mouthwash, to give your mouth a refreshed feeling.
- Never try to adjust your dentures yourself. This might cause harm to your mouth or damage to your dentures.
- Visit your dental professional regularly

Over the coming weeks, I will receive a lower partial denture. Fortunately, I am keeping several of my natural lower teeth. That means the partial denture will have something to grip rather than gums.

The upper denture required tweaking to adjust for the gum as it healed from all

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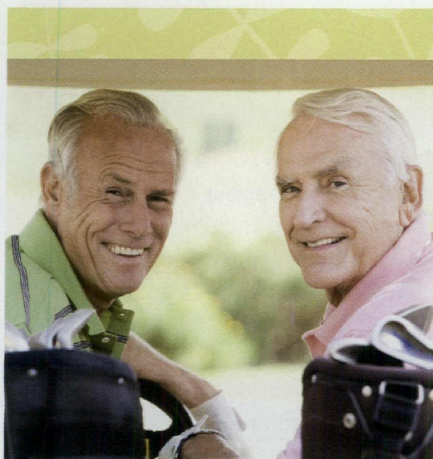
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BE CAREFUL: HOW TO REMOVE YOUR DENTURES

- Swish your mouth with warm water or a mouthwash, such as Scope. Fill the sink with warm water to avoid breaking the dentures if they are dropped.

- To remove your top denture, place your thumb against your front teeth and press upward and outward toward your nose. To remove your lower denture, slowly pull on your denture while applying a rocking motion.

- Be sure to keep your dentures moist when you aren't wearing them. This will keep them from drying out

and losing their shape. Store your dentures in a denture cleanser soaking solution or in water. Never place your dentures in hot water. This can cause them to warp.

- If your denture has metal attachments, talk to your dentist about how it should be cared for. Placing this particular denture in water can cause the metal pieces to tarnish.

For more information, go to:
www.dentureliving.com/
www.ada.org/

the teeth pulling. And without any lower molars at the moment to support it, the denture still slips on occasion. I also still can't eat some solid foods.

But the pain is gone – and so is the fear of leaving a tooth in my next meal. Best of all, I can smile again without being embarrassed.

Challenges remain. I can't whistle – yet. I still talk with a lisp. You have to adjust to having an appliance attached to the roof

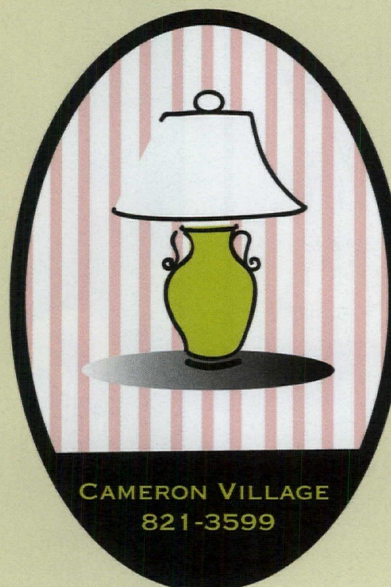
of your mouth. You lose some taste. You lose biting power – but most of mine was already gone. And the feel of the bite is almost like bone against plastic. But you adjust. And look into implants that anchor your dentures.

I'm happy – and I feel so much better physically as well as mentally. I just have to remember watching Dad in the surf and make sure that I don't get surprised by a rouge wave. **MM**

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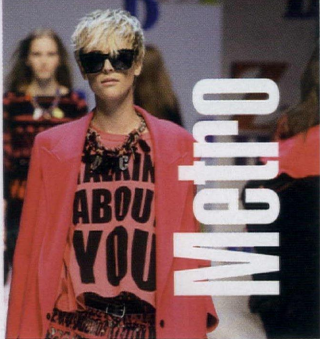
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Style

by Catherine Fain

EYEBROW SHAPING; A PROFESSIONAL SHARES HER SECRETS

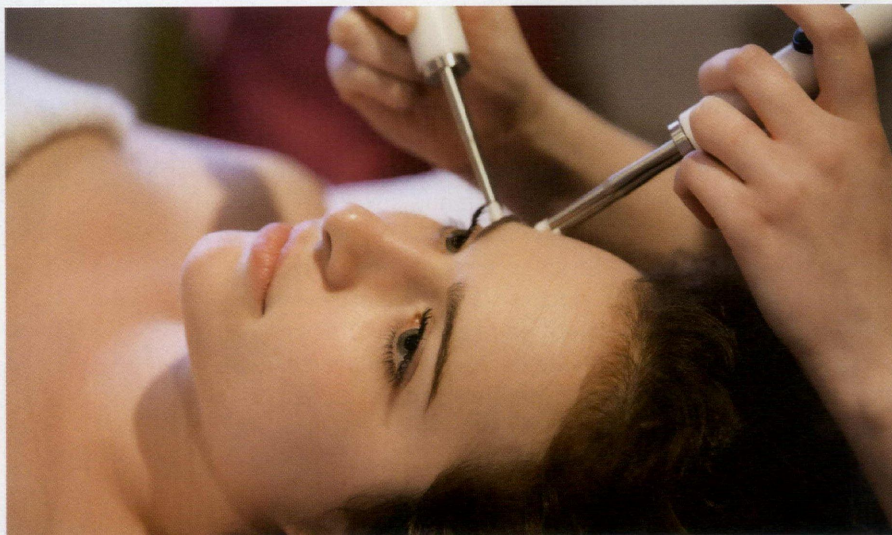
Of all the tricks of the grooming trade, most pros agree that eyebrow shaping is one of the most effective ways to present your best face to the world.

It's not just for women, this is one grooming principle that applies to both sexes. Properly shaped and maintained brows can transform your look and highlight your best features. It can be difficult to find the right shape on your own; a professional can help you perfect your shape and teach you some of the ways to create your perfect brow.

Metro spoke with makeup artist and brow expert Amy Kernahan for her advice on regimen and maintenance tips.

AMY'S TOP 4 TIPS FOR BROW SHAPING.

1 Always have your brows professionally shaped to get the right shape for your face. That way it is easier to follow the line when performing at-home maintenance.



2 When cleaning up stray brows, Amy recommends filling in the brow with brow powder to establish a definitive shape. This will make tweezing around the desired shape easier.

3 Be sure to trim long, stray brows to give the brows a more polished look. Comb the front part of the brow up and trim off the ends. Then comb from the middle part of the brow to the end down and trim just the ends.

4 Finish your grooming with brow powder and brow gel to hold the brow in place and maintain your shape.

Amy Kernahan Studio offers a full range of skin perfecting techniques, services and make up expertise. Get your skin glowing with a complete skin-care regimen: facial by Yelena, brows sculpted with Amy and see Dr. Schwarz for some line-erasing Botox. **MM**

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Bathing Suits 2012

Stylish And Sexy - Yet More Conservative

By Catherine Fain

Bathing suit season is upon us again, but do not fear, we have found plenty of super stylish and flattering bathing suits for everyone.

As with all of fashion, bathing suit styles are somewhat cyclical, this year displaying an abundance of one-pieces and retro-cut two-piece options. The styles are reflective of what had been lacking in the swimwear market: more conservative cuts that are still stylish and sexy.

The high-waist bikini is everywhere; it's a great way to camouflage slight imperfections (real or perceived!) while maintaining a little bit of edge and playfulness. One piece and tankini styles have received an overhaul as well, with designers featuring plunging necklines, cutting the leg higher and adding interesting back details to add pizzazz.

Cover-ups have taken on new life. Many designers have integrated them into swimwear lines to complement the suits as well as serve as a post-beach or pool outfit.

Whichever swim style suits you best, be sure to accessorize and wear plenty of sunscreen.



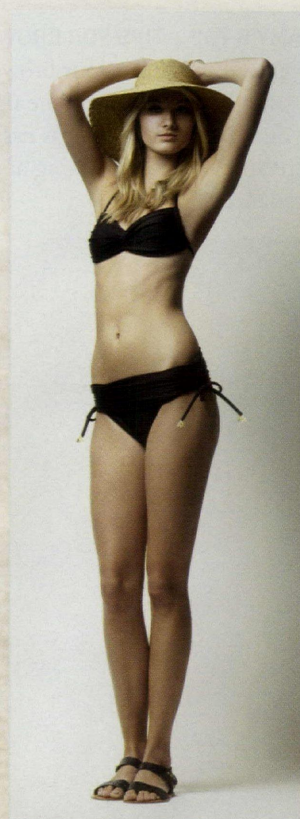
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Donald Pliner signing shoes

"I AM BUT 90" SAYS CANDIDATE FOR GOVERNOR

North Carolina voters can choose among 13 candidates for Governor in the May primaries – six Democrats, six Republicans and one Libertarian. There are names you may recognize, such as Pat McCrory, the Republican who lost to Governor Bev Perdue, and Democrats Walter Dalton, now Lt. Governor, and former Congressman Bob Etheridge. They are apt to get most of the attention between now and the first Tuesday in May. But there is another candidate I think you will enjoy hearing about, regardless of your party affiliation: Bruce Blackmon, one of the six Democrats

When I saw his name listed as a candidate, I was surprised, but I knew it had to be my life-long friend from Buies Creek because early on I learned to spell his name correctly – Blackmon with an “O.” Dr. Blackmon is no spring chicken. “I am but 90” he said in his announcement statement, laying it right on the line.

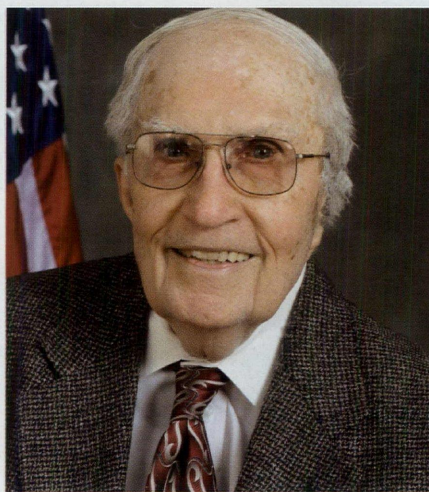
Most folks his age would have long since lost interest in public affairs and any hope of changing the system for the better. But not Dr. Blackmon. And I knew he had to be serious about it because the filing fee for Governor is well over \$1,000 and folks in Buies Creek will tell you that Dr. Blackmon has always been tight with a buck.

A year or so ago he told my brother Frank, who can look out his back door and see Dr. Blackmon’s house across the way, that he wanted to see me the next time I was in town. I obliged and was received by Dr. Blackmon and his housekeeper. His wife Lelia – one of the dearest souls I have ever known – died a few years back. I discovered that he wanted to tell me about a book he had just written titled, *More Cash, Less Taxes-World Peace* that is available on Amazon.

He has long contended that the most fiscally efficient way to aid causes – private and public – is to create endowments. He describes them as self-sustaining growth funds that allow organizations to spend half of the income at the end of year and reinvest the rest. Infinite good sense, he told me. Money

to use. Money to grow the fund.

In his announcement he said voters ought to have the right to spend more of their own money. Years ago, he convinced Harnett County to follow his strategy by creating a growth endowment designed to generate enough money yearly to lower taxes eventually, they hope. He practices what he preaches. Dr. Blackmon set up a successful growth endowment in his church, and he and Leila set up the The Roy Giddings Growth Endowment with the North Carolina Baptist Foundation, stipulating that one-half of the spendable income go to the Center for World Religions and Global Culture at Campbell University Divinity School.



Dr. Bruce Blackmon

I listened intently during my visit, and promised to come back to ride with him on his golf cart on a trail he has created on his property where I played as a boy I once knew like the palm of my hand. Larry Stewart, still his neighbor, and I set rabbit boxes on his land, fished in his creek, practiced shooting our 22s and picked blackberries to peddle for spending money. I gathered quartz crystals in a pasture long-since overgrown and learned about wild azaleas and other native plants. If he minded, he never told us.

There is a family tie that makes this happy warrior particularly special to me. In the 1950s, Buies Creek had no doctor. The local civic club decided to go to Wilmington

and try to convince the young Bruce Blackmon — who just graduated from med school — to come home to Buies Creek and practice. My stepfather was a member of the delegation that went to call on him. Dr. Blackmon listened to their entreaties and came home to dedicate his life to the community and its residents.

He practiced on “Main Street,” which actually never had a name, in the building where the old bank had failed during the Depression. I was fascinated by the fact that it had a walk-in vault. Dr. Blackmon and my stepfather remained fast friends for the short while he lived after these events.

Dr. Blackmon’s wife Lelia was his soul mate. After they settled in Buies Creek, I remember the gentle ladies of the town saying quietly, “Lelia is from Durham and from a very fine family.” She became a pillar of the church and lent a hand in most good causes. What a kind person she was.

Speaking of the church, I almost forgot this story. Years after Dr. Blackmon returned to Buies Creek, we had a classic Baptist Church battle for control with one side (that included my family) trying to oust the entrenched minister. We thought we had the votes locked up, only to have the Elections Committee appointed by the minister announce we had lost. Dr. Blackmon, fearless and full of gumption, rose to his feet and challenged the outcome. Members of the Committee then had to admit that they had ruled our candidates – all prominent members of the church – “disqualified” and given the seats to the opposing slate. He and Lelia then helped found a second Baptist Church that has prospered. My mother was a Charter Member.

Dr. Blackmon and my mother, in a manner of speaking, practiced medicine together. Dr. Blackmon received his medical training at Wake Forest. Mother’s medical abilities were intuitive. Young mothers would show up at her door with babes in arms to ask her advice about what to do about a runny nose, colic or a fever. When Dr. Blackmon came to our house, he and

Mother made a pretty good team.

Dr. Blackmon made house calls. He said he could always tell the urgency of a call from how mother, who was ten years older, addressed him on the phone. "If Ruby started out by calling me 'Dr. Blackmon,' I knew it was no real emergency. But if she said, 'Bruce,' I knew to get over there in a hurry." It was one of those "Bruce" calls that summoned him to our house the Christmas Eve when my stepfather died of a massive aneurism before an ambulance could arrive. He was powerless to help, and the fact that it was the first patient he ever lost made it even more memorable and, I think, painful.

He has long contended that the most fiscally efficient way to aid causes – private and public – is to create endowments. He describes them as self-sustaining growth funds that allow organizations to spend half of the income at the end of year and reinvest the rest.

One night Mother called him by accident. She was home alone and a stranger kept pounding on her door and refusing to leave. Mother meant to call the sheriff but dialed Dr. Blackmon by mistake. By the time the sheriff arrived, Dr. Blackmon had called neighbours and he and a couple of friends with shotguns were on the front porch.

After my stepfather died, my younger brother was stricken with a serious illness. His fever raged. Dr. Blackmon was puzzled. Finally, Mother said, "Bruce, I think this child has scarlet fever."

"I don't know," he confessed, "I have never seen a case." He went to his office, did some research, returned and said, "Ruby, I think you are right." And he prescribed treatment that I expect saved his life.

On another occasion my brother had a violent cough. He had suffered from croup as an infant and mother was alarmed. Dr. Blackmon came and was doing an examination. "Bruce, do you think I should make a plaster out of Vick's?" Mother asked. "Yes," Dr. Blackmon replied, although doubting the efficacy in his mind. "That will give you

something to do to keep you busy."

Dr. Blackmon had his own health issues as a child. He was stricken with polio, and he lost most of the use of his left arm. Throughout his life he has been a champion for state rehabilitation services, which he credits with helping him finance his medical school education.

Over the years, I have welcomed chances to sit down and have conversations with Dr.

Blackmon. He is a treasure trove of local lore. I have told stories in this space that I got from him.

So, is my old friend tilting at windmills? Perhaps. But am I proud of him for still being in the fray at age 90. And if they schedule debates, it would be a shame not to include him, don't you think? He just may have something to say that we need to hear. **MM**

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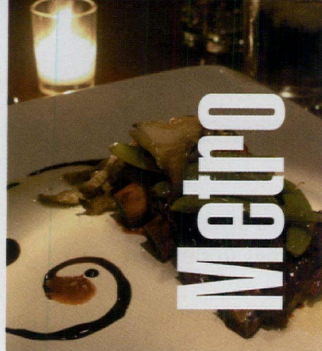
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Gourmet

by CC Glenn

Al Fresco In The Triangle

AREA RESTAURANTS AND OUTDOOR DINING

Ahhh...springtime. The sun shines brightly, illuminating the Triangle's stunning scenery. Could there be a better season for dining en plein air, as the French say?

Triangle restaurants abound with options for enjoying outdoor dining. Nevertheless, we must endure a rather unfortunate inconvenience: the majority of our outdoor eateries face parking lots and shopping centers. Never fear, I have discovered a solution! Simply turn around and face the other way (unless you're one of those people who enjoys staring at concrete parking lots and parked cars).

Outdoor dining hasn't always been popular in the United States, and until recently (and by recently, I refer to the 20th cen-

tury) it wasn't practical. Dirty streets and unsafe sidewalks caused outdoor dining to be unattractive or uncomfortable. However, as European, and then American cities began to modernize, dining outside became a commonplace.

Heck, sidewalk dining in France is practically a national pastime. And across Europe, eating outside is not limited to the warmer months as most restaurants are outfitted with space heaters and plastic weatherproof panels so that appreciating a meal is possible in the late fall and early spring too.

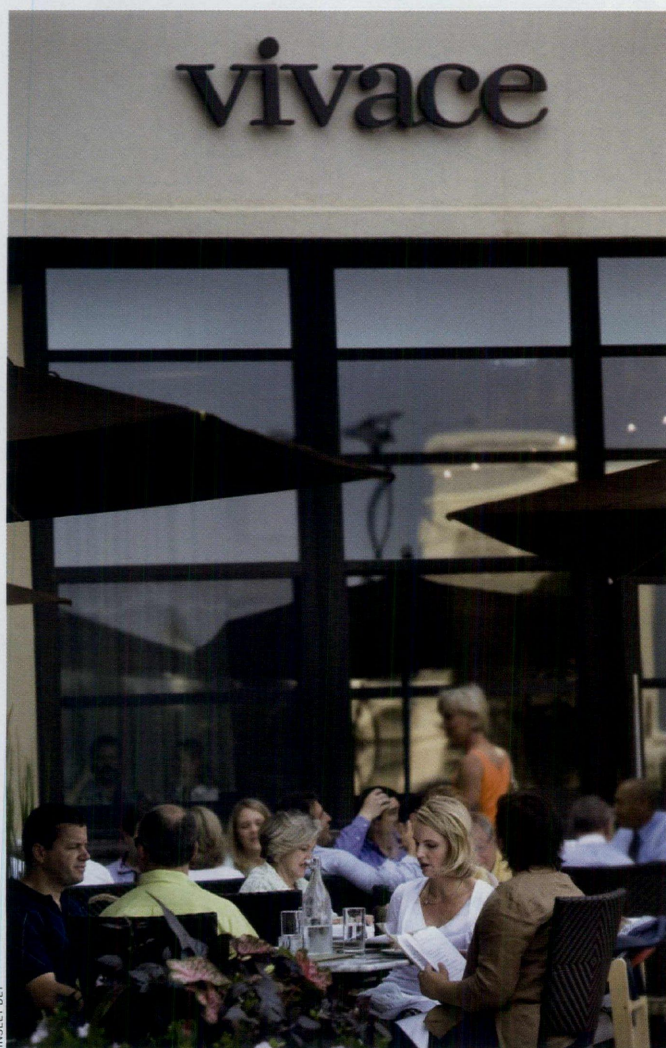
One of my fondest memories with my better half is a summer trip to Italy's Amalfi coast. Over the course of a week, I don't believe we ever consumed a meal indoors. Even on those hot sticky days, and especially on warm nights, Italy supplied exquisite culinary memories: prosciutto and melon salad, light airy pastas, fresh caught seafood, ice cold lemoncello. Whilst sitting on the deck of a local café, the setting sun would bounce off the water and onto our table, illuminating both our sunburnt faces and our delectable dinners.

Okay, so maybe no one restaurant in the Triangle offers an al fresco experience quite like those in Italy's Amalfi coast. But with a little imagination, you can transport yourself to Italy, France, Spain, or anywhere you desire.

RALEIGH

If you're craving that delicious al fresco Italian meal, head over to Vivace in North Hills. Nestled into a corner of The Lassiter, across from North Hills Shopping Center, Vivace offers a chic terrace well-suited for their smart and sophisticated Italian dishes. For a light spring lunch, order the pear and beet salad with goat cheese and prosecco vinaigrette, or the caprese with juicy tomatoes and fresh mozzarella, drizzled with balsamic syrup. The menu covers all bases so diners can choose from small antipasti such as a selection of cured meats and cheese, fried calamari or steamed mussels, to composed salads, pizzas, paninis and pastas, and heavier secondis such as veal saltimbocca and prosciutto-wrapped cod.

A stone's throw away, Midtown Grille boasts contemporary American cuisine that can be enjoyed on the restaurant's charming trellised patio with twinkling overhead lights. Whether you're having lunch with co-workers or are on a dinner date, dining outside at Midtown Grille is equally as delicious. Chef Scott James serves seasonal soups and salads, creative sandwiches and burgers, and more sophisticated mains featuring succulent meats and fresh fish. Try the grilled swordfish with lemon and arugula risotto; bronzed diver scallops with curry-spiced parsnip purée and ginger sweet corn; or the espresso and Ancho chili-rubbed strip steak



with asparagus frites.

A rookie to North Hills is the Chicago-based Italian eatery, Mia Francesca. The large and well-appointed restaurant opened at the end of 2011 and offers standard Italian fare. Although the view isn't the most scenic, the restaurant does offer a small patio that is well-complemented with a rustic wooden trellis and charming hanging baskets and planters. I recently enjoyed a lovely penne paesana (their version includes sliced Italian sausage, mushrooms and peas in a light tomato cream sauce) on the patio for lunch. Next to the Renaissance Hotel, Mia Francesca is open for lunch, dinner and weekend brunch.

For fresh and flavorful Southwestern dishes, visit Cantina 18 in Cameron Village. The two-year-old restaurant offers fun, but upscale Tex-Mex that can be relished inside the colorful restaurant or outside on the patio. The locale is a perfect spot for lunch with friends or an early evening dinner on the patio as the sun sets. They've got the expected dips, salsas and guac, but also creative alternatives such as short rib nachos with corn, peppers, beans and goat cheese, a crispy shrimp wrap with smoked poblano peppers, and cornmeal-crusted mahi-mahi tacos with tomatillo sauce and marinated onions.

18 Seaboard, Cantina 18's sophisticated and elegant older sister, operated by celebrated chef and owner Jason Smith, boasts—in addition to an attractive dining room and bar—a romantic upstairs mezzanine. On warm nights you can savor Chef Ty Parker's tasty dishes over a candlelit dinner on top of the restaurant overlooking the Raleigh skyline. Parker prepares elegant food all around, but the star of the show is his locally sourced seafood. Start with the Snead's Ferry she-crab soup, before trying the Pamlico Sound shrimp pappardelle, the cornmeal-crusted Carolina catfish or the pan-seared New Bedford scallops. And now, 'tis the season for soft-shell crab! Don't miss 18 Seaboard's fried soft shell crab over a bed of leek and ramp mashed potatoes.

Perhaps the spot with the most stunning view of downtown Raleigh's skyline is the Boylan Bridge Brewpub. Young hipster types co-mingle with a preppy after work crowd at this simple bar, sipping



Penne paesana pasta from Mia Francesca.

homemade craft beers and specialty cocktails. Try the Boylan Bash with Grey Goose La Poire and Cascade hops leaves, or the Glenwood Brooklyn, their version of a Manhattan which includes Cheerwine. The food may not be superb, but this

entertaining outdoor space offers an extraordinary view of Raleigh and is a pleasing spot to lounge on a warm, sunny afternoon.

The iconic Raleigh hang-out the Player's Retreat now has up-market food,

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The Raleigh Times and Vic's Ristorante Italiano are part of a burgeoning al fresco scene downtown. Bella Monica on Edwards Mill Road represents a growing outdoor dining trend in Raleigh's suburban enclaves.

CHAPEL HILL

Chapel Hill can't claim a skyline like Raleigh's, but it is home to several charming garden patios that serve up spectacular meals.

NIBBLES

Durham's Magnolia Grill, the nationally acclaimed Durham restaurant will close at the end of May after 30 years. Owners Ben and Karen Barker say they want to spend more time with family. Ben Barker won a James Beard award, considered the Oscar of the culinary world, in 2000 as the top chef in the Southeast; and Karen Barker was named the nation's top pastry chef by the James Beard Foundation three years later. They were the only James Beard winners in North Carolina until Andrea Reusing of Lantern in Chapel Hill was named the Southeast's top chef last year.

The Mint, on Fayetteville Street in downtown Raleigh, closed down in April. Opened in 2008 in space leased from the City of Raleigh, The Mint was known for its contemporary American cuisine and emphasis on molecular gastronomy.

From Sunday, May 6 through Thursday, May 10, **The Crunkleton** in Chapel Hill will celebrate World Cocktail Week with nightly seminars on cocktail history. Each night guests will enjoy a complimentary tasting and learn about an era of cocktail history. Seminars begin at 8 pm and will feature guests from Triangle bars and restaurants: Andrew Shepherd and Alex Flynn of Foundation in Raleigh; Jordan Hester and Eric Ballard of Fox Liquor Bar in Raleigh; Tim Neill of Peccadillo in Chapel Hill; Matthew Bettinger of C. Grace in Raleigh; and Shannon Healy of Crook's Corner in Chapel Hill.

The 5th Annual Got to Be NC Festival will take place on the NC State Fair Grounds in Raleigh from Friday, May 18th through Sunday, May 20th and will feature a NC Food & Wine Expo (admission \$2). Friday's book signing will include chefs and authors such as Jean Anderson and Andrea Reusing. On Saturday the festival will host the annual Carolina Pig Jig with North Carolinians will compete in cooking whole pigs (\$10 ticket all-you-can-eat). Visit www.gottobenfestival.com for more information.

Seaboard Wine will host the 2nd annual Club Horizon Wine & Food Pairing Event on Saturday,

Perhaps the most well-known eatery with outdoor seating is the fabled Crook's Corner, tucked into the curve where Franklin Street heads into Carrboro. The patio is nestled in a haven of soaring bamboo shoots. A water fountain trickles, blocking out the sounds of the street, and flowers bloom, secreting sweet scents. Once spring weather rolls around, the patio becomes a favorite spot to savor a classic Southern meal. As the evenings grow longer, I love to linger over dinner on the patio. I may start by sipping a French 75 and munching on crackers and crudité with pimiento cheese and hot pepper jelly. And though every dish is loyally superb, I

May 19th starting at 6:30 pm. Food and wine will be furnished by local restaurants and distributors. Tickets (\$50/person) are available online at <http://clubhorizonwinepairing-eorg.eventbrite.com/>.

The annual **Farm to Fork Picnic**, celebrating the local food and farms of the Piedmont, will be held on Sunday, May 20th from 4 pm to 7 pm at the W.C. Breeze Family Farm in Hurdle Mills. Tickets, \$100, include food, drinks and music, and can be bought online at www.farmtoforknc.com. Proceeds will benefit farmer training programs at the Center for Environmental Farming Systems and W.C. Breeze Family Farm.

To kick start summer, Pittsboro will hold a **NC Hops & Roots Fest** on May 26th, featuring local food, live music, a beer garden and wine tastings. Visit <http://visittittsboro.com/events/nc-hops-roots-fest> for more information on local vendors.

On Sunday, June 17th, The Angus Barn and head chef **Walter Royal** will host a Father's Day cooking class devoted to the chef's "Secrets of Grilling" [Class \$100/person].

The 2012 Epicurious Vino Challenge is set for Saturday June 2, at the 80-acre Hinnant Family Vineyards in Pine Level, NC. Last year's top winner, Chef Tom Armstrong of Vinnie's Steakhouse & Tavern, will join Brian Battistella, Battistella's, Raleigh; Mario Huante, Chef Mario, Inc., Raleigh; Gordon Gray, Garden on Millbrook, Raleigh; culinary students Jacob Busler and Jeneen Hill, International Culinary School at The Art Institutes, Raleigh/Durham; Jeremy Law, SoCo Farm & Food, Wilson; Peter Edgar, Quince: A Southern Bistro, Wilson; Mark Lawson, East Restaurant at the Blockade Runner, Wrightsville Beach; and Chuck Hayworth, Worth It Cafe, Durham. The popular event, which combines specials dishes and paired wines, is sponsored by RHA Howell, the non-profit that works with people with disabilities and special needs. Go to www.hinnantvineyards.com for more.

can't pass up Bill Smith's soft shell crabs with fresh basil and garlic. If honeysuckle sorbet is on the menu, don't miss it.

Down the road at University Mall, Giorgios Bakatsias has converted Spice Street into City Kitchen, an American brasserie. The new dining room hosts a large communal table, rustic décor and an enormous chalkboard over the top of the open-faced kitchen with folksy drawings and creative menu descriptions. Chef Ricky Moore, a Culinary Institute of America graduate from New Bern, has pieced together a delightful menu, breathing new life to classic dishes with his innovative approach. The menu runs the gamut, offering everything from flatbreads and sushi to steaks and burgers. On opening night, I started with succulent steamed mussels bathed in a spicy barbeque jus, followed by hot smoked Adobo salmon nachos with avocado, capers and pickled red onions. Next came a tasty and healthy salad of roasted broccoli and leeks with bleu cheese and candied pecans. Chef Moore then brought out North Carolina shrimp with citrus basmati rice, basil and chiles. And though the dish may sound simple, my favorite item was the spiced roasted half chicken—extremely juicy and tender—with sweet potatoes and a lemon-rosemary sauce. If you're lucky, Giorgios himself will sprinkle oregano and thyme from his home garden atop your chicken.

On nice afternoons and evenings, the best seat in the house is on the patio. Yes, it too is adjacent a parking lot; however, the view is mostly obstructed by rose bushes, planters and twisted vines that wrap through the overhead trellis. As the sun subsides, sip a glass of Sauvignon Blanc and enjoy appetizers on the patio. You may even get some sun.

Next door, behind a patio enclosed in brick, is the Weathervane, which recently renovated its inside dining area and revamped the menu. Connected to A Southern Season, the Weathervane serves breakfast, lunch, dinner, and Sunday brunch. Their good-sized salads (Caesar, Spinach, Cobb and Almond Chicken) are reliable, as are their sandwiches.

For seafood en plein air, head over to Squids off of Highway 15-501. Its laidback and convivial atmosphere pairs well with

luscious lobster, mussels, clams and crabs. Sit back, have a beer and dig into a bowl of peel-your-own shrimp. And don't worry, if you have to don one of those fashionable plastic bibs, no one is judging.

Il Palio at the Siena Hotel, Chapel Hill's (and North Carolina's) only AAA four diamond Italian restaurant, is well-known for its award-winning cuisine, not its outdoor dining. However, they are currently undergoing exterior renovations that will boast a new fountain surrounded by patio seating, an expanded Trattoria-esque terrace and even a bocce court. Soon you'll be able to enjoy Chef Adam Rose's exquisite Italian cuisine under the Tuscan (okay, I'm exaggerating) sun. I recently enjoyed a delectable lunch here with a friend, sharing first the marinated beet salad with chevre, blood oranges and fried chickpeas; then the Sunnyslope Farm tomato caprese with Chapel Hill Creamery mozzarella. After these palate-whetting appetizers, we indulged in pillowy house-made ravioli stuffed with fresh mozzarella di bufala and surrounded by shrimp, fava beans and sage butter; and lastly, an extravagant orecchiette pasta dish with Italian sausage, rapini, peppers and basil pesto.

DURHAM

In Durham, several restaurants offer quaint patio seating, but my favorite is Vin Rouge. Another Giorgios restaurant, the French brasserie has a charming terrace off to the side that's the ideal setting for an early evening dinner or Sunday afternoon brunch. How can you resist a glass of crisp white Burgundy paired with a *salade niçoise* or a *frisée aux lardons* while dining à l'extérieur? For Francophiles like myself, this may be the closest we'll ever come to France in the Triangle.

Following the success of Revolution, Jim Anile opened his second Triangle restaurant, L'Uva, in the American Tobacco Complex featuring a small but lovely outdoor seating area facing the little canal. Open for lunch, dinner and now brunch, L'Uva is a great spot to venture for a low-key lunch or a romantic dinner. All pastas are fresh, house-made and perfectly seasoned (and are available as a small or large plate). Some favorites to try: the salad of Parma, arugula and grana cheese with

wildflower honey; lemon sole with cauliflower-eggplant soffritto; and tagliatelle with chicken livers, braised beef and English peas.

For ample sunlight and free baseball, all while enjoying your lunch (or dinner), head to nearby Tobacco Road behind the Durham Bulls stadium. Although a sports bar and restaurant, Tobacco Road serves more than your standard bar fare. They offer an extensive menu, including crab cakes, lettuce wraps, Southern fried pecan chicken salad, black eyed pea cakes, a balsamic-marinated portabella sandwich and a Cajun po'boy, to name a few items. Their extended patio sits behind the Blue Monster in Left Field so it's possible to watch the game while simultaneously enjoying lunch. Tobacco Road has a second location in Raleigh on Glenwood Avenue and is opening a third location in Chapel Hill's East 54 development.



CARRBORO

In Carrboro, my favorite place to brunch is Acme on East Main Street. Set back from the street, Acme has a secluded patio overgrown with greenery and beautiful white hydrangeas. I usually steer towards a savory dish like the Orange County Special, which consists of a buttermilk biscuit smothered in Soehner's Farm sausage gravy, cheddar cheese and

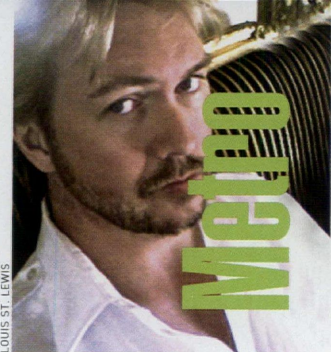
two eggs any style. When I have a sweet tooth, I'll go for the waffles with fried apples, whipped cream and Vermont maple syrup.

On Saturdays, after a trip to the Carrboro Farmer's market, you can't beat lunch at Neal's Deli. If I'm feeling carnivorous I may order the Manhattan, piled high with house brined and smoked pastrami, homemade slaw, Swiss cheese, and Russian dressing between two slices of toasted Rye bread. For vegetarians, Neal's has a delicious pressed veggie sandwich with pureed Tuscan-style white beans, wilted spinach, roasted carrots and picked red onions on Rye. But most days, I can't resist their hot dog specials. There's nothing better than sitting at a picnic table in the sun while eating an apple cheddar dog (Hofmann's pork and veal dog on a brezel roll from Guglhupf's bakery) on a warm, breezy May afternoon.

CARY

The most elegant outdoor dining in Cary can be found at Herons at the Umstead Hotel and Spa. On a beautiful day, don't even bother making a reservation to sit in the über-fancy dining room. Instead, opt to sit outside on the stunning deck and enjoy Herons' bar menu—offerings that trump most standard dinner menus. Whether you are visiting for lunch or a late afternoon snack, there is always a lovely choice available. For a snack or a starter, try the hot buttered popcorn with truffle oil and sea salt - or if you're hungry for a meal, order the pork belly or the truffled crab sandwich, or the smoked salmon with fennel and leek hash.

For a more quotidian but equally tasty meal stop at La Farm Bakery. An authentic French bakery, La Farm bakes 15 varieties of bread daily and regularly offers specialty loaves. In addition to its baking duties, La Farm serves breakfast and lunch Monday through Saturday from 7 am to 7 pm, as well as brunch on Sundays. On nice days, you can order your sandwich, salad or quiche and enjoy it on the charming outdoor patio. La Farm makes a marvelous Croque Monsieur, as well its sister sandwich the Croque Madame, and always has either a Quiche Lorraine or a quiche du jour on the menu. **MM**



LOUIS ST. LEWIS

by Louis St. Lewis

Artist-at-Large

PORTRAIT OF AN ARTIST AT LARGE

Being your humble Artist-at-Large is a huge responsibility I take quite seriously. I often must wade through throngs of art patrons to reach the complimentary wine bar, only to have to repeat the process 15 minutes later. I regularly come down with horrible symptoms of eye strain from having to witness a seemingly never-ending supply of bad landscape paintings. Because said bad landscape paintings often sell to an uneducated art buying public, the sheer act of purchase is taken by both the artist and their dealer as encouragement, if not license, to create and sell even more bad landscape paintings.

Sometimes I am hounded by folks who want me to write-up to their spouse, child, granny or whoever just retired from 50 years as a surgeon and now finally has taken up the brush to paint banal still lifes. Ain't gonna happen. Your hobby is my vocation, and there are too many good pre-professional artists around for me to cover. It's a story as old as the South. When I told my family I wanted to become an artist rather than a physician I was sent to a psychiatrist as well as our minister.

Why, oh why would anyone want to become a professional artist in North Carolina? After all, for many years, our brightest and best artists fled as quickly as they could for more promising environments. As a young man, artist and acclaimed American Master Jasper Johns fled the Carolina's for New York City on the Silver Crescent train. "It was the fastest way to get out of there" he said. "There were no artists and there was no art". And while the echo of that sentiment still has the ring of truth, thankfully things are getting better each and every day. And while some of the chores heaped upon me as your friendly and loving Artist-at-Large are almost too much for mere mortals to bear, some are quite delightful. I can get into the museums gratis, I am invited to a lot of swell parties, and I find out all



Celestial Grid by Tom Grubb

the gossip before it goes off the boil. But the biggest pleasure is meeting new talent and experiencing great art, right here in the Tar Heel state.

ART IN THE GARDENS

Another perk is folks always ask me to jury this and that. I recently co-judged the "Art in the Gardens" exhibition at Sandhills

Horticultural Gardens in Pinehurst. with my lovely friend and gallery owner Judy Broadhurst. We had a ball sashaying through the rolling landscape and discovering the beauty of art in nature. There was no question who would win the grand prize.

"Celestial Grid" Tom Grubb's 70-foot tall bamboo and rope sculpture was a showstopper — elegant, ethereal, enigmatic. The gardens are such a wonderful locale for a show like this, but they need to up the ante, offer larger awards and find someone who knows how to site sculpture. Many of the works looked plopped into position, almost as an afterthought rather than considering individual works in relationship to landscape and architecture. With all that Pinehurst golf money lying around, surely someone can plop down a few grand for awards. If not, why should the artists even bother to enter the competition? News Flash: ARTISTS DO NOT LIVE OFF OF COMPLIMENTS. That's something that folks need to know everywhere, not just the Sandhills.

ELAINE REED: ELEGANT AND TIMELESS

Speaking of Pinehurst and Broadhurst gallery. I recently encountered works by a wonderful ceramicist I think you all will love. Elaine Reed, has created a series of figurative porcelain heads that are elegant, masterful and timeless. There is definitely a look back towards deco -moderne in her creations. And Reed's choices of glazes - from cool turquoise to the antiquity of faience blue - will have you under a hypnotic spell of beauty. I don't think Elaine will mind me saying that she is in her 80's now, and as active as ever. With her talent, she can hang in there with artists more

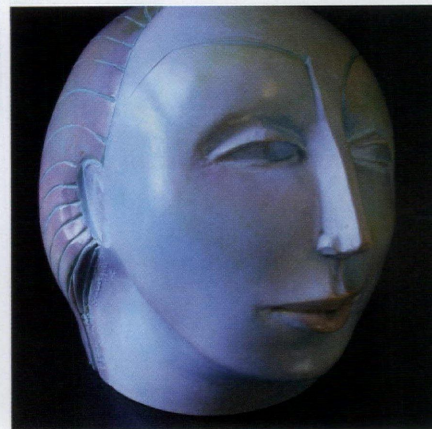


Figurative porcelain heads by Elaine Reed

than half her age with ease. In fact, many could learn from her (www.broadhurst-gallery.com).

LIBERTY ARTS

And speaking of young artists, I recently had the pleasure of visiting the new digs of Liberty Arts (www.liberty-arts.org), an artist collaborative sculpture studio and foundry just behind the Golden Belt complex in Durham. When I was there hundreds of people were milling about, checking the scene, watching molten metal being



poured into molds, glass being blown and wine being swilled. I was especially taken with the masterful art furniture of Elijah Leed. Part Noguchi, part Le Corbusier and all original, his work gives the nod to 20th century masters with a decidedly 21st century twist. In Leeds' hands, simple scores of wood and cast metal turn into edited and elegant moments of fine design. I found that all the members of Liberty arts are fine craftsmen and artists worthy of your patronage. Make a point to visit them soon. **MM**

Metro Magazine

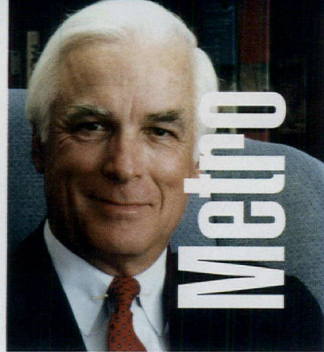
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Editor-at-Large

by Jim Leutze

AMERICA IN DECLINE

During the past semester I have been teaching an honors course on the primaries and the electoral process. Consequently, I have been absorbed in the domestic issues that, unfortunately, dominated the Republican primaries. As each candidate has tried to out-do the other in appealing to “the base”, the campaign has swung far to the right. Now that Mitt Romney has virtually secured the nomination, he is rapidly veering toward the middle of the road. It may well be difficult since he is already on the record on the conservative side of many social issues like gay marriage (he wants a constitutional ban), abortion rights (he’s against them) and the Affordable Care Act (he’s against that also). Unfortunately, neither he nor his opponents has taken such strong stands on issues which I think are central to the health of this country. My list includes improving our woeful education system, doing something about our gridlocked and dysfunctional political process, repairing and upgrading our roads, airports, rail system and sewer lines and somehow addressing income inequality.

Up until this point I had been viewing my list from a purely national perspective – then I picked up Zbigniew Brzezinski’s *Strategic Vision: America and the Crisis of Global Power*. Brzezinski quickly shook me out of my xenophobic preoccupation by putting our short comings in international perspective and linked them to the ultimate role and future of the United States.

The subject of America’s decline has been much on the mind of experts in the field of international politics. America has declined in terms of economic clout and as an example of a successful and attractive political unit. Whereas we still maintain relative military superiority, two long wars of choice have tarnished our reputation as an exemplar of peace and restraint. At the same time other countries, notably China, have been growing in economic power and influence. Brzezinski and I agree that it is far too early to count the United States out, but the trend lines are disturbing. And it should not only be disturbing to us.

For the past seventy years the United States has played a vital and positive contributory role in the world. Had it not been for the United States, we would be living in a far less stable, far less peaceful, far less open world. The United States has been a role model for many countries who have seen us as an example of free market success with a stable, progressive political process. Thus our growing weaknesses not only puts us at a disadvantage vis a vis other countries economically - and potentially militarily - but also dulls the image that has given aspiring nations hope.

Brzezinski cites six conditions that provide “ammunition for those already convinced of America’s inevitable decline.” I’ll list them, but only elaborate on four. First, he talks about getting our fiscal house in order. Since he is neither a knave nor a fool, he calls for “instituting a serious reform plan that simultaneously reduces spending and increases revenue....”

Then he talks about our corrupt and flawed financial system that threatens us and the world’s economic stability. Yes, Wall Street he’s talking about, and greed.

Third, he turns to growing income inequality “coupled with stagnating social mobility” which he sees as a “long-term danger to social consensus and democratic stability....” As evidence of the inequality he cites statistics that show that in 2007 the richest 1% possessed 33.8% of the nation’s wealth while the bottom 50% accounted for 2.5%. The trend in income and wealth disparity makes America “the most unequal major developed country in the world.” At the same time social mobility in the “land of opportunity” has stagnated. Keep these facts in mind when you hear conservatives talk about “American Exceptionalism”. We are exceptional alright, but not in the way I’d like to be.

Next he addresses our decaying infrastructure. I mentioned in my essay on China (August 2011 *Metro*) how wonderful their airports were; how their trains and subways efficiently moved 10 million people in and out of Shanghai daily. In comparison, our infra-

structure is deteriorating to the level of a Third World country. (While you are reading this I may well be on a train pulling out of Paris and heading south at 230 mph.) The American Society of Civil Engineers in 2009 gave our infrastructure a D -, a D in aviation, a C- in rail, a D- in roads and a D+ in energy. And this isn’t just about grades or bragging rights. Brzezinski reminds us that “reliable infrastructure is essential to economic efficiency and economic growth....”

Next, because of our deficient educational system, Americans are “highly ignorant about the world”, the public “has an alarmingly limited knowledge of basic global geography, current events, and even pivotal moments in world history....” Our ignorance is abetted by the comparatively few sources of reliable journalism covering international events. Because we don’t know much about the world, it is easy for demagogues to whip up fear - which Brzezinski says “increases the probability of self-destructive foreign policy initiatives.”

The sixth problem, closely related to the fifth, is America’s “increasingly gridlocked and highly partisan political system.” Our media are “dominated by vitriolic partisan discourse while the relatively uninformed public is vulnerable to Manichean demagoguery.” The result is the kind of stalemate we have seen in the Congress this season and the angry tone of the primary campaign. I’d never thought of connecting our deficient educational system to the appeal of Rush and his ilk, but it makes sense.

Recent studies have shown that a large number of college students graduate without having honed critical thinking skills. What does that imply about the 50% of the population who haven’t been to college? How can you expect a public, unaccustomed to critical thinking, or dissecting rhetorical arguments, to know when they are being deceived by clever entertainers? And many, once deceived, are convinced of the evil of their opponent. These six issues are what our politicians should be talking about in the coming election season - but I’ll bet we hear more about Obamacare, abortion and gay rights. **MM**

New Coastal Restaurant

Standing Ovation

Manna Avenue, *Wilmington*

Honorable Mention

Ruddy Duck Tavern, *Morehead City*

Queen Anne's Revenge, *Beaufort*

Restaurant for Seafood

Standing Ovation

Catch Modern, *Wilmington*

Blue Moon Bistro, *Beaufort*

MetroBravo

Jerry's Food, Wine, & Spirits, *Wrightsville Beach*

Front Street Grill at Stillwater, *Beaufort*

Coastal Chef

Standing Ovation

Keith Rhodes, Catch, *Wilmington*

MetroBravo

Kyle Swain, Blue Moon Bistro, *Beaufort*

Honorable Mention

Jerry Rouse, Jerry's Food, Wine, & Spirits,
Wilmington

Hot Dogs

Standing Ovation

The Trolley Stop, *Wrightsville Beach, Wilmington, Southport, Boone*

MetroBravo

New York Deli, *Atlantic Beach*

Honorable Mention

Andy's Burgers Shakes & Fries, *Wilmington*

Breakfast

Standing Ovation

Causeway Café, *Wrightsville Beach*

MetroBravo

Sweet & Savory Café, *Wrightsville Beach*

Honorable Mention

Frost Seafood House, *Salter Path*

Four Corners Diner, *Atlantic Beach*

Shrimp Burger

Standing Ovation

The Dockside Restaurant, *Wilmington*

MetroBravo

El's Drive-In, *Morehead City*

Honorable Mention

Big Oak Drive In & Bar-B-Que, *Salter Path*

Late Night Dining

Standing Ovation

Cameo 1900 Restaurant & Lounge, *Wilmington*

Aqua Restaurant & Bar, *Outer Banks*

MetroBravo

The Ruddy Duck Tavern, *Morehead City*

Honorable Mention

Monkee Bar & Grill, *Atlantic Beach*

Patio

Standing Ovation

The Dockside Restaurant, *Wilmington*

MetroBravo

The Ruddy Duck Tavern, *Morehead City*

Chef's 105, *Morehead City*

Honorable Mention

Amos Mosquitos, *Atlantic Beach*



M E T R O BRAVO ON THE COAST

Coldest Beer

Standing Ovation

Carolina Ale House, *Wilmington*

MetroBravo

Arendall Room, *Morehead City*

Honorable Mention

The Wilmington Icehouse, *Wilmington*

Place for Margarita

Standing Ovation

El Zarape Mexican Restaurant, *Emerald Isle*

K38 Baja Grill, *Wilmington*

MetroBravo

Arendall Room, *Morehead City*

Honorable Mention

Windandsea Restaurant & Catering,
Morehead City

Place for Bloody Mary

Standing Ovation

The Dockside Restaurant, *Wilmington*

MetroBravo

Front Street Grill at Stillwater, *Beaufort*

Local Shrimp

Standing Ovation

Motts Channel Seafood, *Wrightsville Beach*

MetroBravo

Willis Seafood Market, *Salter Path*

Honorable Mention

Atlantic Beach Seafood Market, *Atlantic Beach*

Beach Chairs

Standing Ovation

Redix, *Wrightsville*

MetroBravo

Island Essentials, *Emerald Isle*

Honorable Mention

Walmart, *Wilmington*

Flip Flops

Standing Ovation

Berts Surf Shop, *Emerald Isle, Wilmington, Atlantic Beach, Surf City, Carolina*

Beach

MetroBravo

Atlantic Beach Surf Shop, *Atlantic Beach*

Honorable Mention

Redix, *Wrightsville*

Bathing Suits

Standing Ovation

Redix, *Wrightsville*

MetroBravo

Fran's Beachwear, *Emerald Isle*

Honorable Mention

Bert's Surf Shop, *Emerald Isle, Wilmington, Atlantic Beach, Surf City, Carolina Beach*

Books

Standing Ovation

Barns & Noble Mayfaire, *Wilmington*

MetroBravo

Beach Book Mart, *Atlantic Beach*

Honorable Mention

Emerald Isle Books & Toys, *Emerald Isle*

Clothing Store

Standing Ovation

Monkee's, *Wilmington*

MetroBravo

Palm Garden, *Wilmington*

Honorable Mention

Atlantic Beach Surf Shop, *Atlantic Beach*

Grocery Store

Standing Ovation

Robert's Market, *Wrightsville Beach*

MetroBravo

Lowe's Food, *Morehead City*

Honorable Mention

Harris Teeter at Mayfaire, *Wilmington*

Shopping Center

Standing Ovation

Lumina Station, *Wilmington*

MetroBravo

Mayfaire Town Center, *Wilmington*

Honorable Mention

Atlantic Station Shopping Center,

Atlantic Beach

Art Gallery

Standing Ovation

New Elements Gallery, *Wilmington*

MetroBravo

Carteret Contemporary Art Gallery, *Morehead City*

Vision Gallery, *Atlantic Beach*

Honorable Mention

Spectrum Art & Jewelry, *Wilmington*

Beach House Furniture

Standing Ovation

MacQueens Interiors, *Morehead City*

MetroBravo

Calypso Cottage, *Beaufort*

Real Estate Agency

Standing Ovation

Intracoastal Realty, *Wilmington*

Al Williams Properties, *Atlantic Beach*

MetroBravo

Canon & Gruber Realtors, *Atlantic Beach*

Honorable Mention

Beaufort Realty, *Beaufort*

Emerald Isle Realty, *Emerald Isle*

Golf Course

Standing Ovation

Country Club of Landfall, *Wilmington*

Eagle Point Golf Club, *Wilmington*

MetroBravo

Morehead City Country Club, *Morehead City*

Honorable Mention

Brandywine Bay Golf Club, *Morehead City*

The Country Club of the Crystal Coast,

Pine Knoll Shores

Spa

Standing Ovation

The OC Spa, *Salter Path*

The Sanderling Resort & Spa, *Duck*

MetroBravo

Ocean of Youth, *Wilmington*

Honorable Mention

Head to Toe Day Spa, *Wilmington*

Hair Salon

Standing Ovation

Ward Hair & Nail Design— Beauty Salon,
Wilmington

MetroBravo

Oasis Day Spa & Salon, *Morehead City*

Honorable Mention

Head to Toe Day Spa, *Wilmington*

Boat Slip

Standing Ovation

Boathouse Marina at Front Street Village,
Beaufort

MetroBravo

Coral Bay Marina, *Morehead City*

Honorable Mention

70 West Marina, *Morehead City*

Pier

Standing Ovation

Johnny Mercer's Pier, *Wrightsville Beach*

MetroBravo

Oceanic Restaurant, *Wrightsville Beach*

Honorable Mention

Sportsman's Pier, *Atlantic Beach*

Place for People Watching

Standing Ovation

Beaufort Waterfront, *Beaufort*

MetroBravo

Piers on the Coast

Honorable Mention

The Dockside Restaurant, *Wilmington*

Dog Beach

Standing Ovation

Atlantic Beach

MetroBravo

Emerald Isle

Honorable Mention

Pine Knoll Shores

Fishing Spot

Standing Ovation

Gulf stream/Outer Banks

MetroBravo

Shoals at Cape Lookout, *Carteret County*

Event Venue

Standing Ovation

The Country Club of the Crystal Coast,

Pine Knoll Shores

Place to Hear Live Music

Standing Ovation

Greenfield Lake Amphitheatre, *Wilmington*

MetroBravo

The Watermark Restaurant, *Atlantic Beach*

Coastal Festival

Standing Ovation

The Azalea Festival, *Wilmington*

MetroBravo

NC Seafood Festival, *Morehead City*

Honorable Mention

Beaufort Wine & Food Festival, *Beaufort*

Bed and Breakfast

Standing Ovation

The Graystone Inn, *Wilmington*

Honorable Mention

Beaufort Inn, *Beaufort*

Coastal Hospital

Standing Ovation

New Hanover Regional Medical Center,
Wilmington

MetroBravo

Carteret General Hospital, *Carteret County*

Honorable Mention

CarolinaEast Medical Center, *New Bern*

Plastic Surgery Center

Standing Ovation

Wilmington Plastic Surgery, *Wilmington*

MetroBravo

Wilmington Health Plastic & Reconstructive
Surgery, *Wilmington*

Honorable Mention

Carolina Coastal Plastic Surgery, *Elizabeth City*

Historic Site

Standing Ovation

Hatteras Lighthouse, *Buxton*

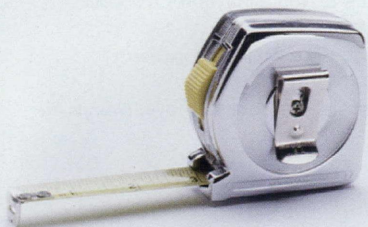
MetroBravo

Fort Macon, *Morehead Township*

Honorable Mention

Fort Fisher, *Kure Beach*

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COASTAL PREVIEW

BY HAYLEIGH PHILLIPS

COASTAL CALENDAR

SATURDAYS IN THE PARK CONCERTS:

May 26- Sept. 1. Various musical groups offer free concerts Memorial Day-Labor Day. **Jaycee Park.** Call 252-726-5083.

75th ANNIVERSARY SEASON OF THE LOST COLONY: June 1- Aug. 23. Experience Pulitzer Prize-winning playwright Paul Green's depiction of the events that led to the disappearance of the English colonists over 400 years ago. Waterside Theatre, **Roanoke Island.** For show dates, call 252-473-3414 or visit www.thelostcolony.org.

21st ANNUAL BALD HEAD ISLAND FISHING RODEO: May 30-June 3. Fish from the home port of Bald Head Island Marina for cash and prizes. Special activities for families and anglers. **Bald Head Island.** Visit www.bhifishingrodeo.com.

SOUNDS OF SUMMER: June 2- Sept. 1. Variety show full of music, dance, and comedy. The Morehead Center. Call 252-726-1501 or visit www.themoreheadcenter.com.

EMERALDFEST: June 7-Sept. 20 on Thursdays. Enjoy live music and the tranquil ocean breeze. Bring blankets, chairs, and even dinner! Alcoholic beverages prohibited. Call 252-354-6350.

27th ANNUAL LOBSTER FEST: June 9.

Small Boats, Big Fun In Beaufort Fishing Tourney

The 5th Annual Carteret Community College Foundation Spanish Mackerel & Dolphin Fishing Tournament will be held Friday and Saturday, June 22 & 23 in Beaufort, NC. Launching from the Boathouse at Front Street Village, the competition is designed for families

and smaller boat fishermen with categories for Spanish Mackerel, Bluefish, Flounder, King Mackerel and Dolphin.

The tournament kicks off Friday, June 22 with a Captains' Social at The Boathouse at Front Street Village in Beaufort from 5 to 8 PM. Fishing starts at 6 AM Saturday, June 23 with the weigh-in scheduled from 1 pm to 3 PM, followed by an awards party at 3:30 pm.

Register online through the tournament website at www.carteretsmt.com, or in

person at the "Send Your Boat to College" office at the Carteret Community College in Morehead City, N.C. Last minute registrations will be accepted at the Boathouse at Front Street Village Friday afternoon (and at the Captains' Social Friday evening).

For more information, call David Nateman, executive director of the CCC Foundation, at 252-222-6262, or via: natemand@email.carteret.edu.

Major sponsors include the Boathouse at Front Street Village, the *Carteret County News-Times*, *Raleigh Metro Magazine* Raleigh, Live and Local-Thunder Country 96.3, and WITN-TV. **MM**



40th Annual Hang Gliding Spectacular

Fresh Maine lobsters with two dinner selections to take home or enjoy at the "lobster shak", where experts help open the lobsters. Last day for orders in May 25. Church of the Servant, Episcopal, **Wilmington**. Call 910-409-1313 or visit www.cosepisopal.com.

TRIPLE-S INVITATIONAL: June 2-8. The most sought after victory on the professional kiteboarding circuit, this event attracts kiteboarders from around the world to compete in surf, slicks and slider disciplines and gives spectators an opportunity to meet the pros and learn more about the sport. **Cape Hatteras**. Visit www.realwatersports.com.

30th ANNUAL ROGALLO KITE FESTIVAL: June 9-10. Two day festival to honor Francis M. Rogallo, NASA scientist and inventor of the Flexible Wing with activities including kite flying, exhibitions, stunt and power kite lessons and more. Jockey's Ridge State Park, **Nags Head**. Call 877-FLY-THIS or visit www.kittyhawkkites.com.

FREE SUMMER CONCERT SERIES: June 8. Bring blankets and chairs for the family—no pets or beverages. Beverages will be for sale. Fort Fisher Military Recreation Area, Kure Beach. Call 910-458-8434 or visit www.pleasureislandnc.org.

LADY ANGLER TOURNAMENT: June 8. In conjunction with the Big Rock Blue Marlin Tournament; **Morehead City**. Visit online at www.thebigrock.com.

54TH ANNUAL BIG ROCK BLUE MARLIN TOURNAMENT: June 8-16. One of the largest sport-fishing tournaments in the country. Morehead City. Call 252-247-3575 or visit www.thebigrock.com.

JOLLY MON KING MACKEREL TOURNAMENT: June 15-17. Ocean Isle Fishing Center. Call 910-575-3474 or visit www.oifc.com.

52nd ANNUAL BEAUFORT GARDENS AND HOMES TOUR: June 22-23. Walking tours of private homes, gardens, churches and meeting halls with narrated bus tours, music concerts and more. **Beaufort**. Call 252-728-5225 or email beauforthistoric-site@earthlink.net.

[site@earthlink.net](mailto:beauforthistoric-site@earthlink.net).

YOUTH FISHING DERBY: June 9. Free event for kids, ages 5-12. Pre-registration will run from May 7- June 7 until all 100 spots are filled. Bring your rod, bait to be provided. Bogue Inlet Fishing Pier. Call 252-354-6350 or email lgottuso@demeraldisle-nc.org.

OBX PRIDE FEST: June 15-18. Three day celebration of family, friendship and music with over 20 entertainers, a sunset cruise, beach events, parties and more. First Colony Inn, **Nags Head**. Visit www.obx-pridefest.com.

ANNUAL ANTIQUES SHOW AND SALE: June 22-24. In conjunction with the Beaufort Old Homes and Garden Tour featuring over 40 booths of antiques and collectibles. Beaufort. Call 252-728-5225 or visit



Outer Banks Sand Sculptures Festival



75th Anniversary Season of *The Lost Colony*

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HURLEY "RIP MY SHRED STICK" SURF EVENT: June 26. Hurley will host a free surf contest event for kids ages 16 & under. Participants will be able to meet and surf with professional surfers. Jennette's Pier, **Nag's Head**. Call 252-255-1501.

OUTER BANKS SAND SCULPTURES FESTIVAL: June 29-July 1. Sponsored by Kitty Hawk Surf Co, Peace Frogs, Panama Jack Sunscreen, OBX and Outer Banks Hospital, the event includes raffles entertainment, a professional sand sculpture company creating a hug sand creation and more. Near Jockey's Ridge, **Nags Head**. Call 1-877-FLY-THIS.

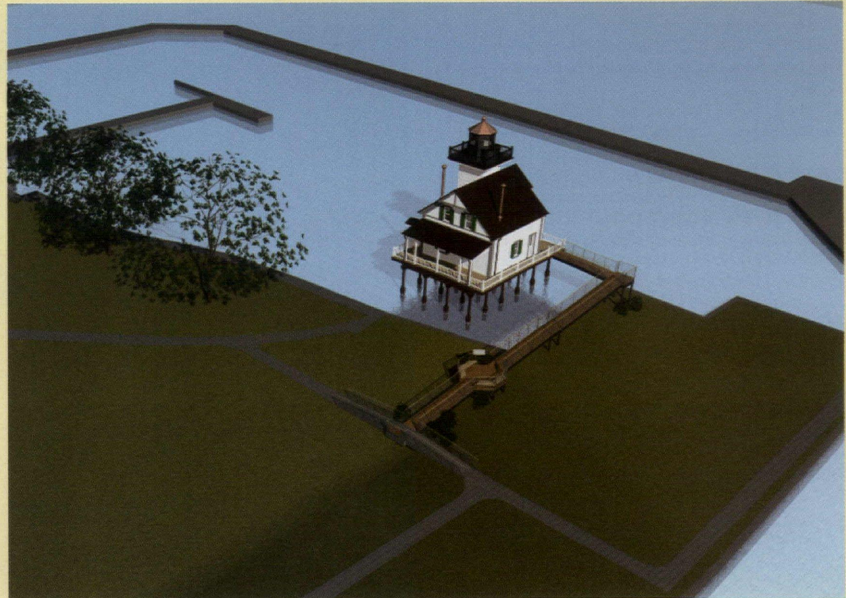
CAPE FEAR BLUE MARLIN TOURNAMENT: June 29-July 2. Wrightsville Beach Marina. Call 910-575-3473 or visit www.capefearbluemarlintournament.com.

SMALL FRY FISHING TOURNAMENT: June 28-29. For ages 3-15 years old. Pirate's Cove, **Roanoke Island**. Visit www.fishpiratescove.com.

BASTILLE DAY CELEBRATION: "LET THEM EAT CAKE": July 14. A potluck celebration with live music, boules and a waiters' race. Free for Beaufort Sister Cities members. Backstreet Pub, **Beaufort**.

The 1886 Roanoke River Lighthouse is now sited in a permanent location over-the-water resting on 24 pilings driven into the bottom of Edenton Bay. Positioning supports that aligned the lighthouse prior to attachment to steel will be removed May 21 – June 4.

Go to <http://oxblue.com/open/edenton/lighthouse> or contact: Linda Eure, Site Manager, Historic Edenton State Historic Site, 252-482-2637, linda.eure@ncdcr.gov.



52nd Annual OLD HOMES & GARDENS TOUR June 22nd & 23rd, 2012

Historic Beaufort, NC
come experience beautiful
private homes, gardens & more!

Also, be sure not to miss the
ANTIQUE SHOW & SALE
June 22nd - 24th, 2012

For tickets & information visit the Beaufort Historical Association
Welcome Center at 130 Turner Street, call or go online!

BeaufortHistoricSite.org
252.728.5225

METRO PREVIEW

BY CYNDI HARRIS AND DAN REEVES

GALLERIES

EVENTS AT THE BLOCK GALLERY: Raleigh; Contact 919-996-3610 or www.raleighnc.gov/arts

- PRESENCE EXHIBIT BLOCK GALLERY: Featuring photography by Lydia Anne McCarthy, paintings by Mia Yoon; June 7-July 16
- SYSTEMIC EXHIBIT: Featuring work by Kia Mercedes Carscallen; Opening reception June 7; Exhibit runs June 7-July 16

EVENTS AT JOE ROWAND ART GALLERY: Chapel Hill. Contact 919-360-7975 or www.joerolandart.com

- MARK CHATTERLY & CAROLYN MORRIS BACK EXHIBIT: Featuring ceramic sculpture and studio jewelry; May 11-June 9
- SPENSER HERR EXHIBIT: Explores themes of devotion, wonderment and uncertainty; June 15-July 14

EVENTS AT LITTLE ART GALLERY AND CRAFT COLLECTION: Raleigh. Contact 919-890-4111 or www.littleart-galleryandcraft.com

- JOANN COUCH EXHIBIT: Exhibit runs May 19-June 15

EVENTS AT LOCAL COLOR GALLERY: Raleigh. Contact www.localcolorraleigh.com

- EMBRACING STRUCTURE EXHIBIT: June 1-30



Petal to the Metal, by Mirinda Kossoff, on exhibit at the Hillsborough Gallery of Arts

EVENTS AT THE MAHLER FINE ART: Raleigh. Contact www.themahlerfineart.com

- LAND MARKS: MARTY BAIRD EXHIBIT: Exhibit runs through June 1-30

VISUAL ART EXCHANGE EVENTS: Raleigh. Various locations; contact 919-828-7834 or www.visualartexchange.org

HYPERTRIDIMENSIONAL: GRACELEE LAWRENCE: Exhibit runs May 4-June 22

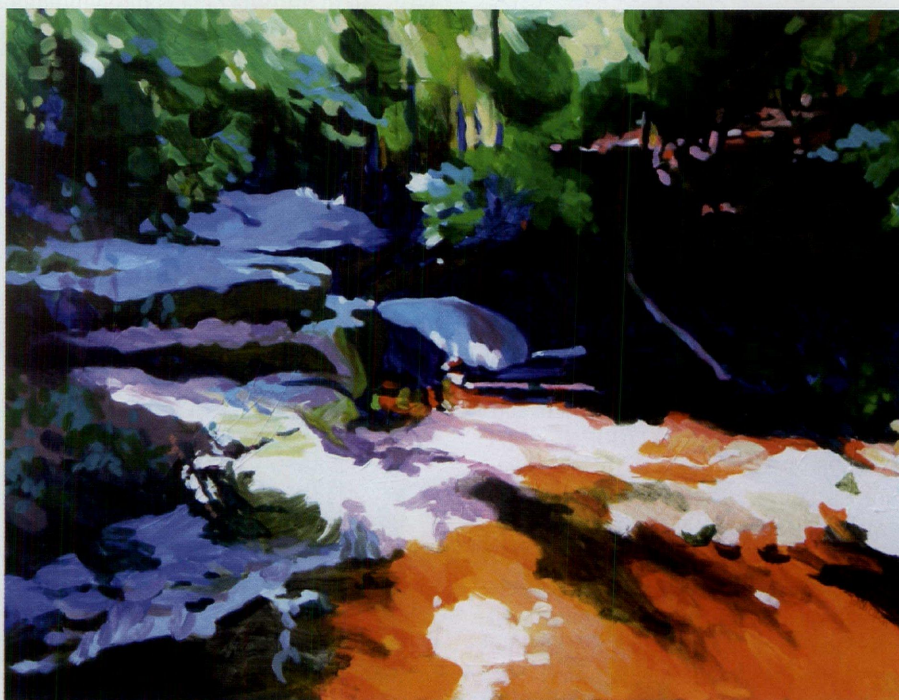
HAGERSMITH DESIGN FEATURED ARTISTS: TIPPING PAINTS ARTISTS; Exhibit runs May 4-June 22

EVENTS AT CARY GALLERY OF ARTISTS: Cary. Contact 919-462-2035 or www.carygalleryofartists.org

- MONICA HUNTER EXHIBIT: GOT SPARKLE?: Exhibit runs May 25-June 26
- WINNIE FERGUSON EXHIBIT: EXPRESSIONS; Exhibit runs May 25-June 26

"THAT WAS THEN" EXHIBIT: ARTWORK FROM PAUL HRUSOVSKY AND GEORGE JENNE. Exhibit runs May 19-July 7. Craven Allen Gallery, Durham; Contact 919-286-4837 or visit www.CravenAllenGallery.com

"ENVISION" EXHIBIT: FEATURING WORKS BY MAR-



Rushing Stream, by Joann Couch, on exhibit at Little Art Gallery and Craft Collection

GARET HILL AND REBECCA PATMAN CHANDLER; Exhibit runs May 18-June 16. Artsource Fine Art, Raleigh; Contact 919-787-9533 or www.artsource-raleigh.com

MYSTIC CHORDS EXHIBIT: FEATURING WORKS BY CHRIS GRAEBNER, JUDITH LOBE AND MIRINDA KOSSOFF; Exhibit runs May 21-June 24. Hillsborough Gallery of Arts, Hillsborough; Contact 919-732-5001 or www.hillsboroughgallery.com

ON COMMON GROUND: PASTEL PAINTINGS FROM THE MOUNTAINS TO THE SEA: The Appalachian Pastel Society, The Piedmont Pastel Society and the Pastel Society of North Carolina collaborate on the annual event on display at Bev's Fine Art, Raleigh. Exhibit runs June 1-30. Contact www.bevsfineart.com

CLASSICAL

EVENTS AT THE NC SYMPHONY: Meymandi Concert Hall and various locations, Raleigh; Contact 919.733.2750 or www.ncsymphony.org

- THE PINES OF ROME: June 9
- FABLES FOR FAMILIES: June 16
- TOTALLY AWESOME 80S: June 23
- ROMEO & JULIET: June 30
- FREE CONCERT- INDEPENDENCE DAY: July 4
- A NIGHT IN PARIS: July 7

EVENTS AT SARAH P. DUKE GARDENS: Kirby Horton Hall in Doris Duke Center, Durham; Contact 919-684-4444 or visit events.duke.edu/ciompipresents

BACH'S GOLDBERG VARIATIONS: Violinist Eric Pritchard joined by Jonathan Bagg on viola and NC Symphony principal cellist Bonnie Thron; June 5

DANCING IN THE WIND: Presented by Jonathan Bagg, a program for flute, viola, harp and soprano; July 10

POP MUSIC

EVENTS AT THE DURHAM PERFORMING ARTS CENTER:



Cattails, by Chris Graebner, on exhibit at the Hillsborough Gallery of Arts

Durham; www.dpacnc.com

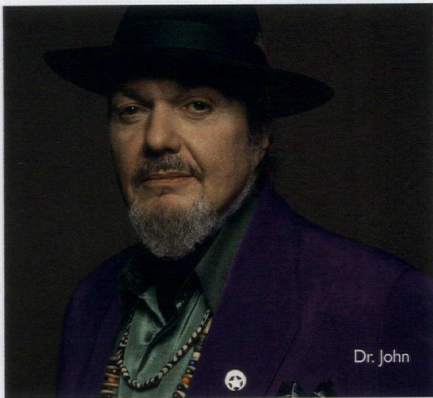
- LAFF MOB PRESENTS- LOVE TO LAUGH COMEDY TOUR: This event will showcase the best and brightest up and coming comedians. Some of the greats, like Chris Tucker, Bernie Mac and Dave Chappell (just to name a few) have studied and performed at this famed comedy institution. June 15
- ANITA BAKER: June 17
- VINCE GILL: June 24
- CROSBY STILLS and NASH: July 8

EVENTS AT THE PNC ARENA: Raleigh; www.thepncarena.com

- FRESH MUSIC FESTIVAL: June 30
- ROGER WATERS: The other half and biggest ego of Pink Floyd is performing his life's work and masterpiece *THE WALL*, originally a double album in 1979 and feature film in 1982; July 9

EVENTS AT THE RALEIGH DOWNTOWN AMPHITHEATER:

- GAVIN DEGRAW: June 12

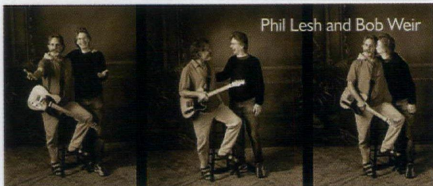


Dr. John

- **GOVERNMENT MULE** and **DOCTOR JOHN**: Allman Brothers spin off rockers together with the one and only Night Tripper himself, New Orleans pride and joy: Mac Rebennack AKA Dr. John. June 13
- **ALICE COOPER** with **VENREZ**: June 22
- **THE JACKSONS**: July 6
- **LAST SUMMER ON EARTH TOUR** FEATURING: **BARE NAKED LADIES**, **BLUES TRAVELER**, **BIG HEAD TODD** and the **MONSTERS** and **CRACKER**: July 12
- **EVERCLEAR**, **SUGAR RAY**, **GIN BLOSSOMS**, **LIT** and **MARCY PLAYGROUND**: July 14
- **YES** with **PROCOL HARUM**: July 25

EVENTS AT CAT'S CRADLE: Carboro; www.catscradle.com

- **BATTLES** with **FING FANG FOOM**: June 8
- **DAWES** with **SARAH WATKINS**: June 14
- **THE CONNELLS** with **DRVIN'** and **CRYIN'**: June 16
- **LUCERO**: June 20
- **ANDREW BIRD**: July 10



Phil Lesh and Bob Weir

EVENTS AT KINGS BARCADE: RALEIGH; www.kingsbarcade.com

- **ANNUAL** with **LITTLE TYBEE**, **ICHICUTS** and **MATT PHILLIPS**: June 1
- **WITCH MOUNTAIN** with **LORD DYING** and **HOG**: June 6



Roger Waters

- **LONNIE WALKER**, **NAKED GODS** and **BORROWED BEAMS of LIGHT**: June 9
- **OBERHOFER**: June 10
- **LOWER DENS** with **NO JOY** and **ALLEN RESNICK**: June 21
- **HAMMER NO MORE THE FINGERS**: July 6

EVENTS AT TIME WARNER CABLE MUSIC PAVILLION AT WALNUT CREEK: Raleigh; www.livenation.com/walnutcreek

- **LADY ANTEBELLUM**: June 8

EVENTS AT KOKA BOOTH AMPHITHEATER: Cary; www.boothamphitheatre.com

- **TOTALLY AWESOME 80's**: June 23
- **INDEPENDENCE DAY CONCERT**: July 4
- **AN EVENING WITH FURTHER** FEATURING **PHIL LESH** and **BOB WEIR**: July 11

STAGE & SCREEN

THE CINEMA, INC. EVENTS: Rialto Theatre, Raleigh; Visit www.cinema-inc.org

- **THE BICYCLE THIEF** (1948): June 10

CAT ON A HOT TIN ROOF: Written by Tennessee Williams; June 8-10. Theatre in the Park, Raleigh; Call 919-831-6936 or visit www.theatreinthepark.com.

MUSEUMS

CAM RALEIGH EVENTS: Raleigh, Contact 919-513-0946 or www.camraleigh.org

- **CHRIS BRADLEY: CLOSE ONE**: Feb. 24- May 28

NC MUSEUM OF HISTORY EVENTS: Raleigh, Contact 919-807-7943 or www.ncmuseumofhistory.org

- **GREETINGS FROM NORTH CAROLINA**: Vintage postcards, souvenirs, and artifacts reflecting tourism in North Carolina on exhibit, opens Feb. 24
- **2ND SATURDAYS: CELEBRATE NORTH CAROLINA SPORTS**: Information on a variety of North Carolina sports for all ages, June 9
- **MUSIC OF THE CAROLINAS: GRASSSTREET**: Piedmont band performs both original compositions and bluegrass standards, June 10
- **HISTORY A LA CARTE: PRESERVING THE PAST**: Preserving one of the largest collections of Civil War flags in the world, June 13
- **CURATOR'S CHOICE TOUR: A FASHIONABLE PAST**: A closer look at clothing and textiles from the late colonial and federal periods in The Story of North Carolina exhibit, June 24

NASHER MUSEUM EVENTS: Durham; Contact 919-684-5135 or www.nasher.duke.edu

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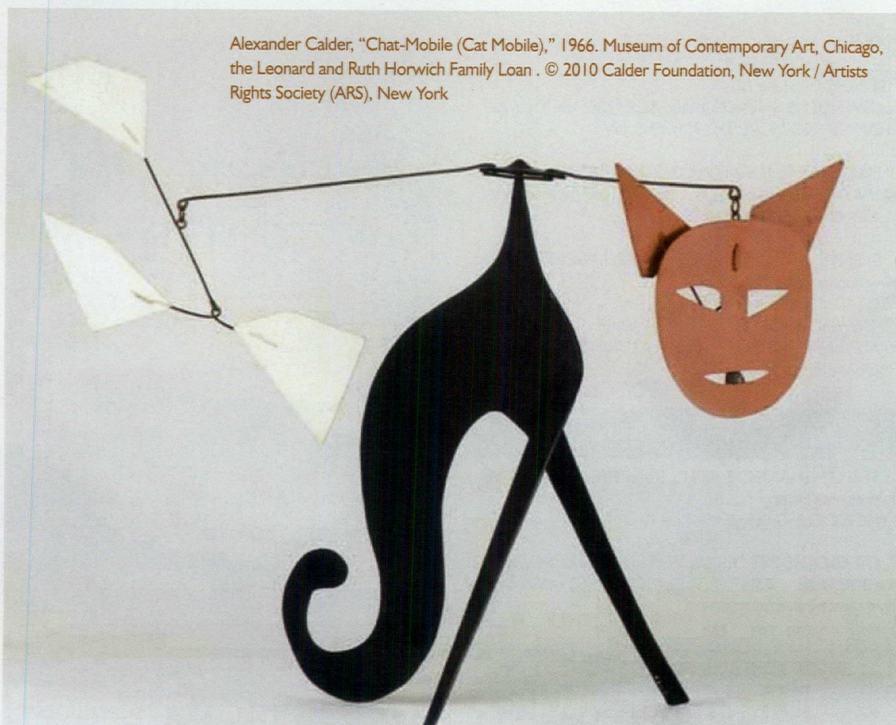
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METRO PREVIEW

Alexander Calder, "Chat-Mobile (Cat Mobile)," 1966. Museum of Contemporary Art, Chicago, the Leonard and Ruth Horwich Family Loan. © 2010 Calder Foundation, New York / Artists Rights Society (ARS), New York



- ALEXANDER CALDER AND CONTEMPORARY ART: FORM, BALANCE, JOY; Exhibit runs Feb. 16 through June 17

NC MUSEUM OF ART EVENTS: Raleigh, Contact 919-839-6262 or visit www.ncartmuseum.org.

- JOHN JAMES AUDUBON'S: *THE BIRDS OF AMERICA*: Ongoing
- VISUAL FEAST: MASTERPIECES OF STILL LIFE FROM THE

MUSEUM OF FINE ARTS, BOSTON; Through Jan. 2013

- REFLECTIONS: PORTRAITS BY BEVERLY MCIVER; Through June 24
- EL ANATSUI: *WHEN I LAST WROTE TO YOU ABOUT AFRICA* EXHIBIT; March 18- July 29
- RHYTHMS OF THE HEART: *THE ILLUSTRATION OF ASHLEY BRYAN*; April 15- Aug. 19

MUSEUM OF LIFE AND SCIENCE EVENTS: Durham, Contact 919-220-5429 or visit www.lifeandscience.org.

INTO THE MIST OUTDOOR EXHIBIT: Opening June 30
BUBBLE BLITZ!: June 23

EVENTS AT ACKLAND ART MUSEUM: Chapel Hill, Contact 919-962-0216 or www.ackland.org

- THORNTON DIAL: *THOUGHTS ON PAPER* EXHIBIT: Runs through July, 2012
- *PIECE BY PIECE: QUILTS, COLLAGES, AND CONSTRUCTIONS* EXHIBIT: Runs through July, 2012

CAPE FEAR MUSEUM OF HISTORY AND SCIENCE EVENTS: Wilmington, Contact 910-798-4367 or www.capefear-museum.com.

- MUSEUM OUTREACH PROGRAMS: K-5; year-round
- MUSEUM KITS: K-5; year-round

POTPOURRI

BAGPIPER PERFORMANCES AT PINEHURST RESORT: Ian Staten's bagpiper performances will return to the resort on spring and fall weekends; Sept. 6- Oct. 27. The 20 minute performances will begin at the roundabout and preclude in front of the Carolina Hotel's Ryder Cup Lounge.

NORTH CAROLINA'S WILD GOOSE FESTIVAL: A Woodstock-style event with music and various presentations; June 21-24. Visit www.wildgoosefestival.org.

EDITOR'S NOTE: Please send events info and color images, slides or photos 6 weeks before publication date. Send to Cyndi Harris, Metro Magazine, 1033 Oberlin Rd. Suite 100, Raleigh, 27605 or e-mail: cyndi@metromagazine.net.



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RESTAURANT GUIDE

RALEIGH/CARY

18 SEABOARD — 18 Seaboard Avenue, Suite 100 Raleigh. 919-861-4318. 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. 919-831-2811. Serving quality seafood, steaks and pasta in a casual atmosphere. Steamed oysters and clams available. Lunch M-F. Dinner seven nights a week.

518 WEST ITALIAN CAFÉ — 518 West Jones Street, Raleigh. 919-829-2518. www.518-west.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. 919-677-9229. www.ancuisines.com. Featuring an elegant blend of Southeast Asian flavors and European influences. Voted Best New Restaurant in 2007 by *Metro Magazine* & *Cary Magazine*, Best Appetizers in 2008 by *Metro Magazine*. Lunch Mon-Fri and Dinner Mon-Sat.

THE ANGUS BARN — 9401 Glenwood Avenue, Raleigh. 919-781-2444. www.angusbarn.com. The Angus Barn, a Raleigh landmark offers Angus steaks, seafood, an extensive wine list, experi-

enced and knowledgeable staff and much more in its eclectic barn setting. Since opening in the 1960s, the basic principals — hospitality, attractive atmosphere, and value have remained the same.

BELLA MONICA — 3121-103 Edwards Mill Rd., Raleigh. 919-881-9778. www.bellamonica.com. Authentic Neapolitan entrées from family recipes. Neighborhood wine bar with all-Italian list. Patio dining. Lunch & Dinner. Closed Sunday. Voted "Best Italian" by *CitySearch* & *AOL Cityguide*. *Wine Spectator* Award of Excellence.

BLOOMSBURY BISTRO — 509 W. Whitaker Mill Rd. Ste 101, Raleigh. 919-834-9011. Sophisticated food and wine in a comfortable neighborhood setting. Featured in *Southern Living*, *Gourmet Magazine* and *USA Today*. Voted Best Restaurant two years running, Best Chef and Best Waitstaff 2006 *Metro* Bravo! Awards.

CAFÉ TIRAMISU — 6196-120 Falls of Neuse Rd., Raleigh. 919-981-0305. Northern Italian Cuisine: A family owned and operated restaurant originating from an old Raleigh favorite Piccolo Mondo restaurant. Slick and contemporary décor, will give fine dining at its best.

COQUETTE BRASSERIE — 4351-119 The Circle at North Hills, Raleigh. 919-789-0606. 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 vibrant culture of Mexico, enjoy our favorite fajitas and stuffed Chile Rellenos. Or for a higher degree of authenticity, try our Michoacan-style Carnitas and a Mexico-City style Steak Tacos special. Signature margaritas and refreshing beers make for a perfect complement to this twist on traditional Mexican dining.

FIREBIRDS ROCKY MOUNTAIN GRILL — 4350-118 Lassiter at North Hills Ave., Raleigh. 919-788-8778. 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. M-Th: 11 a.m. - 10 p.m., F-Sat: 11 a.m. - 11 p.m., Sun: 11 a.m. - 10 p.m.

GLENWOOD GRILL — Oberlin@Glenwood, Raleigh. 919-782-3102. The longtime favorite in the Triangle, five-time *Metro* Bravo winner for Power Lunch. Head Chef John Wright continues to discover new takes on Contemporary Southern. Now offering even More for Less: \$50 Dinner for Two, 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.

GRAVY — 135 S. Wilmington St, Raleigh. 919-896-8513. www.gravyraleigh.com. Ask any Italian-American what 'gravy' is, and they'll tell you it's the pasta sauce their mothers and grandmothers cooked fresh every night. At Gravy, we use that beloved gravy to put a modern spin on classic Italian-American dishes.

IRREGARDLESS CAFÉ — 901 West Morgan Street, Raleigh. 919-833-8898. www.irregardless.com. Authentic Raleigh experience since 1975. Award winning, hand-crafted meals which respect the environment. Live music nightly! Casual fine dining with unique wines & beers. Open Lunch, Dinner, Sun. Brunch. Catering available.

JIBARRA RESTAURANT — 327-102 West Davie Street, Raleigh. www.jibarra.net. 919-755-0556. Housed in historic Depot building in the warehouse district, this upscale Mexican restaurant couples indigenous ingredients with mod-

ern techniques and sensibilities elevating timeless recipes. Blending contemporary and Mexican style, the energetic atmosphere is dominated by a sleek tequila tower showcasing an array of premium, 100 percent blue agave spirits. Creative margaritas and an emphasized Spanish and Latin American wine list available.

MIDTOWN & BAR 115 — 4421-115 Six Forks Road, Raleigh. 919-782-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 MORNING TIMES — 10 E. Hargett St, Raleigh. 919-836-1204. www.morningtimes-raleigh.com. The first daily stop for many downtown dwellers and commuters serving local Counter Culture brews, along with bagels, biscuit sandwiches, pastries and more.

NOFO MARKET AND CAFE — 2014 Fairview Road, Raleigh. 919-821-1240. Cafe, bar and deck seating. Award-winning salads, soups, sandwiches and entrees. "Best Brunch," "Best Eggs Benedict," "Best Bloody Mary," *Metro Magazine*. Private dining available in the Balcony at the Pig. Lunch M-F, Brunch Sat & Sun, Dinner Tues-Sat.

THE PIT AUTHENTIC BARBECUE — 328 W. Davie St, Raleigh. 919-890-4500. www.thepit-raleigh.com. Proudly serving authentic whole-hog, pit-cooked barbecue in downtown Raleigh's warehouse district, The Pit celebrates the great culinary offerings of the Old North State, making it a destination for the state's signature cuisine.

THE RALEIGH TIMES BAR — 14 E. Hargett St, Raleigh. 919-833-0999. www.raleightimes-bar.com. This timeless watering hole in the old The Raleigh Times building in downtown is known for its classic bar fare favorites, such as barbecue pork nachos and PBR-battered fish and chips, and an inventive drink menu and extensive beer selection.

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



RESTAURANT GUIDE

4 p.m.-11 p.m., Sun: 4 p.m.-9 p.m.

SECOND EMPIRE RESTAURANT & TAVERN — 330 Hillsborough St., Raleigh. 919-829-3663. 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 Tavern and Atrium enjoy a lighter fare menu and cozy atmosphere. AAA Four Diamond, DiRoNA Award, Wine Spectator Award.

SHERATON RALEIGH HOTEL — The Grove Café - 421 South Salisbury Street, Raleigh. 919-834-9900. Located on second floor of the Sheraton Raleigh Hotel, serving Breakfast, Lunch, and Dinner in an open atrium atmosphere. The cuisine is American Continental, serving a daily Breakfast & Lunch Buffet, and a complete menu for all day dining. Also enjoy live entertainment on Wednesday nights in The Bar.

SITTI — 137 S. Wilmington St., Raleigh. 919-239-4070, www.sitti-raleigh.com. The most beloved figure in any Lebanese family is the grandmother, or sitti. At Sitti, in downtown Raleigh, we honor those ancestors by carrying on the Lebanese tradition of welcoming guests with delicious food and endless hospitality.

SULLIVAN'S STEAKHOUSE — 414 Glenwood Ave., Raleigh. 919-833-2888. 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 CAFÉ — 1028 Oberlin Rd., Raleigh. 919-755-2222. www.tropical-smoothiecafe.com. Tropical Smoothie Café is more than just great tasting smoothies. Keeping in line with the great taste and high quality that Tropical Smoothie is known for, we also offer healthy alternatives to regular fast food. Our gourmet wraps, specialty sandwiches and salads are made with the highest quality Dietz and Watson meats and cheses. Come early to enjoy our breakfast wraps and bagels. Catering is available.

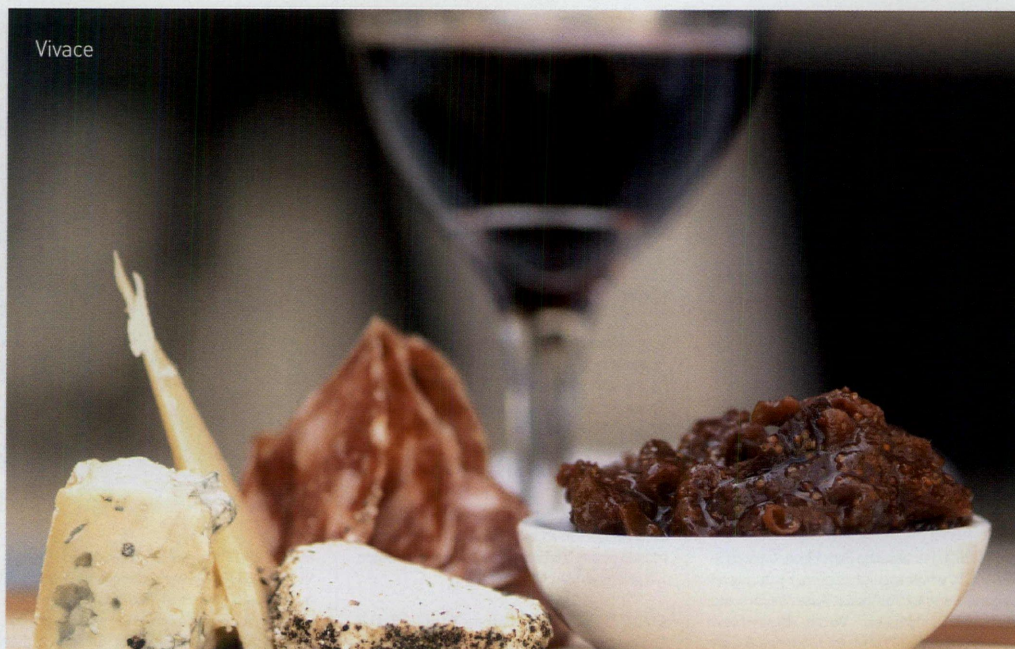
VINNI'S STEAKHOUSE AND TAVERN — 7440 Six Forks Rd., Raleigh. 919-847-7319. Classic steakhouse with Southern inspiration featuring Certified Angus Beef, local seafood, farmer's market vegetables, and house-made desserts. Display wine cellar, full bar, private dining, reservations welcome. Dinner only, Monday-Saturday.

VIVACE — 4209-115 Lassiter Mill Rd., Raleigh. 919-787-7747. www.vivaceraleigh.com. Tuscan inspired Italian restaurant featuring Chef Jeremy Sabo's signature style in an upbeat, hip environment. Consecutively voted "Top 20 Best Restaurants" in the Triangle. Italian wines and house-made limoncello. Bar and outdoor patio dining available. Located at North Hills. M-Th: 11 a.m.-10 p.m., F-Sat: 11 a.m.-11 p.m., Sun: 11 a.m.-9 p.m.

WINSTON'S GRILLE — 6401 Falls of Neuse Rd., Raleigh. 919-790-0700. Locally owned and operated for 25 years and counting. Great food and service make us a top choice for steaks, prime rib, Fresh seafood, salads, burgers and more.

ZEST CAFÉ & HOME ART — 8831 Six Forks Rd., Raleigh. 919-848-4792. www.zestcafe-homeart.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

Vivace



and gifts. Lunch and Dinner T-Sat. and Sun. Brunch.

DURHAM/APEX/MORRISVILLE

CAFÉ PARIZADE — 2200 W. Main St., Durham. 919-286-9712. 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. 919-469-5774. www.saffronnc.com. Offering fine dining in an elegantly modern ambience. Ranked best Indian restaurant and top 20 in RTP irrespective of cuisine by N&O for three years.

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. 919-969-1155. Chapel Hill's high-end steakhouse has it all: delectable dishes, stellar service and an atmosphere rich in history and romance.

THE CAROLINA CROSSROADS RESTAURANT — 211 Pittsboro Street, Chapel Hill. 919-918-2777. 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.

MEZ CONTEMPORARY MEXICAN — 5410 Page Road, Research Triangle Park, Exit 282 off I-40. 919-941-1630. Visit online at www.mez-durham.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 1/2 stars from CitySearch. Open daily."

SPICE STREET — 201 S. Estes Dr., Chapel Hill. 919-928-8200. 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 urban-chic décor whets the appetite for sophisticated, internationally inspired food... On all counts, Aqua was an exceptional dining experience." Moreton Neal in *Metro Magazine* June 2005. Open for dinner: Tues.-Thurs. 6 p.m., Fri. & Sat. 5:30 p.m.

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

BLUE MOON BISTRO — 119 Queen Street, Beaufort. 252-728-5800. Coastal cuisine in a casual historic setting. Offering innovative dishes that bring a welcomed departure from other coastal venues. Chef Swain's eclectic menu includes ref-

erences from Asia, France and America. For a balanced plate, enjoy a well-matched wine to accompany your entrée. Dinner Tues-Sat.

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 Wilmington's superior brunches. Open for dinner and Sunday brunch. Wine Spectator Award of Excellence, www.deluxenc.com.

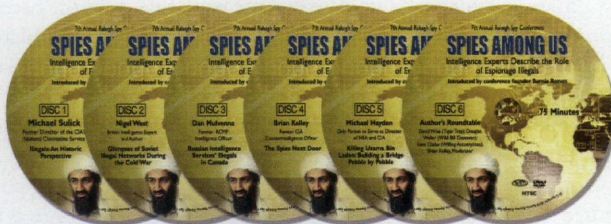
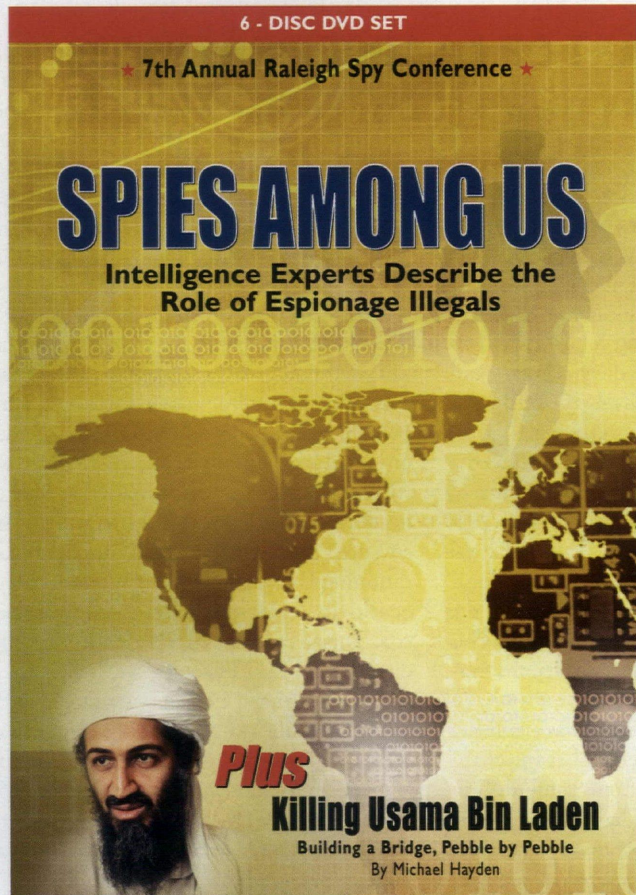
FISHTALES WATERFRONT RESTAURANT — 232 W. Beaufort Rd. Beaufort 252-504-7263. Visit Web site online at www.fishtalesdining.com. Have your Holiday Party on the Waterfront this year! FishTales offers the best food selection, service and a great atmosphere for your special event. We can provide the perfect 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.beaufort-grocery.com. Contemporary fine dining in downtown Morehead City focusing on quality, value and service. Featuring seafood, steaks and spir-its. Come casual and leave impressed. Dinner M, Th-Sat 5:30-10 p.m.; Sun brunch begins at 11 a.m. Closed Tues.

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★ Bonus DVD — Author's Roundtable ★

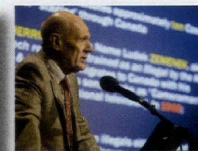
David Wise — *Tiger Trap: America's Secret Spy War With China*

Douglas Waller — *Wild Bill Donovan*, about the dramatic life of the founder of the OSS

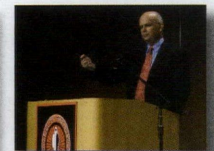
Kent Clizbe — *Willing Accomplices*, on the history and continuing impact of KGB/SVR disinformation aimed at undermining Western values



Author's Roundtable



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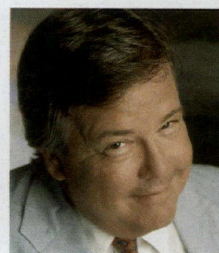
This DVD set was produced during the Raleigh Spy Conference created by magazine publisher Bernie Reeves.

The conference was founded in 2003 to address changes in the historical record created by the unprecedented flow of newly declassified information since the collapse of the Soviet Union.

© Copyright 2012 Bernie Reeves Raleigh Spy Conference

My Usual Charming Self

by Bernie Reeves



JIM TURCOTTE

UNC AFRICAN STUDIES SCANDAL PART OF A LARGER PROBLEM

Karen Gill, UNC-Chapel's dean of Arts & Sciences, told the school's Board of Trustees she was not alerted to problems in the African and Afro-American Studies program because she did not receive student complaints. I guess not. Students are unlikely to complain about courses with no classroom requirement and inflated grades.

The school reacted to the scandal by impaneling an investigation into the activities of African Studies faculty chief Julius Nyang'oro - and the Orange County District Attorney is instigating a probe to ascertain if he violated the law by taking pay and not performing his job. But the question remains: is what transpired in the African Studies program an isolated occurrence involving athletes, or symptomatic of a campus-wide change in liberal arts academic standards?

Grade inflation has been accepted as normal since Yale capitulated to the remonstrations of Chaplain Sloane Coffin to hand out high marks during the Vietnam era to prevent students from losing their college deferment and risk the draft. In those salad days for student radicals, the target was the American education system accused of teaching the values of Western culture they deemed to be racist, chauvinistic, imperialistic (and later homophobic).

To the radicals, it was obvious. Western nations had practiced slavery, and racism continued - personified by segregated schools and voting restrictions in the South. At the same time, feminism was on the rise, propelled by the liberation created by the "pill", protesting hiring and salary discrimination. And imperialism became the mantra of the Left to discredit the war in Vietnam. Homophobia joined the anti-Western manifesto as the AIDS epidemic struck in the early 1980s.

Most students of the era moved on after college. But a cadre of hard-left activists remained in academia, continuing the fight against Western and American achievements. One of their first successes - in the wake of the Kent State incident in 1970 - was to run ROTC off many campuses ("teach war no more") or force name changes, with the added demand that instructors must wear civilian clothes. At several campuses, ROTC devolved into the Curriculum for Peace, War and Defense, which

ironically became one of the most popular course offerings at UNC.

By the late 1970s, many radical academics achieved tenure. Now they were set for life and could ensure their own kind was hired by the school to push their anti-Western agenda even harder with no fear of criticism or consequences. Under the guise of "multiculturalism" - meaning elevating lesser-achieving cultures and denigrating our own - the radical scholars and tenured radicals began removing the time-honored teaching of Western Civilization.

At UNC, the course previously included a thorough introduction to the panorama of Western mankind, covering major events, politics and warfare from the early Greeks, Biblical history, the Roman Empire, the rise of European and British culture and its spread to the New World during the Age of Discovery. This process altered the globe and launched the miracle of the American experience.

But the Western inheritance was anathema to the campus radicals. Remember the chant in the mid-70s emanating from Stanford: "Hi-Ho, Hi-Ho, Western Civ has to go"? By the early 1980s it went, taking along with it the General College concept required at most liberal arts universities. The program required freshmen and sophomores to complete an academic boot camp of sorts. Entering students had to take and pass 17 hours a semester to move on to their major. This rigorous process included completing two terms of Western Civilization, math, English composition, a foreign language, physical education and four semesters of a lab science.

The system accomplished several goals. Students from various high school backgrounds were all brought up to an agreed-upon minimum standard, study habits and research were ingrained - as were proper grammar, spelling, analytic thinking and composition. Students were prepared to enter their major and have full professors as teachers - and the teachers were assured students were capable so they were not forced to waste class time in remedial instruction, so often the case today.

The destruction of the General College allowed students to choose unrelated courses from a smorgasbord of offerings that began to include politically motivated themes designed

to counter the previous 3000 years of an inherited common culture. Women's Studies, Queer Studies, African-American studies are a few examples. History, the department that provided UNC with its national reputation before the 1980s, became an anodyne and "sensitive" amalgam of social studies and sociology.

Art history now offers only one course in Western art, but dozens of choices covering inferior contributions of lesser cultures. Political science shifted away from open discussions of the political process and world affairs to a one-sided, one-world government screed. English was "deconstructed" to demonstrate that Shakespeare is only superior to the literature of less advanced cultures because of centuries of "conditioning" by proponents of Western values. Sensitivity replaced scholastic endeavor, hard core utopian manifestoes replaced free and open discussion in the classroom.

Yet the General College was restored in the 1990s, but not really. Entering students are required to finish certain courses, many of no academic substance, within four years in order to graduate. At UNC it is weakly named Learning Connections, a meaningless term for a vacuous gesture to restore academic validity.

Without a disciplined and chronological two-year immersion into properly taught and unbiased course work that drills the necessities required to be educated, UNC graduates are entering the real world without the basic knowledge to be a properly educated member of society. They are smart, but are they knowledgeable of the world around them, able to think critically, write clearly and correctly and possess a grasp of how we arrived where we are as a culture? The testing available nationally says no, with only 46% able to function on a minimum level of competency in these basic skills.

The result of three decades of de-veining the liberal arts courses, and the introduction of faddish politically driven and academically suspect courses raises the suspicion that African-American studies at UNC is not the only subject in the syllabus that bears examination. **MM**

Read more commentary by Bernie Reeves at www.the-berniereeves.com and at the American Thinker (www.americanthinker.com)

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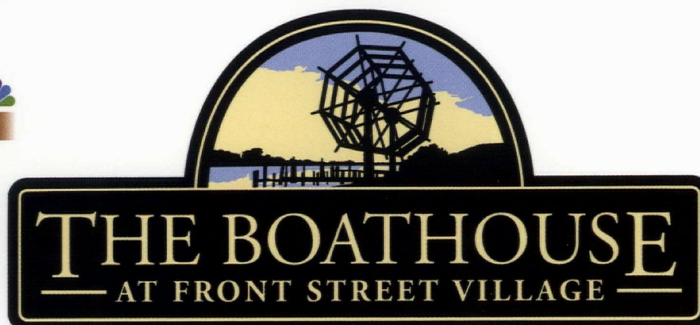
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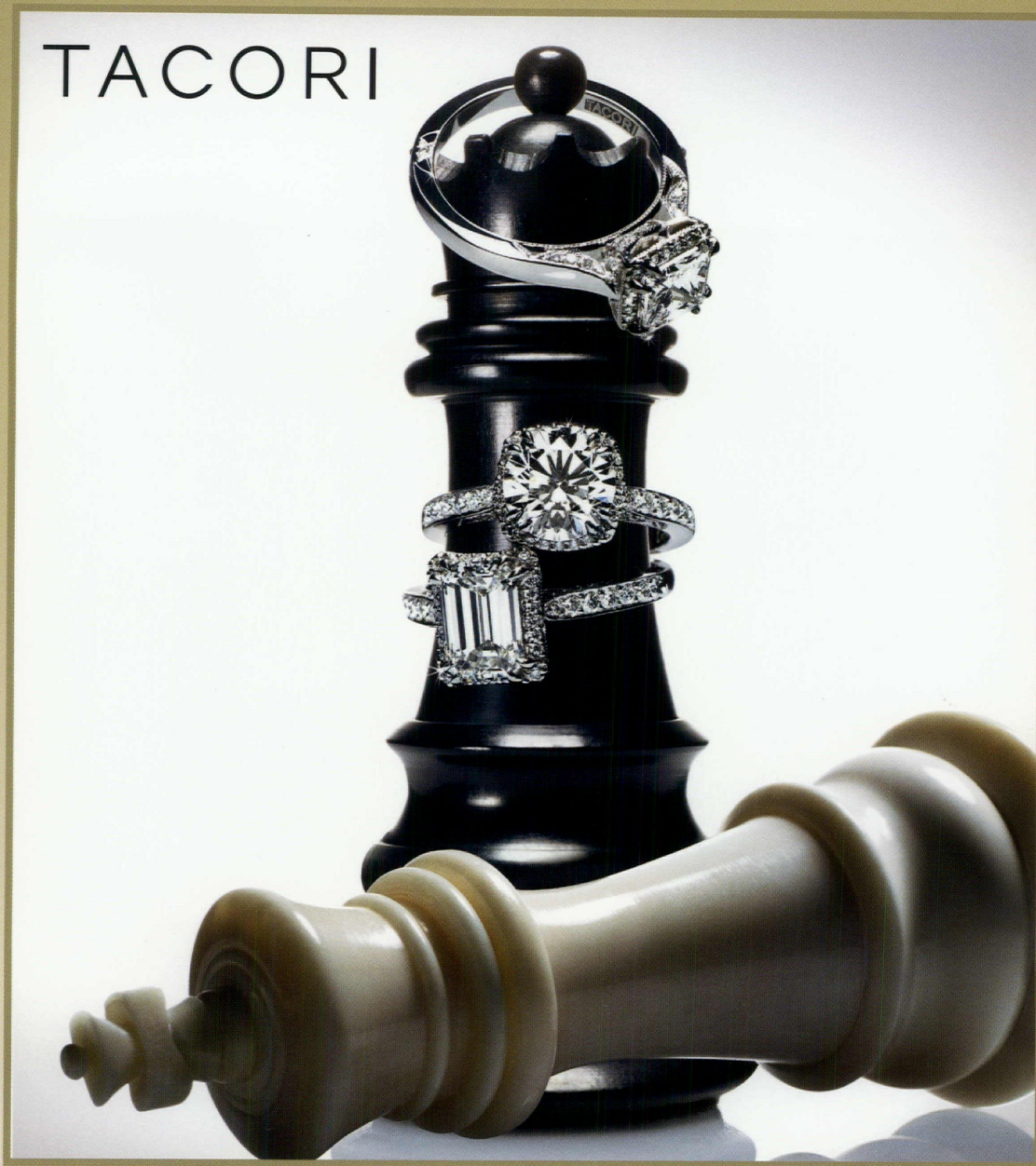


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