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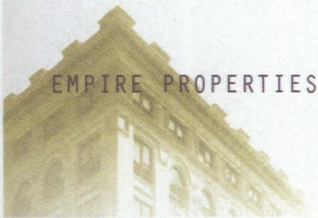
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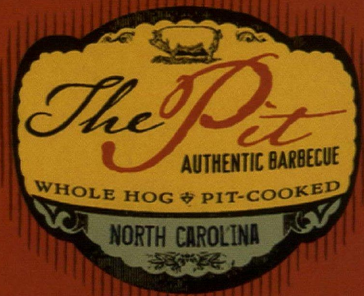
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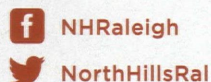
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Peagram House in Warren County

HOLDEN THORP INTERVIEW HEADLINES ANNUAL EDUCATION ISSUE

Holden Thorp, the brainy and youthful UNC Chancellor, who has been thrown around like a crash dummy for two years, sat down with me to discuss the tumultuous array of embarrassing revelations involving the classic confrontation of athletics and academics in higher education. Rabid football fans want his head on a pike, and friends of the school are dismayed with reports of chronic plagiarism and unsavory antics by a department head who conspired to create crip courses for football players. And that's only the foreword to a saga of revelations that reveals one of the worst chapters in UNC history since the school closed for the Civil War.

But how much of this sad chronicle can be laid at the feet of the Chancellor? How much of the blame should be attributed to a faulty management structure and a job description that would challenge Superman? And what would Thorp have done differently if he had to go through it again?

You'll find in this issue of *Metro*, which also carries our annual Education Report, an essay by Arch T. Allen on the book *America Lite* that examines the collapse of

the traditional liberal arts curriculum as well as the life of William Friday, the venerated former president of the UNC system of 17 colleges and universities who passed away last month. The book is penned by higher education insider Art Padilla, who worked closely as an administrator under Friday before becoming a professor of management at NC State University. Columnist Carroll Leggett also poignantly reminds us of a personal anecdote that dramatizes the importance of a liberal arts education.

Miracles are an everyday occurrence at the Preston Robert Tisch Brain Tumor Center at the Duke Medical Center. Henry Friedman and Allen Friedman (they are not related), the two internationally renowned oncologists who lead the world-famous treatment facility, spoke with *Metro* Senior Editor Taylor Arnold to discuss their philosophies and the nuances of newly emerging treatments and procedures that influence their dedication to saving lives and finding a cure for brain tumors.

Design Editor Diane Lea visits the Peagram House in Warren County and comes back enthused that owners Steve

and Nita Clark, recognizing the "good bones" of the early 18th century structure – set on 165 acres of beautiful rolling farmland – have created a livable and lovely space, including an addition that enhances the home's historic character.

Food Editor CC Glenn discovers you can cook around the word right here in the Triangle; Emily Conser suggests methods to add "sparkle" to holiday attire; Cyndi Harris rounds up selected events in Preview; Dan Reeves reviews David Menconi's book on controversial musician Ryan Adams; and *Secrets of State* offers news you won't find anywhere else.

Tuck up to the table and imbibe!

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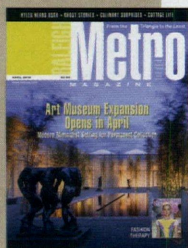
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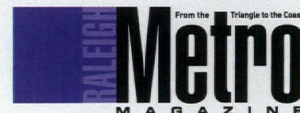
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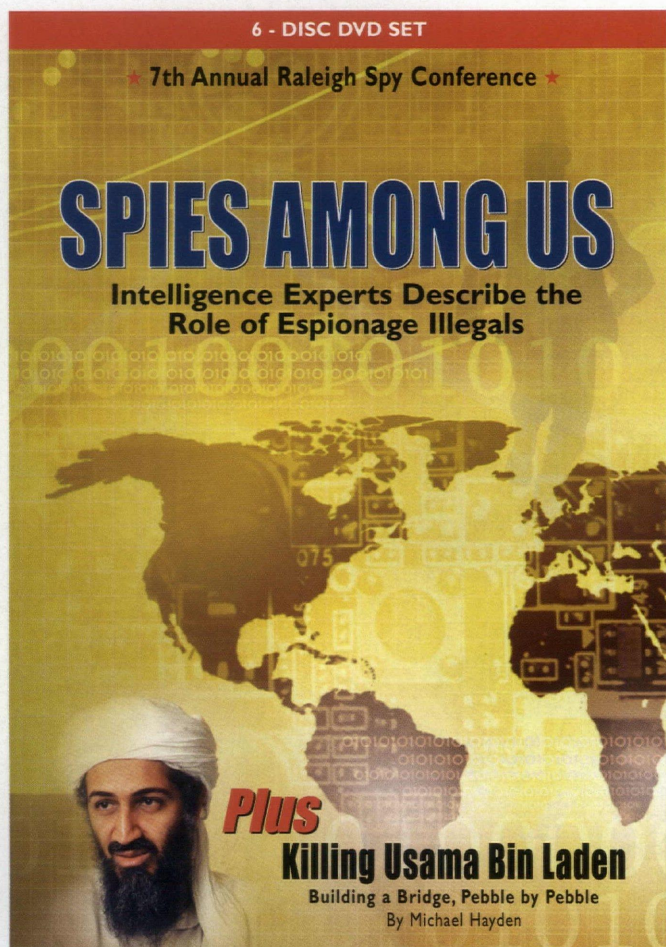
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Intelligence Experts Describe the Role of Espionage Illegals

The 7th Annual Raleigh Spy Conference delivers expert presentations on the history of "illegal" Soviet and Russian Federation espionage operatives.

This DVD set includes Michael Hayden delivering the gripping story of the strategy and planning to locate Usama Bin Laden drawing on his pivotal role as the former Director of the NSA and CIA. Hayden's 68-minute address presents fascinating details on the inner workings of the nation's spy agencies in preparation for one of the most dramatic operations in US intelligence history.

FEATURED GUEST SPEAKERS

Michael Sulick — former Director, CIA's National Clandestine Service

Nigel West — British espionage expert

Dan Mulvenna — former RCMP Intelligence officer

Brian Kelley — retired CIA counterintelligence officer

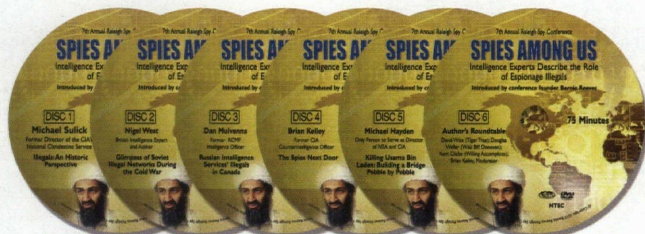
Michael Hayden — former director of the NSA and CIA

★ Bonus DVD — Author's Roundtable ★

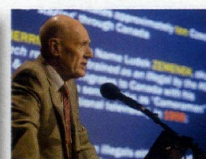
David Wise — *Tiger Trap: America's Secret Spy War With China*

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

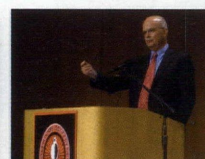
Kent Clizbe — *Willing Accomplices*, on the history and continuing impact of KGB/SVR disinformation aimed at undermining Western values



Author's Roundtable



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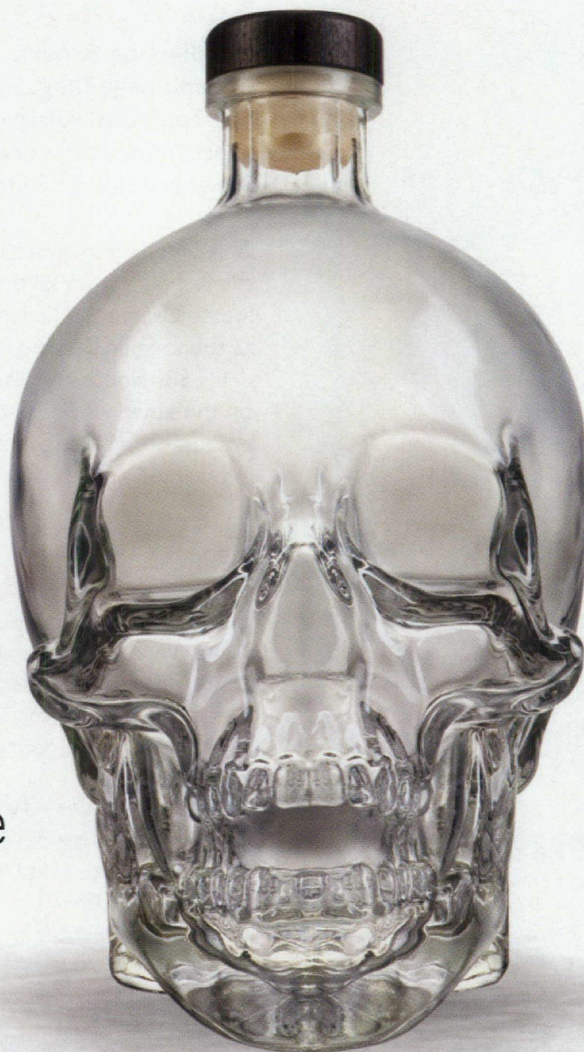


This DVD set was produced during the Raleigh Spy Conference created by magazine publisher Bernie Reeves. The conference was founded in 2003 to address changes in the historical record created by the unprecedented flow of newly declassified information since the collapse of the Soviet Union.

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FEATURES

- 16 Education**
Exclusive Interview with Holden Thorp,
Remembering Bill Friday
- 24 Medical**
Duke's Tisch Brain Tumor Center
- 30 Design**
Handsome Warren County
Homestead Lives Anew
- 39 Gift Guide**



47 Holiday Sparkle

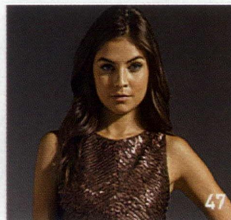
DEPARTMENTS



- 9 Introduction**
- 10 Correspondence**
Reader Feedback
- 14 Secrets of State**
Brian Kelley Honored,
Famous Photos
Donated, Spying in
America, Eyes Only



- 38 Books**
America Lite and
Liberal Academia
- 52 Artist-at-Large**
Art in the Great
Outdoors
- 53 Between You and Me**
My Liberal Arts
Education



- 28 Medical Rx**
- 47 Style**
Holiday Sparkle
- 55 Gourmet**
Cooking Classes in
the Triangle
- 59 Editor-at-Large**
NC Exceptionalism?



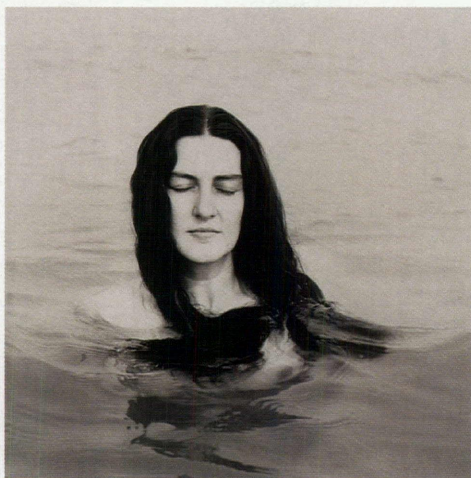
- 62 Preview**
Cultural Events
- 68 On the Town**
- 70 Restaurant Guide**
- 72 My Usual
Charming Self**
The Dustbin of History

Famous Photographs Donated To NCMA

"A Discerning Eye: Julian T. Baker Jr. Photography Collection" will be on display at the North Carolina Museum of Art through December 2, 2012.

The 25 black and white photographs by leading 20th Century artists — selected from Baker's collection of 800 images — are a gift to the NCMA from his family. Baker, a life-long Raleigh resident and an accomplished photographer in his own right, passed away in 2009.

The collection includes iconic images by Ansel Adams, Diane Arbus, Lee Friedlander, Sally Mann and Alfred Stieglitz. For more information visit www.ncartmuseum.org. **MM**



Owners of 18 Seaboard and Cantina 18 Lead SAFEchild Annual Campaign

Jason and Lauren Smith, owners of 18 Seaboard and Cantina 18, will serve as community chairs of the 2012 Believe in SAFEchild annual fundraising campaign, which benefits SAFEchild's child abuse prevention and intervention services. The 2012 campaign kicked off on October 18 with a fundraising luncheon at the Hilton — North Raleigh Midtown. All proceeds from the campaign will go toward SAFEchild's programs that include the SAFEchild Advocacy Center, parenting classes and Funny Tummy Feelings, which teaches young elementary school students how to protect themselves from abuse. In almost all cases, SAFEchild's services are free to the families who seek them.

As the parents of two young children, the Smiths have a special passion for SAFEchild's programs that give parents the skills to break abusive cycles and create loving homes. "Being involved with SAFEchild gives us a deeper compassion for those around us and helps us cherish our time with our children," Jason says. "We are honored to partner with other SAFEchild volunteers and donors on this campaign. It is so important to us for SAFEchild to be a resource for parents in crisis or children who have been victimized, and we are calling on the community to help us reach our goals."

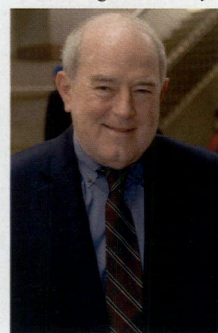
For more information about the Believe in SAFEchild campaign, call 919.743.6140 or visit www.safechildnc.com. **MM**

Brian Kelley Honored With Lecture Series

Brian Kelley, the retired CIA officer who passed away in 2011, has been honored by the Institute of World Politics, the Washington D.C.-based graduate school - founded to supply professional education in statecraft, national security and international affairs - with the Brian Kelley Memorial Lecture to recognize Kelley's contributions to the school as an advisor and instructor who pioneered expanded courses taught by real-life professionals.

In 2000, Kelley, 10 years after investigating the espionage activities of State Department official Felix Bloch (who has lived in Chapel Hill since his dismissal from the Diplomatic Service in 1990), was mistakenly identified by the FBI as a Soviet and Russian mole. Kelley was placed under suspicion and suspended from CIA until new information named the real mole - FBI executive Robert Hanssen. The film *Breach* covers the events following Kelley's exoneration.

The first of the annual lectures was delivered October 26 by Michelle Van Cleave, former National Counterintelligence Executive under President George W. Bush, entitled *Foreign Spies and the US Response*. **MM**



Brian Kelley

EYES ONLY

Friends and associates gathered October 20 to honor **Betsy Bennett**, who is retiring after 22 years as Director of the North Carolina Museum of Natural Science.

...

The Chef's Academy's Second Annual Triangle Chef Showdown September 27 raised 100,000 meals for the Food Bank of Central and Eastern North Carolina.

...

The Cape Fear Museum has won the 2012 Albert Ray Newsome Award from the Federation of North Carolina Historical

Societies for the conservation of Civil War-era artifacts included in their Fragments of War exhibit. Open through May 5, 2013, it features three recently conserved Civil War artifacts — a 34-star U.S. flag, a Confederate 2nd National flag, and Confederate Major-General William H.C. Whiting's dress uniform. For more information visit www.capefearmuseum.com.

...

Gardening With Confidence: 50 Ways to Add Style for Personal Creativity by Metro gardening writer Helen Yost published by WC Press of Raleigh is now available. Go to www.gardeningwithconfidence.com for more information.

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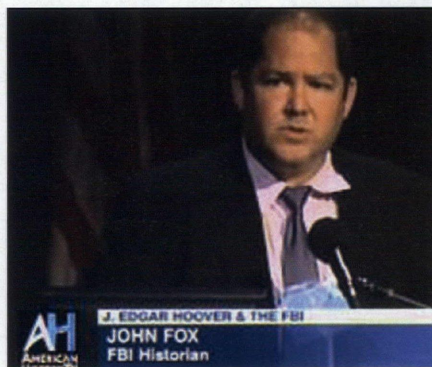
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C-SPAN Begins Broadcasting Segments From Raleigh Spy Conference

C-SPAN 3 began broadcast of segments from the 8th Raleigh Spy Conference with the opening presentation by FBI Historian John Fox on the role of J. Edgar Hoover as America's chief domestic intelligence officer. Go to www.c-span.org/Events/J-Edgar-Hoover-and-the-FBI/10737434769/.

Fox summarizes Hoover's career at the FBI, focusing on his unique organizational abilities and the changing requirements of federal law enforcement. Intelligence and counterintelligence, according to Fox, did not become priorities until World War I and the mandate to detect German agents. The rise of communist activity in the war's aftermath created an increasing emphasis on do-



mestic security, a mandate the public supported until Hoover's obsession with Martin Luther King, Jr. in the 1960s before his death in 1972 after 48 years as Director.

From 1934 until 1948, encompassing the advent of World War II and the rising presence of Soviet espionage (as well as combating gangster related crime), the FBI under Hoover grew exponentially from under 1000 to 15,000 employees. With the formation of the CIA, Hoover terminated foreign intelligence gathering (pri-

marily in Latin America) but maintained responsibility for domestic security.

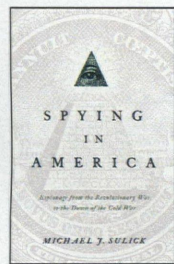
Fox discussed the rise of the role of signals intelligence, notably the Venona decrypts instigated by the Army Signals Intelligence Corps, the forerunner of the National Security Agency. Not released until 1995, Venona, with only 10 percent of the 290,000 intercepted cables decoded, has verified several hundred American Soviet spies working in government agencies and departments.

Fox also responded to questions concerning the continuing controversy over the assertion Hoover was a homosexual, a continuing unproved theme in U.S. books, TV shows and films (the recent movie *J. Edgar* is a recent example). Citing Christopher Andrew, the most well known expert in the intelligence field – and keynote speaker at the first Raleigh Spy Conference in 2003 – Fox agreed that Soviet disinformation played a large role in the accusation, adding there is no evidence for the allegations.

Go to www.raleighspyconference.com for more. **MM**

Spying In America

A book written by CIA's former spy chief commands attention. No, not the CIA Director - DCI, as they say in the biz. The Director's job is political and administrative. *Spying In America: Espionage from the Revolutionary War to the Dawn of the Cold War* is a new book by Michael J. Sulick, CIA's chief of counterintelligence from 2002 to 2004, and Director of the National Clandestine Service from 2007 to 2010 - the "spy side" of CIA. Sulick is the real deal, and *Spying In America* - coming out this month - is sure to become a seminal contribution to the scholarship of intelligence.



Sulick's much-needed offering collates the key role of espionage in national affairs covering well known and not so well known spies from the perspective of an author who knows his subject from an expert perspective. Readers will learn about espionage operatives they don't know about, clarification on notorious spies that have become part of espionage history and how the U.S. responded to their treachery.

You can meet Mike Sulick - who moved to the greater Raleigh area in 2010, and served as a marquee speaker at the 2011 Raleigh Spy Conference - December 6 at a book signing hosted by Quail Ridge Books in Raleigh's Ridgewood shopping center (919-828-1588). *Spying In America* is due on book shelves November 15 from Georgetown University Press, www.press.georgetown.edu. **MM**

— Bernie Reeves

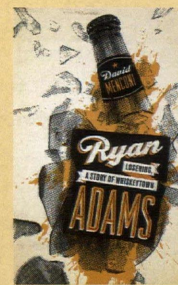
Menconi Rides The Ryan Adams Train

Raleigh music critic and writer David Menconi's latest book, *Losing: A Story of Whiskeytown*, details the frenetic existence of musician and song-writer Ryan Adams. Starting with his humble beginnings in Jacksonville, NC as a teenage runaway, the book traverses through his trials and tribulations in Raleigh and on the road to become a local musical hero – and his inevitable landing upon the unsteady ledges at the pinnacle of rock legend.

Menconi, a first class passenger on that wild ride, recounts anecdotes from those closest to the Ryan Adams saga. His personal relationship with the myriad of characters, friends and band mates – who played with or were offended and scared off – accurately re-creates the early Adams era: the days on Daisy Street, and performances at The Brewery, Sadlack's and other legendary Raleigh rock joints, solidify his status as Raleigh legend before the international success and pop stardom he achieved later in his career catapulted him into the blinding lights of celebrity.

Appearances on Saturday Night Live and MTV changed him. And his on-stage antics became front page stories. Hard drinking, substance abuse, egomania and narcissism are demons still haunting Adams, but his stubborn persistence and uncanny ability to write, play and sing powerful songs keeps him going.

As Menconi understands, cutting his musical teeth in Raleigh gave Ryan Adams the access to take his raw bravado as a young punk into the majesty of real country music. Whatever powers were working in 1994 matched Adams up with violinist Caitlin Cary, drummer Eric "Skinner" Gilmore, bassist Steve Grothman and guitarist Phil Wandscher. At the same time, the alternative country genre's fast-growing *No Depression Magazine* chronicled and disseminated the Ryan Adams aura. This was a magic time for music, and Ryan Adams was a key reason why. **MM**



— Daniel MacQuarrie Reeves

Tangled Up In Blue

UNC Chancellor Holden Thorp Talks With *Metro* About the Extraordinary Events of the Past Two Years

By Bernie Reeves

It's not a huge stretch to envision embattled UNC Chancellor Holden Thorp as actor Michael Caine in the 1964 film *Zulu* defending against waves of fierce native warriors. The movie depicts the famous 1879 battle of Rorke's Drift in Natal in South Africa. Approximately 4500 tall, battle-savvy Zulus – applying tactics conceived by their great ancestor, Shaka – mustered on hillsides surrounding 139 British troops before swooping down again and again for the kill. In the end, the Zulus formed for the coup de grace, spears thumping in cadence with escalating war chants. As Caine and his remaining cohort prepared for their last act on earth, the Zulus walked away in a dramatic gesture of respect for the bravery of the British soldiers.

Thorp's Drift is on the first floor in the Chancellor's office in South Building, the 1814 structure appropriately located directly across from the Old Well – the symbol of UNC, the oldest public university in America. The 48-year-old Chancellor, who took the reins in 2008, has been under siege since July of 2010 by the NCAA, irate football fans, alumni seeking someone to blame for what appears to be the unraveling of the university, NC State University fans – UNC's largest rival within the UNC system of 17 campuses – who search the universe for any bad news about UNC sports – and withering fire from the *Raleigh News & Observer*.

But Thorp, like Michael Caine, has stood firm and survived. On June 30 he will step down as Chancellor with his integrity

The 48-year-old Chancellor, who took the reins in 2008, has been under siege since July of 2010 by the NCAA, irate football fans, alumni seeking someone to blame for what appears to be the unraveling of the university, NC State University fans – UNC's largest rival within the UNC system of 17 campuses – who search the universe for any bad news about UNC sports – and withering fire from the *Raleigh News & Observer*.

intact and the loud approval of UNC faculty and staff. Despite the penchant for UNC friends and foes to shake their heads and blame the Chancellor as the best way to express outrage, the worst personal criticism you hear says he is young and had to learn on the job; or he could have handled some events better in hindsight. No one has suggested any of the scandals that befell UNC during his tenure were his fault. But the post-mortem will continue apace before the final verdict is sealed on Thorp's tenure as Chancellor through the most tumultuous period at UNC in recent memory.

How much of what – or continues to happen as new reports of allegations and revelations erupt – is isolated or systemic? What else could the young Chancellor or the Trustees have done?

As Thorp put it in a private interview with *Metro*, "Everyone thinks athletics is a top priority due to revenue. Actually, it contributes \$70 million to the operating budget, while federal research grants provide \$800 million".

According to Thorp, "The Chancellor's job is challenging and complex and involves much more than people realize."

Although inter-collegiate athletics is an area of continuing focus, there are five overarching issues demanding his attention. The job description does not list them specifically, and the public doesn't think about his duties that extend far beyond his apparent job as top academic official:

1. Budget problems caused by the bad economy and increased state outlays for public medical costs that "take down money for UNC" require constant monitoring. "We have been in a budget squeeze since I arrived," Thorp says.

2. The increasing "complexity and corporatization" of university management. For example, Thorp is responsible for disparate areas, including the UNC Management Company, in charge of gift and endowment investments totaling \$2.1 billion, the 50,000 accounts using the schools' Internet and email system, the Horace Williams Airport as well as a decision-making role in

the management of the \$2.1 billion UNC Health Care system. He also serves on various campus and area boards, including the Research Triangle Foundation.

3. The daily involvement Thorp summarizes as "safety, politics and labor," involving campus and Chapel Hill police departments ("first thing I tell new chancellors or presidents is to contact the chief of police before you do anything else"); dealing with town and gown issues; buildings and grounds management; real estate holdings (for example, the school's development of the Carolina North research and mixed-use academic campus and ownership of Granville Towers); and employee

labor issues. Thorp added he was pleased at the assessment of his success in this area during the campus demonstration to urge him to reconsider his resignation that said "Employee Activists Support Holden!"

4. Teamwork with the 16 other chancellors in the UNC statewide system is a priority for Thorp, adding that the Chapel Hill campus is called on "to help other campuses" as the flagship of the academic fleet, an especially important area of activity in difficult financial times.

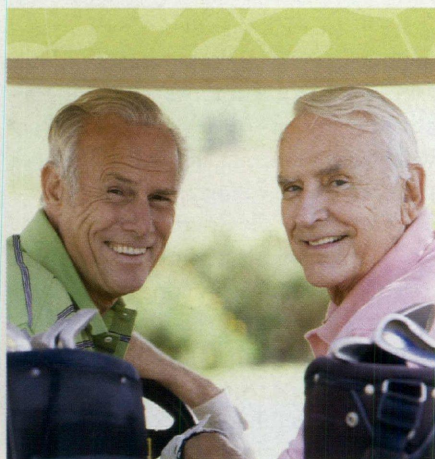
5. Grappling with the over-arching challenges that drive the university's mission: What is a college education for? How do we increase access to higher education

for everyone? How do we address increasing tuition with declining state funding? Does the curriculum meet the changing criteria of an up-to-date education? How will Internet learning affect the future of teaching? What will happen to the liberal arts in a technically driven society?

The reality is the Chancellor's job is not executed by a pipe-smoking retired professor in a worn tweed coat anymore. "Thirteen out of the 35 members of the Association of American Universities (UNC is a member of this select group) have chancellors leaving this year," Thorp said, indicating that not only is the Chancellor's job more and more complex, but it



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is also becoming more and more difficult to succeed.

SURPRISE ATTACK

From his installment as UNC's 10th Chancellor, Thorp has been engrossed in the prodigious duties of managing a \$2.1 billion enterprise in charge of 45,000 souls when the call came out the blue. The National Collegiate Athletic Association informed Thorp that two UNC football players had been questioned for receiving improper benefits and academic misconduct.

The call caught the school and Thorp off guard. Maintaining composure became a herculean task as the problems multiplied. Before any one issue could be resolved, another embarrassing report surfaced, engrossing the Chancellor in a 24/7 game of whack-a-mole. Thorp, a chemistry prodigy with no formal training in management and public relations, retained his equanimity as a perfect storm escalated into a tsunami that threatened to engulf the entire university.

Thorp was informed by the NCAA that he could act as their representative on campus to conduct an investigation, or the school could simply wait in suspense for the NCAA to follow up when it could with the attendant risk the matter would drag on for years. At this juncture, the strengths and vulnerabilities of the Chancellor set the stage for what followed.

MAN OF THE MOMENT

Thorp's blood is Carolina Blue. He received his undergraduate degree there in 1986 before heading out to the California Institute of Technology where he earned his doctorate in Chemistry in 1989, followed by post-doctoral work at Yale on photosynthesis. He returned to UNC in 1993 where his specialty was DNA chips, rose to chairman of the Chemistry Department and went on to head the College of Arts and Sciences, the largest academic unit in the university. Today Thorp holds 19 current or pending patents and has been published 130 times in scholarly journals. He is also co-founder of Viamet Pharmaceuticals in Durham, which has two drugs in clinical trials.

Of course he agreed to act on behalf of

the NCAA. He has the brain of a Univac and the loyalty of a Marine. And he loves his school. What followed was the sine qua non of learning on the job, not only about the intricacies, subtleties and disappointments of top level management, but the reality that not everyone is as dedicated and circumspect as he is about UNC.

Thorp suspended seven players just before the opening game of the 2010-11 season against LSU that augured the launch of "big time" football at UNC under vaunted coach Butch Davis. The team lost in a close contest, and die-hard fans were convinced Thorpe's decision to suspend players had shattered their dreams. In the end, 21 players were suspended during the 2010-11 season, with 11 allowed to return.

Thorp forced the resignation of associate football coach John Blake for his contacts with sports agents and "runners" hired to act as go-betweens with players and the money men. Jennifer Wiley, who tutored athletes, left her job under a cloud when she was accused of writing papers and supplying improper benefits for football players, including the coincidence that she was also tutor for Coach Davis's son, then in high school, setting off conspiracy theories that have not materialized. By this point, nine violations had been addressed, resulting in self-sanctions by UNC that included three years of probation, giving up nine football scholarships, ceding 16 wins from the 2008-09 seasons (later expanded to include a one-year post-season ban) and amended to include giving up five additional scholarships over three years.

PLAGIARISM, PHANTOM COURSES

But the surprises multiplied. A lawsuit filed by a suspended football player uncovered plagiarism in the Department of African and Afro-American Studies that led to revelations of academic fraud by the department chair. These included phantom courses that attracted athletes and improper compensation, among additional violations. The chairman was forced to retire and eventually the Orange County DA and the State Bureau of Investigation were called in to ascertain if criminal charges were warranted. The problems appear to have been in place

The call caught the school and Thorp off-guard. Maintaining composure became a herculean task as the problems multiplied. Before any one issue could be resolved, another embarrassing report surfaced, engrossing the Chancellor in a 24/7 game of whack-a-mole.

earlier than 2007, as the academic transcript of star football player Julius Peppers was unearthed by vigilant computer geeks, raising additional questions.

Thorp explained: "Our internal investigation went back to 2007 because of a records request that went back to that point. We said in our internal report that the problems likely went back further. News reports have incorrectly asserted that we went back to 2007 because those were the Butch Davis years. We went back that far because of the request asking for records back to that time. The discovery of the Peppers transcript is what prompted us to order the investigation chaired by former governor Jim Martin to try to determine how far back it went and to examine if there are similar problems in other departments".

As revelations piled on, Coach Butch Davis, who avoided the ax early in the investigation, was terminated by Thorp on July 27, just before practice began for the 2011-12 season to howls of protest from irate fans. Thorp said he did not fire Davis early on because there was no evidence linking the head coach to the activities of John Blake, adding "I didn't want to act before we had sufficient evidence." Perhaps Thorp was mindful of the firing of the lacrosse coach at Duke by school president Richard Brodhead in a fit of politically correct pique before the evidence proved accused lacrosse players were innocent of sexual crimes. Duke was not only embarrassed, it paid millions in damages as the case went on and on, bringing continuing negative publicity to the school.

Things calmed down after long-time Athletic Director Dick Baddour also retired, and Larry Fedora was named coach and Bubba Cunningham Athletic Director. But in the spring, the irregularities in the African and Afro-American studies department were disclosed by the university, which led to an investigation and report

by a faculty committee, the retention of an accounting firm by the Board of Trustees to certify that new procedures would catch such problems in the future and the naming of the Martin-led panel – along with a separate Board of Governors committee – to ask further questions on behalf of the UNC system.

In September 2012, Thorp was punched in the kidneys with a scandal involving a past football player. UNC's chief fundraiser Matt Kupec, who played quarterback for UNC in the mid-1970s, resigned and agreed to pay \$17,000 in restitution for travel reimbursements used for personal purposes, including unapproved trips with UNC employee Tami Hansbrough, mother of former star Carolina basketball player Tyler Hansbrough.

On September 18 Thorp tendered his resignation and will step down June 30, 2013. So what does he think he could have done differently? And how did the school's byzantine management structure contribute to the causes and responses to the problems?

IN RETROSPECT

"I wish I had done more to modernize the university and move us faster to better processes," Thorp says. "We just had a run of bad luck while we were trying to adapt to the future. As an example, Thorp added, "We brought in Bain Capital (the private equity and management consulting firm where Mitt Romney was a partner) to streamline budgets before any other university in the country", that saved the university 50 million dollars. Following Thorp's lead, Berkeley, Cornell and others have retained Bain Capital for similar work.

Many improvements are already in process. In a release announcing his resignation, Thorp wrote: "Student applications are up 24 percent and our faculty has made us a Top 10 university in research funding. More alumni and friends made gifts to the

University last year than ever before...." In other words, it appears a very fine chancellor has been sacrificed over events he could not control.

Thorp: "Chancellors and college presidents are caught between the need to manage the business functions professionally and academic management. For example, we missed the problems in African and Afro-American studies because we look for faculty members who are teaching too few courses, not too many. Or that Independent Study (one of the issues that raised eyebrows in the African and Afro-American program) is in demand for the kind of immersive academic experiences that a residential college education should provide. But how do we assure it is effective? Online is not the only answer. You need students interacting with teachers."

STRUCTURAL PROBLEMS

Governance is a "beast to do" Thorp added, when asked about the peculiar UNC system management arrangement. "North Carolina is the only state with campus boards and a system board. Some states are 'all-system,' like California, while others allow their campuses to be run independently by boards of trustees, like Ohio. Gordon Gee at Ohio State reports only to a campus board, for example."

North Carolina's college governance is indeed complicated. Thorp reports to the UNC Board of Trustees, but he actually works for the Board of Governors. Here is verbiage from the official job description handed out when Thorp was hired: "The Chancellor reports to the UNC President and is responsible for carrying out the policies of the Board of Trustees and the Board

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of Governors.”

“When we hired Larry Fedora as Head Football Coach, I told him, as he was walking out the door, ‘all I need to do now is get approval from 46 people,’ referring to the 13-member UNC Board of Trustees, the 32-member Board of Governors and System President Tom Ross. This contradictory chain of command Thorp has to navigate would be laughable to the students and professors up the road from South Building in the Kenan-Flagler Business School.

Thorp, when asked if he worked in the usual corporate system - in which management reports directly to a single Board of Directors - would the recent unpleasantness been easier to handle? He responded that he does work with the Board of Trustees and chairman Wade Hargrove. But the structural question lingers: the future chancellor will deal with a reporting system in which he is not actually an employee of the campus Board of Trustees.

The difficulties of the chain of command are aggravated by legal academic conditions. Thorp was forced into silence in

response to queries about student athlete activities by federal laws created to ensure privacy. For example, The Family Education Rights and Privacy Act (FERPA) prevents UNC and Thorp from giving the school's side of a student incident.

With all the second-guessing he has engaged in since the call from the NCAA in 2010, Thorp says he has developed Holden's Principle: “The information that got out, I should have gotten faster myself.” He then reflected:

“I give dozens of talks a year about UNC. I repeat two or three jokes that always receive a laugh. I tell a story about one student's extraordinary achievement. I play a song on the piano. What I wished I had done was use these opportunities to explain what my job really is, and more about the existential challenges facing public higher education.”

AU REVOIR, NOT FAREWELL

Thorp, who plans to return to the Chemistry Department, is a renaissance man with a small ‘R’ who has achieved a wide range of accomplishments, the epit-

ome of the sort of graduate UNC seeks to create. He is a science whiz kid, a talented musician, a solid liberal arts devotee, a very capable administrator, a hard worker and a successful entrepreneur. He has co-written an important book on the necessity of an entrepreneurial attitude on campus. He is teaching a course on the subject this semester. As an example of his well-rounded life view, Thorp added that “each lecture kicks off with a piece of famous music to emphasize that the liberal arts are the foundational key to knowledge?”

In the last scene of the 1954 Korean War film *The Bridges At Toko-Ri*, actor Frederic March, playing an admiral commanding a carrier task force, swivels in his chair on the ship's bridge and contemplates the demise of drafted fighter pilot William Holden, shot down during an act of unusual heroism. “Where do we get such men?” He asks himself.

Indeed. Will we find another man like Holden Thorp to lead UNC? If so, will he too be sacrificed to an antiquated organizational chart, mob behavior and blind rage? **MM**



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Remembering Bill Friday

By Art Padilla

The death of Bill Friday, former president of the UNC system of colleges and universities, and one of the most well known and influential people in North Carolina - who was respected nationally for his leadership and innovation in higher education - passed away October 12. Friday was known for his opinion that big-time college athletics cause a risk of diminishment of academic reputation.

Art Padilla, a retired professor of management, is an expert on university leadership. He was a close friend of Bill Friday who worked for him during a previous difficult period for UNC.

The following was published by Inside Higher Education, a journal of academic news, following Friday's death.

I first met him when I was a teenager at a football game. He greeted me with a warm smile on his way down to the field for some presentation. He was already a national icon, an adviser to several presidents. I had no idea that within a few years I would have the privilege of working with him and his gifted associates closely on a daily basis.

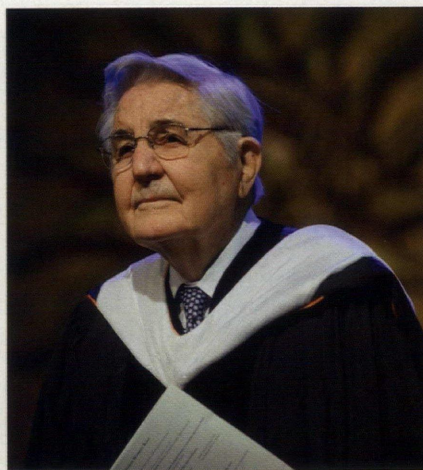
Long before he became the legendary president of the University of North Carolina, Bill Friday was an all-star baseball player. A visitor to his hometown of Dallas, N.C., a textile village about 20 miles west of Charlotte, allegedly stopped at a country store for directions. "Isn't this Bill Friday's hometown?" he asked the two older men sitting there. They both nodded. One recalled that Bill had been a pretty good catcher for the high school and American Legion teams.

"Yep," reflected the second. "And if he had stuck with baseball, Bill might have made a name for himself."

President Friday's choice to play catcher was always intriguing. With bats flying around your head, fastballs stinging your hands, and stress on your knees from prolonged squatting, it is a tough position to master. But the catcher has a singular view of the field and the other players. Behind an anonymous mask, the catcher controls the pace of the game, has direct access to the key actors, and is in the ultimate position to defend home plate.

He could have played no other position. Like an excellent catcher, President Friday handled the pressure with grace, calmness and a deep understanding of the game. He played intelligently and hard but always fairly and ethically. Never once did I see him hurry, never once did I hear him swear, not once did I observe a disrespectful act toward anyone.

More than once I saw him turn apparent



defeat into victory. The begrudging admiration of political opponents was common. One referred to Friday's feline qualities: No matter how you throw him out the window, he said, Bill Friday always lands on his feet.

While he did not wear a catcher's mask as president, his preferred mode of operation was a behind-the-scenes one, keeping in constant touch with all the key players and never surprising them. It was what Stan Ikenberry, former president of the University of Illinois and head of the American Council on Education described as a personalized approach to the presidency.

Friday would come in by 7 a.m. every day and would hand write notes of congratulations or appreciation on his embossed note cards with "William Friday, Chapel Hill, NC" at the top. He was constantly on the phone but always seemed to have time to chat with visitors. On occasion, when he had to, he stood between the base runner and home plate, defending the university against outside interference.

In 1972 a new and complex university system was formed in North Carolina. Bill Friday was the obvious choice to be its first president. The system consisted of a new gov-

erning Board of Governors and an amalgam of the "old" six UNC campuses, which Friday previously headed, and ten other regional institutions, each with its own board of trustees. The six UNC institutions included two research universities (UNC at Chapel Hill and NC State), a former woman's college, a master's granting institution, and two small baccalaureate level campuses. Nine of the remaining campuses included five historically black institutions (HBIs), some with appallingly neglected physical plants, three regional campuses, and one with great ambitions for expansion. The last institution was the nation's only publicly supported conservatory, the NC School of the Arts in Winston-Salem, which also had a high school.

Unlike the California systems, with the universities and colleges under separate administrative arrangements, the new North Carolina structure not only put all the campuses under one umbrella, but each retained its own local board as well.

The system's first challenge was to make sense of this diversity and make it function effectively. Friday's national reputation — he already was like a Statue of Liberty in and around North Carolina — enabled him to assemble a talented group of associates.

By Friday's own choice, the original central staff, which would remain in place throughout his tenure, consisted of a handful of senior administrators. More importantly, Friday's inaugural Board of Governors was uniquely impressive, top to bottom. Exceptionally influential, the board included the most formidable and thoughtful men and women in North Carolina.

Challenges came right away: the new board had to get to know its president; the central board needed to decide what to delegate to the 16 local boards besides parking

and honorary degrees; the private colleges wanted more state money; ambitious regional institutions in growing population centers wanted new doctoral programs and medical and law schools; the tenure and personnel regulations of many campuses had to be written from scratch; a comprehensive management information system and planning process had to be created; institutional missions had to be developed; a new budgetary process needed to be established.

And if this wasn't enough, the federal government came after the UNC system. Because they couldn't figure out how to "bus" university students to achieve "desegregation," they instead demanded that programs be moved from one campus to another, suggesting, for example, that the engineering school at NC State in Raleigh be relocated to North Carolina A&T, a historically black, master's granting institution in Greensboro. Editorials in the great American newspapers and television news shows took the new system to task for centuries of racial discord and neglect. It was not an easy time.

But skill and hard work made it work. Within a few years, administrators from

other states routinely would visit the UNC headquarters as they were developing their own systems. By the system's 10th birthday, in spite of two serious economic recessions and an oil embargo, the physical plants on the historically black campuses had been transformed and the UNC campuses had the fastest growth of minority-presence enrollment in the South.

Bill Friday had unusual gifts and traits that made him a superb administrator. One was his extraordinary interpersonal antennae. He could sense what others were feeling, what was troubling them, what they wanted, much as Robert Caro has written about President Lyndon Johnson.


Friday's childhood influences and early mentors were undoubtedly influential in the development of his social skills. He remembered the conflicts and the suffering of the Great Depression. When he would go back home to the Dallas and Gastonia areas, he would recognize people still there who, in his words, "were not able like me to get out of this place and get an education. I could be one of them. They just didn't have the chances I did, and I will never forget that."

This background, along with the moral influence from his maternal grandfather and from his predecessor at UNC, Frank Porter Graham, colored his approach to freedom and accessibility to opportunity for all those who worked hard. The same principled concerns that led Friday and his "brother," Father Ted Hesburgh of Notre Dame, to create the Knight Commission on Intercollegiate Athletics, were evident early. As sports editor of the NC State student newspaper, he would frequently exhort his classmates to act civilly toward their "brethren" from Chapel Hill at upcoming football or basketball games.

Clark Kerr once told me he couldn't relate to classmates who sat around in college and wasted their time. Friday told a similar story: "I was an old man when I got to college. I wanted to get things done. I didn't have time for all the partying and carousing." His beautiful wife of nearly 70 years, Ida, a student at a nearby women's college in Raleigh whom he met on a blind date, confirmed his seriousness of purpose: "I think I was the only girl he ever dated. So it wasn't love at first sight, it was more like love at the only sight."

Mr. Friday's ability to deflect conflict, seek common ground, and to work with anyone was well-known. Former N.C. Governor Jim Holshouser, one of many governors who frequently benefited from Friday's counsel, would say that Friday could disagree without being disagreeable. Friday's work to reinvigorate the Fulbright program by collaborating with former U.S. Senator Jesse Helms was emblematic of his ability to cobble elegant solutions working with former adversaries. Government officials who increasingly complain about gridlock and intransigence in Washington could learn a thing or two from Friday.

Helms and Friday could not have been more different. One was a conservative right-winger, a rabid Republican who frequently complained that Reagan was too liberal, the other a liberal Democrat. On several occasions, particularly during Helms's period as a popular, ultra-conservative commentator on a local TV station, the discord between the two men could have easily escalated. Even when Helms suggested that the new state zoo should be located in Chapel Hill — "All they need is to put a fence around the place" — Friday remained respectfully and publicly quiet.



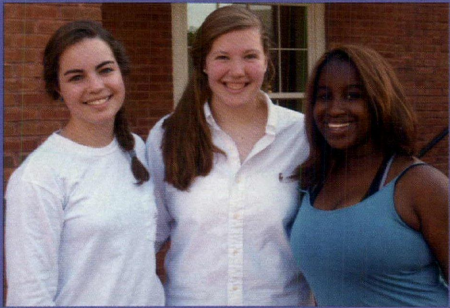
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When Friday and his longtime friend, the historian John Hope Franklin, were recruited to revive the important Fulbright program, Friday successfully turned to the then-chairman of the powerful Senate Foreign Relations committee, Senator Helms, for political and financial support. He didn't do it with mirrors, as one consultant once said about his successful tenure. He did it by appealing to common interests and traditions and by positively sticking with the issues.


His abilities to put people in touch with their humanity, either through his inspirational public speaking or through more personal appeals, were renowned. The little known case of David Thompson is an example. Thompson is arguably the best college player to come out of North Carolina. Another North Carolina superstar, Michael Jordan, worshipped Thompson throughout junior high school and high school. Thompson's professional career was terrific but it was also marred, by Thompson's own admission, by drug use, financial difficulties, and knee problems.

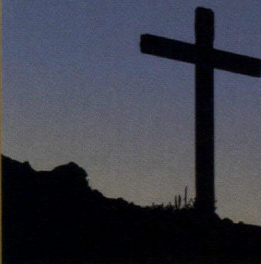
Thompson's fortunes had bottomed out when Bill Friday stopped by my office one winter afternoon in 1987. He said that it was distressing to read about David's personal difficulties, especially when he had done so much for racial relations in North Carolina. Finally, he said simply: "We need to bring him back home, Art, where people care about him." Then he left.

A few phone calls later to Jimmy Valvano, the NC State basketball coach, and Charlie Bryant, then director of the Wolfpack Club, and the process to bring David home was on its way. A few weeks later, David was invited to Syracuse, N.Y., to watch the Wolfpack play Florida in the NCAA regionals. Thompson came home the next year as director for community relations for the NBA team in Charlotte, a few miles away from his hometown of Shelby, N.C. In 2009 Thompson was the speaker at Michael Jordan's Hall of Fame induction ceremony.

Bill Friday, the catcher, had called the pitch. **MM**

Art Padilla is a professor at the University of Arizona's Eller College of Management and author of *Leadership (Wiley)* and *Portraits in Leadership: Six Extraordinary University Presidents*. He also worked with Bill Friday as a young senior administrator of the UNC system.





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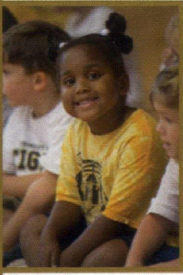
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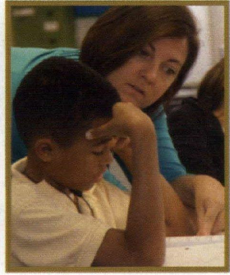
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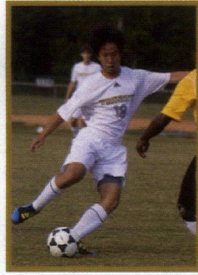

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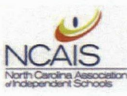

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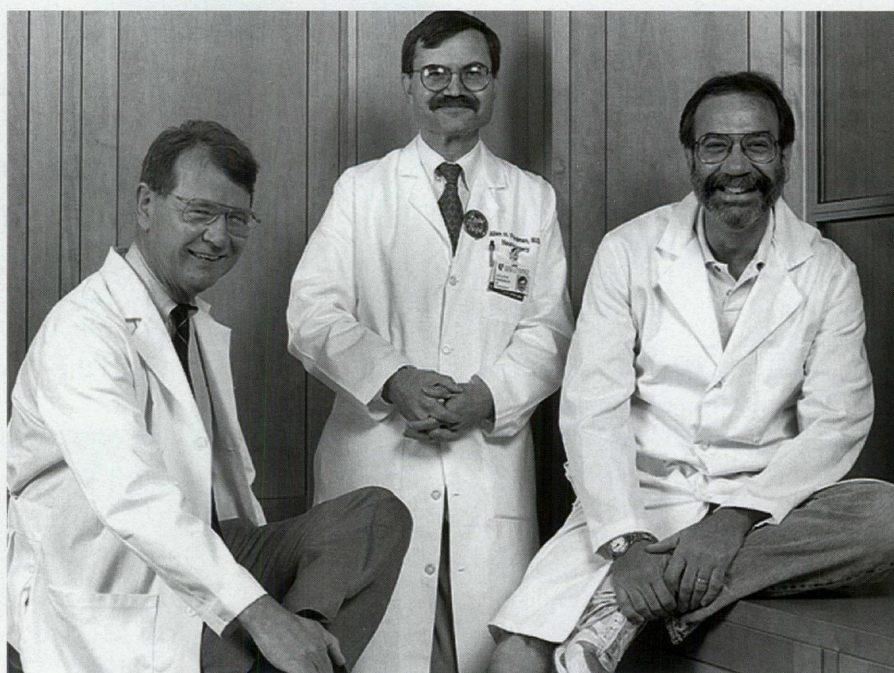



Duke's Tisch Brain Tumor Center Creates A New Era of Hope

by Taylor Arnold

As one of the first brain tumor research and clinical programs in the United States, the Preston Robert Tisch Brain Tumor Center at Duke is paving the way for pediatric and adult neuro-oncology programs around the world. At the helm of this staff is a team of physicians who have made it their mission to ensure that malignant brain tumors are curable in the future. They are internationally recognized, not only for their groundbreaking research, but also for their commitment to fostering hope among patients and families who are afflicted with neurological diseases. "We believe hope is the foundation of everything we do," says Dr. Henry Friedman, a neuro-oncologist and co-director of the Tisch Center. "Even with the worst brain tumors, whether you are successful or not, hope is the fountain from which everything springs."



Director Darell D. Bigner, MD, PhD, and Deputy Directors Allan H. Friedman, MD, and Henry S. Friedman, MD

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The Evolution of the Tisch Center

"There wasn't a formal brain tumor center when I came to Duke in 1963," explains Dr. Darell Bigner, co-director of the Tisch Center and director of the Pediatric Brain Tumor Foundation Institute at Duke. "But the first neurosurgeons had established both clinical and research programs, and that's what attracted me to Duke — their national and international prominence."

Duke didn't establish the Tisch name until 2005, thanks to generous donations from the family of Preston Robert Tisch, chairman of Loews Corporation and co-owner of the New York Giants, who was

treated for a brain tumor at Duke. Since then, the work of Dr. Bigner and that of Dr. Henry Friedman and Dr. Allan Friedman have continued to grow Duke's neuro-oncology programs, applying Tisch funds to support research studies and clinical trials that have resulted in the first new treatments to be approved for brain tumors in more than a decade.

Dr. Bigner says that when he first started, there were "no good imaging studies for diagnosis, no good drugs that worked for edema and swelling, no chemotherapy and we didn't know how radiation worked. All of these things have happened since the late 1960s and have been improved since that point."

The Impact of Brain Tumors

A diagnosis of glioblastoma multiforme (GBM), or a malignant brain tumor, is devastating news for a patient. According to the American Association of Neurological Surgeons, GBM typically results in death in the first 15 months after diagnosis. But thanks to ongoing efforts at Duke, GBM isn't necessarily a death sentence. In 1985, fewer than 25 percent of patients lived five years with brain cancer. Today, the five year survival rate is approximately 35 percent, and patients are surviving 10 and even 15 years past their initial diagnosis.

The Tisch Center sees between 900 and 1000 newly diagnosed glioblastoma patients each year, the most common malignant brain tumor in adults. While the disease remains unpreventable, Dr. Bigner and his team believe there will be a greater percentage of patients who are curable. "We have some extremely long-term survivors," he says. "Today we see 10-year survivors with the most malignant form of brain tumors. The percentage of patients who respond like that will get better in the next few years. I believe that in my lifetime we will see a larger percentage of patients who are cured."

Emerging Treatments

Like many cancers, conventional treatment for GBM includes surgery to remove as much of the tumor as possible. But surgery is particularly difficult since

glioblastoma manifests tentacles that envelop the brain. Because the entire tumor cannot be removed, surgery is typically followed by radiation and chemotherapy. In the last few decades, this has involved the surgeon placing dissolvable wafers made of chemotherapy drugs on or near the remaining tumor.

While this treatment has improved the outcome for some GBM patients, this isn't good enough for Dr. Friedman and his colleagues. "In the next five to 10 years, I hope to make major steps forward in the cure rate for GBM," he predicts. "There are a lot of new strategies that can be employed to give us a better outcome."



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This is why Duke physicians often deviate from standard care if there is a chance of improving a patient's chance of survival.

Instead of trying a new therapy only after another one fails, they evaluate each patient's unique case before employing a number of treatments at the same time. This often involves approved therapies, but often a patient will undergo a clinical trial as well. (At Duke, more than 66 percent of adult patients and 75 percent of pediatric patients are enrolled in clinical trials.)

In recent years, the Tisch Center has unveiled CDX-110, a vaccine developed by Duke neurosurgeon Dr. John Samson. The vaccine "trains" immune-system cells to attack EGFRvIII, a protein that is present in 25 to 40 percent of GBM patients. The results of the clinical trials of this vaccine were so successful (it doubled the survival time of patients) that Duke licensed the vaccine to the pharmaceutical company Pfizer.

For recurrent glioblastoma, Duke researchers have made significant progress with the anti-cancer drug Avastin, which

"At Duke there is hope. Patients are told that even though this is a serious problem, there are things to be done, and we will try all of those things. It is not a hopeless situation. Even with most malignant types, there are long-term survivors."

— Dr. Bigner

prevents the tumor from growing new blood vessels to support it. "Dr. James Vredenburgh played a pivotal role in the approval of this drug that had previously been used to treat lung and colorectal cancer," Dr. Friedman says. "It's now one of the mainstays for GBM." In a study conducted by a team that included Dr. Friedman, Dr. Vredenburgh and Dr. Bigner, Avastin nearly doubled expected survival to six months. The FDA approved the drug for GBM in 2009, making it the first new treatment approved for this disease in more than a decade.

"There are many more new treatments being developed," Dr. Bigner says. "There are a large number of vaccine studies in clinical trial, and an immunotoxin for tar-

geted cancer therapy." An immunotoxin, or a protein that contains a toxin along with an antibody, binds to a surface on a cancer cell and kills it. "We're also looking at DNA repair mechanisms to remove mutations, and we have a very active epidemiology group here at the Center," he says. "We will continue to develop cutting edge methods of diagnosis and treatment and continue to see long-term survivors."

The Cost of Finding a Cure

While GBM is one of the most common forms of brain cancer, it is still a relatively rare disease, causing just two percent of all cancer deaths each year. Consequently, the federal government classifies it as an "orphan disease," and

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because public research funding is allocated based on the incidence of a disease and not the mortality rate, the Tisch Center depends on research grants and donations to cover their costs.

With more than 120 types of brain cancers, each with different chemical profiles, it is difficult to locate funding for clinical investigations of each one. As a result, Duke orchestrates a number of fundraising events throughout the year including the Teddy Bear Ball in December and the Angels Among Us Walk in April (see sidebar).

In addition, individuals can make donations to the Tisch Center anytime of the year. Families of GBM patients can give memorial gifts to honor a loved one, and many employers offer a matching program where the company matches any monetary donation an employee makes to a specific charity. All gifts are tax deductible, and each of these contributions can help in finding new treatments that will improve outcomes for patients and families. Gift forms are available on Duke's website, www.cancer.duke.edu.

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The Future of GBM at Duke

Moving forward, the Center is investing a portion of the most recent gift from the Tisch family in genomics research aimed at developing individualized treatments using a patient's genomic signatures. "The ability to do complete genome sequencing gives each patient's tumor an individual blueprint of what has gone wrong," Dr. Bigner says. "It can be done fast enough and cheaply enough, and it's now entering our clinical practice."

And while there is always the hope of finding a form of prevention for GBM, there is only one known cause, and that is

radiation exposure from the treatment of different types of cancer. Now that doctors have identified this, it can be prevented, but this only affects less than one percent of cases.

In the meantime, Duke will continue research to identify more causes of GBM, both external and internal, as they work to make new therapies available to their patients. "At Duke there is hope," Dr. Bigner says. "Patients are told that even though this is a serious problem, there are things to be done, and we will try all of those things. It is not a hopeless situation. Even with most malignant types, there are long-term survivors." **MM**

Angels Among Us

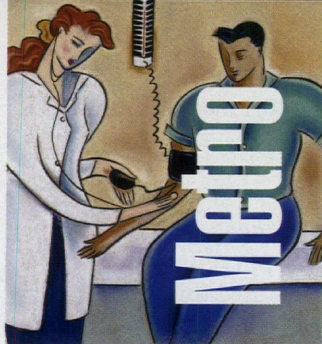
April 20, 2013 marks the 20th anniversary of the annual Angels Among Us Walk. The event draws thousands of participants — patients with brain or spinal tumors, their family members, caregivers, as well as physicians and researchers involved in new treatments and clinical trials. The first event in 1994 raised \$27,000. Last year, Angels Among Us raised \$1,802,475.

The event begins with a 5K run through the Duke campus, followed by a Family Fun Walk through the Sarah P. Duke Gardens. It has a

family-friendly focus with entertainment, food, raffles and activities and prizes for children. The day concludes with a closing ceremony where the top 10 fundraising teams receive an award and the grand total raised for the event is announced.

Registration for the 2013 Angels Among Us Walk is officially open, setting a goal to raise \$1,900,000. Visitors are asked to click on the participant page and begin inviting friends and family to join their team and start the fundraising process. For more information, visit www.angelsamongus.org. **MM**





Medical Rx

by Taylor Arnold

WakeMed Offers Advanced Technology to Enhance Care for Critically Ill Patients

WakeMed Health & Hospitals recently unveiled a state-of-the-art WakeMed eICU® service that allows critical care experts to monitor data in real time to identify trends that may indicate a change in a patient's condition. The WakeMed eICU service will use advanced software and continuous remote monitoring technology from Philips Healthcare to connect the bedside care team with critical care nurses and physicians at an off-site location whose primary purpose is to analyze patient data and track trends from a central monitoring station 24 hours a day, seven days a week. For more information visit www.wakemed.org.

BCBSNC and FastMed Expand ER Alternatives Across North Carolina

Blue Cross and Blue Shield of North Carolina (BCBSNC) is joining forces with FastMed Urgent Care to expand its network of physician-owned urgent care clinics across the state, while helping to launch innovative pro-



grams and services for BCBSNC customers. This collaboration increases access to convenient, high quality urgent care while reining in medical costs. FastMed clinics are open on weekends and for extended hours during the week, 365 days per year. To learn more about urgent care centers, visit www.bcbnsnc.com/urgent.

Duke University Hospital Receives National Awards for Quality Patient Care

Duke University Hospital has received two national awards recognizing top quality patient care and outstanding performance. The Rising Star award from University HealthSystem Consortium (UHC) recognizes significant improvements and exemplary performance in patient safety, mortality and clinical effectiveness. Duke was one of four hospitals nationally to receive the award. Duke was also one of 620 hospitals nationwide that the Joint Commission recognized this year for exemplary performance in the Top Performers on Key Quality Measures program, putting it in the top 18 percent of the 3,400 eligible U.S. hospitals reporting core performance data to the accrediting board. For more information visit www.news.dukemedicine.org.

New App Predicts Future Genetic Traits of Your Baby

With the new Our Baby app for iPhone and Android, parents can find out the most likely genetic attributes that a baby is likely to inherit. The app uses real genetic algorithms to predict the likelihood of over 20 possible traits. The resulting cartoon image of your baby can be shared via twitter, Facebook or emailed to friends and family. Our Baby was conceived by HG Apps Store and a leading genetic scientist to give parents a fun way of finding out more about their future offspring based on scientific rules. For more information visit www.hgapps-store.com.

Duke Doctor Receives Lifetime Achievement Award

Dr. Donald B. Sanders has received the American Association of Neuromuscular & Electrodiagnostic Medicine's (AANEM) highest honor, the Lifetime Achievement Award. As a

recognized international leader in the clinical research of both myasthenia gravis and Lambert Eaton myasthenic syndrome, Dr. Sanders continues to perform landmark studies of new therapeutic approaches to these disorders. He is also the founder of Duke University's EDX laboratory and Myasthenia Gravis Clinic, where he has worked since 1980. For more information visit www.aanem.org.

Wake Specialty Physicians Brings Primary Care Services to Fuquay-Varina

WakeMed Health & Hospitals has opened a new primary care practice in Fuquay-Varina. Wake Specialty Physicians - Fuquay-Varina Primary Care will offer comprehensive family medicine services for adults, adolescents and pediatric (newborn and up) patients in the new office located at 231 North Judd Parkway in Fuquay-Varina. For more information visit www.wakemed.org.



Clarence Poe Home Purchased By WakeMed

Earlier this year, the descendants of Clarence and Alice Aycock Poe donated historic Longview (known as the Poe House) and the estate's remaining two acres to the WakeMed Foundation. The hospital also purchased an additional 13.5 acres adjacent to the house and the WakeMed Raleigh Campus. "Although specific plans have yet to be developed, the property holds great promise for facility and service future expansion," says Dr. Bill Atkinson, WakeMed president and CEO. "Furthermore, the land and house donation is a fitting tribute to the late Clarence Poe."

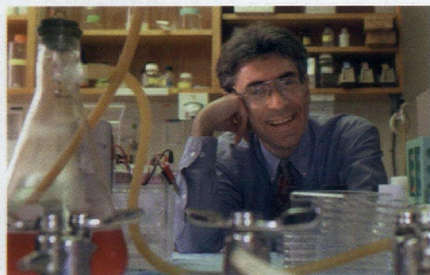
As editor and publisher of the *Progressive Farmer* magazine Clarence Poe (1881-1964) was one of North Carolina's most prominent figures. At age 15, he walked to Raleigh from rural Chatham County to work for LL Polk, the magazine's founder. Poe purchased the publication in 1903 (investors included U.S. Senator Josiah Bailey and State Chemist Ben Kilgore) to advocate on behalf of agricultural innovations and expanded educational opportunities. In 1912 he married Alice Aycock, daughter of former governor Charles B. Aycock.

He built Poe House in 1925 near the present WakeMed campus and rode his horse each weekday to work in downtown Raleigh. *Progressive Farmer*, through purchases and mergers, became the largest farm publication in the U.S. in an era when more Americans lived in rural areas than in towns and cities. As the trend to urbanization increased, the company launched *Southern Living* magazine in 1964. The *Progressive Farmer* and *Southern Living* company was sold to Time-Life corporation in 1974.

For more information visit www.wakemed.org.

Vidant Roanoke-Chowan Hospital Expands Cancer Services

Vidant Roanoke-Chowan Hospital has expanded its cancer services to include radiation therapy. This service will be located at what was the Ahoskie Cancer Center, and will now be called the Vidant Roanoke-Chowan Hospital Radiation Oncology Center. The Vidant Roanoke-Chowan Hospital Radiation Oncology Center is located at 301 South Academy St., Ahoskie, NC. For more information, call 252.209.8483.



Dr. Robert Lefkowitz

Duke Professor Shares Nobel Prize in Chemistry

Duke professor Dr. Robert Lefkowitz, along with Dr. Brian Kobilka, a professor at Stanford University, have won the 2012 Nobel Prize in chemistry. The Royal Swedish Academy of Sciences determined they had made groundbreaking discoveries on an important family of receptors, known as G-protein coupled receptors. About half of all medications act on these receptors, so learning about them will help scientists to come up with better drugs.

Rex Healthcare Adds New Ear, Nose and Throat Practice in Cary

Rex Healthcare recently opened Rex Ear, Nose and Throat Specialists in Cary, led by Dr. John Garside, a longtime Cary physician. The new practice will provide a range of services for diseases and disorders that affect the ears, nose, sinuses, throat, voice box, face and neck, as well as comprehensive audiology services and speech, voice and swallowing therapy. Rex Ear, Nose and Throat Specialists is located at 790 SE Cary Parkway, Suite 110 in Cary. To schedule an appointment, call 919.784.7400 or visit www.rexhealth.com/ent-specialists for more information.

High Point Regional Health System Announces Partnership with UNC Health Care

High Point Regional Health System (HPRHS) and UNC Health Care have formed a partnership following unanimous approval by both organizations. Under the terms of the partnership, which is anticipated to become binding in early 2013, UNC Health Care will become the sole member of High Point Regional Health System and provide \$150 million for capital improvements at HPRHS and \$50 million for the establishment of a newly formed commu-

nity health fund. High Point Regional Health System will remain a private, not-for-profit organization. For more information, visit www.HighPointRegional.com.

New Patient App Allows Doctors and Patients to Share Information

MedXCom Patient is a new App designed specifically for patients that allows them to store and manage health information, as well as instantly share important data and updates with their doctors. It also gives patients the ability to legally record physician phone calls so they can re-listen to the information later and forward all the steps involved to their patient portal. MedXCom Patient is the only HIPAA compliant, secure way to record important medical information from a doctor and is available at the iPhone store at no charge. For more information visit www.medex-com.com.



New Hanover Regional Medical Center Offers New Method to Determine Risk for Heart Disease

New Hanover Regional Medical Center (NHRMC) is now offering a low-cost way to look inside a patient's arteries. A calcium scoring study detects the build-up of calcified plaque

that can narrow the arteries and increase the risk of heart attack. This is an early sign of coronary artery disease which can be detected before the beginning of symptoms. A cardiac calcium scoring study is not covered by insurance or Medicare, but NHRMC is making it available for a \$100 fee. A physician referral is also required. For more information, visit www.nhrmc.org/calciumscoring.

Duke's Bariatric Center Earns Highest Accreditation from American College of Surgeons' Bariatric Surgery Center Network

Duke Raleigh Hospital's bariatric surgery center has been accredited as a Level 1 facility by the Bariatric Surgery Center Network (BSCN) Accreditation Program of the American College of Surgeons (ACS). This is the highest possible designation, and the accreditation opens the door to patients whose insurance companies require that they be cared for at an accredited facility. For more information visit www.dukeraleighhospital.com.

UNC's Myron Cohen and Terry Magnuson Elected to Institute of Medicine

Dr. Myron S. Cohen and Dr. Terry R. Magnuson of the University of North Carolina School of Medicine have been elected to the Institute of Medicine (IOM), one of the nation's highest honors in the fields of health and medicine. Dr. Cohen and Dr. Magnuson are among the 70 new members announced by the institute in October. For more information visit www.iom.edu.

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Handsome Warren County Homestead Lives Anew

by Diane Lea



Photography by Ted Bartlett

Warren County, one of the earliest and most architecturally interesting counties in the northeastern tier of North Carolina, seems to imbue its native sons and daughters with both a love of history and entrepreneurial skill. These qualities guided the renovation and expansion of the Pegram House, a Federal-style home (ca. 1830) located on 65 plus acres between the courthouse town of Warrenton and the hamlet of Macon. This beautiful property lies sheltered within the rolling countryside of Warren County, where lush fields of soybeans and tobacco abound. The access is a three-quarter mile long wagon road through a pine forest. There, in the middle of a sunny meadow, is the renovated and expanded house, handsomely situated on a rebuilt field-stone foundation sheathed in thick weatherboards harvested from the property's original trees hand cut by a local sawmill.

Owner Steve Clark, a native of Warren County, a retired Raleigh insurance executive and real estate developer, notes with a wry smile, "I owned this property for 20 years before I realized there was an early farm house and some outbuildings on it. I bought it as an investment property because of the old growth timber and my plan is still to sell it to another owner. It is perfect for tree cultivation or a deer hunting preserve."

After he came across the house - and the then existing ancillary buildings: a kitchen, outhouse and a combination storage building and animal barn - Clark decided to renovate. "It had good bones," he says. Among the remarkably intact elements of the home were original mantels, heart pine floors, a wide staircase and balustrade leading to the second floor and exposed structural oak support beams on the first and second floors.

Clark is only the third owner of the property, originally built for the Pegram family who occupied it from the 1830s until around 1935 when the family left farming and operated a country store at a nearby crossroads. In 1954, the family sold the property to Myrtle Tucker; Clark purchased it in 1975.

Original oak beams support the second floor above and add character to the main room with its view of the wooded setting.







Above: A tall mantel with distinctive detailing graces the main room. A carved swan holds pride of place on the stone hearth.



Left: The deacon's bench is a salvaged item from the couple's Raleigh church.

He began the renovation and expansion in 2000, using his own knowledge of design and construction, and that of friend Jerry Longmire, a multi-talented carpenter-builder from Granville County. To enlarge the house and make it suitable for weekend retreats, family gatherings and celebrations with friends, Clark chose to create an addition that would extend 30 feet from the original structure to where the original kitchen house once stood, gaining a combination sitting

room and kitchen and another upstairs bedroom and bath.

A bath for the original second floor bedroom was placed above the new sitting room. To unify the old and the new, Clark ran a wraparound porch from the rear door of the original structure along the rear elevation to a new porch over the second front door. The generous proportions of the back porch make it ideal for picnics and barbecues and open up a view of a sweeping lawn edged by trees. "The reason this house was built so far off the road is because of the spring," Clark says. "A spring and two creeks lie just through those woods we see from the porch."

The standing of the family that built the house is made obvious by the handsome mantels and the number of six-over-six mullioned windows - as well as the fine structural materials, including the stonework chimney and foundation and stone hearths. Entering the main level room, the visitor is struck by the size and design of the room's mantel with its nicely beveled tablet and pilasters. The mantel is

further distinguished by the placement of a life-size carved swan that occupies a privileged place on the hearth's floor.

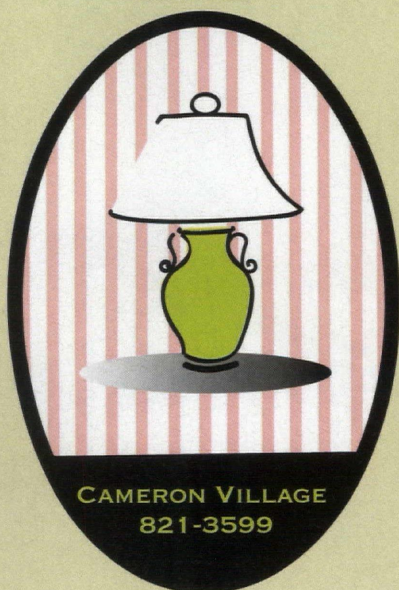
Though the preservation of the Pegram House was mostly Clark's project, his wife, Nita, had already collected several pieces of furniture and interesting accessories, including the white swan, that make the house a home. A painted deacon's bench is set before the fireplace, a bit of creative salvage taken from the family's Raleigh church when new pews were installed. The couple's son added an unusual carved corner cupboard created by a Raleigh craftsman. It fits perfectly into the space allocated for it. "Nothing was purchased for this house," Clark says. "We just put things we already had into it."

The second floor bedroom is furnished with a brass bed from the early days of the Clark's marriage, covered with brightly colored quilts and pillows. A handmade chair lends historic authenticity. The new en suite bath holds a classic claw-foot iron tub and a wash basin ensconced in an old oak commode.

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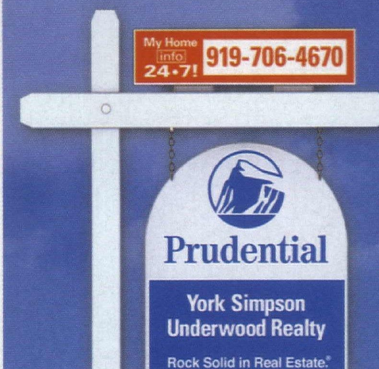
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The second floor features a brass bed from the early days of the Clark's marriage. Beams support a third floor attic space.



An addition to the original structure provides a sitting area with fireplace and a custom designed kitchen island.

The great room combines a sitting area with a fireplace and custom crafted island kitchen. The tall oak mantel suits the new fireplace and was the gift of a Raleigh friend, Phillip Parham. "Phillip had this mantel stored and offered it to me when I was engaged in this project," Clark says. "It looks like I searched for just the right thing, but didn't have to." The tall island conceals the appliances and work area beneath a glossy black ceramic tile counter. A carved black swan sits on the refrigerator. Of particular interest is the lower level sitting area that runs along the front of the island. "That's perfect for my grandson and his friends when they visit," he says.

Clark wanted the symmetry of the old to carry forward in the new addition and paid close attention to detail in expanding the Pegram House for modern living. The stairway to the new upper level bedroom and bath is of a scale to complement the original stairway. It lands in the new bedroom in exactly as the earlier layout.

Clark's determination to be "hands on" with all his projects may have been learned while growing up in a family enclave



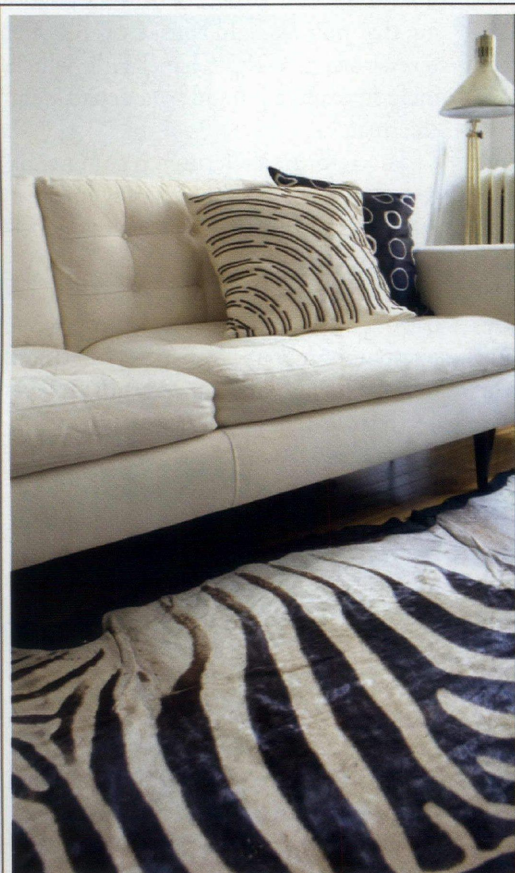
The Clark's son Chris commissioned this hand-crafted corner cupboard that fits perfectly in the main room.

known locally as Clark's Hill, situated between Warrenton and Macon. There, his father and father's brothers all had their homes and businesses. "My father was a car dealer, one uncle had a body shop and another uncle ran a general store that also

served as the Greyhound Bus stop," he says. Clark attended John Graham High School in Warrenton, now adaptively renovated and repurposed, and went on to East Carolina University before moving to Raleigh and entering the insurance business. Since then his interests have included purchasing houses in Raleigh for a rental portfolio, which he credits wife Nita for keeping straight, and constructing strip commercial space and the brick building on Oberlin Road where Metro has its offices.

Like many Warren County people, Clark grew up with a respect for history and historic houses, a passion shared by his wife Nita. Clark reminisced and added, "Nita is a native of Western Virginia, and her parents hailed from Henry and Franklin Counties. We have spent a lot of time enjoying the historic towns that run along the North Carolina-Virginia border. I guess looking at old buildings and collecting handmade things and antiques prepared me to find and preserve the Pegram House."

For that, we can all be thankful. **MM**



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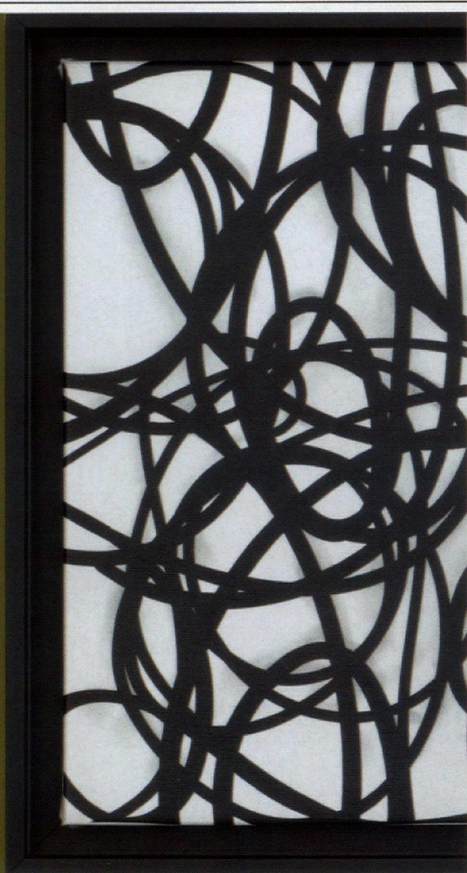
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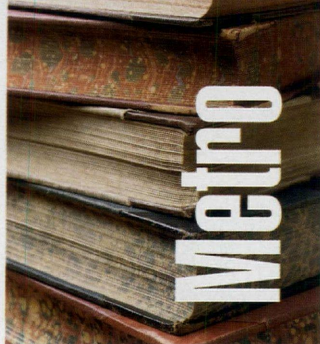
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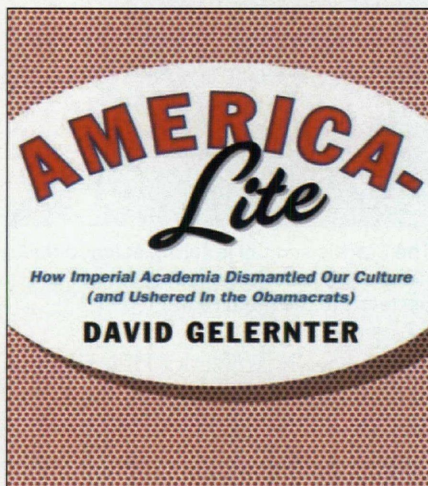
by Arch T. Allen

Standing Up to Post Religious Globalist Intellectuals

YALE PROFESSOR ATTACKS LIBERAL IMPERIAL ACADEMIA

In American academia, “critical thinking” now seems to mean criticizing America and its Western traditions. Ironically, academics who criticize America react with condescension when Americans criticize them—they dismiss their critics as anti-intellectual or label them as racist, sexist or homophobic.

An academic exception is David Gelernter, a Yale computer science professor and man of arts and letters. In his *Americanism* (2006), he explains and extols the American creed of liberty, equality, democracy and the United States as the shining city on a hill. As his beliefs suggest, he is that rare species in Academia - a conservative. The condescending criticism from his left-liberal academic colleagues



America Lite: How Imperial Academia Dismantled Our Culture (and Ushered in the Obamacrats), by David Gelernter (Encounter Books 2012, 185 pp)

does not faze him – and they are certain to dislike *America Lite*, his latest book.

Pithy, provocative and profound, *America Lite* traces how the cultural revolution of the late 1960s and early 70s transformed the once traditionalist Academy into what Gelernter calls “Imperial Academia.” Dominated by left-liberal “post religious globalist intellectuals,” Imperial Academia teaches its students “little or no history or literature or civics.” The students may be intelligent and articulate, but Gelernter finds them mostly to be ignorant “Obamacrats,” unaware of the American experience and the core knowledge essential to being informed citizens.

He warns that “a new generation of Obamacrats enters America’s bloodstream every year, in late spring, when fresh college graduates scatter like eager little birds or puffs of dandelion seed to deliver a new crop of Airhead left-wingery to the nation and the world.” With Imperial Academia now the ultimate source of American cultural attitudes, Gelernter laments the reign-

ing orthodoxy acts as a sledgehammer smashing traditional American certitudes. As a result, “The nation’s most serious problems are . . . social, cultural, educational and (above all) spiritual. . . . [O]ur cultural oxygen is being displaced by a steady seep of poison. We had better act soon; in fact, now.”

To respond to our problems, he warns that we cannot look to academia for solutions. Contrary to the professorial conceit, they can solve our problems (exemplified by Marxist literary theorists confident that they can solve complex issues through socialism), Gelernter reminds us that, while “very sure that they can run” our lives for us, academics “can’t run their own universities or scholarly fields . . .” Anyone doubting that point should consider the recent revelations at UNC-Chapel Hill, which include academic fraud by a department chairman.

For reform, Gelernter recommends technology as a tool for bypassing Imperial Academia, avoiding its left-liberal indoctrination and actually educating our students. “In short,” he says, “We want to go back to telling the truth.” He proposes a one-point program: “American education is in the hands of liberal Airheads. Take it away from them.” To do so, “focus on Internet education.”

Read *America Lite* for elaboration on Gelernter’s proposed program - and for his candid criticisms. More importantly, read it for his encouragement. After all, higher education is critical to our future and must be reformed. As Gelernter concludes: “God bless this brave, proud, strong, wise, reckless and sublime nation, and its simple creed . . . ; and thank God for its history, its heroes, its each and every citizen, its admirers all over the world. We have barely begun to bloom.” May the bloom help reform academia. **MM**

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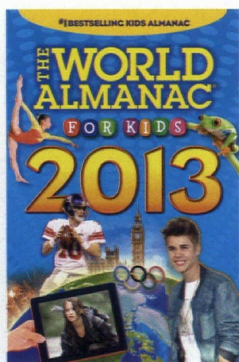
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by Taylor Arnold and Emily Conser



The World Almanac® for Kids 2013 makes a terrific holiday gift for the curious child. Geared toward ages 8 to 13, this reference book and homework helper includes everything from animals and sports to energy and the environment. Available at most book stores. \$13.99



These **Adam & Evan Shirtzies** are perfect for your little gentleman this holiday season. It looks and fits just like a button down shirt, but has the functionality of a onesie. Available at www.neimanmarcus.com, www.amazon.com or www.diapers.com. \$46



With this **LeapFrog LeapPad2**, children ages 3 to 9 can explore a library of 325+ cartridges and downloadable apps, including games, videos, music and creativity apps. This learning tablet encourages kids to explore subjects like reading, art, science, geography, mathematics and more. Available at Barnes & Noble, Walmart and most toy stores. \$99



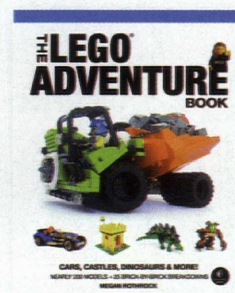
This holiday season, **Build-A-Bear Workshop®** has a collection of new and classic Christmas characters including a gingerbread Hello Kitty and the Grinch. Back by popular demand is the classic make-your-own Rudolph the Red-Nosed Reindeer and his friend Clarice. Available at Build-A-Bear Workshop at Crabtree Valley Mall and the Streets at Southpoint. Stuffed animals begin at \$23.



Now your little ones can be trendsetters with these **UGG® hologram low-top sneakers**. Cushioned with the signature sheepskin and adorned in mini sequins, they are both comfortable and eye-catching. Available at local department stores or at www.uggaustralia.com. \$75



The popular **Razor Scooter** is getting an upgrade this year. The new Razor Pro is a great toy for kids of all ages and sizes — the new extra heavy duty versions are also more stable for doing all those neat tricks at the scooter park. Available at Dick's Sporting Goods. \$59.99



Designed for fans of all ages and ability levels, **The LEGO Adventure Book** is a window into the exciting world of LEGO building. Available at Barnes & Noble, www.amazon.com or www.nostarch.com/legoadventure. \$25

GIFT GUIDE



Impress the gadget lover on your list with the **Celluon Magic Cube Virtual Keyboard**. It projects a laser onto a flat opaque surface to provide you with a virtual keyboard, while also functioning as a mouse. The Magic Cube works with the iPad, iPhone 4, mobile devices running Android 2, 2.1, or 2.2 as well as any device that supports Bluetooth 2.0 or greater. Available at Sears, Walmart and most electronics retailers. \$170 and up

More than your typical pedometer, the **Striiv Smart Pedometer Basic Bundle** has color touch screen with built-in Apps, allowing you compete with friends and family, hit personalized goals, do walkathons for good causes or play games powered by walking. You can also view your stats, goals, and donations at www.striiv.com, and let your friends cheer you on over Facebook and Twitter. Available at www.amazon.com and most electronics retailers. \$99.95



The **Olympus Stylus Tough Digital Camera** is the go-anywhere, do-anything camera your techie will love. It snaps professional quality photos, records HD movies and is waterproof, shockproof, freeze proof and crushproof. Available at www.amazon.com. \$159

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Perfect for a fashionable girl on the go, this **Adidas by Stella McCartney** cool hooded jacket is the slickest way to beat the elements this winter. Available at www.net-a-porter.com. \$500



The **Lisa handbag** by North Carolina-based company Uvo Luxury is both elegant and functional, making it the perfect splurge for the lady in your life. (It also gets its namesake from Beverly Hills Housewife Lisa Vanderpump, who owns the bag herself!) Available at www.uvoluxury.com. \$1295



Give your fashionista some festive footwear this holiday with these **Christian Louboutin Satin and Suede Bow Platform Sandals**. Available at Saks Fifth Avenue. \$995



Surprise your fashionista with these **J Brand Brocade-Print Skinny Jeans**. The ultra-stretchy skinnies have a romantic brocade print, making them both feminine and edgy. Available at Saks Fifth Avenue. \$242



Girls of all ages will love this **Little Black Dress Hanging Jewelry Organizer** by **Umbra®**. This two-sided organizer hangs on a rod or hook to maximize space and swivels so you can see your jewelry collection easily, with clear pockets on one side and hanging loops on the other. Available at the Container Store. \$19.99

Give her something that really sparkles with this **Fifth Season Stingray Silver Cuff** by **Roberto Coin**. The rhodium plated sterling silver cuff bracelet is a fantastic accessory for a holiday party or any other time of year. Available at Fink's Jewelers. \$860



This **UGG® Australia Shearling Bucket Hat** is the perfect cold weather accessory this winter. Made with genuine sheepskin and fashioned with a soft shearling interior, it is both stylish and functional. To complete the look, surprise her with matching shearling gloves. Available at Nordstrom at the Streets at Southpoint or at www.uggaustralia.com. Hats are \$165 and gloves are \$160



Moon & Lola's monogram necklaces come in 23 colors and two chain options for the fashionable girl on your list. Available at www.moonand-lola.com. \$58



Surprise your lady with a uniquely designed **gold dragonfly cuff** by **Alexis Bittar**. Available at Elaine Miller. \$379

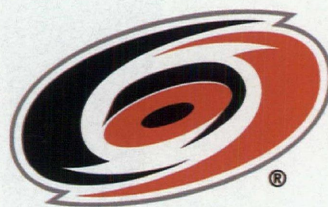
GIFT GUIDE



If your guy likes to keep up with his favorite teams while he's on the road, hook him up with **SiriusXM Radio**. It's about \$200 for a year and another \$40 to get those stations delivered to his computer or smart phone. Available at www.siriusxm.com.



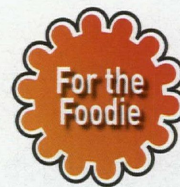
Let your sports fan take TV outside with the **Tailgater® Portable Satellite Antenna**. Whether he's in the parking lot of the big game, on a camping trip or just in the backyard, the TV can go wherever he goes. Available at www.dish.com. \$350, or \$499 with receiver



For the hockey fan in your life, what could be better than season tickets to the **Carolina Hurricanes**? Choose from a variety of packages ranging from 26 games, a 12 game plan or a mini plan flyer. Ticket packages and pricing are available at <http://hurricanes.nhl.com/club>.



These timeless roman goddess earrings designed by **Mazza and Co** are accented with cabachon sapphires and set in 14k gold and oxidized silver. Available at Elaine Miller. \$695



Outa the Park Barbecue Sauce is a family-run business out of Cary, and their award-winning sauce makes a delicious gift for any chef. It's great for grilling with chicken, pork, ribs or steak, and it makes a perfect dipping sauce when the cooking is done. Available at Harmony Farms in Raleigh or at igourmet.com. \$7.99 for a 15 oz bottle



Great for Christmas morning, or even a special treat for Santa, this **waffle stick maker** makes five delicious waffle sticks in minutes. The fun, stick shape allows for easy dipping into syrup, coating in powdered sugar or fruit, and are great for little hands to hold while on the move. Available at www.thebabycakeshop.com. \$24.99



The **Cuisine R-EVOLUTION** kit is the perfect gift for the foodie on your list, allowing them to create avant-garde dishes such as balsamic vinegar pearls, soy sauce foam and chocolate spaghetti. The kit contains all of the tools needed to experiment with the molecular gastronomy. Available at www.molecule-r.com. \$58.95

Chocolate lovers will delight in a customized chocolate lesson at the **Chocolate Boutique**. The Belgian package includes one shot of hot sipping chocolate and one glass of red or white wine, as well as chocolate samples and access to the premium toppings bar. Available at the Chocolate Boutique in Lafayette Village. \$35.



This **white truffle extra-virgin olive oil** is sure to appeal to the foodie on your list. Made with rare olives from Tuscany, it has an authentic Italian flavor perfect for salads or pastas. Available at Williams-Sonoma at Crabtree Valley Mall, Triangle Town Center or the Streets at Southpoint. \$54.99



No time to whip up a delectable holiday feast? Give yourself (or someone you love) the gift of time and order a catered meal from **Annie Belle's Catering and Private Chef Services**. Annie Belle's offers specialized meals that can be purchased and delivered as a thoughtful gift for new parents, families moving into a new home or anyone who deserves a break. Gift certificates are also available at www.anniebellscatering.com.

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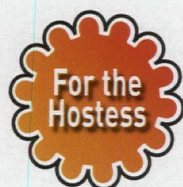
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GIFT GUIDE



Show your appreciation to a hostess with this festive set of **wine stoppers from the Martha Stewart Collection**. Available at Macy's. \$40



This **Champagne Rose Candle by Voluspa** is a smooth blend of white rose petals and tart cassis bubbling in rose champagne. For the holidays, this vermeil glass candle should be treasured. Available at Lavender and Lace.

These **salt and pepper shaker dreidels** make a fun hostess gift, and they are perfect additions to the Hanukkah table. Available at Pottery Barn. \$24.50



These **Elizabeth Locke earrings** are 19k gold and surrounded by with diamonds. Available at Elaine Miller.



Give her something unexpected with this fabulous **faux enamel giraffe bangle** with magnetic closure. Available at Elaine Miller. \$59



These creative gift sets from the **Savory Spice Shop** make the perfect hostess gift this holiday season. They come in a variety of themed boxes, as well as basic starter sets. Gift sets come in four, six and 10 jar varieties. Available at the Savory Spice Shop in Lafayette Village, Raleigh. \$20 - \$72



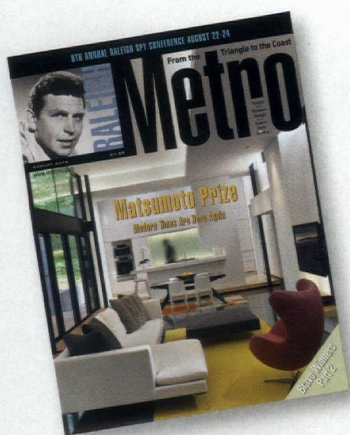
Get the guy on your list a **dapper bowtie** by Raleigh-based clothing company, Lumina. Available at www.luminaclothing.com. \$38



These **stackable rings** from **Gemvara** start at \$500 and can be customized with different metals and gemstones. Additional stackable rings start at \$143. Available at www.gemvara.com.



Give your lady the gift of shut-eye with one of **Bella's Goodnight Gorgeous Sleep Masks**. Each one is made of 100 percent silk and trimmed in romantic ruffles and delicate embroidery. Available at www.bella-beauty.net and in department stores nationwide. \$15



Give the gift of **Metro**. For subscription information, call 1-800-567-1841 or visit www.metroinc.com.



Make her holiday extra special with this extraordinary **Cartier estate emerald cut sapphire and diamond ring**. Available at Elaine Miller. It should come as no surprise that these baubles are a customer favorite.

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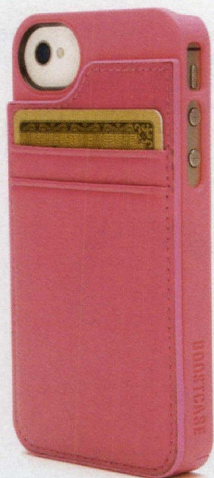


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GIFT GUIDE



This slim-fitting, snap-on case protects your iPhone, while a detachable genuine leather wallet provides slots for two credit cards or ID. **The Bootcase** is made of genuine lambskin leather and fits iPhone 4 and 4S models. Available at Best Buy, Office Max and other tech retailers. \$39.95



A gift card from **World of Beer** gives your beverage connoisseur the freedom to choose their favorite flavor, and it's a lot easier than wrapping 500 beers. Gift cards are available in \$25, \$50 and \$100 values. Purchase yours at Raleigh's North Hills location or online at www.wobusa.com.

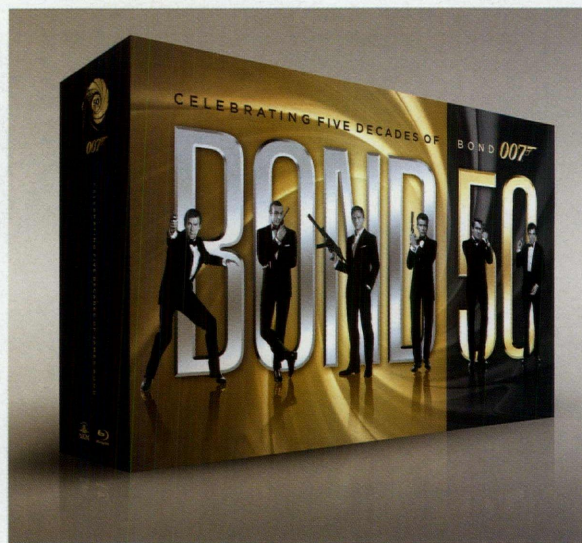
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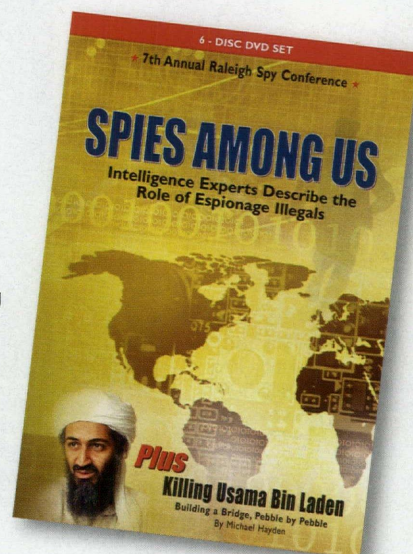
Treat your movie lover to the ultimate James Bond marathon with **Bond 50: Celebrating Five Decades of Bond 007**. The box set features all 22 Bond films on Blue-ray disc, beginning with "Dr. No" and ending with "Quantum of Solace." Available at Best Buy. \$149.99

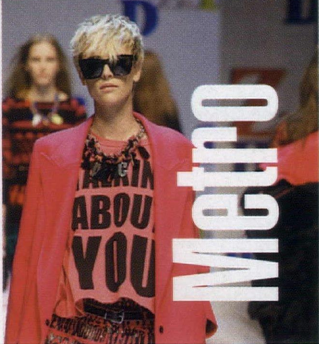


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Give your family a gift they can look forward to with tickets to **Ringling Brothers, Barnum & Bailey Circus**. The show comes to the PNC arena February 6 - 10, and tickets start at \$33. Book your seats today at www.boxofficecenter.com.

Spies Among Us is 6-disc set featuring eight world-renowned spy experts as they deliver presentations on the history of Soviet and Russian Federation espionage operations at the Seventh Annual Raleigh Spy Conference. Available at www.amazon.com. \$119.95





Style

by Emily Conser

HOLIDAY SPARKLE

H

Holiday parties are right around the corner, and finding the right outfit for each event can be difficult, not to mention pricey! So this season we're giving you a selection of dresses, pants and skirts that are appropriate for any occasion and have a little pizzazz.

Anyone can wear the LBD to a Christmas event or New Year's party, but why not switch it up this year and add a little sparkle? When worn correctly, sequins can be very sophisticated and classy, but they also give just a touch of playfulness and excitement to your holiday ensemble. Whether you're looking to splurge or stay on budget, there is an outfit here for everyone.

Topshop Navy Satin Collar Jacket



ASOS Collection Black Maxi Skirt

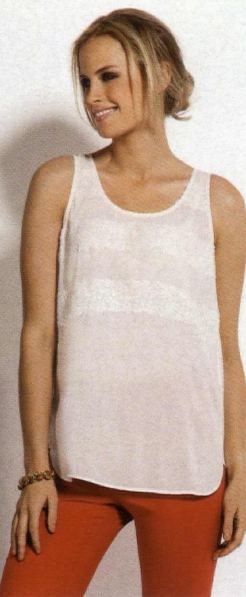
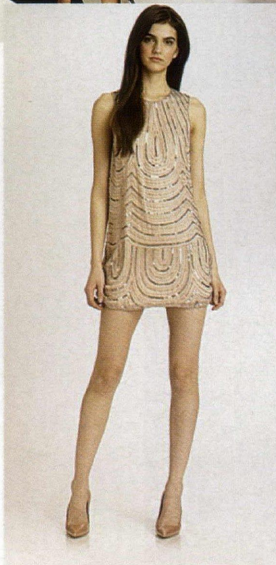


Steal

Diane von Furstenberg Capreena Mini Dress



ASOS Collection Peplum Top



Grace Hill Sequin Stripe Tank

Parker Beaded Tank Dress

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Splurge

Lanvin Beaded
Organza Dress



3.1 Phillip Lim
Peplum Top



Elie Saab Mini-
Sequined Gown



Elizabeth and James
Kendra Top in Ivory



Ralph Lauren Black Label
Alexandria Satin Evening Skirt



Notte by Marchesa
Sequin Tank Dress

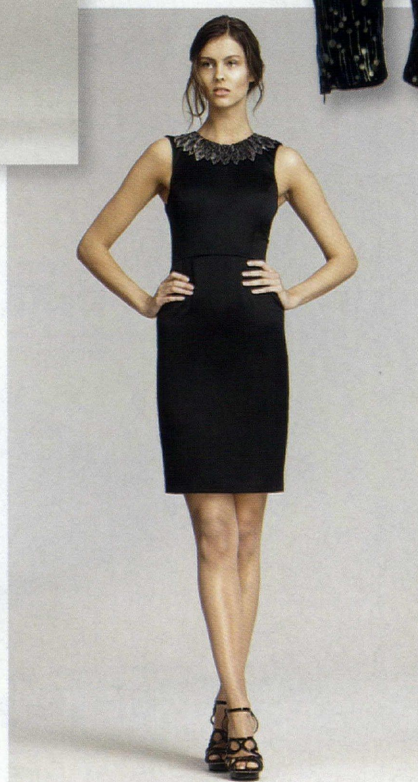


Donna Karan Asymmetric
Sequin Dress

Elizabeth and James
Trent Metallic Pant



Elizabeth and James
Velvet Tuxedo Blazer



Jason Wu Beaded
Neck Dress



COURTNEY BELL by Taylor Arnold

Courtney Bell is a Raleigh-based jewelry designer who makes each piece by hand, often incorporating vintage brooches with modern sterling and gold materials. "It's like giving an old brooch a new life and purpose," she says. "Reuse, recycle, re-love!"

Her background is in sales and business management, but when her promotional products business slowed down in 2009, Courtney started reproducing a few pieces of jewelry she'd made for herself for extra income. "I am a self-taught jewelry designer," she says. "I have always had the

ability to look at something and figure out how to put it together." She draws inspiration from several designers from the '40s and '50s including Miriam Haskell and Coco Chanel, and her creations often include seashells that she finds on North Carolina beaches. Combining art with nature, each piece is one-of-a-kind.

Today Courtney Bell Jewelry is available exclusively at Lavender and Lace in High Park Village. "My favorite part of being a jewelry designer is interacting with my customers and enjoying their satisfaction in finding that perfect piece," she says. "I can look at a woman, her coloring and style and generally recommend a piece of jewelry that she will ultimately take home. I love making that connection!" For more information visit www.courtneybelljewelry.com. **MM**

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FASHION NEWS

Compiled by Taylor Arnold and Emily Conser

Charlotte's will host a Jack Rogers Fall Shoe Trunk Show at their Cameron Village location from 10 a.m. to 6 p.m. on November 6. Guests will each receive a free gift with purchase. Raleigh, www.charlottesinc.com



Gena Chandler will have an Alice + Olivia Trunk Show on Thursday, November 8 from 10 a.m. to 7 p.m. A rep from Alice + Olivia will be in the store with the entire fall collection. Raleigh, www.genachandler.com.

Visit **Cameron Village** for their annual **Holiday Open House** on Thursday, November 15 from 5 to 8 p.m. The evening includes music, live entertainment, a window décor contest and big discounts at nearly every store. The first 800 shoppers will get a \$25 Cameron Village gift certificate when they spend \$100. Raleigh, www.shopcameronvillage.com.



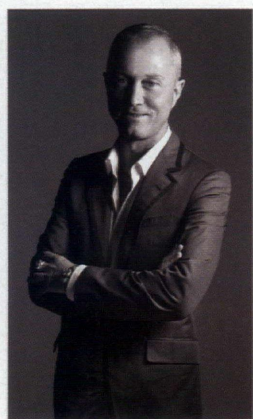
Cameron Village

Kick off the holiday season in style and shop your favorite **North Hills** stores during their **Holiday Open House** on Saturday, November 17 from 10 a.m. to 6 p.m. Enjoy complimentary refreshments until the tree is lit at 6 p.m. Raleigh, www.northhillsraleigh.com.

Anna & Alice will have a Black Friday sale on Friday, November 23. Shoppers will receive 30 percent off storewide from 10 a.m. to noon, 25 percent off from noon to 2 p.m. and 20 percent off from 2 to 6 p.m. For every \$100 spent, shoppers will receive a \$25 gift card to Anna & Alice to use in the month of January. Lafayette Village, Raleigh, 919.900.8954

Events at **Bailey's Fine Jewelry**, Chapel Hill, Raleigh, www.baileybox.com

- The Cameron Village store will have a personal appearance by Guy Bedarida, head designer and creative director at John Hardy, on Saturday, November 10 from 4 to 7 p.m.
- On Saturday, November 17, Bailey's will host a designer event at the Cameron Village location.
- On Saturday, November 24, Bailey's will host Digging for Diamonds, an on-field search for a diamond ring at Kenan Stadium and Carter-Finley Stadium. One lucky Tar Heel and Wolfpack couple will each leave the field with a \$10,000 diamond ring.



Guy Bedarida

Events at **Maggie**, Durham, 919.683.1981, www.maggienc.com

- The store will host a friends and family event on Saturday, November 10, and customers will receive 15 percent off their entire purchase.
- On Thursday, November 15, the store will host a jewelry trunk show featuring the designs of Jan Michaels and Marlyn Schiff.
- Saturday, December 1 is Maggie's three year anniversary party. Guests can come enjoy raffles, prizes, store discounts and champagne.

Raleigh Denim

Husband-and-wife duo Victor and Sarah Lytvinenko, the visionaries behind Raleigh Denim, are taking their brand to the Big Apple with the opening of a new shop on Elizabeth Street in SoHo. In the two years since opening their first retail shop in downtown Raleigh, the company has gained a cult following with their limited edition jeans as well as shirts, belts, sweaters and more. Raleigh Denim's NYC location promises an expanded collection that includes a new line of organic North Carolina-produced jeans. The Lytvinenkos have also teamed with North Carolina-based Bernhardt Furniture to design a collection of upholstery fabrics. www.raleighworkshop.com.



Events at Saks Fifth Avenue, Triangle Town Center, Raleigh, 919.792.9100, www.saksfifthavenue.com

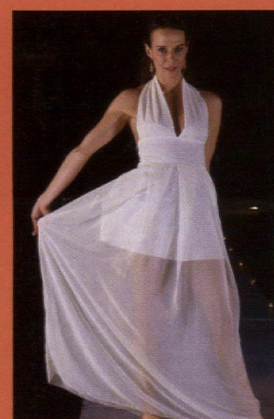
- On Friday, November 2, the Woman's Club of Raleigh will host All Dressed Up with Places to Go. The event will be held from 11 a.m. to 1 p.m. and includes a fashion show, luncheon and silent auction featuring winter and holiday fashions from Saks Fifth Avenue. Tickets are \$50 per person, and proceeds benefit Dress for Success Triangle and other Woman's Club Projects. For tickets, visit www.womansclubofraleigh.org.
- The Roberto Coin Trunk Show will be on display in the store on Wednesday, November 7.
- The Temple St. Clair Trunk Show, available Exclusively at Saks Fifth Avenue, arrives on Thursday, November 15.
- On Friday, November 16 and Saturday, November 17, the David Yurman Trunk Show comes to the store.

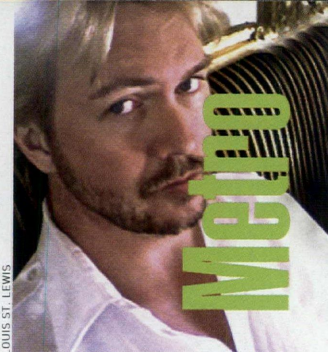


Roberto Coin

Art of Style

Saturday, November 11 is the Art of Style's Holiday Charity Fashion Show benefitting the Leukemia and Lymphoma Society. Guests are invited to come and enjoy a live and silent auction, a runway show featuring the latest and greatest outfits of the season, food, wine and beer provided by Lone-rider, and much more. The event takes place at the Embassy Suites at Brier Creek from 7 to 10 p.m. Tickets are \$10 in advance \$20 at the door. Raleigh, <http://nc.ils.11sevent.org/holidaycharityfashionshow>.





LOUIS ST. LEWIS

Artist-at-Large

by Louis St. Lewis

ART IN THE GREAT OUTDOORS

Now I don't know about you, but I love this time of year. Time to bring out the tweeds and velvet, the suede and cashmere and strut your stuff in style without sweltering under our gorgeous Carolina skies. After being stuck in the air conditioning for the summer, this is the time of year that I enjoy getting out in nature and seeing what's up with the world. I grew up in the woods and around animals, so it's second nature to me to walk about in what my friend and *Vogue* fashionista Andre Leon Talley refers to as my "to the manor born and from the manor thrown out little boy lost equestrian style," replete with riding boots, breeches and hacking jacket. Strutting through the woods, in my imagination I could be anywhere, The Black Forest, Transylvania, the hills of Florence — take your pick. One day recently I was taking my daily ambulation down by Morgan Creek here in Chapel Hill just south of town. My good friend and renowned horticulturalist, the Late William Lanier Hunt owned hundreds of acres in the area and would often point out points of interest. On the bluffs grow the most eastern stands of Rhododendron that flame brilliant pink in March. I was informed that the creek itself was once quarried for the slate that graces Duke University, and that there is enough gold in the sediment of the creek to earn a meager living (I think I might try that soon). It's beautiful and peaceful and the pathway leads all the way up

to the North Carolina Botanical Gardens to which Hunt donated a large portion of his acreage before he died. If you have never been to the gardens, you should certainly put it on your calendar of "must sees." The trails and paths are laid out in a gently meandering way that takes you through the myriad of natural habitats of our state. Bill Hunt told me once that there is a greater variety of plant life in North Carolina than all of Europe combined.

What a surprise to discover during my latest visit that the Gardens they are hosting the 24th annual Sculpture in the Garden exhibition which runs until December 16th (<http://ncbg.unc.edu>). There are lots of sculptures in a variety of media, and nicely sited as well. Loved "Lodestar" d'Vert d'Estours Marble on Blue-stone base by Susan Moffit. Striking in it's simplicity. "The Ugly Fish," by Ruth Ella Brown — simultaneously ugly, humorous and vicious, really stands out. "Fermata," a patinated steel sculpture by Wayne Vaughn is large-scale, corporate and perfectly executed. William Moore's lovely "Radicans" — in gorgeous bronze — underscores the idea of nature modifying itself through natural mutations. His works are always interesting.

And take the time to visit Bill and many of the other artists on the Chatham Artists Studio Tour the first and second weekends of December. Go to www.chathamartistguild.org. **MM**



"Radicans" by William Moore

MY LIBERAL ARTS EDUCATION HAS SERVED ME WELL

Those of you who have been kind enough to read me over the years know that I usually do my own thing and pay little attention to special issues or magazine themes. But this month is about education, I was told, and I decided that for once I wanted to be in the parade. Here's why.

Last week a promising young chef here in Winston-Salem died after a brief illness. He was only 23, and family and friends had every reason to believe he would have a long and happy life. We had been cheering him on, keeping track as he took a job in Napa Valley with one of the nation's top restaurant groups. He had cooked side by side with his mother here in Winston-Salem and learned some of his craft at her elbow. He was ever more special to her. And then, suddenly, we looked around and he was gone.

I couldn't believe it, and as I began to deal with it myself, I thought of his mother. It's not a natural thing for a mother to bury a child. I have always been thankful that my mother had a long life and never had to bury one of us. What could his mother be thinking? What unbearable grief could she be feeling? I needed some help to grasp it.

I found it in a play by John Millington Synge, "Riders to the Sea," that I read decades ago in a college literature class. I didn't go searching or flipping pages in books. It just popped into my mind, and I found it easily on the Internet. I am not sure who the professor was. Probably Alma Kennedy, a woman of immense intellect and passion for her craft whom fate somehow directed to Buies Creek, North Carolina, where she performed her life's work, expanding young minds and carefully drawing from us more than we suspected we had and, as it turns out, preparing us to deal with life's vagaries.

"Riders to the Sea" is set on the harsh, rocky coast of Ireland, where sailors often

lost their lives to the stormy waters. I remembered the final scene where the mother, Maurya, who already had lost her husband, father-in-law and five sons, is devastated by the death of her last son and pours out her feelings in one of literature's most gripping laments.

For four years, I was trained in life. History, though I generally considered it dry as sawdust and boring, had its lessons.

Philosophy teased open the chambers of my mind. The sciences gave me an appreciation for all of creation. But literature was my passion, and the packed, somewhat disorderly, bookcases in my home give silent witness to this fact.

"They're all gone now, and there isn't anything more the sea can do to me.... I'll have no call now to be up crying and praying when the wind breaks from the south, and you can hear the surf is in the east, and the surf is in the west, making a great stir with the two noises, and they hitting one on the other. I'll have no call now to be going down and getting Holy Water in the dark nights after Samhain, and I won't care what way the sea is when the other women will be keening."

Reading it, I felt Maurya's despair anew and the immeasurable depth of her sorrow. It helped me grasp the immenseness of a mother's love – in another time, in another place – and my friend's loss here in Winston-Salem. At that point I marveled at the fact that my mind yielded up this resource when I needed it badly, and I reflected upon the value of my education – my "liberal arts" education – that some now see as out of fashion.

For four years, I was trained in life. History, though I generally considered it dry as sawdust and boring, had its lessons. Philosophy teased open the chambers of my mind. The sciences gave me an appre-

ciation for all of creation. But literature was my passion, and the packed, somewhat disorderly, bookcases in my home give silent witness to this fact. And it was literature to which I turned just days ago to find understanding of an event that defied understanding.

I note it was only after I was grounded in the 'liberal arts' that I learned my "trade" – law – during three years at Wake Forest University. To me, that is as it should be.

One year short of a half century ago, I graduated from Campbell College, now Campbell University, then solely a liberal arts institution with no graduate programs and no "schools." No school of law. No school of pharmacy. No business school. No medical school (one is now rising from the ground). But I felt prepared for the next stage of life. I could write – a skill of immense value in law school. I could reason. I had developed values that have stuck with me through life. I had an appreciation for the arts. I had the tools to understand, and I could make informed decisions. My mind belonged to me, and it could not be hijacked or compromised by charlatans and demagogues. In fact, the learning had just begun, but I felt prepared for the life-long quest for that elusive thing called "truth."

I have great admiration for the current President at Campbell, Dr. Jerry Wallace. He is a good person – both practical and visionary. The campus has been trans-

Between you and me, it seems to me that as life becomes more technical and complicated and fast moving and impersonal, it is all the more important that we be well grounded in the liberal arts.

formed since his tenure began. I appreciate especially his willingness to listen to me from time to time when I think things may be slightly off track. One of these times was when it occurred to me that in the effort to build “schools” that teach “trades,” administrators might be putting the liberal arts on a back burner.

I had overheard some students talking who indicated they were simply tolerating the undergraduate liberal arts curriculum while hoping to win a slot in a graduate program, such as pharmacy or law. Maybe that is a sign of our times – a usual occurrence – a common feeling. But to me, it was disturbing. The quest for truth in the broadest sense is an end unto itself, in my old-school way of thinking. The result should be that very solid foundation upon which our lives are built. Having taught years ago, I could imagine how frustrating

it could be to have students sitting in class tapping their feet impatiently as they eyed the doors of a graduate school across the way. Dr. Wallace listened respectfully as I told him I hoped Campbell, one of the state’s oldest liberal arts institutions, never became simply a feeder system for its graduate programs.

I said earlier that I graduated from Campbell feeling my mind belonged to me and could not be hijacked or comprised by charlatans and demagogues. I am writing only days before the 2012 General Election, and the woods are now full of both. Perhaps it is immodest to say so, but I am confident in my own ability to discern. Let’s look again to literature. John Milton, in his speech “Areopagitica,” said that if you put truth and falsehood in an open, level field and let them grapple in the full light of day that truth will win out. And to some

extent, that may be true. But voters, even those with a string of degrees, have little change to distinguish one from the other in our age when money creates unlevel fields, when we are bombarded with half-truths and lies, and when “fact checking” has become a seasonal occupation.

Between you and me, it seems to me that as life becomes more technical and complicated and fast moving and impersonal, it is all the more important that we be well grounded in the liberal arts. And when life runs amuck, it is a fortunate individual who can reach deep down in his or her soul or into some tiny place in the brain and pull out a poem, or a character’s lament as in “Riders to the Sea,” or a writer’s observations, or even a page from history that brings at least enough solace and understanding to survive and move on less dispirited. MM

Christmas CANDLELIGHT TOUR

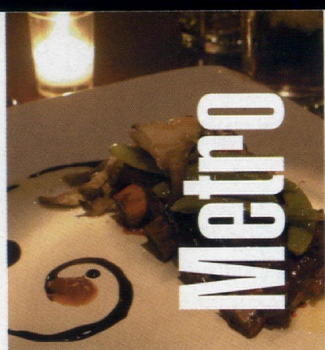
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BEAUFORT
Historical Association



Gourmet

by CC Glenn

COOKING CLASSES IN THE TRIANGLE OFFER VARIETY AND DIVERSITY

Despite my belief that many contemporary cooking shows and competitions are useful and informative – and entertaining – sometimes learning to cook is easier done off the couch and in the kitchen if you want to sharpen your knife skills, learn how to prepare fresh pasta, unearth the intricacies of Indian cuisine, or fashion a flawless crème brûlée. Regardless of your age, goal or level of time commitment, the Triangle affords plenty of opportunities for you to develop your aptitude in the kitchen. Who knows, you could become the Triangle's next culinary genius!

TASTEFULLY INDIA

Until recently, I knew very little about Indian cuisine. Frankly, I found the sheer size of the nation and its depth of recipes somewhat intimidating. How does one even begin to develop a comprehensive knowledge of a civilization whose earliest foundation some scientists date to over 30,000 years ago, that is now home to over 1.2 billion people? Just as there are differences in regional cuisine in the United States, there are regional differences in Indian cuisine. The variations in cooking, ingredients and style between the North and South, a friend relayed to me who just this year spent a month traveling India, are immense.

After hearing exotic and enchanting stories from my friend of her recent India travels, my interest peaked. Though I haven't had the opportunity yet to visit for myself, I was able to kick-start my desire to learn more about Indian cuisine last month while taking a course at Tastefully India. I only brushed the surface of India's intriguing culinary roots and recipes, but at least I overcame my fear!

At their home near Lake Wheeler in South Raleigh, Dr. Harminster Singh and

his wife, Surinder Kaur Singh, offer Indian cooking courses focused on specific themes: the therapeutic value of Indian herbs and spices; exploring lentils; celebratory Indian foods; or preparing an Indian-style brunch.

Originally from Delhi, the couple is passionate about food and has extensive experience spreading their knowledge of Indian cuisine. While living in Zambia in the 1980s, they taught cooking courses to several hundred diplomats from around the world. They discovered that most pupils were unaware of the benefits of Indian cuisine.

Now retired, the Singhs, who have lived in Raleigh for 25 years, decided to share

their passion, expertise and insights. Tastefully India offers a comprehensive program of 10 two to three hour courses, but it's possible to take only one, or just a few, depending on your level of interest.

Indian cuisine is heavily focused on the use of native spices. Aside from peppercorns, cloves, nutmeg and cinnamon, most recipes and curries also call for turmeric, cumin and red chile powder. There are a zillion different curry recipes (curry is simply a term that means a mixture of spices) and many, many variations of lentils.

After a brief discussion, it was off to the kitchen to prepare a family-style meal. In just over an hour, the class prepared a chicken curry dish to be served over bas-

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Dinner Monday - Saturday

mati rice, a yummy okra, onion and green chile recipe – that is preferably sopped up with fresh chapatti (wheat flour flatbread) – and a velvety red lentil soup spooned over rice. Apparently, okra isn't

just a Southern staple. It's very common in Indian and a main component of many dishes.

The small course size (maximum 10 people) is conducive to a very casual, per-

sonal, comfortable and hands-on experience. As I prepared my chapatti on the skillet, another student was stirring the chicken curry while another worked on the okra.

After preparing several recipes, everyone enjoys the delectable finished dishes at a community table with the Singhs. In between bites is a great time for more questions regarding recipes, cooking methods, social traditions and whatever else you wish to know. I never knew I had an affinity for Indian cooking until the Singhs taught me how simple, fun and healthy it can be.

Details: One session \$30/person; \$50/couple. Packages available for multiple sessions. Time and date to be determined with the Singhs. Visit www.tastefullyindia.com or call 919-523-8991 to register.

MORE INDIAN COURSES

For those Triangle residents closer to Chapel Hill, Vimala Rajendran of Vimala's Curryblossom Café teaches courses approximately once a month from her restaurant off Franklin Street. Her latest course features fall curries, dal (lentils), and spiced basmati rice. Course begins at 2 pm and last a few hours for \$65 per person. For reservations, email vimala@curryblossom.com.

A LITTLE BIT OF EVERYTHING AT A SOUTHERN SEASON

For those who are interested in one-time hands-on classes and/or demonstrations of all sorts, A Southern Season is a great place to start your search. Culinary Lessons at Southern Season (CLASS) features a state-of-the-art kitchen and demonstration space, plus an outdoor grilling area. In addition to maintaining a full-time CLASS staff with regular chef-teachers, many courses feature regional or international experts in a specific cuisine or style.

Classes are mostly geared toward adults (age 16 and up) but often target kids and teens. Because of the wide variety of courses available, CLASS is suitable for all ages, interests and outings. Cooking School Manager Marilyn Markel teaches a "Shop the Farmers Market" monthly, as well as a recurring course on Southern biscuits. This November and December is chock full of interesting, festive and excit-



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ing classes such as Crazy for Crepes; Oodles of Noodles; Holiday Pies and Tarts; Tantalizing Tapas; Tantalizing Tamales; Guys on the Grill – Yuletide Grilling; Creative Cupcakes, Korean “Seoul” Food; Turkish Cuisine; Spanish Tapas and Paella; Celebrating the Chinese New Year; and Mastering Souffles. Basically, you can learn to cook your way around the world, one cuisine at a time. For kids, there’s an upcoming Pizza and Pasta class, a course on Gingerbread House Decorating and one

on Cookie Decorating.

Details: Most courses last between two and three hours and range in price from around \$30 to \$65 dollars. Visit www.southernseason.com for specific class dates, times, prices and to register online.

FRENCH-INSPIRED COOKING COURSES FOR ALL AGES

This year C’est si Bon! cooking school in Chapel Hill is celebrating its 15th year of culinary instruction to Triangle resi-

dents. Run by husband-and-wife team Dorette and Rich Snover, C’est si Bon! focuses on teaching all ages and levels how to cook using Old World culinary techniques with an emphasis on French methods. This French influence explains the school’s name, the title of a popular French song from 1947 which has since been rerecorded by famous American crooners Eartha Kitt and Louis Armstrong. Literally, C’est si Bon translates to “It’s so Good” – fitting, for the food you’ll prepare and



Cantina 18

The staff of 18 Seaboard and Cantina 18 would like to thank Metro Readers for their support in the 2012 Metro Bravo Awards.

Best Chef

Jason Smith - Standing Ovation

Best Restaurant

18 Seaboard - Standing Ovation

Best Restaurant for Power Lunch

18 Seaboard - Standing Ovation

Best Mexican Cuisine

Cantina 18 - Metro Bravo

Best Margarita

Cantina 18 - Standing Ovation



18 Seaboard | 18 Seaboard Ave., Suite 100 | Raleigh, NC | 919-861-4318 | www.18seaboard.com

Cantina 18 | 433 Daniels St. | Raleigh, NC | 919-835-9911 | www.cantina18.com

savor at the Snover's bucolic North Chapel Hill home replete with wood-fired bread oven, herb and seasonal vegetable garden and free-roaming chickens.

The Snovers, both native Pennsylvanians, bring a distinct personal influence to their table. Chef Dorette, a Culinary Institute of America graduate and former personal chef, is strongly influenced by her native Pennsylvania Dutch Country's legacy of French cuisine. Rich, the school's sommelier, grew up in a family that made homemade dandelion wine and has worked previously for several wineries, big and small. While Dorette teaches students how to find their way around the kitchen, Rich is carefully choosing wines to pair with the finished dishes.

C'est si Bon! offers high-level and personalized summer programs for burgeoning child and teen chefs. Taking place over the course of five days next summer, the Snovers will host classes for eight to 14 year-olds as well as a week dedicated to teens aged 15 to 18.

For adults, C'est si Bon proposes three-hour courses that typically revolve around a literary or cinematic influence. For example, earlier this year students learned hands-on how to prepare a dinner menu inspired by the film *Chocolat* starring Juliette Binoche and Johnny Depp. Themed courses are scattered throughout the year and will vary in influence and type of cuisine and price, though typically you can expect to pay around \$100/person for the lesson and dinner, including wine.

In addition to special courses, C'est si Bon! offers team-building for companies, as well as private cooking lessons for individuals and small groups (prices start at \$250 for a three hour session). Individuals enrolling in private or small group courses will be sent hundreds of recipe to choose as a menu focused on a specific cuisine such as French, Italian, Spanish or Asian.

Visit www.cestsibon.net for more information on specific classes and dates, or call 919-942-6550.

TASTE THE FLAVORS OF CAPRI IN MORRISVILLE

If you're eager to learn how to prepare sumptuous Italian dishes, head to Titina and Costanzo Vuotto's Capri Flavors in

Morrisville. Married for over 50 years, the owners are natives of the island of Capri off the Sorrentine Peninsula, just south of Naples. Titina and Costanzo, who once opened and operated a small hotel on Capri, both have families that share a rich history of hotel and restaurant hospitality.

Several years ago the Vuottos decided to immigrate to the United States. After a short stint in Rhode Island, the couple landed in the Triangle and opened up Capri Flavors, an in-store and online retailer of Italian food products. In the kitchen, Titina teaches students how to master Italian classics (for example, the Caprese salad, which – according to the family – was invented by Titina's mother, Margherita). Sessions are focused on different regional Italian menus, such as Capri, Bologna, Firenze and Sorrento.

Details: Classes offered Mondays and Fridays at 6 pm; Wednesdays at 10 am. \$60/person includes preparation of at least a three-course menu. Call 919-462-9255

ext. 701 for reservations or email cvuotto@gmail.com. Store open Monday through Saturday, see www.capriflavors.com for hours.

COOKING COURSES AT THE CHEF'S ACADEMY IN CARY

The Chef's Academy opened its first North Carolina campus in Cary in late 2011, primarily focused on providing courses for degree-seeking individuals. They offer a degree in Culinary Arts, Pastry Arts, as well as Hospitality and Restaurant Management. However, for recreational learners, they also provide one-time cooking sessions. Upcoming at the Chef's Academy: Holiday Hors d'Oeuvres; Stress-Free Thanksgiving; Holiday Dinner with All the Trimmings and more. Classes typically last a few hours and range in price from \$45 to \$65. For reservations call 800-919-2500, select North Carolina and ask for Angela or LaRae. **MM**

NIBBLES

Vinnie's Steak House is pairing with Caymus Vineyard on Nov. 8 to host a wine dinner. Chef Tom Armstrong will create exciting new dishes to pair with Caymus' wine. Call 919-847-7319 for reservations and pricing.

Seaboard Wine and Tasting Bar presents a Châteauneuf-du-Pape tasting on Nov. 8 from 7 pm to 8:30 pm. The \$34 ticket price includes a tasting of nine different wines. Call 919-831-0850 for reservations.

The Raleigh Wine Shop will host their second VinoBurger event on Nov. 11 from noon to 5 pm. Guests can enjoy burgers and melts by American Meltdown and featured glass tastings from the Raleigh Wine Shop. Ten percent of sales during the event will benefit the Leukemia and Lymphoma Society. Visit www.theraleighwineshop.com for more information.

On Nov. 15 celebrated food writer Jean Anderson will host a special lunch celebrating the release of her newest cookbook, **From A Southern Oven**, at the Fearnington Granary. Lunch begins at 1 pm. Tickets, \$60 include lunch and an autographed copy of *From A Southern Oven*. Call McIntyre's Books for reservations, 919-542-3030.

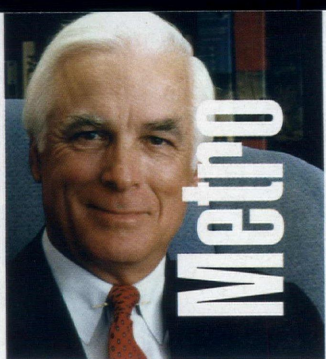
Saint-Jacques is celebrating Beaujolais Nouveau on Nov. 15 with an elegant dinner. Cost, \$65, includes a five-course menu with wine pairings, as well as tax and tip. Call 919-862-2770 for reservations.

The Wine Feed is offering a Thanksgiving Wine Class on Nov. 14 and Nov. 20 from 7 pm to 8:30 pm. For \$20 guests will taste several wines optimal for pairing with a traditional Thanksgiving dinner. Visit www.thewinefeed.com for more information.

Durham Foodie Johanna Kramer will be available for a signing of her first book, *The Food Lover's Guide to Raleigh*, Durham and Chapel Hill on Nov. 16 at 6:30 to 8 pm at Relish Café and Bar in Raleigh.

The NC Competition Dining Series will host **The Final Fire: Battle of the Champions** on Nov. 15, 16 and 17. This final series features the winner of each of the four regional competitions (Fire on the Rock, on the Dock, in the Triangle and in the Triad). George Neal of 1618 Seafood Grille in Greensboro battles Michael Foreman of Blowing Rock's Bistro Roca and Antler's Bar on Nov. 15, while Andy Hopper of Chefs 105 in Morehead City goes up against Ryan Payne of the Weathervane in Chapel Hill on Nov. 16. The winner of the first two battles will complete for the championship on Nov. 17. All events take place at the Renaissance Raleigh in North Hills. Tickets cost \$119/person. Visit www.competitiondining.com for more details.

Award-winning cookbook author and TV personality **Nathalie Dupree** will be visiting Quail Ridge Books in Raleigh for a signing and reading of her *Mastering the Art of Southern Cooking* on Nov. 26th beginning at 7:30 pm.



Editor-at-Large

by Jim Leutze

IS NORTH CAROLINA'S EXCEPTIONALISM REAL? PROGRESS BOARD SAYS NO

We are hearing a lot this election season about American exceptionalism. People love to hear that the United States is great, or awesome, or even "the greatest country the world has ever seen," as Romney recently said. He is also the candidate who, at campaign rallies, used to sing "America the Beautiful." Wrapping yourself in the flag is a time-honored way for appealing to voters. Being cynical, it always reminds me of the observation that "patriotism is the last refuge of a scoundrel." Be that as it may; it sells. Neoconservatives believe that "exceptionalism" means superiority and a country not subject to the same rules or forces affecting other countries.

In a clip called the "most honest three minutes on television" the speaker pokes a big hole in the concept that America is the greatest country in the world. He notes that we are 27th in math, 22nd in science, 49th in life expectancy, 178th in infant mortality and first only in the number of adults incarcerated and defense spending. In other words, everyone is granted their own opinion, but not their own facts.

The same principle applies to North Carolina. I recently saw an article saying that North Carolina was becoming more like South Carolina than like Virginia. The Virginia reference was to the concept, fondly held by many in North Carolina, that our state was a progressive, forward looking state more like our Northern neighbor than like the benighted Carolina to the South. This new suggestion goes beyond the old saw that North Carolina is a vale of humility between two peaks of conceit – it challenges the very notion of North Carolina's superiority.

I write this essay now because many people seem surprised to have it suggested that today North Carolina is no longer considered the most progressive state in the Southeast. For those paying attention, this news is almost 10 years old.

There are things that North Carolina can point to with pride, but most of them marked the 60 years between 1940 and 2000. Governors like Kerr Scott, Terry Sanford, Jim Holshouser and Jim Hunt; the great growth and prestige of the university system led by the late, lamented Bill Friday; the building of the

Research Triangle Park. All of these things signaled a state united behind a vision of a better future. The business community supported education, and together we built a web of community colleges and universities. We integrated our schools. We built roads and airports.

But beneath this façade lurked some troublesome facts and trends. In 1995, Governor Jim Hunt set up the Progress Board with the mission to set goals for North Carolina and measure progress to achieve them. In order to gauge our relative position, the Board was also instructed to rank the state nationally and regionally and indicate trends.

Governor Hunt took a great interest in the Board (that included me), attending meetings and encouraging an accurate outcome. The first reports were not too rosy. Perhaps for that reason the General Assembly cut the Board's funding. Tom Covington, the highly competent director, couldn't remain without salary so I took over pro bono. A lot of good people, such as Mack Pearsall, Bob Melville and Doris Gilbert devoted endless hours to researching our reports lest we be accused of sloppy reporting. But that wasn't the problem – it was inconvenient reporting. When Jim Hunt stepped down in 2001 after his second, two-term service, he was replaced by Mike Easley, who immediately evinced less interest in our work and even a thinly veiled hostility.

In 2004 we published our last report. Here is what it showed:

Healthy Children and Families – We are living longer, but fewer of us have health insurance coverage; since 2000, our state has fallen from 5th to 7th in the Southeast region in health insurance coverage – **Grade C**

Safe and Vibrant Communities – While violent and property crime rates have plummeted over the last ten years, we have the 7th lowest violent and property crime rates in the nation in the Southeast – **Grade C**

Quality Education for All – Our 4th grade reading scores showed the best improvement in the Southeast and 4th best in the U.S. from 1998 to 2003, but our public high school graduation rate sank from 65 percent in 1995 to 57 percent in 2004, leaving us with a national rank

of 45th and a regional rank of 6th – **Grade B**

A High-Performance Workforce – Our aggregate high school attainment rate is only the 40th highest in the U.S. and the 5th best in the Southeast while our college attainment rate is 35th highest in the U.S. and the 4th best in the region – **Grade C+**

A Sustainable Environment – North Carolina's air quality, as measured by the ozone exceedance rate, is ranked 45th in the nation and last in the region; similarly, drinking water quality is ranked 36th in the U.S. and 9th in the region – **Grade D-**

Prosperous Economy – Our state's per capita GDP growth rate is the 24th highest in the U.S. and the 2nd best in the Southeast region, but our employment rank is only the 32nd best in the nation and the 6th best in the region; fortunately, our business climate rank remains among the best in the nation and region – **Grade B-**

Modern Infrastructure – Our transportation system is among the least efficient in the nation and region, while our highway quality is ranked 17th in the U.S. and 7th in the region. – **Grade C+**

Accountable Government – Our state and local tax investment (as a percent of personal income) is the 20th lowest in the nation and the 6th lowest in the Southeast. – **Grade D**

Hmmm, doesn't look all that exceptional, but we had hoped the report would be seen as a roadmap for improvements. The Governor took it personally. Soon we were advised that one of the Governor's political consultants would be taking over my job – a little later the Progress Board closed its doors. I bet you thought the first time North Carolina chose to avert its gaze from inconvenient truths was when we legislated sea level rise out of existence.

Don't get me wrong, North Carolina is a wonderful place filled with lots of talented people, a nice climate, beautiful mountains and coast – but in many ways we are not as good as we like to think we are. To be extraordinary we need to assess realistically where we are and work to get back on the track. Remember, the state's motto is "To be, rather than to seem." **MM**

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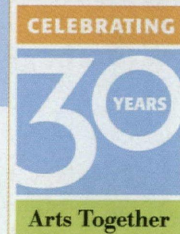
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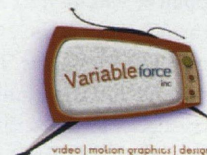
Awards will be made in five different categories,
all adjudicated by the Awards Committee of the Arts Together Board.

- @ **INDIVIDUAL.** A person in the community who is not a "professional" artist but has made the arts a significant part of his or her personal and professional life.
- @ **ORGANIZATION.** A non-arts entity that encourages and fosters engagement with the arts among their own employees, as well as among others within the community.
- @ **BUSINESS.**
arts and artistic creativity into their company.
- @ **ARTS TOGETHER ALUMNUS.** A person who has participated in Arts Together programs for whom that experience was truly defining in what he or she has accomplished in life.
- @ **ARTS TOGETHER FACULTY AWARD.** A person or organization the instructors feel most clearly exemplifies the Arts Together vision.

Event sponsorship opportunities are available. For more information
about this event, please contact Stacy Bluth at stacy@artstogether.org.



A SPECIAL THANKS TO OUR SPONSORS



Proceeds from this event will benefit The @ Fund. The @ Fund was launched by the Arts Together Board to secure funds for the purchase of new arts materials and equipment, to provide new and creative outreach programs, and to offer scholarships to talented young people in need of financial assistance for Arts Together classes.

Openings



11/5

Stage & Screen | **DISNEY ON ICE** / PNC Arena Events,
visit www.pncarena.com

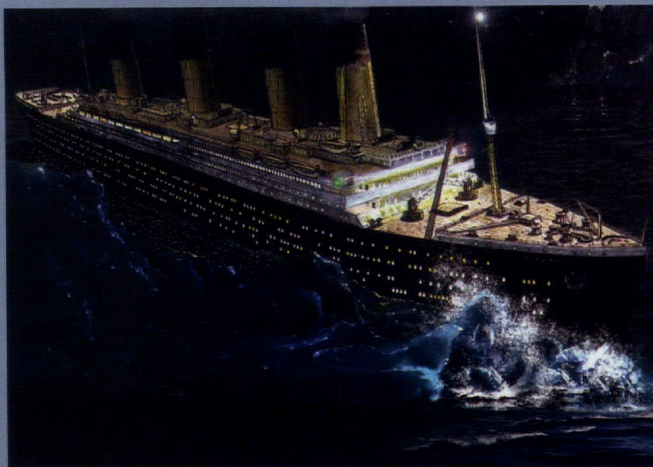
11/22

Stage & Screen | **THE NUTCRACKER** / Carolina Ballet Events,
www.carolinaballet.com



Ongoing

Museums | **TITANIC: THE EXHIBITION** / NC
Museum of Natural Sciences, www.naturalsciences.org



11/8

Music | **BELA FLECK AND MARCUS ROBERTS TRIO** /
Carolina Theatre of Durham Events, www.carolinatheatre.org



11/27

Stage & Screen | **SHREK** / Progress Energy Center Events,
www.progressenergycenter.com



METRO PREVIEW

BY CYNDI HARRIS



"Ancestor" by Ellie Reinhold, on display at "The Art of Giving" Exhibit at the Hillsborough Gallery of Arts November 30th through January 13th.

Galleries

CURIO, OCT. 4- NOV. 13 / Opening Reception: OCT. 4, 5-7pm. Presented by the Raleigh Arts Commission. Block Gallery, Raleigh. www.raleighnc.gov/arts

HARRY DEMAINE EXHIBIT, OCT. 18- NOV. 27 / Oils from the 1930s - 1940s. Gallery C, Raleigh. www.galleryc.net

THE ART OF GIVING, NOV. 30- JAN. 13, 2013 / Art for the holidays by 22 artists. Hillsborough Gallery of Arts, Hillsborough. www.hillsboroughgallery.com, 919-732-5001

ARTSPACE EVENTS / Raleigh, www.artspacenc.org, 919-821-2787

THROUGH NOV. 10 / Frank Poor Exhibit

NOV. 17 / Collector's Gala: An evening of fine food and art with live and silent auctions

VISUAL ART EXCHANGE EVENTS / Various locations, Raleigh. www.visualartexchange.org, 919-828-7834

NOV. 2- 15 / 24th Annual Young Artists Exhibit Middle and High School Exhibition, Opening Reception Nov. 2, VAE Gallery, Raleigh

NOV. 5- JAN. 7, 2013 / 24th Annual Young Artists Exhibit Elementary Exhibition, Opening Reception Nov. 16, Marbles Kids Museum, Raleigh

NOV. 2- DEC. 14 / Still Life Revisited featuring work by Jo Ann

Hart, Opening Reception Nov. 2, The Cube at VAE, Raleigh
NOV. 2- 30 / Erin Oliver and Elizabeth Jones Exhibit, Opening Reception Nov. 2, United Arts Council of Raleigh and Wake County, Raleigh

NOV. 2- DEC. 14 / Mary Storms Exhibit, Opening Reception Nov. 2, HagerSmith Design PA, Raleigh

THROUGH NOV. 15 / Barbara Blaisdell Exhibit, Duke Raleigh Hospital, Raleigh

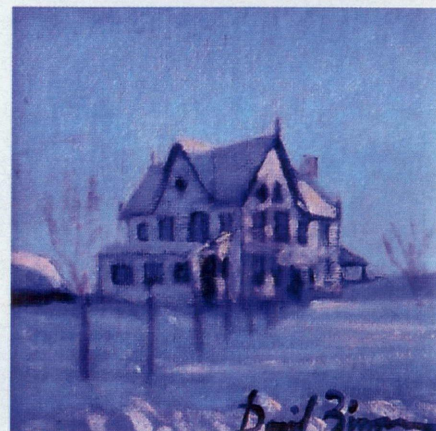
20TH ANNUAL HOLIDAY SHOWCASE OF GALLERY ARTISTS / Opening Reception: NOV. 15. Highlighting the best works in all styles, media and prices. ArtSource Fine Art, Raleigh. www.artsource-raleigh.com, 919-787-9533

ARTISTS FAVORITES, THROUGH DEC. 30 / Group exhibition of new paintings the gallery artists have chosen as their current "favorite". Eno Gallery, Hillsborough. www.enogallery.net, 919-883-1415

FACULTY EXHIBITION: A TRADITION OF EXCELLENCE, OCT. 19- NOV. 17 / The School of Art and Design, East Carolina University. Greenville. 252-328-1282

Museums

NC MUSEUM OF ART EVENTS / www.ncartmuseum.org, 919-839-6262



"McLellans Roost" by David Zimmerman, on display at the 20th Annual Holiday Showcase of Gallery Artists at the ArtSource Fine Art Gallery beginning November 15



"Autumn" by Linda Carmel, on display at "The Art of Giving" Exhibit at the Hillsborough Gallery of Arts November 30th through January

SEPT. 23-FEB. 10, 2013 / Edvard Munch: Symbolism in Print
OCT. 21-JAN. 13, 2013 / Still-Life Masterpieces: A Visual Feast
from the Museum of Fine Arts, Boston

NC MUSEUM OF HISTORY EVENTS / www.ncmuseumofhistory.org, 919-807-7900

NOV. 17 / 17th Annual American Indian Heritage Celebration

ACKLAND MUSEUM OF ART EVENTS / www.ackland.org, 919-966-5736



Bombadli, Lincoln Theatre Nov. 30

THROUGH JAN. 6, 2013 / A Season of Japan Exhibit featuring ten Japanese-themed installations that span six centuries
THROUGH JAN. 6, 2013 / Natalia Goncharova's Mystical Images of War (1914)

CAPE FEAR MUSEUM OF HISTORY AND SCIENCE

EVENTS / www.capefearmuseum.com, 910-798-4370

THROUGH JAN. 13, 2013 / Cape Fear Treasures: Campaigning62


TITANIC: THE EXHIBITION, SEPT. 29- APRIL 28, 2013 / During the 100th year anniversary, showcasing two hundred arti-

Splendors from Afar

A TRYON PALACE CHRISTMAS
NOVEMBER 23, 2012 – JANUARY 5, 2013

Christmas Candlelight Masquerade

SATURDAYS, DECEMBER 8 AND DECEMBER 15
5:00 - 9:00 P.M.

 Tryon Palace

Visit tryonpalace.org throughout the season
for a complete listing of holiday activities at
Tryon Palace, or call 1-800-767-1560.

Twelfth Night with the Stanlys

THURSDAY, JANUARY 5
5:30 - 7:30 P.M. OR 7:30 - 9:30 P.M.

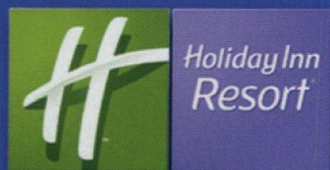


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NC Symphony

facts retrieved from the wreck site. NC Museum of Natural Sciences, Raleigh. www.naturalsciences.org

Stage & Screen

CAROLINA BALLET EVENTS / www.carolinaballet.com, 919-719-0800

NOV. 22-25 / *The Nutcracker*

PROGRESS ENERGY CENTER EVENTS / www.progress-energycenter.com, 919-831-6060

NOV. 6-11 / *Catch Me If You Can*

NOV. 11 / Raleigh Chamber Music Presents: Parker String Quartet

NOV. 17 / Carolina Youth Ballet presents annual *Nutcracker*

NOV. 18 / Triangle Youth Philharmonic Fall Concert

NOV. 20 / Triangle Youth Orchestra and Symphony Fall Concert

NOV. 27-DEC. 2 / Broadway Series South Presents: *Shrek*

NOV. 29-DEC. 9 / August Osage County

DEC. 5 / Classic Productions Presents: *Best Christmas Pageant Ever*

DEC. 6-12 / *A Christmas Carol*



The 17th Annual American Heritage Celebration will take place at the NC Museum of History on November 17

DEC. 8-9 / Raleigh Ringers Holiday Concert

PNC ARENA EVENTS / www.pncarena.com

DEC. 1 / Trans-Siberian Orchestra

DEC. 5-9 / Disney on Ice

DEC. 12 / Dave Matthews Band

ALL IS CALM: THE CHRISTMAS TRUCE OF 1914, DEC. 7-9 AND 13-16 / By Peter Rothstein, Erick Lichte, Timothy C. Takach and Cantus Vocal Ensemble depict the remarkable event that took place during World War One. ArtsCenter Stage, Carrboro. www.artscenterlive.org, 919-929-2787

Music

CAROLINA THEATRE OF DURHAM EVENTS / www.carolinatheatre.org, 919-560-3030

NOV. 4 / Jimmy Herring and Victor Wooten

NOV. 7 / Joshua Radin and A Fine Frenzy: 2012 Tour

NOV. 8 / Bela Fleck and Marcus Roberts Trio

NOV. 9 / Jake Johannsen

NOV. 10 / Loudon Wainwright III with Dar Williams

NOV. 17 / Marc Cohn

NOV. 16 / Delta Rae

NOV. 29 / Voyager Academy Songwriters Concert

NOV. 30 / Kathleen Madigan

DEC. 1 / Dave Koz and Friends Christmas Tour 2012

DEC. 6 / Keb' Mo' A Solo Performance

DEC. 7 / Shawn Colvin

DEC. 8 / Four Bitchin' Babes

DEC. 12 / Natalie MacMaster Christmas in Cape Breton

DURHAM PERFORMING ARTS CENTER EVENTS / www.durhamperformingartscenter.org

NOV. 27 / WQDR Country for the Kids Concert

NOV. 28 / Joe Bonamassa

NOV. 29 / Clay Aiken

NOV. 30 / Mannheim Steamroller

DEC. 1 / Cedric the Entertainer

DEC. 4-9 / Million Dollar Quartet



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Vacation On The Water

Photography by Joshua McClure

We're on the water in more ways than one. We surf, SUP, sail, kayak, fish and when we simply want to relax we take the boat out for a cruise around the island. As the only NC property with viable beaches surf to sound, the Blockade Runner Beach Resort offers a vacation like nowhere else. Join us this fall for the NC Holiday Flotilla and the NC Surf to Sound Challenge at offseason rates. At Blockade Runner, the grass is a little greener, the sky is a little brighter and the ocean is so close it whispers in your ear.



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LINCOLN THEATRE EVENTS / www.lincolnthetheatre.com, 919-821-4111

NOV. 5 / Citizen Cope
NOV. 7 / Jimmy Herring and Victor Wooten Band
NOV. 11 / Big Gigantic
NOV. 14 / Jimkata; Berkeley Café
NOV. 20 / Mimosas
NOV. 24 / Acoustic Syndicate
NOV. 30 / Bombadil

NC SYMPHONY EVENTS / Meymandi Concert Hall, The Progress Energy Center, Raleigh, www.progressenergy-center.com, 919-831-6060

NOV. 9 / Mozart's "Prague" Symphony
NOV. 16-17 / Leningrad
NOV. 23-24 / The Wizard of Oz
NOV. 30-DEC. 2 / Messiah

Potpourri

BOOK FEAST! NOV. 6-10 AND NOV. 13 / Food lovers unite in libraries with cookbook reviews, food discussions, movies and more at various Triangle library locations. www.wakegov.com/libraries/events

ANNUAL EXPRESSIONS BENEFIT, NOV. 9 / An evening inspired by Chef Scott Crawford and Artist Mark Hewitt with proceeds to benefit the Lucy Daniels Center's Family Support Fund. 919-677-1400

38TH ANNUAL "VISIONS OF SUGARPLUMS" HOLIDAY ART AND GIFT SHOW, NOV. 8-10 / Featuring NC artisans. Quail Hollow Swim Club, Raleigh. www.visionsofsugarplumsraleigh.com, 919-847-4868

4TH ANNUAL HOLIDAY ART, NOV. 9-10 / Works by students and alumnae of the Meredith College Art Department. Raleigh, 919-760-8332

TIDEWATER CAMELLIA CLUB FALL DISPLAY SHOW AND SALE, NOV. 17 / Hundreds of award winning blooms on display. New Hanover County Arboretum, Wilmington. www.tidewatercameliacub.org

THANKSGIVING WINE AND FOOD PAIRINGS AT CHATHAM HILL WINERY, NOV. 17-18 / Enjoy Thanksgiving favorites



Trans-Siberian Orchestra

with Chatham Hill Wine. Morrisville, www.chathamhillwine.com, 919-380-7135

10TH ANNIVERSARY HOLIDAY SHOPPE, NOV. 29-DEC. 1 / Annual event at Cary Academy to support scholarships and community service. Preview Party Nov. 28. Cary, www.cary-academy.org, 919-228-4504

34TH ANNUAL CHRISTMAS CRAFT SHOW, DEC. 2 / Handmade items from regional crafters sponsored by Daniel Boone Merchants Association. Hillsborough, www.theshopsat-danielboone.com, 919-245-3330

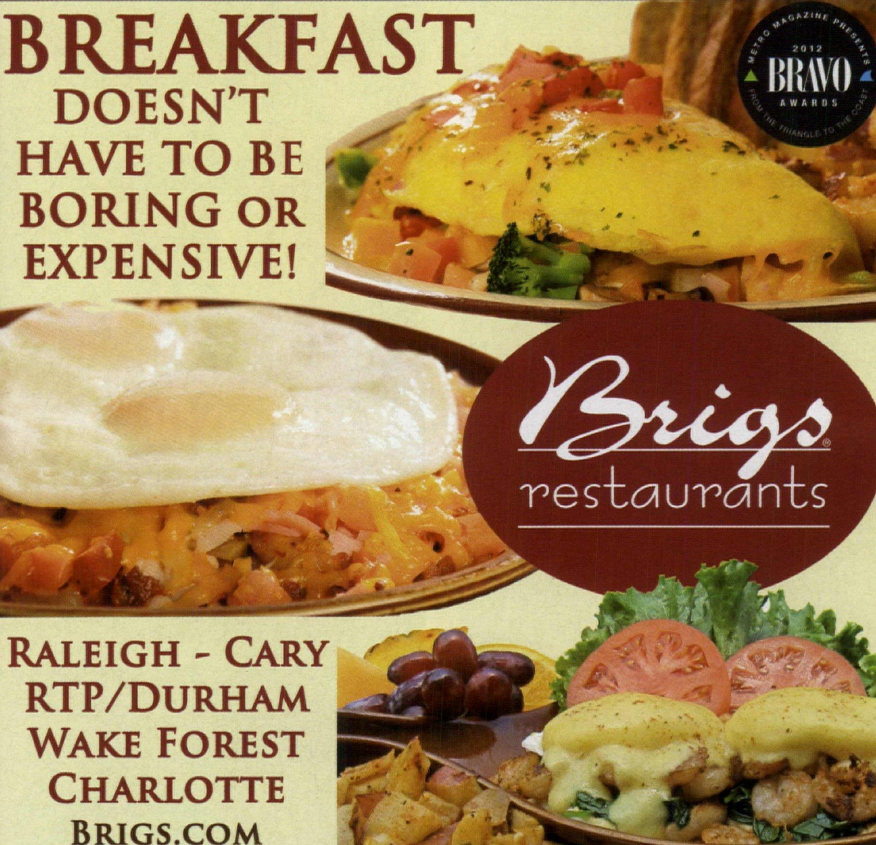
26TH ANNUAL HILLSBOROUGH CANDLELIGHT HOME TOUR, DEC. 2 / Featuring decorated homes in the historic district sponsored by Hillsborough/ Orange County Chamber. Hillsborough, www.candlelighttour.com, 919-732-8156

15TH ANNUAL TWELVE DAYS OF CHRISTMAS, DEC. 1-24 / Self-guided tours, decorations, holiday music, meals and more at the Carolina Inn, Chapel Hill. www.carolinainn.com, 919-918-2715

CHAPEL HILL HOLIDAY HOUSE TOUR, DEC. 8-9 / Explore homes in the Greenwood Neighborhood. Chapel Hill, www.chapelhillperservation.com, 919-942-7818

TO LIST AN EVENT: Send events info and color images, slides or photos six weeks before publication date to: Metro Magazine, 1033 Oberlin Rd. Suite 100, Raleigh 27605 or email: emails@metro.nc.com.

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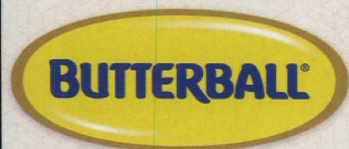


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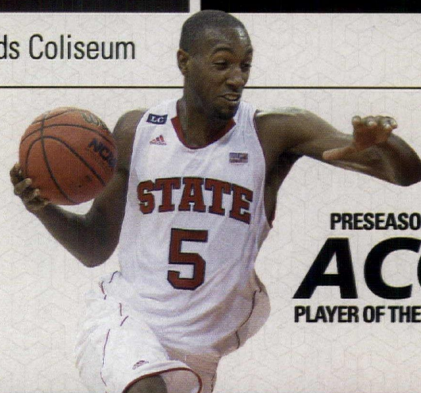
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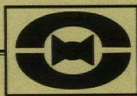
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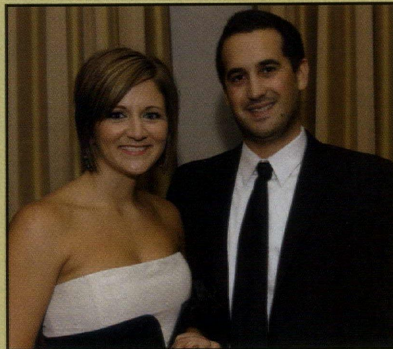


On the Town

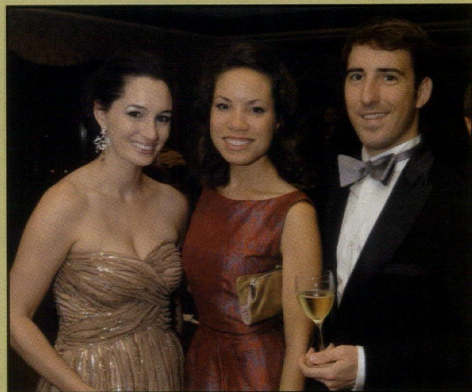
The Big Bad Ball

Benefitting Hospice of Wake County
September 29, 2012
Capital City Club
Photos courtesy of Cramer Gallimore

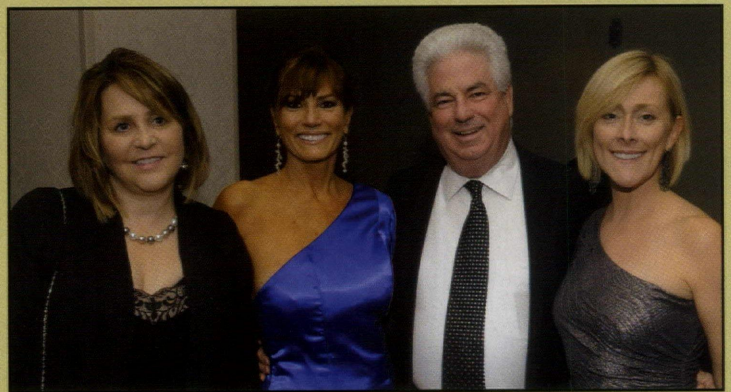
Morgan Raye and
Justin Peterson



Rachel Gaffney, Megan Fuchs, Melissa Peedin, Stephanie Lynn and Elaine Erteschik



Rebecca Lakey, Heather Allen and Phillip Zucchini



Jennifer Pieh, Kitty Kinnin, Dick Harlow, Susan Harlow

The Cameron Art Museum 50th Anniversary Gala

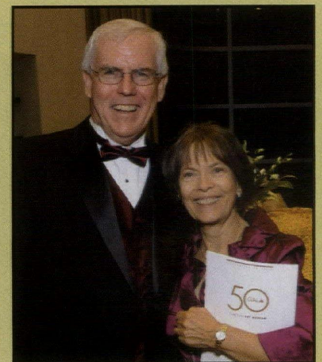
Benefitting the Cameron Art Museum
September 22, 2012
The Cameron Art Museum
Photos courtesy of Alan Cradick and the Cameron Art Museum



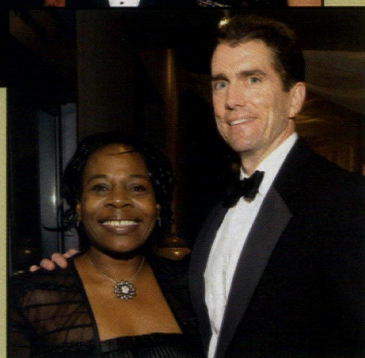
Cathy and Derrick Hickey,
Michael and Stacy Ankrum



Margaret Weller-Stargell and Carol Malloy



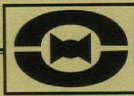
Cleve and Jenny Callison



Rhonda Bellamy, Executive
Director of Arts Council of
Wilmington and New Hanover
County and Steve Coggins, for-
mer Board Chairman of the
Cameron Art Museum



Dr. Steven Crawford, Dr. Mark Morgan, Stephen Beacham and Mat Raymond



Lela Rose Trunk Show

October 11, 2012
Vermillion
Photos courtesy of Maury Poole



Brooks Bell, Lela Rose



Kara Appleby, Ashley Harris,
Lela Rose, Maury Poole



Ashley Harris, Lela Rose, Lekita Essa

The 6th Annual Me Fine Gala

Benefitting the Me Fine Foundation
October 12, 2012
City Market, Downtown Raleigh
Photos courtesy of Focus Media



Brian Sanders of the Environmental Holdings Group,
Tracy Sanders of Greene Resources, Page Crawford
of NBC-17, Jake Fehling of KFA Search and NHL
player Jay Harrison



(clockwise) Jessica Booker, Allie Lieberman, Collin
Henry, 4-time U.S. Olympic Gold Medalist Dana
Vollmer and Patrick Henry



Event volunteers

Medal of Arts Awards Ceremony

October 3, 2012
Fletcher Opera Theater at the Progress
Energy Center for the Performing Arts
Photos courtesy of Teresa Pigeon

Master of Ceremonies
William Ivey Long



Raleigh Arts Commissioners JoAnne Casey and R. Gene Davis, Jr.



Nancy Lambert accepts her
2012 Medal of Arts



Hurley Raynor, Awardee Laura Raynor and Duke Raleigh CEO Doug Vinsal

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

BELLA MONICA — 3121-103 Edwards Mill Rd., Raleigh. 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. Sophis-

ticated food and wine in a comfortable neighborhood setting. Featured in *Southern Living*, *Gourmet Magazine* and *USA Today*. Voted Best Restaurant two years running. Best Chef and Best Waitstaff 2006 *MetroBravo!* Awards.

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 compliment 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. Bar and outdoor patio seating available. M-Th: 11 a.m. - 10 p.m., F-Sat: 11 a.m. - 11 p.m., Sun: 11 a.m. - 10 p.m.

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

to share, two entrees, dessert to share and a bottle of wine. For lunch, Monday-Friday: Two for \$12: Choose appetizer or salad with Main Course. Available for private parties on Sundays. Visit us at glenwoodgrill.com.

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

MIDTOWN & BAR 115 — 4421-115 Six Forks Road, Raleigh. 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, bis-

cuit sandwiches, pastries and more.

NOFO @ The Pig — 2014 Fairview Road, Raleigh. 821-1240. Café, bar, and deck seating. Award-winning salads, soups, sandwiches, and entrees. Voted "Best Brunch, Eggs Benedict, and Bloody Mary," *Metro Magazine*. Voted "1 of 50 Best Gift Shops in the South," *Southern Living 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: 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



Coquette

salads are made with the highest quality Dietz and Watson meats and chesses. Come early to enjoy our breakfast wraps and bagels. Catering is available.

VINNIE'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 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 stylish 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

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 references from Asia, France and America. For a bal-

anced 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 premier brunches. Open for dinner and Sunday brunch. Wine Spectator Award of Excellence, www.deluxenc.com.

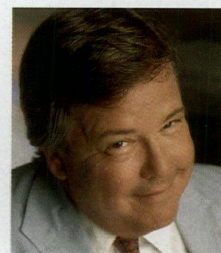
FISHTALES WATERFRONT RESTAURANT — 232 W. Beaufort Rd. Beaufort 252-504-7263. Visit Web site online at www.fishtalesdining.com. Have your Holiday Party on the Waterfront this year! FishTales offers the best food selection, service and a great atmosphere for your special event. We can provide the perfect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

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

SHEPARD'S POINT — 913 Arendell St., Morehead City. 252-727-0815. www.beaufortgrocery.com. Contemporary fine dining in downtown Morehead City focusing on quality, value and service. Featuring seafood, steaks and 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.

My Usual Charming Self

by Bernie Reeves



JIM TURCOTTE

THE DUSTBIN OF HISTORY

Diplomat George Kennan, author of the Long Telegram to Washington from his station in Moscow while Second Secretary in the late 1930s recommending the U.S. policy of “containment” to counter Soviet misadventure, called history “the credit balance of human wisdom,” describing accurate knowledge of the past as the guide to understanding events and people today. Yet history has been relegated to the dustbin of, well, history as Leon Trotsky described the fate of virtue in the 20th century.

Trotsky was a founder of the Soviet Union who fled when Josef Stalin seized control of the nascent Bolshevik Revolution after the death of Lenin. Uncle Joe, as FDR referred to the most notorious mass murderer in history, tracked him down after a global manhunt. Trotsky was murdered with an ice pick plunged into the back of his neck.

At this point, several options to pursue arise, leading the interested investigator to seek more and more connections until arriving at a nexus of fact and biography adding up to knowledge. After knowledge, should come wisdom. Yet the curiosity that drives an “educated” person down this road is often absent in the modern era, even among the rising number of college graduates entering the world today. They don’t see the point.

So what happened? Are young people distracted and uninterested in the process that created their environment? Probably not. The system of education in the U.S. is the culprit. Numbing lectures and political propaganda disguised as textbooks have deadened learning since the mid-70s, instigated by education radicals who appropriated the class room to peddle a new version of human events based on jargon and utopian claptrap. Gradually, history morphed into sociology, driven by broad Marxist theory that teaches the doctrine of “historical determinism” – borrowed from Hegel by Karl – in which the masses count and the individual achiever is denigrated. Literature and drama, as well as history (and today’s mass media), now mostly focus on the faux accomplishments of the “little man.”

Here is a way to see this in perspective. At Oxford and Cambridge in England, the study of history is referred to as “Greats.” Latin and Greek are required, as well as the examination of the important men and women of the past: kings and queens; warriors and writers; priests and scientists; orators and doctors – individuals who make a footprint in the sand that lasts. By following the achievements and failures, the weaknesses and strengths of the Greats opens a pathway

through the labyrinth of time offering a fairly accurate portrait of the advance – or decline – of Western culture.

Armed with an understanding of home, foreign ports of study became easier. Soon the paths join into a whole that educated time travelers gleefully dedicate the remainder of their lives to pursue. If modern Israel is in conflict with Iran, the properly educated person realizes the issues at hand did not appear out of whole cloth. Centuries of history come into play, creating context.

The Marxist view is imbued with the underlying principle that a famous individual is a member of a ruling class that expropriated his or her achievement on the backs of the proletariat, the oppressed peasantry or underclass that did the heavy lifting while the achievers jaunted about engaging in crucial matters. To the Marxist, or today’s modern radical scholar, this disparity must be addressed, and the true nobility of the “workers” recognized at the historical expense of the Greats.

This is not hard to understand. It is the application of the manifesto of the Bolshevik Revolution to history. And in the same manner, the landed or educated classes are removed from history to make way for the rightful heirs of the earth, the peasants and workers. The executions of France’s nobility during the French Revolution and the murder of Romanov royal family by the Bolsheviks illustrate the point.

Put on your thinking cap and consider that history today in America follows the same pattern. The American Greats, such as the Founders, are more and more regarded as unworthy of veneration as enemies of the state for owning slaves, or for simply being born men. Schools across the nation have erased their names to be replaced with “people’s heroes.”

Douglas MacArthur, arguably the greatest general of the 20th century, has seen his sword beat into plowshares by an unsparing campaign to denigrate his achievements by peace activists who regard his swaggering individualism as a threat to their collective theory of man. MacArthur, they say, owed his success in defeating Japan to the privates and sergeants who slogged through the jungles of the Pacific.

After the war, MacArthur gave Japan a new lease on life, and a constitution. In 1950, he led a campaign that drove North Korean troops out of South Korea all the way to China. When Chinese hordes unexpectedly entered the conflict against U.S. and U.N. armies, MacArthur recommended

we threaten them back with a display of nuclear capability.

President Harry Truman embraced the Marxist interpretation of events by firing MacArthur, assuming he would please the nation. But while Truman remained popular, basking in the glow of humiliating a Great, the same crowd who praised him later stained his legacy permanently by claiming that the American use of nuclear weapons on Japan to end World War II, thus saving an estimated one million lives, was a war crime.

Gee, I digress, which is exactly the point. Authentic history takes you everywhere, which leads you to everywhere else. In contrast, British film documentarian Michael Wood, at one time an excellent historian who presented a BBC series on the excavation of ancient Troy, as well as a fascinating view of the history of India, wrote and hosted a recent program on the rise of the English people.

He felt compelled to apply the Marxist theory of history, even stating that was his intent. The episodes became increasingly unbearable with each airing. The reason is that ancient peasants rarely participated in the dramatic events of history, and if they did, they could not read nor write to tell about it. This has driven radical historians to rely on public records, resulting in achingly boring recitations of births, marriages and deaths, number of cattle, acres of land owned and sold and other clerical minutiae. (This data approach to justify studying peasants at the expense of the Greats became established as the field of econometrics that dulls the mind and turns students away from real history).

The machinations of the campus radicals and public school theorists to bring down the role of the individuals who made history happen, and erase the benefits of the lessons learned in the process, have anesthetized our vital and fascinating past. In its place, the curriculum substitutes the collective as the engine of great events.

The result is that two generations of young Americans have lost interest in their own culture – and have difficulty grasping world events, just at the moment globalization has altered human existence. Soon no one will care, and America will continue its own journey to the dustbin of history. **MM**

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



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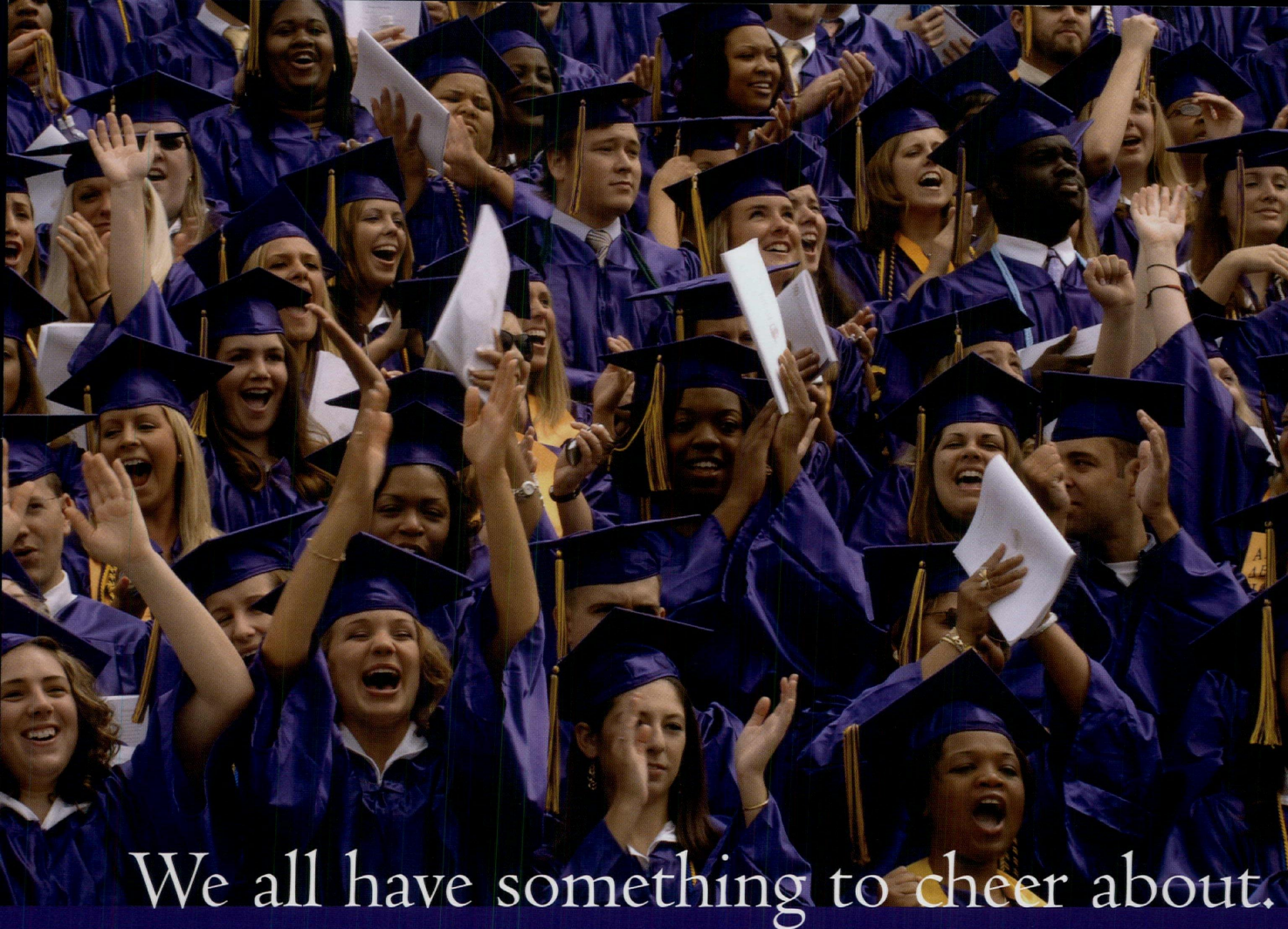
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