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GIFTS FOR EVERYONE

sure-fire conversation starter for the holidays is the Raleigh Call, a fragment of information indicating Lee Harvey Oswald attempted to place a call to Raleigh from the Dallas City Jail the night before he was shot by Jack Ruby. The event went unheeded until 1980 when writer Grover Proctor and I investigated the call for the weekly Spectator where I served as editor and publisher. Next year marks the 50th anniversary of the events in Dallas that changed the course of history, an appropriate demarcation to take another look at this intriguing piece of the assassination

Take a visitor to a tall building to view the area and all you see are clumps of trees. That's the beauty of the place, pastoral views containing modern buildings, world class medical complexes, high-tech and bio-tech facilities, attractive shopping options - and beautiful homes. Diane Lea trekked out past Hillsborough and discovered an excellent example of residential high culture snuggled into acres of rolling woodlands where art, furniture, architecture and location create a unique and stylish expression of the meaning of home.

Taylor Arnold talks with Corbett Monica, the winner of the annual chefs competition held during the Raleigh Roundup fundraiser for the American Cancer Society. Emily Conser speaks with the founder of the meteoric Peter Millar fashion label founded and operating right here in the Triangle. Louis St. Lewis donned his favorite finery to attend two high-tone fundraisers, and previews his one-man exhibition coming up in February. Carroll Leggett remembers our nation's capital when cordiality and compromise ruled, and Jim Hughes comments on the new Master Plan for Research Triangle Park.

It's the time of year to consider spas and resorts, as well ski destinations. Check out Metro's detailed guides to all you need to know - and don't forget the last-minute presents available in our second seasonal Gift Guide. On the Town covers the social scene and you can rely on Preview, Secrets of State and My Usual Charming Self to serve up timely news and opinion you won't find anywhere else.

Happy New Year from all of us to all of you! See you in 2013.

A ReemII

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

© Copyright 2012 Bernie Reeves Raleigh Spy Conference

Spies Among Us

Intelligence Experts Describe the Role of Espionage Illegals

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Brian Woodworth Chef PORTER'S CITY TAVERN This year's Raleigh Roundı was held Frida November 9th at the Kerr Scc Building.





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COVER: Photo by Ted Bartlett, provided by North Carolina Estates



Tar Heel Treasures: Books For The Holidays

Books about North Carolina are always an enduring gift for the holidays.

Suitable for display on the coffee table, featuring beautiful photos accompanied by interesting narrative, is author Lee Pace's latest contribution to the story of Pinehurst, "the home of golf in America." This time Pace focuses exclusively on the complete history of the fabled #2 course, considered Donald Ross's masterpiece. The course was restored to its original layout by golf course architects Ben Crenshaw and Bill Coore in 2011, removing decades of grass growth obscuring Ross's sandy "links" concept. Now #2 has come full circle and Pace takes readers all the way down the fairway in The Golden Age of discovered by Verrazano in 1524, it has served as a main artery of commerce, the setting for 50 plantations and the stuff of lore. Down the Wild Cape Fear is published by UNC Press.

Love letters with a twist comprise Dearest Palmetto by Cary, NC physician William Matlock Stocks, serving up penetrating revelations of life in the North Carolina in the early years of the 20th century. To obtain a copy, contact the author: 112 Buckden Place, Cary, NC.

The Dynamic Decade: Creating the Sustainable Campus for the University of North Carolina at Chapel Hill, 2001-2001 a coffee table book that may as well have legs of its own - is available from UNC Press, written



Pinehurst: The Story of the Rebirth of No.2, published by UNC Press.

The Cape Fear River holds a prominent position in the story of North Carolina, overflowing with cultural, environmental and political history. Now novelist Philip Gerard - accompanied by a crew of experts - relates the saga of the role of the river, from its source at the confluence of the Deep and Haw rivers to the Cape of Fear on Bald Head Island. Since the water course was



by David R. Godschalk of UNC's City and Regional Planning Department and Jonathan Howes, a former director of the UNC Center for Urban and Regional Studies. The book is expensively produced

on fine paper and features classy color images that chronicle the building boom of the 2000s funded by a gigantic bond issue that unleashed bull dozers and construction crews throughout the Chapel Hill campus, quite literally "making over" the 200-yer-old university footprint. Obviously there was plenty of money leftover to pay for the production of this expensive but attractive tome.



Pinehurst Resort & Country Club is beginning a \$3.7 million renovation of the Member Clubhouse that will include an interior redesign and architectural improvements to the rear veranda overlooking the fabled Pinehurst No. 2.

Colin Bedford, executive chef of the Fearrington House Inn and Restaurant, has been named a Grand Chef by the International Luxury Hotel and Restaurant Association Relais and Chateaux, joining 160 chefs from five continents who have won the award.

Triangle ArtWorks, a local non-profit organization, has launched its Partnership NetWork and Advisory Board to provide support, connections, advocacy and resources for the visual and performing arts and design industry in the Triangle. For more information visit www.triangleartworks.org.

On Monday, November 12 St. David's School hosted over 70 veterans from the community in honor of Veteran's Day. The event included a helicopter, skydivers and static military displays, as well as a commemoration for the veterans (from WWII to the present) honoring their service.

Raleigh's Allen Weiss To **Produce Holocaust** Documentary

Raleigh filmmaker Allen Weiss is working on a documentary entitled "Six Million Minus One" that explores a little known brick in the wall surrounding Holocaust survivors: the effect their history has on their chil-

dren and grandchildren.

As the son of a survivor, Weiss wants his documentary to answer the question, "What is it like growing up in a household with this incredible reality always present, even if seldom voiced?" Weiss added: "My daughters know more about my father's



Allen Weiss

experiences than I ever did growing up. We simply didn't talk about it. No one said my brother and I couldn't ask questions, we just didn't. I don't know why we didn't, but I've learned that's very common among children of survivors."

A Public Service Announcement Weiss created for the N.C. Council on the Holocaust featuring survivors and their families in the Raleigh area is titled "Number 89444," referring to the number the Nazis tattooed on his father's arm in the Dachaul death camp in Germany. Said Weiss, "the point behind the piece was to remind the public that Holocaust victims are more than their numbers. They have names."

Go to http://vimeo.com/21578208 to view the original PSA, and www.allen-weiss.com or more information on Allen Weiss.



Moving Midway On UNC-TV

UNC-TV will rebroadcast *Moving Midway* on Thursday, December 27 at 9:30 p.m. The documentary film by Godfrey Cheshire received rave reviews from *The New York Times*, *New York Magazine*, the *LA Times*, *Variety* and Roger



Ebert's syndicated film

The story of 18th century Midway Plantation, outside Raleigh near Knightdale - that was physically relocated to avoid demolition in 2007 - is rich in Southern traditions, but also serves as a symbol of the New South where the

past collides with modern attitudes with surprising results. Go to www.movingmidway.com to learn more and to order the DVD.









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Raleigh Call Mystery by Bernie Reeves

In 2012, America will mark the 50th anniversary of the assassination of John F. Kennedy on November 23, 1963 in Dallas, Texas. The course of history was altered, yet what really happened remains controversial today. Metro Magazine editor Bernie Reeves remembers his involvement in an obscure event that could hold the key to solving the case.

n November, the *Indy Week* of Durham published a feature story on the Raleigh Call, an attempt by Lee Harvey Oswald to call a John D. Hurt in Raleigh, NC from the Dallas Police and Courts Building on the night of Saturday, November 23, 1963.

The next morning Oswald was shot and killed by gangster Jack Ruby while being transferred to the Dallas County Jail. But the telephone slip with the number he tried to call has survived, an intriguing piece of flotsam that continues to bob around in the murky waters of conspiracy theories 50 years later.

Two switchboard operators were on duty the evening of November 23, 1963 (one going off and one coming on duty) when a "government man" informed them Oswald was going to make a long distance call and to inform him before connecting. At

around 10:45 p.m., Oswald was on the line and gave one of the operators a number in the 919 area code. As instructed, the "government man" was informed. He said to the operator, "Tell Mr. Oswald his call did not go through."

Oswald was then told, "I'm sorry the number didn't answer" and disconnected. The slip of paper with the Raleigh number was later retrieved from the waste paper basket and copied by one of the op-

erators to keep "as a souvenir." The "government man" has not been identified.

The ensuing Warren Commission report omitted mention of the attempted call, as did the explosion of conspiracy theories that gripped the country. A Freedom of Information request by a Chicago researcher uncovered the incident in 1970, but there was scant interest in what was then interpreted as an incoming crank call.

A Riddle Wrapped In An Enigma

In 1980, I was editor and publisher of the weekly *Raleigh Spectator*. In those days I was a subscriber to the *New York Review of Books* that published a review of the pre-publication galley "proof" of the upcoming book *Conspiracy* by British author Anthony Summers which briefly mentioned the Raleigh Call. That hit home. I engaged contributing *Spectator* writer Grover B. Proctor, who kept up with the theories surrounding the assassination, to investigate the call. *Spectator* published the first news accounts of the alleged incident in two installments in the July 17 and 24, 1980 issues.

Proctor and I called several sources to ascertain the validity of the call, including Robert Blakey, chief counsel for the 1978 House Assassinations Committee investigating the John F.

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Kennedy killing. Blakey told us, "The call apparently is real and it goes out; it does not come in. That's the sum and substance of it. It was an outgoing call, and therefore I consider it very troublesome material. The direction in which it went was deeply disturbing."

Victor Marchetti, whose The CIA and the Cult of Intelligence was the first book in U.S. history to be subjected to prior government censorship (the redacted portions are left blank and labeled deleted),

told us that the Raleigh Call was connected to espionage and black op tradecraft. In essence, Marchetti hypothesized that Oswald, a former Marine, could have been associated with the Office of Naval Intelligence. In the 1950s, the ONI routinely trained operatives to display pro-communist sympathies, then visit the USSR where the KGB was likely to recruit and "double" the agent to work for them. In most cases, the U.S. would then "triple" the agents back into the foal. In this scenario, Oswald, who did not hide his advocacy of Marxism to his fellow Marines, did end up in Soviet Russia, where he married the niece of a KGB officer before returning to the U.S. Plausibly then, Oswald could have thought he was working for a legitimate operation comprised of intelligence operatives, members of organized crime (the CIA contracted with Mafia members – who detested the Kennedy administration - to attempt to assassinate Fidel Castro) and anti-Castro receptionist walked in after three days had passed to tell me she had received a mysterious telephone call at exactly 10 a.m. every morning that week. She said the phone would ring; she would answer, but no one spoke on the other end of the line. Then, she said, she heard a clicking noise, followed by a hang up.

She had no idea what Proctor and I were up to, so the regularity and repetition of the call was noteworthy, especially in light of connection problems occurring during our telephone

Cubans still stinging with anger at the Kennedy brothers for refusing to provide air cover for the ill-fated Bay of Pigs invasion. The CIA, who trained the anti-Castro Cubans to invade Cuba, also felt betrayed by the Kennedys, adding another layer of motive by some members of the intelligence community.

If Oswald was duped into thinking he was working for a valid and patriotic cabal who felt JFK had to be removed, he would be sure he had a middle man to call – a "cut-out" in spy craft parlance - if the operation

went wrong. And that was Marchetti's main point. In his opinion, John Hurt in Raleigh was a "fake cut-out." In this view, Oswald followed instructions, unaware he was being set up.

To add credence to the intelligence "fingerprints" in the assassination, Ion Pacepa, chief of the Romanian spy agency before defecting to the U.S. in the mid-1980s, has written the book Programmed To Kill that maintains the JFK hit was organized and implemented by the Soviet KGB, pointing to the similarities to other "wet jobs" (as assassination was labeled by the Soviets) carried out by the world's most notorious espionage organization.

Telephones Tapped

A call to John Hurt by us in 1980 elicited denials. The only suspicious connection to the killing was his service as a counterintelligence operative in World War II. Of course Hurt would not answer truthfully if he was indeed a real "cut-out," and anyway the scenario Marchetti laid out had Hurt as a fake to serve as validation to Oswald that he was engaged in a sanctioned hit. That Hurt had an intelligence background would add credence of his bona fides to Oswald.

As the *Spectator* investigation was underway with calls made to informed sources, often at night – including to Marchetti, who is under an injunction to clear any mention of intelligence matters with the CIA or risk criminal contempt of court - the



calls. Experiencing a frisson of anxiety, but averse to thinking what we were doing merited dramatic action such as a wire tap, I waited until the next morning before acting. Sure enough the same call to Spectator came in right on time at 10 a.m.

I asked a judge for a name of a reliable and respected private detective and called him in. He listened and said he would look into our suspicions and report in later. And he did. "What in the hell are you up to?" he asked. "You are being tapped from Bell

South central office. That requires a federal court order."

He explained the call each morning was to reset a tape recorder (this was 1980, don't forget). The call was to make a new connection to our number. The click the receptionist heard was a new tape cutting on for another 24-hour tap.

Stop the Presses

The first installment of Grover Proctor's piece was ready to go at the printer when I received a call from a colleague telling me the 11 p.m. radio news included a story that the Raleigh daily *News & Observer* was coming out in the morning with a breaking story on the so-called Raleigh Call. In the issue the week before we published our investigation, I mentioned in *Spectator* we were coming out the next week with an exclusive on the call in order to stake out our provenance for the story.

I sped to the newspaper office that evening and charged into the newsroom, yelling one of the world's greatest clichés, "stop the presses," while grabbing the phone off the managing editor's desk to call a well-known attorney. I said they were stealing our story. Alas, the presses didn't stop. But in the evening *Raleigh Times*, also owned by the morning paper, the revised news story gave *Spectator* proper credit.

Message From the Grave

In 2004, a Raleigh lawyer stopped me and said he was the

RALEIGH CALL MYSTERY



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attorney for Mrs. John Hurt, who died around that time (John Hurt died in the mid-1980s). He told me Mrs. Hurt told him she talked with Oswald on the telephone. I said please provide me with an affidavit – or simply a letter, even an email - verifying what you are telling me. He said client confidentiality prevented him.

But there is a problem in what the attorney told me. If Oswald's call from Dallas was cut off, how did Mrs. Hurt talk with him? Perhaps Oswald acted as any trained agent would do. He verified his "cut-out" before the operation to kill Kennedy. He called the Hurt apartment in Raleigh, spoke with Mrs. Hurt and then to John Hurt to be sure he would be on hand for a call if necessary.

Today, nearly 80 percent of Americans believe that Oswald did not act alone, either because of the deluge of books, documentaries and films maintaining the shooting was a conspiracy of several people – or because common sense tells them the accepted evidence rules out the "lone gunman" theory, even though several respected researchers cling to the Warren Commission's original conclusion.

Fifty years after the assassination, The Raleigh Call remains a dangling thread that could unravel the mystery and controversy surrounding one of history's greatest unsolved murders. Yet the call continues to languish in obscurity, untouched by investigators who have neither disprove its validity nor mined its significance.

{Grover Proctor, the author of the Raleigh Call articles published by the Spectator in July 1980, has combined the main points in a summary available by going to http://groverproctor.us/jfk/jfk80.html. The Spectator archives are yet to be digitized, but back issues can be viewed at the UNC Library's North Carolina Collection and the Wake County Library}.

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RTP Looks to the Future

he Research Triangle Park - with 41,000 employees occupying 25 million square feet in facilities spread over 7000 acres located between Raleigh, Durham and Chapel Hill - is the engine that drives the region. Today, RTP has embarked on a mission to re-imagine the world famous research campus in reaction to modern trends that run counter to the original concept that dates back to the 1950s. In those days the goal was to offer an academic campus atmosphere where scientists worked in splendid isolation. Tenants were required to build on 15 percent of their property, causing tenants to seem distant and inaccessible to the public – and to their neighbors within in the Park.

Today, the fast charging players in the world of research seek a less sequestered work environment that allows scientists and technicians to touch elbows and share ideas over coffee, meals, seminars and social events. Touted as the largest research park in the world, and the respected model in the genre, RTP has discovered time and events have passed it by. That's why the RTP Foundation Board launched the Pathways to Opportunities Bus Tour for two weeks in November - to reach out across the state and re-connect with the partners that helped made the original concept work. (See sidebar by Jim Hughes, and go to www.metronc.com/article/?id=2219 to read his March, 2011 essay on RTP in *Metro* suggesting that RTP needed a new plan for the future).

Coming soon is the unveiling of a new Master Plan that will apply rezoning to create a more flexible and lively critical mass of buildings, restaurants and residential facilities – a feature disallowed in the original RTP charter. The hope is not only to re-engineer the Park to meet new demands by owners and employees to create an atmosphere of accessibility, but to add 58 million new square feet of research and office space and 150,000 new Park jobs.

- Bernie Reeves



RTP LOOKS TO THE FUTURE

I grew up in Durham in the 1950s not far from Lowe's Grove, the little farm community where Greensboro engineer and MIT graduate Rome Guest and the Pinelands Corporation began the assembly of the land that became Research Triangle Park. I went to high school with kids whose parents and grandparents sold him the land. I shot squirrels and drove out there as a teenager. I watched the Park grow from an improbable vision into a job-creating dynamo that transformed the whole region. And for the last 20 years or so, I've watched it struggle through a sad decline, the victim of complacency and a series of myopic executives who couldn't see past their next paycheck.

The new plan and the bus tour to promote it that set out in November are steps in the right direction. Reconnecting with the rest of the state is long overdue. But reviving the Park and assuring its future will take a whole lot more than just a high-priced PR blitz.

The message needs to go out to the leaders of our academic institutions and the surrounding cities and towns. They need to remember that the Park is the main reason behind the emergence of this region as a worldclass center of research and innovation. The fact is, without the Park, none of what we have today would have been possible.

Fixing the Park must start by going back to the vision and spirit that created it in the first place. Former Governor Luther Hodges said it best in Businessman in the Statehouse, the book he wrote after leaving office in 1960. The Park, he said, "is the marriage of North Carolina's ideals for higher education and its hopes for material progress."

When Guest's original idea went under, Hodges brought together leaders from private enterprise, academia and government to see that it did not die. The result was the best example ever seen of a public-private partnership that actually worked. It's our turn now. It would be the height of ingratitude to men like Hodges and Bill Friday and Robert Hanes and Archie Davis and Professor William Little and a host of others if we do not step in and put the Park back on track.

- Jim Hughes





Elements of Style Post-Modernist Home Defined by Artistic Adventure

by Diane Lea

Photography by Ted Bartlett Provided by North Carolina Estates few exits west of Chapel Hill along Interstate Highway I-40, a lovely road winds through pastures and cornfields set with thick stands of pines and hardwoods. A few more turns finds the traveler beneath a tree canopy with occasional glimpses of homes ensconced in gracious rural settings. At the end of the journey, welcoming wrought iron gates open to a drive accented by scarlet and gold Japanese maple cultivars, leading us to a private world of architecture and art situated gracefully among eight acres of extraordinary natural beauty.

The home is a quietly elegant tribute to postmodernist architecture, designed by one of North Carolina's preeminent architectural firms, Charlotte-based Meyer Greeson Paulin Benson, and constructed in 1988 by Durham Potter of Raleigh. An expansive columned gallery serves as the entrance to the home through tall transomed doors and a semi-circular marble-floored foyer set with tall arched art niches.

First Impressions

The scale of the foyer is suitable for one of the owners' prized

art objects, recently returned from loan to the North Carolina Museum of Art. A massive pale ash grey clay sculpture, "Pa'l Cielo," by Cristina Cordova, an artisan known for stretching the parameters of her craft, seems to view the visitor with aloof calmness. The woman of the house, an accomplished weaver and long time board member of North Carolina's Penland School of Crafts, met Cordova at the school where she and husband Pablo Soto, a glass artist, reside. The Cordova sculpture is only one of several pieces the couple has commissioned from artists whose work they admired. They almost always visit the artists in their studios, or have the artist visit them on site, to discuss a proposed concept and the space planned for the piece. To purchase the piece, they work through the gallery representing the artist.

Beyond the foyer is a spectacular interior sky lit loggia that rises 30 feet and forms the organizing axis of the main floor, delineating a living area on the left and dining area on the right. The focal point of the loggia is a striking piece of fiber art, "Lost Images," by the Columbian textile artist Olga de Amaral. The owners discovered her during a visit to Bellas Arts in Santa Fe. In making the piece, linen strips were woven, gessoed, painted





An open floor plan enhances the enjoyment of furnishings and art collected while living in various parts of the United States and abroad.

and then plated with gold, silver, or copper, a very intricate and time consuming process. The work holds pride of place on a long wall leading to the master living area and to stairs to a lower level. It is situated perfectly above an antique Chinese scroll bench of richly toned wood with gold striations.

Furnishings Reflect Global Interests

The home's living area offers another aspect of the couples' collecting interests furniture. The room's open plan allows for the arrangement of several classic Mies van der Rohe Barcelona chairs and lounges in warm browns and camel colored leather. A legged cabinet with sliding doors stands against one wall, commissioned from the Danish Cabinet Maker's Guild when the owners were on sabbatical at the Karolinska Institute in Stockholm, Sweden.



"Occurrence," by artist John McQueen is composed of willow strips held in place with wax linen ties stapled to the wall.

International scientists lived in the Wenner-Gren Center, where each unit was designed and furnished by Scandinavian architects and artisans. The experience led to an increased appreciation of Scandinavian design.

Porcelain pieces by Triangle artist Sally Prange and Chicago artist Ruth Duckworth, both now deceased, are displayed on a cabinet. "Self Portrait," a dramatic image in blacks and greys composed by the artist Chuck Close, occupies space on the living room wall. The features in the portrait are created by paper pulp dropped on to handmade paper.

A standing desk, positioned against a living room wall, is the work of Wendell Castle, commissioned following a visit to the artist's studio in Rochester, New York. The upper body of the desk is of irregularly patterned pommele, an African mahogany. The edges were painted and then lacquered to create a distinctive patterned surface. The legs and stand are metal. Above the desk floats another Cordova creation.

The Art of the Matter

Although the owners did not build the house, its many distinctive features provide for placement of their art and objects in an uncluttered manner. The living room is adjacent to a sculptural mahogany bar. At one end of the bar island is a Sean Scully wood block print. The colors are arranged in a geometric pattern and accented with fine black lines, creating a sense of extension of the wood beneath. A Robert Motherwell oil painting, "The Old Man and the Sea," frames the other end of the bar.

Motherwell is among the artists who studied and taught at the experimental Black Mountain College, established in 1933 in Black Mountain, North Carolina. Based on the philosophy that the study of art was essential to a liberal arts education, the school attracted many notable artists, writers, architects and performance artists, among them Josef and Anni Albers, John Cage, Merce Cunningham, Willem de Kooning, Franz Kline, Jacob Lawrence, Peter Voulkos, Walter Gropius, Charles Olson and Buckminster Fuller. The couple became interested in Black Mountain College and the impact it had on the artists who taught and studied there. Although the school existed for slightly less than 30 years, it had an enormous impact on the art movement in the United States and Europe. Over time the owners acquired several pieces by artists and craftsmen associated with Black Mountain College, including the work of ceramicists Peter Volos and Karen Karnes and the painter Kenneth Noland, a native of Asheville.

The couple purchases art only if they both like it. There are three items in their collection, however, that were purchased as a birthday gift. Perhaps the most fascinating of is "Occurrence" by innovative basket and fiber art artist John McQueen. The piece is made of willow strips held in place with wax linen ties stapled to the wall in the home's lower level. The work is a narrative of life events important to the artist and was originally created for the Illinois State Museum's Lockport Gallery.



Designed by Charlotte-based architectural firm Meyer Greeson Paulin Benson, the home was constructed in 1988.

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Another Cristina Cordova sculpture floats above a standing desk by Wendell Castle, a Rochester, New York based artisan.

Also on the lower level is a weaving room the lady of the house jokingly calls her lifetime supply of yarn. To one side is a Cranbrook loom, originally designed and created for Michigan's Cranbrook Academy of Art, established in 1932 and headed for a time by Eliel Saarinen. A smaller loom sits by a cutting table.

Visitors depart the house through a stand of maples and conifers, an element

of the substantial landscape renovation that the owners undertook shortly after purchasing the property. At the end of the day, the afternoon sun sets the Japanese maples aglow.

The home's furnishings, fine collections and setting are a testament to a remarkable adventure in art, architecture and nature.



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919.510.5130 www.feelsynergy.com Services: facials, resurfacing treatments, microdermabrasion, natural skin peels, waxwww.mitchellspas.com Services: healing massage therapy, cleansing facials, body treatments, manicures and pedicures, peels, men's treatments

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APEX

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Ballantyne Resort 10000 Ballantyne Commons Parkway Charlotte, NC 704.248.4000

www.ballantvneresort.com Services: facials, facial enhancements, massage, exfoliation, body massage and wraps, nails, hair, make-up, hair removal

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40920 Hwy. 12 Avon, NC 252.995.3125 www.spakoru.com Services: facials, massage, body wraps, scrubs



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Old Edwards Inn and Spa 445 Main St. Highlands, NC 828.526.8008 www.oldedwardsinn.com Services: sauna, fitness center, facials, body treatments, massage, baths, hair, nails

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Wake Forest, NC 919.570.8889 www.thefallsdayspa.com Services: facials, microdermabrasion, massage treatments, nails, waxing, lash and brow tinting

The Purple Door

Day Spa 154 South White St. Wake Forest, NC 919.562.6077 www.purpledoorspa.com Services: facials, massage, back facial, nails, eyelash extensions, eye brow tinting, waxing

The Spa at Pure Salon 5592 Hwy. 42 W Garner, NC 919.773.0404 www.massageatpuresalon.com Services: massage, facials, body treatment, waxing

Prima Day Spa 5101 Dunlea Court 910.794.8041 Services: esthetics, body wraps, massage, spray tanning, permanent cosmetics, cellulite therapy

Blue Ginger Spa 5329 Oleander Dr. 910.395.9950 www.bluegingerspa.com Services: massage, body treatments, facials, waxing

Ki Spa & Salon 1125 Military Cutoff Rd., Suite Q 910.509.0410 www.kispasalon.com Services: massage, organic

power peels, facials, manicures, pedicures, bridal packages

Salon Beyond Basics

& Day Spa 1124 Floral Parkway 910.452.0072 www.salonbeyondbasics.com Services: hair extensions, salt glow, custom peels, body wraps, massage, waxing, facials, eyelash/brow tint, manicure, pedicure



Westglow Spa 224 Westglow Circle Blowing Rock, NC 828.295.4463 www.westglow.com Services: face and body treatments, salon services, heath and fitness therapies

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

FROM THE TRIANGLE TO THE COAST

Alossi Renewal Spa 245 New Fidelity Court Garner, NC 27529 919.662.5090 www.alossispa.com Services: hair, massage, manicure and pedicure, reflexology, facials, waxing

Color Salon & Day Spa 3582 Davis Dr. Morrisville, NC 919.380.7772 www.colorsalonspa.com Services: hair, nails, facials, waxing, massage Ron Carlos Salon 213 North First Ave. Knightdale, NC 919.295.4396 www.saloninknightdale.com Services: hair, hair removal, lash and brow tinting, nails, make-up, massage

Massage Envy 1001 Market Center Dr. Morrisville, NC 919.469.3689 www.massagenvy.com Services: deep tissue, Swedish, sports, hot stone and reflexology massages

Salon Bliss 2213 North Grassland Dr. Fuquay-Varina, NC 919.346.0004 www.salonblissnc.com Services: hair, permanent cosmetics, spray and UV tanning, make-up, massage, manicure/pedicure, waxing

The Falls Day Spa 1002 Durham Rd., Suite 1200 APEX BEAVER CREEK 1473 Beaver Creek Commons (919) 303-3689

BRIER CREEK 8201 Brier Creek Parkway (919) 806-3689 EASTGATE 1800 E. Franklin Street (919) 442-0500

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OLDE RALEIGH VILLAGE 3201 Edwards Mill Road (919) 787-1114

GIFT CARD

PRESTON PARK WEST 1001 Market Center Drive (919) 469-3689

SOUTHPOINT 8202 Renaissance Parkway (919) 493-3689

MassageEnvyRDU.com

A Guide to the World's Best Destination Spas

by Taylor Arnold and Emily Conser

Whether you're looking for a spiritual retreat, a place for healthy weight loss or an all-inclusive vacation, chances are pretty good there's a destination spa that can accommodate your needs. This month, Metro is taking a look at some of the finest destination spas around the globe and narrowing it down to our top 15 picks. From resort and hotel spas to health and fitness spas, there is nothing you won't find here. Read on for a breakdown of some of the best destination spas in the world's most beautiful settings.

Cal-a-Vie Health Spa

Located on 200 exclusive acres in the California hillside, this beautiful Mediterranean-style resort offers over 100 classes and over 32 villas and suites for the most relaxing stay. Guests can indulge in hot stone foot massages and oxygen facials and many other spa treatments. Cal-a-Vie is also the only resort spa that has its own private 18hole golf course. For more information visit www.cal-a-vie.com.





Golden Door Spa

Golden Door is a perfectly Zen oasis in Escondido, California. The intimate Japaneseinspired inn offers a variety of spa treatments, exercise classes and different amenities such as a labyrinth and two pools. Golden Door is situated on 377 acres in northern San Diego County and includes 20 miles of private hiking trails. Guests also can partake in women's only and men's only weeks to engage in personalized fitness programs and world-class cuisine. For more information visit www.goldendoor.com.

Red Mountain Resort

Nestled in the landscape of beautiful southern Utah, Red Mountain Resort has everything you need to enjoy a customized spa experience. This resort offers a range of health, fitness, nutrition, cooking, stress management, anti-aging and wellness classes and more. The ideal location also allows for trips to





Zion or Bryce Canyon National Parks, while Snow Canyon State Park is only about a quarter of a mile down the road. For more information visit www.redmountainresort.com.

Miraval

Miraval is a top-rated, all-inclusive destination that includes a resort, an award-winning spa and world-class cuisine. Situated in the Santa Catalina Mountains in Tucson, Arizona, Miraval offers more than 90 different complimentary activities and classes to choose from every week. Guests can take part in yoga, meditation and fitness classes, wellness lectures and workshops, equine therapy, art workshops and photography walks. This resort is also a great spot for hiking, mountain biking, and rock climbing in the beautiful Sonoran desert. For more information visit www.mirivalresorts.com.



Lake Austin Spa Resort

Situated on one of the most scenic waterways in the country, Lake Austin Spa offers all-inclusive vacation packages that consist of accommodations in one of 40 charming lakeside guest rooms, three gourmet meals daily, indoor and outdoor fitness activities and classes, and a selection of spa and body treatments. Guests can take advantage of an array of outdoor water activities, garden-inspired cuisine and a range of new spa treatments that incorporate local ingredients like rosemary, lemongrass, figs and pears, just to name a few. For more information visit www.lakeaustin.com

Canyon Ranch Hotel & Spa – Miami Beach

This spectacular Miami Beach hotel boasts à la carte hotel services with the limitless healthy choices of acclaimed Canyon Ranch health resorts. Canyon Ranch Hotel & Spa in Miami Beach offers signature spa services in a stunning luxury hotel setting – plus more than 700 feet of sandy beaches. Guests can relax in a sparkling pool, savor gourmet cuisine, organic wines and spirits at award-winning Canyon Ranch GrillTM, work out in the world-class fitness center or take part in a variety of activities for both parents and children. For more information visit www.canyonranch.com/miamibeach.



The Westin Riverfront Resort & Spa at Beaver Creek Mountain

In addition to topnotch skiing and golf, the Westin Riverfront Resort & Spa in Beaver Creek, Colorado is home to the 27,000square foot rejuvenating Spa Anjali. The facility features a wellness and fitness center with 14 unique treatment rooms, a full-service salon, extensive fitness equipment and a lap pool as well as spin, Pilates and yoga studios. Signature spa treatments include the Red Clover and Mountain Honey Body Mask, the Fossil Fusion Mud Body Wrap and the Himalayan Journey to Serenity day package. For more information visit www.westinriverfrontbeavercreek.com.

Les Sources de Caudalie

In the heart of France's Bordeaux region is a tranquil oasis known for its Vinotherapy Spa, which combines grape oils and wine extracts in its signature treatments. The hotel itself stretches over five buildings on the Chateau Smith Haut Lafitte estate that also includes a three-hole golf course, an outdoor Jacuzzi and swimming pool, and an idyllic lake and surrounded by the vineyards and





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wineries of Bordeaux. Les Sources de Caudalie (the word "caudalie" refers to the pleasant afterglow of wine) also houses a magnificent wine cellar and world-class restaurant. For more information visit www.sourcescaudalie.com.

Adler Thermae Spa Resort

The Adler Thermae Spa Resort offers luxurious spa facilities against the backdrop of Italy's gorgeous Tuscan landscape. Guests can immerse themselves in the soothing thermal waters that flow straight from the source, relax in one of the saunas or steam rooms, or get



pampered with one of many spa treatments that include massage, facials, pedicures, body wraps and more. The facility also boasts a medical spa that offers detox and weight loss, aesthetic medicine, de-stress and regeneration. But perhaps the best part is the authentic Italian cuisine – on site chefs incorporates fresh, local produce and ingredients to create a wide variety of sophisticated meals and Tuscan specialties.For more information visit www.adler-thermae.com.

The Plateau Spa at the Grand Hyatt Hong King

Located on the 11th floor of the Grand Hyatt, the Plateau Spa offers privacy, seclusion and an escape from the vibrant city of



Hong Kong. Guests can indulge in award winning spa services in luxurious private rooms with en suite bathrooms. Treatments include massage, reflexology, facials and more. Guests also have access to private pools, saunas, steam rooms and a 24-hour state-ofthe-art fitness studio. For more information visit www.hongkong.grand.hyatt.com.

Rancho La Puerta

Founded in 1940, this modern-day fitness resort and spa in Tecate, Baja California, Mexico, is actually the world's first destination spa. Today guests can choose from an



amazing program of fitness activities, healthful cuisine, luxury spa amenities, superb accommodations and fabulous entertainment. The 3,000-acre property also offers landscaped gardens, an organic farm, an internationally known cooking school, and mountainsides and meadows perfect for hiking. For more information visit online at www.rancholapuerta.com.

Copperhood Retreat and Spa

For the NYC crowd that wants to escape the hustle and bustle, the town of Shandaken, New York is an ideal getaway. Just a two hour drive from the city, this destination offers beautiful hikes on the 40-acre private spread. Guests can enjoy amazing food, hiking trails, fishing and tons of breathtaking views. Copperhood has six rooms for massages, facials, and a wide variety of other treatments available for the guests year round. For more information visit www.copperhood.com.



The Spa at Travaasa Hana

This incredible resort is located on the water's edge in peaceful Maui, Hawaii. This spa's main focus is relaxation, and not weight loss like many other spas. Guests can indulge in body treatments, facials, hand feet and body massages, and waxing services all within a short walk of the water's edge. For more information visit www.travaasa.com/hana.

Tierra Patagonia Hotel and Spa

Located on the edge of the Torres Del Paine National Park in Chile, this resort is the perfect escape from the stress of everyday life. Surrounded by natural beauty, the spa offers deep tissue massages, a Jacuzzi, saunas and steam baths. For those seeking some action during their stay, there is a plethora of outdoor activities such as half day walks, full day hikes and horse rides all along the breathtak-


Spa Guide



ing Lago Sarmiento Lake. For more information visit www.tierrapatagonia.com.

St. Pancras Renaissance Hotel

Set in the heart of London, this beautiful hotel offers a range of general and specialized spa packages. The spa is located underground in this enormous Victorian-inspired hotel and offers treatments from around the world. Guests can indulge in the Japanese Ko Bi Do facial, an Udvartana Ayurvedic Slimming Ritual from India, or a Puree de Papaye Radiance scrub from the Kingdom of Siam, just to name a few. For more information visit www.marriott.com/hotels/travel/lonpr-st-pancras-renaissance-london-hotel.



Metro Magazine

Give the gift that keeps on giving all year long



Ski Guide

NC & VA Ski Guide

NORTH CAROLINA

Appalachian Ski Mountain Bryce Resort

Blowing Rock, NC Skiable Terrain: 27 acres Summit Elevation: 4,000 ft. Easy- Difficult 828.295.7828 www.appskimtn.com

Cataloochee Ski Area

Maggie Valley, NC Skiable Terrain: 50 acres Easy-Difficult www.cataloochee.com

Ski Beech

Beech Mountain, NC Skiable Terrain: 95 acres Summit Elevation: 5,506 ft. Easy-Difficult 800.438.2093

Sugar Mountain Ski Resort

Banner Elk, NC Skiable Terrain: 115 acres Summit Elevation: 5,300 ft.

Wolf Ridge

Mars Hill, NC Skiable Terrain: 82 acres Summit Elevation: 4,700 ft. Beginner- Expert

VIRGINIA

Basve, VA Skiable Terrain: 25 acres Summit Elevation: 1,750 ft. Beginner-Advanced 800.821.1444 www.brvceresort.com

Massanutten Resort

Massanutten, VA Skiable Terrain: 70 acres Summit Elevation: 2,860 ft. Beginner-Advanced 540.289.4441 www.massresort.com

Wintergreen Resort

Wintergreen, VA Skiable Terrain: 129 acres Beginner-Expert 434.325.2100

WEST VIRGINIA

Alpine Lake Resort

Terra Alta, WV Skiable Terrain: 100 acres Summit Elevation: 2,800 ft. Beginner-Advanced 800.752.7179

Canaan Valley

Davis, WV Skiable Terrain: 91 acres Summit Elevation: 4,280 ft. Beginner-Advanced 800.922.4121 www.canaanresort.com



Regional Ski Guide

CANADA

Wolf Ridge

Timberline Four

Seasons Resort Davis, WV

Easy-Expert

800.766.9464

Snowshoe, WV

Ghent, WV

Skiable Terrain: 91 acres

www.timberlineresort.com

Snowshoe Mountain

Skiable Terrain: 235 acres

Easy- Extremely Difficult

www.snowshoemtn.com

Skiable Terrain: 90 acres

Summit Elevation: 3,600 ft.

Summit Elevation: 4,848 ft.

Winterplace Ski Resort

Summit Elevation: 4, 268 ft.

Lake Louise Mountain Resort Banff National Park, Alberta Skiable Terrain: 4,200 acres Summit Elevation: 8,600 ft.

Beginner-Expert 877.956.8473 www.skilouise.com

Blackcomb Lodge & Spa Whistler, British Columbia Skiable Terrain: 4,757 acres Summit Elevation: 2,184 meters Beginner-Expert 888.621.117 www.whistlerblackcomb.com

CALIFORNIA

Heavenly Inn

Lake Tahoe, CA Skiable Terrain: 4,800 acres Summit Elevation: 10,067 ft. Beginner-Expert 877.286.3413 www.heavenlvinn.com

The Village Lodge

Mammoth, CA Skiable Terrain: 500+ acres Summit Elevation: 10,090 ft. Beginner-Advanced 760.934.1982



Where to Hit the

Ski Guide

The Village at Squaw Valley

Olympic Valley, CA Skiable Terrain: 3,600 acres Summit Elevation: 9,050 ft. Beginner-Expert 866.818.6963 www.squaw.com

COLORADO

Aspen Mountain Lodge

Aspen, CO Skiable Terrain: 675 acres Summit Elevation: 11,212 ft. Beginner-Expert 800.362.7736 www.aspenmountainlodge.com

The Inn at Beaver Creek

Beaver Creek, CO Skiable Terrain: 1,625 acres Summit Elevation: 11,440 ft. Beginner-Advanced www.innatbeavercreek.com

Beginner-Expert 970.385.2168 www.durangomountainresort.com

Georgetown Mountain Inn

Loveland, CO Skiable Terrain: 1,570 acres Summit Elevation: 13,010 ft. Beginner-Advanced 800.844,3201 www.georgetownmountaininn.com

The Peaks at Telluride

Telluride, CO Skiable Terrain: 1,700 acres Summit Elevation: 12,260 ft. Beginner-Advanced 800.789.2220 www.thepeaksresort.com

Jackson Hole

Breckenridge Mountain

Thunder Lodge Breckenridge, CO Skiable Terrain: 2,358 acres Summit Elevation: 12,998 ft. Beginner-Expert 888.400.9590 www.breckresorts.com

Durango Mountain Resort

Durango, CO Skiable Terrain: 1,360 acres Summit Elevation: 10,822 ft.

Sheraton Steamboat Resort Hotel Steamboat Springs, CO

Skiable Terrain: 2,939 acres Summit Elevation: 10,568 ft. Beginner-Expert 970.879.6111 www.steamboat.com

Winter Park Resort Winter Park, CO Skiable Terrain: 3,060 acres Summit Elevation: 12,060 ft. Beginner-Expert

Slopes

303.316.1564 www.winterparkresort.com

IDAHO

Sun Valley Lodge

Sun Valley, ID Skiable Terrain: 2,054 acres Summit Elevation: 9,150 ft. Beginner-Advanced 800.786.8259 www.sunvalley.com

MONTANA

Summit at Big Sky Big Sky, MT

Big Sky, M1 Skiable Terrain: 3,600 acres Summit Elevation: 11,166 ft. Beginner-Expert 800.548.4486 www.bigskyresort.com

NEW MEXICO

Snow Bear Inn & Condominiums

Taos Ski Valley, NM Skiable Terrain: 1,294 acres Summit Elevation: 11,819 ft. Beginner-Expert 800.243.5253 www.snowbearinn.com

OREGON

Mount Bachelor Ski Resort Mount Bachelor, OR Skiable Terrain: 3,683 acres Summir Elevation: 9,065 fr

Summit Elevation: 9,065 ft. Beginner-Expert 800.829.2442 www.mtbachelor.com

UTAH

Alta Lodge

Alta, UT Skiable Terrain: 2,200 acres Summit Elevation: 10,550 ft. Beginner-Advanced 800.707.2582 www.altalodge.com



Snowbird

Little Cottonwood Canyon, UT Skiable Terrain: 2,500 acres Summit Elevation: 7,760 ft. 800.232.9542 www.snowbird.com

Canyons Resort

Park City, UT Skiable Terrain: 3,700 acres Summit Elevation: 9,990 ft. Beginner-Expert 435.649.5400 www.canyonsresort.com

Black Diamond Lodge

Deer Valley, UT Skiable Terrain: 1,750 acres Summit Elevation: 9,570 ft. Beginner-Expert 435.649.3700 www.deervalley.com

Snowbasin Ski Resort

Huntsville, UT Skiable Terrain: 3,000 acres Summit Elevation: 9,465 ft. Beginner-Expert 888.437.5488 www.snowbasin.com

VERMONT

Killington Resort

Killington, VT Skiable Terrain: 752 acres Summit Elevation: 4,241 ft. Beginner-Advanced 800.621.6867 www.killington.com

Topnotch

Stowe, VT Skiable Terrain: 3,000 acres Summit Elevation: 4,395 ft. Beginner-Expert 800.451.8686 www.topnotchresort.com

WYOMING

Four Seasons Resort Jackson Hole

Jackson Hole, WY Skiable Terrain: 2,500 acres Summit Elevation: 10,450 ft. Beginner-Expert 307.734.7333 www.fourseasons.com/ iacksonhole



Metro Magazine



by Taylor Arnold



Create an instant party with this **North Carolina party basket from A Southern Season**. Complete with NC roasted peanuts, cheese straws, sesame crackers, dill champagne mustard and your choice of sparkling apple cider, Biltmore Estate chardonnay or Biltmore Estate cabernet sauvignon, this basket will appeal to any hostess. Available at A Southern Season, Chapel Hill. \$29.95 with cider, \$39.95 with wine



"Spying in America: Espionage from the Revolutionary War to the Dawn of the Cold War" by Michael J. Sulick is a great read for the spy enthusiast on your list. Available at www.press.georgetown.edu. \$18.87



This **Makeup Studio Blockbuster** has a jaw-dropping 96 eye shadows, 84 lip glosses and many more cosmetic goodies in a glamorous fold-up set. Available at Sephora. \$49.50



Bring the carnival right into your home with this **old fashioned popcorn maker** that's perfect for healthy and delicious snacking. With 8 cups popped, you'll have enough popcorn to feed the whole family. Available at Sears. \$59.95

GIFT GUIDE



This **Payard Parisian Macaroon Set** makes a delectable hostess gift. Each gift box includes 12 macaroons in a variety of flavors including chocolate, vanilla, coffee, pistachio, raspberry and passion fruit. Available at Saks Fifth Avenue. \$28



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

This **leather garment bag** is made of top-grain leather and designed with storage and a canvas lining to ensure your suits arrive fresh and boardroom-ready. Available at redenvelope.com. \$450



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Find wonder in "lost wax" sculpture a captivating art, passed along trade routes centuries ago. From melted wax and broken clay, this sinewy spirited figure emerges, a moment cast in bronze and time forever.

Steady income has enabled artisan Kareem Moutara to send his children to school.



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GIFT GUIDE



More than the average flash drive, this **Ninja Flash Drive** is like a warrior protecting your files anywhere you go. Available at the Container Store. \$25





This set contains **eight note cards with scenes of Lake Waccamaw**. Proceeds benefit the Lake Waccamaw Woman's Club's Carrie Weaver Student Scholarship. Available at lakewaccamawwomansclub/dgmail.com. \$10 for a pack of 8



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



Who wouldn't love to receive a **Chocolate Chocolate Chocolate Cake** from Mama Corie's Confections? This 4layer, 8-inch confection is great for a hostess, or any chocoholic on your list. Available at www.mamacories.com. \$32.50



Thanks to this easy-to-pack **digital luggage scale**, the jetsetter on your list can avoid extra fees when traveling. Available at Bed, Bath & Beyond. \$19.99

GIFT GUIDE



This **too da loo handbag** makes a fabulous evening bag with coin purse closure and optional shoulder chain. Comes in pink and black. Available at Elaine Miller. \$74



These cozy and lightweight **cashmere ballet slippers** make the perfect gift for anyone who spends a long day on their feet. Available at Restoration Hardware. \$79





For little girls who love to play dress up, Sofia Fenton's tiara and crown headband accessories are beautifully adorned with satin and pearls and are sure to be a favorite gift this holiday. Available at www.SofiaFenton.com. \$18

Metro Magazine

Give the gift that keeps on giving all year long





Give the gift of comfort this year with the **Dansko Pro Mosaic Clog**. Available at www.comfortablesoles.com. \$125 (gift certificates also available)



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



This faceted **ruby quartz ring** is set in 24k gold "vermeil" over sterling silver. Available at Elaine Miller. \$119



These **college mascot glass ornaments** can be personalized with names and dates, presenting a thoughtful gift to cherish for years to come. Available at Charlotte's or at www.coton-colors.com. \$21.95



This warm quilted coat with a faux fur trimmed hood will keep little girls warm and fashionable this winter. Available at Gap Kids, Crabtree Valley Mall. \$88



Available in seven different colors, **S'well insulated water bottles** have the ability to keep cold beverages cold and hot ones hot. This 17-ounce water bottle is toxin-free and virtually unbreakable, allowing you to save the planet from plastic waste. Available at www.swellbottle.com. \$35



Get your guy some stylish shades for his outdoor adventures this year. The **Oakley Plaintiff Polarized Sunglasses** feature shatterproof lenses, flexible metal frames and glare-reducing polarization for moderate-to-bright conditions. Available at REI at North Hills. \$200



stylish on a rainy day with this **sun**flower-covered umbrella. Available at toryburch.com. \$58



This **Under Armour Boys' Storm Big Logo Hoodie** will keep your little guy warm and ready to take on his competitors on the field or the court. Available at Dick's Sporting Goods. \$44.99

> An ideal gift for a guy who loves to grill, this **stainless steel fryer from Carolina Custom Grills** is perfect for frying fish, chicken or that holiday turkey. It has a stainless steel top, a temperature gauge and a drain pipe for easy clean up. Available at www.carolinacustomgrills.com. \$399.99





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

Quality leather wallets and handbags is what Hobo International is all about, and the **Hobo Lauren** is the ultimate stocking stuffer. Available at www.comfortablesoles.com. \$118+

The luxurious leathers of this **Pikolinos Brujas Boot** are perfect for any outfit this winter. Comfort and style come together with this great gift. Available at www.comfortablesoles.com. \$240



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Tall and striking, this gorgeous **ceramic vase** gleams in polished lacquer of orange and red on black. Fireworks starbursts make this a piece that everyone will notice. Available at Ten Thousand Villages, Cameron Village. \$94



WakeMed Cary Hospital Recertified as a Primary Stroke Center

As a testament to the quality care WakeMed Cary Hospital provides to stroke patients, the hospital has received the Get With The Guidelines®–Stroke Silver Plus Quality Achievement Award from the American Heart Association. The award recognizes WakeMed Cary Hospital's commitment to and success in implementing a higher standard of care by ensuring that stroke patients receive treatment according to nationally accepted guidelines. For more information visit www.wakemed.org.

New Hanover Regional Medical Center Honored with Two Awards for Care of Heart Patients

New Hanover Regional Medical Center (NHRMC) has received The American College of Cardiology Foundation's NCDR Action Registry-GWTG Platinum Performance Achievement Award. NHRMC is one of only 164 hospitals in nation to be given this recognition. NHRMC has also been awarded the American Heart Association's Mission: Lifeline Silver Quality Achievement Award for its commitment and success in implementing a higher standard of care for heart attack patients that effectively improves the survival and care of STEMI (ST Elevation Myocardial Infarction) patients. For more information, visit www.nhrmc.org.

Chatham Hospital Opens New Surgical Clinic

UNC Healthcare has opened a new surgical clinic in the Medical Office Building at Chatham Hospital. UNC Health Care surgeons will operate in the year-old, nearly 4,000 square foot



space. Surgeries will take place once or twice a week for the areas of ophthalmology; general surgery; ear, nose and throat; and gynecology. The new clinic is located at 475 Progress Blvd., Suite 100, in Siler City, NC. For more information, visit www.unchealthcare.org.

Rex Healthcare Wins Second-Consecutive Candidate Experience Award

For the second straight year, Rex Healthcare has been recognized by the Talent Board, a non-profit organization focused on the promotion of a positive experience for job candidates. Rex was one of only 37 winners of the Board's North American Candidate Experience

Duke Children's Hospital & Health Center Featured in First-Ever Crowdfunded Hospital Gift Catalog

Duke Children's Hospital & Health Center is taking part in the launch of the first-ever crowdfunded hospital gift catalog as part of a national campaign led by the world's largest crowdfunding-for-good platform, Fundly, and Children's Miracle Network Hospitals. Through

www.GiveMiracles.org, individuals wanting to give back with their holiday gifts can purchase critically-needed medical equipment and medical care for children at Duke Children's Hospital & Health Center. Once donors choose their gift from the www.Give-Miracles.org catalog, ranging from comfort toys (\$30), to a pediatric wheelchair (\$970), to an entire hospital wing devoted to neonatal intensive care (\$12 million), they will receive updates on exactly



Award. For more information about the Talent Board's Candidate Experience awards, visit thecandidateexperienceawards.org/.

Duke and Johnson & Johnson Launch Leadership Training Program for Nurses

In an effort to arm nurses with the leadership skills required for the growing demands of providing primary care, Duke University Schools of Medicine and Nursing have partnered with Johnson & Johnson to create the Duke-Johnson & Johnson Nurse Leadership Program. The partnership comes shortly after the U.S. Department of Health and Human Services selected Duke University Hospital as one of five centers in the nation to help train more advanced practice nurses to provide primary care in underserved areas. The four-year initiative will help achieve several goals of the Affordable Care Act: increase health care access, cut costs and ensure high quality health care. For more information visit http://Duke-JJNurseLeadership.duhs.duke.edu.



Robotic Technology Helps Patients Walk Again

Robotic equipment at the Rehabilitation Center at Vidant Medical Center is giving pediatric and adult patients with neurological conditions the opportunity to gain strength and endurance and possible even a chance to walk again. Called the Lokomat, this leading-edge technology gives hope to patients who have experienced a spinal cord injury, stroke, traumatic brain injury, multiple sclerosis, cerebral palsy or other neurological illnesses. As a

MEDICAL RX

result, patients in eastern North Carolina no longer need to travel to centers in Atlanta or Charlotte to take advantage of this therapy. For more information visit www.vidianthealth.com.

Rex Healthcare Unveils Innovative Mobile App Aimed at Cancer Patients

Cancer patients at Rex Healthcare now have

a new tool to help them track appointments and medications, connect with other patients, stay in touch with their care team and more. Other features include a section to create a daily log of pain and other symptoms, links to entertainment options, virtual tours of Rex Cancer Center's facilities and a virtual wig sampler. The



easy-to-use app is available for free in Apple's iTunes App Store and the Google Play Android Store. For more information visit rexhealth.com/cancer.

WakeMed Receives Top Honors for Training & Development

WakeMed Health & Hospitals has ranked fifth among 30 organizations across the globe in the American Society for Training & Development's (ASTD) 2012 BEST Awards program, an exclusive global recognition in the



Raleigh-based company Valencell, a leader in mobile health and fitness technology, recently received the NCTA 21 Award for most innovative company at the North Carolina Technology Association's Awards Gala. Valencell was recognized for its



PerformTek Precision Biometrics, which captures health and fitness data such as heart rate, speed, distance and pace and uses these metrics to provide meaningful fitness assessments. This licensable technology also



integrates into audio earbuds and smartphone apps so people can use while exercising. Earbuds powered by PerformTek will be available to consumers in 2013. For more information visit www.valencell.com.

training industry. WakeMed was specifically recognized for its recruitment efforts, overall staff satisfaction, breadth and depth of its training programs, and support of employee learning programs at the C-level. This award marks the third time in just five years WakeMed has received this honor. For more information visit www.wakemed.org.



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IN STEP WITH CHRIS KNOTT, FOUNDER OF PETER MILLAR

urrent but not modern, classic but not traditional, on trend but not trendy." These are a few of the characteristics that Chris Knott, founder of Raleighbased Peter Millar, says sets apart his classic lifestyle brand. And they work. Launched in 2001, the company has exploded into the luxury golf apparel market in just over 10 years.

> Knott began his career in retail in his hometown of Fuquay-Varina. His work as a rep for high-end brands Burberry and Joseph Abboud provided the experience that prepared him for this career in menswear - and ultimately inspired him



to start Peter Millar.. "I realized that I needed to start a company to build a brand that I could control," he says. And that is just what he did.

As an avid golfer, Knott realized that there was a disconnect between golfing attire and every day wear. He wanted the Peter Millar man to be just as stylish as he was comfortable, and he believed one should not suffer for the other. The result is a collection that effortlessly transitions from a round of 18 to an evening out with friends. The brand also offers men's and women's apparel, shoes, accessories and a collegiate collection.

Looking ahead, Knott says they are hoping to continue their exclusive distribution to Neiman- Marcus and Nordstrom, as well as high-end specialty stores and private resorts and clubs. And with more and more pro golfers sporting the brand, Peter Millar is making an impression on golf courses everywhere.

Today, Peter Millar's full apparel collection and accessories are featured at men's clothing stores and departments and area golf club pro shops. For more information, visit www.petermillar.com.



Apricot Lane Arrives in the Triangle

Apricot Lane, a popular boutique featuring celebrity-inspired affordable fashion for the everyday woman, has opened its doors in the North Hills Shopping Center. The North Hills location is the first of three Apricot Lane stores opening in the Triangle. A second store will open at Cary Towne Center in early December and a third store will open at the Streets at SouthPoint in Durham in early 2013. The Triangle stores are owned by Alpha Astra LLC, a venture started by husband and wife George and Carol Toulas. For more information about Apricot Lane's Triangle locations, visit online at www.facebook.com/Apricot-LaneTriangleNC.

METROSTYLE

Lumina Clothing Opens in Downtown Raleigh

The Raleigh-based Lumina Clothing has opened its first store, located at 123 E. Martin Street in downtown Raleigh. The label, which began by selling neckwear in a few select shops and online, has expanded to include shirts and pants. In addition to Lumina designs, the store also will carry accessories and toiletries from other companies including North Carolina-based Ebbets Field Flannels hats and Parrott Canvas Co. bags. For more information visit www.luminaclothing.com.





New TV Series Highlights Emerging Fashion Industry

Produced by style website MEin5D.com, "Triangle Fashion Rundown" is a new TV and web series covering fashion, style, emerging designers, retailers and events in the Triangle. Each episode includes segments featuring the latest collections from local designers and boutiques, interviews with artists and business, shopping and style advice, news coverage of fashion shows and related events. Produced through the facilities of The Peoples Channel (TPC) and Durham County Media (DCM), series producers hope the show will increase awareness of the area's hidden and emerging fashion talent. For more information visit www.mein5d.com.



FASHION NEWS

Saturday, December 1 is **Magpie's three year anniversary party**. Guests can come enjoy raffles, prizes, store discounts and champagne. Durham, www.magpienc.com

St. Thomas More School will hold its annual **Christmas Holiday Shoppe** on Saturday, December 1 from 9 a.m. to 4 p.m. in the Friends and Family Hall at St. Thomas More Church. Enjoy one-stop shopping with 60 talented artisans and a wide variety of jewelry, clothing, hair accessories and more. Admission is free, and all proceeds benefit St. Thomas More School and its educational programs. Chapel Hill, www.stmhsa.org/events.

Vermillion will host a Vintage Jewelry Trunk Show December 5-6 from 10 a.m. to 6 p.m. showcasing pieces from Carole Tanenbaum's personal collection. Raleigh, www.vermillionstyle.com



Charlotte's will host a Tacori Trunk Show on December 14 from 10 a.m. to 7 p.m. at the Cameron Village store. Raleigh, www.charlottesinc.com

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

- The store will preview Akris Punto's spring 2013 collection on Tuesday, December 4.
- A preview of Lida Baday's spring 2013 collection will be on display Tuesday, December 18.
- The Ippolita Trunk Show will be at the store on Friday, December 21 from 10 a.m. to 7 p.m.



A Radiant Holiday Affair

A Skin Sense will host "A Radiant Holiday Affair" on Thursday, December 6 at their Brier Creek location. The evening will include wine and champagne, appetizers, chair massages, new holiday make-up trends and makeovers, plus one-night-only gift card specials. Guests who pre book their appointment will receive \$15 toward a Jane Iredale purchase of \$60 or more on the night of the event. Raleigh, 919.870.0700.



THE DRAMA OF IT ALL

rama! Some people say they are not about drama. But I must admit that I am, and always have been. Must be one of the reasons that I love opera so much. All I need for a good day in the studio is a couple of bottles of decent champagne and Maria Callas blasting on the sound system. Along with a little incense and a few friends chattering in the background makes passing time much more pleasurable. So of course I was delighted when Ms. Betsy Levitas of the North Carolina Opera invited me to their gala recently at The Ballroom at the Umstead Hotel and Spa (www.ncopera.org).

Since the gala was sold out, I was actually only invited to the cocktail party - until my friend's architect Doug Brinkley of Pearce Brinkley Cease & Lee, along with opera fan Worth Dunn III, pulled some strings and snagged me a seat for dinner. I was lucky enough to sit at the same table as North Carolina Opera artistic director and principal conductor Timothy Myers, as well as a slew of swell guys and gals, such as my dinner companion Mary Ann Mills, who had zoomed down from Georgetown for the event and was serving up Jacqueline Kennedy realness all night long. What a great night! Fantastic music, great food that bordered on the sublime (rare for a gala) and beautiful people (shout out to Mrs. Jodi Pagano, wife of Dr. Joe Pagano, who was delicious in champagne silk). Yours truly was a little understated, wearing my silversequined dinner jacket and rhinestone eye patch. I call it my "disco assassin" look. It made enough of an impression on the soloist that she made a bee line over to me after her stellar performance to compliment me on my "wattage" that she noticed from the stage. So lovely to be appreciated! Hats off to Dr. John Reynolds, chair of this year's Jupiter Ball, Morehead Planetarium direc-



ARTIST-AT-LARGE

tor Todd Boyette and Ms. Terry Gunnels (who deserves a raise for everything she does) for turning it OUT for the event this year. They raise money for science scholarships and it is always one of my very favorite events (www.moreheadplanetarium.org). I wore a vintage 1940s double breasted tux for the event to serve up old school style and wound up luckily sitting next to the wonderful Lenora Evans, executive director of the Frankie Lemmon Foundation (www.frankielemmonschool.org) who was a trip-and-a-half and so much fun. Dr. Betsy Bennett, ruler of the NC Museum of Natural Sciences for decades was the guest speaker and kept the crowd enraptured. It might have helped that a gent at our table raided his noted wine cellar just for our table: the devil IS in the details. Oh, whoever did the large-scale flowers at the event was a GENIUS. Metro readers, I want each and every one of you to make a special note on your calendars for this coming February. Even though I exhibit nationally and internationally, for some reason here in the Triangle some people think that I am just a writer. I guess it is because this is a fairly small pond and if you don't slap the surface



"Orpheus" by Louis St. Lewis

with your tail every five minutes like a beaver they tend to forget about you. Well, after many years of exile from the Raleigh art scene, yours truly is going to be the solo artist for the February exhibition at Flanders Gallery in Raleigh (www.flandersartgallery.com). Ms. Kelly Flanders McChesney and Ms. Marjorie Hodges have enough faith in me that they are letting me loose to take over the space and transform it. The theme? "Orpheus in the Underworld."

Orpheus was the most famous musician of the ancient world. His music could move stones, tame beasts and make gods cry. When he lost his wife Eurydice (think opera) he was allowed by the gods to go into Hades to retrieve her, on condition that he not look back as he brought her out. Well, you know all about that "don't look back" thing. He did, she went back to Hades, he went mad and got torn apart by wild women. So that's the theme. Loss, redemption, music, art. Think chandeliers with hearts of stones in ice that melt slowly and drop on gongs and strings. Orpheus was not only a gifted musician but the son of Calliope, the muse of music.

The show is going to be very environmental, mostly lit by candles and a few spotlights here and there for effect highlighting. Classical busts made from twisted wire and found objects and paintings that are part biography, part history and part fantasy. Think underworld, Cerberus and shades of the past. Souls in mirrors and the ghosts of dead artists. At my age I can run with the theme and have fun with it. I do hope that you will attend. Dress to impress, and bring a designated driver it's that type of event. I have stayed here in North Carolina for a reason, against the advice of art dealers, friends and investors. It would be lovely to see you at my exhibition!



TIME FOR POLITICIANS TO STOP "ACTING UGLY"

Between you and me ...

The Saturday before the General Election, I was standing beside my car at Lowe's when I heard a loud voice across the way. "Hey, you in the Ford 500!" I was startled, and when I turned to look, the fellow shot me a bird. "What was that about?" I thought. It took a moment until I had the "ah ha" moment. My bumper sticker. He didn't agree with my choice for President.

My skin is pretty thick. I forgot about this rude encounter until after the election when a neighbor commented on how

nasty and personal the whole mess had gotten before voters mercifully put an end to the process. "Maybe we should all peel off our bumper stickers now and just be Americans again," she suggested. "Good idea," I responded, and walked over to my car and removed mine. The newfangled vinyl ones come right off. Old paper bumper stickers required lots of soap and hot water – perhaps a razor blade — and even then you could get stuck with the reminder of a bad choice until your old heap went to the junkyard.

A few days passed and I saw a former member of the U.S. Senate being interviewed on TV. I don't

remember the name or party, and it doesn't matter. The reporter asked what accounts for the nastiness on Capitol Hill, the inability to work together or compromise, and often the personal tone of rhetoric — in short, the appalling lack of civility. His reply surprised me. It was so logical.

In essence he said members of Congress don't know each other anymore. It used to be, he said, that they brought their families to Washington and had homes there. Their spouses knew each other and attended events together. There were cookouts and kids played together and often went to school together. Members had some down time to know each other on a one-on-one basis. We were friends, he said. And he added that it is awfully hard to say mean and vindictive things about someone you know and may be having dinner with over the weekend. Maybe we can sum up what he said as, "Familiarity breeds civility."

As far as I know, no members of the North Carolina Congressional delegation have families in D.C. The usual drill is to fly up Monday and come home Thursday afternoon or Friday morning. Wikipedia is a better source of information about a member than a Senator who sits beside him or her in



the hallowed chamber. And if you want to question the motives – even patriotism – of seat mates and call them scoundrels, there is no personal price to pay.

Let's suppose you live down east and are a member of a local volunteer fire department. You fight fires with your neighbors. You barbecue chickens for fundraisers together and your families gather and make fruit baskets for shut-ins at Christmas. You attend the same church and your kids play sports together. There is little chance you are going to get your dander up stand in the

town square and call your fellow firefighter nasty names if you disagree on something.

I am reminded of the Will Rogers quote, "I've never met a man I didn't like." I have to say that I don't agree totally with that statement, but generally it's true. If you get to know someone and understand where they are coming from, it is much more difficult to dislike them.

I can testify to the fact that the enmity and lack of public civility under the Capitol dome has not always been at this level. When I went to work in the Senate in the mid-seventies, Republicans and

Democrats of widely divergent viewpoints could still disagree and remain civil. I think of Strom Thurmond, an ideologue who changed parties when he could no longer live with what he perceived at the Democratic Party's agenda. Thurmond was an aggressive debater and tenacious when he had a point to pursue. But he respected his colleagues. When he referred to a fellow Senator on the Senate floor as "my distinguished colleague," in his mind, they were just that.

A group from Wayne County came to D.C. and cooked some pigs for a fundraiser we held. My boss, Robert Morgan, a Democrat, told Senator Thurmond over on the Senate floor that the guys were coming and invited him to join us for some eastern North Carolina barbecue. Thurmond came and ate a couple of heaping plates as he visited with our folks from home. I bet some of them still remember their visit with the Senator.

Senator Jennings Randolph, a New Deal Democrat from West Virginia and a long way from Thurmond politically, was still his friend. When Vivadelle Holmes, the gracious African-American lady who ran the Senator's dining room decided to marry, the two of them teamed up and sponsored her wedding, sending out invitations under both of their names. Senators from both sides of the aisle attended.

There are other examples of friendships across party lines. Observers could never understand the close working relationship and genuine friendship between Senator Ted Kennedy, a liberal Democrat, and Senator Orrin Hatch, a conservative senator from Utah. While there was much they disagreed on, they nevertheless collaborated on meaningful legislation over the years. Now "collaboration" is viewed with disdain.

Friendships extended to the staff level. I organized and chaired the bipartisan Southern Association of Administrative Assistants (Chiefs of Staff). We met once a month for lunch and developed close working relationships. Staffers, Republicans and Democrats, could have breakfast together in the Senate cafeteria, garner co-sponsors for legislation across party lines, and work out differences throughout the day on legislative matters without the least hint of acrimony. We followed the lead of our bosses, who valued civility.

It was not always peace and light, but my point is that it does not have to be as it is today. It used to be said that politics is the art of compromise. Today it seems that politics is more about intractability. Strength and stubbornness have become commonplace. Meanness has become a virtue.

It was ironic that I checked the news when writing this and saw that Warren Rudman, the former Senator from New Hampshire, had died. I knew him when he was Attorney General of his state and gave him a little help in organizing his office when he came to Washington. He was a practical politician – what one might call a moderate Republican today. Here is what Senator John McCain, who is cut from some of the same cloth, had to say about his passing:

"Warren's fierce independence and commitment to always placing the national interest over political expediency set a high standard and served as an inspiration to a generation of public servants, especially me." "As a Senator, Warren worked with everyone, and was respected by everyone, both Republicans and Democrats," McCain added. "He repeatedly reached across the aisle to address America's greatest challenges."

Warren Rudman, an impatient person by nature, left the Senate after two terms because he was frustrated with the process. Bill Clinton, a Democrat, asked Rudman, a Republican, to serve as his Secretary of the Treasury. Rudman declined. He devoted the rest of his life to bipartisan efforts to deal with our most compelling national concerns, especially fiscal policy.

Civility does not have to be an outdated concept. Compromise does not have to be viewed as a sign of weakness. If my mother were around she probably would say, "It's time for that crowd in Washington to quit acting ugly."

I ask, "Whatever happened to good will toward men?" Between you and me, I think voters are going to have very little tolerance for the same old antics and enmity in the New Year.

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TOP CULINARY TALENT FEATURED IN CANCER SOCIETY'S RALEIGH ROUNDUP

he Triangle's finest came out to "give cancer the boot" at the 2012 Raleigh Roundup in November, benefitting the American Cancer Society of Raleigh at the Kerr Scott Pavilion at the North Carolina State Fairgrounds. Patrons enjoyed music, dancing, live and silent auctions and a Chef's Challenge which brought out some of the Triangle's top culinary talent.

The winner of this year's people's choice for "Best Dish at the Raleigh Roundup" went to Corbett Monica, Executive Chef at Bella Monica restaurant. His decadent ravioli was prepared with fresh North Carolina pumpkin, pancetta, shiitake



Chef de Cuisine Matt Pease and Chef Corbett Monica

mushrooms and parmigiano reggiano crema. "This is actually a dish we have been playing with for a few years at Bella Monica," he says. "It has always been popular and originally was only on the menu from October through Thanksgiving. Each year it stays on the menu longer and longer into winter."

Originally from central New Jersey, Monica hails from a large Italian family, and it was his grandmother who first introduced him to the fine art of cooking. But he always aspired to be a restaurant owner, and today he has expanded the Bella Monica Brand to include the Bella Monica Flatbread Company, a wholesale business that sells gluten-free pizzas to supermarkets throughout the county.

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METRO GOURMET

Monica describes his cooking philosophy as clean, simple, honest and full flavored, but not overly complex. "The key element to many things, cooking included, is balance," he says. "I fully support the local movement. We are glad and proud to support our farmers, like Nooherooka and Heritage Farms, as I truly believe their products will create healthier people."

And if his winning dish at the Raleigh Roundup is any indication, Monica certainly knows how to make an impression with his culinary talents. "The best part of



Ravioli with North Carolina pumpkin, pancetta, shiitake mushrooms and parmigiano reggiano crema

the evening is working with all of our chef buddies and restaurant friends helping to raise funds for cancer research and to support and honor those family members, neighbors and friends of friends who have lost their battles and lives to cancer," he says. "It's such a powerful enemy that affects each of us in some way. The Roundup is a fun concept (who doesn't like cowboys and cowgirls?) and the supporters are fun, kind folks from our collective neighborhoods. I'm proud to be a part of Raleigh Roundup and to support it."



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

Openings



through 12/30

Galleries | ENO GALLERY EVENTS / Hillsborough, visit www.enogallery.net

12/5-9

Stage & Screen | DISNEY ON ICE / PNC Arena Events, www.thepncarena.com



Ongoing Museums L NORTH CAROLINA AND

Museums | NORTH CAROLINA AND THE CIVIL WAR: THE RAGING STORM, 1863/ NC Museum of History, www.ncmuseumofhistory.org



through 12/30

Galleries | MARY STORMS EXHIBIT / Visual Art Exchange, www.visu alartexchange.org







METRO PREVIEW

BY CYNDI HARRIS

Galleries

ENO GALLERY EVENTS / Hillsborough, www.enogallery.net, 919-883-1415

THROUGH DEC. 30 / Artists Favorites Exhibit; Group exhibition of new paintings the gallery artists have chosen as their current "favorite"

THROUGH DEC. 30 / Tinka Jordy Exhibit; Life size and smaller figurative sculptures in high fired stoneware THE ART OF GIVING, THROUGH JAN 13 / 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

DEC. 7- JÁN 12 / Chris Watts Exhibit; Gallery 2 DEC. 7- JAN 12 / Fine Contemporary Craft Exhibition, Gallery I

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

THROUGH JAN. 7, 2013 / 24th Annual Young Artists Exhibit Elementary Exhibition, Marbles Kids Museum, Raleigh THROUGH DEC. 14 / Still Life Revisited featuring work by Jo

Ann Hart, The Cube at VAE, Raleigh **THROUGH DEC. 21** / Jacqueline Dulin and Elizabeth Jones Exhibit, Opening Reception Dec. 7, United Arts Council of Raleigh & Wake County

THROUGH DEC. 14 / Mary Storms Exhibit, HagerSmith Design PA, Raleigh



"Lonely Seagull" by Angela Harker on display at the Christmas Candlelight Tour and Beaufort ArtWalk in downtown Beaufort; December 8.



"Chimera" by Molly Cliff Hilts on display at Eno Gallery in conjunction of the Artists Favorites Exhibit through December 30.





Tremulus fiducias circumgrediet chirographi, quamquam satis pretosius apparatus bellis amputat vix adlaudabilis rur

ITS A COLORFUL LIFE- ANNUAL HOLIDAY GROUP ART CELEBRATION, DEC 7 / This annual art exhibit celebrates local and nationally recognized artists including Sarah Cawn, Wyn Easton, Diana Coidan, Lori Putnam, Nicole Kennedy, Dan Nelson and more. Nicole's Studio & Art Gallery, www.nicolestudio.com, 919.838.8580

ART FOR THE HEARTH, DEC. 7 / The Roundabout Art Collective is partnering with Urban Ministries for this special event featuring new, original works by the 21 Wake Countybased artists. Roundabout Art Collective, Raleigh, www.roundaboutartcollective.com, 919.747.9495

Museums

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

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

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

THROUGH OCT, 2013 / Part two of the series, North Carolina and the Civil War: The Raging Storm, 1863

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

THROUGH JAN. 6 / A Season of Japan Exhibit featuring ten Japanese-themed installations that span six centuries THROUGH JAN. 6 / 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 / Cape Fear Treasures: Campaigning



Ira David Wood III, A Christmas Carol

METRO PREVIEW

TITANIC: THE EXHIBITION, THROUGH APRIL 28 / During the 100th year anniversary, showcasing two hundred artifacts retrieved from the wreck site. NC Museum of Natural Sciences, Raleigh. www.naturalsciences.org



Disney on Ice

Ъ

Stage & Screen

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

THROUGH DEC. 23 / The Nutcracker; Raleigh Memorial Auditoriu

DEC. 29-30 / The Nutcracker; Durham Performing Arts Center

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

DEC. 11 / A Christmas Carol presented by the Discovery Prog

DEC. 14 / The Thing & Invasion of the Body Snatchers presented by Retrofantasma Film Series

DURHAM PERFORMING ARTS CENTER EVENTS / www.durhamperformingartscenter.org DEC. 5 / Best Christmas Pageant Ever- Classic Productions



A Matthewas

DEC. 6-12 / A Christmas Carol DEC. 14-22 / The Nutcracker DEC. 14-15 / Under the Streetlamp presented by Broadway Series South

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

NOV. 29- DEC. 9 / August Osage County DEC. 5 / Classic Productions Presents: Best Christmas Pageant

DEC. 6-12 / A Christmas Carol DEC. 8-9 / Raleigh Ringers Holiday Concert

PNC ARENA EVENTS / www.thepncarena.com 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

38TH ANNUAL, A CHRISTMAS CAROL, PRESENTED BY THEATRE IN THE PARK, DEC. 6-12 AND DEC. 15-16 / Don't miss the family favorite holiday comedy staring Ira David Wood III. Playing Dec. 6- 12 at The Progress Energy Center for the Performing Arts and Dec. 15-16 at the Durham Performing Arts Center. For tickets, go to www.ticketmaster.com or call 800-745-3000. For details, visit www.theatreinthepark.com

RALEIGH FLUTE CHOIR HOLIDAY CONCERT, DEC. 16 / The Raleigh Flute Choir performs holiday favorites at its annual concert. North Carolina Museum of Art, Raleigh, www.raleighflutes.org/RFC, 919. 715.5923

Splendors from Afar

A TRYON PALACE CHRISTMAS Christmas Candlelight Masquerade NOVEMBER 23, 2012 - JANUARY 5, 2013

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

SATURDAY, JANUARY 5 5:30 - 7:30 P.M. or 7:30 - 9:30 P.M.

METRO PREVIEW



Join carolers aboard the 1967 BHA Double Decker Bus on the Christmas Candlelight Tour and Beaufort ArtWalk in downtown Beaufort, December 8.

Music

CAROLINA THEATRE OF DURHAM EVENTS / www.carolinatheatre.org, 919-560-3030 DEC. 6 / Keb' Mo' A Solo Performance DEC. 7 / Shawn Colvin DEC. 8 / Four Bitchin Babes DEC. 12 / Natalie MacMaster Christmas in Cape Breton DEC. 21 / Nnenna Freelon & John Brown Christmas

DURHAM PERFORMING ARTS CENTER EVENTS / www.durhamperformingartscenter.org DEC. 4- 9 / Million Dollar Quartet

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919-831-0999 www.metronc.com

DEC. 8-9 / Raleigh Ringers Holiday Concert

DEC. 11 / Joy of the Season presented by NC Master Chorale DEC. 14 / Brassmas presented by the Triangle Brass Band

DEC. 15 / The Gathering: A Holiday Concert

DEC. 21 / Isley Brothers

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

DEC. 15 / Tab Benoit

JAN. 18 / ZOSO (The Ultimate Led Zeppelin Experience)

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

DEC. 21-22 / A Pink Martini Christmas

DEC. 31 / New Year's Eve Celebration- Vienna with a Twist **JAN. 5** / Tales of Enchantment- NCS Kids

JAN. 11-12 / Four Seasons

Potpourri

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

ISTH 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

CHRISTMAS CANDLELIGHT TOUR AND BEAUFORT ART-WALK; DEC. 8 / Showcasing private homes and Inns and art receptions throughout downtown shops and restaurants. Stroll or join carolers on the 1967 English double decker bus. Downtown Beaufort, for ticket information, 252-728-5225 or visit www.beauforthistoricsite.org

31ST ANNUAL CHRISTMAS CANDLELIGHT TOUR, DEC. 7-8 / A Christmas parade, holiday shopping, dining and fine accommodations. The Barker House, Edenton Historic District, ehcnc.org, 252.482.7800

MORDECAI HOLIDAY LANTERN TOURS, DEC 8 / See what life was like during Holidays Past through vignettes representing Colonial Times, Civil War Days, and the Victorian Era put on by Burning Coal Theater and the NC 26th Regiment. Mordecai Historic Park, Raleigh, 919.857.4364

MAKE IT, TAKE IT: ORNAMENTAL HOLIDAYS, DEC. 8 / See how to make a traditional North Carolina ornament. North Carolina Museum of Art, Raleigh, www.ncmuseumofhistory.org, 919. 715.5923

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On the Town

Fall Fundraising Party Benefitting the Beaufort Historical Society October 20, 2012 The residence of Eva and Tom Higgins Photos courtesy of the Beaufort Historical Association



Featured artist Mary Rountree Moore and Linda and Karl Blackley





Featured artist Mary Rountree Moore (center) with Eva and Tom Higgins



Grayden Paul and Sylvia and Randall Parker

Krave's Annual VIPink Halloween Charity Event Benefitting the Pretty in Pink Foundation October 31, 2012 Krave Raleigh Photos courtesy of Krave



Rob Knapp, manager of Rapid Fitness North Ridge, and Lacey Burt







Barbara Fields of the Pretty in Pink Foundation, Elaine Stafford, a Rapid Fitness member, and Bernadette Pickles of the Pretty in Pink Foundation

Fall for Art Benefitting Hope Elementary School October 25, 2012 NH Renaissance Hotel Photos courtesy of Amy Laport Gant







Artist Steve Starisina

Amy Sullivan and Emily & Michael Cutts



October 24-28 Raleigh Convention Center Photos courtesy of Sarah White

28th Annual "A Shopping SPREE!"

Benefitting the Junior League of Raleigh



Elizabeth Taylor, Jennifer Conley, Alison Anderson and Nancy Benninger





Elizabeth Merritt, Meredith Keyes, Kathryn West, Lori Edwards

Katie Walker and Sarah White, 2012 Co-Captains of A Shopping Spree!



Paint it Pink Gala Benefitting 1 in 9 October 25, 2012 The Stockroom at 230 Photos courtesy of Sally Siko, Silvercord Event



Chris and Jenny Cimino







Marc and Jillian Brodeur

2012 Raleigh Roundup Benefitting the American Cancer Society November 9, 2012 North Carolina State Fairgrounds Photos courtesy of Stuart Jones Jr., Eckel and Vaughan



Martha Michaux and Past President Mary Beth Paulson



Red Sword Guild President Jacquelyn King and ACS Senior Income Manager Lee-Ashley Bonfield

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.518west.com. Named "Best Italian Restaurant in the Triangle" five years in a row, 518 West serves Italian and Mediterranean cuisine with a modern, healthy twist.

AN — 2800 Renaissance Park Place, Cary. 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.angusbam.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. Sophisticated food and wine in a comfortable neighborhood setting. Featured in Southern Living, Gourmet Magazine and USA Today. Voted Best Restaurant two years running, Best Chef and Best Waitstaff 2006 MetroBravo! Awards.

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 dassic French cocktails. Open air restaurant made possible by giant doors that open when the weather is just right. Mon-Thurs: 11 a.m.-10 p.m., Fri-Sat: 11 a.m.-11 p.m., Sun: 10 a.m.-10 p.m.

EL RODEO GRILL — 7420 Six Forks Rd., Raleigh. 919-844-6330. www.elrodeogrill.com. Inspired by the bold flavors of Tex-Mex fare and the vibrate culture of Mexico, enjoy our favorite fajitas and stuffed Chile Rellenos. Or for a higher degree of authenticity, try our Michoacan-style Carnitas and a Mexico-City style Steak Tacos



special. Signature margaritas and 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. Openflame grilled steaks, herb roasted prime rib, fresh seafood, hearty pasta, avesome burgers and giant salads served in a cozy, comfortable setting. Bar and outdoor patio seating available. M – Th: 11 a.m. – 10 p.m., FSat: 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 mod-



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

MIDTOWN & BAR 115 — 4421-115 Six Forks Road, Raleigh. 919-782-WINE. www.midtownandbar 115.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.morningtimesraleigh.com. The first daily stop for many downtown dwellers and commuters serving local Counter Culture brews, along with bagels, biscuit sandwiches, pastries and more.

NOFO @ 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 "I 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.thepitraleigh.com. Proudly serving authentic wholehog.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.raleightimesbar.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 hos-

RESTAURANT GUIDE

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

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.zestcafehomeart.com. Offering the freshest, finest food served with a zesty outlook since 1995. Dine in our café or outdoor patio. Enjoy the Home Art selection of fun and whimsical home accessories and gifts. Lunch 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 durham.com. MEZ is the latest offering from the Chapel Hill Restaurant Group, operators of 411 West, 518 West, Squid's, and Spanky's. Featuring traditional Mexican dishes with a lighter, healthier twist, all made with the freshest ingredients. A beautiful private room upstairs overlooks the RTP and can accommodate up to 100. North Carolina's first LEED designed restaurant.

PENANG - MALAYSIAN, THAI & SUSHI — 431 W. Franklin St, Chapel Hill. 919-933-2288. erences from Asia, France and America. For a balanced plate, enjoy a well-matched wine to accompany your entrée. Dinner Tues-Sat.

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



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. Monisville. 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 Carolina Crossroads Restaurant combines the graceful traditions of the south with Executive Chef Jimmy Reale's progressive new American cuisine. Fine dining menus change seasonally to highlight the best products from local and regional farms.

MEZ CONTEMPORARY MEXICAN — 5410 Page Road, Research Triangle Park, Exit 282 off I-40. 919-941-1630. Visit online at www.mezOnline at www.penangnc.com. Surprising balance of Southeast Asian spices and fruits. Authentic menu based on family recipes, with curries, noodles, soups, and sushi. Attractive, open, atmosphere, vegetarian options and weekly specials. Drink and appetizer specials at the bar. 4 ½ stars from CitySearch. Open daily."

SPICE STREET — 201 S. Estes Dr., Chapel Hill. 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 ref4 Diamonds, 4.5 Stars N&O, Wine Spectator Award of Excellence.

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

FISHTALES WATERFRONT RESTAURANT -

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

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

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



PAT QUIC

My Usual Charming Self

CALIGULA WOULD BLUSH

i'm no prude, but I can't refrain from commenting that sex has been rearing its ugly ahead with relentless regularity lately. What used to be referred to as moral decay has accelerated to a commonplace in public life. Suetonius, who wrote *The Twelve Caesars* profiling Imperial Rome's early leaders, would blush if he were around today. Not even Caligula's alleged exploits match the episodes of indiscretion reported today.

The fall of David Petreaus is the scandal du jour, owing to his majestic reputation as one of the most successful generals of our era, as well as serving as Director of the CIA. His indiscretions with his female biographer are a permanent stain on the honor of the Army, and an intolerable breach of national security. The US Armed Services are humiliated and our intelligence corps belittled.

But right here in the Raleigh area there is enough to go around to make the point that lascivious behavior appears to be the rule, not the exception. The male chief of staff of the Republican Speaker of the NC House was openly making whoopee with a female lobbyist in the halls of the Legislature. Nearby, a Democrat Party official was canned for unwanted homosexual advances to an office worker. The alleged love entanglements of two members of the dysfunctional Wake County School Board remain unclear, but for sure sex was an issue for one or the other.

Suetonius would be astounded at the incredulous serial victimization of young boys by football coach Jerry Sandusky, and the attacks on young girls by super-star British television actor Jimmy Saville. And he simply would not believe the Roman Catholic Church covered up thousands of acts of sexual predation against young boys by priests who exploited their positions of trust and authority to lure their prey.

The march of scandal obscures the antics of former US Senator John Edwards. President Bill Clinton's outrageous behavior in the Oval Office with intern Monica Lewinsky no longer elicits outrage. And routine reports disclose sexual predation in area schools in a social environment dominated by the Internet, which provides a stage for debauchery of young children.

When you are caught up in dramatic events, it's difficult to gain perspective. Are these incidents, and our response to them, adding up to the end of civilization? To say this behavior has always gone on, but now the 24-hour cycle brings it to our attention, cannot be accurate. Certainly, sex has caused problems since the dawn of human existence – but not at the current volume.

We point to Caligula as an example of the impending doom of Rome. Should we not be cognizant that the increase in licentious behavior we see in the news today is a sign of decline? Or will we just wake up one day and the end is here. This revolution will be televised (homage here to Gil Scot Heron), brought to you by Viagra, Cialis and featuring nearly-nude teenage girls, program scripts featuring group sex, orgasms and adultery. Hey, that's all on TV tonight.

NOTES FROM LA-LA LAND

Every winter we hear from our Northern friends that **Southerners can't drive in the snow**. But we know how to endure a hurricane with grace and courtesy, qualities rarely witnessed during Super Storm Sandy that hit New Jersey and New York. Big Apple mayor Michael Bloomberg, whose dictatorial edicts to improve society by trampling over individual rights are reminiscent of Benito Mussolini , refused to cancel the New York Marathon -for fear of losing \$300 million in visitor revenue - until the very last moment. Runners and visitors did not have enough notice to cancel, so hotels doubled room rates.

...

The Nobel crowd has been veering towards lunacy in their choice for the **Peace Prize** for some years now. Yasser Arafat, a Soviet paid terrorist, comes to mind. But bestowing the once prestigious award to the European Union goes too far.

by Bernie Reeves

The enterprise is teetering on collapse as its idealistic theories of economic security are not working. Greece and Spain are basically in receivership, presided over by Community central bankers who have created a sovereign debtor's prison to punish their profligate ways for fear they may take down the entire EU edifice.

The EU is a throwback to socialist, collective theories that went out with the collapse of the USSR. Members are required to subsume their unique identities (and currencies) to an utopian scheme that can't work in the long run. Economic fissures are already weakening the foundation, validating the decision of the UK and six other members to keep their own currency and not sign the EU Constitution, an unwieldy and loquacious screed that reads like the Communist Manifesto. Maybe the Nobel committee figured they should go ahead and give them the Peace Prize while the EU is still there.

The news agenda has become a soundtrack of divisive politics, dim economic news, murder and sexual scandal, punctuated fortnightly with a mass killing somewhere in America, almost always by some disturbed mentally ill patient set amongst us by the psychiatric profession in the name of the rights of the victimized. But I never imagined circumcision would make the headlines.

A town in Germany has outlawed the ritual, influenced by activists who maintain the ancient practice is a form of mutilation, a fierce cause of the global do-gooders who combat female circumcision in non-modern societies. Of course female circumcision is abhorrent, but the male version is necessary for health reasons and is practiced by Jews and Christians worldwide.

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

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