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Designing a "New You" (Inside and Out)

We all make New Year's resolutions to get back into shape, eat better, and improve ourselves. By March, our motivation has fallen by the wayside. In this issue, we'll learn about some interesting and innovative ways to work on a "New You", both inside and out.

UPCOMING ISSUES

April: Home Makeover

May: Furniture Finds

ON THE COVER: Lee Lindsay and Shanna Moore get into shape with "Bob" at the Triangle Boxing Club.

Hair by Lynnette Hofmann of Warren Scott Salon



By Fred Benton, City Style Editor

The quest for "a new you" is an interesting one. If my mom was writing this article in the 50s she would have cited "a new you" as easy as loving and honoring your mate, reorganizing the kitchen pantry, finding a new casserole recipe, or deciding on a new hairstyle. All very "Leave it to Beaver" simple. The 60s would have suggested mind-altering drugs and "freeing your spirit." A 70s "new you" could have meant the new wall-to-wall orange shag carpeting and planning a party around jugs of Chablis or losing the old you in a "Rocky" movie. The 80s seem to give everyone "a new you" feel when Mr. Reagan went to Washington and so many were riding high on the stock market. The mindset of materialism and celebrity worship gripped us, and we found "a new you" was only a Rolex, David Yurman bracelet or home Cruvinet away. And the 90s "a new you" could be achieved via a martini, shopping for Manolo Blahnik shoes and Prada shirts—followed, of course, by another martini.

But with the new millennium we seem constantly bombarded with bad news: climate experts berating us for doing our part to ruin the earth and that we should be seeing penguins or falling coconuts in our back yards at any moment, living with the fear of terrorism, and the ongoing news from the Iraq War. Perhaps a "new you" can be as simple as turning off the off the news and burying our cell phones. Perhaps many of us are just simply depressed. A "new you" could be simply arrived at by immersing yourself in a good book (remember those?), indulging in a midday nap and eating any darned thing you want!



Barry Bragg of Physique Transformation stresses that processed foods don't give us much except convenience, and adds, "What could be more convenient than eating an apple for breakfast?"

Physique Transformation
845.6596
www.physique-transformation.com

If 2007 has brought about any changes in how we go about striving for a new us perhaps it's businesses such as Physique Transformation in North Raleigh that state categorically, "If you aren't actively surviving you're passively dying." I spoke recently with owner Barry Bragg, a person-

al trainer, who stands behind this message 100%. Their typical clients, says Bragg, are baby boomers who want to upgrade their energy levels, "to be a kid again." Bragg's first step is to ascertain a client's goals, and then tailor an exercise and nutritional regime designed to help the client achieve those goals. Physique offers free consultations as well as a money back guarantee, which is rare these days. Bragg lives according to his beliefs: he eats only raw foods during the day (dictated by hunger, not the clock) then eats as much cooked foods at night as he wishes. For example the night before our interview he'd polished off 40 pieces of sushi! "Living foods", he stresses, provide us the needed nutrients to feed our bodies. Processed foods don't give us much except convenience, but as Bragg would counter, "what could be more convenient than eating an apple for breakfast?"

He has a point, and these salient points which don't necessarily suggest a strict dietary regimen, can mean all the difference in the world—from making us feel better to helping us sleep better at nights. And as for exercise, the gym at Physique Transformation is "unlike most area gyms where just the sheer noise level," he explained, "can limit the connection between mind and body."

Neither the Raleigh Downtowner nor I am recommending per se any of the businesses featured in this article. It's up to you, the reader, to check out any that might interest you to ensure that this is the place for you. But based on my discussion with Barry Bragg he seems to have the common sense approach that I appreciate. I was doubly impressed when he spoke glowingly of one client—80 years "young"—who travels weekly from her home in Fayetteville to train at Physique Transformation.



The Triangle Boxing Club actually offers a double-your-money-back guarantee if their clients don't lose weight.

Triangle Boxing Club
539-1508
www.triangleboxing.com

Another business I found that offers a money back guaran-

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Blue Water Medical Spa was recently acclaimed as the "Best Medical Spa in America"

tee is the Triangle Boxing Club, which offers to "double your money back" if you don't lose weight. This year-old business, operated by former military boxer Rick Harper, doesn't actually put you into the ring (but it is an option if you're interested in sparring). Instead, explained Harper, they offer the same workout that boxers get, more like aerobics-cardio training, in an atmos-

phere that's very boxer-like, including strategically placed pails for vomit (he said it, not me). You might think such an atmosphere would be a turn-off to the ladies but not so, says Harper: 98% of his clientele are women! Classes are one-on-one or group. This has got to be somewhat rigorous so I, for one, would not want to participate in such a program without consulting my physician first. In fact depending on your weight and previous exercise as well as your medical history, it may be a good idea to run any departure from your normal routine by your physician.

Blue Water Medical Spa and Laser Center
870-6066
www.bluewaterspa.com

This brings us to Blue Water Medical Spa and Laser Center, which was recently acclaimed by the trade journal *American Spa Magazine* as "the best medical spa in America." What exactly is a medical spa, I asked owner Kile Law. She explained that a medical spa offers spa-like treatments with physician oversight. And further, she cautioned that some businesses that claim to be "medical spas" aren't at all, and that any consumer should ask if a physician is, indeed, on site and review his or her credentials.

The spa portion of the Blue Water equation offers their signature facials and upper body massages. The laser part refers to plastic surgery done on site which includes liposuction. Certainly Blue Water caters to vanity clients who want to look and feel better as part of their trek to a "new you."

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Some businesses don't reach out as much to the vanity client. Body Balance motivates their clients to look deeper for a more unified meshing of spirit and body, to seek internal fitness. Body Balance offers Thai Yoga Body Works, Yamuna Body Rolling and Pilates. Body Rolling? After this procedure, according to Body Balance owner, Chelsea Jones, clients feel physically spent and relaxed as if they've just had an intense massage that brings the body into perfect alignment. Another form of exercise offered at Body Balance involves the Gyrotonic Expansion System. It was conceived using key principles of gymnastics, swimming, ballet and yoga through which major muscle groups are worked interdependently and in an integrated manner.

This unique form of exercise is performed through circularity move-



One of the circular exercises performed on the Gyrotonic machine at Body Balance

ments. This quality makes Gyrotonic training fundamentally different from, and a perfect complement to, Pilates, which is linear in nature.

Gyrotonic motion patterns are natural and turbulence free with no interruption. Its flowing nature creates a bridge between contraction and extension through the rotation of the joints, which results in a balanced support system for the skeleton.

Dr. David Greenlee, DDS
833-4634

Speaking personally, one of the first things I tend to notice when meeting people is the condition of their teeth. Poorly maintained teeth can instantly categorize to a lower socio-economic level simply because proper care of one's teeth isn't cheap and if there's a choice between feeding the kids and having a sparkling smile, the kids win.

But maybe—and finally—it's your turn and you want your "new you" to sport a smile worthy of the poshest affair. I had the chance to speak briefly with Raleigh dentist Dr. David Greenlee (833-4634) about cutting edge technologies for brightening that smile. Gyrotonics, he pointed out, is a new refinement on the dramatic smile-changing technique of veneers. Getting veneers was a sometimes arduous process that could be painful. With the old style of veneers much of the tooth structure had to be ground away.

Lumineers, which is actually a brand name, can be attached to the walls of

each tooth without the reduction of the original tooth and with very little, if any, pain. The gum or tooth in most cases does not even have to be deadened. Plus Lumineers can last for up to 20 years. Crowns are another method of sprucing up a less than perfect smile. With the advent of new technology and in-office machines, many dentists now offer the convenience of creating porcelain crowns in a single visit.

It's equally important that a beautiful smile also be a healthy one. New research is finding that gum disease in pregnant women can mean a lower birth weight for newborns. And there's a proven link between gum disease and heart attacks. So while you're getting those pearly whites, aligned, or crowned, make sure your mouth has a clean bill of health.

In retrospect I wish I'd begun this article by asking various friends and colleagues what change in their life would make them happier? I doubt many could positively cite a real truth other than the cavalier, "win the lottery!"

Perhaps if you could honestly come up

with the answer that best suits you, you'll find the path to achieving a "new you." I believe that "a new you" is the end-result of not only physical change, a spiritual journey as well—and equally beautiful these people are who seem to excel and do in life what give them the greatest zest for living.

What conclusion can be made from our journey to self-improvement? Simply that the beauty of one's soul should be as important as physical beauty. Beauty of the flesh can be purchased, but beauty of the soul must be earned. After researching this article, the conclusive equation I have arrived at is two-fold.

First, energy + passion = happiness. And happiness can mean a "new you" as the best you can be!

Second, with any physical changes you want to make, whether complex cosmetic changes, or as simple as getting back into shape or eating healthier, be sure to choose the plan that's best for you and brings you the most personal satisfaction and happiness.

Good luck with your "New You!"

■RD



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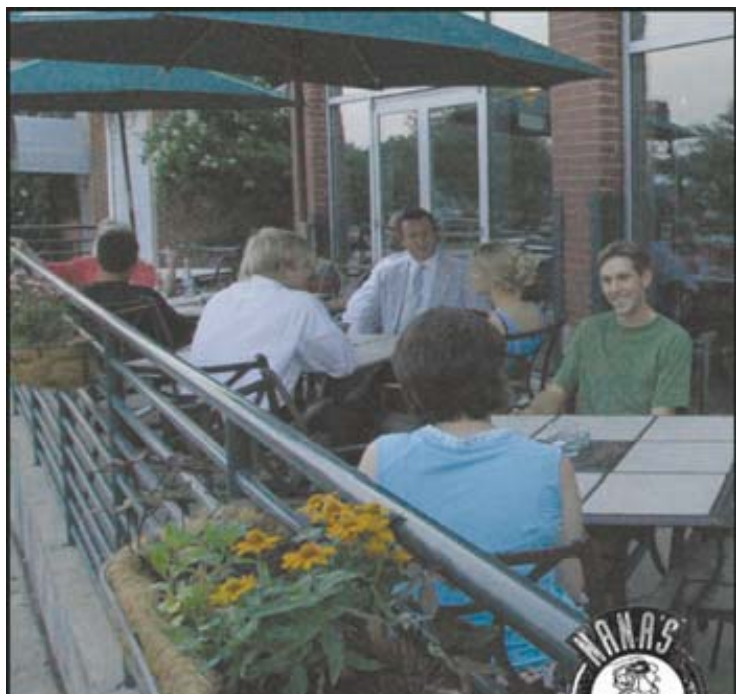
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The Three R's of Face Rejuvenation

By Dr. Cynthia Gregg



Everyone ages differently, but the most important factor determining how an individual ages is their family history and genetic background. While you can blame your parents for that, there are other variables, such as sun exposure, smoking and stress that will accelerate the aging process. Signs of aging generally begin to show up during your thirties. Facial wrinkles, creases and folds appear as the skin loses volume and structure. Eyes can begin to look tired due to excess skin on the upper eyelids, drooping eyebrows, or a combination of the two. The aging process continues as skin and muscle laxity develops along the mid-face, jaw line and neck. Skin may start showing an uneven texture and tone. Men and women facing these changes often have the desire to look younger and less tired, which leads them to the decision to have facial cosmetic surgery.

Rejuvenating the aging face through facial cosmetic procedures can be described in the four "R's" of facial aesthetics: Resurfacing, Relaxing, Refilling and Redraping.

"Resurfacing" refers to the protection and treatment of facial skin. Sunscreen plays a very important role in protecting skin from the sun's ultra-violet rays. Medical skin care products and treatments can improve the skin by increasing exfoliation and repairing environmental damage. A new treatment, Vibradermabrasion, is used to stimulate cell turnover and exfoliation, resulting in a smoother skin texture. Doctor recommended skin care regimens and office treatments, such as

chemical peels, can be tailored to address individual skin care concerns. IPL Fotofacial treatments improve the skin on the face, neck, chest and hands by reducing the appearance of hyper-pigmentation, freckling, and broken blood vessels, and can be done in a series of office sessions.

"Relaxing" refers to the improvement of facial wrinkles with Botox Cosmetic.

Botox Cosmetic is a purified protein that relaxes the muscles causing the overlying skin to wrinkle. The lines or creases that appear between the brow and around the eyes can come from repetitive muscle movements under the skin. Scowling and squinting are good examples of the movements that can cause this. Once the muscles are relaxed with Botox Cosmetic, the skin surface can begin to smooth and wrinkles may fade or soften. After a procedure, the results of Botox Cosmetic can appear within 3 to 7 days and last up to 3 to 5 months.

If the facial lines or creases are present and not caused by muscle movement, a filler material may be necessary.

"Refilling" uses filler materials to plump up a deep crease or to restore fullness and volume to the face. Juvederm and Restylane are brand names of a natural substance called hyaluronic acid used to refill facial creases and wrinkles. Results are immediate and can last 6 to 10 months.

"Redraping" refers to the many surgical options available to rejuvenate the aging face.

Rhinoplasty is the surgical reshaping of the nose to improve appearance, breathing, or both. Blepharoplasty is the procedure where excess skin and soft tissue are removed from the upper eyelids. Blepharoplasty can also reduce the puffiness and excess soft tissue under the eyes. An endoscopic brow lift will lift droopy or heavy eyebrows.

Rejuvenation of the cheek, jaw line and neck can be performed with a cheek lift, a mid-face lift or a neck lift. A classic facelift procedure addresses all of these areas of concern.

All of the facial cosmetic surgical procedures can be performed in an outpatient setting. Medical advancements continue to provide patients with minimally invasive procedures and laser treatments that produce natural results with shorter recovery times.

Cynthia M. Gregg, MD received her medical degree from the University of North Carolina. Prior to entering pri-

orate practice, Dr. Gregg served as assistant professor of Facial Plastic & Reconstructive Surgery at Duke Medical Center. Her practice is located in Cary and offers complimentary cosmetic consultations. Dr. Gregg specializes in all aspects of facial cosmetic surgery and medically directed skin care, including IPL Fotofacial, Botox, Restylane, Juvederm, and laser hair removal.

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A Doctor Reflects on Inspiration from Patients



By Keelee MacPhee, MD

are you looking for inspiration to become your NEW YOU? As a plastic surgeon, I have the privilege of meeting and working with the inspiring people whose stories I briefly describe below. My role is to be an assistant to patients' achieving goals such as being cancer free, building self-confidence, and returning to public life. There are many people around us in the Triangle who are a huge inspiration for others by facing enormous challenges and surpassing everyone's expectations. I would like to tell you about a few that have been inspiring to me.

On the first anniversary of her diagnosis,

a forty-five year old breast cancer survivor completes a local 5K race in less than 20 minutes. She took first place for her age group and placed second overall. It was amazing to see her run! She ran a few races during her chemotherapy treatment, and is now finding her way back to competitive running. New breasts, new hair, and a new champion for breast cancer research! This patient is the perfect example of how plastic and reconstructive surgery help men and women gain (or regain) self-esteem, happiness and fitness so that what is visible on the outside matches the person on the inside.

hard to restore her body, but couldn't be more devoted to the happiness of her family.



enhancing muscle definition. Exciting new development in our field include the FDA's recent approval of silicone breast implants for anyone seeking breast augmentation. Plus we offer a new wrinkle filler, called Juvéderm, that lasts longer than the other hyaluronic acid fillers available to date.

Keelee MacPhee, MD of Renaissance Plastic & Reconstructive surgery specializes in all aspects cosmetic and reconstructive surgery. She also performs facial rejuvenation using injectables and dermal fillers. Her practice is located on the campus of Rex Hospital. She recently accepted an invitation to attend Mentor Master Series: A Summit for Women in Plastic Surgery in Dallas Texas, sponsored by Mentor, one of only two FDA approved manufacturers of silicone implants. Dr. MacPhee can be reached at (919) 341-0915 or at DrMacPhee@RenaissanceNC.com.

Around age 30, an RTP professional realized that weighing over 300 pounds at 5'8" was neither healthy for him nor reflective of the person he was inside. He proceeded to set up a rigorous exercise and nutrition program and successfully reduced to his target weight. However, he found that he was left with loose dangling skin around his breasts and abdomen from his former size. The solution for him was a mini tummy tuck and surgical removal of the excess skin. Now, he is now competing in body building competitions and, less than five years from those days of obesity, he has a body that will surely could be on the cover of muscle magazines.

After 30 years of work in the school system,

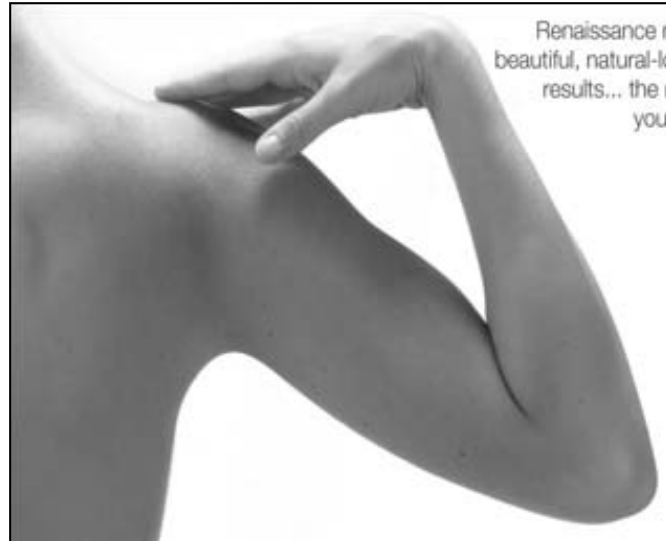
a recently retired school teacher is starting on a new career teaching water aerobics. She raised two children along the way, and kept her muscles toned by exercising regularly. Her retirement gift to herself was to have her pregnancy belly skin removed and the surgical rejuvenation of her face. Now she is comfortable leading any class in her bathing suit, and wears only a little eye makeup to enhance her youthful face and neck. Although she opts for a one-piece swimsuit, she could easily wear a bikini and rival a 25-year-old body.



A mother of one-year-old twins and several older children, jokes that her legs would enter a room at least a minute after her stomach presented with the two babies inside. Despite a metabolic disorder and a hernia from the huge stretch on her abdominal wall, she worked back to her pre-pregnancy weight within twelve months. However, exercise and diet couldn't return the taut skin of her pre-pregnancy tummy. To remedy that, she opted to have an abdominoplasty (tummy tuck) while undergoing a hernia repair. By having both procedures at once, she had only one recovery period. She has worked

Plastic surgery provides all sorts of ways to accomplish this from simple enhancements such as plumping up lips and softening facial lines to more involved procedures like lifting breasts and nipples, removing wrinkles, smoothing skin, and

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Keelee J. MacPhee, M.D.
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THIS MONTH'S READER REWARDS:

- Two pairs of tickets to opening night of Broadway Series South's production of *Legends*, starring Joan Collins and Linda Evans. Tickets are great seats in the Dress Circle/Orchestra sections.
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- \$100 gift certificate to Body Balance Therapy. Fitness programs customized for your body.
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- \$100 gift certificate to Physique Transformation. Personal training and expert nutrition advice.
www.physique-transformation.com
- Complimentary night's lodging at the Black Mountain Inn, Black Mountain, NC. Read about the Inn on page 26 of this issue.
www.blackmountaininn.com
- \$100 Gift Certificate to Simpson's Beef & Seafood in Raleigh. Our City Style Editor, Fred Benton cites them as having the best bone-in prime rib and potatoes au gratin in the area!
www.simpsonsrestaurant.com
- Two \$50 tickets the Iberian Fusion Wine Dinner at The Grape in Cameron Village held on Monday, March 26th at 7pm. Dinner features five fabulous wines paired with four courses of delicious Grape gourmet fare!
www.yourgrape.com
- Four \$25 gift certificates to Primp Salonbar near Glenwood Avenue. Go ahead, cheat on your stylist!
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www.bluemartiniraleigh.com

Opera Company of NC Presents La Bohème

By Fred Benton, City Style Editor

the Raleigh Downtowner recently received an email from The Opera Company of North Carolina's Publicity Director, Scott MacLeod alerting us to various outreach programs the Opera Company is sponsoring in the coming months. I broke the email down into separate categories, each one interesting.

MacLeod, who has laudable operatic credentials (a gifted baritone), decided to make a switch from the stage to a career in arts administration. I spoke to him about my own difficulty at embracing opera and he acknowledges that many folks may find opera difficult at first, but all of the operas presented by the Opera Company of North Carolina give the audience the English translation via overhead projection much like English translations accompany foreign films in closed captioning on the screen.

But beyond making opera easy for its audience to follow and understand,

the Opera Company of North Carolina is planning these events:

- Rehearsals held at the Sir Walter apartments ballroom, open to the public for viewing. This is a chance to bring elegance and fine art back into this historical building, and create a unique opportunity for the low-income residents of this facility. Those rehearsals open to the public will be announced on their web site (operanc.com), and will give area residents the ability to see firsthand a professional production in progress. This is free to the public and is tentatively scheduled to begin the end of March 2007.
- An education/outreach program. Two singers and a pianist will visit area schools and provide a unique opportunity for students to view professional singers on a one-on-one basis. The performers will be mainly answering questions proffered by their student audience.

THE OPERA COMPANY OF NORTH CAROLINA



- A lunch time brown bag music series. Area businesses will be invited to dine outdoors and hear live music during their lunch break. This will commence during warm weather. Interested businesses or restaurants may contact the opera office for more information and to set up a musicale. Opera office: 919.792.3850
- Several special events with the Sheraton Hotel. The Opera Company is finalizing an agreement in which their artists will be housed in the Sheraton and thus available for special events, including "Lunch with the Stars," late-night cocktail receptions, and special meet-and-greet sessions.
- La Bohème Act II Street Scene. The Opera Company is working to coordinate with the Sheraton a special day (perhaps paired with the April 6 First Friday) in which we turn their out-

door barand dining area into a recreation of Act II of La Bohème, which is set in a turn-of-the-century Paris cafe. Live singers will perform, and area entertainers will be on hand.

- An opera fund-raising event: dinner previews with live selections from La Bohème. The Opera Company is coordinating with area restaurants to put together these special previews. One date has already been set with The Grape in Cameron Village, and the Opera Company is in negotiations with other downtown eateries about programming more of these events. All of these events culminate in a three-week celebration of La Bohème, with an emphasis on downtown businesses and local culture. La Bohème is being presented in Memorial Auditorium, April 13 & 15; tickets are on sale now.

Visit their website to learn more about The Opera Company of North Carolina or La Bohème:
www.operanc.com

Explore 3,000 Years of Ancient Mysteries

From April 15th through July 8th, the special exhibition **Temples and Tombs: Treasures of Egyptian Art** from the British Museum will bring 85 objects representing nearly three thousand years of Egyptian history to the North Carolina Art Museum. The works in stone, wood, precious metals, and papyrus reveal the exquisite workmanship of the ancient Egyptian craftsmen.

Egyptian art exerts a strong appeal and fascination with the ancient culture has long and deep roots. The historian Herodotus (500 B.C.) first called Egypt the “gift of the Nile,” acknowledging the crucial role of the Nile River to the country. In antiquity great political leaders like Alexander the Great and Julius Caesar recognized the vital economic role and powerful history of Egypt.

From this storehouse of ancient wonders come the objects that will illuminate the Egyptian view of life, death, and the afterlife. The exhibition’s four sections provide a broad perspective on important facets of life.

Temples and Tombs explores four distinct themes: The King and the Temple; Objects from the Lives of Artists and Nobles; Statues of Egyptians from Temples and Tombs; and The Tomb, Death, and the Afterlife. The four thematic divisions of the exhibition allow for a specific examination of these masterworks in the context of the Egyptian temporal and cosmic worldview.

THE KING AND THE TEMPLE

The first, “The King and the Temple,” brings together images of the king in his roles as ruler, priest and warrior. All of these objects, including several of massive scale, were intended to portray the power of the king. The king (or pharaoh) was the highest-ranking mortal and the individual best able to please the gods. One of the highlights of the exhibition is a 6,000-pound red granite lion, used as a guardian figure for a temple built by Amenhotep III, and later inscribed for Tutankhamun. The head from a statue of Thutmose III (pictured here), while less than 18 inches tall, projects an air of monumentality far out of proportion to its size. The statue is carved of greywacke (pronounced as it looks, grey’-wak), a dark, fine-grained variety of sandstone. The smooth polish of the surface is well suited to the depiction of the broad curves of Thutmose’s features and gives dramatic emphasis to his tall crown.

OBJECTS FROM THE LIVES OF ARTISTS AND NOBLES

In contrast to such images of power, the second section of the exhibition is devoted to objects that offer a glimpse into Egyptian daily life, such as amulets, jewelry, cosmetic vessels, and the tools and scribes and artists. Although many of these objects were undoubtedly used in daily life, they were also included among the goods placed in tombs because of their importance to their owners.

Statues and paintings portray the Egyptians’ jewelry, hairstyles, makeup, and clothing; their household furniture; and the company they kept, including servants and family. Other items, such as a scribal palette, drawing board, and inked grid, provide information about artisans’ working lives. Hieroglyphic writing on many of the objects demonstrates the masterly level of graphic communication attained by the Egyptians.

STATUES OF EGYPTIANS FROM TEMPLES AND TOMBS

This section bridges the gap between life and death with private statues. Some were made for public settings as demonstrations of the owner’s piety, as well as his status and wealth. Others served in the tomb as a place where the deceased’s ka (soul) resided.

The earliest statues of common people were found in private tombs, used as places where the spirit of the deceased could reside. One such statue in the exhibition is a wooden figure of the Seal Bearer Tjetji. “The details are exquisite and very naturalistic, especially in the sophisticated rendering of his lifelike eyes,” said Caroline Rocheleau, curatorial research fellow in Egyptian art and NCMA organizing co-curator of the exhibition. Private statues representing an individual’s status, wealth, and ability to partake in cult offerings were also found in temples. The examples in this section allow viewers to see both the continuity and change in the representation of private art from about 2600 B.C. to the first century B.C.

THE TOMB, DEATH, AND THE AFTERLIFE

The exhibition focuses on objects that decorated or were buried in the tomb. Seeking to extend life after death, the Egyptians made provisions in their burials for the afterlife, although only the affluent could afford the full array of tomb items and rituals intended to protect the body of the deceased and insure a successful afterlife for the soul. Many of the bowls, palettes, headrests, ostraca (a piece of pottery or stone, usually broken off from a vase or other earthenware vessel), and other pieces in the exhibition are embedded with protective symbols because they were intended to accompany their owners to the tomb.

Coffins, images of the deceased, servant statues, text from the Book of the Dead, wooden headrests, and funerary stelae provide a fascinating glimpse into Egyptian view of the afterlife. Stelae are described as upright stones or slabs with an inscribed or sculptured surface, used as a monument or as a commemorative tablet in the face of a building.

ADMISSION

Tickets are required for the Temples and Tombs exhibition. Tickets are issued for a specific date and time and are subject to availability. Advance ticket purchase is strongly recommended.

- General admission: \$10
- Students, seniors, groups of 10 or more: \$8
- Children 6 and under: Free

Buy tickets online at www.ncartmuseum.org or by calling the Museum Box Office at 715-5923.

HOURS

Tuesday–Thursday and Saturday, 9 am–5 pm
Friday, 9 am–9 pm
Sunday, 10 am–5 pm
The Museum is closed on Mondays

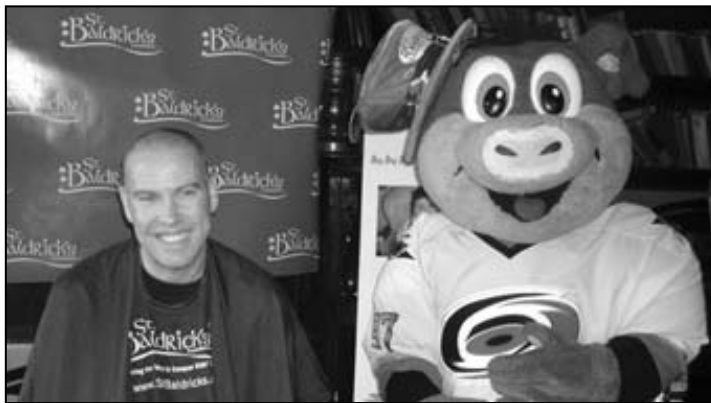


St. Baldrick's Day a Gleaming Success

Background

Every year, there are 160,000 kids worldwide who are diagnosed with cancer. This disease kills more children in the United States than any other disease, including AIDS, asthma, diabetes, cystic fibrosis and congenital anomalies combined.

From 2000-2006, over 26,000 shaves, including more than 2,000 women, have raised over \$20 million dollars by shaving their heads at 828 worldwide St. Baldrick's events. St. Baldrick's celebrations have been held internationally in Argentina, Bermuda, the British Virgin Islands, Canada, France, Hong Kong, Iraq, Ireland, Poland, and the United Kingdom. Even celebrities, including Michael Douglas, Jay Leno, Damon Lusk (NASCAR driver), David Blaine (magician), Jason Kidd (New Jersey Nets) and Aaron Ward (former Carolina Hurricanes player, New York Rangers), have participated as barbers and shavers for this event.



Hurricane's announcer Tripp Tracy sheds his golden locks for St. Baldrick's Day as the Canes' mascot Stormy cheers him on

The first St. Baldrick's fellowship was established in 2005 by the St. Baldrick's Foundation to encourage promising new medical professionals to pursue pediatric cancer research as a specialty. The first fellow is now at work at Schneider Children's Hospital in New Hyde Park, New York. In 2006, the fellowship program expanded, now including six St. Baldrick's fellows across the United States.

How it All Started

What began as a casual conversation at a 4th of July celebration has turned into a multi-million dollar fundraising event for childhood cancer research. Three men from the reinsurance industry, Tim Kenny, John Bender and Enda McDonnell, started this event without the knowledge of its potential, but with the help of their industry, along with thousands of participants around the world, they have created the world's largest event for childhood cancer research!

Every year, men and women make a commitment to shave their heads in return for donations of financial support from their friends and family. Their participation is a bold statement of solidarity with children fighting cancer who typically lose their hair during treatment. After the event, they have benefited the cause in two ways; they have raised much-needed funds for childhood cancer research, and while their hair is growing back, they continue to create more awareness of the disease.

These loyal participants rally support from their communities, and to the amazement of the media, the cancer community, the founders and the staff, the event grows each year, and records are broken.

Gleaming Success

People from all walks of life, in all parts of the United States, and around the world, helped the St. Baldrick's Foundation raise a record-breaking \$8.3 million, which brings the total amount raised from the event's inception in 2000 through 2006 to over \$20

million! More than 11,000 people shaved their heads in 2006, and the St. Baldrick's website received more than 10.6 million visits!

The funds are already being put to good use. Millions of dollars in grants were awarded for cooperative research, and more than six fellowships are now being supported by the St. Baldrick's Foundation.

Tripp Tracy

Carolina Hurricanes' Television Color Analyst Tripp Tracy has lost his golden locks temporarily thanks to a two year old cancer patient and a pair of clippers. Tracy committed to going bald for the St. Baldrick's Foundation to help raise money and awareness for childhood cancer research. "It was a no brainer," explained the newly shorn TV analyst. "As soon as I heard what St. Baldrick's was about, I couldn't say no. I just hope my new look will help motivate others to donate to St. Baldrick's as they strive to find a cure for the number one disease killer of children in the United States."

Smiling in her mother's arms, two year old Maura Kane shyly held the clippers to Tripp Tracy's head Thursday morning at the Hibernian Irish Restaurant and Pub in downtown Raleigh.

This head shaving is the kick-off to five more St. Baldrick's head shaving events taking place in the Triangle through the month of March. Hundreds of other head shavings will take place world wide during 2007.

Maura was diagnosed with Neuroblastoma when she was eight months old. This malignancy of the sympathetic nervous system accounts for 7-10 percent of childhood cancers and can present with tumors from the base of the neck to the tailbone and near adrenal glands.

"In one word, St. Baldrick's means hope to our family. I thank God that there is an organization out there dedicated to funding childhood cancer research because cancer isn't a word, name or something that happens to adults, it's our reality and for our two year old, it's a reality that she's had from infancy," says Kate Kane, Maura's mother.

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Meet Eight Shavees from St. Baldrick's

We interviewed eight local St. Baldrick's Day heroes at Hibernian and Napper Tandy's and asked them about their hair-shorn experience and why they got involved. With still another busy Saturday of participants remaining, both Irish pubs have already raised over \$116,000. On St. Patrick's Day, James Goodnight and others will be shaving at the Hibernian in Cary. The Raleigh Downtowner was proud to sponsor a donation to each of these participants. Donations can still be made at StBaldricks.org.



TRIPP TRACY (CANES ANNOUNCER)

Part of the reason I got involved is because my mom is a survivor of breast cancer. It's nice to be a small part of St. Baldrick's Day and it makes you realize that humility is an important thing. It feels weird to run my hands across my head since I've never even had it short. I think I had too much vanity about my hair. I have Spock-like ears and they have nowhere to hide now. I'll bet getting a sunburnt head will be painful. I'll try to avoid that...



JJ HERR (96 ROCK)

Last year I was sad before my head was shaved, I guess I was sort of vain about it and was worried the shape of my head would not be good, and it wasn't. Then I realized how many lives could be touched and I could see the joy [created by the event] in the people who have lost children to cancer. The loss of hair is a reminder of how many people are dealing with it, and that you're glad you don't have to go through all of it.



FOSTER (96 ROCK)

I originally got involved because of Sharon Delaney. Last year around the same time, I had a friend dying of cancer. She died a few weeks after the event. This event is different because it's so fun and full of hope. The most incredible moment last year was when a pediatric doctor who had raised \$13,000 by himself went up to be shaved. They had a bunch of adults who he had treated as kids who survived each take a swipe at his head.



CRASH (96 ROCK)

St. Baldrick's came to 96 Rock last year and the whole station was all over it. We had some long-haired jokers there and they didn't even hesitate. After last year I actually jumped when I walked by a mirror because I thought somebody else was in my house. This year I'm going to try not to swallow my own hair. As my mom was shaving my head and telling stories about me when I was a kid, I was laughing so hard I almost choked on a big chunk of my own hair.



NIALL HANLEY (HIBERNIAN)

I'm noted for my huge crazy head of hair. A head of hair is nice, but when you look at what we're trying to do, it's absolutely [unimportant]. This is my 2nd year involved. St. Baldrick's is an incredible cause. Hopefully there will be a lot more to come. Cancer affects everyone, especially when you see a child who is affected. They don't really get a shot at life. We need to do all we can to aid research and development, find a cure and save the children.



ALEX MARRIAM (HERO BROTHER)

My name is Alex. I'm 7 years old and I'm shaving my head to honor my hero and big brother Nick. He is a cancer survivor and is all better now. I wanted to do this to help raise money so other kids won't have to see their big brother or sister be so sick and have to stay in the hospital. Now that he is all better we have lots of fun playing games, riding bikes, watching hockey and helping other kids. We laugh a lot and he is the best big brother ever!



SAM ARMSTRONG (HERO DAD)

When my son, William, was diagnosed with leukemia this year, one of the first things we did together was to have our heads shaved. Will's oncologist told us that his hair would fall out during treatment and for a kid his age; it can be a scary thing. So, I shaved my head and Will did too. He loves that we both have "short" hair now and feels proud of his head. Please help us to end CHILDHOOD CANCER!



JESSICA (LOCAL HERO)

I had planned to do it with my boyfriend, but he is going out of the country so I'm doing it by myself. I'm a little scared what I'll look like bald, but I can wear a hat and it'll be fun. A lot of my friends are coming. They thought it was a little weird at first, but they're supportive of the reason I'm doing it. It does feel interesting! I'm looking forward to cute, crazy hairstyles when it grows back (Fly Salon donated a year of free haircuts to Jessica once it does).

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Why Do Yoga?

The short answer is that yoga makes you feel better. Practicing the postures, breathing exercises and meditation makes you healthier in body, mind and spirit. Yoga lets you tune in, chill out, shape up – all at the same time.

For many people, that's enough of an answer. But there's more if you're interested.

For starters, yoga is good for what ails you. Specifically, research shows that yoga helps manage or control anxiety, arthritis, asthma, back pain, blood pressure, carpal tunnel syndrome, chronic fatigue, depression, diabetes, epilepsy, headaches, heart disease, multiple sclerosis, stress and other conditions and diseases.

What's more, yoga:

- Improves muscle tone, flexibility, strength, stamina
- Reduces stress and tension
- Boosts self-esteem
- Improves concentration, creativity
- Lowers fat
- Improves circulation

- Stimulates the immune system
- Creates sense of well-being and calm

And that's just the surface stuff. In fact, most of the benefits mentioned above are secondary to yoga's original purpose.

Developed in India, yoga is a spiritual practice that has been evolving for the last 5,000 years or so. The original yogis were reacting, in part, to India's ancient Vedic religion, which emphasized rituals. The yogis wanted a direct spiritual experience – one on one – not symbolic ritual. So they developed yoga. Yoga means "union" in Sanskrit, the classical language of India.

If you do yoga will you become enlightened?

Well...you might (of course, it could take a few lifetimes of diligent practice). But then again you might not. But it doesn't really matter because yoga is a process, and there's a lot of good to be had along the way.

What if you don't believe in talk about



enlightenment, spirit and the rest of it?

That's okay, too. Yoga doesn't discriminate. Even if you don't believe in the spiritual side of life, you can still do yoga. Whether enlightenment, nadis, prana and Kundalini is literal truth, metaphor or myth is irrelevant. If you do yoga, chances are that you will feel its psycho-physiological effects.

Moreover, the concept of union has a powerful down-to-Earth meaning. Yoga helps us get in touch with our true selves.

The techniques developed by the yogis to transcend also help us strip away the things that try to mis-define us – the emotions, sensations, desires, achievements and failures of daily life. Through yoga we learn to develop a greater awareness of our physical and psychological states. As a result, we're in a position to better manage our reactions to the thoughts, feelings and responses we have to the various situ-

ations we deal with every day.

With greater awareness comes the sensitivity and skill to find and remove the physical and psychological blocks that often keep us from our true selves. We no longer identify with our conditions. Instead of saying, "I am stressed," we begin to say, "I feel stress," or "stress is present." It's a subtle but powerful difference.

Yoga gives us control of ourselves. It helps cut through the layers of mis-identities that arise in response to our actions, experiences and feelings. It calms the frenzy, clears the clutter and allows us to get back in touch with ourselves.

Whether you pursue yoga as a spiritual path or for its psycho-physiological benefits, yoga is a methodology for developing a deeper experience of your self and the world.

And it makes you feel really good too.



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There are over 40 Million Americans over the age of 40. As they mature, common problems such as stiffness, aches and pains, and cardiovascular disease will mandate proper attention to stretching and stress reduction.

Arise Yoga is a 10-step program that allows adults of all ages to greatly exercise in a manner that is safe, intelligent, and convenient. The Arise Yoga program will help increase your participation in the activities that you love to do.



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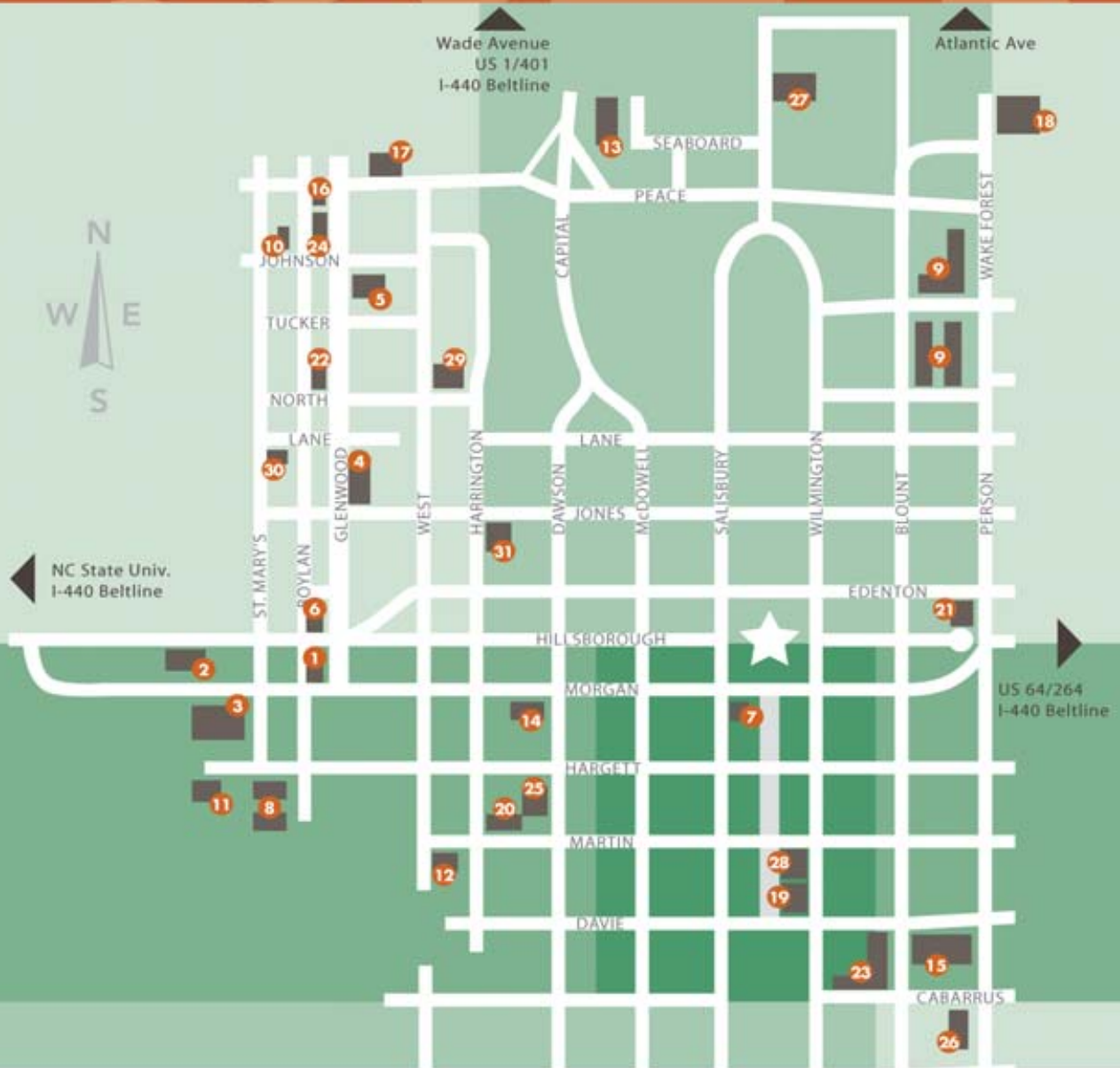
TERMS AND CONDITIONS: SEE BACK OF CARD

One local yoga practitioner is Dr. Howard Shareff, a dentist of 23 years, with his office near Broughton High School here in Raleigh. Dr. Shareff found that yoga helped him prepare for and recover from the strains of sports and his career. He participated in classes taught by a certified instructor, Julie Rosier, for many years. Eventually, Dr. Shareff created a simple 10 stretch program for himself that lasted 30 minutes. In discussions of his wellness routine, many friends and patients revealed a desire to practice yoga, but couldn't relate to the perfect forms presented in classes and videos, and the programs, they told him, seemed very complex and intimidating.

This common call for help inspired Dr. Shareff to develop a business for the professional production of an introductory DVD program called "Arise Yoga." His belief and passion is to lead a generation (40-65 years old) to wellness. To enhance the program, instructor Julie Rosier demonstrates variations of the basic stretches that Dr. Shareff learned and enjoyed.

The 30 minute program is part of an "introduction to yoga" package (see ad to left). Included are: DVD, mat, strap, and photo booklet. Dr. Shareff believes this program offers a way to unwind anywhere, with a focus on "millimeters of progress." The benefits can be felt immediately. His hope is to inspire others to explore more organized and diverse programs. In the meantime, he recommends his patients and friends to "get off the couch and into better health!"

DOWNTOWN RALEIGH RESIDENTIAL DEVELOPMENTS



- | | | | |
|----------------------------------|-------------------------------|--------------------------|------------------------|
| 1 11 S. Boylan St. (coming) | 9 Blount Street (coming) | 17 Governor's Point | 25 Park Devereux |
| 2 1001 Hillsborough | 10 Boylan Flats (coming) | 18 Governor's Square | 26 Person Pointe |
| 3 150 St. Mary's | 11 Byrum Condos | 19 The Hudson | 27 Pilot Mill Homes |
| 4 222 Glenwood (coming) | 12 CAM (coming) | 20 Martin Place | 28 RBC Condos (coming) |
| 5 510 Glenwood | 13 The Cotton Mill | 21 New Bern Place | 29 West (pre-sales) |
| 6 610 Hillsborough | 14 Dawson on Morgan | 22 North Street (coming) | 30 West Lane |
| 7 The Atrium | 15 Founder's Row | 23 Palladium Plaza | 31 The Quorum |
| 8 Bloomsbury Estates (pre-sales) | 16 The Glen on Peace (coming) | 24 The Paramount | |

By Kelly Hubbard



We all know that feeling you get after leaving a salon, whether you just got your hair done, toes painted or eyebrows waxed, you have a smile on your face and a little more pep in your step. It's amazing that transforming yourself on the outside can rejuvenate you on the inside.

If you are looking for a unique location in downtown Raleigh to boost your self-image and self-esteem, Primp Salonbar is just the place.

You read it correctly: salon-bar. Could it get any better? Lainie Panos is the general manager and part-owner of Primp along with her sister, Joni Tsumas, and close friend, Kym Ferguson. These ladies hail from Charlotte, N.C. where they come from a background of family-owned bars and nightclubs.

The idea of a salon and bar combination makes Primp attractive to many. "Our salon empowers customers to take some time away from work and home responsibilities, sip on a refreshing cocktail and enjoy being pampered," said Panos.

Primp has its full liquor license and serves only premium brands of alcohol. For example, three types of Patron tequila are on display behind the bar: Anejo, Silver and Reposado. Doesn't a peach margarita made with Patron Reposado Tequila sound like a perfect accessory to a pedicure?

Primp also carries the complete line of Grey Goose flavored vodkas and was selected by Grey Goose to launch its newest Anjou pear-flavored vodka, La Poire. Wine and beer is also served at Primp, though Panos said the spirits are most popular.

As fashionistas know, staying up-to-date on the latest polish is just as important as snagging the hottest spring shoes. If you're looking for a pedicure color to complement those sandals, stay away



Straight Primpin'

from hot pinks. Instead, paint the town in a wine-red or go as dark as black cherry. "Right now it's posh to be Goth," said Sonya Kampitch, nail technician at Primp. "I did pedicures for three women in a row who picked the same dark color."

Want to follow in their footsteps? O.P.I.'s "Lincoln Park After Dark" is the bold shade on everyone's toes. Test it out by scheduling an appointment at one of Primp's 'Tinis and Toes' parties on Thursdays.

If beauty is only skin deep you should always put your best face forward.

Primp offers specialty facials including the latest on the market, a blueberry, lactic acid peel. "If done regularly, the peel will actually change the condition of your skin," said Panos. "Who knew you could get away from your family genes?"

This year, less is more when it comes to hair styles. "This is the season of embracing your hair's natural wave," recommended Panos. "Natural texture is definitely 'in.'"

If you want to try a new 'do this spring, ask the stylists at Primp for reverse roots. This popular hair trend appears just as it sounds; the color starts light at the top and gradually becomes darker as it moves down your mane.

One style to stay away from is chunky highlights given that they have phased out since last year. Instead, a new color treatment for the ladies is peek-a-boo highlights. This look is popular with fire engine reds and bold pinks that are dyed underneath your top locks. The vibrant color is hidden away until you decide to flaunt it.

"If your hair looks good, you know you

look good," said Eliza Bass, a regular Primp customer. "Coming to Primp is not just about getting your hair cut and colored, it's a whole experience. You always feel cheerful and energized when you leave here."

And remember fellas, primping is not only for females. Primp offers "man-scaping" services such as the Hollaback (men's back wax) and the Manzilla (men's Brazilian wax). Once a month Primp will soon offer a special called "Men Only Mondays." A gentleman will be able to get his car power washed while he gets a hair cut—and of course the flat screen televisions will be broadcasting ESPN's SportsCenter.

Some other up-and-coming services will be available at Primp, including massage therapy. As far as hair goes, there is one kind of extension on the horizon that you may not expect—lashes. Each extension is applied lash-by-lash for a natural look. Primp will offer eyelash extensions in the coming months.

Primp celebrated its grand opening at 401 N. West St., Suite 103 in August of 2006. The chic, urban décor, digital headline ticker displaying the latest celebrity gossip, wireless Internet connection and Top 40 music pulsing from the sound system have not gone without notice. Primp is one of 200 national nominees for 2007 Salon of the Year by Modern Salon and Salon Today magazines. For more information and a menu of services, call 821-9885 or visit their website at www.primpsalonbar.com.

Other Downtown Raleigh Salons:

Salon 21
21 Glenwood Ave # 101
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Serena Signature Spa & Salon
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www.serenasignaturespa.com

Iatria of Downtown Raleigh
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Raleigh, NC 27601
919.841.0043
www.iatria.com

Fly
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Raleigh, NC 27603

Michael & Company Hair Studio
301 Glenwood Avenue
Raleigh, NC
919.834.0352





Enjoying a baked potato at the new Prime Only downtown



Downtowner publisher Sig Hutchinson and wife Nancy enjoying a night out in Raleigh



City Limits co-owner Kevin Frazier and wife Nevada



Anna, Bresh, Pat and Lee helping Casey celebrate her birthday at Amra's



Leslie and Haven co-owner Billy

AROUNDTOWNAROUNDTOWNAROUNDTOWNAROUND



Toni and employees from Salon 21 out with friends at the Office's Masquerade Ball



Heather, Crash and Jen at the Budweiser Michelob bottle unveiling event at Exploris



Sarah and Dan out with Dawn and Chef Dan Taylor, owners of the Underground restaurant



Robert & Ashley at Amra's



The Zamboni guy



Kristin & Michelle out at Lucky B's

Canes community relations manager Doug Warf helping Bresh and Lisa try on hockey helmets (is there anything to protect in there?)



Thomas Crowder, Raleigh City Council, at dinner with the Downtowner staff



Brynn Dutton & Heather Denny from McDonald York at the Angus Barn



Lainie Panos, co-owner of Primp Salonbar talking with Downtowner editor Crash

TOWNAROUNDTOWNAROUNDTOWNAROUNDTOWN

The photos below were taken during the St. Baldrick's Day events at Hibernian and Napper Tandy's. Read more about it on pages 9 and 10.



Foster on air with a half-shaved monk-ish JJ Herr



Downtowner intern Cynthia, Stephanie and Paul from the Hurricanes staff, event organizer Jane Hoppen, and Sharon Delaney McCloud at the Hibernian for St. Baldrick's Day activities



Seven-year-old Alex shaved his head to honor his brother Nicholas, a cancer survivor



Shavee Dixe being de-haired at Napper Tandy's



Chuck Kaiton losing the locks

Salt & Demetri watching the hair fall before it's their turn under the sheers



Think your picture needs to be in the Downtowner? Send us your downtown photos to aroundtown@raleighdowntowner.com. Include your photo location and subject names. Take us with you! We'll also publish photos of readers holding an issue of the Downtowner on your next vacation.



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Let's Do Lunch: 18 Seaboard

By Fred Benton, City Style Editor

This text inaugurates a new column, "Let's Do Lunch," devoted to discovering great places to lunch inside the beltline and city center. New and old, classic and modern, we'll tell you about something new each month. At the end of the article, we've included a quick overview of the restaurant in the form of a few quick "bytes."

My first visit to 18 Seaboard, which opened this past year, was for lunch. I'm now a fan of this restaurant, the attentive and professional wait staff (my compliments to our waiter, Brian Blevins) and of the chef-proprietor, Jason Smith. It's a grand package that all works. The only quirk was an initial one: locating the place. The building in which this upscale eatery is located is highly visible. Turn onto Salisbury Street (extension) from Peace Street, and you'll see it. Plus you'll note an 18 Seaboard sign right in front. However, I discovered that the restaurant is actually located in back of the building, fronting Franklin Street; the parking lot is adjacent to Capital City Grocery Store and across from Seaboard Wine Bar and Shop. But now I view my frustration at finding the restaurant more of a treasure hunt that paid off with excellent food matched by impeccable service. This is definitely the place to go if by midday stress demands you be pampered. I loved the interior design: contemporary, linear and clean with cascades of sunlight that was mood-elevating rather than annoying. That

being said the lighting is subdued enough to be flattering (ladies, you know what I mean).

But what really shines is the food. I'm still lusting over the Grilled Salmon atop a mixed greens salad with balsamic vinaigrette, roasted red peppers and pickled red onions (\$9). The salmon, which I ordered cooked medium was perfectly done, the buttery, pink flesh coming apart via my fork like rich shale. Yummy! And my lunch companion was equally impressed with the Roasted Pulled Chicken over Bibb lettuce with white wine vinegar and pear cranberry compote (\$8). I sampled the chicken and found it to be lusciously moist.

I was rather surprised how much I appreciated the flavor combination and texture of the 18 Seaboard Chicken Salad on house fresh bread (\$8), the chicken salad accented with gold raisins and sweet potatoes; the small chunks of sweet potato were al dente and added just enough sweetness to satisfy my Southern palate. FYI: all the breads served here are baked in-house from scratch, including the delicious brioche bun that surrounded a delectable and juicy 8-ounce ground burger (\$8) and the herb focaccia that sandwiches grilled Portobello mushroom with an addictive red pepper, onion and caper aioli (\$7).

Friends of mine who recommended 18 Seaboard gave overwhelming praise



to the cucumber soup (which is currently not available). I credit, as does Chef Smith, my fellow food writer, Greg Cox, of the News and Observer for putting this cucumber soup on the culinary map. His praise generated an avalanche of diners who gorged themselves on this noteworthy soup, which incorporates avocado to lend depth

and flavor. Just writing this has my mouth watering!

I'm pleased to recommend 18 Seaboard for your lunchtime or evening dining pleasure.

QUICK BYTES: 18 SEABOARD

18 Seaboard Avenue, Suite 100
861-4718

Mon-Fri 11:30am-2pm, Sun-Thur 5pm-10pm
Fri-Sat 5pm-11pm

Reservations: Yes

Average Lunch Check: \$10

Take Out: Yes

Off-Premise Catering Available: No

Noise Level: Moderate

Private Dining/Meeting Space: Yes, for up to 20

Wireless Internet: No

Low Carb Menu Choices: Yes, plenty

Vegetarian Choices: Yes

Best For Ladies Lunch/Gentlemen's Lunch: Both

Smoking Area: Bar (food service available there)

Full Bar: Yes

Outdoor Dining: Yes

Web Site: 18seaboard.com

Parking: Plenty at door



RD Interview with Susan Anton

Starring in Broadway Series South's *All Shook Up!*



By Fred Benton

Susan Anton (Miss Sandra) appeared on Broadway with the original Tony Award-winning cast of *Tommy Tune's The Will Rogers Follies* and in *Hurlyburly* under the direction of Mike Nichols. Most recently, she starred in the Las Vegas production of the Tony Award-winning musical *Hairspray*. She toured with Joe Layton's *Great Radio City Music Hall Spectacular; They're Playing Our Song* and *A Couple of White Chicks*. She won a Golden Globe nomination for the film "Goldengirl" launching her expansive film and TV

career. Susan is recognized internationally as a top concert and recording artist. She is also a member of AEA, AFTRA and SAG.

She will be in Raleigh for the Broadway Series South's *All Shook Up!*, at Raleigh Memorial Auditorium March 20th through 25th.

GETTING PERSONAL

If you don't know Susan Anton as a consummate performer you perhaps will remember her for one of two reasons: first, the long-time romantic interest of actor-musician Dudley Moore and second, Blanche Devereaux's symbol of iconic beauty on "Golden Girls."

Favorite Classic Movie: "Gone With The Wind" and contemporary classic, "Forrest Gump" as a symbol of innocence and "purity of soul."

Guilty Pleasure (Food): Mac & Cheese ("all crispy on top")

Guilty Pleasure (Activity): lounging on a sandy beach ("the sand all in your toes"), quaffing tequila

Most meaningful Charity: AIDS pediatrics

What 50s-60s Broadway musical would you have most wanted to be in the original cast: the Chita Rivera character in "West Side Story."



In giving interviews, what question annoys you the most: "I can't really think of one because I'm always flattered that someone cares enough to interview me, but on my web site there is an email question I keep getting that I think is so weird, 'what's your shoe size?' Who's sitting around wondering about this stuff?"

Showtimes: (Tuesday through Saturday 8:00 p.m., Saturday and Sunday 2:00 p.m., Sunday 7:00 p.m.). Tickets are available on the Broadway Series South website www.broadwayseriesouth.com or by calling the Progress Energy Center Box Office at 831.6060.

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By Fred Benton

It was over two years ago that I was introduced to the talents and passion of chef Daniel Taylor and his wife, Dawn (who manages the front of the house). It was on my radio show, "Food Forum," that my co-host Moreton Neal invited Daniel and Dawn to appear for what was essentially a tasting. Then, this talented couple had just opened their restaurant, Underground, in Raleigh on the lower level of Charlie Goodnight's Comedy Club on West Morgan Street. It was described as the quintessential tapas or "small plates" eatery. But, Daniel underscored on my recent visit there, Underground is not about tapas at all. Tapas, he explained, is Spanish in origin and the term comes from the fact that in Spain venders of wine would place a small plate of a bite-sized goodie atop the wine glass to promote wine sales, hence the name tapas.

Frankly if there are any small plates at Underground it probably stems from the fact that the menu is all a la carte. But before you envision "sticker

shock" let me stress that according to Daniel's views on serving food to the public he keeps the prices down. He does this in several ways: first, he hones in on in-season foods; and second, in true bistro fashion he's brought charcuterie to what the French have made a fine art. Several examples of this are on the current menu (which is tweaked daily): a superb Duck Pate with Sour Cherry Jam & Toast (\$6—I discovered that in order to appreciate the pate best requires only a smidgen of cherry jam; don't go over-

board like I did), Ox Tongue garnished with Pickled Red Onions, Potatoes and Horseradish (\$6) and as a Main Dish, the signature Hanger Steak served with Mustard Sauce & Fresh Horseradish (\$9—this is a dish I remembered fondly from 2 years before when I first tasted it on the show).

To me Underground reminds me in ambience of the famous Rathskeller in Chapel Hill or my favorite eatery of the 70s, Frog & Nightgown, its first location on Medlin Drive: dark, utilitarian, rather dive-like with extraordinary,

upscale fare (not that the "Rat" in Chapel Hill is a hub of haute cuisine, but they do have a fine steak on the menu). One of our favorite "Starters" was a \$3 gem that brought to the table Grilled Flatbread (which Daniel told me is a menu staple for it's as easy a pizza dough to produce and bake for individual service) with a fresh-tasting Hummus (made more fresh-tasting Dawn explained due to the absence of the de rigeur tahini) and my dinner companion's favorite, Olive Pesto. I was bowled over by this presentation as well, but I'm a fool for salmon so the Salmon Grav Lox, served with Potato Latke, Capers & Lemon Aioli (\$7) made my face shine with happy gluttony. That Daniel prepares such fabulous feasts for the eye and palate is a credit to the Angus Barn, where in 1995 he began a stint under both executive chefs Daniel Schurr (now at Second Empire) and Walter Royal.

In 1999 Daniel graduated from the hospitality program at Wake Tech Community College then went on to cook at Glenwood Grill, Il Palio at

Siena Hotel in Chapel Hill, and was head chef at Grill at Glen Lennox, also in Chapel Hill. But it was on a culinary learning experience in London that gave Daniel his special edge. The dream for Underground took root based on London's then-trend of turning pubs into bastions of fine cuisine, coining a new term, the gastro-pub. But the man also has two stellar mentors: Anthony Bourdain (the "Indiana Jones" of cheffdom) and Mario Batali (of Molto Mario fame). Both of these men are quasi-renegades. And perhaps that is just what Daniel is: he's a restaurateur who isn't profit-driven. He has the know-how to offer generous portions of inspired delicious foods at wallet-friendly prices. You truly can dine at Underground with appetizer, main dish and dessert for less than \$20!

Underground
861 West Morgan Street
664-8704

Reservations recommended
Dinner. Tues.-Sat., 5:30 until 10 pm
(bar remains open until 2 am)



The Underground was recently included in the N&O's 25 Best Restaurants in the Triangle, a testament to Dan Taylor's culinary talents.





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— Greg Cox
Food Critic - N&O

— WINNER —
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— City Search

"Brilliantly conceived and executed dishes"
— Moreton Neal, Metro Magazine



www.comeunderground.com

March Madness

By James M. Sutton, Jr.
Raleigh City Museum Director of Education and Outreach

In June 1953, a group of men met at the Sir Walter Hotel in downtown Raleigh to draw up the bylaws for a newly formed Atlantic Coast Conference. Every March since then we have been wowed by some amazing basketball.

Many people say that the 1974 ACC Championship was the greatest college game ever played. Norm Sloan's Wolfpack had been beaten only once in two years. Lefty Driesell's Terrapins were hoping to return to the NCAA tournament for the second consecutive year. Both teams were nationally ranked in the top five.

Maryland jumped out to a twelve-point lead but State fought back within five by the half. David Thompson, the usual hero for State, was having an off night; shooting 10 of 24. However, in the second half, 7-4 Tom Burleson drained shot after shot over the 6-9 Len Elmore to tie up the game with five minutes to play.

The teams went back and forth showing off the athletic ability of their players. In the last seconds of regulation, the score was still tied and Maryland had the ball. Mo Howard got off a final shot that would have won the game, but Burleson came from nowhere to deflect the shot.

Overtime began much like the game. Maryland jumped out to an early lead. State fought back. Both teams went back and forth until Maryland had the ball down 101 to 100 and, they held for the final shot. As a testimony to how good these teams were, the game saw no turnovers during regulation. In overtime, there was only one. With 23 seconds to go, Maryland's John Lucas threw his entry pass past Len Elmore. The only turnover in the game proved fatal and State would go on to win 103 to 100.

"We played UCLA two overtimes in the national semifinals, but the Maryland game was tougher," Sloan said. "It was as draining and exhilarating an experience as I've ever had. I still remember turning around on the bench at one point and just saying out loud, 'My goodness, this is a hell of a game.'"

The Raleigh City Museum continues to remember great moments in local sports in its Sports and Recreation exhibit, The Thrill of Victory, on display through summer of 2008. The Raleigh City Museum is open Tuesdays - Fridays from 10am to 4pm and Saturdays from 1pm to 4pm at 220 Fayetteville Street. For more info, call 832-3775 or log onto www.raleighcitymuseum.org.

All images courtesy Raleigh City Museum



Before N.C. State's Tom Burleson, Monte Towe, and David Thompson (left to right) could win the national championship they had to fend off the Maryland Terrapins in the 1974 ACC Championship game.



Standing at over 7 feet, Tom Burleson was a tough man to guard.

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EVENTS CALENDAR

-  = Live Music
-  = Classical Music
-  = Arts
-  = Performing Arts
-  = Comedy/Live Events
-  = Hockey
-  = History

MULTIPLE DAY EVENTS

17 March - 28 April




ArtSpace Exhibitions
Gallery 1: Thomas Kerrigan & Mike Lavine, A Sense of Place,

through March 3; New Works through April 28
Gallery 2: Kathleen Hayes & Jeffery Krolick, Patterns of Seeing, through April 13
Upfront Gallery: Lee Gruber Clark, all these things, they don't belong to me, through March 31; Artspace Artists Association, New Members Exhibition, through April 28

15-18 March

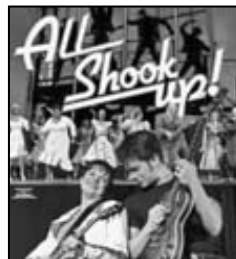



 **Firebird**
Carolina Ballet
Thurs-Sat 8:00 p.m., Sat-Sun 2:00 p.m.
Memorial Auditorium

17-18 March


 **TA Midsummer Night's Dream**
Burning Coal Theatre Company
Saturday 7:30 p.m., Sunday 2:00 p.m.
At Peace College Leggett Theatre

20-25 March




 **All Shook Up!**
Broadway Series South
Tues-Sat 8:00 p.m., Sat-Sun 2:00 p.m.,
Sun 7:00 p.m.
Memorial Auditorium

30 March - 1 April


 **A Salute to the Greatest Generation**
North Carolina Symphony
Fri-Sat 8:00 p.m., Sun 3:00 p.m.
Meymandi Concert Hall

13 and 15 April



 **La Bohème**
Opera Company of NC
Raleigh Memorial Auditorium
7:30pm, 2:00pm
This famous Puccini opera (the inspiration for the Broadway show and movie "Rent") is set in Paris and chronicles the idealism of six bohemian artists impassioned with the limitless resilience of their youth. A story full of love and heartbreak, the artists find that love is as fragile as the light of a single candle amidst the harsh realities of life.

13-15 April

 **Encore Dance Competition for the Stars**
Fletcher Opera Theatre

15 April - 8 July




 **Temples and Tombs: Treasures of Egyptian Art from The British Museum - NC Art Museum**
Temples and Tombs will present 85 renowned masterworks and seldom-seen treasures from The British Museum's exceptional collection of ancient Egyptian art. Sculpture, relief, papyri, jewelry and cosmetic imple-

ments, as well as funerary items in a variety of media, will provide a glimpse of more than 3,000 years of Egyptian history, from the Old Kingdom's Third Dynasty (ca. 2686 BC) to the Roman occupation of the fourth century AD.
Tickets: Regular admission, \$10; Students, seniors, groups of 10 or more, \$8; Children 6 and under, free
www.ncartmuseum.org
(919) 839-6262
Box Office: (919) 715-5923


19-22 April



 **Swan Lake**
Carolina Ballet
Thurs-Sat 8:00 p.m., Sat-Sun 2:00 p.m.
Memorial Auditorium

25-29 April



 **High School Musical**
Presented by North Carolina Theatre's Kids on Broadway, Broadway Series South Theatre and Wake County Public Schools
Over New Years break, basketball all-star, Troy, and book worm, Gabriella, meet while singing karaoke together. It doesn't take them long to discover their mutual love for music even though their extracurricular activities make them worlds apart. When school starts back they both decide to audition for the upcoming high school musical but neither of them imagined the uproar they would cause and how they would turn their school upside down! This show is perfect for the whole family and teaches the important message of "being true to yourself."
Tickets on sale NOW! Reserved seats available for NCT season ticket holders.
Wednesday, April 25: 8 p.m.
Thursday, April 26: 10:30am and 8pm
Friday, April 27: 10:30am and 8pm
Sat, April 28: 11:30am, 3pm and 8pm
Sunday, April 29: 2pm and 7pm



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BLUE MARTINI MUSIC CALENDAR

Mon, Mar. 12- Russ Thompson	Fri, Mar. 23- Robbie Reid
Tue, Mar. 13- Open Mic Night	Sat, Mar. 24- Fat Daddy Band
Wed, Mar. 14- Voodoo Flute	Sun, Mar. 25- Open Blues Jam
Thu, Mar. 15- Prime Rib Blues Band	Mon, Mar. 26- Russ Thompson
Fri, Mar. 16- The Heaters	Tue, Mar. 27- Open Mic Night
Sat, Mar. 17- St. Patrick's Day Bash! 5pm-11pm in Powerhouse Square. Lixx & Sugar Live	Wed, Mar. 28- Voodoo Flute
Sun, Mar. 18- Open Blues Jam	Thu, Mar. 29- Big Rick
Mon, Mar. 19- Russ Thompson	Fri, Mar. 30- The West Street Band
Tue, Mar. 20- Open Mic Night	Sat, Mar. 31- Bad Mojo
Wed, Mar. 21- Voodoo Flute	Sun, Apr. 1- Open Blues Jam
Thu, Mar. 22- Chop Shop	Mon, Apr. 2- Russ Thompson
	Tue, Apr. 3- Open Mic Night
	Wed, Apr. 4- Voodoo Flute

Continued on Page 22

DAILY EVENTS

17 March ~ Saturday

Lockhart & Takezawa
North Carolina Symphony
8:00 p.m. at Meymandi Concert Hall

22 March ~ Thursday

Carolina Hurricanes
vs Washington 7:00 pm
RBC Center

24 March ~ Saturday

Carolina Hurricanes
vs. San Jose 7:00 p.m
RBC Center

26 March ~ Monday

Alfred Brendel in Recital
North Carolina Symphony
8:00 p.m. at Meymandi Concert Hall

29 March ~ Thursday

Educational Concerts
North Carolina Symphony
10:30 a.m. at Meymandi Concert Hall

30 March ~ Friday

Tony Rice
Down-Home Concert Series

8:00 p.m. at AJ. Fletcher Opera Theatre

Carolina Hurricanes
vs. Tampa Bay 7:30 p.m.
RBC Center

6 April ~ Saturday

Carolina Hurricanes
vs. Atlanta 7:00 p.m.
RBC Center

7 April ~ Saturday

Carolina Hurricanes
vs. Florida 7:00 p.m.
RBC Center

10 April ~ Thursday

Educational Concerts
North Carolina Symphony
10:30 a.m. at Meymandi Concert Hall

13 April ~ Friday

Grant Llewellyn & Jennifer Chang
North Carolina Symphony
8:00 p.m. at Meymandi Concert Hall

15 April ~ Sunday

North Carolina Wind Orchestra
8:00 p.m. Meymandi Concert Hall

16 April ~ Monday

Mr. Al Live in Concert
9:30 a.m., 11:30 a.m.
Meymandi Concert Hall

17 April ~ Tuesday

Educational Concerts
North Carolina Symphony
10:30 a.m. at Meymandi Concert Hall

18 April ~ Wednesday

Peace College Chamber Singers'
Spring Concert
7:30 p.m. at Peace College Kenan
Recital Hall

21 April ~ Saturday

ArtSpace
ArtSpace Paints Fayetteville Street
2:00-6:00pm
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Artspace Paints Fayetteville Street will take place on Fayetteville Street between Davie and Hargett Streets. For more information call Artspace at 919.821.2787



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Continued on Page 24

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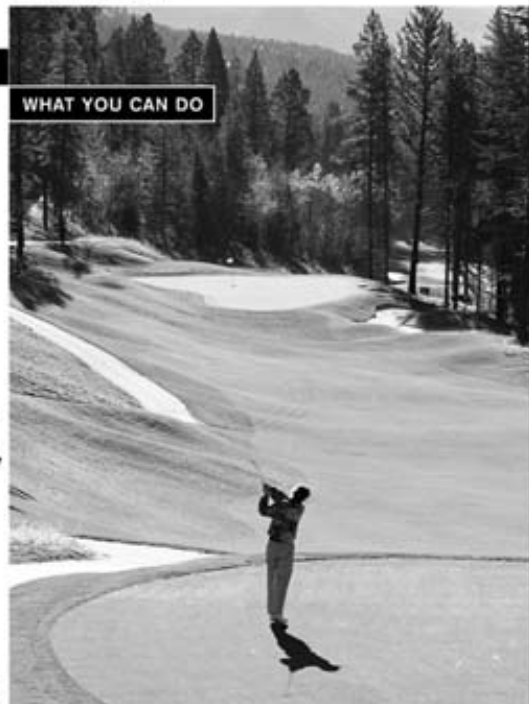
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- Capital City Grocery** - 10 Franklin Street, Seaboard Station, 833-7096. Best meat counter in Raleigh! Certified Angus beef plus prepared meat entrees. New fashioned grocery shopping with old-fashioned service. My grocery store of choice. capitalcitygrocery.com
- Bistro 607** - 607 Glenwood Avenue, 828-0840. Chef-owner Heath Holloman is, in my opinion, one of the most talented chefs in the area! Pay special attention here to foie gras preparations and farm-raised salmon dishes. Open for lunch and dinner. Reservations strongly recommended. Bistrot607.com
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- Horizon Cellars** - 466 Vineyard Ridge, Siler City, 919-742-1404. All this vintner's wines have reaped gold in competitions. Check out horizoncellars.com
- The Black Mountain Inn** - Best place to stay in western NC (about 15 miles east of Asheville). Former guests include Helen Keller and F. Scott Fitzgerald. Pet-friendly! 828-669-6528

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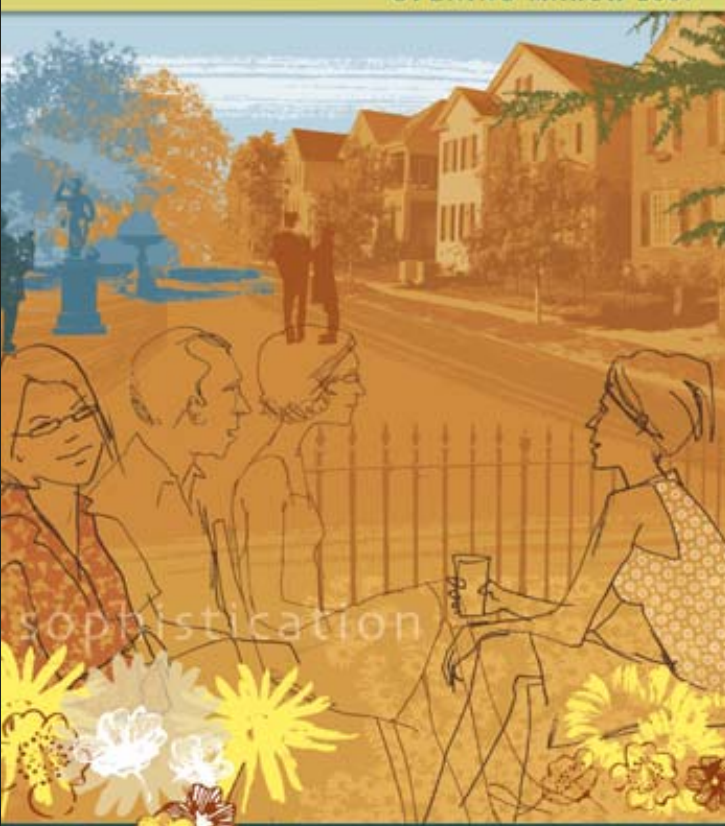
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