

## WORD OF MOUTH

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Coach George Williams

# WINNING SPIRIT

Since earning a spot in two Hall of Fames and coming home with Olympic gold, COACH GEORGE WILLIAMS still finds inspiration in his students.

With its simple furniture and a desk piled high with papers and unopened mail, it's obvious that Coach George Williams doesn't spend much time in his office. It's the office of a man who has repeatedly coached students to NCAA Championships, a man whom you'll find in the CIAA Hall of Fame and North Carolina Sports Hall of Fame.

Williams has had an illustrious coaching career at Saint Augustine's College in Raleigh, N.C., one that inspired the school to name its new Coach George Williams Athletic Complex in his honor. The current athletic director graduated from Saint Augustine's in 1965 and quickly returned to coach track and field.

As an assistant coach in the 1996 Olympic Games in Atlanta, all seven of his athletes won gold. Three of Williams' students won gold in 2000 in Sydney, and he was the head coach of the gold medal-winning men's track and field team in 2004, in Athens.

His coaching philosophy is one of tough love: Academics are first; track is second because it helps pay for academics; and third, is fun, but make sure it's controlled. Williams' kids have a 95 percent graduation rate, proving that his approach works.

But even with all his successes, Williams has no plans to leave his alma mater, despite receiving many offers.

"I will retire from Saint Aug's," he says. "I went to school here, I know the people, I know the city, and the city has been really good to me. No one gets to the point where I am ... without standing on somebody's shoulders. And these people around here have been really good and helped me."

Williams isn't looking for lasting glory and fame. "As long I've got some kids out there who are doctors, lawyers, and judges ... those are the kind of things that make me happy."

—Melissa Umbarger



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WORD OF MOUTH

# WALK THIS WAY

Revitalization holds special meaning in Raleigh, where construction shakes the dust off FAYETTEVILLE STREET'S old reputation as the hot social spot.

After nearly thirty years as a pedestrian mall, downtown Raleigh's Fayetteville Street is seeing the return of vehicle traffic, along with a renewed interest in the days when locals referred to the strip as "North Carolina's main street."

During its front porch days, thousands would gather for holiday festivities, to welcome troops home, or for any number of everyday social events.

New plans are making the locale a wide streetscape for art, open space, and outdoor dining. Jaume Plensa, who created Chicago's Crown Fountain, has been commissioned to construct a \$2 million sculpture for the south end of the street,

and the city has plans to adorn the street with 16 glass chandeliers along the promenade from the Capitol building to the performing arts center four blocks away.

"I think that what really ties the history back together is the fact that we have the grand vista

back," says Greg Hatem, founder of Enterprise Properties and a Raleigh resident for 27 years. "We'll have a lot of the new, tall buildings, like any other town, now, but we have these little corners and the streetscapes that are original to the turn of the last century."

Like Hatem, Raleigh Mayor Charles Meeker knows Fayetteville Street will be more than a pretty space. "What I'm really looking forward to is really for the street becoming much more alive on nights and weekends with restaurants and clubs, and just being a gathering place for so many people," he says.

By the time Fayetteville Street's grand opening takes place this summer, the city hopes to have artist-depicted scenes of North Carolina, such as an apple orchard, a factory scene, and the beach and mountains. A parade is also in the works for the grand opening.—Melissa Umbarger



Fayetteville Street's new look



Fayetteville Street, under construction

## FAMOUS NAMES



Clay Aiken

### Clay Aiken

An unassuming special education teacher became a singing sensation when he competed for top honors in the television show "American Idol" in 2003. Aiken was the final runner-up in the competition, and his single "This is the Night" went platinum.

### John Baker Jr.

This Raleigh native went straight from NC State University's football team to the NFL. After a 12-year pro football career in the 1950s and '60s, Baker returned home and served as Wake County Sheriff for 24 years.

### Andrew Johnson

The small wooden house where Johnson was born is preserved at the city's Mordecai Historic Park. Johnson became U.S. president after Abraham Lincoln's assassination in 1865.

### David Sedaris

This playwright and regular commentator for National Public Radio came to prominence with the radio essay *The Santaland Diaries*. He is the author of the bestselling *Naked* (1997) and *Me Talk Pretty One Day* (2000).

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# STATE FARE



Ole Time Barbecue

In North Carolina, barbecue means pulled or chopped pork—no other kind of meat will do. In Raleigh and parts east, barbecue is also a vinegar-based sauce made with hot peppers to go along with the pork. The whole hog is typically used in Eastern-style barbecue, while further west, only the pork shoulders are used and the sauce is tomato-based.

**Cooper's**  
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The barbecue buffet, which will run you \$10 with a drink, also serves fried chicken, boiled collards, and butter beans.

**Ole Time Barbecue**  
6309 Hillsborough St.  
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At this small roadside diner, hush puppies accompany every meal, and Brunswick Stew and fried okra are two of many side dishes.

## WORD OF MOUTH

# COOKING UNDER FIRE

Already a local celebrity with a hungry following, Angus Barn's **CHEF WALTER ROYAL** puts his skills to the test on television's "Iron Chef."

Executive Chef Walter Royal might deal with as many as 1,500 patrons on a busy night at the Angus Barn, an upscale steakhouse in Raleigh. But that's not as nerve-wracking as his recent competition against Iron Chef Cat Cora on "Iron Chef America." The show pits chefs against each other in a timed battle with a theme ingredient.

"You know, other than being there when my son was born, I think that's the second most intense thing I've ever had to participate in," Royal says.

So how did a chef from North Carolina get selected for a show like "Iron Chef America"?

Practice. Walter has been at the celebrated Angus Barn for 10 years, and he has spent the last 23 years at restaurants in the Triangle area.

"The great thing about Walter is he can prepare just about anything. Although his strengths are definitely in Southern cuisine, he can do French cuisine, and he can do

modern American," says Jim McGovern, general manager at the Angus Barn.

The restaurant has received more than 200 awards over the years, including the Ivy, Di-RöNA, and Fine Dining Hall of Fame awards, along with the *Wine Spectator* Grand Award.



Chef Royal is no slouch, either. He was named the Five Star Chef of the Year by the Restaurant Guild International in 1997, the first African-American chef to receive this prestigious award. He has also been named a James Beard Rising Star and one of the top five chefs in the southeast.

So, how did Chef Royal do in the studio? He remains tight-lipped, so we'll have to wait until the show airs sometime between now and late summer on the Food Network. He did reveal one thing, though.

"I think we did pretty good. We accomplished getting our five dishes out within the hour, so that made me proud."—*Melissa Umberger*



Executive Chef Walter Royal, Angus Barn

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IN DEPTH



THE EDUCATION ENGINE

Knowledge drives the modern economy, and in that regard, Raleigh has more powerful fuel than many places. Six colleges and universities give the city a high rank among the country's most educated places, with more than 40 percent of its population holding an undergraduate degree.

PHOTO COURTESY OF MICHAEL HOBBS

Peace College

COLLEGE	ENROLLMENT	SAMPLE PROGRAMS	CONTACT	FAST FACTS
Meredith College	2,168	Music, social work, education; bachelor's and master's degrees, including an MBA	meredith.edu 919-760-8600	A private women's college with a high graduation rate among master's. For alternate discipline, students can join the synchronized swimming group.
North Carolina State University	30,000	Agriculture, veterinary science, textiles, engineering, natural resources, and design	ncsu.edu 919-515-2011	Long known for its agricultural programs, the university has lately harvested a new kind of crop: It's a national leader in patents by faculty, with more than 500.
Peace College	700	Child development, graphic design, human resources, and music	peace.edu 919-508-2023	A team from this women's college won the N.C. Human Resources Competition in 2005, unseating perennial power N.C. State.
Saint Augustine's College	1,600	Military science, journalism, and criminal justice	st-aug.edu 919-516-4000	Move over "CSI: New York." This historically black college recently beefed up its criminal justice major, enabling students to concentrate in forensic science.
Shaw University	2,700	Environment science, African studies, and gerontology	shawuniversity.edu 919-546-8200	With roots in an 1865 Bible-study group, this historically black school stresses its Baptist affiliation. Its current president is a former divinity school dean.
Wake Technical Community College	53,000	Associate's Degrees; classes in nursing, hospitality management, and criminal justice	waketech.edu 919-662-3500	Students can enroll in company-tailored training for job placement in specialty fields such as plastics technology, mechanical drafting and biopharmaceuticals.

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# Rallying **RALEIGH**

Sensibility and optimism lead the charge in economic planning and prosperity.

by Tim Gray



A measure of Raleigh's crackling-fire growth is that Dave Sullivan, owner of the local Cup A Joe coffeehouse chain, can't find a place to open a new store.

The original Cup A Joe was Raleigh's first Seattle-style coffeehouse. Sullivan opened it 15 years ago, long before national outlets like Starbucks and Caribou Coffee had discovered the town. Lately, though, a Starbucks seems to pop up in every block that Sullivan eyes for a new location.

Starbucks' lust for local expansion underscores Raleigh's economic surge. After all, \$4 lattes are the favored fuel of the "knowledge workers"—well-paid computer programmers, engineers and bioscientists—that make up an increasing percentage of this city's workforce. Places like Silicon Valley and Manhattan brim with Starbucks. So, too, does this once-sleepy Southern capital.

"This is a great place to live and attract talent," says Jim Goodnight, founder and president of SAS Institute, a maker of statistical-analysis software. "We've got museums, entertainment, and a lot of good restaurants."

Goodnight knows firsthand. He

has brought lots of brainy workers to the Raleigh suburb of Cary. Like several of the smaller towns ringing Raleigh, Cary has evolved from a sleepy hamlet into a bustling bedroom community, providing workers not only for SAS but also for nearby Research Triangle Park, where computer giants IBM and Cisco Systems and drug-maker GlaxoSmithKline have hefty campuses.

Goodnight's company, which spun out of North Carolina State University 30 years ago, employs about 4,000 people locally and sells more than \$1 billion worth of software a year. Its hometown also serves a bedroom community.

Technology, both digital and biochemical, has driven much of Raleigh's recent growth, just as it has fueled hot economies elsewhere. Here, the wellsprings of high-tech smarts are Research Triangle Park—RTP to locals—and six colleges and universities, particularly N.C. State.

Thanks to the byte-and-biotech boom,



The State Capitol Building

Raleigh's county, Wake, boasts a low unemployment rate, at less than 4 percent, and an educated work force—more than 40 percent of residents have at least bachelor's degrees. Add a mild climate, reasonable cost of living and few big-city hassles such as gridlock and gangs, and it's little surprise that the county's population grew by almost 50 percent, to nearly 630,000 people, during the 1990s.

Undergirding Raleigh's economy is the machinery of state government, which employs more than 20,000 people here. Along with higher education, the bureaucracy gives a recession-resistant core to the local business climate, says



“This is a great place to live and attract talent.”

—Jim Goodnight,  
President and founder  
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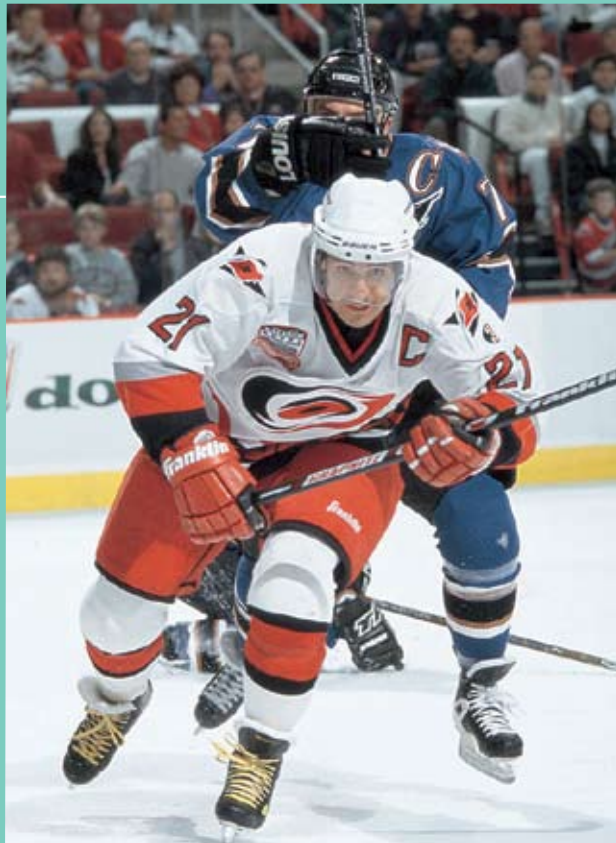
Angus beef at its best

# THE ECONOMIC UNDERDOG

Many economists see little economic benefit in professional sports teams. But don't try to tell that to folks in Raleigh.

Ask Bill Bunn, a regional president for RBC Centura, about the impact of the Carolina Hurricanes professional hockey team, and he calls it "a huge homerun." In early March 2006, the team had the second-best record in the National Hockey League. That brought wide exposure to Raleigh, as people nationwide read about the Hurricanes or watched them on TV, he says. "Here, college basketball is king, but there's no question that the Hurricanes have begun to compete with that." In 2002, Bunn's bank paid \$80 million for the naming rights to the arena where the team plays.

Steve Stroud, chairman of NAI Carolantic Realty in Raleigh, oversaw the RBC Center's construction. He points to the broader economic benefit of the stadium itself. It also hosts N.C. State basketball and 60 to 70 other events a year, including country, pop, and rock concerts. Taken together, they bring about 500,000 people to the RBC Center annually. Restaurants and hotels, including a Comfort Suites, have thus begun to spring up around it. A 2004 study by the accounting firm Ernst & Young estimates the arena's economic impact to be about \$170 million a year.—TG



Carolina Hurricanes at the RBC Center

COURTESY GREATER RALEIGH CMA

Mike Walden, an N.C. State economist.

Like many cities in the Southeast, Raleigh was a "bulging doughnut" during the '90s—its outer neighborhoods and suburbs surged while downtown slumbered. RTP, for all its benefits, made the situation worse. Companies wanted to locate inside the park or on its outskirts, about 15 miles from downtown. Even today, firms outside of RTP rent post-office boxes there to claim its address.

For years, local leaders fretted over downtown's plight—its lack of amenities and housing and thus vital street life. With a big slug of homely government buildings and little to do at night, it was a roll-up-the-sidewalks sort of place.

Lately, downtown Raleigh is swapping its ruffled-seersucker image for a little sequined flash. Developers have begun or are planning the construction of about 3,000 downtown condos, which will more than double the number of center-city residents, says Fred Day, Carolinas president for Raleigh-based Progress Energy.

Day's company, an electricity producer serving the Carolinas and Florida, helped to jumpstart downtown's rebirth

by building a new headquarters there in 2004. The city is chipping in, too, with the construction of a 500,000 square-foot convention center, slated to open in 2008, and the conversion of a pedestrian mall into a downtown thoroughfare. Marriott will open a 400-room hotel.

"Those of us who've been here awhile saw the central business district slowly die when the city put that mall in," says Steve Stroud, chairman of NAI Carolantic Realty in Raleigh. "People would come to work at 8 and leave at 5. The reopening of Fayetteville Street is going to bring people and businesses back into downtown." Already workers have begun to linger at new restaurants like Nana's Chophouse, which occupies an old meatpacking plant.

An announcement in December suggests that the downtown resurgence continues. RBC Centura, the U.S. arm of a big Canadian bank, is locating its new headquarters in the central business district, too.

Crowning the 29-story tower will be 10 floors of condos of a sort that Raleigh hasn't seen. With no taller buildings in the city, the 140 units should afford a long

view of the surrounding Carolina Piedmont, which is still garlanded, despite the boom, with oaks and pines.

Says Ed Fritsch, chief executive of Highwoods Properties, the Raleigh real-estate developer overseeing the project, "To own one of those condos on the 25th floor will be nothing short of sexy."



Future RBC Centura headquarters

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# From TOBACCO to TECH

How the city of Raleigh planted  
the seeds for a new economy  
by Tim Gray

**R**aleigh's technology boom began as a pipe dream in a pine forest. In 1959, then-N.C. Governor Luther Hodges announced the formation of Research Triangle Park on 4,000 wooded acres west of the city. The giant office park would welcome research-driven corporations and government labs to a state known mainly for tobacco fields and textile mills.

The idea was visionary, ambitious, and, at the time, ridiculous. By then, Hewlett-Packard, Silicon Valley's stalwart, was already 20 years old. And the most technologically advanced devices in the region then were probably the rolling machines at the cigarette plants in neighboring Durham.

But the vision has yielded greater benefits than anyone probably could have imagined. Today, Research Triangle Park—

known here as RTP—is the hard-thumping heart of one of the nation's most prominent technology centers. The park itself, the largest research park in the world, is home to 136 companies, ranging from drug-makers to software developers. They employ 40,000 people locally and, taken together, account for \$2.7 billion worth of annual payroll, says park spokesperson Jennifer Ferris.

Just as important, RTP, with eager students and smart professors from nearby universities, has fostered hundreds of spin-off companies and startups. The region is on its way to becoming San Jose with a sweet Southern accent, Boston with barbecue and better weather.

The towns surrounding Research Triangle Park, especially the Raleigh suburb Morrisville, are full of locally grown tech companies as well as offices of nationwide firms. SAS Institute, based in nearby Cary, is the world's largest privately held software maker, employing 10,000 people worldwide. Quintiles Transnational in Morrisville is one of the pharmaceutical industry's biggest contract





researchers. Red Hat in Raleigh is the leading distributor of the Linux computer operating system and a darling of the “digiterati.”

Joanne Rohde, Red Hat’s executive vice president for worldwide operations, grew up in Durham but left North Carolina for college and stayed away to start her career.

“When I was growing up, there was a perception that you had to leave to get big-city experience,” she says. “Cary was a bunch of tobacco fields then. That’s not true anymore. Today, this place really has the ecosystem that you’re looking for when you build a company.”

Raleigh remains hungry for growth and hasn’t fattened up with the inflated salaries and bubble-priced real estate of New York or San Francisco, says Rohde. That, plus support from state government and local universities, has propelled Red Hat’s rise—and the region’s. “We have a low-cost model, and if we’d had the overhead of big-city wages, we wouldn’t have been able to break through as fast as we have,” Rohde says.

In its early decades, Research Triangle Park drew big companies like IBM and Nortel Networks to vast gated campuses. Their employees typically brought brown-bag lunches and, except for the occasional softball game, rarely mixed with folks at other firms or joined with them to start new companies. Some folks complained that RTP wasn’t sparking the sort of innovation that sprang from California or Boston.

That began to change in the 1980s and ’90s, thanks to folks like John McConnell. McConnell started Raleigh-based Medic Computer Systems, a maker of software for doctors’ offices, in 1982. Fifteen years later, he sold it to United Kingdom-based Misys for nearly \$1 billion.

Misys, sensing a good thing, kept its U.S. base in Raleigh and now employs 850 people there and 2,700 nationwide.

A lot of folks, especially avid golfers like McConnell, would have then retired and filled their days with tee shots and travel. Instead, he became a “serial entrepreneur” by starting another medical-software company in Wake County called A4 Health Systems. In January, A4 announced that Allscripts in Chicago was buying it for nearly \$300 million.

A sign of Raleigh’s maturation as a technology center is the availability of seed money for new firms, known as venture capital, McConnell says. “When we started Medic, there was no venture capital,” he recalls. “You went to the bank or you bootstrapped. Today, you have venture capital on a local basis, and all the big national firms come here to invest, too.”



Early RTP planning meeting, February 1958

Fred Hutchison, a Raleigh lawyer who specializes in working with startups, says venture money is coming from more than just formally organized firms. Successful entrepreneurs like McConnell are banding together and investing in startups, too. Hutchison calls these folks “angels,” adding, “There’s been an incredible growth in angel groups.”

Another marker of Raleigh’s rise is the willingness of technology companies based elsewhere to move to the city. That happened with Salix Pharmaceuticals, a maker of gastrointestinal drugs, in 1999. It had begun in Palo Alto, California, outside of San Francisco. When the founders tried to recruit Raleigh resident Bob Ruscher to be chief executive, Ruscher agreed with a condition: They had to move Salix to North Carolina. Ruscher has since retired.

A few years before, that would have been

## THE NCSU TECH EFFECT

When it comes to blending business smarts with genes and gigabytes, few schools rival North Carolina State University.

The Raleigh university has long been a leader in the applied sciences, with top programs in everything from textiles to veterinary medicine. It added an MBA program to its offerings in 2002 and has since sought ways to cater to the special needs of technology managers.

To that end, N.C. State has rolled out MBA-specific concentrations in biotechnology, information systems, technology entrepreneurship, and one called services science, developed with IBM and the university’s engineering school.

“Too often, if you’re a technical person in the life sciences, you get labeled a lab rat, or if you’re in IT, you’re a cubicle gopher,” says Steve Allen, associate dean for graduate programs and research at North Carolina State University. “Our program opens up a new realm of possibilities for technical people who want to become leaders.”

Add a geek-friendly location to the N.C. State MBA’s benefits. The university announced in February that its new part-time program, MBA@RTP, will offer evening courses at a site in nearby Research Triangle Park, the heart of the Raleigh region’s “technopolis.”—TG



NCSU’s Bell Tower

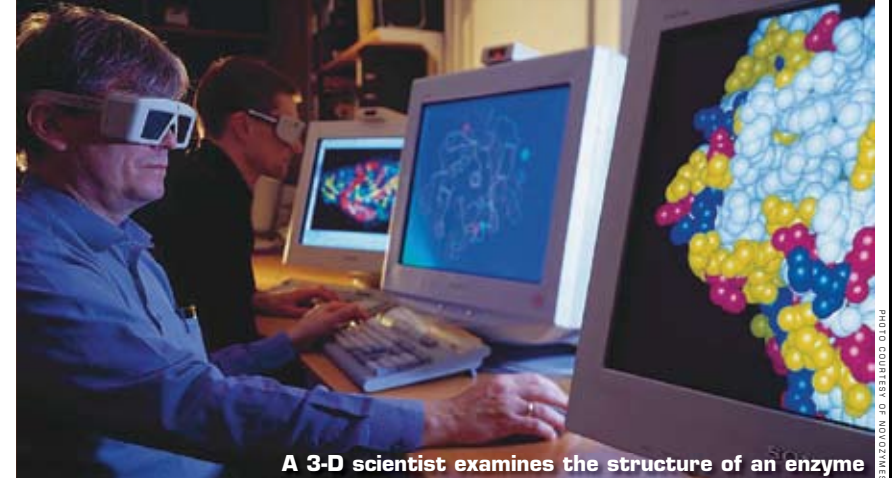
an outlandish request of any ambitious entrepreneur. But by 1999, it made ample sense. The universities and big drug-industry employers like GlaxoSmithKline in RTP had attracted plenty of scientists to the area, and costs, from wages to rent, were far lower than California’s.

**“Today, you have venture capital on a local basis, and all the big national firms come here to invest, too.”**

—John McConnell, founder, A4 Health Systems

“The guys in Palo Alto knew they were going to have to leave eventually,” says Michael Freeman, a Salix’ spokesman and former Glaxo employee. “It’s just too expensive out there.”

So the company and its handful of employees picked up and did the previously unthinkable, jetting from the home of the Grateful Dead to that of the Embers. Seven years later, Salix, based in Morrisville, employs 215 people, and last year it racked up \$150 million in sales.



A 3-D scientist examines the structure of an enzyme

## UNASSUMING ENZYMES

You know those little blue crystals in your detergent? Thank Novozymes North America. The company makes enzymes—proteins that accelerate chemical reactions. Among its dozens of products are enzymes that help to remove starch-based stains such as spaghetti and chocolate sauces and ones that retard the spoilage of beer and wine.

Novozymes demonstrates that, despite recent hype, biotechnology is more than just the study and commercial exploitation of genes. Lately, Novozymes has turned its attention to alternative fuels, making enzymes that convert corn to ethanol.

Novozymes, a U.S. subsidiary of a Danish firm, has operated just north of Raleigh, in Franklinton, for decades and employs about 450 people there.—TG

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PROFILE: Raleigh, North Carolina



## ROOMS for RECOVERY

Wellness centers, mobile mammograms, and grocery stores—Wake County hospitals are employing some stand-out methods to improve patient care.

by Tim Gray

Turn a corner deep inside the wares of corridors at WakeMed hospital, and there gleams a black Lexus. It isn't some heart surgeon's toy or a prize in a hospital raffle. No, the 1999 sedan is a tool for rehabilitating patients who've had strokes or traumatic injuries.

"After a stroke, people have to relearn all sorts of simple things, and getting in and out of a car can be one of the hardest," says WakeMed spokeswoman Heather Monackey.

Near the Lexus, in a gym-sized room called the Health Park, lies a landlocked rowboat and a plastic-turf putting green. And because even shopping can be a trial after a stroke, there is a small grocery store, its shelves brimming with canned goods and plastic fruits.

Health Park is part of WakeMed's effort to compete in the super-competitive world of modern medicine. With

insurers pushing for lower costs and consumers paying closer attention to rankings and ratings, Wake County hospitals—WakeMed, Rex and Duke Health Raleigh Hospital—are striving to deliver top-quality care while carving out patient-grabbing niches.

That requires doing the basics well and offering a dash of distinctiveness. Each offers the sort of services normally associated with a city hospital, from angioplasties to appendectomies. Rex, for example, is building a suite of 12 new operating rooms slated to open in May.

But Raleigh's hospitals also aim to stand out. WakeMed's emphasis on trauma and emergency care led not only to the creation of Health Park but also the first freestanding emergency room in North Carolina. It opened in July 2005, in one of the city's northernmost neighborhoods.

"It's boomed," says Dr. P.J. Hamilton, associate director of trauma. "We'd planned on seeing 10 patients a day, and we're seeing 60." Patients who need hospitalization move to the main campus, near downtown, which has 752 beds and has received state approval to add 102 more.

Across the city at Rex, a focus on women's health has yielded both the county's busiest birth center and its only mobile mammography machine. Rex performed about 2,800 mammograms last year in a big white bus with smoked-glass windows.

Rex also has long been known for bringing new Raleigh residents into the world—pop singer Clay Aiken was born here in 1978. The hospital delivered about 5,000 babies in 2005 and expects a thousand more than that in 2006, says David Strong, Rex's president. Several

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Raleigh obstetricians moved their practices to Rex after Duke Health Raleigh decided to stop delivering babies. Rex also recently received state permission to add 45 beds, bringing its total to 433, and it will earmark some of those for the birth center, Strong says.

Another Rex hallmark is its wellness centers. Everybody but health-care executives would call them "gyms," but nonetheless, hospital-run gyms have come into vogue. Rex started its first about a block from its main building, 20 years ago, and has since added two more in the suburbs of Cary and Garner. It's planning another in Knightdale. Unlike conventional gyms, Rex's centers have staff dietitians, physical therapists, and offer rehabilitation programs for the hospital's patients.

WakeMed, formerly a public hospital, is a private nonprofit, while Duke Health Raleigh, with 186 beds, and Rex are outposts of nationally known academic medical centers. Chapel Hill's University of North Carolina Health Care owns Rex, while Durham's Duke University owns Duke Health Raleigh. That gives them



One of Rex Hospital's wellness centers

the advantage of expedited referrals to their parent hospitals and an increased ability to offer high-end treatments and technology.

Rex and UNC, for example, teamed up to create the UNC Specialty Women's

Center at Rex, enabling Rex customers to see UNC specialists closer to home. "When you're sick, the last thing you want to do is drive 30 miles to Chapel Hill," says Strong. "This allows us to bring UNC's services to our patients in Raleigh."

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## IN DEPTH

# ARTS AND CULTURE



Patrick Dougherty, Trail Heads, North Carolina Museum of Art

MUSEUMS	FAST FACTS
<b>N.C. Museum of History</b> ncmuseumofhistory.org 919-807-7900	More than 150,000 artifacts, including objects used by the Office of Strategic Services in clandestine operations during World War II; dance regalia and music from N.C. powwows. Free.
<b>N.C. Museum of Natural Sciences</b> naturalsciences.org 919-733-7450	Houses the only dinosaur with a fossilized heart and the only Acrocanthosaurus skeleton on display in the world. Interact with objects and live animals to learn about the natural world. Free.
<b>N.C. Museum of Art</b> ncartmuseum.org 919-839-6262	Collection spans more than 5,000 years, with works by masters such as Botticelli, Raphael, Claude Monet, and Georgia O'Keeffe; an African art gallery; one of the country's only Jewish ceremonial art galleries. Free.
<b>Playspace Children's Museum</b> playspacemuseum.com 919-832-1212	Playing and learning for infants to age 7. Includes a café for pretend chefs, a music and movement room, and train and depot area. Admission is \$5. Free for those younger than 1 year.
<b>Raleigh City Museum</b> raleighcitymuseum.org 919-832-3775	Artifacts, images, and historic accounts of everything from urban development to civil rights tell the capital city's story. Free.
<b>N.C. Sports Hall of Fame</b> ncshof.com 919-807-7900	The North Carolina Sports Hall of Fame honors the state's greatest sports figures and includes artifacts such as Richard Petty's stock car and Meadowlark Lemon's uniform.
PERFORMING ARTS	FAST FACTS
<b>North Carolina Theatre</b> nctheatre.com 919-831-6950	The rest of the 2006 season's performances include <i>South Pacific</i> , <i>The Wizard of Oz</i> , and <i>The Music Man</i> . Past productions have included actors such as Terrance Mann, Sharon Lawrence, and Deborah Gibson. Tickets are \$23-\$70.
<b>North Carolina Symphony</b> ncsymphony.org 919-733-2750	A full-time, 65-member orchestra that performs about 60 concerts a year in the area. Some of the world's top soloists, such as Itzhak Perlman, have performed with this symphony.
<b>Carolina Ballet</b> carolinaballet.com 919-719-0900	Founded in 1997 under the artistic direction of Robert Weiss, former principal dancer with the New York City Ballet. Two more shows this season: <i>Spiritual Journey</i> and <i>Cinderella</i> .
<b>The Opera Company of North Carolina</b> operanc.com 919-834-4000	Internationally renowned casts and sold-out performances. Presenting <i>The Barber of Seville</i> in June at Memorial Auditorium, Progress Energy Center for the Performing Arts.

IN DEPTH

WHERE TO EAT AND STAY



Enoteca Vin

PHOTO COURTESY OF JAY MARSHALL BRONCO

WHERE TO EAT	FAST FACTS
<b>Big Ed's City Market</b> 220 Wolfe St. 919-836-9009	The menu changes daily, but it's always filled with traditional Southern staples such as biscuits and sawmill gravy, hot cakes, chicken and dumplings, collard greens, and country-cured ham. Antique farm implements and Americana are on display throughout. Cash only.
<b>Enoteca Vin</b> 410 Glenwood Ave. South 919-834-3070	Excellent seasonal cuisine by Chef Ashley Christensen includes small plates such as White Anchovies with Fried Capers and entrees such as Pan-Roasted Local Black Grouper with Carolina Crab. More than 60 wines by the glass and more than 500 by the bottle. Dinner and Sunday brunch only.
<b>Nana's Chophouse</b> 328 W. Davie St. 919-829-1212	Chef Konrad Catolos, who has trained under chefs such as Emeril Lagasse, serves up Italian-style chophouse fare along the lines of Veal Chops and Fried Calamari with Smoked Tomato Aioli. Dinner only, but a weekend bar menu caters to late-night diners and post-theater patrons.
<b>Nelsons</b> 521 Daniels St. 919-832-9815	French and American cuisine comes together as Lobster Thermidor, a Colossal Shrimp Cocktail, Kodiak Crab Imperial, and Oysters Rockefeller. Three oyster bars, a dining loggia, a reserve wine bar, and an outdoor bar upstairs help create a well-designed dining experience.
<b>Zely &amp; Ritz</b> 301 Glenwood Ave. 919-828-0018	This small restaurant's tapas-style dishes are made with organic, locally grown ingredients, seasoned with Mediterranean and Middle Eastern spices. <i>Organic Style Magazine</i> , October 2005, named Zely & Ritz as one of the 20 Best Organic Restaurants in America. Lunch and dinner.

WHERE TO STAY	FAST FACTS
<b>Raleigh Marriott Crabtree Valley</b> 4500 Marriott Drive 919-781-7000	This six-story hotel sits on 10 landscaped acres across from the Crabtree Valley Mall, where you can visit more than 220 stores, as well as restaurants such as P.F. Chang's, the Cheesecake Factory, and Kanki Japanese House of Steak & Sushi.
<b>The Velvet Cloak Inn</b> 1505 Hillsborough St. 919-828-0333	Less than five minutes from downtown, the inn is popular with corporate and government travelers. The Velvet Cloak is also closely associated with neighboring N.C. State University, and shopping and entertainment are a short walk away.
<b>William Thomas House Bed and Breakfast</b> 530 N. Blount St. 919-755-9400	In the heart of downtown Raleigh, this B&B is within walking distance of the Governor's Mansion, the Capitol Building, museums, City Market, and more. In addition to free wireless Internet access and a full breakfast, guests have membership privileges at the YMCA, a short distance away.

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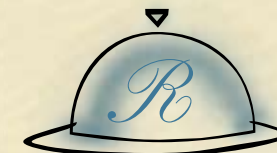
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## IN DEPTH

# INTERNS and INNOVATIONS

The goats across the street told Kimberly Storey of Plexus Technologies that Centennial Campus wasn't just another anonymous office park. Campus managers figured that the curious sight of hungry goats under the shelter of a party tent definitely beat having to use hazardous herbicides.

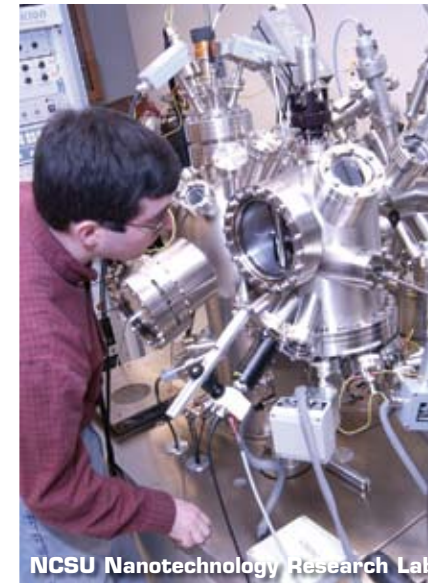
Weird weed containment on vacant lots isn't the only way that Centennial Campus differs from other office parks. Part of North Carolina State University (NCSU), the 1,300-acre development seeks out corporate and government tenants who are eager to collaborate with university researchers and offer real-world experience to students. Several NCSU schools, including engineering and veterinary science, occupy buildings there. Construction of an NCSU demonstration biotechnology plant is underway.

Centennial has attracted more than 100 tenants ranging from software peddlers to an underwear maker. Red Hat, distributor of the Linux computer operating system, has its headquarters here. A division of drug-maker GlaxoSmithKline performs research nearby. A few blocks away, professors plot a future for the beleaguered U.S. textile industry.

One of them, Benham Pourdeyhimi, is an innovator in techniques for making

the nonwoven textiles used in products such as baby wipes and car clutches. Drop by his office, and he'll challenge you to try to rip a piece of high-strength cloth developed in his lab.

Storey says her company, Plexus, identified Centennial Campus as an ideal office site as soon as it decided to expand



NCSU Nanotechnology Research Lab

into Raleigh. A Wisconsin contract-engineering firm, Plexus values the proximity to the engineering school.

"We have 10 NC State interns right now," she says. Their work has accelerated a project to identify toxins in electronic devices sold in Europe.

Giles Shih, president of BioResource International (BRI), prizes the closeness

to NCSU, too, but for a different reason. He likes being near his dad, an N.C. State professor who invented the technology on which Shih's company is based. BRI's chicken-feed additive breaks down proteins, letting the birds grow faster and stay healthier.

"I call it yogurt for chickens because, like yogurt, it's based on bacterial fermentation," Shih quips.

Centennial's name helps a little startup like BRI, which began in the park's business incubator, he adds. "When we say we're on Centennial Campus, it gives us legitimacy."—by Tim Gray



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