

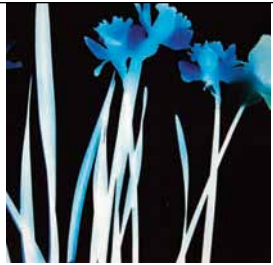
An impressionistic painting of a forest in autumn. The trees are rendered with thick, expressive brushstrokes in warm colors like orange, yellow, and brown, with some cooler tones of blue and purple. The composition is dense and vertical, with many thin tree trunks and branches reaching upwards.

MILL

A MONTHLY MUSIC, ARTS, LITERATURE AND FOOD PUBLICATION
OF THE CARRBORO CITIZEN VOL. 5 + NO. 2+ NOVEMBER 2011

INSIDE: * MURPHEY SCHOOL RADIO SHOW * SHARK QUEST
* GRAY FOXES * BIÈR DE GARDE * OYSTER SEASON

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HAVE SOME MORE

A couple of weeks ago, I had the good fortune to attend a wine dinner at Acme, one of the sort of stuff-yourself-to-the-gills and stumble-out-the-door events that our local restaurants host from time to time. Despite the extra hours at the gym the meal required, the scallop ceviche, pork cheek risotto and – there goes that button – dark-chocolate custard proved well worth it. I left the dinner feeling inspired, and not just because I'd consumed more than my share of malbec.

I like to think of November as a month of indulgence, and there's no better time of year to hunker down and bake, sauté and braise yourself silly. The Thanksgiving holiday, of course, provides ample opportunity for us to flex our culinary muscles and take advantage of the North Carolina bounty available – soon to be growing, thanks to the recent opening of the Piedmont Food and Agricultural Processing Center. Visit pre-Thanksgiving farmers'

markets on Nov. 22 in Carrboro, Chapel Hill, Durham and Hillsborough to get the best of what our farms have to offer.

If seafood's more your speed, check out one of our seafood providers – Tom Robinson's Seafood, Core Sound Seafood (at Weaver Street Market) and Dock to Door – for fresh catch from the North Carolina coast. And as The Eater recommends on page 8, be sure to take part in a sampling of this year's state oyster harvest.

There's so much good food out there that demands eating that we can be pretty particular about our ingredients, so collect a few of the best, and get cooking.

— Susan Dickson

On the cover: Michael Brown's "Autumn Sycamores" is on display at Hillsborough's Eno Gallery through Nov. 22. Brown is known for his colorful murals throughout downtown Chapel Hill and beyond.

MILL

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ROSS'S ALMANAC

*The husky, rusty rassel of the tassels of the corn,
And the raspin' of the tangled leaves, as golden as the morn;
The stubble in the furries — kindo' lonesome-like, but still
A-preachin' sermons to us of the barns they grewed to fill.*
— James Whitcomb Riley, "When the Frost is on the Punkin"

November is when the deed is done, when everything annual that's still kicking comes to a crashing end as the average low plummets from 43 to 31 degrees. The month commences with All Saints Day and Día de los Muertos, then very quickly kills off an hour of daylight in the afternoon with another of man's infernal meddling with the clock. Daylight Savings Time, as its fans like to call it, ends Sunday morning, Nov. 6. Fall back if you must, and please note that it messes a bit with the following sunrise/sunset item.

Nov. 1 – Sunrise: 7:38 a.m.; Sunset: 6:20 p.m.

Nov. 30 – Sunset: 7:07 a.m.; Sunset: 5:02 p.m.

Moon Phases

☾ **First Quarter – Nov. 2** 🌕 **Full Moon – Nov. 10**

☾ **Last Quarter – Nov. 18** 🌑 **New Moon — Nov. 25**

The Full Moon in September is known as the Hunter's Moon, Beaver Moon, Frost Moon and Snow Moon.

Planets & Stars: November is all about the Leonids, one of the biggest meteor displays of the year. They typically run around Nov. 10-21, with the peak around the 16th or 17th. Look in the western sky near Leo.

November is Child Safety Month, Good Nutrition Month, Latin American Month and National Adoption Month.

Significant Dates

- Nov. 1 is All Saints Day and National Author's Day
- Nov. 2 is Día de los Muertos
- Guy Fawkes Day is Nov. 5
- Election Day is Tuesday, Nov. 8
- Veteran's Day is Nov. 11
- Homemade Bread Day and Take a Hike Day are Nov. 17
- Nov. 20 celebrates the Mexican Revolution
- Thanksgiving is on Nov. 24

rossalmanac.com/journal

ART NOTES

In the galleries

Fans of Michael Brown's murals throughout downtown Chapel Hill and the Triangle have another opportunity to view his work at Hillsborough's Eno Gallery this month. His new work successfully expresses his perceptions of nature, rather than creating exacting representations (see cover for Brown's "Autumn Sycamores," part of the exhibit).

At The ArtsCenter this month, Steven Silverleaf's "Quartet," an exhibit of his collages, is on display in the Center Gallery, while the East End Gallery is host to "Our Daily Walls," paintings by Julia Clift. Receptions will be held during the 2ndFriday Artwalk on Nov. 11.

The Carrboro Branch Library at McDouggle School presents "Plein Air," an exhibit of art inspired by Orange County farms by Louise Francke, Carroll Lassiter, Nerys Levy, Jennifer Miller, Pat Scheible, David Taylor, Emily Weinstein, David Otto and poet Maura High. Much of the work is inspired by the 152-acre Blackwood Farm at New Hope.

FRANK's featured artists for November are Sasha Bakaric and John Rosenthal. For her ceramic work, Bakaric draws inspiration from microscopic images of various cells and microorganisms as basis of all life. Rosenthal thrives on the compositional demands of black and white as the architecture to hold his photographs together. An artists reception will be held at the gallery on Nov. 17.



Steven Silverleaf's "Navel"



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Foxes and failures



Photo by Mary Parker Sonis

For the past few years, I have wanted to photograph our native gray fox, but the habits and habitat of this particular canid have made it quite a challenge. Unlike the bolder European red fox (which was introduced to the region in the 1700s for the purpose of sport hunting on horseback), the native gray fox is an elusive creature that protects itself by hiding in the crevices and deep brush of deciduous forests. The red fox is more suited for a long chase over cleared farmlands and pastures. If the gentry had attempted to hunt the gray fox on horseback, it would have been a very short chase. When chased, almost immediately a gray fox will hole up, dive for the underbrush or simply climb a tree.

The tree-climbing ability of the gray fox is unique for any canid in North America. It proves advantageous in escaping predation by any dog or coyote and aids the fox in securing food for its varied diet. The gray fox is extremely omnivorous, more so than the red. Particularly in fall, the

gray fox will eat large amounts of berries, acorns and persimmons, along with the expected diet of rabbits, mice, voles and insects.

Although the fox is thought to be strictly crepuscular, or nocturnal, in fact, a fox can easily be observed during daylight hours. We have been told that if we see a fox during the day, it is most likely a sick animal, but this is not always true. Healthy foxes will often venture out during the day. Indeed, a female with kits might need to hunt throughout the day in order to feed a litter of three to seven young.

However, my pursuit of the gray fox has generally been a doomed affair. One fox casually trotted by me at the New Hope waterfowl impoundment, but I was using a slow camera at the time, and by the time the camera struggled to focus, I had nothing to show for my efforts but a picture of tangled greenbrier. That day, I marched through the wet bog for more than two hours in the vain hope of relocating a grizzle-gray coated creature no larger than a tall housecat. Another attempt for the

fox photo came on Mt Sinai Road at sunset. A fox crossed the road, and I sprang from my car, camera in hand, only to wander aimlessly in the woods until the lack of sunlight forced me to call off the search.

Last summer, I could be found lurking by the trailer classrooms of Chapel Hill High School, camera ready, searching for the foxes that had taken up residence beneath the trailers. That attempt failed, and probably made me look like a classroom stalker. Fortunately, school was not in session.

My big moment came at Jordan Lake. After taking photos of herons from the shoreline, I decided to check a small reed-filled cove that is home to a kingfisher. Just as I was about to step off the paved lot and enter the woods, I spied a gray fox. He trotted down the single-track path and sat in a bit of sun to scratch his ear with a hind foot. Careful to stay off the noisy leaf litter, I photographed the fox from the paved lot. After a bit of grooming, the fox turned to face me, and I managed to fire off one shot before he noticed

my presence and retreated down the path into the dense reeds. I went home delighted, and put the photos up on the computer. In my haste to catch the fox, I had neglected to change the camera settings from the bright light of the beach to the relative darkness of the woods. All of the photos had just a bit of motion blur. Mr. Fox had eluded me without even trying!

This failed attempt was irksome. I stewed. The next morning, still thinking about the fox, I got into the car and headed back out to the lake, hoping for something that we rarely have the opportunity for: the do-over. Before getting out of the car, I made camera adjustments, then headed quietly for the path where I had seen the fox retreat. I arrived at the exact time that the fox had appeared the previous day, thinking perhaps the fox was a creature of habit. I stood by the path near a rocky outcropping that I suspected was a good hiding place for a fox, and I waited, camera raised and ready. Within five minutes, the gray outline of the fox was visible, slipping between the reeds. He silently worked his way to the path and stood before me. Somehow, he did not notice me; I stood utterly still and took my photos.

I could clearly see the almond-shaped vertical pupils that make the fox appear so cat-like. I could see the long curved front claws that the fox uses to climb trees. His rust-hued ears and ruff accented the silvery gray of his back. He was a wisp of a creature that probably weighed no more than 10 pounds. Turning slowly, he stood in profile and I could see an elegant vulpine narrow muzzle and a fluffed tail with its characteristic black topline. What a beautiful creature!

My pleasure in the day (and the moment) was not diminished by the knowledge that many of my neighbors have seen gray foxes lolling on their decks or sunning on mulch piles. The day was rewarding simply because I had failed so many times before.

"When they seldom come, they wish'd for come."

LITERARY

Carrboro Branch Library

Ongoing Events — Computer Classes, Saturdays, 10am; Storytime, Saturdays 10:30am, Ages 1-5

Book Sale — Nov. 5, 8am-3pm; Nov. 6, 1-4pm

Chapel Hill Public Library – at University Mall

Library Closed Nov. 24-25

Ongoing Events — Story Time, Tuesdays, 3:30pm; Time for Toddlers, Thursdays, 10:15am; Computer Classes, Fridays, 8:15am; Baby Time, Fridays, 10:15am; Knitting for Charity, Tuesdays, 1pm

Adult Book Group — To discuss Hilary Mantel's *Wolf Hall*. Nov. 21, 7pm

Pajama Story Time — Ages 2 and up. Nov. 30, 7pm Free

Chatham County Community Library

Library Closed Nov. 11, 24, 25, 26

Ongoing Events — Storytime, Tuesdays, 3:30pm; Computer Classes, 545-8086

Common Thread — Crafting Group, Nov. 3 6pm Free 545-8084

Aspiring Authors' Workshop — Nov. 3 4pm 545-8084

Gaming Day — Family activities for all ages. Nov. 12 10am-4pm 545-8085

McIntyre's

Jeri Westerson — To read from *Troubled Bones*. Nov. 5, 11am

Jonathan Boyarin — To share from *Mornings at the Stanton Street Shul: A Lower East Side Summer*. Nov. 6, 2pm

Caroline Preston — To read from *The*

Scrapbook of Frankie Pratt. Nov. 12, 11am

Larry Rochelle — To read from *Bo-naventure*. Nov. 13, 2pm

Joe and Teresa Graedon — To discuss *Top Screwups Doctors Make and How To Avoid Them*. Nov. 16, 2pm

Bookends Meeting — To discuss *Led* by Dr. Wayne Pond, will discuss Valerie Martin's *Mary Reilly*. Nov. 17, 4pm

Molly Stevens — To discuss *All About Roasting: A New Approach to a Class Art*. Nov. 19, 11am

Hazel's Book Club — To discuss *A long Walk to Water* by Sue Lee Park. Nov. 19, 2pm

Playmakers Discussion — Of *Who's Afraid of Virginia Woolf?* Nov. 21, 6pm

Flyleaf

Alex Rosenberg — To discuss his book *The Atheist's Guide to Reality: Enjoying Life Without Illusions*. Nov. 3, 7pm

Book Lovers Club — To discuss *Empire of the Summer Moon*, by SC Gwynne. Nov. 8, 7pm

Caroline Preston — To discuss *The Scrapbook of Frankie Pratt*. Nov. 11, 7pm

Deep Dish Discussion — Of *Where God Was Born: A Journey by Land to the Roots of Religion*, by Bruce Feiler. Nov. 14, 7pm

Sallie Ann Robinson — To be the guest speaker for Culinary Historians of Piedmont NC. Nov. 16, 7pm

Molly Stevens — To discuss *All About Roasting: A New Approach to a Class Art*. Nov. 17, 7pm

Carl Ernst — To discuss *How To Read the Qur'an*. Nov. 28, 7pm

Internationalist Books

Book Group — To discuss *Deep Green Resistance: Strategy to Save the Planet*, by Derrick Jensen, Lierre Keith and Aric McBay. Nov. 14, 7pm

THEATER

The ArtsCenter

Guys and Dolls — Presented by Pauper Players. Nov. 11-15 8pm artscenterlive.org

Coming Home — Presented by the Carrboro Modern Dance Company. Nov. 18, 8pm

PlaySlam — In collaboration with the Playwrights Roundtable. Nov. 19, 8pm

Transactors Improv — For families. Nov. 26, 6pm artscenterlive.org

Playmakers

The Parchman Hour — Depicts a variety show developed by inmates at Parchman Farm Penitentiary during the civil rights movement. Through Nov. 13

Who's Afraid of Virginia Woolf — Opens Nov. 30, 7:30pm

Deep Dish Theatre

Nathan the Wise — The intricate story of a young couple caught between warring religious factions in Jerusalem during the Crusades. Through Nov. 19 deepdishtheatre.org

DSI Comedy

Harold Night — Nov. 4, 8pm \$10

CageMatch — Nov. 4, 11, 18 9:30pm \$10

Mister Diplomat — Nov. 4, 11, 18, 25 10:30pm Free

Improv Slam — Nov. 5, 12, 19, 26 7:30pm and 9:30pm \$10

Giuseppe — High School Improv. Nov. 11, 7pm \$10

Best Show Ever — Nov. 11, 18, 25 8pm \$10

DANCE

Ballroom — Seymour Senior Center, fourth and fifth Thursdays 7-9:30pm \$2 968-2070

Carrboro DanceJam — Freestyle dance. Balanced Movement Studio, first Fridays 8pm 968-8776

Triangle StarDusters Ballroom — Couples and singles are welcome. Fred Astaire Dance Studio, second Saturdays 8-11pm \$7/StarDusters members and students, \$12/others 942-7232

Shag Dancing □ General Store Café, Mondays, beginner class at 7pm, dance at 9pm

Contra Dance — Sponsored by Foot-Loose/Contrazz, Carrboro Century Center. Nov. 5, lesson 7:30pm/ dance 8pm. \$9

Contra Dance — With music by Steamshovel, caller Robert Cromartie. Carrboro Century Center, Nov. 11 tcdancers.org

Contra Dance — Third Friday dance sponsored by Carolina Song and Dance Association. Carrboro Century Center, Nov. 18 csda-dance.org \$8

Swing Dance — Carrboro Century Center, second Saturdays, lesson 7:30pm, dance 8pm triangleswingdance.org

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THE READER

BY VICKY DICKSON

NEEDED: A NATION OF HEALTH CARE SKEPTICS

Dr. Nordin Hadler is on a mission to change the way health care is delivered in this country. He doesn't mince words in his estimation of the problems the system faces: "No American can rest easy or secure until we address replac[ing] the American 'health care system' with one that displaces profit with reason on the moral high ground."

Hadler excoriates medical institutions, insurance companies, drug and device makers and other players for frequently putting their own interests before the well being of patients.

But no reader should assume from that that Hadler rejects Western medical practice itself. No one should think that, in criticizing the system in which physicians are increasingly forced to practice, Hadler is denigrating physicians themselves. To the contrary – Dr. Hadler, a practicing rheumatologist who's taught at the UNC School of Medicine for nearly 40 years, believes that "the greatest resource in the American health care system is the generations of bright, ethical and committed young women and men who have entered medicine following my generation."

But: "Few can practice according to their conscience. If they did, they'd starve. Informed medical decision-making requires physician-patient trust and time. In America, it takes 20 seconds to write a prescription or order a test; it takes 20 minutes or more not to do either – and neither activity goes far

to decreasing the office 'overhead.'"

The necessity of contributing to medical overhead – the administrative costs, the upkeep of hugely expensive facilities and equipment, the costs of insurance processing – combined with drug and medical-supply companies' demand for ever-increasing profits has led, Hadler believes, to the increasing "medicalization" of conditions that are more appropriately viewed as stages of life. It has led to the widespread overuse of screening tests that have little likelihood of detecting disease in any given, asymptomatic, patient. And it has led to surgical procedures being performed that have more potential to harm than help the patients who undergo them.

Hadler has been publicly challenging the medical status quo for a decade, and in the process has produced four books for the general reader: *The Last Well Person*, *Worried Sick*, *Stabbed in the Back* and his latest release, *Rethinking Aging: Growing Old and Living Well in an Overtreated Society*.

Hadler's theme in *Rethinking Aging* is that aging is a natural process that we should embrace, rather than attempt to resist with dubious medical interventions. His studies of U.S. Public Health Service demographic data having convinced him that 85 is probably the maximum age to which most of us should aspire, he sees this as "a fact of life that allows us to restructure fear of death into joie de vivre as we age well past 60." Since ill-advised medical intervention can seriously interfere with

one's enjoyment of life, or even lead to premature death, it's crucial for elderly patients and their advocates to have a clear understanding of the risks as well as the possible benefits of every medical procedure they are advised to undertake.

Hadler believes that the doctor-patient relationship that best serves both is one that "holds the patient up as the captain of the ship and the doctor as but a navigator." To encourage such relationships, he's filled *Rethinking Aging* with a wealth of information on various commonly recommended tests and procedures, ranging from mammograms and PSAs to cardiac stents and back surgery. And even more importantly, he's provided his readers with valuable perspective that should make it easier for them to captain the ships of their own health.

Given the current trajectory of health care costs, reducing unnecessary medical procedures should be a national as well as an individual priority. Hadler says what's needed is "a nation of skeptics willing to ask pointed



Photo by Paul Braly

questions of anyone who offers them 'health care' and willing to walk when the answers seem evasive."

To our great benefit, he's leading the charge.

Contact Vicky Dickson at vgreen-dickson@gmail.com



Wed 11/9 5:30-7 pm

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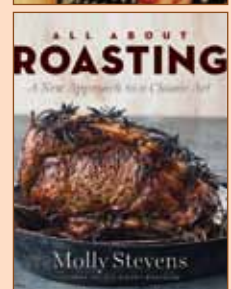
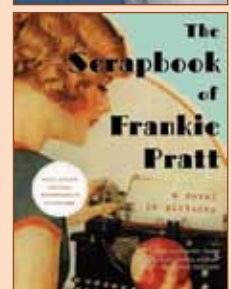
Climate Change: The History, the Science, and the Controversy with JOSE RIAL, UNC Professor of Geologic Sciences. Tickets \$18 in advance, \$20 at the door. Call 919-962-1544 to register.

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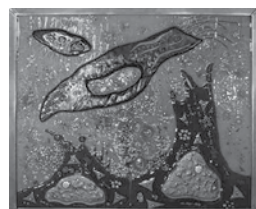
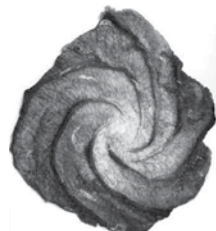
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THE EATER

BY KIRK ROSS

In praise of local clusters

Oyster season is upon us. The beds opened on Oct. 15, and bins filled and emptied at fish shacks of all sorts throughout the state.

The North Carolina Oyster Festival in Southport kicked things off the first weekend of the season. If you're ever near Southport for the opening of the season, a trip to the festival is well worth it, if not for the sight of several large steamers steaming endless bushels of oysters then for the outlandish olfactory experience it offers.

Around here, opening season was typically ho-hum, outside of Tom Robinson's, as local oysters just don't seem as celebrated as they once were. It's one of those foodways that still has adherents but has become more for ritual than nourishment.

Oyster are special, but they shouldn't be mysterious, and if you know a little about the local varieties, you can save yourself some money and get a type tuned to your preferences.

As with most seafood, weather plays a big role in the oyster harvest.

This year, Hurricane Irene tore through Pamlico Sound, and there was a lot of worry about the impact on the sound's prolific western beds. The harvest from the Pamlico has been up in the past few years, so much so that last year the Division of Marine fisheries increased the amount it allows to be taken. The Eater had some very plump, not-too-salty Pamlicos last year.

Division biologists say the beds north of Sneads Ferry were damaged from silt and debris, which suffocated a large part of the oyster population. The affected areas are expected to come back though, with oysters big enough to harvest in about three years.

Farther down the coast, it has been a particularly good season so far, especially in the deepwater beds around Topsail. Stump Sound production has been good as well, but heavy rains closed the sound waters for a few days after the first week of the season.

The main difference between the two is that Topsail oysters tend to be a little saltier, while Stump Sound oysters are a little plumper. Topsail Singles seem to be particularly salty.

Right now, retail prices on the coast are in the \$12-17 per-peck range. Add a few dollars to that for prices here in the Piedmont.

On the high end of the scale, you'll find cultivated varieties like Stump Sound Selects, which are prized for their consistency in plumpness and size.

Oysters from both places can be bought either as singles or clusters.

Here in the Piedmont, you're more likely to see singles, with bushel prices in the \$55 to \$60 range. If you're going raw, they're far easier to handle.

But if you're steaming your oysters, there's no better way to go than a bushel or so of clusters. Inconsistent size and number of oysters in the clusters makes them harder to sell to restaurants and other places that demand consistency. That lowers the price down, and on the coast — a mere three-hour drive away — you can get a bushel of clusters in the low to mid \$30s, and often cheaper.

It's hard to tell right now just how the rest of the season will go and how long the beds will be open, but North Carolina oyster season is definitely off to a fine start.

Just be careful with the knife, OK?



Photo by Kirk Ross

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TASTE OF THE TOWN: ELAINE'S ON FRANKLIN



Bret Jennings
Photo by Alicia Stemper

Located in the heart of West Franklin Street, Elaine's has been delighting diners and critics alike since 1999 with chef/owner Bret Jennings' unique regional American cuisine, a fusion of bold flavors and classic preparation. Sourcing the finest local ingredients available, Jennings has received national recognition, including an invitation to cook at the James Beard House in New York City.

This recipe "always works around the holidays, but is good anytime of year, and easy for home cooks. ... The corn relish, oysters and salad may be a bit ambitious, but is how we decided how to incorporate one of my favorite breakfast recipes into Elaine's dinner menu. ... Sausage ring is a traditional Christmas morning dish at my mom's house. Great for breakfast – no oysters or salad necessary." – *Bret Jennings, chef/owner*

MOM'S APPLE SAUSAGE RING WITH RELISH AND SMOKED OYSTERS

INGREDIENTS

- 2 eggs slightly beaten
- ½ cup milk
- ¼ cup minced onion
- 1 cup peeled chopped apple
- 1 teaspoon red pepper flake (may omit if using spicy sausage)
- 1 teaspoon each chopped thyme, rosemary, parsley
- 2 pounds bulk pork breakfast sausage
- 1½ cups crumbled Ritz crackers

PROCEDURE

Prepare the night before. Grease a Bundt pan. In a bowl, mix ingredients in the order listed above, incorporating gently with fingers. Lightly form mixture into pan with slight pressure. Bake at 350 degrees for 45 minutes. Let sit five to 10 minutes, then carefully turn onto rack or plate to drain before serving.

CORN RELISH

INGREDIENTS

- 10 ears corn cut from cob

- ½ cup diced green pepper
- ½ cup diced red pepper
- ½ cup diced red onion
- ½ cup diced celery
- ¾ cup sugar
- 1½ teaspoons mustard seed
- ½ teaspoon celery seed
- 3 dried chipotles
- 10 cloves garlic
- 1 1/3 cups cider vinegar
- 1 cup water
- 2 tablespoons salt

PROCEDURE

Combine all ingredients except corn in a stainless steel pot and bring to a boil. Add corn and cook five more minutes. Pour into gallon jar and cool immediately.

SMOKED OYSTERS

INGREDIENTS

- 2 quarts shucked oysters with liquor

PROCEDURE

Prepare smoker for cold smoke as per manufacturer's instructions. Pour oysters into perforated pan with a catch pan underneath. Cold smoke without heating more than necessary. Cool immediately, and reserve liquor.

DARK CIDER JUS

INGREDIENTS

- 3 carrots, chopped
- 2 onions, chopped
- 3 ribs celery, chopped
- 1 head garlic, crushed
- 2 bay leaves
- 2 cups dry white wine
- ½ cup pickling juice from pickled corn
- ½ cup apple cider vinegar
- Smoked oyster liquor
- 1 gallon roasted poultry stock

PROCEDURE

In a 6-quart stockpot, caramelize the vegetables in olive oil, then deglaze with the wine, pickle juice, vinegar and liquor. Reduce liquid by one half, then add the roasted poultry stock. Simmer gently until the flavor intensifies and the sauce slightly coats a spoon.

Strain through a colander, pressing on the veggies to extract fully. Cool.

ASSEMBLY

Place slices of the freshly baked sausage ring in each person's bowl. Warm up some cider sauce together with the oysters, just until the edges of the oysters start to curl, then spoon the oysters and sauce over the sausage.

Dress a tiny amount of baby lettuces or mesclun with some of the pickled corn, using some of the pickling liquid as a vinaigrette. Neatly nestle some of the salad and corn on top of the sausage ring. Sprinkle thinly sliced green onions over the dish. Eat leftover sausage ring for breakfast with eggs.

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Sun 12noon-10pm

VIVE LA BIÈR DE GARDE: A BEER FOR HEARTY HOLIDAY FARE

STYLE

Bièr de Garde is the quintessential French beer. In a land known for its wine, Bièr de Garde stands out as a style with complexity to rival its vinous counterpart. Essentially a pale ale, the term Bièr de Garde translates as “beer for keeping.” This alludes to the way it is brewed: a warm fermentation, like for a pale ale, followed by a cool lagering, or keeping period, which smoothes out its flavor profile. Historically, Bières de Garde were brewed in the early spring, then stored for continuous consumption through the summer, fall and winter. Bières de Garde, and their Belgian cousins, Saisons, are sometimes referred to as farmhouse ales, due to the fact that they were brewed by and for farmers to provide sustenance while working the fields.

For a style that has such close ties to the land and those who work it, it is no surprise that Bières de Garde offer an array of rustic aromas and flavors. Aromatics include faint, sweet caramel and toast interspersed with herbal notes, held together by its hallmark: a musty, woody, cellar-like nose. Color can range from blond to amber to brown, with a seductive haze and ample khaki foam. Taste is centered around the silky-smooth caramel malts, again with a peppering of herbal and musty accents. Perhaps the most notable aspect of a Bièr de Garde, however, is its ability to pull out and accentuate flavors in food. When paired with the right dish, the combination truly becomes an experience that’s more than the sum of its parts.

PAIRING

In pairing a meal with a Bièr de Garde, the holiday season gives us a great backdrop on which to find some delicious pairings. The malty backbone of a Bièr de Garde is a great complement to roasted meats, strong stews and savory dishes. The spicy, herbal essence of a Bièr de Garde lends itself well to matching the herbal overtones of stuffing and roasted vegetables. Lively carbonation also helps cut through fat and cleanse the palate.

La Brasserie La Choulette’s Ambrée is an ideal Bièr de Garde for a hearty meal. In the glass, La Choulette Ambrée has a hazy reddish amber hue with a thick, frothy head. Aromas of wildflower meadows, caramelized grain and oats provide a backdrop to its full flavor. Rustic flavors of baked country bread, thyme and sage are present; sweet grain and herbal hops take over into a long-lasting herbal finish.

The Brasserie La Choulette lies in the Le Nord-Pas-de-Calais region of France in the small town of Hordain. Brewing fewer than 4,000 barrels a year, this tiny brewery has a wide-ranging presence. Its owners, Alain and Martine Dhaussy, carry on the tradition of French Bièr de Garde brewing dating back to 1885. In the United States, Brasserie La Choulette offers three distinct beers: the Ambrée, a fruity Framboise made with real raspberries and Les Sans Culottes, which takes its name from French Revolutionary fighters.

MEATLOAF WITH FIG SAUCE

For a hearty meal, meatloaf would be a perfect dish to serve with a Bièr de Garde. This recipe adds a slight twist to a traditional meatloaf by using sweet Italian sausage and a fig sauce. Enjoy!

MEATLOAF

INGREDIENTS

- ¾ pound ground chuck
- 2 sweet Italian sausage links (about ½ pound)
- ½ cup breadcrumbs
- 1 egg
- 2 tablespoons sage
- 1 tablespoon thyme
- 1 teaspoon red pepper flakes
- ¼ cup La Choulette Ambrée

- ½ yellow onion, finely chopped
- 2 cloves garlic, minced
- ¼ pound pureed chicken livers (optional, for that extra French-country feel)

PROCEDURE

Preheat oven to 400 degrees. Remove casings from sausages. Thoroughly mix all ingredients into bowl. Shape into loaf on a cookie sheet. Bake for 35 minutes or until cooked through.

FIG SAUCE

INGREDIENTS

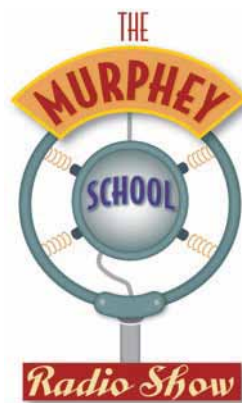
- ½ cup red wine vinegar
- ½ cup sugar
- ½ cup chopped figs
- Pinch of cinnamon
- Pinch of allspice
- Pinch of red pepper flakes

PROCEDURE

Add vinegar and sugar to saucepan and bring to a boil. Reduce heat to simmer. Add cinnamon, allspice and red pepper flakes, then figs. Simmer for 10 minutes or until sauce is thickened. Set aside.

ASSEMBLY

Slice meatloaf for serving. Drizzle fig sauce over slices of meatloaf. Serve with steamed broccoli and hearty French bread. Finish the meal with a cheese course of Bucheron or St. Andre with some leftover fig sauce and bread. The La Choulette Ambrée will match perfectly with the meal.



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SPOTLIGHT

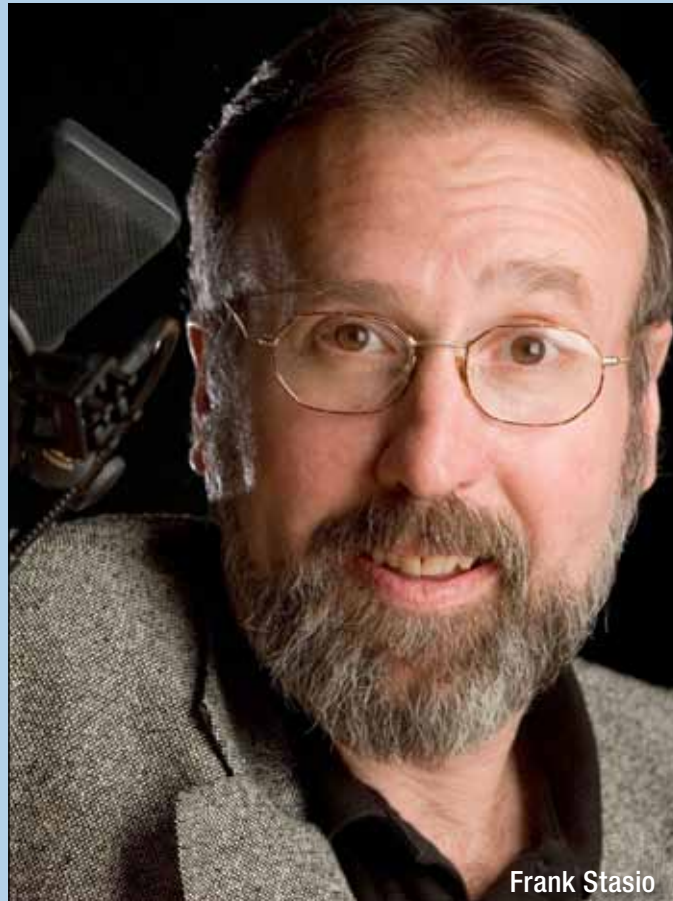
THE MURPHEY SCHOOL RADIO SHOW

Advertised as a mash-up of *Saturday Night Live*, *A Prairie Home Companion* and the *Grand Ole Opry*, The Murphey School Radio Show should appeal to an audience with a taste for variety.

Georgann Eubanks will serve as the ringmaster for the night's entertainment, which will include novelist Lee Smith, musical group Gigi Dover and The Big Love and public radio icon Frank Stasio.

Tickets to the show are \$50, with all proceeds going to the Community Home Trust and Housing for New Hope, two agencies that address affordable housing and homelessness in the Triangle.

The historic Murphey School will stage two performances, starting 7 p.m. on Nov. 12 and 1:30 p.m. on Nov. 13, but be sure to arrive early, as anyone arriving after show time will have to wait until intermission to be seated. The Murphey School is located at the Shared Visions Retreat Center on Murphey School Road, off Old N.C. 10. For more information, visit murpheyschoolradio.net



Frank Stasio



Lee Smith

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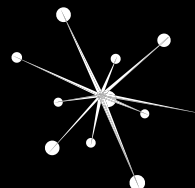


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CONCERTS

Kaki King with Lizzy Ross

Thurs. November 3, 8 pm. \$17 advance, \$20 day of show

NC Songwriters' Co-Op Song Contest

Sat. November 5, 7:30 pm. \$10, ArtsClub members \$8

ARTSCENTER STAGE

Pauper Players present "Guys & Dolls"

November 11 thru 15, 8 pm, Sun. matinee 2:30 pm. \$10 advance, \$12 day of show, \$8 members. Students, seniors, UNC faculty/staff \$5 advance, \$7 day of

Carrboro Modern Dance Company presents "Coming Home"

Fri. November 18, 8 pm. \$12 advance/\$14 day of, members \$10, students \$8/\$10, seniors \$10/\$12

PlaySlam

Sat. November 19, 8 pm. \$10/\$12/ members \$8, students & seniors \$8/\$10

Transactors Improv "For Families"

Sat. November 26, 6 pm. \$8/\$10/ members \$7, students & seniors \$5/\$8

Transactors Improv "Holiday Extravaganza"

Sat. December 3, 8 pm. \$14/\$16/ members \$12, students & seniors \$7/\$9

Amahl and the Night Visitors

December 9 thru 11 and 16 thru 18, 7 pm, Sat/Sun matinees 3 pm. \$22/\$27/ members \$16, students & seniors \$16/\$21, youth \$12/\$15

CHILDREN & FAMILY

Superfun Family Show: Elizabeth Mitchell

Sat. November 12, 11 am. \$12/ members \$10, youth \$10, family 4-pack \$40, kids 2 and under free

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CAUGHT ON FILM

BY MARGOT C. LESTER

Student filmmaker spotlight: Matthew Krieg

Seventeen-year-old Matthew Krieg wants to be a director and a screenwriter. Not content to daydream of being honored at the Golden Globes or winning an Oscar, he's actually developing his craft while still attending Durham's Riverside High.

"One of my first attempts at making a narrative short film was *Epidemic*, a drama/suspense film," he explains. "It was more of a learning experience than anything else. My most recent film is a drama called *A Soldier's Letter*, which was shot in three and a half hours, and is, coincidentally, three and a half minutes long. It was the first short film that I shot on a sound stage and that I didn't edit myself."

Krieg decided on filmmaking after attending the Movie Makers Summer Camp in Durham. He also became an avid viewer of the web series *Backyard Fx*, which showed how to make props from popular movies and cheap-and-easy ways to produce campy special effects. Now he's got

his sights set on film school.

"I'd like to write and direct my own indie films, but I try to get experience in all fields of film, like editing, cinematography – I've even taken an acting class," he says. "That way, if I do one day get to be a director, I'll understand what goes into all the other jobs, which will help me give better direction to the rest of my crew. Being a filmmaker has been my dream since childhood."

A film noir fan (he likes the cinematography and metaphor-heavy dialogue), one of Krieg's favorite films is *Requiem for a Dream*.

"It was shot and edited in a very unique and stylistic way," he explains. "It was able to tell a powerful and moving story in only 100 minutes. And it cost very little to make."

His favorite directors are Francis Ford Coppola and Christopher Nolan.

"Both directors make films that are very story driven and deal with the psychology of human beings," Krieg says.

Krieg's learning another important aspect of the film industry by volunteering with the Carrboro Film Festival. He was on the judging panel and is helping produce the show reel and highly anticipated open-

ing short.

"I didn't know much about film festivals and thought that volunteering would not only be fun but informative," he notes. "It was rewarding to learn what it's like to be a committee member. One of the most important things I learned is that submitting a 'good' film doesn't guarantee acceptance into a festival, and that if your film is rejected it doesn't necessarily mean that it's 'bad.'"

Krieg encourages other teens to attend

the event.

"It has great diversity – just about every type of genre. They will be impressed to see the amazing films that are being produced right in North Carolina, just as I was while I was reviewing them," he says.

The Sixth Annual Carrboro Film Festival will run from 1 to 7 p.m. on Sunday, Nov. 20 at the Carrboro Century Center. Admission is \$5. For more information, visit carrborofilmfestival.com

Student films accepted to the Sixth Annual Carrboro Film Festival

A New Life by Adrienne Ostberg, UNC-Greensboro

Found by Nick Baker, UNC-Chapel Hill

Friday Night Fright by Ashley Maria, University of Southern California

I Was Meant to Do This: The Chris Jobe Story by Baden Piland, Elon University

Nite Lite by Mariah Dunn, UNC-Greensboro

Opening by Devin Forbes, UNC School of the Arts

Plain Pine Box by Matthew Marenzi, UNC-Chapel Hill

Raising Islam by Jon Kasbe, UNC-Chapel Hill

Wyciananki by Irena Rindos, Clemson University

Architecture Movie Series

The next film in the 2011-12 Nowell's Architecture Movie Series will be screened on Nov. 17 at the Galaxy Cinema in Cary. The feature is a documentary about the National Stadium (also known as the Birds Nest) for the 2008 Olympics in Beijing, which shows how Chinese culture, politics, expectations and deadlines shaped the creation process. trianglemodernisthouses.com/movies.htm



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SPOTLIGHT

SHARK QUEST

While Shark Week on the Discovery Channel only comes around once a year, a performance by local band Shark Quest seems like an even rarer occurrence, one that gets the whole town talking.

Having not released an album in more than seven years, Shark Quest thrilled fans by coming back into the live music scene at Orange County Social Club's 10-year celebration in October. Almost exactly one year earlier, they had come out of their "hiatus of seven years of inactivity," said guitarist Laird Dixon, for an ArtsCenter benefit, but quickly submerged back into retirement.

Now that members Sara Bell, Chris Eubank, Kevin Dixon, Laird Dixon and Groves Willer have plunged back into the music-infested waters for a second time, they've decided to float around a little longer. Shark Quest, along with Zen Frisbee, which also features the Dixon brothers, will play a show at The Cave on Saturday, Nov. 5.

"Everybody is very gung-ho about it and very excited," Dixon said. "It's just going to be fun, and I guess it is a reunion of sorts."

Their third and last album to date, *Gods and Devils*, was released on Merge Records in 2004 and is a medley of songs that paints an intricate, yet lyric-less, story that can be individualized to the listener's imagination. Many of the songs from the album were used as a soundtrack to *Monster Road*, a documentary about Raleigh-based clay animator Bruce Bickford.

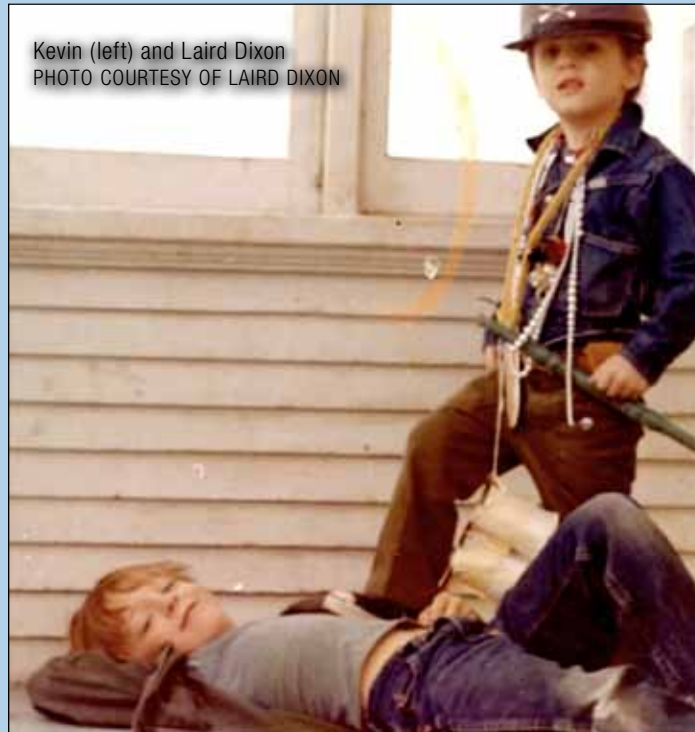
Although Shark Quest will have played two live shows in a four-week period, don't let the recent surge of activity fool you – Dixon said that after the Nov. 5 show they plan to take yet another musical hiatus.

When asked if he thought the elusiveness of Shark Quest added a little intrigue to these rare shows, Dixon answered both "yes" and "no."

"There are some people who say, 'Who the hell is this?' They didn't live here when we originally were popular in, like, a three-block radius," Dixon said.

"Then, yes, there are people who are really excited about it, who have either heard us on the radio or lived here for a while, and they are a really loyal following."

Regardless of which category you fall into, make sure to get yourself out to The Cave for what is going to be an exciting – and yes, rare – event. The show starts at 10 p.m. and tickets are \$5, a small price to pay for an elusive treat that seems to only come along every seven years. — *Rose Laudicina*



Kevin (left) and Laird Dixon
PHOTO COURTESY OF LAIRD DIXON

SPOTLIGHT

THE KINGSBURY MANX

Instead of waiting around for the sixth Kingsbury Manx album, due out early next year, get out of the house and get your fix at their Saturday, Nov. 19 show at Local 506.

The local five-piece indie rock band has been making sweet music together since 1999, and will be debuting new songs from their upcoming album at the show. With a strong and consistent sound that leaves their followers coming back for more, the Kingsbury Manx continue to see their local following grow, along with their outspoken pride for North Carolina and the Tar Heels.

Local Carrboro band Lilac Shadows will open the show, and are definitely not an opening act to miss – get there on time for the 10 p.m. bell to check them out.

Tickets are \$5 and doors open at 9:30 p.m.



PHOTO BY ROSS GRADY

LOCAL 506

11/2 WED	OCEAN GROVE / VOXHAUL BROADCAST
11/3 THU	Cat's Cradle Presents SISTER SPARROW & THE DIRTY BIRDS
11/4 FRI	MELT BANANA / REMORA
11/5 SAT	Pillow Fight Dance Party Featuring BANG!
11/6 SUN	MISTER HEAVENLY / MR. DREAM
11/8 TUE	Cat's Cradle Presents GIRL IN A COMA
11/9 WED	CLOUD NOTHINGS
11/10 THU	SIMPLIFIED / WORD ON THE STREET
11/11 FRI	Cat's Cradle Presents THE SEA & CAKE
11/12 SAT	Cat's Cradle Presents THE FLING
11/14 MON	GANGLIANS / THE TODDLERS
11/16 WED	KING KHAN & BLOODSHOT BILL are THE TANDOORI KNIGHTS
11/17 THU	BIG DADDY LOVE / DARK WATER RISING
11/18 FRI	Cat's Cradle Presents ZECHS MARQUISE
11/19 SAT	KINGSBURY MANX / LILAC SHADOWS
11/20 SUN	THE KNUX / JORDY TOWERS / PREFONTAINE
11/22 TUE	Cat's Cradle Presents MARIA TAYLOR
11/23 WED	CHEAP TIME / MANNEQUIN MEN
11/25 FRI	500 MILES TO MEMPHIS / THE PHATLYNX
11/26 SAT	L in JAPANESE Dance Party
12/1 THU	ERIC & THE DIMARZIOS
12/2 FRI	GASOLINE STOVE / SARAH SHOOK & THE DEVIL
12/3 SAT	MAGNOLIA COLLECTIVE CD Release Show with THE MOANERS / STAG
12/4 SUN	Cat's Cradle Presents MACKLEMORE & RYAN LEWIS
12/5 MON	STRAND OF OAKS / CALICO HAUNTS
12/6 TUE	Cat's Cradle Presents MAX BEMIS (of Say Anything)
12/7 WED	Cat's Cradle Presents XIMENA SARINANA
12/9 FRI	On The Rocks Tour with GRIEVES & BUDO
12/15 THU	Cat's Cradle Presents RACHAEL YAMAGATA
12/16 FRI	LIZZY ROSS BAND / THE BROADCAST
1/17 TUE	HE'S MY BROTHER SHE'S MY SISTER / SHOVELS & ROPE
2/7 TUE	SAMANTHA CRAIN / AMERICAN AQUARIUM

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MUSIC CALENDAR NOVEMBER

ACKLAND ART MUSEUM

The UNC Chamber Singers (11/6) Elizabeth Mitchell (11/12) The Loreleis (11/20)

THE ARTSCENTER

Triangle Jazz Orchestra (11/2) kaki King (11/3) Songwriters Co-op (11/5) Elizabeth Mitchell (11/12) Shamrockers (11/17) Doug Prescott Band (11/20)

BARN IN FEARRINGTON

The Bluegrass Experience 40th Anniversary Concert (11/4)

BYNUM FRONT PORCH

Front Porch Pickin' (11/12, 11/26)

CAT'S CRADLE

Rasputina, The Wilderness of Manitoba (11/3) Fitz and The Tantrums, Walk the Moon (11/4) Immortal Technique, Killer Mike, Diabolic, Akir, DJ Gl Joe (11/5) Trombone Shorty and Orleans Avenue, Kids These Days (11/6) Hayes Caril, Caitlin Rose (11/8) Saves The Day, Bay-side, I Am The Avalanche, Transit (11/11) Bombadil, Jason Kutchna, Future Kings of Nowhere (11/12) Tinariwen, Sophie Hunger (11/13) Architecture in Helsinki, DOM, Lo Fi Fink (11/14) Phantogram, Exitmusic (11/15) Breakestra (11/16) Manchester Orchestra, White Denim, The Dear Hunter (11/17) The Neil Diamond All-Stars, The Infidels (11/18) Yo Mama's Big Fat Booty Band (11/19) Greg Humphreys, Mark Simonsen, Stu Cole, Lizzy Ross, Jon Shain Trio, Tom Maxwell and The Minor Drag (11/25) Future Islands, Ed Schrader's Music Beat, Lonnie Walker (11/27)

THE CAVE

Morgan's End, Fifty Bird Step (11/3) The Evil Tenors, On The Take, Joe Norkus (11/4) Bad Dog Blues Band, Sharkquest (11/5) Junko, The Riff (11/6) Corbie Hill, Eric Jennins, Icarus himself (11/8) You Won't, Slingshot Cash, Bevel Summers (11/10) Laura Thurston, The Third Expression, Chandler Travis and Three-O (11/11) North Carolina Saxophone Ensemble, Bitter Resolve, Hog, In The Year of The Pig (11/12) Gavra, Derrick

Hart (11/13) InAeona (11/15) Wesley Cook, Stripmall Ballads (11/17) Gross Ghost, Lachi and Meridian Gold (11/18) Nikki Meets The Hibachi, Gravity's Pull, New Town Drunks (11/19) Coastal Vision, The Grapes, The Screaming Crayons (11/20) Kenny Roby, Stephen Simmons (11/25) Puritan Rodeo, Bloodroot Barter (11/26) Bubba Joe and the Bruisers (11/27) Parafilm, Viva DeConcini (11/30)

FLYING BURRITO

Tim Stambaugh (11/3, 11/10, 11/17, 11/24)

GENERAL STORE CAFÉ

Jazzbeau (11/3) Molasses Creek (11/4) Chawla (11/5) Gasoline Stove (11/11) Tommy Edwards and Friends (11/12) Tony Gaiani Band (11/17) Swift Creek (11/18) The Backbeat (11/19) Justin Johnson (11/25) Biali Cissokho and Kairaba (11/26)

LOCAL 506

Sister Sparrow and The Dirty Birds (11/3) Melt Banana, Remora (11/4) Mister Heavenly, Mr. Dream (11/6) Girl In A Coma, The Coathangers, Brothers of Brazil (11/8) Cloud Nothings (11/9) Simplified, Word on the Street (11/10) The Sea and Cake, Brokeback, Butterflies (11/11) The Fling, Floating Action (11/12) Ganglians, The Toddlers (11/14) The Tandoori Knights, Bloodshot Bill, The Piedmontsmen (11/16) Big Daddy Love, Dark Water Rising (11/17) Zechs Marquise (11/18) Kingsbury Manx, Lilac Shadows (11/19) The Knux, Jordy Towers, Smart Mouf (11/20) Maria Taylor, Dead Fingers, The Grenadines (11/22) Cheap Time, Mannequin men (11/23) 500 Miles to Memphis (11/25)

MEMORIAL HALL

Revolutionnaire et Romantique (11/12,13) Maceo Parker, Vusi Mahlasela (11/16)

NIGHTLIGHT

Animal Alphabet, Shenandoah, Prypyat, Tiny Victories (11/3) Mc Frontalot, Juan Huevos, Brandon Patton, Thought Criminals (11/4) AIDS WOLF, Unicorn Hard-On, Secret Boyfriend, Tooth Ache (11/7) Skoal Kodiak, Goldmouth (11/9) Salt to Bitters, Stag, Maldora (11/10) Collusus, Swordmasters of Ginaz (11/11) Microkingdom, Dolce Nirvana, Glass Witch (11/12) MV and EE, Snake (11/13) Blastocyst, Nine Fingered Thug, Crowmeat Bob (11/16) The Fooligans, Bastages, Almost People (11/17) Hammer No More The Fingers, Lonnie Walker, Free Electric State (11/18) Chuck Johnson, Fan Modine, Mark Holland (11/20) Dex Romweber Duo, Phil Cook and His Feat (11/26) Secret Boyfriend, Rind, Visk, Isabel Gun (11/29)

OPEN EYE CAFE

William Michael Dillon (11/4) Pink Grass Girls (11/12)

SOUTHERN VILLAGE

Stan Lewis and the Rockin' Revelers (11/12)

THE STATION AT SOUTHERN RAIL

Brad Maiani Trio, Calico Haunts, The Ill Family (11/3) Alex Bowers and Friends (11/4) Honeychile (11/8) Gmish Klezner Band (11/9) Alex Bowers and

Friends (11/11) Not Dead Yet (11/12) Mahalo Jazz (11/13) Bibis Ellison and the Good Doc (11/16) Brad Maiani Trio (11/17) Alex Bowers and Friends (11/18) Lee Gildersleeve and Bad Dog Blues Band (11/19) Gmish Klezmer Band (11/23) Pussy Mountain (11/24) Alex Bowers and Friends (11/25) Doug Largent Trio (11/26) Sarah Shook and The Devil (11/29) Bibis Ellison and the Good Doc (11/30)


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GIMMIE 5

Ashley Melzer writes the Gimme Five! column for *The Carrboro Citizen's* MILL blog (carrborocitizen.com/mill/tag/gimme-five), in which she asks local bands five probing questions. Below is a selection of favorites from the column to date.

WESLEY WOLFE

The Citizen: Who/what are a few inspirations or influences that might really surprise people?

Wolfe: Scrapbooking has been a major influence for releasing a homemade vinyl record. The standard size for a scrapbook is 12-by-12. It is the closest thing to an LP cover. I've gotten a ton of helpful information trolling the scrapbooking forums.



NICK DRIVER

TC: When did you start to think music might really be something more than a bedroom hobby?

Driver: I wanted to play music for as long as I can remember. When I was really young (like 6 years old or something), I remember my mom filmed me singing "Achy Breaky Heart," by Billy Ray Cyrus. That always comes back to bite me when I am hanging out with my family at Christmas time. I guess around 1999 is when it hit me that this is what I want to do. I never really turned back, and I never really had a backup plan. Everyone always tells musicians to have a backup plan, but I don't know if I really believe in backup plans. After all, if you don't go after what you really want to do in life, then the only person you are cheating is yourself.

JESS EDISON OF ONCE AND FUTURE KINGS

TC: What did you dream of being when you were a kid? (How'd that turn out?)

Edison: When I was a kid, I wanted to be Luke Skywalker. My father was a musician and professional jingle-writer, and he succumbed to the "Dark Side" (alcoholism, drug abuse). Growing up with a single mother, I always had a fantasy that I would be reunited with him and that I could rescue him. To overuse the metaphor, music was the "force" that we shared. Since I learned that my father was missing and likely dead, I can't fulfill that fantasy. But in some sense, I see my expression of thoughts and feelings in music as an extension of his life.



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