



Tuna that's a delight, quite light

Some months ago a friend treated me to lunch at the Black Marlin in Raleigh, where I ordered their grilled tuna marinated in honey mustard. I was so excited that I'd found another low-fat, low-heat-in-the-kitchen entree that I started experimenting almost immediately.

I tried two parts mustard to one part honey; I tried two parts honey to one part mustard; I tried yellow mustard...and dijon mustard; I tried adding lemon...and then lime. Finally, in an attempt to get him to try my most recent "tuna experiment," I had to marinate my Big Honey in so much sweet talk that I began to sound like Sam I Am pushing green eggs and ham!

I was determined to come up with that recipe! It was a challenge I was up to, but my family was beginning to feel that I was being creatively punitive, so I tucked my tail in defeat, and called Bill Hughes at the Black Marlin, who fortunately for us all took pity on me (or maybe just my husband) and put my call through to Chef Doug Russ. The good chef passed the coveted recipe along to me to share with you. So if you try your hand at this recipe and are as pleased as I was, please let the chef know how grateful we all are, will ya?

Grilled Tuna with Honey-Dijon Glaze

Marinate 4-8 oz. sushi grade tuna steaks for 1 to 2 hours in a marinade of:

- 1 1/4 cups vegetable or canola oil
- 1 shot Cointreau (citrus liquor)
- 1/2 tsp. kosher salt and fresh ground white pepper
- Minced zest of one orange
- Grill and baste with the following Honey-Dijon glaze:
- 1/2 cup honey
- 1/2 cup olive oil
- 1 1/2 tsp. cracked black pepper
- 4 tsp. chopped Tarragon
- 1/2 cup grainy dijon mustard

Combine mixture until well blended. Grill until firm and opaque; usually about ten minutes per inch of thickness.

To ensure that the kitchen stays cool for the preparation of the entire meal, throw some slices of yellow squash on the grill with the tuna, sprinkle powdered presweetener over chunks of melon and other fresh fruit (it is rumored that this was the original purpose of sugar substitutes) sitting pretty in a large serving bowl, and prepare my very own microwave recipe for Rice Almondine. The entire meal only takes about 30-45 minutes, but fools the eye (and taste buds) into thinking you've spent hours preparing it.

Go ahead, invite the in-laws over for this one...the worst that can happen is they'll think you are hinting that they could lose a few pounds! (In which case, you may never need to worry about what to prepare for them again!)

Rice Almondine

- 1 cup converted long grain rice
 - 4 pats butter
 - 1 can chicken broth (14 oz.)
 - 1 small yellow onion
 - 4 green onions
 - 6 mushrooms
 - 1 pkg. sliced almonds
- Saute yellow onions in melted butter in medium sized skillet until tender. Add rice and cook until lightly browned, stirring constantly. Add sliced mushrooms, green onions, and almonds for 1 minute. Transfer to medium sized covered casserole and add broth, stir, cover, and cook in microwave for 22 minutes.

Town toughens tower rules

Thicker buffers, landscape plan among changes

Morrisville's Board of Commissioners has taken steps to strengthen and refine the town's regulations on communication towers.

The town has become faced of late with increased requests by the telecommunications industry to erect towers within its borders, causing commissioners to tighten tower regulations.

The board earlier this month unanimously approved an amendment to the zoning ordinance after seeking and receiving recommendations from the Planning and Zoning Board. Town Manager David Hodgkins said the amendment does not call for many additional regulations, but adds more specific guidelines about the location of towers, aesthetics, and safety than covered under the previous ordinance.

A new requirement is that all towers be considered a special use requiring a public hearing and approval by the town board. The previous ordinance did not require a special use permit, but allowed towers in an industrial district following approval of a site plan by the town board.

Among the new requirements are those concerning greater buffering and screening. Approved was a regulation suggested by the Planning and Zoning Board that the entire perimeter of the leased area must be enclosed with an opaque fence, six feet in height, and constructed of treated lumber. All required landscaping must be located on the outside of the required fence.

Town Manager David Hodgkins

noted that buffering and landscaping are now described in detail, along with a stipulation that no outdoor storage yards will be allowed on tower sites. Towers exceeding 200 feet in height will not be permitted, and they must be of monopole design rather than lattice work.

The planning staff had also suggested that existing communication towers be permitted to upgrade to either a monopole or "stealth design" without a new site approval if the height of the existing tower is not increased. In his motion to approve the overall amendment, Commissioner C.T. Moore said he didn't feel comfortable with the second item, suggesting that section be eliminated. "I don't see where it is a burden for them to come to us with any changes," he said, adding that he feels the board may be leaving a loophole. "Stealth" design refers to designs that appear to be another object such as a tree or church bell tower or other such design.

The changes in the ordinance were drawn from sections of the Durham ordinance on communication towers.

Co-location of structures is encouraged under the new ordinance. This means that owners of approved site plans must allow shared use of the tower by at least one other user. Additional users and associated equipment which does not add to the tower height may be added without additional approval.

Tower locations are limited in the town's industrial management zone. All new communication towers may not locate within 4,000

feet of an existing free-standing tower (not including those towers concealed within a building or structure, or those towers located on top of structures). Communication towers and related equipment which are totally concealed in a building are considered towers for transmitting and receiving electronic signals so they will be permitted in all zoning districts. They will require only site plan approval by the town board.

Towers which are not used for a period of six months or more or not maintained during that same period of time shall be removed by the owner within 90 days, with all costs assessed to the owner. Performance bonds will be required for towers higher than 100 feet.

The aesthetic effects are also covered under a special use category. Factors include protection of a view in sensitive or particularly scenic areas and areas specially designated as unique natural features, scenic roadways, and historic sites.

Recent plan approvals include two towers at the town's waste water treatment plant on Aviation Park. They are operated by Sprint and GTE Mobile. BellSouth and GTE Mobile also received permission in May to each build a tower. GTE Mobile plans a 185-foot tower off Airport Boulevard, and BellSouth plans to locate a 125-foot tower at the rear of the William Poe Building off Morrisville Parkway.

BellSouth is also planning to build a tower on The Concourse building and will require only a building permit since it is on an existing structure.

Cardinal opens new office off parkway

Cardinal Family Medicine, a division of Cardinal Healthcare, has opened a one-story, 10,000-square-foot facility off Cary Parkway, just north of High House Road.

The new building is located at 110 Preston Executive Park opposite the Deerwood At Preston Apartments complex and behind the ABC Centre and Bright Horizons Day Care facility.

Cardinal Family Medicine eventually will have eight physicians, each of whom will have three examination rooms. Three primary-care physicians are currently seeing patients: Dr. Al Mooney, Dr. Alex Newman and Dr. Beth Vandergriff. Open Monday, Tuesday, and Thursday from 8 a.m. to 8 p.m. and Wednesday and Friday from 8 a.m. to 5 p.m. Cardinal expects to add urgent care services by the end of the year, according to Office Manager Scott Walter.

Formerly located in the Parkway Pointe Shopping Center at Old Apex Road and Cary Parkway in a 1,400-square-foot facility, Cardinal selected the new site for expanded services to meet demands of what Walter called the tremendous growth in western Wake County

and Preston area. The location, he explained, was selected especially in light of the proposed extension of Cary Parkway.

Cardinal Healthcare, the parent organization, offers the services of 75 physicians whose practices cover internal and family medicine, pulmonary medicine, rheumatology, gastroenterology, cardiology, dermatology and oncology.

A radiology program is planned for the near future, as well as X-ray facilities. The urgent care program will operate on either a five- or seven-day schedule which has yet to be decided. A trauma room is also planned, according to Walter, and a dermatologist will be on hand Tuesday mornings. New patients with acute illness will be accepted within 24 hours.

One of the problems faced at the new location is signage, Walter said. The Town of Cary will not permit signs on nearby major roadways. The new building is not visible from Cary Parkway and is tucked away on a curving side road which abuts a heavily wooded area at the edge of one of the golf fairways at Prestonwood Country Club.

Candidates tapped for board

Six candidates have been nominated for three-year terms on Morrisville Chamber of Commerce's board of directors.

The nominees include Gerry Boyle of Triangle Factory Shops, Heaton Dickson of Dillard Paper Co., Jim Huggins of Alpha Graphics, Bill Kirkland of The Morrisville & Preston Progress, Barbara McGill of Days Inn and Paul Nicholas of American Express Financial Advisors.

Five of the nominees have previous experience as directors. Nicholas would be joining the board for the first time. Terms begin Oct. 1.

He's no stranger to chamber events.

We're referring to Congressman Fred Heineman, who will speak at the Aug. 23 Issues and Eggs Forum at Sorrento's. The breakfast starts at 7:45 a.m.

Heineman has addressed two forums since his election and also took part in this summer's chamber golf tournament.

The chamber calendar also in-

Chamber Corner

cludes a Business After Hours on Aug. 6 at Hawthorn Suites, formerly Meredith Gues Suites. The networking events will begin at 5:30 p.m.

Fourteen more members have been added to the chamber roster.

The latest additions include Zevatech, Herb Council, Haas Publishing, EGW Personnel Service, Michael S. Watson (DDS), BellSouth Mobility, R&G Services, Nello L. Teer Co., United Parcel Service, Interim Personnel, Continental Airlines, Monteith Travel, Adept Web Services and Columbia Staffing Group.

Ray Lech, president of the chamber, reminds members that chamber offices on Church Street will be closed Aug. 1-2 (for a chamber conference), Aug. 12-14 (for the Chamber Institute), and Aug. 25 through Sept. 3 for a vacation and holiday period.

Classic line up includes concerts, fashion show

Festivities surrounding the Jimmy V Celebrity Golf Classic will soon be under way at Prestonwood Country Club for the third consecutive year.

The two previous classics at Prestonwood have raised more than \$800,000 for cancer research through the Jimmy V Foundation for Cancer Research.

Celebrities scheduled to appear at the Aug. 25 classic include Charles Barkley of the NBA's Phoenix Suns and Dan Jansen, a former Olympic speedskater and gold medalist.

ESPN sportscasters attending the event include Chris Berman, Robin Roberts, John Saunders and Dick Vitale. CBS basketball analyst Billy Packer will also attend.

Rick Pitino, the coach of the 1996 NCAA Basketball Champion Kentucky Wildcats, will be joining ACC coaches Mike Krzyzewski (Duke), Bobby Cremins (Georgia Tech), Herb Sendek (N.C. State men), Dean Smith (North Carolina) and Kay Yow (N.C. State women). Seattle Supersonics coach George Karl is also expected to attend.

Former Wake Forest basketball star Rodney Rogers, who is now playing for the NBA's Los Angeles Clippers, will be at the classic along with Christian Laettner of the Atlanta Hawks and Tom Gugliotta of the Minnesota Timberwolves.

Tickets for the classic are available at local Kerr Drug Stores, First Union, Mitchell's Hairstyling, Medin Davis Cleaners and Kroger Supermarkets. Ticket prices are \$5 in advance and \$8 on the day of the event.

Following is a schedule of the events surrounding the upcoming Jimmy V Classic.

August 5:
Jimmy V Golf Classic Night at the Durham Bulls:

Spectators have a chance to win classic tickets and other prizes while enjoying an evening at the Durham Bulls Athletic Park. The Durham Bulls face Lynchburg at 7 p.m.

Prizes will be awarded according to seat and scorecard numbers. Baseball players will also throw

What's Going On?
Read us and find out!

specially numbered balls into the crowd for prizes.

August 22:

Reverse Raffle:
A 500-ticket reverse raffle event will be held at the Prestonwood Country Club after a buffet. One of those in attendance will win the grand prize: a new car.

About 100 tickets are still available at a cost of \$100 each. To order tickets, call 363-2254.

Hootie Benefit Concert:
Hootie & the Blowfish, the South Carolina-based rock group, will perform for the second year in a row at Hardee's Walnut Creek Amphitheater.

Instead of just giving one concert like last year, Hootie & the Blowfish will be giving concerts on both Aug. 22 and 23. Both concerts will be performed at Hardee's Walnut Creek Amphitheater.

August 23:

Hootie Benefit Concert:
The second and last Hootie & the Blowfish concert will be held at Hardee's Walnut Creek Amphitheater.

August 24:

Putt for Cash:
From 10 a.m. to 6 p.m., putters will have a chance at winning \$10,000 in the Putt for Cash.

The event will be held inside South Hills Mall & Plaza. Two-hour 20-foot hole qualifying rounds will be held throughout the day. The putters who win the rounds

will come together at the end of the day for the final round 40-foot putt. If a golfer makes a hole in one, he or she will win \$10,000.

One putt costs \$3 and two putts cost \$5. The money raised will be donated to the Jimmy V Foundation.

Fashion Show:

Another fund-raiser will be held at Nick's Restaurant in MacGregor Village in Cary. Hudson Belk will be running the afternoon fashion show and some of the classic celebrities are expected to attend.

For tickets, call 363-2254.

Hour with Dick Vitale:

ESPN's Dick Vitale will appear at the Cary YMCA at 1 p.m. for an hour of question and answers. He is also expected to talk to young people about staying in school, making good grades and not using drugs.

Tickets are free and are available at Hannaford grocery stores.

August 25:

Jimmy V Celebrity Golf Classic:
With the preliminary festivities concluded, celebrities tee off at Prestonwood. Gates open at 8:30 a.m. Million Dollar Hole in One Shootout:

Celebrities and two golfers who won previous Million Dollar elimination rounds will come together after the classic for a chance at winning \$1 million.

To win the money, a golfer must shoot a hole-in-one on the 165-yard final hole.

The shootout will be the final event of the classic.

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What do the following have in common ???

- a. "We give FREE ESTIMATES."
- b. "Now, this won't Hurt a Bit."
- c. "But, I did not Inhale."

Answer: If you believe them... You must be gullibly challenged.

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