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## THE BEACH YOU REMEMBER

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STARTS ON PAGE 120



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"A map of a city you've visited is like the natchbook you bring home from a bar: a souvenir, an artifact, a piece of the place itself." PAGE 64



## Raleigh CENTRAL

When the International Bluegrass Music Association held its annual "World of Bluegrass" festival in Raleigh last fall, the music floating through the city's streets heralded to the rest of the country what North Carolinians already knew: When it comes to music, there's no place quite like the Triangle area. "World of Bluegrass" will return to Raleigh September 30-October 4, but until then, the city's many clubs and venues, which have long welcomed musicians, will continue to do so every week.

At Tir na nOg, the traditional music played at Sunday jam sessions has an Irish flavor. The event, sponsored by PineCone, the Piedmont Council of Traditional Music, has been a weekly fixture at Tir na nOg since 2007. The arrangement is a harmonious one: Situated in downtown Raleigh, Tir na nOg, which means "Land of Eternal Youth" in Gaelic, provides a cozy, lively atmosphere for the players, and in turn, the players create an authentic soundtrack for patrons who may be enjoying a pint or an early dinner of corned beef and cabbage or fish and chips.

There are many traditional jam sessions around the Triangle, but as fiddler Vicky Montague points out, even at sessions that are open to the public, the implicit understanding is that all players are relatively serious



photography by Bryan Regan
Raleigh boasts a big-city skyline, but inside clubs like
Tir na nOg (right), the atmosphere is one of small-town community.

about music. You have to be experienced enough to jump in and augment what's being played. On the contrary, she says, the session at Tir na nOg has always been a learning environment.



## Age really is about attitude? Bingo.



There are a lot of ways you can spend your golden years. You could sit around and wait for the grandkids to visit. Decorate with doilies. Play Bingo. Or you could live it up at The Cedars of Chapel Hill. Our thriving, age-diverse Meadowmont community is designed for your active lifestyle. You can practice Tai Chi. Learn French. Have a comprehensive health care plan so you can Zumba with reckless abandon. Travel the world and then come home to your own home. This is your time. You can spend it playing games or you can spend it working on your bucket list.

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