



## timeless

“The longer I live here, the more I see what Andy drew from this area. I’m so grateful to be here.”

— Betty Lynn, who played Thelma Lou in “The Andy Griffith Show”

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**NSJ**

SUNDAY

9.4.16

playlist

### September 8-10

Carolina Mountains Literary Festival  
**Burnsville**

This celebrated literary event in the heart of the Black Mountains will feature several free events including readings, discussions, improvisations, and presentations. Among the ticketed events are writing workshops, a banquet, and keynote speaker, David George Haskell, Pulitzer Prize Finalist for “The Forest Unseen-A Year’s Watch in Nature.”  
cmlitfest.org

### September 9-10

10th Annual LaFayette Birthday Celebration  
**Fayetteville**

North Carolina celebrates the 260th birthday of Revolutionary War hero and French nobleman Marquis de LaFayette. Festivities include Festival of Yesteryear at the Museum of the Cape Fear, a concert of French music, a guided tour of sites visited by LaFayette, French wine tasting, and a birthday cake and ice cream party.  
lafayettesociety.org

### September 9-11

The 76th National Folk Festival  
**Greensboro**

Three days, seven stages, and over 300 artists come together for one of America’s largest and longest-running celebrations of arts, culture, and heritage. This free celebration features a family area, North Carolina craft brews, an arts marketplace, and Southern festival food.  
nationalfolkfestival.com

9/11 Weekend of Service  
**Triangle**

This is a community-wide volunteer event coordinated by Activate Good with support from Triangle businesses to honor those lost on 9/11 with volunteer service. Participate in hands-on, family-friendly service projects, enjoy live music and refreshments, and hear words from local community leaders. There is no cost to attend this event, but guests are asked to bring a nonperishable food item to help “fill-the-truck” for the Urban Ministries of Wake County food pantry.  
activategood.org

# the good life

IN A NORTH STATE OF MIND

## gather



MADELINE GRAY | NORTH STATE JOURNAL

Terri Fotiu, of Raleigh, sifts powdered sugar onto wax paper as part of the process of making Kourambiethes cookies at the Holy Trinity Greek Orthodox Church on Wednesday, August 31, in preparation for the Raleigh Greek Festival.

## Raleigh Greek Festival represents a community of generational giving

The behind the scenes work that happens prior to the Raleigh Greek Festival is full of fun and faith led by matriarchs gracefully passing their secrets on to the next generation.

By Jennifer Wood  
North State Journal

THE FIRST THING that hits you when you enter the wide open parish hall of Holy Trinity Greek Orthodox Church on a festival cooking day is the wall of intoxicating smell, and whether or not you have just eaten matters not, hunger will overwhelm you. The smiles on the faces of the focused women here to prepare the baked goods for the 35th Annual Raleigh Greek Festival are just as contagious, and their happiness and sense of community has a way of sweeping over you as well.

These women have come together to prepare baked goods and work, but they have also come together for fellowship. Today is the day they make the Kourambiethes, a butter shortbread cookie topped with powdered sugar. Seated at one of the long assembly line tables are Artemis (Artie to her friends) Sarayiotis, the pastry expert, and Mitzi Capetanos. Sarayiotis moved down from New York 40 years ago, and this Kourambiethes cookie is her recipe. Said Sarayiotis, “This is a traditional wedding cookie, we only use clarified butter.”

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Lelia Tagaris, right, and Roberta Stavredes, left, both of Raleigh, work in the kitchen as they make Kourambiethes cookies at the Holy Trinity Greek Orthodox Church.

## Inside

### DIG IN

Take one last look under the ocean as we visit the final North Carolina Aquarium in our series, Roanoke Island. See page C3

