

NANCIE McDERMOTT'S NEW COOKBOOK 26 WEDDING TRENDS 88 GUIDE TO SUMMER CAMPS 65

CHAPEL HILL

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IN FITNESS & IN HEALTH

ROBIN AND RANDY MULLIS HAVE RARELY MISSED A WORKOUT IN 33 YEARS OF MARRIAGE. PAGE 40

PLUS!
OTHER FITNESS FANATICS
ON FINDING SATISFACTION
WHILE BREAKING A SWEAT.

RUNNING MATES

The Mullises – seen here running through Coker Arboretum – live in Carboro and both enjoy time with their Reed, Feet and O2 Fitness families. “Fitness has never been a competition between us, but rather more like a gift to each other,” Randy says. Adds Robin, “The fact that we enjoy exercising and can participate in it together makes it easy to be committed.”

TASTE



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East Franklin Street Downtown

Artisan Pizza Kitchen Sandwiches, hamburgers, pizza. 153 E. Franklin St.; 919-929-9119

[B]Ski's Specialty wraps. 147 E. Franklin St.; 919-969-9727

Bandido's Mexican Cafe Burritos, salads, quesadillas, tacos. 159-1/2 E. Franklin St.; 919-967-5048

Buns Serves gourmet burgers, fries and shakes made from fresh ingredients; beer and wine only. 107 N. Columbia St.; 919-240-4746

Carolina Coffee Shop The mainstay serves casual American cuisine for breakfast, lunch and dinner. 138 E. Franklin St.; 919-942-6875

Cosmic Cantina Burritos, salads, quesadillas, tacos. 128 E. Franklin St.; 919-960-3955

Four Corners American fare, nachos, wings, pasta. 175 E. Franklin St.; 919-537-8230

Kurama Sushi & Noodle Express

Kurama Sushi & Noodle Express Dumplings, salads, noodle dishes. 105 N. Columbia St.; 919-968-4747

Linda's Bar & Grill Local beer, sweet potato tots, cheese fries, burgers. 203 E. Franklin St.; 919-933-6663

Miss Mong Mongolian BBQ, banh mi, fusion burritos. 163 E. Franklin St. 919-933-5277

R&R Grill Spicy wings, kabobs, flatbread pizza. 137 E. Franklin St.; 919-240-4411



ROOTS BAKERY, BISTRO & BAR

Farm-to-table American and Central American fusion; 161 E. Franklin St.; 919-240-7160; rootschapelhill.com.

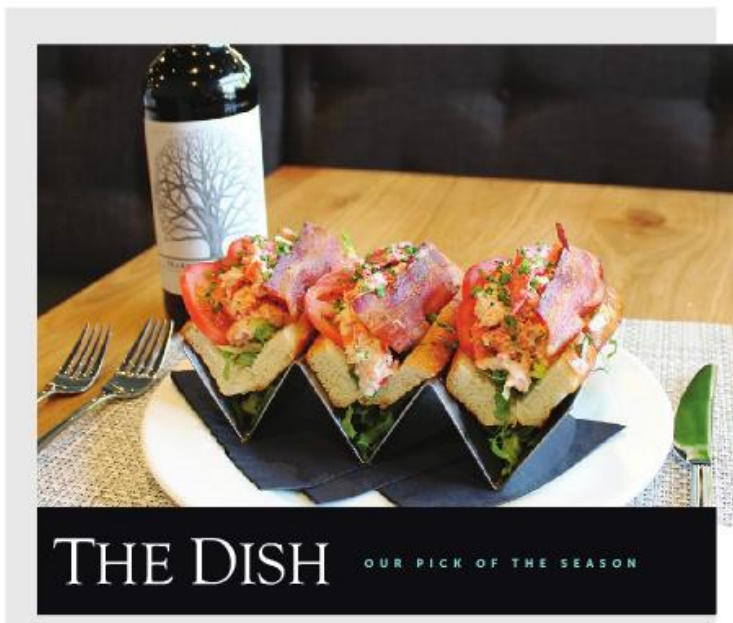


PHOTO BY JESSICA STRINGER

THE DISH

OUR PICK OF THE SEASON

Trilogy

UNIVERSITY PLACE
201 S. ESTES DR.
919-357-9888
TRILOGYRESTAURANT.COM

When you think movie theater concessions, you probably picture buttered popcorn, not a buttery, toasted roll stuffed with lobster meat. But then again, **Silverspot Cinema** in University Place is rethinking the entire experience, from their cushy leather seats you can reserve in advance to a changing cocktail menu that reflects the current showings. (Martinis shaken and stirred were offered for this fall's new James Bond flick.) Their restaurant Trilogy serves a full menu with a regional bent – buttermilk chicken biscuits, shrimp and grits – designed with speed in mind so you'll make your movie. But even if you've seen all the indie films or Hollywood blockbusters, stop by just to try offerings like the **BLT Lobster Roll**. Made with tarragon mayo and lobster from the Bay of Fundy, it comes topped with thick cut N.C. bacon. Pair it with a local beer, and you might find yourself making excuses to go to the movies even if you spend all your time at Trilogy. \$16 – Jessica Stringer **CHM**