

## New York Times- 36 Hours

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Other pest-related illnesses, such as Asthma triggered by cockroaches and tick-borne Lyme disease, can also threaten your health.

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### 36 Hours in Research Triangle, N.C.



Jenny Warburg for The New York Times

"Gyre," by Thomas Sayre, in Museum Park, 164 acres by the North Carolina Museum of Art in Raleigh.

By J. J. O'Connell

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10 p.m.

### 4) CHEERS TO THE CHIEF

For most bars, a popular politician's visit would be a game-changing boon. But the Raleigh Times Bar (14 East Hargett Street, Raleigh; 919-833-0999; www.raleightimesbar.com) was packed well before Barack Obama showed up the day of the state's Democratic primary. The owner, Greg Hatem, painstakingly restored the century-old building that once housed its namesake newspaper and decorated the walls with old newspaper clippings, paperboy bags and other artifacts from the defunct daily. Mr. Obama bought a \$2 Pabst Blue Ribbon (and left an \$18 tip), but anyone not campaigning might choose one of the more than 100 other beers (\$1 to \$68), including esoteric Belgians and local brews you won't find elsewhere.

5 p.m.

### 8) GOING WHOLE HOG

Small towns and back roads, not cities, have a monopoly on great barbecue. What makes The Pit (328 West Davie Street, Raleigh; 919-890-4500; www.thepit-raleigh.com) a striking exception is Ed Mitchell, the legendary master of the eastern North Carolina art form of whole hog cooking. Now instead of trekking 100 miles to porcine meccas like Ayden and Lexington, you can dig into pilgrimage-worthy chopped or pulled pork — made from pigs purchased from family farms and cooked for 10 to 14 hours over coals and hickory or oak — just a short stroll from the Capitol Building. A chopped barbecued pork plate with two sides and greaseless hush puppies costs \$12.