

guideposts

soul, Swell's lessons harken back to a time when life was simpler and slower. In the fall harvest-breads class, students learn everything from how to grind wheat to basic mixing and kneading techniques to make seasonal breads like brandied apple, pear, and nut-stuffed braided varieties. This season, look forward to pie-making and themed holiday party classes.

**Discover Italian**  
(828) 658-8928  
discoveritalian.com/  
cookingclasses.html

**Wine-making Getaway**  
1-(800) 233-1505  
thistlemeadowwinery.com

**Log Cabin Cooking**  
(828) 298-2270  
nativegroundmusic.com

And to accompany any meal, consider a bottle of your own wine. A weekend or a week-long trip to Thistle Meadow Winery and Burgiss Farm Bed and Breakfast in Laurel Springs offers the opportunity to become a

vintner. Owner Tom Burgiss has been making wine for more than 12 years, and will demonstrate the entire process from stirring the yeast to bottling. You'll leave with up to 30 bottles of your own wine and an understanding of how to best pair it with food.

After time spent cooking in someone else's kitchen under the guidance of a pro, you'll have the confidence to hone your culinary skills in your own home. And hopefully, the "I don't cook" excuse will get tossed out the door.

—Katie Sobalsky



**Pi Solutions:** Barbara Swell teaches students how to make traditional Appalachian pies.

critic's choice

# Keep the Beat

*The Afromotive doesn't fake the funk*

All too often, indigenous songs from around the globe get lumped into the ambiguous genre of "world music." One local band aiming to avoid the catchall label is afrobeat ensemble The Afromotive, an eight-piece powerhouse that infuses traditional rhythms of West Africa with funk and jazz. "You can call it world music, but that doesn't distin-



**Group Effort:** The Afromotive released its debut CD, *Scare Tactics*, last year.

guish it from other world beats like Latin," says bassist Ryan Reardon, who cofounded the band in 2005 with Kevin Meyame of the Ivory Coast, currently on hiatus. Influenced by the afrobeat music derived in West Africa in the 1970s, The Afromotive's sound is a polyrhythmic, energized collection of songs. Front man and 33rd generation djembe player Adama Dembele is backed by a polished horn section, plus keys, drums, guitar, bass, and percussion. The band tours nationwide, exposing audiences to the beat of a different drum.

—Melissa C. Smith

**Listen Up:**  
The Afromotive will perform two shows, November 7 & 8 at The Rocket Club in Asheville. For tickets, call (828) 505-2494 or visit [theafromotive.com](http://theafromotive.com).



**WNC FACT:**

Of voters in North Carolina, 45% are registered Democrat, 33% Republican, and 22% unaffiliated.

—[www.sboe.state.nc.us](http://www.sboe.state.nc.us)