North Carolina Books

Compiled by Al Jones





Tar Heel Lightnin': How Secret Stills and Fast Cars Made North Carolina the Moonshine Capital of the World.

Daniel S. Pierce Chapel Hill: University of North Carolina Press, 2019. 303 pp. \$30.00. ISBN 978-1-4696-5355-6.

This volume tells the story of two centuries of moonshine production in North Carolina, presented in a generally chronological format, from the arrival of British immigrants in the 1700s to the bootleggers of the 1960s. In addition to the 15 chapters, there are 27 "sidebars." Most of the latter are brief biographies of moonshiners, including some who have been named to a hypothetical Moonshine Hall of Fame by the author! One sidebar, however, discusses the numerous terms that have been used to describe the alcoholic beverages, some of which are 160 years old, while others are as recent as the 1950s.

One impressive element of the book is the excellent use of newspaper articles to recount numerous events throughout the state over more than a century. The articles capture the range of bootleg liquor activities, from obtaining supplies to make moonshine to different modes of distribution methods in different regions of North Carolina. In addition, numerous photographs show sites where moonshine was produced, famous moonshiners, scenes from movies such as "Thunder Road" with Robert Mitchum, and other items, such as souvenirs and posters connected with the industry. This book provides a rich, detailed portrait of the moonshine world in North Carolina, explaining why some Tar Heel citizens took up making alcoholic beverages, because of economic necessity. After World War II, North Carolina's moonshine industry was among the largest in the country. The struggle between moonshiners and the law is a major theme throughout the book, with constantly evolving situations depending on changing laws and contemporary attitudes. At times bootleggers got away unscathed, but often frequent, well-organized raids led to the destruction

or seizure of equipment.

The author is a professor of history at UNC Asheville, focused, not surprisingly, on the South Appalachian Region, both its history and the environmental issues in the area. He has published books on the Great Smoky Mountains and NASCAR racing, as well as articles on these topics. Readers interested in the various aspects of North Carolina history will find this book a fascinating look at a subculture that has existed for almost 200 years.

Mark Schumacher University North Carolina Greensboro



Eloquence Embodied: Nonverbal Communication Among French and Indigenous Peoples in the Americas

Celine Carayon Chapel Hill: Omohundro Institute of Early American History and Culture and the University of North Carolina Press, 2019. 472 pp., 22 illus., 2 maps. \$49.95 IBSN: 9781469652627.

Communication between the New World inhabitants and those of the Old European World was difficult due to linguistic differences. Using tools of paralinguistics, Celine Carayon relays a story of mutual bonding via nonverbal communication among the French settlers in the New World. Contemporary French written accounts and copper plate illustrations in the book show that nonverbal communications prevented misunderstandings and enabled the French to gain a toe hold on the Americas in a way other European colonists were unable to surmount. Some of this success can be credited to the type of French settler who tended to be independent back woodsmen who had of necessity to communicate with First Nations Peoples.

Spanish and English settlers tended to be more organized and regimented in their dealings with New World peoples. While the French were moving ever westward in Canada with their First World allies, the Spanish and English engaged in looting what the natives had. The noted 19th century historian Francis Parkman noted that "Spanish civilization crushed the Indian; English civilization scorned and neglected him; French civilization embraced and cherished him." Part of the success of the French in the New World, Carayon argues, can be traced to their use of nonverbal communication.

Accounts of French colonists in Canada and in Brazil relate how the two groups communicated through rudimentary signs. Anyone traveling along I-40 and gets cut off in heavy traffic, will recall the power of paralingustic signs given and received (think birds here). Carayon cites many books and charts that catalog and illustrate the nonverbal signs used by the French. These communications created unique personal bonds between the two groups that facilitated expansion of the French culture into the New World. At times Carayon relates this ability to communicate that enabled the groups to demonstrate their hostility toward each other in ways the English and Spanish could not do.

At the end of her work the author encourages paralinguists to explore nonverbal communication among the Spanish and English settlers. Historians of First World Peoples in North Carolina would do well to explore the nonverbal interaction between the English and First World Peoples in our state.

Ralph Scott East Carolina University Libraries



Saltbox Seafood Joint

Ricky Moore Chapel Hill: University of North Carolina Press, 2019. 160 pp. \$25.00. ISBN 978-1-4696-5353-2.

Ricky Moore calls himself an Revangelist for local North Carolina seafood and his church

is the Saltbox Seafood Joint, the restaurant he's owned in Durham for the last 7 years. With his first cookbook, *The Saltbox Seafood Joint Cookbook*, Moore has gone ahead and created a bible for down east seafood cooking with an added historical perspective that only makes one crave salvation in some fried bone-in-fish and hushpuppies, or rather, Hush-Honeys, as Moore calls his version of the classic side dish.

This cookbook is more than a list of recipes, but a well-told history of his life intertwined with the history of southern seafood. His evolution from a young boy running down to the river to catch crab with a string to entering the Culinary Institute of America is rather aweinspiring. The knowledge he acquired along the way expanded his horizons, yet he always found a connection to North Carolina and the native foods he loved as a young boy. These connections were leading him back home to teach and to feed the people of his home. The history he preaches talks of simple times and his recipes follow suit.

Moore says he asks himself, "What can I do better every day?" While he does this by improving his recipes and his menus, he also gives back, not because he's required to, but because he feels intertwined with the community of Durham. From helping out the school district with dinner fundraisers to hosting The Green Book Supper Club to showcase African American chefs in North Carolina, Moore continues to educate and feed his community. His cookbook continues his need to teach, starting with the basic types of fish/shellfish out there; lessons on knife handling; and even how to store your used fish "grease." He's covered every aspect of working with seafood with very entertaining sidebars on his life growing up in North Carolina, his time served in the military and his time as a top French chef. In fact one of the lessons he learned in culinary school is to keep order, or "mise en place," which means "everything in its place and a place for everything." He was taught this too by the women who cared for him as he grew up, but when he learned this official phrase he saw all aspects of his life connect. In essence this "aha" moment opened his eyes to where his own "right place" should be--back in North Carolina.

And yes, it is not forgotten that there are also sixty recipes in the cookbook too! From frying fish to chowders to all the side dishes Southerners eat with seafood—the recipes are well-organized in a logical progression. His simple recipes by no means lessen the complexity of his great impact on the culture of North Carolina. He says in the book, "Change seems to happen if you put good food in front of people." Reading Moore's cookbook shows us a slice of what is good about growing up in North Carolina intertwined with some good home cooking. It connects all of us to that same sense of place, which can bring about only positive change for sure.

This book would be a delicious and meaningful addition to any public or academic library with a North Carolina history collection.

Maria C. Ramusevic East Carolina University



Road Through Midnight: A Civil Rights Memorial

Jessica Ingram Chapel Hill: University of North Carolina Press, 2020. 240 pp. \$35.00. ISBN 978-1-4696-5423-2

As the subtitle states, *Road Through Midnight: A Civil Rights Memorial* is a somber collection of photos and stories collected by the author that serves to memorialize many lesser known victims of Ku Klux Klan (KKK) violence in the South during the Civil Rights era. The author, Jessica Ingram, is an assistant professor of art at Florida State University. With her specialization in photography, her expertise shows with the thoughtful blending of image and text throughout the book. Although Ingram is an accomplished visual artist and scholar, *Road Through Midnight* is her first published book.

Road Through Midnight pairs images and text narrative to gather an assembly of stories about murder victims of the KKK. Many of the victims were targeted because of their activism during the Civil Rights movement and a vast majority of the victims were black. The pictures in the book are a mixture of contemporary photographs of key places taken by the author or archival images dating back to either the 1950s or 1960s. Each story focuses on a different case, many of which have either gone cold over the years or remain officially unsolved. The book includes a brief preface in the beginning to highlight the purpose of the title as an interpretive work and it concludes with an afterword that delves into how Ingram began the project that evolved into the book. The afterword delves into how the research took shape over time and the author's purpose behind telling the stories selected. Interspersed between the image-narrative pairings are excerpts of oral histories from surviving family members of the memorialized victims and a few from the journalists who worked and reported on many of the cases. The use of the oral histories enhances the stories told by allowing for voices that are not usually a part of many mainstream Civil Rights narratives.

What makes Ingram's visuals so striking in *Road Through Midnight* is the connection the reader makes between the photographs and each narrative told in the book. In the afterword, Ingram describes coming across a former slave auction site while traveling in Alabama. The author notes how they could have easily not known the historical impact and significance of the spot if it was not for the newly added historical marker. Many visual moments like these are present in *Road Through Midnight* — seemingly mundane or innocuous places hold histories that are seldom discussed or easily overlooked. The photos that Ingram selects are made powerful when paired with the accompanying narrative.

Due to the nature of the topic, *Road Through Midnight* is suited for older audiences. As a documentary styled work about violence that accompanied the Civil Rights movement, this title would be ideal for public, academic, or special libraries that collect works about the South, the Civil Rights era and movement.

Tiffany Henry University of North Carolina Greensboro



"When I Go Back to My Home Country": A Remembrance of Archie Ammons

Emily Herring Wilson Fountain, NC: R.A. Fountain, 2019. 160 pp. \$20.00. ISBN 978-0-9842-1023-7

Is it possible for an American poet to be influenced heavily by an encounter with another poet/painter? Throughout the pages of the book, *"When I Go Back to My Home Country": A Remembrance of Archie Ammons*, author Emily Herring Wilson recounts the highlights of her 30-year friendship and association with Archie Ammons. Specifically, the friendship began in 1974 when Archie Ammons was on sabbatical from Cornell University and "came home" to North Carolina to teach some classes at Wake Forest University. After the friendship was solidified at Wake Forest, Emily Herring Wilson was later invited by Archie Ammons to Cornell University so that she could listen to lectures given by Archie Ammons and teach some onesemester classes herself.

The book is interspersed with author commentary as well as specific poems by Archie Ammons, including the following: "Still," "Ten Years Ago I Was," "For Emily Wilson, from a Newcomer," "I Went Back," "Chiseled Clouds," and "My Father, I Hollow for You." On several occasions in the book, the author includes her own literary works to illustrate the enormous impact that her friendship with poet/painter Archie Ammons had on her own literary development. Specifically, she includes several of her own poems, such as "Hairpin" and "The Bread and Butter of Life." The book also includes 65 photographs and 3 color reproductions of Archie Ammons's watercolor paintings.

Emily Herring Wilson still resides with her husband near the Wake Forest University campus in Winston-Salem, North Carolina. Besides "When I Go Back to My Home Country: A Remembrance of Archie Ammons," author Emily Herring Wilson has written several other works, including the following: Arise Up and Call Her Blessed (1982), Hope and Dignity: Older Black Women of the South (1983), For the People of North Carolina: The Z Smith Reynolds Foundation at Half-Century, 1936-1986 (1988), Get a Good Life (1997), North Carolina Women: Making History (with Margaret Supplee Smith) (1999), Two Gardeners: Katharine S. White and Elizabeth Lawrence: A Friendship in Letters (2002); No One Gardens Alone: A Life of Elizabeth Lawrence (2004), and The Three Graces of Val-Kill: Eleanor Roosevelt, Marion Dickerman, and Nancy Cook in the Place They Made Their Own (2017).

This book is intended to showcase the successful 30-year friendship between the author and poet/artist Archie Ammons. The interwoven poems, personal reminiscences of the author's interactions with Archie Ammons, and the recollections of Shelby Stephenson, former North Carolina Poet Laureate, draw the reader's attention to the content matter of the book. Because of its specific scope and subject matter, *"When I Go Back to My Home Country": A Remembrance of Archie Ammons* would be suitable for inclusion in any academic library with a focus on North Carolina literature or poets/artists who have made a contribution to the state's literary history.

David W. Young University of North Carolina at Pembroke



Aaron McDuffie Moore: An African-American Physician, Educator, and Founder of Durham's Black Wall Street

Blake Hill-Saya Chapel Hill: University of North Carolina Press, 2020. 258 pp. \$26.95. ISBN 978-1-4696-5585-7

A aron McDuffie Moore, a notable contributor to African American medical history in North Carolina, intended to advance the condition of African Americans living in the area of Durham, North Carolina. Eventually, Dr. Moore attended Shaw University's Leonard Medical School

(1885-1888). By his graduation date, Aaron Moore had to pay a \$20 graduation fee, defend a medical thesis, dissect a cadaver, and pass all exams with a 75% average or higher. Dr. Moore transported a dedicated work ethic from medical school with him directly into his medical practice. As Dr. Moore progressed in the medical field, he kept a "physician's visiting book" in which he documented visits with patients and recorded his medical expenses. Dr. Moore only charged patients \$2.00/visit, but also accepted reluctantly a bag of grain or loaf of bread if patients couldn't pay. Besides being a doctor for the African American community, Dr. Moore served as a Sunday School teacher at White Rock Baptist Church. Dr. Moore's wife, Mrs. Sara McCotta (Cottie) Dancy Moore also performed extraordinary tasks for the times helping her husband sterilize instruments, sanitize linens, and make soap or disinfectant.

In this book, the author details specific accomplishments of Dr. Aaron McDuffie Moore during his lifetime, namely the following: Dr. Moore's enrollment (in 1885) at Shaw University's Leonard Medical School (the first Black medical school in North Carolina and the first four-year medical school in the United States); Dr. Moore's collaboration with John Merrick and C.C. Spaulding to form the Old North State Medical Society (1887); the formation of the North Carolina Mutual and Provident Association in 1899; the founding of the Durham Drug Company (1895); establishing the Durham Colored Library (1913); working with John Merrick and C.C. Spaulding to form Durham's Black Wall Street; and writing a speech in 1915 which was called "Negro School Problem Condition-Remedy: Let Us Reason" where he called for change in African American school conditions and funding.

Besides the rich narrative outlined in the pages of the book, the author includes a Dr. Moore family tree, several photographs/maps, a chronology of notable events in Dr. Moore's life, and an extensive bibliography of both primary and secondary sources. Where possible, Blake Hill-Saya has included quotations from Dr. Moore as well as reminiscences from his two daughters, Lyda Vivian Moore Merrick & Mattie Louise Moore McDougald.

Blake Hill-Saya is a classical musician, opera singer, and creative writer who resides in Los Angles, California. Because of its specific scope and subject matter, *Aaron McDuffie Moore: An African American Physician, Educator, and Founder of Durham's Black Wall Street* would be suitable for inclusion in any academic or special library with a focus on the contributions of African Americans to the field of medicine.

David W. Young University of North Carolina at Pembroke



UNC A to Z: What Every Tar Heel Needs to Know about the First State University

Nicholas Graham and Cecelia Moore Chapel Hill: University of North Carolina Press, 2020. 296 pp. \$24.00. ISBN 978146955833

It does not matter what shade of blue (or even red) you favor in North Carolina, UNC A to Z: What Every Tar Heel Needs to Know about the First State University is an interesting and fascinating read. Its short entries make the book very browsable and enjoyable. You never know when you will come across some interesting tidbit such as first users of email on the campus received a 38-page manual explaining how to use the service or that a creek (Meeting of the Waters Creek) runs under the campus.

UNCA to Z, as the title implies, is arranged alphabetically, but does not have to be read in order. Readers can use the index to locate a specific entry or thumb through the book and pick an entry to read. The book provides history on the major buildings, events, traditions, and leaders. It is not exhaustive in its coverage of sports or athletes as these are available in other sources. Neither are all of the academic departments and their accomplishments listed. The authors felt it would "oversimplify their work and leave out too many important people and accomplishments."

No recent book on UNC would be complete without mention of "Silent Sam" and the controversy surrounding the statue. The book handles the question of race and race relations very subtly. There is an entry on "Silent Sam," Confederate Monument controversy. There is an entry for slavery that provides a brief overview of slaves and slavery on the campus. Other entries mention whether slaves were used in construction of buildings or the proceeds from slavery were used to fund a builder. Entries on university leaders and major donors identify who served in the Confederacy. The entry on "Integration" is one of the longer entries in the book. This entry provides an overview but individual entries mention leaders, events, and buildings in the battle for integration and equal rights. Entries do not deify or demonize, simply present the information.

UNC A to Z was written by Nicholas Graham, university archivist at the University of North Carolina at Chapel Hill, and Cecelia D. Moore, former university historian at the University of North Carolina at Chapel Hill. Cecelia is also the author of *Federal Theatre Project in the American*

South: The Carolina Playmakers and the Quest for American Drama.

This book is recommended for all libraries. Graduates of UNC will read it to discover new facts about their university. Other readers will discover that the entries provide an insight into academic, social, and cultural history of North Carolina that have shaped numerous leaders of the state.

Robert Arndt

University of North Carolina at Pembroke



Great Day Hikes on North Carolina's Mountains-to-Sea Trail

Jim Grode, ed. Chapel Hill: University of North Carolina Press, 2020. 256 pp. \$24.00. ISBN 978-1-4696-5485-0

North Carolina's Mountains-to-Sea Trail (MST) stretches from west to east across the state beginning at

Clingmans Dome in the Great Smoky Mountains near the Tennessee border and ending at Jockey's Ridge State Park on the Outer Banks. Its 1,175 miles of trails highlight the state's rich geographic, cultural, and natural history as it meanders through mountain vistas, piedmont farmlands, and coastal swamps while showcasing small towns, urban greenways, and cultural sites of interest along the way. Imagine the reviewer's surprise to find her own small hometown of Roseboro included as one of the day hikes in the Coastal Plain and Outer Banks region!

This well-organized guidebook begins with a history of the MST from its early beginnings in 1973, including the 1997 formation of the non-profit organization, Friends of the Mountains-to-Sea Trail. The Friends group builds, maintains, and improves the MST while promoting its use among North Carolinians. The book's editor, Jim Grode, is the trail resource manager for Friends of the Mountainsto-Sea Trail and all the hike descriptions were written by Friends members. The Friends previously published three regional guides to the MST in 2017 and maintain a robust website for persons interested in completing a thru-hike of the trail.

The forty hikes included in the guidebook can be easily completed in a day and are arranged by region: Mountain region, Piedmont region, and Coastal Plain and Outer Banks region. Each entry begins with a hike summary containing the following elements: distance, difficulty (from easy to strenuous), type of trail, trailheads with GPS coordinates, elevation changes, MST segment, trail highlights, and whether man's faithful companion is allowed. The hike overview allows the reader to visualize the hike through its descriptive narrative. Each entry also includes driving and parking instructions, special considerations (weather, wildlife, bugs, closeness to private property or hunting areas), and links to additional information about that hike. Two especially valuable items in the guidebook are the hike table with distance and difficulty available at a glance and the hike finder that organizes the hikes by points of interest: birding, history, unique ecology or geology, waterfalls, wildflowers, small towns, water lovers, summer cooldown, and universal accessibility. Each hike includes a beautiful full-color picture and a clearly drawn topographical map featuring the route, its landmarks, and access points. The guidebook is supplemented by additional, up-to-date information for the entire MST at https://mountainstoseatrail.org/the-trail/.

This guidebook would be a welcome addition to libraries of all types across North Carolina, especially those that support active hiking communities. It would make a great gift for North Carolinians who want to explore the "real" North Carolina away from its busy interstate highways. Readers can choose to explore local trails through section hiking or, for the more ambitious, a thru-hike of the entire Mountains-to-Sea Trail utilizing the Friends website. Happy trails!

Teresa LePors Elon University



Coaching for the Love of the Game: A Practical Guide for Working with Young Athletes

Jennifer L. Etnier Chapel Hill: University of North Carolina Press, 2020. 192 pp. \$16.00. ISBN 978-1-4696-5483-6

Contemporary youth sports are a multibillion-dollar business with over 45 million children participating in them. However, the parents and volunteers coaching these children receive little or no training and often overemphasize winning, causing stress and burnout for kids and parents alike. As youth sports are professionalized and their fun and rewards are subordinated to winning, young athletes become discouraged enough to walk away from sports entirely. Dr. Jennifer Etnier envisions a better world for youth sports and sees that change beginning with good coaching. Etnier's *Coaching for the Love of the Game: A Practical Guide for Working with Young Athletes* is a handbook to her system of positive coaching applicable to young athletes from beginners to high schoolers.

Coaching for the Love of the Game reads like a how-to guide, emphasizing practical tips, techniques, and activities while providing just enough theoretical grounding that a parent without formal training in teaching or coaching can situate herself in that context. In 12 brisk chapters, Etnier covers critical concepts in youth coaching that often go unexamined, including the stages of physical and mental development across childhood; gender biases in sports; developing a pedagogy of coaching; and the relationships between coaches and parents of athletes. Each chapter effectively coaches the reader through its topic, asking questions and encouraging the reader to ask more in return; highlighting key points and offering example scenarios; and concluding with "Why This Matters" wrap ups and an activity to help the reader synthesize each lesson. Moreover, the organization of the book mirrors tenants of Etnier's system, such as its progression from simple, discrete lessons in early chapters to complex, interconnected issues in its latter chapters. The result is a framework capable of empowering inexperienced coaches without overwhelming them with minutiae.

Etnier is a sports psychologist and professor of kinesiology at UNC-Greensboro. She is also a former athlete and coach, and now the parent of young athletes. This is her second book about youth sports, following 2009's Bring Your "A" Game: A Young Athlete's Guide to Mental *Toughness*. Her prose is straightforward and approachable. She explicitly repeats significant points and breaks-down abstract concepts without trivializing their formal definitions. These efforts, combined with her frequent use of pop-cultural analogies, keep the book's reading level accessible for a general adult audience. This book is recommended for adults interested in increasing their involvement in youth sports, as well as students in numerous degree programs such as exercise science, physical education, or sports psychology. Coaching for the Love of the Game would be a welcome addition in most academic and public libraries.

Jesse Akman Elon University



Fire and Stone: The Making of the University of North Carolina under Presidents Edward Kidder Graham and Harry Woodburn Chase

Howard E. Covington, Jr. Chapel Hill: University of North Carolina at Chapel Hill Library, 2018. 528 pp. \$35.00. ISBN 978-1-4696-5182-8

Tire and Stone explores a remarkable era of challenge and growth in the history of the University of North Carolina under the leadership of two presidents with very different styles and strengths, who nonetheless shared a fierce devotion to the university and bold visions for its future. Edward Kidder Graham and then Harry Woodburn Chase led the school from 1915-1931. Graham was an alumnus, beloved UNC faculty member, and compelling orator, felled by the deadly influenza of 1918. Chase was a more reticent leader and a Yankee from Massachusetts of all things, but he wielded the written word on the University's behalf with consummate eloquence and skill. What Graham began, Chase continued and grew with consistent success, guiding the provincial Chapel Hill campus, founded in the 18th century "in a sylvan grove off the beaten path to keep it free from undesirable outside influences" into a true and top flight university, erecting new buildings, establishing new academic departments and professional schools, and increasing annual state support. Other key advancements included expanding the student body to represent all corners of the state and rungs of the social ladder, and hiring and retaining high quality faculty (Chase noting proudly in 1919 that "the University of North Carolina is no longer a training school of professors for the University of Virginia").

This progress positioned UNC to take its place as a leading research and teaching institution in the state, the south, and the nation. That this transformation occurred in just over 15 years and against the backdrop of world war, disease, post-war social and civic upheaval, rapid technological advancements, battles over academic freedom, and pendulum political swings makes the history captivating, colorful, and appreciably relevant to issues in higher education today.

A North Carolina native, Covington is an award-winning journalist, historian, and biographer of the state, its people, and institutions. He has written or co-written more than fifteen works of North Carolina history and biography, each tapping richer veins of context, connection, and memory that make history come alive. *Fire and Stone* is the second volume in the UNC's Coates University Leadership Series and is meticulously researched and a pleasure to read, featuring black and white photographs, appendices, detailed notes, and a rich bibliography of primary and secondary sources.

A treasure trove of vivid facts and details (e.g., UNC's compulsory status as a training facility under complete military control in 1918), the book enriches context by weaving the story of UNC's advancement with North Carolina's own growing pains in shedding an unfortunate reputation for backwardness by modernizing infrastructure, grudgingly accepting the encroachment of secularism, and increasing public and private support and goodwill for higher education. The book is the story of two men and the extraordinary good works they did to ensure that the University of North Carolina positioned itself as a champion of continued advancement, internationally recognized standards of excellence, and indefatigable Tar Heel pride. Recommended for academic and public libraries.

Susannah Benedetti University of North Carolina Wilmington

Looking for help with collection development?

If you want to expand your library's collection of novels set in North Carolina, you should visit the Read North Carolina Novels blog hosted by the North Carolina Collection at the University of North Carolina at Chapel Hill (http://blogs.lib.unc.edu/ncnovels/).

If your interest in North Caroliniana is more general, the North Carolina Collection at UNC-Chapel Hill regularly posts lists of new additions to their collection at this address: http://blogs.lib.unc.edu/ncm/index.php/whats-new-in-the-north-carolina-collection/.