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## LOCAL WEATHER FORECAST

Pittsboro, NC



### Currently

81°

Clear

Tomorrow is forecast to be **Warmer** than today.



### Sunday 06/21

0%

High 95° Low 72°

Partly Cloudy

Partly cloudy. Lows overnight in the low 70s.



### Monday 06/22

10%

High 99° Low 73°

Clear

Mostly sunny skies. High 99F. Winds light and variable.



CENTRAL CAROLINA COMMUNITY COLLEGE, FOOD, PITTSBORO

## CCCC Natural Chef Program has international flavor

by [Chatham Journal staff](#) • June 21, 2015

Pittsboro, NC – Central Carolina Community College’s Summer Natural Chef Certification Program has developed an international flavor.

Three of the class members have foreign ties. Patricia Arbelaez lives in Montreal, Canada. Meriel Goodwin lived in Europe for about 25 years. Audrey Wolff, who now lives in North Carolina, is formerly of Paris, France.



“I was looking for a program because I’m starting a culinary arts program in Montreal in September,” said Arbelaez, who learned about the CCCC program through a Google search.

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- [Soccer watch party with Mia Hamm & teammates on June 22](#)
- [To the unfortunate woman at the Food Lion in Pittsboro this past Tuesday](#)
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“I wanted to learn more about healthier ways to prepare foods.”

Goodwin, who grew up in the New York City area, said she learned about the Natural Chef program through an Internet search several years ago. “I did culinary training there [in Europe], but never worked in a commercial kitchen. That’s what interested me here,” she said.

Wolff, from Paris, attended the University of North Carolina at Chapel Hill and now lives in the area. “I thought it would be the perfect program for me because I’m interested in learning more how nutrition and how to care about people with allergies,” she said.

Chef Gregg Hamm, Executive Director of the Central Carolina Culinary Institute, says that all students bring a unique individual “flavor” to the class. “Students from various regions and now countries bring ethnic value, as well as information and experience from regional growth patterns and food uses,” said Hamm. “We all learn from one another while adding the professional outlook and experience of our faculty.”

The three women all had praise for the CCCC program.

“So far, it’s been very good,” said Arbelaez. “I like the fact that it’s a very small group, so we get to learn more.”

“I think the program is an excellent buy for the money,” said Goodwin. “I think the quality of the teaching has been terrific.”

Wolff said class members learn a lot from each other. “I really love it. I really enjoy it,” she said. “I was a little afraid at first because I didn’t go to culinary school.”

Classes for the 10-week certificate program began May 18 and ends July 30, with classes held Monday through Thursday from 8:30 a.m. to 2:40 p.m.

The Central Carolina Culinary Institute’s Natural Chef Certification Program is a dynamic, innovative, and truly unique program.

“The program is very affordable to students locally and from afar,” said Hamm. “The program offers immediate job training skills needed for the culinary industry.”

Students study holistic nutrition and sustainable culinary

Progress proposes lower overall rates for NC customers



June 2015

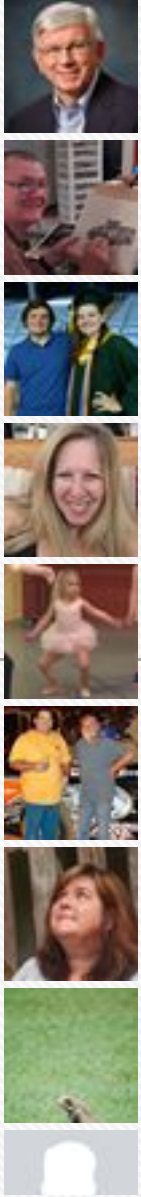
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 **CHATHAM COUNTY, NC ONLINE BBS**

**Re: Former Chatham Commissioner Brian Bock speaks about push to zone entire county**

All meetings allow public input at the beginning. The next

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techniques. They work hand in hand with the Central Carolina Community College Student Farm, and other area farmers, to gain real world experience with a farm-to-table approach to sourcing and agricultural stewardship.

“Our farm allows direct instruction of the season bounty of foods,” said Hamm. “It shows us the advantages of local foods and allows the creativity of cross-utilizing and preserving products.”

Students matriculate with a comprehensive understanding of sustainable and nourishing food practices, how to prepare delicious and therapeutic foods to avoid illness and promote optimal health, and how to navigate all the equipment and practices of a professional kitchen.

This modern approach to holistic nutrition and culinary arts marries traditional holistic techniques, knowledge, and practice with the latest culinary trends and equipment.

Wolff said she loves working with the fresh produce.

“It has been an incredible experience,” said Arbelaez.







Goodwin noted, “I think it’s terrific. I’m having a wonderful time.”

The Natural Chef program operates every summer at CCCC’s Chatham County Campus. To follow this and other culinary programs at CCCC, visit the website [www.cccc.edu/culinaryarts](http://www.cccc.edu/culinaryarts).

  4



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Planning board meeting is July 7, at 6:30 in the ag building. All meetings are posted on the county calendar.<http://chathamnc.org/index.aspx?page=15>  
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 Brian, we need to know times and dates for these planning board meetings. The last one I was aware of did not allow public comment. I am not aware of any planning board meeting that did NOT allow public comment...  
**Re: Former**

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Central Carolina Culinary Institute

culinary arts

Natural Chef

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Gene, thank you for putting that up. Folks, we did not elect the Planning Board. How are we in the position of having to address/convince the Planning Board of anything regarding our property rights and that they must respect them?

[Re: Former Chatham Commissioner Brian Bock speaks about push to zone entire county](#)

Brian, we need to know times and dates for these planning board meetings. The last one I was aware of did not allow public comment. So, we need to also know when public input is going to be tolerated by the political class and when it is not. Then we need to decide whether to [...]

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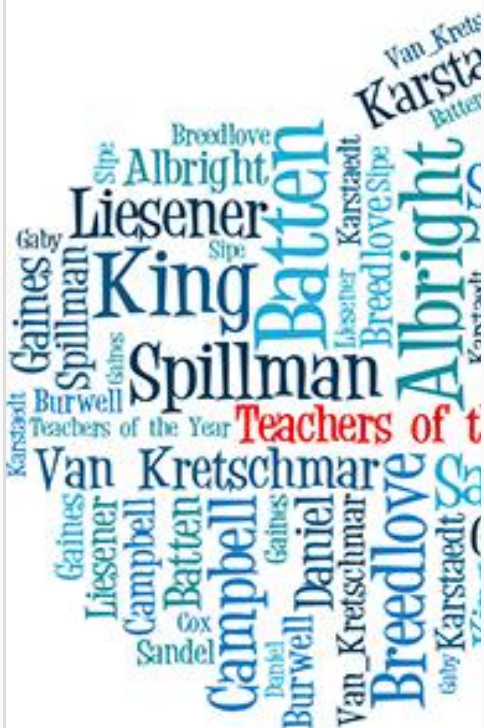
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