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Wednesday, December 28, 2011 • Page 1C

ON THE COUCH



Michelle Goff

No ordinary column

Instead of a Christmas miracle, I received a Christmas migraine this year. As my family gathered around the Goff Estate hearth to exchange presents, sing carols and spread tidings of joy, I remained in my darkened house where I alternated between writhing in pain and barfing on the floor.

I'm not telling you this just so you'll feel sorry for me. However, you need to know where I'm coming from mentally and physically to understand this here column. You see, this is no ordinary column. It has no beginning, middle or end, and no discernible narrative. No, this here column contains nothing but random thoughts from my scattered brain.

• Here's a helpful hint: Instead of sending an interoffice message reading, "I have shortbread cookies, with kisses and without," try "I have shortbread cookies, with chocolate and without." Substituting one simple word might save you oodles of trouble.

• The NBA season commenced on Christmas Day. The Dallas Mavericks lost, but my spiritual fiancé, Dirk Nowitzki, looked adorable with his shortened haircut and slightly shaven face. What a cutie.

• My reddened face feels hot to the touch. I'm not sure if it's chapped, if I've contracted rosacea or if there's another possibility behind door number three. I just know it appears as if I'm in a constant state of embarrassment.

• I dislike casseroles and most non-vegetable based salads (e.g. chicken, macaroni and egg). When it comes to these "foods," it's like folks rummage through their kitchens saying, "Hmm, these peas are almost out-of-date. I think I'll add some almonds, mustard, bacon, hot peppers and oranges, and make a pea-orange salad-casserole." That's not cooking, it's cleaning out your refrigerator.

• When I couldn't find my razor, I assumed the cats were trying to shave — again. However, I later found it in a cabinet, which worries me because I didn't

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It's a wonderful life for Chef Michael Paley



By JOYCE PINSON

Vitalogy was the title of an album by the grunge band Pearl Jam. The word is emblazoned across Chef Michael Paley's arm. The recordings are about the struggles of staying vital, of staying true to oneself while trying to make a living in the public eye. As one of Louisville's rock star chefs, Michael Paley can relate.

The Executive Chef for Proof on Main, an upscale downtown restaurant, Paley keeps up a hectic pace. There is a kitchen to run. There are diners to please. He coordinates menus based upon the seasons relying heavily on the production of Steve Wilson and Laura Lee Brown's



Photos for the News-Express by Joyce Pinson

Chef Michael Paley's pastrami sandwich with aioli sauce, above, is featured on the menu at Louisville's Proof on Main. Below right, Paley works in the kitchen at Proof on Main. Below left, Paley's tattoos include one dedicated to the Pearl Jm album "Vitalogy."

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St. Petersburg Symphony coming to Paramount



Submitted photo

The Paramount Arts Center in Ashland will host the St. Petersburg Symphony Orchestra Saturday, Jan. 14.

ASHLAND — The St. Petersburg Symphony Orchestra is on its first tour to the United States and will perform Saturday, Jan. 14, at the Paramount Arts Center in Ashland.

It will be an evening of masterworks when Roman Leontiev — a guest conductor for the Bolshoi Theatre Orchestra, the Dresden Staatskapelle, and Symphonica Toscanini at the request of the Lorin Maazel — takes the podium.

He will delve into the insatiable longing and ecstasy of Wagner's Prelude and Liebestod from the opera "Tristan und Isolde" and

will preside over Mahler's Symphony No. 5.

Alexandre Pirojenko, a Young Concert Artists International Auditions winner, shares the stage to unleash the youthful energy of Beethoven's Piano Concerto No. 2 in B-flat major, Op. 19.

Tickets are \$20, \$25, \$30 and \$36. Student tickets are \$5.

This performance is sponsored by Mrs. Margaret Adkins, Time Warner Cable, WSAZ and WVHU.

For more information and to purchase tickets, call (606) 324-3175. Or purchase online at www.paramountartscenter.com.



Submitted photo

Young Concert Artists International Auditions winner Alexandre Pirojenko will play Beethoven's Piano Concerto No. 2 in B-flat major, Op. 19 during a concert at the Paramount Arts Center, Jan. 14.

All aboard the Polar Express



Submitted photo
Students in Ms. Ramey's kindergarten class at Elkhorn City Elementary School had a Polar Express party as part of their Christmas celebration. The students enjoyed hot chocolate and gingerbread snack mix as they heard the story. Pictured are, from left: front row, Brody Ward, Ryan Ratliff, Trayton Riffle and his pal Woody, Keagan Tucker, Clark Craft, Trenton Mullins; back row, Kellie Whitetree, Landen Sykes, Alexis Hurley, Nathaniel Overstreet, and Talli Bingham.

PALEY

Continued From Page 1C

Woodland Farm.

The chef recently launched Garage Bar, a casual rendezvous point on East Market Street, featuring craft beers, Kentucky Bourbon and according to Bourbon Barrel Foods Matt Jamie, "The biggest pizza oven on earth." A New Jersey native, pizza is very much a part of Paley's roots. However, make no mistake Michael Paley revels in southern culture. On the week that we met, Paley was preparing to depart for the Southern Foodways Alliance meeting in Oxford Mississippi, considered by many the modern "think tank" of southern cuisine.

At Proof on Main and Garage Bar, the influence of local and southern ingredients is embraced with open arms. Woodland Farms provides Kentucky raised Bison, heritage hogs, and a large assortment of vegetables and fruits grown with no chemical sprays. Greens, produced in a heated greenhouse, are grown year-round for both restaurants. Concerned with

colony collapse disorder, the farm is working to establish several honey bee colonies vital to pollination efforts on the farm.

Proof on Main's menu is unique. We especially enjoyed the Bison Pastrami and the house made Minted Grapefruit Soda. But if you ask Kentucky chefs what is really amazing about Michael Paley's creations, they point to the Country Ham sampler offered at Garage Bar. Wherever he cooks, Michael Paley does not disappoint.

Food is only one facet of Michael Paley's life. He may pursue Vitalogy, but on the other hand -- or arm if you will -- there is a tattoo that references his greater passion. There is a joy and a pride that the chef cannot conceal; he relishes being a family man. There is a light in his eyes and vibrancy in his conversation when he speaks of his family. He smiles unselfconsciously as he speaks of spending time with his young son who beats dad at video games on a regular basis.

What's next for Michael Paley? In the New Year, he will be working on opening

two more restaurants for Steve Wilson and Laura Lee Brown. One will be in Arkansas, the other near an artsy culture center in Cincinnati. Each will feature and promote artists. Louisville's Proof on Main is located inside a 9000 square foot art museum adorned with jaunty red penguins and a life-size tiger abuzz with dragonflies in the main dining room.

Louisville's 21C Museum is the only museum in America dedicated to artists that are still living. Living; being vital. Vitalogy, the challenge to live life to the fullest navigating bumps in the road without selling one's soul. It's a slippery slope being a chef these days, but Michael Paley will find his way and a shine the light for more Kentucky chefs to follow.

We wish you all a happy, healthy and prosperous New Year. For more information on Chef Michael Paley and Proof on Main check out my website www.friendsdriftinn.com

Joyce Pinson is a Master Gardener, home cook, and a local insurance agent. She maintains a food and garden blog at www.friendsdriftinn.com.

GOFF

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know the cats could open and close that particular cabinet.

I thought University of Kentucky basketball player Michael Kidd-Gilchrist's name was Kid Gilchrist. And I liked that because it sounded like a name you'd hear in an old-school western.

I could see a nervous cowboy slinking into the saloon to warn his compadres. "You'd better watch out, I hear Kid Gilchrist is riding back into town tonight." Even after learning the truth, I still like Kidd-Gilchrist. In fact, I can't decide if he or Anthony Davis, with his magnificent unibrow, is my favorite player.

Whilst I stood in a doorway chatting with a co-

worker, said co-worker suggested I mention in my column that there's a fine line between

lingering and loitering. At first, my mind raced with the possibilities.

Suddenly, my mind hit the brakes and I lurched back to reality. "Oh, I can take a hint," I said as lumbered from the doorway.

I hope I have neither lingered nor loitered today.

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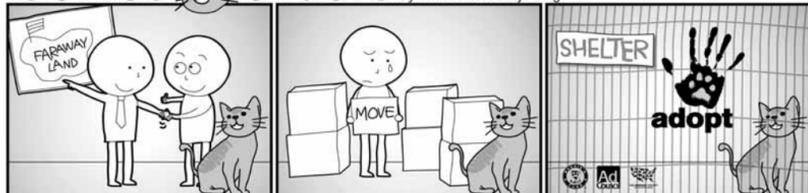
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6	1	8	4	2	9	3	5	7
4	2	7	3	5	8	6	1	9
9	5	3	8	4	2	7	6	1
2	8	1	9	6	7	4	3	5
7	4	6	5	1	3	2	9	8
1	7	4	2	9	6	5	8	3
8	9	5	7	3	4	1	2	6
3	6	2	1	8	5	9	7	4

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AMOK	BOLO	APERY
NAME	BUFF	LAPSE
GREENER	TAINTED	
	FOYER	STE
SHIFTS	EASEMENT	
TIBER	CEDE	ALEE
RNS	EMANATE	WAX
IDES	ARTY	GRATA
PUNCTURE	CRAYON	
	AID	RILED
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SEEDS	ABOY	LESS

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