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Wednesday, March 7, 2012 • Page 1C

ON THE COUCH



Michelle Goff

A time to help

The photos are heart-breaking.

They show homes and businesses in rubble and folks sifting through debris to salvage a picture frame, papers, or a pillow. Anything to remind them of their lives before tornadoes whipped through the state last Friday evening.

Thankfully, Pike County was spared from the worst. But even if you don't know anyone personally affected by the storms, you're probably associated with someone who does. For me, the parents of a friend of a friend lost their house and the parents of another friend were missing.

If that doesn't bring the tragedy home, those heartbreaking photos do. The pictures depicting the devastating damage in Laurel and Menifee counties depressed me, but the photos taken in Magoffin County disturbed me.

It's not that I sympathize more deeply with folks from Magoffin County than those living in Laurel and Menifee counties. It's just that, like so many others, I've driven on that certain strip of Magoffin County highway on my way "downstate." To see familiar businesses, shops, and billboards reduced to piles of boards and bricks gives me a point of reference for this storm's destruction.

I also have a point of reference for West Liberty, a quaint, charming little town I traveled through during my years at Morehead State University. West Liberty always seemed like it belonged on the back lot of a Hollywood studio. It was a cozy town where I could imagine them filming "Leave It to Beaver." Yes, in my mind, West Liberty could have been home to Beaver Cleaver.

Although I wouldn't stop in the town until my graduation day, the town always projected a warm, friendly feeling. It made me feel at home. As I looked at the store fronts and facades, I wondered how they had survived contemporary redesigns that would have stripped them of their personality.

It appears most of

See GOFF, Page 2C

Jamerson's Irish Stew ... a homecoming



Irish stew is a comfort food well known by our Appalachian forefathers. With St. Patrick's Day just around the corner it is the perfect time to reflect on family history. Food can transport us to the Scotch-Irish ancestral homes so many of us left generations ago.

It is not hard to imagine why our relations chose to settle in the Appalachian Highlands; it reminded them of home. Sipping Earl Grey Tea and gazing through mountain mists I can almost hear bagpipes which summons memories beyond the here and the now.

Grandma used to read aloud the works of Jesse Stuart, a Kentucky Poet Laureate with the soul of a

See STEW, Page 3C



Traditional Irish Stew gets a contemporary twist with the addition of star anise which gives a faint background flavor of licorice. Don't be afraid! Star anise is a traditional meat enhancer. The photo shows the stew, the star anise, and in the background is Irish Soda Bread.

Photo for the News-Express by Joyce Pinson



Submitted photo

Nick Jamerson's song, "Home" was, in part, the inspiration for Joyce Pinson's recipe for Jamerson's Irish Stew. Jamerson and Kris Bentley make up the band, Sundry Best which will be in concert at the MAC, Friday, March 23.



Photo for the News-Express by Joyce Pinson

Let Irish Stew, made with potatoes, parsnips, carrots and leeks, carry you through the last dreary days of winter. A traditional comfort food, Irish Stew tastes like home.



Submitted photo

The artwork of University of Pikeville senior Tiffany Clevinger will be exhibited in the Weber Art Gallery at UPIke through March 26. Clevinger's show features a variety of media including sculptures and paintings.

Clevinger's works featured in UPIke Art Gallery

SPECIAL TO THE NEWS-EXPRESS

The Weber Art Gallery at the University of Pikeville is featuring the works of graduating senior Tiffany Clevinger.

The senior art show meets part of the exit requirement for a graduating art major and is a reflection of the student's

development and interests. Clevinger's show features a variety of media including sculptures and paintings.

"I have always been interested in art," said Clevinger. "The more I create, the more I want to create and the better I become with understanding myself and

See GALLERY, Page 2C

Smith, Madden to lead APCC's Pace Program

SPECIAL TO THE NEWS-EXPRESS

In 2008, there were 4,269 legal abortions reported in Kentucky; the statistics reveal that 74 percent were

performed on females under the age of 29. Worldwide, one in five pregnancies ends in abortion.

Having an abortion has See PROGRAM, Page 2C



Submitted photo

Volunteer counselors Elizabeth Smith and Ashley Madden lead PACE, a post abortive counseling education program held at Appalachian Pregnancy Care Center, Main Street, Pikeville. Using the book "Empty Arms" by Pat Vredevelt, an eight-week Bible Study is provided in a group setting.

Artists Collaborative Theatre headed to state conference

BY KRISTY STEVENS
CONTRIBUTING WRITER

Artists Collaborative Theatre will represent the entire state at the Southeastern Theatre Conference, March 7-11, in Chattanooga, Tenn. The cast and crew of "Dearly Departed" won four out of six possible awards for their performance at the statewide Kentucky Theatre Festival, including first place.

Wish them luck as they compete against nine other states this Saturday for a chance to go to nationals!

Now showing at ACT is "12 Angry Men," which runs through March 25. There are no shows March 8, 9, 10, or 11, due to attending the SETC.

Plot: A young man stands trial for the murder of his father. In the courtroom, the jury must reach a unanimous verdict in order to avoid a hung jury. If that verdict is guilty, it could mean the young man's life. It looks like an open-and-shut case until one juror begins asking questions and opening the others' eyes to the facts.

As an intense courtroom drama, "12 Angry Men" is filled with electrifying scenes.

Show times will be Thursdays, Fridays, and Saturdays at 7:30 p.m. and Sundays at 3 p.m. Tickets are \$8 each and will be available at the door, online at www.act4.org, or by calling (606) 754-4228. The theater is located at 207 N. Patty Loveless Drive, Elkhorn City.

The Artisan Alliance of Pikeville/ Pike County is



Submitted photo

"12 Angry Men" is now playing at Artists Collaborative Theatre in Elkhorn City. ACT's "Dearly Departed" won the cast and crew a first-place award at the Kentucky Theatre Festival. This award-winning group will entertain you if you let them!

holding an art exhibit to feature the works of Tim Smith and Tim Sizemore. The exhibit runs March 5-23 and features both paintings and sculptures. Admission is open to the public and absolutely free! The AAPP is open Monday through Friday from noon to 3 p.m. and is located at 224 Second St. in downtown Pikeville.

Coming up for the artisan center is the East Kentucky Arts and Crafts Fair. The fair will take place May 25-26 from 10 a.m. to 7 p.m. Booth space is available. The AAPP is looking for quilters, basket weavers, photographers, painters, sculptors, woodworkers and others to display and sell art

at the event.

For pricing or more information, call Samantha Rogers at (606) 433-0193.

The Stone Heritage museum will be open the first Saturday of each month from 10 a.m. to 4 p.m. If you have a group, the knowledgeable folks at Stone Heritage would be happy to accommodate you and offer a private tour. It's a great opportunity to discover the fascinating history of the community of Stone and meet some wonderful people.

Stone Heritage is located at 1355 Pond Creek Road, Stone. Call Peggy King at (606) 237-6099 or B.L. Ball at (606) 353-9834 for more

information or to ask how you can volunteer.

You can now find out what's going on in the arts around Pike County on Facebook! Just search for "Pike County Fine Arts" and follow us! If you are interested in becoming involved in the arts, please contact the Pike County Extension Office at (606) 432-2534 or e-mail kristy.stevens@uky.edu.

Thank you for supporting and participating in the arts in Pike County.

Kristy Stevens is the Fine Arts Program assistant at the University of Kentucky Cooperative Extension Pike County Office.

STEW

Continued From Page 1C

Scotsman. His works gave her a sense of place; a reaffirmation of the deep love she felt for Kentucky our "new" homeland. Stuart wrote about his family legacy of fierce independence resulting in a commitment to self-sufficiency in Greenup County's W-hollow. The author was no stranger to the garden or to the pioneer ways of food preservation.

Down in March when the root cellar was running low, the ingredients of Irish stew were a familiar blessing to Kentucky families. Potatoes, parsnips, carrots and leeks carried hungry youngsters through those last dreary days of winter. Irish Stew tasted like home and gave the family life.

The flavors, the smells, the rituals of preparing a meal that sustained our for-bearers is a worthy undertaking to celebrate Saint Patrick's Day and reflect on what it means to be looking homeward. Irish Stew it warms my tummy and my soul!

Prestonsburg's Nick Jamerson is not Robert Burns, but his musical lyrics tell of the love of the hillsides and the torment of homesickness.

"Home" a song composed by Jamerson begins ... "I don't like it in the city; Nobody knows my name." The story continues ...

"I grew up here in the mountains;
I got moonshine in my veins;

My grandpa gave me my first guitar;
My pa gave me my last name.

I ran barefoot up a hollow;
in the shadow of the pines
With my brothers and my sister,

We cut our teeth on homemade wine
I wanta go home,
I wanta go home,
I wanta go home."

There's something magical about our mountain roots, something achingly beautiful that touches our heart and reminds us it does

not take a baronial castle to make a home; it takes a willingness to embrace the best of our past to build a brighter tomorrow. No matter where you are, you can indeed go home again.

Today's recipe is part historical tribute and part modern whimsy. I am inspired by the seasonal ingredients once grown in Grandma's garden. A chance facebook exchange with Chef Jon Ashton of "Parade" magazine gave me a contemporary twist.

Ashton suggests adding star anise, a spice related to our southern magnolia. This exotic ingredient is a favored meat enhancer and is available at local stores. Irish Stew is a giggle from the land of leprechauns I think you are going to like.

Happy Saint Patrick's Day!

Jamerson's Irish Stew Inspired by Sundry Best's Nick Jamerson and Chef Jon Ashton of "Parade" magazine

Ingredients: 1 tablespoon olive oil (I like Stuartos of Lexington, a cold-pressed variety); 2 pound lamb shoulder or beef stew meat cut

into 1/2-inch pieces; 4 cloves fresh garlic, peeled and minced; 1/2 teaspoon salt; 1 tablespoon Worcestershire sauce (I like Bourbon Barrel Foods brand); 4-5 cups water; 1 bay leaf; 1 Star Anise; 1/4 cup unsalted butter, organic preferred; 4 medium carrots, peeled and sliced in thick rounds; 1 parsnip, peeled and sliced in thick rounds; 4 large boiling potatoes, peeled and quartered (I recommend a waxy potato like a red salad potato or Yukon Golds); 1 or 2 leeks, coarsely chopped (1-1/2 cups of mild sweet onions could be substituted but I encourage you to try leeks, the flavor is very mild and melds well with the star anise); salt and pepper to taste.

Optional: 4 tablespoons fresh chopped parsley for garnish.

In a heavy stock pot over medium heat, add oil and brown both sides of meat moving the pieces to keep from sticking — about 5-6 minutes total. Add salt and garlic; sauté garlic about 1 minute. Careful, do not burn! Add Worcestershire sauce, water, bay leaf and

star anise. Bring up to a slow boil.

In a large skillet over low heat, melt butter and add carrots, parsnips, potatoes, and leek cooking about 20-25 minutes until vegetables have begun to get a golden caramelization.

Transfer vegetables to stock pot, cover and simmer the combination about 40 minutes until the meat is fork-tender. Stir the mixture from time to time. If serving immediately, remove bay leaf and anise and ladle into bowls garnishing with parsley.

Like most stews, this recipe gains flavor if made a day ahead, cooled partially, and stored covered in the refrigerator overnight. Serve hot with Irish Soda Bread, a recipe found on my Website.

Serves 4-6.

Visit www.friends-driftinn.com and tune into Channel 99 on Suddenlink and Intermountain Cable for "Friends Drift Inn with Joyce Pinson."

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

Community calendar

Please send "Community Calendar" announcements to Nancy Goss P.O. Box 802, Pikeville, KY 41502, or ngoss@news-expressky.com.

March 7-?:
— Yard Sale; Pikeville Wesleyan Church, Hambley Boulevard; 10 a.m. to ?; bake sale on Saturday, March 3!

March 7-29:
— Veterans' Service Day; 9 a.m. to 3 p.m., by appointment; Pike County Courthouse; Mon. through Thurs. (except first and third Wed.); receive free assistance in filing for federal and state benefits; bring copies of pertinent documentation to verify eligibility; service provided by Kentucky Department of Veterans Affairs; 866/647-2926.

March 7-11:
— Revival; Poor Bottom FWB Church; 7 o'clock nightly; preachers will be Jimmy Reed Adkins and Chester Keathley; special singing nightly; everyone welcome!

March 7, 14, 21, 28:
— Lent Services; 1 p.m.; "We will study Journey to Hope"; Elkhorn City United Methodist Church.

March 9-10:
— Big Sandy Idol; 7 p.m.; Mountain Arts Center, Prestonsburg; tickets \$7 adults, \$5 students.

March 10:
— Gospel Singing; 7 p.m.; Calvary FWB Church, Indian Creek; featuring The Jackson Family from Hurley, Va.; dinner following singing; Pastor S.J. Bates and congregation welcome everyone!

— Spring Community Bazaar; South Side Mall, Goody; 10 a.m. to 5 p.m.; for area non-profit organizations and churches; registration packets available at the mall office or by e-mail at southsidemall275@hotmail.com.

March 11:
— Revival; Poor Bottom FWB Church; located at Lookout; 7 p.m.; preaching by Bro. Jimmy Reed Adkins and Bro. Chester Keathley; special singing nightly; everyone welcome!

March 13:
— Pike County Beekeepers Meeting; Pike County Extension Office, Trivette Drive; 6 p.m.; guest speaker, Jim Coss (Honey & Bee Connection of Morehead) will speak on "Package Bees" and "First Year Beekeeping"; if you'd like to order supplies from Coss, call (606) 734-3108 or (606) 207-7785, and he will bring your order to the meeting (no delivery charge); everyone welcome!

March 15:
— Stone Heritage Meeting; 6:30 p.m. at historic Red Robin Building; guest speaker will be Judge Wayne T. Rutherford.

— "The Arts — For Youth"; 5-6:30 p.m.; at Oscar, 7 miles from Paintsville on Rt. 40; after school come and learn art-related activities; pre-registration required - 789-8108, Johnson County Extension Office.

March 16-18, 23-25:
— "Legally Blonde"; Mountain Arts Center, Prestonsburg; 7 p.m.; tickets \$10.

March 17:
— St. Patrick's Day Annual Gospel Singing; 7 p.m.; UPike's Booth Auditorium; featuring Eternity, Tools of the Carpenter, Gospel Harmony, New Hearts, Justice Family and many more; everyone welcome!; free admission (you might wear a little green); concessions provided by Full Gospel Fellowship Church; for more information call 432-3520.

March 18:
— Special Singing; 11 a.m.; Blessed Hope FWB Church; featuring The Harding Family Singers; everyone welcome!

WEDNESDAY'S SUDOKU & CROSSWORD ANSWERS

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