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Wednesday, November 23, 2011 • Page 1C

ON THE COUCH



Michelle Goff

Happy Black Thursday

In case you haven't heard, they've canceled Thanksgiving this year. Yes, it's true.

It seems some retailers are in such a gosh-dern hurry to share their Black Friday deals that they plan to open their doors before midnight on Thanksgiving. So, technically, they're hosting Black Thursday sales.

When I first heard of this brilliant idea and the backlash it had subsequently generated, I asked myself, "Self, why are folks so angry? It's not like death and taxes. They can't force us to attend these feeding frenzies."

Then, a frightening thought permeated my brain: What if it were mandatory?

I've witnessed the Black Friday carnage. And as I watched shoppers hurl DVRs, computers and small children through the maddening crowds, I vowed, "Never again."

And as a (sometimes) righteous woman, I have remained true to my vow.

Oh, my nieces have tried to cajole me into attending the hysteria with them, but I have held firm. Besides, you can purchase many of these deals through a marvelous new creation called online shopping. I advise you to research this quieter and less-stressful alternative.

Anyway, most of the folks upset about this Black Thursday nonsense are retail workers. As one Target employee explained, he and other workers will have to retire to their respective beds mid-afternoon to make sure they are well-rested for their 10 p.m. shifts. In other words, they will miss much of the Thanksgiving holiday.

Some of you might be thinking, "Tough luck, buddy, that's why they call it work. Just be grateful you have a job."

I would agree if the safety and well-being of society rested on this man's shoulders or if he worked in a field that enhanced our enjoyment of Thanksgiving. You know, if he were a nurse or a police officer or even a professional football player or a bartender, I'd thank him and remind him we cannot do without the dedication of folks such as he, even on a family-centric day like Thanksgiving.

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Holiday entertaining with Chef Ouita Michel

JOYCE PINSON

Chef Ouita Michel of Holly Hill Inn in Midway, says the number one rule for holiday entertaining is to make appetizers and side dishes before the big day.

"Holiday entertaining is about spending quality time with your guests, not hiding in the kitchen."

A Kentucky native, classically trained at the Culinary Institute of America in New

York, Ouita's culinary signature is down-home cooking. "I'm not about high style," she giggles. "I am about nur-

ture, loving and embracing our community, our friends and our family. When the holidays roll around, I want to be

with my guests as much as possible."

In addition to owning three restaurants — Holly Hill Inn,

Wallace Station and Windy

Corner Market & Restaurant

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Friends Drift Inn



Photo for the News-Express by Joyce Pinson

Four-times James Beard-nominated Chef Ouita Michel in the kitchen at Woodford Reserve Distillery with her Thanksgiving Turkey Roulade, a turkey breast rolled with bourbon soaked fruit and nuts.



Photo for the News-Express by Joyce Pinson

Chef Ouita's appetizer presentation included a mini cheese ball atop a spiced poached pear, and ham biscuits slathered with cushman butter. The appetizers were paired with a Bourbon Ginger Julep Cocktail.

A post office field trip



Mrs. Tammy Wilkerson, Mrs. Wray Lynn Bartley and Mrs. Jammie Osborne's Head Start class at Elkhorn City Elementary recently visited the Regina Post Office. During their visit, Sandy Webb and Brandi Steffey spoke to the students about the postal service. The students wrote a letter, placed a stamp on their letter, canceled their letter and mailed a letter to themselves.

Submitted photo

UPIKE honors outstanding achievers

SPECIAL TO THE NEWS-EXPRESS

The University of Pikeville recognized several individuals during the annual Alumni Awards Dinner. Honorees include, from left, Frank Welch; Carla Corbin, accepting on behalf of her parents, Frank and Mattie Justice; Rosemary Gilliam Holbrook; Judith Hinkle; Kitty Baird; Jesse Rudd and Brad Hall.



Submitted photo

Eight individuals were recognized during the University of Pikeville's Alumni Awards Dinner for their outstanding achievements and commitment to the university.

Rosemary Gilliam Holbrook, Brad Hall and Jesse Rudd II were recognized as Rising Alumni for their professional achievements, pursuit of excellence early in their careers, and the commitment and positive impact they have made in service to others.

A certified public accountant in Ashland, Holbrook is pursuing a Master of Science degree in accountancy from Marshall University. Hall is the president/CEO of the Southeast Kentucky

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Community calendar

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

November 23-December 18:

— New Hours At Rhododendron Restaurant, Breaks Interstate Park; operating hours - closed, Mondays and Tuesdays; 8 a.m. to 8 p.m. Wednesdays and Thursdays; 8 a.m. to 9 p.m. Fridays; 7 a.m. to 9 p.m. Saturdays; and 7 a.m. to 8 p.m. Sundays; Thanksgiving Day buffet - 11 a.m. to 6 p.m.; restaurant closes Dec. 19 and will reopen April 1.

November 25:

— Kentucky Opry Christmas Show; Mountain Arts Center, Prestonsburg; 7:30 p.m.

November 26:

— Belfry Class of 1974 Fall Get-together; 1 p.m.; Grants Branch Park; all classmates invited; for more information contact lleene at (606) 625-1685.

November 27:

— Special Singing; Blessed Hope FWB Church; 7 p.m.; featuring The Unity Singers; everyone welcome!

— Special Singing; Upper Chloe Creek Church of God; featuring singing and preaching by Eddie Street; 7 p.m.; everyone welcome!; 432-1590.

November 28:

— Weather spotters class at Elkhorn City Hall, beginning at 6:30 p.m. The event will be hosted by the National Weather Service and Pike County Emergency Management. The class is free and open to the public and local weather spotters are needed.

November 29-December 4:

"The Nutcracker"; performed by UPike School of Dance and community members; Booth Auditorium.

Twice as nice



Matt and Christie Carter of Owingsville announce the birth of their sons, Case Michael and Stephen Cade. They were born Sept. 9, 2011, at Central Baptist Hospital, Lexington, at 32 weeks. Case weighed 3 pounds, 11 ounces and was 16.5 inches long, and Cade weighed 3 pounds, 14 ounces, and was 18.5 inches long. Case and Cade are the siblings of Colt Matthew Carter, and the grandsons of Rodney and Teresa Chapman of Kimper and Steve and Barbara Carter of Owingsville.

UPIKE

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Chamber of Commerce. Rudd is a pharmacist at McDowell Professional Pharmacy.

The recipients of this year's Honorary Alumni Award are Frank and Mattie Justice. The award is presented to individuals who are not graduates, but whose service reflects the spirit and tradition of the University of Pikeville. A native of Pike County,

Frank, along with his wife, Mattie, have been outstanding business and civic leaders.

Kitty Baird and Judith Walters Hinkle received the Distinguished Alumni Award, presented to alumni whose contributions have enriched the lives of others and who bring honor and distinction to the individuals, their families and the University of Pikeville.

Baird, former CEO of the Pike County Chamber of Commerce, is an active

member of several community service and civic organizations.

A graduate of Pikeville College Training School, Pikeville College Academy and Pikeville College, Hinkle is a true Pikeville alumna. Her ties to the college go back to its beginning with her grandmother, Elizabeth Syck Walters, who was in the first graduating Class of 1894. Hinkle taught in the Pikeville Independent School System for 27 years.

The University of

Pikeville Alumni Association also honored Frank Welch with the "Gary Thrash Outstanding Ambassador Award." The award is presented to recipients whose service to the university, and to the alumni association, exemplifies Thrash's dedication to the mission of the institution.

Welch, a retired educator, has received high honors for his contributions in the classroom and his leadership as an administrator.

CHEF

Continued From Page 1C

— Ouita is the chef-in-residence at Woodford Reserve Distillery. During a "Women of Woodford Holiday Entertaining" workshop Ouita offered up many time-saving tips for harried hosts and hostesses.

Cheese balls can be made days ahead of time and left to mellow in the refrigerator. Ouita suggests preparing a variety of individual serving-sized cheese balls using different coatings. Pistachios, parsley, bourbon smoked

paprika and pork bacon bits add an interesting twist to holiday presentations.

She couples the mini cheese delights with poached spice pears, biscuits with country ham, and a slathering of cshaw butter.

Chop vegetables and garnishes the day before, the chef advises.

Ouita, an outspoken advocate for using fresh ingredients, recommends buying vegetables in bulk. Not only does this help economize, the final product for your holiday table will have a fresher, more robust taste.

A consistent theme of Chef

Ouita's style is the layering of flavors. Oven-roasted Shiitake Mushroom Spring Rolls with soy, lemon and Master's Rye, rolled in filo and drizzled with sweet and sour orange sauce flood palates with an amazing array of taste sensations.

She pairs coleslaw with scallions, herbs and sweet peppers dressed with sorghum vinaigrette.

Cranberry relish gets a boost of excitement with the addition of orange zest and Woodford Reserve bourbon.

Ouita added dried cranberries and apricots to a Thanksgiving-inspired

roulade; a fancy word for rolled turkey breast.

Flavor layers extended to cocktails. Ouita served a Caramel Apple Cider Martini using equal parts Woodford Reserve Bourbon and Spiced Apple Cider. Martini glasses were drizzled with caramel, and the garnish included a fresh apple slice with spun sugar.

A classic holiday drink, Ginger Julep, coupling bourbon, ginger, lime and sorghum, was a crowd pleaser that can be made ahead and chilled, awaiting guest arrivals.

In the spring, Friends Drift

Inn will revisit the chef as she cooks up fresh ingredients from her extensive heirloom garden at Holly Hill Inn. For a behind-the-scenes look at the "Women and Woodford Holiday Entertain Workshop" visit www.friendsdriftinn.com. Happy Thanksgiving!

White Cheddar

Bourbon Cheese Ball

Inspired by Chef Ouita Michel, chef-in-residence, Woodford Reserve Distillery

Ingredients: 8 ounces Philadelphia cream cheese, softened; 6 ounces grated sharp white cheddar cheese; 1 tablespoon Worcestershire Sauce (we recommend Bourbon Barrel Foods brand); 1 tablespoon Woodford Reserve bourbon; 1/4 teaspoon sweet paprika; pinch cayenne pepper.

In a mixer bowl, whip all ingredients until fluffy. Shape into individual cheese balls. Roll in a variety of coatings. Ouita used freshly crushed pecans for her appetizer plating during the event. This will yield about a pound of prod-

uct. Chill for at least one hour; but for maximum flavor make several days ahead.

If you prefer a cheese spread, Ouita suggests adding 1/4 cup of milk to the mixture, placing in a pretty serving bowl and chilling covered with plastic wrap.

Woodford Reserve

Ginger Julep

Courtesy Woodford Reserve Distillery

Ingredients: 1-1/2-ounce Woodford Reserve Bourbon; juice of half a lime; 1 medium piece of candied ginger (check the spice aisle of your grocery); 1/4 teaspoon sorghum; 3 ounces bitter lemon soda.

Muddle bourbon, lime, ginger and sorghum. Pour into a short glass filled with ice. Add soda. Garnish with lime twist.

This cocktail is especially suited for fish, poultry and Asian-inspired dinners.

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

Shop Pikeville First This Holiday Season!



A campaign to encourage consumers to shop Pikeville this holiday season is being launched by the Pikeville Main Street Program, the City of Pikeville and the Kentucky Main Street Program, as a means to drive retail sales to local businesses, keep money circulating in the local economy, and help cultivate the unique character that differentiates communities across the state.

Administered by the Kentucky Heritage Council/State Historic Preservation Office, Kentucky Main Street is the oldest statewide downtown revitalization program in the nation, founded in 1979 and based on a four-point approach developed by the National Trust Main Street Center – including design, promotion, organization and economic restructuring. The program encourages downtown revitalization, public-private partnerships and economic development within the context of historic preservation.

Main Streets across Kentucky feature some of the most unique shopping experiences to be found anywhere, from clothing boutiques to restaurants, gift shops, bookstores, hand-made artwork and jewelry. Shops in Pikeville offer many ideas for great gifts during the holiday season and all year round.

Shopping in your community boosts local economies and benefits much-needed small business growth. When shoppers purchase an item and spend \$25 at a chain store, only \$3.90 of that stays in the community. However, if you spend \$25 at a local business, then \$13.75 stays here in Pikeville to support our local economy, create jobs and spur economic development.

Shopping Pikeville is the best way to show some local love this holiday season. For most small-town Kentucky businesses, the holiday season represents 75 percent of their total annual sales, so where you shop can make a real difference for business owners and be a direct benefit to Pikeville families. So remember to put Pikeville on your holiday shopping list!

For more information contact: Minta Chaney Main Street & Downtown Development Director 606-444-5284 mchaney@pikevillecity.com



WEDNESDAY'S SUDOKU & CROSSWORD ANSWERS

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