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Wednesday, November 30, 2011 • Page 1C

ON THE COUCH



Michelle Goff

The agony and the ecstasy

When it comes to food, I know what I like — chicken, bread and potatoes — and what I don't like — turkey, casseroles and tomatoes.

Actually, the "like" list is a tad longer and the "don't like" list is a whole lot longer. What can I say, I'm a picky eater.

Of course, a friend regarded my food selections and made another observation — he accused me of not being an adventurous eater. He leveled this accusation whilst he, another friend and I were at a restaurant following a mutual friend's wedding. I was not familiar with this restaurant and had asked friend number one for suggestions. And as he recommended one outrageous menu selection after another, I screwed up my face in agony and said, "No."

Seriously, like I would eat a bison burger. I won't even eat a cow burger.

Anyway, I settled for a plain grilled chicken sandwich. But just to prove my taste buds occasionally waltz on the wild side, I asked for a dollop of mayo.

Despite my flirtation with mayo, my friend's words have haunted me since that sunny spring day. Perhaps I do lead a boring food life. Perhaps I should break out of my culinary shell.

However, to my defense, there are reasons I don't order outrageous menu items. Reason number one — if I don't like a food, I do not continue to shove it down my gullet. This leads to reason number two — if I order a food I do not like, I've wasted said food as well as money.

Still, I studied on the matter and decided I would sample new food if waste was not an issue. The first opportunity occurred during a reception. As I downed countless cups of punch and munched on crackers and white and yellow — but not orange — cheese, the ladies who prepared the banquet offered spinach artichoke dip.

I screwed up my face in agony and said, "No, I do not like spinach or artichoke."

"It doesn't taste like spinach or artichokes," they promised. "Come on, try it."

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SVHS's JROTC never forgets America's veterans



Submitted photo
 Shelby Valley High School's JROTC cadets stand at attention during the Veteran's Day Memorial Service at Annie E. Young Cemetery.

By LACI ROBERTS
 CONTRIBUTING WRITER

Armistice or Veterans Day is intended to honor and thank all the military personnel who served the United States in all wars, particularly living veterans. It is marked by parades, church services, and ceremonies for our veterans.

Unfortunately, with each year it seems like fewer and fewer people forget to take a moment of silence to remember. This annual observance started back on Nov. 11, 1919. The memories people have of our soldiers and our veterans are slowly disappearing and fading away, in jeopardy of being forgotten.

However, Shelby Valley's JROTC battalion never forgets.

Every year, we are invited to Annie E. Young Cemetery for a Veterans Day ceremony hosted by Mr. Larry Thacker and his staff. Veterans from different wars attend to honor the

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Sorghum by the barrel full

By JOYCE PINSON

Have you heard of Matt Jamie, a Kentucky boy who is creating quite a stir in the culinary world? Rachel Ray has heard of him. The Food Network's Sara Moulton named his Bourbon Barrel Foods products "Best in Show" at a high-profile marketing event. "Garden and Gun" magazine calls him "a mad scientist" for his soy sauce micro-brewing techniques.

Me, I think he is a marketing genius who holds keys to agricultural economic diversity in Eastern Kentucky.

Matt Jamie, a self-trained chef, has left the kitchen. He is now cooking up Morgan County sorghum in ways you might have never dreamed. His work with the Kentucky Sorghum Growers has reinvigorated product demand, making sorghum the "must have" ingredient for cooks throughout the

country.

The increased popularity has Eastern Kentucky farmers smiling and increasing crop production of sorghum, a commodity associated with our mountain Foodways. Ask local sorghum retailers and they will tell you, sorghum is in short supply. Blame that on Matt Jamie, the Sorghum King.

Jamie uses sorghum in startling ways. He likes it drizzled over goat cheese as an appetizer. I thought that was weird until I tried it.

He strings sorghum around the rims of cocktail glasses, creating visual eye candy as well as enhancing flavors to bourbon-based drinks.

He recently collaborated with Holly Hill Inn's Chef Ouita Michel to create a sorghum vinaigrette salad dressing product marketed at Woodford Reserve. It goes without saying Matt Jamie enjoys sorghum as a base in barbecue sauce.

When Louisville's Chef Edward Lee got the call



Photo for the News-Express by Joyce Pinson
 Sorghum Sugar cookies make a great holiday treat the whole family will enjoy!

for Bravo's Top Chef Competition, Lee contacted Jamie to create a chef's pantry for his contest arsenal. Lee is one of Kentucky's most innovative chefs and is considered by many the spokesman for Kentucky sorghum. But it's not just sorghum that has Matt Jamie's Bourbon Barrel Foods the talk of the food



Matt Jamie, a self-trained chef, has left the kitchen. He is now cooking up Morgan County sorghum in ways you might have never dreamed.

Photo for the News-Express by Joyce Pinson

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Quilting for Christmas ...

Make a quilt for yourself or give a quilting class as a Christmas present. Make a candle, a cutting board, a glass ornament, a necklace, Santa place mats, or any of numerous other items at Berea's "Make It, Take It, Give It" 12 Days of Christmas workshops. For more information e-mail www.berea.com or call (859) 986-2540.

Submitted photo



SPECIAL TO THE
 NEWS-EXPRESS

"This class is dedicated to the proposition that everyone should own a quilt no matter how small."

That is how Pat Jennings, an award-winning fiber artist from Berea, describes her class "Small Art Quilt," which will be presented Dec. 3 at the Broadway Center in Berea.

Participants will learn design and embellishment techniques to make small

See QUILTING, Page 3C

New arrivals at PMC

PIKEVILLE MEDICAL CENTER

Hope Murphy and William Rose, a daughter, Savanna Elizabeth Rose, born Oct. 7, 2011, 8 pounds, 1 ounce.
 Kimberly and Mose Thompson, a son, Easton Luke Perry, born Oct. 10, 2011, 6 pounds, 14 ounces.
 Megan and Gary Adkins, a son, Dakota Gage, born Oct. 10, 2011, 7 pounds, 7 ounces.
 Demetria Wilson, a daughter, Jamia Denise, born Oct. 10, 2011, 6 pounds, 14 ounces.
 Asia Nealy and Mickey Smith, a daughter, Makhily Zyeair Smith, born Oct. 11, 2011, 6 ounces.
 Lindsey and Ellery Herrington, a son, Kaden Scott, born Oct. 11, 2011, 7 pounds, 3 ounces.
 Tiffany Tackett and Justin Adkins, a son, Paxton Jayce Adkins, born Oct. 11, 2011, 6 pounds, 11 ounces.
 Breonna Taylor and Steven Tackett, a son, Camren Jace Tackett, born Oct. 11, 2011, 9 pounds, 2 ounces.
 Kristin and Jeffrey Adams, a daughter, Madison Lee, born Oct. 11, 2011, 6 pounds, 12 ounces.
 Heather Burchett and Justin Brafford, a son, Braxton Timothy Brafford, born Oct. 11, 2011, 6 pounds, 15 ounces.
 Tresa and Bryan Kulik, a son,

Chaz Jeremiah, born Oct. 11, 2011, 5 pounds, 9 ounces.
 Amanda and Frank Stiltner, a daughter, Savanna Lee, born Oct. 11, 2011, 6 pounds, 11 ounces.
 Brittany Bradley and Dustin Farmer, a daughter, Lilian Alice Farmer, born Oct. 13, 2011, 7 pounds, 10 ounces.
 Krista Brown and Dennis Slone, a daughter, Khloe Michelle Slone, born Oct. 13, 2011, 6 pounds, 15 ounces.
 Amanda Mullins and Matthew Crisp, a son, Chayse Matthew Crisp, born Oct. 13, 2011, 7 pounds, 6 ounces.
 Ashley and Warney Smith, a daughter, Reagan Elizabeth, born Oct. 13, 2011, 8 pounds, 7 ounces.
 Rebekah and Landon Grierson, a daughter, Kyristen Faith, born Oct. 13, 2011, 7 pounds, 9 ounces.
 Angela and Nicky Slone II, a son, Colin Bray, born Oct. 13, 2011, 7 pounds, 11 ounces.
 Kristin and Russell Robinson, a daughter, Ralenn Dell, born Oct. 13, 2011, 7 pounds, 11 ounces.
 Elizabeth and Jeremy Johnson, a son, Kaden Matthew Wayne, born Oct. 13, 2011, 7 pounds, 10 ounces.
 Felicia and Eric Roberts, a son, Jace Cristian, born Oct. 14, 2011, 6 pounds, 12 ounces.
 Brittany and Brack Hatfield, a son, Benton Allen, born Oct. 14, 2011, 7

pounds, 2 ounces.
 Jami Dye and Eric Mollette, a son, Grayson Charles Garland Mollette, born Oct. 14, 2011, 7 pounds, 14 ounces.
 Amanda Newsome and Brian Sorrell, a son, Caden Brian Sorrell, born Oct. 15, 2011, 9 pounds, 15 ounces.
 Regina and Willie Hensley, a son, Jayden Garth Alexzander, born Oct. 16, 2011, 3 pounds, 9 ounces.
 April Hurley and Nicholas Layne, a daughter, Chloe Lashae Layne, born Oct. 16, 2011, 6 pounds, 11 ounces.
 Sarah Hale, a daughter, Aaliyah Faith Hall, born Oct. 17, 2011, 7 pounds, 14 ounces.
 Rosemarie and Dewayne Wright, a daughter, Kylee Marie, born Oct. 17, 2011, 7 pounds, 9 ounces.
 Amanda and Christopher Adkins, a daughter, Brianna Lee Ann, born Oct. 18, 2011, 7 pounds, 5 ounces.
 Mary Virginia and Rudy Adkins, a son, Zachary Dewayne, born Oct. 18, 2011, 7 pounds, 11 ounces.
 Marsha and Eric Jude, a daughter, Madalynn Faith, born Oct. 18, 2011, 8 pounds, 3 ounces.
 Ashley and Logan Coleman, a son, Zayne Landon, born Oct. 18, 2011, 8 pounds, 8 ounces.
 Kayla Mollett and Billy Ratliff, a daughter, Khloe Lynn Ratliff, born Oct. 18, 2011, 7 pounds, 4 ounces.

Back in Time



Submitted photo
 Morris Stratton and his wife, Nota Thompson Stratton, were the parents of 12 children, one being the late Morris "Coon" Stratton Jr., former jailer of Pike County. Notice that Morris has his dog, gun and ferret. Nota was a sister of Ked Thompson, father of Marie Thompson Bevins, the presenter of this picture.

SORGHUM

Continued From Page 1C

world.
 Home cooks and chefs alike are clamoring for Jamie's line of sauces. In a sprawling renovated warehouse in the Butcher Town section of Louisville, bourbon barrels full of Kentucky Proud soy sauce are fermenting. The soy beans are local and are not genetically engineered — sometimes referred to as "non-Gmo."
 Through a trial-and-error process Jamie has developed soy sauce, Worcestershire sauce and a "Kentuckyaki" sauce produced in small batches that has a flavor profile like nothing else on the market. The product is hugely popular overseas. Here at home, celebrity chefs like Sean Brock and John Curran order the sauces in bulk.

Bourbon Barrel Foods offers a line of spices and sugars smoked with bourbon barrel staves. The smoke element contributes flavor dimension, rich and mysterious.
 Smoked paprika adds a whole new dimension to homemade pimento cheese. A pinch of bourbon smoked pepper lends excitement to baked winter squash and gingerbread. A vanilla extract flavored with a touch of bourbon gives a subtle romance to everyday baked goods.
 Charlie is a fan of the bourbon smoked salt. Open the disk-shaped tin, and one is greeted by a woody, oaky aroma reminiscent of an old smoke house. The salt makes a wonderful pairing with venison, beef and pork. It is a key ingredient in "Smoky Margaritas."
 As for me, I like the large crystal smoked bour-

bon sugars ... just the thing for topping fancy cupcakes or rimming an elaborate holiday beverage glass.
 The philosophy of Bourbon Barrel Foods is "Slow, Small and Simple."
 Like most Kentucky small businesses, family plays a huge part in the business plan. Matt's father created a special machine to help in the milling process. On the day we visited, Matt's mother Carol was on tour duty when she was not working to label and seal the products. Matt's assistant Annie, a childhood friend, helps with the company's Website, marketing and public relations.
 Bourbon Barrel Foods is a Kentucky success story that illustrates how one little idea can change the way the world looks at Appalachian foods like sorghum; and more importantly help us reclaim our

local food heritage pride.
 For the cook on your Christmas list, check out www.bourbonbarrelfoods.com to order online.
 For a behind-the-scenes look at Matt Jamie and Bourbon Barrel Foods visit www.friends-driftinn.com.
Sorghum Sugar Cookies
Friend/family recipe.
 Ingredients: 3/4 cup butter, unsalted and softened, organic preferred; 1 cup pure cane sugar; 1 egg, organic preferred; 1/4 cup sorghum; 2 cups all-purpose flour, organic preferred; 2 teaspoons baking soda; 1 teaspoon ground cinnamon; 1 1/2 teaspoon salt; 1/2 tea-

spoon ground ginger (I prefer to grate fresh ginger root); 1/2 teaspoon ground cloves; 1/4 teaspoon pepper (optional, but gives an interesting punch; I used Bourbon Barrel Foods Bourbon Smoked Pepper); sugar for topping.
 In medium bowl cream together butter and sugar. Beat in egg and sorghum. In a separate bowl combine all dry ingredients, whisking through to disperse flavors. Gradually add the dry ingredients to the buttery mixture mixing until smooth. Cover with plastic wrap and refrigerate at least one hour. I usually let chill overnight.
 Preheat oven to 375.

Line baking sheets with parchment paper. Use your hands to roll dough into balls about 1-inch in diameter. Roll in sugar. I place the cookies 2 inches apart on baking sheets and chill in the freezer section for about five minutes to help reduce cookie spread.
 Bake for 10 to 12 minutes; the tops will crack. I let cool on the pans for an extra crisp cookie. This will make about 4-1/2 dozen cookies. The recipe can be doubled with success.
 Enjoy the holidays!
 Joyce Pinson is a Master Gardener, home cook, and a local insurance agent. She maintains a food and garden blog at www.friendsdriftinn.com.

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