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EVERYDAY LIVING

Wednesday, May 16, 2012 • Page 1C

ON THE COUCH



Michelle Goff

The never-ending story

I don't understand the fascination with vampires.

Oh, I understand why people might be fascinated with undead beings who must suck the blood from living creatures' necks in order to survive.

It's the popularity of vampire movies, TV shows and books that confuses me. In general, they follow the same plot line: A vampire whines about the curse of immortality whilst unsuccessfully fighting the urge to drain the blood from strangers and acquaintances.

And he also always falls in love with a boring beauty with nary a flaw on her face or character. The crux of the movie hinges on the question of whether he will set his sweetheart free or share his curse — and eternity — with her.

Yawn.

Due to the success of the "Twilight" series, "True Blood" and Count Chocula, I must be the only person bewildered by the saga of the tortured vampire. Whilst watching a vampire movie in which the undead sulks around, I always want another character to suggest, "Hey, if you're that unhappy, go stand in the sun or eat some garlic. Or how about letting me drive a stake through your heart?"

Of course, I usually find vampire tales unintentionally funny. Take 1992's "Bram Stoker's Dracula." Former co-workers lent that movie to me a decade or so ago, but I can still remember returning to work after watching it and enthusiastically telling them I considered the comedy a hoot.

They looked at me stone-faced and said, "It's not a comedy."

Hey, it was an honest mistake.

I also found the old gothic "Dark Shadows" soap opera quite comical. They've just released a movie adaptation of the series in which Johnny Depp plays Barnabas Collins, a vampire who's released from a coffin after two centuries. The commercials for the movie show Barnabas adapting to life in the 1970s whilst mingling with his confused family.

I was surprisingly interested and decided

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Chef Edward Lee ... still water runs deep



By JOYCE PINSON

He returned from the James Beard Awards in New York City to pack his bags. In a flash he was off to Atlanta for the Food and Wine Festival. Kentucky's Chef Edward Lee jet sets in a modern world.

His restaurant, Louisville's 610 Magnolia, is the toast of the culinary world. His appearances on "Top Chef" have generated high-demand on the public appearance circuit. But how he got to this level and what he says about food and cooking is decidedly Old World.

Behind all the media hype is a quiet, introspective man committed to re-establishing food culture. His message to Appalachia is, "Teach people to cook."

Edward Lee hopes we will re-discover the pleasures of meals prepared and shared in our own kitchens. The chef reminds us to be proud of mountain food legacy. Forget about McDonald's hamburgers, it is soup beans and cornbread that will ultimately resurrect our sense of kinship, our sense of place, the connections of past to present.

"Kids are being lost to fast food. The recipes of their heritage are being lost. It's not just happening in Appalachia, it is here in Louisville too," says Chef Lee. "My goal is to give these kids back part of



Joyce Pinson shares a laugh with Chef Edward Lee at Lee's restaurant, 610 Magnolia, in Louisville.

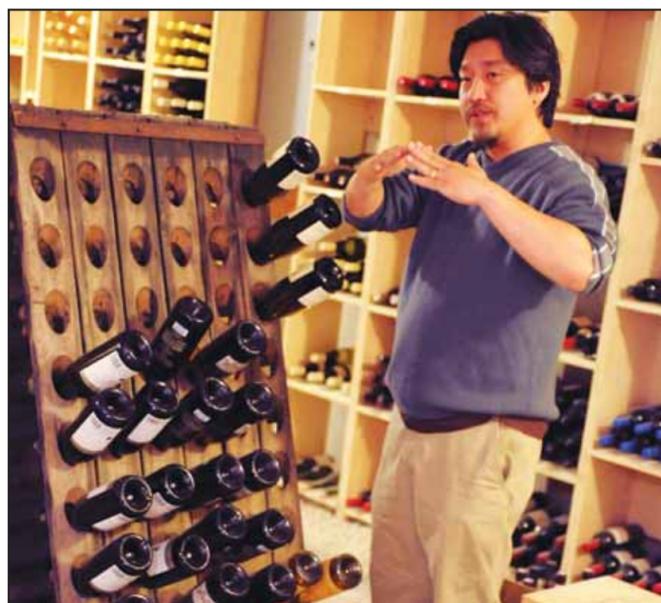
Photo for the News-Express by Dusty Layne

their culture, part of their history and their very being.

"When a region loses its food culture, it loses its identity. It's happened in Appalachia. It's happened in the West End of Louisville. It is happening in America. What I am trying to do is teach people to cook at home. Old recipes and learning to use heirloom vegetables are traditions worth revisiting."

Lee says, "We have to convince people to make better food choices. There is a great struggle between the past and the present. We have come full circle. Once we pushed away our food traditions in favor of so-called progress and mod-

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In the wine cellar located in the basement of 610 Magnolia's Studio, Chef Edward Lee explains the history of wine making and the proper ways to store wines. The Studio building is used for parties and demonstrations.

Photo for the News-Express by Dusty Layne

Book signing slated for Breaks Park on Saturday

SPECIAL TO THE NEWS-EXPRESS

BRISTOL, Va. — Bristol Author Joe Tennis explores the mysterious "lost state" of Franklin in a new children's adventure book set in Virginia, Tennessee and North Carolina.

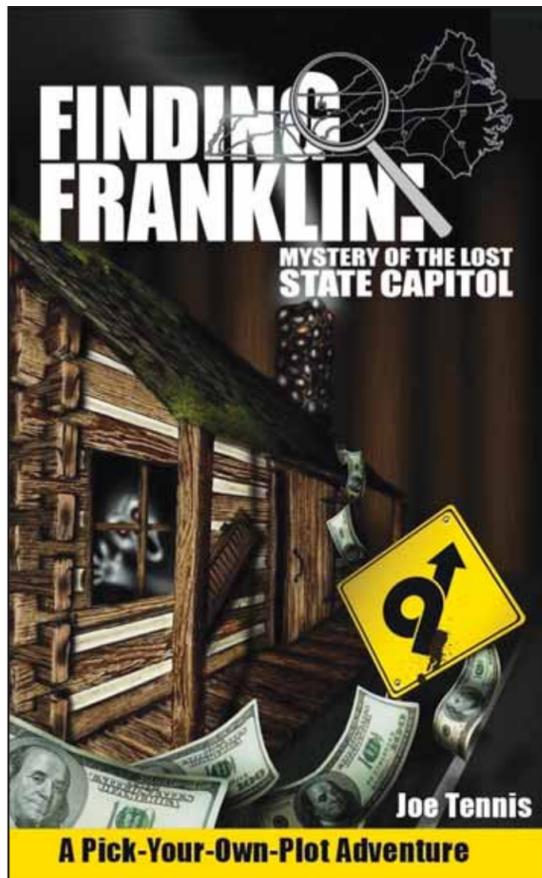
On Saturday, May 19, from 3 to 7 p.m., Tennis will be signing copies of his books, including "Finding Franklin: Mystery of the Lost State Capitol" at Breaks Interstate Park.

In Tennis' book, the characters, two young boys, two uncles and a young girl, embark on a zany adventure of looking for lost treasures and encountering ghosts in real-life settings, like a lost silver mine on Tennessee's Unaka Mountain; the St. Paul Sugar Hill Loop Hill; Dollywood at Pigeon Forge; and The Crooked Road: Virginia's Heritage Music Trail.

Uniquely, too, the book features a "Pick-Your-Own-Plot" format, with the reader determining which way the characters should go.

"And, as it turns out,"

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Submitted photo

Joe Tennis, author, will be at Breaks Interstate Park from 3 to 7 p.m. Saturday, May 19, to sign copies of his new children's book, "Finding Franklin: Mystery of the Lost State Capitol."

Coming to the MAC



Submitted photo

The McKameys will be performing at the Mountain Arts Center at 7 p.m. Thursday, May 24, along with The Guardians Quartet and John Darin Rowsey (Dove Award winner, singer and songwriter). Tickets are \$10 in advance, \$15 at the door. Order tickets at the box office, (606) 886-2623; toll-free at 1-888-622-2787; or online at macarts.com.

Five facts about diabetes

SPECIAL TO THE NEWS-EXPRESS

With so much health information readily available, it's often hard for the nearly 26 million Americans living with diabetes to separate fact from fiction. To help people with diabetes better understand how to manage the disease, the National Diabetes Education Program provides five facts about diabetes.

Fact No.1: Diabetes is a serious disease. It can lead to serious complications such

as heart attack, stroke, blindness, kidney failure and lower limb amputations.

People with diabetes can take steps to manage it and lower their risk for complications. Make healthy food choices, be physically active, and stay at a healthy weight.

Good diabetes care includes managing the ABCs of diabetes—as measured by the A1C test, blood pressure, and cholesterol—to help avoid having a heart attack, stroke

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DIABETES

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or other problems.

Fact No. 2: The only way to know for sure what your levels are is to check your blood glucose. The absence of symptoms of high blood glucose is an unreliable guide for judging glucose control, since symptoms do not occur until blood glucose

reaches high levels.

Diabetes is often called a "silent disease" because it can cause serious complications even before you have symptoms. Set your blood glucose targets with your diabetes care team. Ask your health care team to show you how to self-monitor your blood glucose. Keep a record of your results, and share them with your team.

Also, know your A1C goal

and keep a record of your test results, which reflect your average blood glucose levels over the past three months. It is the best way to know how well your blood glucose is controlled overall.

Fact No. 3: Small amounts of foods that contain sugar can be part of a healthy meal plan. If you choose to eat sweet foods, just have a small amount at the end of a healthy meal, not every day, or have a piece of fruit rather than a sugary snack.

Fact No. 4: A healthy meal plan for people with diabetes is a healthy meal plan for everyone. Eat foods that are high in fiber and low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

Healthy foods include a colorful mix of fruits and vegetables, fish, lean meats, chicken or turkey without the skin, dry peas or beans, whole grains, and low-fat or skim milk and cheese. Ask your health care team for a healthy meal plan.

Fact No. 5: Physical activity is safe — and essential — for people with diabetes. Talk to your health care team about ways to safely increase your daily physical activity.

Being physically active can help people with diabetes improve their blood glucose, cholesterol, blood pressure, and weight. It also helps improve strength, flexibility, and balance. Start by setting small goals until you reach at least 30 to 60 minutes of physical activity on most days of the week. Brisk walking is a good way to move more.

For more information about diabetes, download or order the free Tips to Help You Stay Healthy tip sheet developed by the National Diabetes Education Program at

www.YourDiabetesInfo.org or call 1-888-693-6337.

By Griffin P. Rodgers, M.D., M.A.C.P., director, National Institute of Diabetes and Digestive and Kidney Diseases.

LEE

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ernization. Now we are recognizing that the old ways were good ways."

Rediscovering ingredients is part of that food journey. Chef Lee uses many Kentucky-centric recipes and fixings.

"Sorghum ... it's one of those things I found so interesting when I first moved to Louisville. It was not at the farmers' market. I happened upon a jar at a local gourmet shop; the gourmet shop!" the chef says incredulously.

"Sorghum is historically so significant in Kentucky. I substitute sorghum into many recipes calling for honey. Sorghum is a Kentucky thing and we should be promoting it! There is something wrong when the largest producer of sorghum is in Tennessee!"

The chef spent a month scouring the local farmers' market looking for cushaws. He never found them. Sadly, he shakes his head, noting the example of Appalachian Foodways erosion.

Lee speaks with enthusiasm about paw paws, but admits "I like them just after they have fallen from the trees. As of yet, I cannot find anyone who wants to stand under the branches, wait for the fruits to drop,

then run them immediately to the restaurant," he laughs.

610 Magnolia focuses on local flavors. The restaurant walls are covered with large photo murals featuring local farms and produce. Fresh crates of Kentucky-grown vegetables arrive at the loading dock. In the courtyard raised garden beds produce tomatoes, squash and in a nod to Chef Edward Lee's heritage, fresh Asian Greens.

Lee has made a name for himself by using regional ingredients in extraordinary ways.

"I don't define my style; I think if you are an expressive chef you cook whatever you are; whatever you have become; the sum of all experiences. You evolve. I am a New York native, born of Korean immigrants that now lives in Kentucky and embraces the South. However that translates is how I am," the chef chuckles.

He continues, "There is a difference between being a Southerner ... and embracing Southern values. Sometimes it takes the perspective of an outsider to say, 'listen, we can do things differently.' Southern food has often been labeled as a little bit heavy, a little bit clunky and a little bit unsophisticated. There is a huge generation of Southern chefs who are out to prove that that just isn't

true. We change the presentation, we change the look; but we are preserving Southern traditions with an eye to the future."

Chef Edward Lee's mind seems to go at warp speed; but he speaks slowly, interjecting deep passion and wisdom into our conversation. Lee has stillness about him. His words carry strength, but there is a softness and compassion there, too.

In the studio across the street from 610 Magnolia, Edward Lee leads down a narrow stairway to the wine cellar. He beams like a child eagerly sharing a new shiny toy. He touches the wine bottles with a respectful awe, amazed at the artistry and history each vessel holds. He dreams of making Kentucky's Foodways and agriculture as revered as Napa Valley. He smiles at the notion; taking a minute to catch his breath.

Deep in thought, the chef almost forgets we are there. But I will never forget his final words to us, "Teach people to cook. Remind people of their food history."

Friends, it's time for a kettle of soup beans and a hunk of cornbread!

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

WEDNESDAY'S SUDOKU & CROSSWORD ANSWERS

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

R	U	B	S		A	L	V	A		M	A	C	A	W
O	R	A	L		L	A	I	C		E	V	A	D	E
O	G	L	E		B	N	A	I		N	E	R	D	S
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N	O	M	A	D		S	E	A	R		G	N	A	W

GOFF

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to watch the movie, so I invited my beloved 17-year-old niece, Sierra, kidnapped my sister, Kathy, and we headed to the cinema.

Although "Dark Shadows" the movie featured too much of the tortured, romantic vampire for my liking, it also contained enough intentional comedy to keep me interested. Barnabas' speech pattern

and reactions cracked me up, especially his opinion of Alice Cooper.

In fact, if more vampire stories concentrated on humor, I might become a fan of the genre.

If I become a fan, I might finally understand vampire rules that heretofore confuse me. For instance, sometimes when a vampire bites a person, the victim dies. At other times, he turns the person into an undead creature of the night like himself.

Are there different bites for different occasions and how does a vampire decide whom to kill and whom to assign immortality?

And why are there so few female vampires?

Actually, I might be able to answer that one. Maybe the female vampires just had the sense to quit whining and eat some garlic bread.

Michelle Goff writes a column for the News-Express and can be reached at gmgoff@setel.com.

The Appalachian SPCA Presents:

BARK IN THE PARK 2012

Bob Amos Park
Saturday, May 19

Schedule of Events

11 am - 1 pm.....Registration

1:15 pm.....Blessing of the Animals

1:30.....Pet Show Judging Begins

- Live Music from Blackberry Jam • Concessions • Professional Pet Photos
- Adoptables • Corn Hole Contest (for more information, call Bill Slone at 606-587-2522)
- Face Painting • Inflatables • Silent Auction

