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Watch Pinson on 'The Local Traveler'

Joyce Pinson of Johns Creek will be on "The Local Traveler" show on WYMT-TV Wednesday, Oct. 17.

"I wanted to write a cookbook, that's all I ever wanted to do" says Pinson, cook, Master Gardener, blogger, heirloom vegetable collector and News-Express bi-weekly columnist.

"All this other is just crazy! I didn't go looking for a TV show on Pike TV, our local cable, and I'm having a lot of fun with it but I didn't go looking for it. And I certainly never expected KET and these other TV shows to pick up on it. You know, I've had a lot of fun ... but I don't have time to write!" she says, laughing.

Pinson works at Charlie Pinson Insurance (Charlie is her husband). "Part time," she says. "I'm in and out. I do a lot of work from home, you know, I can go back and forth because we're hooked up on the computer at the house. But I'm trying to keep it all together, and garden and write and keep up with Charlie (she laughs). It's been fun. It really has been fun."

"My mission when I started out, you know ... I wanted people away from



Joyce is pictured with some of her Pointy Toed Shoes Sisters

Photo by Charlie Pinson

here to look at Appalachia differently and not just the stereotype. And I wanted the people here to realize how cool it is to be from here and our traditions and to celebrate that. And to make them realize that away from here ... especially chefs and food people ... people really value the Appalachian culture and

the Appalachian food ways. That's been an amazement to me. That's been a huge amazement."

Joyce says Appalachia is going to be "hot" in the next 10 years and insists it will be the new Southern thing. She says Southern will fade and Appalachian will be the next new trend.

According to Joyce,

Chef Shawn Brock (Husk Restaurant, Charleston, S.C.) gave a press release recently and said that for the next 10 years he is going to concentrate on Appalachian food ways. "And where Shawn Brock goes, the country goes," she says. "He's one of the top chefs, a James Beard award winner and he's the

man for chefs right now if you're from the South.

"Appalachian foods will become more and more popular. Beans and corn bread and apple dumplings and chicken dumplings and apple stacked cake ... comfort foods ... foods that you sit down at the table and you eat together with your family ... that is the

next thing — getting people back home and sitting down together.

Joyce says sorghum is hot right now as a sweetener — full of antioxidants and iron and good stuff. (Watch for her next column in the "News-Express," Wednesday, Oct.

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University of Pikeville honors alumni

SPECIAL TO THE
 NEWS-EXPRESS

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

"We are so pleased for our alumni award recipients," said Eric A. Becher, Ph.D., vice president for development. "The five honorees embody what is best and brightest about our alumni and friends of the university."

Anna Ignatenko Garcia and David Short 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



Recognized during the University of Pikeville's Alumni Awards Banquet, for their outstanding achievements and commitment to the university, are, from left: Pike County Judge-Executive Wayne T. Rutherford, David Short, Kay Hammond, State Representative Leslie Combs and Anna Ignatenko Garcia.

Submitted photo

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Virgie library plans Family Movie Night

SPECIAL TO THE
 NEWS-EXPRESS

VIRGIE — The Virgie Public Library will host a Family Movie Night on Tuesday, Oct. 23, from 5 to 7 p.m. in the library meeting room.

The featured movie is "The Hunger Games" (Rated PG-13). Anyone wishing to attend will need to receive a movie ticket from the library (five checkouts equal one ticket).

Movie Plot: "In a not-too-distant future, North America has collapsed, weakened by drought,

fire, famine and war, to be replaced by Panem, a country divided into the Capitol and 12 districts. Each year, two young representatives from each district are selected by lottery to participate in The Hunger Games.

Part entertainment, part brutal intimidation of the subjugated districts, the televised games are broadcast throughout Panem.

The 24 participants are forced to eliminate their competitors, literally, with all citizens required

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Pairing off

Native Daughter

Danetta Barker

Our society is dominated by pairs. It seems like the ark, there are two of everything.

We have pairs of shoes, pairs of earrings, two legs, two arms, and two eyes. There's dinner for two, two for tea and it seems it takes two for nearly anything.

Living in a pair-dominated society is rough for a single person. You literally stick out like a sore thumb.

The first time I ate

alone in a restaurant after my husband died, I was shocked at the reaction of the staff. I had been to the doctor, didn't like the news he gave me. Bone weary and hungry, I stopped by de'sha's in Maysville for dinner. With no one to cook for, I decided I didn't want half a frozen pizza.

The first thing out of the hostess' mouth was, "How many in your party?"

Well, I didn't realize I

was having party. "One," came the hesitant answer.

With just a wide-eyed blink from her as though she didn't understand, I was seated. From there, the server asked the same question, "Will you be dining alone, Ma'am." After my answer, he became very attentive. The meal was excellent and I finally felt I could drive home after an exhausting day.

It was a brave act on

my part to have dinner alone. When I was working here and there, I never entered a restaurant alone. I packed my lunch or used the drive-thru. I was truly scared to be in a restaurant alone, which caters to couples and families.

Just me, by myself, it was a huge step for me.

It's not that I don't like my own company, I do. But when you are out in

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