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# EVERYDAY LIVING

Wednesday, April 4, 2012 • Page 1C

ON THE COUCH



Michelle Goff

## American couponing

According to this venerable publication, the cast of "American Pickers" showed up in Mingo County last week to pore over documents that might or might not be related to the Hatfield-McCoy feud.

For those of you unfamiliar with "American Pickers," the History Channel program follows a couple guys as they travel across the back roads of the country buying stuff out of folks' barns and garages.

Think of them as a modern-day Lamont and Fred Sanford, only with a van instead of an awesome red truck.

Anyway, I felt an explanation was necessary because I didn't want you to make the same mistake as I. You see, it was not too long ago that I misinterpreted the show's premise.

Here's what happened: I kept hearing a couple co-workers discuss this "American Pickers" show. After a few weeks, I finally snapped and asked, "When did you two start listening to bluegrass music?"

"American Pickers" depicting bluegrass music made sense to me because, in my world, "pickers" either play with their noses or musical instruments.

Of course, my co-workers tried to explain this fantastic show in which pickers buy treasures hidden away in your attic, but I lost interest once I learned it did not involve banjos and mandolins. I also decided TV programmers should give shows more appropriate names.

Take that "Extreme Couponing" show, for instance. There's no way you can mistake its intentions. It clearly features folks who could compete in an X Games version of couponing. See, I've never even watched the show and I've gathered as much from the title. Now, that's what you call branding.

Of course, I have a feeling my niece, Valerie, might appear on "Extreme Couponing" soon.

The other day, Valerie sat on my porch, clipping coupons with scissors she had brought for the occasion.

Bringing your own scissors to a one-woman

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# Ewe just got to believe ...

Friends Drift Inn



By JOYCE PINSON

When former Phelps residents Sanford and Colleen Dotson decided to cash in retirement funds to raise East Friesian Sheep, their children called them crazy. But Sanford and Colleen felt a higher calling. Good Shepherd Cheese was founded on a leap of faith.

"We really cannot explain it, but we felt spiritually led to sheep farming," Colleen said.

"Through our business we have met many people and have had the opportunity to share our faith. God has opened doors for us, and we have to believe this work is our mission."

"Know your Food, Know your Farmer" takes on true meaning when one spends a day with the Dotsons. The couple own the only dairy sheep herd in Kentucky. Sanford does not count sheep, he calls them by name.

Good Shepherd farm is a picturesque setting in rural Bath County. Baby lambs romp in the fields under the watchful eye of their mommas.

Easter season is especially exciting; dairy sheep often deliver twin lambs.

"We love being doubly blessed!" Colleen laughs. New spring arrivals are tended by the Dotsons



Photo for the News-Express by Donald Lowe

Sanford Dotson moves a cheese harp through the curds and whey to help the mixture solidify uniformly.

and their extended family around the clock.

Early in the morning, as the sun peeks over the ridge Sanford speaks softly to the flock. The sheep bleat a greeting as their shepherd approaches.

A Great Pyrenees guard dog surveys the horizon on the lookout for preda-

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Photo for the News-Express by Donald Lowe

In Europe, Sheep Cheese is often referred to as "Farmers Dessert" as the flavor is sweet and earthy, a perfect pairing with sweet fruits, honey, and jams.



Photo for the News-Express by Charlie Pinson

Lambing Season at Good Shepherd Cheese is an exciting time. Pictured: Jenny Geddes and Colleen Dotson with spring lambs.

## Lindsey Chaney is finalist for Kentucky's Homecoming Queen

SPECIAL TO THE NEWS-EXPRESS

Lindsey Dawn Chaney, 18-year-old daughter of Mark and Trish Chaney of Pikeville, has been selected Finalist for Kentucky's 32nd Annual Homecoming Queen selection to be held April 15, at the Louisville Airport Crowne Plaza.

Lindsey is a senior at Pikeville High School, where she was crowned PHS Homecoming Queen. She is also yearbook editor, Pep Club president, and a member of National Honor Society, Key Club and the

Student Council. She plans to attend the University of Pikeville in the fall.

Lindsey attends Trinity Harvest Church, where she is active in the youth group and drama team.

She has one brother, Luke Chaney, who is in the fourth grade.

She is the granddaughter of Lona and Frank Casebolt of Shelbyana, Judy and Gary Taylor of Belcher, and Buddy Chaney of Pikeville, and the great-granddaughter of Velma Lindsey of Belcher.

Kentucky's 2012 Homecoming Queen will

receive a cash scholarship plus an all-expense-paid trip to the national finals to compete with queens from other states for America's Homecoming Queen. She will also be competing for Kentucky's favorite homecoming queen. Votes may be cast for Lindsey at [www.americashomecomingqueen.com](http://www.americashomecomingqueen.com).

Past Kentucky Homecoming Queens from Pike County include Ashley Tussey, Belfry High School (2004) and Kenisha LaKaye Webb, Pike County Central High School (2007).



Lindsey Chaney

**EWE**

Continued From Page 1C

tors and threats. Colleen opens a gate, and two Border collies easily move the sheep from pasture to corral. Creatures of habit, the ewes line up for milking in the same order each day.

The East Friesian breed is valued for rich sweet milk that literally coats one's palate like a robe of luxurious velvet. Sheep milk has a high fat content; however the fat molecules are smaller than cow's milk making it more easily digestible.

On average a sheep will produce about one-third gallon of milk a day. Sheep milking is an automated process. The sheep are calm and very matter-of-fact about the method. Ewes place their heads in cascading stanchions to feed, and the farmers attach milkers which fill stainless steel buckets.

Next, the milk is cooled and stored until enough is accumulated for cheese making. Once the process starts, it takes several hours to transition from milk to cheese. Initially the cheese is curds and whey; like a very thin cottage cheese. It is strained several times. Then one literally finger-churns the mass as it solidifies to the consistency of cream cheese. This takes considerable time. The work makes one's back very tired.

Cheese harps, metal frames strung with wires for cutting, are used to cube the cheese as it thickens. This releases moisture. Whey is drained off, and the curds allowed to rest.

Soft but firm, the cheese is then cut into four sections and transferred to a stainless work table. Molds are lined with cheesecloth, which must remain taut to avoid wrinkles in the finished product. The cheese is hand-pressed into the forms filling all voids.

Sanford instructs me to "get after it." It is not a job for the timid. Firmly pressing the cheese releases more moisture, and creates the flying saucer-shaped cheese wheels, which will be this year's signature for Good Shepherd Cheese.

Working quickly, the cheese is formed, unmolded and placed into the "cheese cave," a refrigeration unit. Each wheel is dipped in brine which creates a barrier rind. Throughout the next 60 days, the cheese will be wiped with salt solutions to discourage unwanted mold growth and to lock in the cheese goodness. The outside rind will harden further, protecting the cheese surface. The cheese will then be ready for market.

Along shelves in the "cave," several trial flavors are being ripened. The Dotsons are experimenting with spices and local-

ly-grown herbs. The flavors are at once sweet and savory.

In Europe, sheep cheese is often referred to as "Farmers Dessert." The flavor pairings with fruits and honey offer a marriage of creamy pureness with just a tantalizing hint of acidity.

Jenny Geddes, the Dotsons' daughter, expects to add handcrafted sheep milk soap to the Good Shepherd line. Some bars are molded and embossed and others are presented inside felted cloth with whimsical designs. Watch for the soap at Lexington's Farmers Market.

While touring Ireland the Dotsons fell in love with Irish stone work. They hope to add a hillside cheese cave faced with stone, in their continuing efforts to build Good Shepherd farm as an agritourism destination.

Sanford and Colleen Dotson may be crazy, but crazy dreams can become reality. You just got to believe.

Good Shepherd Cheese can be ordered online at [www.goodshepherdcheese.com/](http://www.goodshepherdcheese.com/)

Watch "Friends Drift Inn" on PikeTV and visit our blogsite at [www.friendsdriftinn.com](http://www.friendsdriftinn.com)  
*Joyce Pinson is a Master Gardener, home cook, and a local insurance agent. She maintains a food and garden blog at [www.friendsdriftinn.com](http://www.friendsdriftinn.com).*

# Colyer and Webb to wed

Mrs. Belinda Colyer of Fort Worth, Texas, announces the engagement of her daughter, Dr. Emily Colyer, to Dr. Barrett Webb, son of Dr. Bill and Karen Webb of Pikeville. The bride-elect is the daughter of the late Henry D. Colyer of Brownwood, Texas.

She is a graduate of Brownwood High School. She is a 2004 graduate of Howard Payne University where she received a Bachelor of Science in Biology degree, and is a 2008 graduate of the University of North Texas-Texas College of Osteopathic Medicine. She will complete her residency in emergency medicine at Kent Hospital-University of New England College of Osteopathic Medicine in Warwick, R.I., in June. Upon completion of her residency she will practice emergency medicine in Huntington, W.Va.

Webb is a graduate of Pike County Central High School and a 2003 graduate of the University of Kentucky with a Bachelor of Science of Nutrition degree. He is a 2007 graduate of the Pikeville College School of Osteopathic Medicine and completed his residency in emergency medicine at Kent Hospital-University of New England College of Osteopathic Medicine in Warwick, in December 2011. He is practicing emergency medicine.



**Colyer - Webb**

The couple will exchange wedding vows at 6:30 p.m. Saturday, July 28, 2012, at Marty Leonard Chapel, Fort Worth, Texas.

A reception and celebration will follow at the Fort Worth Club.

# Wearing of the green



Submitted photo

During the month of March, Southside Elementary's kindergarten classes put on a St. Patrick's Day performance for all the parents. Students recited poems, sang songs and danced. Working hard to make the show a success were kindergarten teachers and instructional assistants, Mrs. Stephanie Mullins/Rita Justice, Mrs. Tina Pinion/Angie Wolford, Mrs. Shelia Varney/Pam Mullins, and Ms. Christy Webb/Shelia Anderson ... and all the kindergarten students!

## POET'S CORNER

### Motor-Man "Chew"

Loaded with supplies  
 he takes off underground  
 we call him "Chew"  
 and there's not many like him around

He goes up and down the track  
 that stretches deep into the mine  
 bringing in whatever is needed  
 all day, all the time

Need we never forget  
 how important "Chew's" job is to the  
 other guys  
 'cause they can't mine the coal  
 if they can't get the supplies

His name is Ronnie Hurley  
 and for over 38 years he has been the  
 No. 1 man  
 when no one else can get the load

inside  
 you can bet your bottom dollar "Chew"  
 can

Years ago that's how they hauled coal  
 the motor man pulled out many loaded  
 cars behind  
 when technology came along, coal sang  
 a new song  
 as it went out of the mines via the belt  
 line

"Chew" is a seasoned miner  
 with many years under his belt  
 he has good health and a great attitude  
 'cause that's just the hand the Lord  
 dealt

I enjoy working with Ronnie  
 he is good at everything he can do  
 the coal mines would be the best job on  
 earth  
 if everyone got to work with a "Mr.  
 Chew"

*William Blankenship  
 Phelps*

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**Emma Lackey, BC-HIS**  
 Hearing Instrument Specialist

# SAR contest open to high schoolers

SPECIAL TO THE NEWS-EXPRESS

The National Office of the Sons of American Revolution sponsors an annual writing contest, inviting students to submit essays on events that shaped American history.

Approved for listing by the National Association of Secondary School Principals, the George & Stella Knight Essay Contest is open to sophomore, juniors and seniors in high school who are U.S. citizens or legal aliens.

The contest is for an original, researched and proven essay topic written in English. The topic of each essay shall deal with one of the following: An event, per-

son, philosophy or ideal associated with the American Revolution, the Declaration of Independence or the framing of the United States Constitution.

The month of April offers several historical dates that might stimulate students' thoughts and encourage their participation.

• April 13, 1743: Thomas Jefferson's birthday, lead author of the Declaration of Independence and concepts embodied in the Constitution and Bill of Rights.

• April 18, 1775: Paul Revere's ride to Concord and Lexington, Mass., with the message that the British were coming.

• April 19, 1775: Start

date for the American Revolutionary War at Lexington and Concord.

• April 30, 1789: Birthday of the United States, George Washington inaugurated as first president.

This is a national contest and each state chapter will submit that state's winning essay to the national office of Sons of American Revolution.

The first-place winner will receive \$2,000, second-place will receive \$1,000, and third-place will receive \$500.

For a complete list of the Knight Essay Contest rules, send requests to the Big Sandy SAR Chapter Representative Roger Ratliff, at [ratliffroger@yahoo.com](mailto:ratliffroger@yahoo.com).

**ROWING APPALACHIA**

KENTUCKIANS FOR THE COMMONWEALTH

Saturday, April 14 • 9:30 am - 4:00 pm  
 Jenny Wiley State Park

Join us for a day of workshops by local experts about ways to save and earn money through small-scale farming, forestry, and energy solutions!

Free and Open to the public  
 Suggested donation of \$10 to cover lunch

Pre-registration is appreciated:  
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