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Wednesday, October 3, 2012 • Page 1C

## White cushaws ... and sharing the love

Friends Drift Inn



By JOYCE PINSON

For Appalachia, there was no chorus of concern when the Harless Creek Farmer Brown White Cushaw was nearly lost during the floods of 2010.

When Hurricane Katrina swept through the Gulf Coast, the Southern Foodways Alliance took up the cause of the Mirliton, a squash steeped in the culinary traditions of the Deep South. The squash was nearly wiped out forever due to the storms. A regional outcry went up — “Save the Mirliton!” Folks frantically collected Mirliton seeds to rescue an important piece of food history.

Is the Mirliton more important than the cushaw? I think not! Where is the cushaw love?

Do you have any idea how special a white cushaw is?

At the Bardstown Road Farmers Market in Louisville, former “Top Chef” competitor Edward Lee and I tussled last weekend over an enormous white cushaw whose seed is said to have been passed down by Abraham Lincoln’s family when they migrated from Kentucky to Illinois.

There were pushes, tugs and a few giggles — and I might have thrown an elbow or two. Don’t come between a hillbilly girl and her cushaws!

The chef and I arrived at a compromise; he would take the winter squash but send the seeds to me.



Photo for the News-Express by Joyce Pinson

Honery the barn cat with white cushaw purchased at Williamson Farmers Market, a traditional green-striped cushaw, and in the foreground a White “Iceland” cushaw purchased at Holbrook’s Sorghum Mill in Morgan County.

Heirloom vegetable seeds; they are more precious than gold.

It was Harold Dean Thacker from Regina who first shared the story of Farmer Brown’s White Cushaws with me at the Pike County Farmers Market. It was the weekend after the floods. Harold’s hillside garden on Harless Creek had somehow escaped the devastation; he had piles of Farmer Brown White Cushaws to sell.

Who was Farmer Brown? I am really not sure. But the story goes that Farmer Brown grew oodles of cushaws up Harless Creek back in the day to make pies, cake, breads and soups. The cushaws would store well in

the root cellar, providing nourishment throughout the bitter winters.

The farmer was not wealthy, and sometimes gave pale white cushaws as Christmas gifts. It was indeed a sharing of love.

Needless to say, I bought a Farmer Brown White Cushaw that day.

And then, in the privacy of my car, I wept.

We cannot lose these treasures that tell the story of where we come from and where we are going!

Cushaws are to Appalachia, what apples are to America. Cushaws identify us, they speak of mountain gardens and the fall harvest. To set a Cushaw Pie on your family table is to reach back in time and

make the past the present. Cushaws, whether white or green-striped, are something we should be proud of. The cushaw is a vegetable worthy of saving for the next generations.

Can you help? Saving the cushaw and other old-fashioned mountain vegetable varieties is not as hard as you might think. Shop the local farmers market and support producers who choose to grow heirloom varieties so they will keep these varieties viable.

Last week, Neil Hunt of Coon Creek scored a white cushaw at the Williamson Farmers Market. Open your eyes to what Appalachia has to offer!

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Photo for the News-Express by Joyce Pinson

Do you have any idea how special a white cushaw is?

## Pike churches featured in ‘Sacred Places in Kentucky’

SPECIAL TO THE NEWS-EXPRESS

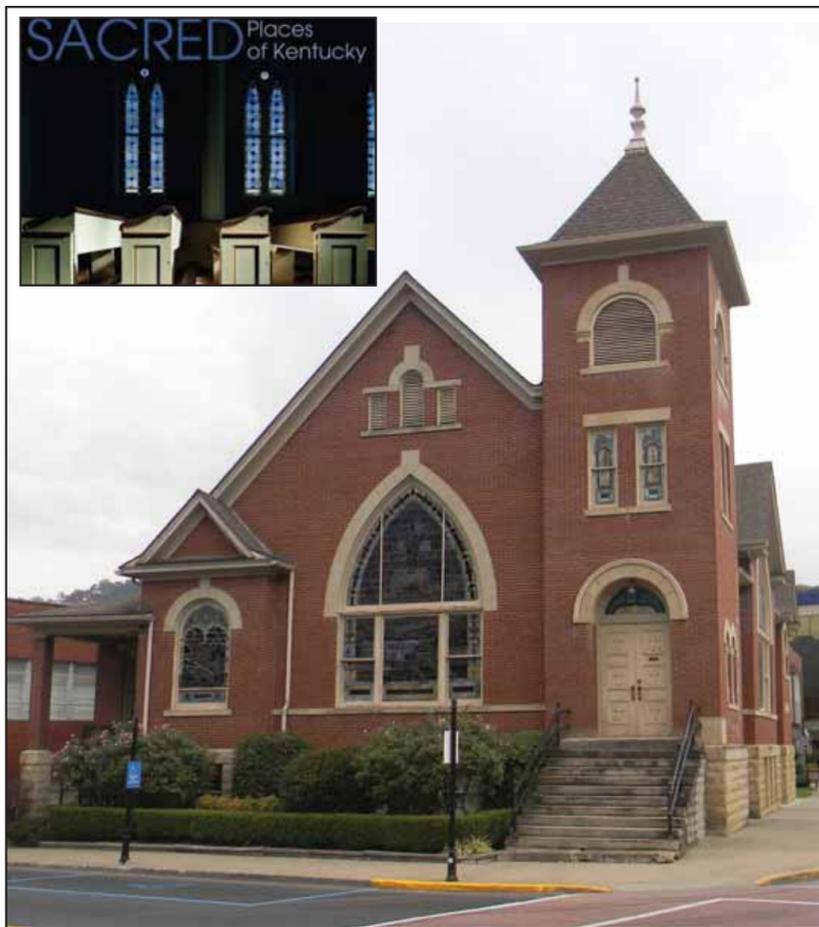
“Sacred Places of Kentucky,” a 156-page coffee table book, is a journey through the commonwealth filled with breathtaking images of the centers of worship that are at the heart of our communities. From magnificent cathedrals to quaint country churches, they represent the enduring American vision that on this soil, we are free to define what is “sacred” for ourselves.

Two Pike County churches are featured in “Sacred Places of Kentucky” — Pikeville United Methodist Church (pp. 134-135) and Snivley Chapel (pp 130-133).

Pikeville Methodist has its roots in the First Methodist Society in the county, which was organized at the home of Henry Stratton. In 1911, the land was bought to build the church at its present location on the corner of Main Street and Huffman Avenue. Members began to gather at the new church in 1912.

Scripture held sacred by the congregation is noted in the book: “They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and

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News-Express photo by Nancy M. Goss

Pikeville United Methodist Church is featured in the book, “Sacred Places in Kentucky.” The historic church stands on the corner of Main Street and Huffman Avenue. The pastor is the Rev. Brad Smart.

## Pikeville library schedules antique appraisals, Oct. 18

SPECIAL TO THE NEWS-EXPRESS

Do you have something you think might be worth a lot of money? Find out at Pikeville Public Library.

Antique appraisers, R. Stephen Mullins, ISA, Roger Mullins and Doug Groves, will be at the Pikeville Public Library from 3 to 7 p.m. Thursday, Oct. 18, to appraise your items.

The library began offering this program five years ago and according to Charlene Hopkins, librarian, it has been very successful.

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Pikeville Public Library has scheduled the 2012 Antique Appraisals for Oct. 18, from 3 to 7 p.m.



ON THE COUCH

Michelle Goff  
 Typing test

Last week’s episode of “Dateline” featured the mystery of a stunt man shot four times by a hired hitman. The shooting left the stunt man sporting a fancy eye patch, but that’s not why I’m sharing his story.

The stunt man’s ex-wife, a sometime model and actress who had once been married to Oscar-winner Joe Pesci, eventually pleaded no contest to hiring the aforementioned hitman. Anyway, “Dateline” presented the ex-wife as a femme

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## CUSHAWS

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When you find a cushaw treasure, or a unique tomato grown up the holler on Pompey, or a bean that has been passed down through a family for generations and generations, save those seeds! Grow them out or share the seeds with someone who will. It is important. Modern agriculture production is eroding our vegetable diversity at an alarming rate.

There may not be an Appalachian Foodways Alliance to champion mountain heirloom seeds YET, but there are people of that mindset evidenced by the Eastern Kentucky Food System Collaborative and by a group of "underground" seed savers led by Berea's Bill Best at the Sustainable Mountain Agriculture Center. We are not alone.

This Saturday, Oct. 6, seed savers from across the nation will gather in Berea for a clandestine potluck lunch. We will laugh. We will greet old friends and make new ones. But the true mission of the covert operation is to swap seeds; ensuring our mountain history will be preserved for the future.

Do you have vegetable seeds with a history?



Photo for the News-Express by Joyce Pinson

The Cushaw Compromise. 610 Magnolia's Chef Edward Lee got the Illinois variety white cushaw said to have been passed down through Abraham Lincoln's family after they migrated to Illinois from Kentucky. I am promised the rare white cushaw seeds.

Come share the love this weekend.

Call the Pike County Extension office at (606) 432-2534 to learn more about Bill Best's Berea Seed Swap. Transportation is available. Follow friends-driftinn.com for cushaw recipes.

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

# Health department releases restaurant inspections

SPECIAL TO THE NEWS-EXPRESS

were conducted during the month of August 2012.

**Regular Inspections**  
**Subway of South Williamson**, 84; mayo, meats, etc. in small reach-in cooler next to walk-in, measured at 55 degrees (items were within date and time marks, corrected by moving items to walk-in cooler).  
**Little Brothers**, South Side Mall, 96.  
**Gino's Express & Tudor's Biscuit World**, Belfry, 95.  
**Happy Days Diner**, S. Mayo Trail, 88.  
**Shelby Valley Senior Citizens Center**, 99.  
**The Extra Mile**, S Mayo Trail, 100.  
**Feds Creek Elementary**, 100.  
**Island Creek Grocery**, 98.  
**Joe's Diner**, Robinson Creek, 97.  
**Subway**, US 23 South, 93.  
**Special-T-Sweets**, US 23 South, 93.  
**Robinson Creek Elementary**, 96.  
**Burger King**, Pikeville, 94.  
**George F. Johnson Elementary**, Virgie, 89;

sanitizer at three-compartment sink wasn't coming out of dispenser, very weak (corrected, canisters were changed, concentration was correct).  
**Dorton School**, 95.  
**Dairy Cheer**, S. Mayo Trail, 92.  
**Huddle House**, S. Mayo Trail, 75; eggs stored above grill at room temperature (corrected, destroyed at time of inspection).  
**Giovanni's**, N. Mayo Trail, 75; improper date marking, dates should be discard date not prep date; spaghetti noodles were measured at 70 degrees, these foods were going to another store, foods must be 135 degrees or 41 degrees for transport.  
**Phelps Senior Citizens Center**, 99.  
**Kimper Senior Citizens Center**, 100.  
**Good Shepherd Nursing & Rehab**, 95; slicer is unclean/unsanitized.  
**Chilly Willy's Pizza**, Phelps, 94.  
**Sunshine Dairy Bar**, Caney Hwy., 90.  
**Branham's Citgo Inc.**, South Williamson, 96, 100.  
**Cardinal Country**

**Store**, N. Mayo Trail, 98.

**Victory Baptist Church Child Care**, Coal Run, 100.

**Cedar Creek Assisted Living**, Pikeville, 100.

**L&M Mart**, Kimper, 95, 97.

**Five Star Pizza**, Second St., 90.

**Hometown Subway**, N. Mayo Trail, 91.

**Family Food Mart**, Freeburn, 81; spoiled tomatoes in Coca-Cola cooler, several outdated medicines on shelf at time of inspection; motorcycle oil stored next to drinks (corrected during inspection).

**Follow-Ups**  
**Subway** of South Williamson.  
**Huddle House**, S. Mayo Trail.

**Rusty Fork Cafe**, Elkhorn City.

**Clevinger's Snack Bar**, Venters Lane.

**Long John Silver's**, South Williamson.

**Wal-Mart Super Center**, Cassidy Blvd.

**Giovanni's**, N. Mayo Trail.

**Family Food Mart**, Freeburn.

**Good Shepherd Nursing Home & Rehab**, Phelps.

## LIBRARY

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"Last year, the three appraisers looked at more than 300 items from over 200 patrons," Hopkins said.

FREE tickets will be issued to library patrons. Each ticket holder will be allowed to bring two items. Each item will be given a verbal estimate of value free of charge.

If you are not a library patron, now is the time to sign up for a card. You will

need a picture I.D. and proof of residency when applying for a card.

If time allows, walk-ins for appraisals will be accepted but you must have a library card.

So get your library card and ticket early ... stop by Pikeville Public Library today!

NOTE: Some items, such as musical instruments, may require additional time outside of the appraisal date to determine value.

## GOFF

Continued From Page 1C

fatale and the mystery as an old-school noir complete with a typewriter.

That's right, a typewriter.

I'll admit, the first time the camera panned to the typewriter, I asked myself, "Self, what the heck is that? It looks like some sort of ancient writing machine, but where are the screen and the cursor?"

Once I searched the abyss of my memory card

and found evidence of a typewriter, I reckoned "Dateline's" producers had shown one to set a mood.

The memory card also served to remind me of my experience with typewriters.

Although I had banged away at my sister, Kathy's, typewriter as a wee lass whilst growing up at the Goff Estate, I wasn't properly schooled on the machine until I entered Johns Creek High School. There, my typing teacher instructed my school chums and I on such fundamentals as home row. She also administered tests designed to measure our typing speed. I can still hear her telling us to keep our "eyes on text" as we began our exams. I can also hear the keys continuing to clang moments after she had called time.

Whilst still in high school, my parents bought me a fancy electronic typewriter that I took with me to college. That typewriter came in handy whenever I procrastinated and had to stay up late composing a paper due the following day.

Although that typewriter served me well, by the time I graduated college I had moved on to computers. Only once post-college have I been forced to use a typewriter. Other wise, I've never looked back.

And that one time proved such an awkward experience that I don't understand why anyone prefers typewriters to computers. Sure, I know some legal and financial documents must be produced on typewriters, but I intend to put an end to such non-

sense when I take over the world.

Yet, I've heard tell of writers both young and old who compose manuscripts on old-fashioned typewriters. This confuses me. Seriously, where is the backspace button? When they make a mistake or change their minds, do they use that accursed correction tape or xxx over their words or do they just say, "To heck with it?"

Or maybe writers who use typewriters make fewer mistakes and change their minds less frequently?

Hmm, on second thought, wonder if I can find my fancy electronic typewriter or Kathy's old manual machine?

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

## PIKE

Continued From Page 1C

to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved." Acts 2:42-47 (NIV Translation).

The Rev. Brad Smart is pastor at Pikeville United Methodist Church. Sunday services are as follows: 8:45

a.m., Early Encounter (praise and worship); 9:45 a.m., Sunday School; 11 a.m., Morning Worship.

"Sacred Places in Kentucky" describes Snivley Chapel: "Built on land deeded by the Leslie family in 1853, Snivley Chapel was constructed on Johns Creek that year with poplar wood cut on the creek's nearby steam-powered sawmill. Snivley was the first Methodist meeting house in Pike County and has served as mother to many others in the county. The chapel is named for Rev. W.J. Snivley, an early Methodist circuit rider in the area. The circuit riders were ministers who would preach at several rural gatherings and would ride on horseback many miles to teach and care for the dispersed believers.

"Built of poplar wood harvested from the forests of Pike County, Snivley Chapel stands as a memorial to those early Kentuckians who believed this soil to be hallowed ground and laid a foundation on which generations could build."

Discover the most striking and inspirational sacred places in Kentucky in this one volume. The awe-inspiring photography is by Wes and Stacey Battoclette, the text is by the Rev. Roger Jasper and Amanda Hervey, and the foreword is by the Rev. Paul Prather. The book has been published by Vested Interest Publications, in conjunction with "Kentucky Monthly Magazine."

Sacred Places of Kentucky" is available at most bookstores.

## Grandparents Day



Submitted photo

Blackberry Elementary students celebrated Grandparent's Day on Thursday, Sept. 6, by having lunch with their grandparents. Pictured is Isaiah Young, having lunch with his grandparents, Bonnie Young (left) and Patty Roberts Whitt.

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