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## Chocolate Waffles for Your Valentine

Friends Drift Inn



By JOYCE PINSON

If food is life then surely chocolate is love. I remember the first time a boy gave me chocolates. It was one of those little red heart-shaped boxes filled with an assortment of candy ooohs and ahhs. I was six. We poked our fingers in each piece to see what the fillings were; sharing giggles and big chocolate-smudged smiles. It was a good day.

Come to think of it, any day that includes a gift of chocolate is a good day. Good days start with a fun breakfast.

I like waffles. I like them made with cornmeal, drizzled with honey and topped

with a crispy, fried, chicken breast. I like them light and fluffy, soaked with sorghum and a sprinkling of pecans with cayenne pepper. I even like them with hickory smoked bacon and pure maple syrup slipping down the side of the waffle and puddling on the plate.

But chocolate waffles? Just the thought of them makes me giggle; dreaming of warm fuzzy pajamas and a leisurely Saturday morning sitting around the kitchen table with the ones I love.

Each day we can choose to make life routine or extraordinary. Why wait until Valentine's Day to build a memory? Put Chocolate Waffles on your weekend menu; they are unexpected. They taste good. They will say "I love you" without speaking a word. Long after the breakfast dishes are washed, long after the kids are grown and gone, the pleasant recollection of a special



Photo for the News-Express by Joyce Pinson  
**Raspberries, coconut, mini chocolate chips and a drizzle of linn honey atop a puffy, crisp chocolate waffle speaks volumes! Get in the kitchen this weekend. Build memories with your family. Food is life, and chocolate is love.**

breakfast will linger on.

Waffles are easy to make; but there is a secret. Once you mix everything together, walk away. Just leave that bowl sitting all by itself for five minutes. It

won't get lonely. When you come back, you will notice the baking soda has done some work. Your batter now has lift, and so will your waffles. If you are pressed for time, make the

batter the night before. It will keep just fine in the refrigerator.

Chocolate waffles could be paired with fresh orange slices and a sprinkle of almonds. You could go

crazy and pour chocolate gravy with crunchy bacon bits into each little nook and waffle cranny and top it off with a scoop of

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## Forward in the Fifth extends nomination deadline for AppLE

SPECIAL TO THE NEWS-EXPRESS

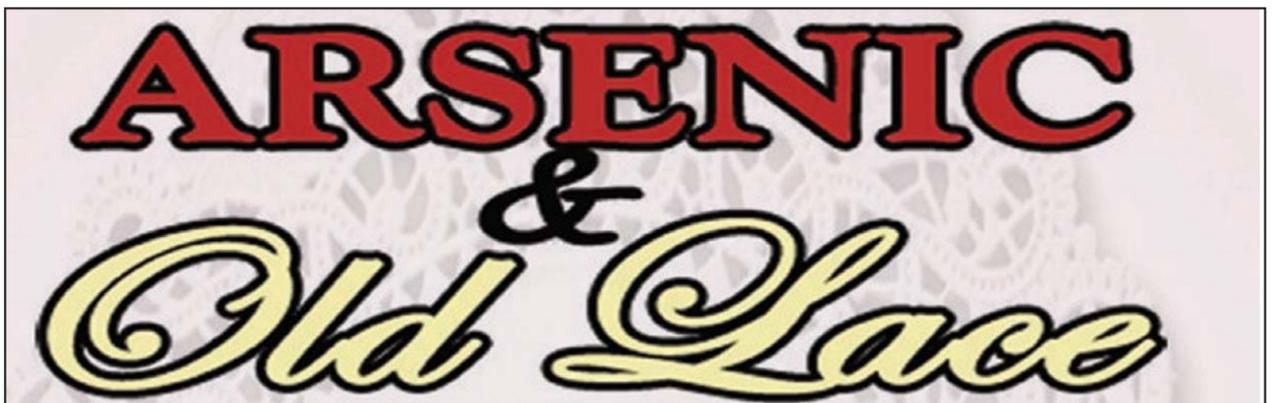
SOMERSET — The nomination deadline for Forward in the Fifth's 2013 Appalachian Leaders in Education awards has been extended through Feb. 28 to allow more time to complete and submit nomination forms from Pike and other counties within its expanded 45-county primary service area.

The AppLE awards recognize leaders in education, including local parent and student groups, who have made significant contributions to promote and support education in their home communities and throughout the region.

"Southern and Eastern Kentucky is full of individuals who devote tireless efforts to improving education for young people and adults alike," said Jim Tackett, executive director of Forward in the Fifth. "We encourage individuals across our region to share their positive experiences through our nomination process, so these heroes can be recognized for their extraordinary deeds."

This year's AppLE award nominations will be accepted in the following four award categories:

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## Appalachian Community Theatres are staging 'Arsenic and Old Lace'

SPECIAL TO THE NEWS-EXPRESS

PAINTSVILLE — Appalachian Community Theatres will be presenting the play, "Arsenic and Old Lace," at the Paintsville County Club and the Strand Twin in Prestonsburg in February.

"Arsenic and Old Lace," written by American playwright Joseph Kesselring in 1939, is a farcical black comedy revolving around a drama critic who must

deal with his crazy, homicidal family and local police, as he debates whether to go through with his recent promise to marry the woman he loves. His family, among other "characters," includes two spinster aunts who have taken to murdering lonely old men by poisoning them with a glass of home-made elderberry wine laced with arsenic, strychnine, and "just a pinch" of cyanide.

On Valentine's Day, Thursday, Feb. 14, "Arsenic and

Old Lace" will be featured, along with dinner, at the historic Paintsville County Club. Dinner begins at 7 p.m. and the doors will open at 6:30. Tickets are \$30 per person or \$50 per couple.

Call (606) 369-4900 to make your reservations. There are only 80 seats available so you'd better do it today.

Then, on Friday, Feb. 15, and Saturday, Feb. 16, Dessert and Coffee nights will be on tap at the country club. Tickets are

\$15 per person and \$25 per couple. Tickets will be sold at the door, which open at 6:30 p.m. The show starts at 7.

Finally, on Friday and Saturday, Feb. 22 and 23, the Strand Twin in Prestonsburg will feature "Arsenic and Old Lace" at 7 p.m. Tickets are \$12 per person and will be sold at the door. The doors will open at 6:30.

Join the crowd for an evening of fine local theater.



**Guest speaker**  
 Greg Whitetree, minister at Hellier Baptist Church since 1983, and his wife, Alice, were guest speakers at a recent meeting of the GFWC/KFWC Pikeville Woman's Club. The couple shared stories and pictures from medical mission trips they had taken to orphanages in such places as Zimbabwe, Russia and Hawaii. Whitetree also brought and shared an impressive collection of canes he collected on his trips (one of which he is holding). Pictured with the Whitetrees is PWC President Judy Backus.

Submitted photo



ON THE COUCH

Michelle Goff

As my sisters, nieces and I debated menu options, we considered the usual fare — soup beans, Hamburger Helper, squirrel. And although we eventually opted for chicken, my mind kept drifting to

## A little squirrely

squirrel, which my sister had mentioned only as a joke.

When I was just a wee lass, eating squirrel wasn't a joke. In fact, it wasn't unusual to discover squirrel, squirrel gravy and biscuits on my plate when I took my place at the dinner table beside Mother.

To this day, I don't know what differentiates squirrel gravy from

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# And they lived happily ever after ...

It was a beautiful wedding. Just as I knew it would be. How could it miss with four of my beautiful granddaughters and one of my handsome grandsons in the wedding party?

One of those granddaughters was the bride — Rebecca Dawahare — now Rebecca Dawahare Gray. The others were her sisters, Mollie, Catherine and Sarah Frank (“Frankie”) and her brother, Campbell.

The wedding took place Feb. 2, at the Village Chapel in Nashville, with the reception following at The Cannery.

Rebecca was resplendent in her floor-length, sleeve-

less white lace gown and her veil (really her mother’s veil, worn June 27, 1987, when Theresa Moore Goss married Frank G. Dawahare).

Rebecca and her husband, Braden Gray, met at the end of their senior year at Belmont University in Nashville. Rebecca’s major was classical voice and Braden’s was commercial voice. They should make beautiful music together (LOL).

One of the things I find fascinating about Rebecca and Braden’s courtship and marriage is that it seems to me like it was almost preordained that they should

meet.

I’ll explain.

When Rebecca was about 9 years old and a student at St. Francis School, one of her creative writing assignments was to write a book. The title of her book was, “The Girl Who had Faith in God.”

The story goes ... “Once there was a girl who had faith in God. Her name was

## From The Heart



Nancy M. Goss

Lucy McIntyre. Let me tell you a little bit about Lucy. Lucy lived in a little town called Tupelo, in Mississippi. She was the youngest of six children. She had three brothers and two sisters, and a mom and dad. Her dad and mom’s names were Carl and Tracie. Her brothers and sisters were: Dan, Frank, Allen, Charla and

Meg.”

Rebecca’s book was on typing paper with her own design stick-men illustrations. In all, it was probably 10 pages long with just a couple sentences on each page.

And of course, she made it all up.

BUT ... Braden is from Tupelo, Miss.

I am fascinated by the fact that Rebecca, when she was just 9 or 10, put the city of Tupelo in her story instead of a surely-more-familiar city like Lexington, Frankfort, or even New York! But, Tupelo? Where did that come from? Had she ever even heard of

Elvis Presley (he was born in Tupelo)? What could have induced her to write Tupelo?

Now I know.

God works in mysterious ways, his wonders to perform. Somewhere in the far distant future Rebecca would meet Braden Gray.

If that’s not a “once upon a time” kind of story, I don’t know what is.

Nancy M. Goss is

Everyday Living editor and may be reached at (606) 437-4054 or [ngoss@setel.com](mailto:ngoss@setel.com).

## WAFFLES

Continued From Page 1C

French Vanilla Ice Cream. Now that would create a sensation!

As for me, I am a hopeless romantic. Raspberries,

coconut, mini chocolate chips and a drizzle of linn honey atop a puffy, crisp chocolate waffle speaks volumes!

Get in the kitchen this weekend. Build memories with your family. Food is life, and chocolate is love.

## Chocolate Waffle Recipe

Adapted from Alton Brown, inspired by Pike County Beekeepers

Ingredients: 1-1/2 cups all-purpose flour, sifted; 1/2 cup cocoa powder, sifted; 1 teaspoon baking powder; 1 teaspoon salt; 1/2 teaspoon baking soda; 1 teaspoon cinnamon; 3 eggs beaten, organic preferred; 4 tablespoons unsalted butter melted and cooled, organic preferred; 3 tablespoons local honey; 1 teaspoon pure vanilla extract; 2 cups buttermilk, room temperature; 3/4 cup chocolate morsels (plus topping).

For topping: sweetened coconut flakes, fresh rasp-

berries, mini chocolate chip morsels, and local honey.

Vegetable oil to spray the waffle iron.

Method: Preheat waffle iron.

Whisk dry ingredients flour, cocoa powder, baking powder, salt, baking powder and cinnamon together in a medium bowl.

In a separate bowl, beat eggs, melted butter, honey and vanilla extract together.

Add buttermilk and morsels to wet ingredients. Stir.

Add dry ingredients mixing just enough to wet batter.

For fluffy waffles, let the batter sit for 5 minutes, allowing leavening agents to

work.

Spray waffle iron with non-stick spray, and gently ladle batter in, aiming for the center.

Cook until waffle edges begin to crisp. I use a Waring Pro Waffle Maker, and it takes about 3 minutes per waffle. Each appliance varies.

Reapply non-stick vegetable oil spray after each waffle is completed.

If you are serving waffles all at once, hold on an oven-proof plate covered with foil in a 200-degree oven, until batch is complete.

This recipe yields 6 Belgian Style Waffles.

You may want to serve waffles in quarters or

halves, depending on how hungry you are!

Garnish with coconut flakes, raspberries, mini chocolate chips and honey or whatever strikes your fancy.

Not in the mood for breakfast? Serve as a dessert or midnight snack.

Waffles can be frozen and reheated. Batter may be mixed the night before, covered with plastic wrap and refrigerated. That is one way to start a good day!

Share the giggles!

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).

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## APPLE

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• Educators — early childhood (daycare, Head Start and preschool programs; K-12 administration (superintendent, district office staff, princi-

pals, counselors; K-12 teachers; and K-12 support staff (bus drivers, cafeteria, Family Resource/Youth Services, librarian, custodial staff); and higher education (all positions).

- Business/community leaders or community organizations.
- Parents or parent groups.
- Students or student groups.

For more information, call (606) 677-6000 or visit [www.fif.org/awards](http://www.fif.org/awards) for a detailed description of each of the 2013 AppLE Award categories, eligibility requirements, and nomination forms.

Nomination forms may be submitted online or post-marked and mailed to Forward in the Fifth at 2292 South Hwy. 27, Somerset, KY 42501 no later than Feb. 28. Submissions by fax or telephone will not be accepted.

“Through the AppLE Awards, we are honored to recognize those individuals who go beyond the day-to-day demands of their positions to create an exceptional educational environment,” said Dr. Dessie Bowling, Forward in the Fifth board chairwoman. “These are the valuable contributions which assist our young people and communities to reach their full potential.”

Award finalists will be notified by Forward in the Fifth, and the winners announced at a special event in the spring of 2013.

Nominations will be accepted within Forward in the Fifth’s 45-county primary service area, which includes: Adair, Bath, Bell, Boyd, Breathitt, Carter, Casey, Clay, Clinton, Cumberland, Elliott, Estill, Floyd, Garrard, Green, Harlan, Jackson, Jessamine, Johnson, Knott, Knox, Laurel,

Lawrence, Lee, Leslie, Letcher, Lincoln, Magoffin, Martin, McCreary, Menifee, Metcalfe, Monroe, Morgan, Owsley, Perry, Pike, Pulaski, Rockcastle, Russell, Rowan, Taylor, Wayne, Whitley, and Wolfe counties.

Forward in the Fifth, a non-profit organization and an affiliate of The Center for Rural Development, was formed in 1986 by U.S. Congressman Harold “Hal” Rogers (KY-05) and other leaders to work to reverse low educational attainment levels in the Fifth Congressional District. The organization strives to engage community stakeholders to advance the value of education; serves as advocates to advance all education systems to improve educational attainment; and supports schools and stakeholders to secure needed resources to improve the quality of education within

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