

ACCENT

www.thejournalnet.com



DINING WITH DUFFY

Grumpy Ed's

Address: 1345 W. Southport Road, Indianapolis
Phone: 865-3418
Hours: 11 a.m. to 10 p.m. Monday through Thursday; 11 a.m. to 11 p.m. Friday and Saturday; and noon to 8 p.m. Sunday
Credit cards: Major cards accepted
Entrée price range: \$5 to \$16

No reason to be a grouch at Ed's place

Grumpy Ed's has been a southside dining and imbibing fixture since April 1999, first opened by Ed Gilliland and, for the past few years, under the auspices of Tom Coates in a shopping strip off Southport and Bluff roads.

Its high walls with exposed duct work, wood floors and spacious dining area, partitioned off from its long bar, make for a comfortable forum to do lunch and break bread with friends, colleagues and even family.

Even though the premises are festooned with the obligatory televisions to monitor current events, sports triumphs and how the world turns at General Hospital, Grumpy Ed's patrons seem more interested in eating and chatting than tube watching.

Its extensive sandwich offerings revolve around half-pound burgers, including a Cajun-seasoned burger, one topped with mushrooms and mozzarella cheese, and the house specialty "Grumpy's Favorite," adorned with cheese, grilled onions and ranch dressing.

Grilled and breaded chicken and tenderloins, battered grouper and cod, barbecued beef and smoked sausage further enhance the sandwich board.

The dinner menu, most of it available all day, focuses on steaks and chicken. Topping the menu are "smothered" chicken breasts topped in grilled onions, mushrooms and cheese; grilled or battered grouper; breaded shrimp; and grilled ham steak. Boneless pork ribs are available after 5 p.m., and prime rib is offered on the weekends.

I started a recent lunch with a cup of vegetable beef soup, a hearty immersion well-stocked with corn, green beans, peas, potatoes and a couple of large chunks of prime rib remnants.

My main course selection was the 12-ounce marinated rib eye (\$13.95), one of five steak cuts offered. Also available are an 8-ounce filet, 12-ounce New York strip, a sirloin cut and an imposing 1-pound hamburger steak. The rib eye proved quite lean and tender, nicely flavored in a sweet teriyaki-like marinade. It was expertly grilled to my medium-rare specifications and quite the bargain at \$13.95.

Desserts include Oreo cookie pie, peach and blackberry cobbler, cheesecake and chocolate ice cream sundae, which is free if the day you came in to chow down is your birthday.

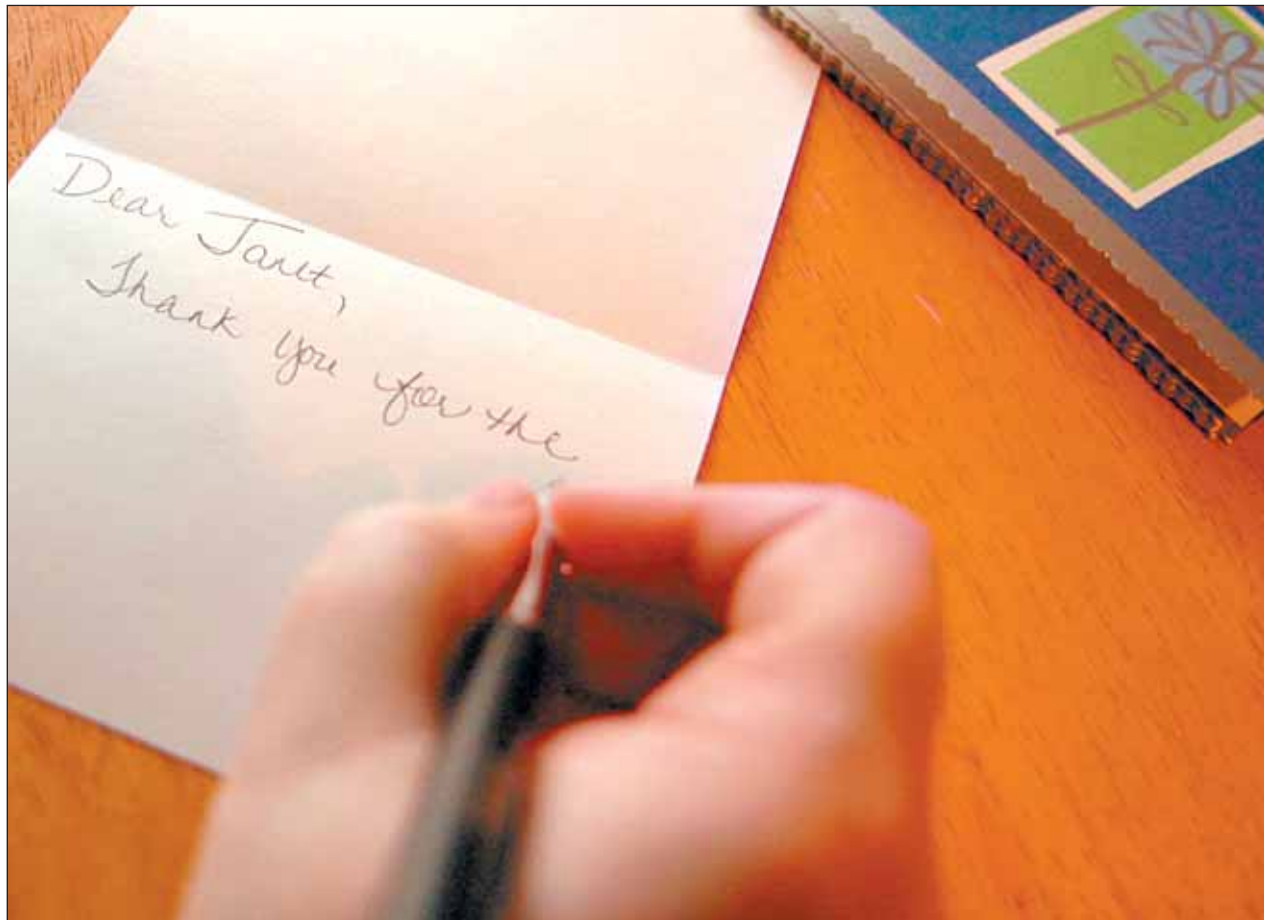
Since it wasn't my birthday, I let the weight-control part of my lengthy New Year's resolutions kick in and put desserts on hold.

Grumpy Ed's décor, well adorned with local team sports banners and beer posters, includes montage photos marking each New Year's revelry from its patrons.

The 2001 photo features the cigar smoking, balding, goateed and full-bodied Gilliland garbed in a diaper and banner as the New Year's Baby with an attitude, a visage that all but brought the New Millennium to a standstill.

But no doubt helped propel his establishment to its status as a reliable purveyor of comfort eats and drink, amidst a friendly atmosphere that belies its slogan of "Eat, Drink and Be Grumpy."

Veteran restaurant critic Reid Duffy writes a weekly review for the Daily Journal. Comments may be sent to letters@thejournalnet.com.



STAFF PHOTO ILLUSTRATION BY SCOTT ROBERSON@roberson@thejournalnet.com

The handwritten thank-you note is not just a prim and proper custom of the past. According to an American Greetings survey, people still prefer to be thanked in writing for a gift given or favor bestowed. And no, e-mailing doesn't always count.

It's the right thing to do

Don't skip expressions of gratitude

By ANNETTE JONES
 DAILY JOURNAL FEATURES EDITOR
 ajones@thejournalnet.com

Written your holiday thank-you notes yet? If so, great. Your mother and etiquette guru Miss Manners will be proud. If not, you're not alone and it's not too late.

To some people, a handwritten thank-you note is a practice of the past. But among many families, thank-you notes are a priority after a gift is received.

"Sometimes, I think it's a lost art," says Kitty Harmening of Franklin, who faithfully writes thank-you notes after receiving a gift or a favor.

Many younger people find e-mailed notes acceptable, but they are not quite the same, Harmening says.

"It doesn't replace sitting and (hand) writing a formal expression of gratitude," she says.

A survey of 1,250 people conducted by American Greetings of Cleveland, Ohio, a manufacturer and distributor of greeting cards, shows written thank-you notes are still a preferred way for people to express gratitude.

At least 50 percent of respondents wish they had received a note after giving a gift. But not everyone takes the time to write.

Ann Cunningham of Greenwood remembers a wedding gift that went unacknowledged.

"I had to ask around to see if they got it," Cunningham says.

When out-of-town relatives send gifts to her children, Cunningham takes a picture of them playing with or wearing the present.

The two oldest of her four children, Ryann, 8 and Cooper, 7, write a note on the back of the picture.

According to etiquette authorities at the Emily Post Institute, every gift should be acknowledged with a note

TAKE NOTE

Tips on saying thanks in writing

- **Timeliness** — Handwritten thank-you notes should be written from one day to one week after receiving a gift, but it's never too late to send a note.

- **Notes should be handwritten** — While sending a note to someone you have thanked in person at the time the gift is received is not obligatory, a note is always nice. Also, hand-writing the envelope is preferable to using computer-generated labels.

- **Focus on the giver** — Use "you" more than "me" or "I." The note should not focus on the recipient.

- **Thank the giver** for their thoughtfulness and generosity.

- **Always reference the gift** — Tell how you felt when you opened the gift and how you will use it; if the gift is clothing, comment on the style or color. Never indicate you don't like the gift.

Get children involved

- **Take children shopping** to pick out thank-you notes.

- **Set time aside** and help them write the note. Make it a family affair, with treats during a break or after they have finished.

- **Make it fun.** Have special pens and stickers to decorate the cards or envelopes.

- **Send a picture** of the child playing with or wearing the gift along with a note.

SOURCES: Rochelle Lulow, senior editorial manager at American Greetings; Sandy Daniels, executive director of Johnson County Community Foundation; and Ann Cunningham, a Greenwood mother

unless it is opened in front of the giver and she is personally thanked.

Sandy Daniels, executive director of Johnson County Community Foundation, sends notes for gifts and for people who have gone out of their way to do something nice.

"For a gift, I don't think there is any substitution for a handwritten note," Daniels says. "Always reference the gift and how you plan to use

it and how you felt when you opened it up or when you used it for the first time."

Both Daniels and Harmening learned the importance of writing thank-you notes from their mothers. The women say they weren't allowed to use gifts until they wrote thank-you notes for them.

American Greetings and the Emily Post Institute say notes should be sent within a week of receiving a gift. However, 70 percent of respondents to the American Greetings survey say sending notes up to two weeks after receiving a gift is acceptable.

"My mantra is, 'It's never too late,'" Daniels says.

"I think that where the fault comes in is all the hubbub of Christmas," she says. "A week passes, two weeks pass and you think, 'Oh, it's too late.'"

One of the gifts she put in her sons' stockings when they were young was age-appropriate thank-you notes.

"And then we would sit down and we would write them," she says.

Bryan Yount, a sophomore at Franklin Community High School, says he always sends handwritten thank-you notes for gifts.

"I tell them how I appreciate them, what I think of the gift, and if it's money, what I'm going to use it on," Yount says. "My mom always made us write notes."

When he was too young to write, his mother, Polly Yount, had him draw a picture and send it. When his grandparents did something special, such as taking him on a trip, he also wrote thank-you notes, she says.

Thank-you notes demonstrate that a recipient is gracious and appreciative, Daniels says.

She regrets that handwritten notes of appreciation have gone by the wayside in many households.

"I think writing thank-you notes needs to be revived," Daniels says. "People have not outgrown the need to feel appreciated when they've done something nice."

New-look labels on their way

Foods must now be marked for trans fat

By GWEN SCHOEN
 SACRAMENTO (CALIF.) BEE

Beginning this month, food manufacturers are required to list the amount of trans fat on nutrition labels of their products.

Because packaging is printed in advance, it may be a few months before all the packages catch up with the requirement.

Faced with revealing how much artery-clogging trans fat is in their products, many manufacturers have been scrambling to reformulate their recipes without using hydrogenated oils, partially hydrogenated oils or shortening, all of which contain trans fats.

Kraft Foods, for example, has been promising a new recipe for Oreo cookies, the most popular cookie in the world.

Unfortunately, we'll have to eat all of the current stock of Oreos before the new, more healthful versions arrive in stores.



SCRIPPS HOWARD PHOTO

Stacks of Oreos are displayed at a store in Raleigh, N.C. Cookie-maker Kraft has developed Oreos without trans fats.

Hows, whys and history of eggs Benedict

Food Network Kitchens

Q: My husband and I are in a debate on what eggs Benedict is. I say it's English muffin, poached eggs and hollandaise sauce. He says it's when you have an egg upright

in a fancy cup or holder and you carefully crack the top off and eat the insides from the shell.

We have both seen this on TV shows but don't know the name of the dish. I don't believe it is a type of eggs Benedict. What is this dish called?

— Deb Anderson, Plymouth, Iowa

You're right on this one. What your husband is thinking of is a soft-cooked egg (or, if you're British, "boiled egg and soldiers").

Eggs Benedict is a brunch classic thought to be invented in the 19th century in a New York hotel involving English muffins, Canadian bacon, poached eggs and Hollandaise sauce.

There are conflicting stories of the origins of the dish, both involving families named Benedict, as to how it came about.

The first is that in the 1860s a Mrs. LeGrand Benedict came up with the dish because she was bored with the lunch menu at the Delmonico.

The other says in the 1890s, a hung-over banker named Lemuel Benedict requested essentially the same thing one morning at the Waldorf-Astoria.

Submit questions at www.foodnetwork.com. Click on "Cooking" and then "Culinary Q&A."

GET BUSY

Daily Journal staff report

Weight-control program begins next week

The next round of Dump Your Plump, a Johnson County wellness competition, will begin Jan. 11 and end March 29.

In previous rounds of Dump Your Plump, 1,910 participants have lost 9,314 pounds and have won thousands of dollars worth of prizes.

Teams can consist of four to 10 participants. Cost is \$10 a person.

Each member can choose to maintain or lose weight while competing with other teams throughout the county.

Information: 346-3768

Mark 300th birthday of town's namesake

Events are planned in Franklin to mark the 300th anniversary of Benjamin Franklin's birthday.

The Franklin Cultural Arts and Recreation Center will host a birthday party from 9 a.m. to 8 p.m. Jan. 17. Cake will be served.

A Ben Franklin birthday swim party will take place from 4 to 6 p.m. Jan. 15 at the Franklin Community High School pool. Cost is \$2 per person. Children 12 and younger must be accompanied by an adult.

Franklin was an avid swimmer as well as a statesman, printer, inventor, postmaster and writer.

Spring craft fair needs vendors to sell products

The Johnson County Extension Homemakers organization is seeking vendors for their spring craft fair, scheduled from 9 a.m. to 3 p.m. March 4 in Scott Hall on the Johnson County Fairgrounds in Franklin.

Booth rental fees are \$35 for a 8-by-10-foot booth and \$40 for a 10-by-10-foot both.

Information: 736-3724

Basketball tournament benefits Special Olympics

Special Olympics Johnson County will host a Slam Jam basketball tournament Saturday at White-Land Community High School.

Games will begin at 10 a.m. and run continuously on two courts, with the final game starting at 5 p.m.

There are 24 teams registered, and each team will play one game. Concessions and T-shirts will be for sale.

Information: www.specialolympicsjohnsoncounty.org

Maps of county available in Franklin for small fee

New maps of Franklin and Johnson County are available at the Franklin Chamber of Commerce office.

Maps are \$2 for the public and \$1 for chamber members.

The Chamber office is in the Depot at 370 E. Jefferson St. Office hours are 8 a.m. to 4 p.m. Monday through Friday.