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Organizers prepare for cancer fund-raisers

By ANNETTE JONES

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Johnson County residents can learn about the American Cancer Society's Relay for Life fund-raisers during kick-off events this month in Franklin and Greenwood.

The Franklin event will take place from 6 to 7:30 p.m. Jan. 11 at the Johnson Memorial Hospital cancer center, 1125 W. Jefferson St.

The Greenwood kickoff will take place at 6:30 p.m. Jan. 15 in the Greenwood Middle School cafeteria, 523 S. Madison Ave.

At the events, people can learn about how to become a part of the 24-hour fund-raisers. The relays are the cancer society's signature events to increase awareness and raise funds to fight cancer.

The 2007 relays will take place May 5 and 6 in Franklin and May 19 and 20 in Greenwood.

During the events, teams of families, friends and co-workers take turns walking around a track for 25 hours. Each team has a representative on the track at all times.

The event includes entertainment and family activities, plus a victory lap by survivors and a luminaria ceremony at dusk.

Last year, the Franklin event raised \$70,645.09 with 400 participants; the Greenwood fund-raiser, in its first year, raised \$58,000 with 300 participants. During the Greenwood relay, rain poured down the whole time, said Megan Yturriaga, chairwoman of this year's event. Organizers are hoping for better weather this year.

Yturriaga became involved with the relay in honor of her mother, who is a three-time breast cancer survivor.

"This year, we hope to add 15 new teams," she said.

The money raised will get researchers closer to a cure, Yturriaga said. But beyond that, she wants to educate people about early detection.

Greenwood's event has a Hollywood theme, "Casting for a Cure." People will be dressed as TV and movie characters, but it is not necessary to dress in costume to attend, she said.

The event gives Enos Dotson, the Franklin relay chairman, the chance to turn his grief after losing his mother to cancer at age 55 into something positive while helping keep her memory alive.

Dotson is working to attract more families and businesses to the relay this year.

Usually all it takes is to get people involved one time, and then they come back every year, he said. The Franklin theme is "Viva la Relay."

Dotson called attention to the relay during the holiday season by spelling out the words "Hope" and "Cure" in red lights on the roof of his Whiteland home.

"I did it so people would ask me questions," he said.

Train dog to stay in crate for his safety

DIY Network

Question: I'd like to train my dog to spend time in a crate for when I need to take him to the vet, travel with him or simply keep him safe when there is a large number of people in my home. Any tips?

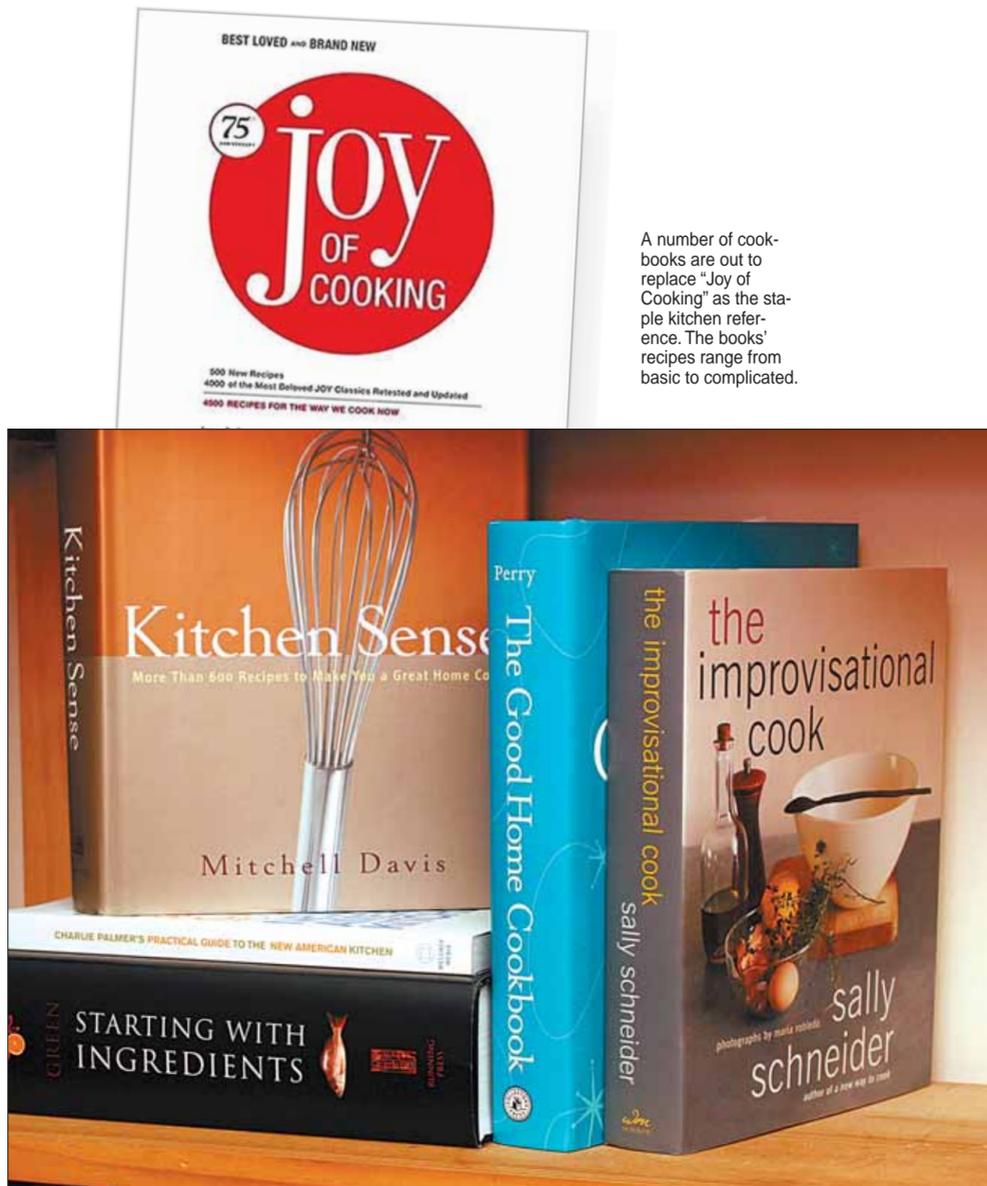
Answer: Crate-training a dog can be a valuable tool for controlling future undesirable habits from your canine friend. If training is handled properly, the crate can serve as a favorite spot for your pet and can augment house-breaking.

Introducing the dog to the crate is simple but should not be rushed.

Begin by making the crate interesting to the dog by placing a few favorite toys and treats inside the crate. Leave the door open and secure so that it won't close with the dog inside the crate.

Place the dog inside, and offer praise immediately. At first, only allow your dog short sessions in the crate. Gradually increase the length of time until, eventually, you can place the dog inside the crate overnight.

If the process is handled properly, the dog may be napping and playing inside the crate with no encouragement from you.



SCRIPPS HOWARD PHOTO

Spreading the love for cooking

By J.M. HIRSCH

THE ASSOCIATED PRESS

How long to hard-boil an egg? What's the rice-bronf ratio for pilaf again? How much oil in aioli?

It's often the everyday stuff that sends home cooks scurrying for explainers. For the complicated dishes — the curries with 15 spices and pastries with 23 achingly involved steps — there invariably are piles of recipes from dog-eared magazines.

That's why no home should be without an all-purpose cookbook for the basics, serving as much as a reference work as a cookbook.

In many homes that book has been one of the many editions of "Joy of Cooking." It's the sort of cookbook that can tell you how long to grill chicken, how to poach an egg or bake bread, and how to tell when the pasta is done.

But recently, some food writers have tried to reinvent this category, offering home cooks fresh takes on the basic cookbook.

Among the standouts, Aliza Green's hefty "Starting with Ingredients" (Running Press, 2006, \$39.95). This is the sort of intuitive, common-sense approach to food that makes you wonder why all cookbooks aren't organized this way.

Green considers the way most people

New books vying to be go-to kitchen resources

cook — they start by opening the refrigerator to see what ingredients are on hand — and structures her book around that.

One-hundred chapters organized by ingredient (from almonds to zucchini) cover more than 500 recipes.

Green's recipes cover serious cultural ground, high and low. The oatmeal chapter includes oatmeal meatloaf, while the section on onions features Senegalese chicken yassa (marinated chicken that is broiled and simmered with onions and lemon juice).

Even better is Sally Schneider's "The Improvisational Cook" (Harper Collins, 2006, \$34.95), which is built around the notion that by understanding a few basic recipes and techniques, anyone can improvise countless other dishes.

Schneider gets how most people

A number of cookbooks are out to replace "Joy of Cooking" as the staple kitchen reference. The books' recipes range from basic to complicated.

Choose bathroom flooring with care

By ED DEL GRANDE

HGTVPRO.COM

Question: We're redoing the bathroom, and my husband wants to install laminate flooring in the bathroom.

I remember reading that wood flooring can be a bad choice for the bathroom, and I'm trying to stop him from making a mistake.

But he won't listen to me. You, he will listen to. What do you recommend?

— Sally, Alabama

Answer: I understand your concern, especially since you live in a warm, moist area of the country.

Remember that a laminate floor is a different material than a true wood floor. Laminates are a combination of resins and wood materials.

So you first will have to find out what type of laminate floor your husband wants to install.

I have heard all the pros and cons about using laminates for a bathroom floor, and the best advice I can give you is to check with the manufacturer of the floor.

If the manufacturer recommends the floor for bathroom use and will warranty the floor in a bathroom then it should be OK to use. If the manufacturer does not recommend the floor for a bathroom, then let your husband know this information.

I have seen and worked with all types of flooring in bathrooms, and it all gets down to what the homeowner likes and wants in the bathroom, but some choices may not be the best materials to use.

For instance, most contractors I know do not recommend standard carpet for a bathroom floor. Standard carpet, especially around the shower and toilet, will absorb moisture and odors.

Vinyl also is a great choice if you're looking for something a little softer on the feet.

If you do like harder materials like tile but don't like chilly feet in the mornings, there are radiant heat pads that can be installed before the tile or stone is laid down, and this will bring a lot of comfort to your bathroom floor.

My advice is to check with a local contractor for suggestions in your area.

Many contractors will be happy to offer advice to you knowing that you're from the area and may be a potential customer someday.

Before you make a move it's always smart to ask and find out what's underfoot.



AP PHOTO

Take the chill out of cold bathroom floors by having radiant heat pads installed before tile is laid.

Chicken Parmesan can be tasty, low in fat with right substitutions

The Associated Press

Almost by definition, Parmesan dishes — as in eggplant Parmesan or chicken Parmesan — are fat bombs.

That's probably because nearly every step of the recipe seems almost designed to infuse the meal with as much fat as possible.

Coat the eggplant or chicken in egg.

Bread it.

Fry it.

Drown it in oil-laden sauce.

Then, of course, top it with loads of cheese.

No wonder they taste so good.

But surely there's a way to enjoy these classics without all the fat. But enjoy is the key. There are plenty of light versions that either shortchange the cheese or substitute it with anemic fat-free versions.

Which is why Cooking Light's version in the magazine's recent "Cooking Light Italian" (Oxmoor House, 2006, \$17.95) is such a winner.

This recipe cut the fat by using an egg white



AP PHOTO

Make chicken Parmesan lower in fat by substituting an egg white instead of a whole egg to coat the meat.

instead of a whole egg, as well as fat-free sauce.

Those savings, as well as cutting down on the amount of fat used to fry, mean real cheese can be used elsewhere (Parmesan in the breading and provolone over the top).

And that makes all the difference.

HERB CHICKEN PARMESAN

Start to finish: 25 minutes

1 ½ cups shredded Parmesan cheese, divided
¼ cup breadcrumbs
1 tablespoon minced parsley
½ teaspoon dried basil
¼ teaspoon salt, divided
1 large egg white, lightly beaten
1 pound chicken breast tenders
1 tablespoon butter
1 ½ cups bottled fat-free tomato-basil pasta sauce
2 teaspoons balsamic vinegar
¼ teaspoon black pepper
½ cup shredded provolone cheese

Preheat the broiler.
In a shallow dish, combine 2 tablespoons Parmesan with breadcrumbs, parsley, basil and ¼ teaspoon salt.

Place the egg white in a second shallow dish. Dip each chicken tender in the egg white, then dredge through the breadcrumb mixture.

Melt the butter in a large skillet over medium heat. Add the chicken and cook three minutes per side, or until done. Set aside.

Combine the remaining salt with the pasta sauce, vinegar and pepper. Microwave on high for two minutes, or until thoroughly heated.

Pour the sauce over the chicken in a pan. Sprinkle with provolone and remaining Parmesan. Broil two minutes, or until cheese melts.

Makes 4 servings.

Nutrition information per serving: 308 cal., 10 g total fat, 88 mg chol.