

**The 276 telephone exchange was out of service for at least three hours Tuesday afternoon.**

County control received a phone call about 6 p.m. from Sprint informing them that there was a major cut in an optic line. The phone company didn't specify where or how it happened, but service was restored by 8 p.m. Due to the service outage, Imler Area Volunteer Fire Company was on standby to offer assistance to those in need. According to chief Chet Musselman, no emergencies arose during the time the service was off.

**Power will be shut off for a couple of buildings today on West John Street, Bedford.**

Electric power for the county's family court and Bedford County Agricultural Extension and Pennswoods.net will be turned off until 2 p.m. today, according to Beverly Green of Penelec. Workers will be installing power to the new county building project. An item printed yesterday mistakenly said the electrical work would happen Tuesday.

**Farmer's Market offers dumplings and corn for decorating.**

The featured items this week at the Downtown Bedford Farmer's Market, open in Fort Bedford Park Wednesdays and Saturdays from 9 a.m. to 2 p.m., will be fresh apple dumplings and Indian corn for decorating.

**A local singing group will perform before the Curve game Friday.**

Harmony Hill chorus of Bedford will sing the national anthem about 7 p.m. Friday before the Altoona Curve team takes the field. The group is invited to sing for the team about once a year, according to Wayne Koontz, a member of the chorus.

**Military and emergency services personnel will be honored on the fifth anniversary of the Sept. 11, 2001, terrorist attacks.**

Relatives of Bedford County men and women who have served in the armed forces any time from Sept. 11, 2001, to present are asked to submit information for the special edition to: Bedford Gazette, Sept. 11. Anniversary, 424 W. Penn St., Bedford, Pa. 15522; dropped off at the Gazette; or emailed to gazetteadvertise@earthlink.net.



**WEATHER:**

Partly cloudy  
Chance of rain, 30 %  
High 70s  
Low 60s

## All Aboard!



Chestnut Ridge bus driver Homer Griffith counts his passengers boarding at Central Elementary.



Central Elementary students started school with new backpacks and favorite cowboy boots.

## New bus routes for the new school year in Ridge district

By the Gazette staff

Students headed back to classrooms across the county on Tuesday, with Chestnut Ridge experience one of the bigger changes this school term -- reorganizing the elementary pupils between New Paris and Central schools.

Ridge officials decided on this change last year as part of the district's emphasis on literacy, or reading at age-appropriate levels by the end of third grade.

"It's driven by literacy. When you have all grade levels together, it's easier for teachers to work as a team," said Assistant Superintendent Brian McDermott Tuesday

afternoon after first and second graders climbed on the buses at the end of their day.

Central will have more than 380 students in kindergarten through second grade this year. Since Tuesday was orientation for kindergarten, school officials said many parents had accompanied and transported their children on the first day.

At New Paris, the enrollment will be approximately 260 students in third and fourth grades.

The change requires an earlier start for some students and changes in bus schedules and routes that had some parents concerned.

Superintendent Tom Otis

said administrators worked on the transportation schedules all summer. Changes when right down to the wire, so in some cases it was difficult to inform parents of the schedule at an earlier time.

Business manager Richard Gardill, also overseenig the day's end at Central, said the district fielded many calls from parents after mailers went out districtwide anout increased time for the school day.

Kindergarten parents received more detailed letters.

The transportation concerns centered on bus-to-bus transfers -- not a new activity in school districts, including

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## County in bind at cost of suit or assessment

By Elizabeth Coyle  
Gazette Associate Editor

When Bedford County Commissioner Michael Shaffer and Bedford Area School Superintendent Patrick Crawford talk about property reassessment, they both use the same basic phrase: It's the right thing to do.

**"I don't want to throw \$100,000 down a black hole defending a system that's broken"**  
-- Michael Shafer, Bedford County Commissioner

opposite sides of a lawsuit that likely will be filed late next month or in early October.

The county commissioners know their assessment system needs to be revamped but they don't want to spend the estimated \$1 million to \$1.5 million to fix it. Shaffer said during Tuesday's

regular commissioner's weekly meeting he also doesn't want to spend money defending a lawsuit that precedent shows the commissioners won't win.

The Bedford Area School District and its school board have vowed to take the commissioners to court if the county doesn't come up with a plan for reassessment. Officials

on both sides agree the current property

assessment system, based on 1957 construction values, is broken. Because the system is askew, the largest companies in the district have won assessment appeals that have knocked \$1.4 million off Bedford School District's tax revenues in cases the county lost or settled out of

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## Santorum tours CP

By Josh Kowalkowski  
Gazette Staff Writer

PLEASANTVILLE — Sen. Rick Santorum toured Creative Pultrusions Tuesday evening and got a look at the latest materials the fiber reinforced polymer composites industry is producing. The stop was part of Santorum's day-long tour of Blair, Fulton and Bedford counties. He met with employees at JLG Industries in McConnellsburg earlier in the day.

Santorum, who is chairman of the Senate Republican Conference, was given a brief history and overview of Creative Pultrusions' products by Dustin Troutman, the director of marketing and product development at Creative Pultrusions.

"This is a company, that because of 9/11, saw that things were changing," said

Santorum, referring to the materials the company makes for defense. "We have huge defense industries here in this state."

Pennsylvania was able, he said, to provide everything from night-vision equipment to ammunition.

Troutman also showed Santorum the various products and components the company made for other industries like aerospace, transportation and construction.

Santorum followed Troutman throughout the facility, occasionally stopping to briefly talk to employees about their jobs. Santorum noted that in March he introduced the Second-Stage Small Business Development Act. This, he said, would "create new opportunities for small businesses to overcome challenges and continue to build on their successes."

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Gazette photo | Josh Kowalkowski

Dustin Troutman, director of marketing and product development at Creative Pultrusions, right, shows Sen. Rick Santorum, second from right, urethane crossbeams for cooling towers. Also pictured, left to right, are president of Creative Pultrusions Robert Sweet Jr., Rep. Dick Hess and Commissioner Mike Shaffer.

## One year later, residents celebrate life with jazz funeral

NEW ORLEANS (AP) -- The first anniversary of the biggest calamity to befall this city was marked Tuesday with a moment of silence, wreath-layings, the tolling of bells and, in true New Orleans fashion, a wailing jazz funeral through the potholed streets for the victims of Hurricane Katrina.

Jazz musicians marched ahead of a horse-drawn hearse, a symbol of the city's watery

death. They played a dirge for the more than 1,800 people killed when Katrina came ashore. But the ensemble soon exploded into a joyful rhythm, the marchers opening colorful parasols and hoisting them toward the hot sun as they danced the city back to life.

Sandra Brown has made a point of wearing a black skirt or top since the hurricane, but she was shimmying behind

the musicians on the roughly one-mile processsion from the city's convention center to the Superdome -- both scenes of the storm's misery.

"I mourn for the lives lost. I still cry when I see footage of last year," she said. "But you have to be hopeful."

Residents held vigils in pockmarked neighborhoods choked with weeds, in church pews and in gutted community

centers. They rang bells to mark the collapse of the city's biggest levee and laid wreaths at the site of each successive break in the cement structure protecting the city.

They bowed their heads and closed their eyes in prayer, both for those no longer here and for the city's rebirth.

As a midday interfaith prayer service, Mayor Ray Nagin told the city it was time to take

responsibility for rebuilding.

"If government can't get your check on time, it says you need to do something," Nagin said. "It says your neighbors need to come together and all you need to do is cook a pot of red beans and they'll bring over the hammers and nails."

Nagin met with President Bush, who bowed his head for the dead in St. Louis Cathedral, the city's mother church, and

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**PASSINGS**

DICKINSON, Walter E., 88, of Everett  
HOWSARE, Martha E., of Bedford  
MAY, Norma E., 75, of New Paris

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Pa. soldier goes back to school // **Page 14**

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## Bedford football stars shine on in West Virginia, Notre Dame

By the Gazette Sports Staff

Damien Crissey is expected to be in the starting lineup in West Virginia's season opener at home Saturday against Marshall.

Crissey, a senior and former standout at Bedford High, will man the trenches from the left tackle position.

"As of today, Crissey will start at left tackle," said West Virginia head coach Rich Rodriguez during his weekly press conference on Tuesday. "He's really battled back this year. We feel good about the way he's played in camp."

The Mountaineers, coming off a Sugar Bowl win over

Georgia last season, are ranked fifth in the Associated Press preseason top 25 poll.

While Crissey is projected to start for West Virginia, sophomore Michael Turkovich could also see some playing time for No. 2 ranked Notre Dame in their opener Saturday night at Georgia Tech.

Turkovich, a Bedford product who graduated from Valley Forge Military Academy, is currently second on the depth chart at left offensive tackle.

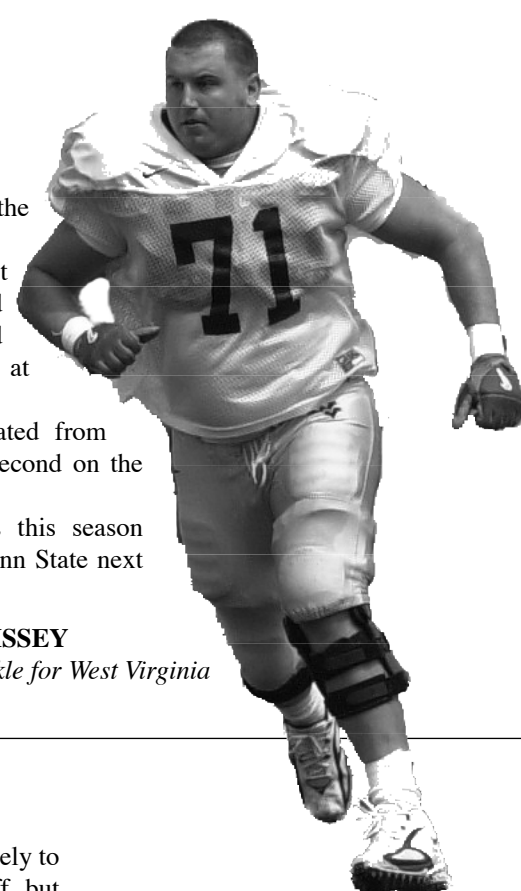
The Fighting Irish, who have high hopes this season under second-year coach Charlie Weis, host Penn State next weekend.



**MICHAEL TURKOVICH**  
Back-up at Left Tackle at Notre Dame



**DAMIEN CHRISSEY**  
Starting Left Tackle for West Virginia



## Cowher not concerned with Steelers preseason losses

PITTSBURGH (AP) – The Pittsburgh Steelers have had only two winless exhibition seasons since 1965, and none under coach Bill Cowher. They are in danger of having their third, not that anyone seems worried.

Cowher, for obvious reasons, is much more concerned about the Steelers' opener against Miami a week from Thursday than he is their final preseason game Thursday against Carolina. That's why quarterback Ben Roethlisberger and some other starters may not even get off the bench this week for the defending Super Bowl champions.

Roethlisberger has played only four series in three games, mostly to get reacquainted with playing at game speed and to develop timing with his receivers. If he plays against the Panthers, it likely will be only one series and no more.

Cowher generally doesn't play his starters much in the final exhibition game, "You never play any game not to win," even when the Steelers had nine to 10 days

-- Coach Bill Cowher

between the final exhibition game and the season opener. With only a week between games, Cowher is even more reluctant to put them on the field.

"Since we've gone to this Thursday format of opening up – which was done for all the right

reasons – it has definitely altered the thinking of the fourth preseason game as it relates to your starters," Cowher said Tuesday.

Or, in this case, not playing the starters. The Steelers have come close to going winless in exhibition play under Cowher – they were 1-3 in 1994, 1995, 1999 and 2003 – but have never actually done so. Not that it matters much; the Colts were 0-5 in the preseason a year ago, then flirted with an unbeaten season before losing their 14th game.

"You never play any game not to win," Cowher said. "I don't like losing at anything, regardless of the stakes or what the ground rules are. But even in the preseason, you have a plan on how you are going to play your players. ... I'm not worried about this team from a confidence standpoint if we go through this 0-4."

Cowher reasons that a winning team doesn't need to prove it can win in the preseason, although teams with a history of losing might benefit from developing some confidence by winning exhibition games.

"The culture that you're trying to establish, so to speak, may play a factor," Cowher said. "I am not really concerned with that with this team. I think the

focus of this team (Monday) was dedicated solely to Miami. We'll start to do a little Carolina stuff, but we're gearing up for that first game."

Wide receiver Hines Ward, who hasn't gone through a full practice since Aug. 3 because of his aching hamstring, will sit out a fourth consecutive game Thursday.

The only other starter who won't play because of injury is right tackle Max Starks (knee). He will be replaced by rookie Willie Colon or second-year lineman Trai Essex.

The Steelers haven't had a winless preseason since going 0-4 in 1987, and their only other one in the last 40-plus years was an 0-5 in 1965, during Mike Nixon's only season as coach. They went 2-12 that year, leading owner Art Rooney to bring in former Packers assistant Bill Austin as coach in 1966.

The Steelers have made only two other coaching switches in the last 40 years – in 1969, when Chuck Noll replaced Austin, and in 1992, when Noll retired and Cowher was hired.



THE SIDELINES >>

- With backup TE Jerame Tuman (hamstring) still out, the Steelers signed TE Tim Euhus and released rookie TE Isaac Smolko.
- Euhus started three games for the Bills last season before being traded to the Saints, who cut him Monday.
- Cowher isn't ready to name a starter at free safety, though former Redskins starter Ryan Clark is expected to start against Miami
- CB Deshaea Townsend is practicing again, two weeks after breaking his right thumb.
- G Kendall Simmons may play another series at center, as he did against Philadelphia on Friday, even though backup Chucky Okobi is practicing again.
- Okobi injured his neck midway through camp and was initially expected to be out until midseason.

## Akron Aeros beat the Altoona Curves, 12-5



MINOR LEAGUE BASEBALL

ALTOONA – The road to the Curves first Eastern League Championship will once again go through Akron, OH. The Aeros assured themselves home field advantage in the first round of the playoffs by capturing their second straight Southern Division crown on Tuesday, beating the Curve, 12-5.

After falling behind 5-0 in Monday's game at Blair County Ballpark, the Aeros turned the tables on the Curve and darted out to its own five-run advantage on Tuesday. Brad Snyder began what was a night to remember for him with a three-run homer in his very first at-bat to put Akron out in front 3-0 after one inning.

Snyder would go on to collect three more hits, including another homer and a double to

finish the game 4-for-4 with four runs scored, five RBI and just a triple short of hitting for the cycle.

Training by five runs in the bottom of the fourth, Altoona began to chip away with two runs, thanks to a bases-clearing triple by Brandon Chaves that scored Brett Roneberg and Ray Sadler.

However, the Aeros would pull away with five runs in the top of the fifth and chase starter Mike Connolly from the game. Chris Hernandez came on in relief and after issuing an intentional walk to Brian Barton to load the bases, gave up three straight base hits that put the Curve behind by eight runs.

Connolly finished the game with seven runs allowed on eight hits and four walks in 5 1/3 innings pitched. It was the third straight loss for Connolly, as the left-hander has dropped five of six decisions since returning to Altoona from Indianapolis (AAA).

Despite only scoring five runs, the Curve bats weren't exactly silenced. Altoona piled up 12

hits, one shy of Akron's total, and had four players with multi-hit efforts. Brian Bixler led the way offensively, finishing the game 4-for-5 with a run scored.

Andrew McCutchen extended his on-base streak to 15 consecutive games with a two-run homer in the fifth inning. The 19-year old has now reached base safely in every game he has played in since joining the Curve two weeks ago.

The two runs that scored on McCutchen's home run were the only earned runs given up by Akron starter Sean Smith, who earned his tenth victory of the year with five strong innings. The right-hander surrendered four runs on seven hits and didn't walk a batter while fanning four.

Following the game, Akron's players and coaches celebrated winning the division championship in Curves media room, one year and one day since beating the Curve to win the 2005 Southern Division title.

The series will continue Wednesday night with Wardell Starling toeing the rubber for Altoona against Jensen Lewis.

## Pirates sink Cubs in 11th inning, Cubs game losses now up to five

PITTSBURGH (AP) – Jose Bautista's bases-loaded walk scored Jose Castillo to cap a two-run, 11th-inning rally, and the Pittsburgh Pirates handed the Chicago Cubs their fifth consecutive loss, 7-6 Tuesday night.

Derrek Lee's RBI single gave the Cubs a 6-5 lead in the top of the inning, but closer Ryan Dempster couldn't protect it.

With one out, pinch-hitter Humberto Cota singled down the left-field line and was replaced by pinch-runner Ian Snell.

Castillo followed with a single up the middle before Joe Randa grounded to shortstop Ronny Cedeno.

His throw was mishandled by second baseman Freddie Bynum, allowing Snell to score. Dempster (1-6) intentionally walked Chris Duffy before Bautista's game-winning base on balls.

Xavier Nady had three hits and scored two runs for Pittsburgh (52-81), which avoided clinching its 14th consecutive losing season.

Lee was 3-for-6, Aramis Ramirez was on base six times – scoring three runs – and Michael Barrett and Matt Murton each had two hits for Chicago, which has lost nine of 10.

Matt Capps (5-1) got out of a two-on, one-out

situation in the 11th to earn the win.

Pittsburgh starter Paul Maholm's wildness cost him in the second. He walked the bases loaded and then threw a run-scoring wild pitch while Cubs pitcher Carlos Zambrano was batting.

Juan Pierre followed with a grounder to short that scored Angel Pagan and gave Chicago a 2-0 lead.

Murton gave the Cubs a three-run advantage when he singled home Aramis Ramirez with two outs in the third.

**7** The Cubs' fourth run scored when Murton reached on an infield single with Ramirez on second. First baseman Ryan Doumit misplayed the throw from third baseman Jose Bautista, allowing Ramirez to score.

**6** Zambrano didn't allow a baserunner in the first four innings but the Pirates got back into the game in the fifth by scoring three runs.

Nady doubled to right and, one out later four consecutive Pirates reached base. Doumit singled, Castillo reached on a throwing error by Zambrano, pinch-hitter Jeromy Burnitz singled off the high wall in right, and Duffy lined a single to left.

Castillo, Burnitz and Duffy all had RBIs in the inning.



## Chestnut Ridge gets served by Somerset Netters

By Dennis Blucacs  
Gazette Sports Writer

Chestnut Ridge opened the scholastic tennis season against Somerset, and while it took all five matches to decide a winner, in the end it was the Lady Golden Eagles who topped the Lady Lions, 3-2 at The Green at Bedford.

The Lady Lions got an impressive win from Samantha Blackburn at No. 1 singles and a hard-fought victory at No. 2 singles from Stacie Beegle. But Lady Golden Eagle wins in both doubles and a injury forfeit win at No. 3 singles cleared the way.

"I was pleased with how the girls played today," said Ridge coach Becky Musselman. "Stacie (Beegle) did well and has improved a lot from last year. There's not much you can say about Sam (Blackburn), she is always good."

"Fallon Shaffer and Hannah Winegardner didn't do bad. Hannah is just a freshman and the girls have a lot of potential. They work well together."

Blackburn gave Ridge the early lead as

she took Somerset's Kristi Jacobson, 6-0, 6-1. The Ridge senior held a 4-0 lead in her second set with Jacobson before the Lady Golden Eagle scored a game win.

However, Blackburn recovered to take the final two games.

At No. 2 singles Beegle faced off with Jess Fink and it was the Lady Golden Eagle that took a 2-1 lead. The pair continued to battle and Beegle won three of the next four games to edge Jess Fink, 4-3. Fink eventually evened the score at 5-5, but Beegle grabbed the lead at 6-5.

It was all Beegle from there as the Lady Lion won the next two games, and won the tiebreaker, 7-3 for the first set win. While Beegle was tangled with Jess Fink, the Somerset duo of Riddhi Desai and Kelsey Harris took a 6-0, 6-1 win in No. 1 doubles, tying the match at 1-1.

In No. 3 singles action Erin Musselman had her stroke stroke down as she bolted out to a 4-1 lead against Julie Fink. Fink closed the gap and eventually took the lead at 6-5. Musselman struggled with the heat and was forced to the sidelines after getting ill.

"Erin was playing well," coach Musselman said. "But the heat got to her. We plan on playing her in the same spot against Shanksville, so we'll see what happens."

Trailing 2-1 in the team score, Beegle got her team back into it with a second-set win. She found

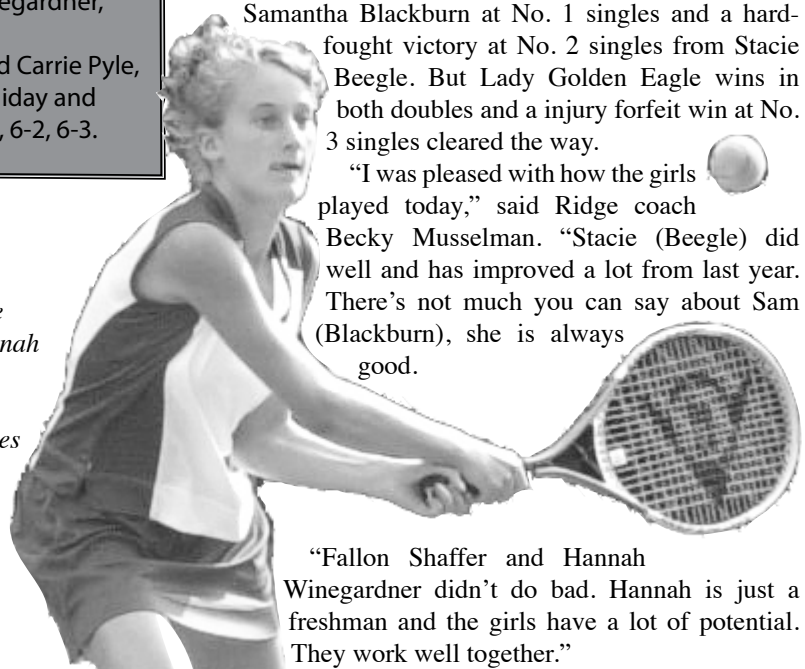
herself down, 2-1, but rallied for the 6-3 victory over Jess Fink, knotting the overall score at 2-2.

All eyes turned to the final match of the day at No. 2 doubles where Ridge's Amanda Higgings and Breana Soliday took on Somerset's Alex Saylor and Carrie Pyle.

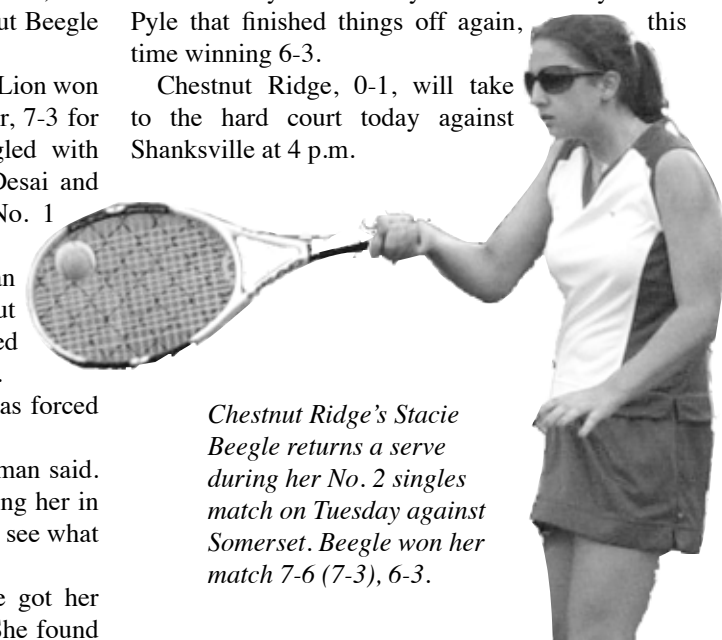
The Lady Lion tandem were up 2-1, but it was the Lady Golden Eagles that tallied a 6-2 set win. In the second set Ridge took the first game. Unfortunately for the Lady Lions it was Saylor and Pyle that finished things off again, this time winning 6-3.

Chestnut Ridge, 0-1, will take to the hard court today against Shanksville at 4 p.m.

Chestnut Ridge's Stacie Beegle returns a serve during her No. 2 singles match on Tuesday against Somerset. Beegle won her match 7-6 (7-3), 6-3.



Chestnut Ridge Freshman Hannah Winegardner returns a shot during a doubles match against Somerset on Tuesday.





## Meet Sam, UK's own TEEN CHEF

By Molly Good  
AP Weekly Features

NEW YORK (AP) -- Sam Stern has been a passionate cook for as long as he can remember. This is his first cookbook. It's brilliant."

That succinct review on the inside jacket of "Cooking up a Storm" is accurate, if somewhat immodest, for it was penned by none other than Sam Stern.

That it comes off as mischievous rather than arrogant is a tribute to the talents of this spiky-haired 15-year-old from England, whose self-styled "teen survival cookbook" is captivating multiple generations of readers on both sides of the Atlantic.

With its bright print, ample photographs, easy-to-follow directions and versatile menus, the book (Candlewick Press, \$16.95) is the perfect gift for a son or daughter heading off to college. The recipes range from homey (Silver Dollar Pancakes) to exotic (My Friend Joe's Thai Green Curry), with plenty of vegetarian options. A front cover featuring an author as handsome as your dream prom date is a definite plus.

But what sets "Cooking Up a Storm" apart from other beginners' cookbooks is its tone: blunt, humorous, enthusiastic and unmistakably adolescent.

Its authenticity was apparent when Sam Stern gave an impromptu cooking lesson in New York City in early

August to three teenagers recruited by The Associated Press to test recipes from his book. "I wanted to write a book for kids like me in our own voice," he explained in a lilting Yorkshire accent while his three students chopped and stirred.

"Some of my friends didn't eat well because their parents work long hours — they're doctors and such — and I thought it might be nice to kind of point them in the right direction. They needed someone to give them a shove."

Sam needed no shoving. The son of an antique-book dealer and a Shakespearean acting coach, he's the baby of a blended family of five children

who all cook, and is 10 years younger than the next in line.

By the age of 3, he was helping his siblings knead bread. By age 9, he was combing his mother's cookbooks for recipes to make on his own.

"The first thing I tried was gazpacho," said Sam. "I had no idea what it was; I just thought it sounded cool."

By age 11, Sam was watching all the cooking shows on British television and competing in the kitchen with his brother Tom, 21. "He likes to take over," Sam Stern said with a laugh, "so I take up the challenge."

When the Tom left home for medical school, he sent text messages home requesting recipes from the family

files.

"We had never written them down, so my mom assigned me that task," said Sam, who was 13 at the time. "It had to be simple enough to fit in a text message. That gave me the idea of putting them in a book to teach kids my age to cook."

He divided the recipes into categories that reflect their function in his life. The result is chapters with titles such as "When Friends Stop By," "Exam Survival," "Party, Party, Party" and "Impress Your Crowd."

With his parents' help, Sam pitched the concept to an agent, who promptly got him a contract with Walker Books,

a London publishing house. Sam completed the manuscript during his summer vacation -- "Well, technically," he confides. "Then I had to chop it all down again, for I wrote far too much."

The book's publication in Britain last October caused an immediate sensation. Sam made the rounds of the morning television talk shows, and was invited to cook at a charity gala with his culinary hero, Jamie Oliver.

"I was so nervous, I was like 'Oh! Dear!'" Sam recalled. "But everyone was really nice to me, so helpful, and after it felt so good!"

Robust sales in Britain led to publication of the U.S. version this month by Candlewick, and an

appearance on the NBC Today Show. He has a contract to write three more cookbooks, including one divided by flavors — "You know, like sweet, sour, salty and such" and another according to the time needed for preparation, "like, 10, 20 or 30 minutes."

Will success spoil this unassuming young man before he even graduates high school?

Not to worry. Sam refuses to view any of his taped televised appearances — "It would be too weird watching myself" — and purposely gave his friends the wrong airing dates so they'd miss his shows.

Nor is there much of a buzz about him at school, he insists, despite his trans-Atlantic fame. "We have several outstanding athletes, including boys

who've played cricket and rugby for England (against other countries)," he said. "So publishing a cookbook is not that big a deal."

The recipes below from "Cooking Up a Storm" were prepared successfully for The AP by untrained cooks ages 13, 16 and 17. When served together, the dishes make an elegant three-course meal suitable for a dinner party.

"They were easy to make, they taste good, and I could even serve them to my parents," said Darby Nelson, 17, an incoming senior at Bronx Science High School.

"This great Thai-style soup is so sweet you could almost believe it's not healthy," says Stern, "but it's full of great body boosters and improves night vision."

"I wanted to write a book for kids like me in our own voice"



British teen cook Sam Stern, 15, second left, scoops for his Carrot Soup with Coconut and Cilantro into a saucepan. Joining him in making the dish are Cameron Rogers-Hawson, 13, left, Rebecca Rogers-Hawson, 16, third left, and Darby Nelson, 17.



Carrot Soup With Coconut is shown with Veggie Stir-Fry.

### Carrot Soup With Coconut and Cilantro

- 4 tablespoons butter
- 1 medium onion, chopped
- 10 carrots, peeled and chopped
- 2 potatoes, peeled and chopped
- Handful of chopped cilantro
- 4 cups of canned vegetable stock or water, or 3 cups water plus 1 cup canned chicken stock
- 1/2 cup of canned coconut milk
- Juice of 1 orange
- 2 limes, cut into wedges
- Salt and pepper

Melt the butter in a heavy-bottomed saucepan. Tip in the onion with a pinch of salt. Cook gently on low heat for about 5 minutes to soften without browning.

Add the carrots and potatoes. Stir. Cover and leave to sweat for 10 minutes.

Add the cilantro, stock or water, coconut milk, orange juice, a squeeze of lime, and some salt and pepper.

Bring to a boil, then reduce heat and simmer, covered, until the carrots are soft. This could take 30 to 40 minutes, depending on the carrots.

Let cool, then liquidize in a blender until smooth. Reheat gently on a low flame, stirring, and check seasoning.

Serve with lime wedges for squeezing. Makes 4 servings.

### Mixed-Up Chicks

- 4 skinless chicken breasts
- 2 tablespoons prepared pesto
- 5 ounces soft cheese with garlic and herbs (like Boursin)
- 8 slices prosciutto (see note)
- Olive oil
- 1 lemon, cut in wedges
- Handful of fresh basil leaves
- Salt and pepper

Preheat oven to 375 F. Slice the chicken breasts lengthwise almost all the way through. Open out.

Spread the insides of two breasts with pesto, two with garlic-and-herb cheese. Close them up.

Wrap a couple of slices of prosciutto\* around the outside of each one, and lay them in a baking dish.

Drizzle with a bit of olive oil and a squeeze of lemon. Add lemon wedges. Scatter basil leaves over the top. Bake for 30 minutes.

Makes 4 servings.

**\*Note:** The book calls for bacon, as available in Britain. The recipe was tested in an American kitchen with prosciutto.

Eat with Roasted Cherry Tomatoes: Put some cherry tomatoes in a roasting pan and drizzle with olive oil. Add some garlic, fresh herbs, and salt. Roast for 10 minutes.

\*\*The recipes are from Stern's cookbook, "Cooking Up A Storm."

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