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Herald Journal

OF local
INTEREST ...

HJ to host 'fab' author

Historical society sets open house

The White County Historical Society is having a Christmas Open House from 10 a.m. to 4 p.m., Saturday, Dec. 12 at the museum located at 101 South Bluff Street, Monticello.

Bring children age 6 to 12 at 11 a.m. to make hand cut out wreaths and get in the spirit of Christmas.

Warm spiced cider will be served along with cookies and brownies for all.

Goodfellows to hold annual basket drive

The Goodfellows of White County are set for

Food columnist Laura Kurella to hold book event.

By SCOTT ALLEN
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The *Herald Journal* will play host next week to renowned food columnist Laura Kurella, who will meet readers and sign her new book, "Fabulous! Food that makes you feel good! Volume I: Desserts."

The author will be in Monticello at the newspaper from 4 to 6 p.m. on Thursday, Dec. 17 in an event complete with chocolate, light appetizers and wine. Prior to that, she will appear at the HJ's sister newspaper, the *Rensselaer Republican*, from 9 a.m. to 11 a.m. CST.

Kurella has penned a weekly column since 2001 and is often a contributor to the *Herald Journal's* weekly food page with "Vitality Cuisine." She

focuses on healthy foods that offer natural remedies.

"The column wasn't originally called "Vitality Cuisine," it was called "Folk Medicine," she explained. "It splintered into Vitality Cuisine, and then Folk Medicine phased out altogether."

Her column answers questions from her readers and offers healthy recipes.

"It's always been reader driving, and the column is basically a form of answers," Kurella said. "The fact that it is reader driven, I feel it's making a difference in people's lives, which is what motivates me to do it at all."

Her lighthearted columns offer advice, such as her recommendation that pumpkin seeds promote good prostate health while noting that the smell of pumpkins are a natural aphrodisiac for men.

"I think the lighthearted humor that's always in everything I write is helping people in little ways," said

Kurella. "It's really hard for the average Joe to be so regimented (to a diet). We all have different needs."

"We're different and so we all have different food needs."

She felt the evolution of her columns simply natural.

"It's become a marriage of the two, folk medicine and food, and they come together on a pretty plate," she laughed.

In her first book, "Fabulous! Food that makes you feel good! Volume I: Desserts," Kurella compiled both recipes that have run in her column and those that didn't make the cut. The book is complete with mouthwatering photos of the delicious, yet healthy, desserts she has prepared and photographed herself.



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Author: Kurella to offer complimentary chocolate with purchase of cookbook

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"I have thousands of food photos ... and they go along with my columns," she said. "I'm intrigued by food that looks as good as it tastes."

The book, published October 2009, is a response to her readers who she said have for years asked for a collection of her recipes. "Fabulous!" is intriguing in that it offers no strict disciplines or diets or complicated recipes of any kind.

The lively assortment of recipes, sorted into three sections (cakes, pies and special desserts), appear to be not only easy to create but also executable with common ingredients found in most cupboards. Nutritional approximations accompany the recipes.

In addition to her weekly column and "Fabulous!" Kurella does an annual live show in Sturgis, Mich., attended by about 1,000 people. She promoted her new recipe book there and has found some time to do

other appearances.

"I popped into the south side of Chicago, which is where my family is, and I went to my home church there and did a little meet-and-greet and signing," Kurella explained.

The columnist and new author is thrilled to be paying a visit to Monticello.

"I'm actually looking quite forward to coming down to Monticello, it's been about two years since I've been there," she said. "It's always thrilling to meet people that have read my column and get upfront feedback."

Kurella will offer complimentary chocolate from her sponsor, Great Lakes Chocolate, with every copy of "Fabulous!" sold. She hopes to see lots of readers and food lovers at the *Herald Journal* next Thursday.

"It's nice to be able to touch base with the people that are feeling the column and it's content," she said. "It's a pretty exciting job."