

FOOD



LICK, STICK, REPEAT

Looks like a trip to Austria is in order, and we'll be sending lots of postcards. Häagen-Dazs is teaming with the Austrian Postal Service to create ice-cream stamps — complete with the taste. A book of stamps comes with every ten scoops bought, according to the WOAI San Antonio. Funny, there's no "Stamp Glue" fro-yo to go along with the Cookies & Cream flavored stamps. METRO/AW

SHORE FOOD GALORE

If you're an eater — and we know you are — then this is the weekend to head to the Shore. The Atlantic City Food and Wine Festival runs Friday through Sunday at the Convention Center, with plenty to sample, buy and see. Celebrity chef and Iron Chef competitor Cat Cora will appear alongside a number of other local food personalities. METRO/AW

EDITED BY ALLISON WILLIAMS
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Pink plate special

ALLISON WILLIAMS
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Awareness Celebration

Edible Arrangements
www.ediblearrangements.com
\$59

The best thing about this hand-crafted bouquet of fruit (other than pink-dipped strawberries) is that these flowers don't wilt — they get eaten.



CAN FOOD CAUSE BREAST CANCER?

Yes and no, according to Dr. Cheryl Perkins, senior clinical advisor for the Susan G. Komen Breast Cancer Foundation. "We know that obesity is linked to an increased risk for breast cancer, especially as we get older," she says. So diets that promote obesity — high in fat and sugar — are dangerous.

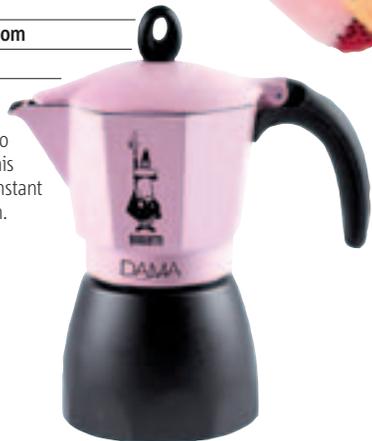
What about those news alerts that come along every once in awhile, saying carrots fight cancer or charred toast causes it? Well, there are no specific foods that can change your risk of breast cancer. "I think there's not enough proof out there," says Perkins. There's no magic pill — staying healthy is your best bet. METRO/AW

ROUNDUP October is National Breast Cancer Awareness Month, and the best way to observe it is ... to eat? And cook? Sure, especially when the proceeds of food and kitchen purchases go towards breast cancer research and patient support. Here are some of our favorites.

Pink Dama Stovetop Espresso Maker

Bialetti
www.bialettishop.com
\$39.95

Based on an original design by Alfonso Bialetti from 1933, this handy pot delivers instant caffeine gratification.



Special Edition New Cook Book

Better Homes and Gardens
www.amazon.com
\$19.95

This pink edition includes all of Better Homes & Gardens' classic dishes, plus recipes and stories from cancer survivors and a nutritional "Eating for Life" section.



Pink "O" Champagne Glasses

Riedel
www.bedbathandbeyond.com
\$27/pair

Booze makes everything seem hopeful — especially some rose champagne in these ribbed glasses.



NBCF Knife Block Set

Mundial
www.mundial-store.com
\$344

This 10-piece set includes knives with names like "The Carver" and "Granton Edge Santoku" — perfect for taking out frustrations on the cutting board.



IN THE kitchen WITH ART SMITH



Someone's in the kitchen with Oprah

Oprah's chef likes to heal, and he uses food to do it.

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INTERVIEW For Oprah Winfrey's personal chef, Art Smith, food is love. And love is a big plate of fried chicken and dumplings. This week he'll show off his skills to Oprah's fans at her O You! event in Boston. Metro talked to Smith about trans fats, his new restaurant and working for the talk-show queen of the universe.

What's in the works for your new restaurant?

It's called The Table, and it's opening later this year [in Chicago]. ... The focus is going to be on sustainability, fair trade — I'm very big on this. We must consume mindfully, be aware about how it affects us.

You've been Oprah's personal chef for how long? Ten years about, maybe nine? I primarily take care of parties for her now, but I'm there whenever she

needs me.

What does Oprah like to eat?

What I find is that as our lives get more complicated ... the more busy our lives are, the simpler we like our food. A simple bowl of soup is always appreciated. A nice piece of fish is always appreciated, or a small salad.

When there's food, everything's OK. Food is what sustains us.

SMITH

What do you make for yourself?

There's nothing better than fried chicken and dumplings.

What do you like about being a personal chef?

Food is love, and it's also a form of communication. It mends relationships, and just by the act of teaching someone to cook is to heal. To cook for someone will really help them.

Any restaurants that stand out in Philadelphia?

Philadelphia's a great food city — I love, love, love the farmers market. Great seafood, too. No one ever thinks about how close to the shore Philly is.

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