

FOCUS ON WINE



RAY & ELEANOR HEALD

Perrin offers value-priced wines

Chateau de Beaucastel is legendary. Chateaufort-du-Pape and the Perrin Family wines share the Beaucastel heritage.

Records attest to the Beaucastel domaine since the mid-18th century. Its vineyard history began early in the 20th century. Yet, a wine impact is only three generations old, beginning with Jacques Perrin, who understood the vineyard importance, and gave the passion to his sons Francois and Jean-Pierre. Today, the Beaucastel tradition is passing to Jacques' grandson, 28-year-old Pierre Perrin, Jean-Pierre's son.

With an enology degree from the University of Dijon and viticultural certification from Avignon, Pierre spent six months working at Chateau Petrus in Pomerol, three months in

three years at Beaucastel, and one year managing the nursery project and making the vines at Tablas Creek in Paso Robles, Calif. He is in charge of all technical operations at Chateau de Beaucastel, all Domains Perrin properties (La Vieille Ferme and Perrin Reserve wines), along with the new wines produced by the Perrins from Gigondas and Vacqueyras.

Pierre also selects all the grapes and grapes for the negociant side of the business as well as making judgments about harvesting, blending, and bottling. "At this point in my life, I want to take the next 10 years to learn how to make wine, why we do what we do at Beaucastel, and how, perhaps, we can do it better," he remarked.

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Family traditions

How will Pierre personally maintain family traditions, yet move toward modern ideas and methods to improve wines? "I have many ideas that I would like to try with Perrin wines such as Gigondas and Vacqueyras," Pierre responded. "I want to make Gigondas and Vacqueyras that are typical of the place where they grow. My real job is not in the winery; it is in the vineyard. In order to make the best wine, it is important to have the best grapes. We are working particularly on full flavored and ripe tannins. I am always thinking when should we harvest each grape variety to give maximum expression in the wine?"

Pierre insists that he will continue to experiment in order to increase quality, but not to change the tradition established by his grandfather. "As a family, the Perrins are always thinking 10 years ahead," he maintained.

La Vieille Ferme

In 1978, Jean-Pierre Perrin created negociant-style wines called La Vieille Ferme with only two products, Cotes du Ventoux Rouge and Cotes du Luberon Blanc. At first, La Vieille Ferme was sold only in Europe, but since 1978, sales of La Vieille Ferme in the U.S. have increased from

BY LANA MEN
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Last year, 16,653 people died in alcohol-related traffic crashes. One every 32 minutes.

More than 10 percent of those people were killed during the holiday season, according to Mothers Against Drunk Driving.

So as the party host for New Year's, hopefully you'll offer guests some elegant alcohol-free drinks. The choices are endless, from patriotic punch to frothy fruity drinks. Fresh strawberries and bananas, sparkling waters and ciders can spruce up non-alcoholic beverages.

AAA of Michigan hosted a contest for alcohol-free recipes, the best were published in its Great Pretenders Party Guide — available at www.aaa.com.

Before we present the recipes, officials at MADD offer advice to those hosts this season:

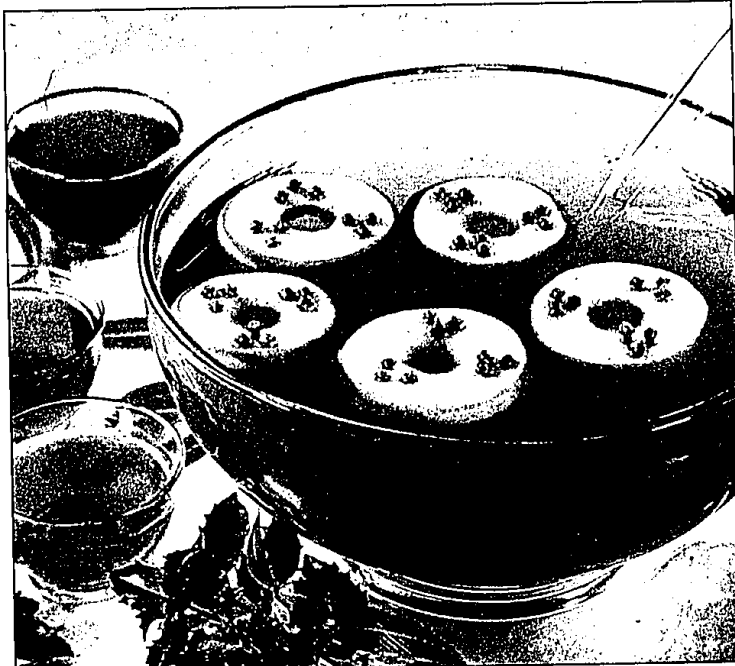
- Invite guests who are compatible so that no one feels left out of the crowd. Lonely or unfriendly people often drink to excess.
- Plan group activities — like party games so the attention isn't focused on alcohol.
- Prepare plenty of foods so guests who do drink alcohol will not do so on empty stomachs.
- Avoid many salty snacks, which tend to make people thirsty.
- Offer an array of non-alcoholic beverages for the designated driver and others.
- Don't over-offer drinks. Alcohol is not mandatory for fun.
- If preparing an alcoholic punch, use a non-carbonated base like fruit juice. Alcohol is absorbed into the blood stream faster with a carbonated base.

The best part of alcohol-free drinks is that the alcohol won't overpower the wonderful fresh fruits and juices in these colorful drinks.

MOCK PEACH DAIQUIRI RECIPE
14 oz peaches; drained, reserve juice
1 tbsp. lemon juice
6 ice cubes
½ milk or soymilk
½ peach juice
½ tsp. rum flavoring

Put peaches, lemon juice, ice cubes, milk, peach juice and rum flavoring into blender. Blend until ice is gone. Serve immediately. Fresh peaches may be used. Add 1 tbsp granulated sugar or taste. MAKES: 2½ cups including foam

MOCK PINK LADY COCKTAIL RECIPE
1½ c milk



Pretty punch: Lemons, fresh tea and orange juice mixed with a splash of carbonated soda like 7-Up create a zesty alcohol-free New Year's drink. Nearly every popular drink — from the Bloody Mary to the Daiquiri — can be made without alcohol.

About drinking and driving
Myth: Coffee can sober up someone who has had too much to drink.
Fact: Only time sobers. It takes about one hour to metabolize each drink.
Myth: Hard liquor is more intoxicating than beer or wine.
Fact: A 12-ounce can of beer, a five-ounce glass of wine, and a 12-ounce wine cooler contain the same amount of alcohol — the same potential as an ounce-and-a-half of liquor.

MOCK SANGRIA RECIPE
2 - 24 oz bottles purple, red, OR white grape juice, chilled
1 - 1 (liter) club soda, chilled
1 cup pineapple, cut in bite sizes
1 lg. orange, separated into slices
1 tray ice cubes

In a 4 qt pitcher, combine juice and soda. Add fruit and ice cubes.

FRUIT COOLER JUICE
1 cup 1 percent lowfat milk or soymilk
2 bananas sliced
½ cup orange juice
½ cup unsweetened pineapple juice

Blend milk and banana in blender. Add remaining ingredients and blend again.

FRUITY FRUIT SHAKE
1 cup orange juice
½ cup apple juice
1 ripe banana, peeled
5 or 6 strawberries
1 carton (8 ounces) fruit yogurt
2 teaspoons honey
4 or 5 ice cubes

In an electric blender, combine orange juice, apple juice, banana, strawberries, yogurt and honey. Process until well combined. Refrigerate until chilled. If you want to drink these drinks right away, then add the ice cubes also when blending.

STRAWBERRY-BANANA SMOOTHIE
1 package yogurt (8 oz)
1 small ripe banana, peeled
1 cup frozen strawberries
1 cup apple juice

In an electric blender, combine

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Teach adolescents healthy eating behavior

BY PEGGY MARTINELLI-EVERTS
SPECIAL WRITER

Adolescence is a unique period in life. It is a time of intense physical, psychosocial and cognitive growth. There is a high incidence of nutritional deficiencies and poor eating habits in this age group. It is common for teenagers to pop a vitamin supplement on their way out the door rather than take the time to eat breakfast. Adolescents have more autonomy than they ever had as children. Eating habits that are formed in adolescence can affect health and body weight for years to come.

Many young people are facing dire nutrition circumstances. The rate of obesity in adolescents has nearly doubled in the past decade. Obese adolescents enter puberty earlier and have a shorter period of long bone growth. Many teen diets lack the recommended amounts of such vital nutrients as calcium, iron, zinc, folate and vitamins B6, C and E. Disordered eating is on the rise and young women are especially vulnerable to nutritional deficiencies. In sports or competition may choose mega doses of supplements to enhance performance rather than rely on simple, healthy eating.

Factors That Influence Food Choices (in order of importance):
1. Appeal — Taste, appearance and smell
2. Time and Convenience — Easy to make, no clean up involved
3. Availability — Easy to get
4. Parental Influence — Family meal patterns
5. Perceived Benefits — Health and nutrition
6. Situations — Social context of eating
7. Mood — Bored, depressed
8. Cost
Fast and Healthy Snacks:
Teens need to snack during peak growth spurts. Provide them with specific, simple ideas for easy to make and eat snacks.
1. Ready-to-Eat Cereal and Low Fat or Fat Free Milk
2. Bagels with Low Fat Cheese
3. String Cheese and Crackers
4. Peanut Butter and Jelly Sandwich
5. Drinkable or Squeezable Yogurt
6. Calcium Fortified Orange Juice or Other Fruit Juice
7. Pretzels
8. Ripe Fruit: Apples, Carrots, Zucchini and other fresh fruits and vegetables
9. Animal Crackers or "Teddy" Crackers
10. Baked Corn Chips with Salsa
11. Low Fat Microwave Popcorn
12. Nuts, although high in calories and fat, contain vitamins and fiber not found in other snack foods.

Interesting Related Web Sites
FDA on the Teen Scene (http://www.fda.gov/opa/teen/7teens.html)
Allergy of Minnesota's Nutrition Expedition: Foods and Nutrition (http://www.tscf.umn.edu/nutrex/jh/nutrition.html)

them if they feel bad or they may use it if healthy eating or a healthy body to gain control or to "punish" others. Adolescents are strongly influenced by what they see on television, which unfortunately does not promote

machines. It is a part of their culture and lifestyle. Parents and schools need to promote and reinforce positive attitudes about food and healthy eating behaviors.

Kathly Kelley of Berkley knows the temptations of going to the drive through. "My kids love eating chicken nuggets," said Kelley. "Our compromise is that we share one order of French fries and the kids drink milk or juice instead of pop."

If fast food is a must, kids should make careful choices. Think small, choosing regular or junior size portions. Look for plain hamburgers, chicken or bean enchiladas without sour cream, lean roast beef sandwiches, grilled chicken sandwiches, plain or lightly buttered baked potatoes, salads with low fat dressing, chili, juice or milk. If dessert is a must, try soft serve frozen yogurt.

Parents can make a difference by making healthy food more available and convenient. "Keep a supply of nutrient-rich snacks available. "My kids come home from school ready to snack," said Dawn Gottschalk of Orion. "Now that I keep fruits and vegetables cut up and ready to go, that is what they grab first."

Parents must try to keep adolescents