

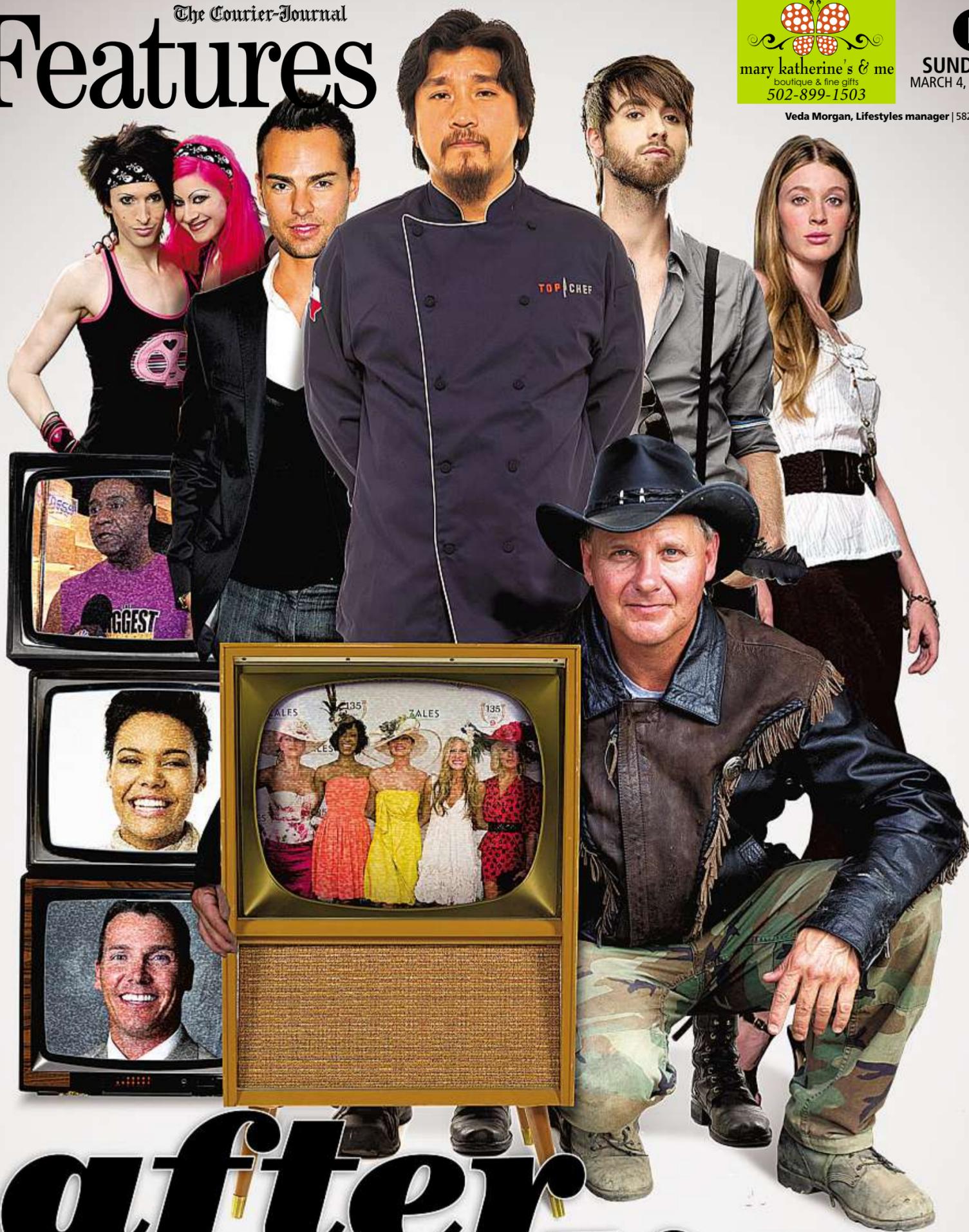
The Courier-Journal  
**Features**

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**E**  
SUNDAY  
MARCH 4, 2012

Veda Morgan, Lifestyles manager | 582-4215

SUNDAY EXCLUSIVE



# after reality

By **Christa Ritchie** | [critchier@courier-journal.com](mailto:critchier@courier-journal.com) | The Courier-Journal

Their shows may be over, but these Kentucky stars still shine

**D**ozens of Kentuckiana residents have lit up the small screen while they searched for a soul mate, cooked creative cuisine, raced around the world, catwalked down the runway and sewed stylish fashions on reality TV shows.

"Top Chef: Texas" star Edward Lee, who made it to the Top 5 on the Bravo cooking show last month, is the latest Louisville resident fresh off a run in the national spotlight. And the new season of "The Amazing Race" features two Kentuckians, William "Bopper" Minton and Mark Jackson of Manchester, speed racing across the globe vying for \$1 million.

We caught up with some of our local celebrities to get the scoop on what's been going on in their lives since their reality-TV debut.

**ABOVE, TOP ROW:**

- Kent Kaliber and Vyxsin Fiala from "The Amazing Race"
- Derek Saathoff from "The A-List: New York"
- Edward Lee from "Top Chef"
- Gunnar Deatherage from "Project Runway"

**IN THE TELEVISIONS:**

- Top, Mozziz "Coach Mo" Dewalt from "The Biggest Loser"
- Center, Mckynleigh Abraham from "The Glee Project"
- Bottom, Mark Lamkin from "The Apprentice"
- Centerpage: The ladies of "Southern Belles: Louisville" CROUCHING
- Ernie Lee Brown Jr. of "Call of the Wildman"

See **REALITY**, Page E4

COURIER-JOURNAL ILLUSTRATION

**TRAVEL**



**Discover the Caucasus**

Among Europe's highest peaks lies a region that tourism has not yet discovered. But the isolation of Tusheti, Georgia, makes it a wonder for the adventurous traveler.

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## Use store coupons in just a click

If clipping coupons isn't your thing, maybe clicking coupons is.

More websites are offering printable coupons, and many major stores also are in on the trend.

At least \$1.2 billion worth of digital coupons were issued in 2010, according to Phil Lempert of supermarketguru.com, and those numbers are only expected to increase.

If you're interested in printing coupons off your computer, the first step is to create a separate email address, recommends Tricia Major, aka The Coupon Teacher, who lives in La Grange.

**Melissa Poore**



**DOLLARS & SENSE**

The separate email address will keep you from losing your regular messages in the onslaught of spam that you can expect. It's also important to have up-to-date virus software on your computer, because often when you click on something, it might take you to another site.

However, Major said there are lots of sites she frequently uses that are safe. Those include wowcoupons.com, RedPlum.com, ValPak.com, SmartSource.com and TheKrazyCouponLady.com. She also recommends going directly to the sites of the product manufacturers or the stores you like, such as Walmart, Meijer or Rite Aid.

See **DOLLARS**, Page E7

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or call 502.561.3691 or at [www.Louisville-RedCross.org](http://www.Louisville-RedCross.org)



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