



MEDIA ADVISORY: FOR IMMEDIATE RELEASE

2010 Gumbo Gala Cook-off set for Saturday May 8 at Caldwell Park

*30 Teams will Compete for 'Best Gumbo in Birmingham' Title;
Attendees can Sample Gumbo, Enjoy live New Orleans Jazz and Help Episcopal Place Residents*

BIRMINGHAM, Ala., (April 20, 2010) – Jo Mudd knows gumbo.

She grew up eating her mother's gumbo, and has childhood memories of the nutty smell of roux cooking in the kitchen of her Jackson, Ala., home. She remembers watching her mother make gallons and gallons of the thick, pecan-colored soup using crabs and other seafood that her grandfather, who lived near Josephine, Ala, would catch in the Gulf.

Jo has spent years perfecting her own gumbo recipe. Three years ago, she began selling her Muddbug's Gumbo Base in local grocery stores and online, and she offers her Gulf Coast-style gumbo on her catering menu. So perhaps it was no surprise when her gumbo was judged "Best in Birmingham" among professionals competing at the 2009 Gumbo Gala cook-off & benefit.

"Gumbo is unique to the person," Jo says, adding that her secret to great gumbo is in her hand-stirred roux, which takes her two to three hours to make, and requires "babysitting" at the flour browning stage.

Now Jo is set to defend her title at the "2010 Gumbo Gala – Presented by Ezell's Catfish Cabin," which will be held Saturday May 8 at Caldwell Park on Southside in Birmingham. Tickets are \$10, and all proceeds will help to pay for vital support services at Episcopal Place (EP), an affordable housing community for seniors and young adults with special needs located just down from Caldwell Park. Services such as noon meals, subsidized housekeeping, health screenings, pastoral care, and planned social activities help residents to live independently in EP's homelike environment.

"Anyone who loves gumbo, New Orleans music and just having a good time won't want to miss this event," says Tim Blanton, Executive Director at Episcopal Place. "Tasting the various gumbos is always interesting, and it's for a great cause."

All those who attend will be able to sample gumbo made by 30 professional and amateur teams, who will compete for several titles, including "Best Gumbo in Birmingham," "Team

Spirit,” and “People’s Choice” (selected by the team that solicits the most “cash” votes from the public).

The festivities will take place from 11 a.m. to 2 p.m. at Caldwell Park, located off Highland Avenue next to the Virginia Samford Theatre. The event, in its fifth year, provides fun for the entire family. The Legendary Pineapple Skinners band will play New Orleans jazz. A moonwalk, face painting and other children’s activities will be provided, along with hamburgers, hotdogs and beverages. Episcopal Place residents also will host a bake sale. Rob Conrad, of Magic 96.5-FM’s morning show, will emcee. Children under age 12 get in free.

The event could not be held without the generous donation from the following sponsors and team participants:

Sponsors: Ezell’s Catfish Cabin (Title Sponsor) ■ Supreme Beverage Company ■ Pelham Financial ■ The Caring Foundation of Blue Cross and Blue Shield of Alabama ■ Borland Benefield, PC ■ Maynard Cooper & Gale, PC ■ St. Martins-in-the-Pines ■ The Thompson Foundation ■ BancorpSouth ■ B.L. Harbert International ■ BREC Development Co. ■ Commercial Floor Care ■ Estes Automotive Center ■ Elisabeth French, Attorney ■ Hallmark Builders ■ Harbin Discount Pharmacy ■ Lake View Personal Fitness ■ Little Hardware ■ William G. Noland /Noland Elder Law ■ Regions Bank ■ SPM, Inc. ■ WideNet Consulting ■ Amedisys ■ Fetch! PetCare ■ CraneWorks ■ Mac-Gray Laundry Systems ■ MediRest ■ McMahan & Kelly ■ New Beacon Hospice ■ Royal Cup Coffee ■ Senior Resource Guide ■ Shaw Carpet Contract Group ■ Target Investment Group ■ Whole Foods Market — Mountain Brook ■ Shannon and Tim Atchenson ■ Tim Blanton ■ Darlene Green ■ Trudie and Steve Gruman ■ Mike Harper ■ Kris Mueller ■ Paula Pointer ■ Jim Pool ■ Dan Price ■ Ann Purdy ■ Terry Rogers ■ Frank Romanowicz and Bob Hill ■ Katy Smith ■ Shirley Steele ■ Lou Thibodaux ■ Carl and Marcia Wallace ■ Robbie D. Wood, Inc. ■ S & W Electric ■ Medical Properties Trust

Cook-off Teams: Crazy Cajuns ■ Ezell’s Catfish Cabin ■ Garage Café ■ Hummingbird Catering ■ Jubilee Joe’s ■ Michael’s Steak and Seafood ■ Muddbug’s Gourmet Foods ■ Sodexo ■ Ted’s Restaurant/GEMAS Alarm ■ Up the Creek ■ Blue Ocean Technologies ■ Burch Corp. /Cajun Cleaver ■ Business Electronics ■ CareFusion ■ Cathedral Church of the Advent ■ Church of the Ascension ■ 55th Place Thrift Shop ■ Fire Department Firehouse Steamers ■ Danny Hayden Team ■ Johnston, Barton, Proctor & Rose ■ Robinson-Adams Insurance ■ Team Ennis ■ Tim Rogers Team ■ Snap Fitness ■ St. Mary’s on-the-Highlands ■ St. Stephens Episcopal Church ■ St. Thomas Episcopal Church ■ Starnes & Atchison ■ WearTek ■ Wednesday Morning Sinners/Robbie D. Wood, Inc.

About Episcopal Place: Episcopal Place consists of 141 apartment homes in two HUD-subsidized facilities. The non-profit’s mission is to provide affordable housing and support services for seniors and disabled adults with limited income. Episcopal Place is unique when compared to

other HUD facilities due to its vast array of Supportive Services, which help residents to live and age with independence and dignity.

For more information or to buy tickets for the event, please go to www.episcopalplace.org or www.gumbogala.com, call Shannon Atchenson or Kris Mueller at 205-939-0085, or e-mail kmueller@episcopalplace.org.

To read a Q&A interview with Jo Mudd, please go to www.gumbogala.com.

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Notes to media about photos, footage potential:

- Photo of Jo Mudd and Tim Blanton is attached, along with photos from last year's event. Photos are of Gala judge Lynn Campisi sampling gumbo, and EP resident Nolena McBrayer, (in sunglasses) at the 2009 event.)
- Day before/day of event for footage: Caldwell Park will be set up beginning at 1 p.m. on Friday, May 7, and volunteers will be in the park by 7:30 a.m. on Saturday, May 8. Winners should be named by 1:45 p.m., and will be available for interviews afterward.