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Bits of Business

Leave your cooking to her

By Jennifer Thomas

jthomas@centredaily.com

Don't want to cook, but want home-cooked meals?

There may be a solution for you in chef Debbie Young, owner of Chef by Day, a personal chef service.

"It's basically for those people that are tired of eating out all the time, but don't have time to cook," she said.

For about \$200 a week plus the cost of groceries, Young will plan the menus, shop for groceries, and cook five nights of dinners for four people.

"All they have to do is take it out the day before and heat it up," she said.

With thousands of recipes at her fingertips, Young said there are no limitations to what she prepares, but familiar foods such as pot roasts, pasta and chicken seem to be popular.

"This is something I really want to share with people, and I think I can help them" take better care of themselves, she said.

Young can be reached at debbie@chefbyday.biz.

Portraitist embraces pets

Crystal Foust wants every portrait she takes to be unique, whether the subject is a toddler or a horse.

Yes, I said horse.

"We're a photography studio that caters to pets," she said. "We absolutely love them. Big, small, furry, scaly -- we love them."

Foust opened Creations Photography at 3208 Benner Pike, Suite 125, in December. She said Creations aims to capture the essence of the subject matter in its mixed offerings from senior class photos to portraits of animals and families.

"You want to look at that portrait and say: 'This is their look. This is the look they always gave me,' " she said.

The studio works to create original portraits, either in the studio or at other locations.

"We're not afraid to try anything," she said. "Don't be afraid to come in here and be smiling and laughing."