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Kentucky Living is published to create a community of people who take pride in thinking of themselves as Kentuckians and as knowledgeable electric co-op members, in order to improve their quality of life.

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JUNE 2017 VOL 71 • NO 6 CONTROL OF THE PROPERTY OF THE PROPER





Sweet Memories

We asked for family recipes and you responded with some sweet ones! Try out these six reader-submitted dessert recipes and see pictures of the flavorful fare.

Refreshing the Finest
Many of Kentucky's state parks are getting
a facelift to improve safety and make them even more
enjoyable. Read about the updates at a park near you.

Horse Trek

cover story William Shatner shares his love
for Kentucky and its horses, along with an excerpt from
his new book *Spirit of the Horse*, in this *Kentucky Living*exclusive.

ON THE COVER William Shatner, shown on his horse Smoke N War Wind (his barn name is War), loves horses and Kentucky. In an exclusive write-up for *Kentucky Living*, he discusses both. Read the story on page 36. Photo: Guy T. Noffsinger

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YOUR COOPERATIVE COMMUNITY

Star Trek tech

Embrace technology, with care

s a child of the 1970s, I remember almost every day after school coming home to watch a fascinating TV show called Star Trek. This show, coupled with Star Wars the movie, would spark my interest in computers and science. I vibrantly recall thinking about traveling through space with hyper-drive or figuring out how a phone could work without a long cord.

This issue of Kentucky Living showcases the Kentucky connection of William Shatner, who I naturally think of as Captain Kirk. Because life imitates art, let's look at some products that came true from the imagination of Star Trek's creator Gene Roddenberry.

The cell phone has become an integral part of our society. At times, I am saddened when I see young people in a crowd not interested in what's going on as much as the social media posts. However, I am amazed at the ability to communicate from practically anywhere.

The first time I saw remote phones and remote communications was on Star Trek. Now phones are replicating the face-to-face communications with a pocket product. Today, our co-op staff better understands through the use of videos, FaceTime, or drones that take pictures of electric lines.

Almost every episode of Star Trek would start with the main deck of the Enterprise being viewed by computers and tablets. Electric co-ops routinely use mobile computing tablets in the

office and in the field to check messages, verify data on spreadsheets, and connect to the world.

Star Trek helped scientists and engineers see the future. Google Glass, Bluetooth headsets, and GPS are just a few other products that resulted from Star Trek inspiration. Electric co-ops today use amazing technology to help pinpoint electric outages and track potential weather systems that could impact your service.

Electric co-ops are keeping pace and sometimes bypassing the pace of technology so we remain viable, efficient, and provide members with the best product at the lowest price.

How long will it be before we can be transported from Lexington to New York City? I don't know, but I do believe that technology will continue to move forward.

I pray that people everywhere remember the other themes of Star Trek as well. They include friendship, peace, and courage to do the right thing. Embrace technology, but at the same time remember to care for others. Live long and prosper, my friends.



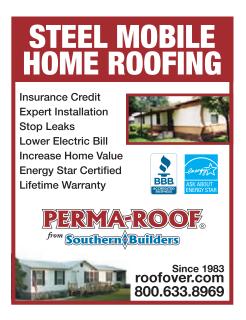
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Summer buzz

Hello summer! Time to create sweet memories by escaping into nature and also tempting your taste buds. Why not do both at the same time?

Pack a picnic and head to one of 49 Kentucky parks and historic sites. Our state parks are among the finest in the nation, and with recent updates they are even more refreshing (page 26).

Take along one of the family recipes, but be sure to first read the heartfelt stories behind the food (page 16).

The must-recipe for our family was Banana Croquettes—banana logs wrapped in a gooey dressing surrounded by crushed peanuts. The *correct* way to make this recipe is the one you grew up with. You'll find two versions online. Which version did you grow up eating?

Two Kentucky celebrities grace this issue: Jason Smith (page 24) and William Shatner (page 36).

Looking for more travel ideas? Worth

the Trip (page 40) covers hidden treasures. Mammoth Cave (page 8 and 50) is a cool spot.





ANITA TRAVIS RICHTER, EDITOR

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www. KentuckyLiving.com Kentucky Living, P.O. Box 32170, Louisville, KY 40232. Submission should include your name, address, phone numbers, e-mail address, and name of electric co-op.

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GET COOKING

Sugar, spice, and recipes that are nice

This month, we're serving up a new batch of family favorite recipes and the stories that go with them. Find six delicious desserts, submitted by readers like you, starting on page 16. We're posting even more online, not to mention the 1,000-plus Kentucky recipes in our online database!



CATCH THE SHOW

WORLD CHAMPION

Through the eyes of William Shatner

William Shatner and Thunderbolt galloped to the Amateur Roadster to Bike Championship in 2013 in Louisville and now you can ride along with them-virtually. A video from *The National Horseman* shows the skillset it takes to ride to the win.





CREATURE COMFORTS A plethora of pigs

Pigs have become very popular pets. But be aware of what you're getting: cute as they are, they have special needs, and often grow to a larger size than anticipated. Visit us online to read the latest Creature Comforts column from associate editor Paula Sparrow. Photo: Studio 351

PEOPLE'S CHOICE

You be the judge

You've submitted your best photos, our photographers have narrowed down their top picks, and now the contest is back in your hands! Visit the Contest section on KentuckyLiving.com to vote weekly for the People's Choice winner in each category. Winners will receive A Taste of Kentucky gift basket valued at \$75. Watch our July issue for the photographers' picks.

COMMONWEALTHS

Southern dishes from the past

Kentucky is a place steeped in traditions, with some of the more famous ones cen-

FOOD

tering around good food and drink. Linda

Linda J. Hawkins

J. Hawkins and Albert W.A. Schmid arm readers with

recipes steeped in Kentucky culture and Southern charm to fully embrace the Kentucky lifestyle.

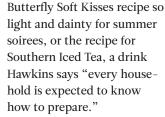
Once again, Hawkins serves up

a "tea-lightful" collection of recipes, captivating photography, and comforting words of wisdom for an entire year of entertaining possibilities in Southern Seasons: 12 Months of Tea-licious Recipes and Ideas (Heart to Heart Publishing, \$29.99). Her devotion to

faith, family, and friends is evident in her words as well as in the care she takes to help readers create welcoming and delectable memories centered around a

relaxing cup of tea.

Hawkins includes recipes both "new and old—delicious treats and traditions pulled from the past and enjoyed still today." Check out the



In 2011, chef Albert W.A. Schmid was invited to peruse



Albert W.A. Schmid

a collection of more than 2,400 local and regional cookbooks acquired by

Western Kentucky

University's library. He discovered recipes mostly from the mid-1900s, with some dating as far back as the late 1800s, uncovering a snapshot of Kentucky's culinary history. Perusing turned into research and resulted in Burgoo, Barbecue, & Bourbon: A Kentucky Culinary Trinity (University Press of Kentucky, \$27.95).

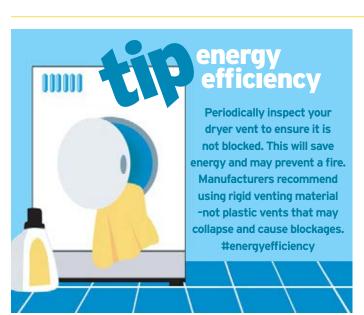
"Through the research...I was able to find a change or evolution in several dishes and to rediscover several dishes that had been 'lost' in



serve Kentucky cuisine."

He begins with the explanation of burgoo from its simple beginnings and provides recipes for its many regional revisions. In addition, recipes for barbecue and the required side dishes and rich desserts will make a Southern cook out of any reader. Schmid found fewer recipes using bourbon due to the large number of dry counties still remaining, but includes several that he updated and adapted.

-Penny Woods





"I see that Mom is still upset with us."

Subterranean world

With 2 million visitors per year, Mammoth Cave National Park captures the

AUTHOR

human imagination. Home to the

Earth's longest known cave system and over 400 miles of explored passages, this UNESCO World Heritage Site is one of the oldest tourist attractions in North America.

In Mammoth Cave
Curiosities: A Guide
to Rockphobia,
Dating, Saber-toothed
Cats, and Other
Subterranean Marvels
(University Press of
Kentucky, \$19.95),
Colleen O'Connor
Olson, who has led
tours at Mammoth
Cave for over 20
years, takes readers
on a tour through mysteries, the science, the strange

history, and the even

the park.

stranger natural wonders of

Olson explores the geology that created the vast system of interconnected caves as well as the formations in this 10-million-year-old cave system. She explains the science behind dating the age of the formations and artifacts that have been found underground. Many of the bones found belonged to now-extinct animals like prehistoric horses,



giant (1,800 pounds!) short-faced bears, peccaries (related to Old World pigs), sabertoothed cats, and mastodons.

Mammoth Cave boasts

a rich and varied history, and Olson outlines the many purposes it served over the years from its early uses as a gypsum mine, through its use as a sanatorium in the 1840s, to its establishment as a national park in 1941.

Some of its intended uses were practical, such as saltpeter mining during the War of 1812, and some were never fully implemented, such as a plan in the early 1960s to use the caves as a nuclear-fallout shelter, although never called into service.

Not all of the interesting creatures, however, are gone. Among the most striking residents are the blind fish of the cave's underground rivers. These pale fish use their senses of smell and touch to navigate their dark, subterranean world. Olson even ventures aboveground to explain the park's program to restore the prehistoric prairie that used to exist in the area.

From history and nature to science, pop culture, and beyond, Olson has covered



a range of topics related to the caves that would surprise many. While the sense of wonder that Mammoth Cave's winding passages evoke is one that can only be fully experienced in person, *Mammoth Cave Curiosities* allows readers to visit with a new appreciation for the science and stories that lie beneath Mammoth Cave.

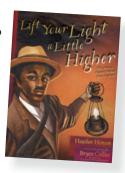
WHAT DOES KENTUCKY TASTE LIKE?

"In spring it tastes like fresh asparagus, mint, and new lettuces still so soft that a touch can bruise. Spring tastes like the first green onions dipped in salt, the spicy crunch of radish, strawberries, and in a great while, black raspberries. In summer it tastes of buttery sweet corn, green beans and new potatoes, sliced tomatoes, zucchini coins, peaches and watermelon, basil, and huckleberries. In fall it tastes of butternut, acorn, and Hubbard squashes, pecan pie, slow-cooked kale and collard greens, cabbage, fried green tomatoes, and Pink Lady apples. In winter it tastes of hickory nuts and sorghum, hoecakes, grits, brown beans and chow chow, sweet potatoes, plum preserves, and a long sip of bourbon."

-Chef Ouita Michel, chef/owner of Holly Hill Inn in Midway, four other restaurants, plus Midway Bakery. Honeywood is her newest restaurant

Cave discoveries

Mammoth Cave is more than just a place and Stephen Bishop is more than a slave. In the educational read for ages 4–8, Lift Your Light a Little Higher, The Story of Stephen Bishop: Slave-Explorer (Simon & Schuster, \$17.99, hardcover), author and Kentucky native Heather Henson tells the his-



torical story of Bishop's life in the 1840s as cave explorer and slave, while Bryan Collier illustrates the cave adventures. Read how Bishop was educated by the cave, discovered eyeless fish, and loved the cave life, while he educates readers on slavery.

LETTERS

Thank you for your support

We at Pine Knob Theatre want to thank *Kentucky Living* for the June feature, "Acting Out(doors)." We begin our 31st season with all volunteer actors. Many of our theater actors have been performing here more than 20 years each summer. When we began our first season in 1987, the postmaster in Caneyville told me to advertise in *Kentucky Living*. He said people would come to the post office and ask for their *Kentucky Living* magazine, and while they were there after asking for the magazine they would then ask if their Social Security check had arrived.



For many years we advertised with *Kentucky Living* and also made the front cover twice. With the changing times, some theaters have had to close, but we remain open due to repeat visitors. We've had many governors, senators, and performers, including Irlene Mandrell, Redd Stewart, the American Pickers Mike and Frank at our theater, among others. Over 130,000 visitors. We were also just last season voted in the Top 3 Community Theaters by your *Kentucky Living* readers.

Honus Shain, Pine Knob Theatre producer/manager Warren RECC

Next earthquake?

Concerning "Fact or Fiction," March 2017, in the '80s we had three shakers. Our trailer moved about 10 to 12 inches away from the concrete steps. I thought it would never stop.

When the man stated that the fault line would erupt all the way past Cincinnati, our place would be one of the places that would be destroyed.

After our first shake, I went to the library and checked out why our home was shaking.

I still worry that the line will erupt. It's something that stays in my mind.

Mary Lou Epley, Union Owen Electric Cooperative

WRITE

Please address letters to the editor to: Letters, *Kentucky Living*, P. O. Box 32170, Louisville, KY 40232 or email by going to KentuckyLiving.com and clicking on "Contact Us." Letters may be edited for style, length, and clarity.



ON THE GRID

Cooperative clout

Electric co-op leaders descend on Capitol Hill to educate our legislators on behalf of co-op members

JOE ARNOLD

ncouraged to ride the strength of rural America's voting clout, leaders from Kentucky's electric cooperatives descended on Capitol Hill in late April, to make sure Congress is aware of issues that affect the delivery of safe, reliable, and affordable electricity.

"Our congressional delegation knows our concerns and is generally very responsive," says Chris Perry, president of the Kentucky Association of Electric Cooperatives. "It's our

THE FUTURE OF ELECTRICITY

responsibility to keep them informed of how policy has a direct impact on our members at the end of the line."

Perry led the Kentucky contingent who met with every member of Kentucky's congressional delegation or their staff members.

"It speaks to the importance of electric cooperatives that our elected

leaders took the time to meet with us in the middle of a very busy and consequential week in Washington," says Mike Williams, president and CEO of Blue Grass Energy Cooperative. Williams also serves on the National Rural Electric Cooperative Association board of directors.

Educating policymakers

Even as Senate Majority Leader Mitch McConnell was dealing with highlevel talks on the nation's budget and tensions with North Korea, Kentucky's senior senator made a special trip to a Capitol Visitor's

EPA Administrator Scott Pruitt meets with leaders from Kentucky's electric cooperatives on April 25. (left to right) Pruitt, Mandy Gunasekara, Senior Policy advisor, and Bob Berry, president and CEO of Big Rivers Electric Corporation. Photo: USEPA/Eric Vance





Center meeting room to address Kentucky's electric cooperatives.

McConnell's energy advisor, Neil Chatterjee, briefed co-op leaders on emerging energy policy. Two weeks later, President Donald Trump nominated Chatterjee for a seat on the Federal Energy Regulatory Commission.

Kentucky co-op leaders asked for congressional support of several issues, including:

Rural Utilities Service Electric Loan Program: it provides affordable capital to electric cooperatives for infrastructure development;

Carbon capture and storage (CCS) technology tax credits: make them permanent and increase their value. Provide incentives needed for industry to invest in CCS;

Parity for energy efficiency: extend tax credits now enjoyed by

wind and solar energy to highly efficient geothermal heat pumps;

Stop the "disaster deductible" idea being considered by FEMA. FEMA grants are critical to co-ops. Self-funded recovery would involve borrowing and lead to rate increases for members in poorer rural areas;

NRECA International programs.

Advocating for members

"We're not in a defensive posture. We have a chance to pursue things that are good for us," says Jim Matheson, NRECA's CEO. "I ask you to redouble your efforts to make a difference in the quality of life for your members."

Matheson addressed a standing-room-only crowd of more than 2,100 co-op managers, directors, and staffers—the biggest turnout in years—at the NRECA's 44th annual Legislative Conference.

"In a time of uncertainty, it's all the more important for us to remain at the table, be active participants in the policy environment, and assert ourselves as the voice of American consumers," says Matheson.

Energy Secretary Rick Perry told co-op leaders that President Trump is committed to an all-of-the-above energy strategy.

"We want energy that is made in America, that is good for America, and good for American jobs," says Perry.

Kentucky leaders also made a national splash when the Environmental Protection Agency posted photos on social media of a meeting between newly appointed EPA Administrator Scott Pruitt and co-op leaders from Kentucky. KL













At top, Kentucky Association of Electric Cooperatives President Chris Perry, right, speaks on Capitol Hill with Alan Ahrman, KAEC and East Kentucky Power Cooperative board member. Above, six members of Congress met with the KAEC delegation: U.S. Representatives Brett Guthrie, Hal Rogers, James Comer, and Thomas Massie, Senate Majority Leader Mitch McConnell, and U.S. Senator Rand Paul. Photos: Joe Arnold

CO-OPERATIONS

Feeding minds and bodies

DEBRA GIBSON ISAACS



Cutting-edge tour

GLASGOW

Here's an unusual offer: want to tour a landfill?

If you're near Glasgow, your answer should be yes. Participants in a Farmers Rural Electric Cooperative Corporation tour learn about how the cooperative and two partners are taking a naturally occurring byproduct in landfills and transforming it into a renewable source of energy in a cost-effective, efficient way.

The tours are offered to any group, including school groups from fourth grade and up. They get a primer on the methane collection system, as well as the generator that converts methane to electricity. They also learn how the project was funded and about the partnership among Farmers RECC, the city of Glasgow, and East Kentucky Power in Winchester.



"We thoroughly enjoy talking about the Landfill-Gas-to-Energy project with members of our community, especially students," says Bill Prather, Farmers RECC president and CEO. "This is the perfect example of several entities working together to create a winning solution for all parties involved."

If you are interested in a land-fill tour, contact Farmers RECC at (270) 651-2191.

Big Sandy RECC staff members donate food to the Johnson County Sheriff's Office's Full Baskets/Full Bellies program to help feed area children on Christmas break. Photo: Megan VanHoose

A team effort

PAINTSVILLE

Big Sandy Rural Electric Cooperative Corporation and the Johnson County Sheriff's Office team up with Food City for "Full Baskets/Full Bellies," a program to help young children in the community who may not have enough to eat during school holidays.

The baskets contain foods that children ages 5–8 can easily prepare. The children also receive gloves and toboggans.

Big Sandy RECC was honored to be a part of the efforts to feed the needy children of their communities and the staff participated eagerly. Out of the seven co-op principles, Big Sandy RECC's commitment to the communities they serve is the coop's most important mission. **KL**



Students in Glasgow High School's Project Lead the Way program attend a Landfill-Gas-to-Energy Tour in February. Photo: Caralyne Pennington

GADGETS &GIZMOS

JAYNE CANNON

Game ongifts for Dad

Forget the tie and aftershave. Today's dad deserves tools that make life easier and more fun.



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GRILL GUARDIAN

If Dad is the family grill master, he'll love the iGrill Mini digital Bluetooth thermometer. No more cutting into steaks or chops to test doneness; the iGrill watches the grill while Dad relaxes in the hammock. The companion app is like having a personal, on-call grilling expert. \$50, (800) 446-1071, www.weber.com

CUTTING COSTS

Less pane-ful fixes

We like the look of the original windows in our older home, but they aren't very energy efficient. Can you offer any solutions?—Ken and Judy

PATRICK KEEGAN and BRAD THIESSEN

ou can make significant improvements to your existing windows without investing a lot of money or time. Heat loss during the winter and heat gain during the summer can usually be addressed without replacing windows.

Energy loss and drafts often occur in the cracks between window components. Weatherstripping can be used for areas where a window's movable parts meet the window frame. Retailers offer a variety of

BUDGET BARRIERS

"Windows" for your windows

Installing exterior or interior storm windows can sometimes produce as much savings as a full replacement. These windows can be ordered to the exact size of the window opening. There are also acrylic window inserts that fit inside your windows, great for saving windows in older homes. Or consider a low-cost measure: a plastic weather barrier that adheres to the window frame. Building supply retailers sell a clear plastic, which you adhere to the frame, that can be shrunk into place using a hair dryer.

weatherstripping for different types of windows. These materials are low-cost, easy to apply, and can pay for themselves in energy savings in as little as one year.

The seam between the window frame and the wall is another common source of air leakage. Fill anything less than one-quarter-inch wide with caulk; for anything larger, use expanding foam and paint over it. Be sure to follow the manufacturer's instructions.

If the window pane is loose, or the glass is cracked or missing, it's probably costing you money. You may be able to reglaze a window yourself if you're handy, or look for a local shop in your area that will do it.

Cover-ups

Window coverings are another alternative, from interior roller shades and cellular shades to draperies. Recent laboratory tests showed that cellular shades could cut heating or cooling expenses between 10 to 16 percent. Some cellular shades have a lighter reflective side and a darker, heatabsorbing side. Some can even be reversed with the change of seasons.

Draperies are usually less efficient than shades but can provide some comfort during winter and summer



Caulking seals air leaks around existing windows as well as new windows. Photo: Touchstone Energy Cooperatives

months. For maximum benefit, make sure the drapes overlap in the middle, are as tight to the window and wall as possible, and run all the way to the floor.

On the outside of the house, you can install awnings or overhangs above windows that receive a lot of direct sunlight. Window films that adhere to the window surface can reflect unwanted summer sun, while solar screens can also be effective. KL

PAT KEEGAN and **BRAD THIESSEN** write on energy efficiency for the National Rural Electric Cooperative Association.

ENERGY 101



Electric co-ops early adopter of drones

Initially, the focus on drones or UAVs (unmanned aerial vehicles) was on their inappropriate use by individuals, but business is finding innovative ways of using drones.

The idea of getting a bird's-eye view



of distribution and transmission power lines without deploy-

ing a crew is of great interest to electric cooperatives. Co-ops are using drones to inspect power lines, poles, and towers as part of a routine inspection program and after major storms. Today, UAVs are being utilized for video inspection, infrared evaluation, and vegetation assessment of transmission and distribution power lines.

Electric utilities are uniquely positioned to make great use of UAVs because poles and lines are stationary and generally in the same place for decades. The mapping system that utilities already maintain would allow the UAV to fly a precise route and focus exclusively on the right-of-way.

Still, major advancements are necessary for day-to-day operation at most utilities. The batteries contained on most civilian UAVs are currently not sufficient to fly the entire length of most power lines while carrying the necessary sensor payload. Software is needed to automate the process of reviewing video and sensor information.

Currently, many utilities are using a person to monitor the video and information collected. An automated process would highlight segments for detailed human inspection.

Read "Drones take off" and see a video at KentuckyLiving.com.

-National Rural Electric Cooperative Association

Enjoy the people and events that are Kentucky!

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2017 FOOD ISSUE

Mr Early Corp. Early Ear

Dessert recipes tell family stories

hen *Kentucky Living* asked readers to share family recipes with stories behind them, the response was overwhelmingly sweet—the majority of submissions were dessert recipes. Sweet memories must be tied to sweet desserts.

Here are six of our favorites, and whether it's the dishes themselves or the stories they tell, they're so sweet you can almost taste them.





Homemade Ice Cream

Jean McGrew Member of Shelby Energy Cooperative

5 eggs, beaten*
1½ C sugar
1 small pkg instant vanilla pudding
1(12-oz) can evaporated milk
1½ qt whole milk
1 qt canned peaches, crushed
or
1 qt strawberries, crushed

Beat eggs and add sugar. Beat until thick. Add the rest of the ingredients and mix well.

Freeze in a 5-quart ice cream freezer.

*Consuming raw or undercooked eggs may increase your risk of foodborne illnesses. Mix eggs and milk and cook over medium to a temperature of 160° F. I grew up in Henry County on a farm that had cows and chickens. Milk and eggs were always in abundance. Plus, at the end of every May, we went to neighboring Trimble County to Bray Orchards to pick strawberries, which we froze. Then, we went back there in August to get peaches to can.

Many a Sunday summer afternoon was spent using dairy products and fruit for making the ultimate treat—homemade ice cream. After church and dinner, my dad would haul out the ice cream freezer. While Mother was in the kitchen combining the ingredients, he was chipping ice with his ancient ice pick, which I still have. And I was adding rock salt to the ice so it would melt and chill the custard-like formula.

Because the freezer tended to scoot around on the grass, I would sit on the freezer to give it some stability. A small rag rug on top of the freezer cushioned my derriere and kept the cold from encroaching thereon.

I would start turning the handle and would do so fast, probably too fast, when the turning was easy. However, it would not be long before my belabored little arm relinquished that chore to my dad as the ice cream started to form and the churning got much more difficult.

When it was almost impossible to turn the handle, the ice cream was ready. A bowl of the frigid treasure would invariably cause a "brain freeze"—a small price to pay for such a delight.







■ From left, Dorothea Links (Schlappi), sister Joan Marie Links, friend Betty Osterman, and sister Rosemary Links have fun picking blackberries back in 1950. Above, Dorothea Schlappi dishes up some of her grandmother's legendary blackberry cobbler. Photo: Morgan Brown

Grandma Links' Good Ole-Fashioned Blackberry Cobbler

Dorothea Schlappi Member of Inter-County Energy Cooperative

Crust

2 C Bisquick 1/2 C milk

Mix the above into a soft dough, lumps are okay. Put into a sprayed or greased 8x8-inch baking dish. Bake like one big biscuit at 350° until done. While hot (or you can bake ahead), split in half (top and bottom). While it is baking, cook the following together.

Filling

4 C wild blackberries (fresh or frozen, not tame)

- 1 C sugar
- 1 tsp vanilla
- 1 Tbsp cornstarch stirred into a little water

Dash cinnamon

1 Tbsp butter or margarine

Put blackberries in a sauce pan, cover with water, put in sugar, cinnamon, vanilla, and butter. Bring to a boil and stir in cornstarch/water until thickened. While hot, pour half on the bottom of the split cooked dough; put on top half of dough and add rest of the blackberries. Serve hot or cold with whipped cream, Cool Whip, or vanilla ice cream.

My Grandma Links' blackberry cobbler has been handed down to me from years back. There never was a family gathering that the blackberry cobbler was not there. Our family reunions, which are held every three years now, are not complete without Grandma's ole-fashioned blackberry cobbler

I am the only one who brings it to the reunion. One year, I forgot to make it. When everyone saw there was no cobbler, I had to go home and make one. It seems like a part of Grandma is present when the blackberry cobbler is there. I double and triple the recipe to make it go around.

P.S. I will be 80 in July and I keep a journal and this is one of my cherished memories.





- Resourceful Mom Aileen Wilcox invented Groundhog Cookies for her preschool-age daughter Abby, now 20, from what she found in her February pantry, and a delicious tradition was born. Photo: Abby Wilcox
- The Wilcox family, clockwise from left, daughter Abby, dad John, son John Mitchell, and mom Aileen, all of Winchester, enjoy a fresh batch of Groundhog Cookies. Photo: Abby Wilcox

Groundhog Cookies

Aileen Wilcox Member of Clark Energy Cooperative

³/₄ C butter-flavored Crisco 1¹/₄ C firmly packed light brown sugar 1 egg

1/3 C milk

1 tsp vanilla

2 C quick oats

L C quick outs

1 C self-rising flour

1/2 tsp salt

1/4 tsp cinnamon, optional

1 C raisins or chocolate chips (or 1/2 cup of each)

1 C chopped nuts, optional

1/4 C coconut, optional

Heat oven to 350°. Lightly grease a baking sheet with butter-flavored Crisco.

Combine Crisco, light brown sugar, egg, milk, and vanilla in a large bowl. Beat at medium speed with an electric mixer until well-blended. Combine oats, flour, salt, and cinnamon. Mix into creamed mixture at low speed just until blended. Stir in raisins, chocolate chips, nuts, and coconut. Drop rounded tablespoons of dough 2 inches apart onto cookie sheet. Bake for 10 to 12 minutes. Let cool on cooling rack.

Just use whatever ingredients you have on hand, and share making this recipe with the children in your life.

My daughter Abby, who is now 20 years old, was learning about Groundhog Day in preschool. She came home all excited, telling her dad and me all about this little hog. She asked, "Mom, how come we don't have presents or cake for Groundhog Day?"

It being February and the weather not so good, I didn't have a lot of baking supplies in stock. However, I did have a lot of odds and ends left over from Christmas baking, a few chocolate chips, nuts, raisins, etc. So, Abby and I used a basic cookie recipe,



and as we added our leftover items, I explained to her how groundhogs like to eat nuts, fruits, and if chocolate chips grew in the woods they would enjoy them also.

We shared the cookies with her classmates for many years. When her brother, John, was born, she couldn't wait to tell him about Groundhog Day and bake cookies with him. We had a laugh because his birthday is also in February. He is now in high school, but we also shared those cookies with all his elementary classmates.

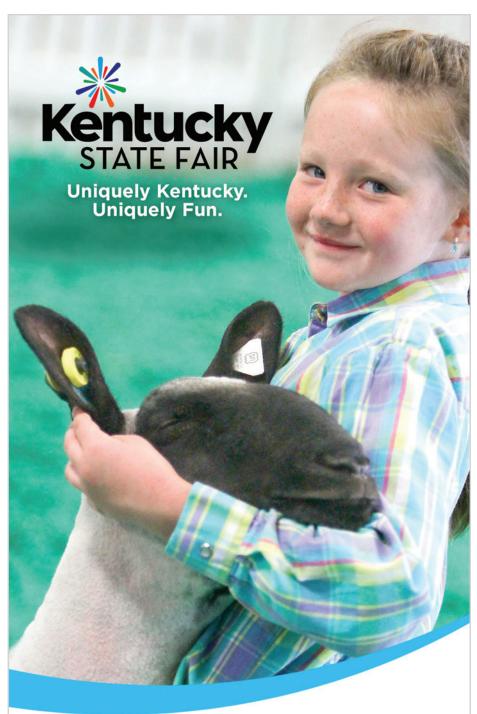
Abby is now a preschool teacher herself, and I hope she will share this cookie tradition with her little students and maybe a groundhog or two.





Sweet, and a little spice

Find more reader-submitted dessert recipes, along with a couple of entrées and side items, plus the family stories behind them, at KentuckyLiving.com.



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The Kentucky State Fair celebrates everything that makes the Bluegrass State great – including you! Choose an entry and share your unique talents. General entries are due July 1; Livestock July 10; and Pigeon, Poultry & Rabbit July 18. Visit kystatefair.org for details.



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Pecan Cake

Linda R. Hall Member of Blue Grass Energy Cooperative

1/2 lb butter 21/3 C sugar

6 eggs

4 Tbsp grape juice

4 C flour

1 Tbsp nutmeg

1 tsp cream of tartar

1 tsp baking soda

1 C sour cream

1 lb golden raisins

2 lb chopped pecans

1 C candied red cherries

Cream butter and sugar thoroughly, and add eggs one at a time. Add grape juice and blend thoroughly.

Sift together the dry ingredients and add alternately with the sour cream to the creamed egg mixture. Stir in pecans, raisins, and cherries. Prepare a 10-inch tube pan: grease the entire inner surface with Crisco then line the

bottom with parchment paper cut to fit the circle. Flour all remaining surfaces. Pour in batter. Bake at 300° for 3 hours sitting over a pan of hot water. Lay a piece of foil over the top. Do not overbake this cake. It must be kept moist.

Amended version:

Substitute the following fruits for the fruits in the original version: box of golden raisins, 1 C chopped apricots, $\frac{1}{2}$ C chopped dates, $\frac{1}{2}$ C chopped figs. Soak overnight in $\frac{1}{2}$ C Kentucky bourbon. Add to pecan-filled batter as above.

This recipe may be halved and baked in a loaf pan.

As a child it was always special when my mom made her Pecan Cake. Being from a family of seven, cakes did not last very long, and we always hated to see that last piece go. Mom always made it for Christmas, and then occasionally throughout the year. When I married and left home, I was sure to take this recipe with

me and enjoyed baking it often for friends and family.

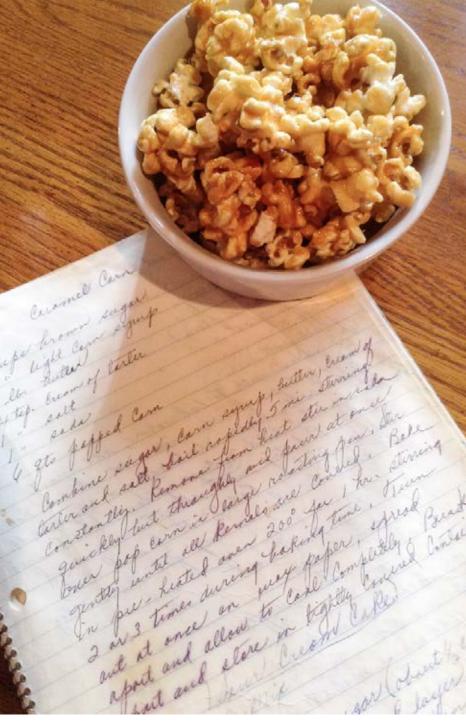
In September 1974, the Bluegrass RECC announced the Braggin' Cake Contest. Thirty-nine members submitted recipes. From those, 10 were selected to compete. Nine of the 10 finalists brought their cakes to the contest that October day.

With cake and baby in tow, I was proud to present my cake to the judges. My 8-month-old son was not so impressed with Mom's endeavors, and saw this as a good time to nap in his stroller. His picture was printed in Blue Grass' *Co-op Chats* monthly publication, as well as mine when I was named second-place winner. I remember that day well and used the hand mixer I won for many years to come.

The recipe as printed is the original one that Mom always used, but sometimes today I make the amended version, which is very good.

- Linda Hall, Nicholasville, remembers fondly her mother baking this Pecan Cake, and Linda carries on the tradition today, baking it from her mother's recipe often. Photo: Rachel Settles
- A bowl of Carmel Corn rests on a copy of the original recipe in her grandmother Carmel Thompson's handwriting in a book she created for Lynn. Photo: Lynn Thompson





Carmel Corn*

Lynn Thompson

2 C brown sugar
1/2 C light corn syrup
2 sticks butter
1/4 tsp cream of
tartar
1 tsp salt
1 tsp baking soda
6 qt popped corn

Combine brown sugar, corn syrup, butter, tartar, and boil 5 minutes. Remove from heat and add salt and baking soda, then pour into the popcorn and coat.

Bake in a preheated 200° oven for 1 hour, stirring every 20 minutes. Turn out on waxed paper and allow to cool.

*Spelled that way because it was the name of my grandmother.

As a child, I would often visit my grandparents who were tucked away on a gravel road in Whitesville, Kentucky. They were surrounded by farmland, and they had an extensive garden, barn, and

at times, chickens, cows, and even a horse or two.

One of the best things about visiting, besides learning to sew with my grandmother, was getting to spend the night and all the wonderful things she would make, including a big tub of caramel corn we would share as we sat down to watch TV at night.

By the time your visit was up, the big ice cream pail filled with popcorn was gone but, if you were really lucky, there was a spare for you to take home.



Baking Star Jason Smith

"Lord, honey. This Eye-talian veggie casserole is so good it will make you slap your brains out wanting more."

Fans will recognize those words from Kentuckian Jason Smith, even without seeing Smith's flashy outfit or his everpresent smile. Smith, the only home baker to ever win the Food Network's *Holiday* Baking Championship, in December, will be back on air this month. He competes in Food Network Star, the network's elite competition, beginning Sunday, June 4, 9 ET/8 pm CT, with the winner crowned on August 13.

Smith grew up on a 300-acre farm in Laurel County, which is served by Jackson Energy Cooperative, and now lives in Grayson, served by Grayson RECC. He is cafeteria manager at Isonville Elementary School and does catering as well.

The joy that good food brings people is what motivates Smith to keep cooking.

"It has been such a joy to see the smile that eating good food brings to people...I can always make people happy with food."

Good luck, Jason! Follow Jason on his Facebook page or #LordHoney.

Read more about Jason Smith's Kentucky connection at KentuckyLiving.com.

-Debra Gibson Isaacs



Snowball Cake

Sarah Collett Member of Salt River Electric

1 medium angel food cake 2 small envelopes unflavored gelatin

3 small boxes Dream Whip 1 No. 2 can (20 oz) crushed pine-

apple, undrained

1 (8 oz) Philadelphia cream cheese, softened

1 medium size bag shredded coconut 1 small or medium jar maraschino cherries

Dissolve 2 small envelopes of unflavored gelatin into $^3/_4$ cup boiling water. Set aside until warm, then stir in $^1/_2$ cup cold water.

Meanwhile, mix 2 packages of Dream Whip according to directions until stiff and add softened cream cheese. Add undrained pineapple to gelatin and water mixture. Then add gelatin and pineapple mixture to Dream Whip and cream cheese mixture. Stir until well-blended.

Break or cut half of the angel food cake into uniform pieces into the bottom of a 9x13-inch dish. Pour half of the Dream Whip mixture over cake. Repeat with the rest of the cake and pour remaining Dream Whip mixture over rest of cake.

Sarah Collett of Shepherdsville recalls the Snowball Cake was always a special treat when her great-grandmother Dorothy surprised them with it for any sort of special occasion. It is light, Sarah says, but mouthwatering. Photo: Anita Travis Richter

(An optional method, as shown in the photo above, is to cut cake into three layers, adding adding cooled and jelled Dream Whip mixture between layers.)

Mix the third package of Dream Whip and spread it over the finished cake. Sprinkle coconut over the top and garnish with maraschino cherries. Refrigerate overnight, or minimum of 8 hours, before serving.

This cake can be decorated for Easter by tinting the coconut according to package directions and adding jelly beans, or as a summer treat by tinting the coconut garnish with chunks of fresh fruit.

Snowball Cake was always a special Christmas treat from my great-grandmother Dorothy. She would make this special cake for someone who was ill or for a special occasion. She was very pleased to scoop this onto the dessert dishes for her family and friends. It wasn't just for Christmas, she would surprise us with this cake any time of year. KL



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the park's most popular observation platforms, ensuring that future guests can be just as wowed by their first view of the falls as Quillen was.

Recent floods had pushed large pieces of dead wood through the railing on the platform, causing gaps large enough for children to squeeze through, explains Pam Gibson, trail maintenance supervisor at Cumberland Falls. "These repairs had to be done, or they were going to shut this whole trail section off completely, and people would have rioted. We have people come for wedding pictures here, with the falls in the background," says Gibson, a South Kentucky RECC member from Stearns.

Steve Combs of Junction City and his crew from Fracon LLC reinforced and refurbished the original, 1930s-era steel handrails, adding new gates and shoring up the observation platform with a new concrete base and stainless-steel supports that are rust-resistant and better suited to withstand the area's frequent flooding. Blane Kretzer of Corbin and his team were tasked with adding the final layer of paint to the handrails—a job he took particular pride in. "My family and I come here often with our pets. We enjoy the park very much, so I was pleased to get the call to work on this project," he says.

When state officials decided how and where to allocate the funding across the state park system's 1,800 buildings and 45,000 acres, they prioritized two goals: keeping guests safe and enhancing their overall experience at the parks. "We approached this as a safety and aesthetics project, with the subtitle of 'Refreshing the Finest,'" says Donnie Holland, commissioner of the state Department of Parks. "We're

Above, longtime friends Gene Hurst of Pineville, and Zelma Quillen of Middlesboro, celebrate Zelma's 80th birthday at Cumberland Falls State Resort Park in March.

Opposite, clockwise from top, part of the renovations at Carter Caves State Resort Park included painting guest rooms and installing a wood-paneled ceiling.

Welder Steve Combs of Junction City welds a stabilizing brace onto the handrails at Cumberland Falls.

Blane Kretzer, of Kretzer Painting in Corbin, uses a grinder to smooth down the handrail before it's painted at Cumberland Falls.

already getting positive comments from guests about the areas that we have completed."







State park facts

- There are **49 Kentucky state parks**. Find out about all of them at parks.ky.gov.
- The park system includes 45,000 acres and 1,800 buildings, from small campground bath houses to lodges and conference centers.
- Pine Mountain State Resort Park, established in 1924, is the oldest Kentucky state park.
- Wickliffe Mounds State
 Historic Site, established in
 2004, is the **newest addition** to
 the system.
- More than **2 million** guests visit the Kentucky State Park system annually. That number

- is a low estimate, since it counts only those who pay to dine, rent rooms, or play golf, swim, etc., at the parks, and not those who simply visit for the day. (Kentucky is one of the few states that do not charge daily admission to state parks.)
- Parks with the highest visitor count include Cumberland Falls, Natural Bridge, and My Old Kentucky Home.
- Stay in the know about upcoming park activities and special events through the parks' **social media** channels: facebook.com/kystateparks and twitter.com/KYStateParks.

SOURCE: KENTUCKY DEPARTMENT OF PARKS

Speedy spiffing up

About half of the \$18 million has already been committed, Holland says, with projects underway at many of the parks. The work includes concrete walk and building repairs,

roof repairs, pool and campground improvements, and interior and exterior painting. "At several parks, guests will see freshly painted cabins, many of which had not been painted in decades. We've had a lot of concrete

work scheduled, addressing walkways that were cracked and uneven, and in some cases 60–70 years old and beginning to crumble," Holland says.

Other noteworthy projects include the moving of the marina at





Clockwise from left, Andy Millard of Pineville paints the refurbished handrails at Cumberland Falls State Resort Park. At Carter Caves State Resort Park, tourists look at the formations in Cascade Cave, which will soon get a lighting upgrade. Jim and Tawnya Stapleton of Ashland relax on the front porch of the Carter Caves Welcome Center.

Rough River Dam State Resort Park to a deeper area of the lake, to make it accessible year-round; a refurbished tennis center at Kenlake State Resort Park; cottage interior renovations at Barren River Lake State Resort Park;



ONLINE

Living the park life

Get a taste of the park life by watching videos on our website. Take a tour of a Cumberland Falls campground, prep for a day on the water at Kenlake Marina, and get a bird's-eye view of the golf course at Pine Mountain.

museum renovations at Big Bone Lick State Historic Site; and a new golf cart fleet and conference center repairs at Lake Barkley State Resort Park.

At Carter Caves State Resort Park, the lodge rooms have been renovated and the exterior painted, while work is underway to add new handrails and lighting to the park's largest cave, Cascade Cave, allowing "guests to enjoy every aspect of the cave and remain safe doing so," says Chris Perry, the park's manager.

The planned improvements benefit not only each park, but they offer a boost to tourism across the state. Tourism generated by the state parks contributes an estimated \$889 million annually to Kentucky's economy, according to a 2011 study—and

the hope is that the more visitors enjoy their time at Kentucky's state parks, the more they will want to return.

"Guests come from all over the world to enjoy what Lake Cumberland offers," says Janette Marson, tourism director for the Lake Cumberland Tourist Commission. "When you have a park that's as popular as Lake Cumberland, upkeep is a must, so that we not only keep people coming back, but you attract new visitors as well." Marson thinks the recent upgrades to Lake Cumberland State Resort Park's lodge, grounds, restaurant, and cabins are helping do just that.

In addition to being a key economic driver in our state's economy, Kentucky's state parks also hold a

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Stan W. US war veteran and retired professor

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to your home's décor. By contrast, the Easy Climber® Elevator can be installed almost anywhere in your home. That way you can move easily and safely from floor to floor without struggling or worse yet... falling.

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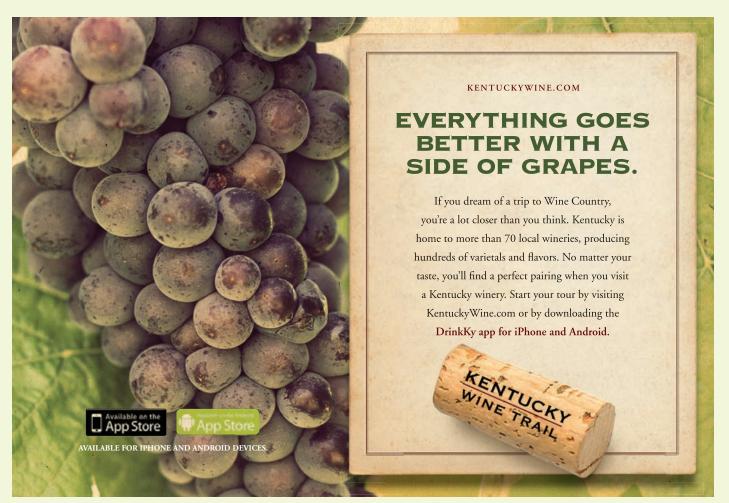


special place in the heart and memories of those who visit them year after year—for family reunions, camping trips, fall hikes, or lazy summer days fishing or boating.

The latest round of refurbishing will maintain them for the next generation of guests to come.

"Many of our childhood memories happen in parks," says Roy Johnson,

manager at Cumberland Falls State Resort Park. "The parks in the neighborhood where you grew up had an impact on who you are today. Governor Bevin's 'Refreshing the















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Benjamin Bentley, age 5, of Ashland, plays in the water at the Carter Caves Gem Mining display at the Carter Caves State Resort Park's Welcome Center.

Finest' campaign is an important part of improving our communities. We're making our state parks safer and more attractive. It has a significant impact on the development of children and the happiness of everyone in the neighborhoods. Cumberland Falls plays an integral part in the local economy and, thanks to Governor Bevin and the General Assembly, we are receiving muchneeded upgrades."

During their visit to Cumberland Falls on the same warm day in early March, the Sykes family of Corbin—Jeffrey and his wife, Brenda; their daughter, Jessica Willis; and Brenda's sister, Kittie Sears—seemed to agree with that. Because they live just 15 minutes from the park, they are regular visitors and are excited by the improvements happening there. "It's going to be awesome when they're done," Brenda Sykes says. "Safer, too." **KL**

State parks on the radio

Veteran handyman Tommy Baker, known to listeners of Lexington's NewsTalk 590 WVLK as the host of Home Hotline, a Saturday morning, home improvement radio call-in show, has decided to change things up a little after 25 years of hosting. Last year, Baker switched his format to include a Kentucky state park focus on the first Saturday of every month. The idea has been a hit, and he plans to continue broadcasting live from a different Kentucky state park each

month throughout 2017 and beyond.

"I love camping and getting out in nature," says Baker, a Blue Grass Energy member from Wilmore who enjoys exploring the state parks with his wife and adult son. Last year, Baker broadcast from General Butler, Fort Boonesborough, Lake Cumberland, Kentucky Dam Village, Blue Licks Battlefield, and Natural Bridge. This year, he hopes to include in the mix Pennyrile Forest, Levi Jackson

Wilderness Road, Barren River Lake, and Greenbo Lake, among others.

During the one-hour program, Baker takes caller questions, talks about the history of the state park, and interviews the park's manager and other staffers about its amenities and fun things to do there.

"Tommy's state park tour is a great asset to the state and a welcome addition to our Saturday morning programming," WVLK Program Director Dave Krusenklaus says. "As a kid growing up in southern Ohio, when we took a family vacation, we went to a Kentucky state park. It's a great thing to highlight and remind people of these assets so close to home."

Catch Baker's state park radio program the first Saturday of every month from 10–11 a.m. EDT on WVLK 590 AM, which can be heard via broadcast throughout eastern and central Kentucky, or stream it live online from anywhere at www.wvlkam.com.

Eye Doctor Helps Tennessee Legally Blind To See

= High Technology For Low Vision Patients Allows Many To Drive Again



or many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastion of independence: driving.

A Lebanon optometrist, Dr. John Pino, is using miniaturized telescopes that are mounted in glasses to help people who have lost vision from macular degeneration and other eye conditions.

"Some of my patients consider me the last stop for people who have vision loss," said Dr. Pino, one of only a few doctors in the world who specialize in fitting bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Imagine a pair of glasses that can improve your vision enough to change your life. If you're a low vision patient, you've probably not only imagined them, but have been searching for them. Bioptic telescopes may be the breakthrough in optical technology that will give you the independence you've been looking for. Patients with vision in the 20/200 range can many times be improved to 20/50 or better.

Macular degeneration is the leading cause of blindness and vision loss in people over 50. Despite this, most adults

are not familiar with the condition. As many as 25% of those over the age of 50 have some degree of macular degeneration. The macula is only one small part of the retina; however, it is the most sensitive and gives us sharp central vision. When it degenerates, macular degeneration leaves a blind spot right in the center of vision, making it difficult or impossible to recognize faces, read a book, or pass the driver's vision test.

Nine out of 10 people who have macular degeneration have the dry form. New research suggests vitamins can help. The British medical journal BMC Ophthalmology recently reported that



A scene as it might be viewed by a person with age-related macular degeneration.

56% of patients treated with a high-dose combination of vitamins experienced improved vision after six months.

TOZAL Comprehensive Eye Health Formula is now available by prescription from eye doctors.

While age is the most significant risk factor for developing the disease, heredity, smoking, cardiovascular disease, and high blood pressure have also been identified as risk factors. Macular degeneration accounts for 90% of new legal blindness in the U.S. While there is currently no cure, promising research is being done on many fronts. "My job is to figure out everything and anything possible to keep a person

functioning, especially driving," says Dr. Pino

When Elaine, 57, of Kingsport, TN, came to see Dr. Pino she wanted to keep her Tennessee driver's license and was prescribed bioptic telescopic glasses to read signs and see traffic lights farther away. Dr. Pino also prescribed microsope glasses for reading newspapers and menus in restaurants.

As Elaine puts it, "My regular glasses didn't help too much – it was like looking through a fog. These new telescopic glasses not only allow me to read signs from a farther distance, but make driving much easier. I've also used them to watch television so I don't have to sit so close. I don't know why I waited to do this; I should have come sooner."

"Bioptic telescopes can cost over \$2,000," said Dr. Pino, "especially if we build them with an automatic sunglass."

"The major benefit of the bioptic telescope is that the lens automatically focuses on whatever you're looking at," said Dr. Pino. "It's like a self-focusing camera, but much more precise."

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John M. Pino, O.D., Ph.D.



BY WILLIAM SHATNER FOR KENTUCKY LIVING

I have been living in Kentucky for many years now, always in Woodford County. Over the years I have had a couple of farms, a couple of houses, and have always been in a state of fulfillment because I'm in Kentucky.

By fulfillment, I mean the thrill of being in horse country and loving horses as much as I do. There is a sense of being in heaven, and the angels without wings are the mares and colts and studs and geldings that look at you from every fence on every road.

I have always had a connection with the horse. Other than going to a rental stable, I was unable to fulfill this connection until much later in life when I could afford the rather expensive business of owning a horse. But with that said, one horse became another and soon I had many.

I have a farm in California where I have retired some of the great horses



I have ridden or driven, but most of the Kentucky horses are at various trainers around the Lexington area.

Like any skill, riding a horse is a progression. At first, you start with the only thought being, "I hope I don't fall off." You graduate to, "Hey, I fell off but I can

get on."

Then you graduate to, "I'm on and I'm staying on."

And then you're on, you're staying on, and lo and behold as the years go by, you have a blue ribbon. I have gone from trying to stay on a horse to trying to be inside the horse's mind. There is a very definite spiritual connection between the horse and the rider. I have dreamt of being at one with the horse and the horse and I gallop across fields and our bodies are fused and we are one.

I run a charity called the Hollywood Charity Horse Show (www.horseshow.org). We benefit a lot of riding therapeutic programs and I have seen firsthand the benefits of hippotherapy. When you feel this connection between you and an animal, you realize the connection between you and the whole world. Some of our DNA is the same as the DNA of trees. Throughout the living world, we are more alike than different, and this connection with the horse merely emphasizes that.

I feel such ecstasy with my horses that I thought through this book I might share some of that with y'all. *The Spirit of the Horse* reflects some of the things I have just mentioned in greater detail, and I also excerpted great writers who have written about their experiences with horses.

My wife has been a horse trainer for many years of her life and she shares what I have expressed, maybe even more so. And we number among our dearest people the friends we have met in the horse world—both professional and amateur.



Lexington is one of the most beautiful places in the world, and Hollywood drops away and the bridle and saddles are assumed and

the aim is not to make a Hollywood movie, but to compete in the World Championships in Louisville in August.

New book honors horses

In his new book released in May,
Spirit of the Horse:
A Celebration in Fact and Fable, \$26.99 hardcover, with Jeff Rovin (Thomas Dunne Books), award-winning actor, director, pro-

ducer, musician, and pitchman William Shatner describes his deep connection to horses, combining legendary myths and folktales with his own experiences. Kentucky Living is pleased to share this excerpt from the book, reprinted with permission from St. Martin's Press:

Horses are Olympic athletes. It's up to the rider to try and govern that power, that elegance, that perfection, that will. Failing that, failing to merge with and control that power, you're just a passenger. And a very vulnerable one at that.

I was in competition in Louisville, Kentucky, and a young horse reared on me. Keep in mind, it's nothing like you see in the movies, where Zorro's horse Tornado goes back on his rear legs and stays there as Zorro waves at the camera while lightning flashes behind them. Uh-uh. This horse I was on reared and I began to fall over backward. Instinctively, I grabbed the reins to try and recover my seat. Instead, I succeeded in pulling the horse backward with me. Very un-Zorro-like. My initial thought-and you do have time to think, because the seconds slow to a surprising

crawl—was that he was going to crush me. That's almost like having a Volkswagen Beetle roll over on you. (There's a scene in the film

How the West Was Won, during the Cheyenne attack, where a horse and rider fall on an incline and the horse slowly rolls over the stuntman. Some things you just cannot anticipate.)

Anyway, everything is relative, right? I landed very, very hard, but "lucky" for me, in the last instant the horse

went down to the side, and all he did was crush my leg. And then he got up, and he was fine, and I went to get up and I wasn't fine. I got up and fell right down.

As I'm lying there, kind of catching my breath and figuring out what to do next, a guy I didn't even know jumped on me, arms out like he was smothering a fire, and said, "Stay down, we're calling an ambulance." And I said, "Don't call an ambulance, I'll be okay." And he said, "You could be bleeding inside." And I lay back down and said, "Call an ambulance!"

Three good things came out of that accident. This isn't just a matter of me looking on the bright side of life, which I always try to do: they really were very, very positive.

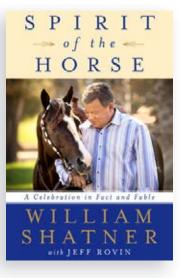
The first benefit was that I learned firsthand how not to fall.

The second benefit was a visit with some wonderfully professional people at the hospital in Louisville. They were very reassuring, in the best tradition of the medical profession, and it wasn't just because they were treating Captain Kirk. I had the time

to watch them interact compassionately with everyone they cared for. I was grateful to hear that while I had done some nerve damage, it would be all right. And so, it was. The third benefit—speaking of

The third benefit—speaking of Captain Kirk—is that the lesson of getting up and falling down, getting up and falling down, gave me the insight on how to play the death scene in *Star Trek Generations*. When the script called for me—him—to be shot in the back and he falls to the ground, I thought, "I'll just do what I did with the horse. I'll get up, I'll fall down, I'll get up, I'll fall down." So, that's what I did. It was very effective. Art imitated life.

For years, I have ascribed my health, this energy that I have, day







after day, to the horses. That isn't to say the other parts of my life don't enrich me; they do, of course. But the horse has an ancient soul. We are talking about animals with instincts and senses that have been constantly refined for 60 million years.

We who ride are the beneficiaries of that unbroken chain of energy.

Leaving a stable, a farm, a ranch, is a very different experience than arriving. You do not feel a break in the same way that you experienced a sudden merging. When I cross that line again to go home, and I'm back on that road, I'm filled with goodness. If the morning has gone right, I'm filled with elation. I am filled with anticipation of going into competition.

I'm not nervous in competition, because that isn't my goal. I only want the beauty of this horse to be brought out. Which means I have to be at my best: if I make a mistake, this horse will do less well in the point spread. That won't be his fault, but mine. That's how good these horses are. They are Olympic athletes.

Yet after 30-plus years as a serious rider, I firmly believe it goes deeper than this. There is a collective wisdom to horses and it appears that they have much more access to that than we do.

Many people who train horses empathically have had experiences where they connect with individual horses who are not present. They insist it is not a memory from their own experience, but it's coming through the horse. Native Americans who "skin walk" understand this idea very well. It's a big, bold world out there...and we're only just beginning to grasp its incredible implications.

I can tell you, for myself, one of the beauties of riding is that the horse...well, I won't say he makes the job easy. Often, it isn't fun. But I have never, ever come from the experience empty-handed. And those experiences add up over the years, over the decades.

I have been privileged to make what one might describe as a 50-year journey from Alpha Centauri on *Star Trek* to a spiritual Centaur in real life. To paraphrase a line I've heard...somewhere: "It is...fun. Oh, my...!" **KL**

KENTUCKY CULTURE

Hidden gems

Take a shine to these facets of our state

SHANNON BROCK



very town in Kentucky has
one—a thing, a place, a trea—
sure—that makes a trip there
worthwhile. From the west to
the east, we've unearthed some of
the gems you'll want to visit the next
time you're in town, or maybe you'll
plan a special trip.

Happy guests enjoy a meal at Southern Red's BBQ in Pilot Oak, open only Thursday-Saturday, so plan accordingly! Photo: Cassy Basham

WORTH THE TRIP

"Never leave hungry"

Micah Seavers has two goals for new and old friends who visit his familyowned restaurant, Southern Red's BBQ.

"They never leave unhappy or hungry," says Seavers, whose family has owned and operated the restaurant in the former Pilot Oak Grocery for more than 10 years. "We're not fancy from the outside, not fancy from the inside, but we can serve some good food."

From ribs and chicken to steak and pulled pork, Southern Red's, served by West Kentucky RECC, dishes up a lot of good food. During the slow part of the year, Seavers says the restaurant goes through more than a ton of fresh meat each week—even more impressive when



you realize a "week" at the restaurant is three days. Business hours are Thursday-Saturday, 7 a.m. to 9 p.m.

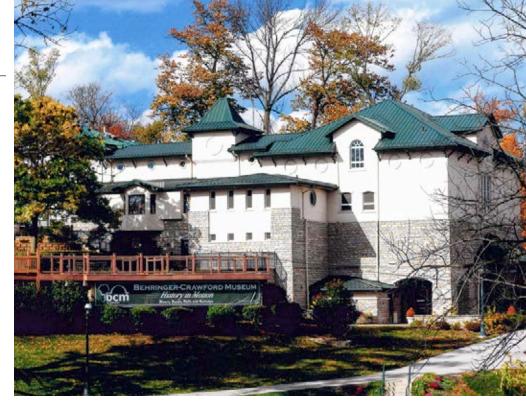
For Seavers, the Graves County restaurant located in Pilot Oak, east of Water Valley, is a family affair—his wife, mother, father, sister, and brother-in-law work there, and his daughters and nephews help out from time to time. Family members have owned and operated restaurants for more than two decades. Seavers attributes Southern Red's success to good food, good customers, and a good crew.

"The ones that aren't family, we treat like family," he says.

A streetcar named "Kentucky"

From a traveler to transportation, the Behringer-Crawford Museum exists to preserve the history and culture of northern Kentucky.

Opened in the former Devou family estate in 1950, the museum is home to the collections of the late world traveler William Behringer.



The museum's first curator, Ellis Crawford, believed the collections should be displayed for the public to view.

"(Behringer) was an eccentric," says Communications Manager Sharen Kardon. "He collected interesting and odd things." Among them was a two-headed calf, which had The Behringer-Crawford Museum is located in Covington's Devou Park in the former mansion of the Devou family. Photo: Behringer-Crawford Museum

been embalmed, and is now the emblem of the museum's annual awards.

The museum has galleries devoted to transportation, from The Rivers to

Antique shopping in Hazel

www.hazelkyantiques.com
Dozens of antique dealers—a mall
with some 30 vendors, another
area with six, 10 individual shops,
and more than 40,000 square feet
of shopping—make Hazel an ideal
destination for antique shoppers.
Plan to spend a whole day, as the
stores and two restaurants are all
along Main Street within walking
distance of one another.

Breaks Interstate Park

State Route 80
Elkhorn City
(276) 865-4413
www.breakspark.com
One of two interstate parks in the
country, Breaks Interstate Park
is home to the Russell Fork River
Gorge, one of the deepest gorges
east of the Mississippi. Located
in Pike County in Kentucky and
spilling into Virginia, the park
provides a mix of family fun
with a water park and hotel, and
adventure tourism.

Bee Rock Loop

Daniel Boone National Forest London Ranger District near Bee Rock Campground (where Kentucky Route 192 crosses the Rockcastle River) (606) 864-4163 Ideal for a day hike, this loop is 1.75 miles with a scenic overlook just off the trail with panoramic views of the Rockcastle River. Planning a longer trip? Bee Rock Loop Trail No. 529 connects to the 3-mile Rockcastle River Narrows Trail No. 503.

Behringer-Crawford Museum

1600 Montague Road-Devou Park Covington (859) 491-4003 www.bcmuseum.org Open 10 a.m.-5 p.m., Tuesday-Saturday; 1-5 p.m., Sunday. Closed on Mondays and national holidays. Admission: members free. Others: \$9 for adults, \$8 for senior citizens, \$5 for children ages 3-17. Free parking.

Hensley Settlement

Cumberland Gap National Historical Park, Visitor Center U.S. Highway 25 E., south of Middlesboro (606) 246-1075 www.nps.gov/cuga Call the number above to make a reservation; you may have to leave a message. Reservations can be made up to one month in advance. Each tour has 10 slots. Beginning in October, two 10-seat vans will run each day. Tours are 12:30-4:30 p.m. daily, except Thursdays. Cost: \$10 per person; \$5 with interagency senior pass or interagency access pass; \$5 for children under 12.

Lost River Cave

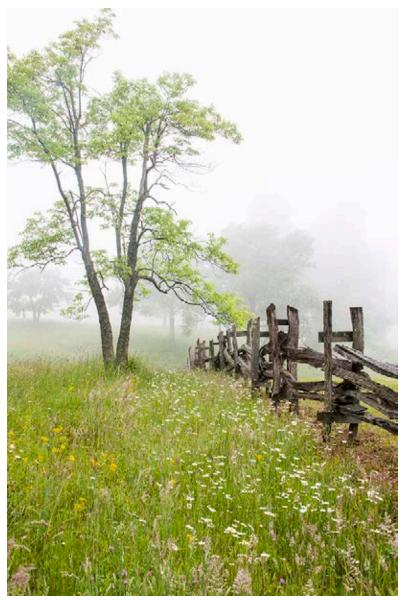
2818 Nashville Road
Bowling Green
(270) 393-0077
www.lostrivercave.org
Home to Kentucky's only
underground boat tour, Lost River
Cave is 57 degrees year-round.
There are activities daily, but call
ahead to confirm tour times. Cave
boat tour tickets: \$16.95 for ages
12 and over, \$11.95 for ages 4-11,
\$4.95 for ages 3 and under.

Southern Red's BBO

aka Pilot Oak Grocery 5085 State Route 94 W. Water Valley (270) 376-2678 Open Thursday-Saturday, 7 a.m. to 9 p.m. On Facebook as Southern Red's BBQ-aka Pilot Oak Grocery.

Wayne County Museum

75 N. Main Street
Monticello
(606) 340-2300
www.waynecountymuseum.com
Named one of the best museums
in Kentucky by *Kentucky Living*readers the last two years, this
museum takes a tour through
Wayne County history. Open
Tuesday-Saturday, 10 a.m.4 p.m., April through October.
From November to March,
Tuesday-Saturday, 10 a.m.-3 p.m.
Admission is free.







The Roads to The Rails and Runways. A streetcar named "Kentucky" has been on display there since its retirement.

"The day it was retired, it was towed to the museum," says Kardon, adding it is a "gussied up" streetcar that was used as a party car.

Many exhibits are interactive, inviting guests to push buttons to hear a story or start a model train around the track of a smallscale, 1950s-era replica of the small towns of northern Kentucky and the Cincinnati area.

The museum has a free outdoor space called NaturePlay @ BCM, which is a hit with children. It also hosts an outdoor concert series each Thursday night from June 1 to August 10 (except July 6).

"Fiercely proud of their heritage"

If you want to step away from today's technologies and experience life in simpler times, you may have a thing or two in common with Sherman Hensley. Hensley was the founder of Hensley Settlement, a once-thriving Appalachian community that today takes an hour to reach by shuttle

in the Cumberland Gap National Historical Park.

"See what life was like in simpler times, when work was very, very hard," says Carol Borneman, chief of interpretation and education at the national park. "At the end of the day, talk about self-satisfaction and really being one with the land."

Tours of the settlement's cabins and schoolhouse must be scheduled through the park's visitor center and



Opposite, the tree and fencerow at Hensley Settlement are isolated from the rest of the view by fog. Photo: Harold Jerrell

Above, kayakers on the Russell Fork Gorge paddle in Breaks Interstate Park. Photo: **Breaks Interstate Park Archives**

Left, Bee Rock Overlook looms over the Old Sublimity Bridge. Photo: Jason Nedlo

Road trip

Can't get enough Kentucky? Allow native Kentuckians Cameron M. Ludwick and



Blair Thomas Hess

to be your tour guides. Ludwick and Hess are the authors of My Old Kentucky Road Trip, a book that leads you from one end of the state to the other, taking in "worthwhile distractions" along the way. Learn more at www. myoldkentuckyroadtrip.com. Find the book in local bookstores and on Amazon.com; list price \$19.99; individual store prices may vary.



June

Farmers Market Opens – Junk in the Trunk Bourbon Bike Ride and Blues, Brews & BBQ

3 10 24

Relay for Life - Springfield-Lebanon Airport

July

3 14th Independence Day Celebration & Fireworks 9–16 Jets Over Kentucky, Springfield–Lebanon Airport 29 African American Heritage Golf Scramble

30 Manton Music Jam

124 W Main Street • Springfield, KY 40069 • 859-336-5412 x1 • seespringfieldky@gmail.com • visitspringfieldky.com











can be booked up to one month in advance. Each tour accommodates 10 guests and lasts four hours. About a mile of walking is required, so guests are advised to wear comfortable shoes and clothing. It's also helpful to bring a light lunch or snack and something to drink, Borneman says.

She has worked with the National Park Service for 33 years, with an initial goal of spending four years at each stop, then moving to another park. However, four years turned into 23 at Cumberland Gap.

"Seeing resilient people here in Appalachia, they embrace people and embrace traditions," she says. "The people are so fiercely proud of their heritage, and here is where they can really understand what that heritage is all about."

Adventure tourism

Trace a map to Kentucky's eastern-most county and you'll find Breaks Interstate Park. One of two interstate parks in the United States, the grounds are in both Kentucky and Virginia. Called the Grand Canyon of the South, the park is home to one of the deepest gorges east of the Mississippi River.

Superintendent Austin Bradley believes The Breaks can use its

Tower overlook in Breaks Interstate Park. Photo: Kevin Hisel

resources to help an economy that is in transition.

"All the areas around here, we're coming together trying to figure out how to move forward," he says. "The Breaks has really tried to capitalize on our potential as an adventure tourism destination."

In May 2015, the park became the first in Kentucky and Virginia to fully open rock climbing. It offers horseback rides and whitewater rafting—even for beginners. Recently, it hosted a four-day expedition race, organized by 361 Adventures, which attracted more than 100 racers and filled the park's hotel.

Plus, there are miles and miles of hiking trails. Bradley's favorite section is the Pine Mountain Trail on the Kentucky side.

"The thing I like so well about that area is that it's remote," Bradley says. "It's very beautiful, and there's tons of ecological diversity—really rare and threatened plant species and animal species." KL

SHANNON BROCK is managing editor of *Kentucky Living*. She enjoys telling stories that reach into the "hollers" of Kentucky.

DRfieldbrush.com

EVENT CALENDAR



Kilts and cabers

The Glasgow Highland Games. June 2-4 at Barren River State Resort Park, celebrate all things Celtic, from dancing and bagpiping to Scottish (and American) food. Traditional national athletic competitions are held throughout the event, and there are games for kids. Clan tents and genealogy classes offer a chance to explore family roots. The fun starts noon on Friday. For more information, including ticket cost, call (270) 651-3141 or go online to www. glasgowhighlandgames.com.



Miles of sales

It's a yard saler's dream–150 miles of yard sales lining U.S. Highway 41 (and 41A) through Henderson, Webster, Hopkins, Christian, and Todd counties. The event is Friday–Saturday, June 23–24. Items run the gamut from furniture and clothing to antiques and collectibles, with a sprinkling of food vendors along the way. For more info, call (270) 821-4171 or go online to www.highway41yardsale.com.

Find your roots

Billed as "Two Counties, Two States, One Event," the Genealogy Jamboree, June 8-10, is at Cumberland Gap National Historical Park, headquartered in Kentucky, and Cumberland Gap, Tennessee. Lectures on history and genealogy are at both sites, culminating in the town on Saturday with Pioneer Day, featuring roving military and historical re-enactors, and costumed crafters demonstrating pioneer skills. The event is free and open to families from across the country, not just those with roots in the area. For details, go online to www.genealogyjamboree.us or email david@genealogyjamboree.us.



Art in Augusta

The Ohio River is the backdrop for Augusta's Art in the Garden, supported by ArtsWave. About 60 artists from the surrounding area display their works along West Riverside Drive, Saturday, June 3, 10 a.m.-5 p.m. Local cuisine, music, and kids' activities throughout. Entertainment includes a Madcap Puppets show at 1 p.m., Hills of Kentucky cloggers at 3 p.m. Free admission. For information, call (513) 289-9800 or go online, www.AugustaArtGuild.com.





EVENT CALENDAR

BLUEGRASS

THU JUN 1

400-Mile Antiques, Collectibles, & Stuff Sale

(800) 355-9192 Through the 4th. Harrodsburg.

Great American Brass Band Festival (859) 319-8426 Through the 4th. Danville.

SUN JUN 4

Vintage Baseball Game

(859) 272-3611 Also the 25th. Waveland State Historic Site, Lexington.

MON JUN 5

Teddy Bear at Waveland

(859) 272-3611 Waveland State Historic Site, Lexington.

TUE JUN 6

Evening Tea (859) 272-3611 Waveland State Historic Site, Lexington.

THU JUN 8

Outdoor Drama Musical: Brigadoon (859) 734-3314 Through the 10th. Old

(859) 734-3314 Through the 10th. Old Fort Harrod State Park, Harrodsburg.

FRI JUN 9

Death by Darkness (866) 597-5297 Through the 24th. Pioneer Playhouse, Danville.

Birthday Party Weekend

(859) 527-3454 Through the 11th. Fort Boonesborough State Park, Richmond.

Fort Harrod Beef Festival (859) 734-4378

(859) 734-4378 Through the 10th. Harrodsburg.

SAT JUN 10

Woodford Co. Woman's Club Spring Garden Tour (859) 338-3464 Versailles.

Berry Trail Days & Blueberry Pancake Saturdays

(859) 987-6480 Also the 17th, 24th, July 1. Reed Valley Orchard, Paris.

TUE JUN 13

Second Tuesday Tea

(859) 623-9178 White Hall State Historic Site, Richmond.

SAT JUN 17

Fort Harrod Settlement & Raid

(859) 734-3314 Through the 18th. Fort Harrod State Park, Harrodsburg.

TUE JUN 20

Tea Tuesday (859) 272-3611

Waveland State Historic Site, Lexington.

FRI JUN 23

Picnic in the Park

(859) 734-3314 Also the 30th. Fort Harrod State Park, Harrodsburg.

SAT JUN 24

Hearth Cooking Demonstration

(859) 623-9178 White Hall State Historic Site, Richmond.

Family Night Out(side)

(502) 429-7270 Tom Sawyer State Park, Louisville.

TUE JUN 27

Drinking Habits (866) 597-5297 Through July 8. Pioneer Playhouse,

Danville.

Civil War Living History Event (859) 744-0556 Fort Boonesborough

State Park, Richmond.

THU JUN 29

Fanfare for the 4th: Musical Visions of America

(502) 968-6300 Beargrass Christian Church, Louisville.

FRI JUN 30

Fourth of July Fest (859) 527-345 Fort Boonesborough State Park, Richmond.

Rock the Block Concert (859) 737-0923

EASTERN

SAT JUN 3

Winchester.

National Trails Day: Natural Bridge Trail Cleanup

(606) 663-2214 Natural Bridge State Resort Park, Slade.

Friends of Cave Run Lake Memorial Bass Tournament

(859) 619-1111 Through the 4th. Cave Run Lake, Morehead.

A Day in the Country Folk Art Fair

(606) 783-2204 Conference Center, Morehead.

SAT JUN 24 Hike-A-Thon

(606) 337-3066 Pine Mountain State Resort Park, Pineville.

Unbridled Adventure Race Series

(606) 473-7324 Greenbo Lake State Resort Park, Greenup.

FRI JUN 30

July 4th Celebration

(606) 330-2130 Through July 2. Levi Jackson State Park, London.

Annie Kids

(606) 886-9274 Through July 8. Jenny Wiley State Park, Prestonsburg.

NORTH CENTRAL

THU JUN 1

Tavern in the Garden

(270) 765-9255 Brown Pusey House, Elizabethtown.

FRI JUN 2

Bluegrass Festival

(502) 252-9004 Through the 3rd. White Acres Campground, Bardstown.

SAT JUN 3

Wine & Cheese Tasting Festival

(800) 638-4877 My Old Kentucky Home State Park, Bardstown.

Cruiz on Main

(859) 613-3162 Harrodsburg.

Day Out with Thomas

(866) 468-7630 Through the 4th; also 10-11. Kentucky Railway Museum, New Haven.

Art in the Garden

(606) 756-2183 Augusta.

FRI JUN 9

Once Upon a Mattress

(270) 234-8258 Through the 11th. Historic State Theater, Elizabethtown.

Movies Under the Stars: The Secret Life of Pets

(270) 765-6121 Freeman Lake Park, Elizabethtown. ATV Drags (502) 477-9992 Spencer Co. Fairgrounds.

SAT JUN 10

Taylorsville.

Bardstown.

Blooming Bardstown Garden Tour (502) 348-9204

Second Saturday (270) 982-2209 Elizabethtown.

Stephen Foster Festival & Opening Night

(502) 348-3502 My Old Kentucky Home, Bardstown.

Mud Bog (502) 477-9992 Spencer Co. Fairgrounds, Taylorsville.

THU JUN 15 Historic Costumed Walking Tour

(270) 982-2209 Also the 29th. Elizabethtown.

SAT JUN 17 Kentucky Gathers Dulcimer Group (502) 732-4384

(502) 732-4384 General Butler State Resort Park, Carrollton.

SAT JUN 24

Contra Dance (859) 985-5501 Russell Acton Folk Center, Berea.

Train Robbery (800) 272-0152 Through the 25th. Kentucky Railway Museum, New Haven.

MON JUN 26 Moonlight Big Band Concert (800) 638-4877 My Old Kentucky Home State Park, Bardstown.

NORTHERN

SAT JUN 3 Licking Valley Antique Machinery & Tractor Show

(**859**) **250-2776** Alexandria.

SUN JUN 4

Taste of Newport (859) 655-631 Newport.

SAT JUN 10 Sweet Tooth Festival (859) 384-6617 Jane's Saddlebag, Union.

FRI JUN 16

Goettafest (859) 491-0458 Through the 18th. Covington.



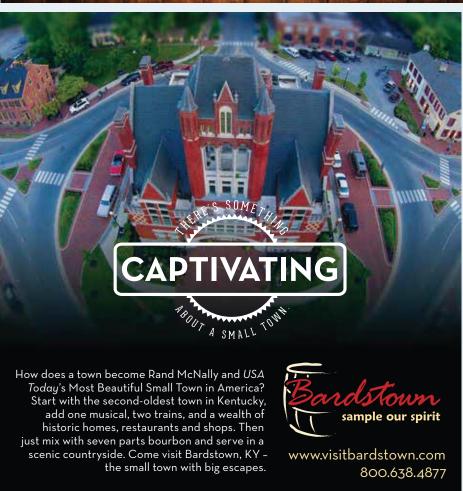


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For October: July 31 For November: August 3









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Congratulations to Marti Day of Nicholasville, the lucky winner of a Weekend Getaway for Family of Four to Hart County, KY. Enjoy your trip!



EVENT

Pendleton Co. Youth Fair (859) 391-3120 Through the 22nd. Falmouth.

SAT JUN 24 Red Barn Farm Museum (859) 472-6761

Butler.

South Kenton Community Day (859) 371-1388 Morning View.

SOUTH CENTRAL

THU JUN 1

National Corvette Homecoming & **Chevy International**

(270) 791-2117 Through the 3rd. National Corvette Museum, Bowling Green

Hwy. 68 400-Mile Sale

(270) 465-3786 Through the 4th. Campbellsville.

FRI JUN 2 **Glasgow Highland** Games

(270) 651-3141 Through the 4th. Barren River Lake State Resort Park, Lucas.

SAT JUN 3 **Kids Outdoor Day**

(270) 465-8255 Green River Lake State Park, Campbellsville.

FRI JUN 9

Celebration of Quilts & Quilting

(270) 487-8481 Through the 11th. Old Mulkey Meetinghouse State Historic Site, Tompkinsville.

SAT JUN 10

Fly-In/Tailgate Swap Meet (606) 379-6969 Somerset.

THU JUN 15

Seussical the Musical (270) 432-BARN Through the 18th; also 22-23, 25. Barn Lot Theater, Edmonton,

Holley National Hot Rod Reunion

(270) 781-7634 Through the 17th. Beech Bend Raceway, Bowling Green.

MON JUN 19 Pirates in the Park

(270) 487-8481 Old Mulkey Meetinghouse State Historic Site, Tompkinsville.

SAT JUN 24

Somernites Cruise (606) 872-2277 Somerset.

Cruise-in & Swap Meet

(270) 726-5155 Quality.

MON JUN 26 The Great Race

(270) 393-3444 Fountain Square Park, Bowling Green.

WESTERN

(270) 564-0227 Through the 3rd. Paducah

Junebuas

(270) 852-8925 Western Kentucky Botanical Garden, Owensboro.

Pennyrile Forest State Resort Park, Dawson Springs.

(270) 826-6000

FRI JUN 9

2nd Friday Bluegrass

(270) 257-2311 Rough River Dam State Resort Park, Falls of Rough.

SAT JUN 10

Live Harness Racing

Through July 10. Bluegrass Downs, Paducah.

2nd Saturday Hike: History of Lake

WED JUN 14

Barbecue Festival (270) 826-3128 Through the 17th.

FRI JUN 2

Riverfront Rod Run

SAT JUN 3

1st Saturday: Jittery

First Saturday Hike

(800) 325-1711

Aviation Day Airport, Henderson.

THU JUN 8

The Birth of Bourbon: A Photographic Tour of Early Distilleries (270) 442-2510 McCracken Co. Public Library, Paducah.

Jam

(270) 444-7117

Barkley (270) 924-1431

Lake Barkley State Resort Park, Cadiz.

Henderson.

W.C. Handy Blues &

SAT JUN 17

PaBREWcah Beer **Fest** (270) 444-8508 Paducah.

Pennyrile Classic Car Club Cruise-In (270) 886-5710 Hopkinsville.

SUN JUN 18

McCracken Co. Fair (270) 564-0227 Through the 24th. Carson Park, Paducah.

MON JUN 19

Dazzling Daylilies Festival

(270) 852-8925 Through the 25th. Western Kentucky Botanical Garden, Owensboro.

WED JUN 21 ROMP Festival

(270) 926-7891 Through the 24th. Yellow Creek Park. Owensboro.

FRI JUN 23

Kids Day Camp: Mississippian Culture

(270) 335-3681 Wickliffe Mounds State Historic Site, Wickliffe.

Summer Concert in the Park

(800) 325-1713 Also the 30th, Rough River Dam State Resort Park, Falls of Rough.

Highway 41 Yard Sale (270) 821-4171 Through the 24th. Madisonville, KL

Mayberry

Owenton Father's Day Weekend lune 16 -18







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Journey into the underworld

How to be a Mammoth caver DAVE SHUFFETT

very time I visit Mammoth Cave, I'm reminded why it's a national park and one of our nation's treasures. It's the world's longest known cave system—and no one knows where it ends. About 405 miles have been mapped and it just keeps going, like a plate of spaghetti beneath the surface.

Passageways are both gigantic and adorned with beautiful stalactites and stalagmites of every size. Other weird formations are called "soda straws," "gypsum flowers," and "cave bacon."

I can no longer recall how many times I've peered down into



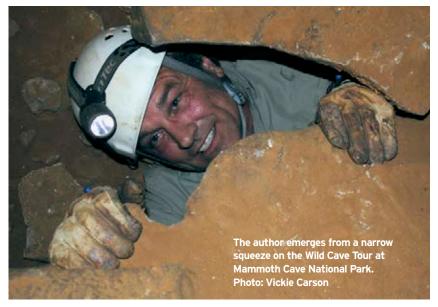
The 6-hour Wild Cave Tour takes place on Saturdays and Sundays. Tours start at 9:00 a.m. Central Time.

Reservations are required, and you should make them well ahead of time. Call (877) 444-6777 or go to www.recreation.gov.

Sturdy, laced boots covering the ankles are required.

Age limits: 16 and over. An adult must accompany participants under 18.

Size limits: Chest, waist, shoulder, thigh, or hip measurements not to exceed 42 inches.



"Bottomless Pit" or gazed up at
"Mammoth Dome." But one day,
while on one of these tours, I noticed
a handful of folks with hard hats and
headlamps emerging from a mysterious dark hole alongside the main
route—and that aroused this old
Mammoth Caver's adventurous spirit.
I had to find out more.

They were part of the Wild Cave Tour, a 5-mile-long, adrenaline-rushing underworld journey. The park service describes the Wild Cave Tour this way: "Face the darkness—and the challenge. Journey through some of the starkly beautiful yet physically demanding 'wild' areas of the cave." That was all I needed to hear.

I made my reservations and off I went. The park service provides coveralls, hard hats, and headlamps, but you've got to remember to bring your own hiking boots.

The trek is guided, and with a small number of cavers per tour, it's a lot more personal. However, it is not for the faint of heart and especially not for people with claustrophobia.

I remember narrow passageways nicknamed "the birth canal," and "bare hole," aptly named because the squeeze is so narrow cavers have been de-clothed while trying to wiggle their way through it. In fact, people with chest or waist sizes larger than 42 inches are not even allowed on the tour.

Although you'll walk, stoop, and climb too, it was those tiny squeezes that finally got my full attention. As I pushed and pulled face-up through a hole only 9 inches high, it dawned on me that countless tons of limestone were just a couple inches from my nose.

The good news is the park service is not going to leave you down there. You will be pulled through those holes, no matter what.

I'll have to put the Wild Cave Tour among the top adventures of my life anywhere in America—and this place is right in our own backyard. KL

DAVE SHUFFETT is an outdoorsman, public speaker, television host, writer, and author of *My Kentucky Life*.

GARDEN GURU

SHELLY NOLD

Care for the cacti

Points for growing succulents



Growing living plants inside our homes is as popular as ever. One area with lots of growing enthusiasm is in growing cacti and succulents. This group of plants is quite diverse and there are so many types to choose from, there is certainly one for everyone to enjoy.

A FEW PRICKLY POINTS

about cacti and succulents: They are not all prickly or spiny. It can be hard to tell,

so don't touch them until you know for sure. Most tend to grow very slowly, so it is best to plant them in small or shallow pots, and always use a specific soil for cacti and succulents. Other soils may hold too much water, which can be harmful to the roots. If you take them outside in the summer, which is an excellent idea, select a pot with a drain hole, and make sure to place them in an area that is protected from rain so they don't get too wet.

THOUGH MOST REQUIRE LESS WATER than other traditional houseplants, watering is still important. Water about every three weeks but each variety is unique. The environment in which they are placed can also have an impact on when and how much you need to water.

when growing cacti and succulents inside, make sure to place them in an area with natural light. They will decline if placed in locations with very low or no natural light. If you want to place them on display in an area with no natural light, I suggest buying two of the same plant. Have one on display and one in the window. Every three weeks when you water, rotate the one in the window into the display, and place the one that was on display in the window. Continue to rotate every three weeks. This system is simple and works great.

THE ABILITY TO LIVE LONG AND HEALTHY LIVES, even when grown indoors, is one of the hallmarks of most cacti and succulents such as Echeveria 'Perle von Nurnberg,' shown above. Following a few simple rules for their specific care will ensure that these low-maintenance beauties remain healthy and happy as a part of your interior home décor.

SHELLY NOLD is a horticulturist and owner of The Plant Kingdom. Send stories and ideas to her at The Plant Kingdom, 4101 Westport Road, Louisville, KY 40207.

ASK THE GARDENER

Q I have tried to grow different colored roses, especially a green rose. Could you tell me where I might be able to get them? I've bought them from a nursery, but they didn't live.—Mary

A Healthy plants begin with healthy soil and adequate growing conditions. Have you had your soil tested recently? If not, contact your county Cooperative Extension Service. The results will indicate soil texture, pH, and nutrient levels. It will provide recommendations in terms of fertilizer and lime.

What kind of roses are you growing? Some are more disease-resistant than others, but all roses should be grown in full sun (six hours per day), in nutrient-rich, well-drained soil. Roses that are grown in less than optimal conditions are prone to insect and disease issues. Some roses are better bloomers than others, but it depends on environmental conditions. Nutrients, sunlight, and moisture variations will affect flower production and bloom time.

Deadheading will encourage the plants to produce more flowers.

Sanitation is important in reducing the number of insects and potential fungal issues. Be sure to remove all fallen foliage and other plant debris throughout

the year. And only purchase disease-resistant plants.

ANGIE OAKLEY

It NARTY KROPP - FOTOLIA

HAVE A GARDENING QUESTION? Go to KentuckyLiving.com and click on Home & Garden.

SMART MOVES

Admit it, you snore

Could it be sleep apnea?

DR. ISABEL MORENO-HAY

nbearable snoring is often the reason sleep apnea is diagnosed. Sleep apnea occurs in about 18 million Americans, or about one in 15 people. Central sleep apnea is less common and is often

SMART HEALTH

associated with other conditions, like stroke. It occurs when the brain does not activate the muscles responsible for breathing. Obstructive sleep apnea is more common and is caused by a repetitive (partial or complete) airway collapse, preventing air from reaching the lungs.

Sleep apnea can have negative health consequences when it's undiagnosed and untreated. It can cause daytime tiredness and sleepiness, and cognitive impairment including trouble concentrating, resulting in



Apnea risk factors

- High body mass index
- Large uvula
- Long soft palate
- Big tongue
- Deviated septum
- Enlarged tonsils



poor performance at work or school. Patients with sleep apnea are at higher risk for cardiovascular problems such as high blood pressure. Undiagnosed sleep apnea can sometimes be the cause when a patient is not responding to medication for hypertension.

A higher body mass index increases the risk of obstructive sleep apnea. Until women reach menopause, men are at a higher risk for sleep apnea than women. A large uvula, long soft palate, big tongue, deviated septum, or enlarged tonsils can also contribute to the disorder.

Sleep physicians can diagnose the disorder and decide on a course of treatment, which can include referral to a dentist. The most common treatment option is a CPAP machine, which a patient wears while sleeping to keep the airway open with steady airflow. Oral appliances can also be

used for obstructive sleep apnea, keeping the airway open by placing the lower jaw forward to improve airflow. Surgery is a less common treatment option, though tonsillectomies may be done when the cause of the sleep apnea is enlarged tonsils. Self-care strategies are also important in the management of obstructive sleep apnea. If a patient is overweight, weight reduction could be a solution; quitting smoking or changing sleeping positions can also help.

Sleep is an incredibly important part of living a healthy life. Anything that gets in the way of a sound sleep needs to be addressed and remedied. **KL**

DR. ISABEL MORENO-HAY is an assistant professor in the University of Kentucky College of Dentistry and clinic director of the Orofacial Pain Clinic.

CHEF'S CHOICE

Summer vegetables at your door

Delivery service for the season

SARAH FRITSCHNER

ANGELA MAGNEY, shown, says becoming a farmer was part of her midlife crisis. "I'm not going to spend the rest of my life eating junk," said the military wife and

homeschooling mom.



So when her
Army-nurse husband,
Ray, was transferred
to Fort Campbell from
Georgia four years
ago, the family moved
to Princeton, and
Angela planted veg-

etables, bought some chickens and lambs, and expanded on her new career.

Angela sells her produce at Murray and Princeton farmers markets on Saturdays during the summer. But she doesn't stop there. She also runs a produce subscription service—usually referred to as a CSA—providing 40 weeks of seasonal vegetables in 10- or 20-week increments for subscribers who pay up front and have the produce delivered to their door in Cadiz, Murray, Princeton, and Eddyville.

Her 10-week spring CSA included leafy greens, asparagus, and rapini (a broccoli relative), and many more vegetables that Angela grows indoors in hoop houses.

Summer will include beans, tomatoes, beets, and much more.

Products in the produce delivery service change seasonally. Contact information can be found on the Magney Legacy Ridge Farm Facebook page.

Like the people who receive her boxes, Angela cooks with the seasons,

and this 10-year-old recipe from *Taste of Home* magazine is a family favorite for early summer.

Summer Vegetable Chowder

2 medium zucchini, chopped 1 medium onion, chopped 2 Tbsp minced fresh parsley 1 tsp dried basil 1/3 C butter, cubed 1/3 C all-purpose flour 1 tsp salt 1/4 tsp pepper 3 C water 3 tsp chicken bouillon granules 1 tsp lemon juice 141/2 oz can diced tomatoes 12 oz can evaporated milk 10 oz frozen corn 1/4 C grated Parmesan cheese 2 C (8 oz) shredded cheddar cheese

In a Dutch oven, cook the zucchini, onion, parsley, and basil in butter until vegetables are tender. Stir in the flour, salt, and pepper. Gradually stir in water. Add the bouillon and lemon juice. Bring to a boil; cook and stir for 2 minutes or until thickened.

Add the tomatoes, milk, and corn; bring to a boil. Reduce heat; cover and simmer for 5 minutes or until corn is tender.

Just before serving, add cheeses; stir until melted. Stir in sugar. Garnish with parsley if desired. Makes about $2\frac{1}{2}$ quarts.

SARAH FRITSCHNER coordinates Louisville Farm to Table, a program bringing more Kentucky-grown food into local homes, restaurants, and institutions.



EL ARROZ RAPIDO

Quick Spanish-style Rice

Recipe by Sarah Fritschner

2 Tbsp olive oil (can use up to 1/4 cup)
1 C long-grain white rice
1 1/2 C chicken broth or water
14 oz can diced tomatoes
1/2 tsp oregano
1 tsp salt

Heat the olive oil in a saucepan over medium heat. Add rice and stir to coat with oil. Add remaining ingredients, bring to a boil, reduce heat to low, and cover. Cook 20 minutes (or according to the directions on your rice package). Serves 4.

Go to KentuckyLiving.com and click on Cook for more recipes and cooking tips.

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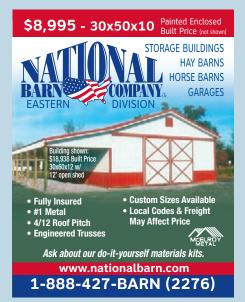
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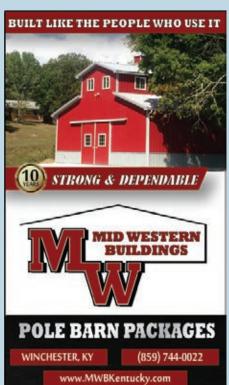














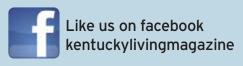




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- ▲ FIRST ONE IN **Jackson and Scott** Kiefer show their rock jumping skills at Rough River Lake. Photo by Kirsten Hawley, Falls of Rough, member of Meade County RECC.
- DUCK, DUCK Eli Hoskins cuddles these young ducks. Photo by Season Hoskins, Hardinsburg, member of Meade **County RECC.**
- **▶ PLOW TIME** Charles Lewis cultivates his spring garden. Photo by Keith Lewis, Garrison, member of Fleming-Mason Energy.





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SUBMIT YOUR SNAP SHOTS monthly at WWW.KENTUCKYLIVING.COM by clicking on "CONTESTS."

KENTUCKY

Competition

Don't be discouraged if your team loses when playing sports. Remember that the point is to have fun and better yourself. **Green Team Tip**

Don't leave the water running when not in use. A garden hose can waste 6 gallons per minute.

Tip submitted by Johnathon Pelphrey, age 8



Send us your Green Team Tip, and if it gets printed, we'll send you a surprise gift! Submit your best tip for conserving energy, in 50 words or less, online at www.kentuckyliving.com.

State It!

KENTUCKY'S BICKARCONA

- 1. Kentucky became a state on June 1, 1792.
- 2. Kentucky is the 15th state.
- 3. Kentucky was originally part of Virginia.

Repair and reuse

Repairing older clothing instead of buying new saves you money. If you have clothes that are worn out, you might be able to make something new from them instead of throwing them away.



When you have a healthy snack, try small portions of two food groups. Having a little cheese with an apple gives you dairy along with your fresh fruit.



Did You Know?

Strawberries are slightly higher in vitamin C than oranges.



Submit your favorite joke to www.kentuckyliving.com. If it gets printed, we will send you a free gift!

What do you call an alligator wearing a vest?

An INVESTIGATOR.

Submitted by Conner Holt, age 5



BYRON CRAWFORD'S KENTUCKY

A museum for Monticello

From cave to hotel, now a Wayne County landmark
BYRON CRAWFORD

s Robert G. Breeding was building a hotel in downtown Monticello in 1935—using mules, shovels, and hand labor to dig the basement—he discovered a cave beneath the site.

Wayne County is crisscrossed with many miles of mostly unmapped and unexplored caverns, and after Breeding apparently decided the cave posed no danger to the building, he came up with a plan to put it to good use. He sank a shaft about the diameter of a manhole cover more than 20 feet down into the cave—where temperatures were in the mid-50s—and used fans to circulate the cool air through the hotel during the warm months.

Museum director and curator David Smith recalls stories of, when there was a restaurant at the hotel, fruits and vegetables being stored around the mouth of the air shaft to keep them fresh—until some locals found a way to enter the cave from the outside, climb up the shaft, and help themselves to the produce. After a few years, the moist cave air became a problem in the hotel, and commercial air conditioning was installed.

In addition to its 35 guest rooms, the Hotel Breeding also provided retail space for a bank, a furniture store, a Western Auto and Ben Franklin store, and meeting rooms for civic clubs.

By the 1980s, business at the hotel had declined to the point that it was converted to a rooming house. It had been vacant several years when it was purchased in 1997 by the Wayne County Historical Society.

Now, the refurbished Colonial Revival style landmark, listed on the National Register of Historic Places, is home to the Wayne County Museum, and is once again a focal point of downtown Monticello. Nearly all of its rooms are filled with artifacts of the county's colorful past.

One of the first-floor exhibits is a full-sized reproduction of the Monticello-Burnside stagecoach, believed to have been the last stagecoach operating east of the Mississippi River. The original, which was stored for years in Monticello, is now on exhibit at the Wells Fargo Museum in Los Angeles.



Visitors from 30 states toured the Wayne County museum last year to view relics from prehistoric ages to the more recent past. A museum volunteer, 89-year-old Juanita Coffey, enjoys demonstrating antique folk toys from the museum's "Attic" exhibit of odd pieces.

One of the second-floor exhibits is dedicated to musicians from Wayne County, including fiddler "Blind Dick" Burnett, whose early 20th-century song *I Am a Man of Constant Sorrow* was popularized in the motion picture *O Brother, Where Art Thou?*

Fittingly, the basement where Breeding sank an air shaft to cool the hotel with cave air now has an entire room devoted to local caves. The room's centerpiece is a small enclosure, capped by acrylic glass, through which visitors can peer into the lighted shaft at the illuminated cave floor 23 feet below, and see the cavern much as Breeding may have seen it in 1935.

For more information, go to www.waynecounty museum.com. **KL**



BYRON CRAWFORD is Kentucky's storyteller—a veteran television and newspaper journalist known for his colorful essays about life in Kentucky. Contact Byron at KentuckyLiving.com: About/People.

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