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2024
Travel
Issue

16

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APRIL

VOL 78 | NO 4

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START YOUR ENGINES

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RUN FOR THE ROSES

Can't make it to Louisville? Explore other days and other ways to celebrate the 150th Kentucky Derby, from the Derby Museum to gaming sites.

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HIT THE ROAD

Check out the 2024 *Kentucky Living* travel guide, make your list and get out in the state to experience what's new, different and delicious in Kentucky.

ON THE COVER Celebrating its 24th year, the Somernites Cruise brings more than 1,000 vintage, classic and collector automobiles to downtown Somerset on fourth Saturdays, April through October. Eventgoers can also enjoy food and craft vendors, a kids' zone with inflatables, raffles, special guests and a swap meet for used auto parts. Photo: Tim Webb

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OUR MISSION STATEMENT

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 consumer-members, in order to improve their quality of life.

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Co-op pride

Kentuckians love their state

WHETHER IN ELIZABETHTOWN

while working at Nolin RECC, in Flemingsburg during my days with Fleming-Mason Energy or in Louisville with Kentucky Electric Cooperatives, I've been fortunate to spend most of my career within a few hours' drive of the most beautiful places in Kentucky.

For more than a decade in my current role, I've gotten to support local electric cooperatives across the state and visit all of them more than a few times. Sharing those places with family, friends and readers of *Kentucky Living* is one of my favorite things.

As you may know, each April we put together a travel issue that covers the whole state, and this year's issue is no exception. We invite you to immerse yourself in all things Kentucky.

When you turn to page 32, you'll find a sampling of things to see, places to stay, activities to do and food to try in each of six regions across the state. That's 24 attractions in that one story alone! Not to mention the additional events and attractions showcased in our travel ads.

Within this edition, you also can read about the Kentucky Wildlands Waterfall Trail, scope out a car show to attend this summer or even find a place to watch the 150th Kentucky Derby if you don't have a ticket to Churchill Downs.

As I've traveled across the commonwealth, one thing is consistent: the pride Kentuckians have in their hometowns and Kentucky as a whole.

Former Kentucky Gov. A.B. "Happy" Chandler is credited with one of the most well-known quotes about our state: "I never met a Kentuckian who wasn't either thinking about going home or actually going home."



TIM WEBB

Chandler was also a leader in the rural electrification movement. Elected in 1935, he pushed forward the state's first rural electrification act, taking advantage of federal funds created through the New Deal.

It makes sense to me that a governor who understood local pride so well would also champion the rural electrification movement. The ideas are two sides of the same coin. To this day, Kentucky's electric cooperatives embody community pride while improving quality of life through safe, affordable and reliable electricity.

This special travel issue of *Kentucky Living* is just one more example of the pride we take in co-op communities across the state. It's packed with things to do and places to see, so mark your calendars and make your plans. I'm taking a few notes of my own.

CHRIS PERRY
President/CEO**KENTUCKY ELECTRIC**
COOPERATIVES

FROM THE EDITOR

CLOSE YOUR EYES

and think about Kentucky. What do you see?



My mind takes me to the front porch of my parents' house, where I spent my high school years, staring at the beauty of the Appalachian Mountains. It's a view I took for granted because I could see it any time I wanted. I can still see it, but the trip involves a three-hour drive and wrangling two rambunctious little boys. But, like many Kentucky destinations, it's worth the drive.

Create your own memories at any of the destinations in our 2024 travel wrap (page 32). Rev up your engines at some cool motor attractions (page 16), chase a waterfall (page 74) or visit a state park on the system's 100th anniversary (page 62).

We encourage you to travel the state this spring and summer and see what all the fuss is about. When you close your eyes to remember, you'll soon realize the view is impossible to forget.

Shannon

SHANNON BROCK,
EDITOR

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MARK COYNE

CALL TO POST

More Derby to explore

You might have heard the Kentucky Derby turns 150 this year—but do you know about its pre-Civil War cousin, the Crab Orchard Derby? Have you heard about African Cemetery No. 2 in Lexington, paying tribute to the sport's Black history? Visit us online for history, gaming sites, a thoroughbred retirement farm fundraiser and much more.



TIM WEBB



KENTUCKY DEPARTMENT OF TOURISM

REVVED UP

Even more motor attractions

Cruise-ins, shows and motor attractions captivate auto lovers. Read the story on page 16, then visit KentuckyLiving.com for videos and a heartwarming extra on how the Lone Wolf Cruisers give back to their community.

VIDEO ADVENTURES

Waterfalls on demand

From Cumberland Falls to the farthest reaches of the Wildlands Waterfall Trail, Kentucky's waterfalls are worth the trip. Pencil in your favorite destinations on page 74, then visit us online to enjoy a few video previews.



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Win a Getaway. See page 61.



Of friends and family

Some would say it is better to let the past stay in the past. It seems, though, that in the Lake Michigan tourist town of Starlight Cove, the past is demanding to rise from the grave.

Lexington author and Michigan native Cynthia Ellingsen's latest installment in her Starlight Cove series, *A Play for Revenge*, focuses on the town's theater and its revival after a devastating fire more than 20 years ago ended its season and the life of its star actress. Are two decades enough time to heal from such a tragedy? The anonymous donor funding the renovation believes it is, and Lily Kimura, returning to her hometown for her own rebirth after a failed marriage, is banking on it.

When a series of sinister messages threaten those involved should the Starlight Cove Playhouse curtain rise once again, Lily can no longer ignore the ghosts of its past. And when a script written by the lost actress mysteriously surfaces, the real cause of her death just might be cracked wide open. Add to the mix a slightly paranoid famous actor who signed on for the season, a creepy basement complete with an unidentified resident and the requisite dramatic divas, and the lines start to blur between theater and reality.

Underlying the drama, Ellingsen

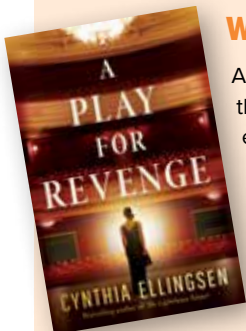
punctuates the importance of family as Lily and her daughter bridge the gap across four generations, sharing their strengths and stories, as well as a homeplace, with Lily's parents and grandmother.

Ellingsen's work also reaches across age groups with her middle grade novel, *The Girls of Firefly Cabin*, the story of four girls experiencing summer camp for the first time. Isla, Jade, Lauren and Archer, like most girls their age, are all dealing with their own struggles, from first crushes to lost friends. But they form a tight bond that will live long past the summer.

Ellingsen says she began reading voraciously at the age of the Firefly Cabin friends and wanted to write a book she would have enjoyed back then.

This month, Ellingsen's 10th novel, *The Lost Letters of Aisling*, is being released. It continues the theme of family and friendships as Rainey is asked by her grandmother to help her return to Aisling, the Irish estate where she was raised. When Rainey discovers a trunk of letters from the World War II era when her grandmother was forced to flee her home, she is transported back to a 1945 friendship between two teenage girls, a lifetime of secrets and a story of love and courage.

» Penny Woods



Writing about the "what if"

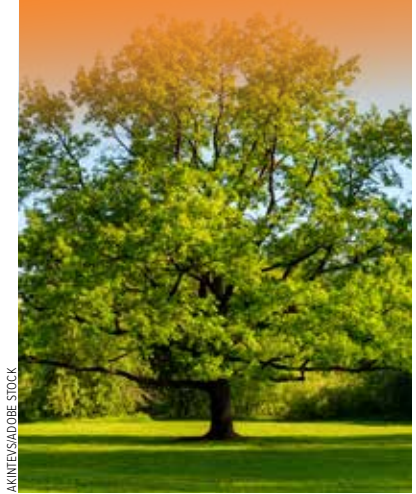
Author Cynthia Ellingsen says she writes about her obsessions, thinking about what she would see, use or do if she really experienced those things. If she were to write from her everyday life, she says, her books "would be all about drinking coffee, eating white cheddar popcorn and taking trips to Disney World with the kids."

A Play for Revenge (Lake Union, \$16.99), *The Girls of Firefly Cabin* (Albert Whitman & Co., \$16.99) and *The Lost Letters of Aisling*, (Lake Union, \$16.99) are all available from Amazon. Connect with Ellingsen at www.cynthiaellingsen.com.



ENERGY EFFICIENCY

A well-designed landscape can add beauty to your home and reduce heating and cooling costs. Plant deciduous trees with high, spreading crowns to the south of your home to block sunlight in the summer and reduce the need for air conditioning. Deciduous trees lose their leaves in the winter, allowing sunlight to warm your home.



AKINTEVA/DOBE STOCK



A “Perfect Day” in Kentucky

Longtime *Kentucky Living* contributing writer Kathy Witt has recently published her seventh book, and its topic will seem like a natural fit to anyone who enjoys Witt’s travel pieces in *Kentucky Living* or the official Kentucky Visitors Guide. *Perfect Day Kentucky: Day Trips, Weekend Getaways, and Other Escapes* serves as a guide to attractions around the state.

“I wrote *Secret Cincinnati* and *Cincinnati Scavenger* for Reedy Press, and the publisher, Josh Stevens, asked me if I’d like to write *Perfect Day Kentucky*. Perfect Day is one of the company’s bestselling series. It was an easy yes,” Witt says. “I’ve been



inspired by Kentucky, its small towns, state parks, landscapes, museums, caves, themed trails and other attractions for many years. I love traveling in and writing about Kentucky and everything there is to see and do.”

Witt says she hopes readers are inspired to plan their own getaways “to every destination in the book and beyond, to see and experience everything Kentucky has to offer.”

Witt is promoting the book at various events in Kentucky, including Locally Made: Authors and Makers of Kentucky on Saturday, April 27, 10 a.m.–4 p.m., at the Bob Kirby Branch Library in Bowling Green.

Find *Perfect Day Kentucky* (\$27, Reedy Press) at major bookstores and online booksellers.

featured FRAMES



A scene from the Jeff Gulley & Debbie Cropper Memorial Rod Run in Flemingsburg. Photo by Kitty Lentz of Salt Lick, a Clark Energy Cooperative consumer-member.



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Women in Rural Electrification is offering three \$1,000 scholarships to Kentucky college students. The scholarships are open to any eligible student whose family is served by a Kentucky electric cooperative and has at least 60 hours of credit at a Kentucky college or university by the end of the 2024 spring college term.

For an application form, go to www.kyelectric.coop and search "WIRE," or contact your local cooperative. The deadline to apply is June 5, 2024.



Have a question or comment for the editor?



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LETTERS TO THE
editor

Editor's note: We received lots of important feedback on our February Gambling with the Grid article. Thank you! While we can't publish it all, here is a sampling of notes we received:

Appalled by grid story

I was appalled to read your article on gambling with the grid. While we all want a reliable grid, I couldn't disagree more on how to achieve this. You have spent 50 years denying man-made climate change, 50 years that should have been used to move to a cheaper, more reliable grid with renewable energy sources.

Now that climate change is obvious to anyone, you want to delay what you can no longer deny. While other countries are over half renewables and still reliable, you keep us in the last century with your outdated policies. Modern companies want reliable green energy, or they'll go where it's available.

**ROBERT MAYTON,
OWENSBORO
KENERGY CONSUMER-MEMBER**

Grid reliability

I enjoyed reading Joe Arnold's article, Gambling with the Grid. He certainly understands the problem well.

As a retired solar installer, and longtime member of Farmers RECC, I, too, have been thinking about this problem. I have solar on my house that produces more electricity than I use ... but to have electricity at night I depend on the grid to return the excess energy I generated during the day. I depend on grid reliability. Solar and wind are renewable forms of

energy that are also intermittent, while electrical demand is instantaneous. We have to have it NOW, even when the sun is not out, or the wind is not blowing. This is the big challenge of renewable energy. Electrical storage is the answer. Solar is a proven technology; battery storage is not—not yet—but new kinds of batteries are being developed nearly every day.

We will all depend on new kinds of energy storage because we will all depend on renewable energy. Coal, oil and gas were wonderful in their day, but they will not serve us in the future. They are better at producing electricity in the moment, but are making our planet less suitable for human habitation. Let us accept the challenge of adapting to this new reality, let us figure out the best ways to store electrical energy, thereby creating reliable electricity from clean but intermittent sources. Let us strive to develop reliable technologies that use no fuel at all and do not gamble with our future. The created world is given over to our care.

**SAM AVERY, UPTON
FARMERS RECC
CONSUMER-MEMBER**

Gambling with electric bills, too

While the issue of renewable generation is political, I appreciated the fact-based, nonpolitical approach of Joe Arnold's

Gambling with the Grid article in the February 2024 issue.

Most people have no idea of the processes and planning that enable them to flip a switch and have a light come on reliably. This article was no doubt educational for them. I am retired from our local customer-owned utility, but made a long career there out of analyzing the costs involved in producing electricity and supplying it to utility customers.

Most people also do not understand how the rushed implementation of renewable energy is contributing to large increases in their electric bill. The variable costs of producing an incremental unit of electricity are relatively small. The majority (70%+) of the costs of providing electricity to customers are the fixed costs of having sufficient generation, transmission and distribution capacity in place to serve the coincident peak usage of all customers. It is an unimaginable, but realistic possibility that if a utility or cooperative does not keep adequate capacity in place to supply its customers on days of the most extreme weather, some of its medically compromised customers could die in the resulting blackouts. The safety of electricity users—all of us—is a weighty and sobering responsibility that utilities shoulder every day. While expensive,

maintaining capacity in reserve is the most reliable way to meet that responsibility.

Premature transition to renewables that adversely affects the reliability of the grid also adversely affects the fixed cost of electricity. Renewables cannot be relied upon to produce electricity every single hour, unlike more traditional sources of generation. A utility that adds renewable generation resources incurs substantial fixed costs. But because of their responsibility to reliably serve their customers, their other, more reliable generation resources cannot go away; hence the fixed costs of those resources do not go away. Even if a coal or gas plant sits idle while wind or solar resources are producing, their fixed costs continue, ensuring their output is available the next time renewables cannot reliably serve customers.

These doubled-up fixed costs go somewhere, and in the utility world, "somewhere" is always ultimately the customer. In summary, I suggest a second fact-based, nonpolitical article about how the forced, hasty implementation of renewable resources is also "Gambling with Our Electric Bills."

**JASON C. POTTS, MACEO
KENERGY CONSUMER-MEMBER
RETIRED, OWENSBORO
MUNICIPAL UTILITIES**

Reliability top of mind as co-op leaders meet

Kentucky Living honored for forthright mission

JOE ARNOLD



▶
Kentucky Living Editor Shannon Brock accepts the 2023 George W. Haggard Memorial Journalism Award from NRECA CEO Jim Matheson during a national meeting in San Antonio. Photo: Denny Gainer/NRECA

“IT’S NOT ACCEPTABLE to say we didn’t see this coming.”

Delivering a blunt assessment of America’s looming electric reliability crisis, Jim Matheson, chief executive officer of the National Rural Electric Cooperative Association, implored electric cooperative leaders to challenge the public policy decisions that are creating the problem.

“It’s a simple test, but a good one for any policy coming out of Washington. We ask, ‘If we do this, will the lights stay on?’ And if the answer is no, then do we really want to do it?” Matheson said to more than 9,000 co-op leaders from across the country, including more than 100 from Kentucky, meeting last month in San Antonio.

“We’re the only ones with the political courage to ask this one tough question and answer it honestly,” Matheson continued. “We’re the only ones taking it to the Hill and the administration and the media. We’re

the only ones sticking up for the people who pay the bills, our members, our owners who expect us to perform this simple but incredibly important job for them.”

The need to clearly and honestly communicate the facts of such challenges underscored Matheson’s comments when he presented *Kentucky Living* Editor Shannon Brock with the 2023 George W. Haggard Memorial Journalism Award, the NRECA’s top honor for electric cooperative publications.

“*Kentucky Living* has for many years put a strong emphasis on the principals that the Haggard celebrates: forthrightness, clarity and balance in advancing the objectives of electric co-ops,” Matheson said. “The team raised the bar in 2023, producing a magazine that is not only visually stunning and personally relevant to readers, but that also takes on complex and sometimes controversial topics, is not afraid to share different ideas and viewpoints, and makes the most important issues in our industry

today both accessible and understandable.”

Brock accepted the award on behalf of the Kentucky Electric Cooperatives communications staff.

“Our team knows its primary responsibility is not to make a magazine, but to serve our co-ops,” Brock says. “We strive to provide tools and resources that help co-ops effectively communicate with their members. That said, we believe one of the best tools co-ops can use to reach their members is *Kentucky Living*. Our readers enjoy the magazine, spend a lot of time with it each month and feel more connected to their cooperative because of it. We prioritize telling the co-op story, and we are thankful our member co-ops trust us to do it well.

“Receiving the Haggard Award and being recognized among our peer publications is a tremendous honor, and I am incredibly grateful.” **KL**



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Farmer of the Year

West Kentucky RECC board member honored

MAYFIELD

Jed Clark is the 2023 Kentucky Farm Bureau Farmer of the Year. He gives a whole bunch of credit, though, to his wife, Chrissie. “I don’t know if we have enough time to list how much she helps on the farm and that I probably take for granted. It takes the best of us together to work for the best solutions,” he says.

The award recognizes efforts that “strengthen the state’s agriculture industry and demonstrates service on and off the farm,” according to the Kentucky Farm Bureau.

In the small Graves County community of Lynnville, Jed’s farm operation raises some 3,000 acres of corn, soybeans, wheat and dark tobacco.

▶ Jed Clark, right, his wife, Chrissie, and their three children, John Campbell, top, Vivi Cate and Ann Charlotte, are deeply involved in the agriculture community.

▼ Clark’s farm operation is located in Lynnville in Graves County. Photos: Kentucky Farm Bureau



Additionally, the Clarks run a seed and crop protectant business called Seed Smart LLC. “It also helps us have lots of good relationships throughout the community,” says Jed, noting that for both businesses, “the busiest time is planting time.”

His father, Dennis, a long-time farmer, inspired Jed’s career. They work closely, with Jed telling KFB that each has his own operation, but “share the same office, and that has led to good business decisions.”

The Clark family and their three children stay busy outside the farm, too. They attend the Sedalia Baptist Church, and Chrissie has a side business. Jed speaks and advises others, including FFA members, on farm matters. He is a board member of West Kentucky RECC, president of the Graves County Farm Bureau board and sits on the board of the KFB Generation Bridge committee.

“Agriculture is the only business in the economy

where you buy retail and sell wholesale,” Jed says. “With the volatility in commodity markets lately, and our lack of export to the global market, it can be risky business. The global demand for our products and our other competition we have can either provide opportunities or provide downturns in our markets. I’m thankful I get to farm with a lot of other great Kentucky farmers. They do an excellent job of raising livestock and crops.”

Agriculture Commissioner Jonathan Shell says Jed is a hard-working Kentucky farmer. “His innovative farming approach has not only created more profitability on his farm but for others in his farming circle,” Shell says. “You couldn’t find a better person who is more devoted to his family and improving his community.” **KL**

STEVE FLAIRTY is an author, columnist, speaker and former public school teacher.



Edmonton's theater gem

Barn Lot Theater puts on a show

JOE ARNOLD

SINCE THIS BUSINESS

SPOTLIGHT column debuted in January 2020, the variety of companies featured has included manufacturing, farming, retail, service and artisan entrepreneurs. Now, add live theater to the list of categories served by electric cooperatives.

Founded as an outdoor summer theater in an Edmonton feedlot and barn in 1980, Barn Lot Theater moved into an old Ford garage in 1991 where it mounts performances with volunteer casts throughout the year.

"We have so many talented people," says Kyle Hadley, who has worked for the theater since 2012 and became executive director four years ago. "Whether they're singing or acting or dancing, you just wouldn't expect to see that kind of talent here in such a small little community in Edmonton."

About a dozen employees "do everything from costumes to lights to sound to cleaning," Hadley says. "Because we have a staff, we're able to kind of take it to the next level. We're one of the top tourism destinations in Metcalfe County. We're seeing people drive three or four hours from out of state to come here."

Coming up in 2024

Seven shows remain on the Barn Lot Theater bill in 2024. Next up is the musical *You're a Good Man, Charlie Brown*, rated G, with opening night on April 18. The theater uses motion picture-style ratings, with G for General Audiences and PG-13 for shows geared toward adult audiences, such as Neil Simon's *Rumors*, which will be performed in August.



"Whoever coined the description of the Barn Lot Theater as a 'gem tucked away in small town Kentucky' was accurate," says Tri-County Electric CEO Paul Thompson. "We are proud the Barn Lot Theater is a Tri-County Electric member-owner and grateful they have continued to grow in our service area."

A recent financial impact study showed 55% of theater patrons visit from outside the county and spend about \$70 in addition to their ticket price while they are in Metcalfe County, such as on food and gas.

In addition, Barn Lot Theater's fundraising activities generate other economic activity, including bingo Thursdays and Fridays at the

Bowling Park Bingo Hall. When COVID-19 shut down bingo for several months, the theater improvised, launching the Auction Barn. The theater purchases pallets of merchandise and resells the items on Facebook.

With an eye to the future, Barn Lot purchased a neighboring building three years ago with plans to convert it into a community arts center.

"While we're many years away from the funding on it, we hope to build a larger, maybe 300- or 400-seat theater, and art space, and expand our operations," Hadley says. "We're talking multiple events per month. That's an exciting thing we're looking at."

With about half of the seats already claimed by approximately 450 season ticket holders, Hadley urges visitors to plan ahead. "We're already seeing some low nights of availability for *To Kill a Mockingbird* in October, and that's six months away." **KL**

BARN LOT
Theater
EDMONTON, KY

barnlottheater.org
(270) 432-2276

LOCATION:
207 South Main Street
Edmonton, KY 42129

INDUSTRY:
Performing arts

ELECTRIC COOPERATIVE:
Tri-County Electric

◀ One of the first shows back after the pandemic was *Farce of Nature* starring, Sandy Roberts Dunn, left, Wesley Waddle, Robin Frazier and Dustin Popp. Photo: Barn Lot Theater

2024
Travel
Issue

ENC



GINNIES

Start your

Cruise in and enjoy Kentucky motor attractions

BY AMY COBB

From classic cars and hot rods to modern sports cars and vintage trucks, car cruise-ins and shows across the commonwealth bring back memories of times gone by while continuing to captivate our present-day imagination.

◀
Ted Cook of Shepherdsville, a Salt River Electric consumer-member, shows off his stunning 1957 Chevy during a Somernites Cruise in 2023.
Photo: Tim Webb

"STEPPED-UP" CAR SHOW

On the first Saturday of each month, April to October, classic cars and new and import vehicles cruise into town for Cave City Cars and Coffee. "It's a morning, three-hour, drink-coffee and look-at-cars event," explains Leticia Cline, an event organizer and Farmers RECC consumer-member.

Though the event is a global phenomenon, taking place in locations worldwide, Cave City has "stepped it up" with its version, she says. Not only do visitors see 250–400 cars lining the streets, but downtown stores also open up for early-bird shoppers. Plus, there's live music, vendors, a kids' zone, farmers market and award shows—all free to attend.

"You start your weekend off right, and you have the entire rest of the day to do even more great things," Cline says.

Each month highlights a different vehicle, such as Camaros, hot rods or trucks,



Cave City Cars and Coffee brings 250–400 cars to downtown streets and local shops open for early bird customers. Photo: Natasha Wilson Photography

Hot Rod MotorTel is a unique event space offering 10,000 square feet where car lovers can gather. Photo: Bailey Photography and Imaging



though all makes and models are welcome. Some months include a cruise-in, extending it to a two-day event.

This year marks four years since Cars and Coffee first cruised into Cave City, giving local residents something unique to do, while encouraging out-of-towners to soak in all the area has to offer. Cline says, "In the last three years, we've had so much investment and things are starting to grow because of Cars and Coffee."

HOT ROD MEETING SPOT

Situated on 220 acres in the Little Muddy community between Morgantown and Bowling Green is Hot Rod MotorTel—a venue boasting a 10,000-square-foot, climate-controlled event space, with a car showroom featuring classic cars, vintage memorabilia and a lounge. The idea was to create a space where people with a passion for cars can gather, and it became reality following the retirement of Warren RECC consumer-members Dennis and Diane Ingram.

"We were looking for a hobby, and we found a family, actually, of car

KentuckyLiving.com

Vroom-vroom

Soak up the sights and sounds of Somernites Cruise and Cave City Cars and Coffee by going to KentuckyLiving.com for video links.

enthusiasts,” says Dennis, who also serves as a Warren RECC director. “After a year or two of buying cars and going to events, we decided to build a shop.”

That shop eventually became Hot Rod MotorTel, offering visitors a one-of-a-kind experience not only for car shows or meetups, but also a unique space for receptions, parties and more. A complete vintage Shell gas station replica provides fun, strike-a-pose photo ops. There’s also the annual cruise-in held each May

honoring someone who contributes in a meaningful way to the car community. This year’s honoree is Dickie Ogles, whose drag racing career spanned 50 years, and who is described by Dennis as “probably the most famous drag racing guy in our part of Kentucky.” And in a few months, on-site overnight lodging will be available, hence the name MotorTel.

The Ingrams’ goal is to give back to the community that’s been their lifelong home, while also attracting folks to Butler County. “If it’s one or a hundred cars, it doesn’t matter,” says Dennis. “We just want to be a cruise-in spot for car enthusiasts.”

COUPLE SHARES LOVE OF OLD CARS

Billy Cruse, Goodtime Cruisers Car Cruise president and Farmers RECC consumer-member, has always had a passion for vintage cars. “I just really

enjoy it,” he says. “I’m interested in old cars and interested in seeing people come out and enjoy looking at old cars.”

Plenty of folks turn out to do just that on the third Saturday of each month, April to October, when 80-100 classic cars cruise into Hodgenville’s downtown square. Visitors might see one of Billy’s own cars on display—he owns two 1955 Chevrolets—or one owned by his wife, Debbie. “She’s as much into this as I am,” says Billy.

Debbie says she loves her unrestored 1978 Oldsmobile Cutlass: “It has 78,000 miles on it. It’s in real good shape. It’s a good old cruisin’ car.”

The couple likes to support other nearby car cruises, often traveling to Glasgow, Cave City, Bardstown and Elizabethtown. They recognize that such events boost local downtown economies, while promoting a hobby that families and couples of all ages can participate in.

As part of its one-of-a-kind meetup space, Hot Rod MotorTel includes a vintage Shell gas station replica, a car showroom and a lounge.
Photo: Bailey Photography and Imaging





◀ Glasgow's Hot Rods and Hamburgers Cruise-In meets the first Friday of each month, March–October. Photo: Wade Harris

“It’s a good hobby,” Debbie says, adding with a laugh, “It’s an expensive hobby, but you know, you can’t take it with you.”

The free event, she adds, offers new memory-making opportunities, as well as a time to reflect on the past. “It helps to bring back memories of times gone by,” she says.

A VEHICLE FOR COMMUNITY INVOLVEMENT

“I’ve loved old cars ever since I was a kid playing with Hot Wheels,” says Lester York, Farmers RECC consumer-member. Today, he proudly displays his 1976 GMC Suburban at car shows and is co-organizer of Glasgow’s Hotrods and



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Hamburgers Cruise-In, along with his friend Sherman Shirley.

When York and Shirley hosted the first Hotrods and Hamburgers event three years ago, they thought a few cars, maybe 15 or 20, might show up. That wasn't the case. York recalls: "The first night, it was like 70. Then three months later, we had a hundred. We were not prepared for that many."

Held March to October on the first Friday of each month, the cruise-in's backdrop is the Cowboy's Country Cookin' parking lot. There you'll see old classics, new rides and even motorcycles. "You name it, it's there," York says. And while there, it's easy to grab a hamburger or choose from plenty of other menu items as the restaurant's owner, Janet Lee, extends business hours to serve cruise-in goers.

York and Shirley find ways for Hotrods and Hamburgers to be involved in their

local community. For example, the pair have partnered with civic leaders the past two years for a Halloween event. Last fall, 120 cars were on display as they handed out candy to around 1,200 trick-or-treaters. They hope to have a Christmas event for area children this December.

"For us, it's more about the fellowship than anything," York says. "We're trying to get more involved with the community."

THE GRANDDADDY OF CAR SHOWS

If car shows had a familial lineage, then Somernites Cruise would be the grandfather. Now celebrating its 24th year, the event, on the fourth Saturday of each month, April to October, transforms Somerset into a giant block party, encompassing 20 to 25 blocks in the historic downtown area. Approximately



BRIAN AND JANET O'NAN

KentuckyLiving.com

Lone Wolf Cruisers revs up

The founders of a new cruise-in, Brian and Janet O'Nan of Henderson, followed their passion in launching their Lone Wolf Cruisers, but they are also passionate about using it to give back to the community. Read more and see photos at KentuckyLiving.com.



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Somernites Cruise fills more than 20 downtown blocks in Somerset with cars, food and craft vendors, special guests and more. Photo: Tim Webb

FEATURED CAR SHOWS/ CRUISE-INS

Cave City Cars and Coffee

203 Broadway St., Cave City
www.bldgofcavecity.com/carsandcoffee; Facebook: Cave City Cars and Coffee, (270) 773-4386
 First Saturday, April–Oct., 8–11 a.m.

Goodtime Cruisers Car Cruise

Downtown Hodgenville on the square
 Facebook: Goodtime Cruisers-Hodgenville, Kentucky, (270) 734-0257
 Third Saturday, April–Oct., 4–8 p.m.

Hot Rod MotorTel

587 Carson Bridge Road, Morgantown
www.hotrodmotortel.com; Facebook: Hot Rod MotorTel, (270) 999-0640
 Call for business days/hours. Annual cruise-in May 11, noon.

Hotrods and Hamburgers Cruise-In

525 West Main St., Glasgow (Cowboy's Country Cookin' parking lot)
 Facebook: Hotrods and Hamburgers cruise-in, (270) 590-2607
 First Friday, March–Oct., starts 4:30 p.m.

Somernites Cruise

100 Public Square, downtown Somerset
www.somernitescruise.com, Facebook: Somernites Cruise, (606) 872-2277
 Fourth Saturday, April–Oct., noon–6 p.m.

OTHER CAR SHOWS/ CRUISE-INS

East Ky Gearheads Cruiz'n

Mayo Plaza, Paintsville
www.visitpaintsville.com, Facebook: East Ky Gearheads; (606) 297-1469
 Third Saturday, April–Oct., 5-8 p.m.

Elkton Cruise in on Public Square

1 Public Square, Elkton
www.ElktonKy.com, Facebook: Elkton, Kentucky Government, (270) 265-7070
 Fourth Saturday, April–Oct., 5-8 p.m.

Lone Wolf Cruisers

401 Walker Drive Henderson (Wings Etc. parking lot)
 Facebook: Lone Wolf Cruisers (Henderson Ky.), (270) 635-1652
 First Saturday, April–Sept., 4–7 p.m.

Win a Getaway. See page 61.

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“We are quite possibly the largest monthly organized collector car event in the country,” says Keith Floyd, Somernites Cruise executive director and a South Kentucky RECC consumer-member.

In fact, Somernites Cruise is more than a car show: it’s an entire cruise weekend. The 2024 season kicks off on Friday morning April 27 with a “Burnside Meet & Greet” in the nearby town of Burnside, followed by Friday Night Thunder at the Somerset Mall. A fun run Saturday morning precedes the main event—the Somernites Cruise—in



NATIONAL CORVETTE MUSEUM'S 30TH

This year marks the National Corvette Museum's 30th anniversary. Mark your calendar for Labor Day weekend, August 29–31, kicking off three days of festivities—with more than 8,000 Corvettes—at the Bowling Green attraction. Learn more or register: www.corvettemuseum.org/caravan or Facebook: National Corvette Museum.

the afternoon. This month features a luxury sport showcase, and displays of vintage tractors, Jeeps and 4x4s.

The weekend wraps up Saturday at 6 p.m., when thousands of people, on blankets and in lawn chairs, converge alongside U.S. Highway 27 to watch the cars cruise in and out of town.

Participants come from across the nation, including 49 states. (The only hold-out is North Dakota.) International entries have come from Canada, Mexico, New Zealand and Australia. The yearly economic impact amounts to an astounding \$8–\$12 million, Floyd says.

Over the years, kids who grew up attending Somernites Cruise are now bringing their own families to the show. “Somernites Cruise is more than just a car show,” says Floyd. “It’s a family-friendly event that’s transcended the generations.” **KL**

Pikeville, Ky

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TEAM KENTUCKY

Win a Getaway. See page 61.

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KENTUCKY
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Win a Getaway. See page 61.

Whispering Woods Riding Stables, Georgetown





2024
Travel
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RUN FOR THE ROSES

Ways to celebrate the 150th
Kentucky Derby

No crowded infield, no weather worries—and fancy hats optional

BY JENNIE REES





Lexington's Keeneland race course hosts a Derby Day celebration that's fun for the whole family. Photo: Keeneland Association

So you don't have tickets to the biggest sporting event in the history of the commonwealth?

There are other ways—and other days—to celebrate the 150th Kentucky Derby on May 4 at Churchill Downs, including embracing the history that led up to the Kentucky Derby. Which, by the way, didn't commit to its iconic first Saturday in May date until 1938. It used to be held later in the month and, for its first 40 runnings, fell on a weekday.

Organized horse racing in Kentucky started decades before the first Kentucky Derby of 1875, the year after

Col. Meriwether Lewis Clark Jr. formed the Louisville Jockey Club and acquired land for the racetrack from his uncles John and Henry Churchill.

To learn more about this fascinating heritage, the Kentucky Historical Society offers the "Explore KY's Horse History" digital tour through 19 historical markers that each tell a story: <https://explorekyhistory.ky.gov/tours/show/19>.

But what's a horse race without getting a tip? Here are other touts for enjoying Derby 150 remotely—be it May 4 or almost any day.



Kentucky Derby Museum: Derby every day

Given its motto of “Derby every day,” the award-winning Kentucky Derby Museum was gearing up for the 150th Derby years before Derby 149, says museum Director of Communications Katrina Helmer.

That includes a high-tech overhaul of the museum’s popular Riders Up! exhibit. The permanent exhibit is scheduled to open around the second week in April. Museum guests can mount a faux horse and, thanks to technology, get the feel of riding a racehorse in different decades. New this year, two additional horses, including one that is wheelchair accessible, will extend the experience.

“It’s going to be very much 21st century, video game, virtual-reality look to it,” Helmer says. “It’s one of the exhibits that whether you’re a kid or an adult coming through here, everyone goes to it. You’re riding on a horse and it gives you the feel of a jockey in a race with the screen in front of you. So much of Churchill Downs has changed over time. Now you’ll see an updated version of Churchill as you’re ‘riding.’”

April 11 is the premiere of the museum’s *Derby 150* film, a 5-7 minute film that will play every hour in front of *The Greatest Race* video that is updated every year to reflect the reigning winner. The new video provides a historic understanding of the Derby and how traditions have changed, Helmer says.

Some new Derby artifacts also are on display in Long Shots, an exhibit that opened at the end in March.

The museum is the official Derby tour provider.



The Kentucky Derby Museum’s Riders Up! exhibit is newly revamped, including a wheelchair-accessible horse. Photo: Kentucky Derby Museum

Special tours run April 20–May 1, including those focused on watching Kentucky Derby and Oaks contenders train as well as the Derby Legends Experience. Go to derbymuseum.org/plan-a-visit/tours for more information or to book.

Kentucky Derby Museum

704 Central Ave., Louisville

www.derbymuseum.org, (502) 637-1111. Open every day except for Thursday, Friday and Saturday of Derby Week, Thanksgiving, Christmas Eve and Christmas.

Celebrate at Kentucky’s other racetracks

Every racetrack and historical horse racing gaming and simulcast facility in Kentucky will be showing and offering wagering on the Kentucky Derby Day racing program. All offer some sort of free general admission, but be aware that parts of the premises are restricted to 21 and over.

Check locations’ websites for information about reserved seating and promotions. These racetracks are offering free admission:

Ellis Park, 3300 U.S. Highway 41 N., Henderson www.ellisparkracing.com, (812) 425-1456. Ellis’ Kentucky Derby party is for all ages, though the gaming floor is restricted.

Turfway Park, 7500 Turfway Road, Florence www.turfway.com, (859) 371-0200. All ages are welcome to the outdoor party, with a tent in the beer garden area

and music. Free admission for those under 13. Turfway rents its paddock saddling stalls for individual parties, providing the catering, table and chairs and a TV in every stall.

The Red Mile, 1200 Red Mile Road, Lexington www.redmileky.com, (859) 255-0752. Free admission on the second-floor simulcasting area (though those under 18 must be accompanied by an adult). Reserved seating and dining offered in the newly renovated Clubhouse.

The Mint Gaming Hall Cumberland, 244 Penny Lane, Williamsburg, www.themintcumberland.com, (606) 400-2888. Open to all ages and families. While the gaming floor is restricted, there is a separate entrance for indoor and outdoor dining, plus myriad TVs and games such as cornhole.

Watch at home in festive style

Putting on a Derby party? Looking for merch to celebrate the Derby season and the historic 150th Derby? Check out kentuckyderby.com/party, Churchill Downs' official party and retail website, which offers recipes, fashion tips and party ideas; and the Kentucky Derby's derbymuseumstore.com. Churchill Downs promotes the "Derby at Home" experience for those not at the track.

As a nod to Derby 150, the Derby Museum's online store offers a select 150 items like decorations, collectibles and apparel, with an option to shop for products from local and Kentucky vendors.

Amazon offers an assortment of Derby decorations, and select retail outlets such as Kroger also sell limited Derby merchandise, including Derby glasses, in the weeks before the Derby. This year Churchill Downs is releasing two Derby 150 glasses, one on sale now and one that will be sold exclusively at the track.

KentuckyLiving.com

More gaming sites for Derby celebrations

Go to KentuckyLiving.com for a list of venues that are restricted to adults 21 and up.



MARK COYNE

KentuckyLiving.com

African American history and the Derby

Lexington's African Cemetery No. 2 is both the burial place for the rider of the first Kentucky Derby winner and other Black horsemen and a place that pays tribute in many ways to the contribution of African Americans to the racing industry. Read more about the cemetery and watch videos about its history at KentuckyLiving.com.



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Win a Getaway. See page 61.

Win a Getaway. See page 61.

Keeneland's Derby Day festivities offer fun for all ages. Photo: Keeneland Association



Keeneland: Community celebration for entire family

Lexington's Keeneland race course, 75 miles from Churchill Downs, stages the biggest Derby celebration that doesn't feature live racing. General admission tickets are on sale now, and fans are encouraged to buy in advance, says Amy Gregory, Keeneland's director of communications. Parking is free.

"Our Derby Day at Keeneland is a community celebration in the Bluegrass, with fun for the entire family," Gregory says. "Guests will enjoy live music, food trucks, a hat contest, children's activities—pony rides, games and crafts—and more throughout the grandstand, paddock and walking ring." Seating options range from bring your own to the grandstand.

The Derby Day telecast is shown on monitors and video boards throughout the facility, and mutuel windows are open for wagering.

There is no cost or reservation required to enjoy the day tailgating on Keeneland's popular The Hill, which will show the Churchill Downs races on a jumbo TV with wagering available and live music.

In another milestone, Keeneland celebrates the 100th running of the Blue Grass Stakes on April 6 during its April 5–26 Spring Meet. **KL**

KentuckyLiving.com

More Derby delights

Wait—Crab Orchard in Lincoln County was a would-be Kentucky Derby site? Get the answer to that at KentuckyLiving.com, where you'll also find stories about an Old Friends thoroughbred retirement farm fundraiser, horse farm tours and the International Museum of the Horse.

Keeneland

4201 Versailles Road, Lexington
www.keeneland.com, (859) 254-3412



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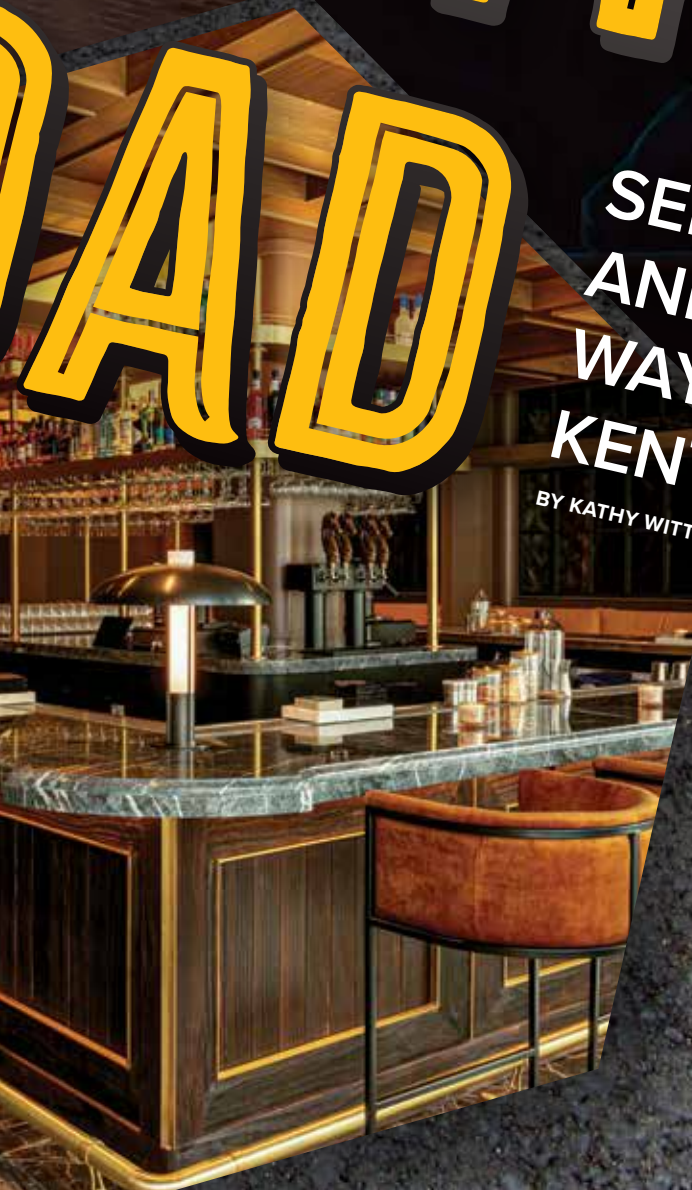
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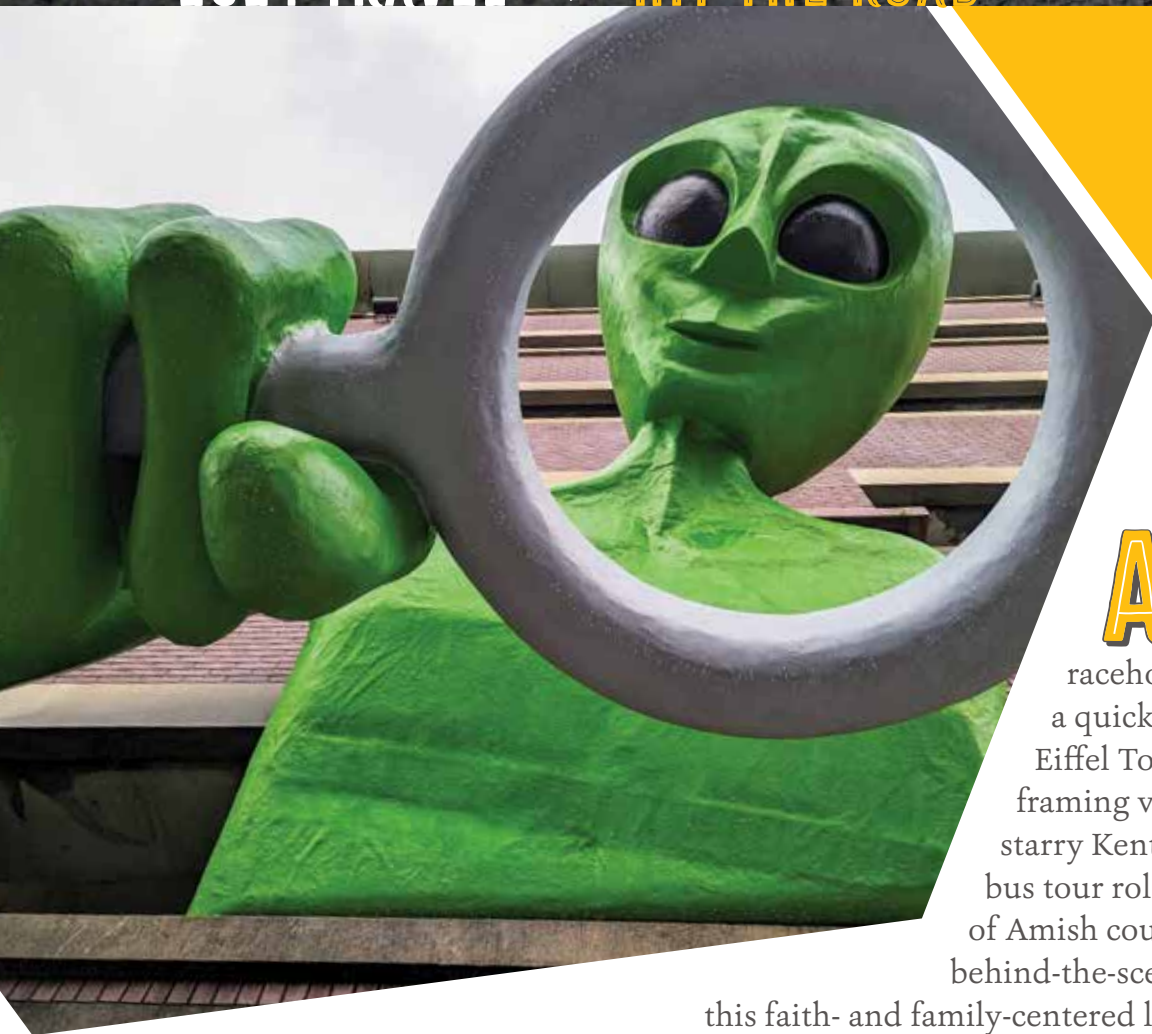


IT THE AD

SEE, STAY, DO
AND TASTE YOUR
WAY ACROSS
KENTUCKY

BY KATHY WITT





▲ Clive the Alien, created by artist Mark Phelps, recently landed in Covington. Photo: meetNKY

Previous page, clockwise from left, My Old Kentucky Dome pairs a glamping experience in the woods with the modern luxuries of a traditional home. Photo: Victoria Stiles Photo + Video; “Secretariat Park is such a beautiful addition to our already charming historic downtown district,” says Betty Ann Allen, executive director at the Paris-Bourbon County Tourism Commission. Photo: Bobby Shiflet/Frames on Main Gallery; Ballet Magnificat!’s Stratagem performance at the Center for Rural Development in Somerset. Photo: Taylor Ray; The ultimate in urban luxury: North by Hotel Covington. Photo: North by Hotel Covington

A charming city park honoring the greatest racehorse in history just a quick stroll from the Eiffel Tower. Glamping digs framing views of a starry, starry Kentucky night. A bus tour rolling into the heart of Amish country to offer a behind-the-scenes glimpse into

this faith- and family-centered lifestyle. A cocktail popularized during Prohibition that is nothing short of the bee’s knees. These are among 24 unique experiences—many of them new—that will inspire spring and summer day trips and even longer road trips around the Bluegrass State.

Come see, stay, do and taste what’s new, what’s different and what’s delicious in Kentucky.

SEE



Clive the Alien COVINGTON

Feel like someone is watching you in Covington’s Central Business District?

That’s because someone is. Or rather, *something* is. Straight from the galaxy of Artalon, Clive the Alien hangs out at (and over) the midtown parking

garage at Fifth and Scott streets in all his bug-eyed, green-skinned glory.

With a massive magnifying glass trained on any Earthlings that cross his path several stories below, this 30-foot-tall squizzle (squizzles are a race of explorers and pranksters) loves being part of Covington's ever-growing arts scene and is always ready for his close-up.

Secretariat Park

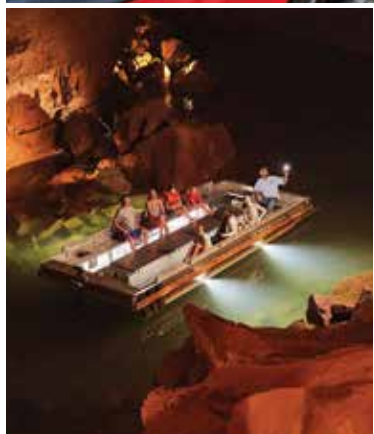
PARIS

Oh, the majesty of artist Jocelyn Russell's life-size bronze sculpture of Secretariat, softly illuminated in the glow of the lampposts. With the three-story mural showing the Triple

Crown champion winning the 1973 Kentucky Derby as its backdrop, the statue is depicted running the field at legendary Claiborne Farm. The brick-paved park joins the 20-foot Eiffel Tower replica as irresistible magnets in Kentucky's own "City of Light."

"We so love our park," says Betty Ann Allen, executive director at the Paris-Bourbon County

Located 2 1/2 blocks from the Eiffel Tower replica, Secretariat Park, featuring a life-size statue of the famous racehorse, sits in the shadow of the world's largest mural of Secretariat. Photo: YZ Media



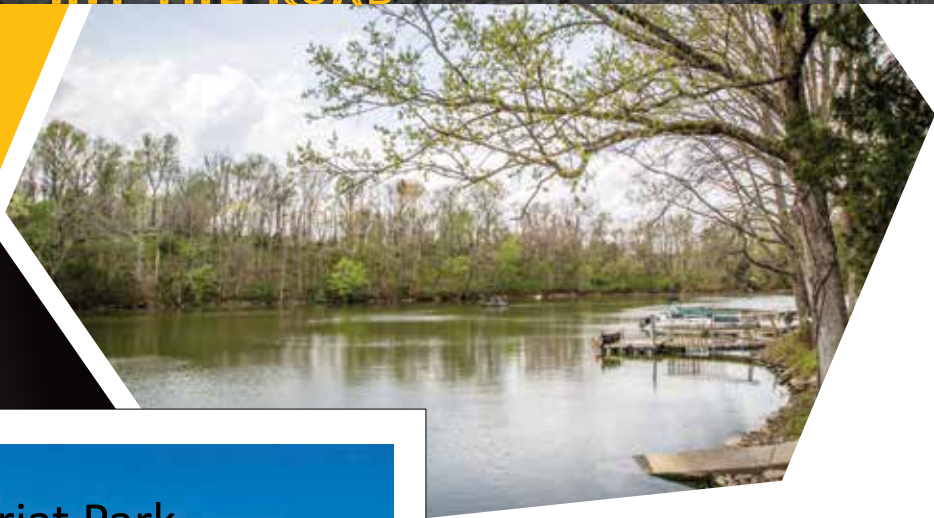
Something FOR Everyone

With the arrival of warm weather, it's the perfect time for a road trip to Bowling Green. Whether a high-octane zip around the track at NCM Motorsports Park or seeing more than 70 Corvettes on display at the museum itself, we have an experience tailored to your taste. Explore the underground Lost River Cave by boat, see a Hot Rods Minor League baseball game, or stroll through the blooms at Baker Arboretum. Gear up for a trip to Bowling Green—the getaway that offers something for everyone.

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VISITBGKY.COM



Win a Getaway. See page 61.



▲ Located near Louisville and Lexington, Guist Creek Marina & Campground guarantees plenty of aquatic fun. Photo: ShelbyKY Tourism

Tourism Commission. “There is someone always walking around on pretty days and also in the rain, wind and snow!”

Guist Creek
SHELBYVILLE

Five minutes from downtown, this 317-acre lake is paradise found, beloved by anglers for its largemouth bass, hybrid stripers, catfish, crappie, bluegill and rockfish and by water lovers for its designated water skiing area from May to September.



HORSES
HISTORY
HOSPITALITY

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in the Heart of Historic Downtown Paris Ky.



Win a Getaway. See page 61.

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Guist Creek Marina & Campground, served by Shelby Energy and located across the street from state-of-the-art Bulleit Distillery, accommodates sunseekers, boaters, anglers and skiers with 42 campsites, including 30 pull-through sites with water and electric hookups, picnic tables and fire pits. Hungry? It's the waterfront Channel Cat Fish House for dinner.

and served by Jackson Energy, the museum is filled with memorabilia, show costumes, instruments, photos and more, each piece highlighting the careers of inductees such as Carly Pearce, the Kentucky Headhunters, Boots Randolph and John Lair himself.

Kentucky Music Hall of Fame

MT. VERNON

Enter the only museum that features all genres of music, as well as those behind the scenes who create the music—and does so through what was once the original riding stables of John Lair, the founder of Renfro Valley Entertainment Center.

Located next door to Kentucky's legendary Country Music Capital

Kentucky Music Hall of Fame Class of 2022 Inductee, Carly Pearce, stands beside her display case. Photo: Sarah Cahill



Win a Getaway. See page 61.

Win a Getaway. See page 61.

Win a Getaway. See page 61.



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Apple Valley Hillbilly Garden and Toyland

CALVERT CITY

One man's trash is another man's treasured toy, or 4,000 toys in this case. Former Hollywood actor Keith Holt, the owner and originator of this wacky world of weird and wonderful, describes the old country store museum and fantastical Toyland as “an eclectic fun stop, with many punny dad jokes.” Like a circle of toilets called “Thronehenge.” And bowling pins arrayed on a pew facing a makeshift pulpit named “Holy Roller Church.” Served by Jackson Purchase, it is guaranteed to return all ages to their childhood, smiling every step of the way.

Apple Valley Hillbilly Garden and Toyland owner Keith Holt has created a wacky world filled with nostalgic toys and garden puns. Photo: Bobby Calvert

Win a Getaway. See page 61.



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is home to local, regional and international award-winning festivals!



Butterfly Festival, September 7, 2024, 11 a.m.–4 p.m.

Visitors can interact with butterflies and see over 2000 butterflies released live at 4pm. Participate in a variety of family activities, including arts & crafts, face painting, a balloon artist, a photo booth, the bubble zone and more. Enjoy captivating stage shows for all ages. Parking and admission are free.



Kentucky Bands Bourbon & Wine Festival, July 13, 2024, 12 p.m.–9 p.m.

Showcasing an array of wine, bourbon, and spirit vendors from all over Kentucky. Attendees can sample a variety of food and beverages, complemented by live music throughout the day. Admission is free.



Spring into Summer Salutes Fort Campbell, May 25th 12 p.m.–9 p.m. & May 26th 12 p.m.–6 p.m.

Held annually on the grounds of the War Memorial Walking Trail Park. See world-class musicians, live entertainment, carnival rides, fireworks, and more! It's a fantastic opportunity for the community to come together and celebrate the arrival of summer. Parking and admission are free.

Win a Getaway. See page 61.

visitoakgroveky.com/festivals

2024 TRAVEL → HIT THE ROAD

Somerset's theater scene promises an unforgettable journey into the arts for seasoned theater enthusiasts and first-time attendees alike at its four performance venues: The Center for Rural Development, The Virginia, Flashback Theater Co. and Stoner Little Theatre. Photo: Lake Cumberland Tourism-SPCCVB



Performing Arts/ Theater

SOMERSET

It may be (way) off Broadway, but Somerset has a lively theater scene with four theaters located within 10 minutes of one another. The circa 1922 silent film movie theater, The Virginia, and the modern Center for Rural Development offer an eclectic mix of performances—from comedy shows to favorite plays showcasing local talents and national acts alike. The semiprofessional Flashback Theater Co. stages both classic and new theater performances in its Black Box Theater. And the Stoner Little Theatre? It is award-winning community theater presented by Somerset Community College.



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Springfield
KENTUCKY

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TEAM KENTUCKY

See Somerset
The Spirit of Southern Kentucky

Win a Getaway. See page 61.

STAY



North by Hotel Covington

COVINGTON

Lots of square footage to stretch out and indulge in your best life in this urban oasis. Located in the same

Below, North by Hotel Covington features more than 50 upscale apartment-style suites. Photo: North by Hotel Covington



boutique luxury complex as Hotel Covington and Coppin's Restaurant and Bar, North features more than 50 upscale apartment-style suites. Each sports a modern design with extravagant color hues and arresting art, and all are outfitted with fully stocked

kitchenette, locally curated private bar, high-end bath products and more. Linger over light bites and craft cocktails beneath the shimmery lighted art display at the hotel's new Knowledge Bar and Social Room.



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▶ visitlawrenceburgky.com

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— KENTUCKY —
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danvillekentucky.com

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▲
Bleubird Studio & Suites is a five-star stay with an art studio featuring Kentucky artists and a yoga studio that welcomes overnight guests to its classes. Photo: Bleubird Studio & Suites

Bleubird Studio & Suites GEORGETOWN

Say goodnight in one of two luxury guestrooms so Zen you won't ever want to leave. The rooms share a stunning kitchenette and balcony in this immaculate bed and breakfast that also encompasses an art gallery, yoga studio and airy Crow's Nest overlooking a wide swath of lawn and garden.

A wellspring of calm within walking distance of historic downtown Georgetown, Bleubird is a perfect getaway for girlfriends and couples—especially if they are participating in one of the cooking classes conducted monthly by local chef Rodney Jones, owner of nearby Rodney's on Broadway.

Jenny Wiley State Resort Park

PRESTONSBURG

The top five reasons to visit this eastern Kentucky refuge served by



Win a Getaway. See page 61.



Win a Getaway. See page 61.

Big Sandy RECC include elk viewing tours, which take place September to March; boating and fishing on Dewey Lake; mountain biking; digging into signature catfish and Kentucky Hot Brown entrées, and sampling bourbon and apps, all at the Music Highway Grill.

Here are three more: Outdoor summer theater at Jenny Wiley Amphitheater this year includes Artists Collaborative Theatre productions of *Mamma Mia!*, *Southern Fried Nuptials* and *BloodSong: The Story of the Hatfields and the McCoys*, an annual favorite.



Jenny Wiley State Resort Park, a mountain resort in the heart of the Appalachians, offers a lovely lodge and lots of adventures, including boating, hiking and outdoor theater. Photo: Kentucky State Parks

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My Old Kentucky Dome pairs a glamping experience in the woods with the modern luxuries of a traditional home. Photo: Victoria Stiles Photo + Video

Diamond Lake Resort

OWENSBORO

My Old Kentucky Dome
MT. WASHINGTON

This one-of-a-kind getaway checks all the boxes for a memorable overnight or weekend: Insta-worthy countryside views, sunrises too irresistible to miss, evenings amid the bubbling water of a hot tub and a peaceful, remote location that has guests sighing in relaxation.

The brand-new geodesic dome, tucked in the woods of Mt. Washington and served by Salt River Electric, has a slew of thoughtful details—king-size bed plus loft with full-size bed, full bath, heat and AC, well-stocked kitchenette, Wi-Fi, TV with Roku, grill and more.

Diamond Lake Resort is everything a family wants its vacation to be, with active recreation like go-carting, paddle boating, kayaking and 18-hole mini golf. Lazy-day fun includes fishing, swimming and catching a movie or live music performance at the Good Time Theater. All this, plus Pit Stop Grill (burgers and hot dogs), pizzeria

Diamond Lake Resort in Owensboro brings on the family fun. Photo: Diamond Lake Park



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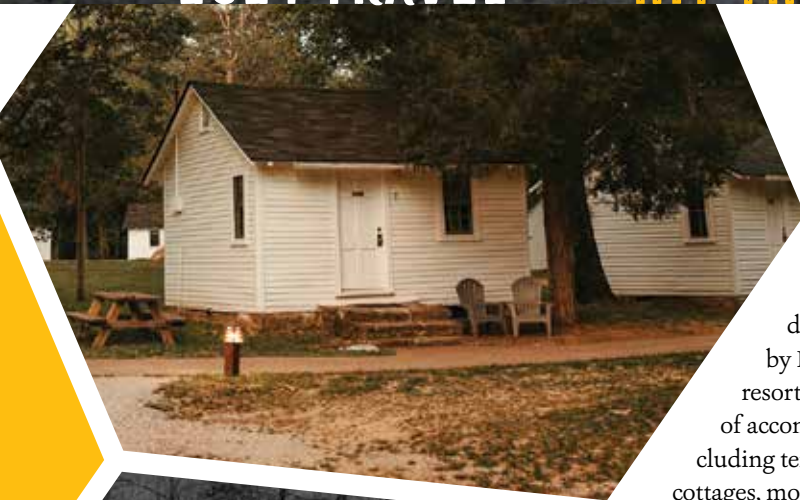
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and ice cream parlor, not to mention the convenience of a grocery store and laundry room. Served by Kenergy, the resort offers a selection of accommodations, including tent and RV spots, cottages, motel rooms and tiny houses.



No matter what type of accommodations are selected at the Lodge at Mammoth Cave, guests will be near the Visitor Center, cave tours, food and retail. Photo: Mammoth Cave National Park Collection

The Lodge at Mammoth Cave

MAMMOTH CAVE

What's your camper personality? Will it be a cute-as-a-bug's-ear Historic Cottage? For lovers of peace, quiet and off-grid pursuits, these tiny white hideaways have neither Wi-Fi nor TV but do have AC and other amenities. How about a 1930s/1940s-era Woodland Cottage? Made for those who relish the rustic, these pet-friendly bungalows, without heat, AC, TV or Wi-Fi, are shaded by trees and cooled by ceiling fans. The 1960s lodge-like Sunset Terrace? Enjoy AC, satellite TV, Wi-Fi and other homey comforts. All are close to the Visitor Center, point of departure for cave tours.

Continued on page 47

Visit  Owensboro
DAVISS COUNTY, KY
OWENSBORO DAVIESS COUNTY
CONVENTION AND VISITORS BUREAU

Learn about a city on the rise and a destination you need to get to know, Owensboro, Kentucky.

A Rolling Stone Visit Music City. One of four cities GO USA TV says to visit to experience American culture through music. Home to a distillery ranked by *travel.com* as a top four bourbon tour in the USA. Owensboro is located in the middle of everywhere. Less than 3½ hours from Nashville, Indianapolis, St. Louis, Cincinnati and Louisville.

The worst part of travel is the waiting, the traffic, the long lines and the cost. You're not going to see traffic in Owensboro and you're not going to see a bill that will send you into a tailspin. Restaurants are affordable. A surprising amount of attractions like the riverwalk, Bluegrass Music Hall of Fame & Museum, Fine Art Museum, Museum of Science and History and Western Kentucky Botanical Gardens all cost less than a tank of gas for your car.



While Owensboro's signature attractions give you plenty of reasons to check it out, the city's events are what make it a must visit. ROMP, Friday After 5, Strawberry Festival, Owensboro Airshow and BBQ & Barrels are just a few of the ways to make your vacation one to remember.

If you're looking for that perfect size city with plenty to do and little hassle, opt for Owensboro. Come for a visit, stay for a lifetime!



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TEAM  KENTUCKY.

Win a Getaway. See page 61.

Continued from page 46

DO

vineyard's award-winning vintages from deck or patio and foodies appreciate Elk Creek experiences that pair its wines with locally inspired cuisine made with fresh, locally sourced ingredients.

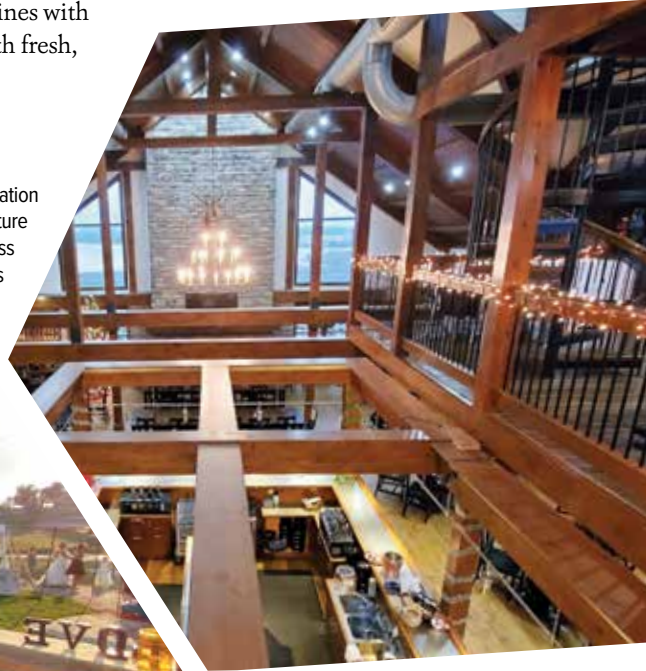


Elk Creek Vineyards

OWENTON

Travelers seeking an authentic taste of the Bluegrass region's rural charm and natural beauty will find it at this winery tucked amid rolling hills and lush landscaping. Wine enthusiasts enjoy tastings of the

Elk Creek Vineyards is a destination that celebrates the beauty, culture and hospitality of the Bluegrass region. Photo: Elk Creek Vineyards



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**KENTUCKY
DOWN UNDER
ADVENTURE ZOO**



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“It’s a sensory feast that showcases the best of Kentucky’s culinary offerings,” says Barry Papina, who owns the vineyard with his wife, Karin. Served by Owen Electric, Elk Creek also hosts local artisan workshops.

Rail Explorers

VERSAILLES

Kentucky is one of only six locations in the country to glide the rails on the new Rail Explorers’ pedal-powered vehicles with custom-built electric motors. Board a tandem or quad at the site of the Bluegrass Scenic Railroad & Museum and take a two-hour, 10-mile ride on the Louisville Southern Railroad.

Whiz hands-free (steering not required) through Kentucky Horse County, passing thoroughbred horse farms and arriving at the turnaround area on the cliffs above the Kentucky River gorge for views encompassing Wild Turkey Distillery and Young’s High Bridge.

Rail Explorers works in partnership with the Bluegrass Scenic Railroad & Museum with tours running on the Louisville Southern Railroad. Photo: Scott Carney/Rail Explorers



I774

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Brooks Hill Winery on Bullitt County's Wine, Whiskey & Ale Trail is steeped in family tradition. Photo: Brooks Hill Winery

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▶ Bullitt County's first and only brewery, Gallant Fox Brewing Co., opened in December 2022 and joined the Wine, Whiskey & Ale Trail. Photo: Gallant Fox Brewing Co.

Outpost and Four Roses Warehouse and Bottling Facility distilleries; and the Gallant Fox Brewing Co. All but the brewery are served by Salt River Electric.

Experiences are available year-round at Four Roses Warehouse and Bottling Facility, on Bullitt County's Wine, Whiskey & Ale Trail. Photo: Four Roses Distillery



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Paducah. See the interactive map at www.paducah.travel/maps/african-american-heritage-driving-tour.

Apple Valley Hillbilly Garden and Toyland

9351 U.S. Highway 68 W., Calvert City; www.applevalleyhillbillygardenandtoyland.com, (270) 366-2301. Open 8 a.m.-dusk year-round.

Backroad Burger Company

205 Main Street, Raywick; Facebook: Backroad Burger Co., (270) 490-9806

Bleubird Studio & Suites

427 W. Main St., Georgetown; www.bleubirdstudio.com, (502) 642-5125

Clive the Alien

Midtown Parking Garage, Fifth and Scott streets, Covington; www.meetnky.com.

Diamond Lake Resort

7301 Hobbs Road, Owensboro; www.diamondlakeresort.net, (270) 229-4900. Open year-round.

Elk Creek Vineyards

150 State Route 330, Owenton; www.elkcreekvineyards.com, (502) 484-5319

Farmwald's Amish Country Tours

Farmwald's Restaurant & Bakery, 3720 L&N Turnpike, Horse Cave; www.farmwalds.com (270) 786-5600. Tours are set to begin in April.

Golden Pond Distillery

97 Canton Lane, Cadiz; www.goldenponddistillery.com, (270) 205-7685. Hours: 9 a.m.-5 p.m. Monday-Saturday.

Grayson Lake State Park

314 Grayson Lake State Park Road, Olive Hill; <https://parks.ky.gov>, (606) 474-9727

Guist Creek

11990 Boat Dock Road, Shelbyville; www.guistcreek.com, (502) 647-5359

Jane's Saddlebag

13989 Ryle Road, Union; www.thenewjsb.com, Facebook: Janes Saddlebag, (859) 384-6617. Check Facebook page for hours.

Jenny Wiley State Resort Park

75 Theatre Court, Prestonsburg; <https://parks.ky.gov>, (606) 889-1790. Facebook: Jenny Wiley Theatre or Artists Collaborative Theatre, Inc.

Kentucky Music Hall of Fame

2590 Richmond St., Mt. Vernon; www.kentuckymusichalloffame.com, (606) 256-1000. Open daily 10 a.m.-6 p.m.

Lodge at Mammoth Cave

171 Hotel Road, Mammoth Cave; www.mammothcavelodge.com, (270) 451-2283. Check website for lodging availability. The Woodland Cottages are typically open April 1-Nov. 1.

My Old Kentucky Dome

Mt. Washington; Facebook: My Old Kentucky Dome, www.airbnb.com/h/myoldkydome, myoldkentuckydome@gmail.com

Oak & Match

115 Nancy Cox Drive, Campbellsville; www.oakandmatch.com, (270) 465-1515. Open 4-10 p.m. Monday-Thursdays; 4 p.m.-12 a.m. Friday and Saturday.

Pilot View Market

7695 Ironworks Road, Winchester; Facebook: Pilot View Market, (859) 556-2622. Open 6 a.m.-6 p.m. daily.

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Rail Explorers

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Secretariat Park

525 Main St., Paris; www.pariskytourism.com.

Somerset Performing Arts/Theaters:

Flashback Theater
400 E. Mount Vernon St.; www.flashbacktheater.co, (888) 394-3282

The Center for Rural Development

2292 S. U.S. Highway 27; www.centertech.com, (606) 677-6000

The Virginia

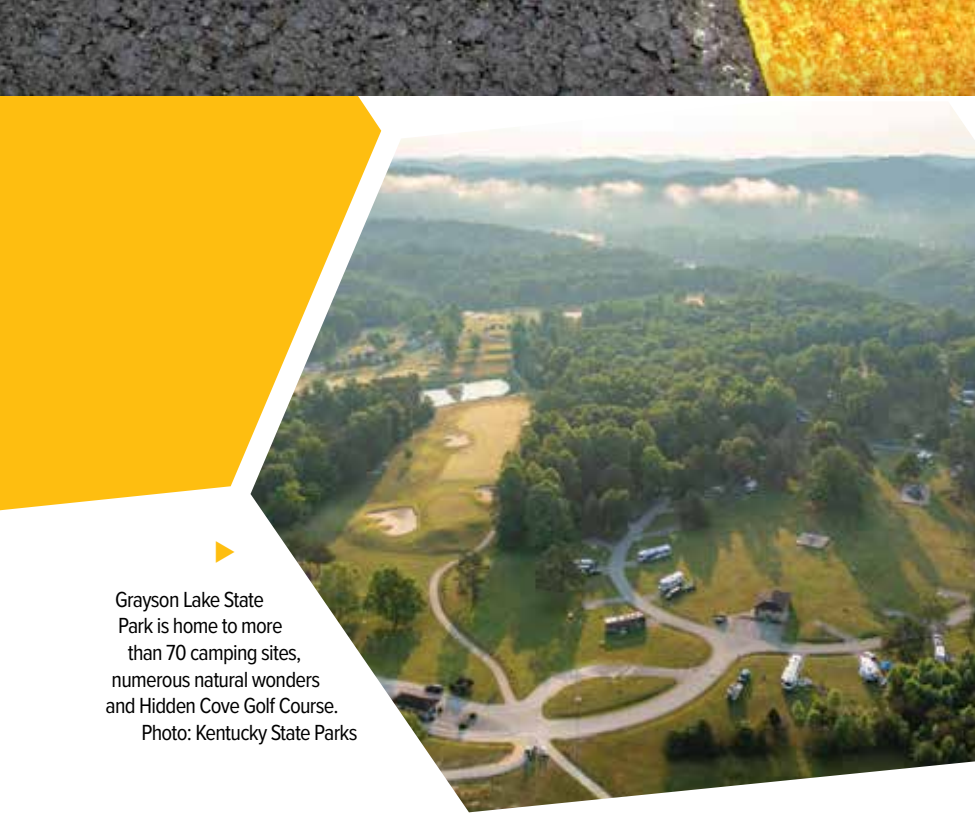
214 E. Mt. Vernon St.; www.thevirginiakiy.com, (606) 679-6366

SCC Stoner Little Theatre

808 Monticello St.; www.somerset.kctcs.edu, somersetcvb@lctourism.com, (606) 451-6766

Wine, Whiskey & Ale Trail, Bullitt County

www.travelbullitt.org/adventures/the-wine-whiskey-ale-trail, (502) 543-8656 (Shepherdsville/ Bullitt County Tourist & Convention Commission)



Grayson Lake State Park is home to more than 70 camping sites, numerous natural wonders and Hidden Cove Golf Course.
Photo: Kentucky State Parks

Grayson Lake State Park

OLIVE HILL

At this state park served by Grayson RECC and stretching 1,500 acres along the Cumberland Plateau, the terrain is ruggedly beautiful and the options for outdoor recreation plentiful: camping, golfing, hiking, fishing, boating and picnicking. Kayak to Grotto Falls, a photoworthy wonderland hidden within sandstone cliffs with water splashing down rocky ledges framed by mossy boulders.

“Our 18-hole championship golf course is friendly and challenging for golfers of all skill levels,” says Park

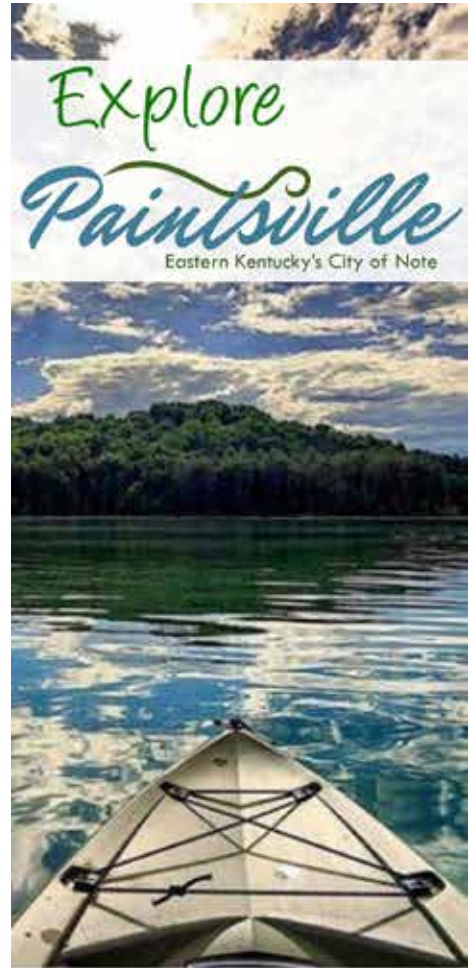
Manager Steve Kennedy. “We have 4 miles of trails, and our hikers enjoy hiking to the Lick Falls Waterfall Overlook.”

African American Heritage Driving Tour

PADUCAH

Learn about the people, places and events that helped shape the Paducah

Among Paducah’s Wall-to-Wall Floodwall Murals is a portrait dedicated to Paducah’s African American History, one of the 26 stops on the Paducah Historical Preservation Group’s African American Heritage Tour. Photo: Paducah Wall to Wall Inc.



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Win a Getaway. See page 61.

2024 TRAVEL → HIT THE ROAD

of today on this new 26-stop tour created by the Paducah Historical Preservation Group.

The story unfolds from

Bronzeville, the Southside (Uppertown) District that was an affluent commercial district similar to other “Black Wall Streets” throughout the United States, to the Hotel Metropolitan,

listed in “The Green Book” and now a museum. Another stop is the Hamock Funeral Home, steward for 60 years of the mummy of Charles “Speedy” Atkins, who became a celebrity thanks to appearances on *That’s Incredible!* and the Discovery Channel.



▶ Farmwald’s Amish Country Tours take visitors through Horse Cave and into Hart County to explore Amish businesses and way of life. Photo: Farmwald’s Restaurant and Bakery



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TEAM KENTUCKY

Win a Getaway. See page 61.

Farmwald's Amish Country Tours

HORSE CAVE/HART COUNTY

The largest and fastest-growing Amish community in Kentucky is in Hart County and a new bus tour has been created to give visitors a behind-the-scenes peek into their world of horse-drawn buggies, handcrafted furniture and produce auctions.

Farmwald's Amish Country Tours feature Amish farms, an Amish school and Amish-owned businesses. Tour stops, a demonstration, an Amish box lunch from Farmwald's Restaurant and Bakery and an Amish tour guide—who might interrupt his narration to play a harmonica tune—are all part of the adventure.

TASTE



Jane's Saddlebag

UNION

New owner Kelly Bricking has been busy putting her stamp on this fun entertainment complex served by Owen Electric. Located next door to Boone's Landing, it sits among area attractions that include Big Bone Lick State Historic Site, Florence Speedway and the Ark Encounter.

The former wine shop has been revamped and rechristened the Stable Club, a chummy bar featuring events such as Friday night karaoke and musicians performing live on Saturday nights. Outside is a covered pavilion, fire pit, and cornhole and kids' play areas. An amphitheater hosts live summer concerts and Saturday steak nights.

"We love the mix of locals, campers from Big Bone Lick State Historic Site, and travelers visiting the area," says Jane's Saddlebag owner Kelly Bricking. "It's the people that really make this a special place." Photo: Kathy Witt



WINNING WEEKENDS in Winchester

CLARK CO. ORIGINAL KENTUCKY

Beer Cheese, Boone Adventures, and Moonshine Magic!

Elevate your weekend in Winchester! Indulge in the **Beer Cheese Trail**, uncover the history of **Daniel Boone**, and follow **The Moonshine Trail**.



Maximize your wins with our new digital passports — the more you explore, the more you win.

Your getaway just got a major upgrade!

moonshinetrail.com



visitwinchesterky.com



Win a Getaway. See page 61.



6/28



Tracy Lawrence



Chris Knight



6/29



Treach (Naughty by Nature)



Tone Loc



6/30



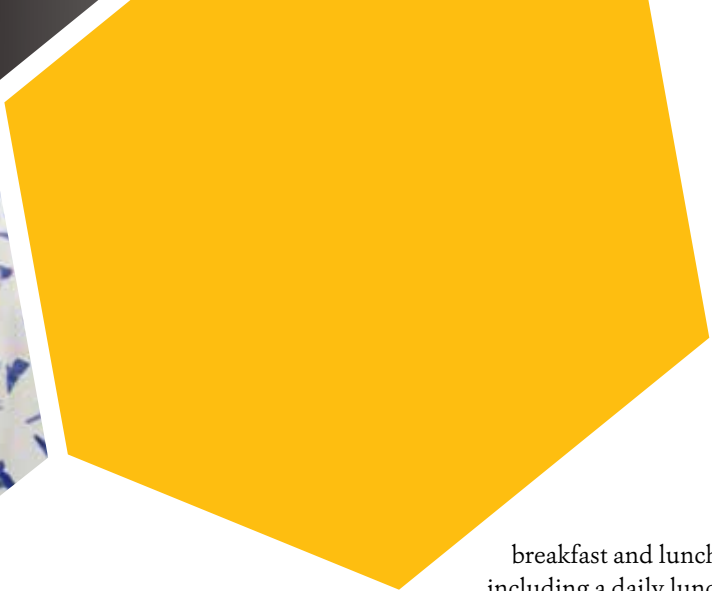
Cain



Consumed by Fire

FREE MadisonvilleLiving.com

Win a Getaway. See page 61.



▲ The Kentucky Hot Brown is a favorite dish served at Winchester's Pilot View Market. Photo: Pilot View Market

Pilot View Market

WINCHESTER

Locally owned Pilot View Market, served by Clark Energy, is a little hole-in-the-wall that dishes up big flavor with Kentucky scratch comfort food.

The 125-year-old general store serves

breakfast and lunch, including a daily lunch special, seven days a week. It sits on the trail Daniel Boone blazed on his way to the top of Pilot Knob—where he got his first full look at what would become the state of Kentucky. It is also one of the more than a dozen stops on Winchester's famous Beer Cheese Trail.



The fun starts here!

GRANT COUNTY
Tourist & Convention Commission
visitgrantky.com
TEAM KENTUCKY



1-800-382-7117

Win a Getaway. See page 61.



Sip, Savor & Swirl

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Discover Bardstown, Kentucky: Where Bourbon Flows, History Beckons, and Southern Hospitality Welcomes You! Explore historic streets, shop unique boutiques, and savor southern fare. From iconic distilleries to welcoming locals, Bardstown invites you to sip, stroll, and create lasting memories. Book your getaway now – where every moment is distilled to perfection!

B
BARDSTOWN
AGING SINCE 1780

visitbardstown.com

Win a Getaway. See page 61.

BOURBON COMES FROM **BARDSTOWN**

PLAN YOUR TRIP



Backroad Burger Co.

RAYWICK

The drive to this family-owned, family-friendly restaurant, served by Inter-County Energy and deep in Marion County, is part of the experience.

“Kentucky backroads are like no others,” says co-owner Erin Ballard. “Your drive will set the tone for taking a deep breath and enjoying your time here. No rush, no hassle.”

And the sippin’ specialties, showcasing Ballard’s Backroad Margarita, don’t hurt. Nor does a menu, created by co-owner Angie Leake and offering hand-pattied burgers, local favorite frog legs, Higher Than Hell Nachos and sinfully rich desserts that Ballard calls life-changing.



At Backroad Burger Co., settle in and order a Backroad Margarita made with fresh, hand-squeezed lemon, lime and orange juices that will change the “norm” of a margarita for anyone. Photo: Backroad Burger Co.

BLUEGRASS, BREW & BBQ FESTIVAL

APRIL 27TH & 28TH

GRAND RIVERS, KENTUCKY

grandrivers.org



TEAM KENTUCKY

Win a Getaway. See page 61.

RedPoint Barbecue: delicious barbecue using locally sourced ingredients plus handcrafted food and libations.
Photo: RedPoint Barbecue



RedPoint Barbecue

CAMPTON

A stunning landscape with gorgeous scenery. A focus on good, simple food that is handmade daily and features locally sourced ingredients. Located in the Red River Gorge Geological Area, this casual restaurant, served by Licking Valley RECC, has a goal of pairing its laid-back atmosphere, seasonal menu and bar service with scenery marked with waterfalls, lake and wide

open spaces for a unique and memorable dining experience.

“Eastern Kentucky is abundant with great ingredients and beautiful landscapes,” says owner Dario Ventura. “We are striving to make a dining experience that adds to that.”

Golden Pond Distilleries

CADIZ

Fourth generation moonshine maker Jimmie Smith has lots of stories about

his family, their history and the history of moonshine in western Kentucky; in fact, Smith’s alias is “Jim Bomb” (he’ll tell you that story, too)—and what a checkered past it is.

“My dad made whiskey illegally and went to prison for it,” says Smith,

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DUEL DEMONSTRATION, SANDFORD DUNCAN INN



RUBY BRANCH FARMS



SUMMER VIBES MUSIC FEST

Win a Getaway. See page 61.

master distiller. “I’m making whiskey legally because I don’t want to go to jail.”

Stop by the distillery, served by Pennyrile Electric, for a tour and tasting. The top sellers are the Kentucky Moonshine and Paw Paw Moonshine.

At Golden Pond Distilleries, owner Jimmie Smith uses only the best local ingredients to produce small batch, handcrafted corn whiskey moonshine. Photo: Golden Pond Distillery



Win a Getaway. See page 61.

Everything you love about Kentucky, all in one place!

Campbellsville is **Kentucky Central** for the ultimate bluegrass experience. Find adventure in every direction—from trails, fishing and water sports to Civil War sites, an historic downtown, a bustling college campus, thriving art scene, amazing cuisine, shopping and the largest **Fourth of July Celebration in Kentucky!**

CAMPBELLSVILLE
Taylor County

CampbellsvilleKy.com **TEAM KENTUCKY**

Oak & Match

CAMPBELLSVILLE

This new watering hole served by Taylor County RECC is gaining a solid reputation for a menu of vintage craft cocktails, the majority made with recipes that date back more than 100 years.

“All are handcrafted with freshly squeezed citrus, our different blends of house cocktail syrups that we make from scratch in house and original European liqueurs,” says co-owner Chris Moss.

The bar is also known for its extensive spirits selection, including over 100 unique bourbons and several true vintage bottles, a Prohibition era/Roaring '20s-themed lounge and private speakeasy cigar lounge and walk-in humidor. **KL**

The Old Fashioned cocktail is the favorite among guests at Oak and Match, which is co-owned by Chris and Kasey Childers Moss and Erika and Anthony Hays.

Photo: Oak & Match



Win a Getaway. See page 61.

CADIZ **WEST CADIZ PARK**

LITTLE RIVER FESTIVAL **LIVE MUSIC**

SAT. APRIL 20TH

GoCadiz.com/LRFest

GoCADIZ



WIN

A TRIP FOR FOUR!

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PACKAGE INCLUDES: 2-NIGHT STAY AT TRU BY HILTON

PASSES FOR:

- Baker Arboretum & Downing Museum
- Bowling Green Hot Rods Baseball
- Beech Bend Amusement Park
- Bowling Green Trolley Tours
- Chaney's Dairy Barn
- Historic Railpark & Train Museum
- Lost River Cave
- NCM Motorsports Park
 - » (1) C8 Corvette Touring Lap and
 - » (4) high-speed go-karting passes
- National Corvette Museum
- Riverview at Hobson Grove
- The Reindeer Farm

BREAKFAST:

- Wild Eggs
- Corner Bakery Cafe

LUNCH:

- Stingray Grill
- Lost River Pizza

DINNER:

- Pub by Novo
- Montana Grille



Subject to Availability-Details and Restrictions Apply

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Kentucky State Parks celebrates 100 years

“What was it like to be given the responsibility to go out and find parks worthy of state custodianship?” muses Ron Vanover, deputy commissioner for Kentucky State Parks.

With dozens of state recreational and resort parks, it is hard to fathom a time when Kentucky had no lodges for guests to relax in and get a good night’s sleep, no restaurants for hungry diners to enjoy hearty dishes made with local ingredients, no swimming beaches for vacationing families to build sandcastles and no rangers to facilitate nature and conservation programs or guide tours along forested trails or deep into the earth.

But then, 100 years ago, a guy named Willard Rouse Jillson was tasked by the Kentucky State Park Commission, formed in 1924 through the Truesdell Act, to seek out sites of unusual natural significance or with important state or national history.

And did he ever succeed in his mission.

Pine Mountain, shown on this page, Natural Bridge, Old Fort Harrod and Blue and Gray were named the state’s first four parks.

“And these began our state park system,” says Vanover.

In 2024 Kentucky State Parks celebrates a century of bringing outdoor adventure, breathtaking scenery, living history and vacation memories to the millions of people who have spent time in one its 44 parcels of paradise.

“Our natural, cultural and historical resources are the catalysts that provide the attractions for so many of our guests,” says Vanover. “We always like to say, ‘We have a park for that.’”

For ways to celebrate Kentucky State Parks this year, and for more fun facts about our state parks, visit KentuckyLiving.com

Story: Kathy Witt

Photo: Kentucky State Parks



SPRING INSPIRES GROWTH IN ALL THINGS. INCLUDING YOU.



Win a Getaway. See page 61.

For a century, people have explored legendary Kentucky State Parks to feel more revitalized and alive. Remarkable vistas, untrampled trails and quaint lodging awaits you.

Plan your amazing getaway now at parks.ky.gov.



KENTUCKY FESTIVALS

Plan a fun getaway for yourself or your family!



FRANKLIN CAR & CRAFT SHOW
 Sept. 21, 2024 • 8 a.m. – 2 p.m.
 100 North Main Street
 Downtown Franklin, Kentucky
www.visitfranklinky.com • 270-586-3040



ROMP Music Festival
 June 26-29, 2024
 More than just a music event! ROMP is a celebration of community, culture, and the enduring legacy of bluegrass. ROMP is dedicated to presenting the best in bluegrass and roots music.
 Yellow Creek Park | 5710 State Route 144 | Owensboro, KY 42303 | 270-926-7891

2024 FESTIVALS
 SOMERSET, KENTUCKY



#seemyset seesomerset.com
 Foodstock April 20 Moonlight October 19
 Master Musicians Festival July 18-20
 Somernites Cruise 4th Saturday, April-October

Cherry Blossom Festival
Saturday, April 27, 8am – 4pm
 Craft vendors, food trucks and kid's activities
 Courthouse square in downtown Munfordville
 For more information call: 270-524-4752



Saturday, April 20th
 10:00 AM – 4:00 PM



- LOCAL SHOPS
- RESTAURANTS
- 100+ POP-UP VENDORS
- FOOD TRUCKS
- LIVE MUSIC
- KID'S ZONE
- MAGICIAN
- AT 11:00, 1:00 & 3:00
- FARMER'S MARKET

DOWNTOWN SQUARE - GLASGOW, KY

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LOGAN COUNTY TOBACCO & HERITAGE FESTIVAL
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HAM FEST

OCTOBER 11, 12, 13
 Live Music, Games, Rides, Vendors, Food
GoCadiz.com/HamFest

Munfordville Citywide Yard Sale
Saturday, May 4, 7am - ?
 Yard sales all over town.
 You never know what treasure you will find!
 For more information call: 270-524-4752




Grand Rivers Quilt Show
 April 24 - 27, 2024
 Grand Rivers Community Center
 Doors open at 9 am
grandrivers.org



June 8, 2024
 FREE music festival with multiple acts taking stage on people's front porches. Grab a lawn chair, bring a cooler and enjoy a day of music that changes from lawn to lawn.
 Griffith Avenue
 Owensboro KY 42301
porchfestobky@gmail.com



2024 ELIZABETHTOWN FESTIVALS

ETOWN WINE FEST
 MAY 11
LAWN PARTY
 JUNE 12 | JULY 10 | AUG 7 | SEPT 11
CRUISIN' THE HEARTLAND
 JULY 25-27
HEARTLAND HARVEST FEST
 SEPTEMBER 28

You're Invited!
 FOR INFO VISIT ETOWNEVENTS.COM




20+ BANDS AND 4 DAYS OF MUSIC
 FROM THE BIRTHPLACE OF BLUEGRASS!
SEPTEMBER 12-15
 ROSINE, KY
JERUSALEMRIDEFESTIVAL.COM



See 128 festivals happening in Kentucky, April thru August 2024!

MUNFORDVILLE QUILTING BEE

May 18th

Quilts entered: 8am - 10am
Show: 10am - 3pm

Munfordville Elementary School
505 W Union St, Munfordville, KY

For more information call: 270-524-4752



Summer Vibes Music Festival

Aug. 24, 2024 | 1-10 p.m.

100 North Main Street
Downtown Franklin
Kentucky

270-586-8482

www.summervibesfranklinky.com



Morehead Kentucky Proud Expo

April 26 & 27

Morehead Conference Center
111 East First Street



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- Tours
- Yoga
- & more!

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www.RiverHillRanch.us

LIONS CLUB 50TH ANNUAL CORN FESTIVAL

SEPTEMBER 26 - 28 • APPROXIMATELY 10 AM - 9 PM

Downtown Morganfield
270-952-3244
Honoring Morganfield Jaycees
www.morganfieldcornfestival.com

ALPACA SPRING FLING

SAT. APRIL 6, 2024

HARDIN COUNTY FAIRGROUNDS

(5617 S Dixie Hwy, Glendale, KY)

10am to 3:30 pm EST | FREE ADMISSION & PARKING
www.kentuckyalpacaassociation.org | (502) 370-6426

ALPACAS | SELFIES | ALPACA 101

32ND ANNUAL MOUNTAIN MUSHROOM FESTIVAL

Irvine, KY April 27 & 28

Morels • Ky Agate, Gem & Mineral Show
Parade • Car Show • Grandstand Music
5K/2K • AGC • Kids activities • Food Court

606-723-2554
www.mountainmushroomfest.org

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Disney THE LITTLE MERMAID

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HARLAN COUNTY KENTUCKY

VIEWS & BREWS

Win a Getaway. See page 61.

606.573.4156
TEAM KENTUCKY harlantourism.com

Fine Arts & Fine Crafts Show

Saturday, May 18, 2024
9 a.m. - 4 p.m. CT

Featuring Fantasy and Science Fiction Artist Larry Elmore
Free Admission & Parking

James D. Beville Park
200 Veterans Way, Leitchfield | 270-259-4000
Sponsored by Leitchfield Tourism

Win a Getaway. See page 61.

Win a Getaway. See page 61.

KENTUCKY FESTIVALS

BLUEGRASS

- 1 **Spring Fling Art Festival**, Lawrenceburg, April 20
- 2 **CAFCA Cares Spring Festival**, Harrodsburg, May 7
- 3 **Paris Story Fest**, Paris, May 10–12
- 4 **Perryville Battlefield Springfest**, Perryville, May 11
- 5 **Bluegrass BBQ Festival**, Lexington, May 17–18
- 6 **Jeanne Penn Lane Celebration of Kentucky Writers & Songwriters**, Danville, May 18–19
- 7 **Chamber Music Festival of the Bluegrass**, Shaker Village, May 24–26
- 8 **Great American Brass Band Festival**, Danville, May 30–June 1
- 9 **Beer Cheese Festival**, Winchester, June 8
- 10 **PlayThink Festival**, Harrodsburg, June 12–16
- 11 **Vintage Dad's Day**, Shaker Village, June 15
- 12 **L & N Day**, Berea, June 15
- 13 **Summer Craft Festival**, Berea, July 12–14
- 14 **Snappin' Chaplin Turtle Derby**, Perryville, July 22
- 15 **Berea Festival of LearnShops**, Berea, July 22–30
- 16 **Crave Food & Music Festival**, Lexington, Aug., dates TBA
- 17 **Shaker Village Craft Fair**, Shaker Village, Aug. 3–4
- 18 **Soul of Second Street Festival**, Danville, Aug. 9–10
- 19 **Celtic Festival**, Berea, Aug. 15–18
- 20 **Pioneer Days**, Harrodsburg, Aug. 15–18
- 21 **Daniel Boone Pioneer Festival**, Winchester, Aug. 31–Sept. 1

EASTERN

- 22 **Hillbilly Days**, Pikeville, April 18–20
- 23 **Colonel Fest**, Corbin, April 19–20

- 24 **Redbud Ride Weekend**, London-Laurel County, April 19–20
- 25 **American Indian Heritage Weekend**, Cumberland Falls State Resort Park, April 19–21
- 26 **Morehead Kentucky Proud Expo, Morehead, April 26–27, moreheadtourism.com**
- 27 **Mountain Mushroom Festival, Irvine, April 27–28, mountainmushroomfest.org**
- 28 **Bridge Day**, Sandy Hook (Laurel Gorge), May 4
- 29 **Memory Days**, Grayson, May 23–26
- 30 **Kentucky Mountain Laurel Festival**, Pineville, May 23–26
- 31 **Poke Sallet Festival**, Harlan, May 30–June 1
- 32 **Laurel Cove Music Festival**, Pineville, June 7–8
- 33 **Menifee Mountain Memories Festival**, Frenchburg, June 7–8
- 34 **Rudy Fest Bluegrass Festival**, Morehead, June 15–22
- 35 **Olive Hill Homecoming**, June 28–July 4
- 36 **Summer Motion**, Ashland, June 29–July 4
- 37 **Shriners Bluegrass Festival**, Olive Hill, July 18–20
- 38 **Minnie Adkins Day**, Sandy Hook, July 20
- 39 **Pioneer Life Week at Carter Caves State Resort Park**, Olive Hill, July 22–27
- 40 **Corn Festival**, Stanton, Aug. 2–4
- 41 **NIBROC**, Corbin, Aug. 7–10
- 42 **Laurel County Homecoming**, London, Aug. 16–17
- 43 **Elliott County Tobacco Festival**, Sandy Hook, Aug. 30–31
- 44 **Breathitt County Honey Festival**, Jackson, Aug. 30–Sept. 1
- 45 **Honoring our Veterans Pow Wow**, Corbin, Aug. 31–Sept. 1

NORTH CENTRAL

- 46 **Alpaca Spring Fling, Glendale, April 6, kentuckyalpacaassociation.org**
- 47 **Master Gardener Plant & Garden Art Sale**, Shepherdsville, April 27
- 48 **Plant Fair & Spring Fling**, Leitchfield, May 4
- 49 **E-Town Wine Fest, Elizabethtown, May 11, etownevents.com**
- 50 **Clarkson Park Springfest**, Clarkson, May 11
- 51 **BloomFest, Bernheim Arboretum & Research Forest**, May 18
- 52 **Grayson County Alliance Art in the Park, Leitchfield, May 18, visitleitchfield.com**
- 53 **Glendale Spring Fest**, Glendale, May 18
- 54 **Master Gardener Plant Fair**, Elizabethtown, May 18
- 55 **Taste of Meade Food Festival**, Brandenburg, May 18
- 56 **Lawn Party, Elizabethtown, June 12, July 10, Aug. 7, Sept. 11, etownevents.com**
- 57 **Leitchfield Freedom and Fiddling Festival**, Leitchfield, July 19–20
- 58 **Cruisin' the Heartland, Elizabethtown, July 25–27, etownevents.com**
- 59 **Henry County Harvest Showcase**, New Castle, July 27
- 60 **African American Heritage Festival**, Springfield, Aug. 2
- 61 **Kentucky State Fair**, Louisville, Aug. 15–25
- 62 **Buttermilk Days**, Bardstown, Aug. 22–24
- 63 **Heartland Harvest Fest, Elizabethtown, Sept. 28, etownevents.com**

NORTHERN

- 64 **Old Washington Art and Chocolate Festival**, Maysville, April 6
- 65 **Junkfest**, Augusta, May 4
- 66 **Smoke on the River BBQ Fest**, Covington, May 10–12

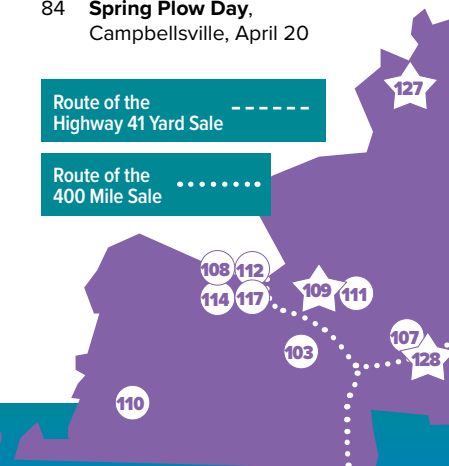
- 67 **Peony Spring Festival**, Warsaw, May 18
- 68 **Art in the Garden**, Augusta, June 1
- 69 **U.S. 25 Yard Sale**, Richwood–Williamsburg, June 7–8
- 70 **Maysville Uncorked! Wine and Art Festival**, Maysville, June 8
- 71 **Italianfest**, Newport, June 13–16
- 72 **Taco & Margarita Festival**, MainStrasse Village, June 21–23
- 73 **Bacon, Bourbon and Brew Festival**, Newport, July 19–21
- 74 **Riverfest Days**, Augusta, July 19–21
- 75 **Glier's Goettafest**, Newport, July 25–28; Aug. 1–4
- 76 **Highway 127 Yard Sale**, Covington–Static, Aug. 1–4
- 77 **Oktoberfest**, Maysville, Aug. 9–10
- 78 **Great Inland Seafood Festival**, Newport, Aug. 15–18
- 79 **Rotary Heritage Days**, Augusta, Aug. 31–Sept. 1

SOUTH CENTRAL

- 80 **White Squirrel Arts Fest**, Bowling Green, April 19–21
- 81 **Somernites Cruise, Somerset, 4th Saturday, April thru October, seesomerset.com**
- 82 **Foodstock, Somerset, April 20, seesomerset.com**
- 83 **Sip, Shop and Stroll, Glasgow, April 20, facebook.com/glasgowdowntown**
- 84 **Spring Plow Day**, Campbellsville, April 20

Route of the Highway 41 Yard Sale -----

Route of the 400 Mile Sale



Please verify all festival dates and times before going, due to the possibility of cancellations or changes.

- 85 **Cherry Blossom Festival, Munfordville, April 27, visitmunfordville.com**
- 86 **Spring at the City Farm, Columbia, April 27**
- 87 **Citywide Yard Sale, Munfordville, May 4, visitmunfordville.com**
- 88 **Quilting Bee, Munfordville, May 18, visitmunfordville.com**
- 89 **Live in Liberty Music Festival, Liberty, May 25**
- 90 **Duncan Hines Days, Bowling Green, June 3–9**
- 91 **Summer Kickoff Concert, Burnside, June 4**
- 92 **Blazin' Bluegrass Spring Festival, Whitley City, June 6–8**
- 93 **4th of July Celebration, Campbellsville, June 29–July 4**
- 94 **Green River Catfish Festival, Morgantown, July 4–6**
- 95 **Master Musicians Festival, Somerset, July 18–20, seesomerset.com**
- 96 **Lake Cumberland Bluegrass Festival, Russell Springs, Aug. 16–17**
- 97 **Summer Vibes Music Festival, Franklin, Aug. 24, summervibesfranklinky.com**
- 98 **Monroe County Watermelon Festival, Tompkinsville, Aug. 31**
- 99 **Thunder Over Burnside, Aug. 31**
- 100 **Franklin Car & Craft Show, Franklin, Sept. 21, visitfranklin.com**
- 101 **Tobacco & Heritage Festival, Russellville, Oct. 12, tobaccofest.org**
- 102 **Moonlight Festival, Somerset, Oct. 19, seesomerset.com**
- 103 **Tater Day, Benton, March 29–April 1**
- 104 **Pre-clipse Beer Festival, Madisonville, April 6**
- 105 **International Cultural Celebration, Madisonville, April 17**
- 106 **Tri-Fest, Henderson, April 19–21**
- 107 **Little River Festival, Cadiz, April 20**
- 108 **AQS Quilt Week, Paducah, April 24–27**
- 109 **Grand Rivers Quilt Show, Grand Rivers, April 24–27, grandrivers.org**
- 110 **Spring Chicken Festival, Clinton, April 26–27**
- 111 **Bluegrass, Brew & BBQ Festival, Grand Rivers, April 27–28**
- 112 **Water of Life Festival, Paducah, May 4**
- 113 **BBQ & Barrels, Owensboro, May 10–11**
- 114 **Lower Town Arts & Music Festival, Paducah, May 10–11**
- 115 **Summerfest, Henderson, May 18–20**
- 116 **Strawberry Festival, Beaver Dam, May 23–25**
- 117 **400 Mile Sale, State Route 68, Paducah to Maysville, June 6–9**
- 118 **Porchfest, Owensboro, June 8, visitowensboro.com**
- 119 **Strawberry Festival, Owensboro, June 8–9**
- 120 **W.C. Handy Blues & Barbecue Festival, Henderson, June 12–15**
- 121 **ROMP Music Festival, Owensboro, June 26–29, visitowensboro.com**
- 122 **Highway 41 Yard Sale, Henderson to Guthrie, June 28–29**
- 123 **4th Fest, Madisonville, June 28–30, July 4**
- 124 **Bluegrass in the Park Folklife Festival, Henderson, Aug. 9–10**
- 125 **Hoptown Summer Salute, Hopkinsville, Aug. 23–24**
- 126 **Jerusalem Ridge Bluegrass Celebration, Rosine, Sept. 12–15, jerusalemridgefestival.com**
- 127 **Lions Club Corn Festival, Morganfield, Sept. 26–28, morganfieldcornfestival.com**
- 128 **Trigg County Country Ham Festival, Cadiz, Oct. 11–13, gocadiz.com/hamfest**

WESTERN



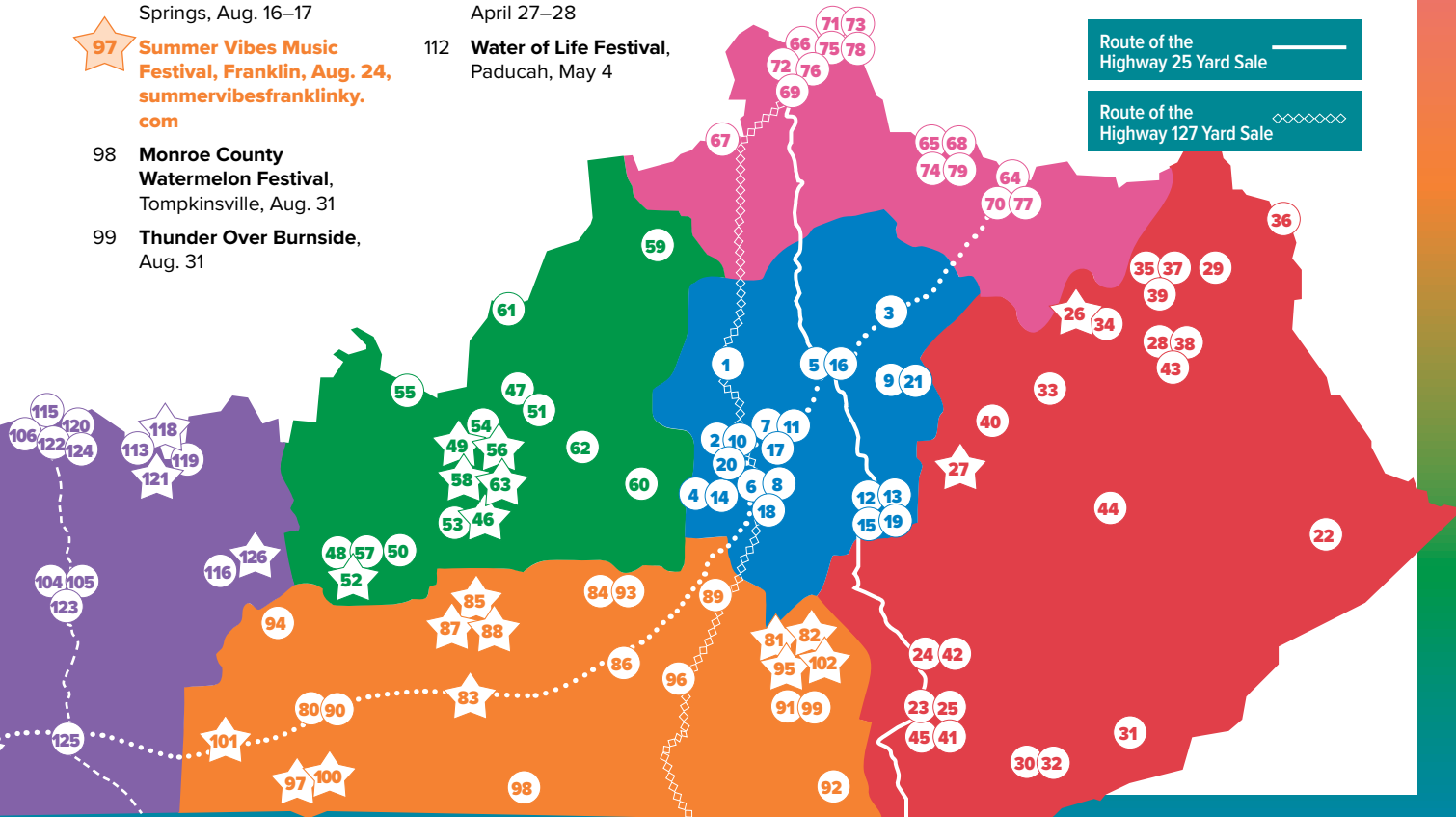
Stars denote festival advertisers.

If we missed your festival, let us know! Find more festivals and events online. Locations marked on map are approximate and may be shifted to show multiple events in the same city.

This listing includes festivals taking place April through August, as well as festival advertisers throughout the year. September festivals will be included on the festivals map in the September issue.

Route of the Highway 25 Yard Sale

Route of the Highway 127 Yard Sale





Flowering dogwood

Native blooms need special care

ONE OF THE MOST RECOGNIZABLE FLOWERS

of spring is our native flowering dogwood. They are widely sold and planted, even though they are highly susceptible to several diseases and insects. Fortunately, these issues are not as problematic on trees that are healthy and vigorous.

If you are planning to plant a dogwood, consider several factors to reduce potential stress and increase success. Plant in soil that is moist but well drained and rich in organic matter. Dogwoods prefer sites that are partly sunny. They can grow in full sun, but this is typically more stressful and could require frequent watering when the weather is dry.

Experts also recommend keeping a 2- to 3-inch layer of organic mulch around your dogwood. Not only is this attractive, but it will also help prevent any mechanical damage to the trunk from mowing and will help cool the soil and reduce summer moisture loss.

It's especially important to prevent injury and stress at the time of planting. It can take two to three years for a dogwood to become fully established, so regular watering is important, particularly in the summer and fall for those years.

Plant dogwoods in an area where they can grow naturally without a



SHELLY NOLD

lot of pruning. They can reach 15-30 feet tall and equally wide, depending on the species and location. Plants that grow in the sun are typically shorter and denser than those growing in part shade.

Our native dogwood does not handle extremes very well and grows naturally as an understory or woodland tree. Your best defense is always starting with a healthy plant. Care for it well, preventing injury and stress, and you will be rewarded with abundant spring flowers and graceful beauty for years to come. **KL**

SHELLY NOLD is a horticulturist and owner of The Plant Kingdom. Send stories and ideas to her at The Plant Kingdom, 1000 E Market St., Louisville, KY 40206

ASK THE gardener



Where is the best spot to plant a hydrangea?
—Dianna Jordan

A There are several species and hundreds of varieties of hydrangea. Each species has its own specific growing requirements. Morning sun and afternoon shade is ideal for most hydrangeas. They will not tolerate wet soil. Bigleaf hydrangea (*Hydrangea macrophylla*), probably the most common species grown in Kentucky, grows best in part sun. Panicle hydrangea (*Hydrangea paniculata*) and smooth hydrangea (*Hydrangea arborescens*) thrive in full to part sun. Afternoon shade reduces drought stress during hot summer months. Oakleaf hydrangea (*Hydrangea quercifolia*) is great for areas with more shade than sun. With so many options, there is a hydrangea for every garden.

» Angie Oakley



MARIANNE CAMPO/ISTOCK

Have a gardening question?
Go to KentuckyLiving.com, click on Home & Garden, then "Ask the Gardener."

READER
recipe

Quick comfort food

Cheesy Garlic PotatoesSubmitted by **Caroline Nance**,
Licking Valley RECC consumer-member

If you love scalloped or au gratin potatoes, you're in luck with this recipe. Those dishes can be time consuming and hard to accomplish. But these cheesy garlic potatoes are easy to toss together and perfect for weeknight dinners or potlucks.

4 medium baking potatoes, peeled and thinly sliced

¼ C butter

1 garlic clove, pressed or minced

2 green onions with tops, sliced

¼ C Parmesan cheese, freshly grated

Preheat oven to 400°. Arrange potatoes in a 9x13-inch baking dish. Combine butter and garlic in small microwave-safe dish. Microwave on high for 30 seconds or until butter melts. Stir, then drizzle butter mixture over potatoes. Sprinkle potatoes with green onions and cheese. Bake 35–45 minutes, or until the potatoes are tender and light brown. Serves 6–8.

*Sides at the center**Recipes to add to your rotation*

I **RECENTLY JOKED** with a friend that being an adult means you have to figure out what to make for dinner—forever! Even as a food blogger and writer who loves to cook and entertain, I find it can be exhausting to think of what to make for dinner each week.

My husband and I have figured out a system that works for us—a list of 20 meals for the month. I pick out a couple of meals for each week, depending on what we have going on, and then order groceries and plan from there. One thing he included was a selection of side dish ideas, which has been a huge help. It's been nice for us to have a variety of meals to avoid eating the same things every week. Here are two side dishes we've been loving, and I hope you and your families will enjoy them, too.

Greek Couscous Pasta Salad

8 oz Israeli couscous

1 C cucumbers, thinly sliced and quartered

1 C cherry tomatoes, halved

1 C pitted Kalamata olives, halved

½ C red onion, thinly sliced and halved

½ C feta cheese, crumbled

Dressing

¼ C olive oil

Juice of ½ lemon

1 ½ tsp Dijon mustard

1 ½ tsp fresh chives, minced

½ tsp fresh oregano, minced

¼ tsp salt

¼ tsp pepper

Pinch of red pepper flakes

Prepare couscous according to package directions, making sure to salt water for flavor. While couscous cooks, prepare cucumbers, tomatoes, onion and olives. Add all dressing ingredients to large mixing bowl and whisk to combine. After couscous is done, add it to bowl with dressing. Add vegetables, olives and feta, and toss using rubber spatula until all ingredients are combined with dressing. Enjoy right away or place in fridge to chill until needed. Serves 10.

HEATHER BILYEU, raised in southern Kentucky, is the owner and voice behind the food blog, *Fueling a Southern Soul*.

SEE THE VIDEOSat KentuckyLiving.com/CookGo to KentuckyLiving.com/submit-a-recipe



Pollinator paradise

Luna's Coffee, Wine & Butterfly Cafe, Nicholasville

JOEL SAMS



WHAT DO YOU GET when an agricultural economist and an entomologist open a restaurant? A butterfly cafe, obviously.

Served by Blue Grass Energy, Luna's Coffee, Wine & Butterfly Cafe offers an inviting spot for brunch, lunch or drinks, as well as the chance to observe the life cycle of moths and butterflies and learn how to improve their habitat.

"It was our COVID midlife crisis," jokes co-owner Alison Davis, an agricultural economics professor at the University of Kentucky, whose entomologist husband, Web Barney, had been breeding moths and butterflies for about five years prior to opening the restaurant. Drawing on Davis' pre-grad school restaurant experience, a new concept took flight.

Open since April 2021, Luna's offers a thoughtful menu crafted with help from kitchen manager Eli Gruver. Breakfast might be a blueberry and brie sandwich or a bagel with smoked salmon. For lunch, customers enjoy sandwiches like the black bean burger or chipotle chicken, and salads like the poppy bleu. Don't forget dessert, from beignets to affogato, and stay for the full coffee bar, wine and bourbon lists, and cocktail menu.

And the butterflies? They operate on nature's timetable, but Barney says you can expect the luna moth, monarch butterfly and others to emerge this month into their display cages. They'll be released into the wild later in the season. Want more butterflies and moths in your life? Barney sells plants for your home garden that support these species.

Located at 109 Springdale Drive in Nicholasville, Luna's Coffee, Wine & Butterfly Cafe is open 7:30 a.m.–8 p.m. Monday and Friday; 7:30 a.m.–3 p.m. Tuesday–Thursday; 8 a.m.–2 p.m. Saturday; and 9 a.m.–2 p.m. Sunday. View photos and read more at KentuckyLiving.com.

JOEL SAMS



Luna's Coffee Wine & Butterfly Cafe Vegetarian Quiche

Serves 8

- 1 frozen pie shell, store-bought
- 5 eggs
- 1 C heavy whipping cream
- 1 pinch each of salt and pepper
- Dash of nutmeg
- ½ C goat cheese, crumbled
- ¼ C onion, chopped and sautéed
- ½ C chopped arugula
- ¼ C sundried tomatoes, chopped

Preheat oven to 350°. Bake pie shell approximately 8 minutes until slightly browned and puffy. Let pie crust cool. Whisk eggs, add a dash of water, then add cream and whisk another 30 seconds. Add nutmeg, salt and pepper. After shell cools, layer cheese, onions, arugula and sundried tomatoes to base of pie shell. Add egg mixture and use fork to gently stir and distribute toppings. Bake approximately 20 minutes and rotate. Cook another 20 minutes or until center is set. Cool before serving.



JOEL SAMS

Why conserving energy matters



Earth Day is coming up, which seems like a good time to think about home energy efficiency. Any easy ideas?

MIRANDA BOUTELLE
writes on energy efficiency for the National Rural Electric Cooperative Association

A Earth Day, April 22, is a great time to think about making changes at home to conserve energy. If we all contribute—even with small adjustments and changes in energy use—we can have positive impacts.

Before diving into ways to use less energy, it's important to know the difference between conservation and energy efficiency. Energy efficiency refers to equipment that uses less energy to do the same job. For example, ENERGY STAR-certified refrigerators use about 9% less energy than standard models, according to the U.S. Department of Energy.

Conservation saves energy by changing behavior and practices. For example, you can save energy by adjusting your thermostat to be closer to the outside temperature.

Conservation has the best return on investment. It's often free and can save a little



or a lot—depending on what changes you make.

Some ideas

Let's start with what's typically the biggest energy user in the average household: heating, ventilation and air conditioning equipment. Save energy while you sleep by programming your thermostat to be a few degrees closer to the outside temperature at night.

PLUG INTO THE OUTDOORS

Earth Day lends itself to thinking of ways we can connect with one another and limit our screen time. Look for electricity-free opportunities with your family or community by getting outside. Hiking, walking or even just spending time in your yard or local park is a great way to reconnect with others and nature. Before you head out, adjust that thermostat, unplug chargers from outlets and turn off lights and electronics.

▲
On Earth Day, think of ways your family can limit screen time and connect with one another. Photo: Mark Gilliland/Pioneer Utility Resources

If you have a heat pump, do not change the settings more than one degree in heat mode. Typically, the second-biggest energy user is the water heater. Replacing an electric storage water heater with a heat pump/hybrid water heater is a great example of an energy efficient project. Conserve energy by adjusting the temperature setting to the recommended 120 degrees and using less hot water in your home. Wash clothes in cold water; and don't let the hot water run longer than necessary when washing dishes. **KL**

Help lineworkers stay safe while working

Be work zone aware



KENTUCKY ENERGY STAFF

NATIONAL WORK ZONE AWARENESS WEEK,

April 15–19, can be summed up in a few words: Help them, help you. That means being mindful of work zone signs, which apply to lineworkers as well as those involved in road construction.

We may hear the public service announcements warning drivers to be aware of road construction, and the possible consequences of not being mindful of

these sometimes hazardous work zones. But how many people are actually listening? Do you slow down when you see that flashing orange “work zone” sign?

Utility trucks are equipped with flashing lights and reflective materials. Work zones are marked on the road with orange cones. Line crews wear reflective clothing when working near roadways. But even with these measures in place, work zones are dangerous.

Lineworkers face multiple hazards

Crews often work during harsh weather, which makes the job even more dangerous. Equipment that would be clearly visible in daylight is difficult for motorists to see in rain, snow, sleet or hail. But keeping the power on means they must work during those conditions, too.

When driving through a work zone or past a line crew, remember workers are doing their job and what they’re doing is simply helping you. We can help keep workers, other drivers, passengers and ourselves safe. Please slow down and take your time while passing through work zones.

Electric cooperative employees understand work zones can be frustrating, especially when you’re in a hurry. But road crews and lineworkers work diligently to reduce the effect of roadside activities during your commute. They need your full attention to get the job done quickly and safely. **KL**



CHARLIE LEWIS
Kentucky Electric
Cooperatives Safety
and Loss Prevention
Instructor

**YEARS IN THE
INDUSTRY:**
28—seven years with
Kentucky Electric
Cooperatives and
nearly 21 with Inter-
County Energy

**WHEN I’M NOT
WORKING, I’M:**
Enjoying spending
time with my wife, Jill,
and our two golden
retrievers, and play-
ing golf.

Work zone safety tips

- Pay attention to warning signs and flaggers.
- Be alert when you approach and enter a work zone.
- Don’t speed or tailgate in and around work zones.
- Avoid distractions such as talking or texting on the phone, changing your radio station, eating or drinking when approaching or in work zones.
- Keep your attention on the road, not on what the workers are doing.
- Turn your headlights on to make your vehicle more visible to workers and other drivers.
- Watch for brake lights or slow-moving vehicles.
- Maintain a safe following distance.

April is Parkinson's Awareness Month

Tools to improve patients' quality of life



HALFPOINTADOBESTOCK

APRIL IS RECOGNIZED NATIONALLY

as Parkinson's Awareness Month, bringing attention to a neurological condition that impacts movement, affecting approximately 10 million people worldwide. While Parkinson's has no cure, understanding the basics of the disease is crucial for those diagnosed, and for their loved ones.

The primary culprit behind Parkinson's is the loss of dopamine-producing cells in the brain. Dopamine is a neurotransmitter that plays a vital role in regulating movement and coordination. Symptoms typically start slowly. Tremors are common, but the disorder may also cause stiffness, slowing of movements and difficulty with balance. Some patients can experience non-movement symptoms, such as trouble sleeping, depression and speech problems.

Treatment focuses on alleviating symptoms. To achieve this, doctors commonly prescribe medications that enhance dopamine levels. Physical therapy helps maintain mobility and manage stiffness. Experts often recommend a combination of treatments from a collaborative team of providers, tailored to patients' individual needs. Emotional and mental well-being are just as important as physical symptoms. Patients commonly experience mood changes and challenges related to daily activities. Support groups, counseling and engaging in activities that bring joy can help patients keep a positive outlook.

Maintaining a healthy lifestyle is also beneficial. While none of the available Parkinson's treatments slow the rate of progression, several studies have demonstrated that exercise

does help. It is by far one of the best things that people with Parkinson's can do for themselves. Experts recommend moderate-intensity aerobic exercise for five 30-minute sessions each week.

Although there is no cure for Parkinson's, patients' symptoms can be managed and even improve through treatment options that include medications, lifestyle adjustments and surgery. While Parkinson's itself is not fatal, disease complications can be serious. The Centers for Disease Control and Prevention identifies Parkinson's disease as the 14th leading cause of death in the U.S. **KL**

TAREK ALI, M.D., is a neurologist with the Kentucky Neuroscience Institute and assistant professor in the University of Kentucky College of Medicine.



Kentucky's waterfalls make a splash

Follow the falls to some of the state's most scenic sights

BY KATHY WITT

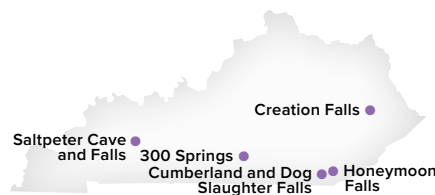


Cumberland Falls is known as the "Niagara of the South." Photo: Kentucky Department of Tourism

TALK ABOUT AN ATTENTION hog. Stretching 125 feet across a rocky outcrop and plummeting down 68 feet into the Cumberland River below, Cumberland Falls, within Cumberland Falls State Resort Park—the most visited state park in the Kentucky State Park system—grabs headlines and draws crowds.

The "Niagara of the South," as Cumberland Falls is known, is deservedly Kentucky's most famous waterfall. But it's not its only wow-worthy waterfall.

There are waterfalls all over the state, from a "cave waterfall" in the western hinterlands to the tallest waterfall in the east at Yahoo Falls near Whitley City. In the southeastern part of the state alone, some 800 waterfalls splash down—17 of them so spectacular they get a shoutout



on the new Kentucky Wildlands Waterfall Trail.

"By taking part in the Waterfall Trail, folks will see things they'll find memorable and enjoyable," says Greg Davis, a landscape photographer based in McCreary County and Wildlands Waterfall Trail ambassador.

Davis is one of three such ambassadors who together have visited all 17 of the trail waterfalls. Among his favorites are Pine Island Double Falls in

PUT A BOW ON IT

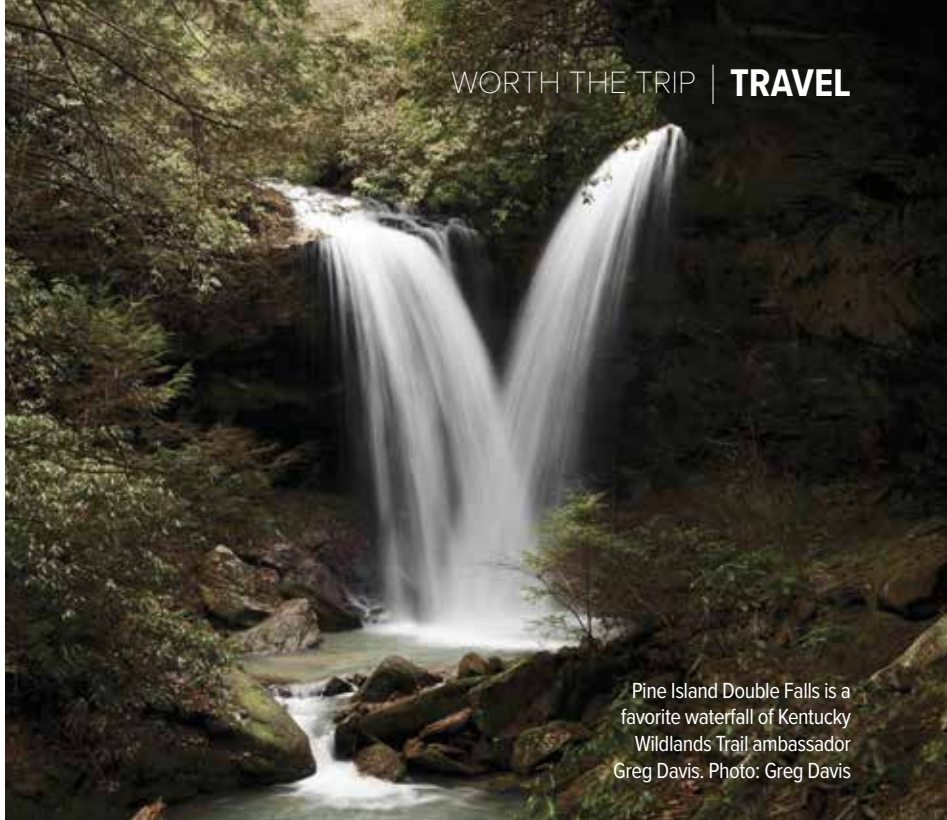
Cumberland Falls in Cumberland Falls State Resort Park in Corbin is the only place in the Western Hemisphere where a moonbow regularly appears. Also called a lunar rainbow or a white rainbow, the moonbow is formed like a rainbow, but is a phenomenon that occurs, according to *Astronomy* magazine, less than 10% as often as a rainbow—and most places see fewer than a half dozen of these rainbows in a year. When can you experience a rare sighting? Check the park's calendar at <https://parks.ky.gov> for the moonbow's 2024 appearances.

the Daniel Boone National Forest near London and Yahoo Falls.

“Pine Island Double Falls is magnificent,” says Davis. “When in full flow, there’s nothing else like it in Kentucky. And Yahoo Falls, for those who’ve never experienced it, just walking into that massive rock house and seeing the stream is jaw-dropping.”

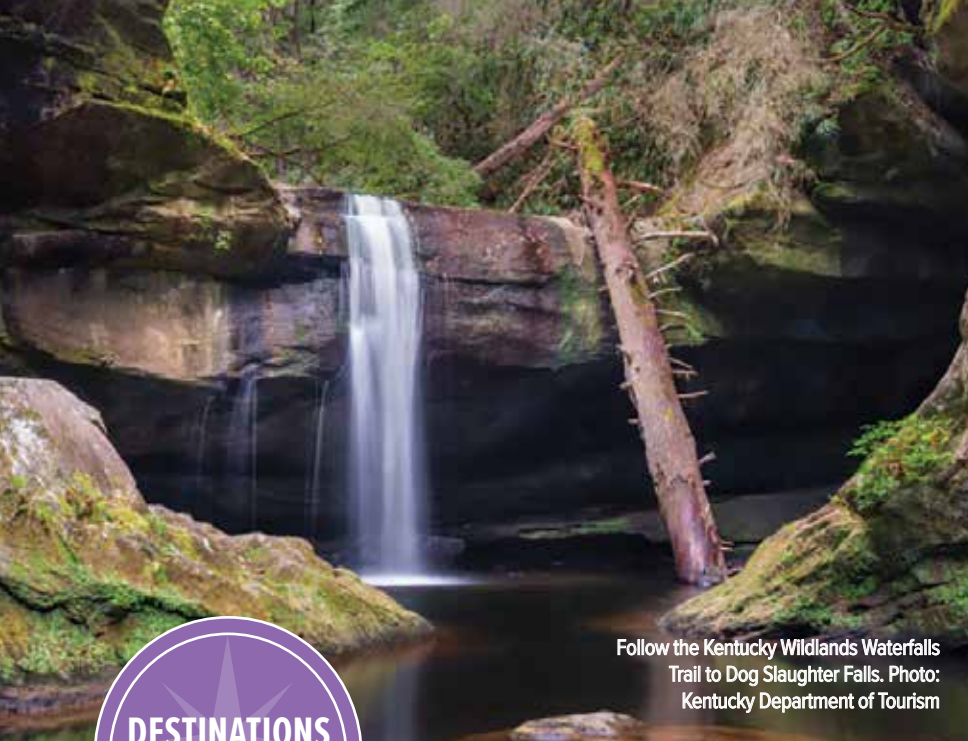
The cascading spectacles on the Wildlands Waterfall Trail include the 60-foot Bad Branch Falls in Eolia’s Bad Branch State Nature Preserve; Flat Lick

300 Springs Waterfall is an oasis located on the Blueway on the Green in Hart County.
Photo: Sandy Ladd-Russell



Pine Island Double Falls is a favorite waterfall of Kentucky Wildlands Trail ambassador Greg Davis. Photo: Greg Davis





Follow the Kentucky Wildlands Waterfalls Trail to Dog Slaughter Falls. Photo: Kentucky Department of Tourism



Go chasing waterfalls. Here's a selection from among the hundreds of waterfalls in the Bluegrass state.

300 Springs

Blueway on the Green, Hart County (Farmers RECC); www.kygetaway.com.

Creation Falls

Red River Gorge Geological Area, Wolfe County (Clark Energy, Licking Valley RECC), www.redrivergorge.com, www.explorekywildlands.com, click "Outdoors" tab.

Cumberland Falls

Cumberland Falls State Resort Park (Cumberland Valley Electric), 7351 State Route 90, Corbin; (606) 528-4121, <https://parks.ky.gov>.

Dog Slaughter Falls

near London in Daniel Boone National Forest, www.fs.usda.gov/dbnf, www.explorekywildlands.com, click "Outdoors" tab.

Fulling Mills Falls

at Shaker Village of Pleasant Hill, 3501 Lexington Road, Harrodsburg; (859) 734-5411, <https://shakervillageky.org>.

Honeymoon Falls

Pine Mountain State Resort Park, 1050 State Park Road, Pineville; (606) 337-3066, <https://parks.ky.gov>.

Kentucky Wildlands Waterfall Trail

learn more about the 17 waterfalls along this newly designated trail—including Bad Branch Falls in Letcher County (Cumberland Valley Electric), Flat Lick

Falls in Gray Hawk (Jackson Energy Cooperative); and Seventy-Six Falls in Clinton County (South Kentucky RECC) at www.explorekywildlands.com/the-kentucky-wildlands-waterfall-trail. A Waterfall Trail Guide in print and pdf formats and can be requested at the website.

Pine Island Double Falls

London; www.explorekywildlands.com, click "Outdoors" tab.

Saltpeper Cave and Falls

in the Jones-Keeney Wildlife Management Area, Archery Range Road, Dawson Springs, www.fw.ky.gov and enter Jones-Keeney in the search box.

Yahoo Falls

700 State Route 700, Whitley City (South Kentucky RECC); www.explorekywildlands.com, click "Outdoors" tab.

Explore safely

Kentucky Wildlands Waterfall Trail ambassador Greg Davis typically spends April through December exploring waterfalls and says it is an ideal time for discovery—especially April when cooler temperatures making navigation easier. The Trail's website recommends checking current trail conditions before heading out and be alert for flooding in low-lying areas.

Falls in Gray Hawk, which plunges into a deep blue pool irresistible to water lovers; and Seventy-Six Falls, located along Indian Creek amid scenic trails, bridges and views.

Davis says the trails in and around the 17 falls are known and established. These were key considerations in selection criteria, along with ease of access with parking and signage. The aim also was to have geographically representative waterfalls located throughout the Kentucky Wildlands' designated 41-county region.

"On a weekend, you can visit a number of the waterfalls in a given area," says Davis.

Other wondrous waterfalls

Within the Jones-Keeney Wildlife Management Area in Caldwell County, the Saltpeter Cave and Falls await at the end of a heavily wooded, 1-mile trail, rated moderate but also known to have some challenging segments. Following a good rain, the 70-foot waterfall, known as the "cave waterfall," cascades over the face of the cave in a setting



Watch waterfalls without getting wet

You can hike or paddle your way to some of the state's scenic waterfalls, or play armchair explorer and watch some splashy videos at KentuckyLiving.com.

framed by towering trees and layers of greenery in different shades, sizes and textures.

The largest waterfall in Pine Mountain State Resort Park, Honeymoon Falls, plummets 25 feet down a massive rock wall softened by moss. Its picture-postcard setting feels like a grotto, with mountain stream,

Eagle Falls in McCreary County is worth the 1.5 mile hike—and it offers views of Cumberland Falls along the way. Photo: Rodney Hendrickson




Annual Events



Summer Kick-off Concert

First Saturday in June
Music, food trucks, and vendors



Thunder Over Burnside

Saturday of Labor Day Weekend
Music, food trucks, beer garden, vendors and fireworks on Saturday night

November 18th thru
December 31st

Drive through Christmas Light Display,
Vendor Village open on weekends, Santa & Grinch onsite nightly



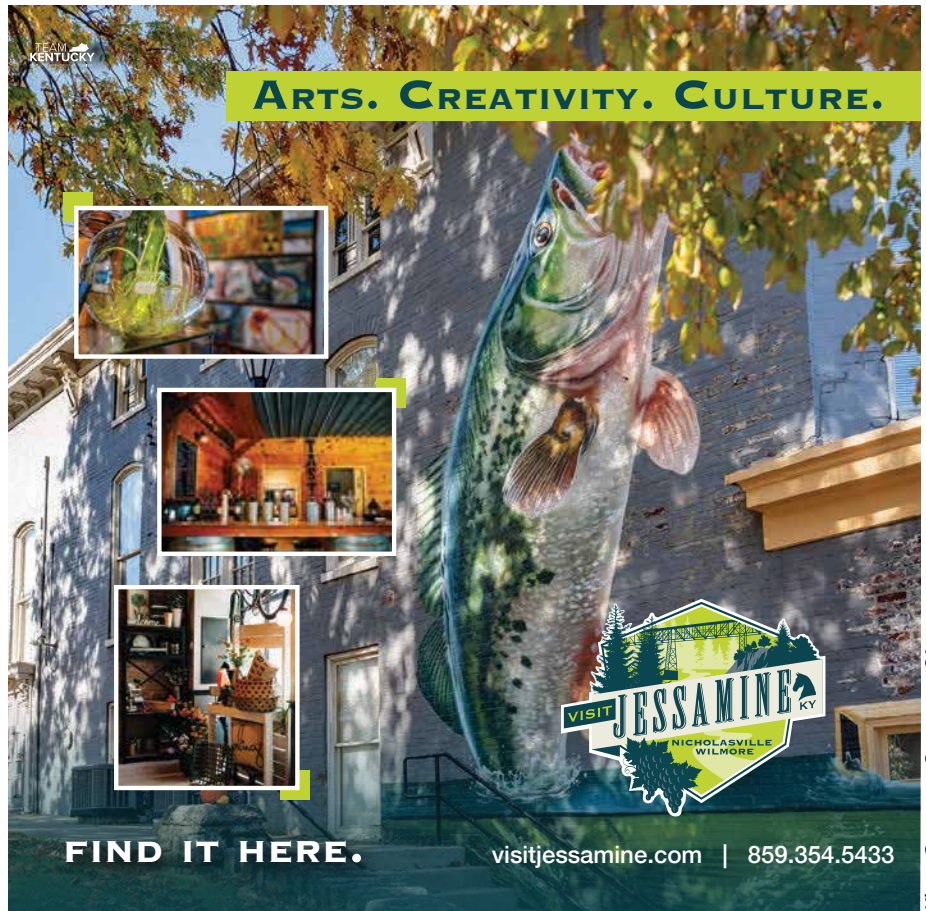
Christmas ISLAND



visitburnside.com


TEAM KENTUCKY


Win a Getaway. See page 61.





TEAM KENTUCKY

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Win a Getaway. See page 61.

thickets of rhododendron and old-growth forest, and small caves adding an air of mystique to this Pineville landmark.

Located on the Blueway on the Green in Hart County—the entryway to the Green and Nolin Rivers Blueway—300 Springs is accessible only by boat. From Lynn Camp Launch, paddle along

Kentucky’s only National Water Trail to this idyllic spot of mossy rock face, sun-dappled foliage and hushed serenity.

Creation Falls in Red River Gorge Geological Area is found along the moderately challenging and drop-dead gorgeous Rock Bridge Trail near Campton in Wolfe County. Cool your



Win a Getaway. See page 61.

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SHAKER VILLAGE UNEXPECTED SIGHT

Visitors to Shaker Village of Pleasant Hill near Harrodsburg are often surprised to learn of Fulling Mill Falls, an ideal picnic spot inside the nature preserve.

“It is the highlight of the Shawnee Run Trail and makes for the perfect selfie spot,” says Shelby Jones, senior director of marketing. “Fulling Mill Falls really comes to life during spring due to the rainfall, and winter during snow melts. It’s also very picturesque in the fall when the leaves change color.”

Purchase a takeout picnic from the Trustees’ Table or grab-and-go from the Village’s Post Office Shop. Private guided hikes can be arranged through eventsales@shaker-villageky.org.

Win a Getaway. See page 61.

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Find Fulling Mill Falls in the 6-mile Shawnee Run loop trail in the Nature Preserve at Shaker Village of Pleasant Hill. Photo: Shaker Village of Pleasant Hill

toes wading into the plunge pool and enjoy some of the most outstanding scenery Mother Nature can throw down. Bonus: Hikers will spy Rock Bridge, a natural sandstone arch spanning the creek, along the way.

The descriptively named **Dog Slaughter Falls** near London in Daniel Boone National Forest, is, like Creation Falls, part of the Wildlands Waterfall Trail. Tumbling 15 feet, the waterfall is located near the confluence of Cumberland River and Dog Slaughter Creek.

“There is also a pleasant hike along the Forest Service Dog Slaughter Trail

that runs parallel to Dog Slaughter Creek through dense stands of hemlock and rhododendron,” says Tim Eling, public affairs staff officer at the U.S. Forest Service, who has hiked to the falls. “Near the mouth of the creek, Dog Slaughter Falls provides a scenic place to enjoy nature, with the trail meandering over and around massive boulders before it connects to Shelton National Recreation Trail.”

For hikers, photographers, nature lovers, those seeking family outings—anyone looking for an active Kentucky adventure—each waterfall offers its own unique beauty, and all are unforgettable experiences. **KL**

KATHY WITT is an award-winning travel and lifestyle writer based in northern Kentucky and the author of seven books, including *Perfect Day Kentucky* and *Secret Cincinnati*.





APPALACHIAN ADVENTURE





Scan me

Not many small towns boast one of the World's most advanced planetariums, a state park, national battlefield, roaming elk, premiere performance venues, and musical legends. Yet, welcome to Prestonsburg. From moonshine to music and memory making mountains, go ahead and let yourself say yes to adventure.

Win a Getaway. See page 61.

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Win a Getaway. See page 61.

EVENT CALENDAR



1 SMALL BUT MIGHTY

It's back, and smaller than ever! On April 2, The Kathleen Savage Browning Miniatures Collection at the Kentucky Gateway Museum Center in Maysville kicks off a nine-month residency of *Scaled to Perfection: Encore & More*. The expo highlights some of the most extraordinary examples of miniatures by artisans past and present, displayed on more than 40 freestanding lit pedestals and in houses and wall cases. More info, www.ksbminiaturescollection.com, (606) 564-5865.

2 SEWING SCHOLARSHIPS

Make a stitch in time and head to the Grand Rivers Quilt Show, April 24–27 at the Community Center. See stitching details and craftsmanship up close and read stories about quilts and their creators. Vendors offer fabric, sewing equipment and more. The \$3 per day admission helps fund the Grand Rivers Chamber Scholarship. Hours: 9 a.m.–5 p.m., Wednesday–Friday; 9 a.m.–noon Saturday. More: www.grandrivers.org, click on Calendar of Events, (270) 362-0152.

3 KENTUCKY PROUD

Many of the state's signature products and creative crafts are showcased at Morehead's Kentucky Proud Expo, April 26–27 at the Morehead Convention Center. The free event is 5–8 p.m. Friday and 10 a.m.–4 p.m. Saturday. More than 30 vendors—all Kentucky Proud-certified—offer items like handmade jewelry and woodworking, plus edibles and sip-ables: wines, beer cheese, jams and jellies, and meats. For details, www.visitmorehead.com, (606) 780-4342.

4 SPRINGTIME BARN SALE

"Where upscale meets barn sale" is the slogan for Spring at the City Farm in Columbia, April 27. Eighty small businesses gather in the venue—a huge barn—offering goods like boutique items, candles, woodworks and jewelry. Plus gourmet sweets, succulents for the garden, food trucks and interactive workshops. Cost: \$5; 12 and under free. Hours: 9 a.m.–4 p.m. Find info at Facebook: Gatherings at the City Farm, (270) 250-2779.

VACATION RENTAL

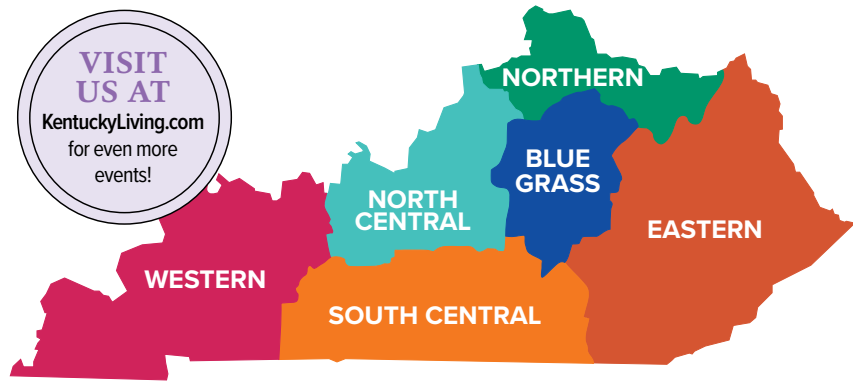
The Old Farmhouse at Cedars Hill Farm



Coming Home...Relax in our historical, late 1800s farmhouse located on a 75+ acre working forage farm near Booneville, KY. We are within about 35 miles of world-renowned climbing sites, the Red River Gorge, multiple Kentucky State Parks, ATV trail heads, I-75 and more. Find us on Vrbo, Airbnb and Facebook at Cedars Hill Farm.

Win a Getaway. See page 61.

TRAVEL | EVENTS



BLUEGRASS

SATURDAY, APRIL 6

49 Winchester Live, (859) 447-8166, The Burl, Lexington

MONDAY, APRIL 8

Total Eclipse Viewing Party, (859) 289-5507, Blue Licks Battlefield State Resort Park, Carlisle

FRIDAY, APRIL 12

A Tribute to Dave Brubeck, (877) 488-7469, Norton Center for the Arts, Danville

Disney's Finding Nemo Jr., thru 21st, (859) 756-0011, The Spotlight Playhouse, Berea

SATURDAY, APRIL 13

Lexington Ballet Company: Cinderella, (859) 233-4567, Lexington Opera House

Spring Bay Horse Trials, thru 14th, (859) 233-4303, Kentucky Horse Park, Lexington

WEDNESDAY, APRIL 17

Centre Choirs in Concert, (859) 236-4692, Norton Center for the Arts, Danville

SATURDAY, APRIL 20

Sensory Sunday, (502) 564-1792, Kentucky Historical Society, Frankfort

SUNDAY, APRIL 21

Anne Wilson Rebel Live, (859) 233-4567, Lexington Opera House

SATURDAY, APRIL 13

Morehead Mystical Market, thru 14th, (859) 771-0946, Laughlin Health Building, MSU, Morehead

SATURDAY, APRIL 20

Spring Gospel Concert, (606) 886-2623, Mountain Arts Center, Prestonsburg

Redbud Ride, (606) 224-1126, London

TUESDAY, APRIL 23

Whitley County Farmers Market, 30th, (606) 528-8860, Hometown Bank Farmers Market Pavilion, Corbin

SATURDAY, APRIL 27

Main Street Clean Sweep, (859) 498-8732, Main Street Park, Mt. Sterling

Parkinson's in Motion 5K Run, (859) 338-7430, London-Laurel County Farmers Market, London

NORTH CENTRAL

MONDAY, APRIL 1

Wild Lights, thru May 1st, (502) 238-5331, Louisville Zoo

THURSDAY, APRIL 11

Fascinator Affair, (502) 276-5404, Waterfront Botanical Gardens, Louisville

SUNDAY, APRIL 14

Botanical Body Polish—In-Person, (502) 241-4788, Yew Dell Botanical Gardens, Crestwood

THURSDAY, APRIL 18

Highway 55 Antique, Craft and Yard Sale, thru 21st, (502) 298-7280, Finchville Community Center, Finchville

SATURDAY, APRIL 20

Restore: Healthy Planet, Healthy You, (502) 955-8512, Bernheim Arboretum and Research Forest, Clermont

Pleasures of Fiber Faire, (502) 750-1398, Sweet Home Spun, Pleasureville

Shelbyville Dogwood Artisan Showcase, (502) 633-6388, Shelby County Fairgrounds, Shelbyville

EASTERN

FRIDAY, APRIL 5

Everette and Ben Chapman, (606) 256-0101, Renfro Valley Entertainment Center, Mt. Vernon

SATURDAY, APRIL 6

Russell Moore & Illrd Tyme Out, (606) 945-5999, Meadowgreen Appalachian Music Park, Clay City

Keep Corbin Clean Community Clean Up, (606) 528-8860, Sanders Park

FRIDAY, APRIL 12

Cruise-In on Main Street, (606) 464-5038, Beattyville

COMING SOON



MAY 1-31

Vote for finalists

See contest details on KentuckyLiving.com.



EVERETT/ADOBEE STOCK

WEDNESDAY, APRIL 24

Garden & Gun Distilled: Behind the Barrel, (757) 509-3108, James B. Beam Distilling Co., Clermont

SATURDAY, APRIL 27

Annual KY 86 Yard Sale, (270) 862-9434, Cecilia

NORTHERN

SATURDAY, APRIL 6

Covington Farmers Market, 13th, 20th, 27th, (859) 414-6405, Braxton Brewing Co.

SUNDAY, APRIL 7

Triple Crown Doll Club Show & Sale, (859) 663-8298, Holiday Inn Cincinnati Airport, Erlanger

TUESDAY, APRIL 16

Guided By Voices, (859) 491-2444, Madison Theater, Covington

THURSDAY, APRIL 18

The Maysville Players: Brighton Beach Memoirs, thru 28th, (606) 564-3666, Washington Opera House, Maysville

SATURDAY, APRIL 20

Napoleon Dynamite LIVE!, (614) 461-5483, MegaCorp Pavilion, Newport

FRIDAY, APRIL 26

Comedy @ Commonwealth: Steven Gillespie, 27th, (859) 360-3333, Commonwealth Sanctuary, Dayton

SATURDAY, APRIL 27

Dogwood Dash, (859) 384-4999, Boone County Arboretum, Union

Elvis Tribute, (859) 903-9477, Barnwood Bravo Theater, Dry Ridge

Camel Color 5K, (859) 635-4161, Campbell County High School, Alexandria

SOUTH CENTRAL

SATURDAY, APRIL 6

Cars and Coffee: Mustang Mania, (270) 528-6003, Cave City

Side by Side Exhibit, thru June 22nd, (270)745-2592, Kentucky Museum, Bowling Green

FRIDAY, APRIL 12

Roy Dale Memorial Barrel Race (IBRA), thru 13th, (501) 239-4000, Central Kentucky Ag Expo Center, Liberty

SATURDAY, APRIL 13

Decades of Elvis, (270) 361-2101, The Plaza Theatre, Glasgow

FRIDAY, APRIL 19

IBRA Barrel Racing, thru 20th, (501) 239-4000, Central Kentucky Ag Expo Center, Liberty

SATURDAY, APRIL 20

Town Mountain + Brother Smith, (270) 629-4263, The Grove, Glasgow

SATURDAY, APRIL 27

Blue Collar Bash II, (812) 280-3645, Campbellsville Baptist Church

Somernites Cruise Car Show and Cruise—

LS Showcase, (606) 872-2277, Fountain Square, Somersett

Casey County Consignment Auction,

(606) 787-7894, Dunnville

WESTERN

MONDAY, APRIL 8

Solar Eclipse Viewing, (270) 335-3681, Wickliffe Mounds State Historic Site

FRIDAY, APRIL 12

Garden and Outdoor Living Expo, thru 13th, (270) 886-6328, Christian County Extension Office, Hopkinsville

SATURDAY, APRIL 13

Star Party, (270) 584-9017, Mahr Park Arboretum, Madisonville

SUNDAY, APRIL 14

Sunday Seminar: Native Plants, (270) 584-9017, Mahr Park Arboretum, Madisonville

FRIDAY, APRIL 19

Rumours: A Fleetwood Mac Tribute, (270) 821-2787, Glema Mahr Center for the Arts, Madisonville

SATURDAY, APRIL 20

FeatherStone Farm Barn Market, (270) 681-2974, FeatherStone Farm, Mayfield

SATURDAY, APRIL 27

Guided Hike: Trees of the Arboretum, (270) 584-9017, Mahr Park Arboretum, Madisonville

The MCC Singers Spring Concert, (270) 821-2787, Glema Mahr Center for the Arts, Madisonville

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

CALL BEFORE YOU GO as event days can change. **SUBMIT ALL EVENTS ONLINE AT KENTUCKYLIVING.COM.** For FREE print listing consideration of Kentucky events, submit two months in advance, **by May 1 for the July issue.**

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Win a Getaway. See page 61.

Peony Spring Festival

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TEAM KENTUCKY

Win a Getaway. See page 61.



1 COME AND GET IT
Charlie the Kunekune pig—a small breed from New Zealand—is ready for his supper. Photo by Kati Wilson, Campbellsville, a Taylor County RECC consumer-member.

2 CREEK FISHING
Henri Brownell, Cadiz, caught this action shot of an angler on Casey Creek. “I wanted to capture some fishing in our beloved area,” says Brownell, a Pennyrite Electric consumer-member.

3 DREAMING OF SPRING
Emmy McClintock holds a lamb who’s ready for a nap after a long day of play. Photo by mom, Miranda McClintock, Morgantown, a Warren RECC consumer-member.

4 TAG, YOU’RE IT
Bella enjoys spring sunshine with her chicken friends, Big Red and Mable, at Van Scott Farms. Photo by Amber Lynn Scott, Paris, a Blue Grass Energy consumer-member.

SEND US YOUR SNAP SHOTS! We’re looking for spring photos. Submit up to five photos monthly for a chance to **BE FEATURED IN KENTUCKY LIVING**. Photos with people work best, as well as those with seasonal interest. Remember to identify people or pets in the photo left to right and tell us their relation to you.



Visit **KENTUCKYLIVING.COM** and click on **CONTESTS** to submit photos.

KENTUCKY kids



Explore Spring Colors

Have a color scavenger hunt on a warm day. How many different colors can you find this spring?

MULTIPLICATION MATCH



Can you find the correct number that answers each problem?

- A) 5×6
- B) 2×11
- C) 3×5
- D) 8×10
- E) 3×7



Answers: A: 30 B: 22 C: 15 D: 80 E: 21



Did You Know?

A rabbit's teeth never stop growing! They do not get too long because they're gradually worn down as the rabbit eats.

Green Team Tip

On hot days, keep curtains or blinds closed to block heat from the sun and keep homes cooler.

— Ella Gootee, age 8



Send us your green team tips!



Enter KIDS Contest

Submit a Green Team Tip or Joke online at KentuckyLiving.com: Magazine/Submissions for a chance to win a prize!

Make recycling easy

Place marked bins in the kitchen next to the trash can so you will always remember to recycle. Only put empty, clean and dry food and drink containers into your recycling.

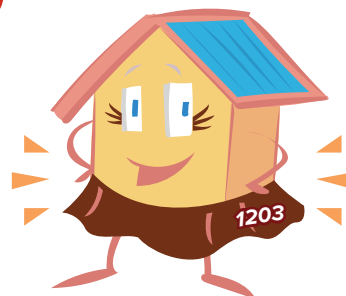


Tell us a joke!

What does a house wear?

Address!

— Wyatt Lane, age 8



GREAT OUTDOORS

Fishing the Rat-L-Trap

A WWII pilot's creation

ONE OF MY FAVORITE LURES to catch big bass is the Rat-L-Trap. It's not just effective—it has a great history as well. Its creator, the late Bill Lewis, was a World War II bomber pilot who flew 30 combat missions, as well as 10 voluntary missions supplying gasoline to Gen. George Patton's troops in Europe.

After the war, Lewis attended the University of Alabama and graduated from the Chicago Academy of Art. He worked as a commercial artist, but was always tinkering with lures at home. One of his creations was a lure with BBs inside. He took it with him to test on a fishing trip in Texas. When he and his friends started catching many large bass on the “funny-looking bait with all the rattles inside,” Lewis knew he had something, but it

needed a name. On his drive home, Lewis' creative mind was working overtime to come up with one. Then it started raining, and he had to drive with one hand and work the windshield wiper with his other hand. Lewis said to himself, “I need to replace this old rattletrap someday.” I'm sure it was an instant revelation. Lewis would name his new lure Rat-L-Trap, and, as they say, the rest is history.

The Rat-L-Trap is as popular today as it was back when Lewis invented it in the late 1960s. There are many other rattling lipless crankbaits on the market today, but Lewis'w creation still catches bass. I have found that spring is the best time to use the Rat-L-Trap, when big bass are spawning in the shallows, or about to head that way. If the water is still cold, those BBs, and the sound they create, will cause a bass to strike out of pure anger and aggravation, even when it's not feeding.

The rattling bait is hard for a bass to resist. Oftentimes, a bass won't even eat the bait. Instead, it lashes out, trying to get the bait out of its personal space. You can tell this has happened when you hook a bass on the outside of the mouth. If this happens, the bass is barely hooked, and you'll have to be careful landing it.

The Rat-L-Trap is so effective because you can cover so much water when fishing it. You can fish it shallow or deep and bass are staging in both depths in the spring. Whether you are fishing in 2 feet or 15 feet of water, you can reel it fast to keep it high or let it sink into deeper water. This enables you to present the lure in all of the areas where springtime bass hang out. Many shallow spawning bays have creek channels leading to them. You can use the Rat-L-Trap to cover the whole area without needing to change baits. Give it a try this spring and enjoy the great outdoors. **KL**

The Rat-L-Trap is an effective lure to catch bass in the spring.
Photo: Ken McBroom



KEN MCBROOM, an outdoors writer/photographer, created RamblingAngler.com. McBroom grew up in Lynchburg, Tennessee, and now lives in western Kentucky.

Eye Doctor Helps Tennessee Legally Blind To See

High Technology For Low Vision Patients Allows Many To Drive Again



For 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 bastions of independence: driving. A Lebanon optometrist, Dr. James Gillispie, 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. Gillispie, 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. Gillispie.

When Beth, 62, of Greenville, TN, came to see Dr. Gillispie 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. Gillispie also prescribed microscope glasses for reading newspapers and menus in restaurants.

As Beth 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. Gillispie, "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. Gillispie. "It's like a self-focusing camera, but much more precise."

To learn more about bioptic telescopes or to schedule a consultation with Dr. Gillispie, give us a call at 1-855-405-8800. You can also visit our website at:

www.lowvisiontn.com

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The mushroom hunter

Seeking the elusive morel



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.

SOMEONE OCCASIONALLY ASKS, “How do you find stories for the back page?”

Most ideas are passed along by emails, calls or letters, but this one passed me on the street one afternoon.

As soon as I saw the specialty license plate, “MORELS,” on the silver Nissan four-wheel drive pickup, I figured the driver must be a story.

A few minutes later, I shook hands with Wayne Yochum of Oldham County, a longtime employee of Buffalo Trace Distillery, who since 2010 has been hunting wild morel mushrooms every spring across much of Kentucky.

Webster's defines a morel as “any of several pitted edible fungi,” but many who've sampled morels as table fare might add the word “delicious.” Morels are sometimes called “dry land fish,” but to Yochum they have a nutty, earthy flavor.

to look for, and remember the mushroom hunters' motto: “If in doubt, throw it out.”

Usually about the time redbuds bloom each spring, morels may be found in some Kentucky woodlands from early April to late May. Mushroom hunters are so secretive about morels' locations that a reporter friend from eastern Kentucky said he was once blind-folded before being taken to a site where morels had been found. Even veteran mushroom hunters haven't figured out why morels grow in one place and not another.

“It's a mystery,” says Yochum. “In our state, you can go to a place and find a hundred under three or four trees in a certain area. And you can go for another 200 acres in the same environment with the same trees and find nothing.”

Before most ash and elm trees were destroyed by disease, morels were often found under those species. Now Yochum finds most of his morels under sycamores and tulip poplars, and has had some success under several varieties of maples. Other morel hunters claim to have luck finding them in apple orchards. Microscopic spores that are dispersed from the fruit are essential to the morel's reproduction. But scientists are still trying to unlock many of the fungi's secrets of reproduction, and Yochum says he personally knows of no one who has been able to successfully cultivate morels.

He advises cutting them with a sharp knife as near the ground as possible—and protecting the roots by not pulling them.

After gently cleaning them with water, he slices them lengthwise, covers them with flour (some prefer cornmeal) and fries them in bacon grease or butter.

Other information about hunting, harvesting and cooking morels will be available at the Mountain Mushroom Festival in the Estill County seat of Irvine on April 27–28. For more information, visit mountainmushroomfest.org. **KL**



Their oblong, tapered caps are honey-combed with ridges that turn inward and vary from blond to brown to gray, and even black in some species. Their caps and pale, creamy stems are hollow. There is a false morel that is dangerously toxic and should be avoided. Its stems and caps are not hollow. So learn what



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KIMBERLY DOSS



TIM WEBB



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WAYNE GARMON



TIM WEBB

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