

# KentuckyLiving

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**CHEESEBURGERS**

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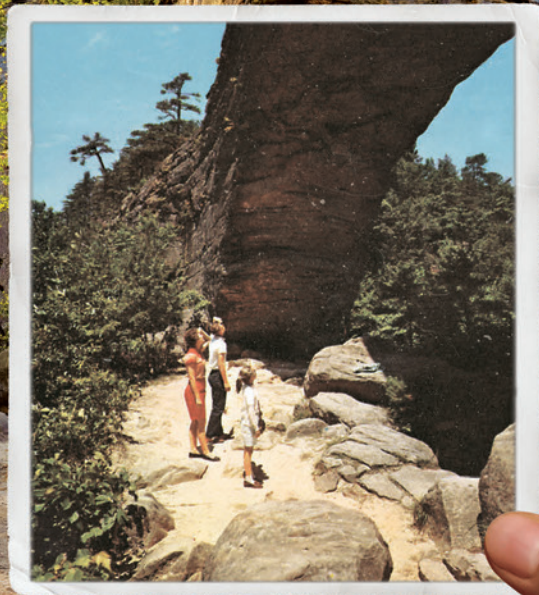
## **TASTING HISTORY**

Classic Kentucky cookbooks



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Win a Getaway. See page 23.





16

2024  
Food  
Issue



26

JOE IMEL

# JUNE

VOL 78 | NO 6

16

## TASTING HISTORY

From *The Kentucky Housewife* in 1839 to *Praisesong for the Kitchen Ghosts* in 2024, Kentucky cookbooks preserve and share the state's culinary traditions. Enjoy a look back at Kentucky's food history, then taste it for yourself.

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## BACK ROAD BURGERS

**COVER STORY** Ryan Craig's daunting mission: finding—and sampling—Kentucky's best cheeseburgers under \$5. From Irvine to Owensboro, these no-frills, full-fat flavors are worth a back road summer excursion.

**ON THE COVER** Dovie's in Tompkinsville cooks up one of Ryan Craig's favorite Kentucky cheeseburgers under \$5. The double cheeseburger, shown, will set you back \$6.15. Read the story on page 26 and prepare to go off the beaten trail in search of some of the best cheeseburgers in the state. Photo: Joe Imel



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RED RIVER GORGE CABIN RENTALS

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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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**SHIPPING:** 1630 Lyndon Farm Ct Ste 200, Louisville, KY 40223

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## ADVERTISING OFFICES

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American MainStreet Publications  
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## AND NOW FOR THE LEGAL STUFF

*Kentucky Living*, Vol. 78, No. 6, (ISSN 1043-853X) is published monthly by the Kentucky Association of Electric Cooperatives Inc., 1630 Lyndon Farm Ct Ste 200, Louisville, KY 40223-5031. Periodicals Postage Paid at Louisville, Kentucky, and at additional mailing offices.  
**COPYRIGHT, 2024**, by Kentucky Association of Electric Cooperatives Inc. All rights reserved. **SUBSCRIPTIONS:** \$2.99 per year for co-ops that subscribe for their members on a monthly basis; all others, \$15 for one year, \$25 for three years. **NEWSSTAND COST:** \$2.95.  
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# THE SUN Shines Bright ON KENTUCKY MAIN STREET

Make Kentucky Main Street communities your summer shopping destination. These historical districts feature a lively mix of commerce, arts, and exciting activities.

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4. Scottsville
5. Campbellsville
6. Perryville
7. Springfield
8. Bardstown
9. Taylorsville
10. La Grange
11. Shelbyville
12. Carrollton
13. Cynthiana
14. Maysville
15. Grayson
16. Morehead
17. Salyersville
18. Beattyville
19. Pikeville
20. Tri Cities Heritage  
Cumberland  
Benham  
Lynch
21. London
22. Pineville
23. Williamsburg
24. Middlesboro

Win a Getaway. See page 23.

*Where the world meets Kentucky*

# frazier

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PEOPLE  
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TRADITIONS  
OF ALL 120 KENTUCKY  
COUNTIES

Win a Getaway. See page 23.



# Extra helpings

*Food stories conjure family memories*

**TUCKED AWAY** with my childhood keepsakes is a small wooden box chock full of memories.

Like the wishes promised with the rub of a genie's lamp, the contents of this box are priceless family moments and traditions. Some are splattered with bacon grease, batter or perhaps the remnant of an egg yolk, while others include handwritten revisions and reminders.

Reading this month's feature on classic Kentucky cookbooks (page 16), I am reminded of the recipe box my mother and grandmother shared. It is a miniature treasure chest, each recipe card a set of directions for family favorites.

I can still smell the pancakes on the griddle as my grandmother prodded me to take a seat and not pour too much Karo syrup on the steaming stack.

The country cooking and camaraderie of the kitchen is what I think about when I read Heather Bilyeu's *Around the Table* column each month in *Kentucky Living*. Whether it's recreating a reader recipe or sharing one of her own, Heather takes me back to the kitchen table of my youth. I strongly encourage you to watch Heather's cooking demonstration videos on *Kentucky Living's* YouTube channel. Like all of *Kentucky Living's* recipes, they are free to enjoy.

I took a trip down memory lane on KentuckyLiving.com for my family's favorites. I found eight recipes for pancakes, five more for chicken and dumplings—a true Perry family staple—and more than a dozen recipes for biscuits. Do you taste a trend? We must love our starches. Which reminds me of a story.



HEATHER BILYEU

When I was 15, we got a newly outfitted kitchen thanks to my 4-year-old brother. Very early one morning I heard him crying, so I got up to check on him. He had gotten hungry before the rest of us were awake and decided to make himself breakfast. But through his tears he explained to me that he forgot to take the wrappers off the Pop-Tarts before toasting them and had set the kitchen on fire.

Sure enough, when I bolted to the kitchen, the flames had spread to the cabinets. I ran out the door in my underwear yelling for the neighbors to call 911. We all made it out okay, and Mom got a new kitchen.

It wasn't the first or last burned meal in our kitchen. Mistakes happen, but—as we share each month in *Kentucky Living*—there's something about family cooking traditions that keep us coming back for more.

*Chris*

**CHRIS PERRY**  
President/CEO

**KENTUCKY ELECTRIC  
COOPERATIVES**



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KENTUCKY

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Win a Getaway. See page 23.

*Paintsville*  
Eastern Kentucky's City of Note

A HIDDEN GEM TUCKED AWAY IN THE FOOTHILLS OF APPALACHIA  
[www.paintsvilletourism.com](http://www.paintsvilletourism.com)

TEAM KENTUCKY

Win a Getaway. See page 23.



# FROM THE EDITOR

## TO ME, IT'S

### FITTING

that Father's Day falls in June. Some of my best memories as a kid were formed at the pool with my dad in the summer. I can see it now, and I can hear it. *The Beach Boys' Medley* on the jukebox was the perfect soundtrack to those sunny days.

I can taste it, too. We packed sandwiches and Pringles—not quite the dishes you can read about in this issue, but special, nonetheless. I loved swimming with my dad.

This summer, make memories with your loved ones at Kentucky destinations primed for multiple generations (page 41). Find a tasty cheeseburger while you're out (page 26), and read about some classic Kentucky cookbooks with recipes to make at home (page 16).

Happy Father's Day to all the fathers and father figures. Enjoy your summer, and if it suits your liking, safely spend some time at the pool. I know I'll be there with my boys, and with any luck, maybe my dad will come for a visit and a swim, too.

SHANNON BROCK,  
EDITOR



# KentuckyLiving.com

Follow us online for events, recipes, videos, contests and more!



## CLASSIC COOKBOOKS

### History in the baking

Kentucky has a rich culinary tradition, made all the sweeter with cookbooks that preserve the past and feed the future. Read the story on page 16 to learn about more about our state's history in food, then visit KentuckyLiving.com to find recipes for Indian Creek chili, gingerbread and sauce, and cranberry dumplings.



SIMMSTOWN MANOR



NUNN PHOTOGRAPHY

## FAMILY-SIZED STAYS

### Scope out multigenerational getaways

Sometimes you just need a family-sized vacation rental. Read the story on page 41 for spaces to accommodate your multigenerational getaways, then visit us online for videos of The Old Farmhouse at Cedars Hill and Simmstown Manor.

## TREEHOUSE TUNES

### Live music at The Grove

Offering a 2,000 square-foot viewing deck and a backyard atmosphere, The Grove in Glasgow is a live music venue like no other. Read the story on page 46, then visit KentuckyLiving.com to view additional photos and plan your own visit.

## Contact Us

- Questions, comments, letter to the editor
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## Submit & Share

www.KentuckyLiving.com  
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Louisville, KY 40232. Submission should include your name, address, phone numbers, email address and name of electric co-op.



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# Historic masterpiece

“If walls could talk” are words often muttered during a visit to a historic home. Indeed, imagine the stories that could be told about decades, and even centuries, past if it were possible to know all the history, events and people who passed through those structures.

One of Kentucky’s grandest and most elaborate historic homes, Ward Hall is the subject of a beautiful coffee table book by photographer Bob Willcutt and preservationist James D. Birchfield, both of Lexington. *Ward Hall: Kentucky’s Greek Revival Masterpiece* is chock full of detailed, full color photographs of the interior and exterior of the home, as well as a comprehensive account of each of the home’s owners.

Located in Georgetown and completed around 1857, the mansion consists of 12,000 square feet divided into 18 rooms to include servants’ quarters, attic storage, a grand reception hall and a ballroom. A double elliptical staircase and 13 fireplaces complete with mantles of Italian marble are just a taste of the architectural elements lavished upon the home. Original paint colors are still intact on the first floor.

The grandeur of the mansion comes as no surprise, considering its original inhabitants. Junius and Matilda Viley Ward, both Scott County natives, earned their fortune in the Mississippi cotton

industry. After building a 45-room mansion there for the winter months, the Wards paid \$50,000 in gold for their Kentucky summer home to be constructed, and furnished it with the best New York furnishings and tableware that their extensive wealth could buy.

Junius Ward was also an avid horseman, filling his 500-plus acres with thoroughbreds. For a short time, he was part owner of Lexington, who was deemed the greatest horse of his century.

However, the Wards could not maintain their affluent lifestyle due to a number of poor decisions during a war economy. Declaring bankruptcy in 1867, Ward sold the mansion to cover overdue loans. The property changed hands more than 10 times by the early 20th century, often with changes to the name of the estate. Finally, a Tennessee family provided some longevity, owning the home from 1945 to 1990. During this time, the home was opened for tours.

After sitting vacant from 1990 until 2004, Ward Hall’s fate seemed sealed as it stood in a state of disrepair. The Ward Hall Preservation Foundation was formed to save the architectural masterpiece and restore the house to its original glory. Donations as well as proceeds from tours of the home continue to make headway on the project.

» Penny Woods



## Notes of acclaim

*Ward Hall: Kentucky’s Greek Revival Masterpiece*, Acclaim Press, \$49.95, can be purchased at [www.acclaimpress.com](http://www.acclaimpress.com).

Tours of Ward Hall are offered on specific dates or are available by appointment. Visit [www.wardhall.net](http://www.wardhall.net) or call (502) 863-5356 for more.

Prior to photographing Ward Hall, Bob Willcutt was awarded the Kentucky Historical Society’s Private Press Award and the Bluegrass Trust’s Clay Lancaster Heritage Education Award. Dr. James

Birchfield has authored numerous historical works and received the Blue Grass Trust John Wesley Hunt Lifetime Award for Historic Preservation in 2014.

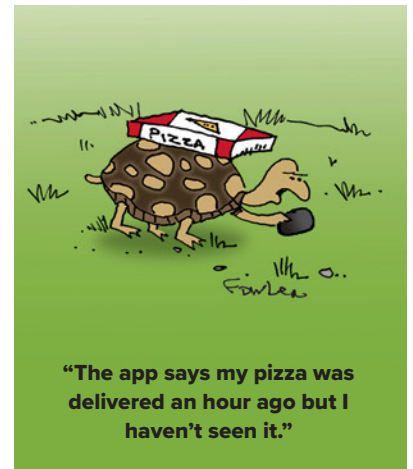


## ENERGY EFFICIENCY

Ceiling fans create a windchill effect on your skin to make you feel a few degrees cooler. Raise the thermostat a few degrees and turn on fans to reduce air conditioning costs. Set fan blades to rotate counterclockwise during summer months and clockwise during winter months. Remember, ceiling fans cool people but don’t actually lower the indoor temperature. Turn them off when you leave the room.



JASON/DOBE STOCK



“The app says my pizza was delivered an hour ago but I haven’t seen it.”



# LETTERS TO THE *editor*



## Wonderful memories

Love the Owen Electric magazine! I read every page.

The article, “Peanuts & Coca-Cola,” put a big smile on my face. I met my husband, Jim, when I was 14 and he was 17. He passed away December 29, 2013. But he always put peanuts in his Coca-Cola. I didn’t, but he did. I haven’t thought about this in a long time.

Reading the article made me happy. Wonderful memories! We were married almost 52 years.

Byron, thank you for the great article. You made my day happy.

**JUDY ROBERTS, FLORENCE  
OWEN ELECTRIC  
CONSUMER-MEMBER**

## Better and better

Kudos on your April travel guide through the Bluegrass! Fantastic issue. So much to see and do and all compiled so beautifully. The pictures really show the beauty and uniqueness of my adopted state. Your magazine keeps getting better and better, and I look forward to receiving each issue. Keep up the great work!

**DIANE HUNTER, UNION  
OWEN ELECTRIC  
CONSUMER-MEMBER**

## Tobacco vs. bourbon follow up

I agree with Lori Malmgren, whose letter to the editor appears in your March magazine. No good thing comes from consumption of alcohol. It

impairs judgment and causes you to do and say things you regret. It impairs motor function, resulting in countless accidents and deaths of the drinkers, and of innocent bystanders. It has been the ruin of countless families and lives.

I am disappointed to see our government officials supporting and promoting this toxic substance in our state. I expect no less of other publications, but I expect better of *Kentucky Living*, which purports to support family values and high ethical standards.

**RICHARD MCDOWELL,  
RICHMOND  
BLUE GRASS ENERGY  
CONSUMER-MEMBER**

## Disappointed in February issue

I am most disappointed in the February 2024 edition’s comments and articles on “Gambling with the Grid.” I found (Chris Perry’s introduction and the contributor sections on the main article to be as much political propaganda for coal interests as scientific/engineering insights into a reliable grid system.

I noticed especially the full-page cover ad by Friends of Coal. I expect better from people who oversee our electric services. Please represent a fuller coverage of electric service, other than fossil fuel interests.

**ROBERT BROWNLEE,  
DANVILLE  
INTER-COUNTY ENERGY  
CONSUMER-MEMBER**

## Negative energy

Ever since I moved to Kentucky, I have been a member of Warren RECC in Bowling Green. One of the biggest joys of membership has been my subscription to *Kentucky Living* magazine. Almost every month I read it cover to cover. I have used it when teaching adult ESL students about Kentucky. I have visited many places suggested by the magazine. It always gives me a boost with its can-do, innovative flavored cooperative progressive spirit. I also have the *Kentucky Living* Photo Contest Calendar decorating my kitchen wall.

It was with great consternation and flabbergasted amazement that I opened the front cover of the February 2024 issue and read the 19th-century-flavored ad for coal! Then, I continued on to the fearmongering, negative article, “Gambling with the Grid.” What was going on here?

A friend recently sent me an email about the \$1.5 billion TVA is investing in energy efficiency and demand response programs through fiscal year 2027. Had I missed this information in the issues not read when visiting in Pennsylvania recently?

I surely hope such negativity as was in the February issue was a one-off thing. I look forward to the future

## Have a question or comment for the editor?

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

issues of *Kentucky Living* to once again inform the readers of opportunities to join the trend they have always espoused for clean, healthy, vigorous cooperative living.

**ELEANOR BOWER,  
BOWLING GREEN  
WARREN RECC  
CONSUMER-MEMBER**

*Editor’s note: Electric cooperatives are charged with providing safe, reliable and affordable electricity to their members. Kentucky Living, the flagship publication of Kentucky’s electric cooperatives, has a 75-year legacy of speaking up for local energy consumers—and that responsibility is as important now as it ever has been. We aim to create an honest conversation about reliability and advocate for a responsible energy transition, all to benefit our consumer-members.*



*featured*  
**FRAMES**

A bee collects pollen on a sunflower in Winchester. Photo by Tosha Osborne, Winchester, Clark Energy consumer-member.

# Congrats, Mom!

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# TVA program anticipates power crunch

*Hopkinsville business shares experience with demand response*

STORY & PHOTOS BY ADAM MAY

**A HEALTHY POWER GRID** means a healthy power supply—that’s why Kentucky’s largest ethanol production facility is encouraging other industrial businesses served by the Tennessee Valley Authority to voluntarily reduce energy consumption during times of high electricity demand.

“We have to have electricity, just like everyone else, to make things turn,” says Jon Stahl, plant manager at Commonwealth Agri-Energy.

When TVA asked residents and businesses to voluntarily conserve energy during a record-breaking cold snap the morning of January 17, the Hopkinsville business was prepared. It participates in TVA’s Enel X Demand Response Program, which provides industrial customers recurring payments in return for agreeing to reduce electricity consumption during abnormally high electricity demand.

“We have seen a mutually beneficial relationship in terms of being able to assist the grid when there’s heavy demand, and there’s also a function to it that allows our operators to be more conscientious of



▲ A loader moves Commonwealth Agri-Energy dried distillers grain, which is used as feedstock after whole kernel corn has been processed for alcohol.

◀ A tanker truck is loaded with industrial grade alcohol.





▲ Commonwealth Agri-Energy plant and administrative offices in Hopkinsville.

our own electrical usage here on site,” Stahl says.

In a high-demand event, the company can normally cut back on its energy usage by 10–15% with little notice, he says.

Owned by Hopkinsville Elevator Co., the plant employs 37 workers and grinds 16 million bushels of corn annually, producing about 50 million gallons of ethanol, high quality alcohol for topical/ industrial solutions, feedstock for poultry and cattle, CO2 for carbonic beverages and dry ice, and corn oil.

“We monitor a number of efficiencies in our process anyway,” Stahl says. “This just kind of falls

lock and step within the programs we already have in-house.”

Often the effort to conserve energy is coordinated and intentional, to avoid certain activities during peak power demand hours that make a real difference. Stahl hopes to see more industries willing to partner with TVA on the rare occasion power demand is spiking across its service area.

“TVA has to meet the power demand for residents, businesses and industries regardless of the weather being good or bad,” Stahl says. “And with us having some flexibility within our process to be able to assist them through these curtailment programs, we feel it’s advantageous for both parties at times.”

Commonwealth Agri-Energy also has a good partner in their local power cooperative—Pennyrile Electric.

“When extreme weather comes along, they’re kind of the local ‘boots on the ground’ that can give us feedback on what might be coming,” Stahl explains. “They’ve been a wonderful partner for us alongside TVA, and we don’t take it for granted.”

**ADAM MAY** is a media senior specialist for TVA.

## Voices for Cooperative Power

*Co-op members join grassroots network*

**JOE ARNOLD**

**IGNORING CLEAR WARNINGS** of rolling blackouts and forecast record electricity demand, the Environmental Protection Agency in late April finalized rules to effectively shut down the nation’s most reliable power plants and make it harder to build new ones.

The mandate directs existing coal-fired and new natural gas-fired power plants to reduce 90% of their carbon emissions within the next 15 years.

“The path outlined by the EPA is unlawful, unrealistic and unachievable,” says Jim Matheson, the CEO of the National Rural Electric Cooperative Association. “It undermines electric reliability and poses grave consequences for an already stressed electric grid.”

The grassroots coalition Voices for Cooperative Power provided an online tool for electric co-op members from across the country to send emails to the White House and members of Congress, urging a reversal of the Biden administration’s policy.



Consumer-members of Kentucky co-ops also used [VoicesForCooperativePower.com](https://www.VoicesForCooperativePower.com) during the 2024 Kentucky General Assembly to advocate for affordable and reliable energy policies.

“We will continue to champion commonsense policy solutions that reflect the needs of co-op members and the communities we call home,” says Chase Crigler, government affairs director at Kentucky Electric Cooperatives. “All co-op members in Kentucky are invited and encouraged to join Voices for Cooperative Power. If we don’t speak up for our local communities, who will?” **KL**



# An invitation to help

## Co-op employees serve on Habitat board

### DANVILLE

Sometimes all it takes to get involved is an invitation. That was the case for Inter-County Energy's Dan Hitchcock and Davonne Price.

Both currently serve on the Mercer County Habitat for Humanity board.

Dan, the co-op's vice president of member services, has been a member of the board since January 2015 and is serving his second year as president.

"In 2015, the current president asked me to join because he was going to step down off the board," Dan says.

Fast forward a few years and Dan invited Davonne to serve, as well.

"Dan approached me one day about volunteering for Mercer County Habitat after Inter-County Energy had participated in the United Way Day of Caring," Davonne says. "We talked about how we enjoyed being part of making someone's life a little bit better and just giving back."

After attending a Habitat board meeting in February 2023, Davonne, administrative assistant for operations/engineering at Inter-County Energy, almost immediately decided to join in.



▶ The Mercer County and the Boyle County Habitat for Humanity chapters receive the Spirit of Collaboration Award from the Heart of Kentucky United Way. Accepting the award for Mercer County are Dan Hitchcock and Davonne Price, both employees of Inter-County Energy. They are shown third and fourth from left. Photo: Angela Frisby

Habitat for Humanity is an international organization with local chapters that build affordable, quality houses with families in need.

The whole process is a joy to be a part of, Dan says:

"It's the journey of the family from the time they are selected, getting to know them as they embark on their journey of owning their own home and the smile on their faces when the house is done, and it is theirs."

"My favorite moment [is] the home dedication," Davonne adds. "Just to look at what I had a hand in and watching that family receive the keys to a new home they helped build as well as just so humbling and rewarding."

To others who are looking for the chance to volunteer, both Dan and Davonne say to ask around.

"Organizations like Habitat are always looking for others to step in and help out," Dan says. "You never know until you ask."

"You can start by asking friends, coworkers, acquaintances, or by looking online or on social media for volunteer organizations in and around your community," Davonne says. "Research the ones that may spark an interest and simply reach out to them. You will be surprised at how many organizations are looking for people to donate their time and talents."

"Everybody fits in somewhere; you just have to start looking." **KL**

**SHANNON BROCK** is editor of *Kentucky Living*. She enjoys telling stories of co-op members and employees who live out the co-op mission.



# SEKRI opens new worlds for employees

*Workers make tents, shirts, hats for military*

BY KEVIN OSBOURN

**FOR MORE THAN 600 EMPLOYEES** working in eight locations, Corbin-based Southeastern Kentucky Rehabilitation Industries—SEKRI—provides a unique package of hard-to-find opportunities: jobs, encouragement, benefits, hope and a bright future.

Since it began more than a half-century ago, SEKRI has prided itself on hiring people who are physically or mentally challenged, and those needing a second chance because of a past mistake such as a drug charge.

“We open up new worlds,” says Stan Baker, SEKRI director of purchasing. “The great thing is the difference we make in lives.”

In addition to the Corbin distribution center, there are seven locations: production facilities on the Corbin bypass, Cumberland, Harlan, Middlesboro, Paris, Pineville and Jellico, Tennessee.

Working on contracts for the military, SEKRI employees make tents,



first-aid kits, fire-retardant underwear and shirts, tactical-assault pouches, tourniquet kits and their best-known product: garrison and boonie hats for the Army, Navy, Marines and Air Force.

SEKRI is a nonprofit company and prides itself on providing the experience that its employees need for the competitive workplace, says

Leo Miller, executive director of SEKRI. Some who “graduate” come back, he says, because they like SEKRI’s four-day, 10-hour-a-day week and environment.

Two recent successes include an employee who is moving to Washington state for a job and a new SEKRI manager who began on a sewing machine and overcame a drug addiction.

“We are good to people,” Miller says.

Vickie Anderson, a former principal, is a prime example. With her guidance on how to navigate course schedules and her coaching, more than 25 SEKRI employees have received General Educational Development diplomas since Anderson joined SEKRI four years ago.

Pineville Officer Manager Erin Jones says, “SEKRI makes you feel like a person and not a number.” **KL**



www.sekri.org  
(606) 528-7490

**LOCATION:**  
1205 Cumberland Gap Parkway, Corbin

**INDUSTRY:**  
Military clothing and other government contracts

**ELECTRIC COOPERATIVE:**  
Cumberland Valley Electric

◀ A SEKRI employee sews a jacket at the company’s Corbin bypass location. Other products it makes for the military include tents, first-aid kits and fire-retardant underwear and shirts. Photo: SourceAmerica

## *Cumberland Valley partners with SEKRI and other businesses*

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Ted Hampton, longtime president and CEO of Cumberland Valley, says working with SEKRI and other local companies is part of the co-op’s mission to improve the quality of life across its service territory in Bell, Clay, Harlan, Knox, Laurel, Leslie, Letcher, McCreary and Whitley counties.

“It’s a win-win situation when we have a partnership with a great company like SEKRI,” Hampton says. “They employ many people we serve. That fits perfectly with our co-op mission.”



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# Tasting

2024  
Food  
Issue





# history

## Classic Kentucky cookbooks preserve the past and feed the future

BY KATHY WITT

“Never strive to have a great variety of made dishes on your table when you have but few to eat with you: perhaps half of them would not be tasted; it of course would only be a superfluous waste.”

With these cautioning words, Mrs. Lettice Bryan presents her 1839 cookbook, *The Kentucky Housewife*, considered one of the earliest published regional cookbooks. It’s a fascinating glimpse into the culinary history of the Bluegrass State—just one of many now-classic works that have shaped food culture in Kentucky.

### Early beginnings

Bryan weighs in not only on cooking, but on how to make beverages such as gooseberry wine; remedies like tobacco juice for snake bite; cosmetics—including black hair dye derived from mutton suet; and a cement for broken glass and china made with egg white and

unslaked lime. Not merely a collection of recipes, the book is a snapshot of the blending of the American Indian, European and African cultures of the American South and a reflection of life on the American frontier in the years leading up to the Civil War.

Bryan offers up 1,300

recipes—or receipts as these were typically called in Bryan’s time—everything from roasted snipe to whortleberry tarts. What readers won’t find? Step by step instructions. In the preface, the book’s publisher notes that “repetitions of such directions should be contained in the memory, as they not only swell



▲  
Indian Creek Chili, above, and gingerbread and sauce, at left, are two of the recipes from *Praisesong for the Kitchen Ghosts* by Crystal Wilkinson. Photos: Kelly Marshall





▲ Atholene Peyton made history with her 1906 cookbook. Photo: National Park Service

a work unnecessarily, but make the receipts lengthy, and consequently irksome to look over.” Readers were left to intuit cooking times—and in some cases specific ingredient amounts—based on their resources and methodology.

In 1906, Miss Atholene Peyton published *The Peytonia Cook Book*, the first Kentucky cookbook written by an African American. Peyton, who was raised and educated in Louisville, dedicated her book to the Women’s Clubs of America, explaining in her author’s note: “The clubs and their women make the world—it is to them I dedicate this book, that the many may be reached.”

By now cookbooks weren’t

▶ Duncan and Clara Hines at home in 1946. Photo: Visit BGKY

leaving so much to the individual cook’s interpretation but providing special and level measurements and easy-to-follow directions—a format first established with the 1896 publication of the *Boston Cooking-School Cookbook*.

Twentieth-century cooks could disregard Bryan’s admonishment about unnecessarily repeated directions. Rather, Peyton bolstered the home cook’s confidence, promising “if the directions are followed, there must be success.” Both measurements and cooking times were clearly noted, as in Peyton’s recipe for chocolate:

*Chocolate.*

- One pint of milk;
- One pint of cold water;
- Three tablespoons of grated cocoa;

*Boil 15 or 20 minutes in a double boiler. Sweeten to taste at the table; use whipped cream.*

## The original influencer: Duncan Hines

▶ Duncan Hines memorabilia at Western Kentucky University. Photo: Visit BGKY

Before there was TripAdvisor, Yelp or other review sites to help guide our dining choices, there was Duncan Hines. Not the cake mix, but the actual person. Back in the 1930s and 1940s, Hines was a traveling salesman and pioneering food critic—an influencer, to use the parlance of today—who published detailed recommendations about good places to eat and to stay in *Adventures in Good Eating: A Directory of Good Eating Places Along the Highways of America*.

“In 1938, the *Saturday Evening Post*, America’s most popular magazine at the time, featured his guide and things exploded in popular culture,” says Brent Bjorkman, director of the Kentucky Museum at Western Kentucky University. “This was a type of American version of the Michelin guide so popular in Europe.”

At the museum’s Duncan Hines exhibit, visitors can learn more about Hines’ life and see artifacts, including Duncan Hines box mixes that home cooks would have filled their pantry with decades ago. A copy of Hines’ book, *Adventures in Good Eating*, may be viewed at the WKU Library, which is also on campus.

“Hines also was a trendsetter and history tells us he was quite likely the first



to introduce pizza to the masses to make at home, among many other flagship innovations,” says Bjorkman. “Another example is he also lent his name to cookware and items that were trending in the 1950s, burgeoning suburban culture such as the backyard grill.”

As “America’s outstanding authority on good eating,” as he was touted on cookbook covers, Hines lent his name to such culinary guides as *The Duncan Hines Barbecue Cookbook* and *The Duncan Hines Dessert Book*, which featured 500 recipes chosen by him.

Bowling Green celebrates Hines’ far-reaching and long-lasting impact on American kitchens and palates each year during Duncan Hines Days, a week-long celebration of adventures in great regional food, drink, entertainment and travel. This year’s event takes place June 3-9. For more information, visit [www.duncanhinesdays.com](http://www.duncanhinesdays.com).

## Shaker Village, then and now

The same year Bryan published *The Kentucky Housewife*, the Trustees’ Office was built at Shaker Village of Pleasant Hill in Harrodsburg. More than a century later, in 1968, this would become the home of the Trustees’ Table restaurant. Its first director, Elizabeth Kremer, is the subject of a new cookbook by Deirdre A. Scaggs and Evalina Kremer Settle entitled, *Simplicity and Excellence: Elizabeth Kremer from Beaten Biscuits to Shaker Lemon Pie*.

The book combines the first-ever biography of Elizabeth



## Duncan Hines, Thelma Linton, James Beard and the Beaumont Inn

During his travels around the country in 1949, Duncan Hines famously reviewed the Beaumont Inn in Harrodsburg, telling a New York reporter, "Say I'll be happy to get home and eat two-year-old ham, corn-bread, beaten biscuits, pound cake, yellow-leg fried chicken and corn pudding. And you can say what I think is the best eating place in Kentucky: Beaumont Inn at Harrodsburg."

Visitors to Kentucky's oldest family-operated country inn won't find Hines' cookbook in the gift shop, but they will find one containing the recipes of Thelma Linton, who gained a reputation in Harrodsburg and beyond because of the wonderful meals she prepared and served over the decades at different churches and events in the community.

"Thelma Linton is famous around these parts," says Beaumont Inn owner Kathy Dedman.

Indeed, Linton, who passed away in 2010 at the age of 101, was lauded as the best cook in Harrodsburg. In 1992, author Susanna Thomas—fearing Linton's recipes would be lost to time—compiled many of them into *Thelma's Treasures: The Secret Recipes of The Best Cook in Harrodsburg*.

The Beaumont Inn gift shop is a fitting home for *Thelma's Treasures*, a cookbook filled with classic and coveted recipes at an inn given the Duncan Hines stamp of approval and also awarded a James Beard Foundation America's Classic Award for its timeless appeal and food quality.

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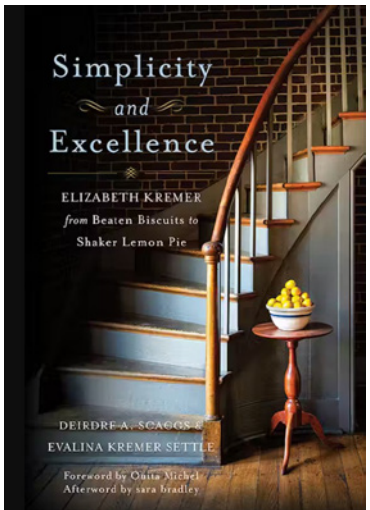
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Win a Getaway. See page 23.





the region and known for her delicious fried chicken, Salsify Casserole and Shaker Lemon Pie,” says Shelby Jones, senior director



Kremer pulled off at age 65, after taking a 27-year hiatus from work to raise her family. “She was a beloved figure in

Kremer with Kremer’s classic recipes that celebrated the simplicity of good, traditional Kentucky country cooking. Kremer also is considered one of the most influential forces behind the preservation of Kentucky’s culture through its cuisine.

Under her tutelage, the Trustees’ Table, which featured Shaker-inspired dishes and traditional Southern fare served family style, transformed from a sandwich shop to the iconic destination dining experience that it is today. It was a feat

▶ A new book celebrates the life and recipes of Elizabeth Kremer, the first director of Trustee’s Table restaurant. Photos: Shaker Village of Pleasant Hill

## Classic Kentucky cookbook resources

Learn more about classic Kentucky cookbooks:

The full text of Lettice Bryan’s 1839 cookbook, *The Kentucky Housewife*, may be downloaded from the Library of Congress website at [www.loc.gov/item/08016076](http://www.loc.gov/item/08016076). Bryan, who was born in central Kentucky, gives readers a thorough look at the foods that were available to the 1830s home cook, the cooking methods, and how and when foods were eaten. She also offers advice on how to entertain.

Read about *The Peytonia Cook Book* author Atholene Peyton, who was born in Louisville and grew up to become a domestic science teacher and advisor to the Girl’s Cooking Club, in the Notable Kentucky African Americans Database at [www.nkaa.uky.edu/nkaa/items/show/2944](http://www.nkaa.uky.edu/nkaa/items/show/2944). A first edition of the book is in the permanent collection at the Maggie L. Walker National Historic Site in Richmond, Virginia. Walker’s close friend Nannie Helen Burroughs wrote the preface to the book. See pages from the cookbook on the website at [www.nps.gov/museum/exhibits/maggie\\_walker/index.html](http://www.nps.gov/museum/exhibits/maggie_walker/index.html), click “All Image Gallery” then “Life At Home.”

Cammie Glenn, who wrote featured food columns for Louisville’s *Courier-Journal*—

and considered a national treasure by many in the culinary world—authored *The Heritage of Southern Cooking*, a classic published in 1986 featuring more than 500 recipes, 90 dessert and 40 condiment recipes among them. The book is available through Amazon.

Find *Thelma’s Treasures: The Secret Recipes of The Best Cook in Harrodsburg* in the gift shop at the Beaumont Inn, 638 Beaumont Inn Drive, Harrodsburg; (859) 734-3381, [www.beaumontinn.com](http://www.beaumontinn.com).

*Kentucky’s Cookbook Heritage: Two Hundred Years of Southern Cuisine and Culture* is written by John van Willigen ([www.kentuckypress.com](http://www.kentuckypress.com); search for the book title). This culinary quest begins at Bryan’s table in *The Kentucky Housewife* and moves through the state’s changing foodways and into contemporary cookbooks.

*Praisesong for the Kitchen Ghosts: Stories and Recipes from Five Generations of Black Country Cooks* is available from Amazon and other sellers. Through 40 recipes, Crystal Wilkinson takes readers on a lyrical culinary journey that pays tribute to her ancestors and how they preserved and cooked food,

and examines our collective universal ties to place and culture through food.

*Simplicity and Excellence: Elizabeth Kremer from Beaten Biscuits to Shaker Lemon Pie* by Deirdre Scaggs and Evalina Kremer Settle (Elizabeth Kremer’s daughter) focuses on the culinary legacy of Elizabeth Kremer, the first person to run The Trustees’ Table restaurant at Shaker Village of Pleasant Hill. The book features a forward by cookbook author and renowned Kentucky Chef Ouita Michel, whose family of restaurants includes Holly Hill Inn in Midway, and an afterword by acclaimed Chef Sara Bradley of Paducah’s Freight House and Bravo’s *Top Chef* television series fame.

To mark the book’s release, Shaker Village is hosting an event June 29, as part of its Fresh Food Adventures dining series. “A Step Back in Time” presents a multicourse dining experience with Shaker Village Chef Amber Hokams paying tribute to Kremer’s legacy, and a meet-and-greet with the authors. Copies of the book will be available for purchase on-site as well as pre-purchased with dining ticket. For details, check the Event Calendar at <https://shakervillageky.org>.



of marketing at Shaker Village.

All three items remain on the menu at the Trustees' Table, with the Shaker Lemon Pie, shown above, and fried chicken as staples and the Salsify Casserole typically appearing during holidays like Mother's Day, Thanksgiving and Christmas.

### Black history in Appalachia

Most recently, Kentucky's former poet laureate and O. Henry Prize-winning writer Crystal Wilkinson invites readers along on a culinary journey into the heart and hidden legacy of Black Appalachians. Part memoir, part cookbook, *Praisesong for the Kitchen Ghosts: Stories and Recipes from Five Generations of Black Country Cooks* shares nearly 40 family recipes rooted deep in the past, including perennial favorites from generation to generation like corn pudding, chicken and dumplings, and Granny Christine's Jam Cake.

"One generation's survival or struggle foods become the next generation's comfort foods," says Wilkinson. "The innovation employed by a new generation is what keeps the traditions going."

As an example, Wilkinson has retooled many of her grandmother's recipes and the recipes from her generation to

KentuckyLiving.com

## Kentucky culinary treasures

Inspired by this story to try out some of the classic recipes from these sources? Do Indian Creek chili, gingerbread and sauce, and cranberry dumplings sound tasty? You can find recipes at KentuckyLiving.com.



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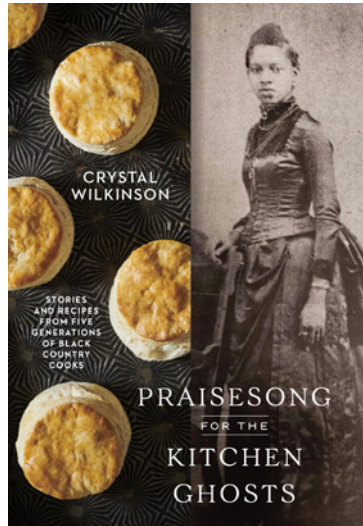
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Win a Getaway. See page 23.





Feeling her late grandmother’s presence, Wilkinson—an expert cook in her own right—realized she was far from alone in her kitchen. As she stirred, measured and baked, Wilkinson sensed not just her grandmother but the presence of other generations of her family stirring, measuring and baking alongside her.

“These are my kitchen ghosts, five generations of Black women who settled in Appalachia and made a life, a legacy and a cuisine,” she says. “I hope my children’s children continue these traditions well into the future.”

Times and techniques may change, but classic Kentucky cookbooks speak to cooks throughout the ages and their shared experiences. **KL**

▲ Crystal Wilkinson is the author of *Praisesong for the Kitchen Ghosts*. Photo: Carsen Bryant

better align with the author’s desire for more health conscious cooking.

“Because I don’t eat as much meat as my forebears, I don’t add

meat to a pot of kale and mustard greens,” says Wilkinson, “But my recipe still yields a great tasting pot of greens that is reminiscent of the ones I had while I was growing up.”

The name of the book came from an experience Wilkinson had while baking a jam cake.



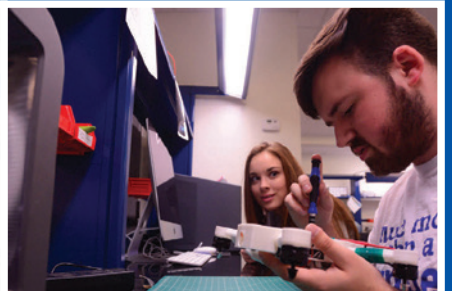
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# BACKR

Kentucky's best cheeseburgers  
for \$5 or less

BY RYAN CRAIG | PHOTOS BY JOE IMEL

2024  
Food  
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▶ Served by Tri-County Electric, Dovie's in Tompkinsville is known for its griddled cheeseburgers and secret sauce.





# LOAD

*burgers*



Inside the unassuming building that houses Dovie's in Tompkinsville, a horseshoe counter and stools provide front row seats to the magic show in the center of the room, where griddle pans of time-darkened canola oil shimmer like a well rising from the desert and ground beef sizzles blithely, as if those patties are eager to go about the fine work of feeding a town.

Servers bounce around taking orders, proactively slapping down buns already dressed with your choice of condiments, and maybe topped with a nice pickle and onion dome, waiting for the cooks to grace the bread with their master-piece. If you have ever seen it, you'll understand that Dovie's is a process. Cooks start the raw burger on one end of the series of griddles and, when they deem it ready—by the standards of a restaurant that's been in business for more than three-quarters of a century—they flip it into another griddle, increasing the heat incrementally so the outside crisps

and the center guards the juice. With practiced hands and blackened spatulas, cooks work even more of the fat and oil over the patties until they're ready for the cheese (or not).

You can get the grease squeezed out before your burger is slapped on the bun, but your cardiologist's advice aside, don't do that. You want/need the nectar of the hamburger gods.

Dovie's, served by Tri-County Electric, is one of the many joints I visited in recent months as I attempted to find the best cheeseburgers in Kentucky for under \$5. It was a fun, daunting job, as



Tessa Murphy dresses burgers after they've completed the time-honored Dovie's circuit. Raw burgers start on one end of a series of griddles at lower heat before being flipped into another griddle at a higher temperature. The result: "the outside crisps and the center guards the juice."





you can imagine, but I was up for it. For consistency, I ate all the cheeseburgers with pickle, mustard and onion. How you like your burger is your business. Even you people who use Miracle Whip.

If you don't see your favorite burger on the list below, it could be because it didn't meet the price requirement; it could be that I didn't visit because I didn't know about it (though, after 30 years of traveling Kentucky, I've seen a lot of places); or maybe it just wasn't up to the level of excellence on the day I was in there. Really, the fun of a story like this is for you, the reader, to agree or disagree with me on *Kentucky Living's* Facebook page—and maybe we can learn about some more great cheeseburgers in the process.

There's no doubt in my mind that these are the best burgers in Kentucky. I would put them up against any best-of list in the world, especially if the



Reed Moore, co-owner of Dovie's, holds a double cheeseburger outside his Tompkinsville eatery.

competition is some Wagyu beef burger covered with gold flakes and soft French cheese mixed with Himalayan saltwater that you'd need a loan to afford. There is just no comparison.

Not once did I tell any of these restaurants that I was working on a story about Kentucky's best cheeseburgers. I just showed up and enjoyed, which is what I hope you can do as well.

**Pikeville, Ky**

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# DESTINATIONS


Cheesy, beefy, greasy goodness can be found at these eateries. Stretchy pants optional.


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 Gary's serves great cheeseburgers, and their patty melt and sweet potato fries are worth the trip.

**Ollie's Trolley**  
978 S. 3rd St., Louisville  
 Ollie's Trolley Louisville  
(502) 583-5214

Some of the best spices on any cheeseburger. Bring cash, and know that there will most likely be a line.

**Big Dipper**  
2820 W. Parrish Ave., Owensboro  
 Owensboro Big Dipper  
(270) 684-4806  
 Go for the great burgers, stay for the soft serve.

**The Bethel Dipper**  
200 S. Bethel St., Russellville  
 Bethel Dipper  
(270) 726-7571  
 Enjoy burgers similar to Ferrell's in Hopkinsville—and the best Tater Tots.

CONTINUED ON PAGE 31

Win a Getaway. See page 23.



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Win a Getaway. See page 23.



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CONTINUED FROM PAGE 30

## MY FAVORITE CHEESEBURGERS UNDER \$5

### Dovie's, Tompkinsville

This is the most unique place to eat a cheeseburger in Kentucky. The openness of how they cook the burgers provides a satisfying experience, and the food speaks for itself. My wife, who had never eaten at Dovie's before, was with me the day I visited. She tried Dovie's "special sauce," a mixture of what looked like steak sauce, brown sugar and magic fairy dust, and after taking the first couple of bites of her cheeseburger, she hummed and said, "This might be the best burger I've had in my whole life."

### Ferrell's Snappy Service, Hopkinsville

Want proof this place in downtown Hopkinsville is in demand? There was a line out the door and around the corner the last time I visited. I parked nearly a block away and stepped out of my car into the back of the line. On one trip, we had arrived the day after Thanksgiving and the line was still outside when I heard one of the cooks yell, "They had turkey yesterday; today they are coming for the good stuff." Indeed.

The burgers are crispy—inside the small restaurant, you can watch as they smash the burgers and add them to the grease on the griddle. The balance of tastes is perfect. It is a recipe someone got right nearly 100 years ago, and it has been drawing burger lovers ever since. My son and I had good intentions that day of bringing a sack of cheeseburgers back to the rest of the family. We weren't out of Christian County before the sack was empty.



Lines out the door are a badge of success at Ferrell's Snappy Service, a downtown Hopkinsville fixture for nearly 90 years. Photo: Ryan Craig

## SUMMER IS HERE Cave Run Lake

Swimming, fishing, boating, camping and more2morehead



SCAN ME



Win a Getaway. See page 23.

## Organizing an event?



PATRICK DAVENBIL/GETTY IMAGES/DOBE STOCK

Submit an event at [KentuckyLiving.com/events](https://KentuckyLiving.com/events) or see what is happening in your part of Kentucky.

Whether it is in person or virtual, let others know how they can participate.

KentuckyLiving

PHOTO: HAMPSTER/ADOBE STOCK



## Laha's Red Castle, Hodgenville

Whenever I can stop in Hodgenville to learn more about Abe Lincoln with my family, I also make sure to storm the castle at Laha's. The cheeseburgers are crispy on the edges and the onions are smashed into the patties. The best burger, somewhat ironically called the "Nasty," is topped with the onions, greasy drippings and cheese that fall off on the grill and are scraped up and slapped back on your burger. Not such a great name, but maybe it's how our faces look after devouring this excellent mess of a cheeseburger.

## Burger Barn Drive-In, Irvine

If the word burger is in your business name, you already know the pressure is on for you to serve up the best. This drive-in makes a crispy-edged burger with a nice salt and peppery taste. It is the best I've had from several drive-in

“

This might be the best burger I've had in my whole life.

» JENNI CRAIG, AUTHOR'S WIFE

places around the state (see Destinations sidebar). If you are still hungry after a couple—or 20—be sure to follow up with a baseball-sized hunk of chocolate cake that you can top with ice cream, nuts, hot fudge and a cherry. Be sure to bring a designated driver who doesn't like cake, just in case you need a nap afterward.

## Dairy Freeze, Island

You kind of have to know where Island is, have a good GPS or be prepared to

ask for directions, but it is just the right place for a great summertime drive. Order the Island Burger. It is crispy and cooked just right on the griddle. My brother first told me about this place because some people he knew just could not stop bragging about it. They were right, he said, and I agree. I don't know if it is the name, the walk-up windows, or how they make them but I was served perhaps the best chocolate shake I've ever had. Try one and thank me later.

There you have it—my choices for Kentucky's top five cheeseburgers under \$5. Try them for yourself, and take with you a sense of adventure, a pair of stretchy pants and your appetite. Also, be sure to bring people who have never had a good, old-fashioned smash burger. Smile knowingly as they taste one of the burgers on this list and have their culinary life choices all brought into question. Enjoy! **KL**

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# Blooms for bees

*Planting with pollinators in mind*

**NOT THAT LONG AGO**, I would be asked to recommend plants that would *not* attract bees. Happily, that has changed. More and more gardeners now understand the importance of bees and other pollinators, and they want them in their gardens.

When you choose plants, consider options that are not only healthy and beautiful, but will also contribute to a healthy and vigorous ecosystem. Plants that provide essential nectar and pollen are favored by hummingbirds, along with butterflies, bees and many other beneficial insects.

Try to incorporate plants that bloom when pollinators are active, from early spring to fall. In the spring, plants like alyssum, lobelia and columbine will be attractive to pollinators. In the summer, coneflower, monarda, sedum and marigold (just to name a few), as well herbs like basil and oregano, will have your garden abuzz. And in the fall, try to incorporate some asters, sunflowers and zinnias.

One perennial early season bloomer, columbine, can readily naturalize in a partly shaded and moist but well-drained location. Using plants that readily naturalize and can be planted by seed can extend your gardening budget, enabling you to plant more.

Kirigami columbine, shown above, has upright flowers and blooms



SHELLY NOLD

well its first year, whether you use a nursery plant or start it yourself from seed. The flowers are a good source of nectar and pollen but also make good cut flowers if you dare to cut a few and bring them indoors for your own enjoyment.

In the garden, one positive change is an important contribution. Success with one change often opens the door to more opportunities to foster change, like adding pollinator friendly plants to your landscape. If you are new to gardening and just learning about plants, it's OK to start small. Even with just one plant at a time, you can begin making a positive, Earth-friendly contribution. **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



*When is the best time to move a clematis?*  
—Janice Brackett

**A** Spring and fall are the best times to move your clematis, so your next opportunity will be when cool weather returns. Reducing stress is key to a successful transplant so prepare your plant's new home before you dig up the vine. Choose a full sun location and provide shade for the roots with mulch and/or groundcovers. Once you have decided on a location and prepared the new home, cut your clematis back to about a foot. Use a sharp spade and work your way around the plant, keeping as many roots intact as possible. Clematis are deep-rooted, so keep this in mind when digging. Immediately replant and backfill with nutrient-rich soil. Treat the plant like any new addition to the garden, providing extra moisture when needed.

» Angie Oakley



MAKSYM SHEBOKO/ADOBE STOCK

**Have a gardening question?**  
Go to [KentuckyLiving.com](https://KentuckyLiving.com), click on Home & Garden, then "Ask the Gardener."



READER  
recipe

One-pot comfort

## Sloppy Joes

Submitted by Paula Keller  
Nolin RECC consumer-member

Paula grew up eating Manwich sloppy Joes, and she hated that meal every time it was served. She thought she just didn't like sloppy Joes, but it turns out she just didn't like the canned sauce. It all changed when Paula's sister gave her this recipe. It's quick and easy, and she hasn't yet met a kid who didn't like it.

**1 lb ground beef (turkey or chicken works fine)**  
**¼ C onion, chopped**  
**¼ C bell pepper, chopped**  
**¾ C ketchup**  
**3 tsp brown sugar**  
**1 tsp mustard**  
**½ tsp garlic powder**  
**Salt and pepper to taste**  
**Top with sliced onions, cheese or other toppings of choice**

Add meat to large pot and brown on medium heat. Drain grease and add the meat back to pot. Add remaining ingredients. Stir and simmer for 10 minutes. Serve on buns with your preferred toppings. Serves 4.

## Familiar comfort

Favorites for kids and kids at heart

**WE ALL LOVE GOOD FOOD AROUND HERE**—food that brings comfort, gathers people together and creates memories for us all. These two recipes are easy, approachable and sure to please. Whether you serve them for a weeknight dinner or an outdoor party to kick off the summer, young and old alike will love sloppy Joes and homemade cookies.

## White Chocolate and Peanut Butter Oatmeal Cookies

**1 C butter**  
**1 C sugar**  
**1 C brown sugar**  
**2 eggs**  
**2 C flour**  
**2 ½ C old-fashioned oats**  
**1 tsp salt**  
**1 tsp baking powder**  
**1 tsp baking soda**  
**1 C white chocolate chips**  
**1 C peanut butter chips**

Preheat oven to 350°. Using stand mixer or hand mixer, cream the butter and both sugars for 3–5 minutes. Add eggs and mix until just combined. Add flour, oats, salt, baking powder and baking soda. Mix for one minute, then add white chocolate and peanut butter chips and mix until dough just comes together. Using a cookie scoop, scoop all dough into balls and place on a lined baking sheet; refrigerate at least 30 minutes. Then transfer by the dozen onto a baking sheet and bake for 10 minutes. Remove from oven and set aside to cool. Repeat until all dough is used. Yields roughly 54 cookies, depending on size of cookie scoop.

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

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# Small town, big heart

*Jen's Place is the place to be in Columbus*

JOEL SAMS

**LIKE FINGERPRINTS**, snowflakes and cornbread recipes, no two country restaurants are identical. Just ask Jen Dixon, whose restaurant is a mainstay of small-town Columbus in far western Kentucky, less than a mile from the Mississippi River.

"It's the personal relationships that we have, and knowing that I'm going to do whatever I can to give people what they want or to help them out," she says. "I feel like it's more than just feeding them."

Jen, a Gibson Electric consumer-member, started the restaurant with her dad, David Dixon, in 2007, during her first year in college. A Columbus native, Jen has known many customers her whole life, but the location is also a favorite stop for cyclists, visitors to nearby Columbus-Belmont State Park and paddlers on the Mississippi.

Jen serves breakfast and lunch each day, in addition to dinner hours on Monday and Tuesday. Daily lunch plates keep things interesting with new options each day of the week, like smoked sausage and cabbage, Salisbury steak, salmon patties, fried chicken and catfish. For dessert, there might be a peach fried pie, strawberry Jello cake, or Jen's favorite, Oreo lasagna (just trust us on this one; recipe below).

Located at 35 E. Hoover Parkway in Columbus, Jen's Place is open 6:15 a.m.–2 p.m. Monday through Thursday, with additional dinner hours 5–7:30 p.m. on Monday and Tuesday; Friday 6 a.m.–8 p.m.; Saturday 6 a.m.–2 p.m.; closed Sunday.



JEN DIXON

## Jen's Place Oreo Lasagna

Serves 12-16

- 1 family-size (19.1 oz) pack Oreos
- 1 stick butter, melted
- 1 (8 oz) pkg cream cheese, softened
- ¼ C sugar
- 3 C plus 2 Tbsp milk
- 1 (8 oz) tub whipped topping
- 1 large (5.9 oz) box instant chocolate pudding

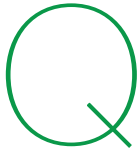
Crush Oreos in 9x13-inch pan. Reserve about a cup and set aside. Stir melted butter into crushed Oreos and press into pan. In mixing bowl, use hand mixer to mix softened cream cheese, sugar, milk and 1 cup whipped topping. Spread mixture on Oreo crust. In another bowl, prepare pudding according to package directions. Spread pudding on cream cheese layer, then top with remaining whipped topping and crushed Oreos. Refrigerate several hours until chilled.



JEN DIXON



# Set your home to vacay mode



*How can I lower my electric bill when I'm gone on vacation?*

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

**A** While you are off enjoying a new adventure or time away, give your home's equipment a vacation, too. Doing so can reduce energy waste and wear and tear on the heating and cooling system, appliances and more.

Your heating and cooling system doesn't need to be quite so comfortable while you're away. Setting the thermostat closer to the outdoor temperature can save you energy and money, but don't completely turn off the heating or cooling system. In extreme weather, your heating and cooling system also helps protect your home from freezing pipes or damage from excessive heat.

Though each home is different, as a rule, you can typically set your thermostat 5 to 10 degrees closer to the outdoor temperature when you aren't home. If you have a heat pump, do not change the settings more than 1 degree in heat mode.

## UNPLUG BEFORE UNWINDING

Some devices in your home continue to draw power from your electrical outlets even when turned off or on standby.

Before you leave for vacation, walk through your home and unplug devices and small appliances. Fully power down gaming consoles and computers, and unplug any devices that have lights, clocks or use standby mode.



With a smart thermostat, you can control the settings remotely from your smartphone, enabling you to adjust the temperature after you leave home and right before you return.

Most water heaters include a vacation mode setting, which drops the temperature to reduce energy when you're away.

## Security measures

Closing the curtains can provide two benefits. It can

keep heat from the sun at bay, reducing the load on your heating and cooling system, and it also blocks visibility into your home when you're away. For security, some people use timers or leave on exterior lights. Make sure any lights left on are LEDs, instead of incandescent or compact fluorescent bulbs. LEDs use less energy and have less impact on your electric use when left on all night. Smart LEDs can be controlled remotely through an app on your phone. **KL**

Set your thermostat 5 to 10 degrees closer to the outdoor temperature when you aren't home. You can also consider upgrading to a smart thermostat, which gives you control over the temperature from anywhere. Photo: Mark Gilliland, Pioneer Utility Resources



# Stay safe on the water

*Boats and power sources don't mix*

## ELECTRIC SAFETY IS PROBABLY

the last thing that crosses anyone's mind on a leisurely summertime boat ride. But because water and electricity are a deadly combination, brush up on some boating safety rules before launching your boat.

Water is a good conductor of electricity. Even when you're on a boat, electricity still tries to reach the ground below to the bottom of the body of water. This means it's critical to stay away from electric power lines and other electricity sources when you go boating.

Boaters should constantly be aware of the location of power lines, especially in a tall craft like a sailboat. When docking a sailboat, have another person help guide you at least 10 feet away from all power lines. Watch for signs that indicate where underwater utility lines are located, and don't anchor your boat near them.



JONADABE STOCK

### *Other on-the-water musts*

- If your boat accidentally comes in contact with a power line, whatever you do, don't jump in the water. Stay on board and don't touch anything made of metal. Don't leave the boat until it has moved away from the power line.
- If you notice a tingling sensation while swimming, the water could be electrified. Get out quickly, avoiding metal objects like ladders.
- When fishing, check for overhead power lines before casting your line.
- Consider installing equipment leakage circuit interrupters on your boat and dock to protect swimmers nearby from potential electrical leakage into the water around your boat.

Never swim near electric-powered boats, marinas or docks. If there is something wrong with the wiring in or near them, the electric currents can flow into the water. When the human body comes in contact with electrified water it conducts electricity. Death from electric shock can result.

## Inspections are important

To make sure your boat's electrical system is ship shape, periodically have a professional marine electrician inspect it. It should meet local and state safety codes and standards.

Never use household cords near water. Make sure the boat's AC outlets are three-prong. All electrical connections should be in a panel box to avoid contact. Ground fault circuit interrupters should be installed on your boat and on the dock. When using electricity near water, use portable GFCIs labeled "UL-Marine Listed." Test all GFCIs once a month.

Know where your main breakers are located on both the boat and the shore power source so you can respond quickly in case of an emergency. **KL**



### THOMAS NICHOLS

Safety Director at Jackson Energy Cooperative

### YEARS AT THE CO-OP:

20

### WHEN I'M NOT WORKING, I'M:

hunting or fishing, spending time with my family camping or watching my kids play sports.



# Too much of a good thing?

*The paradox of exercise and heart health*



LORINDADIBE STOCK

## NO HEALTH CARE PROFESSIONAL DISPUTES

the importance of exercise. From lowered cholesterol and blood pressure to improved brain function and mental health, engaging in regular physical activity is one of the most effective ways you can take control of your overall well-being.

The motivation to exercise can be elusive, so it might be tempting to jump from the couch to marathon training when the mood strikes. If you're new to working out, have a family history of heart disease or you were just diagnosed with heart disease,

consult with your primary care provider or cardiologist before you hop on the treadmill or head to the pickleball court—you might be at an increased risk for a heart attack or even cardiac arrest.

Cardiologists call it the exercise paradox. The more you exercise, the more you protect your heart, but cardiac events are more likely to happen during or immediately after exercise. It seems ironic—and unfair—that the best thing you can do for your health can also harm you.

To be clear, a sedentary lifestyle is far more

detrimental to heart health. That's why it's important to gradually increase the time and intensity of your workouts. The American Heart Association recommends a minimum of 150 minutes (about 2 1/2 hours) of moderate intensity workouts per week, 75 minutes of vigorous workouts, or a combination of both.

If 150 minutes sounds like a lot, break it down to 10 minute walks around the neighborhood, or a couple of laps around the parking lot during your lunch break. If you can't find the time to get away during the workday,

studies have shown that exercising only on weekends can be just as effective as workouts scheduled throughout the week.

Be sure to listen to your body. Chest pain or shortness of breath outside of physical exertion can be serious and should be checked out by a doctor. If you have a family history of heart disease or risk factors, talk to your provider before starting an exercise program. **KL**

**DR. MARC PARANZINO** is a sports cardiologist at UK HealthCare's Gill Heart & Vascular Institute.



# How a Safe Step Walk-In Tub can change your life

## Remember when...

Think about the things you loved to do that are difficult today — going for a walk or just sitting comfortably while reading a book. And remember the last time you got a great night's sleep? As we get older, health issues or even everyday aches, pains and stress can prevent us from enjoying life.

So what's keeping you from having a better quality of life? Check all the conditions that apply to you.

Then read on to learn how a Safe Step Walk-In Tub can help.

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- Anxiety
- Diabetes
- Mobility Issues
- Dry Skin
- Poor Circulation

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# Destinations for generations

*Families that stay together, play together*

BY KATHY WITT

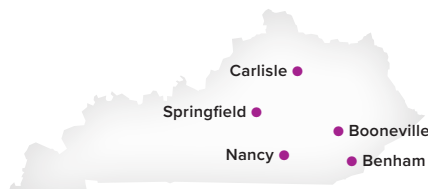


## PARENTS, GRANDPARENTS, CHILDREN

and other extended family members traveling together find lots of vacation options in Kentucky that accommodate all ages and interests, from houseboating trips to camp or “glampground” getaways to large cabins and vacation rentals with plenty of elbow room.

### Simmstown Manor, Springfield

Several generations of the prominent John Simms family lived in the historic, circa 1842 Simmstown Manor, which Simms had purchased from the original owners following the Civil War. In 1983, Saddlebred horse trainer Larry Hodge bought the home from John Simms’ great-grandson and set about renovating it, maintaining as much of the home’s historical integrity as possible.



Today Simmstown Manor, served by Salt River Electric, is a vacation rental, serving multigenerational families well with room for six in the main house and an additional six in the carriage house. Among guests’ favorite activities are exploring the grounds, visiting the retired horses that live on the land and spending time together on the back patio. Options include adding swimming and fishing in the lake and booking a meal with the home’s former private chef. Additionally, Hodge will provide a tour of the home if requested.

▲  
The main house at Simmstown Manor has three bedrooms and three and a half baths. Photo: Simmstown Manor

“Everyone loves hearing the story of the history of the home and the process of its restoration,” says Helen Hodge, Larry Hodge’s granddaughter.

### Kentucky State Parks

Camping and lodging at a Kentucky state park is always a varied adventure, with activities for every member of the family, and for time spent together and apart. Depending on the park, boating, swimming, fishing, axe throwing (yes! axe throwing), golfing, hiking, strolling, biking and birding are among the possibilities, along with dining on



# Springfield

## Summer Concert Series, and Festivals



- June 7 • Salt River All Stars Band and Children's Festival
- July 3 • Fireworks, Soul Circus Band, and Food Trucks
- August 2 • African American Heritage Festival, Best Kept Secret Band, Food Trucks, and Parade
- September 6 • King's Highway, Bluegrass Band



SCAN ME!

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Win a Getaway. See page 23.

**THE STEPHEN FOSTER STORY**

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Win a Getaway. See page 23.

## TRAVEL | WORTH THE TRIP

dishes made with local ingredients and shopping for gifts created by Kentucky authors and artists. Of course, doing absolutely nothing on a shaded balcony while drinking in the views is also a top choice.

There's lots for all to see and explore at the Old Farmhouse at Cedars Hill. Photo: Old Farmhouse at Cedars Hill

Parks like Blue Licks Battlefield State Resort Park have the added allure of a museum where visitors can learn about area history by watching a video and exploring exhibits of Native American and pioneer artifacts as well as mastodon bones. For family reunion groups, the lodge offers two suites, and one can be used as a hospitality center.



*Check out these family-sized accommodations for an unforgettable multigenerational trip.*

**Barren River Lake State Resort Park**  
1149 State Park Road, Lucas  
<https://parks.ky.gov>, (270) 646-2151

**Benham Schoolhouse Inn**  
100 Central Ave., Benham  
[www.benhaminn.com](http://www.benhaminn.com), (606) 848-3000

**Blue Licks Battlefield State Resort Park**  
10299 Maysville Road, Carlisle  
<https://parks.ky.gov>, (859) 289-5507

**The Old Farmhouse at Cedars Hill**  
Booneville; [www.vrbo.com/3368089](http://www.vrbo.com/3368089),  
[airbnb.com/h/OldFarmHouseatCedarsHill](http://airbnb.com/h/OldFarmHouseatCedarsHill)

**Kentucky Dam Village State Resort Park**  
166 Upper Village Drive, Gilbertsville  
<https://parks.ky.gov>, (270) 362-4271

**Red River Gorge Cabin Rentals**  
99 Eagle Ridge Road, Campton  
[www.redrivergorgecabinrentals.com](http://www.redrivergorgecabinrentals.com),  
(844) 692-2246

**Simmstown Manor**  
3003 Simmstown Road, Springfield  
[www.simmstownmanor.com](http://www.simmstownmanor.com),  
(859) 388-0996



## The Old Farmhouse at Cedars Hill, Booneville

This three-bedroom, late 1800s farmhouse with rocking chair front porch and idyllic setting 35 minutes south of Red River Gorge has hosted families whose members ranged in age from 3 to 84.

“Our old farmhouse is restored to the era with antiques and modern conveniences, which reminds older members of a family of days gone by,” says Stephen Gibson, who owns the home with his wife, Zina Gibson. “Young and older alike enjoy the quiet and restful 70-plus acres of a working forage farm with plenty of wooded areas for hiking and exploring.”

The house, served by Jackson Energy, has a pavilion with a fire pit, grill, outdoor TV, large picnic table and outdoor games, surrounded by plenty of space for children to run and play. In season, a small vegetable garden is available for guest use.



There is plenty of room for all at a three-bedroom cottage at Kentucky Dam Village State Resort Park.  
Photo: Kentucky State Parks

## SPACES IN YOUR TOGETHERNESS

In the “go big or stay home” category, Kentucky Dam Village State Resort Park has 24 three-bedroom cabins that give multigenerational families multiple spaces for relaxing and spending time together while also providing each generation privacy. A few other Kentucky state resort parks offer these generously sized cabins, including General Butler and Lake Cumberland, but nowhere near the number Kentucky Dam Village boasts. Like Barren River Lake State Resort Park, which is served by Farmers RECC, Kentucky Dam Village, located in Gilbertsville and served by West Kentucky RECC, also lures with a beautiful sandy beach and plenty of outdoor recreation.



# DIVE INTO Summer Thrills

Experience endless summer fun in Bowling Green. From underground expeditions through Lost River Cave to racing excitement at NCM Motorsports Park, adventure awaits at every turn. Discover the National Corvette Museum’s iconic collection or bask in outdoor concerts, festivals, and baseball games. Be sure to check out the amusement park, raceway, and campground at Beech Bend. Plan your Bowling Green summer getaway today for memories that last a lifetime.

LEARN MORE TODAY AT  
[VISITBGKY.COM](http://VISITBGKY.COM)



Win a Getaway. See page 23.





Located in the mountains of eastern Kentucky, Benham Schoolhouse Inn gets an A+ as a getaway for families. Photo: Benham Schoolhouse Inn

A Ship Store stocks everything from boating parts and bathing suits to sandwiches and soft serve ice cream.

### Benham Schoolhouse Inn, Benham

School's out, but history lessons are very much in at this former educational institution turned resort, where hallways were once crowded with students from kindergarten through 12th grade. Today, the fully refurbished inn in a scenic Appalachian Mountains setting features a variety of individually decorated guestrooms and historical artifacts throughout the building recalling its former school days, including lockers lining the hallways.

With room for 10, the Grand Yurt at Red River Gorge Cabin Rentals is ideal for multigeneration family travelers. Photo: Red River Gorge Cabin Rentals

Nearby activities include golfing, ATV trails and access to the South Fork of the Kentucky River. Red River Gorge Geological Area is just 35 minutes north.

### Lee's Ford Resort Marina, Nancy

Not much pairs better for warm weather getaways than families and water-based activities. Lee's Ford Resort Marina, located 4 miles from Somerset and served by South Kentucky RECC, puts all the fun right on the water with a fleet of 11 different harbor cottages and houseboats on beautiful Lake Cumberland, which bills itself as the houseboat capital of the world.

Several of the houseboats sleep up to 10 people and include kitchen, two baths and a variety of amenities: upper party deck, covered front porch, covered patio, grill, washer and dryer, multiple TVs and more. The full-service marina also has jet ski, speedboat and pontoon rentals.



### YURT? YEP.

Glamps for gramps? At Red River Gorge Cabin Rentals, served by Licking Valley RECC, the Grand Yurt is a high-end, fully furnished yurt that merges all the comforts of home with the little luxuries that make getting back to nature enjoyable for all generations of the family. Amenities include a spacious kitchen/living area gathering space; rec room with foosball, poker table and TV; and a hot tub on an oversized deck surrounded by cliff views. And the soundtrack? The splish-splash of tumbling waters from a nearby 80-foot-tall double waterfall.



### Rural charm

Video links at KentuckyLiving.com provide a glimpse of two pastoral treasures for multi-generational stays: The Old Farmhouse at Cedars Hill and Simmstown Manor.



▲ Camping at Blue Licks Battlefield State Resort Park and other state parks offers a way to bring all the generations together. Photo: Kentucky State Parks

Several nearby attractions give families the opportunity to learn about the history and culture of Appalachia and Kentucky's coal mining heritage, including the Portal 31 Underground Mine Tour and the Kentucky Coal Museum. Also part of the curriculum? Studying nature through the wildlife, hiking trails and fishing and pedal boat lake at Kingdom Come State Park. **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*.

**The Kentucky Wine & Vine Fest**  
Official Wine Festival of Kentucky  
**JUNE 15**  
FIND IT HERE.  
kywinefest.com

Win a Getaway. See page 23.

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**SUMMER CONCERT SERIES**  
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**JD SHELburnE** (July 26)

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Location  
Johnston Field @ Centre Square  
239 N Spalding Ave.  
Lebanon, KY 40033  
www.visitlebanonky.com or 270-692-0021  
for more information

Win a Getaway. See page 23.





## Backyard vibes

If you've ever dreamed of hanging out in your backyard with a couple hundred of your closest friends, visit The Grove in Glasgow and make those dreams *almost* a reality.

"We like to think of ourselves as the extension of everyone's backyard, an all-inclusive community hub where people can enjoy live music or watch their own event come to life," says Candace Barbee, public relations/marketing director for The Grove.

The Grove is an outdoor venue open to all ages. It specializes in bluegrass and Americana artists, but a variety of genres are represented throughout the season, which runs April through September. The venue is

also available to rent for weddings and other private events.

This season provides a view like no other (seen above) from The Treehouse, a more than 2,000-square-foot viewing deck on which to watch the shows.

"There's nothing like it in the state, or even surrounding states that I've been able to find," Barbee says. "We're all about providing an experience. From the moment you enter our gates until the time you leave, you're family—and we want it to feel that way."

The Grove is owned by Jason Kuykendall and family and was built during the pandemic shutdown in 2020.

It has hosted three full seasons of live music.

Six shows are planned in June, including John Moreland with Ken Pomeroy on June 8, Lilly Hiatt and Leah Blevins on June 14 and The Del McCoury Band with Wyatt Ellis on June 15. Find the full schedule and buy tickets at [thegroveglasgow.com](http://thegroveglasgow.com).

The Grove is located at 702 Happy Valley Road in Glasgow, behind Ralphie's Fun Center. Hours vary, but gates typically open around 5–6 p.m. with music at 7. Shows are on select Fridays and Saturdays. For more photos and info, visit [KentuckyLiving.com](http://KentuckyLiving.com).

Story: Shannon Brock

Photo: Kentucky Road Trips





# KENTUCKY

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## ARTISAN CENTER

### **Rest Stop. Restaurant. Retail. Why Choose?**

Stretch your legs, grab a bite to eat, and shop works from over 850 KY-based artists and small businesses in one convenient location. Situated right off of I-75 exit 77 in Berea, KY, the Kentucky Artisan Center makes the perfect pit stop for locals and travelers alike.

**Open Daily 9am-6pm Cafe Open 9am-4pm**  
**200 Artisan Way, Berea, KY 40403**  
**(859) 985-5448 [kentuckyartisancenter.ky.gov](http://kentuckyartisancenter.ky.gov)**



# EVENT CALENDAR



SARAH HAHILL



## 1 SINGIN' THE BLUES

Kentucky Music Hall of Fame inductee and Lexington native Tee Dee Young brings his unique style of blues to the June 22 Kentucky Blues Festival at the Kentucky Music Hall of Fame's amphitheater in Mt. Vernon. Music kicks off at 5 p.m.; food trucks, beer and wine vendors on site. Other performers: Rachel Crowe Band and the Donovan Howard Trio. Free to attend—bring a blanket or chair. Info: [www.kentuckymusichalloffame.com](http://www.kentuckymusichalloffame.com), (606) 256-1000.

## 2 HAPPY HARRODSBURG!

Kentucky's oldest city celebrates turning 250 years old, June 13–16, with festivities including live music, historical reenactments, tours, food trucks, craft vendors and a June 8 parade. The annual Fort Harrod Settlement and Raid is held in conjunction with the overall festivities. Plus: check out more fun and guest speakers at the Heart of Kentucky Juneteenth Celebration, June 14–15 at Harrodsburg's West Lane Park. Facebook: Harrodsburg's 250th Celebration; [www.juneteenthky.com](http://www.juneteenthky.com).

## 3 TALKIN' TACOS

How does a spicy cowboy taco sound? "Killer" queso with chips? Or maybe a pulled pork empanada or goetta taco? Wash them down with a classic lime or exotic fruity margarita. It's all at the Covington Taco and Margarita Festival in MainStrasse Village, June 21-23. Free admission, with a huge lineup of live music throughout. Hours: 5–11 p.m. Friday, noon–11 p.m. Saturday, noon–9 p.m. Sunday. Details, [www.cincyfests.com](http://www.cincyfests.com).

## 4 MOUNDS OF FUN

It's hands-on, outdoors fun for kids 8 and up at Wickliffe Mounds State Historic Site. They learn about archaeology and get a guided tour plus activities at Jr. Archaeologist Day, June 8. On June 22, they can become Wickliffe Mounds Jr. Naturalists in a program that includes a hike and a closer look at the resident corn snake. Cost: \$5 per person, with pre-registration required by emailing [erin.langan@ky.gov](mailto:erin.langan@ky.gov). Info: <https://parks.ky.gov>, (270) 335-3681.



**SATURDAY, JUNE 29**

**Wind Orchestra**, (606) 886-2623, Mountain Arts Center, Prestonsburg

**NORTH CENTRAL****SATURDAY, JUNE 1**

**Cruise In**, (270) 617-6206, Happy Jack's Winery, Hardinsburg

**The Kentucky Headhunters**, (270) 259-5587, Logsdon Valley Park, Leitchfield

**Guided Hike for National Trails Day**, (502) 241-4788, Yew Dell Botanical Gardens, Crestwood

**Smithfield Day**, (502) 706-1032, Smithfield

**Go in' To Market: Red, White & Boutiques**, (502) 939-2713, City Place, LaGrange

**FRIDAY, JUNE 7**

**Gospel on East Main: Guy Penrod**, (270) 259-5587, Leitchfield

**Salt River All Stars Band and Children's Festival**, (859) 336-5412 Ext. 6, Springfield

**FRIDAY, JUNE 8**

**East Main Market Concert Series**, thru August 24th (2nd & 4th Saturdays), (270) 259-5587, Leitchfield

**WEDNESDAY, JUNE 12**

**Lawn Party**, (270) 765-6121, Freeman Lake Park, Elizabethtown

**THURSDAY, JUNE 13**

**Secret Garden Party**, (502) 241-4788, Yew Dell Botanical Gardens, Crestwood

**SATURDAY, JUNE 15**

**Mullet Competition**, (502) 647-0064, Shelby County Fairgrounds, Shelbyville

**Paws in Nature**, (502) 955-8512, Bernheim Arboretum and Research Forest, Clermont

**Kidsfest**, (502) 543-8656, Paroquet Springs Conference Center, Shepherdsville

**THURSDAY, JUNE 20**

**The Native Plants at Yew Dell**, (502) 241-4788, Yew Dell Botanical Gardens, Crestwood

**12 Hours of Play**, (270) 257-2311, Rough River Dam State Resort Park, Falls of Rough

**SUNDAY, JUNE 23**

**Mythbusting: Mindfulness in the Garden**, (502) 241-4788, Yew Dell Botanical Gardens, Crestwood

**SATURDAY, JUNE 29**

**Go in' To Market: E-Town Bound**, (502) 939-2713, Prichard Community Center, Elizabethtown

**BLUEGRASS****SATURDAY, JUNE 1**

**A Midsummer Night's Dream**, thru 2nd, (859) 756-0011, The Spotlight Playhouse, Berea

**FRIDAY, JUNE 7**

**Capital Expo Festival**, thru 8th, (502) 875-8687, Frankfort

**Summer Concert: Zack Attack Party Band**, (502) 598-3127, Lawrenceburg

**SATURDAY, JUNE 8**

**Mutt Strut**, (859) 233-0044, Coldstream Dog Park, Lexington

**Beer Cheese Festival**, (859) 744-0556, Winchester

**SUNDAY, JUNE 9**

**Past and Present Miniature Masterpieces**, (859) 317-3353, Ashland-The Henry Clay Estate, Lexington

**WEDNESDAY, JUNE 12**

**PlayThink Festival**, thru 16th, (859) 979-7827, Terrapin Hill Farm, Harrodsburg

**THURSDAY, JUNE 13**

**Central Kentucky EDUCON**, thru 14th, (859) 232-8885, Eastern Kentucky University, Richmond

**SATURDAY, JUNE 15**

**Party on the Square**, (502) 863-2547, Georgetown

**Vintage Dad's Day**, (859) 734-5411, Shaker Village of Pleasant Hill, Harrodsburg

**Moonlight Melodies**, (859) 233-3535, Lexington Opera House

**Kentucky Wine & Vine Fest**, (859) 354-5433, Jessamine County Fairgrounds, Nicholasville

**WEDNESDAY, JUNE 26**

**YPAL Homecoming**, (270) 401-1313, Louisville Slugger Field

**SATURDAY, JUNE 29**

**KSP Classics, Customs, and Cruisers Car Show**, (859) 233-4303, Kentucky Horse Park, Lexington

**EASTERN****FRIDAY, JUNE 7**

**Girls Night: The Musical**, (606) 324-0007, Paramount Arts Center, Ashland

**First Friday Market**, thru August 2nd (1st Fridays), (859) 498-8732, Mt. Sterling

**Menifee Mountain Memories Festival**, thru 8th, (606) 768-9000, Frenchburg

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

**SATURDAY, JUNE 8**

**Cumberland Valley Cruise-in**, (606) 528-8860, Corbin

**FRIDAY, JUNE 14**

**Cornbread and Chaos**, (606) 886-1341, Prestonsburg

**SATURDAY, JUNE 15**

**Rudy Fest**, thru 22nd, (606) 316-6677, Poppy Mountain, Morehead

**Jazz Alley: Jewel City Jazz Orchestra**, (606) 324-0007, Paramount Arts Center, Ashland

**THURSDAY, JUNE 20**

**The Mountain Grrl Experience**, thru 22nd, (502) 564-4930, Pikeville

**SATURDAY, JUNE 22**

**Fire Masters Competition**, (606) 528-8860, Corbin

**Beattyville Bourbon & Moonshine Festival**, (606) 464-5038

**FRIDAY, JUNE 28**

**Raelynn**, (606) 256-0101, Renfro Valley Entertainment Center, Mt. Vernon

**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 July 1 for the August issue.**

**TO ADVERTISE YOUR EVENT IN PRINT, CALL (800) 595-4846**



**Rumble Over Rough River**, (270) 257-2311, Rough River Dam State Resort Park, Falls of Rough

**NORTHERN**

**SATURDAY, JUNE 1**

**Art in the Garden**, (606) 756-2183, Augusta

**SUNDAY, JUNE 2**

**Verona Farmers' and Artisan Market: Children's Day**, (859) 414-0400, Verona Vineyards

**FRIDAY, JUNE 7**

**U.S. 25 Yard Sale**, thru 8th, (800) 382-7117, Richwood

**Summer Sounds Concert Series: The Cincy Brass**, (606) 563-2596, Maysville

**SATURDAY, JUNE 8**

**Uncorked Wine and Art Festival**, (606) 584-4888, Maysville

**Discovery Day**, (859) 384-3522, Big Bone Lick State Historic Site, Union

**TUESDAY, JUNE 11**

**Florence Y'all's Baseball Games**, thru 16th, 25th-30th, (859) 594-4487, Thomas More Stadium

**THURSDAY, JUNE 13**

**Italianfest**, thru 16th, (859) 292-3666, Riverboat Row, Newport

**Pollinator Walk**, (859) 384-4999, Boone County Arboretum, Union

**SATURDAY, JUNE 15**

**Baker-Bird Wine Run 5K**, (606) 756-2183, Baker-Bird Winery, Augusta

**One Night Stand: Bee Gees Tribute**, (859) 903-9477, Barnwood Bravo Theater, Dry Ridge

**FRIDAY, JUNE 21**

**Arboretum After Dark: Nocturnal Animals**, (859) 384-4999, Boone County Arboretum, Union

**SATURDAY, JUNE 22**

**Yoga with the Big Bone Bison**, (859) 384-3522, Big Bone Lick State Historic Site, Union

**SATURDAY, JUNE 29**

**Life of Christ Drama**, thru 30th, (859) 428-2200, Sherman Full Gospel, Dry Ridge

**SOUTH CENTRAL**

**SATURDAY, JUNE 1**

**Summer Kick-Off Concert**, (800) 240-2531, Cole Park, Burnside

**Monticello Market Downtown**, (606) 348-3064, Downtown Monticello

**Cars and Coffee**, (270) 528-6003, Cave City

**MONDAY, JUNE 3**

**Taylor County Fair**, thru 8th, (270) 403-1443, Taylor County Fairgrounds, Campbellsville

**FRIDAY, JUNE 7**

**Cruisers Car Show**, (606) 303-8999, Liberty

**Goin' To Market: 400 Mile Yard Sale**, thru 8th, (502) 939-2713, Sloan Convention Center, Bowling Green

**MONDAY, JUNE 10**

**Hot Rod Power Tour**, (270) 781-7634, Beech Bend Raceway, Bowling Green

**THURSDAY, JUNE 13**

**A Sample of Somerset Food Festival**, (606) 383-0367, Pulaski Judicial Center

**FRIDAY, JUNE 14**

**IBRA Barrel Racing**, thru 15th, (859) 559-2662, Central Kentucky Ag Expo Center, Liberty

**Summer Music Series: The Local Honeyes**, (606) 706-7777, City Green Stage, Liberty

**SATURDAY, JUNE 15**

**In the Hart Car Show**, (270) 537-1664, Munfordville

**THURSDAY, JUNE 20**

**Casey County District Dairy Show**, thru 22nd, (606) 303-2105, Central Kentucky Ag Expo Center, Liberty

**FRIDAY, JUNE 21**

**Cruisin' on Main**, (270) 789-7642, Campbellsville

**SATURDAY, JUNE 22**

**Somernites Cruise Car Show**, (606) 872-2277, Fountain Square, Somerset

**SATURDAY, JUNE 29**

**4th of July Celebration**, thru July 4th, (270) 465-8601, Campbellsville

**WESTERN**

**SATURDAY, JUNE 1**

**Owensboro Art Guild Plein Air Art**, (270) 302-5982, Western Kentucky Botanical Garden

**Porchfest**, (270) 826-3128, Henderson

**SUNDAY, JUNE 2**

**Sunday Seminar: Eastern Bluebird**, (270) 584-9017, Mahr Park Arboretum, Madisonville

**MONDAY, JUNE 3**

**Madisonville Miners Baseball Game**, 7th, 11th, 13th, 17th, 19th, 21st, 23-24th, 27th, (270) 821-4171, Elmer Kelley Stadium, Madisonville

**THURSDAY, JUNE 6**

**Fiddler on the Roof**, thru 22nd, (270) 444-6828, Market House Theatre, Paducah

**FRIDAY, JUNE 7**

**Warriors for James Fish Fry**, (270) 906-0166, Lakeland Event Center, Calvert City

**Jeeps and Jamz Expo**, thru 8th, (270) 926-1100, Owensboro Convention Center

**SATURDAY, JUNE 8**

**Run for the Paws 5K**, (270) 821-8965, Madisonville City Park

**Summer Showdown**, (270) 836-6353, Western Kentucky Speedway, Madisonville

**Porchfest**, (270) 926-1100, Owensboro

**Strawberry Festival**, thru 9th, (270) 926-1100, Owensboro

**WEDNESDAY, JUNE 12**

**W.C. Handy Blues & BBQ Festival**, thru 15th, (270) 826-3128, Audubon Mill Park, Henderson

**SATURDAY, JUNE 15**

**Goin To Market: Summer Dayz**, (502) 939-2713, Ballard Convention Center, Madisonville

**Relax & Re-Wine: Lew Jetton**, (270) 493-2682, Poca Terra Winery, Benton

**SATURDAY, JUNE 22**

**Summer Solstice Night Hike**, (270) 584-9017, Mahr Park Arboretum, Madisonville

**WEDNESDAY, JUNE 26**

**ROMP Music Festival**, thru 29th, (270) 926-1100, Yellow Creek Park, Owensboro

**FRIDAY, JUNE 28**

**4th Fest & Praise in the Park**, thru 30th, (270) 824-2100, Madisonville City Park

**West Kentucky Antique & Vintage Market**, thru 29th, (270) 821-4171, West Kentucky Archery Complex, Madisonville

**SATURDAY, JUNE 29**

**Jerry Gilkey Memorial Street Stock Shootout**, (270) 836-6353, Western Kentucky Speedway, Madisonville



# Eye Doctor Helps Tennessee Legally Blind To See

High Technology For Low Vision Patients Allows Many To Drive Again



**F**or many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last 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](http://www.lowvisiontn.com)

For more information and a FREE telephone consultation, call us today:

**1-855-405-8800**

Office located in Lebanon, TN  
**James Gillispie, O.D.**





**1 FOREST FLOWER**  
Devil’s Market House Arch Trail in Menifee County is a great place to spot wildflowers. Photo by Stuart Salyers, Mt. Sterling, a Clark Energy consumer-member.

**2 FRESH AIR**  
Maddox the pup enjoys some fresh air on a beautiful day. Photo by Amy Gail Biddle, Brandenburg, a consumer-member of Meade County RECC.

**3 CALL OF THE WILD**  
Erik Euell, Monticello, recently moved to Kentucky and began hiking trails that have waterfalls, along with his dog, Elsa. First on his list was Dog Slaughter Falls near London.

**4 HOOK, LINE AND SINKER**  
Finley shows off her first catch with her new fishing pole. Photo by mom, Casey Hutchins, Springfield, a consumer-member of Salt River Electric.

**SEND US YOUR SNAP SHOTS!** We’re looking for summer 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

## Keep your parks clean.

Don't litter in the parks where you walk and play. Clean up any trash before you leave.



## Green Team Tip

Plant gardens with butterflies and bees in mind. Use a variety of local plants to supply them with pollen and nectar.

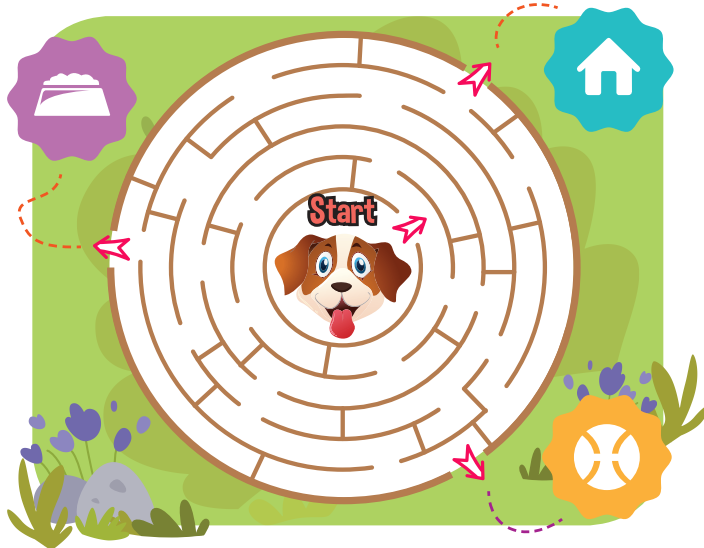
— Blaise Curran, age 7

Send us your green team tips!



## PLANNING PUPPY'S DAY

Choose a path from the center of the maze and find out what the puppy will do today. Will she decide to have lunch, play with a ball or take a nap?



Enter KIDS Contest

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

## Name that bird!

Borrow some bird identification books from the library and spend the day walking in a local park or forest. See how many birds you can identify. Go with a parent to make sure you stay safe and take some pictures of the birds you find.



## Did You Know?

Galápagos tortoises can live to be over a hundred years old.

## Tell us a joke!

Where do you not need to take a dog?

The flea market!

— Avery Brewer





# GREAT OUTDOORS

## Outdoors for all

*The Pittman-Robertson Wildlife Restoration Act*



The Pittman-Robertson Act funds projects that benefit all who love the outdoors. Photo: Ken McBroom

▲ **HAVE YOU EVER HEARD OF** the Pittman-Robertson Wildlife Restoration Act? If you haven't, don't despair. I was an avid outdoorsman for more than half my life before I learned about this law that plays such an important role in conservation, education, wildlife restoration and more.

I heard the act mentioned one morning while purchasing a hunting license, but it wasn't until I researched it for an article that I realized just how crucial the law has been for people who love the outdoors.

Approved by Congress in 1937, the Pittman-Robertson Act taxes the sales of guns, ammo and archery equipment and distributes those funds to state fish and wildlife agencies. That money is used to support hunter education and safety, conservation programs and wildlife restoration. Wildlife restoration programs, which receive the biggest piece of the pie, use these funds to acquire land that is suitable or can be made suitable for

wildlife habitat. These programs also maintain public access for outdoor opportunities for the public.

The Pittman-Robertson Act is set up to appropriate funds based on the number of hunters in each state. When hunting license sales drop, so do the funds that a state receives through the act. This is an incentive to encourage and introduce more people to the outdoors and hunting.

With all the firearms and hunting language in the act, one might assume it primarily benefits hunters. However, nonhunters contribute the most to the act through recreational shooting guns and ammo purchases, and the benefits are for everyone—even people who don't hunt or shoot at all.

Wildlife management and restoration projects create many outdoor opportunities, including hiking trails and wetland areas that give birdwatchers and photographers new places to explore. The restoration of native flora and fauna offers nature lovers a chance to get away and see Kentucky as it was.

The Cumberland Forest Wildlife Management Area is a new wildlife management area in Kentucky, held by the Kentucky Department of Fish and Wildlife Resources, that was funded mostly through the Pittman-Robertson Act along with help from the Rocky Mountain Elk Foundation. At 54,560 acres, it is the largest conservation easement in Kentucky history. Through an annual agreement between The Nature Conservancy in Kentucky and Kentucky Fish and Wildlife, the property is now permanently open to the public, offering hiking trails, excellent wildlife viewing and hunting.

I encourage you to make a trip to southeast Kentucky to explore your new property. Be sure to read next month's Great Outdoors column for more information on the Cumberland Forest Wildlife Management Area—and in the meantime, read up on all of the great outdoor opportunities that the Pittman-Robertson Act has contributed to. **KL**

**KEN MCBROOM**, an outdoors writer/photographer, created [RamblingAngler.com](http://RamblingAngler.com). McBroom grew up in Lynchburg, Tennessee, and now lives in western Kentucky.



Everyone loves a good before and after.

# Beautify the Bluegrass

Across Kentucky, volunteers and communities work to Beautify the Bluegrass.

Do you know of a beautification project that deserves recognition?

Kentucky's electric cooperatives are committed to improving the quality of life in the communities we serve, and are partnering with Gov. Andy Beshear to recognize local beautification efforts.

## NOMINATE SOMEONE TODAY!

1. Help us recognize projects completed since August 2023.
2. Go to [KentuckyLiving.com/Beautify](https://KentuckyLiving.com/Beautify) for details.
3. Enter by July 15.



Finalists to be announced by Gov. Beshear on August 14 during *Kentucky Living's* 2024 Best in Kentucky awards.

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# “Mr. Wilmore”

*Leonard Fitch is a local legend*



**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](http://KentuckyLiving.com): About/People.

**MENTION THE NAME LEONARD FITCH** to most any longtime resident of the Jessamine County community of Wilmore and you're likely to evoke a tender smile and memories of some of the soft-spoken 83-year old storekeeper's lifelong acts of kindness.

“He is the most loved man and revered man in this town,” says Wilmore Mayor Harold Rainwater. “He’s a special, godly man. He makes you believe in mankind; that there’s more good than there is anything else.”

Fitch operates the local IGA Foodliner, which his family has owned since 1956. His father owned a grocery, a dairy and other businesses in northern New York state, but had studied at Asbury College and later relocated to Wilmore at the urging of friends there.

Leonard enjoyed working on the dairy farm as a youngster, and wanted to be a veterinarian. But from age 16 until graduation from what now is Asbury University, he worked in the grocery. And now, 68 years later, he's still behind the meat counter or elsewhere in the store on most days, moving about with the help of an upright walker.

“I decided real early that this is where my heart was,” he says.

Yet his heartbeat echoes well beyond the grocery. It's often said that he has conducted more funerals in the community than all the local pastors combined, and many who know him whisper of his quiet generosity to those in need. On Thursday evenings he hosts a Bible study in a stockroom at the grocery. He's been a member of the city council for 52 years.

“Leonard has the biggest heart of anybody I know in town,” says IGA customer Kathy Milans, recalling his many charitable gifts, and food drives for families during the Thanksgiving and Christmas seasons. Hundreds of children stream into the store each Christmas for a visit with Santa, treats and a stuffed toy provided by volunteer helpers.



Bluegrass Energy consumer-member Teresa Murphy recounts that when many items were in short supply during the Covid-19 pandemic, out-of-towners often found what they needed at Fitch's IGA.

Recent months have been difficult. Leonard's wife of 63 years, Emily, the mother of their four children, passed away in January. She was a teacher and helped with bookkeeping at the store.

Business isn't what it once was, and only one checkout lane is open on some days. But loyal customers still show up to shop and to greet Leonard with a hug or handshake, and he's on a first-name basis with most.

“Hey, Donald, how's that leg doing?” he asks a customer, then waits to hear the latest medical report.

Breakfasts, fresh doughnuts and plate lunches around midday await regulars and visitors at tables in the deli, where many have gathered for years. Maybe they come for the food, or perhaps they're just hoping to spend more time with Leonard Fitch.

“He is ‘Mr. Wilmore,’” says Rainwater. “He's everything that Wilmore embodies, everything we say we are, and everything we'd like to be.” **KL**





HEATHER BLYEY



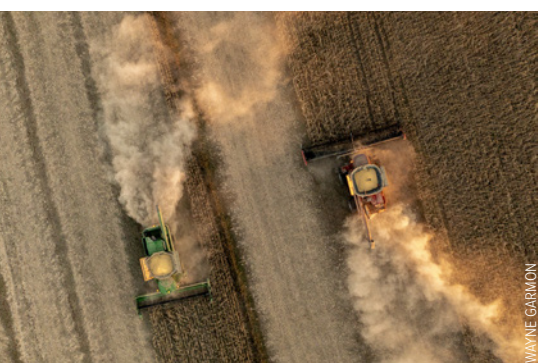
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