

# KentuckyLiving

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## **MEET THE COACH**

**UK'S STOOPS IS  
'DEAN OF THE SEC'**

### **SAVING THE WHITE OAK**

Scientists conserve a  
keystone species

### **IN THEIR OWN WORDS**

Washington Youth Tour memories

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# SEPTEMBER

VOL 78 | NO 9

## 16

### MEET THE COACH

University of Kentucky Head Football Coach Mark Stoops reflects on his record-setting tenure at UK, the challenges of building a winning program and the values that support his success.

## 24

### SAVING THE WHITE OAK

White oaks provide important forest habitat, food for wildlife and the critical wood that ages Kentucky bourbon. Learn how scientists are securing the future of this keystone species.

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### BEST IN KENTUCKY

Results are in for the 2024 Best in Kentucky Awards, recognizing readers' favorites in 30 categories. Celebrate this year's winners, and make plans to nominate and vote again in 2025.

**ON THE COVER** Following last season, Mark Stoops became the longest-tenured head football coach in the Southeastern Conference, earning him a new title: "Dean of the SEC." Stoops enters the 2024 season with 63 victories—more than any football coach in UK history, including Paul "Bear" Bryant. Photo: University of Kentucky Athletics

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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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# Service above self

*Co-ops work toward a greater mission*

### WHEN I FIRST HEARD

Jason Kuhn's story, I knew I wanted him to speak during the Kentucky Electric Cooperatives annual meeting.

A former Navy SEAL and D1 athlete, Kuhn, shown at right, has racked up an impressive list of accomplishments. But it's his message about cultivating a service mindset that resonated with me.

It hasn't been all success for Kuhn. He's faced plenty of challenges, including a devastating case of the yips that cost him his dream of playing professional baseball. When that ambition crumbled, Kuhn went through a time of soul searching that eventually led him to the grueling experience of Navy SEAL training. Around 80% of candidates fail or quit the 24-week training, but Kuhn was one of the few who made it. Why? Kuhn says it's because he moved from a status mindset to one motivated by service to others. Having a mission greater than himself changed everything.

Service is an everyday reality for Kentucky's electric cooperatives. Co-ops provide safe, affordable and reliable electricity and improve the quality of life in their communities. Unlike other businesses models, which are driven by profit, co-ops are member-owned, not-for-profit utilities that exist to serve their members.

Here at Kentucky Electric Cooperatives, the association that supports 26 co-ops across the state, we have a statement that clearly spells out our mission:

"To support our member cooperatives, advocate for their interests, and educate co-op consumer-members, employees, board members and the public about the value and values of electric co-ops and the communities they serve in Kentucky."



TIM WEBB

Each of us in the cooperative world is privileged to be part of a greater mission. From the office staff members who take your calls to the line-workers who keep the power flowing to the leaders who direct cooperative business, Kentucky's co-ops put their members first.

SEAL training is a world away from what most of us will ever experience, but we can all learn from Kuhn's call to embrace a service mindset and align ourselves with a greater mission. When we do so, we find our purpose. Kentucky's electric cooperatives exist to serve you, the members. Thank you for being our purpose.

*Chris*

**CHRIS PERRY**  
President/CEO



**KENTUCKY ELECTRIC COOPERATIVES**

# FROM THE EDITOR

## THIS ISSUE HONORS 90

Best in Kentucky winners. We get to showcase first, second and third place in 30 categories—from coffee to meteorologist. Some of the names you'll see will be familiar, while others are being recognized in this contest for the first time.



Outside of these categories, when I think of the Best in Kentucky, my mind goes to the exceptional Kentucky Electric Cooperatives' communications staff. Joe, Mallory, Wade, Mary, Renee, Joel, Katy, Kacey and Jess are at the top of their professional game and some of the finest human beings you will ever meet. It is a pleasure to work with them every day, and I thought it fitting to mention them by name in this spectacular issue.

You can see the Best in Kentucky winners beginning on page 28, learn about white oaks on page 24 and meet UK's Coach Mark Stoops on page 16.

This issue is truly full of the best in Kentucky, and it was made by the best folks, too.

**SHANNON BROCK,  
EDITOR**

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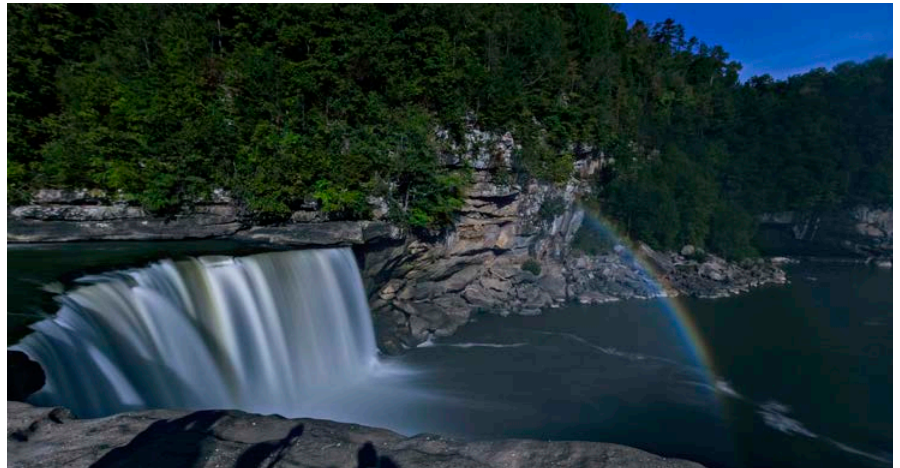
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## MOONBOW MAGIC

### Exploring the Cumberland Falls phenomenon

Did you know there are only two waterfalls in the world that regularly produce a moonbow? One is Victoria Falls in southern Africa. The other is in southeast Kentucky at Cumberland Falls State Resort Park. Read the story on page 54, then visit us online to read more and see additional photos of this natural wonder.



STEVE PATTON/UNIVERSITY OF KENTUCKY

## TREES FOR THE FOREST

### Reforesting former mine land

The Appalachian Regional Reforestation Initiative has planted white oak and other seedlings on former mining land since 2004. Read about white oak conservation efforts on page 24, then visit us online for more on this unique reforestation effort.



## PROOF OF CONCEPT

### UK's football-bourbon connection

Mark Stoops has earned several new titles since he came to the University of Kentucky in 2012. Now UK's winningest football coach and "Dean of SEC football" Stoops is also a partner in RD1 Spirits, a bourbon distillery in Lexington.



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# Kentucky, Y'all

Folks in Kentucky seem to have an extra dose of pride of place, whether they were born and raised here, or chose to make Kentucky their home. And with good reason! Home to famous people, horses, bluegrass and bourbon, Kentucky has earned bragging rights many times over.

Blair Thomas Hess and Cameron Ludwick, from Frankfort and Lexington respectively, have written four travel books highlighting Kentucky claims to fame. Their fifth and latest, *Kentucky, Y'all: A Celebration of People and Culture of the Bluegrass State*, (University Press of Kentucky, \$24.95), is an effort to “help others discover [Kentucky’s] hidden history, its stories, destinations, and culture—even the strange parts.”

Broken into six parts, the book focuses on culinary traditions including Derby fare and fashions, bourbon, parties and festivals, sports and dialects; and stories of inventions, artistry and successes. Recipes are included for some of the must-have dishes for any good Derby party.

Perhaps news to some will be the story of Mona Strader, born in Louisville in 1897, but becoming world renowned due to her glamorous fashion sense and high society life. Also noteworthy is the history of Keeneland, Lexington’s racecourse with yearling sales that have

been a step in the path of more than 20 Derby winners.

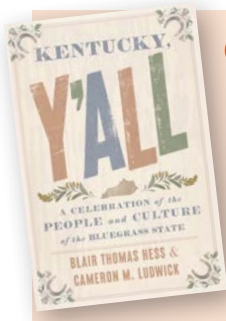
Quirkier, but no less notable, is the story of the Guinness World Record biscuit weighing in at 4,000 pounds and credited to Trigg County’s Country Ham Festival. Each October, a half-sized replica is offered up at the festival.

Of course, any proud Kentuckian will claim the nation’s 16th president as a fellow resident. Less known, perhaps, is that Abraham Lincoln was the only president to register a patent, though his invention was never produced. The story reveals his concept.

Be ready for a chuckle while uncovering the meanings and pronunciations behind some of the unique phrases and descriptions likely to be heard here. And no doubt find a “fair to middling” resemblance of self in the process. As any good Kentuckian might say, “Well, bless your heart, honey.”

Hess and Ludwick seem to have thought of everything to make their written journey across the Bluegrass State a pleasant one as they have included several lists of resources to learn more about their covered topics, bucket lists of things to do, drink, read and eat, and even a Spotify playlist of songs to listen to while reading. Given that numerous musicians began their careers here, undoubtedly there will be some tunes familiar to all.

» Penny Woods



## Celebrating the Bluegrass

Publishing Sept. 10, *Kentucky, Y'all: A Celebration of People and Culture of the Bluegrass State* can be found online at [www.kentuckypress.com](http://www.kentuckypress.com) or at major retailers.

Blair Thomas Hess works to promote the commonwealth’s culture and traditions to teach others about her home state.

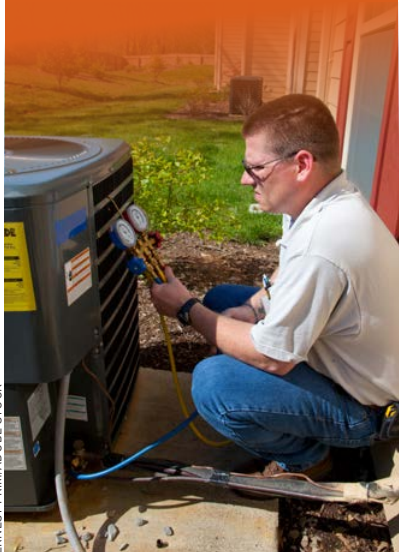
Cameron Ludwick, though born in Lexington, now lives in Austin, Texas, where she never misses an opportunity to remind Lone Star State residents that everything good came from Kentucky first.

Connect with the authors at [www.myoldkentuckyroadtrip.com](http://www.myoldkentuckyroadtrip.com).

**tip**

## ENERGY EFFICIENCY

During fall months, HVAC technicians are typically less busy, making this an excellent time for maintenance and any necessary repairs before the winter months. A qualified technician can clean filters, check for leaks and ensure all system components work efficiently to keep your home cozy and warm this winter.



ERNEST PRIMA/DOBE STOCK





## Kiefer is fencing gold

Lexington native Lee Kiefer solidified her spot in United States fencing history during the 2024 Paris Olympics.

Kiefer became the first U.S. fencer with three Olympic gold medals. She earned the gold medal in women's individual foil on July 28, a feat she first accomplished in 2020 at the Tokyo Olympics.

Kiefer faced U.S. teammate Lauren Scruggs of New York in the first all-U.S. Olympic gold medal final since Beijing 2008.

The U.S. Women's Foil Team—made up of Kiefer, Scruggs, Jackie Dubrovich of New Jersey and Maia Weintraub of Pennsylvania—won gold

August 1, earning the U.S. its first ever team Olympic gold medal.

Kiefer has appeared in *Kentucky Living* multiple times and was the subject of our Olympic cover story in 2012.

Photos: #BizziTeam via USA Fencing



## featured FRAMES

Owen Electric Cooperative consumer-member Wayne Clause, Burlington, took several photos while touring the Heaven Hill Distillery in Bardstown. This one, of a rickhouse, is one of his favorites, he says.



LETTERS TO THE *editor* **A gift of memories**

Chris Perry's article, "Extra helpings" (June 2024), made me realize that many families are missing out on the "treasure chest" that sits on mom's and grandma's kitchen counter. What a great way their memories can live on forever by asking for a copy of their recipes. And what better gift a grandma or mom could give than a copy of their recipes.

**TIMOTHY LATONDRESS,  
GUSTON  
MEADE COUNTY RECC  
CONSUMER-MEMBER**

**"Reliability comes first"**

Propaganda is defined as "information, especially of a biased or misleading nature, used to promote a political cause or point of view." While "Gambling with the Grid" (February 2024) was a well-written article on power sources, it does not fit the definition of propaganda.

Everything in the article has factual information to back it up. Upon doing my own research, I found that this article presented the facts and painted a realistic and grim picture of the energy grid—not only in Kentucky, but in the United States as a whole.

I found that not only NERC, but many other energy reliability corporations confirmed what was said in this article. This article was not so much pushing one

power resource over another, rather it said these are the resources we have available.

Kentucky relies on fossil fuels that are reliable and affordable. As a fellow Kentuckian, I rely on my power being affordable and reliable, and if fossil fuels are how this is accomplished, then so be it. However, as stated in this article "no one is against new energy technology, but when politicians try to force an energy transition before the grid is ready for it, real people pay the price." If fossil fuels could be replaced with other means of energy that are just as affordable and reliable, everyone would be on board with it.

As demand for energy keeps going up, it would seem a logical conclusion to raise the supply of energy, not cut the resources down. I know, as Americans, we hear all the time that coal is bad, coal produces emissions and so on and so forth—and yes, the emissions produced by coal and fossil fuel power plants are something to strive to reduce. However, considering local and national impacts of their loss, these emissions seem rather trivial. Sixty percent of all the electricity in the U.S. is produced by fossil fuels, so are we just not going to have electricity for 60% of the day? We need to preserve and protect our

environment. However, as stated in this article, "If you don't have power, your environmental conditions are terrible. Having reliable electricity enables everything else ... it enables us to have more environmental stewardship. But reliability comes first."

**LAUREN MILLER, COLUMBIA  
TAYLOR COUNTY RECC  
CONSUMER-MEMBER**

**Bourbon: Kentucky's noble legacy**

In contrast to Richard McDowell (June 2024) who voiced agreement with Lori Malmgren (March 2024) and their more than apparent disapproval of the consumption of alcohol, I must disagree. Execution of poor judgment, loose lips, questionable actions, motor accidents and the ruin of families are each and every one the consequences of the actions of an individual. Blaming a drink for one's own shortcomings is simply an indication of weak character and declares far more about those shortcomings than it does about the alleged pitfalls of alcohol. Sobriety is neither a shield nor an unquestionable remedy against poor decision making. Simply put, it's the dose that makes the poison; nothing in moderation is adverse. If an adult of legal drinking age hasn't looked for, can't find or chooses to ignore that line, a

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reevaluation of oneself is in order. In addition, may I say that I was rather disheartened by a remark made by McDowell regarding the integrity of *Kentucky Living* as a publication wherein he claimed to "expect better." [I say] it is called *Kentucky Living* for a reason. Proud and honorable Kentuckians know that Kentucky has had a very long, prosperous, lucrative and enjoyable relationship with the finest bourbon in the world. For the state, bourbon is, has been and will (hopefully) remain very much a prominent and esteemed portion of Kentucky's noble legacy.

**STEPHANIE MEYER, ELSMERE  
OWEN ELECTRIC  
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# In their own words

*Lessons from the Washington Youth Tour*

PHOTOS BY TIM WEBB

*Editor's note: This month's Our Power and Our People columns are combined to showcase five student delegates from the Washington Youth Tour. Kentucky Electric Cooperatives' slogan has been "Our power is our people," for a long time, and these students exemplify that idea.*

▶ Four Washington Youth Tour students participate in a wreath-laying ceremony at the Tomb of the Unknown Soldier.

Anna Sumrall, center, representing Nolin RECC, asks a question during a meeting with congressional staff members.

▼



## Anna Sumrall, Nolin RECC

The entire ride to D.C., I had the old *I'm Just a Bill*, Schoolhouse Rock! song stuck in my head. I've always loved that song, but it fails in comparison to actually being there, walking up the steps of the Capitol, simply being in the rotunda. When you stand there, there is a wash of feelings. Part of you feels small standing inside such fantastic buildings. But more than that, I felt empowered. This is where it happens. Where the sad bill from the song becomes reality.

As a student with a deep interest for civics and government, being in D.C. is incomparable. No lecture or documentary can measure up to hearing our leaders speak about their jobs—and envisioning the day when you're in their shoes.

I think back to the lyrics of that catchy tune *I'm Just a Bill*. Just. I hear that word a lot. "I'm just a teenager." "I'm just a kid from small town Kentucky, I can't even vote." I disagree. The people I met aren't just students. We aren't insignificant. We are the future leaders of America.

Kasey Padgett, a student from Inter-County Energy, smiles in front of the Washington Monument.



### Kasey Padgett, Inter-County Energy

The Washington Youth Tour was an extraordinary and enlightening experience. Having grown up in a rural community, the transition to the bustling city environment was truly eye-opening.

The precision and skill displayed during the silent drill at the Marine Corps Sunset Parade left me in awe. Watching them perform with such discipline and expertise was truly mesmerizing.

The 9/11 memorial at the Pentagon includes a poignant detail: the orientation of the benches. Benches facing the direction from which the plane approached were dedicated to those who perished aboard the aircraft, while those facing the Pentagon honored the individuals who lost their lives within the building. Delving deeper into our nation's history was a profoundly enriching experience.

I had the extraordinary honor of participating in a wreath-laying ceremony at the Tomb of the Unknown Soldier. It reminded me of the incredible sacrifices made by soldiers who have given their lives for our country. It was a humbling and unforgettable experience, and I will always cherish the opportunity.

I am immensely grateful to Inter-County Energy for selecting me for this unforgettable tour. The memories I made and the new experiences I gained in the nation's capital will stay with me forever.

### Alex Hancock, South Kentucky RECC

We visited the homes of two of the greatest men in our nation's history: George Washington's Mount Vernon, and Thomas Jefferson's Monticello. There's an indescribable feeling standing where two of the greatest men in America's history literally made history.

Visiting the United States Holocaust Memorial Museum was one of the most powerful experiences of my life. Reading about the Holocaust is one thing; seeing the graphic images of the horror of the Holocaust is another. I couldn't speak for half an hour after leaving the museum.

The highlight of the trip was no doubt the U.S. Capitol. It was incredible to walk through possibly the most important building in our nation. We met with Kentucky Sen. Mitch McConnell on the steps of the Senate Building, and with congressional staff inside the Capitol. We learned so much from our time with them.

We learned a lot about our nation's electric cooperatives, and the important role they play in our communities. I'm grateful to these organizations both for the opportunity to go on this once-in-a-lifetime trip to Washington, D.C., and for their service to our communities. Everyone who went on this trip will remember it for the rest of their lives.



Alex Hancock, representing South Kentucky RECC, says his favorite part of the trip was touring the U.S. Capitol.





Olivia Tharp, left, and Laken Schroeder represented West Kentucky RECC on the Washington Youth Tour.

## Olivia Tharp, West Kentucky RECC

Representing Kentucky on the 2024 Washington Youth Tour granted us memories to last a lifetime and learning opportunities to make a greater difference, starting in our communities. It changed my understanding of my country and my community. I gained a deeper appreciation for rural electric cooperatives by learning more about co-op origins and their mission.

Inspiring NRECA Youth Night guest speaker, Mike Schlapp, a four-time paralympic medalist, reminded delegates that, “There is no limit on the community you serve.” He also emphasized the importance of leading from the front because “you must shape the narrative; if you don’t tell your story, someone else will tell it for you.”

Arlington National Cemetery reminded us of the greatest sacrifice of all. Our up-close visit to history’s heroes and icons served as a guiding light to the question, “What difference can I make in our national history?”

Through meeting fellow delegates from across Kentucky, I came to the conclusion that no matter where we come from, we are more similar than we may realize at first glance. Networking extended past the level of chaperones; we were building connections and relationships with the future leaders of tomorrow.



## Emma Sanders, Farmers RECC

The Washington Youth Tour, sponsored by electric co-ops across the nation, is a wonderful, inspiring and life-changing opportunity.

My favorite part of the trip was receiving the honor of laying the wreath on the Tomb of the Unknown Soldier. Seeing people from all over the world come together in a respectful, polite and honorable manner while the ceremony was conducted gave my heart hope for the future of our nation. As we marched down the steps to lay the wreath, the connection, respect and gratitude I felt is something I will hold onto forever.

I couldn’t have imagined a better trip. The friendships, memories, laughs and experiences will forever remain close to my heart. My peers from across the state came together as a group, showcased pride in our Kentucky roots and grew together as individuals. I foresee many bright leaders in our future. No matter what county we were from, we all came together with the same love and respect for this free nation. I’m forever thankful for this wonderful opportunity, and I appreciate all the hard work, dedication and planning that went into the youth tour. It was definitely the trip of a lifetime! **KL**



Emma Sanders, a student from Farmers RECC, says the Washington Youth Tour was the “trip of a lifetime.” Photo: Joe Arnold

# The heat is on

*New life for Mitsubishi in Maysville*

JOE ARNOLD

## WHEN MITSUBISHI ELECTRIC

opened its Maysville plant in 1995, employees punched the clock each day making car stereos.

Since then, the facility has manufactured automotive electronics, ignition coils, alternators and power steering products, and Mitsubishi Electric has become the second-largest employer in Maysville.

The company now plans to invest \$143.5 million for the next chapter of the Maysville plant, establishing it as the first-ever U.S. factory to build advanced twin-rotary variable capacity compressors, the key technology used in Mitsubishi Electric Trane HVAC US heat pump systems. A significant majority of these types of compressors are currently built in Asia.

A \$50 million U.S. Department of Energy grant and up to \$7 million in state tax incentives are tied to the creation of 122 new full-time jobs, highlighting “the positive momentum we’re building in Maysville, Mason County and our region with high-paying, highly skilled technology jobs that will provide careers well into



LORI ULRICH

the future,” says Maysville Mayor Debra Cotterill.

“Creating technologies that support vibrant and sustainable societies is at our company’s core,” says Mike Corbo, president and CEO of Mitsubishi Electric US.

“This repurposed facility brings the production of compressors for our highly efficient heat pump systems here to the U.S., and with that, new jobs and investments in technology that make American homes more comfortable, more sustainable and less expensive to heat and cool. This collaboration is a huge step toward many of our shared goals.”

The plant is served by Fleming-Mason Energy, whose president and CEO Brandon Hunt called the expansion “another example of Mitsubishi Electric’s

long-standing commitment to our community.”

Kentucky Cabinet for Economic Development officials believe it is the largest project in Mason County in 20 years.

“Transitioning from a legacy Tier 1 automotive manufacturer to the United States’ preeminent, highly efficient heat pump compressor manufacturer not only gives Maysville and Kentucky a huge highlight in this growing green energy technology but underscores the incredible and diverse talent these jobs and our workforce represent,” says Mason County Judge-Executive Owen McNeill.

The company has a long history of training the region’s next generation of workers through collaborations with Morehead State University and Maysville Community and Technical College, among others.

“Mitsubishi Electric has been a model for innovation for decades,” says Maysville-Mason County Industrial Development Authority Director Tyler McHugh. “Now we look forward to seeing that continued innovation manifested right here in Maysville.” **KL**



**LOCATION:**  
Maysville

**INDUSTRY:**  
Electrical and electronic products

**ELECTRIC COOPERATIVE:**  
Fleming-Mason Energy

## *Heat pump demand increasing*

In 2018, Ingersoll Rand and Mitsubishi Electric Corporation formed a joint venture, Mitsubishi Electric Trane HVAC (METUS). The compressors to be manufactured in Maysville will be used in METUS heat pumps, which the company says offer precise temperature control, excel in cold climate conditions and operate efficiently to reduce carbon emissions associated with heating residential and commercial buildings. The Maysville plant expansion is intended to help grow domestic heat pump production capability needed to meet anticipated increased demand.







# MEET THE COACH

Mark Stoops is the winningest  
football coach in UK history

BY JAMIE H. VAUGHT



***When legendary football coach Nick Saban retired from the University of Alabama after the 2023 season, the University of Kentucky's Mark Stoops suddenly had a new title.***

The Wildcat boss became the “Dean of SEC Football,” as he now has been the head coach in the Southeastern Conference longer than any other coach. In addition, Stoops’ 11 years and 63 victories entering the 2024 season are the most of any football coach in UK history, including Paul “Bear” Bryant, who had 60 wins in eight years from 1946 to 1953.

So, how does Stoops, who turned 57 in July, feel about his new title?

“Well, I consider it very good, very blessed. How does it make me feel? Old,” Stoops says with a smile. “I think it goes to show you the challenges that we all face, each and every day. The past two or three years, the landscape of college athletics, in general, has changed dramatically. As you can imagine with that, SEC football, it just seems to elevate some of the challenges.”

Following the 2023 season, UK's Mark Stoops became the longest-tenured head football coach in the SEC. Photo: Wade Harris

Previous page: The Wildcats bested Louisville 38-31 in the 2023 Governor's Cup last Nov. 25. Photo: UK Athletics



Stoops says there's a lot to do, but he says he's excited about meeting the future with flexibility and willingness to change.

"I think it's fair to say that you'd better learn to adapt quickly, or you won't last. So now that I'm the longest-tenured coach in the SEC at one school, I think it just brings awareness to how challenging this is."

When Stoops arrived at Kentucky in late November 2012 to take his first job as a head coach, the Wildcats were coming off a dismal 2-10 season, including an embarrassing 40-0 loss to Vanderbilt before a small crowd at home. He had been the defensive coordinator and defensive backs coach at Florida State for three years, including three season-ending bowl victories under coach Jimbo Fisher.

Stoops enters the 2024 season with 63 victories, the most of any football coach in UK history. Photo: UK Athletics

Why come to Kentucky, a school that has struggled mightily to field a consistent winning program for a long time?

"I just felt like I was prepared for a real challenge," says Stoops. "Any competitor is up for any challenge. I didn't walk into this blind. I didn't think it (success) could just happen overnight, not back then. There was no (transfer) portal. ... So, I knew I was in for a real grind, and I knew that there was going to be very dark times, but I was prepared for it."

"It wasn't easy. There's no job in this league that's easy. We all have



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Win a Getaway. See page 62.

different obstacles, different challenges. Like I said, I knew what I was getting into.”

Stoops notes that he had been through a similar situation when he was defensive coordinator and his brother Mike was head coach at the University of Arizona in 2004.

“I saw the challenges and the frustrations and the heartaches, but I also saw the other side,” he says.

However, his then-wife, Chantel, had some serious reservations about the UK job at the very beginning.

“I think she looked at it and she did some research, and she said to me, ‘Are

## FROM THE PRESS BOX

During his 11-year head coaching tenure at Kentucky, Mark Stoops generally has enjoyed a good relationship with the news media.

“Stoops is really good with the media,” says Alan Cutler, an outspoken retired TV journalist who has a popular daily radio show in Lexington. “Common sense tells you there are certain questions you have to ask, but he can’t or won’t do it. When he can, which is almost all the time, he is thoughtful, and I sincerely believe he gets that the media has a job to do. I respect Stoops.”

Stoops has done more for the UK football program, once popularly labeled as the “graveyard for football coaches,” than many observers had expected.

“I think Mark Stoops has exceeded all my expectations in being the head football coach at UK,” says sports marketing pioneer Jim Host. “Overall, the proof that Stoops has done a superb job is clear. He has won more games than anyone in history at UK and has done this against competition which has continued to get better every year in the SEC.

“His recruiting has continued to improve each year as well since the transfer portal and access to the great talent in the state of Ohio. I’m so happy he has continued as our head football coach.”

Longtime *Lexington Herald-Leader* sports columnist John Clay adds, “I thought Mark would do a good job. I liked the hire. I thought his name, background and success as a defensive coordinator would benefit the program. But I’m not sure if I expected two 10-win seasons or the program’s first winning SEC season records since 1977. As we all know, this is a tough job.”

you absolutely out of your mind? Are you crazy?” recalls Stoops. “I think she also had confidence and knew that I could get it done, but I’m not sure if she wanted to endure that.”

After the couple got to know former UK Coach Rich Brooks, Stoops says, “she embraced it and encouraged me to take it.” Brooks, a former NFL coach, did well at UK with four bowl trips in seven seasons during the 2000s. “Coach Brooks has always



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Win a Getaway. See page 62.



Stoops credits his blue-collar upbringing in Youngstown, Ohio, for his work ethic and coaching success. Photo: Wade Harris

been supportive and just always been somebody that I could lean on, and was very truthful. If you know anything about Coach Brooks, he doesn't pull any punches. So, I could relate to that. I think he and I are very similar in a lot of ways, and I've always had such great respect for him ...

"He's always been a friend and he's always been a mentor, and I could pick up the phone and talk to him at any time."

Stoops eventually found remarkable

success at Kentucky, which became a Top 25 team after early struggles in rebuilding the program, including his first season, which saw the Wildcats lose 10 of 12 games. The coach later guided the Cats to two memorable 10-win seasons in 2018 and 2021 with two Citrus Bowl victories. (As the result of an NCAA investigation, in early August, UK vacated the 10 wins from the 2021 season, bringing Stoops' overall record to 63-65.)

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Stoops says this year's addition to the SEC of two football powerhouses, Texas and Oklahoma, is neither good nor bad for Kentucky. "Doesn't matter," he says. "It is what it is. Let's embrace it. It's new. Let's see where it goes. It doesn't matter what I think or anybody else. It's a reality. That's certainly one thing I've really taken on from my brother, Bob (who led University of Oklahoma to the 2000 national championship) ... I really don't deal with hypotheticals."

### Blue-collar background

A graduate of the University of Iowa, where he played football, Stoops credits his early years in Youngstown, Ohio, for his work ethic and coaching success. Stoops, who is Catholic, attended Cardinal Mooney High School along with his five siblings. The four brothers played football for their dad, who was

**KentuckyLiving.com**

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**Whiskey for the win**

Mark Stoops isn't just the dean of SEC football. He's also a partner in RD1 Spirits, a distillery in Lexington. Learn more about Stoops' bourbon business at [KentuckyLiving.com](http://KentuckyLiving.com).

the school's defensive coordinator. "I have two sisters, and my mother obviously was the rock in our family, like most," Stoops says. "My father was an amazing man that influenced thousands and thousands of people, and did it in a very humble, quiet way. But I think my favorite memory, if I could lump it in together, is just the way we grew up, very simple. There were eight of us that lived in



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***But I'm proud of the way we grew up, because I loved Youngstown. I loved the tough, blue-collar nature that it was. And faith played a huge role, and the community raised us. I think the way we grew up definitely shaped us for whatever success we have had, and I'm grateful for it."***

» MARK STOOPS

a three-bedroom home, and that's a fact. "And I shared a bedroom with me and three brothers. I was the youngest of four boys in one room, and my sisters shared a room, and my mom and dad were in another. But I'm proud of the way we grew up, because I loved Youngstown. I loved the tough, blue-collar nature that it was. And faith played a huge role, and the community raised us. I think the way we grew up definitely shaped us for whatever success we have had, and I'm grateful for it." Stoops, who has two sons, and his staff have continued to have summer cookouts for the team every week, something that they have done for several years. "The reason I started doing that is because I felt distant from my players in the summer," he says. "I don't like being away from them very long. So we started this, and it's been a good concept." **KL**



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# SAVING WHITE OAK

MAKASANA PHOTO/ADOBESTOCK





# THE OAK

## Biologists work to secure a keystone species' future

BY MARGARET BURANEN

**W**hite oak trees—which provide the critical wood that ages Kentucky's signature spirit—soar up to 100 feet tall, with a natural lifespan of centuries. These majestic trees play an outside role in forest health and in industry, but when experts look to the future, they see warning signs.

While there's no shortage of white oaks in the near term, the trees are not regenerating quickly enough. According to the U.S. Forest Service, fewer than 1% of white oak seedlings live longer than five years.

White oaks provide forest habitat, acorns that feed many wildlife species and hardwood for furniture, flooring and other construction needs. But perhaps most significantly for Kentucky, the state's \$9 billion bourbon industry depends on barrels made from white oak staves, which are responsible for up to 70% of the spirit's flavor profile, according to University of Kentucky professor Jeffrey Stringer.

Stringer, who chairs UK's Department of Forestry and Natural Resources, says it typically takes 70 years for a tree to grow to cutting height. High demand for white oak, combined with the tree's slow growth rate, raises concerns that forestry and industry experts are currently working to solve.

As Alex Alvarez, formerly of Brown-Forman and now with Suntory Global Spirits, noted in a report



## All about barrels

*White oak takes a starring role in bourbon production*

Did you know all bourbon has to be aged in a new charred oak container? It's right there in the definition, supplied by the Kentucky Distillers' Association: "A whiskey made in the United States from a mash containing at least 51% corn, distilled at a maximum of 160 proof, enters the barrel at no more than 125 proof, is aged in a new charred oak container (usually a barrel), and bottled at no less than 80 proof. No coloring or flavoring may be added."

*Here are a few more fun facts about white oak barrels.*

- Weight when empty: 110 pounds.
- Weight when full: about 500 pounds.
- Capacity: 53 gallons.
- Yield: about 267 bottles.
- Size: 21-by-36 inches, with a circumference of 26 inches.
- Staves: 31–33 strips of wood that form the sides of barrel.
- Head: the round, wooden top and bottom.
- Hoops: Six circular metal rings that hold staves together, along with 12 rivets.
- Bung hole: the opening to fill and empty the barrel.
- Bung: the stopper, made of wood or silicone.
- Time bourbon ages in a barrel: minimum of two years.

Sources: Whiskey Advocate, *Speyside Bourbon Cooperage*, *Kentucky Distillers' Association*

A newly charred white oak barrel smokes at the Robinson Stave Mill and Cumberland Cooperage in East Bernstadt.



by the White Oak Initiative, "We need to make sure we have oak to make barrels in the future and to keep the related ecosystem and supply infrastructure thriving."

The White Oak Initiative is an umbrella association of environmental, academic and governmental organizations that seeks to protect and develop the white oak species. One of its programs is the White Oak Genetics and Tree Improvement Initiative, housed in UK's Department of Forestry and Natural Resources.

The project began in 2019, when Stringer hired Laura DeWald as a tree improvement specialist, charged with creating a project to develop stronger and faster-growing white oak seedlings.

A retired forestry professor from North Carolina, DeWald is a tree improvement expert who holds a doctorate in forestry and specializes in forest

genetics. Under her leadership, the white oak project is breaking new ground.

"Because white oak grows so slowly, there weren't a lot of model tree improvement projects to go by," DeWald says.

The project's goal is to find trees that produce superior offspring and use these trees to create seed orchards. Achieving that result will involve hundreds of volunteers and researchers, with production of these star seedlings for reforestation starting within the next 20 years.

## THREE-PHASE PROCESS

In the project's first phase, volunteers collected acorns from beneath trees across the entire eastern United

Jeffrey Stringer describes the White Oak Initiative to an audience.



◀ Laura DeWald speaks to guests during an event at the Kentucky Division of Forestry Morgan County Nursery. Photos: Steve Patton/ University of Kentucky

“In 10 to 15 years we’ll make final decisions on which white oak mother trees produced superior offspring in the tests,” DeWald says.

In the last phase of the project, the original mother trees that produced superior offspring in the test plots will be grafted to create seed orchards. Acorns from the seed orchards in Kentucky will be planted at the Kentucky Division of Forestry nursery to produce superior white oak seedlings for reforestation.

One more reason to develop strong white oaks: it could mitigate losses in the event of invasive insect damage. Invasive insects are not a problem right now, Stringer says, though

scientists are keeping watch on the sponge moth.

“White oak is pretty resilient,” he says. “It will hang in there, but a possible threat from an invasive insect could develop at any time, like the way the emerald ash borer damaged ash trees.”

Stringer notes that farmers are an important part of white oak sustainability: “Fifty percent of our farms have viable woodlands. They provide over 25% of the wood harvested in the state.”

While the supply of white oaks is adequate for industry needs now, research predicts challenges in the future. Given white oak’s slow growth rate, Stringer says foresters and industry stakeholders should plan ahead while taking immediate action.

“Genetics plays just one part,” he says. “You can’t plant your way to sustainability. You have to manage forests well to have natural regeneration of trees.” **KL**

States, including from many Kentucky counties. The locations of these “mother trees” were carefully noted. Next, the acorns were planted at a nursery run by the Kentucky Division of Forestry.

In the second phase, 1 1/2 years later, volunteers transplanted the seedlings into 23

test plots across the eastern U.S., including one at the Blue Grass Army Depot near Richmond, to assess them for superior performance. Seedlings planted in each of the different test plots were offspring only of mother trees considered adapted to the region of the test plot.



DeWald points out the locations where white oak acorn collections originated.



From top left, a kangaroo at Kentucky Down Under brings a huge smile to a young visitor. Hodgenville native Cutter Boley is a freshman quarterback on the Kentucky Football team. The hot fudge cake is always on the menu and available at Kentucky's Finest Family Style Restaurant. Photos: Kentucky Down Under; UK Athletics; Joel Ray's Lincoln Jamboree

Second row, from left, New Riff Distilling produces award-winning bourbon, rye and gin. Lincoln Days Celebration takes place Oct. 5-6 this year, offering unique experiences in the birthplace of Abraham Lincoln. Spend a lazy day at the beach at Cave Run Lake. Photos: New Riff Distilling; Lincoln Museum; Kayla Shaffer

Third row, from left, news anchor Candyce Cliff of WDRB Mornings says she is honored to be a finalist for Best in Kentucky. "Thank you to all the readers who took time to write in my name, and thank you to all the people who have a cup of coffee with me in the morning." Follow the hiking trails at Mammoth Cave National Park to 10 backcountry campsites. Photos: Jennifer Ipsan; National Park Service

At bottom, the Red River splashes among boulders in a narrow gorge at Red River Gorge Geological Area. Photo: Peter McDermott

2024

# BEST



## *in Kentucky*

BY KATHY WITT



With fall road trip season gearing up in Kentucky, it's time to get out and explore. And there's no better place to start than right here, with the 2024 Best in Kentucky award winners, as voted by *Kentucky Living* readers. With winners in outdoor adventure hot spots, museums, family-friendly getaways, eateries, accommodations, farm outings and more, this is your guide for identifying and exploring the very best across the Bluegrass State. You'll also find readers' picks for Kentucky's best musicians, athletes, and TV and radio personalities.

Ready for fall? Here's your field guide to the best.

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# PEOPLE & PERSONALITIES



▲ Catch radio host Larry Smith during *Mornings on Main*, 5-9 a.m. Monday through Friday. Smith also hosts *Southern Fried Friday Night* on The Big Dawg, 7-12 p.m., with an all-request nationwide show. Photo: Larry Smith

## Local Radio Host

### FIRST PLACE

**Larry Smith, WVLC 99.9 The Big Dawg—Campbellsville**

“This is such an honor for me,” says Larry Smith about being voted a Best in Kentucky winner by readers. “This is my 47th year on the air, and what a nice surprise to be nominated for this award. Thank you.”

### SECOND PLACE

**Kellie McKay, 103.7 WHHT—Glasgow**

### THIRD PLACE

**Cale Tharp, Abe 93.7 Radio—Hodgenville**

## Local TV Personality

### FIRST PLACE

**Dawne Gee, WAVE-TV—Louisville**

“As proud as I am of my work to empower viewers with credible, comprehensible news, I am most grateful for what I am able to do when I step away from that news desk in my community,” says WAVE-TV anchor Dawne Gee. “Working together to love each other, feed each other, empower each other, support each other. When my feet hit the floor each morning, I’m ready to work for the place that I call home and all the people that live here.”

### SECOND PLACE

**Candyce Clift, WDRB-TV—Louisville**

### THIRD PLACE

**Lee Cruse, The Lee & Hayley Show—Lexington (syndicated nationally)**

## Meteorologist

### FIRST PLACE

**Marc Weinberg, WDRB-TV—Louisville**

“Reader’s choice awards mean a lot to me personally because this is truly a reflection of what our community thinks,” says meteorologist Marc Weinberg. “In my career, the support of the community is what gives me the longevity necessary to continue to do this, and I am beyond grateful for that support.”

### SECOND PLACE

**Kevin Harned, WAVE-TV—Louisville**

### THIRD PLACE

**Jude Redfield, WDRB-TV—Louisville**

## Kentucky Musician or Band

### FIRST PLACE

**Tyler Childers—Nashville, Tennessee**

Currently on his extensive, nearly sold-out Mule Pull '24 Tour, Grammy-nominated singer, songwriter and musician Tyler Childers, a Lawrence County native, headlines several major festivals this year, including Bourbon & Beyond on September 22 at the Kentucky Exposition Center’s Highlands Festival Grounds.

### SECOND PLACE

**JD Shelburne—Nashville, Tennessee**

### THIRD PLACE

**Carly Pearce—Nashville, Tennessee**



Tyler Childers’ acclaimed new album, *Rustin’ in the Rain*, features seven tracks, including the two-time Grammy and ACM-nominated single, *In Your Love*. Photo: Sacks & Co.

## Athlete

### FIRST PLACE

#### Reed Sheppard—Lexington

Among Reed Sheppard's accomplishments during his 2023-24 freshman year at the University of Kentucky are being named the National Association of Basketball Coaches National Freshman of the Year, the United States Basketball Writers Association Wayman Tisdale National Freshman of the Year, Dick Vitale's "Diaper Dandy" of the Year, Field of 68 National Freshman of the Year, Field of 68 Third-Team All-America, College Hoops Today National Sixth

Man of the Year and Southeastern Conference Freshman of the Year by the league's coaches. He was drafted No. 3 overall in the 2024 NBA Draft by the Houston Rockets.

### SECOND PLACE

#### Justin Thomas, pro golfer—New York

### THIRD PLACE

#### Cutter Boley, UK football quarterback—Lexington

Reed Sheppard plays at Rupp Arena during the 2023-24 season. Photo: UK Athletics



# DESTINATION

## Road Trip

### FIRST PLACE

#### Heaven Hill Bourbon Experience—Bardstown

Heaven Hill is the total package for bourbon lovers. Join this distillery for a tasting in one of its three iconic tasting rooms, see the interactive exhibit gallery, sip a drink at Five Brothers Bar, watch a show about the distillery and its founding family in the 1935 Distillery Theater and browse the gift shop. And choose from a full menu of experiences: You Do Bourbon, Bottled-in-Bond Tour & Tasting, Magic of the Mashbill.



### SECOND PLACE

#### Red River Gorge Geological Area—Stanton

### THIRD PLACE

#### The Hatfields & McCoys Historic Feud Sites Driving Tour—Pike County

Visit the stillhouse where massive tubs of mash bubble, a stunning stained-glass window as their backdrop. On the back porch of the Maker's Mark Visitor Center (more appropriately called the Home Place because it is the original home), relax in a rocking chair overlooking the distillery. Linger over a meal at Star Hill Provisions, where farm-to-table ingredients give tastebuds a delicious flavor jolt. These experiences and so many others await at this distillery founded in the 1950s by Bill and Margie Samuels.

The Heaven Hill Bourbon Experience is located in the heart of historic Bardstown. Photo: Heaven Hill Bourbon Experience

## Distillery Tour

### FIRST PLACE

#### Maker's Mark Distillery—Loretto

### SECOND PLACE

#### Evan Williams Bourbon Experience—Louisville

### THIRD PLACE

#### Boone County Distilling Co.—Independence



Balloons decorate the sky in the Marion County Country Ham Days' Heart of Kentucky Balloon Lift Off. Photo: Lebanon Tourist & Convention Commission

**Event or Festival**

**FIRST PLACE**

**Marion County Country Ham Days—Lebanon**

From six hams and a few volunteers poised to party 55 years ago to thousands of pounds of country ham (and that's just what's served at the Country Ham Breakfast) and hundreds of volunteers fashioning a full-fledged festival—this piquant, pig-centric food fest keeps getting bigger and better—and tastier.

**SECOND PLACE**

**Lincoln Days Celebration—Hodgenville**



**THIRD PLACE**

**Manchester Music Fest—Manchester**

**Farm Tourist Attraction**

**FIRST PLACE**

**Hinton's Orchard & Farm Market—Hodgenville**

Bring your family to the Hinton's family farm for three seasons of fun and recreation. Shop for a wide variety of fresh fruits and vegetables; cavort at Hinton's FarmLand Play Area; take a hayride through the orchard and the pumpkin patch to pick the perfect pumpkin; and sleuth your way through a 3-acre corn maze.

**SECOND PLACE**

**Dennison's Roadside Market—Horse Cave**

**THIRD PLACE**

**Gallrein Farms—Shelbyville**

**DOWNTOWN PIKEVILLE, KENTUCKY**



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Win a Getaway. See page 62.



Hinton's corn maze covers 3 acres, winding guests through more than 1 mile of trails. Photo: Morgan Worley Photography



## Place for Live Music

### FIRST PLACE

#### Joel Ray's Lincoln Jamboree—Hodgenville

Located 4,000 feet from the Abraham Lincoln Birthplace National Historical Park, Joel Ray's Lincoln Jamboree is a family-friendly music and dining venue filled with memorabilia from country music stars. The Jamboree celebrates 70 years in show business in 2024, in the very place Kentucky country music singer Patty Loveless earned her first paycheck (in the amount of \$5) in 1971. Traditional country, bluegrass and gospel music begin every Saturday night at 6:45 p.m.

### SECOND PLACE

#### The AMP at Log Still—Gethsemane

### THIRD PLACE

#### Paramount Arts Center—Ashland

## Museum

### FIRST PLACE

#### Lincoln Museum—Hodgenville

In Hodgenville, Kentucky's official tribute to Abraham Lincoln offers an immersive walk through Lincoln's life amid the architectural beauty of two buildings listed in the National Register of Historic Places. See room-size dioramas, life-size wax figures and authentic period pieces at the Lincoln Museum, which presents a host of memorable experiences, including a spectacular gallery of Lincoln-inspired artworks that are the winning entries from one of Kentucky's longest-held art shows.

### SECOND PLACE

#### Frazier History Museum—Louisville

### THIRD PLACE

#### Speed Art Museum—Louisville

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- 4:30 p.m. - Fenced In
- 6 p.m. - Edgar Loudermilk
- 7:30 p.m. - Forest Hills Bluegrass
- 8:30 p.m. - Volume Five

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 Tourist & Convention Commission KENTUCKY

Win a Getaway. See page 62.



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Win a Getaway. See page 62.

**Kid-Friendly Attraction**

**FIRST PLACE**

**Louisville Zoo—Louisville**

From the Gorilla Forest to Glacier Run, from Billabong Playabout to Snow Leopard Pass, there are naturalized settings and ecological treasures to discover and explore—not to mention animals: wallabies and wallaroos, boa constrictors and vampire bats, Cuban crocodiles and Chilean flamingoes and two sloths named Sunni and Sebastian, among many more.

Two-year-old koala Dharuk, who joined the Louisville Zoo family indefinitely as part of an agreement with the Australian government, is named after an extinct Aboriginal language of the Blue Mountains, pronounced “da’ rook.” Photo: San Diego Zoo

**SECOND PLACE**

**Kentucky Down Under Adventure Zoo—Horse Cave**

**THIRD PLACE**

**Newport Aquarium—Newport**



**Winery**

**FIRST PLACE**

**Purple Toad Winery—Paducah**

Inspired by a 1998 visit to Napa Valley, California, one of the world’s great wine regions, Paducah’s Purple Toad has become one of Kentucky’s largest and most award-winning wineries. A wide selection of wines are crafted combining modern winemaking techniques with Old World knowledge, including sweet Paducah Harbor.

**SECOND PLACE**

**McIntyre & Family Winery—Bardstown**

**THIRD PLACE**

**Baker-Bird Winery & Distillery—Augusta**

**Historic Attraction**

**FIRST PLACE**

**Abraham Lincoln Birthplace National Historical Park—Hodgenville**

“Visitors are always surprised that the Symbolic Birth Cabin is not the original cabin used by the Lincoln family,” says Stacy Humphreys, chief of interpretation and resource management. “It is a historic cabin that dates from the 1840s and comes from the local area.”

No matter. A visit to this comprehensive Lincoln landmark gives visitors the chance to see the place where a future president was born and walk the grounds that formed some of his earliest memories.

**SECOND PLACE**

**My Old Kentucky Home State Park—Bardstown**

**THIRD PLACE**

**Loretta Lynn Homeplace—Van Lear**

The Symbolic Birth Cabin at Abraham Lincoln Birthplace National Historical Park represents the one Abraham Lincoln was born in on February 12, 1809. Photo: National Park Service



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Win a Getaway. See page 62.



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**Specialty Lodging or Bed & Breakfast**

**FIRST PLACE**  
**My Old Kentucky Dome—Mt. Washington**

Find the perfect stargazing spot at this unique geodesic dome located on a private road and overlooking some of the most gorgeous countryside views Kentucky has to offer. Visitors to My Old Kentucky Dome—a “guest favorite” and in the Top 10% of listings on

Airbnb—experience glamping surrounded by nature and with comfort amenities like a king-size bed and full bathroom, well-stocked kitchenette and Wi-Fi.

**SECOND PLACE**  
**Lincoln Lodge—Hodgenville**

**THIRD PLACE**  
**The Reed-Dossey House—Brownsville**



My Old Kentucky Dome offers sweeping views of sky and field. Photo: Victoria Stiles Photo + Video

**OUTDOOR**

**Camping or RV Spot**

**FIRST PLACE**  
**Green River Lake at Green River Lake State Park—Campbellsville**

Family fun awaits at this state park with fishing, boating, skiing and swimming in an 8,200-acre lake, plus hiking, biking and horseback riding on 28 miles of trails, 18 holes of miniature golf, basketball, volleyball and four

playgrounds for the little ones. And did we mention the RV and primitive campsites, all located right on the shores of Green River Lake?

**SECOND PLACE**  
**Red River Gorge Geological Area—Stanton**

**THIRD PLACE**  
**Lincoln Lodge—Hodgenville**

Mammoth Cave offers a variety of tour options, from an easy stroll through the cave to a more adventurous crawl through tight passageways.  
Photo: National Park Service



## Place for Adventure

### FIRST PLACE Mammoth Cave National Park— Mammoth Cave

Camping, hiking, horseback riding, bicycling, canoeing, picnicking, wildlife viewing, stargazing and, of course, cave tours—it's all here at this UNESCO World Heritage Site, International Biosphere Reserve and International Dark Sky Park, along with history and mystery and more.

“Mammoth Cave National Park is a park on two levels,” says management analyst Molly Schroer. “It’s 52,830 acres of reclaimed hardwood forest and winding riverways and, below it, the longest known cave system in the world, surveyed at 426 miles to date.”

### SECOND PLACE Red River Gorge Geological Area— Stanton

### THIRD PLACE Land Between the Lakes National Recreation Area—Golden Pond

## Hiking Trail

### FIRST PLACE Mammoth Cave National Park— Mammoth Cave

From mild to wild, trails at Mammoth Cave National Park range from easy-to-access adventures on the south side of the Green River to scenic treks around the Visitor Center with river views, ridgetops, sinkholes and cemeteries, to rugged backcountry hikes that have beckoned explorers for centuries.

### SECOND PLACE Bernheim Forest and Arboretum— Clermont

### THIRD PLACE Red River Gorge Geological Area— Stanton

## Public Hunting/Fishing Area

### FIRST PLACE Green River Lake at Green River Lake State Park—Campbellsville

Over 29,000 acres of wildland managed for fish and wildlife bring the avid outdoor enthusiast to Green River Lake. Hunting opportunities are plentiful, and irresistible fishing spots—from bank fishing to public fishing piers—are found all around this tranquil lake.

### SECOND PLACE Land Between the Lakes National Recreation Area—Golden Pond

### THIRD PLACE Cave Run Lake—Morehead



A variety of boats can be rented at the marina in the state park for a day of fishing on Green River Lake.  
Photo: Kentucky State Parks

**Water Tourism Spot**

**FIRST PLACE**  
**Green River Lake State Park—**  
**Campbellsville**

A gorgeous, peaceful and expansive lake in a forested setting draws visitors to this recreational paradise in the southcentral part of the state. Play, picnic and swim at the sandy beach. Rent a boat from the marina and fish for bluegill, bass and catfish. Green River Lake is an oasis for sun-seeking water lovers.

**SECOND PLACE**  
**Lake Cumberland—Somerset-Pulaski**  
**County, Russell County, Burnside,**  
**Monticello-Wayne County, Clinton**  
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**THIRD PLACE**  
**Cave Run Lake—Morehead**

CONTINUED ON PAGE 39



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Win a Getaway. See page 62.



CONTINUED FROM PAGE 38

# EATS & DRINKS

## Breakfast Place

### FIRST PLACE

**Kentucky's Finest Family Style Restaurant at Joel Ray's Lincoln Jamboree—Hodgenville**

Located within Joel Ray's Lincoln Jamboree, Kentucky's Finest Family Style Restaurant is famous for its three-egg omelet breakfast and other morning meal platters. The Meat Lovers Platter, a veritable beast feast with bacon, sausage, country ham and city ham, is partnered with two eggs and toast and served with a helping of Kentucky-style hospitality.



"We're very honored to be selected for a Best in Kentucky award for our breakfast," says Jay Henderson, owner of Kentucky's Finest Family Style Restaurant. Photo: Judy Nottingham

### SECOND PLACE

**Carriss's Grocery—Shelbyville**

### THIRD PLACE

**The Cafe at Swope Toyota—Elizabethtown**

## Bourbon

### FIRST PLACE

**Buffalo Trace—Frankfort**

Complimentary tours welcome visitors from around the world to learn the history and science behind making the award-winning bourbon at Buffalo Trace Distillery—named Visitor Attraction of the Year at the 2024 Icons of Whisky Awards. Enjoy the alluring aroma and atmosphere of bourbon sleeping in the

rickhouses as tour guides bring the story of Buffalo Trace to life.

### SECOND PLACE

**Elijah Craig—Bardstown**

### THIRD PLACE

**New Riff—Newport**

## Barbecue

### FIRST PLACE

**Brothers—Campbellsville**

"Barbecue, elevated" and served in a beautiful historic building on Main Street. No pretense, just good eatin'—that's what customers find at Brothers, along with a variety of smoked meats served as platters and sandwiches,

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Best Historic Attraction!



My Old Kentucky Home State Park

Best Sweets!



Hadorn's Bakery

Best Live Music Venue!



The Amp at Log Still Distillery

Best Winery!



McIntyre Family & Winery

Best Burger!



Bardstown Burger

Win a Getaway. See page 62.



# THE BEST DETAILS

Ready to learn more about the best in Kentucky? Add these to your list:

- A** **Abe 93.7 Radio**, [www.abe937.com](http://www.abe937.com), (270) 491-5937  
**Abraham Lincoln Birthplace National Historic Park**, [www.nps.gov/abli](http://www.nps.gov/abli), (270) 358-3137  
**Ale-8-One**, [www.ale8one.com](http://www.ale8one.com), (859) 744-3484  
**Arrowhead BBQ**, Facebook: Arrowhead BBQ, (270) 358-0462
- B** **B&N Food Market**, Facebook: B&N Food Market, (502) 747-8860  
**Baker-Bird Winery & Distillery**, [www.bakerbirdwinerydistillery.com](http://www.bakerbirdwinerydistillery.com), (859) 620-4965  
**Bardstown Burger**, [www.bardstownburger.com](http://www.bardstownburger.com), (502) 350-7643  
**Bernheim Forest and Arboretum**, [www.bernheim.org](http://www.bernheim.org), (502) 955-8512  
**Billy Ray's Restaurant**, Facebook: Billy Ray's Restaurant, (606) 886-1744  
**Boone County Distilling Co.**, [www.boonedistilling.com](http://www.boonedistilling.com), (859) 282-6545  
**Brothers**, [www.brotherskentucky.com](http://www.brotherskentucky.com), (270) 789-0011  
**Buffalo Trace Distillery**, [www.buffalotracedistillery.com](http://www.buffalotracedistillery.com), (800) 654-8471
- C** **Carly Pearce**, [www.carlypearce.com](http://www.carlypearce.com)  
**Carriss's Grocery**, Facebook: Carriss's Grocery, (502) 738-5163  
**Cave Run Lake**, [www.fs.usda.gov/dbnf](http://www.fs.usda.gov/dbnf), (606) 784-6428  
**Churchill Downs**, [www.churchilldowns.com](http://www.churchilldowns.com), (502) 636-4400  
**Country Boy Brewing**, [www.countryboybrewing.com](http://www.countryboybrewing.com), (502) 709-9943 (Georgetown location)  
**Cumberland Falls State Resort Park**, <https://parks.ky.gov>, (606) 528-4121
- D** **Dennison's Roadside Market**, [www.kygetaway.com/dennisons-roadside-market-greenhouses](http://www.kygetaway.com/dennisons-roadside-market-greenhouses), (270) 786-1663
- E** **Evan Williams Bourbon Experience**, [www.evanwilliams.com/visit-us](http://www.evanwilliams.com/visit-us), (502) 272-2623
- F** **Frazier History Museum**, [www.fraziermuseum.org](http://www.fraziermuseum.org), (502) 753-5663
- G** **Gallrein Farms**, [www.gallreinfarms.com](http://www.gallreinfarms.com), (502) 633-4849  
**Green River Lake**, [www.lrl.usace.army.mil/missions/civilworks/recreation/lakes/greenriverlake.aspx](http://www.lrl.usace.army.mil/missions/civilworks/recreation/lakes/greenriverlake.aspx), (270) 465-4463  
**Green River Lake State Park**, <https://parks.ky.gov>, (270) 465-8255
- H** **Hadorn's Bakery**, [www.hadornsbakery.com](http://www.hadornsbakery.com), (502) 248-4407  
**Harden Coffee**, [www.hardencoffee.com](http://www.hardencoffee.com), (270) 283-4098  
**Hatfields and McCoys Historic Feud Sites Driving Tour**, [www.tourpikecounty.com](http://www.tourpikecounty.com), (606) 432-5063  
**Heaven Hill Bourbon Experience**, [www.heavenhilldistillery.com/heaven-hill-bourbon-experience.php](http://www.heavenhilldistillery.com/heaven-hill-bourbon-experience.php), (502) 337-1000
- Hinton's Orchard & Farm Market**, [www.hintonsorchard.com](http://www.hintonsorchard.com), (270) 325-3854  
**Hometown Pizza**, [www.hometownpizza.com](http://www.hometownpizza.com)
- J** **JD Shelburne**, [www.jdshelburne.com](http://www.jdshelburne.com)  
**Jericho Woods**, Facebook: Jericho Woods  
**Joel Ray's Lincoln Jamboree**, [www.thelincolnjamboree.com](http://www.thelincolnjamboree.com), (270) 358-3545  
**Juanito's Street Tacos & More**, Facebook: Juanito's Street Tacos & More, (270) 801-0010 (Radcliff location)  
**Justin Thomas**, [www.justinthomasgolf.com](http://www.justinthomasgolf.com)
- K** **Kentucky Down Under Adventure Zoo**, [www.kentuckydownunder.com](http://www.kentuckydownunder.com), (270) 786-1010  
**Kentucky's Finest Family Style Restaurant**, [www.thelincolnjamboree.com](http://www.thelincolnjamboree.com), (270) 358-3545
- L** **Laha's Red Castle**, [www.facebook.com/lahasredcastle](http://www.facebook.com/lahasredcastle), (270) 358-9201  
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**Land Between the Lakes National Recreation Area**, [www.landbetweenthelakes.us](http://www.landbetweenthelakes.us), (800) 525-7077  
**Lee Cruse, The Lee & Hayley Show**, Facebook: Lee and Hayley  
**Lincoln Days Celebration**, [www.lincolndays.org](http://www.lincolndays.org), (270) 358-8710  
**Lincoln Lodge**, <https://lincolnlodge.mydirectstay.com>, (270) 358-0005  
**Lincoln Museum**, [www.lincolnmuseum-ky.org](http://www.lincolnmuseum-ky.org), (270) 358-3163  
**Loretta Lynn Homeplace**, [www.paintsvilletourism.com](http://www.paintsvilletourism.com), (606) 297-1469  
**Louisville Zoo**, [www.louisvillezoo.org](http://www.louisvillezoo.org), (502) 459-2181
- M** **Maillard Wood Fired Kitchen**, [www.maillardkitchen.com](http://www.maillardkitchen.com), (270) 299-1287  
**Maker's Mark Distillery**, [www.makersmark.com](http://www.makersmark.com), (270) 865-2099  
**Mammoth Cave National Park**, [www.nps.gov/macac](http://www.nps.gov/macac), (270) 758-2180  
**Manchester Music Fest**, [www.manchestermusicfest.com](http://www.manchestermusicfest.com), (606) 391-6161  
**Marion County Country Ham Days**, [www.marioncountkychamber.com](http://www.marioncountkychamber.com), (270) 692-9594  
**Matilda's Dogs and More**, Facebook: Matildas Dogs and More (517) 499-6276  
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**My Old Kentucky Dome**, Facebook: My Old Kentucky Dome, [myoldkentuckydome@gmail.com](https://myoldkentuckydome@gmail.com)  
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- N** **New Riff Distilling**, [www.newriffdistilling.com](http://www.newriffdistilling.com), (859) 261-7433  
**Newport Aquarium**, [www.newportaquarium.com](http://www.newportaquarium.com), (800) 406-3474
- P** **Paramount Arts Center**, [www.paramountartscenter.com](http://www.paramountartscenter.com), (606) 324-0007  
**Perryville Battlefield State Historic Site**, <https://parks.ky.gov>, (859) 332-8631  
**Purple Toad Winery**, [www.purpletoadwinery.com](http://www.purpletoadwinery.com), (270) 554-0010
- R** **RedPoint BBQ**, [www.redpointbbq.com](http://www.redpointbbq.com), (606) 668-7000  
**Red River Gorge Geological Area**, [www.fs.usda.gov/dbnf](http://www.fs.usda.gov/dbnf), (606) 776-5456  
**Reed-Dossey Bed & Breakfast**, Facebook: Reed - Dossey House Bed & Breakfast, (612) 868-9205
- S** **Sawstone Brewing Co.**, [www.sawstonebrewing.co](http://www.sawstonebrewing.co), (606) 780-1151  
**Scout & Scholar Brewing Company**, [www.scoutandscholar.com](http://www.scoutandscholar.com), (502) 268-1234  
**Serendipity Kandy Kitchen**, Facebook: Serendipity Kandy Kitchen, (502) 310-9532  
**Speed Art Museum**, [www.speedmuseum.org](http://www.speedmuseum.org), (502) 634-2700  
**Sweet Sisters Sweets**, Facebook: Sweet Sisters Sweets, (270) 696-0888
- T** **The AMP at Log Still**, [www.logstilldistillery.com/theamp](http://www.logstilldistillery.com/theamp), (502) 917-0200  
**The Black Goose**, [www.blackgoosegifts.com](http://www.blackgoosegifts.com), (859) 534-1643  
**The Café at Swope Toyota**, [www.swopetoyota.com/cafe-deli-swope-toyota](http://www.swopetoyota.com/cafe-deli-swope-toyota), (270) 505-4966  
**The Sweet Shoppe and Dessert Café**, [www.etsy.com/shop/sweetshophodgenville](http://www.etsy.com/shop/sweetshophodgenville), (270) 358-0424  
**The Whistle Stop**, [www.whistlestopky.com](http://www.whistlestopky.com), (270) 369-8586  
**Tipton's Traditions**, Facebook: Tipton's Traditions, (606) 393-1156  
**Tyler Childers**, Facebook: Tyler Childers
- U** **University of Kentucky**, [www.ukathletics.com](http://www.ukathletics.com)
- V** **Vibe Coffee**, [www.vibecoffeeshop.com](http://www.vibecoffeeshop.com), (270) 506-3072
- W** **WAVE-TV**, [www.wave3.com](http://www.wave3.com)  
**WDRB-TV**, [www.wdrb.com](http://www.wdrb.com)  
**West Sixth Brewing**, [www.westsixth.com](http://www.westsixth.com), (859) 705-0915 (Louisville location)  
**WHHT 103.7**, <https://1037whht.com/on-air/>  
**WVLC 99.9 The Big Dawg**, [www.wvlc.com](http://www.wvlc.com)





▲ Brothers brings it with its award-winning fusion-style barbecue, blending Kansas City-style sauce and ribs, Texas-style brisket and eastern Northern Carolina-style pulled pork. Photo: Taylor County Tourist Commission

house-made sides and sauces, and hearty and healthy salads.

**SECOND PLACE**  
**Arrowhead BBQ—Hodgenville**

**THIRD PLACE**  
**RedPoint BBQ—Campton**

### Craft Beer

**FIRST PLACE**  
**Scout & Scholar Brewing Company—Bardstown**

A beer haven in a sea of bourbon, that's Scout & Scholar—a Bardstown watering hole that dares to shake up the norm with its lineup of brews on tap in the Bourbon Capital of the World and provide, as General Manager Tyler Vaughan calls it, "a much needed oasis for those Kentucky Bourbon Trail goers."

**SECOND PLACE**  
**West Sixth Brewing—Lexington, Louisville**

**THIRD PLACE**  
**Sawstone Brewing Co.—Morehead**



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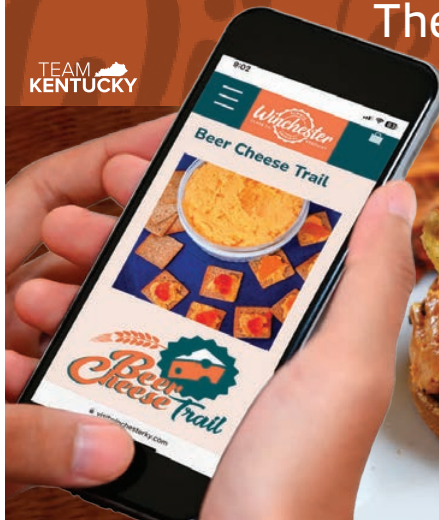
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Win a Getaway. See page 62.

Win a Getaway. See page 62.



## Hamburger

### FIRST PLACE

#### Laha's Red Castle—Hodgenville

One would expect that a diner frying up burgers for 90 years would know a thing or two about enhancing the sizzle factor—and Laha's has got it down pat with mouthwateringly delicious old-timey diner cheeseburgers made on a well-seasoned 1954 grill and studded with onions and dripping with melty cheese. Mmm.

### SECOND PLACE

#### Bardstown Burger—Bardstown

### THIRD PLACE

#### B&N Food Market—Bagdad



▲ Ryan Jeffries is one in a long line of family members cooking up award-winning burgers at Laha's since 1934. Photo: Jessica Wood



## Bakery

### FIRST PLACE

#### Sweet Sisters Sweets—Hodgenville

This is where your sweet tooth's quest for decadence pays off—with Sweet Sisters Sweets' luscious flavor pairings, like lemon velvet cake and raspberry swirl icing; cake pops piled into a cone like colorful scoops of ice cream; chocolate cream pies finished with flourishes of airy meringue; intricately designed and decorated custom cakes and so much more.

### SECOND PLACE

#### Hadorn's Bakery—Bardstown

### THIRD PLACE

#### Tipton's Traditions Bakery—Ashland

## Down-Home Restaurant

### FIRST PLACE

#### The Whistle Stop—Glendale

At this made-from-scratch country kitchen, one of the signature specialties is the Whistle Stop Burger, a fan fave headlined with hand-sliced fried green tomato double-dipped in buttermilk and the restaurant's homemade bread-ing. But that's not all. The 8-ounce char-grilled burger is layered with onion

▲ So many signature dishes! The Whistle Stop is a made-from-scratch kitchen in Glendale. Photo: The Whistle Stop

rings, bacon, fried pickle and cheddar cheese and finished with a liberal dousing of secret sauce.

### SECOND PLACE

#### Kentucky's Finest Family Style Restaurant at Joel Ray's Lincoln Jamboree—Hodgenville

### THIRD PLACE

#### Billy Ray's Restaurant—Prestonsburg

## Coffee Shop

### FIRST PLACE

#### Vibe Coffee—Elizabethtown and Hodgenville

The aesthetic: big-city appeal with small-town charm and service. The order of the day: well-crafted, cutting-edge coffee and acai bowls, including Vibe Coffee's Fruit Bowl with acai, mango, banana and strawberry and a toppings melange of granola, banana, strawberries, blueberries, shredded coconut and honey. (Psst: There's also a Green Bowl and a Chocolate Bowl.)

# HALL OF FAME

Here are the inductees in *Kentucky Living's* Best in Kentucky Hall of Fame:

Land Between the Lakes National Recreation Area, Public Hunting  
 Green River Lake at Green River Lake State Park, Camping Spot  
 Abraham Lincoln Birthplace National Historical Park, Historic Site  
 Hinton's Orchard & Farm Market, Farm Tourist Attraction  
 Lincoln Museum, Museum  
 Lincoln Days Celebration, Event or Festival  
 Hometown Pizza, Pizza  
 Lighthouse Restaurant, Down-Home Restaurant  
 Mammoth Cave National Park, Day Trip  
 Louisville Zoo, Kid-Friendly Attraction  
 Purple Toad Winery, Winery  
 Lake Cumberland, Boating Lake or River, Fishing Spot, Houseboating Lake  
 Abraham Lincoln Birthplace National Historical Park, Historic Landmark  
 The Whistle Stop, Nonfranchise Restaurant

Moonlite Bar-B-Q Inn, Barbecue  
 Red River Gorge Geological Area, Extreme Adventure/Sport Location  
 Cumberland Falls at Cumberland Falls State Resort Park, Scenic View  
 Churchill Downs, Iconic Kentucky Landmark  
 Perryville Battlefield State Historic Site, Civil War Site  
 General Burnside Island State Park, Golf Course  
 Somernites Cruise, Car Show Cruise-In  
 Jericho Woods, Kentucky Musician/Band  
 Ale-8-One, Made-In-Kentucky Product  
 My Old Kentucky Home, Historic Site  
 Country Boy Brewing, Craft Brew  
 Berea Craft Festival, Arts & Crafts Fair  
 The Sweet Shoppe and Dessert Café, Sweet Spot  
 Maker's Mark Distillery, Distillery

## SECOND PLACE

**Harden Coffee—Campbellsville**

## THIRD PLACE

**The Black Goose—Union**

## Sweets Shop

### FIRST PLACE

**The Sweet Shoppe and Dessert Café—Hodgenville**

Kentucky bourbon, maple walnut, mint chocolate swirl, orange Creamsicle, tiger butter. Yes, please—to one and all! The Sweet Shoppe and Dessert Café is famous for its more than 30 flavors of fudge, all handmade fresh with real cream, butter and sugar in Kentucky's Land of Lincoln.

### SECOND PLACE

**Serendipity Kandy Kitchen—Shelbyville**

### THIRD PLACE

**Muth's Candies—Louisville**



## Food Truck

### FIRST PLACE

**Juanito's Street Tacos & More—Radcliff and Bardstown**

Family-owned and operated, Juanito's Street Tacos & More cooks up an authentic taste of Mexico with special-recipe street tacos that are served on a double corn tortilla with a choice of meat and topped with cilantro, onion and lime. Other flavor faves found on this food truck: Acapulco chicken, Mexican bowls, burritos, tortas and quesadillas.

### SECOND PLACE

**Maillard Wood Fired Kitchen—Campbellsville**

### THIRD PLACE

**Matilda's Dogs and More—Sonora KL**

Juanito's is famous for its authentic street tacos that include a choice of meat and toppings. Photo: Leslie Peña/Juanito's

# KENTUCKY

## ARTISAN CENTER

**Retail. Restaurant. Clean Restroom. 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 I-75 exit 77 in Berea, KY, the Kentucky Artisan Center makes the perfect stop for locals and travelers alike.

Win a Getaway. See page 62.

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

TEAM  
KENTUCKY™

## 2024 FESTIVALS

DOWNTOWN SOMERSET, KENTUCKY

**Moonlight Festival**  
October 19

**Somernites Cruise**  
4th Saturday, April - October

#seemyset seesomerset.com

## FLOYD COUNTY TOURISM

Something for Everyone. Hiking, Biking, Fishing, Canoeing, Kayaking. Enjoy our many trails!

floydcountytourism.com

TEAM KENTUCKY

# 134 KENTUCKY FESTIVALS

## Woolly Worm Festival

Beattyville KY - October 25-27, 2024

Located only 20 minutes south of the Red River Gorge!

606-464-5038  
visitfloydcountyky.com • woollywormfest.com

## LABOR DAY Arts & Crafts Festival

Aug. 31 & Sept. 1  
9 am - 5 pm

Sept. 2  
9 am - 3 pm

[grandrivers.org/arts](http://grandrivers.org/arts)

## AUTUMN FEST

Sat., Sept. 14

Grant Co. Park, Crittenden

Music - Vendors - Food Trucks - Kid Zone - K-9 demo

[visitgrantky.com](http://visitgrantky.com)

GRANT COUNTY Tourism & Convention Commission

TEAM KENTUCKY

## US 25 YARD SALE

Oct. 4 & Oct. 5

Lots of vendors & bargains

[visitgrantky.com](http://visitgrantky.com)

TEAM KENTUCKY

## Kentucky Wool Festival

October 4, 5 & 6, 2024

Friday & Saturday, 10 a.m. - 10 p.m.  
Sunday, 10 a.m. - 6 p.m.

(859) 951-8027  
[www.kywoolfest.org](http://www.kywoolfest.org)

## 50th ANIVERSARY CASEY COUNTY APPLE FESTIVAL

GIANT 10-FT APPLE PIE SERVED AT NOON EST ON SATURDAY!

Liberty, KY

SEPTEMBER 26-28, 2024

[WWW.CASEYCOUNTYAPPLEFESTIVAL.ORG](http://WWW.CASEYCOUNTYAPPLEFESTIVAL.ORG)

## LIONS CLUB 50TH ANNUAL CORN FESTIVAL

SEPTEMBER 26 - 28 • APPROXIMATELY 10 AM - 9 PM

Downtown Morganfield  
270-952-3244

Honoring Morganfield Jaycees  
[www.morganfieldcornfestival.com](http://www.morganfieldcornfestival.com)

## LINCOLN DAYS

Saturday & Sunday  
OCTOBER 5-6  
HODGENVILLE, KY

Abraham Lincoln's Birthplace  
[LINCOLNDAYS.ORG](http://LINCOLNDAYS.ORG)

## LOGAN COUNTY CHAMBER OF COMMERCE

### LOGAN COUNTY TOBACCO & HERITAGE FESTIVAL

KENTUCKY

RUSSELLVILLE, KY • OCT. 12TH, 2024

[WWW.TOBACCOFEST.ORG](http://WWW.TOBACCOFEST.ORG)

Friday 12-7PM  
Saturday 8-7PM  
Sunday 1-7PM

## MOREHEAD HARVEST Festival

OCTOBER 25, 26 & 27

MOREHEAD CITY PARK

BLUEBANK  
PrintUSA  
MOREHEAD  
KENTUCKY

## October Count Day Festival

since 1794!

Downtown Mt. Sterling  
October 18th-21st

Over 500 vendors, great food and live music!

[mtsterlingtourism.com](http://mtsterlingtourism.com) | I-64 Exit 110

TEAM KENTUCKY

## Jerusalem Ridge Bluegrass Celebration 2024

"Real Bluegrass from its Birthplace"

ROSINE, KY

SEPTEMBER 12-15  
HEAR 20+ BANDS

[JERUSALEMRIIDGEFESTIVAL.COM](http://JERUSALEMRIIDGEFESTIVAL.COM)

TEAM KENTUCKY

RICHMOND, KY

## MILLSTONE FESTIVAL

EST. 2001

October 5, 2024

Downtown Richmond

Arts & Crafts • Car Show • Live Music  
Wine & Beer Garden

[visitrichmondky.com](http://visitrichmondky.com)

LMS\_LINS/ADOBE STOCK

# KENTUCKY FESTIVALS

## BLUEGRASS

- 1 **Festival of the Horse:** Georgetown, Sept. 6–8
- 2 **Stave Festival:** Lawrenceburg, Sept. 13–14
- 3 **Burgin Fall Festival:** Burgin, Sept. 13–15
- 4 **Kentucky Heritage Jazz Festival:** Harrodsburg, Sept. 20–22
- 5 **More Tales, Wilmore Storytelling Festival:** Sept. 20–21
- 6 **Spoonbread Festival:** Berea, Sept. 20–22
- 7 **Cynthiana Honey Festival:** Sept. 21
- 8 **Anderson County Burgoo Festival:** Lawrenceburg, Sept. 27–29
- 9 **Pow-Wow, Music and Dance Festival:** Richmond, Sept. 27–29
- 10 **Witches Day Out:** Cynthiana, Sept. 28
- 11 **Oktoberfest:** Harrodsburg, Oct. 4–6
- 12 **Millstone Festival:** Richmond, Oct. 5, [visitrichmondky.com](http://visitrichmondky.com)
- 13 **Wilmore Arts and Crafts Festival:** Wilmore, Oct. 5
- 14 **Jessamine Fall Festival:** Nicholasville, Oct. 16–19
- 15 **Harvesting the Holidays:** Cynthiana, Nov. 1
- 16 **Anderson County Art Trail:** Lawrenceburg, Nov. 2
- 17 **Candlelight Weekend:** Frankfort, Nov. 7–9
- 18 **Wilmore Old Fashioned Musical Christmas:** Dec. 7
- 19 **St. "Nich" Christmas Fest and Parade:** Nicholasville, Dec. 14

## EASTERN

- 20 **Swift Silver Mine Festival:** Campton, Aug. 30–Sept. 1
- 21 **Fraley Festival of Traditional Music:** Carter Caves State Resort Park, Sept. 5–8
- 22 **Old Fashioned Trading Days:** Williamsburg, Sept. 5–7

- 23 **Lawrence County Septemberfest:** Louisa, Sept. 6–7
- 24 **Possum Fest:** Cumberland, Sept. 7
- 25 **Ravenna Railroad Festival:** Sept. 7–8
- 26 **Appalachian Moonshine, Music and Makers Festival:** Pikeville, Sept. 13–14
- 27 **Poppy Mountain Bluegrass Festival:** Morehead, Sept. 13–21
- 28 **Kentucky Food Truck State Championship:** Renfro Valley, Sept. 14
- 29 **Black Gold Festival:** Hazard, Sept. 19–21
- 30 **Walnut Festival:** Salyersville, Sept. 19–22
- 31 **Poage Landing Days:** Ashland, Sept. 20–21
- 32 **Morehead Arts and Crafts Festival:** Sept. 21
- 33 **Cave Run Storytelling Festival:** Morehead, Sept. 26–28
- 34 **World Chicken Festival:** London, Sept. 26–29
- 35 **Foxtire Music & Arts Festival:** Ashland, Sept. 27–28
- 36 **Morgan County Sorghum Festival:** West Liberty, Sept. 27–29
- 37 **Kentucky Apple Festival:** Paintsville, Oct. 3–5
- 38 **Old Fashion Days:** Greenup, Oct. 3–5
- 39 **Bittersweet Festival:** Mt. Vernon, Oct. 4–5
- 40 **Mary Breckinridge Festival:** Hyden, Oct. 4–5
- 41 **Shaping Clay Jubilee:** Manchester, Oct. 4–5
- 42 **Jenny Wiley Festival:** Prestonsburg, Oct. 9–12
- 43 **Firkin Fest:** Ashland, Oct. 12
- 44 **Oktoberfest:** Corbin, Oct. 12
- 45 **28th Gateway to the Cumberlands Jeep Jamboree:** Williamsburg, Oct. 17–19

46 **October Court Day Festival:** Mt. Sterling, Oct. 18–21, [mtsterlingtourism.com](http://mtsterlingtourism.com)

- 47 **Honey Bun Day:** London, Oct. 19
- 48 **Morehead Harvest Festival:** Oct. 25–27, [moreheadharvestfestival.com](http://moreheadharvestfestival.com)
- 49 **Woolly Worm Festival:** Beattyville, Oct. 25–27, [woollywormfest.com](http://woollywormfest.com)
- 50 **Octoberfest:** Grayson, Oct. 26
- 51 **Appalachian Holiday Arts & Crafts Fair:** Morehead, Nov. 23
- 52 **Festival of Trees and Trains:** Ashland, Nov. 23–Dec. 1
- 53 **Festival of the Mountain Masters:** Harlan, Nov. 29–30
- 54 **Winterfest:** Pikeville, Nov. 30–Jan. 1
- 55 **Hometown Holidays:** Grayson, Dec. 7

## NORTHERN

- 56 **Autumn Fest:** Crittenden, September 14, [visitgrantky.com](http://visitgrantky.com)
- 57 **EweNique Art Walk and Music Festival:** Falmouth, Sept. 14
- 58 **Germantown Court Days:** Sept. 14–15
- 59 **Simon Kenton Festival:** Maysville, Sept. 14–15
- 60 **Civil War Days:** Augusta, Sept. 20–22
- 61 **Pig Out:** Maysville, Sept. 20–21
- 62 **Sweet Owen Day Fall Festival:** Owenton, Sept. 21
- 63 **Williamstown Bluegrass Festival:** Sept. 28
- 64 **Carroll County Tobacco Festival:** Carrollton, Oct. 3–5

- 65 **Kentucky Wool Festival:** Falmouth, Oct. 4–6, [kywoolfest.org](http://kywoolfest.org)
- 66 **US 25 Yard Sale:** Williamstown, October 4–5, [visitgrantky.com](http://visitgrantky.com)
- 67 **Salt Festival:** Big Bone Lick State Historic Site, Union, Oct. 18–20
- 68 **Oktoberfest:** Glencoe, Oct. 19
- 69 **A Country Christmas:** Williamstown, Dec. 7
- 70 **Frontier Christmas:** Maysville, Dec. 7

## NORTH CENTRAL

- 71 **Trimble County Apple Festival:** Bedford, Sept. 7–8
- 72 **Kentucky Bourbon Festival:** Bardstown, Sept. 13–15
- 73 **Rolling Fork Iron Horse Festival:** New Haven, Sept. 14
- 74 **Clarkson Honeyfest:** Grayson County, Sept. 19–21
- 75 **BugFest:** Bernheim Forest, Clermont, Sept. 21
- 76 **The Great Pumpkin Pursuit & Watermelon Weigh Off:** Guston, Sept. 21
- 77 **Marion County Country Ham Days:** Lebanon, Sept. 27–29
- 78 **Finchville Fall Festival:** Finchville, Sept. 28
- 79 **Journey Church/Shepherdsville Fall Fest:** Shepherdsville, Sept. 28



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

- 80 **Heartland Harvest Festival:** Elizabethtown, Sept. 28
- 81 **Main Street Old-Fashioned Festival:** Lebanon Junction, Oct. 4–5
- 82 **Springfield-Washington County Sorghum Festival:** Springfield, Oct. 4–5
- 83 **Lincoln Days:** Hodgenville, Oct. 5–6, [lincolndays.org](http://lincolndays.org)
- 84 **Forkland Heritage Festival:** Gravel Switch, Oct. 11–12
- 85 **Arts and Crafts Festival:** Bardstown, Oct. 12–13
- 86 **Glendale Crossing Festival:** Oct. 19
- 87 **Battletown Witch Festival:** Brandenburg, Oct. 26
- 88 **Colorfest:** Bernheim Forest, Clermont, Nov. 2–3

- 92 **Fall Kickoff Craft Festival:** Scottsville, Sept. 14
- 93 **Blazin' Bluegrass Fall Festival:** Whitley City, Sept. 19–21
- 94 **Cumberland River Bluegrass Festival:** Burkesville, Sept. 19–21
- 95 **Grandest Ole Opry:** Scottsville, Sept. 20–21
- 96 **Horse Cave Heritage Festival:** Horse Cave, Sept. 20–21
- 97 **Rotary Club Cow Days:** Greensburg, Sept. 20–21
- 98 **Jacksonian Festival:** Scottsville, Sept. 21
- 99 **Casey County Apple Festival:** Liberty, Sept. 26–28, [caseycountyapplefestival.org](http://caseycountyapplefestival.org)
- 100 **International Festival:** Bowling Green, Sept. 28
- 101 **Pumpkin Fest:** Jackson's Orchard, Bowling Green, weekends Sept. 28–29 thru Oct. 26–27

- 103 **Metcalfe County Pumpkin Festival:** Edmonton, Oct. 5
- 104 **Downtown Days Festival:** Columbia, Oct. 11–12
- 105 **Hammer-In at the Kentucky Museum:** Bowling Green, Oct. 12
- 106 **Logan County Tobacco and Heritage Festival:** Russellville, October 12, [tobaccofest.org](http://tobaccofest.org)
- 107 **Foothills Festival:** Albany, Oct. 18–19
- 108 **Moonlight Festival:** Somerset, Oct. 19, [seesomerset.com](http://seesomerset.com)
- 109 **October Fest:** Munfordville, Oct. 19
- 110 **Liberty Trail Fest:** Liberty, Oct. 20–26
- 111 **Bourbon and Brewfest:** Bowling Green, Oct. 26
- 112 **GypsyMoon Christmas Marketplace:** Bowling Green, Nov. 7–9
- 113 **Sheltoewe Artisans Art Fair:** Somerset, Nov. 16–17

- 115 **Butterfly Festival:** Oak Grove, Sept. 7
- 116 **Trail of Tears Pow Wow:** Hopkinsville, Sept. 7–8
- 117 **Jerusalem Ridge Bluegrass Celebration:** Rosine, Sept. 12–15, [jerusalemridgefestival.com](http://jerusalemridgefestival.com)
- 118 **Banana Festival:** Fulton, Sept. 14–21, [visitfultonky.com](http://visitfultonky.com)
- 119 **Barbecue on the River:** Paducah, Sept. 19–21
- 120 **Bronze Buffalo Festival & Gala:** Owensboro, Sept. 26–28
- 121 **Lions Club Corn Festival:** Morganfield, Sept. 26–28, [morganfieldcornfestival.com](http://morganfieldcornfestival.com)
- 122 **Harvest Fest at Mahr Park:** Madisonville, Sept. 27–28
- 123 **HarvestFest:** Elkton, Sept. 28
- 124 **Orchard Music Festival:** Reid's Orchard, Owensboro, Sept. 28
- 125 **Lions Club Arts and Crafts Festival:** Henderson, Oct. 5–6
- 126 **Trigg County Country Ham Festival:** Cadiz, Oct. 11–13
- 127 **Hunter's Moon Festival:** Grand Rivers, Oct. 12
- 128 **Maiden Alley Oktoberfest:** Paducah, Oct. 19
- 129 **Pumpkin and Pickle Festival:** Owensboro, Oct. 19–20
- 130 **Boo Fest:** Diamond Lake Resort, Owensboro, Oct. 25
- 131 **Chili Cook-Off and Cornbread Competition:** Hopkinsville, Oct. 26
- 132 **Independence Bank Sorghum Festival:** Hawesville, Oct. 26
- 133 **Holiday Forest Festival of Trees:** Owensboro, Nov. 9–Dec. 31
- 134 **Arts & Crafts Christmas Bazaar:** Calvert City, Dec. 7

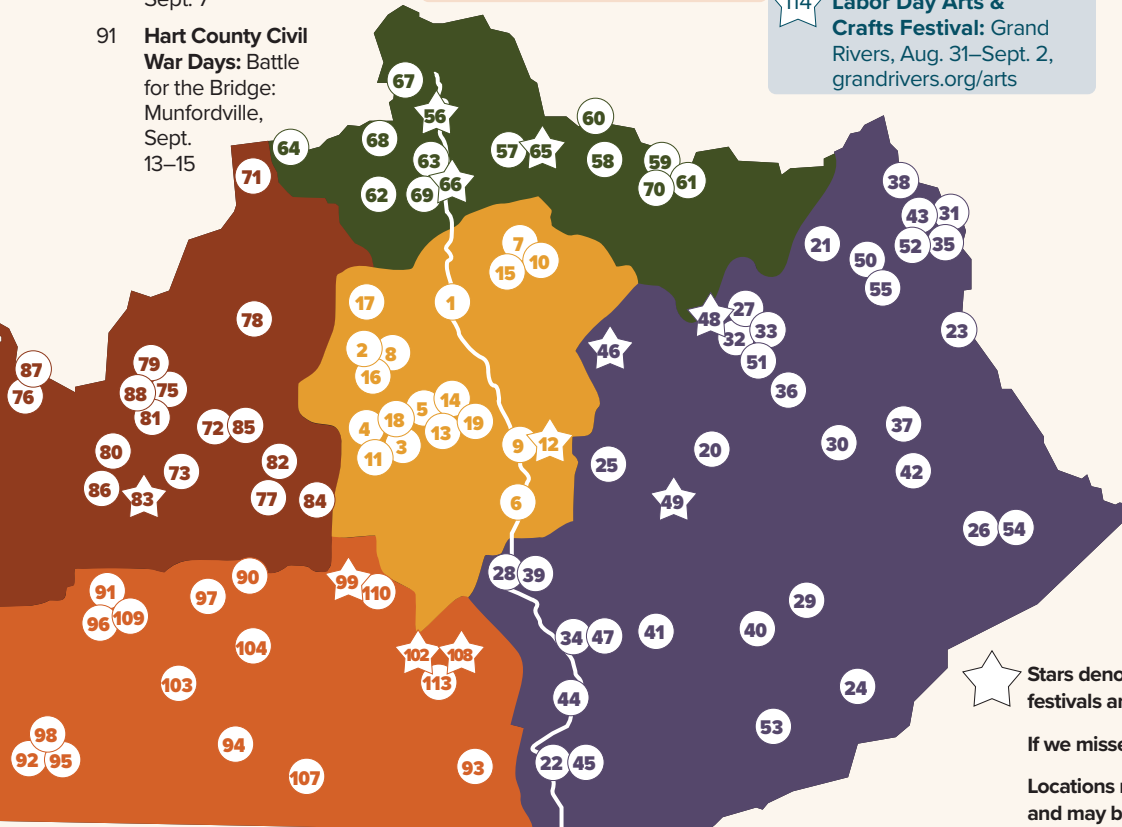
**SOUTH CENTRAL**

- 89 **AppleFest:** Jackson's Orchard, Bowling Green, Aug. 31–Sept. 2
- 90 **Homeplace Fall Heritage Festival:** Campbellsville, Sept. 7
- 91 **Hart County Civil War Days:** Battle for the Bridge: Munfordville, Sept. 13–15

102 **Somernites Cruise:** Somerset, September 28 and October 24, [seesomerset.com](http://seesomerset.com)

**WESTERN**

114 **Labor Day Arts & Crafts Festival:** Grand Rivers, Aug. 31–Sept. 2, [grandrivers.org/arts](http://grandrivers.org/arts)



Route of the Highway 25 Yard Sale

Stars denote festival advertisers. Find more festivals and events online.

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



# State fair zinnia

*Nostalgic summer blooms*



SHELLY NOLD

**“THESE FLOWERS REMIND ME** of my childhood.”

I overheard this recently as someone was looking at beautiful, summer-flowering state fair zinnias. The memory of flowers is perhaps one reason why we all love gardening so much.

I grew state fair zinnias as a child, and I still do today. When I was growing up, my parents gave me space in the vegetable garden to grow flowers. My small plot of flowers served a dual purpose, because it also attracted more pollinators to the vegetable crops.

Zinnias can be easily grown from seed or purchased as transplants. They establish quickly, love hot weather and are drought tolerant. Plant them in full sun and you will be rewarded with a rainbow of flower colors. Flower size can range from 2 to 5 inches in diameter, and flowers can be single or double. Zinnias make excellent cut flowers, and they flower so prolifically that

you won't hesitate to cut a few.

Zinnias are attractive to many pollinators and are a favorite of several butterfly species. Their large, flat flowers provide an excellent landing and sturdy feeding surface. Regularly deadheading your zinnias—removing fading or dead blossoms—will encourage more flower production. Because zinnias naturally produce side branches and continue flowering from summer to fall, their density can help in shading out weeds.

A hot, humid summer combined with dense planting can create an environment for powdery mildew. To prevent this, and to keep your planting vigorous, water in the morning, fertilize only twice during the growing season, cut flowers regularly and remove any spent flowers.

State fair zinnias are a summertime treat and tradition. They are an economical and easy to grow addition to any garden. Some call them old-fashioned, but I believe they are simply timeless. **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*



*How can I manage large iris foliage after it's done blooming?—Linda Fitts*

**A** Tall iris foliage that is flopping over can be staked to give a tidier appearance. The faded blooms can be removed, but it is important for the foliage to remain until it turns brown in the late fall. This is the time when the plant collects nutrients for next year's flowers. Using stakes to keep the foliage more upright will help increase air circulation, sunlight exposure and photosynthesis. In some cases, when iris become overcrowded or don't receive enough sunlight, the foliage can flop over. As long as your plants are healthy and not overcrowded, staking them should do the trick.

» Angie Oakley



STOCK & STUDIO/ADOBE STOCK

### Have a gardening question?

Go to [KentuckyLiving.com](http://KentuckyLiving.com), click on Home & Garden, then “Ask the Gardener.”



READER  
*recipe*

Easy crowd-pleaser

**Goopy Butter Cookies**

Submitted by Linda Overbee

Jackson Energy consumer-member

Linda has made these cookies for years and everyone has always loved them. They are so simple to make and taste amazing.

**8 oz cream cheese, softened****½ C butter, softened****1 egg****¼ tsp vanilla extract****1 box yellow cake mix****¼ C powdered sugar**

Preheat oven to 350°. Add cream cheese and butter to large bowl. Mix with hand mixer one minute until creamy. Add egg and vanilla and mix until just combined. Scrape down sides of bowl and add box of yellow cake mix. Mix until combined. Place in fridge and chill at least two hours. Once chilled, remove from the fridge and roll dough into 1-inch balls, then roll each ball in powdered sugar. Place on baking sheet lined with parchment paper. Bake 10–12 minutes. Optional: sprinkle with additional powdered sugar when cooled. Makes 22 cookies.

HEATHER BILYEU

HEATHER BILYEU

*Fun shareables**Recipes to share with everyone*

**AROUND OUR HOME**, we love cheesy dips and we love cookies. I always keep cookie dough stocked in our freezer for my sweets-loving husband. If he gets the craving for a treat, or if we have someone coming over for dinner, I always have a dessert ready to go.

It's the same with dip—it's my go-to appetizer. Whether it's for friends to snack on before dinner or for enjoying on the porch with my family, any occasion is a good time for dip. I know you will love serving these recipes to those you adore most in your life.

**Easy Skillet Chorizo Cheese Dip****10 oz Mexican chorizo sausage****½ medium onion (roughly ½ C), diced****1 (10 oz) can Rotel****8 oz cream cheese****8 oz mild cheddar cheese, shredded****⅓ C hot sauce****½ tsp salt****Optional toppings: pickled jalapenos, lime slices, green onion, cilantro, avocado**

Preheat oven to 350°. Place large cast-iron skillet on stove over medium heat and add chorizo. Cook about 5 minutes, making sure to chop and break up into small pieces as you cook, like ground beef. Add remaining ingredients to skillet and bake 15 minutes. Remove from oven and gently stir until melted cheese and other ingredients come together to create a creamy dip. Serve hot from skillet with tortilla chips and, if desired, top with pickled jalapenos, chopped cilantro, diced green onions and avocado, and lime slices on the side. Serves 8–10.

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

**SEE  
VIDEOS**  
at [KentuckyLiving.com/Cook](https://KentuckyLiving.com/Cook)

Go to [KentuckyLiving.com/submit-a-recipe](https://KentuckyLiving.com/submit-a-recipe)



# An American dream

Family legacy at Roy's Bar-B-Que in Russellville

JOEL SAMS

**LEEANN HARRIS WAS 15** when her dad recruited her to help launch the new family restaurant business in 1983. To drum up customers for his new barbecue joint in Russellville, Ralph Morgan stuffed paper sacks with a pound of smoked pork, two kinds of sauce and a pack of buns. He marked each one with information about the new restaurant, named after one of his sons—Roy's Bar-B-Que.

LeeAnn's job was to distribute the bags to local businesses and organizations. She was "embarrassed to death," she remembers, but she smiled and did her best.

Forty-one years later, the restaurant started by Ralph and Jolene Morgan is still going strong, delighting locals and visitors alike with a menu featuring smoked pork, fried catfish and home-cooked favorites like turnip greens, fried cornbread, buttered squash and baked apples—and don't forget the made-from-scratch desserts. There are also daily specials, and a popular "family pack," \$31.49 plus tax, that sends hungry diners home with a pound and a half of meat, three pint-sized sides, cornbread and buns.

Roy's is still a family business, owned by siblings Roy Morgan, Kathy Howard and LeeAnn Harris, and their nephew Lee Morgan. Another sibling, Mary Winn, helps manage the restaurant. "It's the American dream," Mary says.

Ralph died in 1996, and Jolene in 2011, but their influence lives on. One of Ralph's slogans still resonates: "The world's finest people walk through our doors." Located at 101 Sarah Lane in Russellville, Roy's Bar-B-Que is open 9 a.m.-7:30 p.m. Monday-Saturday and 9 a.m.-2 p.m. Sunday. **KL**



KYLE HARRIS

## Roy's Bar-B-Que Ranch Potatoes

Serves 6-8

- 6 medium potatoes**
- 1 (16 oz) bottle of ranch dressing**
- 1 C cheddar cheese, shredded**
- ½ C real bacon bits**
- Chopped green onions for garnish**

Bake potatoes in 9x13-inch pan in preheated 350° oven until fork tender. When cool, slice potatoes in approximately 1/4-inch widths. Return potato slices to pan in single layer and top with ranch dressing, then shredded cheese. Bake 30 minutes. Arrange on plate and sprinkle with bacon bits, as well as chopped green onion if desired.



KYLE HARRIS



# Tax credits vs. rebates



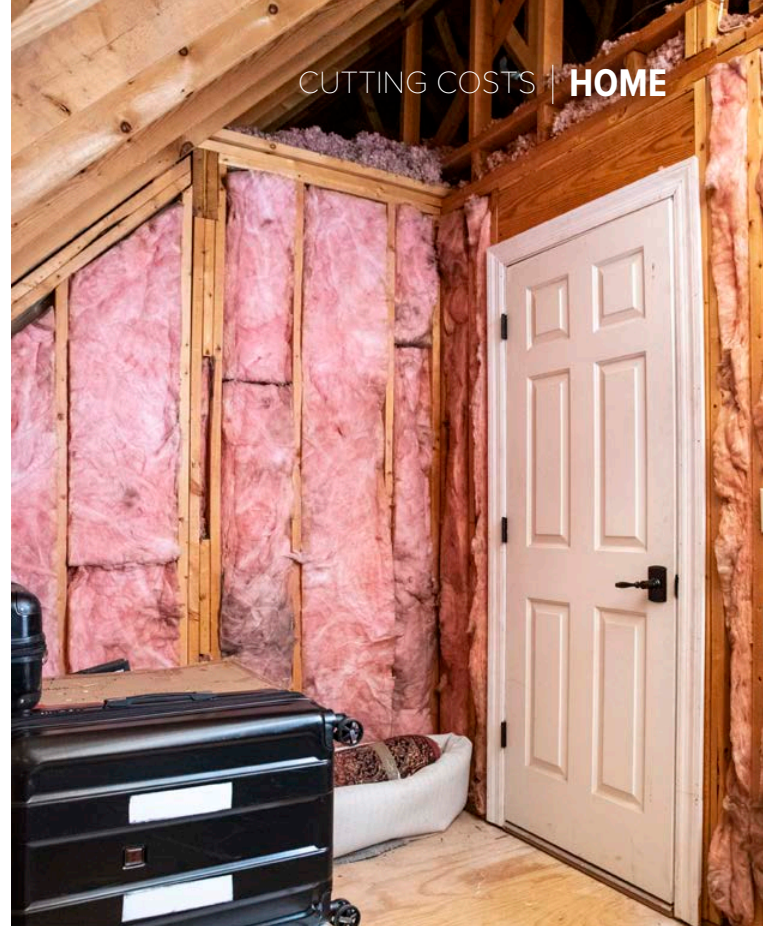
*How do I use federal tax credits and rebates to upgrade my home?*

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

Knowing the difference between a tax credit and rebate is important. A rebate is a payment for purchasing or installing a qualified product or home improvement. Depending on the program, it may be provided at the time of purchase or applied for and received after installation.

A tax credit is a dollar-for-dollar amount that taxpayers can report on their tax returns to reduce the amount of taxes owed. You apply for a tax credit when you file your tax documents, so it typically takes longer to reap the benefits than it does with a rebate.

According to ENERGY STAR, homeowners can qualify for up to \$3,200 annually in federal tax credits for



energy efficiency upgrades. Federal tax credits are available for heating and cooling system upgrades, including heat pumps, furnaces, central air conditioners, boilers and geothermal heat pumps. Tax credits for ENERGY STAR-rated heat pump water heaters

▲  
You can improve your home's envelope with tax credits for insulation. Photo: Mark Gilliland/  
Pioneer Utility Resources

cover 30% of the project cost, up to \$2,000. You can also improve your home's envelope with tax credits for insulation, windows and skylights.

If an energy efficiency upgrade requires improving the electrical panel in your home, there's a tax credit for that, too. You can receive 30% of the cost of the panel upgrade, up to \$600.

These federal tax credits are available through 2032. You must own the home you're upgrading, and it must be your primary residence. Federal tax credits apply only to existing homes in the United States, not new construction. **KL**

## EXPANDED FUNDING

The Inflation Reduction Act of 2022 expanded available funding for many home upgrades. The act allocated \$8.8 million for home rebate programs to be implemented at the state level, and this funding is offered in two different programs. The HOMES program allows up to \$8,000 per home for standard-income households. Higher rebates are available for low- to moderate-income households. The HEAR program offers rebates of up to \$14,000 per home for qualified, efficient electric equipment for low- to moderate-income households.

These programs are designed to bolster existing programs and should be available in late 2024 or early 2025. Check with your electric cooperative or state energy office to find out if they are being offered in your state.

# Childproofing done right

*Make electrical safety a top priority*

**ELECTRICAL SAFETY SHOULD** be at the top of the list when preparing a safe space for babies and children to thrive. Whether you've recently welcomed your first baby, or already have a full house, it's vital to keep your home electrically safe for the little ones.

We encourage families to make smart electrical safety decisions when baby proofing their homes. Tamper-resistant receptacles cost as little as 50 cents more than a standard outlet and can save a child's life.

### What are tamper resistant receptacles?

These outlets are required in all new homes and homes renovated after 2008. The shutter system allows only plugs to be inserted because both springs must be compressed at the same time. While they might be a little more expensive, you can't put a price on a child's life.

**But why do we need TRRs in our homes?** The top two things we lose just

happen to be two of the top objects inserted into outlets—hairpins and keys. While we can be more conscious of what's inserted in those outlets, we could also cut out the middleman and update to TRRs.



**Are there other ways to protect your children from indoor electrical dangers?** Of course! Keep all electrical cords out of reach or secured to the floor. A child pulling on a cord could bring down potentially dangerous items. Those clocks, irons or lamps could land right on their heads. Keep appliances like toasters and hair dryers unplugged and out of reach to avoid electric shock.

If outlets are in use, an easy way to prevent children from pulling on these cords is by moving furniture in front of the covers. If outlets are not in use and you don't have TRRs, equip them with tight-fitting electrical outlet covers. Test them with your children to be sure they cannot pull them out. Then you can live with peace of mind, since their chances of electrical shock will be decreased immensely.

Being electrically safe isn't difficult, but it does take time to keep you and your family safe. For more information about TRRs and how to keep your home properly childproofed, reach out to your electric cooperative. **KL**



**CODY BECKHAM**  
Safety Manager at  
Owen Electric

**YEARS AT THE  
CO-OP: 19**

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

At a ball field, depending on which daughter has an event that day. My oldest plays travel softball and my youngest plays soccer. My wife and I are always on the move with our girls, but we love every minute of it.

In the fall and winter months, I enjoy hunting and trapping. In the warmer months, I enjoy kayaking and fishing.

### Fall safety tips

Certain fall activities, like holiday cooking or burning candles, bring with them an increased risk of home fires. Here are some tips to keep kids and adults of any age safer this season:

- An adult should always stay in the kitchen when something is cooking.
- Keep anything that can burn away from the stove, toaster and other cooking appliances.
- Matches and candles should only be used by adults.
- Make sure all candles are blown out before leaving a room.

Source: [esfi.org](http://esfi.org)

# Preventing childhood obesity

*Healthy changes start at home*

**IN THE UNITED STATES**, one in five children are obese. Obesity is a chronic disease with many contributing factors. Family history, access to healthy foods, hormonal and metabolic conditions, and even environmental factors such as the walkability of neighborhoods and cities can affect a child's weight. Obesity in children can lead to other adverse health conditions, such as diabetes, high blood pressure, lipid abnormalities and sleep disorders, as well as depression, anxiety and behavioral issues.

Poor eating and exercise habits established in childhood can be difficult to modify later in life. To give your child the best chance of growing into a healthy adult, it's important to lead by example.

September is Childhood Obesity Awareness Month. Treating and preventing obesity in children starts at home. Here are some ways parents and caregivers can get the whole family to make positive, sustainable changes together.

- **Consider your language.** Using words like "fat" and "chubby," commenting on a child's body size and policing eating habits can be very damaging to children who may already be self-conscious about their body. Support and empathy are essential first steps in obesity treatment.
- **Involve the whole family.** Even if parents, caregivers and other family members aren't obese, make a plan that incorporates the whole family so that the child doesn't feel singled out or isolated for their obesity treatment. Healthy habits will benefit everyone.
- **Start with small changes.** Don't restrict your thinking, or your child's, to diet and exercise. Instead, focus on building small, sustainable habits that



OLESA BLIKENADOBÉ STOCK

involve the whole family, such as going for a walk after dinner, having an extra serving of fruit and vegetables and substituting sugar-free juice or lemonade for soda.

- **Make it fun.** Try something new as a family, such exploring Kentucky's state parks or participating in a community fun run. Pickleball, nature walks and neighborhood scavenger hunts are just a few more examples of how you can make movement fun. Cooking together at home is a fun way to enjoy a nutritious meal.
- **Get professional help.** In addition asking advice from your child's pediatrician, seek guidance from pediatric obesity specialists and nutritionists to help guide and monitor obesity treatment. **KL**

**SAMIR SOFTIC, M.D.**, is medical director of the UK HealthCare Pediatric Fatty Liver Clinic.

**AURELIA RADULESCU, M.D.**, is medical director of the Pediatric BMI Clinic at UK HealthCare's Kentucky Children's Hospital.

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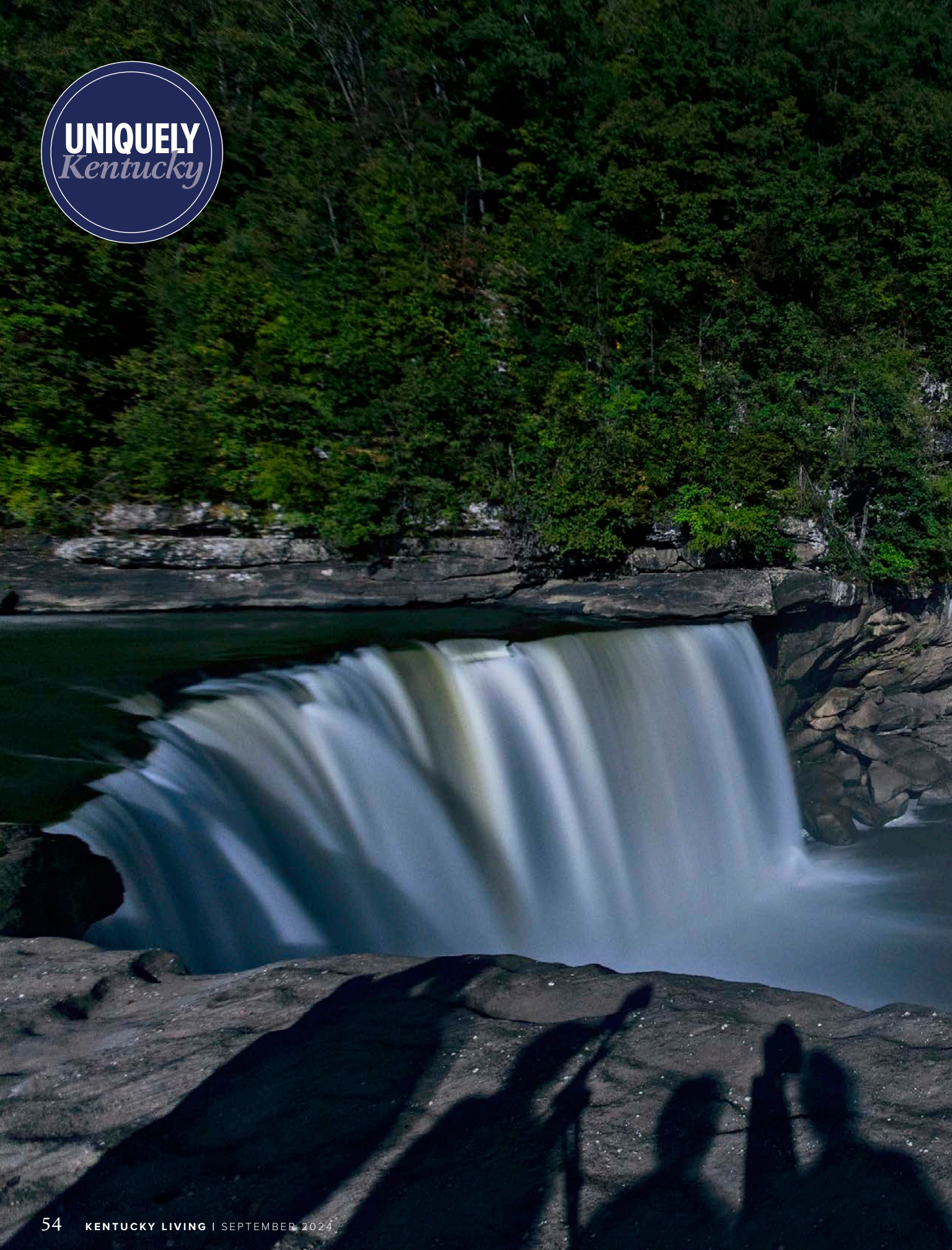
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## Magical moonbow

It is a scientific phenomenon that occurs regularly in only two places in the world and in only one place in the Western Hemisphere: the moonbow. This ghostly white spectacle, also known as a lunar rainbow, puts in a regular appearance at Cumberland Falls, arcing through the mist of the “Niagara of the South” in Corbin’s Cumberland Falls State Resort Park.

“Seeing the moonbow is a most magical experience,” says Park Manager Maggy Monhollen. “When you feel the mist of the falls on your face and see the glow of the moonbow, it almost seems surreal.”

For its scheduled appearances, the moonbow may be seen from a designated viewing area in the park, which is served by Cumberland Valley Electric, approximately 1,000 feet from the Visitors Center and gift shop in the falls area.

All the paths leading to the viewing area and the platform itself are ADA-accessible. Monhollen notes there are hiking trails to other viewing areas for the falls, but these trails are not accessible and not recommended for hiking at night due to the steps on the trails and the lack of lighting.

To best enjoy the moonbow, check the viewing times on the moonbow schedule provided by the park. Pack a flashlight to navigate from the parking lot to the viewing platform. And most importantly, arrive early.

“The viewing platform could be very congested,” says Monhollen. “We sometimes have upward of 300 people on the viewing rock at one time.”

But what a sight! A full moon. The 125-foot-wide curtain of water crashing down into the river below. An enormous arc glowing against the spray of the falls.

See the moonbow at Cumberland Falls State Resort Park at 7351 State Route 90 in Corbin. Find additional photos and information at [KentuckyLiving.com](http://KentuckyLiving.com).

**Story: Kathy Witt**

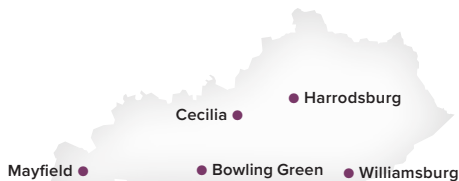
**Photo: Kentucky Department of Parks**



# A-mazing fall fun

*Creating a corn maze is both art and science*

BY MEGHAN CAIN-DAVIS



Jason Devine, maze designer at Devine's Corn Maze and Pumpkin Patch, chooses a new theme every year. Last year's "Pink October" theme honored a friend. Photo: Devine's Corn Maze and Pumpkin Patch

**ACROSS THE BLUEGRASS**, corn seeds are planted in the summer—not for eating, but to be transformed into a nonedible fall favorite. These seeds grow into perfect corn mazes, from short and easy to long and winding to dark and spooky.

To create the maze, most rows are double planted, forming a crisscross shape, and the process is, surprisingly, more technical than you would think.

"We plant traditional rows and then make cross rows about every 100 feet," says Rich Meadors, Cumberland Valley RECC consumer-member and owner of Sally Gap Pumpkin Patch. "It's more

like a checkerboard. This way fools people because they think they are walking in a straight line."

Mazes are mapped on graph paper, software or with third-party professionals. After two to four weeks of growth, most designs are cut into fields with zero-turn mowers.

"I create my design using basic Excel software and mapping on my computer," says Jason Devine, maze designer at Devine's Corn Maze.

"Then I import the designs to GPS and put that on my zero-turn lawn mower and follow the directions."

All corn mazes are ready for visitors by September and remain open through October.







## Devine's Corn Maze and Pumpkin Patch

Seventeen years ago, friends came to Glen and Martina Devine with the idea of a corn maze. The Devines thought it was crazy, but they wanted to try. Now the maze is a Harrodsburg highlight.

Their son Jason Devine likes choosing topical themes for the 10-acre maze. One of his favorites was 2023's Pink October Ribbon theme designed in honor of a friend who worked at Devine's.

"Our corn maze is fun and a challenge," Jason Devine says. "We like having people come out to the farm. It's good to come out and have fun and laugh. We want to create fall family fun for all ages."

There are three mazes in one—the shortest is so easy, kids can go in without adults. The first-timer maze takes around 15 minutes; and the feature maze, which includes the theme, takes around 30 minutes.

## Chaney's Dairy Barn

At Chaney's Dairy Barn in Bowling Green, people come for ice cream and

stay for the corn maze. With seasonal flavors like apple pie and pumpkin, visitors savor ice cream while forging through 5 acres of maze.

Carl Chaney, Warren Electric RECC consumer-member and owner of

Chaney's Dairy Barn celebrated its 20th anniversary last year with a themed corn maze. This year's theme is Western Kentucky University. Photo: Kyle Springer and Coldwell Banker

## CORNY QUESTIONS

### ***What if I get lost?***

Ever worry about getting lost in a corn maze? All locations have a plan to help, whether it's a phone number or link to their website. Remember to take a deep breath, and when all else fails, look down. Follow the path that looks the most worn.

### ***How many corn stalks does it take to create a maze?***

Jason Devine at Devine's Corn Maze and Pumpkin Patch plants an average of 50,000 corn stalks per acre. His maze is 10 acres, so around 500,000 stalks comprise his maze. Although numbers vary from maze to maze based on planted stalks and acreage, it's safe to say hundreds of thousands of stalks make up each maze.

### ***What happens to all the corn after October?***

Some maze owners, like Rich Meadors at The Sally Gap Pumpkin Patch and Celia Thomas at Thomas Dairy Farm, use corn to feed their livestock and harvest stalks and roughage for feed and bedding. Other farms sell the corn. Either way, the corn doesn't go to waste after the season.



*Wind your way through Kentucky's corn mazes, found in every corner of the state.*

### Featured corn mazes

#### A-Maize-ing Farms

715 East Broadway, Mayfield  
www.funcomaze.com, (270) 804-5868  
A-Maize-ing Farms opens September 16 and runs through October 29. In September, the maze is open Saturday, 11 a.m.–9 p.m. and Sunday, 1–6 p.m. In October, it's also open Wednesday–Friday, 11 a.m.–8 p.m.

Admission: \$15, general; free, children under 2 with adult admission.

#### Chaney's Dairy Barn

9191 Nashville Road, Bowling Green  
www.chaneysdairybarn.com, (270) 843-5567  
Wander the corn maze from September 1 through October 31 (approximately). Hours: Monday–Saturday 11 a.m.–9 p.m.; Sunday, 11:30 a.m.–8 p.m.

Admission: \$8, general; free, children 3 and under.

#### Devine's Corn Maze & Pumpkin Patch

623 Talmage-Mayo Road, Harrodsburg  
www.devinescornmaze.com, (859) 613-5066  
From September 13 through November 3, explore Devine's corn maze on Friday, 6–10 p.m.; Saturday, 10 a.m.–10 p.m.; and Sunday, 1–5 p.m.

Admission: \$12, general; \$10 ages 3-12; free, children 2 and under.

#### Sally Gap Pumpkin Patch

445 Loudon Road, Williamsburg  
Facebook: Sally Gap Pumpkin Patch,  
(606) 524-4722

Opening day for the corn maze is September 13 and continues until November 2. Hours: noon–7 p.m. Sally Gap Pumpkin Patch is open on Fridays and Saturdays in September and every day of the week except Wednesday in October.

Admission: \$10, general; free, children under 2 (includes all activities and pumpkin for anyone 12 and under).

#### Thomas Dairy Farm and Market

4625 Leitchfield Road, Cecelia  
www.thomasdairyfarmandmarket.com,  
(270) 401-2524

Thomas Dairy Farm opens September 14 through November 2 this year. Hours: 10 a.m.–6 p.m. Monday–Saturday (extended hours on Friday and Saturday for evening activities) and 11 a.m.–6 p.m. Sunday.

Admission: \$12, ages 4 to 59; \$9, 60+; \$22, Zombie Paintball Hayride; \$22, haunted woods/corn maze attraction (bundle for \$40).

### Other corn mazes

#### Neltner's Farm

6922 Four Mile Road, Melbourne  
www.neltnersfarm.com, (859) 496-7535  
Celebrate fall at Neltner's Farm from September 28 through October 31. Their 3-acre corn maze is fun for the whole family, but toddlers have a special one of their own. Weekday hours, 9 a.m.–6 p.m.; weekends, 10 a.m.–6 p.m.

Admission: Free weekdays, general \$3 fee to enter corn maze; \$7 on weekends, ages 3 and up (includes corn maze).

#### Trunnell's Farm Market and Experiences

9255 U.S. Highway 431, Utica  
www.trunnellsfarmmarket.com,  
(270) 733-2222

During the fall season, from Aug. 31–Nov. 2. Trunnell's Farm Market and Experience offers two corn mazes. One is a 4-acre maze for all, and another is a family friendly maze featuring Spookly the square pumpkin. September hours: 10 a.m.–6 p.m. daily except Tuesday. October hours: 10 a.m.–6 p.m.

Admission: Experience prices vary.

#### White Oak Pumpkin Patch

8907 U.S. Highway 460 E., West Liberty  
www.whiteoakpumpkinpatch.com,  
(606) 791-8620

White Oak Pumpkin Patch offers a fall season of two corn mazes, a pumpkin patch, playgrounds, corn chute slides and inflatables. Hours: noon–7 p.m. weekdays and 10 a.m.–7 p.m. weekends.

Admission: \$5, general; free, ages 3 and under.

Thomas Dairy Farm makes its corn maze extra challenging with rows that cross in a zig zag shape. Photo: Celia Thomas

Chaney's Dairy Barn, says without a pumpkin patch, he thought a corn maze was the perfect fall attraction, so he opened one in 2005.

"Being an actual dairy farm, we are still milking cows. Visitors to the corn maze can actually see robots milking cows," Chaney says. "We also have a full-service restaurant and some of the best ice cream in the state."

Unique to Chaney's is a bridge inside the maze. Guests climb it while participating in a yearly farm animal scavenger hunt.

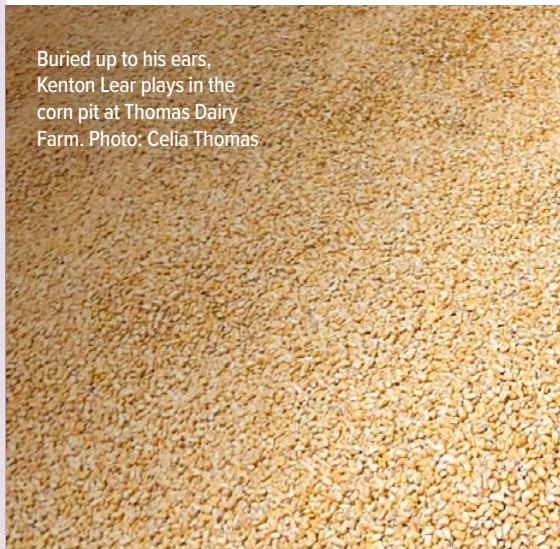
### Thomas Dairy Farm and Market

Follow the yellow corn rows at Thomas Dairy Farm in Cecelia. This year's theme is The Wizard of Oz. With 2-acre and 6-acre mazes, visitors are challenged by interactive games within each.

If daytime mazes are too tame, there's a haunted corn maze after 8 p.m. on Fridays and Saturdays in October. Hayrides take visitors to 3 acres of spooky woods leading into the terrifying corn maze.

"When we first started 11 years ago, we had a few animals, one corn maze, a corn pit and a mega slide," says Celia Thomas, Nolin RECC consumer-member and general manager

Buried up to his ears, Kenton Lear plays in the corn pit at Thomas Dairy Farm. Photo: Celia Thomas





and wanted to start one in Mayfield. “It was a great success that first year,” he says. “Now we have over 20,000 people come through each year. It’s become a family tradition for a lot of people.” Visitors receive a map and punch card with 20 checkpoints, each marked by a star inside the maze. Admission

▲  
The corn maze at A-Maize-ing Farms is the largest in Kentucky and one of the largest corn mazes in the United States. Photo: A-Maize-ing Farms

at Thomas Dairy Farms. “It’s grown so much, and we try to offer something new every year.”

A visitor favorite, the Sunflower Maze, is a unique and beautiful fall experience, she says. Admission includes the hayride to the pumpkin patch, mega slide, jump pad, corn pit, animal farm and playground.

### A-Maize-ing Farms

Billing itself as Kentucky’s largest corn maze, A-Maize-ing Farms hosts visitors who meander through 25 acres of fields. The only entrance forks into three mazes: children’s, intermediate and expert. Owner Sam Brown says it takes about an hour to complete.

Sixteen years ago, Brown saw neighboring states with corn mazes



Win a Getaway. See page 62.

Win a Getaway. See page 62.

Rich Meadors, owner of Sally Gap Pumpkin Patch, creates his corn maze using a zero-turn mower. The design is based on graph paper sketches by his wife, Charline. Photo: Lillian Meadors

KentuckyLiving.com

### From graph paper to corn maze

Watch Rich Meadors and his family work together to create this year's Sally Gap Pumpkin Patch corn maze at KentuckyLiving.com. You'll also find a link to a drone's-eye view of the corn maze at Thomas Dairy Farm.



includes hayrides to the pumpkin patch, inflatables, corn bin basketball, giant jumping pillow and petting zoo.

### Sally Gap Pumpkin Patch

When Rich and Charline Meadors started their corn maze 14 years ago, they didn't know it would become one of the biggest fall attractions in Williamsburg. Now they average 18,000 visitors yearly.

"We love it," Rich Meadors says. "If someone paid my bills, I'd do it for free."

Every year Charline chooses a theme for the 10-acre field. She designs a scavenger hunt inside, and those

completing it receive special treats.

Admission includes two corn mazes, slides, three playgrounds, petting zoo, barrel train rides, bounce houses and corn cribs. At the barn, festive music plays, and visitors eat apple pie and barbecue, and sip on spooky concoctions like Creatures Blood and Dracula's Drink.

"I think it's an absolute thrill," Meadors says. "There's excitement going into a corn maze, knowing for a fact you won't get lost forever." **KL**

**MEGHAN CAIN-DAVIS** is a freelance writer, mother and fitness instructor in Kentuckiana. She loves writing about her adventures in Kentucky and around the world.

# MARION COUNTY



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Win a Getaway. See page 62.

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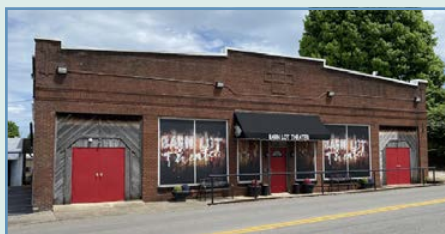
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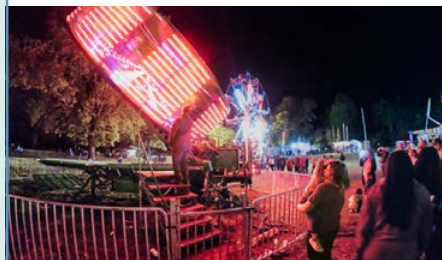


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caseycountyapplefestival.org  
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Win a Getaway. See page 62.

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September 21 – Last Saturday of Summer on the Square

October 18-21 – October Court Day  
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PATRICK DAXENBICHLER/ADOBE STOCK

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

**KentuckyLiving**



# EVENT CALENDAR



## 1 BANANAS!

It's bananas in Fulton for a full week as the city hosts its Banana Festival, September 14–21. The week includes a Banana Ball, live music, scavenger hunt, kids activities, bake off, talent show, Hot Wheels derby, carnival, vendors, car show, banana eating contest and more. It winds up with a Grande Parade, after which the crowd can dig into the World's Largest Banana Pudding (1 ton!). See schedule at [www.visitfultonky.com/about-1](http://www.visitfultonky.com/about-1).

## 2 BUBBLING BURGOO

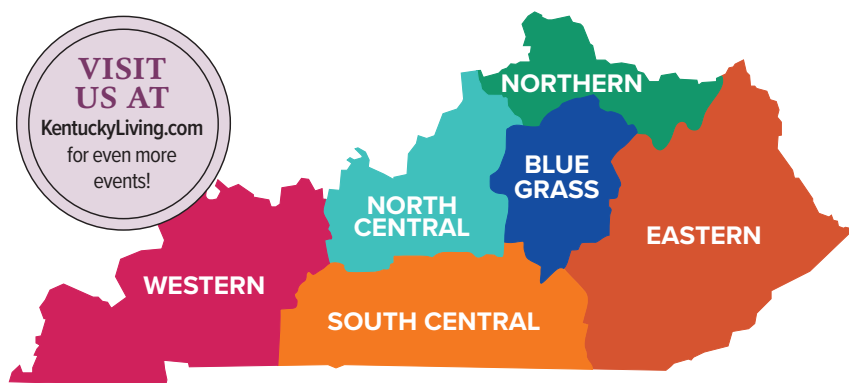
Thirty years of burgoo—that's what the Anderson County Burgoo Festival celebrates this year, September 27–29. The fest features an extra helping of live music and entertainment throughout, talent show, 100-plus arts and crafts vendors, carnival, pageants and of course, big pots of burgoo. Alex Miller headlines Friday night and Saturday night features a Fleetwood Mac tribute band. For details, [www.kentuckyburgoo.com](http://www.kentuckyburgoo.com), (859) 948-9327.

## 3 TALES UNDER TENTS

What setting could be better for spinning tales than a colorful fall mountain lakeside? America's most beloved storytellers gather for the Cave Run Storytelling Festival at Cave Run Lake near Morehead, September 27–28. Stories are told under the shelter of large tents, starting at 9:45 a.m., with evening performances at 7 p.m. Ghost stories and open mic event slated for Saturday. Advance tickets: \$25 adults, \$6 children 6+. Info, [caverunstoryfest.org](http://caverunstoryfest.org).

## 4 CRAFTS AND Q

Hot barbecue and cool crafts come to Carrollton's Point Park in September when Bands & BBQ, 13–14, coincides with the Handcrafted and Homespun Market on the 14th. Barbecue teams compete in the Kansas City Barbecue-sanctioned event, along with air show, bands, food vendors and fireworks. Hours: 7–11 p.m. Friday, noon–10:30 p.m. Saturday. Craft show, 10 a.m.–6 p.m., offers items from 60 artisans. Free admission. Details: [www.visitcarrolltonky.com/events](http://www.visitcarrolltonky.com/events), (502) 732-7036.



## BLUEGRASS

### SUNDAY, SEPTEMBER 1

**Shrek Jr.**, thru 8th, (859) 756-0011, The Spotlight Playhouse, Berea

### FRIDAY, SEPTEMBER 6

**Vintage Market Days**, thru 8th, (859) 233-4303, Alltech Arena, Lexington

### SATURDAY, SEPTEMBER 7

**Waveland State Historic Site Art Fair**, thru 8th, (859) 272-3611, Lexington

### SUNDAY, SEPTEMBER 8

**Painting at the Vineyard**, (859) 644-5140, Harkness Edwards Vineyards, Winchester

**Live Music with Hannah Mae**, (859) 644-5140, Harkness Edwards Vineyards, Winchester

### TUESDAY, SEPTEMBER 10

**Waveland Tea Tuesday**, 17th, 24th, (859) 272-3611, Waveland State Historic Site, Lexington

### WEDNESDAY, SEPTEMBER 11

**Springhouse Music Series**, (502) 630-0753, Castle & Key Distillery, Frankfort

### FRIDAY, SEPTEMBER 13

**Harvest Moon Party**, (859) 644-5140, Harkness Edwards Vineyards, Winchester

**Wheels of Time Cruise-In**, (502) 598-3127, Lawrenceburg

### SATURDAY, SEPTEMBER 14

**Siege of Fort Boonesborough**, thru 15th, (859) 527-3131, Fort Boonesborough State Park, Richmond

### FRIDAY, SEPTEMBER 20

**Cirque Us Stories**, (877) 488-7469, Norton Center for the Arts, Danville

### SATURDAY, SEPTEMBER 28

**Historic Merchants Row Ghost Walk**, (859) 332-1862, Perryville

**100th Anniversary Tea**, (859) 272-3611, Waveland State Historic Site, Lexington

**Concert Series: Funk Night**, (859) 986-2540, Chestnut Street Pavilion, Berea

**Charity Chili Cook-off**, (859) 402-8707, Wilderness Trail Distillery, Danville

**Fall Festival**, (859) 473-1534, Courthouse Square, Carlisle

## EASTERN

### SUNDAY, SEPTEMBER 1

**Da Vinci: The Folk Artist Exhibit**, thru 30th, (859) 498-6264, Gateway Regional Arts Center, Mount Sterling

### FRIDAY, SEPTEMBER 6

**First Friday**, (606) 329-1007, Ashland

### SATURDAY, SEPTEMBER 7

**Club Buoy Race**, 14th, (606) 780-4342, Scott's Creek Ramp parking lot, Clearfield

**London-Laurel County Farmers Market**, 14th, 21st, 28th, (606) 521-9219, London

**The Isaacs: A Tribute to the Grand Ole Opry**, (800) 514-3849, Renfro Valley Entertainment Center, Mount Vernon

### TUESDAY, SEPTEMBER 10

**Whitley County Farmers Market**, 17th, 24th, (606) 528-8860, Hometown Bank Farmers Market Pavilion, Corbin

### SATURDAY, SEPTEMBER 14

**Fall Gospel Concert: My Lord Has the Answer Ministries**, (606) 886-2623, Mountain Arts Center, Prestonsburg

**Kentucky Food Truck Championship**, (606) 256-1000, Renfro Valley Entertainment Center, Mount Vernon

**AKY Maker's Market: Love Local Days**, (606) 329-1007, Broadway Square, Ashland

### FRIDAY, SEPTEMBER 20

**Tick Town Hoedown**, (859) 498-6264, Jeffersonville Park

### THURSDAY, SEPTEMBER 26

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

### FRIDAY, SEPTEMBER 27

**Fall Camper's Yard Sale**, thru 28th, (606) 330-2130, Levi Jackson Wilderness Road Park, London

### SATURDAY, SEPTEMBER 28

**Fall Art in the Park**, (606) 329-1007, Central Park, Ashland

**Goin' to Market: Pumpkin Spice & Everything Nice**, (502) 939-2713, Williamsburg Convention Center

## NORTH CENTRAL

### FRIDAY, SEPTEMBER 6

**Concert in the Park: Exit 105**, (270) 257-2311, Rough River Dam State Resort Park, Falls of Rough

**WKCC Cruise In**, (270) 230-2863, Indian Hills Shopping Center, Leitchfield

**Summer Concert Series: King's Highway Bluegrass Band**, (859) 336-5412 Ext. 6, Springfield

### SATURDAY, SEPTEMBER 7

**Louisville Pure Tap 5K**, (502) 587-7767, Louisville Water Tower

**The Long Run Massacre**, (502) 633-6388, Shelbyville

**Bourbon & Blades**, (270) 351-2273, Red Hill Cutlery, Radcliff

### WEDNESDAY, SEPTEMBER 11

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

### FRIDAY, SEPTEMBER 13

**Summer Jam at The AMP**, (502) 381-5402, WesBanco Amphitheater, Mt. Washington

**Cinema Safari: Haunted Mansion**, (502) 459-2181, Louisville Zoo

### SATURDAY, SEPTEMBER 14

**The Dinner Detective Comedy Mystery Show**, (866) 496-0535, Embassy Suites Downtown, Louisville

**Dirt Track Rumble**, (502) 543-8656, Bullitt County Fairgrounds, Shepherdsville

**Cruzin for Cancer Car Show**, (502) 802-8308, Hillview Police Department, Louisville

**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 October 1 for the December issue.**

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

**Cheers to Bardstown**, (502) 348-4877, Bardstown Farmers Market

### SATURDAY, SEPTEMBER 21

**KITPA Fall Championship Truck & Tractor Pull**, (502) 220-6016, Shelby County Fairgrounds, Shelbyville

**Patriot Car, Truck and Bike Show**, (502) 450-3264, AMVETS Post 61, Louisville

### SATURDAY, SEPTEMBER 28

**Autumn Express**, (502) 549-5470, Kentucky Railway Museum, New Haven

**Johnny Cash Memorial Tribute**, (270) 361-2101, Plaza Theatre, Glasgow

### MONDAY, SEPTEMBER 30

**Norton Sports Health 4-Miler**, (502) 379-6052, Iroquois Park, Louisville

## NORTHERN

### SUNDAY, SEPTEMBER 1

**Shark Summer**, thru 8th, (800) 406-3474, Newport Aquarium

**40 Days & Night of Christian Music**, thru 7th, (888) 238-6858, Ark Encounter, Williamstown

**Life of Christ Drama**, 28-29th, (859) 428-2200, Sherman Full Gospel, Dry Ridge

### FRIDAY, SEPTEMBER 6

**Downtown Summer Sounds: Noah Smith**, (606) 563-2596, Maysville

### THURSDAY, SEPTEMBER 12

**Southern Power Wagon Rally**, thru 15th, (502) 732-4384, General Butler State Resort Park, Carrollton

### FRIDAY, SEPTEMBER 13

**Bands & BBQ at the Point**, thru 14th, (502) 732-7036, Point Park, Carrollton

### SATURDAY, SEPTEMBER 14

**Sunrise Paddle**, (859) 654-3531, Kincaid Lake State Park, Falmouth

**Wine Over Water**, (859) 491-8303, Purple People Bridge, Newport

**Handcrafted and Homespun Market**, (502) 732-7036, Point Park, Carrollton

### SATURDAY, SEPTEMBER 21

**Cow Milk Day**, (859) 905-9656, Country Pumpkins, Dry Ridge

**Carroll County Out of the Darkness Walk**, (502) 396-5412, Point Park, Carrollton

**Schoolyard Winery's Farmers Market**, (859) 242-2087, Verona

### SATURDAY, SEPTEMBER 28

**Carroll County River Rod Run**, (502) 663-1402, Carrollton

**Fall Vendor Fair**, (859) 905-9656, Country Pumpkins, Dry Ridge

## SOUTH CENTRAL

### THURSDAY, SEPTEMBER 5

**Lakeside Summer Music Series: Rust Bucket**, (606) 348-6351, Conley Bottom, Monticello

### FRIDAY, SEPTEMBER 6

**Liberty Friday Night Cruisers Car Show**, (606) 303-8999, Courthouse Square

**Holley LSFest**, thru 8th, (270) 781-7634, Beech Bend Raceway, Bowling Green

### SATURDAY, SEPTEMBER 7

**Monticello Market Downtown: Jeep Show**, (606) 348-3064

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

**Summer Nights Concert Series**, (270) 524-4752, Munfordville

### FRIDAY, SEPTEMBER 13

**Warren County Public Library FOL Book Sale**, thru 15th, (270) 781-4882, Bob Kirby Branch, Bowling Green

**Murder on the Orient Express**, thru 15th, (270) 361-2101, The Plaza Theatre, Glasgow

**Summer Music Series: Brother Smith**, (606) 706-7777, City Green Stage, Liberty

**Hart County Civil War Days**, thru 15th, (270) 524-0101, Munfordville

### SATURDAY, SEPTEMBER 14

**Wild Rides & Spooky Vibes**, (859) 779-0397, Central Kentucky Ag Expo Center, Liberty

**Top of the World: A Carpenters Tribute**, (270) 904-1880, Bowling Green

### FRIDAY, SEPTEMBER 20

**Cruisin on Main**, (270) 465-3786, Main Street, Campbellsville

### SATURDAY, SEPTEMBER 21

**Franklin Car & Craft Show**, (270) 586-3040

**Lake Cumberland Airshow**, (606) 679-6366, Lake Cumberland Regional Airport, Somerset

**Rotary Club Cow Days**, thru 21st, (270) 932-6407, Greensburg

### SATURDAY, SEPTEMBER 28

**Johnny Cash Memorial Tribute**, (270) 361-2101, Plaza Theatre, Glasgow

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

## WESTERN

### FRIDAY, SEPTEMBER 6

**Live Music by SonShine Road**, (813) 967-3046, West Dawson Music Venue, Dawson Springs

### SATURDAY, SEPTEMBER 7

**Art in the Park: Leaves & Trees**, (270) 335-3681, Wickliffe Mounds State Historic Site

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

**Fall Activities Opening Day**, (270) 269-2434, Christian Way Farm, Hopkinsville

### SUNDAY, SEPTEMBER 8

**Sunday Bluegrass Jam**, (270) 933-1265, Paducah Beer Werks

### FRIDAY, SEPTEMBER 13

**Owensboro Air Show**, (270) 926-1100

**Summer Concert Series: Chris Lane**, (270) 924-2000, CFSB Center, Murray

### SATURDAY, SEPTEMBER 14

**Monarch Migration Mysteries**, thru 21st, (502) 782-9727, John James Audubon State Park, Henderson

**The Fabulous Johnny Hayes**, (270) 362-4254, Lakehouse Inn, Gilbertsville

**Roger Adams**, (615) 856-7288, Tennessee River Jamboree, Murray

### THURSDAY, SEPTEMBER 19

**Market House Theatre: How an Idea to Save a Building Became a Cultural Cornerstone of Creativity**, (270) 442-2510, McCracken County Public Library, Paducah

### FRIDAY, SEPTEMBER 20

**Hot Rods & Hooties: Cruise-In**, (270) 339-4706, Parkway Plaza Mall, Madisonville

### SATURDAY, SEPTEMBER 21

**Hot Rods & Hooties: Car Show**, thru 21st, (270) 339-4706, Hopkins County Fairgrounds, Madisonville

**Cruise In**, (270) 839-7860, Trail of Tears Park, Hopkinsville

### SATURDAY, SEPTEMBER 28

**National Public Lands Day**, (270) 335-3681, Wickliffe Mounds State Historic Site, Wickliffe

**Casey's Til Late**, (270) 839-9988, Casey Jones Distillery, Hopkinsville



1



2



3



4

**1 HEAR IT SING**

Nick Norris, left, and Rob Percy perform during the Twin Lakes National Fiddler Championship. Photo by Justin Miller, Leitchfield, a Warren RECC consumer-member.

**2 “SOME PIG”**

Terrific, radiant, humble—all this curious piglet needs is a spider scribe to make him famous. Photo by Anna Benningfield, Raywick, an Inter-County Energy consumer-member.

**3 WHAT’S UP, DOC?**

Doc the golden retriever enjoys his perch on the boat at Dale Hollow Lake. Photo by Marcus Basham, Shepherdsville, a Salt River Electric consumer-member.

**4 CONSIDER THE LILIES**

A lily glows during golden hour at The Arboretum, State Botanical Garden of Kentucky. Photo by Melissa VanHoose, Nicholasville, Blue Grass Energy consumer-member.

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# KENTUCKY kids

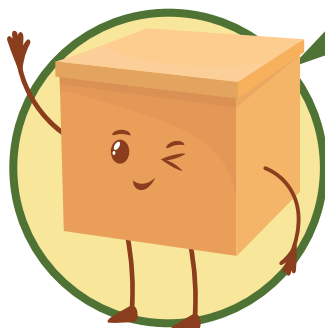
## Save a tree

Use cloth towels instead of paper towels to reduce paper waste.



## BACKPACK SAFETY

- Choose a backpack with wide, padded shoulder straps and a padded back.
- Use all of your backpack's compartments. Pack heavier items closest to the center of the back, and talk to your parents to make sure your backpack isn't too heavy. Go through the pack weekly and remove items you do not need to keep it light.
- Always use both shoulder straps. Slinging a backpack over one shoulder can strain your muscles. Adjust the pack so that the bottom sits at your waist.



## Did You Know?

Cardboard boxes can be recycled five to seven times and can be used to make new packaging boxes or even furniture.

## Green Team Tip

If you are planting carrots, plant them in a pot. When they are a little taller you can plant them in the ground.

— Aiden Carmack, age 7



Send us your green team tips!



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!

## Multiply by eight

Can you find the correct number that answers each problem?

A)  $2 \times 8$



B)  $4 \times 8$

C)  $5 \times 8$



D)  $7 \times 8$

A)  $2 \times 8 = 16$  B)  $4 \times 8 = 32$  C)  $5 \times 8 = 40$  D)  $7 \times 8 = 56$

## Tell us a joke!

Where do kings keep their armies?

Up their sleeves!

— Greyson Luebke, age 6



# GREAT OUTDOORS

## Paddling the Green River

*A scenic and biodiverse waterway*



▲ 300 Springs waterfall is considered the crown jewel of a trip down the Green River. Photo: Nick Harrington

**KENTUCKY HAS MORE MILES** of running water than any state except Alaska. Creeks and rivers traverse the state like veins of gold. But unlike gold, which is hidden underground, Kentucky's waterways are in plain sight and waiting to be explored.

One of the best waterways to paddle in Kentucky is Green River. Its 384 meandering miles, flowing through farmland, forests and towering limestone bluffs, offer plenty of options for your trip.

"The Green River is a great paddle for a day trip or overnight excursion," says Nick Harrington, an avid hiker, paddler, beekeeper and YouTuber who lives in Independence. "There are plenty of gravel bars and islands to stop and have a break for lunch or to camp for the night. Most of the land on

either side is private, so be sure to get permission before camping along the shoreline."

Harrington, who shares his adventures on the YouTube channel *Smokey Bee's Natural*, has paddled about 80 miles of the Green River, and he recommends the route for all experience levels.

Harrington says his favorite parts of paddling the Green River include bird sightings and scenery—especially the 300 Springs waterfall.

"It's just an awesome sight," he says. "You can only reach the 300 Springs Waterfall by boat, so it was very peaceful. It was the best part of the trip, for sure."

Home to more than 150 fish species and more than 70 species of mussels, Green River is one of the most biodiverse rivers in the country. The Green River watershed also supports 42 species found nowhere else in the world, like the orangefin

darter and the bottlebrush crayfish. You probably won't see one of these rare species on your trip down the Green River, but you will know you are in a special place.

Harrington says paddlers should always check with the Army Corps of Engineers at (270) 465-4463 before a planning trip. Ask about the section you plan to paddle and check the water flow, measured in cubic feet per second, or CFS. You can also visit [www.usgs.gov](http://www.usgs.gov) to get the current water level and flow.

One of the reasons for the river's ecological success is water quality. The Green River is a national treasure, and all visitors can do their part to keep it clean. Remember the adage: "Pack it in, pack it out." **KL**

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

# Eye Doctor Helps Tennessee Legally Blind To See

Tennessee



High Technology For Low Vision Patients Allows Many To Drive Again



For many patients with macular degeneration and other vision related conditions, the loss of central vision 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 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 you 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 ten people who have macular degeneration have the dry form. New research suggests vitamins can help. The British medical journal BMC Ophthalmology recently reported that 56% of patients treated with a high-dose combination of vitamins experienced improved vision after 6 months.

While age is the most significant risk factor for developing the disease,



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

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.

"Our job is to figure out everything and anything possible to keep a person functioning, especially driving," says Dr. Gillispie of Low Vision of Tennessee.

When Beth, 62, of Greenville, TN came to Low Vision of Tennessee she wanted to keep her Tennessee driver's

license and was prescribed bioptic telescopic glasses to read signs and see traffic farther away. Dr. Gillispie also prescribed microscope glasses for reading newspapers and menus at 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 further 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 \$3,000," said Dr. Gillispie. "especially if we build them with automatic sunglasses."

"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)



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# A giant friendship

*Remembering the tallest man in the world*



**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.

**A VINTAGE PHOTO** on social media of Robert Pershing Wadlow, the tallest man in medical history, brought to mind a long-ago conversation with 82-year-old Waide Hughes of Somerset. At the time, Mr. Hughes was showing me one of Wadlow's size 37AA shoes that Wadlow had given him in 1937.

"Have you ever seen a man 9 feet tall?" he asked, unlacing the story of his friendship with Wadlow. "He was so tall and such a sensation, sir, that nobody could help but stand and look at him in awe. There's no way you can ever get used to a man 9 feet tall. There's no use talking about it. I could talk here for a year and you'd never understand it. You can't conceive of it!"

Actually, Wadlow, whose abnormal growth was caused by a pituitary disorder, was not quite 9 feet tall, only 8 feet, 11.1 inches. But that was close enough to 9 feet for Hughes, whose comments I recorded.

was then on promotional tours for Peters Diamond Brand shoes, and made extended visits to Somerset in 1936 and 1937, when Hughes accompanied him to towns in several surrounding counties.

"I had a car that the Hudson motor car company made then called a Terraplane ... and he'd sit in the back seat of the Terraplane. I took a (front) seat out and his feet went up under the dash."

At the old Beecher Hotel in Somerset, Hughes said three double beds were placed side by side to provide sleeping arrangements for Wadlow.

"When I walked with him on the street, he walked with his hand on my shoulder, and his cane came to the top of my head," said Hughes, who was 5 feet, 9 1/2 inches tall.

According to Guinness World Records, Wadlow's hands measured 12 3/4 inches from his wrist to the tip of his middle finger, his feet were 18 1/2 inches in length and his arm span was just over 9 feet, 5 inches. He weighed 439 pounds when he died at age 22 in July, 1940. Death resulted from blood poisoning attributed to an infection caused by a poorly fitted ankle brace.

Wadlow once told a reporter that he had a special fondness for the Somerset area, which he said he had visited about as often as any place in the country. In fact, Hughes recalled that Wadlow returned for personal visits in 1938 and again in 1940 not long before his death.

Hughes died in 1994 and the giant's shoe was passed to his oldest son, David, who lives in Morehead. But the Pulaski County Historical Society still has a file on Wadlow's visits, and there may still be a few consumer-members of South Kentucky RECC who can recount stories told by older family and friends who once saw "the tallest man in the world." **KL**



He'd become friends with the mild-mannered Wadlow decades earlier when he managed the shoe department at his family's Hughes Department Store in Somerset. Wadlow, a native of Alton, Illinois,



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