

KentuckyLiving

A utility worker is shown climbing a wooden utility pole. He is wearing a white hard hat with a logo, safety glasses, yellow work gloves, a white t-shirt with a logo, blue jeans, and black safety boots. He is secured to the pole with a safety harness and ropes. The background is a clear blue sky with some light clouds.

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LINeworker SAFETY

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OCTOBER

VOL 78 | NO 10

16

THE VANISHING BOBWHITE

Once a common sight across Kentucky, the bobwhite quail is slowly disappearing. Due to habitat loss, quail numbers declined 81% nationwide between 1966 and 2019. But there's a silver lining. Recent restoration efforts have shown promise—and private landowners can be part of the solution.

ON THE COVER Bryce Walton, line technician at Blue Grass Energy, competes in the pole changeout event at the 2023 Kentucky Lineman's Rodeo, hosted by Warren RECC. The rodeo is the flagship event of the Kentucky Electric Cooperatives statewide safety program. Lineworkers from across the state compete in teams or as individuals to complete tasks as quickly and safely as possible. Photo: Wade Harris

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LINEWORKER SAFETY

Working with electricity is inherently dangerous. That's why the Kentucky Electric Cooperatives statewide safety program offers resources and training to help co-ops meet their safety goals. The program's flagship event is the Kentucky Lineman's Rodeo, celebrating camaraderie, professionalism and safety.

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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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Roll call!

Communicating priorities with the co-op caucus

YOUR ELECTRIC COOPERATIVE'S COMMITMENT

to consumer-members is demonstrated by its communications with you. In the pages of *Kentucky Living*, on social media and in conversations at local events, your co-op never forgets that it belongs to and is led by the people it serves.

In that spirit, Kentucky's electric cooperatives are also committed to communicating on your behalf with the policymakers whose leadership and influence affect our ability to deliver safe and reliable electricity as cost-effectively as possible.

Earlier this year, we told you about the formation of the Kentucky Rural Electric Cooperative Caucus, a group of lawmakers who have made a public commitment to advocate for the interests of local co-op consumer-members across the commonwealth.

This is a bipartisan effort, founded by four caucus co-chairs: Sen. Amanda Mays Bledsoe (R-Lexington), Rep. Ashley Tackett Laferty (D-Martin), Sen. Robin Webb (D-Grayson) and Rep. Wade Williams (R-Earlinton).

I am pleased to report that the caucus has only grown since then. Its 96 members make it the largest legislative caucus in the commonwealth. In settings such as Electric University at East Kentucky Power Cooperative's Spurlock Station, representatives and senators are making a special effort to learn about how energy is generated, transmitted and delivered to homes and businesses.

Beginning in July, our statewide association of electric cooperatives has taken to social media for a daily roll call of every member of the cooperative caucus. We think it's important you know how your local lawmakers are part of this effort to



▲
 At the first-ever Electric University event, Rep. Wade Williams (R-Earlinton), right, meets with Chase Crigler, Kentucky Electric Cooperatives vice president of government affairs. Photo: Tim Webb

become better informed and represent your concerns.

I encourage you to look for your lawmakers on the Kentucky Electric Cooperatives social platforms, Facebook and X, and please let them know you appreciate their shared commitment to our co-op communities.

Chris

CHRIS PERRY
 President/CEO



KENTUCKY ELECTRIC COOPERATIVES



FROM THE EDITOR

DO YOU

REMEMBER when candy was enough to get you excited?

To be honest, it still excites me, but not to the level of a kid in a candy store or a child on Halloween, perhaps.

So much is happening in the world today that sometimes I just wish I could be an 8-year-old again, escaping into a costume for the evening, about to load up on so much sugar that it's impossible to think of anything else.

Luckily, I get to experience Halloween these days through the eyes of my children who are 8 and 3 1/2 this go round—so there is that.

Maybe you can escape inside these pages for a few minutes. As you flip on your safe and reliable electricity, think of the lineworkers who are on call just in case you need them (page 22). Picture a quail flying over some tall grass (page 16) or plan a real escape to see Kentucky's covered bridges (page 34).

It's not quite candy, but this month provides a pretty good read.

SHANNON BROCK,
EDITOR

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



KentuckyLiving.com

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OUTDOORS NOSTALGIA

Quail hunting and conservation

The bobwhite quail was once a common game bird across the state, but habitat loss threatens its survival. Read the story on page 16, then visit KentuckyLiving.com to explore the connection between hunting and conservation, and enjoy a 1983 feature by outdoor writer Art Lander, who shared his boyhood memories of hunting in western Kentucky.

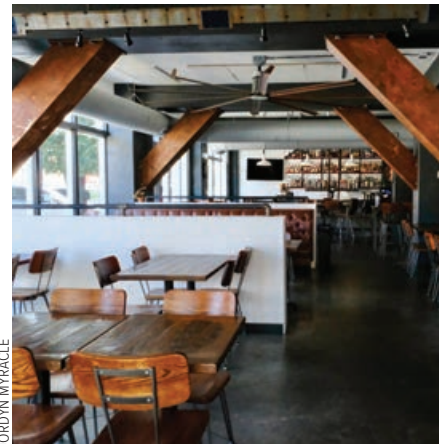


WADE HARRIS

A TRACTOR PARADE

Chug-a-lug-a-luggin' 5 miles an hour

Now in its 21st year, the annual FFA Tractor Parade in Fleming County shines a spotlight on agriculture. Read the story on page 48 and view more photos of the state's largest tractor parade at KentuckyLiving.com.



JORDYN MYRACLE

NO PLACE LIKE HOME

Hometown Roots in Henderson

After years running restaurants in Hilton Head, S.C., Casey and Tori Todd moved home to Henderson with a growing family and a vision for giving back. Read about Hometown Roots on page 30 and visit us online for more.



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Wishes come true

Avid readers know that books can be an escape, taking them to faraway lands real and imaginary, diverting thoughts from unsolved problems and sometimes even providing solutions to those problems through characters who might deal with the same issues. And completing a book is sometimes bittersweet, as goodbyes must be said to beloved literary friends.

Anyone who identifies with these feelings simply must read Louisville author Meg Shaffer's novel, *The Wishing Game*. With its nod to the importance of children's literature and adults reading to kids, it will have readers craving a visit with all their old favorite titles. Shaffer's novel is sprinkled with flavors of *The Magic Tree House*, *Charlie and Willy Wonka*, *Narnia* and *Goosebumps* book series.

The Wishing Game centers around an eccentric and wildly successful author, Jack Masterson, who, through his *Clock Island* book series, influenced generations of kids, especially those who had a difficult home life. Lucy Hart was one of those. Growing up in a home where all attention went to her chronically ill sister, Lucy felt unloved and unwanted, and eventually was moved to her grandparents' care. Her escape from reality came through the *Clock Island* books.

So enchanted was Lucy by the characters and setting that she ran away from home with hopes of living on *Clock*

Island, a wish that even the books' Master Mastermind couldn't grant. Now as an adult schoolteacher, her childhood scars have given her deep compassion toward Christopher, a student in foster care. Desperately wishing she could afford to adopt him, Lucy jumps at the chance to compete in a high-stakes contest sponsored by Masterson on the very island to which she ran. Lucy quickly learns that, like the *Clock Island* characters, facing one's fears will be paramount to winning the *Wishing Game* competition.

Shaffer, through Christopher, also portrays well the struggles children in the foster system face. Readers will undoubtedly be touched by the emotions, setbacks and gains he experiences throughout the story. While children are resilient, it is often erroneously easy to ignore the trauma they may have experienced. Shaffer gently opens readers' eyes to their reality.

Like her predecessors in the aforementioned series, Shaffer also expertly creates, albeit via Masterson's pen, a fantasy world that beckons to readers, making them wish, like Lucy, that they could visit and stay a while in that world to see it for themselves. She says, "Can you imagine getting the chance to play a game that could change your life? Oh, to be Charlie!"

After reading *The Wishing Game*, readers will pine, "Oh, to be Lucy!"

» Penny Woods



Top seller

The Wishing Game, Meg Shaffer's "love letter of a book to books," was a Goodreads Choice Awards finalist, a Book of the Month finalist for Book of the Year, a No. 1 Barnes & Noble bestseller, and a *Reader's Digest* Best Book of the Year. It's available at Amazon or most major book retailers (Ballantine Books, \$28). Connect with Shaffer at www.megshaffer.com.

To learn more about foster care, visit the Kentucky Foster Adoptive Caregiver Exchange System at <https://prd.webapps.chfs.ky.gov/kyfaces>.

tip

ENERGY EFFICIENCY

Making energy efficiency improvements to your home? You may be eligible for federal tax credits. The Inflation Reduction Act of 2022 empowers homeowners to save money on energy efficiency improvements and upgrades. If you completed an upgrade this year or you are considering one, visit www.energystar.gov/federal-tax-credits for more information. Source: energystar.gov



NRECA



The other chickens were not amused by Henrietta's Halloween costume.

LETTERS TO THE *editor*



Great job

I just read the Letters to the Editor page in the August edition. I couldn't agree more with the three letters you printed. I don't deny one bit that the climate is changing. But I believe most of it is a naturally occurring event.

I think wind and solar energy do have their places, but we are a long way from being as dependent on them as politicians would have us believe.

I just want to thank Kentucky cooperatives for doing a great job on

providing reliable power at reasonable rates.

**CRAIG TARTE, BEREA
BLUE GRASS ENERGY
CONSUMER-MEMBER**

EV buses aren't free

I'm not opposed to electric vehicles. They have a place. I am opposed to dishonesty. Your "Riding into the future" article says the cost to Carter County's school district is free. Our government produces nothing that generates income. All that they "give" us is first taken from us. The \$9 million for 23 buses is

nearly \$400,000 per bus as opposed to \$150,000 for a diesel bus. There are fuel savings, but there are also other expenses to be factored in, making the break-even point somewhere around 10 years. The average lifespan of a school bus is 12 years. So, I—as a taxpayer—am being forced to "give" a school system a bus as well as support my local school system. If the school districts think they can save that much, let them buy their buses instead of expecting me to "give" them a grant to pay for them.

Have a question or comment for the editor?

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

**DEL FORD CHAFFIN,
LAWRENCEBURG
BLUE GRASS ENERGY
CONSUMER-MEMBER**

featured FRAMES

A tiny jumping spider has big vision. Photographer Sherry J. McGregor, Kuttawa, a Kenergy consumer-member, spotted this little critter on a wooden handrail.



Mangeot receives national honor

Congratulations to Mike Mangeot, commissioner of the Kentucky Department of Tourism, for being named the 2024 State Tourism Director of the Year by his national peers.

Mangeot was announced as this year's recipient at the U.S. Travel Association's annual Educational Seminar for Tourism Organizations conference in August.

"Kentucky is celebrating the best two years for tourism in our history—a record-breaking milestone Commissioner Mangeot helped Team Kentucky achieve," says



MARVIN YOUNG

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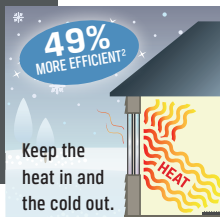
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Electric Election '24

How Trump and Harris contrast on energy issues

JOE ARNOLD | PHOTOS BY GAGE SKIDMORE

POLLS SHOW THE MOST important issues to U.S. voters in the 2024 presidential election are inflation, illegal immigration, health care and jobs. Those challenges, coupled with questions of leadership, competence and the general direction of the country, dominate most news coverage of the campaigns.

Kentucky Living, as the flagship publication of Kentucky's electric cooperatives, focuses on the co-op mission to improve members' quality of life, providing safe and reliable electricity as cost-effectively as possible.

How would Kamala Harris or Donald Trump address America's looming electric reliability crisis and the escalating costs of a rushed reliance

on intermittent energy sources, such as solar and wind power?

Reliability

The most significant threat to electric reliability and affordability in the United States today is self-inflicted.

In April, the Biden-Harris administration issued a rule requiring power plant carbon dioxide emissions be reduced by 90% within the next eight years. But the carbon capture and sequestration technology the Environmental Protection Agency proposes is both unproven and cost prohibitive. Electric utilities project that, to pay for the mandated equipment and replace power plants as they are forced to close, rates

Vice President Kamala Harris speaks at a campaign rally in Glendale, Arizona on August 9.



would skyrocket under the EPA rule. Jim Matheson, the CEO of the National Rural Electric Cooperative Association, describes the rule as “unlawful, unrealistic and unachievable.”

The EPA is effectively forcing the premature closure of existing power plants, including nine coal-fired plants in Kentucky, an agenda endorsed by Vice President Kamala Harris.

“When President Biden and I took office, we set an ambitious goal ... to cut our greenhouse gas emissions in half by 2030 and to reach net-zero emissions by 2050,” Harris reiterated at a speech in Baltimore last year.

When Donald Trump was president, the Environmental Protection Agency adopted more realistic timelines for utilities to meet emissions goals while not jeopardizing electric reliability.

“When I return to the White House, I will end this anti-American energy crusade and terminate Kamala’s so-called Power Plant Rule,” Trump said at an August speech in Pennsylvania. “Kamala is on a regulatory jihad to shut down power plants all

across America. It’s a disaster for our country. Instead of shutting down power plants, we will open dozens and dozens more, and they’ll happen fast.”

Inflation Reduction Act

In 2022, Harris cast the deciding vote on the Inflation Reduction Act, which directed hundreds of billions of taxpayer subsidies for electric vehicles, wind, solar and other energy technologies.

The act included several provisions backed by electric co-ops, including access to energy innovation tax credits when co-ops deploy new energy technologies, and a \$9.7 billion co-op grant and loan program to support new clean energy systems.

“You mentioned the Green New Deal,” Harris said to CNN’s Dana Bash in an August interview. “I have always believed, and I have worked on it, that the climate crisis is real, that it is an urgent matter to which we should apply metrics that include holding ourselves to deadlines around time. We did that with the Inflation Reduction Act.”

Former President Donald Trump speaks at a campaign rally in Glendale, Arizona on August 23.





While Harris was an early and key supporter of the “Green New Deal,” Trump says it is a scam.

“Under Kamala’s Green New Scam, billions and billions of taxpayer dollars are being sent to subsidize solar panel factories, windmill factories, battery production and car production, all based in China,” Trump said.

“We will end the ridiculous and actually incredible waste of taxpayer dollars that is fueling the inflation crisis,” Trump added.

Costs

“For working families, we have reduced heating and electricity bills,” Harris said during a Maryland speech last year. “So, folks have more money in their pocket to buy things like school supplies, replace the dishwasher, or take a family vacation.”

Trump says a top priority for his administration will be to cut the cost of energy in half within the first 12 months of taking office: “That includes heating, air conditioning, electricity and gasoline.

“By slashing energy costs, we will in turn reduce the cost of transportation, manufacturing and all household goods,” Trump said at the Republican National Convention. “So much starts with energy.”

Fracking

Over the last 20 years, fracking, or hydraulic fracturing, has contributed to a significant decrease in natural gas prices, prompting the construction of more natural gas power plants.

Citing environmental concerns, Harris is a long-time opponent of the practice.

“There is no question I’m in favor of banning fracking,” Harris said at a CNN Town Hall in 2019, adding she would also ban offshore drilling. “Yes, and I’ve again worked on that.”

During the CNN interview in August, however, Harris offered a different position.

“No, and I made that clear on the debate stage in

2020, that I would not ban fracking,” she said. “As vice president, I did not ban fracking. As president, I will not ban fracking.”

Trump has consistently touted fracking.

“Remember, we have more liquid gold under our feet than any other country by far,” Trump said, while accepting the Republican presidential nomination. “We are a nation that has the opportunity to make an absolute fortune with its energy. We have it and China doesn’t. Under the Trump administration just three and a half years ago, we were energy independent. But soon we will actually be better than that. We will be energy dominant and supply not only ourselves, but we will supply the rest of the world.”

Nuclear energy

In May, the White House hosted a nuclear energy summit, aimed at bolstering the domestic nuclear industry and reasserting the Biden-Harris administration’s support of a multi-country pledge to triple nuclear energy capacity globally by 2050, developing new reactor designs and extending the service lives of existing nuclear reactors.

Asked about nuclear power during a 2019 interview, Harris acknowledged benefits but criticized plans to store radioactive waste in a federal repository at Yucca Mountain in Nevada.

“While we are thinking about nuclear power, we cannot think about it without thinking about waste, and what are we going to do with that?” she said.

Trump promises rapid approvals for new energy infrastructure, embracing all forms of energy, “including nuclear,” he said in July. “Nuclear is a great energy.”

The future

Regardless of their respective positions or campaign promises, whoever wins the presidential election will take office at a critical time for electric cooperatives and the challenge of delivering reliable and affordable energy. **KL**

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WIRE awards three scholarships

Students receive \$1,000 each

The Kentucky Chapter of Women in Rural Electrification recently selected its 2024 scholarship winners: James Todd Clemmons, a Farmers RECC consumer-member; Valerie Inman, a South Kentucky RECC consumer-member; and Emily Fraim, a Clark Energy consumer-member. Each received a \$1,000 scholarship.

“Receiving this scholarship is an honor and a tremendous help in achieving my educational goals,” Clemmons says. “I am deeply grateful to WIRE for this opportunity.”

Expected to graduate in December 2025, Clemmons says he is motivated to make a better life for himself and

▶ Shown are South Kentucky RECC District 6 Director Boris Haynes, left, Valerie Inman, Sharon Haynes and SKRECC CEO Kevin Newton. Photo: Morghan Blevins

▶ At right, Emily Fraim receives a \$1,000 WIRE Scholarship. Photo: Clark Energy

Below, James Todd Clemmons receives his scholarship check from Farmers RECC’s Abigail Neutzman. Photo: Caralyne Pennington ▼



Kentucky University online and is pursuing a degree in psychology. “I’m 80% finished,” she says.

Fraim, of Richmond, attends Eastern Kentucky University and is pursuing a degree in communication studies.

Women in Rural Electrification was created as a nonprofit organization to foster interest in and understanding of the rural electric program and to improve the quality of life in rural areas.

To support WIRE, through August 2025, \$10 from the sale of every copy of *The Back Page* by Kentucky Living columnist Byron Crawford will go toward the scholarship program. Buy your copy of *The Back Page* at KentuckyLiving.com/TheBackPage.

The 2025 WIRE Scholarship Application period opens in January. **KL**

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

his son. Majoring in anthropology, Clemmons aspires to become a teacher to help shape young minds in a positive direction.

WIRE scholarships aim to support talented and driven students like Clemmons in their pursuit of higher education.

“We are incredibly proud to award this scholarship to James Clemmons,” says WIRE President Kim Bush, who also serves as executive assistant at Grayson RECC. “He exemplifies the qualities we look for in our scholarship recipients, and we are excited to support his future endeavors.”

Inman attends Eastern



Open for business

Build-Ready sites cut red tape

JOE ARNOLD

KENTUCKY'S LARGEST BUILD-READY site is now open for business.

At the 4 Star Regional Industrial Park in Henderson County, a 1.1 million-square-foot building pad is one of 25 sites in the state where local officials have worked proactively to cut the red tape so new business can begin construction immediately.

With a Build-Ready site, much of the work, other than actual construction, has already been completed, according

to the Cabinet for Economic Development. That includes control of the land to be developed; archaeological, environmental and geotechnical studies performed; construction of a building pad and necessary infrastructure; preliminary design work; and approved site plan permits.

The electric service at the Henderson County site, less than 2 miles from Big Rivers Electric's Sebree Station power plants, is provided by Kenergy, a member-owner of Big Rivers.

Sixteen of Kentucky's 25 Build-Ready sites are served all or in part by electric coops.

To date, 12 former Build-Ready-certified sites—including tracts located in Barren, Butler, Christian, Graves, Hart, Laurel and Pulaski counties and five sites in Warren County—have been selected by companies for new location projects, enabling them to bring their operations online in a cost-efficient manner while creating jobs for Kentuckians. **KL**



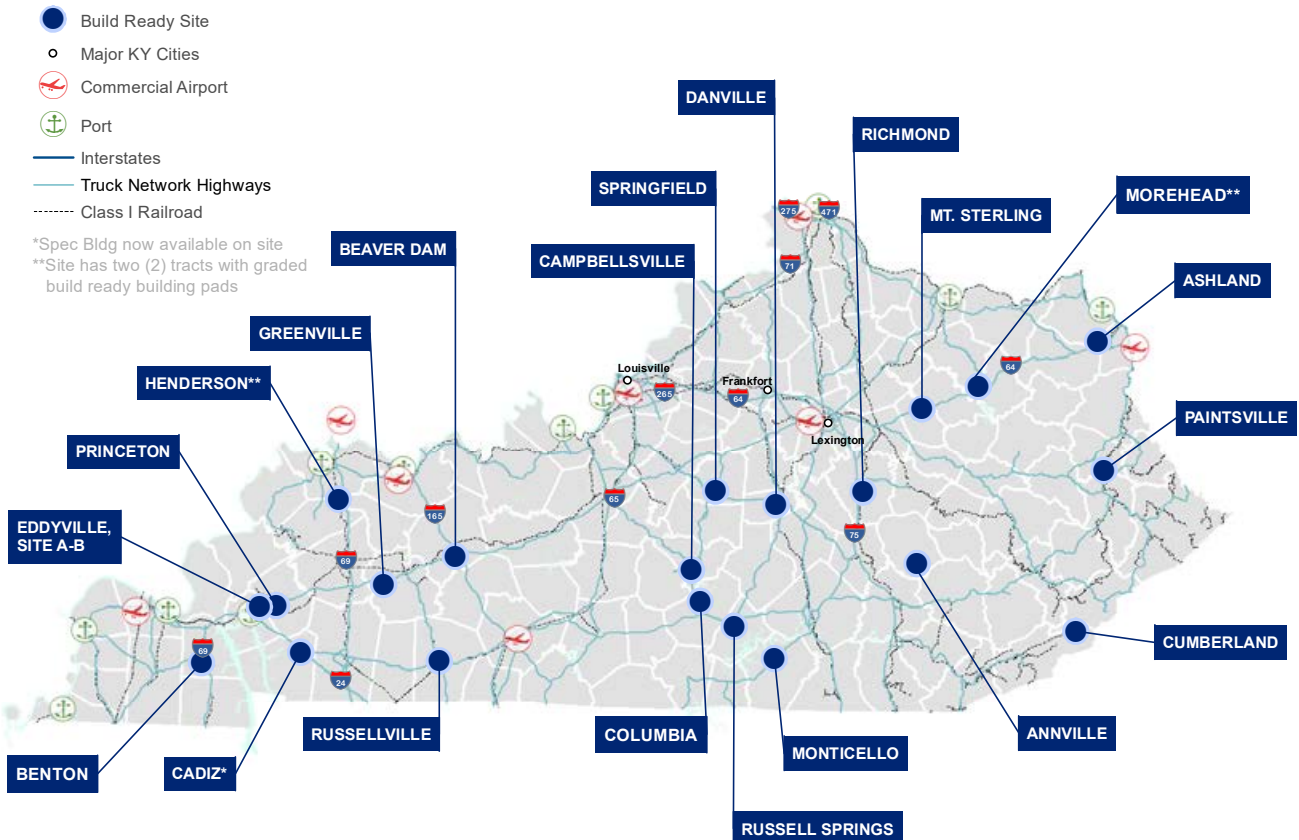
800-626-2930
CED.ky.gov

LOCATION:
Statewide

INDUSTRY:
Economic development

ELECTRIC COOPERATIVE:
Multiple across Kentucky

KENTUCKY'S BUILD READY SITES



<https://ced.ky.gov/BuildReady>

Date: 8/26/2024

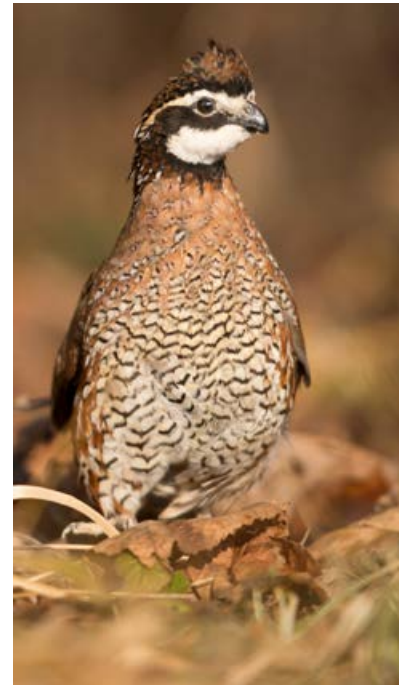
The vanishing bobwhite



*Why a beloved bird is disappearing—
and what to do about it*

BY JOEL SAMS





The sound haunted me for days after my first quail hunt.

The covey had detonated underfoot and drummed into the air, then wheeled and rocketed over my right shoulder. Shaky with adrenaline, I emptied my shotgun toward the birds' silhouettes, which flattened along a blue November sky.

My guide for the day kept a cooler head. While I wasted shells, Ray Haywood swung his gun to his shoulder, locked onto a bobwhite and pulled the trigger. The bird froze for one blink, then tumbled into the pokeweed.

By the time we flushed that covey, we'd been following Ray's dogs for hours. We'd logged miles up and down ridges at Clay Wildlife Management Area in Fleming County, through punishing thickets, over little creeks and rocky draws, chasing the feathery tails of two Brittany spaniels.

Back at the truck, Ray cupped the hen he'd shot, gazing down at the bronze and ebony of her feathers with an awed expression. "I never get tired of looking at these birds," he said.

The bobwhite quail was once a common game bird, thriving in brushy

thickets, managed pastures and stands of native plants. But today, hunters and biologists alike have to look harder to find them. Across the commonwealth, and throughout their range, bobwhite have vanished from field and fencerow, clinging to survival only in pockets of the landscape where they can still find habitat to nest, rear brood and escape danger. While the species is not listed as endangered, its numbers have diminished each decade since the early 20th century.

The bobwhite's most devastating enemy, it turns out, is neither a gun nor a predator. It's a transformed landscape.

The golden age

If quail are in trouble now, when did they thrive—and why?

According to habitat expert John Morgan, the golden age of the bobwhite quail was probably when Native American fire culture met European settlers' preindustrial agricultural practices.

Morgan, who led a 10-year quail restoration project for the Kentucky Department of Fish and Wildlife Resources, now directs the National Grassland and Bobwhite Initiative, an

▲
At top, Heather Harris and Reggie Thackston hunt quail at Peabody Wildlife Management Area. Above, a male bobwhite keeps an eye out for predators. Photos: Rachel Cummings; John Brunjes

▲
Quail are typically found in small groups called coveys. When disturbed, they flush together with a distinctive whirr, flying at speeds up to 40 miles per hour. Photo: Ben Robinson



▲ Quail spend most of their lives on the ground, walking or running under plants that provide cover overhead. Artist: Rick Hill

organization that builds conservation partnerships among state and federal agencies, nonprofits and universities.

“Grasslands are in trouble in this country,” says Morgan, a Blue Grass Energy consumer-member.

Quail thrive in early successional habitat—the rich profusion of grasses and perennials that follow a disturbance like plowing, herbicide application or fire.

Before European contact, Kentucky’s vast grasslands were maintained by large grazing animals like elk and bison, and by fire—naturally occurring blazes ignited by lightning and fires set by Native Americans to manage the prairie. The combination left expanses that were favorable to quail.

When European settlers arrived in North America, their preindustrial agricultural practices provided beneficial forage and cover. But as machines arrived on the landscape and the human population grew, everything changed. New farming practices and tools

reduced available habitat; non-native grasses overwhelmed native plants; and human fire suppression transformed grasslands into young forest.

“The Industrial Revolution pushed species to the brink,” Morgan says. “It cleared the eastern U.S. and plundered the land until President Teddy Roosevelt and other pioneers recognized the destruction and started turning the tide.”

No silver bullets

The first signs of trouble came with the weather.

During the first week of December 1917, a massive dome of high pressure over Canada ballooned westward to meet a low-pressure system gathering power from Texas to the Tennessee valley. On December 8, the converging systems blanketed Kentucky with 16 inches of snow in Louisville and 10 in Lexington. Over the following week, thermometers bottomed out at minus 16 in Bardstown and Frankfort, and minus 20 in Taylorsville.

RIGHTS-OF-WAY ARE HABITAT HAVENS

Did you know you’re about 10 times more likely to spot an endangered plant under a transmission line right-of-way than in any other natural environment?

That’s according to David Mitchell, a botanist for the Tennessee Valley Authority, whose work includes ensuring the protection of rare and endangered plant species in the corridors around TVA’s high voltage transmission lines.

All utilities maintain their rights-of-way. This means keeping areas around power lines cleared of vegetation and debris and accessible for maintenance and repairs. Right-of-way maintenance increases safety and reliability,

but that’s not all. Experts have found that transmission line rights-of-way are also havens for native plants.

One reason for this is historical. Much of Kentucky’s rural electric infrastructure was built in the 1930s, and many of the native plants growing in these areas are remnants of an older landscape. “Transmission lines are holding this imperiled biodiversity as a refuge, often in places that can’t be farmed or grazed terribly easy, like steep slopes,” says TVA botanist Adam Dattilo.

Another reason is that vegetation management on rights-of-way is primarily concerned with removing woody species by mowing, herbicide

application or targeted removal in sensitive areas. These actions reset the clock on ecological succession, preventing trees from taking over the existing grassland system. As a result, many TVA transmission rights-of-way preserve something like a landscape time capsule.

“The world is so changed that it’s hard to imagine what it used to look like,” Dattilo says.

For landowners who want to promote native plants on rights-of-way running through their properties, Mitchell advises restricting mowing to the proper season.

“People don’t like to see what they consider weedy areas, but ... if they want a

beautiful right-of-way with lots of wildflowers, they need to wait and mow at the proper time, which is late fall, after all the seeds have set.”

Dattilo emphasizes that while TVA’s right-of-way management program has done much to protect endangered plant habitats, conservation challenges require cooperation across the board.

“Every organization, conservation entity and landowner has a part to play,” he says. “The conservation challenge for quail, grassland birds, pollinators, endangered species—it’s a large challenge, and we need all hands. Not everyone can do everything, but we can all do our little part.”

The Licking and Kentucky rivers froze solid, along with much of the Ohio. And as severe cold lengthened into January, vast numbers of quail starved and froze.

While temperatures eventually rebounded, quail did not. A once-in-a-lifetime weather event had eviscerated their numbers—and due to underlying habitat loss, they never fully recovered.

Following that catastrophic winter, Kentucky’s fish and game commission, organized in 1912, tried to restock the population using quail imported from Mexico. By 1930, about 100,000 Mexican quail had been released. Beginning in 1946, the newly reorganized Kentucky Division of Game and Fish created its own breeding program, which would release 3.5 million birds by the program’s end in 1989. All the while, wild quail numbers declined.

Cody Rhoden, small game program coordinator for the Kentucky Department of Fish and Wildlife Resources, says these “silver bullet strategies” failed because they didn’t address the underlying problem of habitat loss.

When the department ended its breeding program in 1989, it took a new

approach—hiring biologists to focus on the private lands that comprise 93% of all Kentucky acreage. Today, the department employs 17 private lands biologists, all focused on partnering with private landowners on an array of conservation goals, including quail habitat.

“This was in the early ’90s,” Rhoden says. “Not very many states were doing this. It was very ahead of its time.”

In 2008, the department launched a 10-year quail restoration plan that sought to stabilize the statewide population and to increase bobwhite numbers in seven focus areas, among other goals. Results were mixed. Statewide, the downward trend did not change—but in the seven focus areas, bobwhite numbers stabilized or increased, highlighting both the power of habitat restoration and the need to extend its scope.

“Our footprint was not large enough to effect a big enough change,” Rhoden says. “To really enact a landscape-level change, we’ve got to get the working lands, the working landowners and the recreational landowners. ... We have to find ways to get them to generate more marginal space for wildlife.”

KentuckyLiving.com

Quail hunting nostalgia and more

In our December 1983 issue, Art Lander shared his boyhood memories of hunting quail during holidays at the family farm. Visit KentuckyLiving.com to read the article, and while you’re there, learn how a 1931 discovery in Menifee County transformed 35 million acres across the south-central U.S.

Kevin Anderson walks through a paddock of native grasses on his Madison County farm. Native plants like big bluestem and Indian grass are hardy and drought-resistant and can be a valuable addition for summer grazing while also providing wildlife habitat. Photos: Joel Sams



Hunting and ... conservation?

If you're familiar with hunters, you don't need to be told they care about conservation. But if you don't have a hunting background, it might not compute. Learn more about the hunting/conservation connection at KentuckyLiving.com.

Indian grass is a native plant that grows in bunches, providing valuable year-round cover for quail and other small game. Photo: Rachel Cummings

Greener pastures

The pastures on either side of Kevin Anderson's driveway were visibly parched in July. It had been weeks since his Madison County farm had seen substantial rain, and the grass had withered. But in two paddocks—5 1/2 acres of lush greenery in a sea of brown—it looked like spring. Big bluestem and Indian grass waved in waist-high bunches, plump-bladed and vibrant.

A consumer-member of Blue Grass Energy, Anderson planted the stand in 2019. After an admitted struggle that included multiple seeding attempts, his efforts are paying dividends.

"Once established, they're really low input and really high output," he says.

The native warm-season grasses are just one part of Anderson's grazing toolkit. He still relies on cool-season grasses earlier in the year. But with root systems that go 6 feet deep in search of water—up to 12 feet, under ideal conditions—native warm-season grasses

provide crucial grazing during the hottest part of the year.

They also provide important wildlife habitat. Since planting the stand, Anderson has seen increases in quail on his property, as well as an uptick in deer, turkey, rabbits and coyotes. Anderson's planting is part of the Bluegrass Army Depot Beyond the Fence initiative, facilitated by the



A TRIPLE THREAT IN BOBWHITE DECLINE

Conservationists were already worried about bobwhite numbers in 1931, when Herbert Stoddard published his landmark study, *The Bobwhite Quail: Its Habits, Preservation and Increase*. Nearly a century later, the outlook is far worse. According to the North American Breeding Bird Survey, bobwhite numbers declined by 81% between 1966 and 2019.

And it's not just bobwhites at risk. A 2019 study in Science showed a loss of 2.9 billion breeding adult birds in the U.S. and Canada since 1970. Bobwhite quail are a "litmus test for environmental health," says John Morgan, who directs the National

Grassland and Bobwhite Initiative. When habitat supports bobwhite, many other creatures benefit as well.

The reasons for bobwhites' decline are complex and interlocking, but they fall into three broad categories.

First, new farming practices and better tools reduced marginal space by enabling farmers to plant crops closer to the edges of fields, keep weeds under better control and harvest crops closer to the soil. Additionally, gas-powered mowers, weed trimmers and bush hogs helped landowners manicure the landscape to a degree that was previously unimaginable. The result was that

marginal land—once weedy, overgrown and providing ample cover—became a tidy wasteland; attractive to human eyes, but unfit for wildlife.

Second, non-native grasses overwhelmed the landscape. Fescue, Bermuda grass and Kentucky bluegrass are among the most common varieties of grass in the United States—but they are all non-native species imported from Europe and Asia. These grasses excel at preventing erosion, and they stand up to heavy grazing. But they're also brutally effective at suppressing native plants that provide food and cover for wildlife. And unlike

many native plants that form a sheltering canopy over bare ground, these grasses grow in dense structures that restrict birds' movements. For quail, which spend most of their lives on the ground, the loss of native plant habitat has been disastrous.

Third, humans in the modern era have nearly eliminated fire from the landscape. Without fire and grazing to regularly reset the succession cycle, grasslands transition rapidly into deciduous forest, an environment that is not favorable quail habitat. Of the 3 million acres of grassland that supported Kentucky wildlife before European settlement, less than 1% remains.

Kentucky Department of Fish and Wildlife Resources, the University of Tennessee, the University of Kentucky Cooperative Extension Service and other partners.

“Before, cattle and quail really didn’t go together,” says Anderson, who teaches agriculture at Madison Southern High School. “If you wanted your farm to be productive with cattle, you just weren’t going to have quail. But this program completely reverses that.”

The Beyond the Fence initiative focuses on “making conservation good business” by reintroducing native warm-season grasses to grazing land. These grasses—including big and little bluestem, Indian grass, switchgrass and gamma grass—were the dominant grazing forage in Kentucky from European settlement into the 20th century. But over the last 75 years, many farmers have overlooked their potential as a

powerful summer grazing supplement.

For too long, Morgan says, agriculture and conservation appeared to have opposite goals. But by adding native warm-season grasses into their rotation, farmers can reap business benefits from resilient grasses that thrive even in hot, dry conditions. And on the conservation side, just a small percentage increase of native grass habitat on farmland could make a difference for grassland wildlife. Morgan estimates that if just 5%-10% of Kentucky land offered suitable habitat, quail would thrive. Currently, that percentage is about 1%.

“The mere fact we still have quail is shocking. That’s how bad it is,” Morgan says. “They’re resilient little suckers.”

Landowners interested in improving wildlife habitat should contact the Kentucky Department of Fish and Wildlife Resources at 1-800-858-1549. KL



▲
Good brood habitat offers quail chicks bare ground for easy movement, overhead cover for protection and abundant insects for food. Photo: Rachel Cummings

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SAFETY

Randy Meredith, left, director of safety and training at Kentucky Electric Cooperatives, instructs Nolin RECC's Jacob Hart during a field lab at Inter-County Energy. Photo: Wade Harris

When Randy Meredith was promoted to Kentucky Electric Cooperatives' director of safety and training in 2021, he had a goal to work toward.

"When I was given the opportunity to take the lead of this department," Meredith says, "(President and CEO) Chris Perry gave me a charge and the charge was: best-in-class safety program."

As with anything best in class—and almost anything related to electricity—building a strong safety program is multifaceted and complex. There was no singular task or area to improve, but rather Meredith began to build on the foundation that had been established and add pieces that would strengthen the Kentucky program.

The leaders of that program are members of the statewide Safety and Loss Prevention Team, made up of Meredith and four safety instructors who travel to electric co-ops across the state to help with a wide range of training.

Apprentice lineworkers from Nolin RECC, Fleming-Mason Energy and Inter-County Energy participate in a field lab. Photo: Wade Harris



“They are quality people, professionals, self-motivated, with the drive to serve the cooperative membership,” Meredith says.

All five members of the safety team are certified loss control professionals—a credential sponsored by the National Rural Electric Cooperative Association and the National Utility Training and Safety Education Association.

“If a co-op calls and needs help with teaching someone how to climb, all the way up to doing the energized primary work, we all have the experience and the capabilities to do that at any given time,” Meredith says. “One or all of us have had experience in any scope of work that they will encounter on their system.”

Each instructor also has an area for which he is the point person: Lewis is the primary contact for mutual aid (when Kentucky co-ops need help from other states or other states need help from Kentucky co-ops following storms or other natural disasters); Swift is the point person for the Kentucky Lineman’s Rodeo; McCarty is taking a primary role in the apprenticeship training program; and Lyons is the main support person for Occupational Safety and Health Administration-related information.

Ask Meredith what he’s most proud of so far, and the answer comes quickly: “I’m very proud to have the team ... that we’ve had the opportunity to assemble. I’m sure there’s as good out there, but I don’t know that there’s better out there.”

Meredith is a 32-year veteran co-op employee who joined the Kentucky Electric Cooperatives staff in 2019 as a safety instructor. The four current safety instructors are Charlie Lewis, Jeremy Swift, Kevin McCarty and J.C. Lyons.

Lewis is a former teacher turned lineworker, who also worked in member services and safety at Inter-County Energy. Swift has worked for several cooperatives; most recently, he was manager of safety at Jackson Purchase Energy Cooperative. McCarty began in contract linework and joined Fleming-Mason Energy as a lineworker, eventually serving as the co-op’s right-of-way and safety superintendent. Lyons joined the team in January and is a licensed Kentucky paramedic and a Basic-1 Kentucky firefighter who most recently served as the safety director for the Frankfort Plant Board.

▶ Cam Richardson with Warren RECC competes during the 2023 Kentucky Lineman’s Rodeo, hosted by Warren RECC. Photo: Tim Webb





The 2022 Kentucky Lineman's Rodeo, hosted by Jackson Purchase Energy Cooperative, as seen by drone. Photo: Chris Hayes

Kentucky Lineman's Rodeo

Perhaps the flagship event of the statewide safety program is the Kentucky Lineman's Rodeo. Not a rodeo in the cowboy, yee-haw sense, but an annual event, since 2005, where lineworkers from across the state compete in teams or as individuals.

The 2023 Lineman's Rodeo, hosted by Warren RECC, saw more than 100 competitors from 17 cooperatives across Kentucky. The two-day event featured four timed stations: hurt man rescue,



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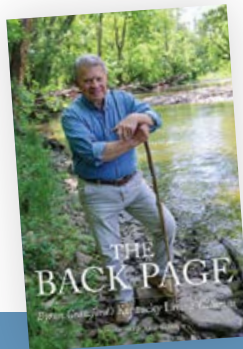
mccrearytourism.com

“

What we're trying to do is create the understanding for the linemen that they are professionals and that there are standards of being a professional.

▶ RANDY MEREDITH

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transformer and streetlight change, capacitor change and skills climb.

Safety is in the spotlight at the rodeo, and competitors aim to complete tasks without any safety deductions. Next comes speed, but also important is the camaraderie.

“Everybody wants everyone to succeed,” says Barney Toy, safety/material coordinator at Clark Energy Cooperative, who has been involved with the rodeo since its beginning. “Of course you want to do the best, but you want the best for everyone else, too.”

The rodeo is a family event, and last year, Toy’s 6-week-old grandson was among the attendees.

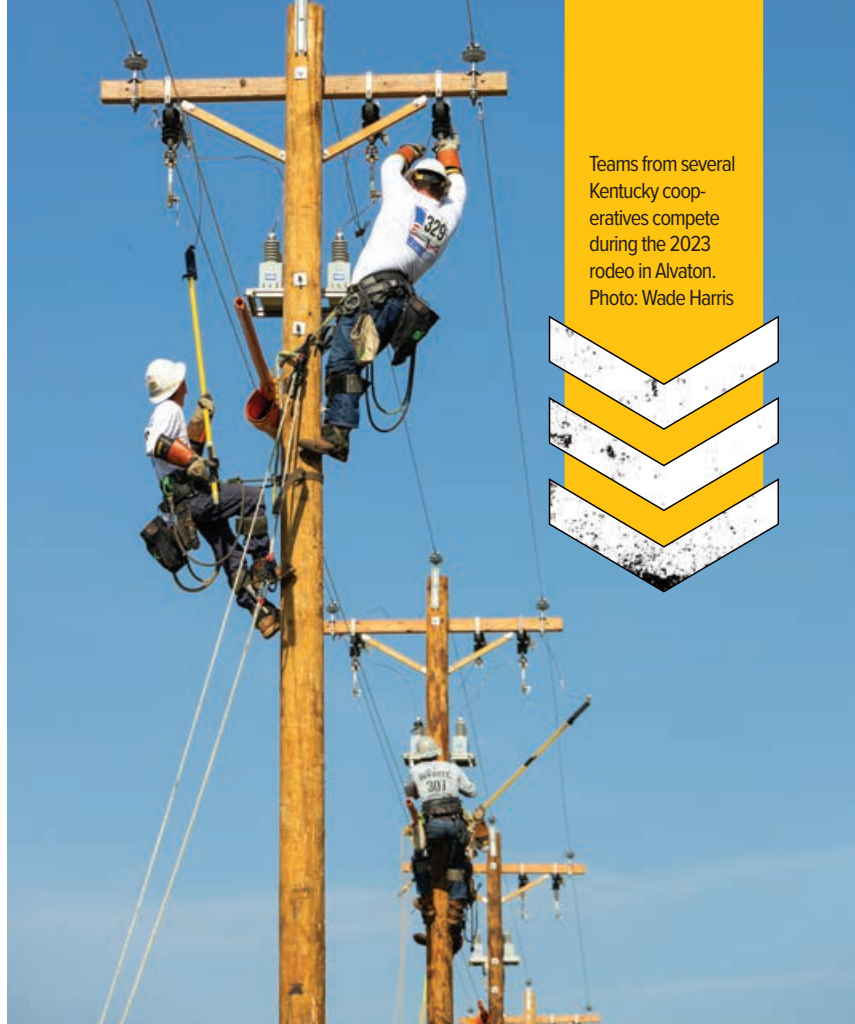
“There’s really not a big discrepancy from your work family to your home family,” Toy says. “You care as much about them as you do—pretty much—your home family. And, you spend a lot more time with them than you do your family a lot of times.”

This year’s rodeo will be hosted by East Kentucky Power Cooperative in Winchester, October 3–4.

“They are professionals”

The rodeo celebrates camaraderie, safety and professionalism—and those are qualities Meredith says will move Kentucky’s safety program forward.

Going back to his charge of a best-in-class safety program, Meredith asked other statewide associations what pushed them forward, and a similar theme kept showing up: They took ownership of their apprenticeship training.



Teams from several Kentucky cooperatives compete during the 2023 rodeo in Alvaton. Photo: Wade Harris

SAFETY AND SCHOLARSHIPS

With support from Kentucky Electric Cooperatives and Kentuckians who purchase lineworker-themed specialty license plates, the Kentucky Community and Technical College System is incorporating lineworker training and education into a degree program.

Representatives from the statewide association of Kentucky’s electric cooperatives presented a check for \$50,000 earlier this year to college leaders at the main campus of Southcentral Kentucky Community & Technical College in Bowling Green. The funds represent donations tied to the lineworker Power For Your Community specialty license plates on thousands of vehicles in Kentucky. Proceeds will fund scholarships for eligible lineworkers. Read more about the scholarships at KentuckyLiving.com

“They said, ‘These safety issues, these things that you’re dealing with every day on your crew audits and your observations that are deficiencies—it gave us the opportunity to train those away,’” Meredith recalls.

He and his team began a partnership with the Northwest Lineman College, an industry leader in lineworker safety and education. The curriculum is Department of Labor certified at both the state and federal levels.

“We’re working toward education,” Meredith says, “and bringing education and professional training together ... What we’re trying to do is create the understanding for the linemen that they are professionals and that there are standards with being a professional.”

Through a partnership with the Kentucky Community and Technical College System, lineworkers who complete the four-year apprenticeship program can earn an associate degree.

“A lot of times, safety has just been a stand-alone word,” Meredith says. “We don’t wake up and go to safety; we wake up and go to work. But if we marry safe work practices and efficiency in the professional, orthodox work practices ... that’s going to get us somewhere.” **KL**

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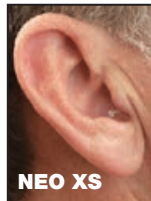
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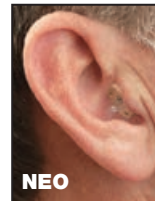
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Goldenrod glory

Preserve a piece of history in your garden

WHAT SAYS “IT’S FALL” more than the beautiful, bright yellow flowers of goldenrod blooming throughout Kentucky? There are many goldenrod species, but the variety Solar Cascade deserves special notice because it was developed to save a native species—*solidago shortii*, commonly called Short’s goldenrod.

The efforts of the Cincinnati Zoo Botanical Garden’s Native Endangered Plant program brought us *solidago shortii* Solar Cascade, which is available for us to plant in our own gardens. It grows best in full sun, tolerates part shade and prefers moist but well drained soils. It is drought tolerant once established and blooms in the late summer and fall each year.

Solar Cascade is considered a clumping form, and it has a short rhizome—a horizontal underground stem—that spreads. It is considered much less aggressive than other goldenrods, but it will still form a colony in a conducive location.

Plants can grow 2 or more feet tall, and they flower along the ends of the stems. Bees and butterflies are attracted to the flowers. I have used it as a cut flower, and it’s a beautiful addition to a fall mixed garden flower bouquet.

According to the Missouri Botanical Garden, Short’s goldenrod, which is on the Federal



SHELLY NOLD

Endangered Species list, was discovered in 1840 by Charles Wilkins Short on a limestone formation called Rock Island within the Falls of the Ohio, near Louisville. By the early 1900s, Short’s goldenrod had disappeared from the location where it was discovered due to habitat loss caused by dam construction on the Ohio River.

Today, the plant is known to grow only in the Blue Lick Springs area in Fleming, Nicholas and Robertson counties, and along the Blue River in Harrison-Crawford State Forest in southern Indiana. But thanks to the Cincinnati Zoo Botanical Garden, we can all enjoy a piece of natural history in our own backyards. **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



Will my Kimberly queen fern survive the winter if I cover it? — Carol Rubis

A Kimberly queen ferns are hardy in USDA hardiness zones 9-11. Kentucky ranges from zones 6b-7b, which makes this fern a tropical for us. They will certainly grow during the warmer months, but they are not considered a hardy fern for Kentucky gardeners. They will not survive our winters without being brought indoors. There are products you can purchase for frost protection, but they do not allow us to grow plants outside of our hardiness zone. If you want to overwinter the ferns, dig them up before the first frost and grow them in containers during the winter months. Keep them in a brightly lit room until the potential for frost has passed, and then take them back outside for another growing season.

» Angie Oakley



TUNAWADBE STOCK

Have a gardening question?

Go to KentuckyLiving.com, click on Home & Garden, then “Ask the Gardener.”

READER
recipe

A new take on chili

Feels Like Home Chili**Submitted by Stephanie Braden**
Owen Electric Cooperative
consumer-member

Stephanie decided to make chili one night and put her own spin on it. She typically uses recipes as a base but adds different ingredients to create something new.

- 2 Tbsp olive oil**
- 1 medium chopped onion**
- 1 lb hamburger**
- 16 oz rinsed chili beans**
- 15 oz diced tomatoes (optional with chiles)**
- 1 ½ cups broth (your choice)**
- 3 Tbsp brown sugar**
- 2 Tbsp chili powder**
- 1 Tbsp paprika**
- 1 ½ Tbsp minced garlic (or 3 garlic cloves minced)**
- 1 Tbsp Hershey's cocoa powder (unsweetened)**
- 2 tsp salt**
- ½ tsp black pepper**
- 8 oz tomato sauce**
- 1 Tbsp Bragg amino acids**
- 1-2 bay leaves**
- 1 tsp cardamon**
- 1 tsp turmeric**
- 1 tsp oregano**
- 4 Tbsp butter**

In a large soup pot on medium high heat, cook onion in olive oil for 5 minutes. Add ground beef and cook 6-7 minutes until browned, stirring occasionally. Add remaining ingredients and stir well. Simmer at low heat for 20-25 minutes. Remove from heat and let chili rest 10 minutes before serving. Serves 6.

Pumpkin spice

Warm and cozy dishes for fall

WITH THE WEATHER COOLING down and the excitement of the holidays just around the corner, October is a fun month to start bringing back all the homey recipes. Foods like hearty stews, chili and all things pumpkin are perfect for this month.

Welcome in the fall season with bite-sized pumpkin muffins coated in cinnamon sugar. Enjoy them for a weekend brunch or as a dessert after a big bowl of chili. Both will leave you feeling all warm and cozy on the inside!

Mini Pumpkin Muffins

- | | |
|--|--------------------------------|
| ¾ C pumpkin puree (not pumpkin pie filling) | 1 tsp pumpkin pie spice |
| ½ C milk | ¾ tsp baking powder |
| ¼ C oil | ½ tsp nutmeg |
| 1 egg | ¼ tsp salt |
| ½ tsp vanilla | ⅛ tsp baking soda |
| ¼ C sugar | Topping |
| 2 Tbsp brown sugar | ¼ C melted butter |
| 1 ½ C flour | ⅔ C sugar |
| | 1 Tbsp cinnamon |

Preheat the oven to 325°. Whisk together all the wet ingredients in a bowl. In a separate bowl, add all the dry ingredients and whisk. Add the wet ingredients to the dry ingredients. Mix gently with a spatula until no flour streaks remain.

Grease mini muffin pans with nonstick cooking spray. Using a cookie scoop, scoop out batter into each muffin slot (about 1-2 tablespoons of batter each). Bake for 15 minutes. While the muffins are baking, melt butter in a small saucepan. Add sugar and cinnamon into a gallon-size zip-top bag.

Once muffins are finished, gently remove them from the pan and place them in the small saucepan of butter and swirl around to lightly coat. Remove from the saucepan and place in the bag with cinnamon and sugar, about half the batch at a time. Gently toss to generously coat. Remove and place on a platter. Serve while hot. Yields 24.

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

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at KentuckyLiving.com/Cook



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Down home in Henderson

Hometown Roots serves the classics, with a twist

JOEL SAMS



JORDYN MYRACLE

WHEN CASEY TODD WAS GROWING UP in Henderson, summer was for swimming. Friends came over three or four days each week to enjoy his parents' pool. But it's the poolside snack he remembers most. Casey's mom would always serve Prairie Farms chive dip with Lay's and Grippio's chips.

Today, Casey is an entrepreneur with 20 years of experience in the restaurant industry—and childhood memories have been a lodestar since he opened Hometown Roots in Henderson in 2018.

For example: Casey's chips-and-dip memory has become the Triple Threat, a cream cheese-based dip featuring caramelized onion, onion jam and deep-fried onion straws (recipe below). Head chef Shawna Harrington revamped one of her own childhood favorites, fried salmon cakes, using fresh salmon. That recipe has become the restaurant's No. 3 seller.

The consistent customer-favorite item, however, is smoked meatloaf—a mixture of pork and beef topped with smoked cheddar and held together with house-made jalapeno cornbread.

"As a young kid, you want to spread your wings," Casey says. "But at the end of the day, there's nothing like coming back home."

Located at 136 2nd Street in Henderson, Hometown Roots is open Tuesday–Friday, 4–10 p.m., closed Sunday and Monday. Read more at KentuckyLiving.com. **KL**



Hometown Roots Triple Threat Onion Dip Serves 4-6

Caramelized Onions

2 large yellow onions, diced

1 stick butter

½ C water

Onion Jam

1 C caramelized onions

¼ C brown sugar

Onion Dip

8 oz cream cheese, very soft

¼ C mayonnaise

¼ C caramelized onion

¼ tsp salt

¼ tsp onion powder

¼ tsp garlic powder

¼ tsp mustard powder

Crispy fried onions, such as French's, for garnish

Caramelized onions: Cook onion, butter and water on low heat until dark brown, stirring frequently. Add additional water as pan dries out. (The darker the color, the sweeter the onions.)

Onion jam: Heat ingredients together in a pan and simmer 5–10 minutes, taking care not to burn sugar. Mix with emulsion blender or food processor until smooth.

Onion dip: Mix all ingredients with an emulsion blender or a food processor until well combined. To serve, scoop onion dip into bowl, smother with onion jam and top with crispy fried onions.



JORDYN MYRACLE

Hiding in your attic: energy savings *and* storage



Do you have any tips on finding hidden energy savings in my home?

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

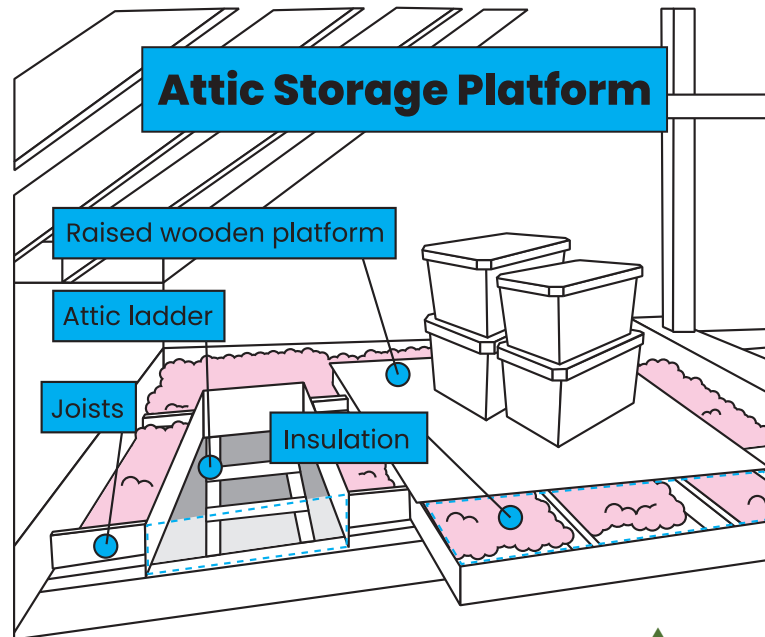
The same attic that stores your holiday decorations also is a spot for energy savings—but it can be problematic in maximizing your home’s energy efficiency.

The issue with attic storage is it typically doesn’t offer enough space for the recommended R-value of its insulation. (The R-value is a measurement of how well a material resists the flow of heat.) Often, plywood or boards are placed directly on top of the ceiling joists, which isn’t enough space for the insulation. Insulation also can get compacted by people moving items in or out, reducing the effective R-value.

If you do need your attic for storage, the best location is over an unconditioned area of your home, such as the garage. You don’t need insulation in attic spaces over a garage or unconditioned area because you are not heating or cooling the space below.

R’S OF INSULATION

Attic insulation is one of the best, low-cost ways to make your home efficient. For attic insulation, thicker is better. The goal in Kentucky is a minimum grade of R-49, or about 16-18 inches of insulation. In most homes, the ceiling joists are buried in insulation to achieve the recommended R-value.



Other options

If that isn’t an option, consider minimizing the number of stored items or the storage area’s footprint. One way to do this is to build an attic storage platform or to buy one in a ready-to-install kit. Allow enough space underneath the platform to achieve the proper R-value. Use lumber to build a frame perpendicular to the existing joists

▲
An attic storage platform offers extra storage space and helps maintain the energy efficiency of the attic with insulation underneath it. Illustration: Sarah Decker/Pioneer Utility Resources

and cover it with plywood or oriented strand board. Once your storage area is set up, add insulation inside the platform to bring the R-value up to the proper level.

Your attic might also have trusses that allow you to build shelves and maximize space by storing items vertically.

A safety note: Always wear a dust mask or respirator when working in the attic. And don’t forget to weather strip the attic hatch to ensure a tight seal. **KL**

Too much of a good thing

How to prevent an electrical overload

DO THE LIGHTS IN YOUR HOME

FLICKER, blink or dim? Are the switch covers warm to the touch? Do the circuit breakers keep tripping off?

Don't just shrug your shoulders in annoyance: take these seriously as warning signs of an electrical overload.

An overload occurs when the home draws more electricity than a circuit can safely handle. An electrical circuit is designed to handle a limited amount of electricity. When it receives too much, it causes the circuit breaker to trip, shutting off the power to the entire circuit. Without a breaker in the circuit, an overload would cause the wires to overheat and start a fire.

Besides the signs noted above, other warnings include burning odors from outlets or switches; crackling, sizzling or buzzing receptacles; getting a mild shock



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Overload do's and don'ts

Here are some concrete steps to help prevent overloads:

- Don't overuse extension cords.
- With the help of your home circuit map, move plug-in appliances to a circuit that is less used.
- Make sure major appliances, like refrigerators, are plugged directly into a wall outlet, and never use extension cords or multi-outlet converters for them.
- Do not turn on too many things at once.
- Replace incandescent or halogen light-bulbs with energy-efficient LED bulbs to reduce lighting loads.
- Don't view power strips as a solution: they don't change the amount of power being received from the outlet.
- Have a licensed electrician inspect your home. A heavy reliance on extension cords could indicate that you have too few outlets.

or tingle from appliances, receptacles or switches; and power tools, appliances or electronics that don't seem to have enough power.

Do not overuse extension cords. If you don't have enough outlets, extension cords are not a long-term fix. Instead of using an extension cord for a temporary solution, call a licensed electrician who can install more outlets.

Check the circuit panel

If you spot an overload, locate your circuit panel, usually found in the basement or a garage in most homes, and check to see if any of the switches in the panel have been tripped or partially tripped. Then turn them off and back on again. If this reoccurs or happens when an extension cord is not plugged in, call a licensed electrician for help.

It's a good idea to map your home's circuits to ensure you are not loading too much on one circuit. Start by checking each breaker against what it is supposed to power and keep notes. Knowing what is on each circuit could help you navigate an overload in the future. **KL**

Annual mammograms save lives

Recommendations may differ, but yearly is best

NEW RECOMMENDATIONS RELEASED

this year by the U.S. Preventive Services Task Force lower the breast cancer screening age to 40. While these new guidelines are a step in the right direction, they still recommend that women get screened only every other year. Along with leading medical organizations, we recommend getting a mammogram every year.

As the differing recommendations can be confusing to patients, we've answered some common questions to provide clarity on the matter.

What are the current recommendations on screening mammograms?

The American College of Radiology and the Society of Breast Imaging recommend all women of average lifetime risk for breast cancer begin getting mammograms at age 40—every year. The societies also recommend that women keep getting screened after age 74, unless they have serious health problems that shorten their life expectancy.

Why is it still important to get a mammogram every year?

Annual screening offers the best chance for early detection, when cancer can be caught while still treatable, leading to favorable prognosis. Studies have shown that women who skip even one scheduled mammogram screening before a breast cancer diagnosis can face a significantly higher risk of death. Skipping a year allows cancers to grow undetected, potentially resulting in a more advanced tumor at the time of diagnosis, which in turn necessitates more extensive surgical procedures and harsher treatments.

Will my insurance still cover a mammogram every year?

Most insurance companies still cover annual mammograms starting at age 40

for women of average risk, as well as a baseline mammogram for women ages 35-39. There are also programs for those who are uninsured and underinsured, including the Kentucky Women's Cancer Screening Program. Some insurance plans also cover supplemental screening annually for women of higher risk.

What about women with higher than average risk factors?

The ACR/SBI urge that all women talk to their health care providers by age 25 to evaluate their risk of breast cancer and to determine if they need to be screened with mammogram and/or MRI before age 40.

What factors might increase my risk?

- You have family members with breast cancer (although most women who develop breast cancer have no breast cancer in their family).
- You have already had breast cancer.
- You carry certain genetic mutations, including BRCA1 and BRCA2 mutations.
- Someone in your family is a genetic mutation carrier and you remain untested yourself.
- You are Black or of Ashkenazi Jewish descent.
- You have been previously treated with radiation to your chest for cancer.
- You have had certain "high-risk" results on breast biopsies such as atypia or pre-cancerous lesions.
- You have dense breast tissue on mammography. **KL**

DR. AURELA CLARK AND DR. JENNIFER WANG are radiologists with the University of Kentucky Markey Cancer Center.

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KentuckyLiving



“Spanning” history

Step back in time and see Kentucky’s covered bridges

BY KEVIN OSBOURN | PHOTOS BY TIM WEBB



The Goddard covered bridge perfectly frames Goddard United Methodist Church. The bridge is the only remaining example of the Ithiel Town lattice truss in Kentucky.

AS YOU WALK ACROSS the Goddard Covered Bridge in Fleming County, a century and a half of history echoes from the massive trusses stretching across Sand Lick Creek.

Inscribed on walls inside are names like “T.D. Hutton 1898.” The view through the bridge frames the bell tower and white siding of Goddard Methodist Church, and you may hear bucolic sounds like a rooster crowing.

Lori Ulrich, chair of the Buffalo Trace Covered Wooden Bridge Authority, says it is her favorite of the 11 remaining covered bridges in Kentucky, but she loves them all for their craftsmanship and peaceful settings.

“It takes you back in time,” says Ulrich, who is also the marketing

and public relations manager at Fleming-Mason Energy. “It’s the perfect place for a picnic or to read a book. They are a time capsule and an oasis. You can almost hear a horse-drawn carriage driving through. That’s why we need to preserve them.”

Kentucky once had hundreds of covered bridges. Many were burned during the Civil War. Fleming County, billed as the Covered Bridge Capital of Kentucky, did not see many battles during the war, which may be why it has three surviving covered bridges and others not far away.

As steel became more available in the 1920s, bridges no longer needed to be covered, and their single-lane width combined with the heavier loads of

modern vehicles made them obsolete.

For people wanting to see the remaining covered bridges in Kentucky, Ulrich suggests beginning in Flemingsburg at the Covered Bridge Museum, which promotes the history of the county’s covered bridges.

These are the state’s 11 remaining covered bridges, from east to west.

1. Oldtown, Greenup County

Map it: At the junction of Frazier Branch and Conley Flats Road near Argillite.

Noteworthy history: Built across the Little Sandy River in 1880, it was closed to traffic in 1985 and then restored in 1999 with extensive repairs.

Nearby: Greenbo Lake State Resort Park.

Ringo's Mill covered bridge is still supported by its original 1867 trusses, made from yellow pine.



2. Bennett's Mill, Greenup County

Map it: At the intersection of State Route 7 and Bennett's Mill Road near South Shore.

Noteworthy history: It was built around 1855. Confederate Gen. John Hunt Morgan was talked out of burning it by local Southern sympathizers.

Also nearby: Hiking trails at Jesse Stuart State Nature Preserve.

3. Cabin Creek, Lewis County

Map it: Cabin Creek Road near Tollesboro.

Noteworthy history: The builder was likely Josiah Bryant, a noted covered bridge builder from Ohio.

Nearby: George Morgan Thomas Home in Vanceburg.

4. Ringo's Mill, Fleming County

Map it: State Route 158 and Rawlings Road.

Noteworthy history: The bridge and

community were developed because of a grist mill on Fox Creek.

Nearby: Barn tour featuring the Fleming County Clothesline of Quilts.

WHY WERE BRIDGES COVERED?

The first question people often ask when they see an 1800s-era bridge is, "Why was it built covered by a roof and wood siding?"

The reason carpenters constructed thousands of bridges in the United States that way was to protect the timber trusses below from weather, says Tim Dansereau, project manager for Arnold M. Graton Associates, which preserves covered bridges.

"You don't build a house in the open," says Dansereau, whose company is now restoring both the Grange City and Ringo's Mill covered bridges in Fleming County. "Most of our projects are 150 to 170 years old. They would last forever with maintenance, a good roof and siding, but most have been untouched from the mid-1800s."

1. Oldtown, Greenup County
2. Bennett's Mill, Greenup County
3. Cabin Creek, Lewis County
4. Ringo's Mill, Fleming County
5. Goddard, Fleming County
6. Grange City, Fleming County
7. Dover, Mason County
8. Johnson Creek, Robertson County
9. Walcott, Bracken County
10. Colville, Bourbon County
11. Switzer, Franklin County



Connecticut-born architect Ithiel Town patented his lattice truss design, used in the construction of the Goddard covered bridge, in 1820. The lattice truss distributed load more efficiently and allowed for the use of lighter-weight pine and spruce planks.



COVERED BRIDGE MUSEUM

199 East Water St., Flemingsburg
Open 10 a.m.–4 p.m. Wednesdays
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schedule tours by calling (606) 845-
1223 or (606) 845-6224.





- Walcott 9
- 7 Dover
- Cabin Creek 3
- 2 Bennett's Mill
- Johnson Creek 8
- 1 Oldtown
- Colville 10
- 5 Goddard
- 11 Itzer
- 6 Grange City
- 4 Ringo's Mill

5. Goddard, Fleming County

Map it: On State Route 32 near Flemingsburg.

Noteworthy history: The only surviving example of Ithiel Town lattice design, with timbers joined by wooden pegs.

Nearby: Echo Valley Winery.

6. Grange City, Fleming County

Map it: State Route 111 to Hillsboro (stop at Fox Creek).

Noteworthy history: Arnold M. Graton Associates is restoring the 1865 bridge, using Douglas fir.

Nearby: The monument honoring native son Franklin Sousley, one of the World War II soldiers who raised the flag at Iwo Jima.

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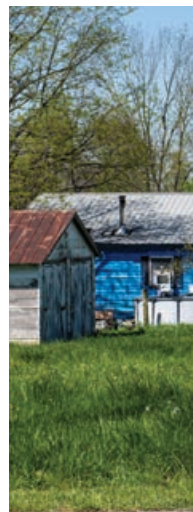


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KENTUCKY STATE PARKS



▲ Paul Garrison, Maysville, is the lead carpenter working on the Grange City covered bridge restoration.

7. Dover, Mason County

Map it: Lees Creek Road, Dover (near Mary Ingles Highway).

Noteworthy history: Built in 1835, it's considered by many to be Kentucky's oldest covered bridge. It

urgently needs restoration and repairs, Ulrich says.

Nearby: Augusta, hometown of actor George Clooney and site of a museum to his late aunt, singer Rosemary Clooney.

8. Johnson Creek, Robertson County

Map it: Covered Bridge Road, Mount Olivet.

Noteworthy history: Built by Jacob Bower, the bridge was completely restored in 2009.

Nearby: Blue Licks Battlefield State Resort Park.

9. Walcott, Bracken County

Map it: Near the intersection of Wellsburg Walcott and Salem Ridge roads in Brooksville.

Noteworthy history: Restored in 2002, its sides are completely enclosed and painted white.

Nearby: Cabin Run Creek Campground.



Covered bridges are beautiful, but their roofs also serve a purpose—protecting trusses from the weather.



Built in 1865, the Grange City covered bridge is being restored by Arnold M. Graton Associates.



An American flag welcomes visitors to Ringo's Mill covered bridge in Fleming County.

10. Colville, Bourbon County

Map it: Where Colville Road crosses Hinkston Creek near Millersburg.

Noteworthy history: It was built as a toll bridge, but visitors paid nothing if crossing for school, a funeral or on Sunday.

Nearby: Claiborne Farm, home (and burial site) of Secretariat.

11. Switzer, Franklin County

Map it: Near the intersection of Jones and Covered Bridge lanes on

North Elkhorn Creek.

Noteworthy history: It was declared the Official Covered Bridge of Kentucky by the state legislature in 1998.

Nearby: Daniel Boone grave/monument in Frankfort Cemetery, with beautiful views of the Kentucky River. **KL**

KEVIN OSBOURN is a writer, painter and co-host of the podcast Grace, Grit & Hope. He and his wife, Diane, live in Winchester.

THE BUCK STARTS HERE

NORTH AMERICAN CHAMPIONSHIP RODEO

NOV. 14-16



FFA Tractor Parade

Close to 300 tractors, trucks and side-by-sides will take to the streets of Flemingsburg on Friday, October 4, to increase awareness of agriculture and forge a connection to each member of the community with agriculture and its impact on everyone. Now in its 21st year, the annual FFA Tractor Parade is one of Fleming County's most cherished traditions.

"This is a big celebration of agriculture in our community, and the community is so supportive," says event organizer Adam Hinton, whose family owns Hinton Mills, a 106-year-old farm supply business based in Flemingsburg.

"The parade is a way to emphasize

the role of youth in agriculture and their engagement in preserving farming traditions and the future of agriculture," says Lucinda Pease, an agriculture education instructor, who teaches the FFA chapter at Fleming County High School. "We often have representatives of high school sporting teams, leadership organizations, church youth groups and others that drive tractors or side-by-sides and advertise their groups and support of agriculture."

Statewide elected officials expected to attend this year's parade include state Rep. Matt Koch, state Sen. Steve West and Kentucky Agriculture

Commissioner Jonathan Shell. Also making an appearance: Bowling Green native Chapel Tinius, the reigning Miss Kentucky.

Considered to be the largest tractor parade in the state, this uniquely Kentucky event celebrates the importance of agriculture—past, present and future—in Fleming County and the Buffalo Trace region and embodies the message that agriculture is the backbone of this area's economy.

Fleming County's 21st Annual FFA Tractor Parade begins at 1 p.m. with lineup at the Farmer's Stockyards, 255 Helena Road in Flemingsburg. See additional photos and more information at KentuckyLiving.com.

Story: Kathy Witt

Photo: Wade Harris

EVENT CALENDAR



DENISE SHOULDERS/NEWS-DEMOCRAT & LEADER

1 TIME TRAVEL

Big Bone Lick State Historic Site in Union is always a trip back in time with its prehistoric artifacts, but even more so during its Salt Festival, October 18–20. See demos of early settler living and skills, and watch Native American drumming and dancing. Crafts, food court, live music, children’s area and much more. Friday: school day. Cost: \$10 ages 13+, \$5 6–12, free 5 and under. Details: (859) 384-3522, <https://parks.ky.gov>.

2 TAKE FLIGHT

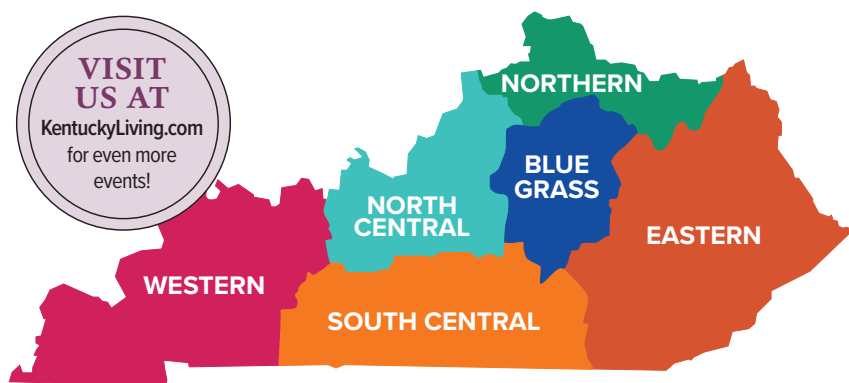
Wings Over Western Kentucky takes off October 5 from the Madisonville Regional Airport. See modern and historical aircraft, stationary and aloft. Free event opens 10 a.m., with air show, including skydivers, at 12:30 pm. You can also soar high with flights available for purchase. Local food vendors on hand, plus a kids’ area. Bring chairs to enjoy the show and come early to avoid a traffic jam. More info, (270) 821-3453, www.wingsoverwesternkentucky.com.

3 TRAILBLAZING FESTIVAL

Blazing a Trail is the theme of the 80th annual Logan County Tobacco & Heritage Festival, October 12 in Russellville. Enjoy a craft show, flea market, food vendors, parade and reenactment of the 1868 Jesse James bank robbery. Opens 9 a.m., with grand finale concert at 6 p.m. Info, (270) 726-2206. Schedule and list of events in the week leading up to the festival—including tours, pet show, pageants and tobacco judging—www.tobaccofest.org/events.

4 COURTIN’ N’ SHOPPIN’

There’s always something new at Kentucky’s oldest festival: Mt. Sterling’s Court Day, October 18–21, dawn till dusk. Over 550 vendors occupy the entire downtown for what’s billed as the “ultimate shopping event,” with items ranging from handmade crafts to antiques and from clothing to collectibles. Plus live music on two stages, food and drink vendors, and a mullet contest. Free admission. More info, (859) 498-8732, www.mtsterlingtourism.com.



BLUEGRASS

FRIDAY, OCTOBER 4

Oktoberfest, thru 6th, (859) 734-6811, Harrodsburg

SATURDAY, OCTOBER 5

Out of the Darkness Walk, (859) 327-1165, Moondance Amphitheater, Lexington

Millstone Festival, (859) 626-8474, Richmond

Wilmore Arts and Crafts Festival, (304) 615-3464

Battle of Perryville Commemoration, (859) 332-8631, Perryville Battlefield State Historic Site

FRIDAY, OCTOBER 11

Forkland Heritage Festival & Revue, thru 12th, (859) 332-7146, Forkland Community Center, Gravel Switch

Boonesboro Boogie Car Show, thru 13th, (502) 682-4506, Fort Boonesborough State Park, Richmond

Halloween Lights Drive Through, thru 26th, (502) 527-3454, Fort Boonesborough State Park, Richmond

TUESDAY, OCTOBER 15

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

WEDNESDAY, OCTOBER 16

Jessamine Fall Festival, thru 19th, (859) 354-5433, City County Park Fairgrounds, Nicholasville

FRIDAY, OCTOBER 18

Haunted Open House, (859) 272-3611, Waveland State Historic Site, Lexington

SATURDAY, OCTOBER 19

Boots and Bourbon, (502) 598-3127, The Della Mae Lucury Event Venue, Lawrenceburg

Ghost Hunting and Ghost Stories on the Battlefield, thru 26th, (859) 332-8631, Perryville Battlefield State Historic Site

FRIDAY, OCTOBER 25

Haunted Frontier, thru 31st, (859) 734-3314, Old Fort Harrod State Park, Harrodsburg

EASTERN

THURSDAY, OCTOBER 3

Old Fashion Days, thru 5th, (606) 922-1596, Greenup

Kentucky Apple Festival, thru 7th, (606) 789-4355, Paintsville

FRIDAY, OCTOBER 4

Bittersweet Festival, thru 5th, (800) 252-6685, Mt. Vernon

Shaping Clay Jubilee, thru 5th, (606) 391-6161, Manchester

SATURDAY, OCTOBER 5

Firkin Fest, (606) 329-1007, Ashland

WEDNESDAY, OCTOBER 9

Jenny Wiley Festival, thru 12th, (606) 886-2335, Prestonsburg

SATURDAY, OCTOBER 12

Oktoberfest, (606) 528-8860, Corbin

WEDNESDAY, OCTOBER 16

Preston October Court Days, thru 21st, (859) 585-5346, Owingsville

SATURDAY, OCTOBER 19

Bluegrass Music Holiday Fundraiser, (804) 898-9646, Adkins Caudill Performing Arts Center, Sandy Hook

Honey Bun Day, (606) 878-6900, London

Fall Into Fun at Grayson Lake, (606) 474-5107, Grayson Lake Main Launch Ramp, Grayson

FRIDAY, OCTOBER 25

Morehead Harvest Festival, thru 27th, (606) 780-4342, Morehead City Park

Woolly Worm Festival, thru 27th, (606) 464-5038, Beattyville

SATURDAY, OCTOBER 26

Oktoberfest, (606) 474- 8740, Grayson

Kentucky Music Hall of Fame Induction Ceremony, (606) 256-1000, Renfro Valley Entertainment Center, Mt. Vernon

NORTH CENTRAL

TUESDAY, OCTOBER 1

Fall Break Express, 8th, (502) 549-5470, Kentucky Railway Museum, New Haven

Jack O'Lantern Spectacular, thru Nov. 2nd, (502) 309-4458, Iroquois Amphitheater, Louisville

THURSDAY, OCTOBER 3

Pumpkins at Kentucky Kingdom, thru 27th, (502) 813-8200, Louisville

Sunset Yoga, 17th, (270) 765-2175, Freeman Lake Park, Elizabethtown

FRIDAY, OCTOBER 4

Whistles, Witches and Wine, 11th & 25th, (502) 549-5470, Kentucky Railway Museum, New Haven

Sorghum Festival, thru 5th, (859) 336-5412 Ext. 6, Springfield

SATURDAY, OCTOBER 5

Shelbyville Summer Sound Series: Lampus & Wicked Sensation, (502) 633-6388, Shelby County Fairgrounds

Thrifcon, thru 6th, (502) 367-5000, Kentucky Exposition Center, Louisville

Lincoln Days, thru 6th, (270) 358-8710, Hodgenville

FRIDAY, OCTOBER 11

Scare on the Square, (270) 259-5587, Leitchfield

SATURDAY, OCTOBER 12

Urban Bourbon Half Marathon, (502) 587-7767, Louisville

SATURDAY, OCTOBER 19

High Grove Fall Festival, (502) 538-4966, High Grove Grocery Store, Coxs Creek

Pumpkins & Cars, (502) 220-4088, Maples Park, Crestwood

Car, Truck, Bike and Tractor Show, (502) 549-5470, Kentucky Railway Museum, New Haven

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 November 1 for the January issue.**

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

THURSDAY, OCTOBER 24

Berkley Oliver Fall Festival, (502) 205-9005, Shelby County Fairgrounds

SATURDAY, OCTOBER 26

The Great Train Robbery, (502) 549-5470, Kentucky Railway Museum, New Haven

FRIDAY, OCTOBER 30

Night of the Living Dead, thru Nov. 2nd, (502) 584-7777, Old Forester's Paristown Hall, Louisville

NORTHERN

TUESDAY, OCTOBER 1

Underwater Pumpkin Glow, thru Nov. 3rd, (800) 406-3474, Newport Aquarium

Sandyland Acres Haunted Hayride, thru 26th, (859) 322-0516, Petersburg

FRIDAY, OCTOBER 4

Kentucky Wool Festival, thru 6th, (859) 951-8027, Falmouth

U.S. 25 Yard Sale, thru 5th, (800) 382-7117, Williamstown

SATURDAY, OCTOBER 5

Ohio Valley Woodcarvers Expo, thru 6th, (859) 801-6472, Elks Lodge, Cold Spring

SUNDAY, OCTOBER 6

Verona Farmers' and Artisan Market: Who Day!, (859) 485-3544, Verona Vineyards

SATURDAY, OCTOBER 12

Fall Festival, (859) 907-5927, Petersburg Fire Department

Turning of the Leaves Festival, (606) 756-2183, Augusta

Chocolate Crawl, (859) 567-5481, Heritage Center, Warsaw

SATURDAY, OCTOBER 19

Life of Christ Drama, thru 20th, (859) 428-2200, Sherman Full Gospel, Dry Ridge

A Harry Potter Halloween, (502) 732-5713, Carrollton

Oktoberfest, (859) 380-0256, Glencoe General Store

SATURDAY, OCTOBER 26

Blues Traveler, (859) 371-0200, Turfway Park Event Center, Florence

FRIDAY, OCTOBER 30

An Evening with The Disco Biscuits, (859) 491-2444, Madison Theater, Covington

SOUTH CENTRAL

FRIDAY, OCTOBER 4

Tenarky District Fall Convention & Rose Show, thru 6th, (520) 820-8632, Warren County Extension Office, Bowling Green

Cave City Cars and Coffee, thru 5th, (270) 528-6003

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

SATURDAY, OCTOBER 5

Twitty & Lynn: A Salute to Conway & Loretta, (270) 361-2101, The Plaza Theatre, Glasgow

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

FRIDAY, OCTOBER 11

Night Ride, (270) 465-1709, Homeplace on Green River, Campbellsville

SATURDAY, OCTOBER 12

Big Gun: A Tribute to AC/DC, (270) 361-2101, The Plaza Theatre, Glasgow

Goin' To Market: Russell County Fall Festival, (502) 939-2713, Kumberland Campground, Russell Springs

FRIDAY, OCTOBER 18

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

SATURDAY, OCTOBER 19

Moonlight Festival, (606) 875-6732, Somerset

THURSDAY, OCTOBER 24

Shindig on the Scare: Trunk or Treat, (270) 646-7357, Glasgow

FRIDAY, OCTOBER 25

Where the Rooster Crows Barn Affair, thru 26th, (270) 469-5943, Red Fern Stables, Campbellsville

Little Shop of Horrors, thru 27th, (270) 361-2101, The Plaza Theatre, Glasgow

SATURDAY, OCTOBER 26

Liberty Trail & Treat, (606) 706-7777, Liberty Island Trail

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

WESTERN

FRIDAY, OCTOBER 4

Outdoor Movie: Sully, (270) 824-2100, Madisonville Regional Airport

Song Writers Night, (813) 967-3046, West Dawson Music Venue, Dawson Springs

SATURDAY, OCTOBER 5

Scout Adventure Day, 19th, (270) 335-3681, Wickliffe Mounds State Historic Site

FRIDAY, OCTOBER 11

Trigg County Country Ham Festival, thru 13th, (270) 522-8244, Cadiz

Bluegrass on Beshear, (270) 797-0072, Lake Beshear, Dawson Springs

MONDAY, OCTOBER 14

Jason Vieaux, (270) 821-2787, Glema Mahr Center for the Arts, Madisonville

SATURDAY, OCTOBER 19

Iam Tongi, (270) 821-2787, Glema Mahr Center for the Arts, Madisonville

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

Guided Hike: Fall Scavenger Hunt, (270) 584-9017, Mahr Park Arboretum, Madisonville

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

The Pumpkin & Pickle Fest, thru 20th, (270) 926-1100, The Cottage Farm Stand, Owensboro

SUNDAY, OCTOBER 20

Art at the Arboretum: Beginner Watercolor Workshop, Loose Flowers, (270) 584-9017, Mahr Park Arboretum, Madisonville

FRIDAY, OCTOBER 25

Outdoor Movie: Kicking & Screaming, (270) 824-2100, Madisonville-Hopkins County Sportsplex

Gospel Music Extravaganza, thru 26th, (270) 836-8882, Grapevine Baptist Church, Madisonville

SATURDAY, OCTOBER 26

Guided Hike: Fall Shoreline Water Trek, (270) 584-9017, Mahr Park Arboretum, Madisonville



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TEAM KENTUCKY



1 AUTUMN LEAVES
Caleb Russell captured this moment of autumnal perfection at PC Lake in St. Paul, Kentucky. Russell is a consumer-member of Grayson RECC from Quincy.

2 GUESS WHO?
Max Bowling and Grammy enjoyed a day at Country Pumpkins in Dry Ridge. Photo by Grammy, Kathy Bobb, an Owen Electric consumer-member from Dry Ridge.

3 GREEN THUMB
Avid gardener Elijah Hornback grew this 180-pound pumpkin. Photo by great-grandmother Mary Masterson, Webster, a Meade County RECC consumer-member.

4 NUTS FOR GRAMMY
Naomi and Andrew King gather walnuts for their Grammy, Debra King. Photo by Debra, a South Kentucky RECC consumer-member from Whitley City.

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



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

KENTUCKY kids

Trick or treat

On Halloween, only visit homes in neighborhoods you and your family are familiar with.



ALL ABOUT BATS



Bats sleep during the day, hang upside down in their homes and come out at night to eat. Bats often consume their body weight in insects every night, helping keep bug populations in check.

Bats make high-pitched noises and listen for the echoes when they hunt for food. This is called echolocation. They also use their sense of hearing to locate other bats and slow down, speed up or change direction so they can fly as a group.



Did You Know?

Your skeletal system has 206 bones. These bones give your body support, protect your organs and help your body move.

Green Team Tip

Stay on the trails when you go hiking in the woods to protect the wilderness and preserve it for future hikers.

— Serena Eickhoff, age 7



Send us your green team tips!

Enter KIDS Contest

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

Missing vowels



Each of these Halloween words is missing a letter. Can you fill in the missing vowel?

- 1) SK__LETON
- 2) GH__ST
- 3) C__NDY
- 4) COST__ME
- 5) W__TCH



1) E 2) O 3) A 4) U 5) I

Tell us a joke!

What is the scariest animal in the Arctic?

The Cari-boo!

— Winnie Curley, age 10



GREAT OUTDOORS

Troll for crappie

Turning to crappie when the leaves are turning



Autumn is a great time to catch crappie and to be outdoors. Photo: Ken McBroom

▲ **FALL HAS ARRIVED.** The leaves are turning, the deer and squirrels are moving and the crappie are biting. As the water temperature begins to drop, crappie and many other species begin to migrate into their springtime spawning areas—not to spawn but to follow the schools of shad that move into shallow bays from the main lake. As the summer heat fades and water temperatures fall during cool autumn nights, lakes begin to turn over. This is when the warmer water beneath the cooling surface water rises. This rapid mixing of the water can wreak havoc on fish.

During this time, shad move back into shallow bays to escape the mixing water, where the turnover is less pronounced. Oxygen levels also

drop on the main lake. But the zooplankton that the shad eat is still concentrated, and tributaries within these shallow bays also help to introduce oxygen into the water.

It's the same setup that occurs in the spring, which is why most crappie anglers know that spring is a great time to pursue crappie in the shallows. The difference is that during the fall, crappie are focused on one thing: eating. With winter approaching, they must build up fat stores to survive. Because of this, crappie are scattered throughout the water column feeding on shad that are on the move.

Trolling, also known as longlining, is a good way to offer your presentation to these roaming crappies. Speed and depth are key. Whether you troll crankbaits or plastics, getting them to the proper depth can be the difference between a great day fishing and just a nice day on the water. Use several rods to vary the depth until you find where most of the fish are located. Bait depth is varied by the amount of line let out behind the boat. More line means your bait runs deeper; less line and your bait will run shallower in the water column.

Trolling is done by placing poles in rod holders while you move along at a constant speed. The starting point for me is 1.5 mph. Sometimes fish want it slower and sometimes they want it faster; let the fish tell you what they want and adjust accordingly. With multiple poles you also can troll different colors and styles of baits. A certain color or profile can make all the difference. Trolling is a good way to cover water and pick off fish that are scattered throughout a bay.

Fall is a great time to be outdoors. Hunting season is in full swing, hiking and camping are a delight, and many more outdoor adventures await. Each autumn I struggle with what I want to do but trolling for crappie is a constant. Give trolling a try this fall and enjoy a family day out on the water in the great outdoors. **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

High Technology For Low Vision Patients Allows Many To Drive Again



For many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastions of independence: driving. A Lebanon optometrist, Dr. James Gillispie, is using miniaturized telescopes that are mounted in glasses to help people who have lost vision from macular degeneration and other eye conditions.

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

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

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

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

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



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

56% of patients treated with a high-dose combination of vitamins experienced improved vision after six months. TOZAL Comprehensive Eye Health Formula is now available by prescription from eye doctors.

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

functioning, especially driving," says Dr. Gillispie.

When Beth, 62, of Greenville, TN, came to see Dr. Gillispie she wanted to keep her Tennessee driver's license and was prescribed bioptic telescopic glasses to read signs and see traffic lights farther away. Dr. Gillispie also prescribed microscope glasses for reading newspapers and menus in restaurants.

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

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

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

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

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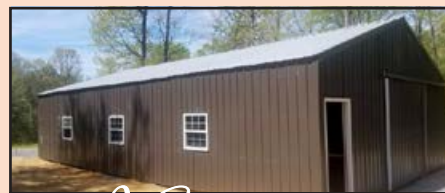
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BYRON CRAWFORD is Kentucky's storyteller—a veteran television and newspaper journalist known for his colorful essays about life in Kentucky. Contact Byron at KentuckyLiving.com: About/People.

LEGENDS OF THE UNEXPLAINED have, for decades, haunted several buildings on the campus of Western Kentucky University in Bowling Green.

Tamela Williams Smith, a retired staff member and former staff regent at Western, first heard accounts of paranormal happenings as a freshman at WKU in the mid-1980s, but later experienced her own close encounter.

On her way to earning a doctorate in education, she served for a time with the campus police on the midnight shift. One night while showing a new officer around Potter Hall, a dormitory that was empty at the time, the two heard a loud banging noise from a room on the first floor, and went to investigate. As Smith reached for her key to unlock the door, the other officer said the doorknob was moving.

Another employee told of hearing approaching footsteps and what sounded like keys jingling in a hallway about 1 a.m. in the same building. He called out twice, assuming it might be a campus police officer, but got no answer. The hallway was empty. A female voice has been clearly heard in the building when no one was there. And pennies have mysteriously appeared as though from nowhere.

Over the years, numerous witnesses have told of ghost-like figures sitting or walking in Van Meter Auditorium, Smith says, “and they don’t realize it isn’t a person until it vanishes.” A student worker saw a shadowy male figure by the window well in the basement of the Craig Administrative Center, and there are tales of ghostly visitors in Raymond Cravens Library and McCormack Hall.

Since 2018, Smith, a consumer-member of Warren RECC, has been collecting firsthand stories of eerie phenomena from more than 100 alumni, faculty and staff.

Among the recent mysteries, one was shared by a young staffer in Potter Hall who stopped by her office with her 3-year-old son after office hours one evening to take care of some unfinished paper work. When she had difficulty opening an interior door, the child suggested that she ask for help from the woman with the ponytail he’d seen in her office. The mother, knowing that she and her son were alone, left the building.

Students and hall directors in some dorms have reported elevators moving and their doors opening when the buildings were empty. And one summer evening, while investigating a series of 911 calls from an unoccupied dorm, police received a 911 call from the room in which they were standing!

These are among the many stories in Smith’s upcoming book, which has inspired a new Hilltopper History and Haunts Tour on the WKU campus. Learn more at spooksmith.com. **KL**



“We stood there with a flashlight shining on it and saw it rattle again—like someone was on the other side moving it,” Smith recalls. “We went in, certain there was someone in the room. But the room was empty; nothing to account for the doorknob moving, or the banging noise. We decided to leave!”



HEATHER BILYEU



KIMBERLY DOSS



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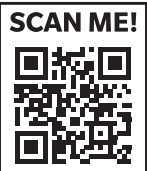
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