

KentuckyLiving

A smiling man with a grey cap and a red and white plaid shirt is holding a large basket of ripe peaches. He is standing in a field of tall, green corn stalks. The background is slightly blurred, emphasizing the man and his harvest.

*Celebrating the energy
of your community*

HOW DOES YOUR GARDEN GROW?

CALLING ALL READERS

Best in Kentucky nominations
2022 Photo Contest now open

STILL EXPANDING

Distilleries' sweet success

MARCH 2022 • KENTUCKYLIVING.COM

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

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

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

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

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

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



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

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

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

functioning, especially driving," says Dr. Pino.

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

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

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

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

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

www.lowvisiontn.com

For more information and a FREE telephone consultation, call us today:
1-855-405-8800

Office located in Lebanon, TN

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





2022
Lawn &
Garden
Issue



MARCH

VOL 76 | NO 3

16

HOW DOES YOUR GARDEN GROW?

Three Kentuckians with a shared love for gardening discuss the different methods and crops that keep them planting. From raised beds and orchards to hügelkultur and daylily farming, pick up some tips on how to turn your thumb green.

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GARDEN FUN

Gardens are beautiful in their own right, but sometimes a good garden has a little extra flair. We asked readers to submit photos of their garden art, be it gnome or statue, and this month we're sharing a few of our favorites.

ON THE COVER Scott and Jennifer Keach have a 2,000-acre family farm in Henderson. Here, Scott tends to the 30-year-old orchard of peaches, apples, plums and cherries. Photo: Jolea Brown

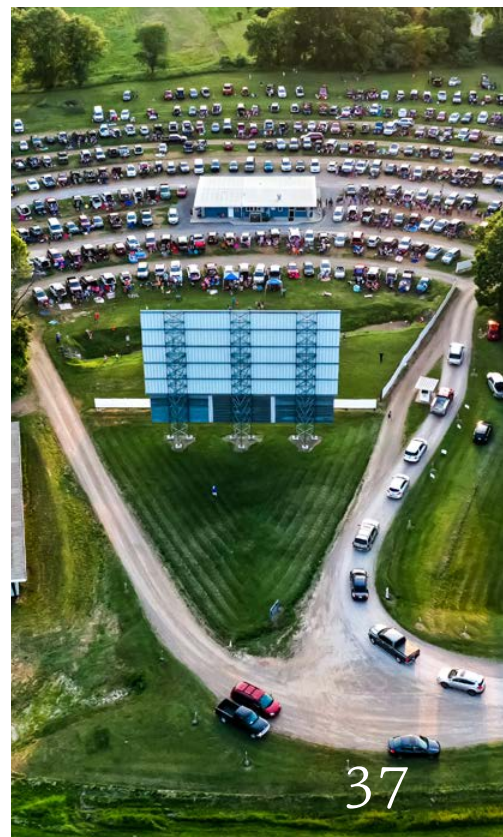
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Kentucky Living is published to create a community of people who take pride in thinking of themselves as Kentuckians and as knowledgeable electric co-op members, in order to improve their quality of life.

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Coming together to improve communities

Co-ops honor Kentuckians who Beautify the Bluegrass



LISA BAKER/JACKSON ENERGY

AFTER ALL OF THE TERRIBLE

weather Kentuckians have faced over the last several months, we are so excited to usher in spring in this issue of *Kentucky Living*.

From gardeners to garden art, it's time to shake off winter and start anew. As you spruce up your neighborhood, or notice others in your community doing their part to improve public spaces, I encourage you to nominate those projects for recognition in our annual Beautify the Bluegrass partnership with the governor's office.

While in past years Beautify the Bluegrass was regarded as a contest, our aim going forward is to recognize beautification efforts motivated by a desire to improve the community. The mission of electric cooperatives is to improve the quality of life in the communities we serve, as evidenced by Jackson Energy, which received the 2021 Governor's Award.

Check out their project on page 10, then nominate someone close to home on KentuckyLiving.com.

Finally, as we continue to support the victims of the December tornadoes, we also would like to give a tap of a lineworker's helmet to all the crews who helped restore power following the winter weather in early February. Kentucky dodged the worst of the ice, but crews faced challenging conditions as they worked day and night on behalf of co-op consumer-members.

As we turn the calendar to March, we encourage you to prepare and be aware of the increased risk of severe thunderstorms and tornadoes at this time of year. Kentucky knows all too well it can happen to any of us at any time.

Stay safe and good luck in the garden. As George Bernard Shaw wrote, "The best place to seek God is in a garden. You can dig for him there."

Chris

CHRIS PERRY
President/CEO

KENTUCKY ELECTRIC COOPERATIVES



FROM THE EDITOR

WE'VE MADE IT TO GLORIOUS SPRING (ALMOST)!

I don't know about you, but that bitter cold this winter sure left me longing for a return to sunny days.

The gardener profiles (page 16) inspire me to expand my gardens and start composting. My heavy clay soil needs lots of help, after our family moved to a new house and started anew. But as Jennifer Keach reminds us in the story: "start small and build up to a larger space."

What fun garden art our readers share (page 24)—so creative!

While you're waiting for the weather to warm up, be sure to take time to enter two of *Kentucky Living's* most popular contests.

Nominate your favorite places, people or things in the 2022 Best in Kentucky contest (page 23)—five people will win \$100 cash just for entering. And, choose your best nature, people, animals, travel and aerial images and enter the *Kentucky Living* 2022 Photo Contest (page 29). Both contests run through March.

May your spring be filled with warmth, calm and beauty.

ANITA TRAVIS RICHTER, 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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ANNE CAMPBELL

OUR FAVORITE TIME OF YEAR

Showcase your community and your talents

March is a month of new beginnings—spring officially starts and so do nominations for Beautify the Bluegrass and the Best in Kentucky awards, and the 2022 *Kentucky Living* Photo Contest opens. Share a local community project, nominate a favorite destination, or share your best original photographs. Find more details at KentuckyLiving.com.



ART IN THE YARD

Readers share lawn and garden fun

We asked and, as usual, you answered in a big way! Turn to page 24 to see our top picks for submitted yard art—fun things that add extra flair and whimsy outside. Then go online to see some very honorable mentions!



HEATHER BILVEU

ALWAYS WANTING MORE?

Bonus content available online

Not only can you find the stories you see in our print magazine posted online, but you'll also see more recipes, events, photos, news—the list goes on. Visit us online anytime to get your fix. There's always more to explore at KentuckyLiving.com.



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Journey through a family's grief

It has been said that it is not the natural way of things for a parent to outlive a child. Though losing any loved one causes grief, the insurmountable grief of a parent losing a child is unimaginable and an ever-present worry in a parent's heart.

Louisville author Paul Griner delves into the aftermath of such loss following a school shooting in his fourth novel, *The Book of Otto and Liam*. Otto, a commercial artist, and his wife, May, an engineer, lead a happy life with their only son, Liam, until Liam is wounded by an angry teenage shooter who entered an elementary school and shot for 11 minutes.

As Liam's life hangs in the balance, readers are invited into Otto's thoughts, bouncing back and forth from pre-tragedy to present, as he and May grapple with fear, survivor's guilt, grief, and a relentless conspiracy theorist claiming the event was a hoax.

As the hoaxers continue to spew their venom and become increasingly bold in their contact, the pressure takes its toll on Otto's psyche. The stream-of-consciousness writing style reveals the thin thread by which Otto is hanging as his life continues to crumble and gives readers perspective on the

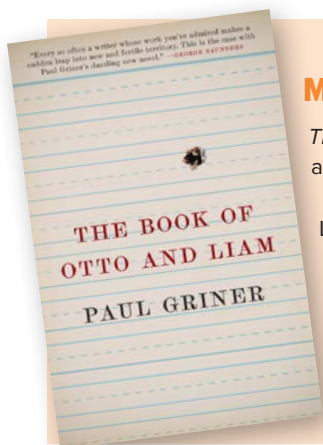
long-term damage caused by such tragedy, a side of the story often not covered after the headlines become old news.

Griner rips wide open a difficult and unusual novel topic, causing his readers to look and feel beyond the inadequate explanations and comforting platitudes offered to those experiencing tragedy. In a recent interview, Griner explains, "Since Columbine happened when my first child was just starting school, and since I often write about things that trouble me, I knew for a long time that the subject was one I'd probably wrestle with."

He also found himself troubled by the growing number of denialists who claim such events are government staged to gain support for gun control and knew they must be included in Otto's story.

Griner's wish is for readers to find hope in Otto's story, seeing that "...even in the midst of tragedy, we can find grace, strength, and empathy, by trying to forgive ourselves and others, by trying to find the best in people, here or departed, by refusing to give in to the quick but ephemeral satisfactions of anger and revenge."

» Penny Woods



More about the author

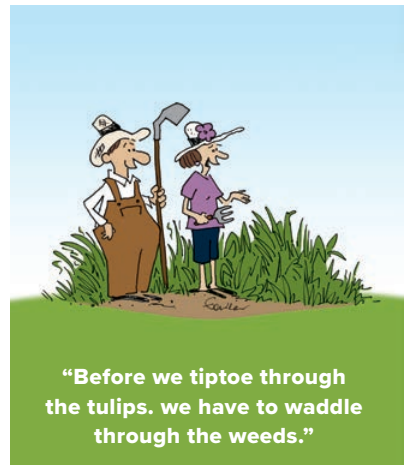
The Book of Otto and Liam (Sarabande Books, \$16.95) is available at major booksellers or online in print or ebook.

Griner teaches writing and literature at the University of Louisville. Previous works include the novels *Collectors*, *The German Woman* and *Second Life*; and the story collections *Follow Me*, a Barnes and Noble Discover Great New Writers choice, and *Hurry Please I Want to Know*, winner of the Kentucky Literary Award.

ENERGY EFFICIENCY

tip

Most manufacturers recommend an annual tuneup for your home's cooling system. March is a great time to schedule this service so you can beat the summer rush when the pros are busiest. A qualified professional can check the amount of refrigerant, accuracy of the thermostat, condition of belts and motors and other factors that can greatly impact the efficiency of your system.



Craving craft chocolate in Beattyville

Can you imagine being a judge tasked with tasting 33 craft small-batch chocolate bars and choosing a winner?

The first of its kind in Kentucky, the 2022 Craft Chocolate Challenge was January 22 in Beattyville. Entries in the international bean to bar chocolate contest came from four continents, representing 18 regional cacao farms across 11 countries.

Contest Director Dustin Cornett, owner of the Chocolat Inn & Café in Beattyville, says, “The contest highlights craft chocolate makers who create their delicious treats from the cacao bean. Creating high-quality chocolate from cacao beans is labor-intensive and requires numerous steps from roasting the beans to tempering the chocolate for the perfect chocolate bar mold.”

Craft chocolate or artisanal chocolate generally refers to small-batch chocolate made from bean to bar, using ethically sourced cacao beans to ensure a sustainable future for farmers.

So which bars won? In the Top Overall category, Moku Chocolate took first for its 60% cacao dark milk chocolate from Ecuador and second for its 70% cacao dark chocolate from the



Dominican Republic. Other craft chocolate bars that took home medals include Honeymoon Chocolates, second for Best Dark Chocolate; Mausi Chocolates, second for Best Milk Chocolate; Tebo Chocolates, first for Best White Chocolate; and OodaaLolly, first for Best Inclusion for its White Coconut Pineapple bar.

See more photos at KentuckyLiving.com.

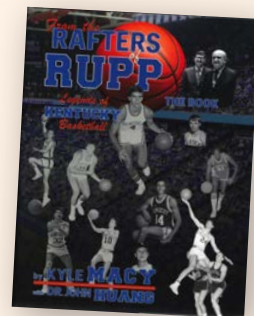
featured FRAMES



“We found this Upland Burrowing Crayfish while cleaning out a ditch after the March 2021 flooding,” says Angela Byrd of McKee, a consumer-member of Jackson Energy Cooperative.

Basketball greats remembered

From the Rafters of Rupp—The Book: Legends of Kentucky Basketball (\$34.95, Acclaim Press) contains firsthand accounts from 20 of the 44 players, coaches and broadcasters who have been immortalized high above Cawood’s Court for their contributions to Kentucky basketball.



Written by Kentucky legend Kyle Macy and sports columnist John Huang, *From the Rafters of Rupp* has something for every member of the Big Blue Nation, from the oldest diehard to the newest “true blue” fan. Its 208 pages are packed with vintage photographs, statistics and interviews with the likes of undefeated 1954 National Champion Cliff Hagan, all-time leading scorer Dan Issel, Kenny “Sky” Walker and Unforgettable Richie Farmer.

Macy, who lived and still breathes Kentucky basketball, walks you through the history of this storied program with his own personal accounts of many members of this exclusive club.

» Wade Harris

LETTERS TO THE *editor*

How to screw in a lightbulb

The cover artwork for the January issue, *The Value of the Grid*, was clever and pleasing to the eye. However, the lightbulb pictured would probably not find any usage in our grid. The socket threads are left-handed. Hard to screw into most sockets.

DAVID BUSCH, HUSTONVILLE

INTER-COUNTY ELECTRIC CONSUMER-MEMBER

Investing in our future

I appreciated the article by Joe Arnold on *The Value of the Grid* (Our Power, January 2022). I thought he made some great points about resiliency, emergency preparedness of the grid, and how we don't currently charge for access to the grid or the transmission elements of our electricity.

One of my biggest concerns with the article was the stating that renewables and storage options simply don't work right now, and the technology is "years away, at the earliest." While improvements in technology continue to improve efficiency of renewables and newer storage options like liquid metal batteries, we have current grid scale options right now.

The current inhibitor is cost, not necessarily technology. Another common option that's been around for nearly a century is pumped hydropower. At home, batteries like those with home solar or electric vehicles can also be used by the grid to make up short gaps in generation as well.

While wind and solar generation will never be great base-load power sources, they can significantly reduce the use of natural gas "peaker plants" which run infrequently to cover the highest load times, often when renewables are also generating their greatest amounts.

I was excited last month to learn my co-op, Blue Grass Energy, has a cooperative solar facility near Winchester where panels can be leased. I plan to lease some soon as my home is not suitable for rooftop solar. These kinds of projects are where we should be investing our future. I do not think the coal and natural gas plants need to be shut down now, but we should be planning long-term for their phase-out and transition to cleaner sources, even if the cost is a little higher.

ANTHONY FRIDAY, LEXINGTON

BLUE GRASS ENERGY CONSUMER-MEMBER

Howards are good people

I enjoyed the story of *Love in a Bottle* (Byron Crawford's Kentucky, November 2021). I am from Trimble County. I have lived here my whole life but have never heard the story.

Knowing Sharon and her brother, Terry, and also getting to meet their dad, Howard, they are good people and hard workers. I am sure Creed and Cynthia raised a fine family.

WILLIAM FEESE, COLUMBIA

TAYLOR COUNTY RECC CONSUMER-MEMBER

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.

ALL NEW LANTERNS!

Let's Glow Wild

WILD LIGHTS

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Beautify the Bluegrass recognizes community spirit

Co-ops partner with Governor Andy Beshear

JOE ARNOLD

FOR THE SIXTH STRAIGHT YEAR, Kentucky Electric Cooperatives and its flagship publication, *Kentucky Living*, are partnering with the governor's office to Beautify the Bluegrass by recognizing beautification efforts in communities across the commonwealth.

"When Beautify the Bluegrass started in 2017, it was first described as a contest to inspire Kentuckians to improve public spaces," explains Chris Perry, president and CEO of Kentucky Electric Cooperatives. "What is so heartening is that Kentuckians don't need a prize to motivate their community spirit; there are hundreds of homegrown projects, and we want to spotlight them."

Through August 5, Kentuckians are encouraged to nominate local beautification efforts by visiting the Beautify the Bluegrass page on KentuckyLiving.com. Submissions can include existing projects carried out since August 2021. Finalists will be announced online during the *Kentucky Living* Best in Kentucky Awards on August 17, followed by an online vote through September 2.

The Beattyville City Park, shown below, after flooding left it in disarray and no longer safe. Photo: Tim Coyle. Bottom right, Jackson Energy employees and city employees work to repair the fencing. Photo: Lisa Baker



Last year, Gov. Andy Beshear announced the restoration of Beattyville City Park as the recipient of the 2021 Beautify the Bluegrass Governor's Award. More than 45 Jackson Energy Cooperative employees volunteered 630 man-hours over a two-day span to help restore the park after it was submerged and devastated by historic flooding.

"I am proud to partner with Kentucky's electric cooperatives to support homegrown beautification efforts across the commonwealth and appreciate the cooperative spirit of Beautify the Bluegrass," Beshear says. "This is what 'Team Kentucky' is about—Kentuckians who care about their communities and take action to help. I am excited to see how Kentuckians will Beautify the Bluegrass in 2022."

Five other projects were recognized as finalists last year:

- McDougal Lake Trail Cleanup and Beautification (Hodgenville)—Knob Creek Conservancy.
- Ohio County Park amphitheater stage reconstruction (Hartford)—Big Rivers Electric Corporation volunteers.





- Lake Liberty transformation (Liberty)—Liberty Tourism and Trail Town Task Force.
- The Monarch Mural (Franklin)—Franklin-Simpson Garden Club and volunteers.
- Leslie County Community Canoe Cleanup (Leslie County, Middle Fork Kentucky River)—Organized by Kammy, Wyatt, Gabriella and Jackson Ostrander and community volunteers.

In Beattyville, flooding left the park in total disarray and no longer safe for children.

“The floodwaters left behind damaged fencing, broken equipment and mounds of sand that covered everything from the top of the slides to the gutters on the shelter,” says Lisa Baker, one of the Jackson Energy Cooperative volunteers.

Under the guidance of Beattyville Mayor Scott Jackson, Jackson Energy employees worked alongside several city employees to reconstruct the required safety fall zone around each piece of play equipment, shoveled tons of sand and a truckload of mulch, repaired fencing, pressure-washed the play equipment and shelter building, revitalized the landscaping and added a final touch of paint.

“The employees of Jackson Energy understand the importance of a strong community and we are committed to doing our part,” says Carol Wright, the co-op’s president and CEO. “It was our privilege to work alongside the leaders of Beattyville-Lee County to restore their city park and to give a vital piece of their community back to them. When given the opportunity to give back, we are ready to make a positive impact for the families we call neighbors.” **KL**



Above, volunteers shovel a truckload of mulch to create a safety zone around each piece of playground equipment, then revitalized the landscaping, adding a final touch of paint. Photos: Lisa Baker



Spring

INTO ACTION

Proud of your community beautification project? Show us and be recognized by *Kentucky Living* and Governor Andy Beshear.

Get information at
KentuckyLiving.com/Beautify



KentuckyLiving



PLAN YOUR PROJECT NOW | DEADLINE TO ENTER AUGUST 5

A home away from home

Life-saving care

ELIZABETHTOWN

It was the darkest of times for the Eastridge family of Sonora, but a clown's house and Kentucky electric co-ops helped save the day.

Jay and Taylor Eastridge's baby, Teagan, now 2, was hospitalized for 50 days, and her outlook was grim.

Teagan had fever spikes and respiratory issues. Then came a diagnosis of *E. coli* bacterial infection. Teagan wouldn't eat or drink. She became dehydrated and developed hemolytic uremic syndrome, which destroys red blood cells that provide oxygen.

"She had blood counts that, as a nurse, I had never seen in my career," says mom Taylor.

Teagan's kidneys shut down, and she spent 21 days on hemodialysis and plasma plasmapheresis.

She had a stroke; her lungs collapsed. Doctors discovered she had contracted COVID-19 sometime before admission.

They countered medical issues with blood and platelet transfusions, as well as surgically placed intravenous lines and intubation tubes. Even so, everyone worried areas of her brain had been deprived of oxygen and if she recovered, she would have permanent repercussions.

To add to the trauma, because care was taking place



The Eastridge family: Jay and Taylor with daughter, Teagan, who is now healthy and happy, and brothers Jayke, left, and Jaxon. Photo: Elaina Janes Photography

during the pandemic, no family, not even her siblings, could visit.

Enter the clown, or more specifically his house—the Ronald McDonald House—part of the nationwide Ronald McDonald House Charities, a nonprofit organization that Kentucky's Touchstone Energy Cooperatives and co-op employees support through ongoing donations.

"When I first walked into the Ronald McDonald House (RMH), I saw the Touchstone Energy logo on the wall as a supporter," says Jay. "Then I remembered all the fundraisers and food drives we had done at Nolin RECC for RMH. I didn't really know how important it was to families until we needed it."

Taylor agrees.

"At some point, you get

physically sick when you try to sleep on a hard chair for days at a time, and you are not even hungry even though your body needs nutrition," she says. "Ronald McDonald House enabled us to get a shower or a short nap. It is free of charge, so that is a huge blessing."

Back at Nolin RECC, the other employees gave Jay, a line technician of seven years, their vacation days so he didn't have to worry about missing a paycheck.

"You have to get through it," Jay says of the trauma, "but really knowing what RMH means to people makes me so proud of our co-op and all the other co-ops that support it." **KL**

DEBRA GIBSON ISAACS writes about how co-op members and staff contribute to their communities.

Diverse experience ferments success

Spotlighting three distilleries coming of age in the last 10 years

JOE ARNOLD



On the left, an 18-inch column still feeds into a 250-gallon doubler. On the right, a 36-inch column still feeds into a 500-gallon doubler. The two systems allow Wilderness Trail Distillery, Danville, to distill 216 barrels a day. Photo: Wilderness Trail Distillery

Sweet mash, fermentation experts

Before they launched **Wilderness Trail Distillery** in 2012, co-founders Shane Baker and Pat Heist had already established themselves as global experts in fermentation.

With Heist's microbiology expertise and Baker's engineering skills, the former rock bandmates started Ferm Solutions in 2006. The Danville-based business and its 10,000 strains of yeast are a resource not only for distilleries, breweries and wineries, but also ethanol producers.

"Ferm Solutions provided us with the experience of

climbing around hundreds of distilleries around the world and a budget to start our distillery," Baker explains, "So we funded ourselves from the beginning."

And what a beginning. Ten years after Baker and Heist bet the farm on their skills and experience, Wilderness Trail is the

14th largest bourbon distillery in the country. Its spirits are distributed in 36 states and the United Kingdom with plans to add four more states and four more countries this year. The distillery adds two to three large rickhouses per year and this year will increase its annual capacity to 75,000 barrels.

KentuckyLiving.com

Distillery map

As part of Kentucky electric cooperatives' support of the distilling industry, KentuckyLiving.com includes updates and our exclusive distilleries map in "As bourbon still booms" from our October 2021 issue. For advertising opportunities in future issues, click "Magazine" on KentuckyLiving.com.



▲ Visitors touring Wilderness Trail can sample the clear new make off the still before it is barreled. All of bourbon's color comes from barrel aging. Photo: Wilderness Trail Distillery

"There is an old saying in the business, 'It's easy to sell one bottle. The true test is someone buying a second,'" Baker says.

Wilderness Trail is known for its sweet mash production versus the more widely used sour mash technique and for its award-winning bourbons and rye whiskeys. Served by Inter-County Energy, the distillery has something for everyone on 168 acres in Danville with an array of warehouses, a bottling center and visitors center.

"We hope everyone experiences a sense of family pride and actually learns something about producing bourbon they might not know," Baker says. "We have a genuine story to share with a traditional approach and scientific blend on making some of the finest whiskeys in Kentucky."

Visitors may see local cattle farmers who arrive day and night to pick up the stillage. The distillery's spent grains provide enough feed for roughly 5,000 head of cattle in four counties. Other key local ingredients are water, expansive land, public support and their electric cooperative.

▶ Lux Row Distillers produces Rebel Bourbon, Ezra Brooks, David Nicholson, Daviess County and Blood Oath whiskeys. Photo: Luxco

"Our power consumption has no doubt increased since our humble start in 2013 and Inter-County Energy has made that happen for us," Baker says. "Their talented team has offered ideas that save us

costs in everything from construction to operations. We can say they are a partner of ours in making Kentucky bourbon."

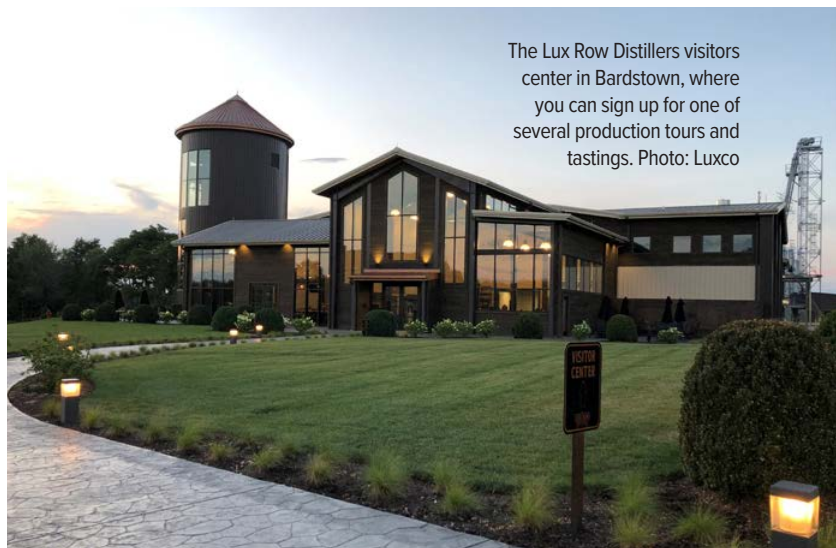
Expanding to meet demand

When St. Louis-based Luxco sought the ideal spot to start **Lux Row Distillers**, it also chose a location served by a Kentucky electric cooperative, Salt River Electric.

Founded in 1958, Luxco is a leading spirits producer, bottler, importer and marketer. In 2015, the company began a joint partnership at Limestone Branch Distillery in Lebanon. In 2018, it debuted its first wholly-owned bourbon distillery, Lux Row Distillers in Bardstown.

Only four years later, the distillery is undergoing a \$4 million expansion, enabling it to operate 24 hours per day and increase its capacity by 75%. With 10 barrel warehouses at capacity, 18,000 square feet and a 43-foot custom copper still, Lux Row will have the ability to distill more than 50,000 barrels of whiskey annually when the expansion is fully complete later this year.

"Lux Row Distillers broke ground nearly six years ago as a result of our company's desire to grow our brands and service our needs on our terms," says Lux Row Master Distiller John Rempe. "Expansion of our facilities represents the next chapter



The Lux Row Distillers visitors center in Bardstown, where you can sign up for one of several production tours and tastings. Photo: Luxco



in our evolution as we continue to fill the growing demand for our products. I'm truly excited to see what possibilities open up when expansion is completed."

The distillery remains fully operational throughout construction. Since all work is "back of house," the expansion efforts are not affecting tours or other aspects of the guest experience at the end of the long, tree-lined driveway on the 70-acre property.

Though the distillery is new, it is home to several iconic bourbon brands, including Ezra Brooks and Rebel. Visitors can choose from several production tours and tastings while keeping an eye out for peacocks that roam the grounds.

Fill your own bottle

Customer experience is the specialty of newest member of the Kentucky distillery community, Walter Zausch.

One year ago, the entrepreneur and former architect purchased the 10-year-old **Three Boys Farm Distillery**, served by Blue Grass Energy, from founders Ross and Heather Caldwell in Franklin County. The Henderson native returned to Kentucky in 2013 after working for Apple and Microsoft in California.

"Now I'm in the Silicon Valley of distilled spirits," Zausch laughs.



Before owning the distillery, Zausch was its wholesale customer for three years, purchasing barrels of bourbon for clients to market private label products.

"I've really turned up the relationships with the Kentucky Distillers' Association and tour companies to bring in more visitors and create a 'backstage tour' experience that puts the customer at the center," Zausch says. "It invites them to a working farm distillery. We grow our own corn that goes into our bourbons and whiskeys. They see the process, they see us distilling, and all the way down to tasting bourbon straight out of the barrel."

Visitors to the 127-acre farm are invited to use a "whiskey thief," a tool usually reserved for distillers to sample the product.

"They taste four bourbons and one rye, typically," Zausch says,

"and if they fall in love with any of those, they can fill their own bottle straight out of the barrel, label it, seal it, and it's theirs."

While larger distillers aim to produce a specific and consistent flavor profile by brand, "We really celebrate the single barrel," Zausch says, "and how it can change in flavor and expression as it's aging and affected by temperature, barometric pressure, humidity, etc. That's a big differentiator for us."

Zausch is upgrading fermenters and other equipment with a goal to increase production and ultimately land on retail store shelves. For now, the only place to purchase the distillery's products is by stopping by its barn.

"We are easily accessible in Franklin County right off of I-64," Zausch says, "And I think we're one of the best kept secrets in Kentucky." **KL**

▲
Visitors to Three Boys Farm Distillery in Frankfort see the process of making bourbon, from the corn grown on the working farm to distilling, and then tasting the bourbon from the barrel and making their own bottle to take home. Photo: Three Boys Farm Distillery



WILDERNESS TRAIL DISTILLERY
www.wildernesstraildistillery.com

LOCATION:
Danville



LUX ROW DISTILLERS
www.luxrowdistillers.com

LOCATION:
Bardstown



THREE BOYS FARM DISTILLERY
www.threeboysfarmdistillery.com

LOCATION:
Franklin County

2022
Lawn &
Garden
Issue



HOW DOES YOUR GARDEN

Left, Jennifer Keach, Henderson, picks some of her Armenian Pale Green cucumbers. Photo: Jolea Brown; middle, Charles Berryhill, Clinton, digs through some of his raised beds of black dirt and compost. Photo: Jolea Brown; Lori Ulrich, Mayslick, tends to daylilies in her garden. Photo: Tim Webb



Three Kentucky gardeners share different interests, methods

BY SHANNON CLINTON

Gardening styles are as individual as the people who do the planting and maintaining. Some grow perennials, while others stick to succulents, herbs or fruits and vegetables.

How do you want your garden to grow? To help motivate and inspire you, *Kentucky Living* talked to three gardeners who are pursuing decidedly different styles and types of gardening.

OUR GARDEN GROW?

GARDENING WITH FRIENDS AND FAMILY

About seven years ago, Jennifer Keach and six friends attended a garden show and were so exhilarated by what they saw that some went home and launched their own gardens, sharing fun, new seed styles and the harvest with one another.

Each January they gather, poring over seed catalogs and deciding what off-the-wall fruits and vegetables they'll plant that season.

"We like maybe a burgundy okra or radishes that are purple," Keach says. "There's no end to the unique vegetables you can grow—it's crazy. They're beautiful!"

Keach is director of communications and community relations for Big Rivers Electric Corporation and a Kenergy Corp. consumer-member. She and her husband, Scott, live on a farm in Henderson in an area his family has farmed for a century or more. Both have taken some Master Gardener classes.

Jennifer often uses raised beds. "We chose to build our raised beds mainly because it's much easier to control weeds," she says. "It also allows us to amend the soil mixture with sand, peat moss, etc. for optimum growth. The area between the beds is also easier to maintain."

Jennifer grows many varieties of sweet and hot peppers, cucumbers, tomatoes, squash, lima beans, zucchini and more. The couple's early spring cool weather garden contains lettuces, fennel, radishes in many colors, snow peas and broccoli.

Scott tends their 30-year-old apple, plum, cherry and peach orchard and other aspects of the 2,000-acre farm, which also produces corn, trees and soybeans.

Raised beds at Keach Farm in Henderson. The farm sits on 2,000 acres and has been farmed for a century or more. Photo: Jolea Brown

Top, Scott Keach picks peaches in the Keach Farm orchard. Right and bottom right, Jennifer Keach checks out some of the jams, jellies and pickles she canned with her friends during one of their canning parties. Photo: Jolea Brown



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Jennifer's gardening group members help one another as needed with weeding and other chores. At harvest time they assemble to can, freeze and share fruit and vegetables and make an assortment of pickles, green tomato relish, hot sauce and jellies. Some of the bounty is donated to local food banks.

"We just try to put everything to use," she says. "We avoid being wasteful."

Scott says they've also begun making a boozy beverage called cherry bounce, for which sour cherries are crushed, mixed with bourbon and sugar then fermented for six weeks before the cherries are removed.

The garden takes a lot of labor—some nights after work Jennifer gardens until nightfall and her weekends are often spent weeding, watering, picking and processing.

But she says there's nothing like running outside to pick fresh salad greens or taking a homemade-then-frozen fruit pie out of the freezer to bake and enjoy, or give to a friend.

"It is very time consuming, but the payoff is great," she says.

Charles Berryhill uses a type of gardening called hügelkultur in which a garden bed is mounded and contains old logs, limbs, compost or manure arranged in layers. Photo: Jolea Brown



GARDEN GROWS BY HEAPS AND MOUNDS

A gardener since 1978, Gibson EMC consumer-member Charles Berryhill uses a type of gardening called hügelkultur—a German word—in which a garden bed is mounded and contains old logs, limbs, compost or manure arranged in layers that can become as tall as 6 feet.

As the materials within the mound deteriorate over time, it becomes ideal for holding moisture and providing nourishment for plants.

Conducting seminars and workshops on organic gardening practices in Tennessee and Kentucky, Berryhill, a Clinton resident and retiree, is a cheerleader for the pile method of composting. He loves it when grass,

DIGGING DEEP: GARDENING EXPERTS OFFER ADVICE FOR ALL LEVELS

Because gardening is part art, part science and part luck, it can be overwhelming for new gardeners to know what to do, much less when, where and how while addressing issues like drought and pests.

Gardeners we spoke with offered some tips to help encourage and inform newcomers.

RAISED BED POINTERS

Though it can be tempting to make grand plans at the start of gardening, Jennifer Keach of Keach Farms in Henderson County says with raised garden beds, "Start small and build up to a larger space."

Her husband, Scott, says they have gradually added 13 raised beds, most of them 4 feet wide and 8 to 12 feet long. Some beds are used for three different crops depending on time of season.

"You can grow an amazing amount of food in just a few raised beds," he says.

The soil can be amended with sand or peat moss and its texture should remain loose and not get too compacted for best results, he adds.

Jennifer says elevated garden beds and container gardening in general also can be easier ways for those with physical limitations to grow vegetables.

LOOK LOCAL

When purchasing daylilies, Lori Ulrich of Mayslick says she finds some online but prefers to support local growers and make fun new memories in the process.

"I highly recommend being able to go to a local farm or go to a farmers market and be able to purchase them there," she says.

Gardener and compost-booster Charles Berryhill doesn't have far to go when he heaps as much compost and mulch on his gardens as possible, especially before winter.

"I'm diligent about composting. I compost everything I can compost," he says, including cereal boxes and toilet tissue tubes.

Berryhill, of Clinton, also uses cardboard and mulch to foster weed-free pathways instead of tilling—don't be afraid to modify any learned techniques along the way, he advises.

"Just because I do something and it works for me, not necessarily will it work for you," he says.



▲ Berryhill has piles of wood chips that will eventually rot down to planting soil. “This soil is better than gold,” he says. Photo: Jolea Brown

► Top, tomatoes on the vine in the Berryhill garden. Right, he and wife, Denise, check out her herb garden. Photos: Jolea Brown

leaves, worms, kitchen scraps and more age into a natural, nutrient-rich mix for his gardens.

“Compost everything you can,” he says. “Do not throw kitchen scraps in the trash and send them to the landfill; find a way to compost them.”

His hügelkultur beds are on a hillside. On the lower side of the beds, he’s cut saplings 3 to 6 inches in diameter so the soil won’t wash downhill. He does very little supplemental watering because all of the compost he uses keeps the soil moist and fed, and when the soil is happy, the plants are happy.

“I look at everything as soil,” he says. “Whether you’re religious or not, or a scientist, everything that’s ever been alive has been in soil in some way.”

SINGLE FLOWER FOCUS

Mayslick resident Lori Ulrich wasn’t particularly interested in gardening before 2019, when she stumbled on a small daylily farm and was struck by the plants’ dazzling colors.

“I stopped in there to visit and I was fascinated with the different varieties,” she says.

She bought some that day, wondering skeptically if they’d even survive as she placed them in the ground.

But the next morning, there they were, bright and blooming. “It just impressed me how resilient they are—they’re very hardy plants,” she says.

Ulrich is marketing and public relations manager for Fleming-Mason Energy, where she is also a co-op consumer-member.

As the pandemic took hold in 2020, she dug into her own resiliency, adding more daylilies to her collection and deciding to grow them on a larger scale. In 2021, she added even more, often relying on the personal

Lori Ulrich fell in love with daylilies in 2019. She says she loves their vibrant colors and hardiness. Photo: Tim Webb



Lori Ulrich grows 125 varieties of daylilies and hopes to offer a garden tour in the next 10–15 years. Photos: Tim Webb



pull of the plants' names and colors when making her selections.

A member of the American Daylily Society for two years now, she grows about 125 varieties and hopes to offer a garden tour in 10 to 15 years. She inventories each specimen by the year it was hybridized, who created it, its color and blooming cycle.

Ulrich says she enjoys daylilies' low maintenance and their clever, apropos names—her favorite is Buttered Popcorn, a variety introduced in 1971.

"It is a huge yellow daylily and the color is so much like buttered popcorn it's unreal, and it makes you smile," she says.

Ulrich has about a half-acre daylily plot on her 10-acre property. This season she intends to begin creating a formal daylily field next to her home where people can come purchase plants. She's also working toward a Master Gardener certification.

"I look forward to this spring because this year I will see the fruits of that labor from last year," she says. "I get to see all those colors!" **KL**

KentuckyLiving.com

Reputable resources

From old magazines to books and university experts, the gardeners in this story use a range of resources, which you can find at KentuckyLiving.com.

MISADVENTURES IN GARDENING

Lori Ulrich can laugh now about a mistake she made early on in daylily growing.

"When I first started out I didn't realize that there are different heights to some of the daylilies in different times of year, seasons that they bloom," she says. "... I would put the short ones in the back and the tall ones in the front and I had them blooming at all different times."

After laboring to dig up and relocate some plants placed in error, the Mayslick resident eventually learned to configure them by height and blooming times so shorter daylilies weren't hidden behind taller specimens.

Charles Berryhill says one mistake he made early on was putting his far gardens in rows and tilling.

"I'm so glad I got rid of that," he says. "I think that was one of the biggest mistakes that mankind makes."

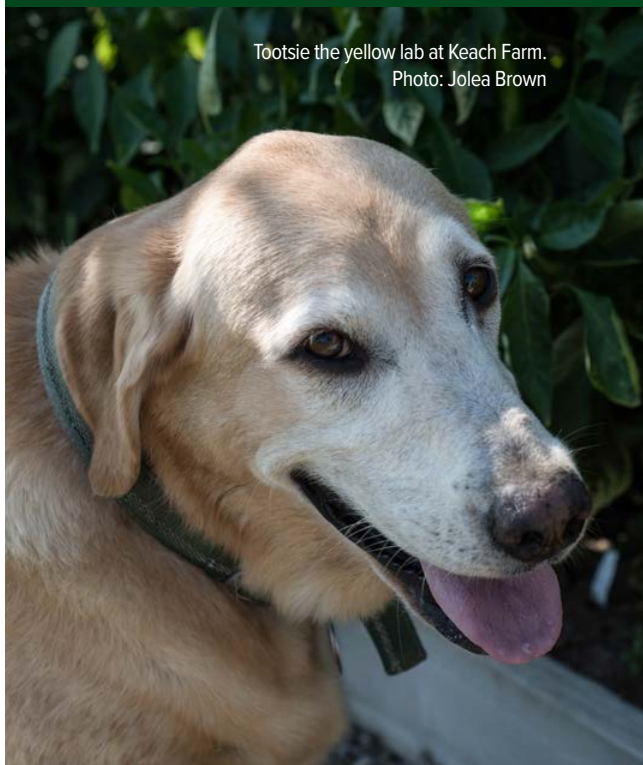
Over the past 50 years, he instead has learned to mimic nature, where plants don't grow in rows. And he's created hügelkultur beds (mounded compost layers), and abstained from chemical weed sprays or fertilizers.

Though she doesn't regret having five dogs on her Henderson County farm, Jennifer Keach now factors in a certain amount of loss to their canine appetites, as they love a good garden grazing session.

"Our dogs love sugar snap peas and lima beans," she says, laughing.

"They just eat the snow peas off the vines," her husband, Scott, adds.

Tootsie the yellow lab at Keach Farm.
Photo: Jolea Brown





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2022
Lawn &
Garden
Issue

garden fun

Art, decor add joy to
outdoor spaces

BY SHANNON BROCK



MATTHEW ALDORE STOCK





▲
George Gow points to a pair of old eyeglasses he repurposed into part of the attire for one of his garden scarecrows.

Previous page, Gow took the old and made it new again. Using items like faucets and chair arms, he turned would-be trash into garden scarecrows.
Photos: Tim Webb

getting out- doors and planting a garden can be rewarding.

It can improve your health, both mentally and physically. But it can also just be—fun.

Last year, we asked you to share your lawn and garden art—the pieces of your yard that make you smile and add a touch of whimsy to your life. We got dozens of submissions, and we appreciate them all. But, here are three that made us smile just a little bit wider.

from trash to garden treasure

When George Gow's wife, Nancy, asked him to take out the trash, sometimes he had other plans for the items she was ready to throw away.

"I've always tinkered in the garage," Gow says. "When my wife said, 'Take this out to the trash,' if it's little things that I think I can use somehow, I put them in the garage."

One of those "little things" was the round top of a four-legged stool. Gow's creative juices started to flow and he realized adding some lawnmower engine gears to the circle as "eyes" would make it look like a face. He enjoyed the creation and hung it on a wire in his Richmond garden, and the first of his garden scarecrows was born.

A piece of plywood became the body and with other supplies—handles, faucets, old eyeglasses—the scarecrow morphed and grew.

"I had so many pieces, I made a second one," he says. "And eventually, I had seven."

Gow's scarecrows are a thing of artistic beauty, which is no surprise given his other interests. A retired professor in the Department of Applied Engineering and Technology at Eastern Kentucky University, Gow has another hobby: painting. He's been juried into 26 national level art shows.

Continued on page 27

Continued from page 26

A former consumer-member of Blue Grass Energy, Gow and his wife recently moved to Louisville. The garden he built and worked for 33 years is now being used by its new owner, and the four remaining scarecrows are getting a second life with a friend in another part of the state.

fairy curiosity

Sandy O'Bryan's backyard garden is a place for curiosity and a little bit of fairy magic. Ten to 15 years ago, O'Bryan, a Salt River Electric consumer-member in New Hope, added a fake door to the base of a beech tree.

"It used to be a tall, tall tree and we wanted to slim it down and cut it back," she says, adding that she put in sidewalks and began to incorporate other plants around it. The tree is covered in ivy.

"It looked like a big mushroom," she says. "I love fairies, so I decided to put a



Is it a fairy hideaway or Sandy O'Bryan's New Hope backyard? Either way, it's magical. Photo: Zach Epperson



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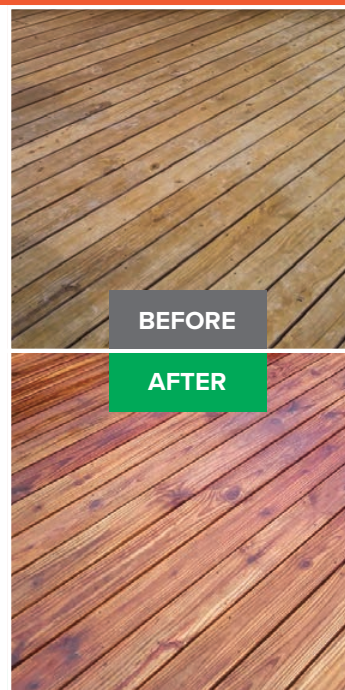
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This statue of Bigfoot guards the koi pond in Kristin Wilcox's yard in Beaver Dam. Once an eyesore, the garden area has been converted into a beautiful retreat. Photo: Kristin Wilcox

“
I enjoy the idea
that things could
possibly exist
that we've not yet
discovered.”

» KRISTIN WILCOX



fake door on it and make it look like a fairy house.”

O'Bryan loves to spend time with her grandson, Sawyer Davis, 3, in her backyard.

“My grandson always wants to open that door. He says, ‘What’s in there, Nana?’”

She takes him along to see and pretends it’s stuck (it does not open).

“It’s nice for little kids,” O'Bryan says. “It builds curiosity.”

The whimsy doesn’t stop there—along with lilac bushes and other plants, O'Bryan has a privet hedge trimmed in the shape of a barn along with several birdhouses.

“I love it,” she says.

“guardian of the koi pond”

Stately, still, almost regal—and probably a little smaller than you’d think—Bigfoot looks over the koi pond in Kristin Wilcox’s yard.

The statue, purchased from Bluegrass Ornamental Concrete in Utica, is a smaller version of something Wilcox spotted some time ago.

“I had seen a bigger statue years ago and fell in love with it,” says Wilcox, of Beaver Dam, a consumer-member of Warren RECC. Upon seeing the smaller version, “I had to have one,” she says. “I put a coat of paint on him, and I knew the best place for him was to be guardian of the koi pond.”

An old storage building once stood

KentuckyLiving.com

Additional art

Visit us online to see more photos, as well as additional readers’ lawn/garden art entries.

on the site where Bigfoot stands. The building was rotting and had to be torn down, Wilcox says.

“It had covered an old water well, which had been filled with trash,” she says. “After cleaning it out, we were left with a hole in the yard.”

Rather than fill in the hole with soil or dirt, she decided to add water and make it a koi pond.

Wilcox’s daughter, Shelby, gets an immense amount of joy visiting the koi pond. “She’s nonverbal,” Wilcox says. “But she has a few words and fish just so happens to be one of the words she can say.”

Taking what she has learned over the last three years, Wilcox is renovating the koi pond and hopes to have the new one, with an updated waterfall and filtration system, completed in late spring.

Will Bigfoot make a return to guard the upgraded pond? “Absolutely,” Wilcox says. And of the possibility that Bigfoot or something like it might really be out there, she postulates hopefully: “I enjoy the idea that things could possibly exist that we’ve not yet discovered.” **KL**

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Tried and true or new?

Pothos varieties make low-maintenance houseplants

EVERY TREND STARTS SOME-

WHERE, and houseplant trends start with “tried-and-true” varieties. When we get bored with these staples or commonly available houseplants, we seek something new, different or rare. New or rare does not always equal better, especially if you value characteristics like low-maintenance, hardiness and adaptability.

Golden and jade pothos (*Epipremnum aureum*) have been great common houseplants since at least the 1970s. There are reasons they are still popular and readily available: They are easy to grow, forgiving in less-than-optimal growth environments like our homes and they look good even when under stress. These are the three requirements for any houseplant in my home.

Ideally, pothos likes bright but not direct light, grows best with regular watering, can tolerate dry soils for some time and doesn't require much fertilization. It is a vine—when given a structure to grow on, it will climb. Without a structure, it will cascade or hang down.

If you are into houseplant or tropical plant collecting, you may want to try pothos Cebu Blue. It has a unique bluish color, more narrow and pointier leaves, and it's not so rare that it's impossible to find. It is not quite as forgiving as golden and jade pothos, so give it adequate light and moisture. It needs to be in or



GOLDEN POTHOS



JADE POTHOS



CEBU BLUE POTHOS

SHELLY NOLD

near a window or your best interior growing spot, not on your bookshelf in a dark corner.

I like to try new plants, but I will always have my tried-and-true varieties. I have had golden and jade pothos, as well as a hoya, for many years now. They look as good as the day I got them, and it certainly is a testament to the plant because they have been growing beautifully with minimal effort on my part. **KL**

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

ASK THE gardener



*I purchased a pussy willow tree (*Salix caprea*) last summer. It was about 1 1/2 feet and it grew a little over the summer. How am I supposed to care for this? It doesn't look like a tree. It looks like two branches. Should I be feeding it or trimming it?*
—Jane Silvia, Alexandria

A Newly planted trees spend most of their energy on root establishment; *Salix caprea* is no different. They are considered fast growers and can reach 15–25 feet tall with a 12–15 foot spread at maturity. This genus prefers to grow in full sun (at least six hours each day) and is adaptable to most soil conditions, if given adequate moisture.

There is no pruning to do at this point. As the tree comes out of dormancy and the soil temperatures rise, treat it like any new addition to the garden. Monitor moisture levels and be careful not to overfeed. You do not need to fertilize, but if you do, use a half dose according to product recommendations.

» Angie Oakley



NEW AFRICA/ADOBE STOCK

Have a gardening question?

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

READER
recipe

A tasty dish for weeknight dinners or a dinner party.

Chicken Lasagna

Submitted by Sarah House

Jackson Purchase Energy Cooperative
consumer-member

This chicken lasagna recipe was Sarah's great aunt's recipe from California. Sarah's mom made it every Christmas, but this is a delicious recipe year-round. You can even make it ahead and freeze it. Just thaw and cook the day you want to serve it.

- ½ C butter
- ½ C flour
- ½ tsp salt
- ½ tsp oregano
- 3 C chicken broth
- 3 C cubed chicken, cooked
- 2 C cottage cheese
- 1 egg, slightly beaten
- 10 oz frozen spinach
- ½ lb lasagna noodles, cooked
- ¼ lb mozzarella cheese + more for topping
- ¼ C Parmesan cheese

Melt butter in a medium saucepan. Blend in flour, salt and oregano. Stir in broth. Cook until thick and boiling. Remove from heat and add cooked chicken.

Mix cottage cheese and egg in small bowl. Thaw and squeeze water from spinach, then chop it.

Lightly grease 9x13-inch pan. Pour ⅓ chicken mixture on the bottom. Layer ½ noodles, ½ cottage cheese mixture, ½ spinach, ½ mozzarella cheese. Repeat layers. Add 1/3 chicken as top layer.

Top with mozzarella and Parmesan. Bake at 375° for 45 minutes. Can be frozen uncooked, thawed and cooked the day of use. Serves 12.

Food for the soul

Warm, nourishing dishes to feed more than your belly

THIS TIME OF YEAR, we are longing for the newness and warmth of spring, but those cooler temps still want to hang on.

During this season change, I find myself wanting something warm and nourishing. Something that not only feeds my belly, but my soul as well. The kind of the stick-to-your-bones recipes cooked up before gardens are planted and the hope of spring arises.

Both my recipe below and Sarah House's reader recipe will make you feel cozy and full while the last of winter lingers.

Potato Soup

- 4 lb russet potatoes, peeled and finely diced
- 3 C cream
- 3 C milk
- 4 Tbsp butter
- 2 tsp salt + more for topping
- 1 tsp pepper + more for topping
- Toppings: bacon bits, shredded cheddar cheese, chopped green onion

Peel and dice potatoes into small cubes. Place in a large pot with water covering the potatoes.

Put a lid on the pot and cook on the stove on medium-high heat; bring to a boil. Boil for 20 minutes or until potatoes are fork tender.

Drain potatoes and add them back into the pot. Add the rest of the ingredients.

Simmer on medium-low for another 20 minutes. Use a potato masher to mash up some of the potatoes, leaving some chunks. Season with more salt and pepper to taste and serve topped with bacon bits, cheddar cheese and green onions. Serves 8.

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

SEE THE
VIDEOS
at KentuckyLiving.
com/Cook

Go to KentuckyLiving.com/submit-a-recipe



Bubby's is buffet heaven

Ribs, catfish and all-you-can-eat buffet at Bubby's BBQ, Corbin

ANITA TRAVIS RICHTER



"WE'RE REALLY PROUD OF OUR RIBS," says Mike Shepherd, shown at left, who helps run his brother's restaurant, Bubby's BBQ in Corbin. Owned by Marcus "Bubby" Shepherd and his wife, Michelle, Mike says Bubby always loved to cook and started the restaurant 12 years ago.

"The pulled pork and ribs are what we're known for, and the fried catfish," says Mike. The barbecue is smoked 10-12 hours nightly. They smoke chicken and sausage, too.

Bubby's BBQ is also known for its all-you-can-eat buffets—there's a lunch bar for \$8.99 and dinner bar for \$11.99, which includes the salad bar and dessert bar. On Sunday, for \$11.99 you get a breakfast bar, including the lunch, salad and dessert bars.

Mike says the catfish is so popular it is served daily, as well as ribs, along with about 50-60 other Southern country dishes.

"We have Frog Leg Fridays and meatloaf on Sunday," he says. "There's country fried steak on Wednesday and Saturday, and smoked chicken on Thursday and Friday."

Bubby's offers a carryout buffet, \$7.99 a pound. "Some days, 30% or more of our business is from the to-go buffet," says Mike.

The restaurant, served by Cumberland Valley Electric, employs 25 and can seat 180. It offers on-site or pickup catering.

Bubby's BBQ, 2700 Cumberland Falls Highway, is open 11 a.m.-8 p.m. Wednesday-Saturday and 11 a.m.-3 p.m. Sunday.

Read more about Bubby's BBQ and see more photos at KentuckyLiving.com.

Bubby's BBQ Easy Bread Pudding

Serves 9

Bread

- 2 C whole milk
- ¼ C brown sugar
- ¼ C white sugar
- 2 eggs, beaten
- 1 Tbsp vanilla extract
- 2 Tbsp butter, melted
- 1 loaf day-old, stale bread

Topping

- 1 C brown sugar
- ¼ C white sugar
- 2 Tbsp butter
- ¼ C whole milk
- ¾ C water
- 1 tsp vanilla extract

Preheat oven to 350°. Cut bread into 2-inch cubes. You can use any type of bread you have on hand—French, brioche, challah, regular sliced bread. Do not cut off the crust.

For bread mixture, in a large bowl mix all ingredients well and add bread, stirring to coat. If too dry, add some milk. Pour into 8x8-inch greased pan or casserole and set aside for 30 minutes to soak up egg and milk mixture. Bake for 45-50 minutes.

For topping, in medium saucepan add all ingredients and stir. Bring to a boil, turn to low to simmer for 30 minutes. Pour topping over warm bread. Cut and serve.



BUBBY'S BBQ

Outdoor lighting for security and entertaining



*We need more outdoor lighting for entertaining and security. Do you have any tips for efficiency?—
Randall C.*

JAMES DULLEY is a nationally syndicated columnist who writes on energy efficiency and do-it-yourself energy topics.

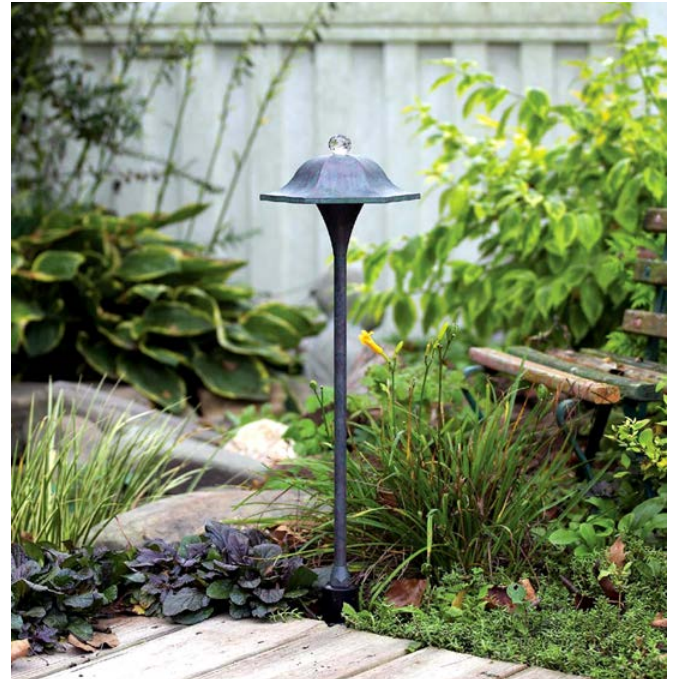
A With LED and CFL bulbs, it is much easier to light your house effectively and efficiently. When used at night, they can literally last your lifetime.

Start with your lighting for entertaining, as it is straightforward: You know where you and your guests will be and the activities you'll be doing.

Bright, whiter LED bulbs or integral LED light fixtures are the best choice for what guests see first: the front door. CFLs are fine for lights that are on for a while. For general entertaining, use low-voltage landscaping fixtures around a deck or patio. They are easy and safe to install yourself.

To plan security lighting, switch on the indoor lights you normally use. Walk around your house and look for unlit locations, especially windows or doors hidden by landscaping. Dim, efficient light fixtures are good for these areas.

One of the most efficient and effective types of security light is a motion-sensing



fixture. Two-level models keep a dim night light on until they brighten when detecting motion.

Solar-powered LED motion-sensing models are the easiest to install yourself. Any type of floodlights should be located 9 feet up to be most effective.

How bright?

Brighter, more intense lighting is better for entertaining than for security. High-color-temperature LED bulbs, often

▲
The large diameter top on this tall metal landscaping LED lighting fixture helps limit light pollution of the night sky. Photo: Philips Hadco

called “daylight,” or integral fixtures produce a whiter light. This is great for entertaining and makes colors look more like they do in daylight.

For security, a less bright light with a lower color temperature in the 2,700 degree K range is best. Brighter lights can cause your pupils to get smaller and keep you from seeing well in unlit or dimly lit areas where someone may be hiding. The more yellow light from lower- color-temperature bulbs also can hamper eyesight. **KL**

LIGHT POLLUTION

No matter what type of outdoor light fixtures you select for entertaining or security, install shielded ones. These block the light from shining up into the sky. This light is wasted and contributes to night light pollution. Light pollution is annoying to neighbors and a serious danger to birds and wildlife. Visit www.darksky.com to learn more.

How to stay safe while using power tools

Use your head as well as your hands

A SMALL PROJECT CAN TURN dangerous if electric power tools are used carelessly. Tools aren't just powered by electricity; they run on compressed air, hydraulics, belts or chain drives, too. Knowing the dangers these tools are capable of is the first step in keeping you and those around you safe.

Power tools possess a tremendous amount of energy and if you use them, you must control that power. Hazards from power tools affect not only the person using them, but also those working close by.

Seven rules for power tool safety

1. Operate power tools within their design limitations. Always read and follow the instruction manual to ensure you are using them correctly.
2. Before using any tool, check the cord and the tool itself for any damage. Make sure the cord is situated so it's not a tripping hazard.
3. Put on gloves, appropriate footwear and eyewear, if needed. When you're finished using the tool, carefully disconnect it without yanking the cord, and store it in a dry place.
4. Do not use electric tools in damp or wet locations unless they are approved for that purpose.

5. Keep floors dry and clean to avoid slipping while working with or around power tools.
6. To protect against shock and burns, make sure your electric tools are double-insulated, are powered by a low-voltage isolation transformer, or have a three-pronged cord plugged into a grounded receptacle.
7. Use a ground fault circuit interrupter, which is a fast-acting circuit breaker, or an assured grounding program.

The shocking truth

Electrical shocks, which can lead to injuries such as heart failure and burns, are among the major hazards associated with electric-powered tools. Under certain conditions, even a small amount of electric current can result in atrial fibrillation, a type of irregular heartbeat, and death. An electric shock also can cause people to fall off ladders or other elevated work surfaces and be injured in the fall.

The safety of consumer-members is important to electric cooperatives, but remember, it is your responsibility to practice electrical safety when using equipment that can put you in harm's way. **KL**



TROY STOVALL
Is Corporate Safety Manager at Big Rivers Electric, a generation and transmission power provider in Henderson.

YEARS IN THE INDUSTRY: 27

WHEN I'M NOT WORKING I'M:
Spending time with family and friends; cookouts and vacationing. I like to stay busy doing pretty much anything outdoors, especially hunting and fishing.



◀ Always wear safety glasses or goggles—yes, even if you wear prescription glasses. Do this in addition to wearing gloves and appropriate footwear when using power tools.

Peripheral arterial disease

Early diagnosis is key, helps prevent amputation

NEW AFRICA/ADOBESTOCK



EARLY RECOGNITION AND TREATMENT

of peripheral arterial disease (PAD) can prevent leg amputations, and it can also reduce a patient's risk of stroke, heart attack and death. PAD is the development of blockages in the arteries of the legs. These blockages are similar to blockages that are found in heart arteries that can lead to heart attacks. Risk factors for developing PAD include diabetes, smoking, kidney failure, high blood pressure, high cholesterol, obesity and a family history.

The difficulty with PAD is recognizing the symptoms, risk factors and diagnosing patients early. The earliest symptom of PAD is cramping of the calves when walking. Many times, patients will avoid walking because of the cramping. As the blockages worsen, the blood flow to the legs decreases. When blood flow has worsened to the point of persistent pain or sores that will not heal, patients are at a high risk for amputation if the PAD is not treated.

To confirm the diagnosis of PAD, doctors will perform a noninvasive test that determines how much blood flow

is getting down the legs to the ankles. They then use imaging such as an ultrasound to determine the location of the blockage.

All PAD treatment should start with the medical treatment of the disease, such as prescribing medications for high cholesterol, high blood pressure and possibly blood thinners. By treating PAD with medicines, we also reduce the risk of stroke, heart attack and death. For mild forms of PAD, doctors also will prescribe a walking program, supervised by physicians and physical therapists.

For more severe forms of PAD, surgeons can perform minimally invasive procedures such as balloon angioplasty or stenting. Other surgical procedures can remove or bypass the blockage. By diagnosing patients early, we may prevent patients from ever developing severe disease or having amputation. **KL**

DR. MARK D. FLEMING, is a vascular surgeon and the director of Vascular Lab at UK HealthCare.

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Meet the Big Twigs family

They are called the Big Twigs, because that's exactly what they are—three larger-than-life 14- to 17-foot tall, wood-like sculptures.

The Big Twigs at Lake Malone State Park, Dunmore, was the idea of the Muhlenberg County Tourism Commission. Treasurer Logan Porter says, "The goal was to bring more people to the community for tourism, shopping and eating at our restaurants. We also wanted to bring the arts to Muhlenberg County in a unique way and to encourage our citizens to get healthy by using the walking trails and exercising."

Camper Happy Malone, above, makes s'mores, and is a short way down on the

Laurel Trail; brother Bobber Malone fishes as he watches activity on the lake, while brother Oakley Malone, a 17-foot hiker, stands at a trail-head, which is accessible near the main parking lot.

Since Tennessee artist Steve Brauch installed the Twigs last August, Porter says park visitation has increased tremendously, averaging 3,000 vehicles monthly.

"We are excited to have the Big Twigs call Lake Malone State Park their home. We look forward to all the opportunities for interpretational programming that they will bring," says Park Manager Teresa Wills,

The 788-acre lake and 200-plus acre park also offers camping, well-maintained hiking trails, fishing, boating, swimming, picnicking and playgrounds.

The sculptures were funded by a grant from the Felix E. Martin Jr. Foundation, along with matching donations from Owensboro Health Muhlenberg Community Hospital and Old National Bank.

Lake Malone State Park, served by Pennyrile Electric co-op, and the Big Twigs are free to visit and open from dawn to dusk, mid-March to November 15.

Learn more about the Big Twigs and see more photos at KentuckyLiving.com.

Story: Anita Travis Richter

Photo: Kentucky State Parks



Drive-in for a show

Kentuckians still appreciate the really big screen

KATIE SALTZ

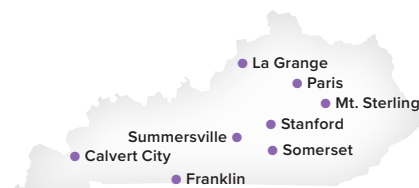


DRIVE-IN MOVIES MAY SEEM RETRO, but in Kentucky, they are still hot spots for family outings and community gatherings.

In the drive-in heyday of the 1950s and '60s, the commonwealth had more than 100 active outdoor theaters, says Gary Price, co-owner of Simpson County's Franklin Drive-In. That number is down to eight in 2022, but they are ready to keep the popcorn coming.

The Franklin Drive-In, served by Warren RECC, is entering its 33rd season in their location just above the Kentucky-Tennessee border.

For Price, who owns the theater with his father, Wayne, a drive-in is about much more than just the movie. "You can go to the movies anywhere, but you come to the drive-in to make memories," he says.



Instead of moviegoers being confined to their seats, the drive-in model offers flexibility. Many show double features for one ticket price. Cars can park facing the screen for occupants to watch the movie through the windshield, but many attendees get creative with their seating choices.

"Some people bring a blow-up mattress in their truck bed or portable chairs and tables to set up outside their trunk," Price says. "People play football in the grassy area before the show or you can bring your dog."

The Calvert Drive-In in Calvert City attracts crowds for the movies and for the cheeseburgers—a must-try if you go see a show.

Photo: Nicholas Toma

First-timers may hear their name announced over the public address system or see birthday wishes shared on the big screen at the Franklin Drive-In. A few marriage proposals have even happened at the theater, with the crowd erupting in a frenzy of honking when the announcer proclaims, "She said yes!"

Price says his drive-in's location keeps a steady rotation of new customers coming, with tourists from Nashville and Western Kentucky University college students driving the short distance to experience the unique atmosphere.

THE FIRST

- The first drive-in theater opened in 1933 in Pennsauken, New Jersey.
- A ticket cost 25 cents.
- The first film shown was the British comedy *Wives Beware*.
- By 1958, there were more than 4,000 drive-in theaters nationwide.

Source: Smithsonian magazine

Rural location can be a plus

Mike Goodrum, general manager of Skyline Drive-In in the Green County town of Summersville, says rural drive-ins have struggled in recent years, but the remote location is what makes it special.

“It’s a little gem in the middle of nowhere,” he says. “There’s no city lights so the screen is so bright, it just lights up the place.”

The typical drive-in season lasts spring through mid-fall, largely depending on weather. The summer is when new blockbusters are featured,



Left, a view of the Skyline Drive-In in Summersville from behind the big screen
Photo: Skyline Drive-In

DESTINATIONS

more to
explore

Drive up, find a spot and get ready for an evening of family fun.

27 Twin Drive-In Theatre

5268 U.S. Highway 27, Somerset
(606) 679-4738 (movie line)
www.27drivein.com

Calvert Drive-In

111 Drive In Lane, Calvert City
(270) 395-4660
www.calvertdrivein.com

Franklin Drive-In

6250 Nashville Road, Franklin
(270) 586-1905
<https://franklindrive-in.com>

Judy Drive-In

4078 Maysville Road, Mt. Sterling
(859) 498-1960
www.judydrivein.com

Sauerbeck Family Drive-In

3210 D.W. Griffith Lane, La Grange
(502) 233-1149 (movie line)
www.sauerbeckfamilydrivein.com

Skyline Drive-In

5600 Hodgenville Road, Summersville
(270) 973-5005
www.skylinedrivein.com

Bourbon Drive-In

147 Jackstown Road, Paris
(859) 987-2935
www.thebourbondrivein.com

Stanford Drive-In

1645 State Route 78, Stanford
(606) 365-1317
www.stanforddrivein.com

with special events coming later in the year.

Skyline Drive-In, served by Taylor County RECC, plans to continue annual events like a back-to-school kids movie in August, and Screampfest, a horror movie marathon in late October.

Concessions a draw

Steve Harrington, co-owner of the Calvert Drive-In in Calvert City, grew up at his family’s drive-in. His parents built it in 1953 and the family has operated it ever since then. The drive-in is served by Jackson Purchase Energy Cooperative.

Calvert Drive-In has made a name for itself through its concession stand. A quick scroll through reviews on Tripadvisor reveal that their cheeseburgers are worth the trip no matter what movie is playing.

While tourists are always welcome, locals tend to make up the crowd at rural drive-ins. Harrington says one secret to the longevity of drive-ins is the multigenerational appeal. Older residents remember attending the drive-in as kids and can’t wait to share



A classic car show takes place at the Franklin Drive-In. Photo: Gary Price

that experience with their children or grandchildren.

"I've seen customers that I remember as little babies and now they bring their grandkids to the drive-in," Harrington says.

Newcomers

Not all Kentucky drive-ins have decades of history behind them. Stephen Sauerbeck co-owns the Sauerbeck Family Drive-In in La Grange, which opened in 2018.

La Grange had an indoor movie theater that closed and Sauerbeck saw a gap to be filled in the community's movie market.

"We're just 15 minutes from Louisville, so a drive-in gave a unique opportunity for people to drive past all the indoor movie theaters and experience something different," he says.

Sauerbeck says his research about drive-ins revealed a resurgence in interest, which he attributes to the outdoor movies' community-based model.

"An indoor theater is a dark room," Sauerbeck says. "At the drive-in



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Contemporary Christian rock group Casting Crowns performs a live show at a drive-in movie theater in 2020. Photo: Chris Lighthall/Casting Crowns



Sauerbeck Family Drive-In in La Grange is the newest addition to Kentucky's drive-ins. It opened in 2018 and plans to add a second screen in 2022. Photo: Oldham Sky

DRIVE-INS AS PANDEMIC ALTERNATIVES

When the pandemic closed major concert venues in 2020, management companies scrambled for new ways to bring live music to the public. Christian rock group Casting Crowns decided to try to use drive-in theaters as venues for live shows.

Several Kentucky drive-ins hosted Casting Crowns in 2020, as well as other Christian artists like Zach Williams. In July 2021, Louisville radio station Q103 brought country superstar Jimmie Allen to the Sauerbeck Drive-In in La Grange for a live concert.

people can see the other people they're sitting with, they can talk and mingle. Kids can wear their pajamas."


Sauerbeck has big plans underway this year for a second screen so the drive-in can show more movies at once. It already has a pavilion for live events like high school graduations, church services and even concerts.

Sauerbeck anticipates more live shows, more movies and bigger crowds in 2022.

"Drive-ins have a heritage in the United States," he says. "It's nostalgic but still a modern and enjoyable activity." **KL**

KATIE SALTZ is a Kentucky native recently transplanted to North Carolina. She thinks popcorn and Milk Duds make a perfectly balanced meal.

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1 GOOD VS. EVIL

Can the children of Disney villains be turned to good by Disney heroes' kids? Find out in *Disney Descendants*, a musical at Pikeville's Appalachian Center for the Arts and The Mountain Arts Center, Prestonsburg, in their first co-production. MAC dates: March 11 (7:30 p.m.) and 12 (3 p.m. & 7:30 p.m.); The App: March 17–18 (7:30 p.m.) and 19 (3 p.m.). Tickets are \$12 and scholarships are available for students of need. For more, www.macarts.com (606) 886-2623 and www.theapparts.org (606) 262-4004.

2 DOWN ON THE FARM

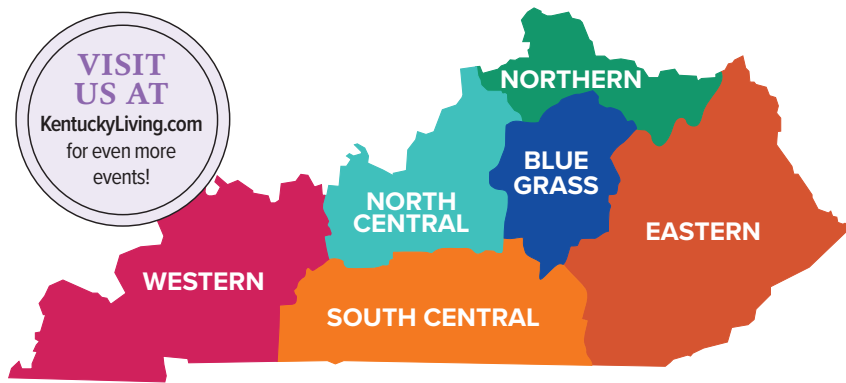
Celebrate Kentucky's farm heritage with toys and more at the Meade County Farm Toy Show and Sale, March 4–5 at Meade County Fairgrounds Community Building. Old and new toys like tractors and combines, children's farm clothing and other farm-related items. Also on display: tabletop miniature farm scenes. Hours, 6–9 p.m. Friday and 9 a.m.–3 p.m. Saturday. Admission: \$2; kids 10 and under, free. For more info, (270) 945-2214 or Facebook: Lincoln Trail Antique Power of the Past.

3 CLASSIC ROCK

A fusion of rock and orchestra produces iconic and inspiring music as the Owensboro Symphony Orchestra performs classics from both realms March 5. The program features Led Zeppelin's *Stairway to Heaven*, Robert Schumann's *Symphony No. 4* and Saint-Saëns' romantic *Cello Concerto No. 1*. The concert is at 7 p.m. at Owensboro's RiverPark Center. Tickets are \$10–\$50 plus fees. For more info or tickets, www.theoso.com, (270) 684-0661.

4 GO GREEN

Celebrate St. Patrick March 12 in Lexington and Louisville. Lexington's free fest with Irish dancers and musicians, plus food and craft vendors runs 10:45 a.m.–7 p.m. under tents at Robert F. Stephens Courthouse. Parade is 1 p.m. on Main Street. Details, Facebook: Lexington St. Patrick's Parade and Festival. In Louisville, the parade is 3 p.m.; Blessing of the Beer at Goodwood Brewing begins the preceding afternoon. Parade starts at the corner of Broadway and Baxter. For info, www.louisvilleirish.com.



BLUEGRASS

SATURDAY, MARCH 12

Night Sky Tour: March Moon Madness, (502) 352-7082, Josephine Sculpture Park, Frankfort

WEDNESDAY, MARCH 16

Beautiful: The Carole King Musical, (859) 236-4692, Norton Center for the Arts, Danville

FRIDAY, MARCH 18

Tiny Art Show, (859) 236-4054, Art Center for the Bluegrass, Danville

EASTERN

THURSDAY, MARCH 17

IrishFest, (859) 498-6264, Gateway Regional Arts Center, Mt. Sterling



MOREHEAD KENTUCKY PROUD EXPO

Friday, April 29, 5-8 pm and Saturday, April 30, 10-5 pm

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www.moreheadtourism.com/event/morehead-ky-proud-expo



Saturday, March 19, 10 am-6 pm
Sunday, March 20, 11 am-5 pm

Admission is FREE!

700 Fairgrounds Rd, Lebanon, KY
Vendors and for more
info. call (270) 402-3212

FRIDAY, MARCH 18

All the King's Women, thru 19th, (606) 783-9857, Rowan County Arts Center, Morehead

SATURDAY, MARCH 19

Rowan County Regional Quilt Show, (606) 780-9694, Morehead Conference Center

FRIDAY, MARCH 25

East Kentucky Stampede Championship Rodeo, thru 26th, (606) 444-5500, Appalachian Wireless Arena, Pikeville

SUNDAY, MARCH 27

Fairy Tales, (606) 780-9694, Morehead Conference Center

NORTHERN

SATURDAY, MARCH 5

The Greatest Showmen: Chaplin & Jackman, (859) 431-6216, St. Henry District High School, Erlanger

FRIDAY, MARCH 18

Silent Sky, thru 19th, 24th-26th, 31st, (513) 479-6783, Falcon Theatre, Newport

FRIDAY, MARCH 25

Live Entertainment: Allison Bishop, (502) 484-5319, Elk Creek Vineyards, Owenton

The Witch's Princess, thru 26th, (502) 723-7070, Carroll County High School, Carrollton

SATURDAY, MARCH 26

Patriot Banquet, (513) 258-1475, The Mount Olivet Christian Church, Williamstown

NORTH CENTRAL

SATURDAY, MARCH 12

Planning Your Cut Flower Garden-Virtual, (502) 241-4788, Yew Dell Botanical Gardens, Crestwood

TUESDAY, MARCH 15

80 Years of Architecture, (502) 241-4788, Yew Dell Botanical Gardens, Crestwood

SATURDAY, MARCH 19

Live Music: Jeff Blackburn, (502) 633-6969, Talon Winery, Shelbyville

Wild Lights, thru June 5, (502) 459-2181, Louisville Zoo

FRIDAY, MARCH 25

Show Me Reptile Exotic Show, thru 27th, (502) 595-4381, Kentucky International Convention Center, Louisville

SOUTH CENTRAL

THURSDAY, MARCH 3

A Song for Coretta, thru 6th, (270) 781-6233, The Public Theatre of Kentucky, Bowling Green

FRIDAY, MARCH 18

3rd Friday Folk: LaMay & Reese, (606) 305-6741, The Cooper Community Arts Center, Somerset

International Barrel Racing, thru 19th, (502) 239-4000, Central Kentucky Ag/Expo Center, Liberty

SATURDAY, MARCH 19

A Celtic Celebration, (270) 904-1880, SKYPAC, Bowling Green

SATURDAY, MARCH 26

Southern Kentucky Book Fest, (270) 745-4502, Knically Conference Center, Bowling Green

WESTERN

WEDNESDAY, MARCH 2

Color Creations: Color Me Calm, (270) 753-4059, The Art Market, Murray

FRIDAY, MARCH 18

The Passing Zone, (270) 534-3212, West Kentucky Community & Technical College Clemens Fine Arts Center, Paducah

Walk on the Wild Side, (270) 826-2247, John James Audubon State Park Museum, Henderson

FRIDAY, MARCH 25

Moron Brothers, (270) 527-3869, The Kentucky Opry, Benton

SATURDAY, MARCH 26

Vision Duet-Violin/Percussion, (270) 824-8650, Glema Mahr Center for the Arts, Madisonville

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 April 1 for the June issue.**

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This fusion of substance and style can garner a high price tag out in the marketplace. In fact, we found full tang, stainless steel blades with bone handles in excess of \$2,000. Well, that won't cut it around here. We have mastered the hunt for the best deal, and in turn pass the spoils on to our customers.

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1



2



3



4

1 TYPICAL DAY

"Typical Christmas Day for a farmer," says mom Casey Byrd of 18-month-old Lafe Henry Byrd of Lewisburg. The Byrds are consumer-members of Pennyriple Electric.

2 TURTLE'S EYE VIEW

A box turtle showcases its colors and patterns. Photo by Bev Krajewski, Shepherdsville, consumer-member of Salt River Electric.

3 FREE TO ROAM

Free-roaming horses graze in Breathitt County. Photo by Adam Manns, Salyersville, consumer-member of Licking Valley RECC.

4 WARM AND WELCOMING

Abby Stewart gives a little love to the goats at her grandparents' house. Photo by grandmother Shannon Stewart and submitted by Maybell Berry, Scottsville, Tri-County EMC consumer-member.

SEND US YOUR SNAP SHOTS! We're looking for spring photos.

Submit up to five photos monthly for a chance to **BE FEATURED IN KENTUCKY LIVING**. Photos with people work best, as well as those with seasonal interest. Remember to identify people or pets in the photo left to right and tell us their relation to you.



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

KENTUCKY kids

Less screen time

Limit the amount of time watching TV, playing video games and using computers to one or two hours a day.



Green Team Tip

If you cut down a tree, save the wood for firewood or turn it into mulch for your garden.

— Ayla Futch, age 15



EASTERN REDBUD

Eastern redbud trees are found throughout the eastern United States. They flower in early spring, even before other tree leaves appear.



Did You Know?

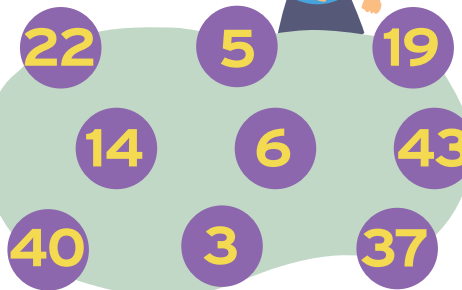
An ostrich's brain is smaller than its eye.

Enter KIDS Contest

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

Odd or even

An odd number is a number that cannot be divided by two. Can you find the odd numbers?



Answer: 3, 5, 19, 37 and 43 are all odd numbers

Tell us a joke!

Where do fishermen get their hair cut?

The bobber shop!



— Brooklyn Beavers, age 12

GREAT OUTDOORS

Hike Kentucky

Enjoy a trail in the commonwealth



▲ **KENTUCKY HAS HUNDREDS OF** miles of hiking trails offering many adventures across the state. My wife and I love hiking trails, but often enjoy getting off the beaten path. While I enjoy hiking, I prefer to do it while accomplishing something else. My wife enjoyed arrowhead hunting when she was growing up along a river in Lynchburg, Tennessee. Whether we're searching for antler sheds in the woods or fishing lures along the shoreline, we love those cool sunny days to get out and enjoy the outdoors.

In the winter, the water level in many lakes is drawn down to help control spring flooding.

MORE RESOURCES

For more information on the Honker Lake Trail and several other trails to explore in the area, visit www.kentuckytourism.com and search "Honker Lake Trail."

This leaves miles of shoreline to explore. There are shells and fossils to be found and lots of sinkers and lures, too. Another plus in hiking shorelines is the birds you see along the way. Pelicans, loons, osprey and bald eagles all frequent shorelines throughout Kentucky. We have even taken up bird watching, finding that many songbirds and woodpeckers enjoy the woods just above the shoreline. This adds even more fun to the adventure. We usually see the same species of birds, but it's fun to spot them. My favorite is the kingfisher.

During one of our shoreline searches, we stumbled onto a trail that has become our favorite trail close to home and I think you will like it, too. Honker Lake Trail is in the Land Between The Lakes National Recreation Area in western Kentucky. We were hiking the shoreline in Honker Bay when we noticed the trail. I've fished Honker Bay on Lake Barkley for many years and have been within a cast of this trail many times.

Honker Lake Trail is an easy to moderate trail that meanders through woods and meadows along the shores of Honker Lake. Wildlife abounds with whitetail deer, turkeys, ospreys and other birds. You should especially watch for the flock of Canada geese that nest in the area. The trail was constructed in 1930 to manage waterfowl and the resident geese. These geese still nest there today and, yes, that's how the lake got its name.

Honker Lake Trail is 4.5 miles and circles the lake, returning back to the trailhead. It takes about three hours to complete. It is dog friendly, but dogs must be leashed. The trail is open all year with wildflowers in the spring, and in the winter, when the leaves are gone, you can more easily see the eagles fishing and the geese soaring overhead. There are restrooms and a covered picnic area, which make this a great place to spend the day. Since there are several trails in the area, it also would make a great weekend camping trip. So, get outdoors and enjoy the many hiking opportunities in Kentucky, including those shoreline adventures. Don't forget the camera. **KL**



*A walk in
nature walks the
soul back home.”*

» Mary Davis

March fishing tips

- Look for staging white bass above Nolin, Green, Taylorsville, Cave Run and Cumberland lakes.
- Fish shallow for black crappie on Kentucky Lake.
- Muskies begin staging for spawn at the mouth of streams.
- Sauger are running in the tailwaters of the Ohio and Kentucky Rivers.
- Largemouth begin feeding up for the spawn; fish a jig near the shore after warm rain.

Source: Kentucky Afield Calendar 2022



Amazing hikes, amazing views

TIM WEBB

The Kentucky Department of Tourism shares seven hikes with beautiful views, like this one at Red River Gorge. From gorges and caves to rolling hills and meadows, Kentucky has a trail for everyone.

1. Battleship Rock Trail, Natural Bridge State Resort Park
2. Double Arch Trail, Daniel Boone National Forest, Stanton
3. Raven Run Nature Sanctuary Trail, Lexington
4. Breaks Interstate Park Loop, Elkhorn City (Haysi, Virginia)
5. Indian Staircase and Indian Arch Loop, Red River Gorge, Frenchburg
6. Eagle Falls Trail, Cumberland Falls State Resort Park
7. Pinnacle Trail, Cumberland Gap National Historical Park, Middlesboro



RYAN GARRETT/ADOBE STOCK

What's happening in March?

- Elk drop antlers
- Turkeys start to gobble
- Squirrels are born
- Ospreys begin to nest
- Buckeye buds open
- March 1-31—Wildlife feeding not allowed
- March 20—First day of spring

Source: Kentucky Afield Calendar 2022

March 2022 reminders

- March 1—Hunting and fishing licenses expire

Did you know?

- On March 12, 1912, the Kentucky Game and Fish Commission was formed.
- On March 22, 1902, the Kentucky Legislature established the first hunting license.

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



PHIL HILLS/ADOBE STOCK

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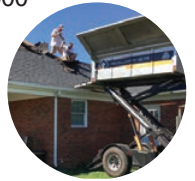
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BYRON CRAWFORD is Kentucky's storyteller—a veteran television and newspaper journalist known for his colorful essays about life in Kentucky. Contact Byron at KentuckyLiving.com: About/People.

THE STORY GOES THAT when John Paul Riddle was a kid in Pike County at the dawn of the 1900s, he'd sometimes lie on his back watching birds soar in the summer sky as he dreamed of flying.

His grandmother even claimed that when he was very small he once tried to plant some feathers—hoping to grow enough birds to learn their secrets.

Paul's mother, a teacher, died when he was 2 1/2, and he and his two sisters, ages 1 and 4, were cared for by their maternal grandmother.

Young Paul was bright, adventurous and ambitious. He had a paper route, tended cattle for a neighbor on Shelby Creek, cleaned the Methodist and Presbyterian churches with a friend, and took correspondence courses in auto mechanics and aviation. At the insistence of his

was barnstorming and stunt flying out of Lunken Airport in Cincinnati.

Biographer Kim Sheeter mused that she knew her research of Riddle's life wouldn't be boring after discovering that he would sometimes dress as a woman and pretend to be a spectator in the crowd while waiting for the air shows to begin—only to dash from among the startled onlookers and take off in a plane to perform a series of daredevil stunts. On July 4, 1923, he flew his Curtiss Jenny bi-wing under Pikeville's Middle Bridge.

In Cincinnati, he made friends with local flying enthusiast Higbee Embry, with whom he founded Embry-Riddle Flying School, and later Embry-Riddle Aviation Corporation, which contracted to fly "air-mail" between Cincinnati and Chicago. That business eventually grew into American Airlines.

After Embry left the partnership, Riddle and another partner, John McKay, re-formed Embry-Riddle School of Aviation in Florida. The school trained many U.S. and Royal Air Force pilots for service in World War II.

Riddle's son remembers finding among his father's papers a picture of Sir Winston Churchill, seated in the family's living room during a visit with his dad.

In the mid-1940s Riddle left the flying school to pursue other aviation ventures, but he would later serve on the board of what now is known as Embry-Riddle Aeronautical University, one of the world's foremost flight training schools. In addition to campuses in Daytona Beach, Florida, and Prescott, Arizona, it has other training facilities worldwide.

John Paul Riddle died in Florida in 1989 at the age of 87. His ashes were scattered from a plane piloted by an airline captain who graduated from Embry-Riddle Aeronautical University. It was a fitting departure for the Kentucky aviation pioneer whose boyhood dreams have helped carry several generations into skies above the birds and beyond the clouds. **KL**



father, a teacher and later a postmaster in Pike County, he carried a pocket dictionary nearly every place he went as a boy.

After graduation from Pikeville College Academy, he accepted an appointment to the United States Naval Academy in Annapolis, where he stayed only one year before leaving in 1920 to pursue his true love—flying. Twenty-two years after the Wright brothers' first flight, Riddle

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