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2022  
Travel  
Issue



# APRIL

VOL 76 | NO 4

18

## A COMMUNITY ON WHEELS

**ON THE COVER** If you've got an urge to travel, but want to take a little home-away-from-home wherever you go, an RV might be for you. Hear from a couple of families who are part of the RV community and learn about options to rent or buy the rig of your dreams.

26

## EAT, SLEEP, ENJOY KENTUCKY

Have a meal in a silo. Sleep in a dome under the stars. Traverse a variety of trail towns. The commonwealth is full of adventures. Plan your next day trip or weeklong excursion with the help of this year's travel guide.

**ON THE COVER** Stephanie and Darren McCombs took their travels on the road when the pandemic began in 2020. Find out how their love for RVs has grown. The McCombses enjoy the campground at Lake Barkley State Resort Park, Cadiz. Photo: Joe Imel

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## OUR MISSION STATEMENT

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

## TO CONTACT US

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# Connecting with members

*Annual meetings are part of keeping members informed*



## I FEEL LIKE THIS ISSUE of *Kentucky*

*Living* was published just for me. I love to travel and in my role heading the association of all 26 electric cooperatives in Kentucky, I know and appreciate the countless communities served by co-ops.

Throughout the spring and summer, I will be on the road to see local co-ops as they host annual meetings and member appreciation days. Annual meetings have taken many forms over the years, with each generation adapting to best connect with consumer-members.

For this issue of *Kentucky Living*, we dug through our archives to show the annual meeting tradition (see page 11). When co-ops first started in the 1930s and '40s, annual meetings were not only a way to keep members informed of the co-op business model, but they were a spectacle. While members enjoyed food and entertainment, they were also introduced to the electric appliances that would improve their lives.

Like those annual meetings, *Kentucky Living* exists to both effectively communicate important information about your co-op to all its consumer-members and support your co-op's mission to improve the quality of life for the members it serves.

At a 1950s annual meeting, a member celebrates her winning entry in the cake baking contest. The winners from each local co-op advanced to a state-wide contest for a chance to win electric appliances.

Photo: Kentucky Electric Cooperatives Archives

And as annual meetings do, this publication aims to be not only informative, but entertaining and truly celebrate the energy of Kentucky.

In addition to attending your local co-op's annual meeting or member appreciation day, I encourage you to check out the many places and events featured in *Kentucky Living's* April travel issue and let me know what you discover. We are proud to be an important partner of Kentucky's tourism industry and are excited to highlight the great places to visit in our beautiful commonwealth.

**CHRIS PERRY**  
President/CEO

**KENTUCKY ELECTRIC**  
**COOPERATIVES**



# FROM THE EDITOR

## SPRING IS IN

### FULL SWING

in the commonwealth and I cannot tell you how much sunny days and warm weather lift my spirits. I can't wait to get outside.

If you want to overnight with nature, but don't want to rough it, then RV camping may be for you. Writer Katie Saltz' RV feature (page 18) educates on the pros and cons, and ways to try before you buy.

Whether traveling by RV or car, start planning now with our 2022 Travel Guide—Eat, Sleep, Enjoy Kentucky (page 26). In addition to 21 places outlined in the feature, our tourism partners list dozens of places to see and things to do. Our Kentucky Festivals guide (pages 47–49) lists 112 festivals from April through September. You are sure to want to mark your calendar to attend several.

For year-round fun, what is more Kentucky-ish than spending a day at a racetrack? The state boasts five thoroughbred racetracks and once Cumberland Run opens this fall, three harness tracks (page 58).

You could win a Bardstown two-night giveaway for four valued at \$2,000 (page 46)—enter by May 15!

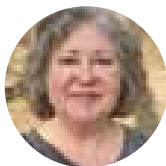
ANITA TRAVIS RICHTER, EDITOR

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Kentucky Living, P.O. Box 32170,  
Louisville, KY 40232. Submission should include your name, address, phone numbers, email address and name of electric co-op.



# KentuckyLiving.com

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



## ACROSS THE COMMONWEALTH

### Make your travel plans today

Put on your traveling shoes and get ready to find your next favorite vacation stop right here in the bluegrass. We just know you'll love this year's travel guide, which features 21 amazing destinations. Read the story, beginning on page 26, then visit our website to find ways to connect with each place that piques your interest!



BARDSTOWN TOURISM



WHITNEY DUVAL

## EXPLORE BARDSTOWN—FOR FREE

### Win a trip for four

Choose three friends and hope you win this giveaway from the Bardstown/Nelson County Tourism & Convention Commission. From meals to tastings to distillery tours, you'll get the full Bardstown experience. Turn to page 46 for details, then **enter online by May 15!**

## SHARE THE BEAUTY

### Enter your beautification project

Entries for recognition in the Beautify the Bluegrass campaign are being accepted until August 5. Whether you're in charge of a project or see a worthy effort in your town, find details for nominations at [KentuckyLiving.com/beautify](https://KentuckyLiving.com/beautify).



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# The Invention of the Year

## The world's lightest and most portable mobility device

*Once in a lifetime, a product comes along that truly moves people. Introducing the future of battery-powered personal transportation . . . The Zinger.*

Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough . . . a personal electric vehicle. It's called the **Zinger**, and there is nothing out there quite like it.

***"What my wife especially loves is it gives her back feelings of safety and independence which has given a real boost to her confidence and happiness! Thank You!"***

***—Kent C., California***

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum. It weighs only 47.2 lbs but can handle a passenger that's up to 275 lbs! It features one-touch



Available in Green,  
Black (shown) and Blue



The Zinger folds to a mere 10 inches.

folding and unfolding

— when folded it can be wheeled around like a

suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the **Zinger** to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life.

Why take our word for it. You can try the **Zinger** out for yourself with our exclusive home trial. Call now, and find out how you can try out a **Zinger** of your very own.

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# Historical novel based on Land Between The Lakes

For the outdoor adventurer, Land Between The Lakes National Recreation Area in western Kentucky and Tennessee is a top choice for summer travel plans. With over 300 miles of undeveloped shoreline, 200 miles of paved roads, 500 miles of trails, and 170,000 acres of forests and open lands, the area offers a plethora of activities and opportunities for fun and relaxation.

Being a human-made attraction, Land Between The Lakes, or LBL, did not happen without a price. According to the *Murray Ledger*, in the 1960s, the Kennedy administration planned to create the largest nature preserve east of the Mississippi River. To do so required damming the Tennessee and Cumberland rivers to create Kentucky Lake and Lake Barkley.

In the process, the towns of Golden Pond and Twin Lakes, among others, were demolished and largely covered by the newly formed lakes, forcing the evacuation and relocation of those towns' residents and businesses.

Decades later, the relocation remains a source of contention with many of those who felt forced from their family lands. Lexington author Jayne Moore Waldrop builds upon this narrative and

LBL's creation history in her historical fiction novel, *Drowned Town*.

The story, frequently skipping between past and present, follows an assortment of fictional characters from the towns that existed before LBL was created, through the relocations and on into the years since then. Through their lenses, Waldrop presents both sides—the beauty of the area so loved by tourists and the painful ghosts of flooded heritage that still haunt those displaced.

Waldrop, who was born and grew up in Paducah, notes feeling conflicted herself as she walked the shoreline some 10 years ago when the lake was at its lowest winter level. "For the first time I witnessed the foundations of houses, scattered bricks, even railroad spikes near where the train station used to be. The images haunted me ... I had not considered the profound personal losses of the few for the benefit of the many..." she reports.

Perhaps Margaret, *Drowned Town*'s successful attorney who experiences a life-changing emotional awakening about the lake and its residents, was crafted based on that very moment for Waldrop, who also practiced law in Louisville and Frankfort.

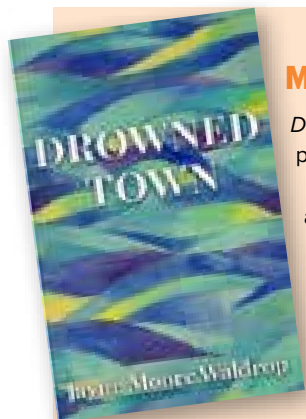
» Penny Woods

## More about the author

*Drowned Town*, University Press of Kentucky, \$24.95, can be purchased at [KentuckyPress.com](http://KentuckyPress.com) or at major booksellers.

After earning a law degree at the University of Kentucky and working as an attorney, Jayne Moore Waldrop attended Murray State University for her Master in Fine Arts in creative writing.

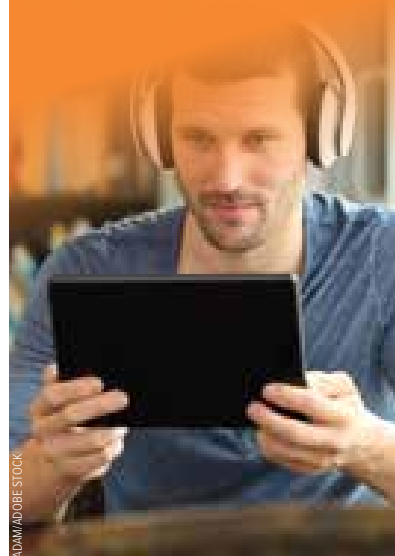
Learn more about Land Between The Lakes National Recreation Area and plan your visit online at [www.landbetweenthelakes.us](http://www.landbetweenthelakes.us).



## ENERGY EFFICIENCY

tip

When streaming content, use the smallest device that makes sense for the number of people watching. Avoid streaming on game consoles, which use 10 times more power than streaming through a tablet or laptop. Streaming content with ENERGY STAR-rated electronic equipment uses 25% to 30% less energy than standard equipment.

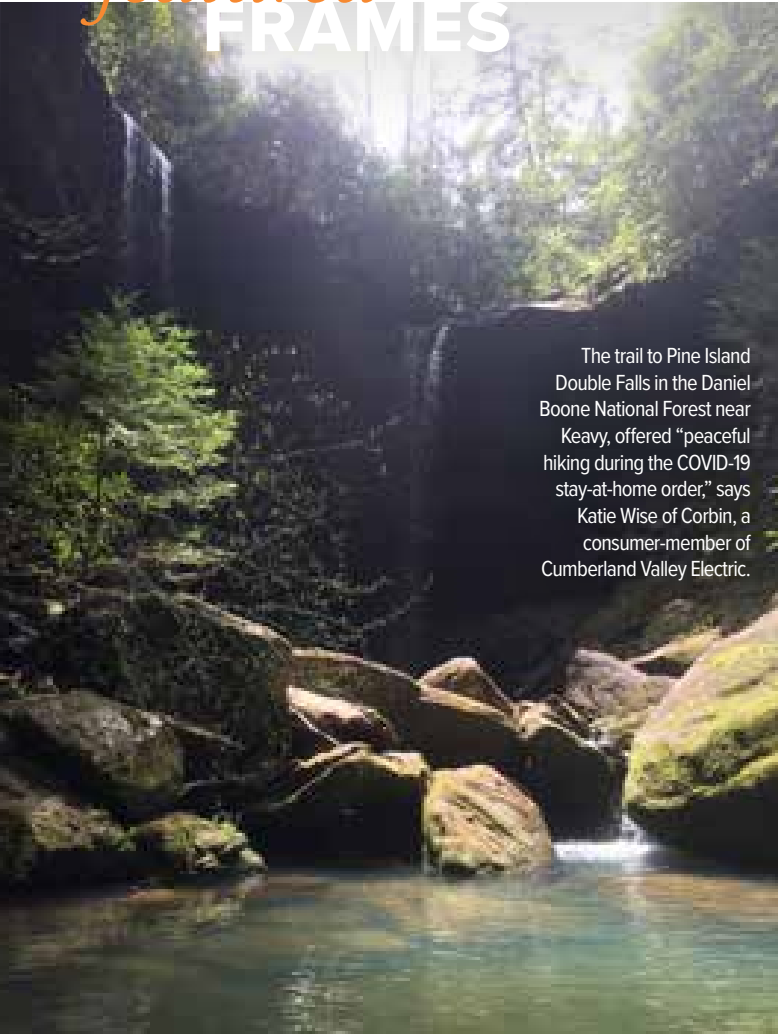


ADAM ADOLF STOCK





# featured FRAMES



The trail to Pine Island Double Falls in the Daniel Boone National Forest near Keavy, offered “peaceful hiking during the COVID-19 stay-at-home order,” says Katie Wise of Corbin, a consumer-member of Cumberland Valley Electric.



TIM WEBB

## Celebrating Kentucky Humanities 50th

*Old-Time Radio Hour* host Michael Johnathon, left, at the Bluegrass Music Hall of Fame & Museum, Owensboro, 7 p.m. Central Standard Time. The duo will discuss storytelling through song and the impact of music on the commonwealth and the country at large. The event is free, but reservations are required and available beginning April 15, at [www.kyhumanities.org](http://www.kyhumanities.org).

Future events feature Linkin' Bridge and Aminata Cairo, Louisville, July 15; Recipes from the River, Regina Charboneau, Sara Bradley, Phillip Ashley and John Varanese, Paducah, September 17; and Mission: Humanities, Story Musgrave and Kris Kimel, Lexington, October 13. Reservations also required for these free events and open six weeks in advance of event.

The public is invited to regional events throughout the year to help celebrate Kentucky Humanities 50th anniversary.

New Grass in the Bluegrass on June 7 is a conversation with the Father of Newgrass, Sam Bush, below, and *Woodsong's*



SHELLY SWANGER

## Apply for a WIRE scholarship

The Kentucky Chapter of Women in Rural Electrification (WIRE) is offering three \$1,000 scholarships to Kentucky college students. The scholarships are open to any eligible student whose family is served by a Kentucky electric cooperative and has at least 60 hours of credit at a Kentucky college or university by the start of the spring term. For an application form, go to [www.kyelectric.coop](http://www.kyelectric.coop) and search “WIRE” or contact your local electric cooperative.



VICTOR MOUSSA/ADOBEE STOCK

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## LETTERS TO THE *editor*

### Fairview's Jefferson Davis monument

You should have included the Jefferson Davis monument in the article on Kentucky history (Worth the Trip, "Six places for history buffs," January 2022). He was the president of the Southern States of America. And the park is an excellent place to brush up on real American history.

**RICHARD MCCOY, BURKESVILLE**  
**TRI-COUNTY ELECTRIC**  
**CONSUMER-MEMBER**

### My treasured Tiny Tears

I want to thank Byron Crawford for his many years of storytelling. The flood of nostalgic memories (December 2021) was wonderful. His mention of Tiny Tears shot straight to my heart. I still have that doll sitting prominently in my living room.

The many hours my brothers and I spent painstakingly combing through the (Sears, Roebuck & Co.) catalog, each with our own crayon, marking our hearts' desire. And, like many of the children of our age group, never getting the items marked.

But every now and then, one of those marked treasures would magically appear under the tree.

**SHERI FOGUS, LOUISVILLE**

### 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.



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# Co-op annual meeting tradition

*From the 1930s to today, consumer-members have had a voice in their local electric co-op*

JOE ARNOLD

**WHY DOES YOUR ELECTRIC COOPERATIVE** hold an annual meeting?

The colorful tradition includes many enjoyable memories, entertainment, door prizes and giveaways, such as the iconic bucket with lightbulbs. But at its heart, the annual meeting reflects the cooperative business model. From the beginning of Kentucky co-ops in the 1930s to today, co-ops remain uniquely accountable to their consumer-members.

When a consumer signs up for electric service at their local electric cooperative, they become a part owner of the cooperative, often referred to as “consumer-members” or simply “members.”

The members of Kentucky’s electric cooperatives have a voice in how their local co-op is operated. Whether a consumer-member prefers to run for a seat on the democratically elected co-op board or chooses a representative by voting for

a fellow member on the board, each member’s voice is important.

Throughout the year, co-ops take their accountability to their consumer-members seriously, publishing important updates in *Kentucky Living*, posting immediate information on social media and being transparent and available to members who have questions about their co-op.

The bylaws of each cooperative spell out how co-ops conduct elections and when the co-op needs to conduct a meeting of members. Kentucky co-ops have adjusted to the needs and realities of each generation.

For decades, the Annual Meeting and Electric Farm Show Caravan attracted members from near and far. Part carnival, part tradeshow and part business meeting, the event featured entertainment, attendance prizes and contests from cake baking to tractor driving. Thousands of people

Bottom left, consumer-members at Jackson County RECC—now Jackson Energy—eat watermelon and ride swings at the annual meeting. Photo: EKPC Archives

Bottom right, Nolin RECC President & CEO Greg Lee addresses members at the 2019 annual meeting in Elizabethtown. Photo: Joe Arnold





▲  
A 1950s Salt River Electric Cooperative Annual Meeting & Electric Farm Show. Photo: Salt River Electric Archives

▶  
Miss Kentucky Rural Electric Beauty Pageant at Grayson RECC in Carter County. Photo: Grayson RECC Archives



crowded under huge tents to witness the showcase of modern appliances and the latest electrical devices for home and farm.

For 40 years, each co-op hosted a beauty pageant with local queens sent to compete in the Miss Kentucky Rural Electric Beauty Pageant in Louisville.

The caravan gradually faded as member tastes and entertainment options evolved. But one thing that has never changed is the commitment to co-op democratic values and member engagement. Co-ops give members the latest updates on co-op operations. This preserves the one member-one vote

## WHAT'S YOUR FAVORITE MEMORY?

We'd love to hear from you about your favorite co-op annual meeting memory. Please post us a note on Facebook at @KentuckyLivingMagazine or on Twitter @KentuckyLiving. Bonus points for photos!





Members attend Meade County RECC's 2021 drive-thru annual meeting during the COVID-19 pandemic. Photo: Wade Harris



South Kentucky RECC members gather for the 2019 annual meeting at the co-op's headquarters in Somerset. Photo: Joe Arnold

standard, electing directors to represent member interests and guide co-op management.

During the COVID-19 pandemic, each local co-op's democratically elected board decided how best to responsibly communicate and serve its consumer-members. At many co-ops, annual meeting registrations actually increased as members took advantage of the opportunity to stay in their

vehicles while registering and picking up co-op information and giveaways.

Who knows how annual meetings may further evolve to meet the realities of the next generation? No matter what they look like, when Kentucky co-ops plan their 100th annual meetings in about 15-20 years, the legacy of Kentucky's electric cooperatives is sure to keep them dedicated to members. **KL**



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# "This. Is. Amazing." Granholm raves about Cooperative Solar

*U.S. energy secretary visits co-ops' 60-acre solar farm*

JOE ARNOLD

Below, U.S. Energy Secretary Jennifer Granholm visits the Cooperative Solar farm in Winchester on March 2. From left, East Kentucky Power Vice-Chair Jody Hughes, President and CEO Anthony "Tony" Campbell, Granholm and Chair Alan Ahnman. Photo: Tim Webb

Bottom right, EKPC Manager of Human Resources and Organizational Development Teri Lacy shares ways to recruit and retain employees at the PowerXchange conference in Nashville. Photo: Robin Conover

**AFTER A VISIT TO** East Kentucky Power Cooperative in Winchester on March 2, U.S. Energy Secretary Jennifer Granholm told her social media followers the co-op's Cooperative Solar farm is "amazing." The former Michigan governor joined Kentucky Lt. Gov. Jacqueline Coleman and Kentucky Energy and Environment Cabinet leaders in a visit with co-op leaders. The 60-acre solar farm serves the 16 cooperatives under EKPC's umbrella, giving their consumer-members an easy way to benefit from sun power without the hassle, maintenance or expense of owning private solar panels.

## Kentuckians on national stage

When more than 5,000 co-op leaders from across the country gathered in March for the National Rural Electric Cooperative Association's PowerXchange and TechAdvantage 2022 in Nashville, Tennessee, Kentucky's electric cooperatives took center stage. Teri Lacy, East Kentucky Power Cooperative's manager of human resources, explained how EKPC values and invests in its employees. She says "recruiting and retention are everyone's job" at the co-op and "letting employees tell their stories" instills pride and ownership, which positively impacts service to members and the co-op brand.

Another industry expert offering insight at the TechAdvantage expo was Phil Clark, vice president of operations at Kentucky-based United Utility Supply Cooperative. Clark joined a panel of material supply executives to discuss supply chain challenges in the electric utility industry. **KL**



United Utility Supply Cooperative Vice President of Operations Phil Clark, right, answers a supply chain question during TechAdvantage in Nashville, Tennessee, in March. Photo: Robin Conover



# Now, THIS is a Knife!

This 16" full tang stainless steel blade is not for the faint of heart —now **ONLY \$99!**

In the blockbuster film, when a strapping Australian crocodile hunter and a lovely American journalist were getting robbed at knife point by a couple of young thugs in New York, the tough Aussie pulls out his dagger and says "That's not a knife, THIS is a knife!" Of course, the thugs scattered and he continued on to win the reporter's heart.

Our Aussie friend would approve of our rendition of his "knife." Forged of high grade 420 surgical stainless steel, this knife is an impressive 16" from pommel to point. And, the blade is full tang, meaning it runs the entirety of the knife, even though part of it is under wraps in the natural bone and wood handle.

Secured in a tooled leather sheath, this is one impressive knife, with an equally impressive price.

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.

**But we don't stop there.** While supplies last, we'll include a pair of \$99, 8x21 power compact binoculars, *and* a genuine leather sheath **FREE** when you purchase the **Down Under Bowie Knife**.

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# Co-op supports one of its own in time of need

West Kentucky RECC's Andrea Phillips at her second chemotherapy treatment for Stage 3 colon cancer. Photo: Andrea Phillips

## Life lessons learned

### MAYFIELD

This could have been a sad story.

At age 38, in June 2019, Andrea Phillips was diagnosed with colon cancer. An onset of persistent back pain and abnormal fatigue were the only signs that something was amiss. It was a shock when her doctor told her she had a malignant mass taking up 75% of the circumference of her colon on the right side. She had Stage 3 cancer. Her future would include surgery, chemotherapy and five years of follow-up with doctors.

Andrea, assistant to operations at West Kentucky RECC, says she decided she “wasn’t going down the rabbit hole of grief and despair” and that this would be a positive story regardless of what she needed to endure.

“I told my family I didn’t want any drama surrounding the cancer,” she says. “I had

seen people who had cancer, and it defined everything in their life. Yes, it was scary and awful, but your attitude really affects the situation.”

Instead of tears, Andrea says she and her sister made poop jokes (stool is processed through the colon). Along the way, she realized that she hadn’t been really living; she was just existing. Five weeks after the surgery, she joyfully returned to work and started doing the things she had always wanted to do—travel, volunteer at the local humane society and spend more time with her extended family.

But the best lesson came as help flowed in from all directions, particularly from her co-op family. They cared for her in ways she says she couldn’t have imagined.

Andrea’s office friends all wore royal blue for colon cancer awareness on the day of her first scans after chemotherapy, hoping for clear



results. “It made me cry,” Andrea says. “You know you have friends and people at work that you get along with, but you don’t realize the level of support until something like this happens.” The hopes for clear results were realized.

Their support never wavered. Co-op folks took her to every chemotherapy appointment. They accompanied her to yoga and the gym. They brought food. She received gift cards and a prayer box. Everyone became a cheerleader.

They also encouraged her to be as healthy as possible so her body would have more to fight with. One of the line-workers shared an apple with her every day to encourage her to eat healthy.

“I work with 45 men and am the only woman who works in the warehouse,” she says. “Every one of them was supportive. They were out defrosting my car. They brought me all the junk food I love. I learned that the co-op family really is a family.” **KL**

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

Andrea’s office friends wore royal blue for colon cancer awareness on the day of her first scans after chemo. “It made me cry,” Andrea says. Photo: WKRECC





# Hometown commitment

*Stave maker setting up shop in Metcalfe County*

JOE ARNOLD

## IT'S A MATTER OF LAW.

Since 1938, the United States Alcohol and Tobacco Tax and Trade Bureau has required that bourbon be aged in “charred new oak cooperage” for at least 24 months.

In other words, you can’t age bourbon in a used barrel. Every one of the more than 2 million barrels filled with bourbon in Kentucky last year was a new barrel.

With demand for bourbon on a consistent climb, Edmonton native Chad Pennington started researching the cooperage business four years ago.

“One of the challenges distilleries face is buying the barrels,” Pennington says. “There are two barrels aging right now per person in the state of Kentucky, just to give you an idea of how big that business is. And new distilleries are coming in and producing quite a bit more bourbon. That’s just going to push the need for barrels even higher. We hope to step in and fill that void for the staves and eventually the barrels.”

Throughout 2019, Pennington researched the industry, sought funding and searched for the right location, ultimately landing in his hometown in a 30,000-square-foot speculative building at the Metcalfe County Southside Industrial Park. Flanked by elected officials, business leaders and his friend and consultant, *Moonshiners* Discovery Channel personality Tim Smith, Pennington unveiled his plans last August.

Since then, the stave mills for Pennington Stave & Cooperage

LLC are being manufactured and Pennington is working with state and local officials on the fit-up of the building. He plans to launch operations and begin supplying oak staves to cooperages later this year.

“Congressman James Comer played a very, very vital role in helping get this going,” Pennington says. “The county qualified for quite a few grants and one of them was from the Appalachian Regional Commission. Jamie Comer did everything in his power to help the county secure that grant. And that was the final piece of the funding for the county to go out and set up this building.”

The site is served by Tri-County Electric Membership Corporation.

“We know our area attracts interest from companies across the country and the world,” says Paul Thompson, Tri-County’s chief

executive officer. “It’s very affirming that a homegrown company also recognizes its value.”

Pennington plans to hire about 20 people for the first phase of stave manufacturing, and up to 60 once the plant reaches full production capacity. Ultimately, a cooperage could add 100 more jobs. The prospect of supporting his community helped Pennington stave off the challenges of the last two years.

“It definitely added a lot of motivation to me to keep this going,” Pennington says. “Because at any point in time during the pandemic, with so many moving parts, different sources of funding, if any one of those fell apart, this could have all just went away. I stayed after it. I wasn’t going to get this far and let it go.” **KL**



**PENNINGTON  
STAVE &  
COOPERAGE**

**LOCATION:**  
Metcalfe County

**INDUSTRY:**  
Manufacturer of white  
oak barrel staves

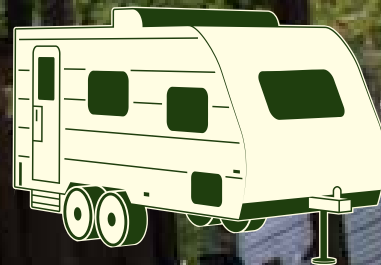


Chad Pennington, left, listens to Discovery Channel *Moonshiners* star Tim Smith at the August announcement of Pennington Stave & Cooperage. Photo: Kim Harwood



Stephanie and Darren McCombs enjoy a weekend camping excursion at Lake Barkley State Resort Park in Cadiz. Photo: Joe Imel

# A COMMUNITY ON WHEELS



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RVs offer comfy camping—but do your homework

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BY KATIE SALTZ

**FOR THOSE WHO LOVE NATURE BUT DON'T ENJOY ROUGHING IT,** RV camping is the perfect compromise. Kentucky is flush with campgrounds that accommodate all different types of campers, and sites are filling up faster than ever.

Many people took the plunge and bought a recreational vehicle in 2021—sales rose by almost 40% last year, according to the RV Industry Association.

Stephanie and Darren McCombs are among those who jumped on the RV bandwagon in the early days of the COVID-19 pandemic. Stephanie is the communications specialist at Big Rivers Electric in Henderson, though the couple live across the river in Indiana. They also are known as the “Landlocked Lovebirds,” the handle of the social media accounts where they document their travels.

The pair began sharing their adventures in 2016 with their international travels. Their YouTube channel has more than 5,000 subscribers and they’ve visited more than 20 countries so far.

When the pandemic brought their international trips to a halt, the McCombses decided to look at RVs for some closer travel opportunities. Their first RV was an 18-foot Forest River Pod, which they quickly realized wouldn’t fit their needs long-term. Darren advises potential buyers to take their time.

“Don’t get in too big of a hurry when choosing a rig,” he says. “Go to dealerships and look around, get inside of them. Consumer Reports gives a lot of info about quality, safety and value.”

They soon traded in their pod and got a larger trailer, a Grand Design Imagine XLS. Stephanie



found Facebook community groups to be a useful resource for choosing an RV.

“If you’re narrowing down a camper type, look for Facebook groups specific to that type of camper,” she says. “You’ll learn all about

what people love about that camper, what they don’t love. You can ask specific questions and get honest answers.”

The McCombses took their Grand Design all the way to Colorado and plan to visit Red River Gorge Geological

Frequent travelers Darren and Stephanie McCombs took their adventures on the road when the pandemic hit in 2020. They currently travel in a Grand Design Imagine XLS. Photos: Joe Imel

## TALK LIKE AN RV PRO

You may hear some jargon among the experienced RV crowd. Here are some common terms you can use to fit in with the road warriors.

**Basement:** the storage area under the RV living areas.

**Boondocking:** dry camping, or camping without hookups.

**Dogbone:** an adaptor that enables a 50-amp electrical source to plug safely into a 30-amp one or vice versa (also called a pigtail).

**Dually:** a pickup truck with four tires on the rear axle.

**PUP:** A pop-up camper.

**Rig:** a catchall term for an RV, trailer, fifth wheel or motor home.

**Skoolie:** a school bus converted to a mobile home.

**Sticks and bricks:** A traditional brick and mortar house.

**Stinky slinky:** the flexible hose that connects the black water tank to the sewer hookup.

**Toad:** A vehicle being pulled behind an RV.





SPONSORED CONTENT

# *Southeastern Kentucky's* **Daniel Boone Country**

**With its dramatic scenery and unbridled adventure, frontiersman Daniel Boone may have had this ruggedly beautiful region in mind when he said, "Heaven must be a Kentucky kind of place."**

The drama of nature's untamed splendor wows visitors today just as it did Daniel Boone when he first explored this region of Kentucky in the late 1700s. This is one of Kentucky's most magnificent frontiers, from the climbing mecca of Red River Gorge to the "Niagara of the South," Cumberland Falls. London, known as the cycling capital of Kentucky, offers both urban and rural cycling trails among its many attractions. Untold adventures await you in the Cumberland Gap National Park in Middlesboro. Explore outdoor adventure and the highest point in Kentucky in Harlan or listen to authentic Kentucky music throughout the region. Whatever your adventure of choice you can enjoy it in Kentucky's Daniel Boone Country.

[www.kentuckytourism.com/explore-kentucky/daniel-boone-country](http://www.kentuckytourism.com/explore-kentucky/daniel-boone-country)

TEAM  
**KENTUCKY**

JIM BEGLEY

Win a Getaway see page 46

Area in the spring. They have found the RV community to be welcoming and a great resource for newbies.

"People at campgrounds are so friendly," Stephanie says. "They're always ready to help you back into your spot; they'll invite you in to look around inside their camper."

The RV life has agreed with the McCombses so well that Stephanie says it's practically contagious. Darren's parents have bought an RV, and Stephanie's parents also are considering one.

### Try before you buy

Renting an RV is one option for new campers to try out a certain type of rig. It also appeals to a crowd who wants to camp without the investment of buying an RV. Large companies like Cruise America or Outdoorsy offer RV rentals, but there are some local options as well.

David White and his wife, Shelly, own Lake Cumberland RV Rentals in Burnside. Out of their seven years in business, White says the past two have been busier than usual. Their customers are a mix of regulars and newcomers who want to test out RV vacations.

White says a common mistake people make is buying a camper before considering how often they would really use it.

"I say if you go camping six or more times a year, it's probably worth buying a camper. Otherwise you are paying a lot of money for storage and maintenance without much use for the cost," he says.

The nine campers White rents are all delivered to campsites and set up for the customer. Other companies, like Visone RV in East Bernstadt, allow customers to drive their rental off the lot and handle their own set up and take down.

Kenny Cox, a sales representative for Visone RV, says their rentals stay booked steadily during peak camping season. His advice for a newcomer to the RV world: Try before you buy.

"Rent or borrow if possible to see what you think before you buy a camper,"

Cox says. "It's a large investment to make, so make sure it's something you are going to be interested in for the long haul."

### Have RV, will camp

Once you have your rig ready, the Bluegrass State has a wide range of campgrounds to choose from.

Good Sam, an RV membership service, lists more than 140 campgrounds throughout Kentucky in its online directory. Out of those, 31 are part of the Kentucky State Parks system.

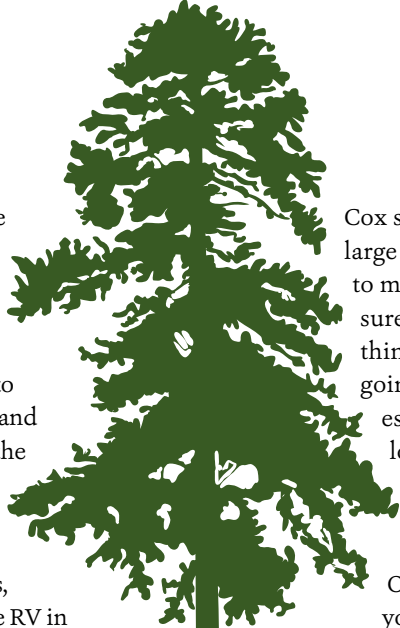
State parks saw their own boom in 2021. Nights of camping sold went up 9% between 2019 and 2021, according to Christy Combs,

parks regional administrator. Combs believes camping provided a tried-and-true outlet for people seeking respite from daily life.

"Our hiking trails have been utilized much more than usual. Campers had to do more on their own, but people still come out for fun and enjoyment. They can use the playgrounds, the pools, the beaches," she says.

Whether you want a primitive campsite with no frills or full hook-ups near amenities, the state parks have options. But Combs reminds campers to consider their needs before booking a site.

"All campsites are not created equal," she says. "Know what size you are comfortable with. Do you want to be near the bathhouse or the playground? Is your water hose and electrical cord long enough for that site?"





A row of RVs overlook the water at Green River Lake State Park. Photo: Kentucky State Parks

Once you determine your ideal site, planning ahead is vital. Combs says holiday weekends sometimes sell out a year in advance. She advises to book six to 12 months ahead for popular camping times, and four to six months in advance for the rest of the year.

### The voice of experience

My own family embarked on an RV adventure in July 2020. We packed two adults, three kids and a dog into a 38-foot travel trailer and



A family roasts marshmallows while RV camping at Lake Barkley State Resort Park. Photo: Kentucky State Parks

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## APPS AND WEBSITES FOR RV TRAVEL

The internet has made RV camping much easier by offering a wealth of websites and apps that make your trip go smoothly; the websites do double duty by telling you where you can get their apps. Make sure you keep these resources handy when preparing for your trip and when on the road.

**GPS:** Find a GPS app that has an RV feature or lets you adjust the route to avoid low clearances. Waze ([www.waze.com](http://www.waze.com)) is a favorite for any traveler, while apps like ToGo RV ([www.togorv.com](http://www.togorv.com)) are specific to RV travel.

**Gas app:** RVs are gas guzzlers, so save every penny you can with an app that finds the best deal on fuel prices in your area. GasBuddy ([www.gasbuddy.com](http://www.gasbuddy.com)) is one popular app, and AAA members can use their Trip-Tik Travel Planner app ([www.aaa.com/](http://www.aaa.com/)

[travelinfo/maps-directions.htm](http://travelinfo/maps-directions.htm)) to see fuel prices.

**Weather app:** No one wants to set up camp in a rainstorm or go hiking in extreme wind gusts. Use a reliable weather app and plan around inclement weather. The Weather Channel app ([www.weather.com](http://www.weather.com)) is a standard choice, with AccuWeather ([www.accuweather.com](http://www.accuweather.com)) being another highly rated option.

**Hike planner:** State park visitor centers are an excellent resource for hiking trails near your campground. You can plan ahead using the Kentucky State Parks website ([https://parks.ky.gov/things\\_to\\_do/trails](https://parks.ky.gov/things_to_do/trails)) or an app like AllTrails ([www.alltrails.com](http://www.alltrails.com)) that enables you to filter hikes by length and difficulty and by category like “dog friendly” or “waterfall.”

**Free campsite finder:** If you are avoiding campgrounds in favor of dispersed camping, you need to know where you are allowed to camp. Campendium ([www.campendium.com](http://www.campendium.com)) is an app that helps you find options for free camping land.

**Campground reviews:** Tripadvisor ([www.tripadvisor.com](http://www.tripadvisor.com)) or camping-specific apps like The Dyrtr ([www.thedyrt.com](http://www.thedyrt.com)) feature reviews and photos from campers so you can make an informed decision before booking a campground.

**Survival skills app:** Whether you are dry camping or glamping, accidents happen. Be prepared with an emergency first aid app like First Aid by the American Red Cross ([www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html](http://www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html)).



◀ Darren McCombs preps a fire at the campground. Photo: Joe Imel

started on a cross-country road trip that lasted a full year. I am often asked for tips on RVs and camping, and these are my top questions to ask yourself if you are considering an RV vacation:

- How much time do you plan on spending in your camper? If you are a serious outdoor person who just needs a place to sleep, you may just want a pop-up camper or a pod. If you want a full kitchen, separate sleeping quarters and a private bathroom, you need a bigger rig.
- What is your towing capacity? Be very clear about your towing vehicle's specifications and what kind of hitch you need. You don't want

to damage your vehicle by overestimating its abilities.

- What types of amenities do you want in a campground? If your family likes activities like swimming and mini golf, there are campgrounds that fit that bill. If you prefer the solitude of nature, consider that when choosing your site.
- What kind of weather and terrain are you traveling in? Make sure your camper and equipment are suited for the climate or the camper may end up with a frozen underbelly or leaky roof.
- Are you ready to make friends? Don't be afraid to ask for help if you need extra eyes while backing in, or you need to borrow a level. Camping folk are typically generous and ready to lend a hand, so be ready to accept help and offer it in turn. **KL**



# Eye Doctor Helps Tennessee Legally Blind To See



High Technology For Low Vision Patients Allows Many To Drive Again



**F**or many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastions of independence: driving.

A Lebanon optometrist, Dr. 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. Biotic 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."

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

"The major benefit of the biopic 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 biopic 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](http://www.lowvisiontn.com)

For more information and a FREE telephone consultation, call us today:  
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Office located in Lebanon, TN

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



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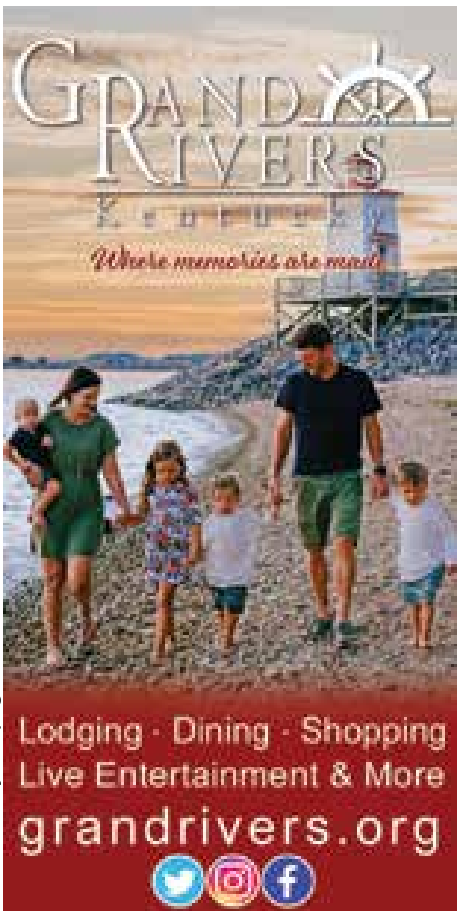
*Ken*

# AT, EEP, JOY tucky

21 ways to take in warm-weather  
days in the commonwealth

BY KATHY WITT

Dome Town, an experience created by Red River Gorgeous and Canopy Crew, Stanton, is where Kentuckians can spend some time up in the trees.  
Photo: Victor Sizemore



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MICHAEL CHM9 JULY 2022

## SPRING HAS BREEZED INTO KENTUCKY,

bringing with it a yen to get out and about and taste adventure: foodie fun in a silo off a country road and in the 1800s; sipping suds in an old bus station, a national forest and the heart of Bourbon Country; getaways on the lake, in the canyon, up in the trees and deep in the woods; and live music with the power and purity to lift the soul.

Here is a 21-fun salute to memorable ways all around the state to spend those warm-weather days.



Bluebird Cafe, Stanford, is famous for its white chocolate strawberry pie. Photo: Gabe Osbourne

## CHEWS

### 12 Mile Creek Winery, California

California is famous for its hillside vineyards, delicious wines accompanied by freshly made cuisine and inviting tasting rooms. California, Kentucky, that is—the home of 12 Mile Creek Winery and the first Kentucky Jalapeño Wine Bloody Mary. (And yes, it does have a kick.)

In addition to this unusual wine, vintners Tamara and Kevin Stewart offer a variety of dry and sweet wines to sip and enjoy in the homey setting of the tasting room, as well as select specialty foods, like their stone-baked naan bread pizza, and live music on select Saturdays.

“We’re known for our seasonal bruschetta,” says Tamara Stewart,

“which we only serve when the tomatoes are just right.”



12 Mile Creek Winery Jalapeño Fruit Wine has some heat, says owner Tamara Stewart. Photo: 3 Wishes Photography



## Bluebird Cafe, Stanford

Culinary Director David Sanderlin has three words for diners: hospitality, excellence, stewardship.

"The Bluebird Cafe is a hospitality experience that is communicated through the medium of amazing food from a desire to reach out and build up community," he says.

The farm-to-table restaurant sources locally (Marksbury Farm, Weisenberger Mill, Penn's Country Ham) to bring from-scratch, seasonally oriented cuisine to the menu, like gourmet beef burgers, shrimp and grits and the Monte Cristo. Everything is served in a setting that feels more art gallery than eatery, thanks to the original paintings of Kentucky's own Henry Faulkner, in one of Stanford's historic downtown buildings.

## Patti's 1880's Settlement, Grand Rivers

Flower Pot Bread, Mile High Meringue Pie, 2-inch thick pork chops—Patti's leaves an indelible imprint on its visitors (and their tastebuds) through its famous foods, but this dining destination with recreated historical log cabin village, gardens, gift shop and lodging is so much more.

"Patti's is a true story of one woman's dream to continue the importance of time with family," says Ann Martin, co-CEO and director of marketing. "Miss Patti (Tullar) always felt that time around the dinner table was family time spent without any distractions."

Patti's marked its 45th year last month—45 years of dishing up charm, memories and Bill's Boatsinker Pie in

Patti's 1880's Settlement, Grand Rivers, is a family-friendly destination offering something for everyone in the family to enjoy. Photo: Ann Martin



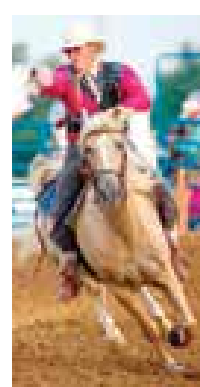
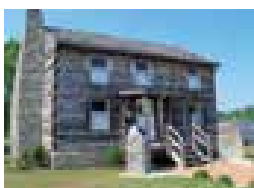
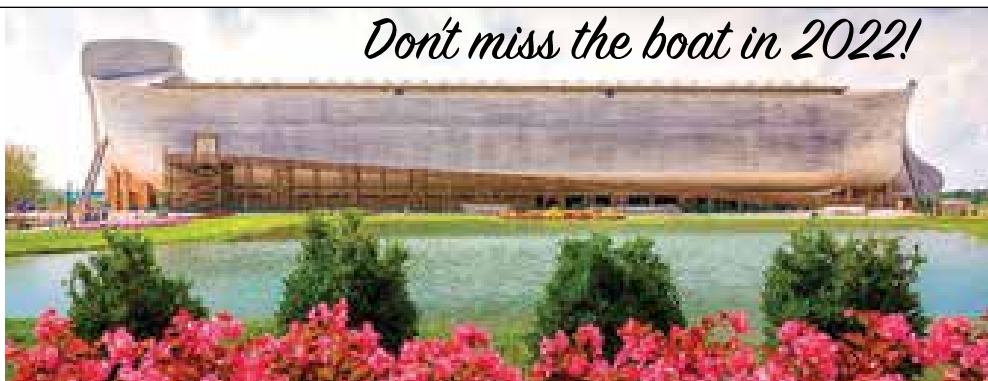
### 2022 EVENTS:

- June 2 - June 4 - US 25 Yard Sale
  - June 18 - Williamstown Festival
    - July 2 - Dry Ridge Party In The Park
  - July - Stage Right Musical Dinner Theatre Production
  - July 25 - July 30 - Grant Co. Fair
  - Aug. 2 - Sept. 10 - 40 Days/40 Nights Southern Gospel Music Fest - (Music in downtown Williamstown on Friday & Saturday nights)
  - Aug. 27 - Paddle Williamstown
  - Sept. 23 - Farm To Table
  - Oct. 1 - W'Town Hoe Down BBQ & Bluegrass Fest
  - Oct. 7 & Oct. 8 - US 25 Yard Sale
  - Dec. 3 - Country Christmas
- (Call 800-382-7117 or 859-824-3322 to verify events)

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Win a Getaway see page 46



◀  
Triplets BBQ, Cadiz, has authentic regional barbecue—try it on a taco, among other delicious options—hand-crafted sides and Southern-style desserts. Photo: Cadiz-Trigg County Tourism

a picturesque resort setting tucked between Kentucky Lake and Lake Barkley.

### Triplets BBQ, Cadiz

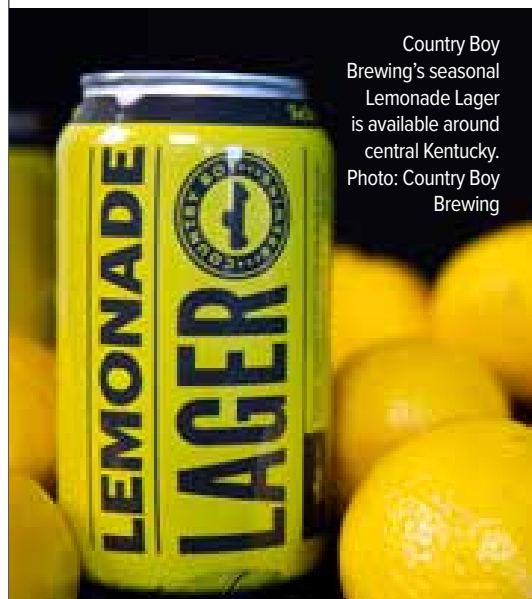
A grain bin filled with barbecue? Yep. Triplets BBQ in Cadiz is inside a 48-foot-tall metal silo and specializes in authentic regional barbecue: hickory smoked pulled pork, Texas-style smoked brisket and whole smoked chickens. Saucing the meats are the house-made, Kansas City-inspired Dr. Pepper Sauce and the restaurant's regionally inspired Hollis Sauce.

Triplets is the sister restaurant of Harper House, a Southern steakhouse occupying two nearby grain bins and serving up made-from-scratch cuisine. A welcoming vibe comes from the restaurant's piano bar and gleaming dining tables made of live edge wood. Both Harper House and Triplets feature theme nights and weekend entertainment.

## BREWS

### Country Boy Brewing, Georgetown

Country Boy Brewing's seasonal Lemonade Lager is available around central Kentucky. Photo: Country Boy Brewing







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Win a Getaway see page 46

Spring is in the air and the Lemonade Lager is on tap at Country Boy Brewing. This refreshing beer—emphasis on fresh as all Country Boy beers are made in-house from the highest quality ingredients—is one of the brewery’s seasonal brands, served alongside flagship faves, including Shotgun Wedding and Cougar Bait.

The brewery, a consistent first place winner in *Kentucky Living*’s annual Best in Kentucky reader write-in contest, has locations in Lexington and Georgetown, the latter being the first purpose-built brewery in Kentucky since Prohibition. Its taproom has a large outdoor patio overlooking rolling farmland, a full-service restaurant with barbecue smoked right outside the brewery and a relaxed community atmosphere.



Many of Elizabethtown’s Flywheel Brewing beers use local and Kentucky-made ingredients. Photo: Thomas Wheeler/Flywheel Brewing

## Flywheel Brewing, Elizabethtown

Great flavors with Kentucky flair made on-site and sipped in a taproom full of repurposed local wood. If you’re looking for a taste of Elizabethtown in a glass, served up by a warm and knowledgeable staff, you’ve found it at Flywheel Brewing.

Customers enjoy Country Boy beer and a football game in the Georgetown Taproom. Photo: Country Boy Brewing





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"It has an accessible flavor profile suited to just about any taste," says Aaron Hawkins, who owns Flywheel Brewing with partners Josh Durham and Ashley Willoughby.

The atmosphere is both familiar and fresh with "just about the right combination of rural and urban aesthetic," Hawkins says. Brews like Decapitated Monk-y and E=MC Hammered show off the owners' sense of fun. The experience? Relaxed joie de vivre for all who enter.

Local produce and Kentucky Proud items are featured prominently in Paducah Beer Werks' menu. Photo: Paducah Convention & Visitors Bureau

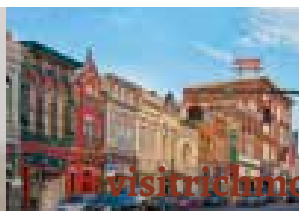


## Paducah Beer Werks, Paducah

Adding a neighborhood pub vibe to Paducah's historic downtown and Lower Town districts is Paducah Beer Werks, an award-winning brewery located inside a former Greyhound Bus station, and on the West Kentucky Brewery Hop. PBW's specialty is making and serving its own small-batch brews, plus spotlighting Kentucky craft brews and those from around the world.

"Where else can you visit such an iconic landmark from our state's colorful past, surrounded by the visual arts and music from local artists, all while tasting the beers that have more trophies than a Triple Crown thoroughbred?" asks owner Todd Blume. "A day

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spent in PBW's fully renovated bus depot is a once-in-a-blue-moon chance to celebrate all things Bluegrass."



Sawstone Brewing Co. is located in Morehead. Its taproom is in a corner building downtown. Photo: David Potter

## Sawstone Brewing Co., Morehead

The owners and the team behind the beer at Sawstone—Derek Caskey, Nich Hollan and Blake Nickell—have brewed up a half-dozen flagship flavors, including Kentucky Common, a dark cream ale with roots dating back to mid-1800s, when Kentucky and German and Irish immigrants were trying to replicate the beer of their homelands. It is considered an American classic.

The taproom is in a corner building in downtown Morehead, sharing city views as well as sweeps of Daniel Boone National Forest from its patio. Visitors are free to watch the brewers do their thing on Sawstone's three-barrel system or head to the game room upstairs for a hand of

cards, a round of darts or a TV binge session.

## Scout & Scholar Brewing Co., Bardstown

"We are an orange in an apple orchard," says Tyler Vaughan, general manager of the only brewery located smack-dab in the heart of Kentucky Bourbon Country.

Brave? Undoubtedly. Bold? That's where the craft beer, seasonal menu and sleek beauty of the brewery come in.

While many guests comment that this is the "fanciest" brewery they've seen, the decor is not where Scout & Scholar wants to find its fame. Rather, it's the beer and a menu meticulously planned by certified Chef Clayton Elliot, who collaborates with Head Brewer Lee Northcutt to incorporate the beer as well as local bourbon to bring the experience full circle.



Lee Northcutt, head brewer at Scout & Scholar Brewing Co. in Bardstown.  
Photo: Julianna Leach

# Spring into FESTIVAL SEASON



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June 4

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Family-owned Holmes Bend, Columbia, is the only marina on Green River Lake that offers houseboat rentals. Photo: Holmes Bend Marina and Resort

# STAYS

## Holmes Bend Marina and Resort, Columbia

The only marina on Green River Lake that offers houseboat rentals, family-owned Holmes Bend caters to everyone from serious fishermen to newlywed couples, and from families to reunion groups.

The resort has beautiful houseboats to fit every size group and budget and also offers a large fleet of daily boat rentals, including pontoons, and party and fishing boats. Lodging options include cabins, condos and studios. Amenities are plentiful: playground, picnic pavilion, hiking trails, fishing pier, a sandy beach right in front of the cabins and a full-service marina.

"There is something for everyone," says owner Kelly Caldwell.

The sun goes down on a perfect day at Horse Cave KOA Holiday. Photo: Lee Huffman



## Horse Cave KOA Holiday Conestoga Wagons

Feel like settlers along the trail West, but without all that bone-rattling jouncing. These Conestoga wagons combine the sense of adventure of an Oregon Trail experience with all the comforts of home—comfy king-size bed and set of twin bunks; electricity and heat and air conditioning; small fridge, microwave—even a Keurig

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coffee maker. (Yes! The pioneers are spinning in their graves.)

Overlooking the beautiful karst landscape of rural Kentucky, each wagon also has a patio and a fire pit families can gather around for roasting marshmallows, making s'mores and swapping ghost stories. PS: If you're more Tarzan than trailblazer, there are treehouses perched up in the treetops.



Blue Tiny sits near the beach at Lake Cumberland Marina, Russell Springs.  
Photo: Lake Cumberland Marina

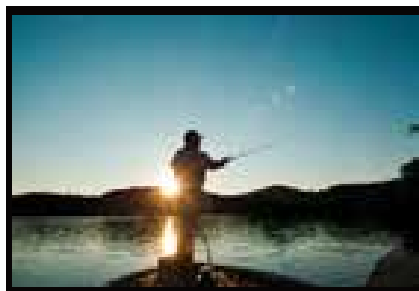
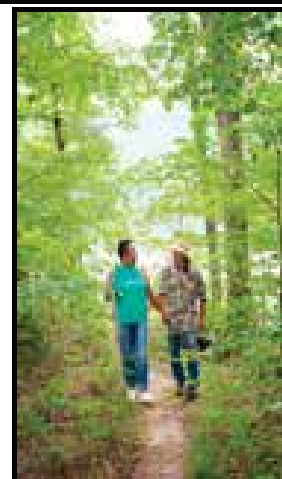
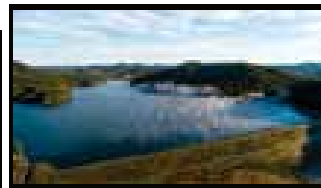
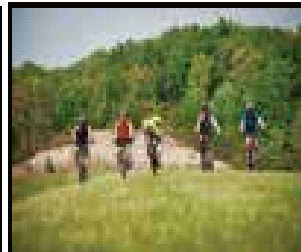
## Lake Cumberland Marina, Russell Springs

Check into a floating cabin at Lake Cumberland Marina, located in Wolf Creek on beautiful Lake Cumberland, and check out the breathtaking view: sparkling open water as far as the eye can see.

"The marina has a beach located along this view with our lakeside cabins and primitive campsites," says Karen Brown, assistant general manager. "It's a family/community marina just waiting for you to join, make memories and experience a healthy dose of lake vitamin."

Besides the view, the marina has a launching ramp, beach area and friendly staff to help vacationers settle in. There are also water sports, fishing and coves to explore.

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Step back in time at the Mountain HomePlace, an 1850's Appalachian working farm.



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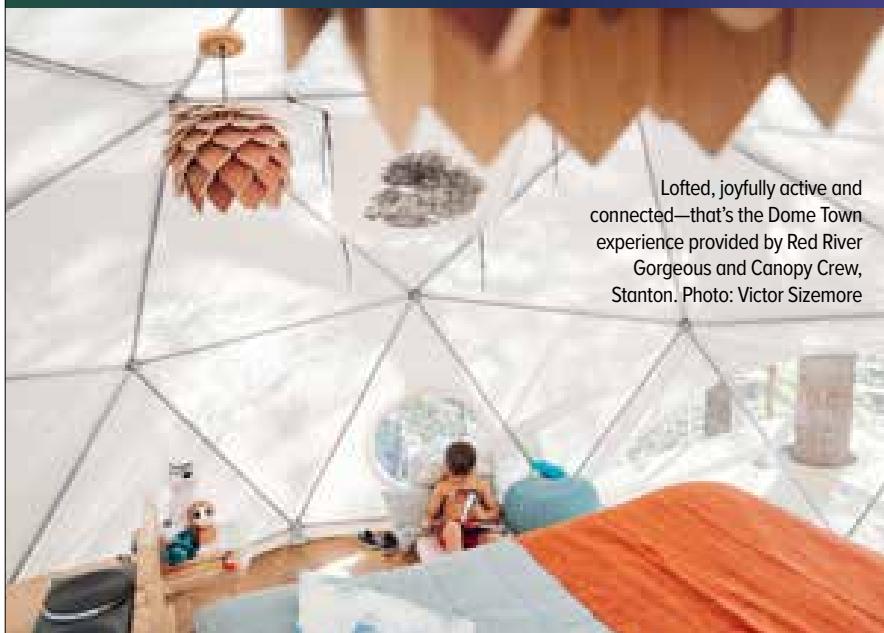
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Lofted, joyfully active and connected—that's the Dome Town experience provided by Red River Gorgeous and Canopy Crew, Stanton. Photo: Victor Sizemore

### Dome Town and Treehouse Village, Red River Gorge, Stanton

Sleep in a sky bubble, a geodesic dome in Red River Gorgeous' Dome Town; or in the luxury-level forest getaway called Tradewinds Treehouse, with its spring-fed hot tub.

"Our domes and treehouses are a truly wonderful way to gain a new perspective on life, the forest and the healthy beauty of Kentucky," says Amy Dourson. "It's a unique and fantastically fun stay for all ages at a place that invites the imagination and feeling connected to the forest."

She and her husband, Aaron Dourson, own and operate Red River Gorgeous, and they work together with

Django and Isabella Kroner, the owners of Canopy Crew, to create this high-in-the-sky, back-to-nature enclave in the midst of the Gorge.

## TRAIL TOWNS

Hundreds of miles of wooded and scenic trails are at your fingertips, or toes, at Kentucky's more than two dozen certified Trail Towns. Think of them as gateways to the very best of the great outdoors while keeping you connected with in-town entertainment and



Park City is a gateway to history and adventure in the heart of Kentucky Cave Country. Photo: Kentucky Department of Tourism





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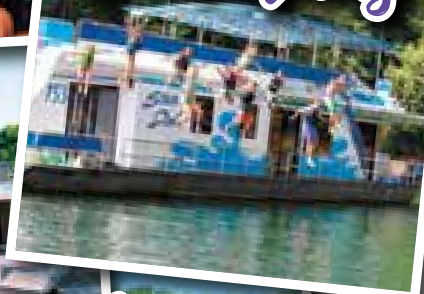
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Elizabethtown is known for its easy access to networks of hiking, biking and paddling trails, and offers plenty of in-town amenities and attractions. Photo: Kentucky Department of Tourism

attractions, restaurants and lodging options. Here are a few:

A former stagecoach stop, **Park City** lists Mammoth Cave National Park and Diamond Cavern as its can't-miss assets. Enjoy caving, cycling and paddling the Green River, but that's not all. Park City is working on attaining its Dark Sky Certification, meaning it's a perfect spot for viewing the night sky.

**Morgantown**, a historic river town on the banks of the Green River, is known for its active Butler County Arts Guild and annual Catfish Festival that celebrates all things Green River, with great paddling front and center.

Kentucky's largest Trail Town and self-proclaimed first Urban Trail Town, **Elizabethtown** is home to one of the oldest local conservation organizations in the state; the abundance of hiking and biking opportunities shows Elizabethtown Greenspace's decades-long commitment to creating and preserving trails. Pair trails with popping into the many local restaurants and shops and it's one superb adventure-themed getaway.



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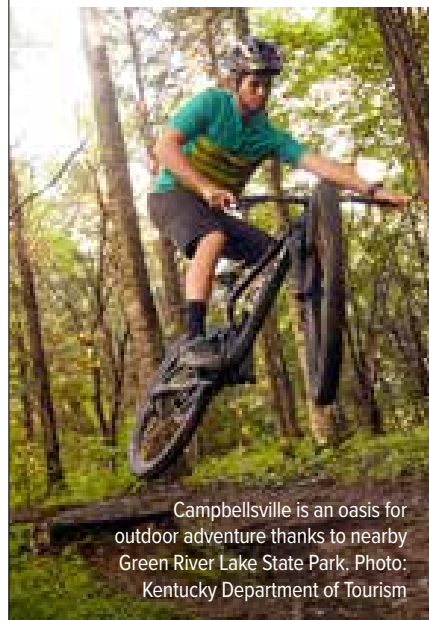
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Campbellsville is an oasis for outdoor adventure thanks to nearby Green River Lake State Park. Photo: Kentucky Department of Tourism

Exceptional trail experiences, including mountain biking, horse-back riding and paddling on both Green River and Green River Lake, are **Campbellsville's** claim to fame. That, plus a historic downtown with a lively mix of locally owned restaurants and outdoor stores.

# TUNES

## Jammin' on the Porch at the Thomas House, Horse Cave

For more than a decade, music has been raising the roof in downtown Horse Cave, a National Register of Historic Places Commercial District. The location may have changed over the years, but it's a down-home

Kentucky music gathering that has recently returned to its roots at the historic Thomas House next to Hidden River Cave.

"Jammin' on the Porch is an authentic slice of rural Kentucky music



Come jam at the Thomas House in Horse Cave. Photo: Horse Cave/Hart County Tourism

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A man and a young boy are tubing down a river. They are both wearing blue and green life jackets and are smiling. The boy is in the front, and the man is behind him, holding onto the tube. The tube is blue and green with yellow accents. A purple rope is attached to the front of the tube. The background shows a river with green hills and a blue sky with white clouds.

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offering endless outdoor adventure. Or just find your own quiet spot, hidden waterfall or stunning overlook to sit down and soak up the soothing sights and sounds of nature.

And let's not forget the food! Savor signature Bluegrass flavors that come to life at roadside farm stands, mom-and-pop diners and hip restaurants, where talented chefs and mixologists are inspired by a bounty of fresh, local ingredients.

With so much to see, do and taste, the Bluegrass State is the perfect place for your next road trip, weekend getaway or family vacation.



◀ A bluegrass band entertains the crowd at the Lakeland Jamboree, Cadiz. Photo: Cadiz-Trigg County Tourism

that is entertaining and free,” says Sandra Wilson, executive director at Horse Cave/Hart County Tourism. “It features locals of all kinds of musical abilities who meet weekly to play bluegrass, country and old-time music on acoustical instruments for themselves and for anyone who wants to listen.”



Lakeland Jamboree owner Ray Wyatt takes the stage. Photo: Cadiz-Trigg County Tourism

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## Lakeland Jamboree, Cadiz

The three words that best capture the essence of this small venue in Cadiz's historic downtown are family, nostalgia and entertaining. On Friday and Saturday nights, the Lakeland Jamboree fills the seats with family and friends, and the rafters with the sounds of live traditional gospel and classic country music.

“It’s like a singalong with your family, where you might find everyone having a potluck together,” Jamie Lewis of Cadiz-Trigg County Tourism says of the alcohol- and smoke-free venue. “It’s a place where everybody knows your name.”

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This material is based upon work supported under a grant from the Economic Development Administration to Eastern Ky PRIDE, Inc. Any opinions, findings and conclusions or recommendations expressed in the material are solely the responsibility of the authors and do not necessarily represent the official views of the Economic Development Administration. Photo: Max Caswell



The 44 Country Band plays at Shepherdsville Country Music Show. Photo: Shepherdsville Country Music Show

## Shepherdsville Country Music Show

It's all about family at Bullitt County's longest running live country music show, and has been for more than 45 years.

"It's a family gathering for the community," says Pat Portman, who has produced the show for more than 20 years. "Regulars have their own seats. People traveling through the state on their way to vacation stop here and come back every year."

The show features 35 to 40 songs—rock 'n' roll oldies, classic country, Southern gospel—and is different each week. The talent, all local entertainers, is known to be extraordinary.

"If you close your eyes, you'll feel like you're hearing Patsy Cline and George Jones," says Betty Hardin, who owns the venue with her husband, Howard. "You'll feel welcome and will want to come back."

Little River Band performs at The Amp at Dant Crossing in August 2021. Photo: Jim Brady

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## The Amp at Dant Crossing, Gethsemane

World class. State of the art. One of a kind. The new 2,000-seat amphitheater on the Dant Crossing campus, near New Haven, is all of these things—and family-friendly. It's a place where every seat feels like the best seat in the house because of the outstanding sound quality and gorgeous countryside views.

It is also entertainment under the stars, Monk's Road spirits in hand, with Log Still Distillery Tasting Room and bed-and-breakfast lodging mere steps away. There are food trucks on concert nights, woodsy walking trails and fishing lake, and a working train depot is expected later this year. In other words, a full-on vacation destination in the midst of Kentucky Bourbon Country. **KL**

Little Big Town is one of the nationally known acts that performed in 2021 at The Amp at Dant Crossing, Gethsemane. Photo: Jim Brady



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TEAM  
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# WIN

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Provided by Bardstown/Nelson County Tourism & Convention Commission

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The Old Talbott Tavern – Lunch

Bardstown Bourbon Company – Lunch

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My Old Kentucky Dinner Train – Dinner Excursion

Scout & Scholar Brewing – Beer Flight

#### TASTINGS – SELECT 2:

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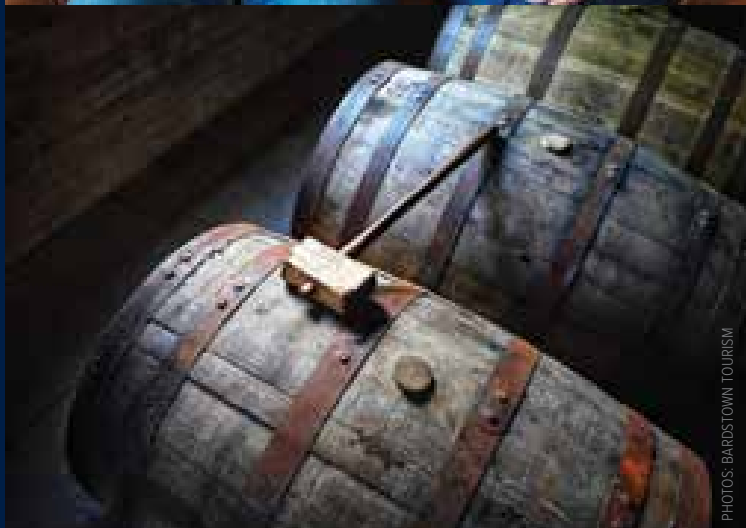
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PHOTOS: BARDSTOWN TOURISM

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9:30am to 4pm EST | **FREE ADMISSION**

www.kentuckyalpacaassociation.org | (970) 227-0436

ALPACAS | SELFIES | FIBER DEMOS | MINI SEMINARS | DOOR PRIZES

**Saturday, May 28, 2022**

**LIVE IN LIBERTY MUSIC FESTIVAL**

**11 AM until 11 PM**

Live Music - Karaoke - Food Vendors  
Downtown Liberty, Ky - Bring a chair!  
Updates on FB - 606-706-7777

www.ExploreLibertyKy.com

**Master Gardener Plant and Garden Art Sale**

April 30, 8 a.m. - 2 p.m.

Annual sale features many vendors with assorted plants, herbs, flowers, tropicals and yard art.

Bullitt County Extension Office - Exit 117  
Shepherdsville • 502-543-2257

**4th** **FREE** **Join us July 2.3.4**

MadisonvilleLiving.com

**OLD WASHINGTON ART & CHOCOLATE FESTIVAL**

PRESENTED BY OLD WASHINGTON INC. & MAYSVILLE-MASON CO. TOURISM

**SATURDAY, APRIL 9**  
**10 AM - 5 PM**

Explore our Historic District with lots of activities, vendors, music, and plenty of chocolate!

606-563-2596 Ext. 101  
info@maysvilleky.net

**30TH ANNUAL MOUNTAIN MUSHROOM FESTIVAL**

Irvine, KY April 23 & 24

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

606-723-2554  
www.mountainmushroomfest.org

**Peony Spring Festival**

**May 14th 11 a.m. - 6 p.m.**

Vendors, Peony Plants, Gardening Workshops,  
Riverboat Rides, Live Music, Free Carriage Rides & 5K race

Courthouse Square, Warsaw, KY  
(859) 643-3118  
www.visitgallatincounty.com

#seemysset seesomersset.com

**2022 FESTIVALS**

**Foodstock**  
April 30

**Moonlight Festival**  
October 15

**Light Up Bash**  
December 31

**Somersset**  
The Spirit of Southern Kentucky

**BLUEGRASS, BREW & BBQ FESTIVAL**

**Grand Rivers, KY**

MUSIC, FOOD, BREW April 29 & 30  
grandrivers.org

**MOREHEAD KENTUCKY PROUD EXPO**

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

Kentucky Proud certified vendors featuring woodwork, jewelry, soaps, and more. Open to the public and admission is **FREE!**

606-780-4342  
www.moreheadtourism.com/event/morehead-ky-proud-expo

**Yard Sale**

**JUNE 24-25, 2022**

Two days and 150 miles of shopping, food and beautiful scenery along Hwy 41 and parts of 41A in Western Kentucky!

270-821-4171  
Find us on

**TEAM KENTUCKY**  
KENTUCKY DEPARTMENT OF TOURISM



# KENTUCKY FESTIVALS

## BLUEGRASS

- 1 Perryville Battlefield Springfest, Perryville, May 7
- 2 CAFCA Cares Spring Festival, Harrodsburg, May 7
- 3 Paris Storytelling Festival, Paris, May 14–15
- 4 Great American Brass Band Festival, Danville, June 2–5
- 5 Bluegrass BBQ Festival, Lexington, June 3–4
- 6 Beer Cheese Festival, Winchester, June 11
- 7 Summer Craft Festival, Berea, July 8–10
- 8 Berea Festival of LearnShops, Berea, July 15–24
- 9 Crave Food & Music Festival, Lexington, July 30–31
- 10 Celtic Festival, Berea, Aug. 18–21
- 11 Pioneer Days, Harrodsburg, Aug. 19–21
- 12 Soul of Second Street Festival, Danville, Aug. 26–27
- 13 Daniel Boone Pioneer Festival, Winchester, Sept. 3–4
- 14 Festival of the Horse, Georgetown, Sept. 9–11
- 15 Barks & Bluegrass Music Festival, Nicholasville, Sept. 10
- 16 Spoonbread Festival, Berea, Sept. 15–18
- 17 Kentucky Heritage Jazz Festival, Shaker Village, Sept. 17–18 (kick-off concert Sept. 10 at Old Fort Harrod State Park)
- 18 Constitution Square Festival, Danville, Sept. 17
- 19 Anderson County Burgoo Festival, Lawrenceburg, Sept. 23–25

## EASTERN

- 20 Redbud Ride Weekend, London-Laurel County, April 8–9
- 21 Hillbilly Days, Pikeville, April 21–23
- 22 Mountain Mushroom Festival, Irvine, April 23–24, [mountainmushroomfest.org](http://mountainmushroomfest.org)
- 23 Morehead Kentucky Proud Expo, Morehead, April 29–30, [moreheadtourism.com](http://moreheadtourism.com)

- 24 Kentucky Mountain Laurel Festival, Pineville, May 26–29
- 25 Memory Days, Grayson, May 26–29
- 26 Poke Sallet Festival, Harlan, June 2–4
- 27 Menifee Mountain Memories Festival, Frenchburg, June 3–4
- 28 Firkin Fest, Ashland, June 18
- 29 Rudy Fest Bluegrass Festival, Morehead, June 18–25
- 30 Summer Motion, Ashland, July 2–4
- 31 Olive Hill Homecoming, Olive Hill, July 2–4
- 32 Shriners Bluegrass Festival, Olive Hill, July 14–16
- 33 Pioneer Life Week at Carter Caves State Resort Park, Olive Hill, July 25–30
- 34 Corn Festival, Stanton, Aug. 6–7
- 35 NIBROC, Corbin, Aug. 11–13
- 36 Elliott County Tobacco Festival, Sandy Hook, Sept. 2–3
- 37 Breathitt County Honey Festival, Jackson, Sept. 2–5
- 38 Honoring our Veterans Pow Wow, Corbin, Sept. 3–4
- 39 Old Fashioned Trading Days, Williamsburg, Sept. 8–10
- 40 Lawrence County Septemberfest, Louisa, Sept. 9–10
- 41 Poppy Mountain Bluegrass Festival, Morehead, Sept. 9–17
- 42 Black Gold Festival, Hazard, Sept. 15–17
- 43 Poage Landing Days, Ashland, Sept. 16–18
- 44 World Chicken Festival, London, Sept. 22–25
- 45 Cave Run Storytelling Festival, Morehead, Sept. 23–24
- 46 Morgan Co. Sorghum Festival, West Liberty, Sept. 23–25

## NORTH CENTRAL

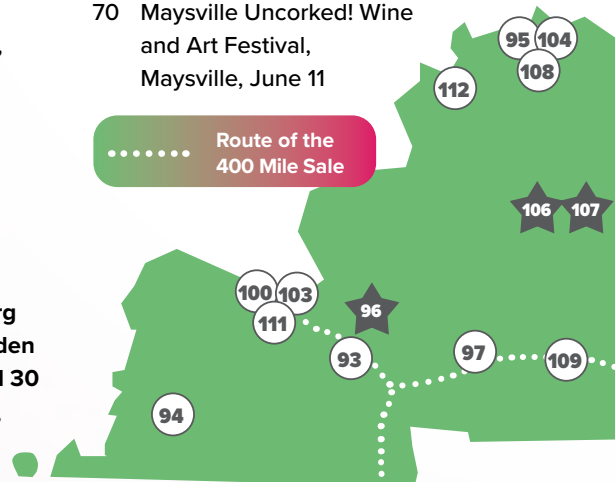
- 47 Alpaca Spring Fling, Glendale, April 9, [kentuckyalpacaassociation.org](http://kentuckyalpacaassociation.org)
- 48 Master Gardener Plant & Garden Art Sale, Shepherdsville, April 30
- 49 Glendale Spring Fest, Glendale, May 21

- 50 Forecastle Festival, Louisville, May 27–29
- 51 BBQ Bands and Bikes Festival, Elizabethtown, May 28
- 52 Leitchfield Freedom and Fiddling Festival, Leitchfield, July 16
- 53 Henry County Harvest Showcase, New Castle, July 30
- 54 Cruisin' the Heartland, Elizabethtown, July 30–31
- 55 Kentucky State Fair, Louisville, Aug. 18–28
- 56 Buttermilk Days, Bardstown, Aug. 25–27
- 57 Nolin Fest, Leitchfield, Sept. 10
- 58 Trimble County Apple Festival, Bedford, Sept. 10–11
- 59 Kentucky Bourbon Festival, Bardstown, Sept. 14–18
- 60 Wine Fest, Elizabethtown, Sept. 17
- 61 Clarkson Honeyfest, Grayson County, Sept. 21–24
- 62 Louder Than Life, Louisville, Sept. 22–25
- 63 Marion County Country Ham Days, Lebanon, Sept. 23–25

## NORTHERN

- 64 Old Washington Art and Chocolate Festival, Maysville, April 9
- 65 Junkfest, Augusta, May 7
- 66 FedEx Ground Smoke on the River BBQ Fest, Covington, May 13–15
- 67 Peony Spring Festival, Warsaw, May 14, [visitgallatincounty.com](http://visitgallatincounty.com)
- 68 Art in the Garden, Augusta, June 4
- 69 Italianfest, Newport, June 9–12
- 70 Maysville Uncorked! Wine and Art Festival, Maysville, June 11

..... Route of the 400 Mile Sale





**VERIFY ALL DATES AND TIMES** as they may have since been canceled or changed.  
Find websites and additional festival information online.

- 71 FedEx Ground Rockin' Taco Festival, Covington, June 24-26
- 72 Glier's Goettafest, Newport, July 28-31; Aug. 4-7
- 73 Great Inland Seafood Festival, Newport, Aug. 11-14
- 74 Oktoberfest, Maysville, Aug. 12-13
- 75 Simon Kenton Festival, Maysville, Sept. 17-18
- 76 Pig Out, Maysville, Sept. 23-24

## SOUTH CENTRAL

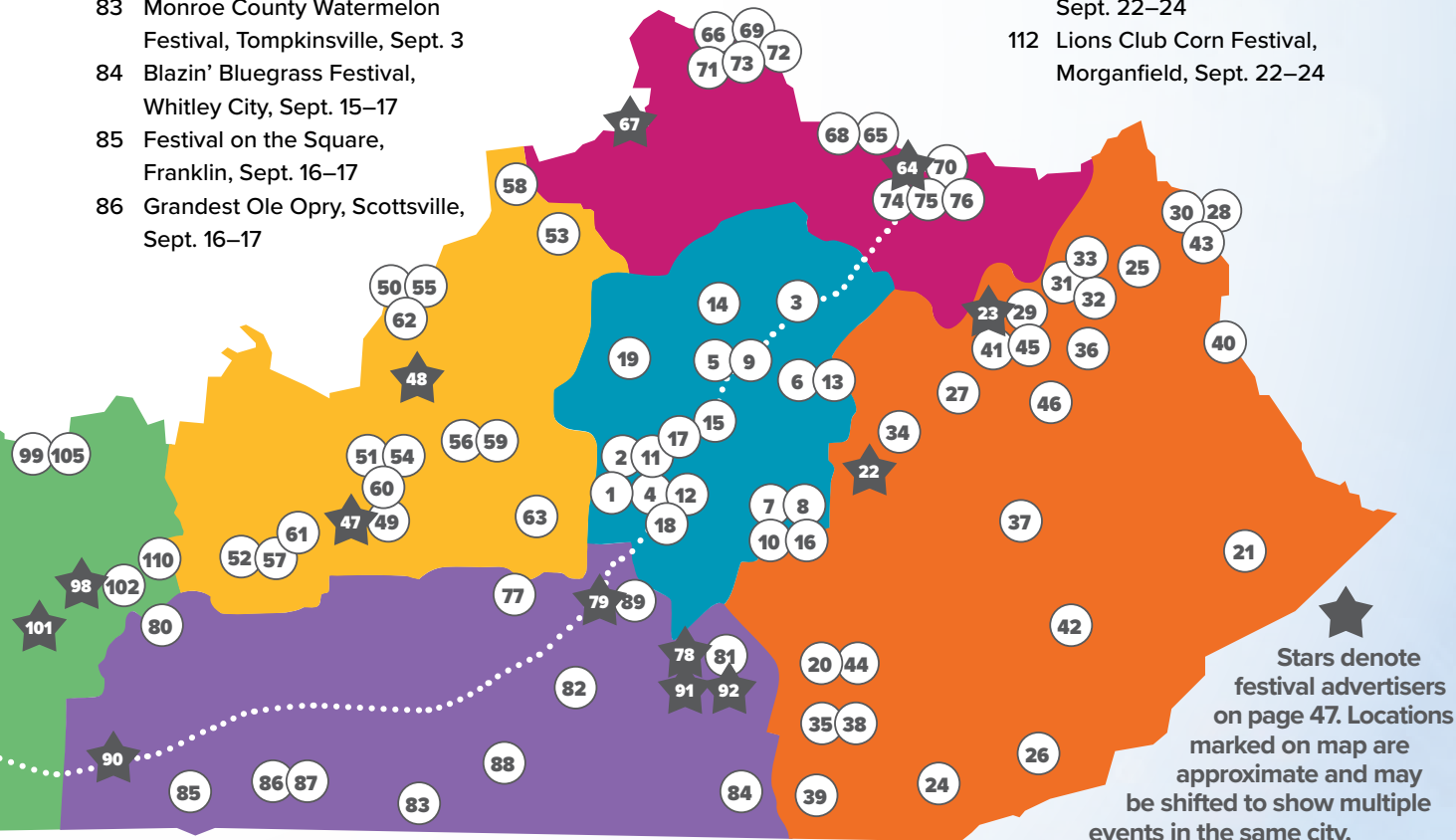
- 77 Spring Plow Day, Campbellsville, April 30
- 78 **Foodstock, Somerset, April 30, seesomerset.com**
- 79 **Live in Liberty Music Festival, Liberty, May 28, explorelibertyky.com**
- 80 Green River Catfish Festival, Morgantown, July 1-4
- 81 Master Musicians Festival, Somerset, July 15-16
- 82 Lake Cumberland Bluegrass Festival, Russell Springs, Aug. 19-20
- 83 Monroe County Watermelon Festival, Tompkinsville, Sept. 3
- 84 Blazin' Bluegrass Festival, Whitley City, Sept. 15-17
- 85 Festival on the Square, Franklin, Sept. 16-17
- 86 Grandest Ole Opry, Scottsville, Sept. 16-17

- 87 Jacksonian Days Street Fair, Scottsville, Sept. 17
- 88 Cumberland River Bluegrass Festival, Burkesville, Sept. 16-18
- 89 Casey County Apple Festival, Liberty, Sept. 22-24
- 90 **Tobacco & Heritage Festival, Russellville, Oct. 8, tobaccofest.org**
- 91 **Moonlight Festival, Somerset, Oct. 15, seesomerset.com**
- 92 **Light Up Bash, Somerset, Dec. 31, seesomerset.com**

## WESTERN

- 93 Tater Day, Benton, April 1-4
- 94 Spring Chicken Festival, Clinton, April 22-23
- 95 Tri-Fest, Henderson, April 22-24
- 96 **Bluegrass, Brew & BBQ Festival, Grand Rivers, April 29-30, grandrivers.org**
- 97 Little River Festival, Cadiz, April 30
- 98 **Beaver Dam Amphitheater Opening Day, Beaver Dam, May 7, beaverdamamp.com**

- 99 Bar-B-Q Block Party, Owensboro, May 13-14
- 100 Lower Town Arts & Music Festival, Paducah, May 13-14
- 101 **Growing Stronger Together, Powderly, May 20**
- 102 Strawberry Festival, Beaver Dam, May 26-29
- 103 400 Mile Sale, State Route 68, Paducah to Maysville, June 2-5
- 104 W.C. Handy Blues & Barbecue Festival, Henderson, June 15-18
- 105 ROMP Fest, Owensboro, June 22-25
- 106 **Highway 41 Yard Sale, Madisonville, June 24-25**
- 107 **4th Fest, Madisonville, July 2-4, madisonvilleliving.com**
- 108 Bluegrass in the Park Folklife Festival, Henderson, Aug. 12-13
- 109 Hoptown Summer Salute, Hopkinsville, Aug. 26-27
- 110 Jerusalem Ridge Bluegrass Celebration, Rosine, Sept. 8-11
- 111 Barbecue on the River, Paducah, Sept. 22-24
- 112 Lions Club Corn Festival, Morganfield, Sept. 22-24





# Spring surprise

*'April Remembered' camellia variety hardier than the rest*

**I AM ALWAYS CURIOUS** about the cold hardiness of plants. One of my longtime fascinations has been with camellias. Camellias are cherished in the South, and while there have been varieties that are said to be cold hardy in Kentucky, I have had difficulty growing them until now.

Several years ago, I planted a hardy *Camellia japonica* 'April Remembered.' I followed all the guidelines for planting a marginally hardy plant in our area. I planted it in the late spring instead of the fall, giving it maximum time to establish before winter. I chose a protected location on the northern corner of my house. For camellias, part shade and slightly acidic and moist but well drained soils are also important. Fortunately I had all that. I crossed my fingers and hoped for the best.

I have been so pleased that this camellia is growing and thriving in my garden. Its evergreen foliage is shiny and so pleasing in the winter. In early March, the flower buds start to swell and begin to open up. Mine typically blooms from mid-March to late April.

'April Remembered' has large, creamy, semidouble pink flowers. I believe it gets fewer flowers when growing this far north than it would if it were in the South, so for me, the larger flowers are a consolation prize of sorts.

This spring, indulge your curiosity and plant something you have



SHELLY NOLD

never grown or been successful with before. Like me, you could be pleasantly surprised and glad you did. **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



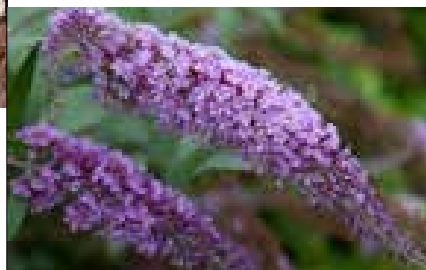
*I have several butterfly bushes that I didn't trim last fall. They got really big. When is the best time to trim them and how far down should I take them?—Angela Walls*

**A** It's good your butterfly bush (*Buddleia davidii*) did not get pruned last fall. Summer-flowering shrubs should be pruned during the late winter or early spring, before new growth begins. Pruning at the end of the growing season could expose tender new growth to frost damage.

Butterfly bushes bloom on new wood (the current season's growth), so they can be pruned back hard. Ideally, you want to cut them back annually to around 12 inches. This seems drastic, but they are tough plants that respond well to hard pruning. They are woody near the base of the plant, but produce new herbaceous growth year after year.

Remove crossing branches and thin out if needed to increase air circulation. Removal of spent flowers during the growing season will promote blooming throughout the season and into the fall.

» Angie Oakley



GANNADORE STOCK

### Have a gardening question?

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

READER  
*recipe*

A flavorful crowd pleaser.

**Lemon Bars**

Submitted by Karen Wright

Licking Valley RECC consumer-member

Lemon bars are another go-to recipe, and in my opinion, lemon-flavored desserts are highly underrated. This classic dessert was from a recipe that Karen Wright's mother, Gail Wright, made when Karen was a child. Wright got the recipe from a Paris, Kentucky, woman and it is still enjoyed today.

**Crust****1 C all-purpose flour****⅓ C butter****¼ C powdered sugar****Topping****1 C sugar****2 eggs****2 Tbsp lemon juice****½ Tbsp lemon extract****½ tsp baking powder****¼ tsp salt****Powdered sugar**

Preheat oven to 375°.

For crust, combine crust ingredients and pat into an 8-inch square pan. Bake for 15 minutes. Let cool.

For topping, combine sugar, eggs, lemon juice, extract, baking powder and salt. Mix until frothy. Do not add powdered sugar. Pour over cooled crust.

Bake for 18–22 minutes or until golden brown. Let cool completely. Dust with powdered sugar. Serves 9.

**SEE THE  
VIDEOS**at [KentuckyLiving.com/Cook](https://KentuckyLiving.com/Cook)[Go to KentuckyLiving.com/submit-a-recipe](https://KentuckyLiving.com/submit-a-recipe)

## Go-to recipes

*Classic recipes most everyone will love*

**THERE ARE TIMES WHEN** the creative inspiration for dinner is lacking, or when it's difficult to plan a menu for entertaining. It's nice to have something you can always go to.

We all need recipes we don't have to worry about turning out, and that we know (most) everyone will love.

Chicken cacciatore is that kind of recipe for me. It's a filling, healthy and perfect go-to meal to make for dinner or serve guests. It never disappoints.

It is easy to make, flavorful and can be served over a portion of hot spaghetti. A family favorite of mine for years, this dish is a win-win all around.

**Chicken Cacciatore****8 boneless, skinless chicken breasts, halved****½ tsp salt****¼ tsp pepper****1 C all-purpose flour****⅓ C olive oil****1 large onion, chopped****3-4 garlic cloves, minced****½ lb mushrooms, sliced in half****2 (16 oz) cans whole tomatoes, undrained and quartered****4 oz jar pimientos, undrained****½ C vermouth****3 bay leaves****1 tsp thyme****1 tsp oregano****¼ tsp black pepper****2 medium-sized green bell peppers, thinly sliced****Hot cooked spaghetti**

Sprinkle chicken with salt and pepper and dredge in flour, shaking off excess. Heat olive oil in a Dutch oven over medium-high heat and add the chicken, sauteing for 4–5 minutes on each side or until golden brown. Remove chicken from Dutch oven; drain on paper towels.

Add onion and garlic to Dutch oven; saute over medium heat for 5 minutes. Stir in mushrooms and the next seven ingredients. Add chicken, and bring to a boil. Reduce heat and simmer uncovered for 30 minutes, stirring occasionally.

Add the green peppers and stir. Cook for an additional 30 minutes, stirring occasionally. Remove bay leaves and serve over spaghetti. Serves 8.

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



# Fusion of steak and pasta

Something for everyone at Davinci at Novadell, Hopkinsville

ANITA TRAVIS RICHTER

**WHEN THE RESTAURANT OPENED IN MAY 2017**, the focus was on steak. It joined with an Italian restaurant the following year to become Davinci at Novadell, offering steak, pasta and spirits. The restaurant is owned by David Barbee and Randy Arnold.

Manager Ashley Loden says, “When the golf course closed in the Novadell area, Randy bought the farmland, which included the building. David, an investor in Harper’s House in Cadiz, decided he wanted to open another restaurant.”

Davinci at Novadell offers a full line of steaks and Italian favorites, as well as seafood, burgers, pork chops and salads.

“The Italian steakhouse menu is fairly split,” says Executive Chef Taylor Cornelius. “Pasta selections cover everything from chicken parm and eggplant parm to pasta meatball and lasagna—all the traditional Italian dishes. We have seafood options as well, such as frutti di mare and pasta Toscana.”

There’s also a wide range of steaks. Cornelius says the filet is the customer favorite. They also offer a porterhouse, New York strip and two ribeyes, a bone-in and bone-out.

Davinci at Novadell, 500 Novadell Way, Hopkinsville, served by Pennyrile Electric, is open 4:30–9 p.m. Tuesday–Saturday and offers cocktails, wine and bourbon. Reservations are highly suggested. Read more at [KentuckyLiving.com](http://KentuckyLiving.com).



ASHLEY LODEN

## Davinci at Novadell Pasta Toscana with Shrimp

Serves 4

**½ C olive oil, divided**  
**4 Tbsp minced garlic**  
**2 (28 oz) cans whole plum tomatoes**  
**2–3 basil leaves**  
**24 medium shrimp, cleaned**  
**1 red bell pepper, cleaned and cut into ½-inch strips**  
**20 Kalamata olives**  
**4 Tbsp capers**  
**4 artichoke hearts, halved**  
**Salt and pepper to season**  
**½ C white wine, any type**  
**1 Tbsp salt**  
**16 oz angel hair pasta**  
**Parmesan cheese and parsley to garnish**

In large pan, bring ¼ cup olive oil to medium heat. Add garlic and cook until golden brown. Add tomatoes and basil; season with salt and pepper. Simmer over low-medium heat for about 30 minutes. Use potato masher to break up tomatoes. Remove basil and set sauce aside.

In a large skillet, add last ¼ cup olive oil. Bring to medium heat, then add shrimp, bell pepper, olives, capers and artichokes; season with salt and pepper. Stir until shrimp just begins to change from translucent to opaque. Add wine and cook 3–4 minutes, stirring until liquid has almost cooked off. Add sauce to skillet; cover and reduce to a low simmer, allowing flavors to marry.

Bring a large pot of water to rolling boil, add 1 Tbsp salt, then add pasta, stirring often so it does not stick together. Cook 4 minutes. Drain water. Divide pasta onto 4 plates, top with large ladle of sauce and place 6 shrimp on top of each. Garnish with Parmesan and parsley.



DANNY VOWELL



# Five questions for your home inspector



*I'm buying a new home and I want to know how efficient it is. What should I ask my home inspector?*

## MIRANDA BOUTELLE

writes on energy efficiency for the National Rural Electric Cooperative Association.

Unfortunately, houses don't come with energy efficiency ratings, but your home inspector can help. Here are five questions to ask that professional:

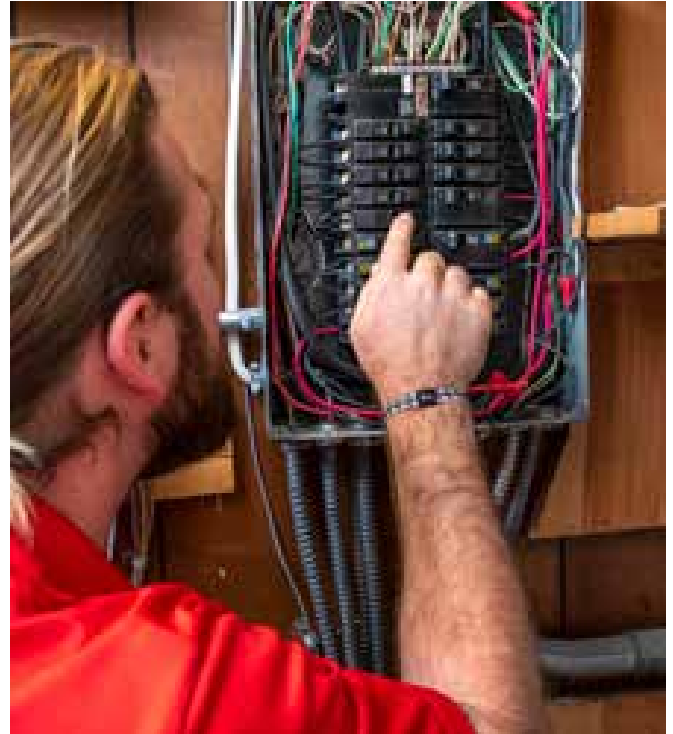
### **What is the condition of the electrical panel and wiring throughout the home?**

A panel upgrade or rewiring can be costly and can delay or make some energy-efficiency projects more expensive.

Make sure the panel can accommodate any new appliances you might want to add, such as air conditioning or an electric vehicle charger.

### **How old is the HVAC system, and how efficient and well-maintained is it?**

The typical lifespan of a heating, ventilation and air conditioning system is 15 to 25 years. Since it's both expensive and the largest energy user, determine its energy, maintenance and replacement costs. If the HVAC system is old, factor in the replacement cost.



### **How old is the water heater?**

The lifespan of a storage water heater is about 10 years. Replacement costs range from \$400 to \$3,600, depending on the unit type and installation costs. If an older water heater is in a finished space or on a second floor, replace it before it fails and causes water damage.

### **What are the levels and conditions of insulation in the attic, walls and floor?**

Ask your home inspector if the electrical panel can accommodate new appliances you might want to add, such as air conditioning or an electric vehicle charger. Photo: Mark Gilliland/Pioneer Utility Resources

Insulation is one of the easiest and most beneficial energy efficiency upgrades you can do. If your new home needs insulation and air sealing, make this your efficiency priority. Get information about insulation and air sealing at [www.energy.gov](http://www.energy.gov).

## HISTORY LESSON

Ask the seller or real estate agent for your prospective home's utility bills for the previous two years. The seller's energy use habits may be different from yours, but this will give you an estimate of the house's energy costs.

Another tip: If you're moving to a new city, check the local electric utility's rates, since those vary across the country.

### **Are there any extras in this home that will increase my utility bills?**

Check any motors in the home or on the property, including pumps for wells and septic systems. If there are pools, hot tubs or saunas, be sure you can afford to operate them. **KL**

# Tornado season has arrived

*Are you ready for it?*

## AS LAST DECEMBER'S DEVASTATING TWISTER

in western Kentucky showed, tornadoes can happen in our state any time of the year. Spring, however, marks the official start of tornado season here. Do you know what to do if you're in a tornado's path?

If you're inside a house, shelter in a windowless interior room—such as a closet, center hallway or bathroom—a basement or the lowest level. Stay away from glass doors and windows to avoid wind-blown debris. Crouch down and make yourself the smallest target possible; use your arms to protect your head and neck. If you can, get under a heavy piece of sturdy furniture, like a desk or table. Cover yourself with a blanket, mattress or sleeping bag if there is time.

## Other buildings or outdoors

If you're in a car, trailer or mobile home, get out immediately and go to the lowest floor of a nearby building or storm shelter. Cars, trailers and mobile homes can easily be swept away by a tornado or high winds. If you can't reach shelter, heed the following instructions for what to do if you're outdoors.

Outside, find the lowest ground possible, such as a ditch, ravine or culvert, and cover your head and neck. Be aware of hazards like falling trees or power lines, and lightning. Never seek shelter under an overpass—it puts you at a higher elevation and gives no protection against wind and debris. Do not try to outrun a tornado—drive to the nearest shelter if you can do so safely. If you can't make it to shelter, either get down in your vehicle and cover your head and neck or leave your vehicle and seek shelter in a low-lying area such as a ditch or ravine.

Buildings like malls, gyms and theaters usually are supported only by outside walls, so if you're in this type of structure in the path of a tornado, go to the lowest level and stay away from windows. If there is no safe shelter spot, get up or under something that protects you against falling debris.

## Afterward

If your area is hit, don't forget safety in the aftermath: Never touch downed power lines, which could still be live, and report them to your local electric cooperative; stay away from buildings or areas that smell like gas; and if it's safe to clean up debris or walk near it, wear sturdy boots, long sleeves and gloves. **KL**



## Signs of a tornado

- Dark green sky.
- Rotating wall cloud.
- Large hail.
- Loud roar, like a freight train.

## How to prepare

- Stay tuned to local radio and TV.
- Have a battery-powered radio on hand.
- Monitor your weather radio or weather alert app.
- Have a charged cell phone battery backup.
- Keep an eye on the weather.
- Designate a home shelter and practice with your family.
- Make sure everyone understands your area's siren warning system.
- Have an emergency kit, including batteries.
- Mark locations of first-aid kit and fire extinguishers.



**RODNEY KINCAID**  
is the Safety Manager  
for Owen Electric  
Cooperative.

**YEARS IN THE  
INDUSTRY:** 34

**WHEN I'M NOT  
WORKING I'M:**  
Fishing/hunting  
(or thinking about it),  
playing music and  
spending time with  
family.

Rotating wall cloud?  
Check. Green sky?  
Check. Time to take  
cover.

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HM04474

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HM01716

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HM02584

**Dry Ridge**  
Howe Htg Clg Elec  
(859) 824-7690  
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**Elizabethtown**  
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HM01509

**Glasgow**  
HVAC Services, Inc.  
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M00574

**Hager Hill**  
Big Sandy Htg & Clg  
(606) 297-4328  
HM04205

**Lexington**  
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(859) 231-0505  
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(859) 252-0403  
HM04474

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HM00570

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HM04474

**Madisonville**  
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HM03448

**Maysville**  
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(606) 759-7030  
HM03260

**Mt. Sterling**  
Comfort Air  
(859) 499-4247  
HM00862

**Murray**  
Jim McBee Htg & Air  
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M04346

**Nicholasville**  
Christopher & Smith  
Htg & Clg  
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HM02675

**Olive Hill**  
Lemaster Inc.  
(606) 286-4282  
HM05263

**Paducah**  
AAA Htg Co.  
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HM03359

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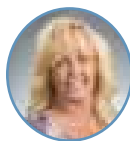
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# Teeth grinding is on the rise

*These indicators could signal you need to seek help*



ANDREY POPOV/ADOBE STOCK

## DO YOU CLENCH YOUR JAWS OR GRIND YOUR TEETH

when you are angry, stressed or while you are sleeping? Repetitive teeth clenching or grinding, known as bruxism, has had a population-wide increase over the past two years, likely because of the added stress of the COVID-19 pandemic.

In 2021, a survey by the American Dental Association Health Policy Institute found 70% of dentists saw an increase in patients who experienced bruxism—a 10% increase from 2020.

This condition is seen in two forms: sleep bruxism and awake bruxism. Awake bruxism occurs in an estimated 22-30% of the general population and is more often associated with stress and anxiety.

Sleep bruxism can be associated with stress, too, as well as factors like sleep apnea, loud snoring, heavy alcohol or caffeine consumption, or smoking. Sleep bruxism affects about 16% of young adults and 3-8% of adults.

Teeth grinding can result in serious health issues, like fractured or worn-down teeth, cavities, gum disease, tooth loss, or muscular disorders that cause facial and neck pain and impact chewing.

Because bruxism can occur while sleeping, some people are not aware of it. These signs may indicate whether you grind your teeth:

- Jaw pain or stiffness.
- Tooth pain or worn-down teeth.
- Headaches or neck pain, especially when you wake up.
- Teeth that are sensitive to hot or cold.
- Indentations along the side of your tongue.
- Restlessness during sleep, or difficulty falling asleep.
- Sleepiness during the day.

If you are experiencing bruxism, your dentist can provide a mouth guard to protect your teeth from grinding at night. You may want to investigate some additional treatments with your physician. Treatments may include getting medication, seeing a counselor or physical therapist, or starting a new exercise routine.

Dental care is important and tackling issues early will help keep your overall health in top shape. **KL**

**SÂMELA DE PAULA LIMA PEREIRA, D.D.S.**, is an assistant professor at the University of Kentucky College of Dentistry.





## Kentuckians in King Arthur's Court

*"Whoso Pulleth Out This Sword of this Stone and Anvil, is Rightwise King Born of All England."*

—*King Arthur And His Knights, Sir Thomas Mallory*

If someone were indeed successful in pulling the sword from the stone that sits in Round Table Literary Park in Hopkinsville, you might wonder how the good folks in England would react.

Of course, the sword and stone found here are replicas, but for visitors to the park, the impulse to tug Excalibur free from the stone is probably as strong as it was for the nobles in the legendary times of King Arthur.

The park was inspired by the award-winning *Round Table Literary Journal*, which has been published annually since 1967 at Hopkinsville Community College (HCC). The journal was established by former HCC English professor Frances Thomas, a key player in the development of Round Table Literary Park.

In 1974, the sword and the stone became the first pieces installed in the park, along with the 22,000-pound replica of King Arthur's Round Table, above, which is encircled by 24 stone seats.

The Graeco-Roman amphitheater was added 15 years later, by local stone mason Walton Smith. Near its curved

double arches is a sculpture of a seated Melpomene, one of the nine Muses. Self-taught sculptor and longtime resident, the late Steve Shields, is the artist behind Melpomene.

Completing this picturesque setting of ancient ruins is the circular Delphian Tholos, the original a temple to Athena, Greek goddess of wisdom and war.

All sit within a grove of trees, a little slice of Camelot right on HCC's campus.

Step into medieval times in Hopkinsville at Round Table Literary Park, 720 North Drive. See a video and photos and learn more about the park's literary pedigree at [KentuckyLiving.com](http://KentuckyLiving.com).

Story: Kathy Witt

Photo: Jolea Brown



# And they're off!

*Kentucky's horse racing venues offer year-round fun*

JENNIE REES



Families enjoy seeing the horses up close at Ellis Park in Henderson. Photo: Gwen Davis/Davis Innovation



**THE KENTUCKY DERBY** on the first Saturday in May is the world's most celebrated horse race, but the sport can be enjoyed year-round in the commonwealth. In fact, with Cumberland Run harness track opening in Corbin this fall, nearly all Kentuckians will be within 135 miles of a racetrack, with the majority of the population less than an hour and a half away. Even if you don't bet the ponies, an afternoon or evening at the races can be a delightful family outing.

Kentucky boasts five thoroughbred racetracks and Cumberland Run will be its third harness track. Each has a distinctive personality.





Races at Kentucky Downs in Franklin are run exclusively on grass, as shown in this aerial image. Photo: Scott Serio/Eclipse Sportswire Workshop

A view of Lexington's Red Mile grandstand from across the track. Photo: Mark Hall/USTA Photo



## Open for business even when not racing

Kentucky's live race meets run from about four months (Turfway Park's December-March in Florence) to only seven days (Kentucky Downs in Franklin). But most of those facilities are open year-round for betting on other racetracks across the country, along with historical horse racing (HHR). That's the innovative electronic gaming technology that mimics slot machines, but is based on the results of previously run

horse races and is parimutuel—that is, players bet against one another instead of the house.

Exceptions: All HHR and most simulcast wagering in Lexington are held at The Red Mile harness track. HHR and simulcasting in northern Kentucky are at Turfway Park's satellite Newport Racing & Gaming facility during construction of Turfway's new grandstand and HHR facility. While Churchill Downs is open year-round for simulcasting, its HHR operation is 6 miles away at Derby City Gaming.

Another satellite HHR facility recently opened and there are more to come. Kentucky Downs in late December opened The Mint Gaming Hall in Bowling Green, and The Cumberland Mint in Williamsburg is scheduled to open this July, a short drive from the new Corbin harness track. Derby City Gaming in Louisville and Ellis Entertainment Owensboro should be operating next year.



## DESTINATIONS

more to  
explore

*Kentucky is known for its horses and horse racing. With the opening of Cumberland Run this fall, most Kentuckians will live within a couple hours' drive of a race track. Plan a family trip to the track nearest you.*

### *Kentucky's thoroughbred tracks*

#### **Churchill Downs**

700 Central Ave., Louisville  
(502) 636-4400, [www.churchilldowns.com](http://www.churchilldowns.com)  
2022 racing: April 30, May 3–6 (Kentucky Oaks) and 7 (Kentucky Derby), May 12–July 4, Thursdays–Sundays, plus Memorial Day, May 30 and Monday, July 4. Sept. 15–Oct. 2, Thursdays–Sundays. Oct. 30–Nov. 27, Wednesdays–Sundays except Nov. 4–5 (Breeders' Cup at Keeneland).

#### **Ellis Park**

2200 U.S. Highway 41 N, Henderson  
(812) 425-1456, [www.ellisparkracing.com](http://www.ellisparkracing.com)  
2022 racing: July 8–Aug. 28, Fridays–Sundays.

#### **Keeneland**

4201 Versailles Road, Lexington  
(859) 254-3412, [www.keeneland.com](http://www.keeneland.com)  
2022 racing: April 8–29, Wednesdays–Sundays. (No racing Easter, April 17). October 7–29 (Wednesdays–Sundays), plus Breeders' Cup Nov. 4–5.

#### **Kentucky Downs**

5629 Nashville Road, Franklin  
(270) 586-7778, [www.themintgaming.com](http://www.themintgaming.com), [www.kentuckydowns.com](http://www.kentuckydowns.com)  
2022 racing: Sept. 1, 3, 4, 8, 10, 11 and 14.

#### **Turfway Park**

7500 Turfway Road, Florence  
(869) 371-0200, [www.turfway.com](http://www.turfway.com)  
2022 racing: Dec. 1–31, Thursdays–Sundays. Check website for 2023 winter-spring meet dates.

### *Harness racing*

#### **Oak Grove**

777 Winners Way (across from Fort Campbell), Oak Grove  
(270) 984-4200, [www.oakgrovegaming.com](http://www.oakgrovegaming.com)  
2022 racing: May 8–July 5 (Sundays and Mondays, plus Tuesdays in June and July).

#### **The Red Mile**

1200 Red Mile Road, Lexington  
(859) 255-0752, [www.redmileky.com](http://www.redmileky.com)  
2022 racing: July 31–Sept. 20, Sundays, Mondays and Tuesdays; Sept. 30–Oct. 9 (Grand Circuit meet), Fridays, Saturdays and Sundays.

#### **Cumberland Run (new in 2022)**

75 Buchanan Blvd. (off the Corbin Bypass), Corbin  
2022 dates: Oct. 16–Nov. 8 (Sundays–Tuesdays)



Snapper Sinclair wins the 2021 TVG Stakes.  
Photo: Lara Poirrier, U.S. Army civilian  
photographer/Eclipse Sportswire Workshop

Some of these venues offer live music in the evenings. Admission is free, but guests must be at least 21.

## Racing as it was meant to be— with a modern twist

Keeneland, which opened in 1936, long has promoted itself as “racing as it was meant to be” while also being an innovator. The new looks like the old as additions blend seamlessly into the limestone grandstand.

The National Historic Landmark is widely hailed among the world’s most picturesque tracks, nestled amid horse farms with dogwood and redbud trees blooming in the spring and maple trees bursting into scarlet and gold in the fall.

Myriad well-appointed reserved seating and dining options are available for Keeneland’s three-week meets in April and October. General admission is \$10 (\$7 online), with access to plenty of spaces inside and out, including a host of concession and bar areas.

*On a budget:* Tailgate for free in the paved parking areas and on “The Hill,” which on Fridays and Saturdays offers food trucks, bluegrass music, jumbo monitor and betting. Come out in the mornings and watch horses train for free, then enjoy a homestyle breakfast and rub elbows with owners and trainers in the track kitchen.

## Churchill Downs: Iconic meets modern

When Meriwether Lewis Clark opened Churchill Downs in 1875, he also launched the Kentucky Derby and Kentucky Oaks, patterned after England’s renowned classic races for 3-year-olds and 3-year-old fillies.

Churchill’s Twin Spires, completed in 1895, rank among the most iconic symbols for a sporting venue in the world.

While celebrating its history, Churchill Downs since 2005 has methodically brought the track into the 21st century, including an array of suites and rental areas. New for 2022 is the Homestretch

Club. Check out [www.churchilldowns.com/tickets/seating-options](http://www.churchilldowns.com/tickets/seating-options) for reserved seating and dining options.

*On a budget:* Those going during Derby Week will find opening night Saturday or the subsequent Tuesday, Wednesday and even “Thurby” far cheaper than Kentucky Oaks and Derby.

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See the horses up close at the paddock at Keeneland in Lexington. Photo: Keeneland

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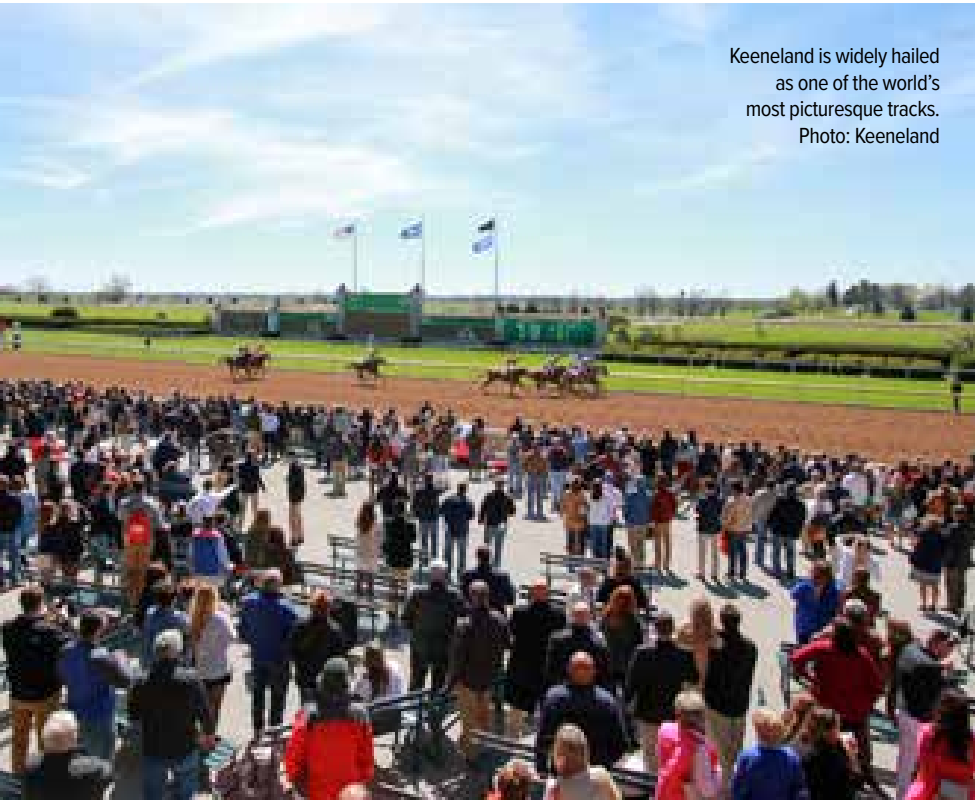
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Bring your own chair and join the thousands enjoying Derby and Oaks days from the infield—\$65 for Oaks/\$85 for Derby on race day; save \$5-\$10 by buying online. General admission most days the rest of the year is \$5, with prices higher for the themed Downs After Dark night programs and special events. Sixty and older get in for \$3 most days, with children 12 and under free.

### Ellis Park: Celebrating 100 years

Ellis Park—named for its longtime owner James C. Ellis, who rescued the track out of bankruptcy—is Kentucky's second-oldest thoroughbred track and celebrates its 100th year in 2022. No other track can boast soybeans in its infield, hence the nickname



Keeneland is widely hailed as one of the world's most picturesque tracks.  
Photo: Keeneland

The Pea Patch. The track, flanked by Indiana farmland and levees, is located on the sliver of Henderson north of the Ohio River, a geographic quirk created when the river changed course amid the New Madrid earthquakes of 1811-1812.

*On a budget:* Parking and general admission are free. Going to the races is a generational tradition in the Tri-State region. It's common to see three generations of a family, down to babies in strollers.

### Kentucky Downs: Beyond unique

Opening as Dueling Grounds in 1990 as a steeplechase course on the Tennessee border in Franklin, Kentucky Downs has gone from oddity to industry leader, a blend between Britain's Royal Ascot and a county fair. The track, which pioneered HHR in the commonwealth in 2011, offers among the world's richest race purses. Running exclusively on grass,

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## HILLBILLY DAYS | THURSDAY, APRIL 21

APPALACHIAN WIRELESS ARENA | PIKEVILLE, KY



◀ Ellis Park fans get a look at Dennis' Moment on race day. Photo: Gwen Davis/Davis Innovation

Kentucky Downs is America's only European-style course, with its kidney shape and undulations.

*On a budget:* General admission is free, including tailgating on the far turn. Reserved seating and dining are cheaper on weekdays in the open-air Finish Line Pavilion (popular with owners and trainers) and the air-conditioned VIP Chalet that debuted in 2021.

### Turfway Park: Another renaissance in the works

Northern Kentucky's Turfway Park opened in 1959 as Latonia Race Course in Florence, 13 miles west of the original Latonia Race Track that ran 1883-1939. The track had a complete

makeover in 1986 when new ownership rebranded it as Turfway Park, attracting horses such as Derby winners Thunder Gulch and Silver Charm. Hit hard by regional casino competition, Turfway endured a 20-year skid and ownership turnover until purchased by Churchill Downs in late 2019.

Augmented by HHR, Turfway has a bright future. The old building was razed, with an HHR facility opening this summer and the new grandstand to be in place well before racing resumes at Turfway in December. Because of construction, the public was unable to attend Turfway's four-month 2021-2022 winter season that ended in late March. **KL**

**JENNIE REES** is a horse-racing communications specialist, working for Kentucky Downs, Ellis Park, the Kentucky HBPA horsemen's association and others.

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# MOREHEAD KENTUCKY PROUD EXPO



April 29-30, 2022

Friday  
5 PM - 8 PM

Saturday  
10 AM - 5 PM

Morehead Conference Center





## 1 GREAT GARDENING

The Garden and Outdoor Living Expo, April 8–9 at the Christian County Extension Office (new site) in Hopkinsville, features 40 exhibitors, plants for sale, free tree seedlings, free tool and mower blade sharpening, food vendors, kids activities and more. Saturday seminars hourly on topics like hummingbirds, invasive pests and growing heirloom tomatoes from seed. Hours: 5–8 p.m. Friday; 9 a.m.–5 p.m. Saturday; free admission. For info, [www.hoptowngardenexpo.com](http://www.hoptowngardenexpo.com) or (270) 886-6328.

## 2 FERTILE GROUND

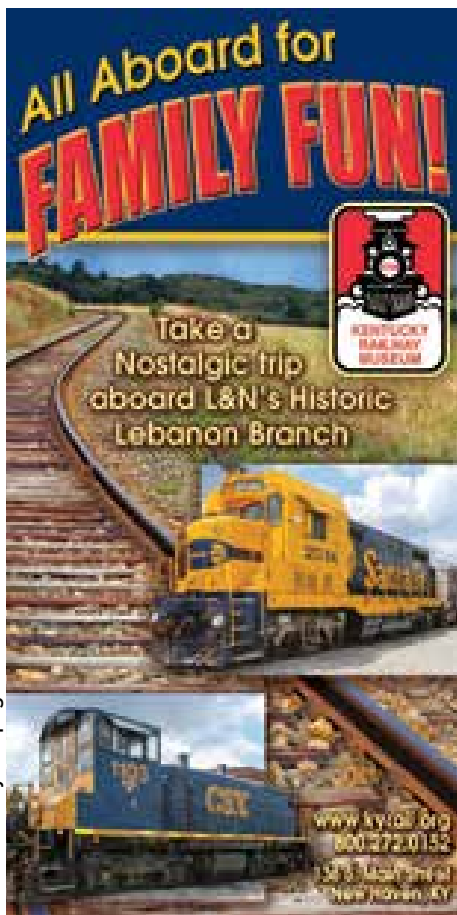
Watch competitors plow the old-fashioned way with mule and horse teams April 30 at Homeplace on Green River in Campbellsville. The family friendly Spring Plow Day, 9 a.m.–5 p.m. also features antique tractors, food and arts and crafts vendors, demonstrations of historical trades and live music. Learn about farming, beekeeping and more, plus kids activities like pony rides, petting farm, and hay maze. Cost: \$20 per vehicle. For details, [www.homeplacefarmky.org](http://www.homeplacefarmky.org) or (270) 789-0006.

## 3 CLEAN AND GREEN

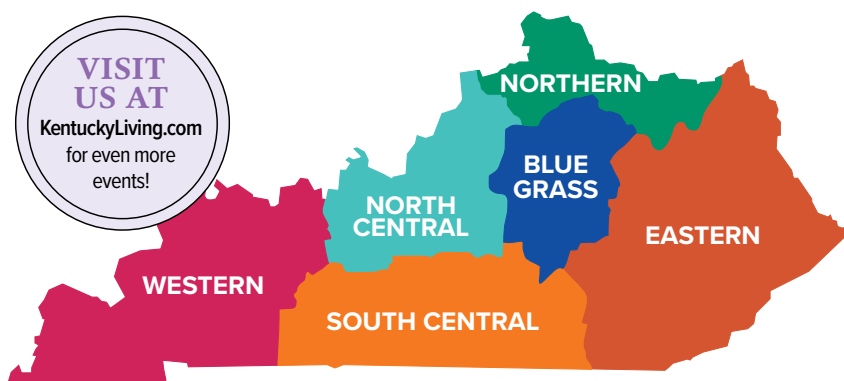
Help clean up Big Bone Lick State Historic Site, April 23, 10 a.m.–2 p.m. to celebrate Earth Day. Join the stream team and collect litter at Big Bone Creek or the trail team for trail maintenance with the Northern Kentucky Sierra Club. Volunteers meet 9:45 a.m. at the Bison Circle Shelter; stream team, wear rubber boots or waders; trail team, hiking footwear. Free event; park provides bags, gloves, tools and grabbers. Info: (859) 384-3522 or Facebook: Big Bone Lick State Historic Site.

## 4 STATE PARKS' EGGSTRAVANZAS

Two state parks are hosting Easter Eggstravanzas with the Easter Bunny. Kids hunt for 6,000 treat-filled eggs April 16 at noon on the front lawn of Rough River Dam State Resort Park, plus petting zoo, games, kite flying and more. Info, (270) 257-2311. At Kingdom Come State Park on April 15 and 16, kids collect treats or gifts at each hole of the lighted, decorated mini golf course, with inflatables, music and more, 7–10 p.m. Info, (606) 589-2478. For both: [www.parks.ky.gov](http://www.parks.ky.gov).



## TRAVEL | EVENTS



## BLUEGRASS

**SATURDAY, APRIL 2**

**Beautiful Horse of Kentucky Paintings Exhibit**, thru 30th, (330) 263-1023, Lexington Public Library

**SUNDAY, APRIL 3**

**First Sunday Nature Tour: Bluebird Trail**, (502) 352-7082, Josephine Sculpture Park, Frankfort

**TUESDAY, APRIL 5**

**Tea Tuesday at Waveland**, 12th, 19th, 26th, (859) 272-3611, Waveland State Historic Site, Lexington

**FRIDAY, APRIL 8**

**Egg-citing Easter Fest**, thru 10th, (859) 527-3454, Fort Boonesborough State Park Campground, Richmond

**SATURDAY, APRIL 9**

**Night Sky Tour: Telescopes Big and Small**, (502) 352-7082, Josephine Sculpture Park, Frankfort

**SATURDAY, APRIL 16**

**Annual Spring Fling Art Show**, (502) 353-4238, Art Alley & Frame Clinic, Lawrenceburg

**FRIDAY, APRIL 22**

**Hands Four Spring Dance Weekend**, thru 24th, (800) 598-5263, Berea

**SUNDAY, APRIL 24**

**Lexington Chamber Chorale—A World of Music**, (859) 317-3353, Second Presbyterian Church, Lexington

**SATURDAY, APRIL 30**

**Park Tour—International Sculpture Day!**, (502) 352-7082, Josephine Sculpture Park, Frankfort

## EASTERN

**FRIDAY, APRIL 1**

**Hippity-Hop Mini Golf**, thru 3rd, 8th-10th, (606) 589-4138, Kingdom Come State Park, Cumberland

**FRIDAY, APRIL 8**

**Wildflower Weekend**, thru 10th, (606) 663-2214, Natural Bridge State Resort Park, Slade

**WEDNESDAY, APRIL 20**

**Drive-By Truckers**, (606) 324-0007, Paramount Arts Center, Ashland

**FRIDAY, APRIL 22**

**American Indian Heritage Weekend**, thru 24th, (606) 528-4121, Cumberland Falls State Resort Park, Corbin

**Herpetology Weekend**, thru 23rd, (606) 663-2214, Natural Bridge State Resort Park, Slade

**SATURDAY, APRIL 23**

**Raven Rock 5K Trail Run**, (606) 589-4138, Kingdom Come State Park, Cumberland

## NORTHERN

**FRIDAY, APRIL 1**

**Keeper of the Realm**, thru 16th, (859) 957-1940, The Carnegie, Covington

**SATURDAY, APRIL 2**

**Spring Break Saturdays**, (502) 732-4384, General Butler State Resort Park, Carrollton

**TUESDAY, APRIL 5**

**Brad Brown's Comedy Magic Evening Show**, 12th, 19th, 26th, (859) 428-8085, Barnwood Bravo Theater, Dry Ridge

**THURSDAY, APRIL 7**

**Tacos & Trivia**, 14th, 21st, 28th, (859) 331-0296, Braxton Barrel House, Fort Mitchell

**FRIDAY, APRIL 15**

**Drive-thru Easter Egg Hunt**, thru 17th, (502) 732-4384, General Butler State Resort Park, Carrollton

**SATURDAY, APRIL 16**

**Spring Fling**, (606) 756-2183, Augusta

**Easter Egg Hunt**, (859) 384-3522, Big Bone Lick State Historic Site, Union

**SATURDAY, APRIL 23**

**for King & Country's 'What Are We Waiting For?' Tour**, (859) 442-2652, BB&T Arena at Northern Kentucky University, Highland Heights

**NORTH CENTRAL****FRIDAY, APRIL 1**

**Wild Lights**, thru May 30th, (502) 459-2181, Louisville Zoo

**FRIDAY, APRIL 8**

**Gallop Gala**, (502) 495-5088, Churchill Downs, Louisville

**SATURDAY, APRIL 16**

**CloZet Confession, the Stage Play**, (502) 584-4911, Louisville Memorial Auditorium

**THURSDAY, APRIL 21**

**Highway 55 Yard Sale**, (502) 298-7280, Finchville Community Center

**FRIDAY, APRIL 29**

**Hats, Horses & Rosé**, (800) 272-0152, Kentucky Railway Museum, New Haven

**SATURDAY, APRIL 30**

**Master Gardner Annual Garden Art & Plant Sale**, (502) 543-2257, Bullitt County Extension Office, Shepherdsville

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

**Kentucky Muscle NPC Derby Championship**, (502) 387-3808, Kentucky International Convention Center, Louisville

**SOUTH CENTRAL****FRIDAY, APRIL 1**

**Liberty Friday Night Cruisers**, (606) 303-8999, Liberty

**FRIDAY, APRIL 15**

**International Barrel Racing**, thru 16th, (502) 239-4000, Central Kentucky Ag Expo Center, Liberty

**Gridlife Grand Circuit**, thru 16th, (844) 977-7333, NCM Motorsports Park, Bowling Green

**SATURDAY, APRIL 16**

**A Tribute to Patsy Cline**, (270) 904-1880, SkyPAC, Bowling Green

**FRIDAY, APRIL 22**

**Somernites Cruise Car Show and Cruise**, thru 23rd, (606) 872-2277, Fountain Square, Somerset

**SATURDAY, APRIL 23**

**Sky Science Festival's Expo Day**, (732) 668-8286, Circus Square Park, Bowling Green

**Band together BG**, (270) 779-2928, La Gala, Bowling Green

**Vette City Shootout**, thru 24th, (270) 784-9733, Michael Buchanon Park, Bowling Green

**WESTERN****FRIDAY, APRIL 1**

**Whispers**, thru 30th, (270) 826-2247, John James Audubon State Park Museum, Henderson

**SATURDAY, APRIL 2**

**Dance Kaleidoscope: Music Magic**, (270) 826-3128, Preston Arts Center, Henderson

**Sustainability Saturdays**, (270) 362-4271, Kentucky Dam Sustainability Garden Pavilion, Calvert City

**SATURDAY, APRIL 9**

**Trail Tours**, (270) 362-4271, Kentucky Dam Village State Resort Park, Calvert City

**MONDAY, APRIL 4**

**Yoga on Park**, 8th, 11th, 15th, 18th, 22nd, 25th, 29th, (270) 362-9210, Kentucky Dam Village Meeting Room, Calvert City

**SATURDAY, APRIL 16**

**Easter Egg Hunt**, (270) 269-2434, Christian Way Farm, Hopkinsville

**TUESDAY, APRIL 19**

**Popovich Comedy Pet Theater**, (270) 821-2787, Glema Mahr Center for the Arts, Madisonville

**Hoppin Shoppin' Speeggtacular**, (270) 906-0166, Lakeland Event Center, Calvert City

**FRIDAY, APRIL 29**

**Art Hop 2022**, (270) 753-4059, Murray Art Guild

**SATURDAY, APRIL 30**

**Battle in the Bluegrass**, (270) 836-6353, Western Kentucky Speedway, 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 May 1 for the July issue.**

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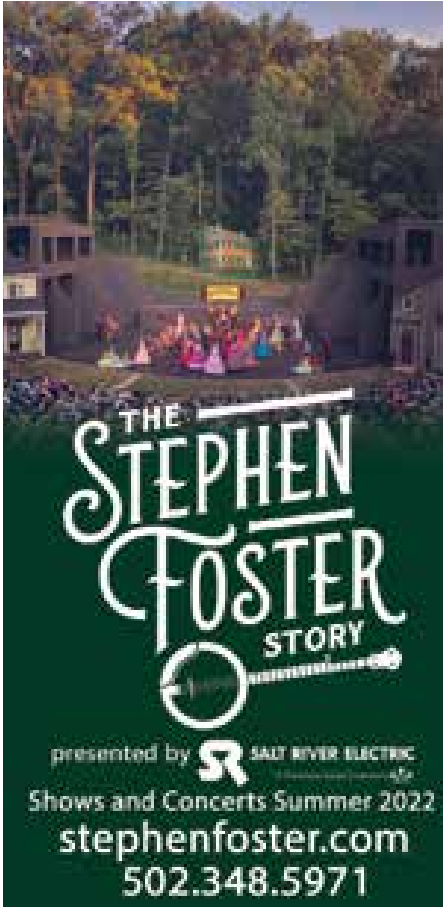
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Win a Getaway see page 46



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Win a Getaway see page 46



1



2



3



4

#### 1 NATURE'S PALETTE

The sun sets on beautiful Lake Barkley. Photo by Crystal M. Szczapinski, Cadiz, consumer-member of Pennyrite Electric.

#### 2 PEEPING TOMCATS

Kittens Mac and Cheese make themselves seen at the home of Lauren Summerville, Hickory. She is a consumer-member of West Kentucky RECC.

#### 3 SWEET VISITOR

A whitetail deer comes for a visit in Martin County. Photo by Mona Lemaster, Flat Gap, Big Sandy RECC consumer-member.

#### 4 STUNNING SCENERY

Trees bloom against the sunny, blue sky near the water at Lexington Cemetery. Photo by Valerie Amburgey of Lexington.

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

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



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



# KENTUCKY kids

## Chef for a day

Learn about healthy eating by planning and preparing one meal each week with your parents' help.



## MAKING WORDS PLURAL

**RULE:** If a vowel comes before the "y," we just add "s" to form the plural.

**RULE:** If a consonant (not a vowel) comes before the "y," we drop the "y" and add "ies" to form the plural.

Try some of these for practice!



1) PONY



4) BERRY



2) DAISY



5) PENNY

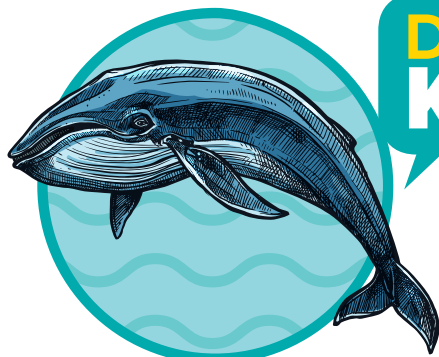


3) KEY



6) TOY

Answers: 1) Ponies 2) Daisies 3) Keys 4) Berries 5) Pennies 6) Toys



## Did You Know?

Blue whales can swallow half a million calories in a single mouthful.

## Green Team Tip

Save money and electricity by turning off the lights when you leave a room.

— Lilly Drees, age 11

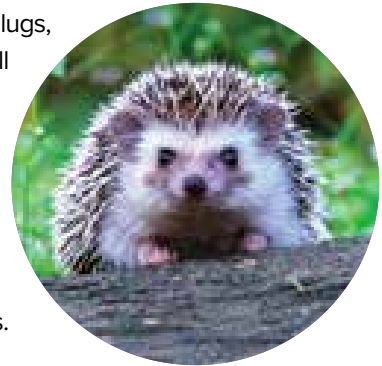


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Submit a Green Team Tip or Joke online at [KentuckyLiving.com:Magazine/Submissions](http://KentuckyLiving.com:Magazine/Submissions) for a chance to win a prize!

## Hedgehogs

When they face predators, hedgehogs protect themselves with their prickly spines by curling into a tight ball. They come out at night to eat insects, slugs, spiders, small reptiles and fallen fruit. They spend the day sleeping in holes or under leaves.



## Tell us a joke!

Why can't the baseball player sing?

He's always off pitch.

— Lana Mobley, age 10



# GREAT OUTDOORS

## Kentucky burgoo

*A camp cook's favorite*

**COOKING IN CAMP IS** one of my favorite things about camping. One of the camp recipes I like best is for Kentucky burgoo. The process and ingredients are simple, and I get to use my cast-iron pot over an open campfire—my favorite way to cook in camp. The burgoo will last a few days, and I have yet to get a complaint about it in camp. It is a tradition in our annual deer camp and turkey camp in the spring.

Kentucky burgoo is defined as a stew or thick soup of meat and vegetables originally served at outdoor gatherings. Kentucky burgoo, by definition, is the perfect camp meal. It has no definite history, but plenty of lore. There are as many stories of its origin as there are ways to prepare it. I like to use wild game in my burgoo. Squirrel, rabbit, wild turkey and venison are a few great wild game choices for Kentucky burgoo. Of course, you can substitute game meat with chicken, pork and beef.

▶ Kentucky Burgoo is the perfect meal for camp—and fun to make, too. Photo Ken McBroom

The origin of burgoo is thought to go back at least to the 1700s. One origin story of Kentucky burgoo goes like this: Gus Jaubert, a cook who served Gen. John Morgan during the Civil War, prepared a stew for the soldiers. Jaubert sent out some men to hunt game for the stew, and all they could find were blackbirds and crows. The cook is said to have had a speech problem or an accent, and when he said he made “bird stew,” everyone thought he said burgoo.

Whether the story is true or not, Gus Jaubert became the cook for Buffalo Trace Distillery after the war and his burgoo became Kentucky burgoo. He was also called King of Kentucky burgoo. In 1932, a racehorse named King Burgoo won the Kentucky Derby, which only added to the lore

and legend of an already great recipe. To this day, it is served at the Kentucky Derby in Louisville and remains a hit.

I first came across Kentucky burgoo when looking for a stew to cook in deer camp. I was attracted to the flexibility of the recipe. I love cooking on the fly, adding whatever I have at the time. I don't think I have ever made the same burgoo twice, and each pot was delicious.

I've added Kentucky burgoo to my camp cookbook, and you can find my recipe at [KentuckyLiving.com](http://KentuckyLiving.com). Give it a try—it's fun, simple and delicious. **KL**



## April outdoor tips

While many will hit the woods to hunt turkey, there is plenty to enjoy in Kentucky even if you don't hunt. Here are a few ideas as the weather warms and the great outdoors comes to life:

- Peak of the crappie spawn—find them shallow with a bobber and a jig or minnow.
- Most stream stockings of trout begin. Grab your light tackle or fly rod and have a blast.
- Time to hang your hummingbird feeders; these little birds are so much fun to watch.
- Take a hike and listen for distant gobbles of turkeys.
- Journey into grouse territory and listen—This is the peak month for grouse drumming.
- April is time for morel mushrooms. Keep an eye out for them—they're yummy on a steak.

Source: Kentucky Afield



## Fee-free camping days at Big South Fork this month

Visitors to Big South Fork National River and Recreation Area can enjoy a free night of camping April 16 to celebrate the first day of National Park Week. For more information, including more fee free camping days, visit [www.nps.gov/biso/planyourvisit/fees.htm](http://www.nps.gov/biso/planyourvisit/fees.htm).

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



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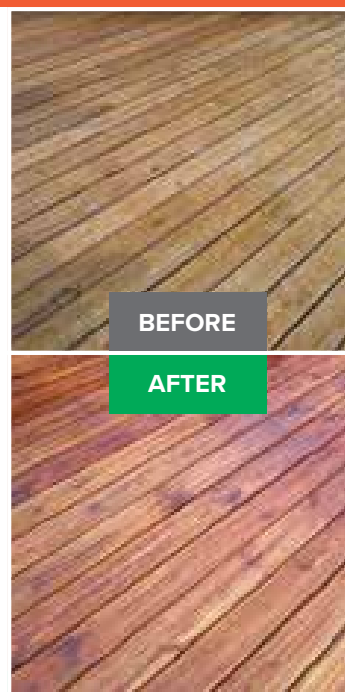
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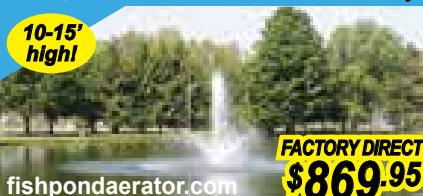
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# Unspoken messages

*Animal connections inspire retired police sergeant, veteran*



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

**TWO DOCTORS TOLD HIM** he had no more than three years to live; another advised him to go home and get his affairs in order.

That was 13 years ago, when Richard Rowland, a retired Kentucky State Police sergeant and veteran of two tours in Vietnam, was diagnosed with multiple myeloma.

At the time, Richard, his wife, Jennifer, and son, Matt, owned and operated a horse-boarding farm in Hardin County, often caring for up to 25 animals from several states.

During one of his lowest moments following the cancer diagnosis, something happened that profoundly changed his life and set the course for his story.

"I was in the house by myself, on my knees, crying harder than I've ever cried in my

no religious upbringing and had a purely science-based ideology.

All of that soon changed one summer evening when one of the farm's brood mares had to be euthanized. Although she was in the barn, well away from the 19 other horses in the pasture, they all began running, snorting and whinnying when she was sedated. And when she breathed her last, they all grew suddenly quiet.

"The silence was immediate," Richard recalls. "I still get goose bumps just talking about it, because I'd never witnessed anything like that before. It was the beginning of me seeing animals in a different way."

Discussing the phenomena with others in the horse world, he later heard not only more about secret intuitions among horses, but other animals as well. His fascinating collection of such stories has led to a renewal of his spirit, a deeper belief in the human-animal connection, and his writing of two books: *Unspoken Messages* and *A Glimpse Behind the Veil*.

Among the many stories: A Saint Bernard shielding a toddler from unseen danger; a mixed breed collie leading two lost children out of a forest in Arkansas; and an abused, rescued horse becoming a godsend in post-traumatic stress disorder healing therapy.

Then there is Pal, an adopted, foundered horse, and favorite of the family, who liked listening to Richard play the harmonica.

When the Rowlands, who were consumer-members of Nolin RECC, had to sell their Kentucky farm and relocate to Maine to care for Jennifer's aging parents, Pal and his stable mate, Annie, were shipped to a friend's ranch in Texas to live out the rest of their days.

Two years later, when Richard brought his harmonica during a visit to the ranch, then stepped inside the barn and began playing *My Old Kentucky Home*, Pal came running from the pasture. It was, the ranch foreman said, the first time he'd ever seen the old horse run. **KL**

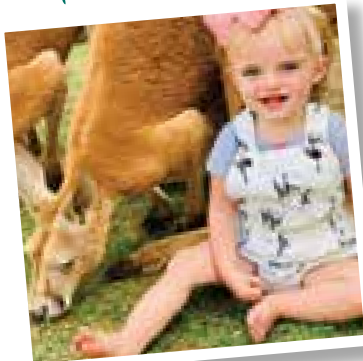


life about the unfairness of everything that was going on ... And it was during that time that I was on my knees ... that this feeling washed over me that, 'things are not what they seem.'"

It was as though the words had come from somewhere else, he remembers, and he had no idea what they meant. He'd had

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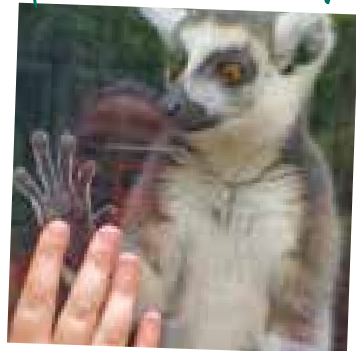
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