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MEMBER'S GUIDE

IMPORTANT
INFORMATION

LINEWORKERS:
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TO SERVE

HOW POWER IS RESTORED
THE COOPERATIVE DIFFERENCE
UNDERSTANDING YOUR BILL
TOP 10 WAYS TO SAVE ENERGY

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TIM WEBB

2022
Member's
Guide

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OCTOBER

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DEDICATED

Lineworker Scott Spencer returns to work following a devastating injury after the February 2021 ice storm.

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THE STEPS TO RESTORE POWER

After a major outage, co-ops follow this general order for getting power back on.

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TOP 10 WAYS TO SAVE ENERGY

Real-life, easy to use tips to help you save energy and lower your electric bill all year.

ON THE COVER Licking Valley RECC Lineworker Scott Spencer suffered what he thought would be career-ending injuries while restoring power after the February 2021 ice storm. With lots of support, prayer and a great care team, he returned to his job six months later. Photo: Tim Webb

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

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Advocating for you

Making the right decisions in a complex energy transition

I went through a very challenging time in my life. My parents both had illnesses at the same time, which made it difficult for them to make decisions. I was appointed by the court system to have the power to help them make necessary decisions on everything in their lives from medical care and finances to management of things that they owned.

I bet many of you reading this have faced a similar circumstance, where you became responsible for making the best decisions for a family member. This is often difficult as you decide the most basic things in life for someone whom you have admired and been friends with your whole life. I had to use my years of living with my parents to try my hardest to do what they would want me to do for them. That is a hard place to be, but I did my best.

My job at Kentucky Electric Cooperatives and the employees at your local electric cooperative often are doing something very similar. Here at the statewide offices, we have 26 electric cooperatives that are members of our association. It is my job to take the complex energy world and make it understandable to you and to elected officials and policymakers across the state and across the nation.

The goal of every electric cooperative in Kentucky is the same: It is to provide you with reliable service that is safe and at the lowest possible cost. An electric cooperative is unique. It is our responsibility to understand the energy needs of the future while meeting the demands of today. This challenge must be met in a fast-changing world.

I would like you to think about the many energy-related issues that we are balancing on your behalf right now.

How do we keep the power on with our current power plants and power lines while we transition to new sources of energy such as wind and solar?

How do we integrate the new and future electric vehicles that are being sold into the existing grid without compromising reliability and cost?

How do we help you use energy wisely and affordably to keep your family safe during hot summers and cold winters?

Electric cooperatives are unique, not-for-profit businesses, and we think about these issues every day. We want you to be energy aware and good energy stewards. This magazine provides the best information on what is impacting your electric bill and how you can use energy wisely.

This month's special *Member's Guide* is packed with helpful information that you can use all year (and longer—so save it!), whether you have moved into the area recently as a new co-op member or whether you are a long-standing co-op member.

I took my job very seriously when representing my parents. I take this job of representing the state of Kentucky as an energy advocate just as seriously, and your local electric co-op will always be there to help you with your energy needs. Please do not hesitate to call their office when you have energy questions.

Chris

CHRIS PERRY
President/CEO

**KENTUCKY ELECTRIC
COOPERATIVES**



FROM THE EDITOR

WE HAVE YOUR BACK.

This issue is an important one for *Kentucky Living* readers, with a wide range of helpful information for electric co-op consumer-members. We suggest you save this issue and use it throughout the coming year.

The next several years, the world will be going through an energy transition. Please know that the electric co-op system is strong and we have some of the top experts in the nation. Our goal is for our consumer-members to have safe, affordable and reliable energy.

Whether you're trying to save on your electric bill, you want to understand how power is restored or you need help in buying an efficient appliance, we've got you covered.

The folks at your local electric co-op, including those who work out in the field running electric lines and restoring electricity in the midst of a storm, take seriously their mission to ensure you have electricity 24/7.

We appreciate the many kindnesses that so many of you have shown to our co-ops' staff over the years.

We're in this together—as we hope this issue shows.

ANITA TRAVIS RICHTER, EDITOR

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KentuckyLiving.com

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MONSTER STUDIO/ADOBE STOCK

BE EFFICIENT

Top ways to save energy

Turn to page 22 for a list of energy-saving tips that can help you lower your electric bill. For even more ways to save energy, visit KentuckyLiving.com and search "energy guide." You can find dozens of helpful tips we've published over the years.



GOOD EATS

Reader recipes and more

Find a Million Dollar Chicken Bake recipe you can cook up for dinner and sugar cookies to make for dessert on page 29. Then, visit KentuckyLiving.com/recipes to browse our database of delicious dishes to add into your meal rotation.



FILL YOUR FALL

Events in every region

The air is cool and crisp—a perfect time to plan a weekend jaunt across the state. Turn to page 39 for a list of happenings this month. Then visit our website to see more events or to add your own.



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Teaching children about lineworkers

Never is it more apparent how essential electricity is than when it is out. Though it hasn't been that long—about 80 years ago—since electricity was still scarce in homes in rural areas—today's children cannot fathom what life was like without it.

These children's books provide good teaching points about how electricity gets to our homes or businesses:

LineKid's ABCs: A Kid's Guide to the Work of an Electrical Lineman, written by Jeanna Borgmann and illustrated by Rebecca Yee, explains lineworker terms by using letters of the alphabet, such as B for bucket truck and J for journeyman. Both Borgmann and Yee have inside knowledge of this career, as both are married to lineworker. Borgmann, a teacher, reported struggling to find children's books related to electrical linework, so she set out to change that.

Where is My Daddy?: The Story of a Lineman, by Joe Peterson, highlights lineworkers' difficulties in being away from family, sometimes for long periods of time, while power is restored or installed. The story is written in the style of a dad sending his children updates while he is away, helping them to understand he is gone because he is helping others.

His tender messages reassure his kids he is safe and misses them, and that he is proud of the work he's doing.

Curtis Condon, former co-op magazine editor of 27 years, addresses intermediate students in his novel, *Wish Upon a Crawdad*. Through lively writing, the story follows sixth-grader Ruby Mae Ryan and her younger brother in the 1940s fictional town of Crossroads.

Ruby starts a crawdad business and believes that wishing upon the first crawdad of the day will bring magic. For those who doubt, she points to the new electric co-op and the coming of electricity as proof.

Ruby's city schoolmates enjoy the conveniences of powered homes, but it is too costly to run power lines to those who live on farms. Ruby's dad and older brothers, along with engineers and many local people, start the electric co-op and do the work themselves to run power to rural homes.

Kids will enjoy reading about Ruby's antics and troublesome scrapes as she tries to outwit her brothers on a regular basis.

As a reader, you'll recognize that the story narrative follows the historical rural electrification of America.

» Penny Woods

More about electrical work and electric co-ops

LineKid's ABCs: A Kid's Guide to the Work of an Electrical Lineman, \$14.99

Where is My Daddy?: The Story of a Lineman, \$9.49

Wish Upon a Crawdad, Heart of Oak Books, \$17.99

All titles are available through your local bookseller or Amazon.

As recently as 1928, nearly 90% of rural communities did not have electricity while most large towns had enjoyed the convenience for decades. Determined to see progress, neighbors joined together, borrowed money from Franklin D. Roosevelt's New Deal to build their own power companies from the ground up, and paid a membership fee to join the electric co-op. By the 1950s, nearly 90% of homes had electricity. Today, there are more than 900 electric co-ops nationwide serving 42 million people, powering 21 million businesses, homes, schools and farms in 48 states.



ENERGY EFFICIENCY *tip*

With winter weather on the way, now is the time to seal drafty windows. If you can see light around a window frame or if you can rattle the window, it likely needs to be sealed. Most window leaks can be sealed with caulk or weatherstripping, which come in a variety of compounds and materials. Visit [Energy.gov/energysaver](https://www.energy.gov/energysaver) to learn how and where to seal air leaks.



NEW AFRICA/ADOBE STOCK



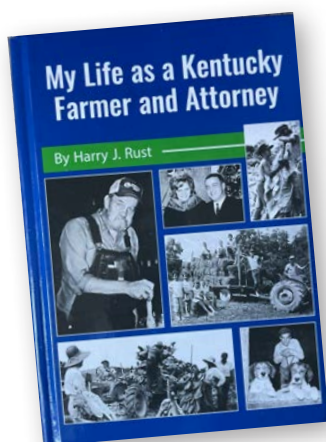
"So he's saying that if we switch to LED lightbulbs we will save energy ... I have one question, what's a lightbulb?"

A family's legacy

All too often in the hustle and bustle of today's schedules, families miss golden opportunities to simply share stories—the older generations to the younger—as often happened in times past. Histories are forgotten, and wisdom gained is not imparted.

Lifelong northern Kentucky farmer and attorney, Harry J. Rust, acted on the advice of the Jesse Stuart Foundation's James Gifford and bucked that trend, documenting his varied background for the benefit of future generations in *My Life as a Kentucky Farmer and Attorney*.

Indeed, readers will feel as if they have pulled up a chair for a fireplace chat as Rust, an Owen Electric consumer-member, shares stories of his education, building his law career of



52 years, growing a family, and finally realizing a dream of one day writing a book.

The book, \$30, can be purchased at www.jsfbooks.com.


» Penny Woods

OCTOBER
29

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STORY TIMES
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50
KENTUCKY
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- Purchasing residential solar
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- Purchasing a generator
- Planting a tree, building a building
- Trimming a tree near power lines

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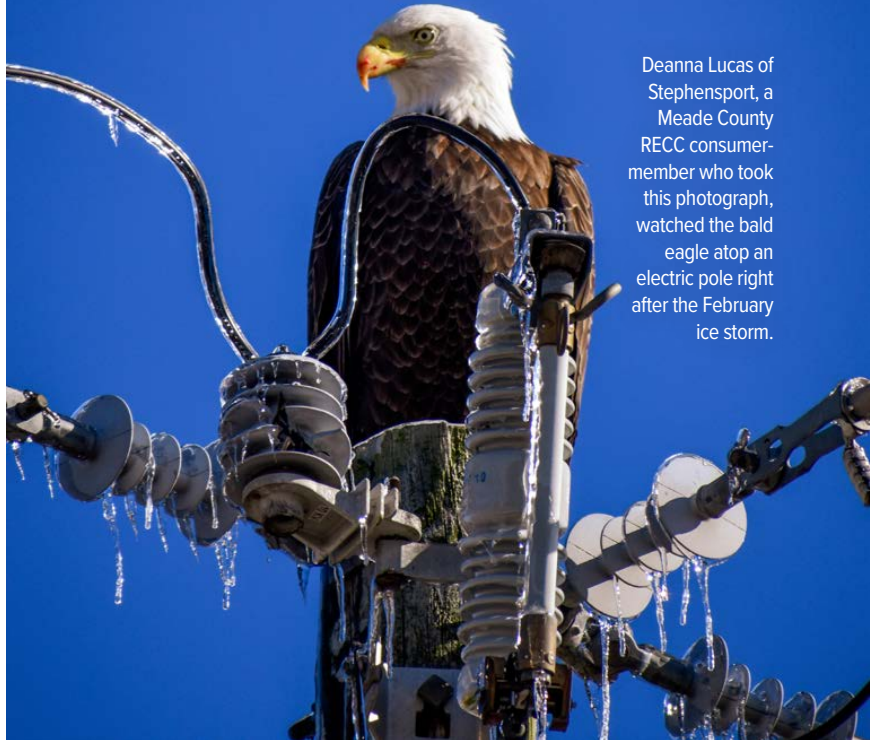
Congratulations to our June Getaway Winner!

Amanda Jury, Fountain Run, won the two-night getaway package for four in Horse Cave! Thank you to our prize sponsors, and Hart County Tourism. Enjoy your trip!



TYLER WAYNE GLASS

featured FRAMES



Deanna Lucas of Stephensport, a Meade County RECC consumer-member who took this photograph, watched the bald eagle atop an electric pole right after the February ice storm.



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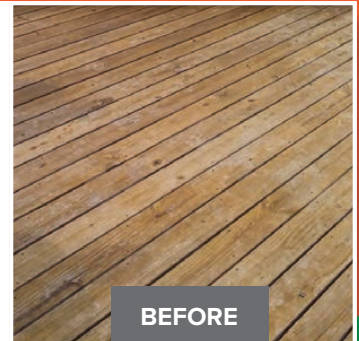
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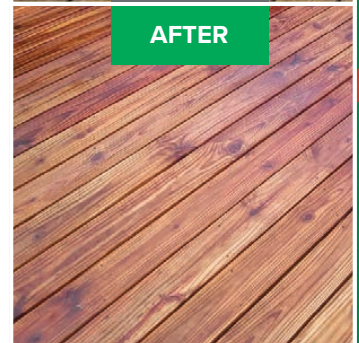
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Strength in numbers

Your local co-op is supported by the cooperative family

JOE ARNOLD

WHEN THE CONSUMER-MEMBERS of electric cooperatives turn to the center section of *Kentucky Living* each month, they see the latest update from their local member-owned co-op. This magazine is an example of the cooperative principle Cooperation Among Cooperatives, because it is both a joint effort of all the electric cooperatives in Kentucky and a custom publication by and for each local co-op.

Your local co-op was built by, belongs to and is led by people in your local community. Unlike an investor-owned utility, your co-op is not owned or controlled by any outside interest or shareholders.

Cooperatives around the world operate according to the Seven Cooperative Principles. These core principles and values are a key reason electric cooperatives operate differently from other electric utilities, putting the needs of their members first. Your local co-op is in the best position to respond to needs in your own home area because a cooperative—by its very nature—is uniquely suited to understand its own community.

A strong alliance

Your co-op is a member of Kentucky Electric Cooperatives. Both the manager of your local co-op and one of your local directors serve on the board of this statewide association of all 26 electric co-ops in Kentucky. Co-ops share information and practical advice, pooling their resources to encourage innovation and high standards in safety training, disaster response, communications, technical knowledge and in the annual co-op Frankfort and Washington Youth Tours. The association also coordinates management training and serves as a consumer advocate in representation before the General Assembly, Congress and regulatory bodies.

Your co-op is also one of 831 distribution cooperatives that are members of the National Rural Electric Cooperative Association (NRECA), along with 63 generation and transmission cooperatives that provide wholesale power to the distribution co-ops. In Kentucky, electric co-ops serve about 1.7 million people. Nationwide, about 42 million people are served by electric co-ops in 48 states.

Who sets the rates?

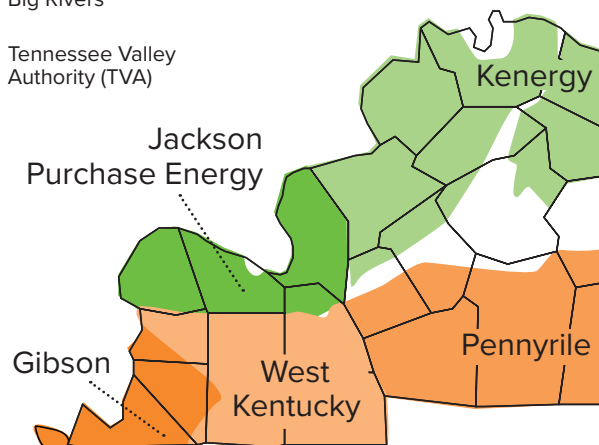
Understandably, one of the most common questions asked about any electric service is, “Who sets the rates?”

Twenty-one electric co-ops are regulated by the Kentucky Public Service Commission, which is responsible for fostering safe and reliable service by setting fair, just and reasonable rates. In the map below, the 19 distribution co-ops are shaded in purple and green, the member-owners of East Kentucky Power Cooperative, and the member-owners of Big Rivers Electric Corporation. The orange-shaded co-ops are the five Kentucky co-ops that purchase their power from the Tennessee Valley Authority. This federally owned electric utility corporation oversees the rates of these five co-ops.

While other utilities serve more densely populated areas, which have an average of 32 customers per mile of electric line, the more rural nature of co-ops means that they serve an average of only eight consumer-members per mile of electric line. Yet, through responsible practices, careful planning and expert management, Kentucky co-ops are able to offer competitive rates. Kentucky has the 11th lowest electric rates in the nation.

ELECTRIC CO-OPS BY POWER PROVIDER

- East Kentucky Power Cooperative (EKPC)
- Big Rivers
- Tennessee Valley Authority (TVA)





Reliability

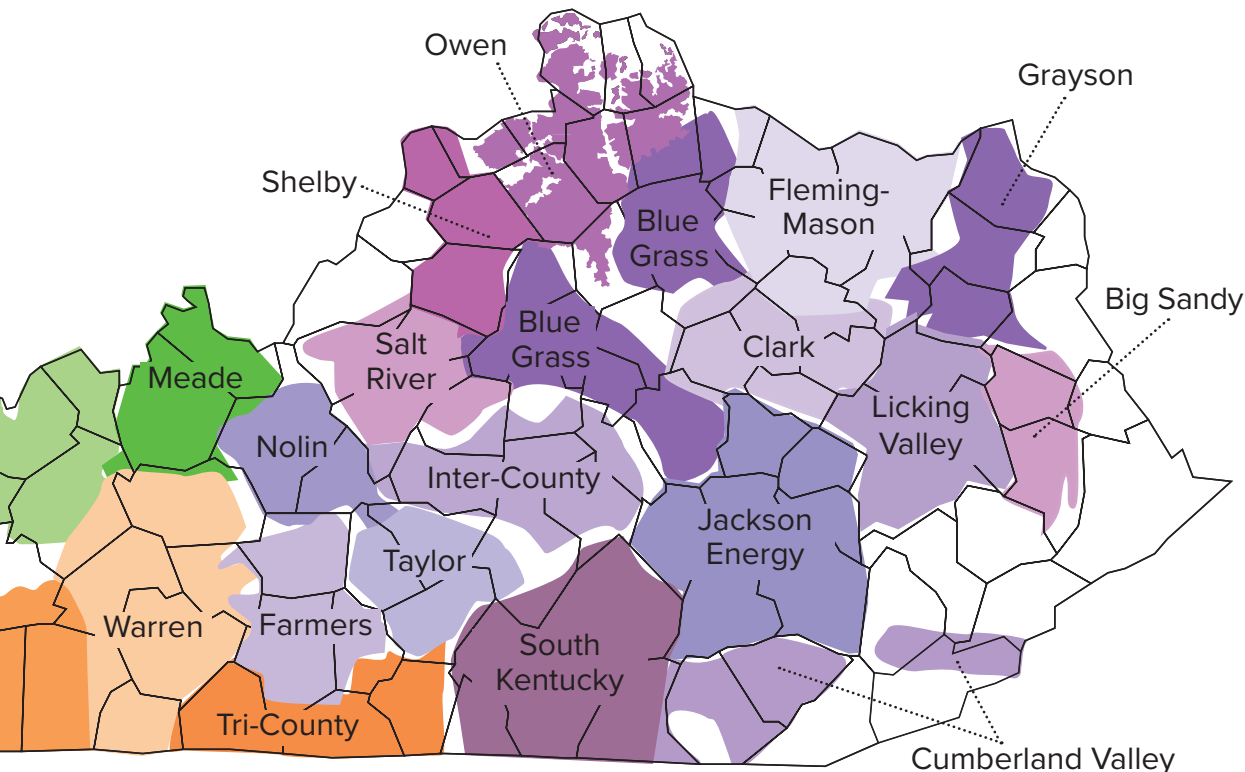
The reliability of electric service for you, your community and the businesses and critical infrastructure powered by co-ops is a priority for all of Kentucky's electric cooperatives. It takes attention, dedication and a variety of measures to maintain reliable electric service.

A resilient electric grid utilizes different types of generation—such as coal, natural gas, solar and hydro—to seamlessly work together to provide safe

and reliable power. The system is designed and built to withstand high winds, powerful storms, cybersecurity threats and other disruptions that could result in outages.

Your co-op is also part of a concerted effort advocating for policies in Frankfort and Washington that protect the reliability of your electric service. This advocacy alerts and educates leaders so they know how government policies affect your bills and the ability of your local co-op to effectively serve you. **KL**

▲ Gov. Andy Beshear speaks at Kentucky Electric Cooperative's 76th Annual Meeting, Louisville, in August. The association advocates for safe, reliable and affordable electricity. Photo: Tim Webb



Classy and Grassy

Teen fiddler phenom takes Grand Ole Opry stage

▶ Noah Goebel of Elkton, 13, is a rising bluegrass music star. He won the 2021 Grandmaster Fiddler Youth Championship and 2022 Kentucky and Tennessee State Championships. Photo: Timmy Goebel

The Classy and Grassy band, from left, Cutter Singleton, Cash Singleton, Lily Goebel, Brennon Cruce and Noah Goebel. Photo: Shelley Singleton

DURING LABOR DAY WEEKEND, Noah Goebel stood in the circle on The Grand Ole Opry stage where the best country and bluegrass musicians perform. He played *Cotton Patch Rag* on the fiddle.

Playing the Opry is a pinnacle for any musician, but especially for Noah, a 13-year-old eighth-grader from Elkton. Parents Chris and Jennifer Goebel are consumer-members of Pennyrite Electric.

The teenage fiddler has already won the 2021 Grandmaster Fiddler Youth Championship, as well as



Kentucky and Tennessee State Fiddle Championships in his division. He has been on two national shows, NPR's *From The Top* and *WoodSongs Old Time Radio Hour*.

He joins his sister, Lily, a 15-year-old sophomore, in a band called Classy and Grassy. Lily plays piano and guitar, and sings. They get dressed up (the classy part) and play Bluegrass (the grassy part).

"He is a gifted fiddler," says his grandfather, Glenn Goebel, "and has set his heart in fiddling. ... I encourage anyone with a gift to pursue it, but even with a gift, they won't get good unless they practice."

Noah says he practices whenever he wants, "which is a lot"—two or three hours a day. He does schoolwork, takes a break to fiddle and returns to his school lessons.

LISTEN TO NOAH

If you want to hear what a rising star sounds like, you'll want to listen to Noah Goebel play the fiddle. Go to KentuckyLiving.com for links to his performances, including *WoodSongs Old Time Radio Hour* and NPR's *From the Top*.



His love for the fiddle began when he was 8. A couple moved to Elkton and offered to teach fiddle tunes through sheet music, which is unusual. Learning from sheet music is typical for budding violinists, but fiddlers often teach the next generation without it. Noah was fortunate to learn from Dan Kelly, who played with such country stars as Roy Acuff, Faith Hill, Steve Wariner, Alan Jackson, and Clint Black. After Dan's recent death, Noah now takes classes from Ivy Phillips, Cara Brown and Justin Branum.

Noah admits to a few nervous moments before playing the Opry. "Think about all



the people who stood in that circle," he says. He played his favorite song—the one he learned from his mentor, Kelly.

"It has a lot of tricks in it. Double stops, triplets and shuffles." It is extremely difficult even for a 20-year seasoned musician.

"When I am competing in a contest, I think about goals," Noah says. "I play those

tunes hours a day. Often, I'm listening to a recording and hear a fiddle player do something that gets my attention. I try to do something different with it that also gets your attention." **KL**

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

OUR PEOPLE CURRENTS

The Rosine Barn in Ohio County is a historical building that Bill Monroe, the Father of Bluegrass, played at regularly. Classy and Grassy, Noah's band, plays there often as they continue the tradition of bluegrass music. Photo: Jennifer Goebel

Each March, the Kentucky State Fiddle Championship is held in Owensboro at the Bluegrass Music Hall of Fame & Museum. Noah has won his division two years in a row. Photo: Jennifer Goebel

Electric co-ops grow Kentucky jobs

JOE ARNOLD

EACH MONTH, THIS PAGE in *Kentucky Living* spotlights a business success story, underscoring how Kentucky's electric cooperatives are integral partners with the businesses they serve.

"The rural communities of Kentucky have a lot to offer in terms of a trained workforce, a welcoming can-do culture and shovel-ready sites with plenty of transportation options," says Rodney Hitch, economic development director

for Kentucky's Touchstone Energy Cooperatives. "Our cooperatives understand those communities, and we work to connect them with prospective businesses whose needs and cultures are a good match."

Each of Kentucky's 24 distribution electric cooperatives works with its respective power provider to foster economic development:

- 16 co-ops are member-owners of East Kentucky Power Cooperative.

- 3 co-ops are member-owners of Big Rivers Electric Corp.
- 5 co-ops are served by the Tennessee Valley Authority.

"Economic development is a key part of TVA's mission, and we are proud to partner with the Kentucky electric cooperatives we serve," says Justin Maierhofer, TVA regional vice president. "Together we promote a successful environment for attracting further opportunity to this region, which only serves to make life better for the people of Kentucky."

Co-ops attract prospective businesses not only with competitively priced and reliable energy, but also by being able to provide other crucial information about potential sites and communities.

"Along with our three distribution member-owners, we provide a variety of technical support services to help expanding and new companies grow their business," says Leslye Krampe, manager of economic development for Big Rivers Electric Corporation. **KL**



**BIG RIVERS
ELECTRIC
CORPORATION**
[www.bigrivers.com/
energy-services](http://www.bigrivers.com/energy-services)

LOCATION:
Owensboro



**EAST KENTUCKY
POWER
COOPERATIVE**
www.dataispower.org

LOCATION:
Winchester



**TENNESSEE
VALLEY
AUTHORITY
COOPERATIVES**
[www.tva.com/
economic-development](http://www.tva.com/economic-development)

LOCATION:
Knoxville

Economic Development Contacts

Big Rivers Electric Corporation

Leslye Krampe

- Jackson Purchase Energy, Paducah Greg Grissom
- Kenergy Corp., Henderson Keith Ellis
- Meade County RECC, Brandenburg Todd Blackburn

Kentucky's Touchstone Energy Cooperatives

- Big Sandy RECC, Paintsville Jeff Prater
- Blue Grass Energy, Nicholasville Denise Myers
- Clark Energy Cooperative, Winchester Charlie Pasley
- Cumberland Valley Electric, Gray Rich Prewitt
- Farmers RECC, Glasgow Corey Jackson
- Fleming-Mason Energy, Flemingsburg Lori Ulrich
- Grayson RECC, Grayson Robert Brown
- Inter-County Energy Cooperative, Danville Dan Hitchcock
- Jackson Energy Cooperative, McKee Ryan Henderson
- Licking Valley RECC, West Liberty John May
- Nolin RECC, Elizabethtown Greg Lee
- Owen Electric Cooperative, Owenton Christina Perkins
- Salt River Electric, Bardstown Nicky Rapier
- Shelby Energy Cooperative, Shelbyville Randy Stevens
- South Kentucky RECC, Somerset Kevin Newton
- Taylor County RECC, Campbellsville Jeff Williams
- East Kentucky Power Cooperative Rodney Hitch, Brad Thomas, Brittany Cox

Tennessee Valley Authority cooperatives

Danny Issacs

- Tri-County Electric, Lafayette, Tenn. Tammy Dixon
- Warren RECC, Bowling Green Stephen Miller

Emily Jones

- Gibson Electric, Trenton, Tenn. Emily Sullivan
- Pennyriple Electric, Hopkinsville Anthony Ervin
- West Kentucky RECC, Mayfield Corey Belcher

Go to KentuckyLiving.com for phone numbers and emails.



Brad Thomas, manager of economic development for Kentucky's Touchstone Energy Cooperatives, breaks ground for a new business.
Photo: Wade Harris

The cooperative difference

1



VOLUNTARY AND OPEN MEMBERSHIP

Cooperatives are voluntary organizations open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

2



DEMOCRATIC MEMBER CONTROL

Cooperatives are democratic organizations controlled by their members, who actively participate in setting policies and making decisions. The elected representatives are accountable to the membership. In our electric co-operatives, members have equal voting rights (one member, one vote).

3



MEMBERS' ECONOMIC PARTICIPATION

As a utility, our mission is to provide safe, reliable and affordable energy to our members. But as a co-op, we are also motivated by service to the community, rather than profits. Members contribute equitably to, and democratically control, the capital of Kentucky's electric cooperatives. Members allocate surpluses for co-op programs, initiatives, capital investments and supporting other activities approved by the membership.

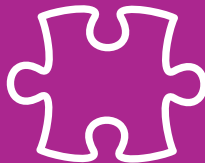
Get to know our **7** guiding principles

WHAT IS THE COOPERATIVE DIFFERENCE?

What sets apart cooperatives from other companies and organizations? In a word: You. Cooperatives are founded by, led by and exist to serve the members. You elect our board of directors. You vote on important cooperative matters. The cooperative exists to serve you.

All co-ops—whether food, hardware or electric—operate under seven principles. These principles guide and direct our decisions and help keep our focus on you, the members.

4



AUTONOMY AND INDEPENDENCE

Cooperatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.

7



CONCERN FOR COMMUNITY

While focusing on member needs, cooperatives work for the sustainable development of their communities. Co-ops support other local businesses, donate to community charities and sponsor local youth sports teams. Cooperatives work with a member first mentality and are proud to support their communities.

6



COOPERATION AMONG COOPERATIVES

Cooperatives serve their members most effectively and strengthen the cooperative movement by working through local, national, regional and international structures. For example, when one area is impacted by a weather event that creates lots of power outages, you'll often see crews from other electric co-ops come to help in restoration efforts.

5



EDUCATION, TRAINING AND INFORMATION

Cooperatives provide education and training for their members, elected representatives, managers and employees so that they can contribute effectively to the development of their cooperatives. They inform the general public, particularly young people and opinion leaders, about the nature and benefits of cooperation.


A man with a beard and safety glasses, wearing a white hard hat and a tan work shirt, stands in a grassy field. He has a tool belt with various tools, including a pair of red-handled pliers. The background shows trees and a blue sky with clouds.

DEDICATED

Scott Spencer returns
to line work after
devastating injuries

BY JOE ARNOLD

Being an electrical lineworker is one of the top 10 most dangerous jobs in the U.S. due to high-voltage power and heights. Scott Spencer, Lee City, a lineworker with Licking Valley RECC shares his story to help others stay safe. Photo: Tim Webb



Thirty feet above the ice-encrusted ground,

Scott Spencer felt the wood utility pole he had just climbed give way. It was going to crash to the ground and Spencer was going down with it.

"I had two thoughts on the way down," the veteran Licking Valley RECC lineworker recalls. "I got to get away from this pole, and this is going to hurt."

It was February 23, 2021, eight days after the second of two devastating ice storms had downed trees and power lines across the co-op service area's rugged terrain. Spencer and his crew were working on some of the last power restorations not far from his own home in Wolfe County.

Sitting in the cab of his work truck 18 months later, Spencer recounts the events of that day. He remembers using a hammer to check the soundness of the pole before climbing it. Once near the top, Spencer asked his crewmates to hoist the downed wire to him.

"That's when I felt the pole," Spencer says. "It didn't crack. It didn't—it just—I felt it. And then I just—I was going..."

The pole had broken off below ground and was falling. And Spencer was attached to it—30 feet above the ground. The very equipment designed to keep him safely anchored so he wouldn't fall off the pole was now binding him to it.

"I was square with the pole. The main thought in my mind was, I cannot land on this pole. I have to hit the dirt. If I land chest, face against this pole, I'm done," Spencer matter-of-factly explains his life-or-death decisions in those crucial few seconds.

Just before impact, he pushed himself to the left, sparing his torso but shattering his shoulder and shoving back the ball of his humerus behind his shoulder. His left arm had a compound fracture and the cartilage in his nose was broken.

"I'm laying on the ground in just agonizing pain. I can't breathe because it knocked the breath out of me."

He could hear his co-workers but couldn't answer. As one ran to the truck to call for help, two others grabbed the D-rings of Spencer's belt to slide him up and out of the water hole where he had landed. Another crew member used his hands as a makeshift neck brace to cradle Spencer's head.

Word spread quickly and soon Spencer's father and uncle were on the scene. His mother and teenage son, Isaiah, arrived as the medical helicopter was taking off for the trauma center at UK Chandler Hospital in Lexington.

As he looks back on that day, it's the look in his father's eyes that motivates his safety message to other lineworkers.

"My dad's face when he stepped in the back of that ambulance was enough. I was 39 years old when this happened," Spencer pauses, "and just the look on my dad's face was sheer terror."

"Did I make a mistake? Did I do anything wrong? Maybe," Spencer grimaces. "I checked the pole, but did I check it good enough?"

"Don't be a minimalist. It's worth that extra minute, two minutes, whatever it takes. It's worth it to go home to your family."

It's a lesson he is living back on the job. Initially told it would be a least a year before he was able to go back to work, Spencer returned to Licking Valley RECC six months after the accident.

"It's just the way he is," says the cooperative's general manager and CEO Kerry Howard.

"Scotty is a role model to his coworkers, including myself. He shows that adversities can be overcome, that safety is of the utmost importance, and that even when all safety precautions are applied, accidents can still happen."

"I came back to work because I truly enjoy what I do. I wanted to," Spencer says. "It was a little about proving to myself that I could still do it. Not for anybody else, but for my own peace of mind."

Spencer credits not only doctors and physical therapists with his recovery, but the support of the cooperative family across the country, from those who sent cards, letters and food, to the young lineman who sat with Spencer at his house just in case he needed anything.

"My wife, April, had her work cut out for her with all the calls, messages and prayers," Spencer says. "Would I have healed so quickly without the prayers? Probably not." **KL**

THE STEPS TO RESTORING *after a major power outage*

Transmission towers and lines supply power to one or more transmission substations. These lines seldom fail, but they can be damaged by a hurricane, tornado or excessive ice loading. Tens of thousands of people could be served by one high-voltage transmission line, so if there's damage, it gets attention first.

During a major outage, other cooperatives send line crews to assist with restoring power. These additional crews, as well as communications, equipment and supplies, are coordinated through the co-ops' statewide organization.

OTHER
CO-OPS

LOCAL SUBSTATION

TRANSMISSION
SUBSTATION

LOCAL
SUBSTATION

Step 1

Step 2

HURRICANES AND ICE STORMS. TORNADOES AND BLIZZARDS.

Electric cooperative consumer-members have seen it all. And with such severe weather comes power outages. Restoring power after a major outage is a big job that involves much more than simply throwing a switch or removing a tree from a line.

The main goal is to restore power safely to the greatest number of members in the shortest time possible.

The major cause of outages is damage caused by fallen trees. That's why your electric co-op has an ongoing right-of-way maintenance program to ensure trees are away from lines.

This illustration explains how power typically is restored after a major disaster.

A co-op may have several local distribution substations, each serving thousands of consumer-members. When a major outage occurs, the local distribution substations are checked first. A problem here could be caused by failure in the transmission system supplying the substation. If the problem can be corrected at the substation level, power may be restored to a large number of people.

IG POWER

Consumer-members (not the co-op) are responsible for damage to the service installation on the building. Your co-op cannot fix anything beyond this point. Contact a licensed electrician.

TAP LINE

Step 5

Sometimes, damage will occur on the service line between your house and the transformer on the nearby pole. This can explain why you have no power when your neighbor does. Your co-op needs to know you have an outage here, so a service crew can repair it.

LOCAL
SUBSTATION

Main distribution supply lines are checked next if the problem cannot be isolated at the substation. These supply lines carry electricity away from the substation to a group of consumers, such as a town or housing development. When power is restored at this stage, all members served by this supply line could see the lights come on, as long as there is no problem farther down the line.

Step 3

CO-OP
OFFICE

Report your outage to the co-op office. Employees or response services use every available phone line to receive outage reports. A major outage can affect several thousand. Please use your co-ops' app, texting or other service that you have signed up for in advance.

TAP LINE

Step 4

The final supply lines, called tap lines, carry power to the utility poles or underground transformers outside houses or other buildings. Line crews fix the remaining outages based on restoring service to the greatest number of consumers.

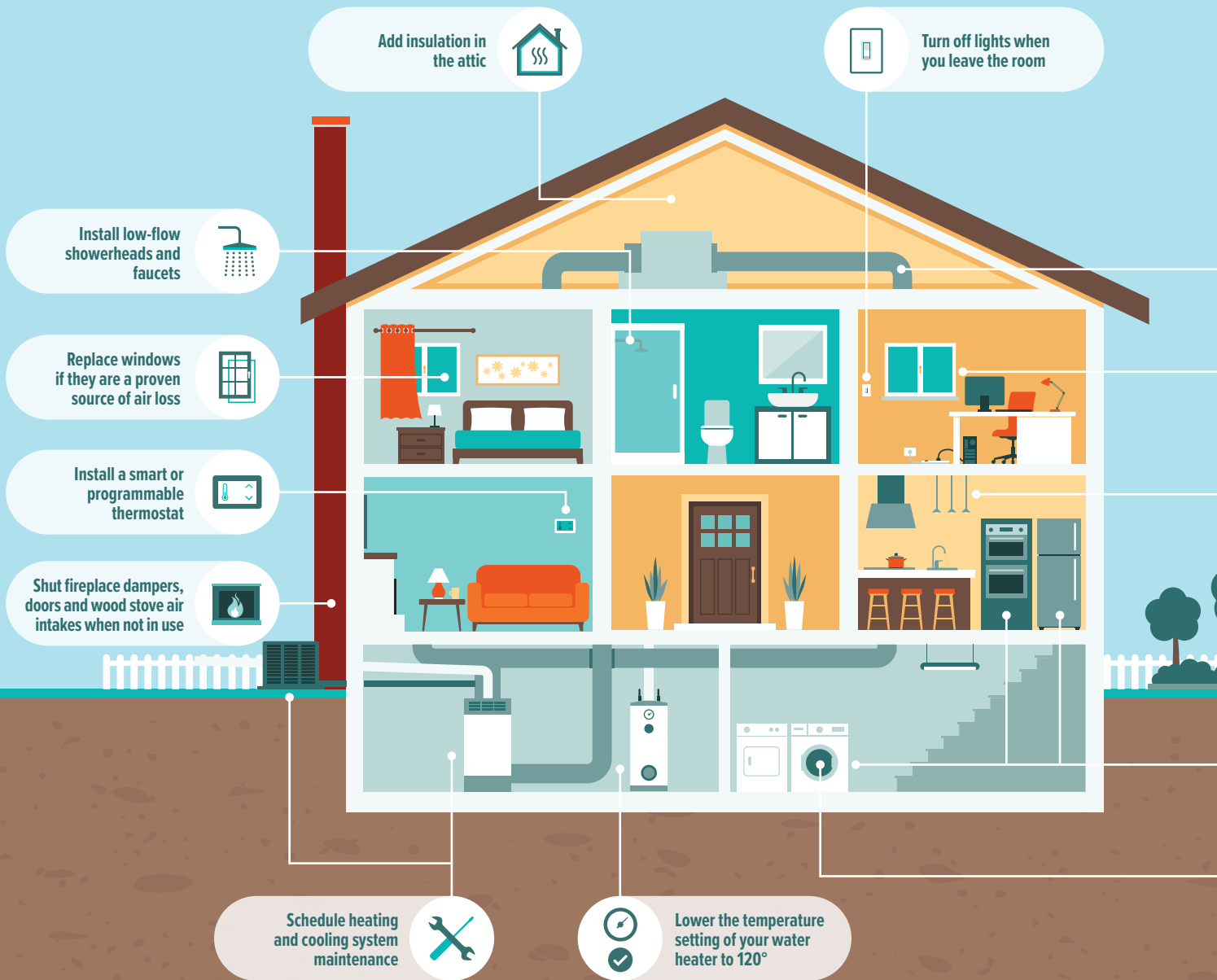
DANGER!
Stay clear of
fallen lines

If you or a family member depend on life support, please call your co-op office *before* an emergency arises.

TOP 10 WAYS TO SAVE ENERGY AT HOME

There are hundreds of energy-saving ideas, but these give you the biggest return on investment.

BY ANITA TRAVIS RICHTER



Here are the top efficiency tips from the energy experts at Kentucky's electric cooperatives to keep you comfortable all year. Find more energy tips at KentuckyLiving.com.

1 LED LIGHTBULBS

The average American household uses 40 lightbulbs in their home. Replace incandescent bulbs with LEDs to save up to 80% on lighting costs. That could add up to a savings of \$500 a year! Don't forget to use LEDs for your exterior lighting and change out your holiday lights to LEDs.

2 SEAL HOLES AND INSULATE

Caulk, seal and weatherstrip all seams, cracks and openings, including the attic hatch and where lines or pipes enter or leave the home. Add insulation in the attic. In Kentucky, attics should have a minimum grade of R-49, or about 16-18 inches of blown-in insulation. If yours is less than that, you should be able to add more on top of it as long as it is free from any asbestos (if installed before 1990), moisture, rodent, ant or termite issues. In a typical home, roughly 20% to 30% of the conditioned air that moves through the duct system is lost due to leaks, holes and poorly connected ducts. There are businesses that can analyze your home, then weatherize and seal leaks and ducts.

3 HVAC SYSTEM

If your unit is over 10 years old or not keeping your house comfortable, have an HVAC professional evaluate it. Weatherize and seal first, then perform a Manual J calculation to determine the system size. Consider an energy-efficient heat pump. Buy an ENERGY STAR system at minimum. Also, be sure to change your filters every two months (monthly during heavy seasonal use) to save 5% to 15% on energy and to make your HVAC system last longer.

4 FLIP THE SWITCH OFF

Whether it's a light switch, a television or a coffeepot, turning the switch to the off position can save you in the long run. Many of these small appliances and electronics can draw some power even when they're turned off, so save even more by unplugging them when not in use or plugging them into a power strip that can be turned on when needed and off when not. Some advanced power strips can even be remotely controlled.

5 WATER SAVINGS

Insulate your electric water heater by adding an insulating jacket to the outside to save more than \$30 a year. (A covering for a gas water heater requires a special design.) Change over to low-flow showerheads and faucets. Wash laundry in cold water. Also, washing one large load uses much less energy than washing two or three smaller loads.

6 GET ENERGY-EFFICIENT APPLIANCES

Replace older refrigerators/freezers first, then dishwashers. Look for ENERGY STAR appliances, which use up to 50% less energy than standard appliances. Did you know it could be costing you \$250 a year to keep those drinks cold in a second refrigerator in the basement or garage?

7 WATER HEATER

Water heating is the second largest energy expense in the home. Replace your old water heater with a high-efficiency one. Heat pump water heaters are about 70% more efficient than conventional water heaters. Also, lower the temperature setting of your water heater to 120°.

8 PROGRAMMABLE THERMOSTAT

The average U.S. family saves about \$180 a year using a programmable thermostat. But it will only save you money if you learn how to properly program it; otherwise, it could cost you money. Making this move could reduce your heating and cooling use by 10% a year.



Seal ductwork



Seal air leaks with caulk



Switch to energy-efficient lightbulbs



Get energy-efficient appliances



Wash large loads of laundry in cold water

9 FIREPLACE

Did you know that a fireplace may remove more heat from a house than it produces? A typical open, vertical-back fireplace is at best 10% efficient in converting wood to energy and delivering it to a room. Shut fireplace dampers, fireplace doors and wood stove air intakes when not in use.

10 WINDOWS

Plastic over windows in the winter is a good temporary fix and will save on energy bills. Unless your windows have severe leaks, they may not be your source of excessive energy usage. Windows add value to the house and improve comfort and functionality,

but the payback for energy savings could be long.

SEASONAL TIPS

Energy use increases during the hottest and coldest times of the year. Follow these tips to help conserve energy in your home.

Winter

- Set thermostats at 68°.
- Set thermostats even lower when you're away from home for more than a day.*
- Keep draperies, shades and blinds on north-facing windows closed.
- Open draperies, shades and blinds on south-facing windows to let warm sunshine in.
- Use area rugs on wood, laminate, stone and marble floors.
- Keep dampers closed when fireplaces are not in use.

Summer

- Set thermostats at 78°.
- Set thermostats even higher when you're away from home for more than a day.*
- Close draperies, window shades and blinds on south-, west- and east-facing windows to shut out summer heat.

Do not change heat pump thermostat settings more than 1 or 2 degrees. Consult manufacturer's manual or contact your co-op's energy advisor for more information. **KL*

WHERE TO FIND ADDITIONAL ENERGY TIPS AND DETAILED INFORMATION:

TogetherWeSaveKY.com
TouchstoneEnergy.com
Energy.gov
EnergyStar.com

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•3' Overhang on Front

30'x40'x10'

Garage/Hobby Shop
•2-9x8 Garage Doors
•1-3' Entry Door
•Soffit/Wainscot Optional

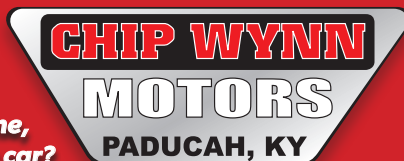
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10 ESSENTIAL LINEWORKER'S GEAR

IN COOPERATION WITH BASIN ELECTRIC POWER COOPERATIVE

Lineworker Technician Tyler Patrick, who has been with Big Sandy RECC for 3 1/2 years. Photo: Wade Harris

- 1 HARDHAT:** A must for all lineworkers, this insulated hat protects the head from blows and falling objects.
- 2 EYE PROTECTION:** Protects eyes from an arc or flying debris.
- 3 HARNESS:** Worn when a lineworker climbs or rides in the bucket. The harness has a loop at chest level providing a way to hook onto the bucket for safety, to rappel from the bucket or to lower a lineworker in a rescue situation.
- 4 FIRE-RESISTANT CLOTHING:** To protect them from a possible electric arc, lineworkers must wear at all times fire-resistant jeans, shirt and, in cold weather, a jacket. A long-sleeve, fire-resistant shirt must be worn all seasons, even in Kentucky's sweltering heat.
- 5 EQUIPMENT BELT:** Features clips, loops and D-rings for lineworkers to carry tools commonly needed in the bucket, on the ground or in the air.
- 6 GLOVES:** Rubber gloves, in the bag near the leg, provide worker protection from shock while working on energized lines. Leather gloves protect from cuts or abrasions when not working on energized lines.
- 7 BUCKSQUEEZE:** Provides fall protection when working on wood poles and is designed to grip the pole if a lineworker starts to fall.
- 8 CLIMBERS:** Strapped on just below the knee, these contoured leg shanks hold gaffs in place on a lineworker's boots. They are padded for comfort and support.
- 9 GAFFS:** Sharp steel spikes that are strapped to boots to climb poles safely and efficiently. Only the tips sink into the wood.
- 10 BOOTS:** Specific for climbing wood structures, a lineworker's boots are 14 inches tall to protect from gouging themselves in the leg.



Making ¢ents of your bill

Fuel is the largest cost in making electricity

JOE ARNOLD

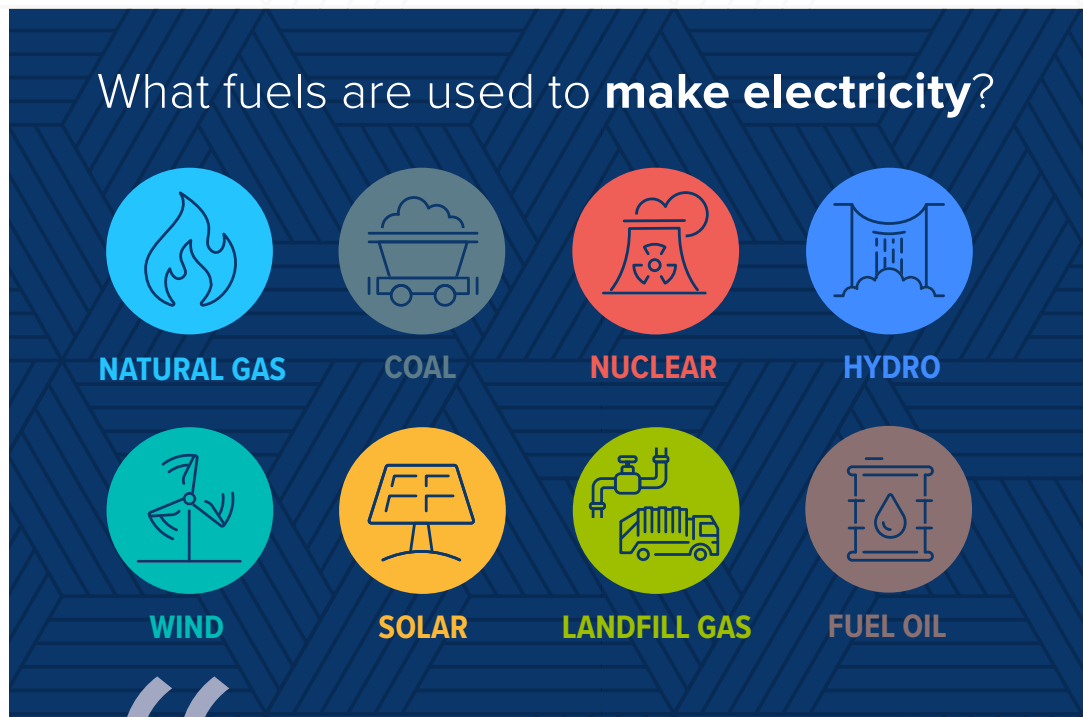
It is one of the most misunderstood words on an electricity bill: fuel.

Most of what we hear about the price of fuel relates to the price at the pump. And there is no question that skyrocketing prices for the gasoline and diesel that power vehicles have been a terrible strain on everyone's bottom lines.

But when you see the word "fuel" on the bill from your local electric cooperative, it is not related to what it costs your co-op to fill the tanks of its fleet of trucks. Instead, the fuel your co-op is talking about is the raw materials used to generate electricity, from the coal and natural gas at fossil fuel plants to uranium at nuclear plants, to the costs to buy power from other utilities.

For consumer-members of the five co-ops that purchase power from the Tennessee Valley Authority, the line item on their bill is called the Fuel Cost Adjustment. Consumer-members of the 16 Kentucky electric distribution co-ops that own East Kentucky Power Cooperative, and the three co-ops that own Big Rivers Electric, will see "Fuel Adjustment Clause" (often referred to as FAC) on their bill.

These adjustments vary each month because the costs for coal, gas and purchased power vary, along with the weather. Changes in weather will dramatically change the amount of the fuel needed to generate



“The fuel charge is strictly a pass-through cost. Neither the co-op nor the power provider keeps that money.

power and the fuel charge. Both the Fuel Cost Adjustment and Fuel Adjustment Clause are designed to protect ratepayers from permanent rate adjustments when fuel costs experience temporary increases.

The fuel adjustment typically remains relatively steady,

and sometimes can be a bill credit, but global supply chain issues and inflationary pressures have pushed the price of fuels to higher than normal levels in 2022.

Though the fuel adjustment charge is a line item on your local co-op's bill statement, neither the co-op nor its power supplier keep that money. The fuel charge is strictly a pass-through to pay for the fuel.

While fuel prices impact electricity market prices, the power suppliers for Kentucky make long-term plans to protect members from the short-term volatility in fuel prices.

Co-op members are encouraged to conserve energy as much as possible to help control costs. **KL**

Save energy, control costs

To learn how to cut your energy usage and save costs, turn to Energy Tips, page 22, for the top 10 energy tips with best return on money, along with helpful tips for your home during winter and summer. Cutting Costs on page 31 gives advice from our co-op experts. You'll find dozens more helpful energy saving tips online at KentuckyLiving.com.

Eye Doctor Helps Tennessee Legally Blind To See



High Technology For Low Vision Patients Allows Many To Drive Again



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

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

Imagine a pair of glasses that can improve your vision enough to change your life. If you're a low vision patient, you've probably not only imagined them, but have been searching for them. 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."

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

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

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

www.lowvisiontn.com

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

Office located in Lebanon, TN

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





Fall is tree planting time

Think energy savings in addition to aesthetics

TREES NOT ONLY ENRICH OUR LIVES

with their beauty, but they can bring value to our homes—and our budgets. Those leafy deciduous trees and majestic evergreens reduce noise, provide shade in the summer and wind blocking in the winter. This improves the energy efficiency of our homes. According to the Arbor Day Foundation, well-placed trees can reduce consumer energy use by 20%.

The expansive canopy of many varieties of trees gives them the common name of shade tree. This can be any tree with a strong main trunk and wide, strong canopy. When the tree has been placed and planted correctly, canopies like this can shade surfaces in summer, such as windows, building roofs, solid-surface patios and driveways, lowering the surface and air temperatures.

The dense foliage of many evergreen trees and shrubs, when planted upwind

from our homes, can also provide us with energy savings by blocking cold winter winds. Tall evergreen trees can be planted in one or two rows, where the foliage

will meet without overcrowding as they mature. You can plant a tall evergreen with a shrub-like evergreen for a similar effect. Wind protection extends downwind 10 to 20 times the height of the windbreak.

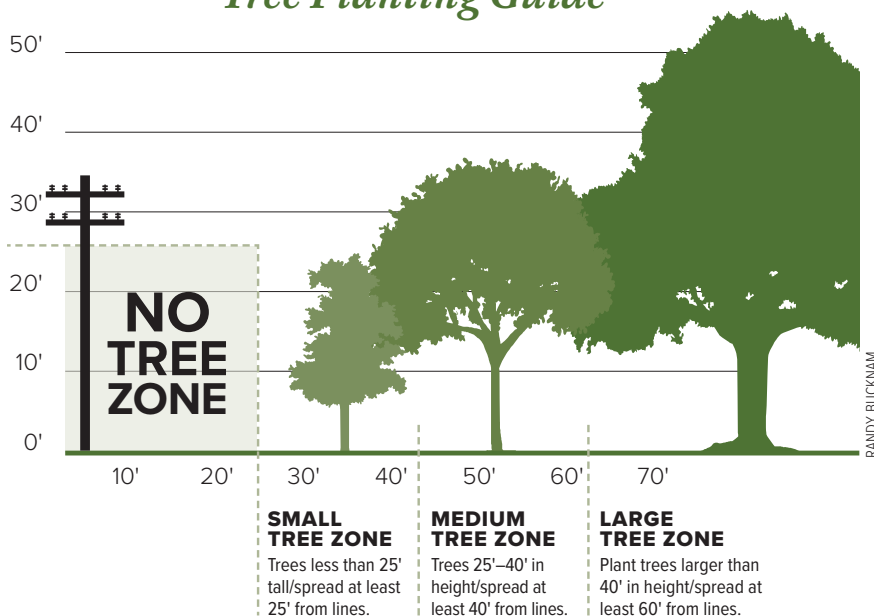
Closer to the home, planting smaller evergreens 2 to 3 feet away from foundation walls can help insulate your home from the cold and from the heat of summer.

Location, location, location: When selecting a tree or evergreen, consider the location of your home, the mature size of the plants and any nearby overhead or underground utilities. Plant selection is one of the areas where I see the most mistakes that could have been prevented.

Many people do not realize that fall is the best time to plant trees and shrubs. Go to KentuckyLiving.com for tips for “How to plant a tree.” Be sure to call 811 to locate all utilities *before* you dig. **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

Tree Planting Guide



SMALL TREES OR SHRUBS

- Prague viburnum, evergreen, 10–12'
- Emerald green arborvitae, evergreen, 10–15'
- Oakleaf holly, evergreen, 15–20'
- Southern magnolia, Little Gem, evergreen, 15–20'
- Panicle hydrangea, Quickfire, deciduous, 8–10'
- *Chionanthus virginicus*, fringe tree, deciduous, 12–20'
- Star magnolia, deciduous, 15–20'
- Pagoda dogwood, deciduous, 15–25'
- Downy serviceberry, deciduous, 15–30'

- Akebono cherry, deciduous, 20–25'
- Japanese tree lilac, Ivory Silk, deciduous, 20–30'
- Eastern redbud, deciduous, 20–30'

MEDIUM TREES

- Arborvitae, Green Giant, evergreen, 40–60'
- Blackgum, deciduous, 25–35'
- Redpointe maple, deciduous, 35–45'
- White oak, deciduous, 35–45'

LARGE TREES

- Eastern white pine, evergreen, 50–80'
- Sugar maple, deciduous, 40–80'

READER
*recipes***Chewy Sugar Cookies**

Submitted by Pollie Gibson

Consumer-member of South Kentucky RECC

1 ¼ C sugar**2 oz cream cheese****6 Tbsp melted butter****⅓ C vegetable oil****1 egg****1 Tbsp milk****2 tsp vanilla****2 ¼ C all-purpose flour****1 tsp baking powder****½ tsp baking soda****½ tsp salt****Additional ½ C sugar for rolling**

Preheat oven to 350°.

In a large bowl, add sugar, cream cheese and melted butter. Beat with hand mixer until light and fluffy (about 3–4 minutes). Add oil, egg, milk and vanilla. Mix again just until combined.

Add flour, baking powder, baking soda and salt. Mix until the cookie dough comes together.

Scoop out tablespoon-size balls with a cookie scoop and roll entirely in sugar. Place on baking sheet lined with parchment paper or Silpat mat.

Bake 16 minutes. Remove from oven, cool and enjoy. Makes 24 cookies.

For lemon cookies, add zest from 1 lemon; substitute 2 tsp lemon extract for vanilla and 1 Tbsp lemon juice for milk.

**SEE THE
VIDEOS**at KentuckyLiving.com/CookGo to KentuckyLiving.com/submit-a-recipe*The gift of sharing recipes**Keeping legacies alive through the generations*

THIS MONTH, I'm excited to share not one but *two* reader recipes. October is Cooperative Month, so we wanted to make it all about our incredible consumer-members who send in recipes to be shared.

One of my favorite aspects of good recipes is not only the memories that surrounds them, but passing them down, which keeps family stories and legacies alive for generations.

The following two recipes can be staples around everyone's table—a delicious weeknight chicken dinner and an irresistible chewy sugar cookie.

We'd love to hear from you. Please share your own keepsake family recipes with our readers at KentuckyLiving.com/submit-a-recipe!

Million Dollar Chicken Bake

Submitted by Donna Durbin

Consumer-member of Meade County RECC

"We raised chickens when I was younger. Mom would butcher a chicken and make this on Sundays. Daddy said he'd pay a million dollars for this chicken dish any time!" says Durbin.

2 lb boneless, skinless chicken breasts**6 oz cream cheese, softened****¼ C mayonnaise****½ C crispy bacon bits (about 8 slices)****½ C green onions, chopped (about 4 onions)****1 ½ C shredded colby jack cheese****Garnish with cooked crumbled bacon and green onions**

Preheat oven to 350°.

In a medium bowl, mix the cream cheese, mayonnaise, bacon, onions and half the shredded cheese until combined.

Place chicken in baking dish and spread cheese mixture over chicken. Top with remaining colby jack cheese.

Bake 30–40 minutes or until chicken is cooked through. Garnish with additional bacon and green onions and serve hot. Serves 4–6

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



All-day breakfast and more

Lawson's Family Restaurant, Campbellsburg, hits the spot

ANITA TRAVIS RICHTER



ANITA TRAVIS RICHTER

THERE ARE NOT MANY RESTAURANTS THAT FLIP PANCAKES and omelettes while also flipping burgers—but they do at Lawson's Family Restaurant near Campbellsburg, right off Interstate 71. The menu boasts 14 breakfast plates—like Piggy Tater Bowl, The 6 a.m. Breakfast, Farmer's Plate—plus 14 sides. Or, have lunch, dinner or the homemade daily special.

Owners Paulette and James Lawson opened the restaurant in October 2019. "We had a lot of help from our daughter Morgan Sprague, assistant manager Missy Clutts and Fran Johnson (shown serving at left)," she says.

Paulette learned to cook growing up in her parents' Louisville restaurants. Mom Juanita Hargrave Burden is now 85; dad, Jesse Paul Hargrave, passed away in 1974. "I appreciate them beyond words," says Paulette.

"Our food is what grandma used to cook and like Momma used to fix," she says. Try Momma's meatloaf and Grandma's homemade chili or vegetable beef soup, which sounds exactly like what my mom—and I bet your mom—also cooked. Can you smell that old-fashioned vegetable beef soup?

"Our concept is developed around God, the American farmer and the American patriot," Paulette says. "You will always see the American flag in our restaurant and signs about prayer and God."

Go to KentuckyLiving.com to read more about Lawson's Family Restaurant, served by Shelby Energy Cooperative, 10621 Campbellsburg Road, open Monday through Saturday, 8 a.m. to 8 p.m.



Lawson's Family Restaurant The Big Jim Omelette

Serves 1

- 1 Purnell's Old Folks Country Sausage patty**
- 2 slices hardwood smoked bacon**
- 3 Tbsp salted butter**
- ¼ C yellow onions, diced**
- ¼ C green bell pepper, diced**
- 4 jalapeno slices, diced**
- ½ C button mushrooms, sliced**
- ¼ C cooked boneless ham, diced**
(I prefer Fischer's Whole Quick-Cut Boneless Ham)
- ½ C baby leaf spinach**
- 4 eggs**
- ¼ C mild cheddar, shredded**
- 2 slices American cheese**
- 2 slices tomato**

In medium skillet, cook sausage and bacon on medium until done, about 5 minutes, making sure to turn bacon and sausage midway through. Crumble meats and set aside on small plate.

In same skillet, add 2 Tbsp butter, onions, peppers, mushrooms, sausage, bacon and ham and stir to mix. On medium heat, sweat vegetables with meat about 2 minutes, stirring a few times. Add spinach and toss until wilted. Remove from heat and set aside.

Briskly beat eggs in small bowl until airy and fluffy. In medium saute pan, add 1 Tbsp butter over medium heat. Pour eggs into skillet, then immediately spread cheeses evenly over eggs. Pour vegetable/meat mixture over omelette, keeping it more near center. In same pan, cook tomatoes on medium for 30 seconds, or until just warm.

When eggs have mostly set, use a spatula to lift edge of omelette, folding it over in half, cooking for another minute until done. Add tomatoes on top. Place omelette on plate and serve with a biscuit.



ANITA TRAVIS RICHTER

Follow this road map to energy savings



What can I do to cut down on energy use and save money on my electric bill?

**ANSWERED BY
KENTUCKY'S ELECTRIC
COOPERATIVES EXPERTS**

A Kentucky's electric cooperative experts have these pothole-free directions for saving money on your energy bill:

ROUTE 1>Dig in and do it.

Don't put it off: Make a list of projects, with a budget for each; prioritize them and figure out which you can do yourself. Your electric co-op can help.

"It will be easier to tackle bite-size chunks based on available money, time or maximum savings. By doing this, you'll avoid being overwhelmed by a long list of projects," says Member Services Manager Debbie Weatherford, Gibson EMC. Decide if you want to start with an easy one—or the project that will give you the biggest bang for your buck for energy efficiency.

ROUTE 2>Seal holes, then insulate. Look for those air leaks! "Block gaps under exterior doors with a towel or install weather stripping," says Owen Electric's Residential Service Manager Jude Canchola. "Make sure windows are caulked, and seal areas around plumbing and wiring penetrations." Also check the adequacy of the attic insulation. Sealing leaks and adding insulation provides you the biggest bang for your buck based on a low-cost investment for the amount of energy savings.



ROUTE 3>Get outside. "We tend to focus on the inside of the house when it comes to energy savings, but don't overlook energy savings around the exterior of your home," says Farmers RECC Vice President of Member & Corporate Services, Corey Jackson.

Potential areas of savings outside include strategic landscaping with trees for seasonal shade/sun or wind-breaks; considering whether electric-powered mowers and trimmers are right for your property; and using LEDs in exterior lighting.

ROUTE 4>A matter of degree. Set the thermostat to 68 on winter days and 78 in the summer. "Those can be set for even more savings if you're not home for an extended time," says Fleming-Mason Energy's Marketing & Public Relations Manager Lori Ulrich. (If you have a heat pump, don't change it more than 1 or 2 degrees in heat mode or the emergency auxiliary heat may kick on without you knowing it and use more energy.)

ROUTE 5>Be a star. Replace your older appliances

with ENERGY STAR-rated new models as you are able. For example, ENERGY STAR certified refrigerators are about 9% more efficient than other models. You can save roughly \$220 over the life of the appliance with an ENERGY STAR model, says Kim Phelps, senior director of communications and public relations at Warren RECC.

ROUTE 6>Get with the program. Consider smart, programmable lighting options. If you have a manual thermostat, purchase a smart or programmable one to match your schedule. "In the right situation and used correctly, programmable thermostats can save \$150 a year," says Blue Grass Energy's Manager of Member Services Bobby McCoun. Sign up for the prepay program with your co-op, adds McCoun. "Most people actually reduce their energy use when they prepay for electricity."

You can also download free energy apps to your devices to help you on your energy-saving quest. **KL**

Boost your cyber-hygiene

October is Cybersecurity Awareness Month

GOOD CYBER-HYGIENE should be practiced year-round, not just during October, which is Cybersecurity Awareness Month. This year's theme is See Yourself in Cyber, because we all have a part to play in cybersecurity.

On their end, electric co-operatives are boosting cybersecurity by adding resiliency to the grid and defending it from cyberattacks. But as individuals, we can also fight back to safeguard our devices and data with some easy steps.

Enable multifactor or two-step authentication to add extra steps when logging into an account to prove you're really you, which greatly increases the security of the account. Extra steps could include a PIN or password; or emailed, texted or authentication-based apps for codes.

Use strong passwords—long and unique. Microsoft recommends eight to 64 characters. Never reuse passwords for multiple accounts; and don't use personal combinations like birthdays, names or phrases you like to use. Consider using a password manager from a reputable vendor to store passwords easily and securely in one place.

Keep your software updated—it's one of the easiest ways to keep your personal information secure on any device that connects to the internet. Set a reminder to check updates monthly, at a minimum, even if most companies provide automatic updates and send update reminders. Be aware that some cyber criminals will send fake updates; these

Beware of scams!

Your electric co-op will never email or call you saying it is shutting off your bill if you do not pay. Hang up on any calls like this and do not provide any personal information; do not respond or click on any links or attachments in an email.

It's easy enough to verify any suspect communication by calling your electric co-op office. We also need to know about our consumer-members getting scams so we can get the word out.

See Yourself in Cyber

October is Cybersecurity Awareness Month

Improve your cyber-hygiene by doing these four things:

1. Enable multi-factor/two-step authentication
2. Use strong passwords and a password manager
3. Update software regularly
4. Recognize and report phishing attacks



NRECA

typically appear as a pop-up window when visiting a website.

Don't go phishing

Recognize and report email or texting phishing attacks. Phishing is a form of electronic fraud aimed at stealing personal information such as credit card numbers, Social Security numbers, user IDs and passwords.

The signs of a phishing attack can be subtle, so thoroughly inspect emails and texts, and above all, do not open any suspect attachments or click on any embedded links. Most phishing messages include offers that are too good to be true, an urgent or alarming tone, misspellings and poorly crafted language, ambiguous greetings, strange requests or an email address that doesn't match the company it's coming from. It's not unusual for emails to include a logo to create the appearance of legitimacy, or even to come from the email address of someone that appears to be a close friend or co-worker. **KL**



CHRIS HAYES is chief technology officer, Kentucky Electric Cooperatives.

YEARS WITH THE CO-OP: 6

WHEN I'M NOT WORKING, I'M:

Spending time with family and friends, playing board games, digital and drone photography, and enjoying everything that makes Kentucky great—its sports, horse racing, bourbon distillery tours, fishing, hiking and taking in the scenery.

Make a plan for your medical devices

Know what to do in case of a power outage



- Where you purchase your supplies.
- Name of your primary care physician and contact number.
- Your medical power of attorney (if applicable) and contact number.

Next, your plan should include ensure proper functioning of your device during an active power outage. Here are some questions to ask yourself:

- Can a power surge affect the way my device functions?
- Does my device have a back-up battery system? How long will it last?
- Can my device run off a different power source?
- Can I be harmed if my device fails for any period of time?
- Are there any specific directions related to power outages and my device? (These would be noted in a user manual.)

POWER OUTAGES can pose a major threat to people who use medical devices at home—devices like respirators, oxygen tanks, home dialysis equipment and more. It is important to be prepared and have a plan to ensure your medical device is working properly if an outage does occur.

Information about your device, steps to ensure use during an outage, availability of necessary supplies and knowing what to do after the power goes out are all vital to guaranteeing your safety.

First, gather information about your device and have it easily accessible. That could include:

- Type of device you have (include model #).
- Home health company that supplies your device.

Finally, always have extra supplies for your device on hand, as your power could be out for an extended period. A safe bet is to keep three days' worth of extra device supplies and place them in an area that is easily remembered and accessed. Additionally, make sure to include proper cleaning supplies for your device.

Planning and preparation are the best defenses against harm during a power outage. Having a plan in place will ensure you are ready to act quickly act when necessary. **KL**

JODY CECIL is a respiratory therapist and education coordinator for UK HealthCare Respiratory Services.

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Haunted happenings

What goes bump in the night in Kentucky?

BY KATHY WITT



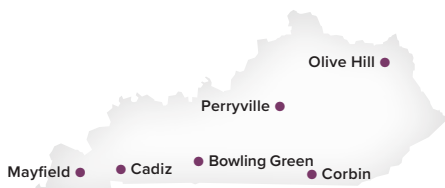
Cartwright Grove's Haunted Town Fall Festival, Mayfield, is fun for all ages.
Photo: Mayfield-Graves County Tourism

CRAZY CLOWNS, sepulchral storytellers, things that go bump in the great beyond. Kentucky has it all for the witching hour, and in settings guaranteed to chill spines and raise goosebumps: hundreds of feet belowground in the murky subterranean of a cave; an abandoned slaughterhouse; a bloody battlefield; and a haunted seed mill straight from the imagination of a *Walking Dead* actor.

Ghost Hunting and Ghost Stories on the Battlefield

Follow the torchlit trail at Perryville Battlefield as park manager Bryan Bush, in full uniform, recounts the history of the October 8, 1862 battle, reads letters and diary accounts from soldiers who were there, and describes its bloody aftermath. Bush also spins ghost tales and discusses paranormal activity associated with the battlefield.

"We're about as haunted as Gettysburg," says Bush, noting Perryville recently was



recognized by the American Battlefield Trust as the "most intact battlefield of any major battle of the Civil War."

Now in its third year, the tour is on the scary side—especially during a full moon and because of its unexpected ending.

"Sometimes we have a little surprise for our guests," says Bush.

Dum-da-dum-dum.

Cascade After Hours: The Legends of Carter County

In this new event dreamed up by Carter Caves State Resort Park's recreation team, journey through the darkened chambers of Cascade Cave in Olive Hill. Move from storyteller to storyteller to hear hair-raising tales based on local legends.

"Most see Cascade Cave with all the lights on," says park naturalist Coy Ainsley. "For this, everything will be done by lantern light. It sets the scene well."

Bwahaha ... You can almost hear an evil laugh echoing through the cave, known for its 30-foot-high waterfall, reflecting pool and beautiful cave formations.

Trigg Terror

What mayhem lurks within the mind of a bandit from *The Walking Dead*? Lee Vervoort, who played a Savior for three seasons of the show, takes the stuff of nightmares and brings it to life at this Cadiz haunted attraction.

A former seed mill, built in the 1940s, provides an atmospheric backdrop for the sets Vervoort designs from scratch each year and then populates with a cast of creepy characters. Vervoort estimates it takes around three months to get everything ready for



Carter Caves State Resort Park Naturalist Paul Tierney takes visitors inside the cave for Cascade After Hours: The Legends of Carter County. Photo: Kentucky State Parks

DESTINATIONS

more to
explore

Get your haunt on. Scary caves, spooky driving tours, creepy locales and traditional “haints.” How many of these can your nerves take?

Cascade After Hours: The Legends of Carter County at Carter Caves State Resort Park

344 Caveland Drive, Olive Hill; <https://parks.ky.gov>, (606) 286-4411 ext. 1. Fridays, Oct. 7, 14, 21 and 28. \$20 adults; \$10 children ages 3–12. Limited space. Not recommended for young children. Find updates on the park’s Facebook page: Carter Caves State Resort Park. Served by Grayson RECC.

Ghost Hunting and Ghost Stories on the Battlefield

Perryville Battlefield State Historic Site, 1825 Battlefield Road, (State Route 1920), Perryville; <https://parks.ky.gov>, (859) 332-8631. Saturdays, 7:30 p.m. Oct. 15 and 29. \$10 adult; \$5 children ages 10–17. No walk-ons. Tickets are nonrefundable. Tour goes rain or shine. Not recommended for children under 10. Served by Inter-County Energy Cooperative.

The Industrial Slaughterhouse

10537 State Route 80 West, Fancy Farm; www.theindustrialslaughterhouse.com, (270) 623-6493. Open every weekend through Halloween and open on Halloween. \$22 per person; children 6 and under free. Served by West Kentucky RECC.

Skeleton’s Lair Scream Park

48 Locketts Dream, Allen County (near Bowling Green); www.skeletonslair.com, (270) 622-8171. Open evenings Friday and Saturday, Sept. 30–Oct. 29 plus Sunday, Oct. 16, 23 and 30 and on Halloween. Check website for hours; \$35 per person. Tickets

can be upgraded to a FastPass—see website. Not intended for small children. Served by Tri-County Electric.

Trigg Terror

Next to exit 65 on I-24 in Cadiz; Facebook: Trigg Terror. 7 p.m.–midnight Friday and Saturday in October. \$15 per person; \$10 per person, groups of five or more. This is a “no-touch” haunted house. Served by Pennyriple Electric.

Other haunted happenings around the state:

Spooky Cave-in Movie Night at Carter Caves State Resort Park

344 Caveland Drive, Olive Hill; <https://parks.ky.gov>, (606) 286-4411. Saturday, Oct. 8, 15 and 22. Family-friendly spooky flick inside Cascade Cave. \$6 per person (cash only). Drinks, snacks sold separately. Served by Grayson RECC.

Copper Canyon Ranch Haunted Hay Ride

14750 Ovill Road, Hopkinsville; Facebook: Copper Canyon Ranch, (270) 269-2416. 7 p.m. Fridays and Saturdays in October. \$10 per person; kids 7 and under free. Served by Pennyriple Electric.

Talon Falls Screampark

2932 State Route 849 West, Melber; www.talonfallsscreampark.com, (270) 674-5690. Wicked Grove theme features 13 Terrifying Mazes, Dead End Haunted House Psych Ward and Blood Creek Haunted Hayride with a theme of Carnival of Evil. Fridays and Saturdays, Sept. 30–Oct. 29 and Sundays,

Oct. 9–30 and on Halloween. Open Nov. 4–5 for Flashlight Fright Nights. \$35 double combo; \$50 triple combo. Other pricing options available; check website. Served by Jackson Purchase Energy Cooperative.

Cartwright Grove Haunted Town Fall Festival

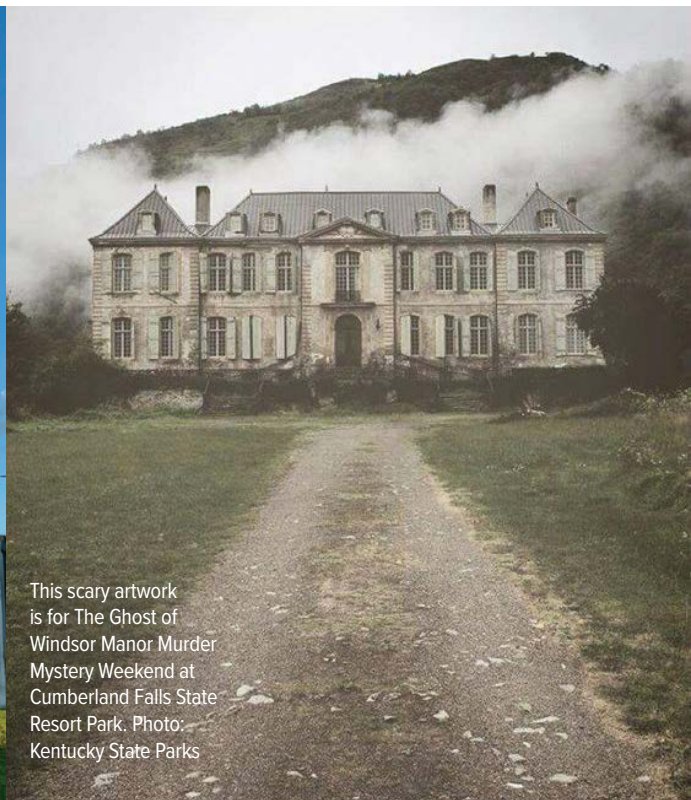
1104 Housman Street (Mayfield-Graves County Fairgrounds), Mayfield; Facebook: Cartwright Grove 1880, (270) 970-0790. 1880s Old West Town. Oct. 14–15, 21–22, 28–29. Admission: \$5. Live music, bonfire, covered wagon rides and haunted occupants, hamburgers and hot dogs, ghosts and goblins and more. Served by West Kentucky RECC.

Murder Mystery Weekend at Cumberland Falls State Resort Park

7351 Highway 90, Corbin; <https://parks.ky.gov>, (606) 528-4121. The Ghost of Windsor Manor interactive performance is at DuPont Lodge Friday and Saturday, Oct. 28–29. \$130 single occupancy; \$150 double occupancy. Served by Cumberland Valley Electric.

John Carpenter Reel Sites, Real Scary Driving Tour

Bowling Green Area Convention & Visitors Bureau, 352 Three Springs Road, Bowling Green; www.visitbgky.com/johncarpenter/driving-tour, (270) 782-0800. Driving tour highlights streets and locations mentioned in some of Carpenter’s films as well as his childhood home, high school and other sites associated with the Master of Horror. Download map from website. Free.



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Industrial Slaughterhouse owner Jack Chapman costumed as his alter ego, LaughTrack Jack. Photo: The Industrial Slaughterhouse

opening night. And to get through the house?

"That," he says, "depends on how scared you are and how fast you're moving."

Cue spooky music.

The Industrial Slaughterhouse

It's a meeting of the macabre in Mayfield, with undead monsters, distorted dolls, deranged psychopaths, a crazy clown called LaughTrack Jack and the Industrial Butcher madly crying out, "It's time, it's time, I smell fresh meat!"

They're all lying in wait in an abandoned slaughterhouse, biding their time, ready for you.

In spite of the ominous atmosphere, co-owner Jack Chapman, one of the masterminds behind the scares, calls the live-action horror show family friendly.

"It's tame enough for a child," he says. "Some kids handle it a lot better than the adults."

Things don't get too intense—until Sunday nights.

"That's when we turn out all the lights

and it's black-out Clownfestation," he says with a cackle.

Skeleton's Lair Scream Park

Warning: You may go all "scream queen" a la Jamie Lee Curtis.

Skeleton's Lair on Cemetery Road outside Bowling Green (the childhood home of *Halloween* director/writer, John Carpenter) is a journey into the very belly of the beast: haunted woods, hayride, house and 3D maze. Each stage is set with animations, special effects and pyrotechnics, like unexpected flashes of flames shooting from a rooftop.

Encounter monsters both familiar and concocted from the imagination of Amy Burge, co-owner of the park, and her team of like-minded ghouls. Like a twisted circus ringmaster. Or Krampus, the beast from the eponymous horror movie. Or this year's special guest, actor/director/stunt performer Douglas Tait, suiting up as *Halloween* slasher Michael Myers.



North American CHAMPIONSHIP RODEO

Nov. 10-12 | 7:30pm

Tickets Start at \$10

Tickets are available online at ticketmaster.com or at the Kentucky Exposition Center Box Office. \$10 parking per vehicle.

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The North American Championship Rodeo is a part of the North American International Livestock Exposition which runs from Nov. 1-17.

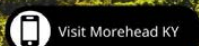


At Skeleton's Lair Scream Park, Pumpkin Man on stilts is a big hit with visitors and a scary sight to behold. Photo: Skeleton's Lair Scream Park



Just hanging around Trigg Terror in Cadiz. Photo: Richard Knight

Now this is an adventure! Hickory Flats Fire Tower Morehead, Kentucky



Tait has appeared in such horror film faves as *Hellboy* and *Annabelle Comes Home*, and performed in both *Freddy vs. Jason* and 2021's *Halloween Kills*—the next-to-last installment of the *Halloween* franchise. (*Halloween Ends* was filmed earlier this year.)

"It's a nice tie-in to the year of Michael Myers," says Burge. "And he has a beautiful Michael Myers costume."

And by that, Burge means utterly terrifying.

So, choose your scare if you dare. And get ready to scream. **KL**

KATHY WITT is an award-winning travel and lifestyle writer based in Northern Kentucky and the author of *Secret Cincinnati* and *The Secret of the Belles*.

EVENT CALENDAR



MELANIE WELLS



1 HONESTLY ABE

Spot our 16th president at Lincoln Days Celebration, October 1–2 in his birthplace of Hodgenville. Saturday: country breakfast, antique tractor show, Abraham and Mary Todd Lincoln look-alike competition, pioneer games, ice cream eating contest; 2 p.m. parade, then live music. Sunday: classic car show, community worship, rail splitting contests. Art and quilt shows, craft and food vendors both days. For details, Facebook: Lincoln Days Celebration, (270) 358-8710.

2 PERRYVILLE'S 160TH

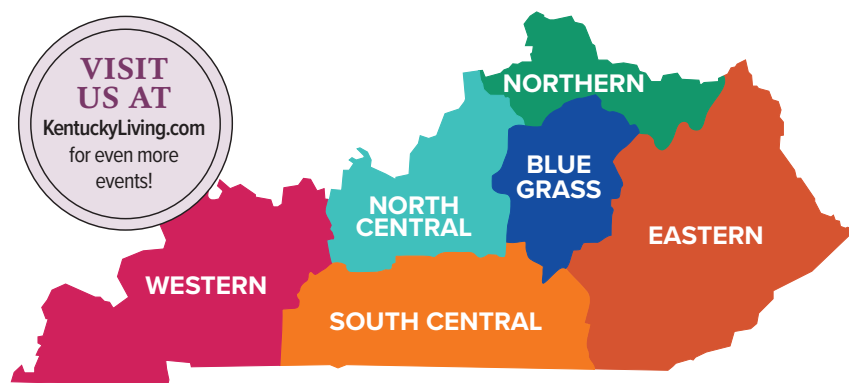
Civil War re-enactors bring history to life October 8–9 for the 160th anniversary of the Battle of Perryville at the state historic site. Guided tours, lectures, Civil War camps, artifacts at the museum and food trucks all add to the event. Camps open 9 a.m., battles reenacted 2 p.m. each day. Preregistration: \$15 adults; \$10 ages 7–12, seniors 55+ and military/veterans; 6 and under free. At gate: \$5 more for each category. For details, www.perryvillebattlefield.org, (859) 332-8631.

3 TRACTOR FUN

See displays of antique tractors, cars, trucks, hit and miss engines and garden tractors, along with lots of free fun at the Clifty Tractor & Car Show, October 14–15 at Clifty School Park. Hours: 9 a.m.–3 p.m. both days. Food and craft vendors, swap meet, toy/food walk and children's activities. Saturday features hay press and blacksmithing, plus a pedal tractor pull for the kids; parade around the park starts 2:30 p.m. For more information, (270) 792-0020.

4 WOOLLY WORMS!

Watch woolly worms race at the Lee County Woolly Worm Festival, October 21–23 on Main Street in Beattyville. Pet show Friday; cornhole tournament and 1 p.m. parade Saturday; car show Sunday. Live entertainment on Woolly Worm Stage, food and craft vendors and woolly worm races each day, with championship race 4 p.m. Sunday. You can even buy a small "barn" for your own fuzzy weather-prognosticating critter! Details at www.heartofthekentuckyriver.com or (606) 464-5038.



BLUEGRASS

SATURDAY, OCTOBER 1

Millstone Festival, (800) 866-3705, Richmond

Lexington Legendary Book Bash, (859) 327-0652, Embassy Suites by Hilton at Lexington Green

Fall Harvest and Trades Weekends, thru 2nd, (859) 527-3131, Fort Boonesborough State Park, Richmond

Cynthiana Ghost Walk, 7th–8th, 14th–15th, 21st–22nd, 28th–29th, (859) 243-9803, Rohs Opera House

FRIDAY, OCTOBER 7

Boonesborough Boogie Car Show, thru 9th, (859) 312-8881, Fort Boonesborough State Park, Richmond

SATURDAY, OCTOBER 8

Battle of Perryville Commemoration Celebration, (859) 332-1862, Perryville

FRIDAY, OCTOBER 14

Short's Goldenrod Festival, thru 16th, (859) 289-5507, Blue Licks Battlefield State Resort Park, Carlisle

Jessamine Fall Festival, thru 15th, (859) 305-6040, Nicholasville

SATURDAY, OCTOBER 29

Kentucky Book Festival, (859) 257-4317, Joseph-Beth Booksellers, Lexington

EASTERN

SATURDAY, OCTOBER 1

Movie in the Park, (606) 528-8860, Sanders Park, Corbin

FRIDAY, OCTOBER 7

Cascade After Hours: The Legends of Carter County, 14th, 21st, 28th, (606) 286-7009, Carter Caves State Resort Park, Olive Hill

SATURDAY, OCTOBER 8

SPOOKY Cave-in Movie Night, 15th, 22nd, (606) 286-4411, Carter Caves State Resort Park, Olive Hill

THURSDAY, OCTOBER 13

Popovich Pet Comedy Theater, (606) 464-5038, Sedley Stewart Auditorium, Beattyville

FRIDAY, OCTOBER 14

Mt. Sterling October Court Day Festival, thru 17th, (859) 498-8732

SATURDAY, OCTOBER 15

Walnut Festival, (606) 349-5152, Royalton

THURSDAY, OCTOBER 20

Gateway to the Cumberlands Jeep Jamboree, thru 22nd, (530) 333-4777, Williamsburg

SATURDAY, OCTOBER 22

Hike A Thon 2022, (606) 337-3066, Pine Mountain State Resort Park, Pineville

Great Bowls of Fire Chili Cookoff, (606) 329-1007, Central Park, Ashland

FRIDAY, OCTOBER 28

The Strange Case of Dr. Jekyll and Mr. Hyde, thru 30th, (606) 783-9857, Rowan County Arts Center, Morehead

SATURDAY, OCTOBER 29

Classic Film Series: *Night of the Living Dead*, (859) 498-6264, Gateway Regional Arts Center, Mt. Sterling

NORTHERN

SATURDAY, OCTOBER 1

Monterey Homecoming Fair, (502) 514-1151

Paranormal Investigations, (859) 384-3522, Big Bone Lick State Historic Site, Union

W'Town Hoe Down BBQ & Bluegrass Fest, (800) 382-7117, Williamstown

Pickers & Gridders Fall Market, (606)-563-2596, Limestone Park, Maysville

FRIDAY, OCTOBER 7

Kentucky Wool Festival, thru 9th, (859) 951-8027, Falmouth

SATURDAY, OCTOBER 8

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

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

THURSDAY, OCTOBER 13

Celebrity Ghost Hunt, 16th, (865) 686-8893, Bobby Mackey's, Wilder

FRIDAY, OCTOBER 21

Monster Mash Bash, thru 23rd, 28th–30th, (859) 384-3522, Big Bone Lick State Historic Site, Union

SATURDAY, OCTOBER 22

Bourbon in the Bluegrass Festival, (859) 384-1511, Farm Haven, Union

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

SATURDAY, OCTOBER 29

Death and Dying at Dinsmore, thru 30th, (859) 586-6117, Dinsmore Homestead, Burlington

NORTH CENTRAL

SATURDAY, OCTOBER 1

Weep No More, Victorian Mourning, thru 31st, (502) 348-3502, My Old Kentucky Home, Bardstown

Shepherdsville City Craft Fair, (502) 609-6013

FRIDAY, OCTOBER 14

Forkland Heritage Festival, thru 15th, (859) 332-7146, Gravel Switch

Mt. Sterling
October Court Day Festival
October 14-17, 2022
www.mtsterlingtourism.com
Downtown Mt. Sterling
I-64 at Exit 110

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Home, Garden & Boutique Showcase

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For more information, call Jill (270) 402-3212

CALL BEFORE YOU GO as event days can change. **SUBMIT ALL EVENTS ONLINE AT KENTUCKYLIVING.COM.** For FREE print listing consideration of Kentucky events, submit two months in advance, **by November 1 for the January issue.**

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

SATURDAY, OCTOBER 15

Bear & Son President's Knife Show, (270) 351-2273, Red Hill Cutlery, Radcliff

HorseSensing Chili Cook-Off & Fall Festival, (469) 964-8479, Shelbyville

FRIDAY, OCTOBER 21

Masonic Masquerade Gala, (502) 753-8843, The Olmsted, Louisville

SATURDAY, OCTOBER 22

Kentucky Bat Festival, (502) 821-9541, E.P. "Tom" Sawyer State Park, Louisville

FRIDAY, OCTOBER 28

Louisville Book Festival, thru 29th, (502) 425-7325, Kentucky International Convention Center

SOUTH CENTRAL

SATURDAY, OCTOBER 1

A Gentleman's Guide To Love and Murder, thru 2nd, (270) 789-5266, Russ Mobley Theater, Campbellsville

Car & Bike Show, (270) 789-7642, Miller Park, Campbellsville

Bluegrass Pleasure & Walking Horse Show, thru 2nd, (606) 787-4740, Central Kentucky Ag/Expo Center, Liberty

Monticello Market Downtown, (606) 348-3064

Pumpkin Festival, thru 2nd, 8th-9th, 15th-16th, 22nd-23rd, (270) 781-5303, Bowling Green

Metcalf County Pumpkin Festival, (270) 432-3222, Edmonton

SUNDAY, OCTOBER 2

October Family Fun, (270) 789-0006, Homeplace on Green River, Campbellsville

FRIDAY, OCTOBER 7

Liberty Friday Night Cruisers, (606) 303-8999

SATURDAY, OCTOBER 8

Tri-County Car Club - Campbellsville University Homecoming, (270) 789-7852, Campbellsville University Campus

Fishing with a Veteran, (270) 465-4463, Holmes Bend Boat Ramp, Columbia

Logan County Tobacco & Heritage Festival, (270) 726-2206, Russellville

FRIDAY, OCTOBER 14

ATB Productions Liberty Run American Qualifier, thru 16th, (606) 787-4740, Central Kentucky Ag/Expo Center, Liberty

Foothills Festival, thru 15th, (606) 387-2051, Albany

SATURDAY, OCTOBER 15

Fall Consignment Auction, (606) 787-5158, Casey County Produce Auction, Liberty

Moonlight Festival, (606) 679-6366, Somerset

FRIDAY, OCTOBER 21

Where the Rooster Crows Barn Affair, thru 22nd, (270) 789-2954, Red Fern Stables, Campbellsville

Somernites Cruise Car Show and Cruise 2022, thru 22nd, (606) 872-2277, Fountain Square, Somerset

SATURDAY, OCTOBER 22

Homeplace Halloween!, (270) 789-0006, Homeplace on Green River, Campbellsville

FRIDAY, OCTOBER 28

Ghost Stories, thru 30th, (270) 361-2101, The Plaza Theatre, Glasgow

SUNDAY, OCTOBER 30

Wuthering Heights, (270) 789-5266, Q104 WCKQ, Campbellsville

WESTERN

SATURDAY, OCTOBER 1

Henderson Lions Club Arts & Crafts, thru 2nd, (270) 577-2276, Audubon State Park

2022 Fall Classic, (270) 836-6353, Western Kentucky Speedway, Madisonville

SATURDAY, OCTOBER 8

Bluegrass on Beshear, (270) 821-4171, Lake Beshear, Dawson Springs

Hunter's Moon Festival, (270) 362-0152, Little Lake Park, Grand Rivers

Crafts & Causes, (270) 906-0166, Lakeland Event Center, Calvert City

FRIDAY, OCTOBER 14

Gospel Music Extravaganza, thru 15th, (270) 825-1459, Grapevine Baptist Church, Madisonville

Country Ham Festival, thru 15th, (270) 522-3892, Downtown Cadiz

Christian County Military Affairs Committee Chili Cook-off, (270) 885-9096, Hopkinsville

SATURDAY, OCTOBER 15

Fall by the River, (270) 399-9501, Tradewater Kayaking, Dawson Springs

Harvest Praise, (270) 269-2434, Christian Way Farm, Hopkinsville

Maiden Alley Oktoberfest, (270) 442-7723, Paducah

SATURDAY, OCTOBER 22

Hoptown Half Marathon & 5K, (270) 887-4290, Hopkinsville

Reid's Apple Festival, thru 23rd, (270) 685-2444, Owensboro

SATURDAY, OCTOBER 29

Dawson Springs Cars & Coffee Truck or Treat!, (270) 821-4171



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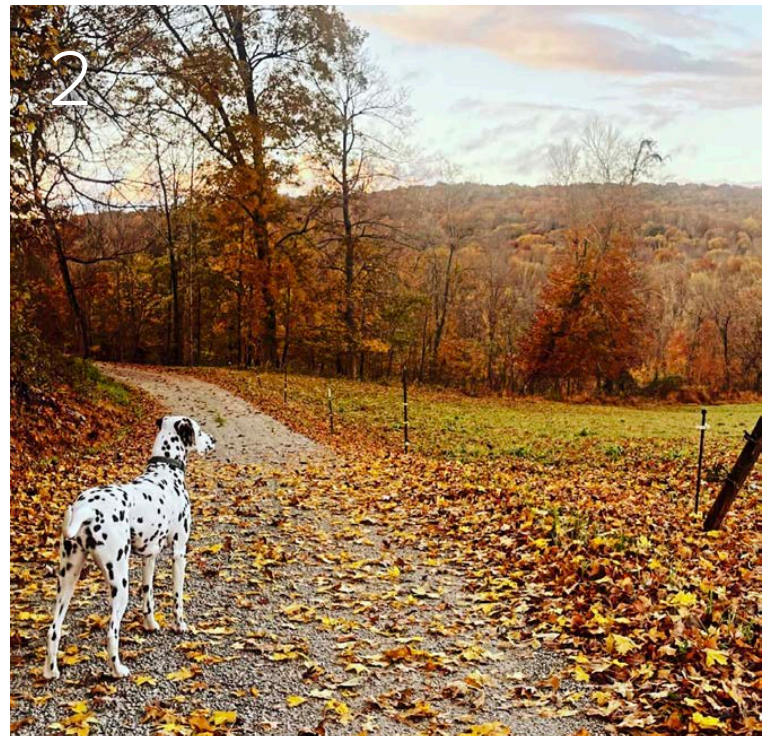
Fall is a spectacular time in the Lake Cumberland area and we are giving you the perfect reason to visit. Come early to experience some gorgeous fall foliage drives, then come downtown for fall fun, food trucks, and an amazing concert!

FOLLOW FOR UPDATES



1 STILL GROWING

Dylan Maggard poses with the giant pumpkin he and dad Josh Williams, a Cumberland Valley Electric consumer-member, grew this year. Photo by Williams, of Eolia.



2 ARFY AUTUMN

Dogs like Arlo the Dalmatian seem to appreciate fall beauty, just as humans do. Owner Jessica Kirby, Lewisburg, a Pennyrite RECC consumer-member, took the photo.



3 FEED ME!

Maple, the week-old pet Jersey calf that lives on Magic Cloud Farm, is ready for a bottle. Photo: Kayla Hornback of Sonora, Nolin RECC consumer-member.



4 TOBACCO TRADITION

Jose Guzman loads cut burley tobacco onto a wagon in this central Kentucky farm field. Blue Grass Energy consumer-member Sandra Furnish of Cynthiana captured the shot.

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

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



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

KENTUCKY kids



COOPERATIVE WORD SEARCH

As a consumer-member of an electric cooperative, you're part of something special! Read the facts in the word bank below to learn how co-ops are unique, then find and circle the **BOLDED** words in the puzzle.

I S V S L N V Q O S N M F S E
F E Q G I T H W K E X B G L Z
B V M E M B E R S R H F E U H
K I B P O E G E N V W C H D Q
S T W U R M W X X E T N L W S
U A S T L I P F F R P A Q V Q
X R H U E M N O I L K Y F F M
O E F O R O Y C E O T O H G Q
G P F A K Y N O I I B A E A J
A O H W X P E N N P K G Y U D
P O I C E O A U O I L V X E P
Y C P W N W M I C G Z E S V T
K A Q V T M Z G L Z I U S G T
Q K M S O G W A Q O B H C I A
A P T C M D X J W L Q V B R W



Word Bank:



- **COOPERATIVES** are local organizations and businesses, so they understand the communities they serve.
- All co-ops are guided by the same set of cooperative **PRINCIPLES**.
- "Concern for **COMMUNITY**" is the seventh cooperative principle.
- Co-ops are led by the members they **SERVE**.
- Co-ops don't have customers; instead, they have **MEMBERS**.
- You're a member of an **ELECTRIC** cooperative, but there are also housing, grocery and other types of co-ops.

Green Team Tip

Drink filtered water instead of bottled water to decrease the amount of plastics in our environment.

— Sophia Sizemore,
age 10



Send us
your green
team tips!



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Contest

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

About Lineworkers

How much do you know about lineworkers and the hard work they do to make sure we have electricity to power our lives?

1. Lineworkers have to wear a lot of gear to do their jobs. A lineworker's gear can weigh up to _____.
a. 15 pounds b. 50 pounds c. 80 pounds
2. Lineworkers must wear _____ clothing to protect them from a possible electric arc while working.
a. fire resistant b. extra thick
c. leather or rubber

Answers: 1) b. 50 pounds 2) a. fire resistant

Tell us a joke!

Where does a
cow hang their
paintings?

In a moo-seum.

— Aubrey Spradlin,
age 4





Old Sublimity Bridge

Neither flood nor fire nor the ravages of nearly a century of use keeps this stalwart from bringing pedestrians across the river.

The Old Sublimity Bridge was built in 1942, a project of the Civilian Conservation Corps (CCC), which put single men to work during the Great Depression, improving America's public lands in exchange for three meals, a bed and a few dollars. The bridge spans the Rockcastle River where Laurel and Pulaski counties meet and is open to foot traffic only.

Its support structure built with stones quarried from surrounding sandstone cliffs, Old Sublimity connects the two sides of Bee Rock Campground, located within the Bee Rock Recreation Area of Daniel Boone National Forest. Twenty-five campsites

dot the river's edge, surrounding campers in the scenic splendor of towering trees, winding river and rugged outcroppings.

According to the Historic Bridge Foundation's Bridgehunter.com website, Old Sublimity features a Pratt pony truss design, one of the oldest bridge designs and most commonly used in railroad bridge construction. Sometimes referred to as Rockcastle Bridge, the Sublimity moniker dates to a mid-19th century resort called Sublimity Springs that opened in 1855 and closed less than 25 years later.

The bridge has weathered a number of calamities, including a fire set in spring 2021 and a 2019 flood that put the campground under 10 feet of water and caused significant structural and functional

damage to the bridge.

After two years of closures, a rebuilt Bee Rock Campground reopened April 1.

"Every campground was reconstructed, new stairs were installed, bathrooms were repaired and painted, and Sublimity Bridge was repaired and updated," says London District Ranger Jason Nedlo.

Old Sublimity Bridge is located within the Daniel Boone National Forest's London District, on the border between Jackson Energy Cooperative and South Kentucky RECC.

Directions: From I-75, take exit 38 (London). Turn west on State Route 192; go 18 miles to the bridge over Rockcastle River. See additional photos and read more about this historic structure at KentuckyLiving.com.

Story: Kathy Witt

Photo: Dayna Cain

GREAT OUTDOORS

Deer and squirrel hunting are state traditions

When leaves turn and cool air sets in, listen for the rustle of leaves



▲ Look for squirrels in the treetops in October. Photo: Ken McBroom

KENTUCKY IS HOME TO some of the best deer hunting in the country. With 1,048 entries in the official Boone and Crockett Club's sixth edition *Records of North American Whitetail Deer*, Kentucky ranks No.6 for Boone and Crockett white-tails. Knowing that these big bucks are roaming the Bluegrass State is enough to get any deer hunter excited about the upcoming season.

The Kentucky Department of Fish and Wildlife Resources leases or manages more than 85 wildlife management areas for public use. As a public land deer hunter, I can appreciate the many opportunities the agency provides to Kentucky deer hunters. The diversity of habitat, whether on public or private land across the state, enables hunters to choose the way they hunt. From hardwood ridges and swamp bottoms to agricultural fields, Kentucky deer hunters have it all.

Kentucky deer season opens the first Saturday in September, offering an opportunity to harvest a trophy buck earlier than most states—but with a one-buck limit. That doesn't deter Christian Swarts of Bardstown, a consumer-member of Salt River Electric cooperative.

An avid Kentucky deer hunter and with several great bucks to his credit, Swarts prefers to limit out early. "My favorite time to hunt is the early season. I like to watch the deer from afar and pattern their movements from food to bedding area. To me, this is the best time to take a nice Kentucky buck," he says.

The pre-rut begins in October—the favorite time for many hunters to hit the woods. When Swarts fails to harvest a buck during the early season, he shifts his focus to cruising bucks that are looking for does—his second favorite time for deer hunting.

"When the leaves begin to turn, and the air begins to cool, I like to set my trail cameras in likely travel routes of these cruising bucks. You never know what you are going to see when bucks are traveling outside their home range during this phase of the rut," he explains. "Monitoring trail

DEER DROPPINGS

- The whitetail deer lives four to five years in the wild.
- Deer have excellent eyesight and hearing, but rely mainly on their sense of smell.
- Whitetail deer can run up to 30 mph and jump as high as 10 feet.
- Deer are color blind—red, green and orange appear gray to a deer.
- A deer's four-chambered stomach enables them to feed quickly without chewing.
- Deer can eat mushrooms that are poisonous to humans.
- Antlers are the result of calcification due to rising testosterone and are shed in the winter.

cameras and figuring out when a particular buck is up and moving through a certain saddle or across a certain ridgeline, is a lot of fun. It can also lead to a great buck for the wall.”

September and October are reserved for archery hunters here in Kentucky, but October is still a great time to scout the woods for the upcoming modern gun season in November. The rut is usually in full swing come opening morning of gun season, giving hunters an opportunity to harvest one of those Boone and Crockett bucks and help move Kentucky up in the rankings.

► Nice Kentucky velvet buck taken on opening day by Christian Swarts. Photo: Christian Swarts

Kentucky squirrel hunting

Squirrel hunting is as synonymous with Kentucky as Daniel Boone himself. The grey squirrel was part of America’s early days—squirrel recipes were served in the finest restaurants and dinner tables throughout the early frontier. Many young hunters today began by chasing squirrels along fence rows and hardwood ridges across Kentucky. Squirrel hunting opportunities in Kentucky are as plentiful today as ever before.

October is one of my favorite times of the year and squirrel hunting is one of the reasons why. The cool mornings, fall colors and the barking of a grey squirrel in a hickory tree has always signaled the beginning of hunting season. I prefer to hunt squirrels when the days cool, and

BARBECUED SQUIRREL

Betty A. Pugh, Falmouth

2 dressed squirrels, cut into pieces

$\frac{3}{4}$ C red wine

1 C water

2 bay leaves

1 large onion, chopped

2 carrots, sliced

$1\frac{1}{2}$ to 2 C barbecue sauce

Salt and pepper to taste

Boil, then simmer the squirrel pieces in the wine and water with the onion, carrots, bay leaves, salt and pepper. Cook covered for an hour. Remove squirrel pieces, place in a baking dish and cover with barbecue sauce. Bake in a preheated oven at 300° for 45 minutes or until tender.

Source: Kentucky Department of Fish & Wildlife Resources



Kentucky offers a long squirrel season.

The opening day of squirrel season is a tradition for many Kentucky hunters—like Vince Dorman and his father, Troy, consumer-members of Kenergy Corp. who have been hunting in western Kentucky for several seasons now.

“I look forward to opening day of squirrel season every year,” says Vincent. “I carry my grandfather’s double-barrel .410 and get to spend time with my Dad doing something we both love to do. It is one of those things that I hope continues for many more seasons.”

While the two animals couldn’t be more different in appearance, squirrel hunting is arguably the best first step to deer hunting, a route taken by many Kentucky hunters. Whether we’re sitting still or slowly sneaking through the oak and hickory trees, the practice of scanning ahead for the flick of a tail or listening intently for the rustling of leaves, prepares us for hunting deer.

Another commonality the two share is woodsmanship and marksmanship—the two most important skills for any hunter to take to the woods. Woodsmanship is best learned over time spent afield, while marksmanship should be practiced and learned before the hunt and honed during it.

Have fun this hunting season and consider introducing someone new to the great outdoors and to the many exceptional hunting experiences that Kentucky has to offer. **KL**

Kentucky deer seasons

Archery: September 3, 2022–
January 16, 2023

Crossbow: September 17, 2022–
January 16, 2023

Youth-only Gun:
October 8–9, 2022

Muzzleloader: October 15–16, 2022;
December 10–18, 2022

Modern Gun:
November 12–27, 2022

Free Youth Weekend:
December 31, 2022–January 1, 2023



Kentucky squirrel seasons

- August 20–November 11, 2022
- November 14, 2022–February 28, 2023
- Trapping: One half-hour before sunrise, November 14, 2022–February 28, 2023

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

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Electric stories

Beyond the call of duty to keep the lights on



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

ONE OF MY EARLY CHILDHOOD MEMORIES

is watching a lineworker from Inter-County Energy climb the “light pole” that stood near our farmhouse, and being fascinated by his climbing gear. We knew him as “the REA man.”

I didn't know at the time that REA stood for Rural Electrification Administration—the agency created in the mid-1930s to help provide electrical service to rural areas not served by private utilities—but I knew that “the REA man” kept the lights on at our place.

In those days most members took their own meter readings on a card provided by the cooperative, then mailed the card back to the office along with their payment for the previous month.

Many rural members had no phones at that time and Mike Cobb, president of Owen Electric Cooperative, says he's heard stories that customers would occasionally write a note on one of the cards, notifying the cooperative that their power was out. It wasn't uncommon back then for farmers to invite line crews to a meal, or to offer their work horses or mules for pulling lines or dragging poles.

Phyllis Oliver, manager of office services at Salt River Electric, recalls some years ago a Spencer County member who always maintained a credit of about \$1,000 when paying her electric bill, despite not having much money. When asked about it, the woman explained that she had a terminal illness and wanted to make sure everything was taken care of for her husband who did not read well and would struggle with handling bills when she was gone. Phyllis was able to help.

Another woman had lost her only son to cancer, then had lost his beloved dog, Rusty, which she buried near him. Later, when another member was in the office and mentioned that he could no longer care for his dog and was hoping to find a new home for



the animal, Phyllis put him in touch with the woman who had lost her son's dog. She was happy to adopt the new dog, and even happier when she learned his name was Rusty.

In the summer of 1992, when I was writing for a newspaper, I visited the rural Butler County community of Quality when 83-year-old Rachel Hudnall got electricity for the first time in the home that her father-in-law had built upon his return from the Civil War. It was there I first met Eston Glover, then the communications officer with the Hopkinsville-based Pennyrile Electric. We both came to see how Mrs. Hudnall liked electricity.

“It's all right,” she told us. “I turned it on yesterday and heated some water. It was red hot in a second.”

Now a retired president of Pennyrile Electric, Glover counts as one of many memorable moments the day Rachel Hudnall put aside her kerosene lamps after 83 years, and turned on the electric lights.

“I might get an electric skillet or something like that,” she told us as we were leaving. **KL**



TIM WEBB



LINDSEY CULVER



CHRIS HAYES



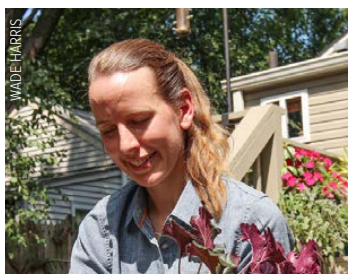
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