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2023  
Travel  
Issue



# APRIL

VOL 77 | NO 4

18

## ADVENTURES ON THE WATER

With more navigable waterways than any other state in the lower 48, Kentucky is a paddler's paradise.

30

## EXPLORE KENTUCKY

Browse our 2023 travel guide for the inside scoop on music, foodie favorites, drinks, state parks and longer festivals.

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## HOLDING KEENELAND'S REINS

Shannon Bishop Arvin became president and CEO of Keeneland in 2021, but her roots go back generations.

**ON THE COVER** Thrill-seekers navigate Center Rock rapid on the Cumberland River during an excursion offered by Sheltowee Trace Adventure Resort. The boat, called a duckie, is guided by duckmaster James Evans, who answers only to his "river name," JD. Photo: Denis Foley, known on the river as Free.



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## OUR MISSION STATEMENT

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

## TO CONTACT US

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# Watch your step

*Lessons to be learned about reliability*

## EACH APRIL IN KENTUCKY

**LIVING** we highlight a lot

of events and activities.

This month we write

about adventures along

Kentucky's waterways,

and the story brings

back a memory from my

childhood.

Growing up in eastern Kentucky, I lived on a hill above Hood Creek. The creek was full of great fishing spots, and the best ones were on the far bank. We would cross the creek and sit on a big rock where we could cast into the shadows.

One day, when I was 9, my fishing buddies and I were crossing the creek. I wasn't paying attention, and before I knew it, my feet slid out from under me. I fell into a deep part of the creek, flat on my back. I barely could limp home that day.

That's the thing about waterways. You have to watch where you're stepping. You have to be careful. It makes me think of where we are with electric reliability right now: We'd better watch where we're stepping. It's getting slick.

There are so many factors when we discuss the reliability of the electric grid. Demand is increasing, especially as we add electric vehicles and manufacturing facilities for a number of industries, including EVs.

At the same time, we're closing energy plants without good alternatives right now. Coal, natural gas and nuclear plants produce dispatchable energy, which is created as it is needed. You can count on it. Wind



An eastern Kentucky creek, Clear Creek in Pineville. Photo: Bryce Reynolds, consumer-member of Cumberland Valley Electric

turbines and solar panels have great upsides, but they are not dispatchable. When the wind doesn't blow and the sun doesn't shine, those resources are not reliable alternatives. Batteries to store this energy on a commercial and industrial scale do not yet exist.

This past holiday season could serve as a warning sign. When temperatures dipped near or below zero for hours on end, demand increased and, in several cases, parts of the grid couldn't keep up.

We have to stay cautious and alert as reliability becomes increasingly critical. If we don't, we could land flat on our backs.

*Chris*

**CHRIS PERRY**  
President/CEO

**KENTUCKY ELECTRIC**  
**COOPERATIVES**





# FROM THE EDITOR

## ONE WORD

**DESCRIBES** my feelings about sharing this issue with you: excited. April is our annual Travel Issue, and we love featuring a variety of destinations across the state.



With heartfelt thanks to our extended team and our amazing advertisers, we are bringing you the largest issue of *Kentucky Living* in the past 20 years, and quite possibly the largest ever. Within these pages, you'll read about Kentucky State Parks, delicious restaurant offerings, water adventures, equine tourism, festivals and so much more.

Kentucky is an amazing state—that's something we communicate all year long—but in April, we devote the extra space to feature as much of it as we possibly can.

Our goal for this issue is to improve your quality of life by expanding your knowledge of the commonwealth—and to assist if you're looking for a new vacation spot. We are proud of all our state has to offer, and we hope you can feel it radiating throughout these pages.

*Shannon*

**SHANNON BROCK,**  
EDITOR

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- Questions, comments, letter to the editor
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## Submit & Share

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

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## SAILING SCHOOL

### Get your sea legs on Kentucky Lake

Have you ever dreamed of learning to sail? Lighthouse Landing Sailing School in Grand Rivers offers American Sailing Association certification through a four-day course, teaching skills like steering and tacking, anchoring and mooring, safety and more. Read the story on page 58 and visit us online for more details.

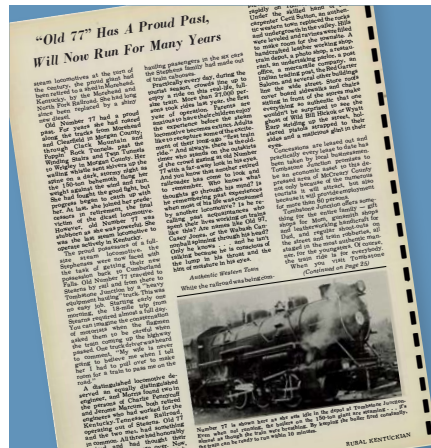


SHELTON TRACE

## PADDLING PARADISE

### Plan your waterway adventure

Kentucky offers nearly 2,000 miles of creeks, rivers and lakes to explore. Browse our guide to water adventures on page 18, then visit us online to watch videos, learn about rapids classifications and access waterway maps.



## TOMBSTONE JUNCTION

### A beloved park remembered

An Old West-themed park near Cumberland Falls State Park, Tombstone Junction delighted visitors from its beginnings in late 1969 until its closure in 1991. View photos and read our June 1970 article at [KentuckyLiving.com/75th](http://KentuckyLiving.com/75th).



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# Uplifting stories of light and hope

The only hobby Shelia Stovall enjoys more than reading books is writing them. As the director of the Allen County Public Library and a successful author, the Warren RECC consumer-member enjoys both pursuits.

Stovall's Weldon series, set in the fictional town of Weldon, Kentucky, is made up of uplifting stories. *Every Window Filled with Light* begins with Emma Baker, a library director herself, struggling with the unexpected loss of her husband two years prior. As the heir to a large Victorian home, she wants to fill the many empty rooms with love and laughter, something less likely to happen now that she is a widow.

Emma learns that hearts can heal, family doesn't have to be blood related and life moves on. Whether a handsome new pastor in town will have anything to do with Emma's own journey through grief remains to be seen.

Through it all, Emma counts on a steadfast group of friends to keep her going in the right direction. Her loyal housekeeper, Minnie, and her best friend, Casey, are the counterbalance to her mother, Virginia, a force to be reckoned with. Despite being tough on her daughter, Virginia finds a soft spot for

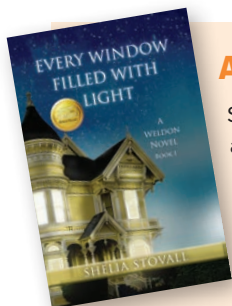
the motley cast of characters wakening Emma's broken heart to life again.

Book two in the Weldon series, *Every Day Filled with Hope*, tells Casey's story. Known and admired all over Weldon because of her former runway modeling career, Casey appears to have it all together. Her sense of style spills over into her fashion boutique, and she is always quick to volunteer a helping hand or a generous donation to those in need. Love seems to have escaped her, however, until she meets Daniel, a local police officer.

As in many small towns, residents have some skeletons in the closet, and Casey and Daniel are no exception. While they serve those most in need, both struggle with the decision of how much to reveal to the other for fear of hijacking their future together.

Writing characters who openly and honestly reveal their flaws is important to Stovall. On her blog, she explains, "When I'm writing, it's like someone is telling me a story and I'm simply the one transcribing it. No one was more shocked than I to realize how broken Casey is in the story.... The characters God gives me are always deeply flawed, just like me, my family and my friends."

» Penny Woods



## Award-winning country girl

Shelia Stovall's two-book Weldon series, Elk Lake Publishing, \$14.99 and \$15.99, can be purchased on Amazon. *Every Window Filled with Light* was recently awarded first place in the Contemporary Fiction category of the Angel Book Awards and was a 2022 Selah Awards finalist.

Stovall has traveled to Africa as a missionary. Despite her world travels, she describes herself as a country girl "who relishes eating a bologna sandwich at a country store just as much as savoring an elegant meal in a posh restaurant." She particularly enjoys spending time with her family and her three dogs. Connect with her at [www.sheliastovall.com](http://www.sheliastovall.com).

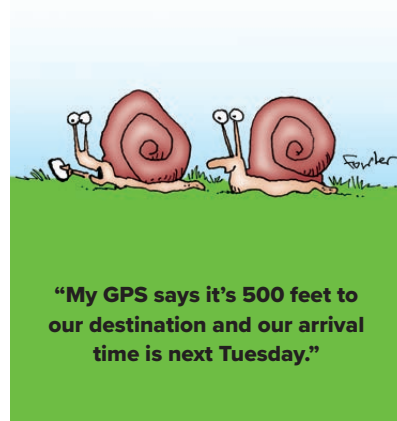
tip

## ENERGY EFFICIENCY

Include energy efficiency in your landscaping plans. To block heat from the sun, plant deciduous trees around the south side of your home. Deciduous trees provide excellent shade during the summer and lose their leaves in the fall and winter months, allowing sunlight to warm your home.



SUSAN VINEYARD/DOBBE STOCK



"My GPS says it's 500 feet to our destination and our arrival time is next Tuesday."



## featured FRAMES

Tina Warren, Shelbyville, Shelby Energy consumer-member, says she heard this bee before she saw it “buzzy at work.”



## 2023 WIRE Scholarships

The Kentucky Chapter of Women in Rural Electrification (WIRE) is offering three \$1,000 scholarships to Kentucky college students. The scholarships are open to any eligible student whose family is served by a Kentucky electric cooperative and had at least 60 hours of credit at a Kentucky college or university at the end of the fall 2022 term. For an application form, go to [www.kyelectric.coop](http://www.kyelectric.coop) and search “WIRE” or contact your local electric cooperative.

**Deadline to apply: June 6, 2023**

SENGCHOY INT/ADOBE STOCK

## LETTERS TO THE editor



### A worthy message

After reading Letters to President Biden (Our Power, February 2023), I believe Tony Campbell speaks like our leaders need to speak. He is more intelligent than the leaders of our nation. It's people like Tony Campbell that need to be heard and we (our nation) need to listen to him.

**PAM HALL, MT. WASHINGTON  
SALT RIVER ELECTRIC  
CONSUMER-MEMBER**

### Have a question or comment for the editor?

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

### Strength in numbers

I believe Mr. Campbell needs some help getting through to President Biden. Campbell should put a petition in *Kentucky Living* for consumer-members to sign expressing his concerns and those of co-op consumer-members. We are taking up more land for solar panels and wind turbines, which is not good. We need our farmland and natural resources.

I am looking forward to seeing a petition in *Kentucky Living*. I will sign it immediately.

**WILMA BONAR, BUTLER  
OWEN ELECTRIC  
CONSUMER-MEMBER**

*Editor's note: Thank you for your note of support. Though Kentucky Living does not have plans for a specific petition on this issue, your voice is heard. We recommend readers join the grassroots coalition of fellow electric cooperative consumer-members at [RuralPowerKY.com](http://RuralPowerKY.com).*

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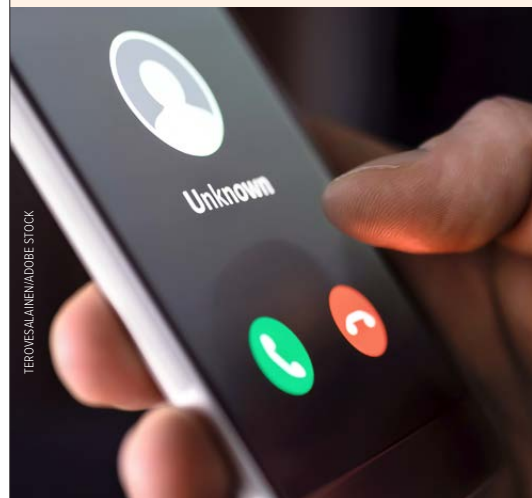
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## Don't fall victim to scams

Electric cooperative members may find themselves on the receiving end of scam phone calls or emails. Here are some tips Kentuckians can follow to protect themselves:

- Do not assume the name and number on your caller ID are legitimate. Caller IDs can be spoofed.
- Never share your personal information, including date of birth, Social Security number or banking account information.
- Never wire money to someone you don't know.
- Do not click links or call numbers in unexpected emails or texts—especially those asking for your account information.
- Most utilities will NOT require their customers to purchase prepaid debit cards or money orders to avoid an immediate disconnection.
- Most utilities will NOT call and demand personal or financial information. If you have any question about the call you receive, hang up and call your local cooperative.
- If you receive a call that sounds like it may be a scam, or if you believe the call is a scam, hang up, report the incident to your local utility, and report the call to the Attorney General's Office at (888) 432-9257.



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# Relentless

*Co-ops team up after windstorm disaster*

JOE ARNOLD

**A WINDSTORM OF HISTORIC PROPORTIONS** was met by one of the largest mutual aid responses in Kentucky electric cooperative history.

The intense March 3 storm broke all-time records in Kentucky for low barometric pressure, leading to a relentless onslaught of damaging winds, some at hurricane strength—more than 75 miles per hour.

“Kentucky experienced winds in excess of 60 miles an hour for six to seven hours,” says Evan Webb, a meteorologist at the National Weather Service in Louisville. “And for the whole event, we saw winds over 40 miles an hour for 10 to 12 hours.”

By the time it was over, the windstorm had

snapped at least 1,000 utility poles and felled thousands more trees and power lines, knocking out power to more than 300,000 co-op consumer-members, affecting all of the commonwealth’s 24 local distribution co-ops. Soft ground from heavy rains slowed the progress of heavy equipment to access damaged infrastructure.

With neighboring co-ops in Tennessee and Ohio also affected, Kentucky’s co-ops cast a wider net for outside help. In all, 71 co-ops from 12 different states—from Florida to Missouri—provided mutual aid for power restoration.

“Working alongside local co-op crews and contractors, the additional 504 mutual aid lineworkers helped shorten the duration of power

Mutual aid lineworkers from Laclede Electric Cooperative, Missouri, assist Warren RECC with repairs. Corey Honey pulls the line, Charley Moore assists from atop a fallen tree and Wesley Meeker is in the bucket truck. Photo: Jim McCarty/Rural Missouri







Wind blew the roof off a barn on Tatum Lane in Marion County. The weight was enough on the lines to break the pole off at the ground. Photo: Josh Hale/Inter-County Energy Cooperative underground facilities locator

Farmers RECC, Great Southwestern Construction and Glasgow Water Company work to pull in new wire after old wire was damaged by downed trees on FD Meredith Road in Cub Run. Photo: Todd Stephens/Farmers RECC service manager



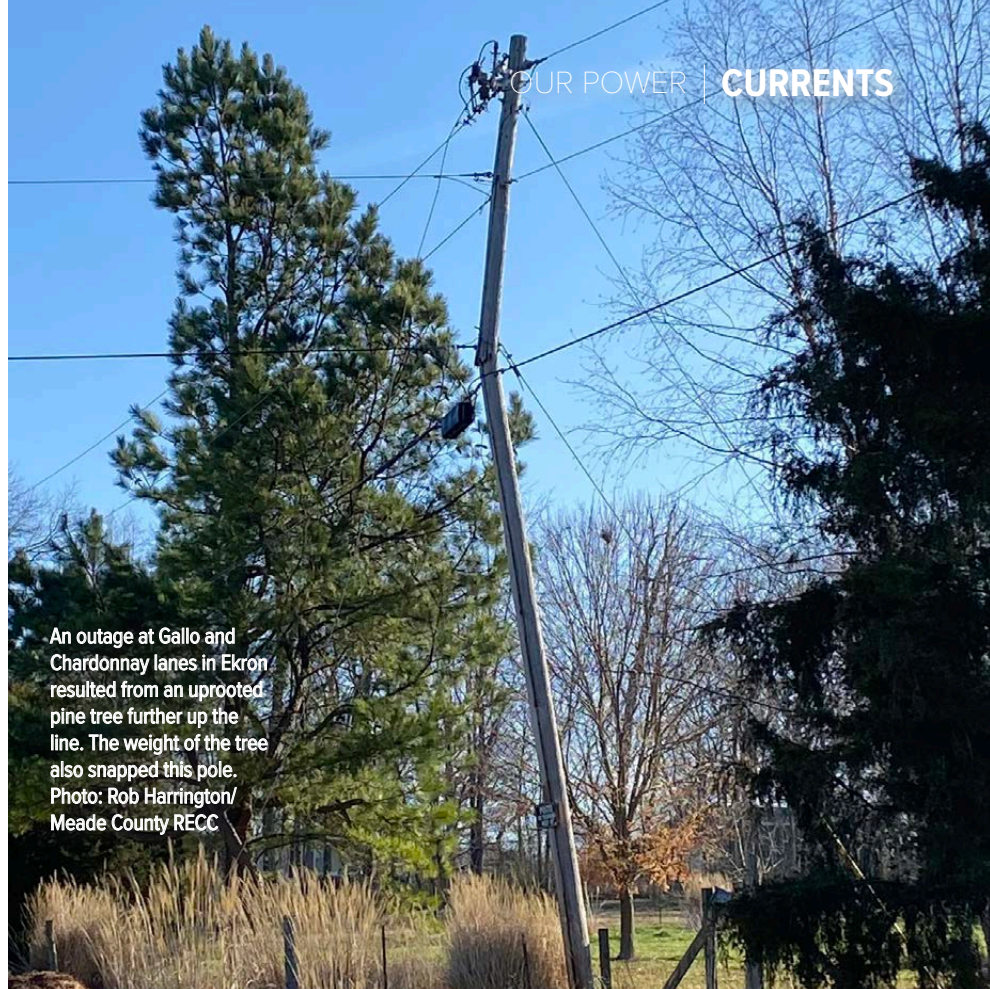
outages,” says Randy Meredith, director of safety and training at Kentucky Electric Cooperatives. “The widespread nature of this disaster created many individual and time-consuming outages.”

As co-ops worked around the clock to restore power, their local communities stepped up to help, providing meals, support and words of encouragement.

“Co-ops know any power outage is problematic for their members, and co-op crews take this personally,” says Chris Perry, president and CEO of Kentucky Electric Cooperatives. “We know this disaster took a toll on families, from spoiled foods to child and elder care issues. We appreciate the dedication of everyone who helped restore power and the patience of everyone who was affected.” **KL**







An outage at Gallo and Chardonay lanes in Ekron resulted from an uprooted pine tree further up the line. The weight of the tree also snapped this pole. Photo: Rob Harrington/Meade County RECC

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# Baking her way to national fame at age 11

## Young baker not out-growing love of baking GLASGOW

How many preteens are recognized by their city, county and a major bank as well as having a day proclaimed for them?

Kentucky boasts at least one—Haylin Adams of Glasgow, whose parents are consumer-members of Farmers RECC.

Haylin was recognized by The Peoples Bank, the city of Glasgow and Barren County after she placed fourth in the ninth season of Food Network's *Kids Baking Championship* show, when she was just 11.

Her love of baking started early. "Her maternal grandmother, Margie Thompson, let her granddaughter do whatever she wanted in the

Haylin Adams, now 13, loves to put her own twist on a baking project. Photo: Hadley Adams

One of Haylin's happy, tasty creations. Photo: Amanda Adams



kitchen," recalls Haylin's mother, Amanda. At age 9, Haylin asked to bake her own birthday cake.

As she progressed as a baker, the now 13-year-old loved to experiment with recipes and decorations.

"Since I was little, I watched the baking shows and messed around in the kitchen," Haylin says. "I love to be creative and put my own twist on whatever I am baking."

She also honed her skills in a 4-H culinary class. Barren County 4-H Extension Agent Paula Tarry encouraged Haylin to apply for the *Kids Baking Championship*.

Applicants were given multiple baking challenges via email (due to COVID-19 restrictions), and the finished products were presented via Zoom. These preliminaries narrowed the field to just 12 bakers, including Haylin.

Prior to the show's start in January 2021, the 12 finalists were quarantined on a beach area outside Los Angeles—the

travel was Haylin's first flight.

"It was a great experience being on the show," she says, "and it was pretty cool to meet Duff and Valerie (Duff Goldman and Valerie Bertinelli, the co-hosts) and get to make all those friends."

On her special day of recognition, July 23, 2021, Haylin opted to bake her own treats rather than have the celebratory food catered. She baked a lemon cake with lemon filling, snickerdoodle cookies, and chocolate cupcakes with chocolate buttercream frosting.

Now in eighth grade, Haylin has expanded her interests to soccer and volleyball and is leaning toward a career in the medical field.

What would she say to other young people about their dreams?

"Work hard. Be yourself, don't be afraid to put yourself out there, and have fun." **KL**

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





# Eye Doctor Helps Tennessee Legally Blind To See



— High Technology For Low Vision Patients Allows Many To Drive Again



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

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

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

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

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

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



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

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

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

functioning, especially driving," says Dr. Pino.

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

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

"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](http://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.**





# Ascend Elements aims for EV battery apex

*One-of-a-kind facility in Hopkinsville*

JOE ARNOLD

**IT'S A GOAL SO AMBITIOUS**, it's difficult to comprehend all the factors that will determine its success.

By 2030, the Biden administration wants 50% of all new car sales in the United States to be electric, fuel cell or hybrid electric vehicles. As of today, just seven years before that target date, EVs make up about 6% of U.S. car sales.

"We're in the middle of a global energy transformation," says Mike O'Kronley, CEO of Ascend Elements. The company is investing hundreds of millions of dollars in a Hopkinsville facility, served by Pennyrite Electric, to help tackle one of the major challenges of EV production: sourcing materials for EV batteries.

The U.S. is heavily dependent on imports for scarce battery materials like lithium, cobalt and nickel. Ascend Elements recycles used lithium-ion batteries and battery manufacturing scrap, converting those materials into new, sustainably engineered battery materials that can go right back into new EV batteries.

"We're building something in Kentucky that doesn't exist anywhere in the United States—a domestic source of sustainable lithium-ion cathode precursor material for EV batteries," O'Kronley says. "Our future energy independence and national security depend on it."

The new facility in Hopkinsville will produce sustainable, active battery material for approximately 250,000 EVs per year.

"We looked at more than 50 locations for this facility and the Hopkinsville site was the only one that met all our requirements," O'Kronley says. "The site offers easy access to transportation, clean renewable power and a diverse workforce. Proximity to electric vehicle manufacturers and lithium-ion battery factories in the southeast United States was another key requirement."

Pennyrite Electric CEO Alan Gates says the decision by Ascend Elements to locate in Hopkinsville's Commerce Park II highlights the area's healthy economic environment and the

strength of TVA power for Pennyrite members.

"Ascend calls this 450,000-square-foot facility Apex 1," Gates says, "and this project is truly the top, the single largest investment in western Kentucky."

Since June 2020, nearly \$10 billion in EV-related investments and 8,900 full-time jobs have been announced in Kentucky. The U.S. Department of Energy identifies Kentucky, Michigan and Georgia as the top three states for electric vehicle battery manufacturing. **KL**



## *How do they do it?*

"Our patented Hydro-to-Cathode technology directly synthesizes new cathode active materials from spent lithium-ion cells more efficiently than traditional methods, resulting in better economics, improved performance and lowered carbon emissions," says Ascend Elements spokesperson Thomas Frey. "With fewer batteries going to landfill and a cleaner manufacturing process, Ascend Elements is taking the lithium-ion battery industry to a higher level with a truly sustainable, closed-loop battery economy."



**ASCEND  
ELEMENTS, INC.**

**HEADQUARTERS:**  
Westborough, Mass.

**KENTUCKY  
LOCATION:**  
Hopkinsville

**NUMBER OF  
LOCATIONS:**  
Four

**INDUSTRY:**  
Electric vehicle  
battery materials

**ELECTRIC  
COOPERATIVE:**  
Pennyrite Electric  
(TVA)

Gov. Andy Beshear and Ascend Elements CEO Mike O'Kronley at the groundbreaking of the facility at Hopkinsville's Commerce Park II.  
Photo: Ascend Elements





## A PARK FOR EVERY PASSION

Whether you're looking to rev up or wind down, we've got a place just for you. Nestled in some of the state's most beautiful settings, Kentucky State Parks offer a wide range of activities – from outdoor adventures to nature escapes – and accommodations from rustic campsites and cozy cabins to resort park lodges. Plus, 13 nationally recognized state park golf courses get you out on the links to soak up incredible views.

**Book your spring getaway at [parks.ky.gov](https://parks.ky.gov)!**

TEAM  
**KENTUCKY**  
KENTUCKY STATE PARKS





2023  
Travel  
Issue

## Exploring Kentucky's wild and wonderful waterways

BY AMY COBB

**KENTUCKY IS A PADDLER'S PARADISE.** With more navigable waterways than any other state in the lower 48, there are nearly 2,000 miles of creeks, rivers and lakes for water enthusiasts to explore. So whether you're a day-tripper hopping in a canoe or kayak for a leisurely paddle or you're a thrill-seeker craving the rush of tubing and whitewater rafting, the Bluegrass State has a waterway adventure for you.





# ON THE WATER

The Hart County Blueway on the Green offers 42.5 miles of stunning views on the Green River. Learn more at [KentuckyLiving.com](https://KentuckyLiving.com). Photo: Matt McClintock





Paddlers embark on a subterranean, glow-in-the-dark adventure in Red River Gorge with SUP Kentucky. Photo: SUP Kentucky



Explore the natural surroundings of the tucked-away Grayson Grotto inside Grayson Lake State Park. Photo: SUP Kentucky

## Standing up

“Kentucky has more miles of running water than every other state, except Alaska. We have chosen some of the most unique and beautiful paddles in the state to share with our guests,” says Heather Warman, SUP (Stand-Up Paddleboard) Kentucky co-owner, along with her husband Aaron. Since 2016, the Wolfe County company, served by Licking Valley RECC, has offered three paddling tours.

The Grayson Lake Paddleboarding Adventure is a leisurely 4-mile round-trip excursion to explore steep cliffs, hidden coves and cascading waterfalls in the tucked-away, natural haven of the Grayson Grotto. “We swim. We jump off rocks. We have lunch,” says Warman. “When you’re in that grotto, you feel like you’re in a different country.”

In the heart-pounding Cumberland Falls Paddleboarding Adventure, guests soak in the view from below the 68-foot-tall, majestic falls, dubbed the Niagara of the South. For a magical moonlit nighttime adventure, schedule a moonbow paddle to view the rare lunar rainbow.

SUP Kentucky’s most popular offering is Crystal Kayak and SUP Glow Tour—a glow-in-the-dark Red River Gorge subterranean excursion, hundreds of feet beneath the Earth’s surface. Equipped with helmets and headlamps, paddlers navigate through 60-foot-wide passageways in an abandoned limestone mine using single or tandem clear kayaks or on clear paddleboards outfitted with colorful, underwater LEDs. Expert guides regale visitors with the mine’s rich history, pointing out unique features along the way, like underground waterfalls and sleeping brown bats resting on the limestone walls. Because of steady, mid-50-degree temperatures underground, this 90-minute tour is offered year-round.

Before embarking on any waterway adventure, Warman stresses the importance of checking water levels and ensuring you have the right equipment. Other than that, she says, “The main thing is to get out and have fun.”





SUP Kentucky uses different equipment for different excursions. Here, a SUP enthusiast navigates an inflatable paddleboard on Grayson Lake. Photo: SUP Kentucky

## Partnering with the local community

Drakes Creek Canoe, a mobile canoe and kayak livery near Bowling Green, installed mile markers on the lower 23 miles of Drakes Creek in 2019 for Warren County Emergency Management.

“These markers have enabled local first responders to more quickly and accurately respond to emergencies that may arise on the creek,” says Tony Allison, Drakes Creek Canoe owner and Warren RECC consumer-member.

Drakes Creek Canoe also hosts at least two creek cleanup events each year, before and after the regular paddling season. Volunteers who are willing to pick up litter along Drakes Creek receive a free rental on those days. Cleanup dates are posted 30 days in advance.

“These days are perfect for small groups who’d like to help the creek environment while having a good time with friends,” says Allison.

Kentucky’s bodies of water belong to its residents, he adds: “When you’re out on the water, make sure you bring out everything you take in and help keep our waterways clean.”

This year, Drakes Creek Canoe is also partnering with the parks departments in Bowling Green and Warren County for the first annual Duncan Hines Duck Paddle River Race on June 10. This race covers 6 miles on Barren River in downtown Bowling Green, with prizes for fastest times in several categories, a block party at the takeout and reduced-rate rentals.

LAND BETWEEN THE LAKES



Adventure awaits these waterway explorers just beyond the cavern entrance at Grayson Lake State Park. Photo: SUP Kentucky





Sheltowee Trace Adventure Resort offers recreational water excursions to fit every adventurer's comfort level. Photo: Denis Foley

## CAUTIONS FROM THE PADDLING PROS

Water conditions can be unpredictable, so it's important to recreate responsibly to ensure your waterway adventure is both fun and safe.

"Always wear a PFD (personal flotation device). You never know what may happen on the water. Be aware of water conditions before you go. Look at the weather forecast and water conditions, usually available from the United States Geological Survey. Watersports and alcohol don't mix. Save the party until you get off the water."—*Tony Allison, Drakes Creek Canoe owner*

"Choose a route that matches the skill levels of the less experienced people in your group, not the most experienced."—*Dania Egedi, Sheltowee Trace Adventure Resort owner/manager*

"Dress appropriately for the weather. Check your equipment prior to paddling. Do not exceed your paddling capability."—*Heather Warman, SUP Kentucky co-owner*

"It is never advised to paddle alone. But if you choose to, be sure and notify someone of your put in and take out times, where you are paddling, what sort of equipment you have, etc. We call this filing a float plan. Know your skill level and know how to interpret water. High water is one of the main causes of injury and death in paddle sports. Simply put, if the water is brown, turn around and don't drown."—*Nathan Depenbrock, Canoe Kentucky owner*



## Water, water everywhere

For the ultimate waterway adventure, Land Between the Lakes (LBL) in western Kentucky boasts 170,000 acres of family-friendly recreation area and 300 miles of undeveloped shoreline for swimming, boating and fishing fun on its inland peninsula.

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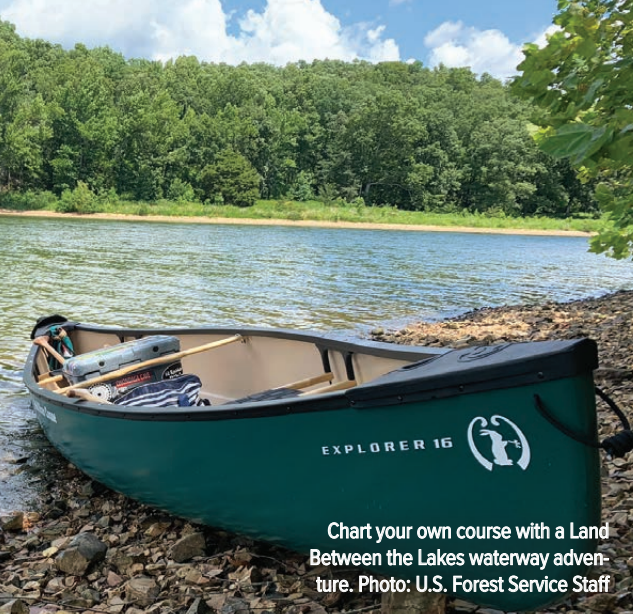


Chart your own course with a Land Between the Lakes waterway adventure. Photo: U.S. Forest Service Staff

Spend a day—or more—exploring water trails at Land Between the Lakes in western Kentucky. Photo: U.S. Forest Service Staff



“If people are interested in getting out and kayaking and paddling, there’s a lot of places that folks can get in to enjoy the water,” says Emily Cleaver, LBL communications specialist and Pennyrile Electric consumer-member.

Have a few hours to spend on the lake or time for an all-day trip? The LBL

Regional Water Trail system makes it easy to plan your next paddling adventure. A map on its website displays all the accessible canoe and kayak drop-in points on both Lake Barkley and Kentucky Lake, as well as waterways farther south. As an added perk, the map shows amenities and mileage between each access point.

LBL also offers environmental educational experiences at Woodlands Nature Station, Golden Pond Planetarium, Elk & Bison Prairie, and the Homeplace 1850s Working Farm.

“They’re your public lands,” Cleaver says. “We just want you to come outside and play.”

# Hillbilly Days 2023

**APRIL 20-22**

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*Pikeville, Ky*

Hillbillydays.com

Win a Getaway. See page 57.





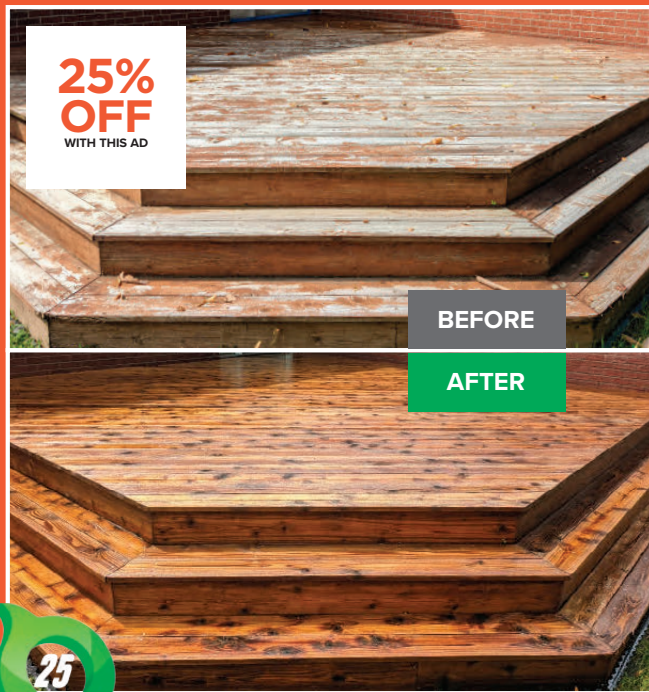
The cascading Cumberland Falls makes the perfect paddling adventure backdrop. Photo: SUP Kentucky

## A river running through it

“Kentucky has so many water activities that people can get involved in,” says Dania Egedi, owner/manager of Sheltoewe Trace Adventure Resort in Corbin. “Our goal here is to get people into whatever type of activity that they are most comfortable doing.”

Sheltoewe Trace, served by Cumberland Valley Electric, offers a variety of river adventures to match each visitor’s budget, time constraints and comfort level—from canoeing, kayaking or tubing on the Cumberland and Big South Fork rivers to navigating a stand-up paddleboard to the base of Cumberland Falls, where you’ll hear the massive waterfall’s roar and feel the mist on your face.

For a more relaxing excursion, cruise the Cumberland River on the 65-foot, double-decker Cumberland Star riverboat. Or if you dare, brave the rapids



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with Cumberland Below the Falls, a thrilling whitewater rafting trip, where you may encounter Class III conditions depending on seasonal water levels.

All the river trips are on natural-flow rivers; they are not dam-controlled. That means rivers may be high in the spring or lower and calmer in the fall—so every journey will be different.

No matter the season, Sheltoewe Trace features fun, family-friendly adventures where people de-stress, becoming more in tune with one another and with the outdoors. Egedi, a Cumberland Valley Electric consumer-member, says, “We really focus on getting people to enjoy being outside in whatever it is that Mother Nature has to offer.”

Thrill-seekers choose tubing and whitewater rafting tours on the Cumberland River.  
Photos: Sheltoewe Trace Adventure Resort



*Bourbon, horses, & outdoor adventure*

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KENTUCKY

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SHELBYKY  
TOURISM

Win a Getaway. See page 57.



# WET, WILD AND NOT-SO-WILD

Exciting, one-of-a-kind waterway adventures await on Kentucky's many water trails—creeks, rivers and lakes. Before you go, call or check websites for water levels and updated information.

## Adventures of Mammoth Cave

1994 Roy Hunter Road, Cave City  
www.adventuresofmammothcave.com  
Facebook: Mammoth Cave Adventures  
(270) 773-6087

## Blue Moon Canoe & Kayak of Kentucky

947 West River Road, Taylorsville  
www.bluemooncanoe.com  
Facebook: Blue Moon Canoe and Kayak  
(502) 753-9942

## Canoe Kentucky

7323 Peaks Mill Road, Frankfort  
www.canoe.com  
Facebook: Canoe Kentucky  
(502) 227-4492

## Drakes Creek Canoe

7101 Scottsville Road, Alvaton  
(operates from Phil Moore Park)  
www.drakescreekcanoe.com  
Facebook: Drakes Creek Canoe LLC  
(270) 781-3938

Drakes Creek Canoe is the oldest  
and largest canoe and kayak livery  
on Drakes Creek in Bowling Green.  
Photo: Drakes Creek Canoe

## Land Between the Lakes Recreation Area

238 Visitor Center Drive, Golden Pond  
www.landbetweenthe lakes.us  
Facebook: Land Between the Lakes  
National Recreation Area – U.S. Forest  
Service  
(800) 525-7077

## Sheltowee Trace Adventure Resort

2001 State Route 90, Corbin  
www.ky-rafting.com  
Facebook: Sheltowee Trace Adventure  
Resort  
(800) 541-7238

## SUP (Stand-Up Paddleboard) Kentucky

2478 Glen Cairn Road, Rogers  
www.supkentucky.com  
Facebook: SUP Kentucky  
(859) 407-8857

## Thaxton's Canoe Trails & Paddlers' Inn

33 Hornbeek Road, Butler  
www.gopaddling.com  
Facebook: Thaxton's Canoe Trails  
& Paddlers' Inn  
(859) 472-2000

## From bluebells to whitewater

Head to Franklin County where adventure awaits at Canoe Kentucky, now celebrating its 42nd season. "We are one of the oldest canoe and kayak outfitters in the state of Kentucky, and we're one of the largest in the southeastern United States," says owner Nathan Depenbrock, noting that paddlers own and run the year-round business.

Canoe Kentucky's most popular offering is the go-at-your-own-pace trips on Elkhorn Creek and the Kentucky River. The guided tour in high demand is the all-inclusive Bourbon Paddle Tour where paddlers navigate canoes and kayaks on the Kentucky River through an operational lock and dam. It includes a barbecue lunch and culminates with a Buffalo Trace Distillery tour and tasting.

Also popular are the Pop Up Paddle tours. These short-notice, guided trips are typically announced on Canoe Kentucky's website about two weeks in advance. In April, paddlers might view bald eagles on the north fork of Elkhorn Creek. May trips often include a bluebell paddle on the Elkhorn to glimpse blooming wildflowers. Yet another paddling tour embarks on a

Paddlers of all ages enjoy family fun on Elkhorn Creek. Photo: Canoe Kentucky

# Coming Soon



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Boone Depenbrock shows off his canoe throwing technique at the Canoe Kentucky takeout in Peaks Mill. Photo: Canoe Kentucky

moonlit Kentucky River through downtown Frankfort.

For thrill-seekers, there's also the Whitewater Hair Raiser—traversing Class II to III whitewater (water-level dependent) in rafts or inflatable one- or two-person kayaks on a 7-mile Elkhorn Creek stretch called The Palisades. The family-friendly three-hour tour is semi-guided, meaning there's a guide in front of and behind the group.

"We have a lot of opportunities in Kentucky for people to get out and enjoy the water," says Depenbrock. "Canoeing and kayaking is just a very beginner-friendly, entry-level way to get into water sports here in the state." **KL**



KentuckyLiving.com

## Get your feet wet

Experience a video showing a peaceful paddle to camp in a Kentucky state park, get secondhand chills from the whitewater classification system and access waterway maps at KentuckyLiving.com.

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Win a Getaway. See page 57.

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ISN'T ONLY FOR HORSES.

Win a Getaway. See page 57.

Explore and you'll discover the only thing ordinary here, is the unexpected.

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

Conley Bottom Resort, Monticello





Win a Getaway. See page 57.

## DID SOMEBODY SAY ... STAYCATION?!

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When you're ready to explore the great outdoors, there's no better place than the Bluegrass State's expansive woods, waters, caves and trails!

Float, swim, fish or paddle in massive lakes, meandering rivers and clear streams. Hike and bike mountain trails, scale towering rocks or soak up sweeping views on dramatic overlooks. Take a horseback ride through the forest, explore fascinating caves, zip through the treetops or hop on an ATV for a wild ride through breathtaking countryside. And when you're ready to call it a day, pitch a tent under the stars, spend the night on a houseboat or sleep in a one-of-a-kind treehouse to rest up for another day of play.

All of these adventures are bound to work up an appetite. Lucky for you, good eats abound! Taste the talents of James Beard-honored chefs, sip on craft beer and creative cocktails, or settle into a cozy diner for comfort food that reminds you of home. Cap off your trip with some local shopping and a little live music, and you have all the makings of a great Kentucky getaway.

Ready to explore the place you call home? Get your FREE Official Visitor's Guide and start planning your adventure at **KentuckyTourism.com!**



# E KE



Top, Tomcat Bourbon & Brew House in Ashland offers a blend of fun and flavor in a friendly atmosphere. Photo: Tomcat Bourbon & Brew House

Far left, some of the amenities at Greenbo Lake State Resort Park include the Jesse Stuart Lodge with conference center for banquets, weddings and other events. Photo: Kentucky State Parks

Left, Lake Cumberland State Resort Park. Photo: Kentucky State Parks



# EXPLORE KENTUCKY

Music, festivals, parks and more

BY KATHY WITT



Rough River Dam State Resort Park has an accessible walkway at its marina.  
Photo: Kentucky State Parks

In a single day, you can breakfast on a peculiar festival concoction called a goetta donut sandwich; go diving at the only scuba refuge in a state park; quaff a cold one at a gorgeous, 120-year-old oak bar that was once the centerpiece of a Chicago pub;

catch live music at a legendary country music venue; and watch the sun melt into a lake with miles of pristine shoreline—all in Kentucky.

But why rush? Our state is made for both lazy days and active getaways. Here are 20 can't-miss Kentucky experiences.





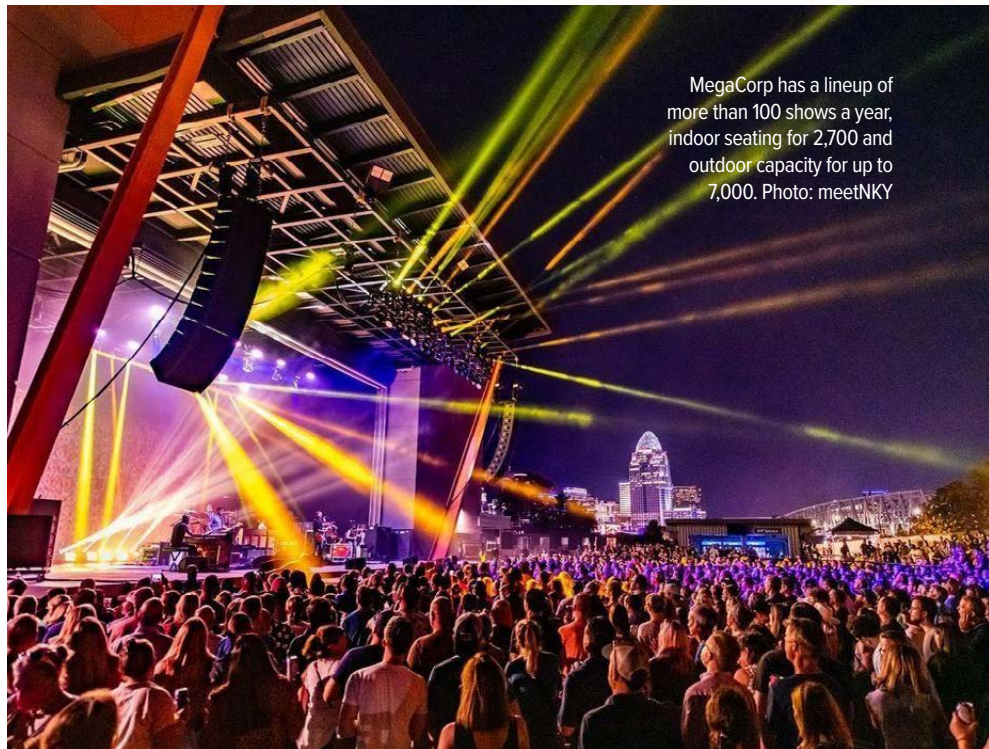
MegaCorp Pavilion features state-of-the-art lighting, acoustical systems and an innovative reversible, movable stage. Photo: meetNKY

# MUSIC VENUES

## MegaCorp Pavilion NEWPORT

The numbers are as impressive as the lineup of marquee names in classical, country, rock, folk, blues, jazz, metal, classic rock, alternative rock and every other music genre: MegaCorp Pavilion (formerly Ovation by PromoWest) is the first indoor/outdoor concert venue in the northern Kentucky area and the third in America.

For its lineup of more than 100 shows a year, it has indoor seating for 2,700 and an outdoor audience capacity for summer shows of up to 7,000. Among the entertainers performing this year to date are four-time Grammy Award winners Snarky Puppy and jazz multi-instrumentalist Nate Wood on April 22, and alternative blues band Houndmouth on May 6.



MegaCorp has a lineup of more than 100 shows a year, indoor seating for 2,700 and outdoor capacity for up to 7,000. Photo: meetNKY





The Grove is a live music paradise amid the trees.  
Photo: Glasgow-Barren County Tourism

Grab a drink and a seat at The Grove, an outdoor, woodsy concert venue. Photo: Glasgow-Barren County Tourism

## The Grove GLASGOW

A folksy woodland right in the middle of the city—that's how MacLean Lessenberry, executive director of Glasgow-Barren County Tourism, describes The Grove, a new, one-of-a-kind outdoor music venue that draws visitors from all over.

"While inside you'd never realize you were in town," she says. "It's a magical, secluded experience."

With lights strung through the trees,



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Meade County  
**TOURISM**

Win a Getaway. See page 57.

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Win a Getaway. See page 57.



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# MOREHEAD KENTUCKY PROUD EXPO



JEWELRY | JELLIES | BEERS | MORE

**APRIL 28**  
5 p.m. - 8 p.m.

**APRIL 29**  
10 a.m. - 5 p.m.

## MOREHEAD CONFERENCE CENTER



**2023 MOREHEAD  
KENTUCKY PROUD EXPO**

Win a Getaway. See page 57.

this land of enchantment features a local beer garden, firepit and seating for live music every Friday and Saturday night, May through October.

Headliner folk and bluegrass music artists perform here regularly, including Grammy award-winning fiddle player Michael Cleveland & Flamekeeper, The Travelin' McCourys, Sam Bush Band, Lost River Sessions and others.

### The Barnyard Entertainment Venue

#### SHARPSBURG

No need to travel to the big city when Sharpsburg (population: 366) keeps the entertainment coming all summer long with countryside concerts and comedy shows, family fun and fireworks. The Barnyard Entertainment Venue, served

by Fleming-Mason Energy Cooperative, offers covered seating for up to 8,000 on its 170 acres of rolling farmland.

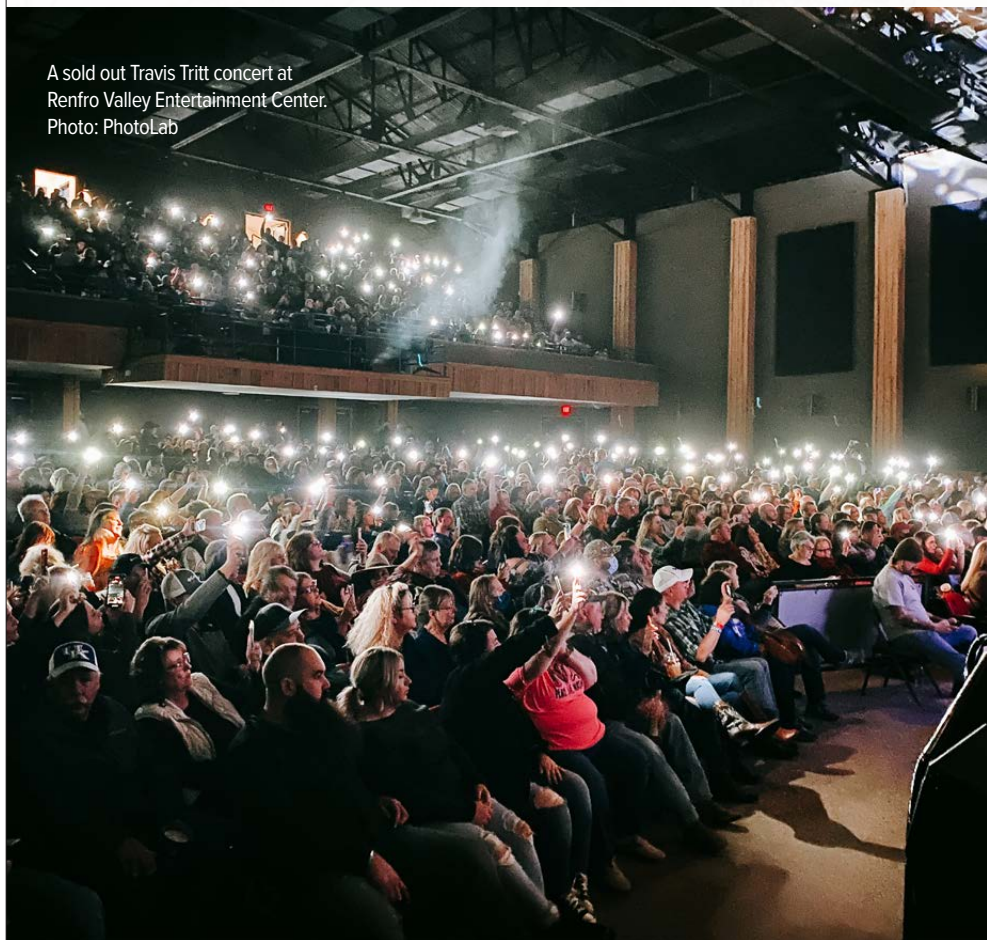
Since it opened two years ago, The Barnyard has hosted the likes of Hank Williams Jr., Travis Tritt and Alabama, and fans say there isn't a bad seat in the house. Amenities include concessions, VIP parking and primitive camping. Visit The Barnyard's Facebook page for updates on the entertainment lineup.

### Renfro Valley Entertainment Center

#### MT. VERNON

Eighty-four years young, and it's still going strong. You might say this nationally recognized event center, served by Jackson Energy Cooperative, is your granddaddy's music venue.

A sold out Travis Tritt concert at Renfro Valley Entertainment Center.  
Photo: PhotoLab





Grammy Award-winning rapper Nelly performs at The Barnyard Entertainment Venue. Photo: Nick Hammond's Photography

"It boasts a rich history of strong country music roots and with a focus on the music that has kept fans returning since 1939," says Ashley Enneking, director of sales and marketing.

Renfro Valley's century-old Old Barn Theatre is considered one of country music's most storied music venues, hosting the legends of the genre. The 1,500-seat New Barn Theatre gives music lovers that up-close-and-personal experience with seasoned country music legends, new and upcoming artists and classic bands. The on-site RV park, in walking distance from the shows, is icing on the cake.



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**Rockcastle County** is home to historic Renfro Valley Entertainment Center, which was founded in 1945 by John Lair. In 2002, the **Kentucky Music Hall of Fame and Museum** opened its doors with the pioneer class of inductees. It has become a premier tourist attraction for both music fans and history lovers and was the original riding stables. The museum is filled with a collection of artifacts and memorabilia highlighting the careers of our inductees for all genres, as well as temporary exhibits on display. It is also home of the **Mt. Vernon-Rockcastle County Visitor Center**. You can also purchase a souvenir in the Gift Shop. Every 2 years, a new set of inductees are celebrated through a ceremony & case unveiling. Events are held at the museum, including singer-songwriter rounds, and open jam sessions. On the Second Saturday in September, the **Kentucky Food Truck Championship** is held with over 20 food trucks competing for \$9000 in prizes, as well as craft vendors, kids activities, and more. Check out our websites and social media pages for upcoming events.

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## Walt's Hitching Post

FORT WRIGHT

For over 80 years, this culinary icon has been preparing ribs and other meats in the smokehouse steps from the restaurant's front door and serving them up with Walt's signature salted rye bread and legendary secret sauce.

"Although the ribs and the secret sauce are what made us famous, the steak selection is what keeps our guests coming back," says General Manager Stefani Stein.

Its name recalls the restaurant's original owner, Walt Ballanger, and those metal posts where diners would hitch up their horses once upon a time. Walt's is beloved by locals and luminaries alike—most recently, Oscar-winning actor Tom Hardy, in town to film *The Bikeriders*.

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GET YOUR PASSPORT



Win a Getaway. See page 57.

Win a Getaway. See page 57.





Head Chef Zeke Jeffcoat, who has been cooking at Walt's Hitching Post since 1971, is a legend in his own right. Photo: Mark Byron



Walt's Hitching Post, Fort Wright.  
Photo: Mark Byron

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## Farmwald's Restaurant & Bakery

### HORSE CAVE

This is the place where hungry diners fuel up on the Breakfast Hay Stack (crumbled biscuit, eggs, hash-browns, sausage, bacon and cheese) doused in the restaurant's signature gravy, or a lunch of grilled ribeye steak sandwich. Dessert? Amish fried pie or Myron's creamy home-made, small-batch ice cream.

Farmwald's is destination dining at a sprawling, red-roofed building in a country setting. Half of it is devoted to a country store stocked with Amish food products and Amish-made crafts, made cozy by a fireplace flickering in the corner. The other half is a casual order-at-the-counter restaurant with seating just past shelves stacked with fresh-baked breads and other goodies.

Farmwald's Restaurant & Bakery in Horse Cave keeps its shelves stocked with delicious food products and handmade crafts. Photo: Horse Cave/Hart County Tourism.



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## And they're off... to the Bourbon Capital of the World!

Mint Julep classes, My Old Kentucky Barbeque , the Iconic Budweiser Clydesdales and the Home that inspired the Official Kentucky Derby song "My Old Kentucky Home, Goodnight"



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## Copper and Oak

### DANVILLE

You'll forget to check your watch and phone at Copper and Oak—and that's the point. Owners Nicole and Beau Cacciatore purposefully designed the restaurant to be a place where people could lose themselves to good food and

good times, focusing on the craft burgers, beer and bourbon that are served in an upscale speakeasy setting.

Menu favorites include the restaurant's locally sourced prime steaks and dishes that add a twist on Southern favorites, like the Hot Honey Chicken. On the drinks side, Copper and Oak is

known for an outstanding bourbon selection, with the bourbons of hometown distillery Wilderness Trail, a Kentucky Bourbon Trail member, topping the list.

## Freight House

### PADUCAH

"People know us as a UNESCO Creative City of Crafts and Folk Art," says Sara Bradley. "Now they will know us for amazing culinary arts as well."

Bradley, a self-described *Top Chef* superfan, is the owner of the farm-to-table restaurant famous for using ingredients from Paducah's own backyard—meaning select farmers within a day's drive.

A runner-up on season 16 of Bravo's popular *Top Chef* series, Bradley returned recently for season 20. This special All-Star season, which began its run in March, features winners and finalists from around the world.

Catch the show, then grab a table at this gastronomical gem tucked in a historic railroad depot near Paducah's waterfront.

Chef Sara Bradley and the staff at Freight House are helping to define the flavor of the "new South." Photo: Freight House

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◀ A bartender at Copper and Oak puts the finishing touches on one of its signature cocktails. Photo: Copper and Oak



Taige Garrison uses a torch on wood chips as she prepares a Smoked Old Fashioned for a customer at Copper and Oak in Danville. Photo: Copper and Oak



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Tousey House Tavern in Burlington has an extensive bourbon list to provide customers with plenty of options. Photo: meetNKY

# ADULT BEVERAGES

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## Tousey House Tavern

### BURLINGTON

You learn a thing or three after 200 years—like the best experience to be had at this historic tavern, one of the oldest buildings in Boone County.

“Start with a cocktail of your choosing and the fried green tomato appetizer,” says General Manager Eric Morehead. “Then invest in our family-recipe fried chicken. Finish your night off with a piece of our house-made bread pudding.”

The cocktail of choice? Customers love the Erastus Tousey, the tavern’s house Manhattan. It is named in honor of the attorney who built the Federal-style manse, circa 1822, that today stocks between 110 and 115 bourbons and is on The B-Line, northern Kentucky’s self-guided bourbon trail.

## Urban Stillhouse Restaurant

### SOMERSET

American heroes who rode into Afghanistan on horseback weeks after the 9/11 attack are the founders of this new downtown restaurant. Following that clandestine mission in October 2001, the 12 Green Berets who became known as the Horse Soldiers tapped into a passion for making bourbon.

The smart-casual dining and cocktail bar, located in Somerset’s former Goldenberg Furniture building, is scheduled to open in spring and will feature Horse Soldier Bourbon.

The restaurant will eventually be joined by Horse Soldier Farm’s sustainable bourbon distillery and entertainment complex, under construction in Pulaski County

## MOCKTAIL DESTINATIONS

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### La Cabana Mexican Restaurant

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### Second Sight Spirits

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### The Brickhouse

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View delicious, alcohol-free recipes on page 44. ➔



## 2023 EVENTS

**MAY 20:** Art in the Park

**MAY 27:** Memorial Day Ceremony

**JUNE 3:** Logsdon Valley Park Concert—Elvie Shane

**JUNE-AUG 2nd & 4th Saturdays:** East Main Market Concert Series

**JULY 15:** Twin Lakes National Fiddler Contest

**AUG 29-SEPT 2:** Grayson County Fair

**SEPT 27-30:** Clarkson State Honey Festival

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## HERE'S TO CRAFTY NON-ALCOHOLIC DRINKS

Mocktails are making a splash at bars, restaurants and distilleries all over Kentucky. Here are recipes from several venues for delicious mocktails that everyone in the family can enjoy. View destination information on page 43.

**The Brickhouse:** This award-winning restaurant is known for its signature elevated pizzas and burgers, including the Prestonsburger, plus foodie faves Kentucky beer cheese and apple bourbon wings. It's all about good food, craft beer and live music with local and regional singer/songwriters. Learn more at [www.brickhouseky.com](http://www.brickhouseky.com).

### Kentucky Peach Mojito

Mint leaf plus garnish

½ oz peach puree

¼ oz simple syrup

2 oz club soda

1 oz Ale-8-One

Muddle a mint leaf with simple syrup. Combine mint leaf, club soda and peach puree. Shake mixture. Pour in glass and top with Ale-8. Garnish with mint leaf.



Sip a mocktail while enjoying live local entertainment at The Brickhouse.  
Photo: The Brickhouse

and served by South Kentucky RECC. Spread over 200-plus acres overlooking Lake Cumberland, the family-friendly village will include shopping and dining experiences, live concerts and festivals, luxury lodging, a chapel and more.

### Tomcat Bourbon & Brew House ASHLAND

Two bars. Two different atmospheres. The Tomcat Bourbon & Brew House, anchored by a solid oak bar that was original to a Chicago pub in the early 1900s, caters to bourbon and craft beer aficionados. The Alumni Tavern features all the regular domestics on tap. The bar's popular house beer, Tomcat Lager, plays a starring role in each.

Both bars lead out to a large shared outdoor patio and band stage that has hosted such up-and-comers on the music scene as *American Idol* winner Noah Thompson and Holly Forbes from *The Voice*.

Tomcat also offers a free party bus service.

"We will pick up and take home any patrons within a reasonable drive," says owner Scott Wamsley Jr.

### The Granary Piano Bar at Harper House

CADIZ

The Granary Piano Bar at the Harper House Restaurant claims distinction as the only restaurant/bar designed and built inside a brand-new grain bin. Served by Pennyrile Electric, it is known for an extensive bourbon collection, 12 rotating local draughts and a signature drink—the Harper House Margarita.

Experience chef-driven cuisine like Harper House's famous smoked prime rib, steakhouse tempura roll and maple bacon Brussels sprouts, plus scratch-made cocktails and desserts, with a baby grand on the center stage and live entertainment every weekend. The setting is rustic, with tractor seats for barstools, horseshoes for the foot bar and a bar top sporting a layer of local corn beneath an epoxy shine.



**Farmer & Frenchman Winery & Vineyard:** Farmer & Frenchman is a weekend away waiting to be booked, with seasonal vineyard-to-table cuisine made to pair with the vineyard's Kentucky wines and European imports, plus solar-powered cabins with private patios in a beautiful country setting. Served by Kenergy Corp., the winery sits on fifth-generation family farmland and has miles of walking trails. Learn more at [www.farmerandfrenchman.com](http://www.farmerandfrenchman.com).



## Bubbly Farm Girl Mocktail

**1 oz cranberry juice**

**1 oz orange juice**

**Juice from half a lime**

**clear soda like Sprite, etc.**

Fill a standard cocktail shaker (about 18 oz) with ice and add juices. Shake mixture until metal tin is chilled, then strain contents into champagne flute. Top with clear soda like Sprite, 7UP or ginger ale.

For a lower calorie option, top with grapefruit-flavored sparkling water. Garnish with orange triangle on rim.

The appropriately named Bubbly Farm Girl Mocktail is crafted at Farmer & Frenchman Winery & Vineyard. Photo: Farmer & Frenchman Winery & Vineyard



**Second Sight Spirits:** This one-of-a-kind distillery has a still designed and built by owners and founders Rick Couch and Carus Waggoner. It features a giant crystal ball, plus comfy tasting room, lounge and coffee bar adorned with crystal balls, Magic 8 balls and one fortune-telling fish. Learn more at [www.secondsightspirits.com](http://www.secondsightspirits.com).

## Lavender Blackberry Earl Grey Mocktail

### Prep

Make a lavender blackberry syrup by combining 1/2 cup of frozen or fresh blackberries, 3 tablespoons of lavender buds, 1/2 cup sugar, and 1 cup water to a pot; bring to a simmer. Turn off heat and let sit and steep for 10 minutes. Strain syrup mix and set aside.



Second Sight Spirits serves up a bit of magic with its Lavender Blackberry Earl Grey Mocktail. Photo: Second Sight Spirits

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Steep any brand of Earl Grey tea for recommended time on box. (You can expand your recipe by steeping more than one bag of tea at a time with the proper addition of water.)

**1 ½ oz blackberry lavender syrup**

**2 ½ oz Earl Grey tea**

**1-2 orange slices**

Shake all ingredients and strain over ice. Garnish with orange peel or lavender buds.



La Cabana Mexican Restaurant's virgin margarita.  
 Photo: La Cabana Mexican Restaurant

#### La Cabana Mexican Restaurant:

It's burritos and bourbon, molcajete and margaritas at this dining oasis in the wilderness—but nondrinkers can enjoy, too, with a virgin margarita on the rocks. This family-owned restaurant served by Clark Energy is located in the heart of Red River Gorge and offers dog-friendly patio dining and live music on Thursdays. Learn more at [www.lacabanaofslade.com](http://www.lacabanaofslade.com).

#### Virgin Margarita

Ice

**1 fresh-squeezed lime**

**½ oz simple syrup**

**3 oz water**

**¼ oz orange juice**

**Salt for the rim, if desired**

Fill mixer with ice. Add lime juice, simple syrup, water and orange juice and shake. Pour in separate glass over ice. Add strawberry or mango flavor for a fruity mix.

CONTINUED ON PAGE 47





# STATE PARKS

CONTINUED FROM PAGE 46

## Big Bone Lick State Historic Site UNION

Known as the birthplace of American vertebrate paleontology, this state park, served by Owen Electric, is a place of wonder, a nod to the area's prehistoric past and the only living mammalian link to the Ice Age.

Everything is larger than life—from the live bison herd roaming the fields year-round to the megafauna diorama pit with its mega mammal replicas like the American mastodon, to museum exhibits, including a full Harlan's ground sloth replica skeleton. It is an

Big Bone Lick State Park's full Harlan's ground sloth replica skeleton. Photo: Kentucky State Parks

## ADVENTURE AWAITS! *in Franklin Kentucky*

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Situated on I-65, just 20 minutes south of Bowling Green and 30 minutes north of Nashville, Franklin offers tons of adventure with a small town feel. Jump on the Kentucky Craft Bourbon Trail at Dueling Grounds Distillery. Visit the site where Sam Houston, and many others, fought a duel for honor. Step back into the Civil War era and explore Octagon Hall, but watch out for the ghosts! Play a round of golf at Kenny Perry's golf course, drive across the county and enjoy the public art installations. Visit the candy shop, grab a great cup of coffee, catch an art exhibit or shop until you drop at one of the unique boutique shops in the historic downtown district. It's all waiting for you!



Win a Getaway. See page 57.



educational family outing, but kids just see pure fun.

Recent park improvements include a resurfaced Bison Trace Trail, rerouted Gobbler's Trace Trail and refreshed campground sites. A new Discovery Center is expected in 2024.

## Lake Cumberland State Resort Park

### JAMESTOWN

With a 60,000-acre lake for houseboating, fishing and watersports; panoramic views from Lure Lodge and Rowena Landing Restaurant; plus indoor swimming pool and hot tub, Lake

Cumberland is a resort vacation just waiting for the family to arrive and unpack. Served by South Kentucky RECC, the park offers outdoor sports including hiking, disc golf, mini golf, tennis and geocaching, plus the nearby Wolf Creek National Fish Hatchery Visitor and Environmental Education Center.

New this year are Wake Zone bar, the addition of 11 full hookup RV sites in the campground and a renovated outdoor pool expected to be open at the end of May. New activities include 3D archery featuring life-size targets of deer, bear and turkey, and astronomy in the fall.

## Greenbo Lake State Resort Park

### GREENUP

This state resort park with 3,300 acres of forestland, 33 miles of scenic multiuse trails and a 225-acre lake is known not only for its record-setting catfishing and bass fishing but for its scuba refuge—the only one among Kentucky's state parks. It is served by Grayson RECC.

"The park is beautiful, with lots of nature to enjoy a quiet getaway and plenty of outdoor recreation—

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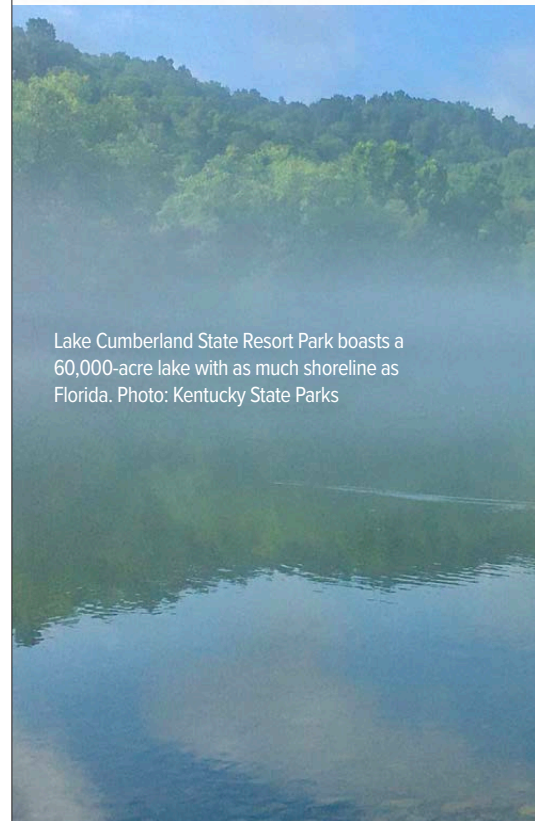
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Lake Cumberland State Resort Park boasts a 60,000-acre lake with as much shoreline as Florida. Photo: Kentucky State Parks





Greenbo Lake State Resort Park is known for record-setting bass and catfish. Photo: Kentucky State Parks

kayaking, fishing, boating, hiking, mini golf, swimming,” says Park Manager Brenda Danner.

Visitors love the park’s 36-room fieldstone lodge, named in honor of late Poet Laureate Jesse Hilton Stuart. Featuring private patios and balconies overlooking Greenbo Lake, the lodge hosts numerous events, including Murder Mystery Dinner Theater and a quilt show.



# Springfield



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## Rough River Dam State Resort Park

### FALLS OF ROUGH

So many possibilities await at Kentucky's smallest resort park, which is served by Meade County RECC: boating and fishing on the 5,000-acre Rough River Lake, which offers an accessible marina; lounging on the beach; playing disc golf on an 18-hole lakeside course; practicing navigational skills on the orienteering course (one of just a few that exist at state parks); and enjoying events like spring and holiday craft shows that spotlight Kentucky-made products.

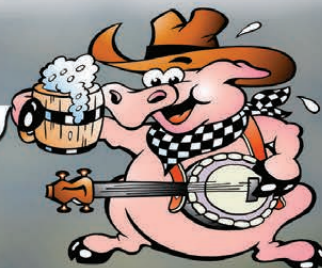
"And music, music, music. Bluegrass every month and Friday night patio concerts throughout the summer," says Park Manager Michael Ricks. "The park is not only a quiet, scenic retreat, but it has a large conference center



and Grayson's Landing Restaurant with wonderful food and great service."

Rough River Dam State Resort Park, Falls of Rough. Photo: Kentucky State Parks

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A young cowboy braves the mechanical bull among the many other carnival rides at the Trigg County Country Ham Festival. Photo: Cadiz-Trigg County Tourism Commission

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### Great American Brass Band Festival

#### DANVILLE

French horns, trumpets, trombones, tubas and more are joined by other musical instruments on Saturday morning of this four-day, family-friendly festival as they march through Danville's historic downtown en route to Centre College for an afternoon and evening filled with music.

From the N'awlins sounds on Friday night during the Bayou and Brass performances to the varying brass band styles incorporated into

The Storyville Stompers Brass Band of New Orleans leads the Great American Brass Band Festival Parade, now in its 33rd year, down Main Street in Danville. Photo: Great American Brass Band Festival

Members of the Circle City Sidewalk Stompers from Indianapolis perform at Danville's Wiesiger Park during the annual Great American Brass Band Festival. Photo: Kendall Clinton/Danville-Boyle County Tourism Office

Saturday and Sunday music on the college lawn, the Great American





# PLAN YOUR ADVENTURES

*Take your time—you've got spring, summer, fall and maybe even winter to work these attractions into your schedule.*

## MUSIC VENUES

### MegaCorp Pavilion

101 W. 4th St., Newport  
(859) 900-2294  
[www.promowestlive.com](http://www.promowestlive.com)

### The Grove

702 Happy Valley Road, Glasgow  
(270) 629-4263  
Facebook: The Grove-KY

### The Barnyard Entertainment Venue

10005 W. State Route 36, Sharpsburg  
(606) 709-2276  
[www.thebarnyardvenue.com](http://www.thebarnyardvenue.com)

### Renfro Valley Entertainment Center

2380 Richmond St., Mt. Vernon  
(800) 514-3849  
[www.renfrovalley.com](http://www.renfrovalley.com)

## FOODIE FAVORITES

### Copper and Oak

303 W. Main St., Danville  
(859) 209-2087  
[www.copperandoakky.com](http://www.copperandoakky.com)

### Farmwald's Restaurant & Bakery

3720 L&N Turnpike, Horse Cave  
(270) 786-5600  
[www.farmwalds.com](http://www.farmwalds.com)

### Freight House

330 S. 3rd St., Paducah  
(270) 908-0006  
[www.freighthousefood.com](http://www.freighthousefood.com)

### Walt's Hitching Post

3300 Madison Pike, Fort Wright  
(859) 360-2222  
[www.waltshitchingpost.com](http://www.waltshitchingpost.com)

## ADULT BEVERAGES

### The Granary Piano Bar at Harper House

123 DJ Everett Drive, Cadiz  
(270) 874-2858  
[www.harperhouseky.com](http://www.harperhouseky.com)

### Tomcat Bourbon & Brew House

2018 29th St., Ashland  
(606) 420-4425  
[www.tomcatbb.com](http://www.tomcatbb.com)

### Tousey House Tavern

5963 N. Jefferson St., Burlington  
(859) 586-9900  
[www.touseyhouse.com](http://www.touseyhouse.com)

### Urban Stillhouse Restaurant/Horse Soldier Bourbon

95 Public Square, Somerset  
(800) 642-6287 (Somerset-Pulaski County Convention & Visitors Bureau)  
[www.horsesoldierbourbon.com](http://www.horsesoldierbourbon.com)

## STATE PARKS

### Big Bone Lick State Historic Site

3380 Beaver Road, Union  
(859) 384-3522  
<https://parks.ky.gov>

### Greenbo Lake State Resort Park

965 Lodge Road, Greenup  
(606) 473-7324  
<https://parks.ky.gov>

### Lake Cumberland State Resort Park

5465 State Park Road, Jamestown  
(270) 343-3111  
<https://parks.ky.gov>

### Rough River Dam State Resort Park

450 Lodge Road, Falls of Rough  
(270) 257-2311  
<https://parks.ky.gov>

## LONGER FESTIVALS

### GoettaFest

533 Goetta Place, Covington  
(859) 291-1800  
[www.goetta.com](http://www.goetta.com)

### Great American Brass Band Festival

105 E. Walnut St., Danville  
(859) 319-8426  
[www.gabbf.org](http://www.gabbf.org)

### Mt. Sterling Court Days

124 N. Maysville St., Mt. Sterling  
(859) 498-8732  
[www.mtsterlingtourism.com](http://www.mtsterlingtourism.com)

### Trigg County Country Ham Festival

61 Main St., Cadiz  
(270) 522-3892 (Cadiz-Trigg County Tourism Commission)  
[www.hamfestival.com](http://www.hamfestival.com)

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**Berea**  
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**Folk Arts  
& Crafts**  
CAPITAL OF KENTUCKY



**BEREA CRAFT  
FESTIVAL - July 7-9**



**Berea**  
KY TOURISM

[visitberea.com](http://visitberea.com) TEAM KENTUCKY

Win a Getaway. See page 57.



Brass Band Festival will provide top notch entertainment June 1–4. It also gives festivalgoers a chance to bling out their rented picnic tables for the Great American Picnic's Saturday evening decorating competition.

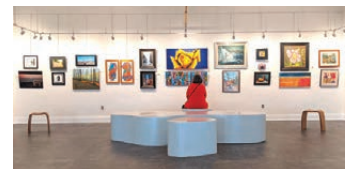
## GoettaFest NEWPORT

Outside the region, it may seem like a weird culinary proclivity, but eating the sausage-based sensation called goetta is a northern Kentucky obsession. Next to the region's unique chili, goetta is the most popular local dish.

Glier's free-admission GoettaFest celebrates this slow-cooked meaty mélange of pork, beef, steel-cut oats, onions and spices brought here by the German immigrants that settled in the area. Held at Newport's Festival Park at the Levee, the festival is so appetizing that it needs two



Mister Goetta presides over GoettaFest in Newport.  
Photo: meetNKY



  
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*Discover Henderson...*

...where delicious food, friendly festivals, and the comfort and creativity of our river town retreat feed the soul, all with nature and history as its backdrop.



full weekends—this year July 27–30 and Aug. 3–6—to do it justice.

Taste goetta in everything from pizza to fudge while enjoying family-focused goetta games and lots of live entertainment.

GoettaFest celebrates northern Kentucky's second most popular culinary delicacy: goetta. Photo: meetNKY



## Trigg County Country Ham Festival

### CADIZ

What does it look like when a town of 2,500 welcomes more than 50,000 visitors for a two-day festival celebrating the local delicacy—country ham? Find out October 13–14 at the 47th annual festival, which combines food, family fun and a schedule packed with entertainment and live country music concerts.

Served by Pennyrile Electric, the festival has grown steadily since it debuted in 1977. Visitors and “home folks” alike come for the car and truck show, quilt show, carnival rides, Ham Fest Stomp, the World’s Largest Country Ham and Biscuit, petting zoo and, of course, the country ham—a Trigg County tradition.

## Mt. Sterling Court Days

### MT. STERLING

Two hundred twenty-nine years ago, the Kentucky General Assembly decided that each county should meet once a month to hold court.

“This day became an annual trading day where people came from miles around to buy, sell and trade,” says Tracy Pearce, tourism director at Mt. Sterling/Montgomery County Tourism.

That event has become Kentucky’s longest running festival, this year October 13–16, when the streets of historic downtown Mt. Sterling will step lively with thousands of visitors from all over the world. Shop at downtown merchants and from hundreds of vendors with hand-made crafts, antiques, tools, clothing, collectibles and more, along with a huge selection of foodstuffs and live music entertainment. **KL**



# The fun starts here!





**GRANT COUNTY**  
Tourist & Convention Commission

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

TEAM KENTUCKY



**1-800-382-7117**

Win a Getaway. See page 57.





FRENCH LICK, IN

# PLAY IT TO BELIEVE IT

WEST BADEN, IN



Win a Getaway. See page 57.

Needing to get away and shake up those plans?

With Pete Dye's modern gem and a classic Donald Ross course together at the same resort (plus casino action after your rounds are in the books), Southern Indiana hits that sweet spot of golf and gaming.

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# WIN

## a Lake Cumberland Trip for Four!

Provided by Lake Cumberland Tourist Commission

### PACKAGE FOR FOUR INCLUDES:

#### 2-NIGHT STAY at Lake Cumberland State Resort Park

#### EXCURSIONS:

- 1-Day Pontoon Rental—Marina Rowena
- Kayak Rentals—Campbell's Creelsboro Country Store
- Lakewood Country Club Golf Course
- Tour of the U.S. Army Corps of Engineers Wolf Creek Dam and Power Plant

#### GIFT CERTIFICATES TO SHOP OR PLAY:

- Mini Indy: Go Kart Track & Family Fun Center
- Friends of Wolf Creek National Fish Hatchery
- Lake Country Outdoors
- The Pretty Creekside Boutique
- Common Grounds Coffee & Yoga

#### MEALS:

- Little Man's Coffee and Donuts Shop—Breakfast
- The Springs Diner—Breakfast
- The Fruit Market—Lunch
- Campbell's Creelsboro Country Store—Lunch
- Reel Java & Creamery—Lunch
- Coe's Steak House—Dinner
- Esto Country Store & Cafe—Dinner
- Stropoli's Famous Pasta—Dinner

#### GIFT BASKET:

- Hat—Lake Country Outdoors
- Tumblers, Koozies, Decals—Lake Decals

*Subject to availability—details and restrictions apply*

**ENTER ONLINE at**  
**KentuckyLiving.com**  
**BY MAY 15, 2023**



NO PURCHASE NECESSARY. To enter, visit [www.KentuckyLiving.com](http://www.KentuckyLiving.com) for a chance to win. Open to persons age 21 or over in the Continental United States, except for employees or immediate family members of *Kentucky Living*, Kentucky Association of Electric Cooperatives, Kentucky's electric co-ops and their respective divisions, subsidiaries, advertising, and promotion agencies. Prizes subject to change and may be subject to U.S. taxes; a Form 1099 will be issued the following year, where applicable. Prize value approximately \$1,730. One entry per person, drawn by random; odds of winning depend upon number of entries received. We are not responsible for entries that are lost, misdirected, or delayed. Entries must be received by MAY 15, 2023.

**KentuckyLiving**





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*Kentucky*

## Lighthouse Landing Sailing School

"It's very relaxing. It's very enjoyable. It's very peaceful." That's how Robin Colburn describes an exhilarating waterway adventure unlike any other—sailing.

Colburn, a Jackson Purchase Energy Cooperative consumer-member, is the rental and office manager of Lighthouse Landing Resort and Marina in Grand Rivers. For two decades, the multi-award-winning Lighthouse Landing Sailing School has helped put the wind in students' sails as they learn sailing basics on Kentucky Lake.

The sailing school teaches the theory of sailing and practical skills to promote

confidence and safety on the water. The American Sailing Association (ASA) certified four-day courses include Basic Keelboat (101), covering topics like sailing terminology, steering and sailor's knots. Basic Coastal Cruising (103) dives into anchoring and mooring, heavy weather sailing, and overboard crew member recovery.

Classes are held indoors and outdoors, with four students per group. Out on the water, lessons take place aboard a Colgate 26 sailboat, also operated in the U.S. Naval Academy's sail training program. Colburn

points out the importance of mobility and agility for those who are considering enrolling.

"A sailing school is a great experience, but it's also physically demanding," explains Colburn. "You have to be able to get from one position to the other."

Once students have earned certification, Colburn says they can go to other places to charter a boat, as their ASA certification is recognized all over the U.S., as well as in some other countries. See additional photos and learn more at [KentuckyLiving.com](http://KentuckyLiving.com).

Story: Amy Cobb

Photo: Lighthouse Landing



## VANHOOK FALLS

Amazing how the rushing water  
makes you do the opposite.



In The Kentucky Wildlands, you'll find many paths that lead through pristine ancient forests and over mountains rewarding you with spectacular natural wonders, such as the ones on The Kentucky Wildlands Waterfall Trail.



**ANGLIN FALLS**

**Access:** 1.7 mile trail

*Photo: Dustin Robinson*



**EAGLE FALLS**

**Access:** 1.5 mile trail

*Photo: Steve Poynter*



**CREATION FALLS**

**Access:** 1.4 mile trail

*Photo: Rodney Hendrickson*



**76 FALLS**

**Access:** short walk or by boat

*Photo: Jim Ledford*

Win a Getaway. See page 57.

Photo: Steve Poynter



Explore All the Falls on The Kentucky Wildlands  
Waterfall Trail: [exploreKYwildlands.com](https://exploreKYwildlands.com) or scan



This material is based upon work supported under a grant by the Appalachian Regional Commission. Any opinions, findings and conclusions or recommendations expressed in the material are solely the responsibility of the authors and do not necessarily represent the official views of the Appalachian Regional Commission.





# On the road

*A cowboy ghost town and back-road adventure*

JOEL SAMS

## June 1970: Tombstone Junction

From its beginnings in late 1969 to the fire that closed it forever in 1991, Tombstone Junction offered a unique Old West-themed experience, complete with a working steam locomotive, a root beer serving saloon, costumed actors, live music, old-timey shops and more.

Located near Cumberland Falls State Park, the attraction was created by local businessman Morris Stephens, with help from his father, Millard, and son, Rick. Its centerpiece was “Old Number 77,” a

steam locomotive that made around 20 trips a day on a 2.5-mile track through Daniel Boone National Forest. Charlie Pennycuff and Jerome Martin, retired from the Kentucky-Tennessee Railroad, served as engineers.

Approximately 27,000 people took rides on Old Number 77 during its first year. A series of fires ended the park’s operation, and today, almost nothing remains of Tombstone Junction but the memories.



To view photos and read the full 1970 article, visit [KentuckyLiving.com/75th](http://KentuckyLiving.com/75th) or scan the QR code below.

## March 1992: Taking the back roads

In 1960, the great American novelist John Steinbeck had already foreseen an unintended consequence of interstate highways. “When we get these thruways across America, as we will and as we must,” he wrote, “it will be possible to drive from New York to California without seeing a single thing.”

In 1992, Nancy Farmer wrote in these pages that, while touring was a “lost art,” the curious traveler could still find “tourist courts and roadside cafes, neon signs

and lighthouse filling stations” merely by leaving the beaten path. “They’re like lost civilizations, remnants of the past, with businesses that cater to local traffic and a few die-hard tourists,” she wrote.

Farmer chronicled several sites you can still visit, including the Sherwood Inn in New Haven, Wigwam Village in Cave City, the Abraham Lincoln Birthplace and more.

Visit [KentuckyLiving.com/75th](http://KentuckyLiving.com/75th) to read Farmer’s



guide to touring U.S. 31, and then hit the road to see what treasures you might still find in 2023.

[www.kentuckyliving.com/75th](http://www.kentuckyliving.com/75th)

**READ FULL STORIES ONLINE.** Scan the QR code to view these articles and more as we celebrate 75 years of *Kentucky Living*.





# KENTUCKY FESTIVALS

Plan a fun getaway for yourself or your family!

See 138 festivals happening in Kentucky, April thru October 2023!

Soaps | Wines | Woodworks | Jellies | More

## MOREHEAD KENTUCKY PROUD EXPO

April 28-29, 2023

Friday 5 PM - 8 PM Saturday 10 AM - 5 PM

Morehead Conference Center

BEAUTIFUL DOWNTOWN CLINTON, KENTUCKY

## THE 12TH ANNUAL SPRING CHICKEN FESTIVAL

APRIL 21 4:00 PM TO 10:00 PM  
APRIL 22 8:00 AM TO 8:00 PM

FOOD | MUSIC | ARTS & CRAFTS  
5K RACE | PETTING ZOO | CONTESTS

[www.clintonhickmancountychamber.com/spring-chicken-fest](http://www.clintonhickmancountychamber.com/spring-chicken-fest)

## Peony Spring Festival

May 20th 11 a.m. - 6 p.m.

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

Courthouse Square, Warsaw, KY  
(859) 643-3118  
[visitgallatincountyky.com](http://visitgallatincountyky.com)

TEAM KENTUCKY

## 2023 FESTIVALS SOMERSET, KENTUCKY

#seemysset seesomerset.com

Foodstock April 29 Moonlight October 21  
Master Musicians Festival July 13-15  
Somernites Cruise 4th Saturday April-October

## KENTUCKY GREEN LIVING FAIR

APRIL 8 2023 SOMERSET, KENTUCKY

WORKSHOPS - LOCAL ART + FOOD - LIVE MUSIC  
SEED SAVING - COMPOSTING - SOLAR  
BACKYARD GARDENING - BEEKEEPING  
RECYCLED ART - NATIVE PLANTS - FIBER ARTS  
ELECTRIC CARS - MUSHROOM CULTIVATION  
PERMACULTURE - PLANTING BY THE STARS...

[WWW.KYGREENLIVINGFAIR.COM](http://WWW.KYGREENLIVINGFAIR.COM)

## ALPACA SPRING FLING

SAT, APRIL 22, 2023

HARDIN COUNTY FAIRGROUNDS  
(5617 S Dixie Hwy, Glendale, KY)

10am to 3:30pm EST | FREE ADMISSION & PARKING  
[www.kentuckyalpacaassociation.org](http://www.kentuckyalpacaassociation.org) | (502)-370-6426  
ALPACAS | SELFIES | FIBER DEMOS | MINI SEMINARS | DOOR PRIZES

GoCADIZ.com

## HAM FEST

OCTOBER 13 & 14

Live Music, Games, Rides,  
Vendors, Food

[GoCadiz.com/HamFest](http://GoCadiz.com/HamFest)

## BLUEGRASS, BREW, & BBQ FESTIVAL

GRAND RIVERS, KY

APRIL 28 & 29

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

## 31ST ANNUAL MOUNTAIN MUSHROOM FESTIVAL

Irvine, KY April 29 & 30

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

606-723-2554  
[www.mountainmushroomfest.org](http://www.mountainmushroomfest.org)

## Memorial Day Concert

COLE PARK, BURNSIDE

Gates Open at 4pm  
Food Trucks, Vendors & Live Music  
Alijah Creel at 5pm  
Hunter Flynn at 7pm

To purchase tickets:  
[www.visitburnside.com](http://www.visitburnside.com)

CADIZ WEST CADIZ PARK

## LITTLE RIVER FESTIVAL

LIVE MUSIC

SAT. APRIL 29TH

[GoCadiz.com/LRFest](http://GoCadiz.com/LRFest)

## Yard Sale

JUNE 23-24, 2023

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

270-821-4171  
Find us on

TEAM KENTUCKY

## Meade County Bicentennial Celebration

May 20, 2023  
Riverfront Park  
11AM - 10PM

Learn more at [VisitMeadeCounty.org](http://VisitMeadeCounty.org)



# KENTUCKY FESTIVALS

## BLUEGRASS

- 1 **CAFCA Cares Spring Festival**, Harrodsburg, May 6
- 2 **Paris Story Fest**, Paris, May 12–14
- 3 **Perryville Battlefield Springfest**, Perryville, May 13
- 4 **Bluegrass BBQ Festival**, Lexington, May 19–20
- 5 **Jeanne Penn Lane Celebration of Kentucky Writers & Songwriters**, Danville, May 20–21
- 6 **Chamber Music Festival of the Bluegrass**, Shaker Village, May 27–28
- 7 **Great American Brass Band Festival**, Danville, June 1–4
- 8 **Beer Cheese Festival**, Winchester, June 10
- 9 **PlayThink Festival**, Harrodsburg, June 14–18
- 10 **L & N Day**, Berea, June 17
- 11 **Vintage Dad's Day**, Shaker Village, June 17
- 12 **Summer Craft Festival**, Berea, July 7–9
- 13 **Berea Festival of LearnShops**, Berea, July 21–30
- 14 **Shaker Village Craft Fair**, Shaker Village, Aug. 5–6
- 15 **Soul of Second Street Festival**, Danville, Aug. 11–12
- 16 **Celtic Festival**, Berea, Aug. 17–20
- 17 **Pioneer Days**, Harrodsburg, Aug. 17–20
- 18 **Crave Food & Music Festival**, Lexington, Aug. 26–27
- 19 **Daniel Boone Pioneer Festival**, Winchester, Sept. 2–3
- 20 **Festival of the Horse**, Georgetown, Sept. 8–10
- 21 **Spoonbread Festival**, Berea, Sept. 15–17
- 22 **Constitution Square Festival**, Danville, Sept. 16
- 23 **Kentucky Heritage Jazz Festival**, Shaker Village, Sept. 16–17; continues Sept. 22–24 at Old Fort Harrod State Park
- 24 **Anderson County Burgoo Festival**, Lawrenceburg, Sept. 22–24

- 25 **Harvest Fest**, Shaker Village, Sept. 23–24

## EASTERN

- 26 **Hillbilly Days**, Pikeville, April 20–22
- 27 **Redbud Ride Weekend**, London-Laurel County, April 21–22
- 28 **American Indian Heritage Weekend**, Cumberland Falls State Resort Park, April 21–23
- 29 **Morehead Kentucky Proud Expo**, Morehead, April 28–29, [moreheadtourism.com](http://moreheadtourism.com)
- 30 **Mountain Mushroom Festival**, Irvine, April 29–30, [mountainmushroomfest.org](http://mountainmushroomfest.org)
- 31 **Arts at the Park Festival**, Pine Mountain State Resort Park, May 12–13
- 32 **Kentucky Mountain Laurel Festival**, Pineville, May 25–28
- 33 **Memory Days**, Grayson, May 25–28
- 34 **Poke Sallet Festival**, Harlan, June 1–3
- 35 **Menifee Mountain Memories Festival**, Frenchburg, June 2–3
- 36 **Olive Hill Homecoming**, June 3–4 and every weekend thru July 4
- 37 **Laurel Cove Music Festival**, Pineville, June 9–10
- 38 **Firkin Fest**, Ashland, June 17
- 39 **Rudy Fest Bluegrass Festival**, Morehead, June 17–24
- 40 **Summer Motion**, Ashland, July 1–4
- 41 **Shriners Bluegrass Festival**, Olive Hill, July 13–15
- 42 **Minnie Adkins Day**, Sandy Hook, July 15
- 43 **Pioneer Life Week at Carter Caves State Resort Park**, Olive Hill, July 24–29
- 44 **Corn Festival**, Stanton, Aug. 5–6
- 45 **NIBROC**, Corbin, Aug. 9–12
- 46 **Laurel County Homecoming**, London, Aug. 11–13.
- 47 **Elliott County Tobacco Festival**, Sandy Hook, Sept. 1–2

- 48 **Breathitt County Honey Festival**, Jackson, Sept. 1–4
- 49 **Honoring our Veterans Pow Wow**, Corbin, Sept. 2–3
- 50 **Fraley Festival of Traditional Music**, Carter Caves State Resort Park, Sept. 6–9
- 51 **Old Fashioned Trading Days**, Williamsburg, Sept. 7–9
- 52 **Lawrence County Septemberfest**, Louisa, Sept. 8–9
- 53 **Poppy Mountain Bluegrass Festival**, Morehead, Sept. 8–16
- 54 **Black Gold Festival**, Hazard, Sept. 14–16
- 55 **Poage Landing Days**, Ashland, Sept. 14–17
- 56 **World Chicken Festival**, London, Sept. 21–24
- 57 **Morgan Co. Sorghum Festival**, West Liberty, Sept. 22–24
- 58 **Cave Run Storytelling Festival**, Morehead, Sept. 29–30

## NORTH CENTRAL

- 59 **Alpaca Spring Fling**, Glendale, April 22, [kentuckyalpacaassociation.org](http://kentuckyalpacaassociation.org)
- 60 **Master Gardener Plant & Garden Art Sale**, Shepherdsville, April 29
- 61 **Plant Fair & Spring Fling**, Leitchfield, May 6
- 62 **Glendale Spring Fest**, Glendale, May 20
- 63 **Meade County Bicentennial Celebration**, Brandenburg, May 20, [visitmeadecounty.org](http://visitmeadecounty.org)
- 64 **Art in the Park**, Leitchfield, May 20
- 65 **Wine Fest**, Elizabethtown, May 20
- 66 **Leitchfield Freedom and Fiddling Festival**, Leitchfield, July 15
- 67 **Cruisin' the Heartland**, Elizabethtown, July 28–29
- 68 **Henry County Harvest Showcase**, New Castle, July 29

- 69 **African American Heritage Festival**, Springfield, Aug. 4
- 70 **Kentucky State Fair**, Louisville, Aug. 17–27
- 71 **Buttermilk Days**, Bardstown, Aug. 24–26
- 72 **Trimble County Apple Festival**, Bedford, Sept. 9–10
- 73 **Kentucky Bourbon Festival**, Bardstown, Sept. 15–17
- 74 **Louder Than Life**, Louisville, Sept. 21–24
- 75 **Marion County Country Ham Days**, Lebanon, Sept. 22–24
- 76 **Clarkson Honeyfest**, Grayson County, Sept. 28–30
- 77 **Heartland Harvest Festival**, Elizabethtown, Sept. 30

## NORTHERN

- 78 **Old Washington Art and Chocolate Festival**, Maysville, April 1
- 79 **Junkfest**, Augusta, May 6
- 80 **FedEx Ground Smoke on the River BBQ Fest**, Covington, May 12–14
- 81 **Peony Spring Festival**, Warsaw, May 20, [visitgallatincountyky.com](http://visitgallatincountyky.com)
- 82 **U.S. 25 Yard Sale**, Richwood–Williamsburg, June 2–3
- 83 **Art in the Garden**, Augusta, June 3
- 84 **Italianfest**, Newport, June 8–11
- 85 **Maysville Uncorked! Wine and Art Festival**, Maysville, June 10
- 86 **FedEx Ground Rockin' Taco Festival**, Covington, June 23–25
- 87 **Riverfest Days**, Augusta, July 14–16

Route of the  
400 Mile Sale



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

- 88 **Glier's Goettafest**, Newport, July 27–30; Aug. 3–6
- 89 **Highway 127 Yard Sale**, Covington–Static, Aug. 3–6
- 90 **Great Inland Seafood Festival**, Newport, Aug. 10–13
- 91 **Oktoberfest**, Maysville, Aug. 11–12
- 92 **Rotary Heritage Days**, Augusta, Sept. 1–3
- 93 **Bands & BBQ at the Point**, Carrollton, Sept. 8–9
- 94 **Simon Kenton Festival**, Maysville, Sept. 16–17
- 95 **Pig Out**, Maysville, Sept. 22–23
- 96 **Civil War Days**, Augusta, Sept. 22–24

### SOUTH CENTRAL

- 97 **Kentucky Green Living Fair**, Somerset, April 8, [kygreenlivingfair.com](http://kygreenlivingfair.com)
- 98 **White Squirrel Arts Fest**, Bowling Green, April 21–23
- 99 **Somernites Cruise**, Somerset, 4th Saturday, April thru October, [seesomerset.com](http://seesomerset.com)
- 100 **Spring Plow Day**, Campbellsville, April 29
- 101 **Foodstock**, Somerset, April 29, [seesomerset.com](http://seesomerset.com)
- 102 **Live in Liberty Music Festival**, Liberty, May 27
- 103 **Memorial Day Concert**, Burnside, May 29, [visitburnside.com](http://visitburnside.com)
- 104 **Duncan Hines Festival**, Bowling Green, June 5–11

- 105 **Blazin' Bluegrass Spring Fest**, Whitley City, June 8–10
- 106 **Wired 4 Good**, Bowling Green, June 9–10
- 107 **Green River Catfish Festival**, Morgantown, July 1–4
- 108 **Master Musicians Festival**, Somerset, July 13–15, [seesomerset.com](http://seesomerset.com)
- 109 **Lake Cumberland Bluegrass Festival**, Russell Springs, Aug. 18–19
- 110 **Monroe County Watermelon Festival**, Tompkinsville, Sept. 2
- 111 **Blazin' Bluegrass Festival**, Whitley City, Sept. 14–16
- 112 **Cumberland River Bluegrass Festival**, Burkesville, Sept. 14–16
- 113 **Grandest Ole Opry**, Scottsville, Sept. 15–16
- 114 **Jacksonian Days Street Fair**, Scottsville, Sept. 16
- 115 **Casey County Apple Festival**, Liberty, Sept. 21–23
- 116 **International Festival**, Bowling Green, Sept. 30
- 117 **Tobacco & Heritage Festival**, Russellville, Oct. 8
- 118 **Moonlight Festival**, Somerset, Oct. 21, [seesomerset.com](http://seesomerset.com)

### WESTERN

- 119 **Tater Day**, Benton, March 31–April 3
- 120 **Tri-Fest**, Henderson, April 14–16
- 121 **International Cultural Celebration**, Madisonville, April 19
- 122 **Spring Chicken Festival**, Clinton, April 21–22, [clintonhickmancountychamber.com/spring-chicken-fest](http://clintonhickmancountychamber.com/spring-chicken-fest)
- 123 **Bluegrass, Brew & BBQ Festival**, Grand Rivers, April 28–29, [grandrivers.org](http://grandrivers.org)
- 124 **Little River Festival**, Cadiz, April 29, [gocadiz.com](http://gocadiz.com)
- 125 **BBQ & Barrels**, Owensboro, May 12–13
- 126 **Lower Town Arts & Music Festival**, Paducah, May 12–13
- 127 **Strawberry Festival**, Beaver Dam, May 25–27
- 128 **400 Mile Sale**, State Route 68, Paducah to Maysville, June 1–4
- 129 **W.C. Handy Blues & Barbecue Festival**, Henderson, June 14–17

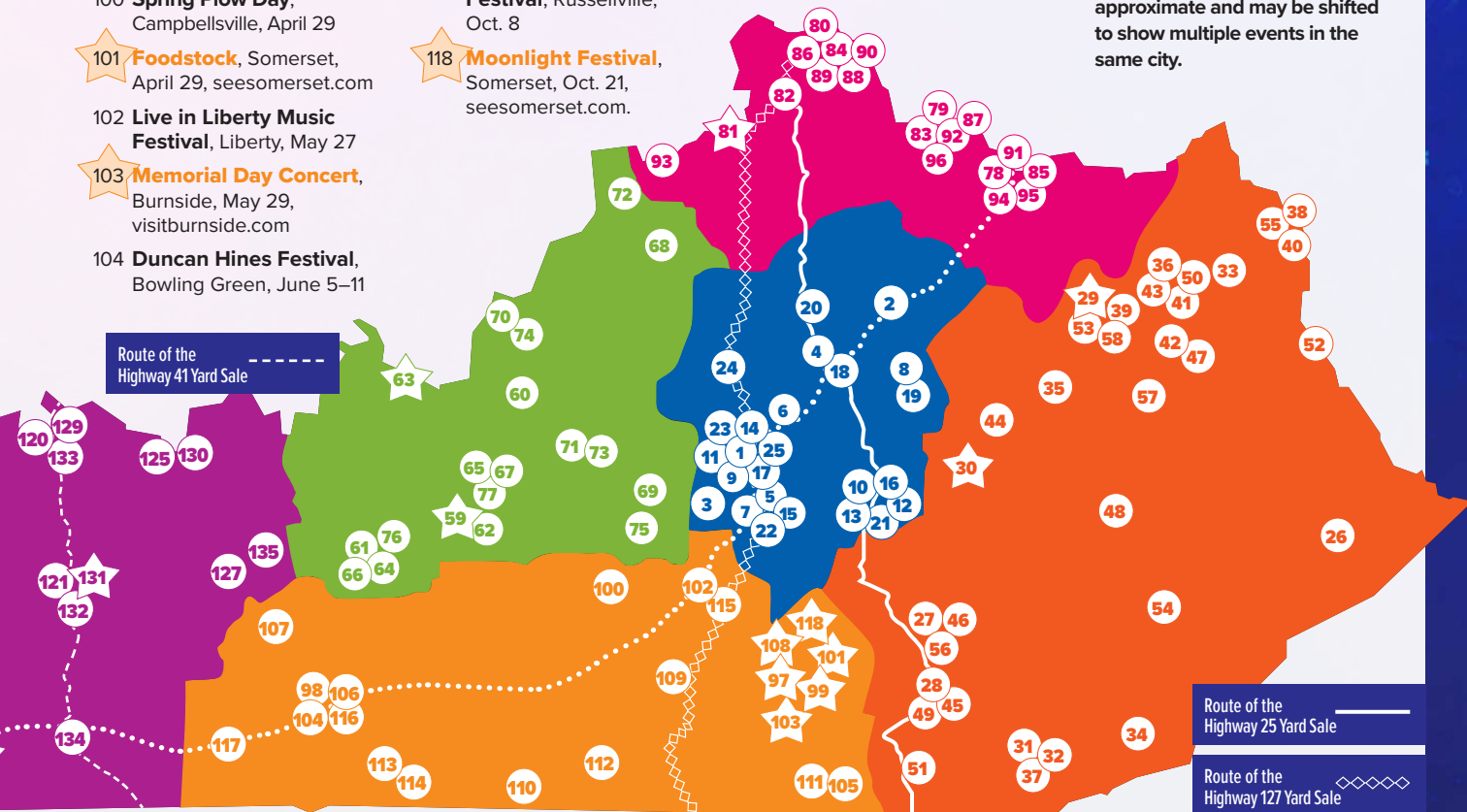
- 130 **ROMP Fest**, Owensboro, June 21–24
- 131 **Highway 41 Yard Sale**, Madisonville, June 23–24
- 132 **4th Fest**, Madisonville, June 30–July 2; July 4
- 133 **Bluegrass in the Park Folklife Festival**, Henderson, Aug. 11–12
- 134 **Hoptown Summer Salute**, Hopkinsville, Aug. 25–26
- 135 **Jerusalem Ridge Bluegrass Celebration**, Rosine, Sept. 7–10
- 136 **Barbecue on the River**, Paducah, Sept. 21–23
- 137 **Lions Club Corn Festival**, Morganfield, Sept. 21–23
- 138 **Trigg County Country Ham Festival**, Cadiz, Oct. 13–14, [gocadiz.com/hamfest](http://gocadiz.com/hamfest)



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

If we missed your festival, let us know!

Locations marked on map are approximate and may be shifted to show multiple events in the same city.







# When to plant?

*Taking a gamble on the weather*

## SPRING IS SUCH AN EXCITING

**TIME.** We are ready for warmer temperatures and sunny skies, but it's important not to let the emotional charge of spring get us too far ahead of Mother Nature.

When is it safe to plant warm season crops like tomatoes and peppers, warm season annual flowers, or to take our houseplants outside for the summer? To use an example close to home for me, the absolute earliest frost-free date for Jefferson County would be April 15. According to the National Weather Service, there is a 40% chance the air temperature will dip to 32 degrees on April 1, and a 20% chance on April 14. On April 28, there is a 10% chance the air temperature will dip to 36 degrees. These temperatures would cause significant damage to many warm season crops.

Soil temperature is also important to consider and can affect germination and transplant establishment. While the air temperature may warm up fast, we can still have cold days and nights, causing the soil temperature to warm up more slowly. Planting some crops before the soil warms to 60 degrees or higher can cause stunting and reduced production, particularly for sensitive crops like tomatoes, peppers, basil, impatiens and vinca. These effects often go



SHELLY NOLD

unrecognized because they don't kill the plant like a frost would.

The topographic variations in your area, such as river valleys and elevation of ridge tops, can also create differences in soil temperature and affect the risk of a frost or freeze.

For information on your area, visit [www.ncei.noaa.gov/news/last-spring-freeze](http://www.ncei.noaa.gov/news/last-spring-freeze). This U.S. government website offers an interactive map that allows you to see the average dates that your specific area may dip to 32 degrees or below. Waiting until May 1 to plant warm season crops like tomatoes is a safe timeline for most of Kentucky. **KL**

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

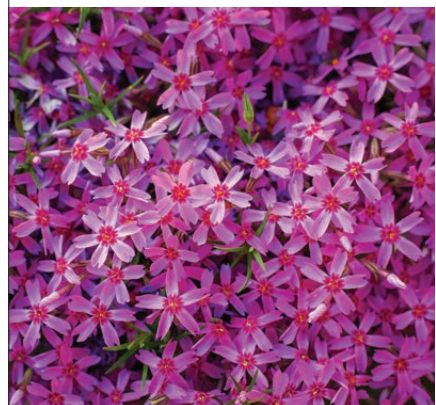
## ASK THE gardener



*What ground cover can I plant to stop an eroding slope?—Carol McShane*

**A** Landscaping a slope with perennial ground covers is a good way to prevent erosion. The roots of these low-growing plants will spread and help keep the soil intact, creating a low-maintenance space that does not require mowing. Sun-loving options that bloom include stonecrop sedums, perennial geraniums, creeping phlox, lysmachia, creeping thyme, vinca and dianthus. They all have their own specific bloom times, but they share similar growth habits. Perennials do not bloom as long as annuals, but incorporating a few different ground covers with different blooming periods will provide color throughout the growing season. If you have plenty of space, you may consider choosing more than one.

» Angie Oakley



ESOLEX/ADOBE STOCK

### Have a gardening question?

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



MORE TO *share*

We can never have too many back-pocket options for recipes that are simple to make, that everyone loves and that don't skimp on delicious flavors.

This month, we're adding a fun, childlike touch to a dessert that I think is highly underrated. It's sure to become a family favorite.

**Oreo Rice Krispies Treats****1 stick butter****10 oz mini marshmallows****1 tsp vanilla extract****¼ tsp salt****6 C Rice Krispies cereal****2 C crushed Oreo cookies (about 20 cookies), divided****4 oz white chocolate baking bar**

Add butter, marshmallows, vanilla and salt to large pot and heat on medium to medium-low. Cook, constantly stirring, until completely melted and smooth with no marshmallow lumps remaining. Add Rice Krispies cereal and 1 cup crushed Oreos to large bowl. Pour melted marshmallows over top and stir until everything is mixed thoroughly and no dry cereal is left.

Press tightly into greased 9x13 pan. Immediately sprinkle remaining crushed Oreos on top and press down gently to help stick. Melt white chocolate slowly over double boiler. Drizzle chocolate over treats in pan. Let cool and set for about 30 minutes, then slice. Serves 12.



HEATHER BILYEU

**SEE THE VIDEOS**at [KentuckyLiving.com/Cook](https://KentuckyLiving.com/Cook)Go to [KentuckyLiving.com/submit-a-recipe](https://KentuckyLiving.com/submit-a-recipe)*Spring has sprung**Sweet treats for the new season*

**ONCE WE HIT APRIL**, we can all breathe in deeply, knowing we have turned the corner and gotten through the coldest part of the year. April just feels lighter. With the hope of warm, sunny days ahead, daylight getting longer and flowers starting to bloom, we can feel extra pep in our step this month.

To celebrate, we are enjoying a sweet springtime recipe. Creamy lemon fruit dip is the perfect snack, appetizer or dessert, best enjoyed with berries and fresh fruit in this season. We're also celebrating with a fun twist on a familiar recipe I know you all will love. Both would make a great addition to an Easter lunch or springtime celebration.

**Creamy Lemon Fruit Dip****8 oz cream cheese, softened****1 C powdered sugar****½ C heavy cream****Zest and juice of ½ lemon****1 tsp vanilla bean paste****Pinch of salt**

In a medium bowl, mix cream cheese and 1/2 cup powdered sugar with hand mixer until smooth. Add remaining 1/2 cup powdered sugar and mix again. Add cream, lemon zest, juice, vanilla and salt. Mix until smooth with no lumps remaining.

Serve in bowl alongside your favorite fruits, such as berries, pineapples, kiwi, apples and grapes, or for a savory-sweet twist, serve with graham crackers, pretzels, vanilla wafers or ginger snaps. Serves 10–12.

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





## Dine like royalty

*Experience Castle Farm restaurant at The Kentucky Castle*

JOEL SAMS

**THE IMPOSING WALLS AND TOWERS** of The Kentucky Castle might capture guests' attention, but it's the farm-to-table restaurant, special events, farm experiences, unique accommodations and first-in-class service that keep them coming back.

Located at 230 Pisgah Pike, Versailles, the Castle Farm restaurant at The Kentucky Castle is open daily for breakfast and lunch, 8:30 a.m.-1 p.m. Dinner hours are 5-8 p.m. Sunday-Thursday and 5-9 p.m. Friday-Saturday. Reservations are recommended: [www.thekentuckycastle.com](http://www.thekentuckycastle.com).

Led by Executive Chef Jason Ritchey, Castle Farm uses many products grown or raised on-site, including fresh vegetables, honey, eggs and meat. The restaurant also buys from other Kentucky producers, taking advantage of incentives through the Kentucky Proud program. "I'm very happy to say that we actually maxed out our Kentucky Proud rebate," Chief Operating Officer Christie Eckerline says. "We got a special plaque and everything."

The restaurant's menu changes four times each year, showing off seasonal fresh ingredients with a local flair. Spring dinner entrees might include Castle Farm-raised lamb, spring primavera, or seared king salmon with farro and sun-dried tomatoes. Winter options could include braised rabbit and dumplings, roasted woodland mushrooms, pan-seared red snapper or a locally raised pork chop served with hot barley salad. The breakfast and lunch menu offers fare like smoked brisket Benedict, roasted beet salad, pork carnitas hash, cast iron blueberry cornbread and much more.

"What we want people to experience is high-quality food that tastes wonderful because it's all coming from close to home," Eckerline says. Learn more at [KentuckyLiving.com](http://KentuckyLiving.com).



THE KENTUCKY CASTLE



## Castle Farm's Blueberry Cornbread with Sorghum Butter

Serves 12

### Cornbread Batter

- 1¾ C Weisenberger Mills cornmeal
- 1 egg
- 1½ C buttermilk
- ½ C fresh blueberries, roughly chopped
- ¼ C sugar
- 1 tsp salt
- 1 tsp baking powder
- ½ tsp baking soda

### Sorghum Butter

- ½ C salted butter, softened to room temperature
- ¼ C sorghum syrup (maple can be substituted)

Preheat oven to 325°.

Mix sorghum and salted butter until well combined. Set aside.

Mix all cornbread ingredients in bowl just until dry ingredients become incorporated. Allow batter to rest 5-10 minutes.

Coat 9x13-inch baking pan with butter and pour in batter. Bake until golden brown and cooked through (10-12 minutes).

To serve, dust with powdered sugar, fresh blueberries and large dollop of sorghum butter.



THE KENTUCKY CASTLE



# Easy changes to save energy



*What are some ways I can save energy without spending a lot of money?*

## MIRANDA BOUTELLE

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

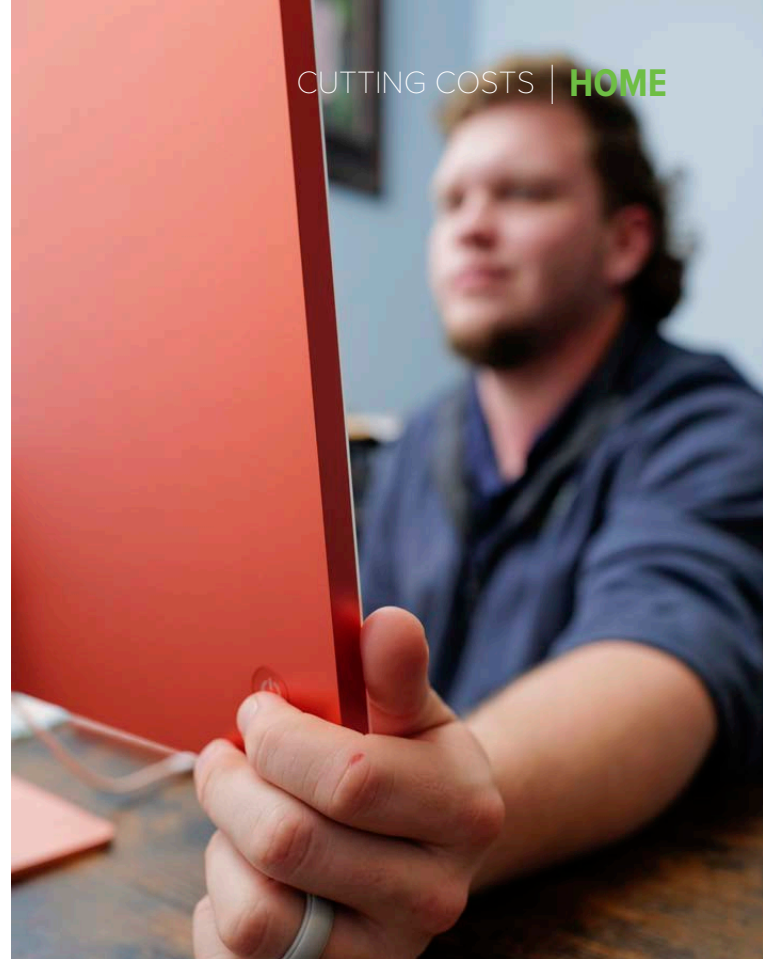
**A** When looking at electric bills, many people focus on the total dollar amount of the bill. In trying to manage your energy costs, focus on energy use instead. While you don't have control over the cost of the energy, you can control how much energy you use.

Start by setting some goals: instead of thinking about your bill in terms of dollars, think about it in terms of kilowatt-hours. A kilowatt-hour is the unit of energy used for most electric bills. Review your monthly kWh use and set goals to use less energy than the month before. Check your results on your next bill.

## Power off

When looking for energy savings, remember that "off" is the most efficient setting. Turning off lights is a classic strategy, especially if your lighting is incandescent. Consider switching to energy-saving LED lightbulbs.

Computers and gaming systems can waste energy



even in sleep mode. The higher the wattage and the more hours the device is on, the more energy used. Laptops use the least energy, followed by personal computers. Gaming consoles typically use less energy than gaming PCs. Don't forget to turn off the monitor as well.

You can lower your energy use even more with smart power strips, which cut power to devices that are not in use. Installing smart power strips is an easy way to ensure devices are

Computers and gaming systems can waste energy even in sleep mode. Be sure to power down these devices and turn off the monitor when not in use.

Photo: Mark Gilliland/ Pioneer Utility Resources

completely turned off and not drawing power.

## Adjust the temp

When it comes to lowering your energy use, the settings on your thermostat are another great focal point. The closer you can keep the indoor temperature to the outdoor temperature, the more you will save. You want to protect your home from damage in extreme heat and cold, but if you can turn the temperature down a few degrees in winter and up in summer, you will save on energy costs. **KL**

## SYSTEM MAINTENANCE

Ensuring the filters in your heating and cooling system are clean is an easy way to keep your system maintained and operating efficiently. Adding annual servicing by a professional maximizes the efficiency and can lengthen the life of your system.



# Electrical safety during a flood

*Don't add to the tragedy by risking your life*

**AFTER A FLOOD**, it's human nature to want to quickly assess the damage to your home, save belongings and start cleaning up. But this instinct shouldn't drown out the rule of "electricity and water don't mix."

If water has risen above or comes into contact with electrical outlets, baseboard heaters or other electrical systems, do not go into the water. You can be shocked or killed. Not only can electricity travel through water, it can shock you through a wet floor.

## Returning after a flood

Safety agencies, including the Federal Emergency Management Agency, advise that if you've had to evacuate, do not enter a flooded area until a first responder or other authority has determined it's safe to do so. If your home has been flooded, keep the power



**RANDY MEREDITH**  
Director of Safety and  
Training, Kentucky  
Electric Cooperatives

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INDUSTRY:** 30  
(3 1/2 at Kentucky  
Electric Cooperatives)

**WHEN I'M NOT  
WORKING, I'M:**  
Enjoying family cook-  
outs, nature, farming  
and all other outdoor  
activities.

## Prepare for flooding

### If you live in a flood-prone area:

- Keep an emergency kit of batteries, flashlight, medications, etc., on hand.
- Keep important documents in a water-proof container. Create password-protected digital copies.
- If your basement requires a sump pump, install a backup pump that uses a battery and sounds an alarm in case the main pump fails or the electricity is out for an extended time during the storm.

### If flooding is forecast or imminent:

- If there is time, move electrical appliances and devices out of your home or to an area in the house above the expected level of flood water.
- Follow any directives to turn off utilities. To switch off the main power to your home, flip each breaker off first, and THEN turn off the main breaker. You may also need to shut off the valve for your home's gas and water.

off until an electrician has inspected your system for safety. Don't use or plug in appliances until the electrician has inspected them.

When cleaning up, make sure your wet/dry vacuum is plugged into a ground fault circuit interrupter (GFCI) outlet. Look for power strips that have GFCIs to use during cleanup. Don't let power cord connections become wet.

Don't touch a circuit breaker or replace a fuse if your hands are wet or if you are standing on a wet surface. When resetting breakers, use a dry plastic or rubber-insulated tool. Use only one hand.

## What to replace or repair

Many wet appliances should be replaced. Electrical wiring also may need to be replaced.

Throw away breakers, fuses, disconnect switches, GFCIs, arc fault circuit interrupters and surge protection devices if they have been submerged.

Just because you can't see any damage doesn't mean there is none. A licensed electrical contractor should make that determination. Never just allow the equipment or wiring to "dry out" and attempt to power it up later. **KL**



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— J. Fitzgerald, VA



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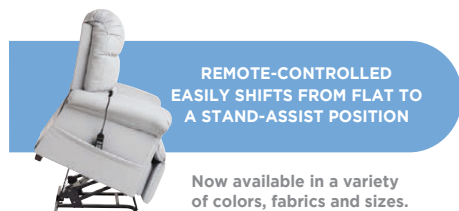
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# Healthy habits start early

*Preventing tooth decay in children*



JACOB LUNDADDBE STOCK

**TOOTH DECAY** is the most common chronic childhood disease in the United States. About 40% of children in the U.S. experience tooth decay known as dental caries, or cavities, by age 19. Untreated cavities can cause pain and infections that may lead to problems with eating, speaking, playing and learning.

The good news is tooth decay is easily preventable. That starts with brushing teeth twice a day—including every night before bed—using fluoride toothpaste. It's up to parents and caregivers to help kids start this healthy habit.

## What parents and caregivers can do

Start brushing a child's teeth as soon as they emerge in infancy. This can be done with a washcloth, finger brush or soft toothbrush. The latest recommendations are to use fluoride toothpaste immediately to help prevent cavities. The best way to get the appropriate amount is to dip the toothbrush bristles in the paste and whatever sticks to the bristles is all you need. Once the child can spit, then a pea-size amount can be used twice a day.

Schedule your child's first dentist appointment by the time they turn 1, or within three months of their first teeth emerging.

## Always brush before bed

Many kids brush only once a day and it's usually in the morning. It's important to brush twice daily, but if you're only going to brush once it should be at night before bed. The food and drinks we have throughout the day coat our teeth with sugars, and the bacteria that live in our mouths feast on it all night long. Eventually, the bacteria eat through the enamel and cause a cavity.

After the bedtime brushing, make sure your child has nothing to eat or drink except water until morning. This rule applies to babies as well. Infants and toddlers that take milk as they fall asleep are at high risk for a condition called "milk mouth," which causes the top four teeth to rot, change colors and break off. This is preventable by brushing their teeth after their milk and before laying them in the bed. **KL**

**ANGELA HOUCHIN, M.D.**, is a pediatrician at Kentucky Children's Hospital in Lexington.



#1  
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- USA TODAY

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When Shannon Bishop Arvin became Keeneland's eighth president and CEO on January 1, 2021, she was the first woman to lead the historic thoroughbred racing and sales operation. But she was not the first in her family to serve Keeneland.

Her grandfather, William T. Bishop, was Keeneland's first track superintendent. Her father, W.T. (Buddy) Bishop, served as Keeneland's general counsel.

Arvin's first memory of Keeneland is working at the horse sales when she was in high school. After graduating from the University of North Carolina Chapel Hill, she worked for two years in Washington, D.C., followed by law school at the University of Kentucky.

She joined the same law firm as her father, handling estate and succession planning for horse farms and other businesses, as well as other equine law. Then she became Keeneland's general counsel, a position she says helped her better understand Keeneland's culture. "It gave me an inside view of some of the details and intricacies, and the opportunity for developing relationships," she says.

Despite her familiarity with Keeneland, Arvin still finds surprises in her job. "Every day is different. We're like our own little city. One day (I might focus on) some aspect of the grounds, another on federal racing legislation."

Arvin says those many aspects make her job challenging. "Keeneland is like multiple business lines under one umbrella—racing, sales, track and buildings maintenance, a retail gift shop, hospitality and catering, wagering, the library, the foundation, our operation at the Red Mile. (I want) to perpetuate the best in each one."



Shannon Arvin continued a family tradition at Keeneland when she became the organization's eighth president and CEO in 2021. Photo: Keeneland Association

## HOLDING KEENELAND'S REINS

The equine industry is in  
Shannon Bishop Arvin's blood

BY MARGARET BURANEN

Another challenge, she says, is using technology, including for gaming and wagering, "in a forward direction."

Time with her husband, Will, and their two daughters help her cope with the long hours of her demanding job. Exercise is another outlet she says helps alleviate stress.

"I spend as much time as possible with my family and I exercise an hour every day I possibly can. My husband says he can tell from my voice if I've gotten some exercise in that day or not," she says.

Arvin relies on an exercise bike, treadmill and occasional Pure Barre classes, along with walks around her family's Jessamine County farm.

Arvin says she enjoys just being on Keeneland's grounds and walking through the barns. "We have 1,300 acres and I'm always exploring, driving in a golf cart or walking. Mr. Bassett (Ted Bassett, former Keeneland president) told me, 'Don't sit behind your desk all day,'" she says.

Bill Thomason, her immediate predecessor, gave her more good advice, she adds: "not to feel like I had to do things the way they had always been done."

Two hundred year-round employees help Arvin keep Keeneland running smoothly. That number swells to 2,000-plus during the races.

"It's most rewarding to be building and working with them," she says. "We all want to leave Keeneland better than we found it." **KL**







# Races and relaxation

*Kentucky's top equine sites double as travel attractions*

BY JENNIE REES



**EVEN FOR THOSE WHO** have lived in the commonwealth for years, there are endless opportunities for new travel and entertainment experiences connected to Kentucky's No. 1 tourism attraction: horses. These are worth the trip.

## Horse racing comes to southeastern Kentucky

Horse racing comes for the first time to the tri-county region of Whitley, Knox and Laurel when Cumberland Run harness track stages its inaugural meet in October and early November. Cumberland Run is in Corbin, just off the Corbin Bypass.

Owned by a group headed by the managing partners at Kentucky Downs and Keeneland, it will be just one of the



many unique travel opportunities this year for racing fans, horse lovers and sports enthusiasts around Kentucky. Cumberland Run becomes the state's eighth racetrack and the third for gaited harness racing, which features trotters and pacers.

While the 11-day meet, October 15–November 6, won't run until fall, the goal is to have Cumberland Run's year-round operation for betting on horse races around the country and electronic

gaming machines ready for the public this summer.

"The plans are to have a year-round facility," says Henry Graffeo, general manager of Cumberland Run and its sister, The Mint Gaming Hall Cumberland in Williamsburg. "I'm going to try to create more entertainment than just horse racing, although the primary reason is for our standardbred racing partners."

Simulcast wagering on horses and historical horse racing gaming are already available at The Mint Gaming

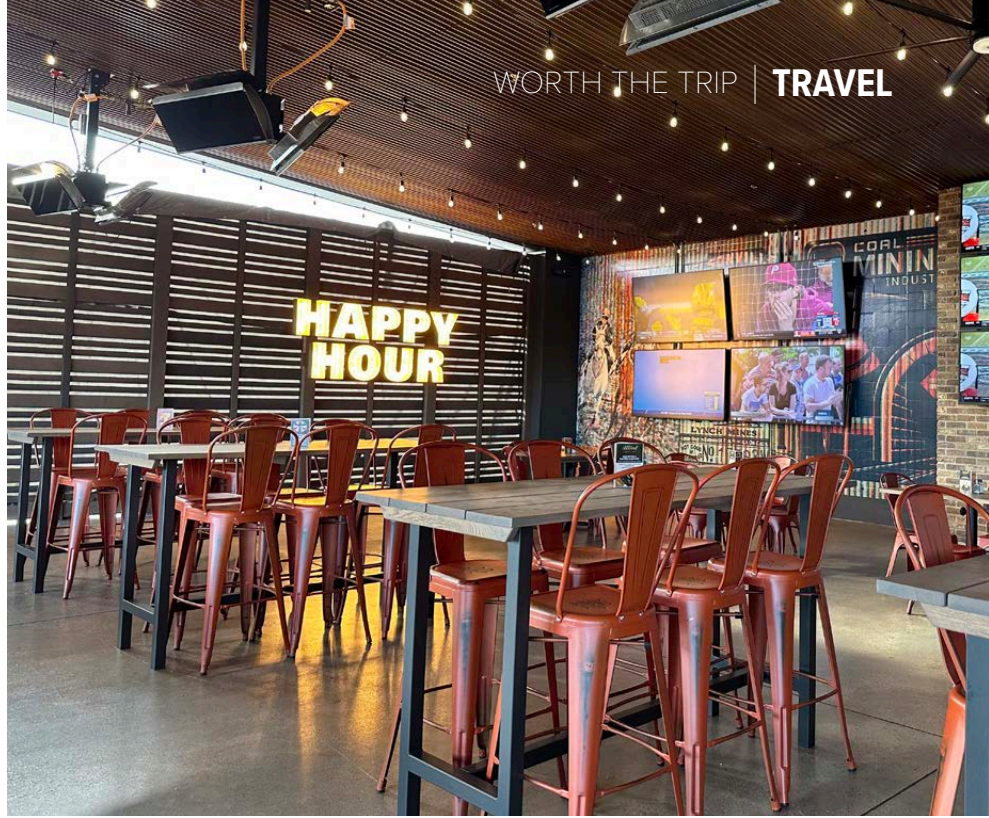
A delighted visitor captures her encounter with a horse at Denali Stud. Photo: Horse Country



► The Backyard Race & Sports Grill at The Mint Gaming Hall Cumberland offers sports and racing on myriad TVs, as well as cornhole, shuffleboard, foosball and more. Photo: Jennie Rees

Hall Cumberland, located just 25 minutes south in Williamsburg. The venue opened in August.

“We’ve become a destination for folks,” says Bruce Carpenter, executive director of the Southern Kentucky Economic Development Agency and Southern Kentucky Chamber of Commerce. He lists the racetracks, Cumberland Falls State Resort Park and Williamsburg’s Kentucky Splash Waterpark among the southern Kentucky attractions.



The Parade of Breeds at the Kentucky Horse Park celebrates stunning equine diversity. Shown is the Gypsy Vanner, a colorful draft breed. Photo: Kentucky Tourism



## Welcome to Paintsville



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Home to Loretta Lynn, a visit to Paintsville would not be complete without a tour of "Butcher Holler."

Tour the US 23 Country Music Highway Museum. Enjoy live bluegrass music during Front Porch Pickin' every Thursday at 7pm.

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Win a Getaway. See page 57.



Jazzy Jules trots at the Corbin meet with driver James Stiltner II. The meet was held at Red Mile in Lexington while Cumberland Run was being built. Photo: Amanda Stephens

## DESTINATIONS

more to  
explore

*To plan your trips, use this guide to the featured destinations, along with a list of unique lodging possibilities for extending your excursions.*

### Featured destinations

**Mint Gaming Hall Cumberland**  
244 Penny Lane, Williamsburg  
themintcumberland.com  
(606) 400-2888

**Cumberland Run**  
777 Winners Lane (formerly  
75 Buchanan Blvd.), Corbin  
Check [www.themintgaming.com](http://www.themintgaming.com)  
for updates.

**Kentucky Horse Park**  
4089 Iron Works Parkway, Lexington  
[www.kyhorsepark.com](http://www.kyhorsepark.com)  
(859) 233-4303

**Old Friends Equine**  
1841 Paynes Depot Road, Georgetown  
[www.oldfriendsequine.org](http://www.oldfriendsequine.org)  
(502) 863-1775

**Shaker Village of Pleasant Hill**  
3501 Lexington Road, Harrodsburg  
[www.shakervillageky.org](http://www.shakervillageky.org)  
(859) 734-5411

**Marion County Fairgrounds**  
420 Fairgrounds Road, Lebanon  
(270) 699-6573

**Horse Country**  
[www.visithorsecountry.com](http://www.visithorsecountry.com)  
email [info@visithorsecountry.com](mailto:info@visithorsecountry.com)  
(859) 963-1004  
Tour tickets must be purchased  
in advance.

### Places to stay

**Springhill Suites by  
Marriott Franklin Mint  
(Scheduled to open in early July)**  
5629 Nashville Road, Franklin, adjacent  
to The Mint Gaming Hall  
[www.marriott.com/hotels/travel/bnafs-springhill-suites-franklin-mint](http://www.marriott.com/hotels/travel/bnafs-springhill-suites-franklin-mint)  
(270) 598-5757

**Derby City Gaming Hotel  
(Scheduled to open summer 2023)**  
4520 Poplar Level Road, Louisville  
[www.derbycitygaming.com](http://www.derbycitygaming.com)  
(502) 961-7600

**Dew Drop Inn & The Cottage  
at Saxony Farm**  
469 Browns Mill Road, Lexington  
[www.saxonyfarm.net/stay](http://www.saxonyfarm.net/stay)  
(859) 619-3523

**A Storybook Inn**  
277 Rose Hill Ave., Versailles  
[www.storybook-inn.com](http://www.storybook-inn.com)  
(859) 879-9993

**Charred Oaks Inn**  
341 Lexington Street, Versailles  
[www.charredoaksinn.com](http://www.charredoaksinn.com)  
(513) 739-6156

**The Kentucky Castle**  
230 Pisgah Pike, Versailles  
[www.thekentuckycastle.com](http://www.thekentuckycastle.com)  
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Win a Getaway. See page 57.





“Another 45 minutes away you have Boone’s Ridge, a wildlife habitat being developed,” he says. “If you just take the whole beauty of southern Kentucky, with the mountains and waterways, we really feel we’re going to become a destination where folks come and spend several days in our region.”

The Mint Cumberland also offers family entertainment. While you do have to be at least 21 to enter the gaming floor, The Backyard Race & Sports Grill has a side entrance, indoor and outdoor dining and is open for all ages. Guests can watch sports and racing on myriad TVs and there also are games such as a corn-hole, shuffleboard, foosball and more.

Kentucky Horse Park visitors can meet all manner of equine dignitaries in the Hall of Champions. Shown is Point Given, 2001 American Horse of the Year. Photo: Kentucky Tourism

### Kentucky Horse Park: a special relationship

Celebrating its 45th year, the Kentucky Horse Park in Fayette County opened in 1978 as the world’s only park dedicated to humans’ relationship with the horse. The 1,229-acre park offers tourist attractions, equine competition, event facilities, a 260-site resort campground and the offices of 30 national and regional equine organizations.

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Win a Getaway. See page 57.



During the park's main season, guests can enjoy a scenic horse-drawn trolley tour, walk through history at the International Museum of the Horse and watch live equine presentations that include the Parade of Breeds, Hall of Champions Show and the Kentucky Derby Winner Nightcap. Horseback trail

rides and pony rides are also available for guests who are ready to get in the saddle.

### Old Friends Equine: Thoroughbred racing's living museum

Old Friends Equine in Georgetown, among America's most celebrated and

unique racehorse retirement facilities, is adding a visitors center scheduled to open this month. Fashioned out of a traditional tobacco barn, the visitors center will serve as a museum and much more at the operation's 236-acre Dream Chase Farm just off Interstates 64/75 in Scott County.

The only major thoroughbred retirement facility that welcomes stallions, Old Friends embraces its role as "horse

Horses continue to play an important role at historic Shaker Village of Pleasant Hill near Harrodsburg. Photo: Shaker Village of Pleasant Hill

Win a Getaway. See page 57.



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An Appaloosa wows guests during the Parade of Breeds at the Kentucky Horse Park. Photo: Kentucky Tourism

“racing’s living history museum,” with visitors getting up close to racing stalwarts such as Hall of Famers and fan favorites Silver Charm and Lava Man, as well as the miniature horse Little Silver Charm.

Book tour space in advance through Old Friends’ online portal or by phone. There’s a good chance you’ll meet the

colorful Michael Blowen, the former *Boston Globe* film critic who founded Old Friends.

### Shaker Village: ride the trails of history

Enjoy this unique chapter of American history, along with the horses that

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Runnymede Farm is among the many destinations visitors can experience through Horse Country, a one-stop shop for scheduling horse farm visits and other interactive activities. Photo: Horse Country

## HORSE COUNTRY: ONE-STOP SHOPPING FOR HORSE LOVERS

Thanks to an initiative started in 2014 and patterned after the wildly successful Kentucky Bourbon Trail, the public can see more horse farms and enjoy behind-the-scenes horse experiences that previously were not widely available.

Horse Country enables people to schedule horse farm tours, including those focused on mares and foals, stallions, sport horses and racehorse training. Tours are also tailored to families and interactive activities, such as petting a horse or feeding it a carrot. Horse Country encompasses 23 different entities spread around five mostly central Kentucky counties.

Horse Country's website offers itineraries and seasonal suggestions for fun stops near the tours, such as breakfast at Castle Farm at The Kentucky Castle on the Woodford-Fayette county line or lunch at the famous Wallace Station in the middle of horse country between Midway and Versailles.

These are the Horse Country members by geographic region:

- **Versailles and Midway/Woodford County:** Airdrie Stud, Coolmore at Ashford Stud, Gainsborough Farm, Lane's End Farm, Three Chimneys Farm and WinStar Farm. Notable: Ashford Stud is home to 2015 Triple Crown winner American Pharoah and 2018 Triple Crown winner Justify.
- **Lexington/Fayette County:** Darby Dan Farm, Gainesway Farm, Hagyard Equine Medical Institute, Hallway Feeds, Darley at Jonabell Farm, Keeneland, Mill Ridge Farm, New Vocations, Secretariat Center, Spendthrift Farm, Spy Coast Farm (sport-horse training) and Stonestreet Farm.
- **Paris/Bourbon County:** Denali Stud and Runnymede Farm. The latter dates to 1867 and is determined by the Daughters of the American Revolution to be the oldest continuously operated thoroughbred breeding farm in Kentucky and owned throughout by the descendants of founder Col. Ezekiel Clay.
- **Nicholasville/Jessamine County:** Kentucky Equine Adoption Center and Taylor Made Farm.
- **Prospect/Oldham County:** Thoroughbred Retirement Foundation at Chestnut Hall.

make up an important part of Shaker Village's livestock population. With 34 original 19th century Shaker structures, the 3,000-acre site is Kentucky's largest National Historical Landmark. Tour the property via horse-drawn wagon every Friday through Sunday, May–October, with tickets at \$10.

Shaker Village features 29 miles of riding trails. It's BYOH (bring your own horse) with overnight stabling available and annual equestrian passes offered. Stay at The Inn at Shaker Village, with 72 guest rooms, suites and private cottages spread throughout 13 historic buildings.

On November 25, from 9–10 a.m., Shaker Village hosts the Long Run Woodford Hounds fox hunters for the annual Blessing of the Hounds (also the riders and horses), followed by the first meet of the hunting season. This colorful event is free with general admission.

## Marion County Fair: harness racing

While Kentucky has three parimutuel harness racing tracks, the fair circuit reaches back to the sport's roots and is where Kentucky horsemen develop their young horses. Marion County's fairgrounds will conduct non-betting racing as part of the Marion County Fair on Wednesday, June 28, as part of the June 26–July 1 event featuring tractor pulls, demolition derby and music.

Visitors can watch horses train year-round at the fairgrounds, which also host the Washington County Fair racing on May 27 and the Woodford County Fair racing on July 5. Horse shows are staged the third Saturday of every month, May through October.

Side trips: stops on the Kentucky Bourbon Trail are just a short drive, with Maker's Mark in Loretto 15 minutes away. **KL**

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





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Win a Getaway. See page 57.

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# EVENT CALENDAR



## 1 MUSHROOM MANIA

Mushrooms, gems and artisans return to Irvine with the Mountain Mushroom Festival, April 29–30. The festival is 9 a.m.–7 p.m. Saturday; 10 a.m.–5 p.m. Sunday downtown, celebrating folk traditions as well as area natural assets. Free admission. Both days: local artisans, mushroom market and cooking demos, food court, live music, inflatables and civic groups, plus agate, gem and fossil show. Saturday: car show and parade. Details, (606) 723-2554, [www.mountainmushroomfest.org](http://www.mountainmushroomfest.org).

## 2 PEACE, LOVE & FOOD

Somerset Foodstock kicks off April 29 on Fountain Square downtown for a day of food, music and art. Food trucks from around the state offer a range of cuisine; spirit and drink vendors slake your thirst. Live music and art creation, family fun, grilling classes, kids activities and a 12-person grill-off competition add to the fun. Hours: 11 a.m.–9 p.m. Free admission; \$5 wristband for alcohol. Details, (606) 679-6366, [www.seesomerset.com/event/foodstock](http://www.seesomerset.com/event/foodstock).

## 3 GARDEN JUMP-START

Just about everything for gardening except the soil is on offer at the Bullitt County Master Gardeners Plant and Garden Art Sale, April 29, 8 a.m.–2 p.m. at the county extension office, Shepherdsville. All garden enthusiasts are invited to peruse vegetables, herbs, flowers, birdhouses, garden art and more. Proceeds are used by Bullitt County master gardeners for projects benefiting the community. More info, (502) 543-2257, <https://bullitt.ca.uky.edu/events>.

## 4 LEARN & GROW

It's one-stop learning for both experienced and aspiring gardeners: Get Ready to Garden! is April 8, 9 a.m.–1 p.m. at Lakeland Event Center, Calvert City. The event's experts advise on anything from how to get started gardening to how to tie tomato plants. Booths on a range of topics, speakers and Q&A sessions, as well as door prizes, local vendors and swap meet. Free admission. For more info, (270) 906-0166, Facebook: Lakeland Event Center.



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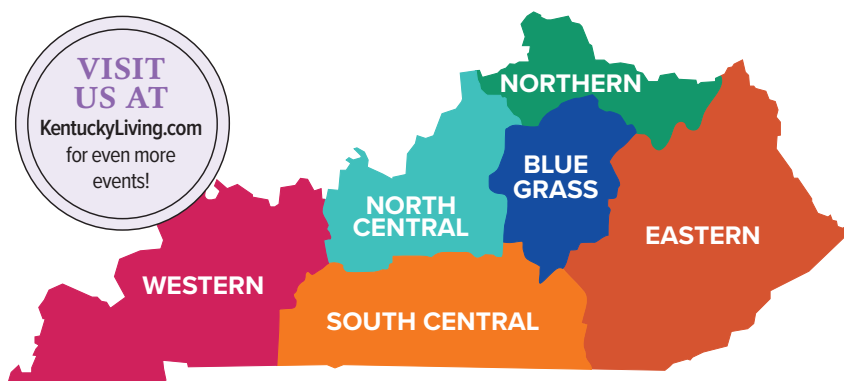
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## TRAVEL | EVENTS



### BLUEGRASS

#### SATURDAY, APRIL 1

**Ain't Foolin' Around-K Bar C Ranch Barrel Racing**, thru 2nd, (859) 233-4303, Kentucky Horse Park, Lexington

#### SATURDAY, APRIL 8

**The Wizard of Oz**, (859) 233-4567, Lexington Opera House

#### FRIDAY, APRIL 14

**The Guess Who**, (859) 236-4692, Norton Center for the Arts, Danville

#### SUNDAY, APRIL 16

**Music and Dance: A Healthy Pairing**, (859) 317-3353, Second Presbyterian Church, Lexington

#### THURSDAY, APRIL 20

**Lunch & Learn: Morgan's Station with Charles Bishop**, (859) 289-5507, Blue Licks Battlefield State Resort Park, Carlisle

#### THURSDAY, APRIL 27

**Béla Fleck, Zakir Hussain and Edgar Meyer**, (859) 236-4692, Norton Center for the Arts, Danville

#### SATURDAY, APRIL 29

**Fool Moon Sisters Bazaar**, thru 30th, (859) 420-9424, Shriners Temple Building, Lexington

**Fenced In**, (696) 945-5999, Meadowgreen Appalachian Music Park, Clay City

#### FRIDAY, APRIL 21

**American Heritage Weekend**, thru 23rd, (606) 528-4121, Cumberland Falls State Resort Park, Corbin

**Corbin Rod Run**, thru 22nd, (606) 258-2020, The Corbin Arena

#### SATURDAY, APRIL 22

**Redbud Ride**, (606) 224-1126, Downtown London

#### SATURDAY, APRIL 29

**Last Saturday Hikes**, (606) 528-4121, Cumberland Falls State Resort Park, Corbin

### NORTHERN

#### SATURDAY, APRIL 1

**Camel Color 5K Walk/Run**, (859) 916-2882, Campbell County High School, Alexandria

#### SUNDAY, APRIL 2

**Triple Crown Doll Show & Sale**, (859) 663-8298, Holiday Inn Cincinnati Airport, Erlanger

#### SATURDAY, APRIL 8

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

#### SUNDAY, APRIL 9

**Easter Brunch**, (859) 746-2700, Receptions Event Centers, Erlanger

#### SATURDAY, APRIL 15

**Beautiful Feet 5K & Fun-Run**, (859) 667-4599, England Idlewild Park, Burlington

**Earth Day Clean Up**, (859) 384-3522, Big Bone Lick State Historic Site, Union

#### SATURDAY, APRIL 22

**Elvis Tribute**, (859) 428-8085, Barnwood Bravo Theater, Dry Ridge

#### FRIDAY, APRIL 28

**Dance '23**, thru 30th, (859) 572-6362, NKU Corbett Theatre, Highland Heights

#### SATURDAY, APRIL 29

**Limestone Cycling Tour**, (606) 584-1107, Downtown Maysville

### EASTERN

#### SATURDAY, APRIL 1

**Primitive Quartet, Inspirations and Gold City Quartet**, (606) 324-0007, Paramount Arts Center, Ashland

**Maker's Market**, 1st Saturday thru October, (606) 780-4342, Rowan County Arts Center, Morehead

#### SATURDAY, APRIL 15

**Spring Clean Up**, (606) 521-9219, Downtown London

**Action for Autism 2023 Walk**, (606) 330-0501, London-Laurel County Farmers Market

**Behind the Curtain: Ward Davis**, (606) 324-0007, Paramount Arts Center, Ashland

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## NORTH CENTRAL

## SATURDAY, APRIL 1

**Wild Lights**, thru May 21st, (502) 238-5331, Louisville Zoo

## THURSDAY, APRIL 13

**Kentucky Derby Festival BourbonVille**, (800) 928-3378, The Frazier Museum, Louisville

## SATURDAY, APRIL 15

**Pleasures of Fiber Faire**, (502) 750-1398, Sweet Home Spun, Pleasureville

## THURSDAY, APRIL 20

**Dogwood Classic Horse Show**, thru 22nd, (502) 647-0064, Shelby County Fairgrounds, Shelbyville

**Hwy. 55 Antique, Craft & Yard Sale**, thru 23rd, (502) 298-7280, Finchville Community Center

## SATURDAY, APRIL 22

**Thunder Over Louisville**, (800) 928-3378, The Waterfront

## FRIDAY, APRIL 28

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

## SATURDAY, APRIL 29

**Pie & Cake Bake-Off**, (469) 964-8479, HorseSensing, Shelbyville

## SOUTH CENTRAL

## SATURDAY, APRIL 1

**Green River Lake Trail 5K & 10K**, (270) 465-3786, Campbellsville

**Cars and Coffee**, (917) 208-8829, Downtown Cave City

## SUNDAY, APRIL 2

**Bluegrass Mountain Cup**, (270) 465-3786, Green River Lake, Campbellsville

## FRIDAY, APRIL 7

**International Barrel Racing**, thru 8th, (859) 559-2662, Central Kentucky Ag/Expo Center, Liberty

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

## SATURDAY, APRIL 8

**Kentucky Green Living Fair**, (606) 305-5700, The Center for Rural Development, Somerset

## FRIDAY, APRIL 14

**Summer Music Series: Sydney Adams**, (606) 706-7777, City Green, Liberty

## THURSDAY, APRIL 20

**The Human Condition**, thru 22nd, (270) 789-5266, Russ Mobley Theater, Campbellsville

## FRIDAY, APRIL 21

**Liberty Belle Sale**, (606) 787-4740, Central Kentucky Ag/Expo Center

**White Squirrel Arts Fest**, thru 23rd, (800) 326-7465, Bowling Green

## SATURDAY, APRIL 22

**Melee of Might V**, (270) 469-0324, Campbellsville Baptist Church

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

## SATURDAY, APRIL 29

**Bourbon Revival**, (270) 629-4263, The Grove, Glasgow

## WESTERN

## SATURDAY, APRIL 15

**Guided Hike: Tree 101**, (270) 584-9017, Mahr Park Arboretum, Madisonville

**Mike Super Magic & Illusion**, (270) 826-5916, Preston Arts Center, Henderson

**Wildflower Extravaganza**, (270) 826-2247, John James Audubon State Park, Henderson

## FRIDAY, APRIL 21

**Seussical**, thru 22nd, (270) 821-2787, Glema Mahr Center for the Arts, Madisonville

## SATURDAY, APRIL 22

**Hanson Spring Cruise-In**, (270) 584-4880, Factory Outlet Road

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

## WEDNESDAY, APRIL 26

**AQS QuiltWeek Paducah**, thru 29th, (270) 898-7903, Schroeder Expo Center, Paducah

## SATURDAY, APRIL 29

**Cars & Coffee**, (270) 821-4171, Downtown Dawson Springs

**Plant Sale & Gardeners Market**, (270) 993-1234, Western Kentucky Botanical Garden, Owensboro

**MCC Singers Spring Concert**, (270) 821-2787, Glema Mahr Center for the Arts, Madisonville

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

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- May 8 American Countess Steamboat
- June 3 Art in the Garden & American Countess Steamboat
- June 10 Wine 5K Run at Baker-Bird Winery

TEAM KENTUCKY

AUGUSTA KENTUCKY



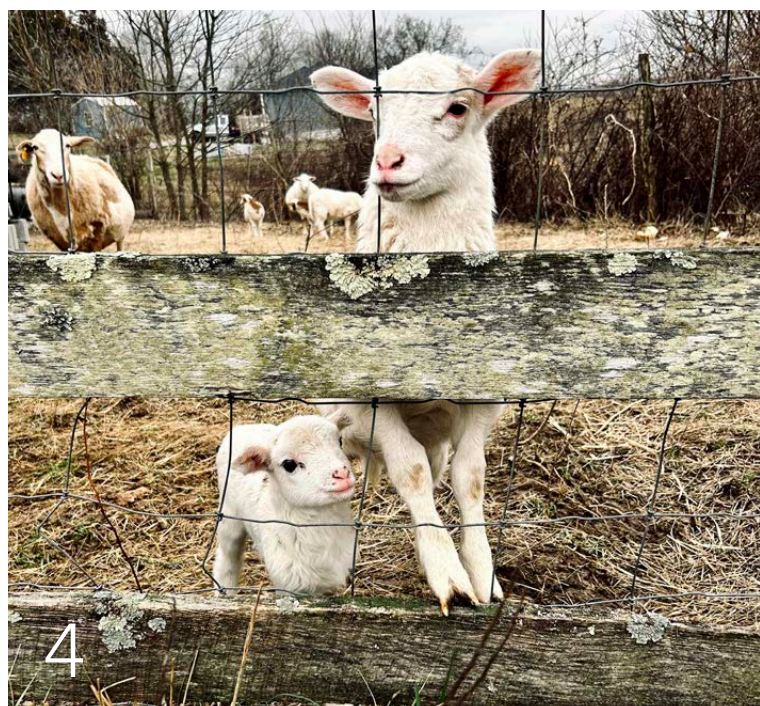
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#### 1 SPLASH IN 3, 2, 1

Eliza June Ashworth jumps from a boat into Lake Cumberland. Photo by grandmother Kim Ashworth, consumer-member of Owen Electric Cooperative.

#### 2 THE KING

Elvis the basset hound enjoys a relaxing day in Provo. Photo by Donna Wilson, Rochester, Pennyrite Electric consumer-member.

#### 3 FLOWER CHILD

Kennedy Smith is ready for spring. Photo by dad Dennis Smith, Mount Sterling, consumer-member of Clark Energy Cooperative.

#### 4 BEST PALS

Gary, a couple of months old, is best friends with the newest bottle fed lamb, The Senator. Photo by Leah Moore, Lancaster, Inter-County Energy consumer-member.

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



# KENTUCKY kids

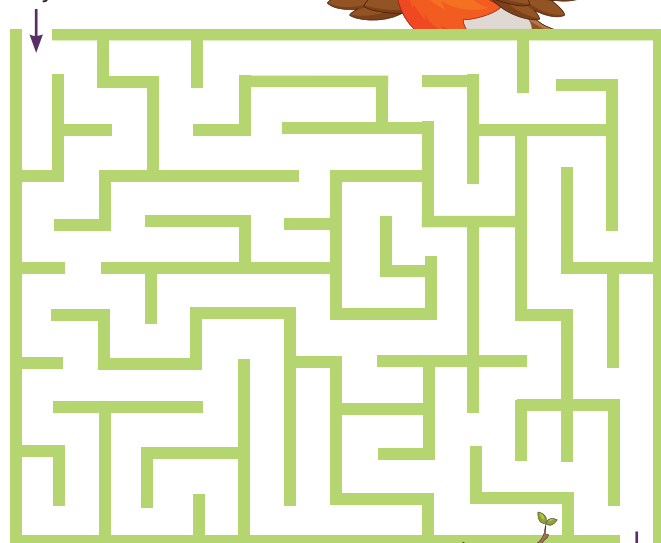
## Make a list

Keeping your room clean doesn't have to be a big chore. Make a list and you can do one task each day.



## SPRING MAZE

Help the robin find her way back to her nest.



## Did You Know?

It can take about 400 to 450 years for some plastic bottles to completely degrade.

## Green Team Tip

You can learn more about conserving resources and protecting wildlife at a library or reliable website your parents trust.

— Abby Kress, age 12

*Send us your green team tips!*







Enter KIDS Contest

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

## Name that vegetable

Can you fill in the blanks below to spell the names of these vegetables?

- 1)  P \_\_\_\_\_
- 2)  C \_\_\_\_\_
- 3)  C \_\_\_\_\_
- 4)  R \_\_\_\_\_

Answers: 1) Pepper 2) Carrot 3) Corn 4) Radish

## Tell us a joke!

What must astronauts remember to take to school?

**Their launch money.**

— Annabelle Burkhardt, age 8





# GREAT OUTDOORS

## Kentucky musky

*Get to know the apex predator of Kentucky waters*



▲ Shazana Hardy landed this nice musky at Cave Run Lake. Photo: Shazana Hardy

**IF YOU HAVE EVER WANTED TO TANGLE** with a big fish in Kentucky, the musky fits that bill. Known as the fish of 10,000 casts, the musky can be a challenge to hook as well as to land. Thankfully, the Kentucky Department of Fish and Wildlife Resources has chipped away at the number of casts needed through its stocking program, but the landing part is still up to you.

The muskellunge (*Esox masquinongy*), commonly known as the musky, is native to Kentucky waters and has evolved into an apex predator willing to seek and destroy big artificial baits placed in the right spot. Musky have become a much sought-after

sportfish and can put up a battle second to none, even on big tackle. They can be found in their native river systems here in Kentucky as well as the reservoirs those rivers feed. Musky can reproduce in their native river systems, but stocking is required on Kentucky reservoirs due to the lack of ideal spawning conditions. The Kentucky Department of Fish and Wildlife Resources also supplements several stream systems with hatchery-raised musky.

Whether you fish with lures or live bait, make sure they are big. When fishing for musky, you don't need a lot of finesse—you need lures that are big, colorful and sometimes loud, to entice these toothy critters. Shazana Hardy, a tournament angler, shares what she likes to throw in the spring. Hardy has won back-to-back Musky Hunter tournaments on Cave Run Lake (2021 and 2022). Her tournament partner is her fiancé, Tim Barker, who is a guide on Cave Run Lake. Along with the Musky Hunter tournament wins, Barker won the 2018 Professional Musky Tournament Trail.

Hardy says you have to get muskies' attention in the spring. "The fluctuating water that's often muddy, coupled with the musky's unwillingness to eat due to its pre-spawn disposition, makes loud, obnoxious lures the go-to baits during this time," she says. "Another great way to catch a musky in the spring on Cave Run Lake is by trolling through likely spawning areas using a spread of eight rods, all with different trolling baits."

If you want to feel the fun of a top-notch musky tournament, be sure to register for the Professional Musky Tournament Trail, hosted by Morehead Tourism. The season kicks off right here in Kentucky on Cave Run Lake, April 29–30. The event's format has been developed not only with professionals in mind, but also the many other excellent musky anglers who may just enjoy the camaraderie of fishing with a little competition thrown in. Learn more at <https://promusky.com>. **KL**

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





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HM02584

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HM03673

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HM01509

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# Aprils past

*Of time and many rivers*



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

**SOMETIMES, ON A DAY** in early April, when a soft breeze stirs among the spring beauties, and red winged blackbirds call from the fencerows, it's as though time rewinds for a moment to my boyhood.

When spring peepers were in full throttle and little streams rippled awake from winter sleep, I was drawn to the woods and fields.

Native river cane was plentiful then along many creeks and branches where I grew up, and I could spend hours looking for game trails in the canebrakes and tracks in the soft mud along stream banks. A hollow sycamore along a wooded stream had a doorway just large enough for me to squeeze into, and farther downstream, a crevice in a big rock above a wet-weather spring was home to spotted salamanders. I knew where wild mallards nested and where red foxes had dens.

guys who spent their lives in the woods and marshes, who drove old Jeeps and lived in cabins well off the beaten path. It sounded good to a boy of 12, but wouldn't have worked so well later with a wife and four kids. So I eventually wound up babysitting a bunch of words and stringing them together in little stories that often flow from such life memories as those of Aprils past.

Among the highlights of many Aprils as I've grown older has been the annual white bass run, during which white bass make their spring spawning migration from several of Kentucky's lakes into river tributaries.

My longtime best friend, Ron Bland of Shelby County, and I always began looking forward to the white bass run long before winter was over. Ron would oil up his fishing reels and string them with new line in January, and I'd try to find a reel that worked.

We marked calendar dates when the run began each year and kept a close eye on the redbud trees, which usually bloom about when the white bass start their migration and the water temperature reaches 55 degrees.

Ron passed away in November 2021, and I haven't had much interest in fishing since his leaving. It's just not as much fun without him around.

We often went separate ways on the river and rarely kept any fish, but we always swapped stories when the day was over—sometimes about seeing an eagle or an osprey, beaver cuttings, snakes or river otters. I once saw a chipmunk swim right past me when I was standing nearly hip-deep in the river. It swam from the far bank, maybe 20 yards, and several more right past me, before scampering out on the other side. I don't know if Ron believed the story, but it's true.

I wonder if that chipmunk will swim the river again this spring, when the redbuds bloom. **KL**



Stories I'd read over the winter in outdoor magazines and boys' adventure books—with names like *Forest Patrol* and *Wildlife Cameraman*—had my imagination working overtime by spring. They were tales about





TIM WEBB



LINDSEY CULVER



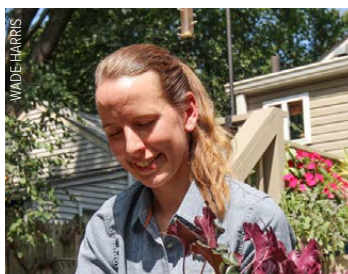
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