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2025
Lawn &
Garden
Issue

18



24

MARCH

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NO-TILL, NO PROBLEM

ON THE COVER No-till is an agricultural method that minimizes soil disruption. Learn how small-scale Kentucky growers are using this ancient technique to improve soil health, reduce erosion and increase productivity.

24

WILDLIFE 101

As spring arrives and people head to the outdoors, wildlife sightings increase. What should you do if you encounter a seemingly injured or orphaned animal? Wildlife experts weigh in on when—and how—to help.

ON THE COVER When Bob and Julie Willett began farming, they attended conferences and took courses on soil health and regenerative farming. Using no-till techniques, as well as implementing cover crops, crop rotation and composting, has helped them conserve water and increase production. Read more about no-till farming on page 18. Photo: Tim Webb

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

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In perfect balance

Lessons from the Big Red Machine

TRAVEL BACK WITH ME to the year 1975. I'm 5 years old, watching the TV intently with my grandpa in his southern Ohio living room. One side of the room is wallpapered, and the other is covered with faux wood paneling. The carpet is mustard yellow. As always, my grandmother is cooking or baking in the kitchen, and it smells unbelievable. The TV set gets three channels, but only one of them matters. Our beloved Cincinnati Reds are in the World Series.

We called them the Big Red Machine, because that's how they operated. They were smooth, precise and efficient—a team in perfect balance. I loved watching Pete Rose, Joe Morgan and George Foster, and those early experiences with my grandpa and my dad sparked a lifelong love of the sport. To this day, I think of springtime as baseball season.

It wasn't until years later that I connected some dots between the 1975 World Series and my chosen career in the energy industry. A good team is well-balanced. So is the electric grid that delivers power to our homes and businesses. Maintaining that balance is no easy task. The grid has been called the world's most complex machine due to its enormous size and the never-ending fluctuations of supply and demand.

This is why it's so important to have honest conversations about what balance looks like for our industry's "big machine." Energy policy must balance reliability, costs and environmental concerns while meeting growing demand. Kentucky's electric cooperatives are your advocates in this conversation, and we keep you informed and engaged through *Kentucky Living*.



Five-year-old Chris Perry with his dad, Danny Perry. Photo: Perry family

Looking through the colorful photos in this month's edition, it feels like we've finally turned the corner on winter. There will still be some cold days, but spring is in the air, and I couldn't be more excited to see what this new season holds.

Pitchers and catchers reported for spring training last month—and opening day for Major League Baseball is just around the corner. Just like the Reds are trained up and ready, electric cooperatives are on the field day in and day out, ready to meet any challenge coming our way.

Chris

CHRIS PERRY
President/CEO

KENTUCKY ELECTRIC
COOPERATIVES



FROM THE EDITOR

I DO NOT HAVE

a green thumb.

In fact, if you are planting flowers or growing a garden, you probably want me to stay as far away as I can for the safety of your gardening efforts.

But I love to look at flowers, and there's nothing quite like a fresh tomato or cucumber straight from the garden.

So, while gardening isn't my thing, I'm grateful for those who take on the adventure and watch it bloom (pun intended).

This month, turn to page 18 to learn about some Kentucky families succeeding at no-till gardening. Admire the colorful backdrop of the farms and know that the green of spring is coming soon.

Also, if you've ever found a baby bird outside its nest and didn't quite know what to do, we've got answers from experts starting on page 24.

If you feel a calling to go outside and do some good, look to our Beautify the Bluegrass honorees for 2024 on page 12 for inspiration. Maybe we'll honor your project in 2025!

Shannon

SHANNON BROCK,
EDITOR

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include your name, address, phone numbers,
email address and name of electric co-op.



LISA BAKER



BEAUTIFY THE BLUEGRASS

Nominations now open

Does someone you know deserve kudos for a community beautification project? Nominate their efforts for recognition in the Beautify the Bluegrass awards, or complete and enter your own project, by July 14. Help us celebrate gardens, murals, park upgrades, community clean-ups and more at KentuckyLiving.com/Beautify.

JACKSON ROLETT



U.S. FISH AND WILDLIFE SERVICE



PLANTING SEEDS

No-till tips and more

Curious about gardening methods to improve soil quality? Read the story on page 18, then visit KentuckyLiving.com for no-till tips you can implement in your own garden, plus no-till history in Todd County, video links and more.

WILD AT HEART

Keeping wildlife safe

Spring brings humans and wildlife into contact more frequently. If you encounter a seemingly injured animal, what should you do? Read the story on page 24 for expert tips, then visit KentuckyLiving.com for additional resources and information.



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Picture this

You're never too old for picture books, and Kentucky is blessed with a plethora of authors who enjoy writing them.

Bagdad author Carol June Franks recalls some of her favorite childhood memories zooming down the snow-covered, steep hills of Westwood on those coveted days of canceled school in *Sled Ride Down Unrue Street*. Franks, a retired teacher who believes well-written picture books are a perfect venue for learning to read and write well, includes helpful information in the book for teaching rhyme, imagery and refrain, as well as tips on beginning to write from memories.

Another retired teacher, Lexington author Ruth Salyers Castle, fulfilled a 25-year bucket list item when she published her first children's book, *Grace Sparkles with Gratitude*. The lilting rhyme describes the grateful heart of Grace, who finds something each day for which to be thankful. Young readers are encouraged at the end of the book to make a gratitude jar filled with reminders of good things for days when they need encouragement.

Butler County children's book author Linda J. Hawkins, says, "I've always loved nature. The older I get, it increases my delight! It refreshes my spirit!" Her latest release, *Frederica's New Home*, focuses on

a tiny frog whose water source has dried up, forcing her to relocate. With the help of her dragonfly friend, she finds a lovely house on a hill complete with a waterfall, lily pads and new goldfish friends. Hawkins includes reading tips, a recipe to go along with the story, and in the hardcover edition, 101 frog facts. Hawkins also infuses scripture throughout to demonstrate God's presence in nature.

Lexington author Susan Mills created the DinoSprout educational book series in support of children with exceptionalities such as autism, anxiety and food allergies. An advocate for her own son's special needs, she hopes to encourage healthy conversations about diversity, inclusion and self-acceptance. Each book centers around a dinosaur: *Stella, the Sweet and Spunky Stegosaurus*, is nonverbal and often misunderstood, but she needs a friend; *Hadley, the Happy and Helpful Hadrosaurus*, can get very sick if she eats certain foods and needs a safe environment; *Alex, the Awesome and Artsy Allosaurus*, deals with anxiety but also has a unique talent; and *Toby, the Terrific and Talented T-Rex*, can get overstimulated by textures, sounds and smells, but he learns how to calm his body when this happens.

» Penny Woods



Get them here

Sled Ride Down Unrue Street (Junebug Tales Publishing, \$11.99) is available at www.junebugtales.com.

Grace Sparkles with Gratitude and *Grace's 100-Day Gratitude Journal with Daily Affirmations* (Dream Castle Books, \$8.99 and \$14.99) are available from Amazon.

Frederica's New Home (Haleya Publishing, \$20 hardcover), can be purchased at www.lindajhawkins.com.

Susan Mills' DinoSprout series (Rainbow Sparrow Books, \$11.99 each) is available from Amazon.

tip

ENERGY EFFICIENCY

March is an ideal time to service your home cooling system, ensuring it runs efficiently when the heat of summer arrives. Routine maintenance, like cleaning or replacing filters, checking refrigerant levels and inspecting parts, can improve your system's energy efficiency and lower your energy bills.



A STOCKPHOTO/ADOBE STOCK



Apply for WIRE scholarships

Women in Rural Electrification 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, has completed at least one semester in college and will have at least 60 hours of credit at a Kentucky college or university by the end of the 2025 spring college term.



The deadline for application is June 6, 2025.

For an application form, go to www.kyelectric.coop and search "WIRE," or contact your local electric cooperative.



Wild geraniums grow along the Green River at Mammoth Cave National Park. "Not all the beauty is below ground at the park," says photographer Jennifer Jenson, Bowling Green, Warren RECC consumer-member.

LETTERS TO THE editor



Precious moments

I just wanted to comment on Byron Crawford's wonderful story in the February issue about "A Bucket of Rocks." I open every issue and read his stories first. It's genius how he starts the story with "just a bucket of old rocks" and ends with "touchstones of rare moments remembered." I would add, "Precious memories, how they linger!"

**JAMES CHADWELL,
LOUISVILLE
WARREN RECC
CONSUMER-MEMBER**

The value of cropland

I always enjoy [Chris Perry's] editorials, and I appreciate especially "Lightbulb moment" in the January magazine.

We, as Kentuckians, should be thankful for the dedication and service of our cooperatives. We should be thankful for, not only an extremely reliable energy source, but also the low cost of that electric energy that we receive.

I work as an agricultural researcher and consultant and have seen many advances in our farming here in Kentucky.

Our cropland is very valuable, and we love our land and what we do. We are already losing thousands of acres each year due to roads, housing, retail stores and parking lots, and to manufacturing plants. But the last several years we have something threatening even more of our best crop lands—solar farms.

Why do we not use common sense and continue with an efficient and proven energy source such as our co-ops are providing today, and have been for years? Why are we losing valuable land to an unproven and unreliable source such as solar?

RALPH E. HART, AGRONOMIC RESEARCHER AND CONSULTANT, EASTVIEW NOLIN RECC CONSUMER-MEMBER

Editor's note: Cooperatives are rooted in rural communities and appreciate the value of agricultural land. Government regulations are driving utilities to low- and no-carbon energy production. In addition, energy

Have a question or comment for the editor?

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

diversification helps to manage risk. Co-ops are working to meet these challenges in practical ways that balance cost, reliability, impact to the environment and impact to rural communities.

Rural Electric Cooperative Caucus

In its second full year in Frankfort, the Kentucky Rural Electric Cooperative Caucus met on February 6 in the Kentucky State Capitol Annex. Legislators who belong to the 100-member caucus receive updates and information about how co-ops work and the issues that affect the reliability and affordability of electric service. To send a thank you note to caucus members, go to RuralPowerKY.com.



Kentucky Electric Cooperatives President and CEO Chris Perry, left, and Vice President of Government Affairs Chase Crigler, above, welcome co-op leaders and legislators to the Kentucky Rural Electric Cooperative Caucus luncheon. Photos: Wade Harris



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Beautify the Bluegrass

Celebrating community spirit, encouraging future projects

JOE ARNOLD | CAPITOL PHOTOS BY WADE HARRIS



BEFORE



AFTER



Beattyville Highway 11 Welcome Sign

"It's like the gateway into the city limits," explains Justin Spencer, a Jackson Energy information systems technician, one of dozens of co-op employees who volunteered to renovate the large sign welcoming visitors and reminding them of Beattyville's annual Woolly Worm Festival.

With help from Lee County Tourism, the City of Beattyville and Downtown Main Street, volunteers pressure-washed brick pillars, installed new landscaping timbers, replaced lights with solar lamps, and added flower planters and new flags. *Kentucky Living* readers voted the project the recipient of the 2024 Beautify the Bluegrass Governor's Award.

"Working with our community leaders, serving our members alongside them, that's the co-op spirit," says Lisa Baker, the co-op's executive administrative assistant.

Danville's Downtown Streetscape Project

Danville's downtown streetscape project transformed the Main Street area into a pedestrian-friendly space, creating a vibrant and welcoming environment. This two-year, \$6 million project included widening sidewalks, burying utilities and planting 60 new trees. The project also

▲ **FOR THE NINTH CONSECUTIVE YEAR**, Beautify the Bluegrass is encouraging Kentuckians to nominate efforts that improve public spaces in communities across Kentucky.

"Community improvements don't just happen," says Jason Todd, board chairman of Kentucky Electric Cooperatives. "Somebody has to make the effort, rally the troops and roll up their sleeves. We think they deserve our gratitude."

"Thanks to *Kentucky Living* and our electric cooperatives for supporting homegrown efforts to make our Commonwealth even more beautiful," says Governor Andy Beshear. Of the dozens of nominations last year, the governor honored five finalists in a Capitol Rotunda ceremony last October.

Above right, Gov. Andy Beshear, center, presents the Governor's Award to Jackson Energy's Lisa Baker and Justin Spencer. Also pictured are Editor Shannon Brock and Kentucky Electric Cooperatives Board Chair Jason Todd.

► Far right, Big Rivers Electric Cooperative's Stephanie McCombs and Jennifer Keach accept a certificate from Beshear.

Below, representatives from Danville's Streetscape Project receive a certificate from the governor. The project added outdoor seating for local businesses and widened sidewalks.



BEFORE

upgraded the Weisiger Park fountain, creating a central gathering spot for the community.

"We have widened the sidewalk, slowed the speed limit downtown, and afforded everybody the opportunity to have outside seating on the sidewalks," says Mayor James "JH" Atkins.

"We wanted to make a place that was beautiful, something we could be proud of and take care of for the future," explains City Engineer Josh Morgan. The project has been embraced by local businesses and residents, enhancing the downtown experience and fostering a sense of pride in the community.



AFTER

Landscaping for Habitat for Humanity Training Center

In a showcase of cooperative spirit, two co-ops joined forces to landscape the roadside property of the Habitat for Humanity Owensboro-Daviess



Big Rivers Electric Cooperative and Kenergy refreshed landscaping for the Habitat for Humanity Training Center.

BEFORE



AFTER



BEFORE



AFTER

At right, representatives from Friends of Red River accept a certificate from Beshear. The group's cleanup efforts began in 1996 and are now featured in a documentary called *River Cowboys: Keeping it Wild*.



County Training Center. This unique facility helps new homeowners learn how to maintain their homes and property.

Volunteers from Big Rivers Electric and Kenergy planted trees and shrubs, creating a natural noise barrier for the center.

"Our employees were very excited to combine efforts and take part in something that improves the community," says Stephanie McCombs, senior communication specialist at Big Rivers. "The project not only beautified the training center but also provided a valuable learning environment for future homeowners."

Friends of Red River Trash Cleanups

Since 1996, the Friends of Red River's May-September monthly cleanups have removed tons of garbage and thousands of tires from Kentucky's only nationally designated Wild and Scenic River.

"When you clean a section of river for the first time, you're often cleaning out historic trash," says Laura Gregory, board secretary. From a high of 70 tires in a previous year's cleanup, Gregory was encouraged when only 17 were pulled from the river last year. The group's documentary, *River Cowboys: Keeping it Wild*, raises awareness about the issue of illegal dumping and encourages community involvement.

"Change is slow, but it's happening," says Russ Miller, who started the Upper Red cleanup nearly 30 years ago. "You have to get in the river to see it."

Works of Art That Bloom

In a vacant lot next to some railroad tracks in

Bellevue, Devan Horton's project, *Perennial*, has taken root. With support from the Kentucky Foundation for Women, Horton created botanical-based, plantable art materials. She made watercolor paints and paper from natural materials like marigolds, onion skins and recycled newspapers. The community was invited to create artworks with the materials.

"Sustainability just really started trickling into my art practice," Horton says, "and I became obsessed with



BEFORE

creating living art.” Now a blooming native pollinator meadow, the project symbolizes the collective good that can be achieved through community effort.

As she looked up at the flower that adorns the interior dome of the Kentucky State Capitol, Horton smiled.

“It just feels really special to be here and to be with other people doing a lot of good in Kentucky.” **KL**



AFTER

Below, Devan Horton accepts a certificate from the governor. Horton created botanical-based, plantable art materials that turned into a native pollinator meadow in Bellevue.



Everyone loves a good before and after.

Beautify the Bluegrass

DEADLINE TO NOMINATE IS JULY 14

Across Kentucky, volunteers and communities work to Beautify the Bluegrass. We want to recognize these projects.

Plan your project to complete and enter by July 14 or nominate outstanding examples from your community.

Get information at KentuckyLiving.com/Beautify

KentuckyLiving



CHRIS HAYES

Lifelong love

Mitch Tate shares the story of his painting, "Before the Storm," seen in the background. He began the painting in 1980 and finished in 2020.

Tate, 89, an Air Force veteran, has loved painting since he was a teenager. He says, "There was always a canvas in our home." Photos: Wade Harris

Tate uses art to spread smiles

RICHMOND

Inside the Madison County home he shares with Emma Lee, his wife of 68 years, Mitch Tate has another lifelong love—painting.

His passion for fine art started with a correspondence course while he was a teenager. The hobby has been a constant companion "when I could or had some time," Tate recalls. "And I love to do it."

"It took a back seat to my jobs, paying the bills and raising our three children," says the Air Force veteran of the Korean War. "But there was always a canvas in our home."



Inspired by a photo in a magazine that he misplaced along the way, the longtime Clark Energy consumer-member began one of his favorite pieces in 1980. Entitled "Before the Storm," the painting depicts four stallions—chestnut, grey, black and white—bolting across a field before a burning sunset.

Tate, 89, finally completed the painting in 2020. With the help of Becky's Print Shop in Richmond, he initially sold prints to benefit St. Jude's Children's Hospital and now offers them simply to brighten someone's day.

"He's such a nice guy," says Becky Coyle. "If he finds somebody he likes, he comes and gets them a print."

"Seeing the response from people is one of the few things in this world that most of us can do," Tate reflects.

"We can do something that we feel like somebody appreciates and maybe we're helping a little in some way."

His artwork on a bedroom wall includes the faces of his childhood dog Frosty, Elvis Presley and the clown Emmett Kelly. But most of his hundreds of original works have been given away. One hangs in a local library, another behind the tellers at the bank. His latest creation was commissioned by a friend who wanted a portrait of his cat.

"I told him I would've done a better job, but the cat wouldn't sit still," Tate laughs.

"I'm not a professional. This isn't my business," Tate muses. "I would rather have 500 or a thousand friends than millions of dollars." **KL**

JOE ARNOLD is vice president of strategic communications for Kentucky Electric Cooperatives.



Mirror, mirror on the car

Murakami Manufacturing USA expands in Taylor County

JOE ARNOLD

WHEN THE MURAKAMI CORPORATION broke ground in Taylor County 25 years ago on its first North American factory, the company had already been in existence for more than a century.

Based in Shizuoka, Japan, Murakami's long history started in 1882 with founder Isaburo

Murakami I and three apprentices fashioning metal ornaments and tin work. Not long after, the company's entry into the glass and mirror industry set the course for its future.

During the automobile boom of the late 1950s the Toyota Motor Corporation enlisted Murakami to

develop prototypes and manufacture a better rearview mirror.

In Taylor County today, Murakami Manufacturing USA employs about 350 people as a Tier 1 supplier specializing in the production of side-view exterior mirrors and components used in a wide range of automobiles, ranging from luxury cars to Toyota, Honda and Subaru vehicles. The company ships more than 2.5 million mirrors each year.

In January, the company announced a \$3.4 million investment to meet growing industry and customer demand, expanding the facility's shipping area to help maintain peak operational efficiency and ensure a seamless flow of products.

"While this expansion focuses on enhancing our shipping capacity rather than adding new jobs currently, it reflects the exceptional dedication and efficiency of our team members at Murakami," says Angie Miller, general manager of Murakami Manufacturing.

"Their commitment to quality has enabled us to meet the growing demands of our customers by increasing the volume of products shipped from our facility.

"Looking ahead, we remain optimistic about the potential to create new jobs in the future, as this community continues to demonstrate a strong work ethic and deep pride in the products we produce for our customers." **KL**



Community partner

Civic leaders applaud Murakami Manufacturing USA's role as a corporate citizen committed to remaining a cornerstone of the local community.

"What an exciting time for Campbellsville and Taylor County," says Taylor County Judge-Executive Barry Smith. "Murakami has been a vital part of our economy for many years. We are proud to have them expand their warehouse in our community."

The facility is served by Taylor County RECC, whose leadership says Murakami's goal to be an "Employer of Choice" in the community is affirmed by the company's civic engagement.

"From a hot air balloon glow to canned food drives and sponsorship of community events, Murakami USA is a great example of what being a corporate citizen is all about," says Jeff Williams, the co-op's president and CEO. "Many of the company's employees are consumer-members of Taylor County RECC. We want them to know how much we appreciate them."



murakami-usa.com

LOCATION:
Campbellsville

INDUSTRY:
Tier 1 auto supplier

ELECTRIC COOPERATIVE:
Taylor County RECC



Murakami Manufacturing USA broke ground in Taylor County 25 years ago. The company recently announced a \$3.4 million investment in the facility. Shown here is the paint inspection and assembly area. Photo: Murakami Manufacturing

NO-TILL, NO PROBLEM

How small-scale growers are using an ancient farming method

BY AMY COBB

We grew up in the suburbs, and we are not by nature farmers,” Willett-Stone Farm marketing director Ashley Stone says, laughing. But Stone comes from a family of entrepreneurs and business owners, and two years ago Stone’s family, including parents Bob and Julie Willett, began a new venture—no-till farming.

M



Bob Willett inspects a lettuce crop at Willett-Stone Farm in Fisherville. Photo: Tim Webb



Willett-Stone Farm's 3 acres use regenerative practices like no-till, cover cropping and crop rotation. Photos: Tim Webb

No-till methods bury seeds without turning the soil over, which helps build soil health.



No-till is an agricultural method that minimizes soil disruption. Tillage methods like plowing turn the soil over, clearing it for planting, but they also expose the soil to erosion. No-till, on the other hand, buries seeds without turning the soil over. While both methods are ancient, the plow has dominated agriculture for thousands of years. But since the 1960s, among mounting concerns around soil erosion and productivity, no-till has become more common—even for small-scale farms and home gardens.

When Stone's parents began farming, their only experience was home gardening. They bought land in Fisherville, served by Salt River Electric, and Bob Willett began attending conferences and taking courses in soil and regenerative farming.

"These are not new [practices]," Bob Willett says. "They're being assigned with new titles—regenerative, organic, things like that. But pre-industrial-eras, this was the way people fed their families."

Today, the Willett-Stone family owns two greenhouses

and farms 3 acres, growing seasonal vegetables—lettuce, greens, peppers, tomatoes, watermelons and more. They do it all by implementing no-till gardening practices, keeping the microbiomes intact in the topsoil, rather than tilling it. Other components of Willett-Stone Farm's regenerative farming efforts are using cover crops, crop rotation and organic compost to feed the soil, while avoiding pesticides.

Combining all that, the family sees reduced carbon emissions, increased water conservation and nutrient-dense produce yields that Stone believes are healthier than those found in grocery stores. With five children of her own, that's important to Stone. "It's really special to be able to grow the food, to teach the children about where our food comes from, and to get them involved in the process," she adds.

How does no-till work?

Kelly Jackson, Christian County horticulture extension agent, assisted local gardener





Frank Amaro, a gardener in Christian County, plans to shift entirely to no-till in 2025. Photo: Frank Amaro

Did You Know?

No-till crop production has deep roots in Christian County

In 1962, Harry and Laurence Young were agricultural pioneers and some of the first farmers in the nation to experiment with no-till techniques. Descendants of the Young family still farm in the area today. “We have lots of folks come in from all over the world to try to learn how no-till works, how to use no-till, and the advantages of it,” says Christian County extension agent Matt Futrell, who specializes in agriculture and natural resources. “But it all kind of began right here in south Christian County.”

Frank Amaro in implementing no-till practices three years ago. At that time, she demonstrated a couple of different no-till gardening options. The first involved covering the entire garden bed with landscape fabric and then burning holes in the fabric with a special tool to allow for seed placement and plant growth.

The second option alternated landscape fabric with 5-inch bands of exposed soil—that had already been tilled once—repeating until there were about six rows across the garden bed. Jackson preferred this method over the first, as it was less labor intensive and didn’t require specialized equipment. And this is the method Amaro implemented in his garden, which has proven successful.

With either of those methods, Jackson says home gardeners using landscape fabric as part of their no-till practice can go many years without disturbing the soil again, which builds up the soil biodiversity.

“In other words, beneficial organisms in the soil can help your plants and your gardens do better,” Jackson adds.

Matt Futrell, a Christian County extension agent specializing in agriculture and natural resources, describes soil as a living, breathing ecology. “If we’re tilling, we’re disturbing that soil health,” Futrell explains. “When we’re no-tilling, we’re conserving organic matter. We’re conserving water, and it just makes for a healthier biome, really.”

Results speak for themselves

Amaro, a Pennyryle Electric consumer-member, hailed from Chicago before calling Kentucky home. Three years ago, he applied for a gardening grant through his local Christian County extension office. To his surprise, he was selected as a grant recipient, and he’s been gardening ever since.

Amaro has two gardens—both 70 feet by 100 feet.

His west garden is tilled, while his east garden is a no-till space. And over the years, he has noticed a stark difference between the two.

With no-till, Amaro says, “One of the biggest things, and I think the most important thing, is no erosion to our soil.” Another benefit is that piling compost and wood chips around the plants and placing fabric between the rows discourages weed growth. And yearly soil tests continue to show superior soil health in his no-till garden.

Overall, Amaro’s time, effort and costs spent on his no-till garden are all less than those spent on his tilled garden. Amaro is so impressed with no-till gardening that he’s used his tiller for the last time. “2025 is going to be no-till all the way around,” he says.

Amaro has grown everything from beans and cucumbers to unique plants like cucuzza, a Sicilian vegetable in the zucchini family, and zucca di Napoli,



Julie Willett and grandson Ryder Stone enjoy a day on the farm. Photos: Tim Webb

See more online ►

Planting seeds

Curious about no-till methods? Visit KentuckyLiving.com for no-till tips to implement in your own garden, no-till history in Todd County and links to videos and other resources.

KentuckyLiving.com





Jackson and Jordan Rolett practice intensive, no-till gardening at Apostles Garden, located on the grounds of Holy Apostles Orthodox Church in Bowling Green. Photos: Jackson Rolett

an Italian blend of pumpkin, zucchini and butternut squash. “You name it, I’ve grown it,” he says. This year, Amaro plans to focus even more on peppers, while continuing to implement gardening methods that promote soil health.

“People have to remember it all starts with the soil,” says Amaro. “So if you’ve got good soil, you’ll have great plants.”

“Human-scale” farming

In Bowling Green, Jackson Rolett and his wife, Jordan, have practiced no-till gardening for eight years. Today, Jackson is a lead farmer at Apostles Garden, a half-acre market garden in Warren County that uses intensive, no-till practices.

“We became interested in no-till gardening because we were working to

‘human-scale’ our market garden—or rely mostly on our bodies and hand tools to do the work—and remove the need for tractors and other gas-powered implements,” Jackson Rolett explains.

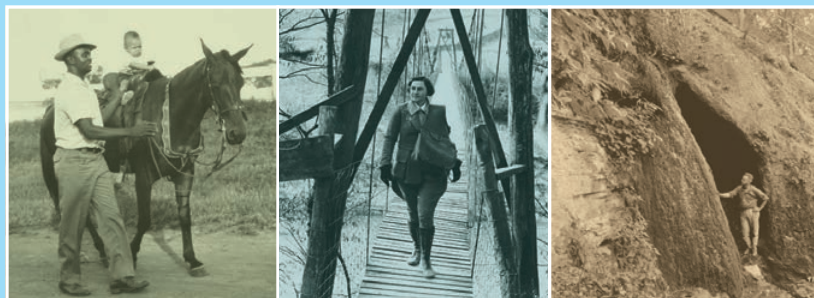
The Roletts lease land from Holy Apostles Orthodox Church, where the couple grows 20-plus varieties of fruits and vegetables year-round for direct market and donation—and it’s all done using no-till practices.

“Once a plot is established, which does require some tillage,” says Rolett, “we rely mostly on human power and a small amount of electric-powered equipment.”

No-till gardening at a small scale removes the need for most mechanization, and it also has reduced the Roletts’ labor costs. And if done well, Rolett says, no-till reduces the annual weed seed bank and increases the carbon stored in the soil, which leads to better water-holding capacity and improved soil biology for healthier, more resilient plants.

He believes home gardeners who are considering implementing no-till gardening methods in their own space often already have the needed tools and resources, like mulch materials.

“They just need to reimagine how to use them,” he says. “Tarping, broadforking, sowing cover crops, mulching with leaves, composting—all of these can be done very easily and affordably. We just need to follow a few simple principles and be open to a bit of experimentation.” **KL**



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Rare as gold

Short's goldenrod measures a petite 1 inch, but the tiny flower is so important that a 50-plus-acre nature preserve was established to protect it. Listed on the federal Endangered Species list, it is considered one of the world's rarest flowers and is an important part of Kentucky history.

Blue Licks State Park Nature Preserve, located within Blue Licks Battlefield State Resort Park, is one of only two places in the world where this delicate but showy bloom is known to exist. Louisville physician and botanist Charles Short—after whom the flower is named—discovered the herbaceous perennial wildflower in 1840 at the Falls of the Ohio. Unfortunately,

that plant population was eventually lost due to area flooding.

Fast forward about 100 years when botanist and ecologist E. Lucy Braun discovered Short's goldenrod in Robertson County in 1939, just north of the park's location in Carlisle in Nicholas County. According to the Blue Licks State Park Nature Preserve brochure, it was Braun who speculated that bison aided in spreading the seeds of this plant.

"Early settlers to Kentucky remarked on the huge herds of buffalo," says Matthew Dollar, a naturalist at Blue Licks Battlefield State Resort Park, which is served by Fleming-Mason Energy Cooperative.

"Kentucky is known for its buffalo traces. They're all over the state, with the main corridor going through the Blue Licks region.

"It's a floral and fauna relationship that's unique to the Bluegrass. Seeds from the goldenrod got caked into buffalo fur and were transported to this region."

According to Dollar, the best time to see and photograph Short's goldenrod is August through October. Regularly scheduled guided tours are offered throughout the summer and early fall. The on-site Pioneer Museum interprets the history of Blue Licks. See additional photos and more information at KentuckyLiving.com.

Story: Kathy Witt

Photo: Kentucky State Parks

wildlife 101





How to help wildlife *responsibly*

BY KATIE SALTZ

“

"Rescuing an animal that doesn't need rescuing does more harm than good."

» LAURA BURFORD
WILDLIFE PROGRAM
COORDINATOR FOR
THE KENTUCKY DEPARTMENT
OF FISH AND WILDLIFE
RESOURCES

“

◀ This opossum, which was injured by a weedeater, made a full recovery at Second Chances Wildlife Center and was released after a few months.
Photo: Brigette Brouillard

As spring arrives and people head to the outdoors, wildlife sightings increase. But what should you do if you encounter an animal that appears injured or orphaned?

Your instinct may be to rescue the animal, but the best plan of action is to simply wait. Laura Burford, wildlife program coordinator for the Kentucky Department of Fish and Wildlife Resources, says it's important to protect wildlife from human intervention—even humans with good intentions.

"This happens a lot in the spring," Burford says. "Well-meaning people encounter a deer fawn or a bird, and our tendency is to want to help. But rescuing an animal that doesn't need rescuing does more harm than good."

When helping hurts

Many animal parents leave their young alone for hours at a time, only returning to feed, Burford says. The amount of time animals spend with their young—and how close they stay—varies among species. Burford says what appears to be an orphan may be a perfectly healthy young animal waiting for a nearby parent to return. An animal parent might not see a human as a helper, but as a threat.

"The design of nature is for young animals to be taken care of by their parents," she says. "They may be alone, but that doesn't mean they are orphaned."

Wildlife sometimes ventures into human territory, but that isn't an invitation for contact, Burford says. Deer in a residential area should be left alone and not offered food from humans. Rabbit nests should be left undisturbed and can be marked with a large rock or post to avoid accidentally mowing that area. Removing an animal from its natural environment should only be done when absolutely necessary, Burford says.

“When you start moving animals around, you risk them becoming acclimated to people and that is not what we want,” she says. “Our goal is to keep wildlife wild and keep people and wildlife safe.”

At home with nature

If a wild animal finds its way into your home, the Kentucky Department of Fish and Wildlife Resources offers a directory of permitted nuisance control operators who can help homeowners safely remove animals. Bats, birds or even small mammals can get into a house but mean no harm. Trapping the animal should be left to a professional, but helping the animal exit through an open window or door is usually the best option, Burford says.

“Certain times of year people will call concerned about bats in their house,” she says. “That can be scary, but usually the bats aren’t attacking. They just want out. Anytime you can give that animal a way out, it’s the best solution.”

Human safety is also at risk in these encounters with wildlife. Contact with



This squirrel came to Second Chances Wildlife Center just inches long, requiring around-the-clock feeding. He was released into the wild two months later.
Photo: Brigette Brouillard

a wild animal risks spreading disease or personal injury, Burford says. According to the Centers for Disease Control and Prevention, more than 90% of reported cases of rabies occur in wildlife.

If someone is bitten by an animal in the wild, they should contact the local

health department immediately.

“Sometimes it is super hard to wait, but you should avoid touching the animal if at all possible,” Burford says. “Anytime an animal is acting abnormally, you don’t want to come into contact with it because it might be sick



Nestlings can safely be returned to their nests. Fledglings, such as this one, should be left alone.
Photo: U.S. Fish and Wildlife Service

SHOULD YOU TOUCH A GROUNDED BABY BIRD?

True or false: If you touch a baby bird fallen from the nest, its mother won’t take it back.

According to Laura Burford, wildlife program coordinator for the Kentucky Department of Fish and Wildlife Resources, that rule is completely false for most animal parents.

“There is a significant time investment involved and parents won’t just leave their babies,” she says, adding that it’s important to know the difference between a fledgling and a nestling when assessing whether baby birds need to be rescued.

Nestlings may still have their eyes closed and are mostly naked with

very few feathers. These babies need to stay in the nest. A fledgling, on the other hand, will have open eyes, feathers and can hop around. Fledglings are likely out of the nest and on the ground because they are learning to fly. The best course of action, Burford says, is to leave fledglings alone. A nestling found on the ground, however, can and should be put back in the nest.

“If you find a nestling on the ground, scoop it up and put it back in the nest, keeping contact as brief as possible,” Burford says. “It won’t survive without its parents, and they won’t abandon it after human contact.”

CONTINUED ON PAGE 27

CONTINUED FROM PAGE 26

or injured and react out of fear.”

It’s not just a safety concern when humans interfere with wildlife—it’s also a legal matter. It is illegal in Kentucky to remove young wildlife from the wild, and specific rules and permits are

required to transport wildlife in or out of Kentucky.

“You should contact somebody permitted to rescue animals if you suspect an animal is orphaned or injured,” Burford says.



KentuckyLiving.com

Keeping the wild alive

Find links to a video and more information on safely helping the state’s wildlife from the Kentucky Department of Fish and Wildlife Resources at KentuckyLiving.com, and read the provisions of the state regulation governing the transport and holding of live native wildlife.

◀ A list of permitted wildlife rehabilitators is available at the Kentucky Department of Fish and Wildlife Resources website: fw.ky.gov. Photo: U.S. Fish and Wildlife Service

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TEAM
KENTUCKY



James Sharp of Bluegrass Bee and Wildlife Removal performs a live removal of a honeybee hive found inside a house. Sharp humanely removes and donates bees. Photos: James Sharp

SWEETENING THE DEAL

A honeybee nest inside your home is a nuisance, but choosing live removal can have sweet results.

According to James Sharp, owner of Bluegrass Bee & Wildlife Removal in Bloomfield, if you find an active honeybee hive in your house, simply killing the insects will create a mess. Sharp uses thermal imaging to locate beehives in the home, since temperature plays a key part in the honey-making process.

"Honeybees regulate the temperature of the comb," he says. "If you kill the bees, the honey won't be kept at the right temperature and will start running down your walls."

Since hives are usually found in the roof soffit or between floorboards, free-flowing honey can cause property damage and attract pests. Even if the honeybees are

dead, another colony could move in and extend the problem. Removing the comb is crucial to successfully removing the bees.

Sharp donates the bees he removes to the nonprofit group Hives for Heroes, an organization that teaches beekeeping to military service members and first responders who are transitioning to civilian life.

Live removal is a win-win situation, says Sharp, because it's good for the bees, for Hives for Heroes and for the ecosystem in general. "It's no secret bees have enough problems without being killed during removals," he says. "Honeybees are great pollinators, and we need them. If you have bees in your home, call the agriculture extension office in your county, and they can direct you to local beekeepers to help with live removal."

Leave it to the experts

The Kentucky Department of Fish and Wildlife Resources keeps a list of permitted wildlife rehabilitators on its website, with detailed information on what species each organization takes in. These licensed wildlife rehabilitators rescue, raise and provide medical care for orphaned, sick or injured wildlife with the goal of releasing them back into nature.

Second Chances Wildlife Center in Mount Washington is a wildlife rehabilitation facility that takes in bats, squirrels, groundhogs, foxes, skunks and other native Kentucky wildlife.

Founder and Executive Director Brigitte Brouillard says while it's good that people are caring and compassionate toward wildlife, an untrained rescuer can cause many problems that lead to illness or death of the animal.

The state wildlife agency requires rehabilitation facilities to complete courses through the International Wildlife Rehabilitation Council, pass inspections and hold the proper permits. Brouillard calls the process rigorous and says it gives staff and volunteers the training needed to care for wildlife in a way the average person can't. There are two mistakes most people make when they attempt to rescue wildlife, she says: accidentally kidnapping animals that still have parents caring for them; and trying to feed the animal without the proper training and supplies.

"People are trying to help, but it hinders the healing process," she says. "For example, people will feed a wild animal cow's milk, but these animals cannot absorb the nutrients in the milk. That can upset their stomach, leading to diarrhea and dehydration. Smaller animals are more likely to aspirate due to improper feeding, which can lead to death."

Brouillard echoes Burford's "wait and see" advice. According to Second Chances, around 50% of all animals that rehabilitators receive are animals that did not need to be rescued. **KL**

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Herald of spring

False shamrock is a March delight

KNOWN AS A SYMBOL OF SPRING, oxalis is often available for purchase only in March as a seasonal decoration. There are hundreds of species of oxalis—also called false shamrock—but only a few are grown as houseplants and some are common weeds.

Leaves can be green, red or purple, and some have patterns. These plants are best known for their triangular clover-like shape, but also because they are nyctinastic, which means their leaves and flowers move or fold up at night, or in dark conditions.

Many varieties of oxalis are small bulbs and will go naturally dormant for a time. Dormancy is most common in the summer after flowering. Common houseplant varieties are rhizomatous, producing underground stems, and are less prone to go dormant. Temperatures over 75 degrees, very low light, excessive dryness or overwatering are all triggers that can initiate dormancy.

Ideal growing conditions include bright filtered light, air temperature of 60 to 70 degrees and soil that is allowed to dry between waterings. If something upsets its harmonious cycle and your oxalis starts to go dormant, let it. Stop watering and remove the leaves as they drop, then place it in a dark, cool location for one to three months. After that time,



SARAH NOLD

bring it back into a bright window and begin watering, which will initiate new growth and flowering.

This mounding plant typically blooms in the winter. Flowers tend to be white, yellow, pink or red. Oxalis is right at home growing in small clay, plastic or glazed pots with a drain hole, and requires well-draining soil. Fertilize monthly only during active growth periods, using a quarter of the recommended rate of a balanced houseplant fertilizer. **KL**

SHELLY NOLD is a horticulturist and owner of The Plant Kingdom. Send stories and ideas to her at The Plant Kingdom, 1000 E Market St., Louisville, KY 40206.

ASK THE gardener



Can muscadines be grown in my area, and what variety should I choose?—Laura Horst

A Muscadine, a grapevine species, is native to the southeastern U.S. and can be grown in a backyard garden or produced on a large scale in Kentucky. There are many cultivars to choose from, as well as categories within the cultivars. Consider fruit color, disease resistance, self-fertile/female cultivars, and cold hardiness. Self-fertile plants produce both male and female flowers, while female cultivars produce only female flowers and need a pollinator to produce fruit. Choose a south-facing location with rich, well-drained soil that will receive a minimum of eight hours of direct sunlight. Plant these woody vines in the spring and provide something sturdy for them to grow on.

» Angie Oakley



FENG/ADOBEE STOCK

Have a gardening question?

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

READER
recipe

A piece of cake

Stacked Coffee Cake

Submitted by Teresa Stidham

Consumer-member of Warren RECC

Teresa loves coffee, so she decided to add it to her cake recipe and was thrilled with the result. It's now her favorite cake, perfect for celebrating her birthday this month.

1 C shortening or softened butter
2 ½ C sugar
5 eggs, yolks and whites separated
3 C self-rising flour
4 tsp cocoa powder
¼ tsp salt
1 C buttermilk
5 tsp brewed coffee
2 tsp vanilla

Icing

½ C (1 stick) butter, softened
2 tsp brewed coffee
1 tsp vanilla
1½ C powdered sugar
2 Tbsp milk or heavy cream
Crushed walnuts, optional

Preheat oven to 375°. Cream butter or shortening with sugar 3–5 minutes, until light and fluffy. Add yolks one at a time. Mix in dry ingredients, buttermilk, coffee and vanilla. Beat egg whites to stiff peaks and fold in. Divide batter into three greased, floured pans. Bake 25–30 minutes and cool completely. Combine all icing ingredients and beat until smooth. Layer and frost cake, topping with walnuts if desired. Serves 10–12.

Savoring simplicity

Wholesome soup and indulgent dessert

MARCH ALWAYS FEELS like a breath of fresh air to me—like we've made it through the depths of winter and can finally see spring on the horizon. I'm itching for longer days, warm sunshine and all the newness the season brings. But while I wait (not-so-patiently), those cool temperatures still like to hang around.

This month, we're keeping it cozy but lightening up with a comforting bowl of homemade chicken noodle soup, packed with all the goodness your body needs. And for dessert, a slice of rich, coffee-flavored cake—because you deserve it, and a little treat makes everything better.

Chicken Noodle Soup

1 medium onion, finely diced	2 tsp salt
1 C carrots, peeled and finely diced	1 ¼ tsp white pepper
4 garlic cloves, minced	1 tsp oregano
1 Tbsp olive oil	¾ tsp freshly cracked black pepper
1 (approximately 5-lb) whole chicken	3 eggs, whisked
10 C water	8 oz egg noodles
2 bay leaves	

Sauté onion, carrots and garlic in olive oil in a stock pot on medium heat until soft, about 10 minutes. Add chicken, water and bay leaves. Cover and simmer for 1½ hours, or until chicken is fully cooked. Remove chicken and shred it, discarding bones. Return liquid to low boil and add spices.

Slowly drizzle in eggs, stirring constantly. Add egg noodles and cook 5–10 minutes until tender. Stir in shredded chicken and serve with sourdough bread or crackers. Serves 6–8.

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

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The spice of life

Culinary adventures at Maysville's Parc Café

JOEL SAMS



AMY FRY'S HUSBAND, MARC, serves breakfast and brunch at their Maysville restaurant, the Parc Café. Their son, Henry, runs lunch. But every Friday and Saturday at 5:30 p.m., specialty dinners are Amy's time to shine.

One week, she served north African shakshuka and South African bobotie with malva pudding for dessert. Another time it was Indian cuisine—a creamy chicken and tomato curry scented with dried fenugreek leaves, and saag aloo paneer, a vegetarian dish that features spiced spinach, potatoes and cubes of soft pressed cheese. "I never do the same thing twice," she says.

If chicken and seafood paella or mushroom risotto with quail eggs isn't your style, drop in for breakfast or brunch, where you can find familiar fare like biscuits and gravy, omelets and hashbrowns, as well as quirkier options like goetta and shishito hash.

All the bread at the Parc Café, from sandwich bread to English muffins to ciabatta, is baked in-house. "It just depends on what we want to do," Amy says. "If I do grilled cheese, I'll make a New York deli rye."

The restaurant building, which is owned by Maysville businessman Bruce Carlson, was modeled on a historic cafe in Paris. "The restaurant itself is magnificent inside," Fry says. "We get a lot of that from travelers from all over the world. They love the European look of the place."

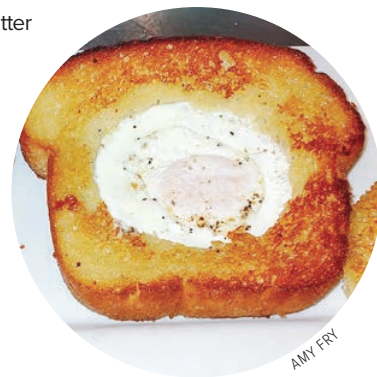
Located at 35 E. 2nd St. in Maysville, the Parc Café is open Monday-Saturday from 7 a.m.-2 p.m. Specialty dinners are served Fridays and Saturdays from 5:30 p.m. until sellout. For the latest updates and offerings, visit facebook.com/ParcCafeMaysville. **KL**

AMY FRY

The Parc Café Toad in the Hole Serves 1-2

2 Tbsp butter
2 slices bread
2 eggs
Salt and pepper

Melt butter in skillet over medium heat. Using a cookie cutter or a glass, cut a hole in the center of each slice of bread. When butter is sizzling, add bread slices and crack an egg into each hole. Salt and pepper eggs to taste. When bread is toasted on one side and egg whites are set, flip toast and finish cooking on the other side. Toast bread rounds, adding butter as needed.



AMY FRY



Landscaping to save energy



How can landscaping help lower my energy bill?

MIRANDA BOUTELLE

writes on energy efficiency for the National Rural Electric Cooperative Association

A Thoughtful planning, good design and proper planting when landscaping around your home can result in year-round energy savings.

Correctly positioned trees can save up to 25% of a typical household's energy use, according to the United States Department of Energy. Research what trees and plants are best for your local climate.

Strategically placed deciduous trees allow for summer shade and passive solar heat gain in the winter when leaves have fallen, leading to energy savings in both seasons.

Choose varieties of trees that are known to have a strong root system as well as strong branching angles. An overall strong structure and regular tree maintenance can help reduce the potential for damage from wind, heavy snow or ice.

LOOK UP—AND DOWN

Be mindful of overhead power lines when landscaping, and look up and check the surroundings before setting up ladders. Be thoughtful when planting new landscaping that could encroach on power lines. Utility equipment should have at least 10 feet of clearance, when possible.

Don't overlook what's underfoot: Call 811 or go to call811.com before you dig to ensure you know where any underground power, gas, water or sewer lines are located.



Plant large trees far enough away from your home to prevent damage from falling branches or root damage to your home's foundation.

Smaller plantings closer to the home can shade walls, windows or hardscaped surfaces, such as driveways and sidewalks. Keep landscaping clear of dryer vents, heat pumps and air conditioning units to ensure access for maintenance and airflow around those locations.

Keep landscaping clear of HVAC and air conditioning units to ensure maintenance access and airflow around equipment.
Photo: Mark Gilliland/Pioneer Utility Resources

Wind protection

Windbreaks are another landscaping strategy that can be beneficial for energy savings in windy areas. The U.S. DOE says windbreaks reduce wind speed by as much as 30 times the windbreak's height. That, in turn, reduces wind chill near your home and can lower heating costs. The agency recommends planting two to five times the mature tree's height away from your home.

Plant evergreen trees and shrubs for windbreaks and consider adding fences to help lift the wind up and over your home. **KL**

Spring planting safety

Use caution when operating large farming equipment

SPRING HAS NEARLY SPRUNG

in Kentucky, and as farm activity increases, so do risks associated with operating machinery. Farmers should use caution when operating any large equipment—especially near power lines. As a good rule of thumb, try to maintain a 20-foot distance from power lines and power poles in all directions.

Tall machinery calls for extra vigilance, since it can easily become entangled in power lines. Don't assume equipment will fit under a power line. Before heading to the field, check the height of farm machinery and note of the location of overhead power lines to be sure farm equipment safely clears them in order to avoid electrocution. Plan your route to avoid them, and always look up and around before moving or raising equipment. You may even want to use a spotter, because it can be difficult to tell where you are in relation to overhead lines.

Keep in mind power lines sag between poles, especially on hot days. Never try to raise power lines



SAFE ELECTRICITY



ERIC CHUMBLEY
is Director of Safety and Facilities at South Kentucky RECC

YEARS IN THE INDUSTRY: 15.5, with the last 8.5 at SKRECC

WHEN I'M NOT WORKING I'M:
Spending time with my wife, Cheyenne, and daughter, Teagan, doing some type of outdoor adventure like hiking, boating and sightseeing. I also try to golf as much as I can, and I love to travel when time allows.

Be alert during spring planting

It's planting season for many of the state's farmers. Here are tips for safe farm equipment operation:

- To prevent electrocution, make sure farm equipment safely clears overhead power lines. Tall equipment can easily become entangled in power lines. As a general rule, try to maintain a 20-foot distance from power lines—and power poles—in all directions.
- Contact 911 immediately if your equipment comes into contact with a guy wire or pole.
- Farming often involves water and dust. Install waterproof and dustproof electrical boxes and outlets at the farm.

to enable passage of tall equipment. Even nonmetallic objects such as wood poles or branches can conduct electricity.

Watch out for power poles, too. If you strike one, it could break, dropping a live line on your metal tractor or combine.

If contact is made between farming equipment and overhead lines, guy wires or poles, it's generally best to stay in the cab. Warn others to stay away, call 911 to alert emergency services and call your co-op. Do not get off the equipment unless there is a fire or imminent risk of fire.

If you do need to leave the equipment, jump—don't step—free and clear from the equipment, landing with feet together and shuffling as far away as possible, making sure both feet are always touching each other and touching the ground. Do not touch the equipment and ground at the same time.

Finally, advice for off the field: Water, dust and farming often go hand in hand. Install waterproof and dustproof electrical boxes and outlets at the farm. **KL**

Understanding incontinence

Bladder leaks don't have to be part of aging



ALLA PEOPLE IMAGES/COMADORE STOCK

THINK BLADDER LEAKS are just part of aging? Laughing, sneezing or lifting shouldn't come with a leak. While it's easy to dismiss the occasional leak as a byproduct of pregnancy, childbirth or just something that comes with age, urine leaks are not normal and can be a sign of pelvic floor dysfunction. The good news is that urinary incontinence is common and treatable, and solutions are closer than you think.

Stress urinary incontinence, or SUI, is the involuntary leakage of urine while

coughing, sneezing, lifting, laughing or exercising. At least 10–20% of women are affected and find that their social and personal relationships and level of physical activity are impacted by incontinence. Depression and anxiety are linked to urinary dysfunction; people who feel they no longer can control their bladder may withdraw and become more socially isolated.

Pregnancy and vaginal birth, and other factors—including obesity, chronic cough, chronic heavy lifting

and constipation—can cause an increase in abdominal pressure and aggravate stress incontinence. Weakness in the pelvic floor muscles that support the bladder and urethra can also lead to leakage.

A urogynecologist can perform some simple, minimally invasive tests to diagnose SUI and offer treatment options to help strengthen the pelvic floor. Physical therapy and light-intensity exercises such as walking and yoga can strengthen the pelvic floor muscles, and there are several free

apps with exercises for maintaining continence. In some cases, surgery may be required to correct the weakened pelvic muscles that support the bladder.

If you are experiencing leakage, or other issues such as pelvic pain or discomfort, talk to your primary care provider about a referral to a urogynecologist to discuss treatment options. **KL**

JOHNNIE WRIGHT JR., M.D., is division director of female pelvic medicine and reconstructive surgery at UK HealthCare.



A new pattern

Barn quilt trails celebrate folk art and heritage

BY AMY COBB



HAVE YOU EVER BEEN DRIVING one of Kentucky's scenic backroads and noticed a colorful panel on the side of a barn? You've just seen a barn quilt—a new take on an old tradition.

Kentucky's barn quilt trails offer a unique roadside art experience, weaving together stories of families and communities along rural byways and even in larger cities. Here are a few to add to your road trip itinerary this year.

Calloway County

Visitors travel from miles around to explore Calloway County's barn quilt trail, boasting one of the region's largest trails devoted to these roadside pieces of art. Home to 67 barn quilt squares, the



trail is broken into quadrants, making it easier to explore.

The East Trail runs through the heart of downtown Murray and displays quilt patterns like Coming Home and Tree of Life. The Northwest Trail runs along State Route 121 and includes the original Dahlia Basket pattern and Corn & Beans, representing crops grown in Calloway County. The Southwest Trail—the shortest—features patterns showcasing the design and history of the quilt

The Calloway County barn quilt trail is one of the region's largest. Shown is the Norsworthy barn on the Northwest Trail. Photo: Murray Convention & Visitors Bureau

squares, like the Ohio Star and Tobacco Leaf, displayed on a barn that's over 100 years old.

When a family or business selects a barn quilt pattern to display, says Murray Convention & Visitors Bureau Executive Director Erin Carrico, "It usually means something to them, a family story or a memory."

Carrico adds that barn quilt trails share the rich culture of Kentucky families with tourists. "Because most often



◀ The Rowan County Quilt Driving Tour offers a downloadable brochure. Shown is the Dutch Dolls quilt in Clearfield. Photo: Morehead-Rowan County Tourism

humans can relate to humans,” she says, “it’s just a way for visitors to be able to connect to our locals.”

Rowan County

The self-guided Rowan County Quilt Driving Tour combines eastern Kentucky’s scenic hills with the cultural

and historical fabric of the community. Each quilt block adorning barns and other buildings along the trail is a representation of families, traditions and the artistry of quilting, passed down through multiple generations.

Paige Swartz, Morehead-Rowan County Tourism assistant executive

director, says, “It gives them a sense of county pride if it’s a local, and for a visitor, it takes them a little more in-depth of what Rowan County is all about.”

Along the trail, visitors discover red, white and blue patriotic patterns, like Hearts of America, Fort Sumter and Ohio Star. Whimsical designs include Whirligig, Turtle Creek and Floral Sunburst. Old Fashioned Double Wedding Ring and Dutch Dolls offer a more traditional take.

Swartz offers some tips for hitting the barn quilt trail: “Grab the brochure, so you have all of the addresses. Have plenty of gas, snacks, a rain jacket, a camera or your phone. Some of the barn quilts are out in a field, so keep an eye out for them.”

Scott County

Explore Kentucky horse country where spotting barn quilt squares along winding rural roads turns the trail into a fun scavenger hunt for the whole family. Dylan Marson, Georgetown/Scott County Tourism communications manager, calls the quilt trail “an important resource that highlights the local artistry.”

The Carpenter’s Wheel, a vibrant star shape, is Marson’s favorite quilt pattern. “It stands out from the other more rigid geometric designs and is a common sight for participants of our annual Horsey Hundred Event, which brings thousands of cyclists to our scenic roadways,” he says.

Scott County’s current quilt trail map spotlights 13 stops along Georgetown and Stamping Ground routes. From larger geometric designs to intricate collages in both traditional and contemporary patterns, each

QUILTING MEMORIES

Deeply rooted in the very fabric of Colonial America, quilting has become an art form. A bronze sculpture celebrating the art and history of quilters is displayed at the Rowan County Arts Center. Dedicated in 2009, the sculpture was commissioned by the W. Paul and Lucille Caudill Little Foundation as part of The Foothills Quilt Trail to honor Rowan County’s quilting heritage and to stimulate interest in quilting as an art.

Created by Stephen Tirone, a retired associate professor of art at Morehead State University, the sculpture depicts a grandmother quilting while a young girl closely observes her handiwork. But there is a surprise hidden beneath the quilt—a boy sits on his knees at the grandmother’s feet. Visit the sculpture at 205 E. Main St.

Taylor County Extension Agent Kimberly Thomas, center, leads a barn quilt painting program with Cyndy Humble, left, and Carolyn Morris. Photo: Taylor County Extension Office



DESTINATIONS

more to
explore

It's road trip time. Discover barn quilt trails in communities all across the state.

Featured barn quilt trails

Bowling Green Area Convention & Visitors Bureau

352 Three Springs Road, Bowling Green
www.visitbgky.com, Facebook: Visit BGKY,
(800) 326-7465

Download a brochure & map here:
<https://www.visitbgky.com/barn-quilts.pdf>. Don't
leave town before stopping by 440 Main
and Micki's on Main Bar & Grill, one of
Bowling Green's oldest eateries.

Georgetown/Scott County Tourism

399 Outlet Center Drive, Georgetown
www.georgetownky.com, Facebook:
Georgetown/Scott County Tourism, (502)
863-2547

View the map at [www.georgetownky.com/
images/pdf/Barn_Quilt_Map.pdf](http://www.georgetownky.com/images/pdf/Barn_Quilt_Map.pdf).

After viewing the barn quilts along a
scenic route, stop by Country Boy Brewing-
Georgetown Taproom for a sampling of local
cuisine, while also enjoying the outdoor
dining area. Pet friendly.

Morehead-Rowan County Tourism

150 East First St., Morehead
www.visitmorehead.com, Facebook: Visit
Morehead and Rowan County KY, (606)
780-4342

Download the Rowan Quilt Driving Tour
at www.visitmorehead.com, click on Things to
Do and scroll down to Tour Brochures.

A must-visit lunch spot is Pennington
Farm Meats & More, a hometown deli
serving up fresh meats, daily specials and
delicious sides.

Murray Convention & Visitors Bureau

206 S. 4th St., Murray
www.tourmurray.com, Facebook: Visit
Murray, Kentucky, (270) 759-2199

Find the Calloway County Barn Quilt

Trail map at [www.tourmurray.com/
callowaycountybarnquilttrail](http://www.tourmurray.com/callowaycountybarnquilttrail).

After you've worked up an appetite on the
trail, head to Dumplin's of Murray, a local hot
spot for over 30 years, known for fruit tea,
freshly made yeast rolls and daily specials.

Other barn quilt trails

Augusta/Bracken County Tourism

219 Main St., Augusta
www.augustakv.gov, Facebook: Augusta,
Kentucky, (606) 756-2183

Explore the area to find about 15 barn
quilt squares. For an old-fashioned, home-
cooked meal, stop by Augusta General Store
Restaurant.

Horse Cave/Hart County Tourism

I-65 Mile Marker 60 Hart County rest areas
www.kygetaway.com (click Explore tab),
Facebook: Hart County Tourism, (270) 218-
0386

Started in 2008, the trail currently has
about 70 barn quilts, with 60 of them
included on the Hart County Barn Quilt
Trail brochure/map, available at I-65 rest
areas and local hotels, or download from
website above. Look for quilts along the
Abe to the Cave Trail, running between
Mammoth Cave National Park and Abraham
Lincoln Birthplace National Historical Park.
For lunch, visit Pa Daddy's Backyard BBQ
for down home cooking (click on website
Eat tab).

Lake Cumberland Tourism-Somerset- Pulaski County CVB

522 Ogden St., Somerset
www.lctourism.com, Facebook: Lake
Cumberland Tourism-Somerset-Pulaski
County CVB, (800) 642-6287

Around 10 barn quilt squares are on the
trail. The local go-to lunch spot is Serendipity

at the Orange Door for daily home-cooked
specials and more.

Paducah Convention & Visitors Bureau

128 Broadway, Paducah
www.paducah.travel, Facebook: Paducah
Creative City, (800) 723-8224

Features 32 quilt blocks on barns,
floodwalls, craft shops and restaurants,
covering a grassroots movement with
each community introducing its own twist.
Trail begins with Limelight at the National
Quilt Museum. Download brochure and
map at [https://mccracken.ca.uky.edu/
mccrackencountyquilttrail](https://mccracken.ca.uky.edu/mccrackencountyquilttrail). Grab a bite to eat
at Freight House, a farm-to-table restaurant
in Paducah, serving up traditional Southern
flavors paired with locally sourced meats
and garden-fresh fare.

Taylor County Tourism Commission

325 East Main St. Suite 2, Campbellsville
www.campbellsvilleky.com, Facebook: Visit
Campbellsville/Taylor County, KY,
(800) 738-4719

Taylor County is home to around 18 barn
quilt squares. Pick up a brochure at the
county's tourism or extension office (1143
S. Columbia Ave.). When it's time for lunch,
head downtown to Brothers Restaurant for
indoor or outdoor dining.

Visit Jessamine

200 South Main St., Nicholasville
www.visitjessamine.com, Facebook: Visit
Jessamine, (859) 354-5433

Barn quilt squares were created and
installed from 2007-2009. Interactive
Google map with locations and photos
available on the website, plus a
downloadable brochure at [www.jesssq.
org/barn-quilts](http://www.jesssq.org/barn-quilts). Grab a hearty, down-home
lunch at The Dixie Cafe.



KentuckyLiving.com

On the trail of more

Make one of your own: Extension Offices in Taylor and Wayne counties host barn quilt square painting programs—learn more at KentuckyLiving.com, where you'll also find more resources and videos, including one on the National Barn Quilt Trail.

A sunflower design adorns a barn near Bowling Green. Photo: Visit BGKY

square lends a unique flair to the face of the barn it adorns.

Skillfully blending each artist's creativity and personality, barn quilt squares are roadside artwork displays. "For me, seeing each unique design transforms an otherwise regular rural landscape into a canvas for local artistry," Marson says.

Warren County

"Established in 2011, this rural driving trail leads visitors along Warren County's backroads to enjoy a scenic, slower pace while celebrating Kentucky's quilting and agricultural traditions," says Marissa Butler, quilt

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VOTING OPENS SOON



KentuckyLiving

MAY 1-31

Vote for finalists and see contest details at KentuckyLiving.com.

SPONSORED BY:



MAKE THE MOST OF YOUR BARN QUILT TRAIL TOUR

Before heading out, be sure to check with each county's tourism office for the latest barn quilt trail updates. If possible, pick up or download a brochure/map in case there's no cell coverage on the trail.

Gas up your car and take plenty of road-trip snacks, plus water. Use caution along highways if slowing down or stopping for a closer look at these incredible roadside artwork pieces. You'll want lots of photos, so charge your phone/check camera batteries.

Please be respectful of barn quilts, as many are located on private property.



See the Kentucky Star barn quilt on the Warren County Quilt Trail. Photo: Visit BGKY



GET YOUR RIDE ON



Redbud Ride
London, Kentucky
www.redbudride.com

VISITLONDONKY.COM
CYCLING CAPITAL OF KENTUCKY



Apr. 26, 2025

LONDON
KENTUCKY

TEAM KENTUCKY

trail project lead and hospitality services director with Visit BGKY.

The Warren County Quilt Trail brochure notes the trail's beginnings: One Mother's Day, a mother, who was a quilter, and her daughter explored the county's quilt squares. But there weren't many barn quilt squares to see—or an established trail—back then.

Now, Butler says, "Motorists can explore the full trail's 16 sites or head to a specific cluster of barn quilt squares for a sampling." The trail includes popular designs, like Lone Star, Bear's Claw and Tobacco Leaf. "Each quilt square design was selected by the property owner and lovingly hand-painted by volunteers," Butler adds.

"Although Bowling Green already prides itself in being a big 'small' town, there is something really special about an attraction well off the beaten path," says Lauren Guess, Visit BGKY communication director. "The barn quilt trail provides a perfect excuse to drive Bluegrass backroads while admiring a hidden art appreciated by both locals and visitors alike." **KL**

AMY COBB is the author of two book series for children, *Band Geeks* and *Libby Wimbley*.



Kentucky Living 2025 PHOTO CONTEST

Enter the *Kentucky Living* 2025 Photo Contest
March 1-31 at KentuckyLiving.com.

Submit up to two entries per category:

- Animals
- Plants & Flowers
- People
- Landscapes & Scenery
- Kentucky Travels

Prizes in each category:

- 1st place – \$100 gift card
- 2nd place – \$50 gift card
- 3rd place – \$25 gift card

Winners will be published in the July issue.

Five People's Choice winners:

- \$50 gift card for each category winner

People's Choice voting runs July 1 through August 1 at KentuckyLiving.com.

Contest is open to co-op consumer-members and the public, both amateur and professional photographers. Entries accepted for ages 13* and up.

* Ages 13–17 must have consent from a parent or guardian when they enter online.

KentuckyLiving.com

RULES FOR ENTRY: Read and follow all rules carefully or your photo may be disqualified. Entries must be the original work of the photographer making the submission. LIMIT TWO ENTRIES PER CATEGORY PER PERSON, age 13 or over, USA. Entries accepted for ages 13–17 with consent from a parent or guardian. Submit Online: Use entry form and read official rules at www.kentuckyliving.com. Complete a separate form for each photo submitted. Photos must be in .JPG format and high resolution for print purposes, preferably 1 MB minimum and 8 MB maximum file size. **SUBMISSIONS MUST BE RECEIVED BY MARCH 31.**

Contest is open to persons age 13 or over, in the Continental United States, except for employees or immediate family members of Kentucky Association of Electric Cooperatives, Kentucky Living, Kentucky's electric co-ops and their respective divisions, subsidiaries, advertising and promotion agencies. Go to KentuckyLiving.com to read the Official Rules.

EVENT CALENDAR



U.S. BLM



1 SPRING FEELING

Looking forward to spring? Get a preview of the warmer season by attending Shelbyville's Art and Craft Festival, March 8 in the Floral Hall at the Shelby County Fairgrounds. Hours: 10 a.m.–4 p.m. Over 40 curated regional artisans offer one-of-a-kind arts and crafts, including pottery, jewelry, fabric art and woodwork. Food trucks on site. Free admission. For info, artsparkproductions.com, (502) 641-1920.

2 EQUINE ADOPTION

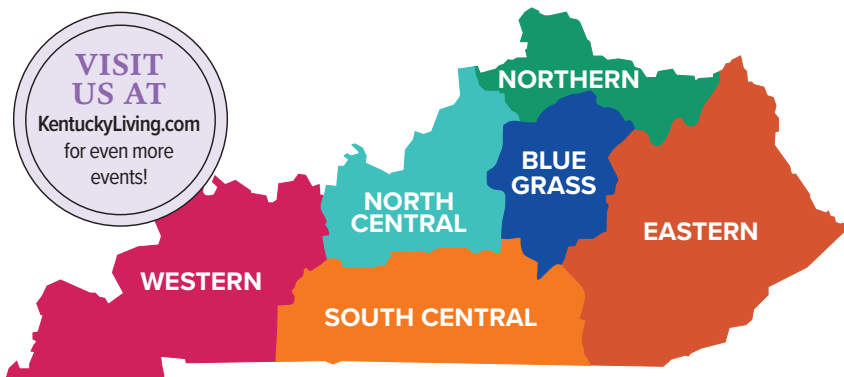
Wild horses can't keep you away: The U.S. Bureau of Land Management holds a wild horse and burro adoption and sale March 20–22 at Liberty's Central Kentucky Ag Expo Center. Thursday, Friday: 8 a.m.–4:30 p.m.; Saturday: 8 a.m.–noon. Adoption fee: \$125; qualified adopters receive a \$1,000 incentive up to 60 days after title date. Sale (\$25) applies to animals 10 years+ and certain younger animals. Details: blm.gov/whb, (601) 397-7875.

3 MARCH MOCHA

Two favorite treats make one yummy event at the Purchase Area Coffee & Chocolate Festival, March 1–2 at Calvert City Civic Center. Free admission. Vendors offer chocolate and coffee treats, samples and baked goods. Plus food trucks and classes—learn how to make a cake pop and more (registration required). Hours: 9 a.m.–2 p.m. Saturday, 10 a.m.–2 p.m. Sunday (low sensory shopping 9–10 a.m.). Info, calvertcityky.gov, (270) 395-7138.

4 KENTUCKY CRAFTED

Two days of stellar Kentucky-made arts and crafts of all kinds, plus live music, local publishers, food and arts activities for kids: Find it all at the Kentucky Crafted Market, March 8–9 at Alltech Arena in the Kentucky Horse Park. Hours: 10 a.m.–5 p.m. Saturday, 11 a.m.–4 p.m. Sunday (open to wholesale buyers March 7). Admission is free; parking, \$10. For details, artscouncil.ky.gov/kentucky-crafted-market, (502) 564-3757.



BLUEGRASS

FRIDAY, MARCH 7

Mnozil Brass, (859) 236-4692, Norton Center for the Arts, Danville

TUESDAY, MARCH 11

Paul Taylor Dance Company, (859) 236-4692, Norton Center for the Arts, Danville

SATURDAY, MARCH 15

Ireland with Michael, (859) 439-5143, Boyle County Performing Arts Center, Danville

TUESDAY, MARCH 18

JigJam, (859) 618-6433, Norton Center for the Arts, Danville

THURSDAY, MARCH 20

The Magic School Bus: Lost in the Solar System, (859) 439-5143, Boyle County Performing Arts Center, Danville

THURSDAY, MARCH 27

Road to the Horse World Championship, thru 30th, (859) 233- 4303, Alltech Arena, Lexington

EASTERN

THURSDAY, MARCH 6

Yoga Class, 13th, 20th, 27th, (606) 886-2981, Floyd County Public Library, Prestonsburg

FRIDAY, MARCH 14

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

SATURDAY, MARCH 15

Rowan County Regional Quilt Show, (606) 776-3869, Morehead Conference Center

FRIDAY, MARCH 21

The East Kentucky Stampede Championship Rodeo, thru 22nd, (606) 444-5500, Appalachian Wireless Arena, Pikeville

SATURDAY, MARCH 29

Mystical Market, thru 30th, (859) 771-0946, Rowan County Arts Center, Morehead

NORTH CENTRAL

MONDAY, MARCH 10

NouLou Parlor Series: Come Fly with Me, (615) 417-2110, Oxmoor Farm, Louisville

FRIDAY, MARCH 14

Bluegrass Friday Nights, (270) 257-2311, Rough River Dam State Resort Park, Falls of Rough

SATURDAY, MARCH 15

Lilly and the Pirates, 22nd & 29th, (502) 584-7777, The Kentucky Center, Louisville

FRIDAY, MARCH 21

Louisville Tattoo Festival, thru 23rd, (260) 302-2356, Kentucky International Convention Center

SATURDAY, MARCH 22

Go in' To Market: Win, Place & Artisan Show, (502) 939-2713, City Place, La Grange

NORTHERN

THURSDAY, MARCH 6

Wellness on the Levee, 13th & 20th, (859) 291-0550, The Gallery, Newport

THURSDAY, MARCH 13

Total Lunar Eclipse, (888) 582-4253, Creation Museum, Petersburg

SUNDAY, MARCH 16

Musical Celebration of Johann Sebastian Bach's Birthday, (859) 431-2060, St. Mary's Cathedral Basilica of the Assumption, Covington

THURSDAY, MARCH 20

Late Night Shopping, (606) 563-5624, Downtown, Maysville

FRIDAY, MARCH 28

Beetlejuice Jr., thru April 6th, (859) 654-2636, Kincaid Regional Theatre, Falmouth

SOUTH CENTRAL

FRIDAY, MARCH 7

The Bunco Squad, thru 9th, (270) 361-2101, The Plaza Theatre, Glasgow

SATURDAY, MARCH 8

Spring Consignment Auction, (606) 787-5158, Liberty

Wyatt Cole Invitational Rodeo, thru 9th, (606) 787-4740, Central Kentucky Ag Expo, Liberty

SATURDAY, MARCH 15

Orchestra Kentucky: Broadway Rocks, (270) 904-1880, SkyPAC, Bowling Green

SATURDAY, MARCH 22

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

THURSDAY, MARCH 27

Beauty and the Beast Bed and Breakfast, thru 30th, (270) 432-2276, Barn Lot Theater, Edmonton

SATURDAY, MARCH 29

High Call Productions Team Roping, thru 30th, (606) 787-4740, Central Kentucky Ag Expo, Liberty

WESTERN

SATURDAY, MARCH 15

Willy Wonka & The Golden Ticket, thru 16th, (270) 687-2770, RiverPark Center, Owensboro

FRIDAY, MARCH 21

The Little Mermaid, thru 22nd, (270) 821-2787, Glema Mahr Center for the Arts, Madisonville

SUNDAY, MARCH 23

TAKE3, (270) 831-9800, Henderson Area Arts Alliance

FRIDAY, MARCH 28

Owensboro Flea Market, thru 30th, (270) 687-8800, Owensboro Convention Center

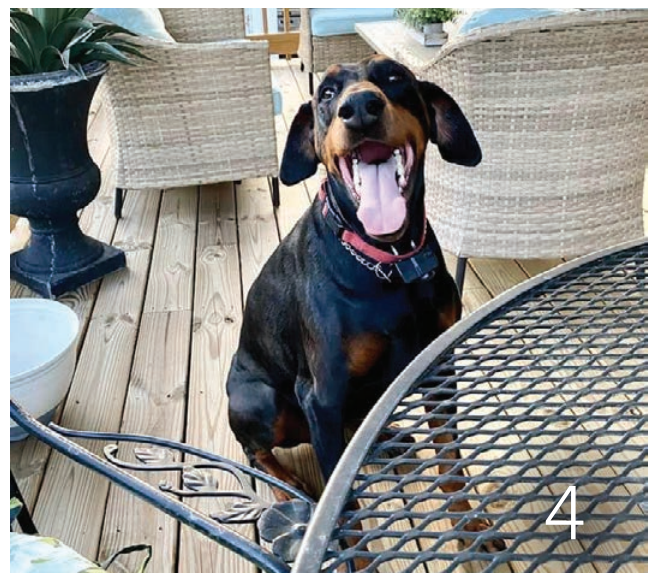
SATURDAY, MARCH 29

Botanical Watercolor for Beginners, (270) 753-4059, Murray Art Guild, Murray



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

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



1 THANKS, PAL

If this pet goat has reached farther than others, it is by standing on the shoulders of giants. Photo by owner Whitley Barnes, Bardstown, a consumer-member of Salt River Electric.

2 BLUEGRASS BEAUTY

Could there be a more classic spring sight than thoroughbreds on a Kentucky horse farms? Robert Gividen of Louisville captured this photo of a horse at WinStar Farm in Woodford County.

3 A HOST OF DAFFODILS

Vexton enjoys warm spring weather and the beautiful daffodils he picked for his Nana, Karen Mouser. Photo by Mouser, New Haven, a consumer-member of Inter-County Energy.

4 YE GODS

Who needs Mount Olympus? Zeus prefers the back deck—especially when he gets a bite of roast beef for dinner. Photo by owner Trina Ford, Greensburg, a Taylor County RECC consumer-member.

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

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



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

KENTUCKY kids

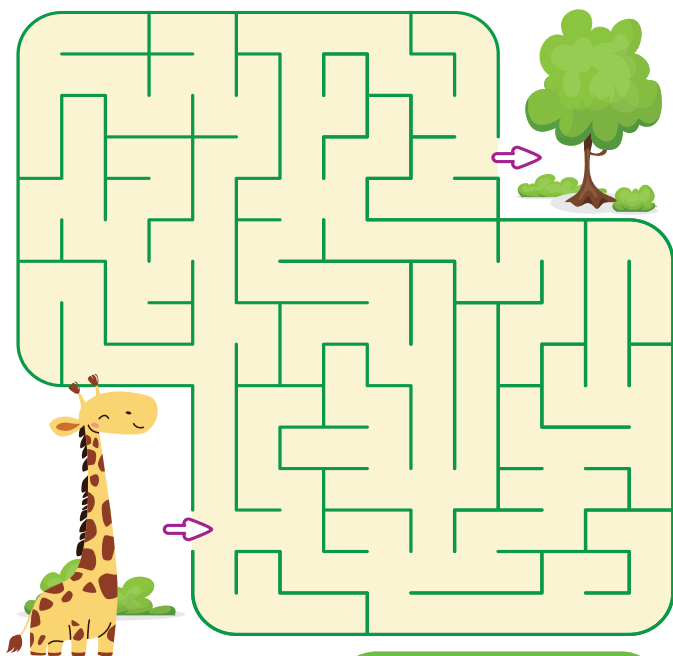
Responsibility

Being responsible involves knowing what needs to be done to take care of yourself and others. This might include tasks such as keeping your room tidy or looking after a pet.



GIRAFFE SEARCH

Gerald the giraffe is looking for a leafy green snack. Help him through the maze to find the tallest tree!



Did You Know?

It takes about 20 minutes for your brain to signal your stomach is full, so eat slowly!

Green Team Tip

Reuse empty bottles, jars and boxes by repurposing them for storage or crafting projects.

— Jaxson Delbridge, age 11



Send us your green team tips!

Enter KIDS Contest

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



Balanced Meals

Eating a balanced diet

is important for your health, and it's always a good time to start good eating habits.

- Eat proper portions of vegetables, whole grains and lean protein.
- Choose to eat foods that are lower in calories.



Tell us a joke!

Where do rabbits go after their wedding?

On a Bunnymoon!

— Raylan Brewer, age 10



GREAT OUTDOORS

Fishing at Hatchery Creek

Human-made stream offers conservation habitat

SINCE ITS OPENING IN 2015, the Hatchery Creek project at Wolf Creek Dam in Jamestown has provided conservation habitat and outdoor opportunities for the public.

A human-made stream, Hatchery Creek flows for more than a mile from the cold-water discharge at the Wolf Creek National Fish Hatchery, where more than a million trout are produced each year. The rainbow, brook and brown trout raised at the hatchery are destined for streams and lakes throughout Kentucky, including Hatchery Creek, which is stocked several times a week and offers year-round fishing.

The creek was created by the Kentucky Department of Fish and Wildlife Resources, the U.S. Army Corps of Engineers and the U.S. Fish and Wildlife Service to address severe erosion that was depositing sediment in the Cumberland River and threatening damage to the nearby Kendall Campground. The resulting Hatchery Creek diverted waterflow to address erosion, created aquatic habitat and provided new fishing opportunities.

Hatchery Creek has two sections. The first begins at the hatchery outflow and continues 400 feet to a waterfall. Anglers fishing in this upper section are allowed to keep up to five trout of any species, with no size limit. All anglers 16 and older are required to have a fishing license and trout stamp. The park-like upper section of Hatchery Creek offers wheelchair-accessible parking, bathrooms and a concrete pad for fishing.

The creek's lower section—below the first waterfall—has been kept as natural as possible. The ripples and runs of the meandering water help you forget the stream is human-made. Boulders, logs and gravel bars were strategically placed, not only to create a natural and scenic fishery, but also to provide places that trout like to live. Whether



▶ Hatchery Creek is a great Kentucky fishing opportunity. Photo: Ken McBroom

in Montana or right here in Kentucky, successful anglers know where the trout like to hide. Logs and boulders create eddies and lies—areas where trout sit ready to ambush anything that comes near them, like your lure or fly.

Additional rules apply to the lower section of Hatchery Creek. Anglers must release all of the fish they catch, and can use only artificial lures or flies—no live bait. This area offers anglers an opportunity to catch trophy trout, from 20-inch rainbows to 24-inch brown trout. The creek's lower section flows into the Cumberland River, where trout thrive. Trout migrate up Hatchery Creek and take refuge in eddies behind logs and boulders, adding one natural aspect to an artificial stream.

If you visit the creek, call in advance to schedule a tour at Wolf Creek Hatchery. Tours highlight the science and dedication that go into raising trout while also educating visitors on conservation, trout life cycle and environmental issues. **KL**

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

Eye Doctor Helps Tennessee Legally Blind To See



High Technology For Low Vision Patients Allows Many To Drive Again



For many patients with macular degeneration and other vision related conditions, the loss of central vision detail also signals the end to one of the last bastions of independence: driving. A Lebanon optometrist, Dr. James Gillispie, is using miniaturized telescopes that are mounted in glasses to help people who have lost vision from macular degeneration and other eye 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 you have been searching for them. Bioptic telescopes may be the breakthrough in optical technology that will give you the independence you've been looking for. Patients with vision in the 20/200 range can many times be improved to 20/50 or better.

Macular degeneration is the leading cause of blindness and vision loss in people over 50. Despite this, most adults are not familiar with the condition. As many as 25% of those over the age of 50 have some degree of macular degeneration. The macula is only one small part of the retina; however, it is the most sensitive and gives us sharp central vision. When it

degenerates, macular degeneration leaves a blind spot right in the center of vision, making it difficult or impossible to recognize faces, read a book, or pass the driver's vision test.

Nine out of ten people who have macular degeneration have the dry form. New research suggests vitamins can help. The British medical journal BMC Ophthalmology recently reported that 56% of patients treated with a high-dose combination of vitamins experienced improved vision after 6 months.

While age is the most significant risk factor for developing the disease,



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

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.

"Our job is to figure out everything and anything possible to keep a person functioning, especially driving," says Dr. Gillispie of Low Vision of Tennessee.

When Beth, 62, of Greenville, TN came to Low Vision of Tennessee she wanted to keep her Tennessee driver's

license and was prescribed bioptic telescopic glasses to read signs and see traffic farther away. Dr. Gillispie also prescribed microscope glasses for reading newspapers and menus at restaurants.

As Beth puts it, "My regular glasses didn't help too much – it was like looking through a fog. These new telescopic glasses not only allow me to read signs from a further 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 \$3,000," said Dr. Gillispie. "especially if we build them with automatic sunglasses."

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

To learn more about bioptic telescopes or to schedule a consultation with Dr. Gillispie, give us a call at (615) 948-9185. You can also visit our website at:

www.lowvisiontn.com



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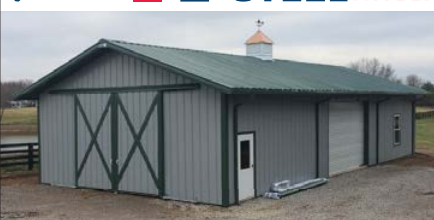
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Paul Sawyer

A life in watercolors



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

MORE THAN A CENTURY after his passing, prints of Frankfort artist Paul Sawyer's splendid water colors, primarily of central Kentucky landscapes, remain popular statewide and beyond. An original Sawyer oil sold in recent years for \$100,000, and an original water color brought \$45,000 at auction in November.

As appreciation for his impressionist works has grown with time, so has public interest in Sawyer's unusual personal life: his 23-year romance with Mary "Mayme" Bull of Frankfort, who was the subject of several of his paintings; his solitary years on a small Kentucky River houseboat; and stories about his drinking.

assistance from Frankfort historian Russ Hatter, Coffey spent many months poring over diaries, letters, biographies, details of Sawyer's everyday life and work beyond his art, and some new information about the family. He would later write a stage play based on his research, and a 2010 biography: *Paul Sawyer, Kentucky Artist*.

"I'm no art connoisseur," says Coffey. "I was interested in the man's human story. I was aware that he lived his life without ever becoming rich, but I didn't know the half of it. He struggled to eat!"

Coffey's research depicted Sawyer as courteous and well-liked, standing no more than 5 feet, 8 inches and weighing about 160 pounds; fond of boats and river life, and of Boone's Knoll whiskey—often with country ham and soda biscuits. Although Coffey believes claims of the artist's alcoholism while living in Frankfort have been exaggerated, he acknowledges Sawyer's acute alcohol addiction during his last years in New York's Catskills, where he died in 1917 at age 52. His simple grave marker in the Frankfort Cemetery, a short distance from Daniel Boone's grave, overlooks his beloved Kentucky River.

Of Sawyer's storied romance with Mayme Bull, who broke their 18-month engagement in June of 1910, Coffey says there's no doubt that Sawyer's "first love, ever and always, was his art." The engagement dissolved after Mayme discovered Sawyer's relationship with a young woman he'd met near High Bridge while living on the river.

Mayme died unmarried at age 49 in 1914, leaving numerous works of her poetry, a few of which Coffey included in his biography of Sawyer. Lines from one poem read: "And I feel as I sit here thinking/ That the hand of a dead old June/ Has reached out hold of my heart's loose strings/ And is drawing them up in tune/ I am tired tonight, and I miss you/ And long for you love, through tears..." **KL**



▲
Illustration by Melissa Warp using the Paul Sawyer painting "Mayme on the Elkhorn."

William Donald Coffey, who left a federal government position in Washington, D.C., and returned to his native Kentucky to join state government during the early 1970s, remembers that nearly every story he heard about Sawyer seemed to include that he stayed drunk and would sell his paintings for \$2, just to get by.

Given the quality and scope of Sawyer's work, some stories didn't ring true with Coffey, a consumer-member of Shelby Energy. So, after retirement from state government, with early



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