

KentuckyLiving

A man in a scuba suit and helmet, smiling and raising his arms, surrounded by falling red rose petals. The background is a blurred crowd at an outdoor event.

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RIDE OF HIS LIFE

Brian Hernandez reflects on 2024 Derby

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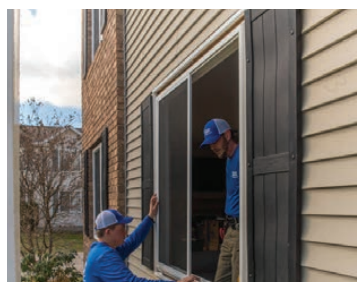
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WADE HARRIS



MAY

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THE CALM BEFORE THE STORM

Have you ever wondered what linework is like? Ride along with Meade County RECC lineworker Kody Sheroan on the trouble-shooting truck—and keep an eye on the weather.

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THE LONG WAY AROUND

ON THE COVER Shelby County resident Brian Hernandez Jr. grew up with the dream of one day winning the Kentucky Derby. In 2024, his dream became photo-finish reality.

ON THE COVER Brian Hernandez Jr. celebrates his 2024 Kentucky Derby win with Mystik Dan. Hernandez became just the eighth jockey to win the Kentucky Oaks and Kentucky Derby on the same weekend. The narrow victory was the first three-horse photo finish in the Kentucky Derby since 1947. Photo: Churchill Downs Racetrack

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PHOTO: WADE HARRIS PAINTING: KIM PERRY

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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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Follow your calling

Chance encounter spurs artistic goals

ON A TRIP TO IRELAND

seven years ago, my wife, Kim, and I were not expecting a stop at an art gallery to change our lives.

We both enjoy art museums and galleries, and I have been a closet artist for years. When the weather isn't cooperating for a round of golf, you can find me at home working with oil and pastels.

As we walked through the gallery, Kim stopped and breathed in an oil painting showing the rain boots of a family of four lined up alongside a stone wall outside a door. I turned and saw tears in her eyes. Our daughters are both grown, but this painting evoked memories of them growing up.

The artist, Roisin O'Farrell, had made a career of painting when she lost her job 10 years earlier. She committed to "the daily painting movement," creating something every day to improve her craft.

Kim's many talents include musical theater and various art forms, but it wasn't until that day that, as she put it, "a painting stole my words and changed my artistic path forever."

She acted on the calling to take it seriously. Upon our return home, she took the plunge, painting every day, coached remotely by O'Farrell.

Kim would tell you that some of her early works weren't that great. But she committed herself to doing it over and over and over again.

Author Malcolm Gladwell calls it the "10,000-hour Rule," illustrating how mastery comes through persistent practice, early failures and gradual improvement.



WADE HARRIS

Seemingly overnight, but after countless hours, Kim is now a celebrated artist in Kentucky, and the official artist of the 2025 Kentucky Derby Festival (page 34).

Her affection for Kentucky's electric cooperatives extends to paintings of lineworkers, who share the example of countless hours of training and dedication to master their craft. *Kentucky Living* rides along with two of those lineworkers on page 14.

I am so proud of Kim and our lineworkers. The common thread is hard work, determination and applying God-given talents in a constructive way.

In art and in life, true mastery is built on dedication, resilience and the courage to follow one's calling.

Chris

CHRIS PERRY
President/CEO

KENTUCKY ELECTRIC COOPERATIVES



FROM THE EDITOR

IF I'M IN THE CAR

without another adult, you'll probably find me on the phone with my mom. If my kids are with me, they almost always want to say hi to Mamaw and tell her about their day. And they come by it honestly.

This tradition started in the early part of my career. I had about a 45-minute commute, so I would call mom and, more times than not, she would talk me all the way home. My commute is shorter these days, but if the boys want to listen to music instead of calling Mamaw, mom always checks in to make sure we made it home OK.

After 40 years, she still checks on me. And after 40 years and two kids of my own, I might understand a bit better why she worries like she does.

This month, I celebrate all moms and mother figures on Mother's Day, especially mine. If you can, give your mom a call. I bet she still worries about you, too.

Shannon

SHANNON BROCK,
EDITOR

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



KentuckyLiving.com

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MEET THE ARTIST

Derby festival poster has co-op connection

Kentucky artist Kim Perry is married to Chris Perry, president and CEO of Kentucky Electric Cooperatives, and they have been part of Kentucky's co-op family for decades. Read the story on page 34 to learn about Kim's role as official festival poster artist for the 2025 Kentucky Derby Festival, and visit KentuckyLiving.com to see more of her work.



FUN FOR EVERYONE

Accessible Kentucky playgrounds

Accessible playgrounds across the state welcome kids of all abilities, providing wheelchair-accessible equipment, sensory experiences, social elements and more. Read the story on page 43, then visit us online for videos and links.

COOL AS A CUCUMBER

A Derby recipe video

Benedictine spread is a time-honored Kentucky tradition, likely dating back to the turn of the 19th century. Get Derby-ready with the recipe on page 37, and check out the recipe video by food columnist Heather Bilyeu at KentuckyLiving.com.



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Kentucky explorations

Kentucky folk need not travel far to find something unique and beautiful to explore.

Northern Kentucky author and *Kentucky Living* freelance writer Kathryn (Kathy) Witt has made the planning easier with her guidebook, *Perfect Day Kentucky: Day Trips, Weekend Getaways, and Other Escapes*. Along with input from the Kentucky Department of Tourism and Kentucky State Parks, Witt has compiled insights and insider tips about the best Kentucky experiences “aboveground and below, and around every bend in the road” to make the most of a staycation.

In its 101st year, the Kentucky State Parks system comprises 44 official parks, originating with only four. In the book, Witt details the three still thriving first parks, Pine Mountain, Natural Bridge and Old Fort Harrod. Each state park has a range of amenities as well as unique attractions—like the “Big Twigs” family of 14-foot giants at Lake Malone State Park. Nearby attractions to the parks are also included. For example, a trip to Natural Bridge State Resort Park just wouldn’t be complete without a stop at Miguel’s Pizza to fuel up before a hike or climb.

Witt also covers local oddities. Check out the world’s largest cutlery set in Franklin or the giant wheat stalk in

Hopkinsville. Both are on the state’s new Larger Than Life Trail.

Of course, there are always plenty of options if you’re seeking Kentucky’s claims to fame—bourbon, horses and fried chicken. From retired racehorses to the tracks where they ran, from distilleries to the Sanders Cafe, the book has all the info at the ready.

To her *Kentucky Living* readers, Witt offers a couple of specific summer getaway ideas: “The Hatfields and McCoys Historic Feud Driving Tour, Pikeville: This self-guided tour takes visitors to key sites connected to the 30-year feud. First stop: the Pikeville-Pike County Kentucky Visitors Center to pick up the brochure with step-by-step directions through Pike County’s winding mountain roads. An audio CD or USB is available for purchase and sets the stage for full-on feud immersion with narration, music and jaunty ballads.

“Hidden River Cave, Horse Cave: Cross the world’s longest underground suspension bridge, hovering 45 feet above a rushing river, to Sunset Dome. On the way to the cave, explore exhibits about karst geology, cave archaeology and early 20th century Show Cave Wars at the free-admission American Cave Museum. Then descend the 230 steps down and into the cave.”

» Penny Woods



A perfect read

Perfect Day Kentucky (Reedy Press, \$27) can be found wherever books are sold or online at www.reedypress.com.

Witt has written seven books, including *Secret Cincinnati: A Guide to the Weird, Wonderful, and Obscure*, which includes northern Kentucky secrets. She has also written for the Kentucky Visitors Guide and is a member of the Society for American Travel Writers. Connect with her at www.kathywitt.com.

ENERGY EFFICIENCY

tip

Routine maintenance is important to keep your refrigerator running efficiently. Clean lint and dirt from the coils every six to 12 months, and more often if there are pets in the home. When coils are coated with lint, dust or pet hair, your refrigerator works harder than it’s designed to, which can shorten the life of the appliance.

Source: energy.gov



NRECA



“That silly dog will spend all day chasing that little ball...”

featured FRAMES



Carol E. Powell, Somerset, a South Kentucky RECC consumer-member, captured her hogs having a morning chuckle shortly after waking up for the day.

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.



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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:

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Kentucky co-ops center stage at White House

EKPC's Tony Campbell is voice for electric reliability and affordability

JOE ARNOLD



▲ East Kentucky Power Cooperative President and CEO Tony Campbell speaks at the White House on April 8, with President Donald Trump to his side. Photo: The White House YouTube Channel

IT WOULD BE PERFECTLY UNDERSTANDABLE if Tony Campbell had double checked the address when he made his way to 1600 Pennsylvania Avenue on April 8.

The East Kentucky Power Cooperative president and CEO had mailed eight letters to the White House over the last four years, but only received confirmation that one had arrived.

Campbell implored previous President Joe Biden to reconsider energy policies that were deteriorating the reliability of America's power grid and jacking up electric rates.

As *Kentucky Living* has reported, the U.S. has pushed a rushed transition away from the most reliable energy sources while incentivizing intermittent sources such as solar panels, which only produce power during the day and when the

weather cooperates. The policies have increased energy costs and led to dire blackout warnings from the North American Electric Reliability Corporation.

Seventy-nine days into the second presidency of Donald Trump, Campbell finally got an answer to his pleas. Calling Campbell "quite a gentleman and very respected in the industry," Trump invited him to address the nation during an event at the White House.

"Affordable and reliable electricity is the cornerstone of our economy, especially American manufacturing," Campbell said from an East Room lectern, Trump standing at his side. "However, too many government leaders have pushed policies that have made our electric grid significantly less reliable and our energy too expensive. That begins to change now."

As Campbell punctuated his sentence, the assembled crowd stood and cheered. Trump nodded and applauded.

Flanked by coal miners in hard hats and members of the newly formed National Energy Dominance Council, led by Interior Secretary Doug Burgum and Energy Secretary Chris Wright, Trump signed executive orders aimed at harnessing coal power to meet growing demand.

“At a time when electricity demand is skyrocketing, we need to be adding more always-available energy to the grid,” said Jim Matheson, CEO of the National Rural Electric Cooperative Association, “not shutting down power plants that have useful life left.”

Trump’s executive actions grant a reprieve to some coal plants on death row, direct federal agencies to assess how coal-generated power can meet electricity demand from data centers and resume coal leasing on public lands.

“Pound for pound, coal is the single most reliable, durable, secure and powerful form of energy,” Trump said. “It is cheap, incredibly efficient and high-density, making it almost indestructible.”

According to the Energy Information Administration, Kentucky is the sixth-largest coal-producing state in the nation, and coal is the source for about 68% of Kentucky’s utility-scale electricity, the third-largest share of any state after West Virginia and Wyoming.

Also at the White House event was Kentucky Senate President Robert Stivers who suggested the president’s actions allow Kentucky to again tap all energy sources to provide for the state’s growing energy demands.

“Kentucky is uniquely positioned to rejuvenate and refurbish our existing coal-fired plants,” Stivers said, “and get them operational quickly for maximum output.”

In 2024, Stivers encouraged the General Assembly to create the Electric Reliability Defense Fund, allocating \$3 million in the Attorney General’s Office to protect Kentuckians’ access to affordable and reliable power.

Attorney General Russell Coleman expressed gratitude to Trump as an ally for “reliable and affordable energy,” and credited Campbell for “sounding the alarm of the growing threats to our grid’s reliability.”

“His unwavering advocacy on behalf of Kentucky families helped make the president’s executive orders a reality,” Coleman said.

Chris Perry, president and CEO of Kentucky Electric Cooperatives, attended the White House event, describing it as “a long-awaited reality check and victory for common sense.”

“As member-owned and not-for-profit cooperatives, we are proud to advocate for Kentucky’s energy consumers,” Perry said. “We will work with anyone of any party who supports energy reliability and affordability.” **KL**



◀ EKPC’s Tony Campbell, right, and Kentucky Electric Cooperatives President and CEO Chris Perry, third from left, join other energy officials like NRECA’s Jim Matheson, third from right, and Jeffrey Connor, left, at the White House on April 8. Photo: NRECA

Fifth-generation farmers

Heirloom Acres at Webb Farms is a certified farm market owned by Caroline Webb. It is located at 485 Webb Road in Clinton. May's Greenhouse and Gift Shop hours: Mon.-Fri. 9 a.m.-5 p.m. CST; Sat. 9 a.m.-3 p.m. Photo: Deidre Webb

Caroline and brother, Samuel Webb, are fifth-generation farmers. Webb Farms' crops include wheat, corn and soybeans. Photos: Caroline Webb

Siblings put own spin on family business

CLINTON

Samuel and Caroline Webb's roots run as deep—maybe even deeper—in the Hickman County soil as the wheat and stalks of corn rustling in the spring breeze at Webb Farms. This brother and sister are fifth-generation farmers, cultivating a family tradition spanning more than a century on the same farmland purchased in 1899 by their great-great-grandparents, George and Stella Webb.

"It's always been a part of me," Samuel says, recalling childhood memories of working in the fields alongside their dad, Tommy, and grandfather, Thomas. At age 7, Samuel first drove a tractor; by 12, he'd mastered the combine. Not to be left out, then 10-year-old Caroline learned to maneuver the tractor and grain cart.

After high school graduation, Samuel became

a full-time farmer—planting, harvesting and incorporating modern technology and precision farming into the operation, served by Gibson Electric. Caroline took a different path. She earned a health and human performance degree from the University of Tennessee at Martin and contemplated chiropractic school before ultimately deciding to join in at the family farm. In addition to wheat and corn, they grow soybeans and have diversified into canola.

"Everybody works long hours to make it happen," says Caroline. "It really is a family affair."

Even so, perhaps having inherited an entrepreneurial spirit from great-grandmother Opal—an innovative, early 1900s businesswoman who

was a beekeeper and ran an egg delivery route—Caroline wanted a niche all her own. So, in 2021, she established Heirloom Acres, which has grown from a booth at the farmers market to two greenhouses, a garden center and a gift shop.

"There are different ways to incorporate agriculture into your family's business," says Caroline. Customers can purchase bedding plants—like tomatoes, squash and peppers—as well as hanging baskets of geraniums, petunias and more. The gift shop features everything from seasonal items to home decor and women's clothing.

Caroline was recently recognized with the Hickman County Chamber of Commerce Partner of the Year award. She plans to expand Heirloom Acres, saying, "It's definitely taken off and it's growing, and I'm trying to grow with that momentum that I've got going right now."

Learn more at KentuckyLiving.com. **KL**

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



Steering growth in Paducah

Marquette Transportation anchors state at heart of inland waterways

JOE ARNOLD

AT THE CONFLUENCE of the Ohio and Tennessee rivers, with the Cumberland and the Mississippi upstream and downstream, Paducah is a logical, historic hub of America's inland waterways system and home to one of the nation's largest providers of marine transportation services, Marquette Transportation.

Founded by Ray Eckstein, Marquette operates more than 1,000 barges and 130 boats, transporting a long list of cargo, including corn, soybeans, fertilizer, construction materials and steel products.

Since the company's headquarters moved from Wisconsin to Kentucky 33 years ago, the workforce has grown from about 150 employees in 1992 to more than 1,500 mariners and a team of about 250 shore-based staff.

A \$5 million expansion of its Paducah facility is projected to add jobs, a training center, warehouse and office space.

"We are proud to be headquartered in Paducah, and we appreciate the governor, the state of



Kentucky and the Kentucky Cabinet for Economic Development for their dedication to fostering business growth across the commonwealth," says Damon Judd, president and CEO of Marquette.

"Marquette's investment in a new training facility and the additional jobs is affirmation that Paducah continues to be the epicenter of the inland waterways corridor," says Paducah Mayor George Bray.

Served by Jackson Purchase Energy Cooperative, also headquartered in Paducah, Marquette and the Eckstein family's charitable

foundation, the Ray & Kay Eckstein Charitable Trust, are recognized as community pillars.

"We are so proud to serve Marquette Transportation," says Greg Grissom, the electric cooperative's president and CEO. "This company not only sets a high bar for safety and efficiency, but its commitment to community is second to none."

Across more than 6,000 miles of America's inland waterways, Marquette operates towboats on the Mississippi River System, Gulf-Intracoastal Waterway and near-shore coastwise market. The company has additional offices in Louisiana and Texas, giving it a diverse portfolio to meet customer needs.

But, make no mistake, Paducah is the towboat capital of the U.S.

"Paducah plays a central role to America's inland waterway industry," Judd says. "We are thankful that we are able to offer hard-working Kentuckians a rewarding career with great advancement opportunities in the marine transportation industry." **KL**



marquettettrans.com

LOCATION:
Paducah

INDUSTRY:
Marine transportation services

ELECTRIC COOPERATIVE:
Jackson Purchase Energy Cooperative



Marquette Transportation's M/V Marquette Warrior.
Photo: Marquette Transportation

A legacy of resilience

Marquette Transportation, founded by the Eckstein family and based in Paducah, is a leading provider of barge towing services across America's inland waterways. Using more than 6,000 miles of navigable routes, Marquette offers integrated marine transportation solutions through its River, Gulf-Inland and Offshore divisions. The company supports the safe, efficient movement of agricultural, energy and construction commodities, connecting key markets via Gulf Coast ports. Marquette is powered by its people—its success is driven by more than 1,500 mariners and 250 shore-based staff—with a strong focus on safety through its Conquer Harm pledge.





THE CALM BEFORE THE STORM

A day in the life of Meade County
RECC lineworker Kody Sheroan

BY JOEL SAMS



Meade County RECC lineworker Kody Sheroan uses a crimper to reconnect a service line in McDaniels, in Breckinridge County, after the felling of a large tree. Photo: Wade Harris



▲
Sheroan keeps a meticulously organized truck, ready for troubleshooting all over the cooperative's six-county service territory.

At top, essential materials include tiny hard hats for kids, who are always fascinated by the 10-ton truck. Photos: Joel Sams



The morning before the storm dawned gray and cool, a quiet prelude to the long night everyone knew was coming. When Meade County RECC lineworker Kody Sheroan, 30, arrived for work, he checked supplies on the troubleshooting truck—a 10-ton vehicle with a 55-foot boom. He calls it the trouble truck, and at any moment, he can tell you exactly how many meters, bolts, LED pole lights and insulators line its meticulously organized bays. He met with his supervisor, Joel Taul, to review the day's jobs, completed the routine vehicle inspection and rolled out to work a few minutes before 7:30 a.m.

The trouble truck has a two-man troubleshooting crew—Sheroan and Taul, who have worked together for three of the 12 years Sheroan has been doing linework. They get along, which Sheroan says is lucky, because they spend more time together than they do with their families. They have each other's backs in ways big and small. Sheroan has taken over Taul's on-call week, in addition to his own. When Sheroan has had a long night on call, Taul, who typically drives the truck, lets him sleep in the passenger seat between job sites. The only thing they disagree on, Sheroan says, is the temperature in the truck—Sheroan prefers it cooler, but Taul likes to run the heat.

The day's first job was quick. Sheroan and Taul pulled into the homeowner's driveway to troubleshoot a low voltage issue. Taul took a reading with the voltmeter. It was 251 volts on the top side; a little high, but within the acceptable range, and certainly not too low. After he pulled the meter, Taul found the problem.

"See where that insulation is bubbled up?" he said, pointing out the problem area. Likely caused by a loose connection, the issue was on the homeowner's side of the meter. It would have to be fixed by an electrician, but Taul had a recommendation—a local guy both men knew.

Sheroan knew the homeowner as well. Most weekends, he takes his young son, Kade, to breakfast at Drane's Kurve Inn in Hardinsburg, and they usually



see the homeowner there. He always gives Kade quarters.

On the road again, Sheroan drove past homes, barns and fields stubbled with last year's corn. "There's no traffic out here," he says. "The people are nice. I'm from here, and nine times out of 10, I know them."

Sheroan grew up in nearby Custer, attended Custer Elementary and Breckinridge County High School and completed lineworker school at the Southeast Lineman Training Center in Trenton, Georgia.

Growing up, Sheroan and his two older brothers didn't play sports—they worked with their dad, who drilled into them the importance of a good work ethic. Sheroan says he learned how to operate an excavator when he was 10 years old.

"Some kids would say, 'That sounds boring. I'd rather be playing baseball,'" Sheroan says. "I was having more fun learning all those skills that my dad taught me."

He likes to tell people he became a lineworker because, as a kid, he hated being at home when the power was out. He figured if he was the one turning the lights back on, he'd never have to sit around waiting for someone else to fix it.

After high school graduation, he worked for the family business, Joe Bennett Backhoe, and then at the Domtar paper mill in Hawesville. It was easy work, and it paid well—but it was the same thing every day.

"If I'm not learning something new every day, I'm bored," he says. Linework offers a continual mental challenge—especially troubleshooting, which he compares to building a jigsaw puzzle. And there's always the potential for an outage, which can smash up your plan for the day and force you to start over. The work changes constantly, and he loves it.

The biggest misconception lineworkers fight, Sheroan says, is the assumption that restoring power is as simple as flipping a switch. In reality, it can take hours just to find the source of a problem, and sometimes even longer to access it. A pole near the road



Foreman Joel Taul, left, and Sheroan work together to reconnect a service line in McDaniels.

At top, Sheroan prepares to attach an outdoor security light. The co-op is transitioning to efficient, longer-lasting LED models. Photos: Wade Harris

“

If you lose a branch, you’ve lost both the branch and the twig. And if you lose the trunk, you’ve lost it all. There’s no reason trying to glue the twig back on if the tree’s on the ground.”

» KODY SHEROAN



Sheroan says his wife, Andrea, and children Kade and Kara, are his most powerful reminders to put safety first on every job. Photo: Kody Sheroan

might be an easy fix, but a pole just 10 feet further away in muddy conditions could be the difference between a one-hour and a five-hour outage.

And then there’s the order of restoration. Sheroan compares the electrical system to a tree. The substation is the trunk, feeders are the main branches and tap lines are the twigs.

“If you lose a branch, you’ve lost both the branch and the twig,” he says. “And if you lose the trunk, you’ve lost it all. There’s no reason trying to glue the twig back on if the tree’s on the ground.”

While he drives between sites, he’ll often get a call from his wife, Andrea, if he doesn’t call her first. On days that his kids, Kade, 5, and Kara, 2, are home from day care, he’ll try to find a moment to have a video call with them, as well. He decided years ago that he wouldn’t be like the lineworkers he’d worked with in the contracting world who called home from far-flung job sites, “raising their kids from the back side of a cellphone.” When Sheroan goes home at the end of the day, he’s in family mode. That time belongs to his kids.

One early morning, Sheroan was putting on his boots at the back door, getting ready to respond to an outage, when he heard the patter of small feet. Kade had woken up and come running.

“Dad, where are you going?” Kade said.

“I’ve got to go to work, buddy.”

They had the typical back and forth, Sheroan says—“Can I go with you? When are you going to be home?”—but he reassured his son that he’d be back soon and sent him to bed. He sat in the truck for a few minutes after that, updating the outage map and thinking about the risks and responsibilities in his line of work. Having kids makes it harder for him to walk out the door.

“You need to be safe anyway, but that is the biggest reminder of why,” Sheroan says, reflecting. “Because I just told him I would be back in a little bit. I have to make sure that I’m back in a little bit.”



Good weather seemed to be holding. Daffodils, forsythia and Bradford pears bloomed along the route to McDaniels, where the trouble truck's next job was a line drop. The homeowner, Scott Yount, had hired three men to cut down a large dead tree in his back-yard. Directly in its path was the service line, which connects the transformer to the home. Taul removed the home meter, ensuring there was no load on the transformer, and Sheroan disconnected and dropped the service line.

While the tree crew worked, Sheroan and Taul moved on to the next site—a light installation on Edgewater Lane. At first, the bucket couldn't reach the pole. Taul repositioned the truck, backing up within 3 feet of an outbuilding. Sheroan hollered from the bucket when it was close enough. Six minutes later, a new security light was on the pole, and the trouble truck was headed back to McDaniels.

When they arrived back at Yount's house, the crew had the tree on the ground and were busy chunking it up with chainsaws. As Taul and Sheroan carefully backed the truck into the driveway—Taul standing behind the truck for safety—another visitor arrived from next door. Two-year-old Lucas Yount, Scott Yount's grandson, wanted to see the action. Sheroan, already prepared for his young observer, gave him a mini hard hat with the Meade County RECC logo. Taul showed Lucas how to use a switch on the back of the truck to raise the outriggers, stabilizing the truck on each side before Sheroan raised the bucket. Lucas beamed and grinned before his mom, Megan Yount, hustled him away to a safe distance.

Sheroan loves moments like this, especially during storm responses, when he might barely see his own kids for a week. "Stuff like that gives you your spark back," he says.

The trouble truck had one more job before lunch—another service connection. Sheroan and Taul call it a "squeeze-up."



Homeowner Scott Yount places a child's size hard hat on his 2-year-old grandson, Lucas Yount. Photo: Joel Sams

At top, Taul and Sheroan reconnect service to Yount's home in McDaniels. Photo: Wade Harris



▲ Taul and Sheroan complete a “squeeze-up,” or new service connection, near Rough River Lake.

▶ Sheroan and Taul have worked together on the trouble truck for three years. Photos: Wade Harris

Lineworkers share a language all their own. A pot is a transformer. A can is also a transformer. Then you’ve got your hardware—top hats, nut covers, chicken catchers, potheads, booties and popsicles, to name a few.

Sheroan claims that one lineworker can recognize another from a mile away. It’s not the same as being in the military, he says, but there’s a bond that’s hard to describe—the brotherhood, the camaraderie, the way they give each other hell, but have each other’s backs when it counts.

“We’ve been through some pretty wild stuff together,” Sheroan says. There are moments of danger, like the time lightning shattered a tree about 30 feet from him and Taul. And then there are the more personal bonding experiences. Taul was the first person Sheroan told when Andrea was expecting their first child. He was riding with lineworker Joe Brown when he found out his grandfather had died.

“The community you get as linemen, the brotherhood, it’s something special,” Sheroan says. “We’re mean to each other. But if they call and need something, you go. It’s a trust thing.”



Somehow, the trouble truck made it through the day with no outage calls. The jigsaw puzzle of routine work across the co-op’s six-county service territory was nearly complete. Bad weather loomed ahead, but Sheroan took a wait-and-see approach. Sometimes he’d rather not know the forecast—it messes with his sleep.

The last job of the day was another squeeze-up. At the site, Taul raised the outriggers to brace the truck on the damp ground, downhill from a trailer and a



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▶ Sheroan prepares to check the voltage on a home meter in Breckinridge County. New smart meters can help alert the cooperative to potential electrical issues.

▶ Sheroan keeps a cot in the locker room at the Meade County RECC office in Hardinsburg. After a late night on call, it's where he'll catch his last few hours of sleep before work.
Photos: Joel Sams

metal outbuilding. Sheroan buckled into the harness, shoved his arms into the gloves and grabbed the shotgun stick, an insulated fiberglass tool. The bucket climbed smoothly and swung toward the transformer. He pulled an old light off the pole and rapped the conduit sharply, knocking out mud dauber nests, before attaching an LED fixture. Meanwhile, Taul had pulled off the old meter and was ready to set a new one. They spoke in monosyllables, working in unbroken rhythm.

"Good?"

"Yes."

Taul looked up at the sky, where a lone buzzard wheeled against the sodden gray. "Wind's calming down," he said. "Calm before the storm. That's a bad sign."

Sheroan extended the shotgun stick. A few twists, a smooth motion, and the transformer was connected. Taul smacked the meter into place and sealed it. Sheroan tested the light, flashing it on, then off. The bucket descended.

When he got back to the co-op, Sheroan restocked the truck, preparing for the storm he knew was coming. He was on call that night, and every night for the next week and a half. Come rain or shine, he would be reliable.

Andrea would have to pick up Kade from day care, he said, watching the clouds stack up. The sun broke through for a moment, throwing long shadows, then vanished again. The wind was rising.



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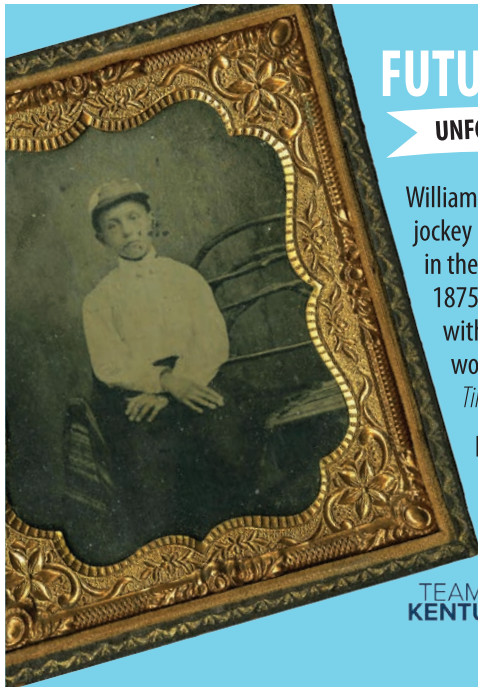
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Troubleshooting requires constant learning, Sheroan says. No two days are the same—and that's how he likes it. Photo: Wade Harris



FUTURE DERBY WINNER:

UNFORGETTABLE MOMENTS IN HISTORY

William "Billy" Walker (1860-1933) was a Black jockey born in Woodford County. Walker rode in the first Kentucky Derby at age fifteen in 1875 and won the Derby just two years later with Baden-Baden. After retirement, Walker worked as a horse trainer for John Madden. *Tintype, cir. 1870, #SC1246*

Find more unforgettable moments in Kentucky history at history.ky.gov.

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Sheroan was cooking a pot of jambalaya at 7:30 p.m. when he got the call. As forecast, high winds hit the cooperative's service area, and dispatch had just called in the first outage of the night. Sheroan wasn't surprised. Outages don't wait for dinner. They don't wait for birthdays or T-ball games, either. He has learned to leave meals half-eaten and conversations unfinished. He keeps a cot in the locker room at work, where he often catches his last few winks before dawn. It's all part of the job.

The first outage was simple—just a tree limb snagged on a power line. But when the full force of the storm hit, around 9 p.m., Sheroan knew he'd be out the rest of the night. Lightning strobed the driveway of Sheroan's home in Custer, where he'd parked the trouble truck. He threw a spare flame-resistant shirt over the center console and slid into the driver's seat.

The wind had snapped several poles, causing scattered outages across the service territory. One pole, near McDaniels in Breckinridge County, sprawled across a driveway, trailing power lines. It was just one of the urgent repairs. Four of the Hardinsburg district's 11 lineworkers responded that night. At one point, two crews changed poles in different locations.

It was early morning when the last lights flicked back on. Sheroan crawled into his cot in the locker room around 3 a.m. He could still snatch a few hours of sleep before the next day's work began. **KL**

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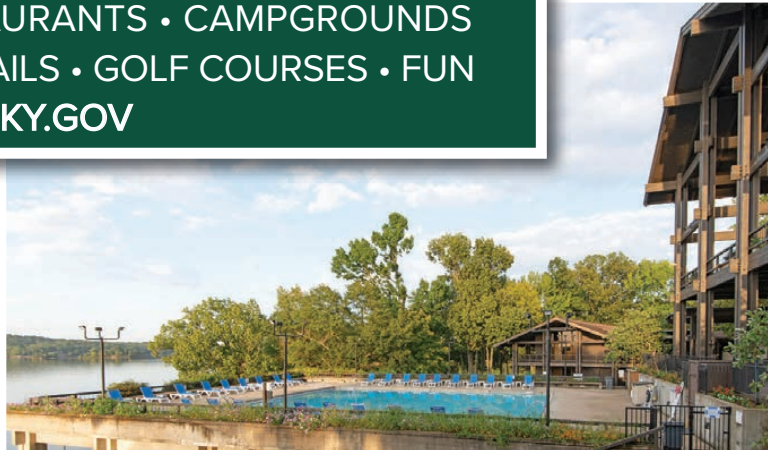
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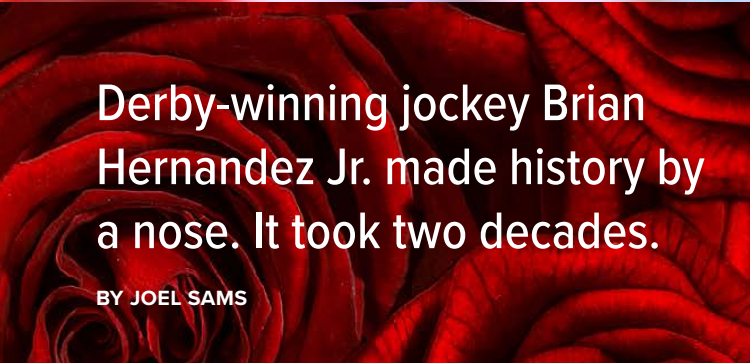


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THE LONG WAY AROUND



Derby-winning jockey Brian Hernandez Jr. made history by a nose. It took two decades.

BY JOEL SAMS



LUMPPINI/ADOBE STOCK

Still clad in his black and green racing silks and splattered with mud, Brian Hernandez Jr. paused for a moment before walking up the steps of the Kentucky Derby Winner's Circle last year. His wife, Jamie, looked back with concern.

"Are you OK?" she asked.

Hernandez was fine. He just needed a moment to let it all sink in—that Mystik Dan had pulled off a win in the 150th Kentucky Derby, and that Hernandez had become just the eighth jockey to win the Kentucky Oaks and the Kentucky Derby on the same weekend.

"It was one of those moments you dream of your whole life," Hernandez says, looking back on 2024.

The ride of his life had shot him into the history books. But for Hernandez, success isn't just being the best rider he can be. It's also showing up for his family and his community, including his adopted hometown of Shelbyville.

"I'm proud that we can have someone of Brian's stature sharing with our community," says Shelby County Judge-Executive Dan Ison, who proclaimed May 20, 2024, Brian Hernandez Jr. Day in Shelby County.

Hernandez, Jamie and their three kids have been Shelby County residents, and consumer-members of Shelby Energy, since the spring of 2018, when they purchased their farm outside of Simpsonville.



Brian Hernandez Jr. takes in the moment following his win aboard Mystik Dan in the 150th Kentucky Derby in 2024. Photo: Dan Dry



“

You don't just walk into Churchill Downs and say, 'I'm Brian. I'm here to be the next Derby winner.'”

» SHELBY COUNTY JUDGE-EXECUTIVE DAN ISON

exciting community and family event,” Springston says, “because not only was it something happening locally, but it was also somebody that they know.”

As a horseman himself, Ison sees Hernandez as an example of the skill, dedication and hard work required to succeed—values he tries to impart in his own mentoring relationships.

“You don't just walk into Churchill Downs and say, 'I'm Brian. I'm here to be

The nature of his work demands near-constant travel, but Hernandez stays involved in the community through the kids, Joshlyn, 10, Benjamin, 8, and Annabelle, 5, who keep their parents busy with school events, sports, Cub Scouts and pony riding.

Leslie Springston is the principal of Simpsonville Elementary, where the Hernandez children go to school. Last year, she says, Brian and Jamie spoke to first graders before the Oaks and the Derby, sharing about Kentucky's equine culture and opportunities in the racing industry.

“For our first graders, Oaks and Derby week last year turned into an



Hernandez kisses the Kentucky Derby Trophy in the Winner's Circle. Photo: Churchill Downs Racetrack



the next Derby winner,” Ison says. “No, that happened over years. That happened over sacrifices.”

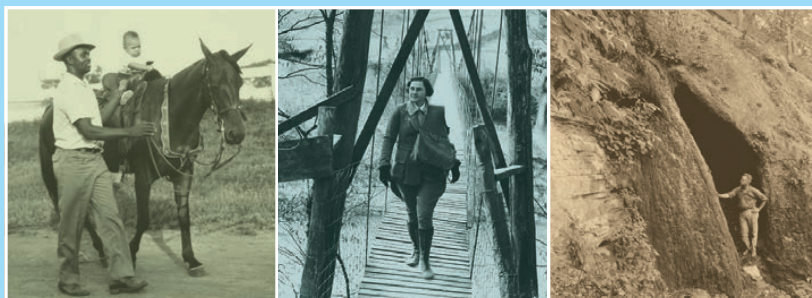
THE STARTING GATE

Originally from Lafayette, Louisiana, Hernandez was born into a racing family. He and his little brother, Colby, also a jockey, idolized their dad, Brian Sr., who retired from riding in 2014. Brian had dreamed since childhood of one day winning the Kentucky Derby. That’s what he told his parents at age 6, wearing his dad’s jockey pants and riding his bike in big loops as he pictured himself perched on the back of a thoroughbred, fighting for position in the world’s most storied race.

“Our parents really couldn’t afford day care, so instead of day care, during summertime Colby and I would get up and have to go to the track every morning with Dad,” he says. “We just kind of grew up on the back side of the racetrack. That’s where the love for racing and horses grew from.”

Hernandez got an early start in the sport, exercising horses for trainer Dale Angelle when he was only 12, and during high school, he rode nighttime races at Delta Downs in Vinton, Louisiana. Early on, he crossed paths with another jockey, Shane Sellers, who would later connect him with Kentucky agent Fred Aime.

When he was 18, nearing high school graduation, Hernandez traveled to Louisville for a week of firsts: his first time on a plane, his first visit to the Bluegrass State and his first win at Churchill Downs. Aime had gotten him a ride on a horse named Cherokee Prospect for trainer Pat Byrne.



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The Hernandez children ride their ponies on the family’s Shelby County farm. Shown from left are Benjamin, Annabelle and Joshlyn with parents Jamie and Brian. Photo: Dan Dry



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Hernandez took the win, then traveled back to Louisiana for graduation.

“It’s the home of the Kentucky Derby,” he says, recalling his first experience of the state. “You walk into Churchill Downs, and you’ve got guys like Shane Sellers, Pat Day, all these Hall of Fame riders sitting there in the jock’s room. It was kind of surreal to be an 18-year-old kid just coming from Evangeline Downs to Kentucky.”

Following high school graduation in Louisiana, Hernandez moved to Kentucky full time. It wasn’t an easy transition.

“When I first got there, you know, as an 18-year-old kid just graduated high school, I didn’t care for it a whole lot,” he says. “All my friends and everything were back in Louisiana. But you grow to love it as you have success ... and now Kentucky is home.”

Hernandez celebrates with his family in the Winner’s Circle after riding Thorpedo Anna to victory in the 2024 Kentucky Oaks.
Photos: Dan Dry

Louisiana connections in Kentucky helped smooth the way. Cajun country has a long history of racing excellence, rooted in early 19th century “bush tracks”—rural, loosely regulated courses that served as proving grounds for jockeys and trainers. The Cajun tradition is still strong in horse racing, and when he moved to Kentucky, Hernandez had a built-in community of jockeys who helped him feel at home in the Bluegrass State.

“I was able to go right into a corner with fellow Louisianans that understand the culture, and they just made it

very welcoming and easy to make that transition.”

The Louisiana connection remains strong. During the winter season, Hernandez and Colby race at Fair Grounds in New Orleans. It’s a family reunion, of sorts, as their parents, Brian Sr. and Stephanie, come to stay in the city and Brian Sr. works in the jockey’s room as their valet. The job entails saddling horses throughout the day, in addition to ensuring equipment is prepared and ready to go for when Hernandez and Colby are ready to start their races.

“

We’ve been lucky and gotten more opportunities—and that’s really what it’s about in this business. Sometimes you just need a break.”

» AGENT FRANK BERNIS



Continued on page 31



Hernandez rides Mystik Dan during a morning workout at Churchill Downs before the Derby. Photo: Dan Dry

Continued from page 30

At Keeneland and Churchill Downs, Hernandez's valet for more than 20 years has been Shane Borel, the nephew of Cajun jockey Calvin Borel.

"That's been one of the best things about my career—I've been fortunate enough to be associated with the same guys," Hernandez says. "They've all become family over the years."

BREAKING THROUGH

"Brian is amazing," Mystik Dan trainer Kenny McPeck told NBC during a post-Derby interview. "Probably one of the most underrated riders in racing—but not anymore, right?"

McPeck's phrasing hinted at the long, persistent slog Hernandez endured to achieve eventual success. Despite an auspicious beginning—he won the Eclipse Award for apprentice jockey in 2004—Hernandez struggled during his early career.

"A lot of people always thought that Brian was a really good rider," says Frank Bernis, who has been Hernandez's agent since 2012. "He just never could break through."

Hernandez met his wife, Jamie, in 2008, when she worked as an assistant

trainer for Steve Asmussen. They married in 2012, the summer before a career-transforming win in the 2012 Breeder's Cup.

"I got lucky," Hernandez told *BloodHorse* magazine, describing how trainer Ian Wilkes had initially picked him to ride Fort Larned in the Prairie Meadows Cornhusker Handicap in Altoona, Iowa. From there, Hernandez rode Fort Larned to victory in the Whitney Handicap at Saratoga, and most consequentially, the Breeder's Cup Classic at Santa Anita Park.

Reflecting on the Derby win and the attention it's brought over the past year, Bernis says Hernandez is the same rider he was before. The only difference is luck.

"We've been lucky and gotten more opportunities—and that's really what it's about in this business," he says. "Sometimes you just need a break, and you need the right people to see what you can do when you have the horse."

It wasn't just luck, of course. In a sport where races are won by inches, skill and preparation are everything. When opportunity knocks, Bernis says, a jockey has to be ready—and part of that preparation is studying the competition. Before a race, Hernandez pores over the racing form, learning everything he can.

"I think it's had a lot to do with his success," Bernis says. "He knows, going out there, any time an opponent has a certain habit, whether it's a horse or a rider, he can put himself in a position to take advantage if that horse or rider does something they're prone to."

All jockeys worth their salt study, Hernandez says. It's the obvious thing to do, especially in advance of an opportunity like the Derby.

"You put that extra effort into making sure you're prepared," he says. "You only have that one opportunity to try to make the most of it."

Going into the Derby, Hernandez watched replays for every horse that was going to be in the race. He also reviewed winning strategies from Derbies past—especially jockey Calvin Borel's rail-hugging ride in 2010.

"I knew that with Mystik Dan, we needed the right kind of trip for him to win," he says. "When I watched (Borel's) ride on the Pletcher horse, Super Saver, I was like, 'Whoa—that's the trip I need.' So, I wanted to give Mystik Dan the Super Saver trip. That was where it all came from."

THE RUN FOR THE ROSES

A crowd of more than 156,000 people gathered under Churchill Downs' twin spires on May 4, 2024, to watch the 150th running of the world's most storied horse race. They packed the balconies and lounges, crowded the grandstand and spilled into the infield, decked in canary yellow and tulip pink, eager for a glimpse of history during the two minutes that can forever define a jockey's career.

Mystik Dan, an 18-1 longshot, had drawn the No. 3 post, close enough to the rail that Hernandez believed he could claim the inside. It was a risky maneuver. The rail is the shortest route around the track, making it a crowded position—especially early in the race.

Twenty thoroughbreds exploded from the gate. Hernandez swiftly

guided Mystik Dan to the rail, navigating past Sierra Leone and Dornoch to his left. Track Phantom took an early lead as Mystik Dan fell back in the first turn.

On the backstretch, Mystik Dan still hugged the rail in sixth place, half a length behind Epic Ride. Ahead, Hernandez could see the narrow window of daylight between the bright white rail and the churning bay flanks of Track Phantom, ridden by Joel Rosario.

Track Phantom flew past the half-mile pole, still in the lead, with Fierceness and Just Steel in close pursuit. In the far turn, Hernandez's path narrowed, then nearly closed, as Track Phantom



Forever Young, left, ridden by Ryusei Sakai, and Catching Freedom, ridden by Flavien Prat, make their final push to catch Mystik Dan in the home stretch. Photo: Dan Dry

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“

It was one of those moments you dream of your whole life.”

» BRIAN HERNANDEZ JR

fought to maintain the lead against Fierceness, who was speeding along the outside.

Coming into the top of the stretch, Track Phantom drifted away from the rail, and Hernandez made his bid. Mystik Dan surged ahead, his nose pointed into the window of opportunity. The horses jostled, and Hernandez’s boot scraped the rail. But Mystik Dan and Hernandez had broken through,

shaving off precious inches on the treacherous inside path.

Horse and rider tore away in the home stretch, pulling into the lead for the first time in the race. In the final 1/16 mile, Forever Young and Sierra Leone rocketed alongside Mystik Dan, sweeping under the wire for the first three-horse photo finish in the Kentucky Derby since 1947. Mystik Dan had won by a nose. Hernandez had secured his racing legacy by a determination of mere inches.

Minutes crept by before an official result was announced. It wasn’t until Hernandez found himself in the Winner’s Circle that the victory he’d sought for 20 years began to feel real.

“That was the moment that I realized we just pulled off something that was ...”

He paused, searching for the right word. Winning the Kentucky Derby wasn’t impossible. It never had been.

“Improbable,” he said. **KL**

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Kentucky

Love letter to Kentucky

This year's Kentucky Derby Festival Official Poster Artist has quite the cooperative connection. Kim Perry's official poster artwork was unveiled in February and set the colorful backdrop for the 2025 Derby Festival season.

Kim and her husband, Chris Perry, president and CEO of Kentucky Electric Cooperatives, live in Louisville, and they've been in Kentucky's co-op family for decades.

"My paintings are a love letter to Kentucky—friendly, confident and inviting," Perry says. "It is an incredible honor to be named the Poster Artist for the 2025 Derby Festival. This opportunity allows me to contribute to such a cherished event in a meaningful and lasting way. I love every aspect of the Derby Festival and getting to leave my

lasting touch on it is so special to me."

The poster highlights the events of the Derby Festival and sites around Louisville. The artwork is even featured on a Four Roses bourbon bottle.

Perry picked up a paintbrush for the first time in 2018. During a visit to a gallery in Kinsale, Ireland, a painting by Irish artist, Roisin O'Farrell, caught Perry's eye and sparked her passion for painting.

Perry is an impressionistic realism painter. She primarily works with oils and uses a palette knife to add her own unique touch to her pieces. Her paintings are often of bourbon bottles, horse races and lineworkers—specifically Kentucky lineworkers.

During the 2025 NRECA PowerXchange and TechAdvantage conference in Atlanta,

Perry painted live, displaying her artistic process while painting a lineworker from Nolin RECC.

"I absolutely loved the expression on the lineman's face, showcasing that he truly loves his job," Perry says of the piece. "I had several linemen come up to me at PowerXchange and thank me for creating a piece that shows their heart and passion, which was one of the greatest compliments that I have ever received."

Perry's art has been in *Kentucky Living* magazine before. In December, her painting was part of a thank you message to Kentucky's lineworkers who participated in the state's largest mutual aid deployment.

Learn more at KentuckyLiving.com or KimPerryStudio.com.

Story: Shannon Brock

Photo: Wade Harris

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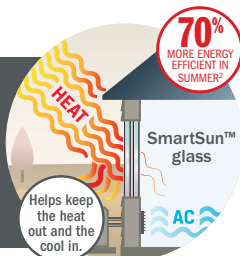
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*Using U.S. and imported parts.



Summer blooms

Dahlia's popularity is rising—again

THE DAHLIA WAS DISCOVERED

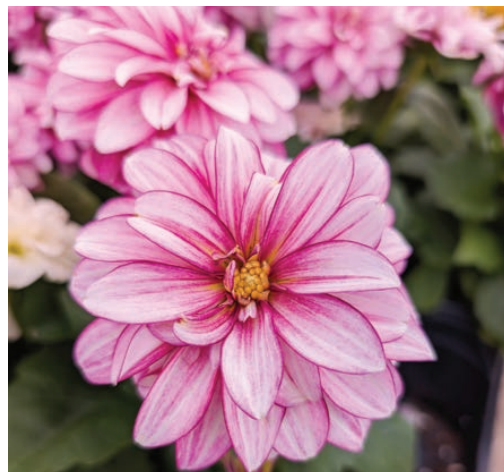
centuries ago and has been grown in Europe for more than 200 years. Its popularity in the United States has fluctuated over the years, but currently is on the rise.

This warm-season annual will bloom all summer long. The flowers are available in every color but blue, and flower styles range from single to double. Blooms can be as small as 2 inches and up to 12 inches across.

Previously only available as tubers, new seed-grown varieties are now also commonly available. Plants can grow from 12 inches to more than 36 inches tall depending on type. The seed-grown varieties tend to be on the shorter side and are grown more as a container plant. The taller varieties are typically planted in the garden or landscape and make an excellent cut flower.

Dahlias prefer full sun, but are tolerant of a little shade. They grow best in moist, but well drained soil. Remove spent flowers and fertilize monthly throughout the summer to encourage vigorous blooming. The dwarf seed-grown varieties may be sensitive to heat and have slow flower production until cooler weather returns. The taller tuber-grown varieties are more heat tolerant.

Neither the plants nor the tubers are winter hardy in Kentucky. Each fall you can lift and store the tubers



SARAH NOLD

once dormant. Replant them the following spring after the threat of frost has passed.

For the most diverse selections of dormant tubers, check reputable online sources. For a limited but nice selection, including dormant tubers and potted dahlias, check out your local garden center. Always check the tag for the mature height to ensure you are getting the type and size plant you want. **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 you help me with garden lingo—what does it mean to cut back X inches?—Codey Rose

A Gardening lingo can be confusing. The good news is that your local Cooperative Extension Office can be a great local resource for you. The horticulture agent can share advice and publications on all things related to gardening. As far as pruning or cutting back X number of inches, this means to start at the top of the stem/branch and measure that far back before making a cut with your gardening shears or pruners.

» Angie Oakley



JURGA JOTADDOBE STOCK

Have a gardening question?

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

READER
recipe

Better than store-bought

Mounds Bars**Submitted by Wilma D. Gray**
Cumberland Valley Electric consumer-member

Wilma shares this recipe with friends, saying they taste even better than the store-bought candy bar. These smaller bars make perfect bite-sized treats for your Derby party.

3 C coconut flakes
1 C sweetened condensed milk
2 C chocolate chips (any kind)

Combine coconut flakes and condensed milk in large bowl. Mix well.

Scoop about 1 tablespoon of mixture and shape it into a small oblong rectangle. Place on parchment-lined baking sheet. Repeat until all mixture is used. For larger bars, adjust size as desired. Freeze for 20 minutes to firm.

Melt chocolate chips in a double boiler. Place the chips in a heat-safe bowl over a pot with 2 inches of simmering water. Stir until smooth.

Dip each bar into the melted chocolate, ensuring it's fully coated. Place back on baking sheet and repeat.

Allow the bars to harden before serving. Yields 30 smaller bars (about 1 inch each).

*Derby delights**A taste of tradition*

MAY IS ONE OF MY FAVORITE MONTHS—especially living in Louisville. The month of April builds such fun anticipation for the fastest two minutes in sports, and I love it.

If you are going to a Derby party or hosting one yourself, these two recipes are perfect to serve your guests. Classic Kentucky Benedictine tea sandwiches will perfectly adorn your table, and our reader recipe provides a little bite of something sweet for everyone. Wash it all down with a mint julep, and you'll have happy guests!

Kentucky Benedictine Finger Sandwiches

1 medium English cucumber	Juice from a quarter lemon
1 small onion (about ½ C), finely diced	2 tsp fresh dill, finely minced
1 garlic clove, finely minced	1 tsp salt
2 (8 oz) packages cream cheese, softened to room temperature	½ tsp white pepper
2 Tbsp mayonnaise	⅛ tsp cayenne pepper
	1 loaf white bread (20 ounces, or at least 18 slices of bread)

Peel cucumber and slice off ends. Cut in half lengthwise and scrape out seeds with a spoon. Finely dice and add to large mixing bowl along with onion and garlic. Add softened cream cheese, mayo, lemon juice, fresh dill, and spices. Mix well.

Lay out all the bread slices. Pair together, giving you nine sandwiches (with a top and bottom slice). Spread 2-3 tablespoons of Benedictine mixture evenly to the edges on one piece of bread. Place other slice on top. Repeat until you have nine sandwiches.

With a serrated bread knife, gently cut off crusts on all four sides, ensuring no brown edges remain. Slice each sandwich diagonally to make two triangle halves. Repeat with remaining sandwiches. Place on a serving platter and enjoy. Yields 18 finger sandwiches.

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

**SEE
VIDEOS**at KentuckyLiving.
com/CookGo to KentuckyLiving.com/submit-a-recipe



Back Home Restaurant

Food, family and an Elizabethtown favorite

JOEL SAMS



LORI FULKERSON'S MOTHER and grandmother weren't even selling food when they started the business that would become Back Home Restaurant in Elizabethtown.

Lori's mother, Linda Fulkerson, and her grandmother, Lola Allen, sold dolls, potholders, needlework and other homemade crafts, operating from the trunk of Linda's car. In 1984, they rented a two-room space in downtown Elizabethtown. They outgrew it within a couple of years, and in their new five-room store, they identified a sales problem—husbands were hurrying their wives through the shopping experience. The solution? Soup beans and pimento cheese sandwiches.

Lori's dad, Tommy, would start the beans before going to work at the Coca-Cola plant. During lunch hour, he'd come downtown to serve bean soup and sandwiches.

"It just took off," says Lori, who's been with the business since the beginning. "We just kept adding more things to the menu."

Today, Back Home Restaurant is housed in a historic home built in 1872, offering a full menu based on family recipes—from fried green tomato BLTs to chicken salad to homemade cobblers and pies. The food is the main event these days, but there's still a small gift shop, selling candles, homemade candies and chocolates, home decor and more. On the upper floor, Lori's oldest daughter, Hali Spiers, owns and operates O'Neal's Boutique. Lori, who bought the business with her husband, Steve, in 2000, is proud of the fact that all four of her kids have worked in the family business.

"I love the heritage, I love the story, I love people," she says. "We really pay attention to what the customers want and what they say. It's our life."

Located at 251 W. Dixie Ave. in Elizabethtown, Back Home Restaurant is open 11 a.m.–9 p.m. Tuesday through Saturday and 11 a.m.–3 p.m. Sunday. **KL**

LORI FULKERSON

Back Home Restaurant's Sweet Potato Casserole

Serves 10-12

Casserole

1 (29 oz) can sweet potatoes,
well drained

2 eggs

1 C sugar

1 tsp vanilla extract

Topping

¾ stick butter, melted

2 C brown sugar

Preheat oven to 350°. Mix all casserole ingredients together and spread evenly in greased, 9x13-inch pan. Mix topping ingredients in medium bowl until combined, then spread evenly over sweet potato mixture. Cover dish with aluminum foil and bake 30 minutes, then remove foil and bake an additional 15 minutes, until topping is browned.



LORI FULKERSON

Tips to beat the energy peak



What does “beat the peak” mean, and why should I care about it?

MIRANDA BOUTELLE

writes on energy efficiency for the National Rural Electric Cooperative Association

When your electric cooperative talks about “beating the peak,” it is a call to action for energy consumers to reduce electricity use during periods of highest demand. Using less energy during peak times can ease the strain on the electric grid, benefit your cooperative and sometimes lower your electric bill.

Electricity generation and energy supply must match consumption in real time to ensure safe, reliable power. As energy demand grows, all of us can do our part to use less. To put this in perspective, peak electricity demand is expected to increase by 38 gigawatts over the next four years, according to the Energy Information Administration. That’s like adding another California to our nation’s power grid.

What you can do

Peak time varies for each electric utility but typically occurs in the morning when



people get ready for the day and in the evening when they return home from work and school. So spread out the use of equipment and appliances—avoid washing dishes and clothes, and cooking at the same time, for example.

Weatherize windows and doors and add insulation to improve the comfort of your home. You can also consider upgrading to energy efficient appliances or using

Instead of running the dishwasher right after you load it, use the delay start setting so it runs overnight. Photo: Mark Gilliland/Pioneer Utility Resources

energy-saving features on your existing appliances.

If you haven’t already, switch your incandescent lighting to LEDs, which use at least 75% less electricity and last up to 25 times longer, according to the U.S. Department of Energy.

Schedule your dishwasher run time to start after you go to bed, and run your washing machine and dryer during off-peak hours.

Switch your charging habits for all devices to off-peak hours. If you have an electric vehicle, use the scheduled charge settings. **KL**

PEAK BENEFIT TO YOU

Electric cooperatives’ rates cover their costs. Typically, generating power costs more when demand is higher. Reducing your electric use during peak times can help lower market prices for everyone and lessen stress on the electric grid. You’re also establishing good overall habits for off-peak hours.

Power life safely

May is Electrical Safety Month

EVERY MAY, ELECTRICAL SAFETY MONTH serves as a vital reminder of the importance of preventing electrical hazards at home. Electricity powers nearly every aspect of modern life, but if handled improperly, it can pose serious risks, including injuries and property damage.

Electric cooperatives understand the risks associated with improper electricity use, which is why we're committed to reminding you to stay vigilant and practice electrical safety not only in May, but year-round.

Here are five essential tips for powering up safely at home:

- 1. Be vigilant.** Regularly inspect your home's electrical system for any signs of damage or outdated components and replace any frayed electrical wires or cords. The Electrical Safety Foundation International estimates roughly 3,300 home fires originate from overloaded, overheated or frayed extension cords every year. If you're relying on extension cords as permanent power solutions, consider contacting a qualified electrician to install additional outlets where you need them.
- 2. Use surge protectors.** Safeguard your sensitive electronics and appliances from surges with surge protectors. These handy devices help divert excess voltage away from your electronics, reducing the risk of damage or electrical fires. Not all power strips include surge protection, so read the product label carefully. Additionally, surge protectors can lose effectiveness over time and should be replaced when damaged or outdated.
- 3. Practice safe power strip use.** Avoid overloading electrical outlets with power strips that exceed the outlet's capacity. High-energy devices, like heaters, microwaves and hairdryers should be distributed across multiple outlets. Overloading an outlet with a "busy" power strip can lead to overheating and create a fire hazard, so be sure to check the power strip's wattage rating before plugging in items.
- 4. Water and electricity don't mix.** It may seem obvious, but accidents involving water contact with electrical items happen. Always keep electrical appliances and devices away from water sources, like sinks, bathtubs or swimming pools. Make sure your hands are dry before touching any electrical



switches or appliances—never handle electrical devices with wet hands. Ground fault circuit interrupters should be installed in areas where water and electricity are typically in close proximity, including kitchens, bathrooms and outdoor outlets.

- 5. Educate family members.** One of the best ways to ensure the safety of everyone in your household is to talk about electrical safety. Teach children not to play with electrical outlets or appliances and ensure they understand the potential dangers of electricity. Create and practice a home fire escape plan that includes electrical safety precautions in case of emergencies.

Practicing electrical safety at home is essential for protecting your family, property and peace of mind. Remember, electrical safety isn't just a one-time effort—it's a year-round responsibility. Taking these steps can help ensure a safer, more secure home for you and your loved ones. **KL**



KEN MACKEN
is Director of Safety Programs for the National Rural Electric Cooperative Association

◀ The Electrical Safety Foundation International estimates roughly 3,300 home fires originate from overloaded, overheated or frayed extension cords every year. Photo: Daniel Rossi/Flickr

Summer sun

Protect your skin from sun damage

SUMMER IS ALMOST HERE

and that means more outdoor time for Kentuckians. Whether you're tending your garden, fishing at the lake or cheering at Little League games, make sure you protect yourself and your family from harmful sun exposure.

The three most common forms of skin cancer are basal cell carcinoma, squamous cell carcinoma and melanoma. Basal and squamous cell carcinomas form on the outermost layer of the skin and are caused by long-term or frequent heavy exposure to the sun. Melanomas develop in the melanocytes of the skin—the cells that produce melanin and give your skin its color. This type of skin cancer is the deadliest. It can be caused by bad sunburns, and those who regularly use tanning beds are also at greater risk.

The best treatment for skin cancer is prevention, ideally beginning in youth and continuing throughout life. Even one bad sunburn during childhood can cause skin cancer issues years later. Here are some skin protection tips:

- **Use sunscreen daily.**

Make sunscreen a part of your daily routine. Use a broad-spectrum sunscreen of at least SPF 15. Reapply every two hours when you're outside, and more frequently if you're swimming or sweating.

- **Stay in the shade, if possible.** Be aware that the sun's UV rays can reflect off bright surfaces—like concrete, sand and snow—and cause skin damage if you're not wearing sunscreen.
- **Wear a hat and UV-protective clothing.** Choose a hat with a wide brim that shades your face, head, ears and neck. Rash guards are a good

choice for children and active adults.

- **Wear sunglasses.** Make sure they're designed to block both UVA and UVB rays.
- **Avoid the brightest time of day.** Try timing outdoor activities during off-peak hours if possible. UV rays are strongest between 10 a.m. and 4 p.m.

Skin cancer can happen to anyone, regardless of skin

color. If you notice any unusual changes in your skin, including new spots, spots that appear different from others, or spots that persist or are changing, itching or bleeding, make an appointment with a board-certified dermatologist. **KL**

JOHN D'ORAZIO, M.D., is chief of the Division of Hematology/Oncology in the UK Department of Pediatrics.



SHADDOE STOCK

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Visit KentuckyLiving.com, click "Contests," then "Best in Kentucky."
Winners announced August 13 on KentuckyLiving.com, Facebook
and YouTube. See results in September's *Kentucky Living*.

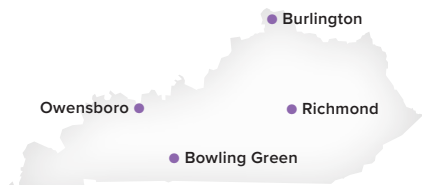
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Everyone plays together

Accessible, inclusive playgrounds

BY AMY COBB



Horse Fork Creek Park in Owensboro includes a merry-go-round and swaying platform that are both wheelchair accessible. Photo: Daviess County Fiscal Court

READY FOR SOME WARM-WEATHER FUN? Check out Kentucky's inclusive playgrounds, where physical, sensory and social elements enable kids of all abilities to play alongside family and friends.

Boone Woods Park

In 2024, Boone County community leaders cut the ribbon on a playground accessible per the Americans with Disabilities Act—the area's first. "Having accessible recreation for everybody was a high priority," says David Whitehouse, Boone County Parks director.

The playground offers plenty of mobility-friendly features, like a poured-in-place surface rather than mulch, harnessed swings, and ramps leading to bridges and wheelchair-accessible slides. But there are also lots of sensory elements—a Braille board and cranks to turn, plus musical instruments like drums and a xylophone.

When the playground opened last summer, one of the first groups to play there was All Abilities Sports NKY, which serves children with special needs. Whitehouse says it was amazing to see kids from 2 years old and up, and even a few adults, enjoying the play equipment. He adds,



DESTINATIONS

more to
explore*Featured inclusive
playgrounds***Boone Woods Park**

6000 Veterans Way, Burlington
boonecountky.org, Facebook:
Boone County Parks;
(859) 334-2117
Hours: Daylight to dark, daily.

Horse Fork Creek Park

3005 Fairview Drive, Owensboro
daviessky.org, Facebook:
Daviess County Fiscal Court;
(270) 685-6142
Hours: 8 a.m.–11 p.m., daily
April 1–Oct. 31; 8 a.m.–dusk,
Nov. 1–March 31.

**Lake Reba Recreational
Complex**

299 Lake Reba Drive, Richmond
richmond.ky.us, Facebook:
Richmond Parks & Recreation;
(859) 623-8753
Hours: 7 a.m.–dark, daily.

Roland Bland Park

400 Center St., Bowling Green
bgky.org Facebook: BGKY Parks
and Recreation; (270) 393-3249
Hours: Dawn–dusk daily.

*More inclusive play-
grounds to explore***Bardstown Community Park**

429 East Halstead Ave.,
Bardstown
cityofbardstown.org, Facebook:
Bardstown Parks and Recreation
Department; (502) 348-9281
Hours: 8 a.m.–10 p.m. daily.

*Inclusive playgrounds across the state enable kids
of all abilities and their friends and families to
enjoy playtime together.*

The new playground, which
opened spring 2024, features
ground level ramping for
wheelchairs to access play
structures. Two ramps include
sensory railings. Play panels
enable children to experience
sound or use pictures to complete
mazes. A ground level merry-go-
round accommodates children
with different abilities, and zip
lines and swings with adaptive
seats hold children to adults. The
pavilion is accessible.

**Carter Caves
State Resort Park**

344 Caveland Drive, Olive Hill
parks.ky.gov, Facebook: Carter
Caves State Resort Park;
(606) 286-4411
Open: Mon.–Sun. Playground
features accessible routes to the
play structures, inclusive slides,
ground-level play activities,
sensory activities and wheelchair-
accessible equipment.

Fischer Park 2

607 S. Main St., Somerset
cityofsomerset.com
Facebook: City of Somerset, KY
(606) 679-1860
Hours: 6 a.m.–8 p.m., Mon.–Sun.
Features include wheelchair-
accessible ramps and rocking
boat and sensory equipment for
special needs.

Forest Friends Playground

12501 Harmony Landing Road,
Goshen
creaseymahannaturepreserve.
org, Facebook: Creasey Mahan

Nature Preserve; (502) 228-4362
Hours: Sunrise–sunset, daily.
The ADA-accessible playground,
built in 2021, includes Inclusive
Whirl, Ultra Glide Inclusive Glider
with wheelchair-accessible
ramp, poured-in-place rubber
surfacing, strap-in swings and
Ten Spin—especially beloved by
children on the spectrum. Plus
giant-sized Sequoia log, turtle
and salamander, and a giant
tower with butterfly cut-outs.
Picnic pavilion and tables are
wheelchair-accessible.

Funtopia

American Legion Park, 801 North
Miles St., Elizabethtown
Elizabethtownky.org, Facebook:
City of Elizabethtown
Government; (270) 765-5551
Hours: Dawn–dusk. The
updated Funtopia playground
is 95% ADA-accessible,
making it one of the largest
inclusive playgrounds in the
state. Funtopia incorporates
Braille and sign language visual
elements, plus tools for children
with sensory processing
disorders. All but one deck is
wheelchair accessible.

Jim Blair Community Center

901 Hudson St., Columbia
visitcolumbiaky.com, Facebook:
Visit Columbia-Adair County, KY;
(270) 384-6020
Hours: Daylight–dark, daily. An
inclusive playground since 2023,
it features wide pathways for
wheelchair access, sensory play
panels for children with sensory

Boone Woods Park offers
mobility-friendly features
like a poured-in-place
surface, harnessed swings,
ramps, accessible slides
and more. Photo: Boone
County Sheriff's Office

processing needs, ground-level
play structures and equipment
that promotes social interaction
and cooperative play. Restrooms
coming soon.

**Kentucky Dam Village
State Resort Park**

166 Upper Village Drive,
Gilbertsville
parks.ky.gov, Facebook: KY
Dam Village State Resort Park;
(270) 362-4271
Open daily. Includes accessible
routes to the play structures,
inclusive slides, ground-level play
activities, sensory activities and
wheelchair-accessible equipment.

Lake Malone State Park

331 State Route 8001, Dunmore
Parks.ky.gov, Facebook: Lake
Malone State Park; (270) 657-2111
Hours: Daylight–dark,
grounds open March 15–Nov.
12. Inclusive components foster
sensory motor development,
including a 17-foot-tall play
unit, variety of slides, three-
bay arch swing set for multiple
users, climber unit with orbs
and a cyclone rope climber
for adventurous play. Giant-
sized turtle, butterfly and fish
sculptures. Musical instruments
include trio bongos, petal
drums, cattail chimes, cavatina
and song book. Home of the Big
Twigs giant sculptures.



“We want all the kids to have the same adaptability and be able to do as many of the things that everybody else can do.”

Though the inclusive playground is a first for the county, Whitehouse says, “We’re going to continue to add more. It’s just a great opportunity for us here in Boone.”

Horse Fork Creek Park

“It’s a hidden gem,” Ross Leigh, recreation outreach at Daviess County Fiscal Court, says of Horse Fork Creek Park in Owensboro. What really sets the park apart is the inclusive playground, designed for children of all abilities to enjoy sliding, swinging and splashing fun.

Sensory elements include a variety of musical equipment on which kids can use strikers to create different sounds. A merry-go-round and a swaying platform that simulates a back-and-forth swinging motion are both wheelchair accessible, with neither requiring a transfer. That means friends and families can play together.

“And then the best part is the actual spray park,” says Leigh. “We have a

Horse Fork Creek Park also offers a spray park that enables kids of all abilities to enjoy water together. Photo: Daviess County Fiscal Court

large dumping bucket, and kids enjoy that throughout the summer.”

If families need a break from all the action, slower-paced fun is nearby at the adjacent David Adkisson Greenbelt. There, a wooden boardwalk accommodating nature explorers of all abilities winds through a protected wetland.

Leigh says, “Families can be very diverse,” and Horse Fork Creek Park enables them to enjoy spending time together without boundaries.

Lake Reba Recreational Complex

“All children should have the opportunity to be able to play in a safe and inviting environment,” says Erin Moore, Richmond Parks & Recreation director and Kentucky Recreation and Parks Society board member.

Everyone loves a good before and after.

Beautify the Bluegrass



CHRIS HAYES

DEADLINE TO NOMINATE IS JULY 14

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

Get information at KentuckyLiving.com/Beautify

KentuckyLiving





Over the past five years, Moore and others have worked to ensure Lake Reba Recreational Complex in Richmond is

more accessible and welcoming to people of all abilities. "An inclusive playground should take

Lake Reba Recreational Complex in Richmond offers high contrast colors, communication tools and more. Photo: Bluegrass Recreation & Sales

into account many factors, including physical, sensory and social elements," Moore explains. Lake Reba's playground provides accessible surfaces and sidewalks for those with mobility challenges. The colors of surface and play equipment materials aid children with visual impairments to distinguish contrasting colors. A communication board helps children who are nonverbal to communicate with others.

Additional playground features include a team swing, a merry-go-round with wheelchair straps and seating, and one of Moore's favorites—the Unity Dome, which incorporates climbing and music, but with an accessible entry

WILLIAMSBURG, KENTUCKY

Gateway to the Cumberland



University of the Cumberlands



Cumberland Falls



Whitley County Judicial Center



"Canoe the Cumberland"





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Waterpark
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Feels Like Home**

TEAM KENTUCKY



City Hall

beneath for children who can't climb the structure.

"It's life changing," says Moore. "Children who once had to sit on the sidelines and watch other kids play, now are able to play together and experience the joys of sliding, spinning, swinging and being creative."

Roland Bland Park

In 2021, Roland Bland Park welcomed visitors to its inclusive playground for all—the first of its kind in Bowling Green. "We want it to be a place that helps to break down some of those barriers and create access to play for all children, no matter any sort of disability or difference that they may have," says Cameron Levis, recreation division manager with Bowling Green Parks & Recreation.

The main playground structure includes a series of ramps and access points.

CREATING INCLUSIVE PLAYGROUNDS FOR EVERYONE

Erin Moore, Richmond Parks & Recreation director and Kentucky Recreation and Parks Society board member, explains some of the elements that make playgrounds inclusive:

Poured-in-place surface—This is a mixture of rubber and a binder, which creates a flat, safe playing surface and is ideal for an inclusive playground.

ADA-accessible areas—These comply with standards to enable people who use assistive devices (wheelchairs, walkers, etc.) or those who may have instability on their feet to access an area in a safe manner. "However, just because it says that it's ADA accessible doesn't mean that other people can't use it," says Moore. "The point is to be inclusive. Everybody can use the playground. It's just now it's accessible to people who might be in wheelchairs."

Physical elements—Features like poured-in-place surfaces, sidewalks and ramps offer easier access to playground structures for those with mobility challenges, kids or adults utilizing mobility devices, or even parents pushing a stroller.

Sensory elements—These types of playground elements include musical instruments and brightly colored play equipment, as well as quieter spaces with seating and shaded areas for when kids need a break from the activity.

Social elements—Moore says, "The entire playground is a great example of a way to integrate and reach out to people socially." Specific social elements may include smaller play spaces within the playground, a communication board for kids who may be nonverbal or an inclusive wheelchair swing with seating for friends.

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June 7-8 2025

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Facebook - Fort Boonesborough Foundation

www.fortboonesboroughfoundation.org www.fortboonesboroughlivinghistory.org

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KentuckyLiving.com

See them in action

Curious about what accessible playground equipment looks like? Take a video visit to the four featured playgrounds to see the equipment—and watch kids having a ball on it. You'll also find a link to learn more about the Americans with Disabilities Act.



Roland Bland Park in Bowling Green offers accessible equipment, a Play and Learn Village with community structures and more. Photo: City of Bowling Green

There are different types of swings, plus a wheelchair-accessible glider called the Sway Fun. In a spin element, the Ten Spin, users face inward rather than outward to facilitate interaction among all of them—with or without special needs.

At the Play and Learn Village, an area of the playground geared toward

kids ages 5 and under, structures mirror those in the community, like a farmers market, a police station and a school. A music village offers a creative space with sensory elements for all ages. The recycled rubber tire flooring throughout accommodates mobility differences.

“It’s a playground that we feel really helps shape our community in more positive ways relating toward the inclusion and acceptance of people with disabilities,” says Levis. **KL**

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

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in Bardstown & Nelson County

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Hadorn's Bakery

Bed & Breakfast



Springhill Bed & Breakfast

Breakfast



Mammy's Kitchen & Bar

Breakfast



Pat's Place

Event



Holiday on the Hill

Craft Beer



Scout & Scholar Brewing Co.

Hamburger



Bardstown Burger

Bourbon



Heaven Hill

Live Music Venue



The Amp at Log Still Distillery

A note from Bardstown/Nelson County Tourism -

Thanks for nominating these Bardstown / Nelson County businesses as the Best in Kentucky — they're what make our town shine! The finalists were nominated in February and will be voted on in May, voting runs May 1–31. Come see the best for yourself and start planning your trip to Bardstown!



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Road Trip



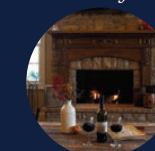
Heaven Hill Bourbon Experience

Winery



McIntyre & Family Winery

Winery



Springhill Winery

www.visitbardstown.com

EVENT CALENDAR



BRANTLEY GILBERT



1 MOMS GO WILD

Moms get a free wildlife adventure for Mother's Day, May 11, when they get in free at Wendt's Wildlife Adventure in Carlisle. Besides 30-plus species (and some surprises!) to see, there'll be food trucks—have a picnic and wade in the creek. For inspiration, moms can visit Daniel Boone's cabin and see how one mom raised 11 kids in this original tiny home. Hours: 10 a.m.–5 p.m.; wendtswildlife.com, (859) 405-8065.

2 SPRING INTO SUMMER

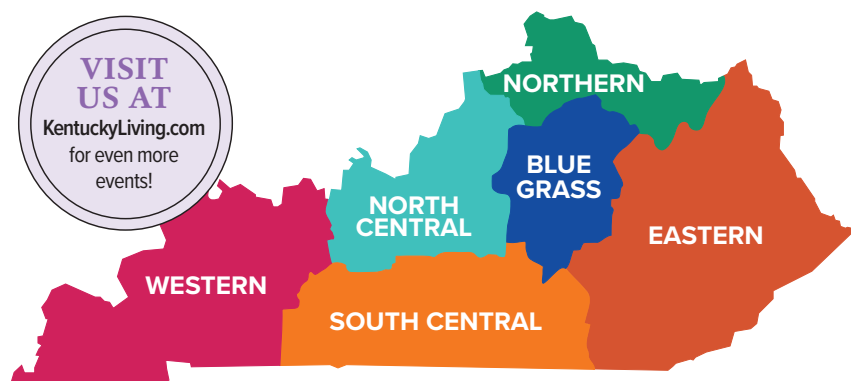
Celebrate summer's arrival during the Spring Into Summer Salutes Fort Campbell Festival, May 24–25 at War Memorial Walking Trail Park in Oak Grove. Drone show, live entertainment, carnival rides, Otter Adventure Water Show, Vendor Alley and food vendors. Country rock's Brantley Gilbert headlines Saturday concert, 7 p.m. Admission, all activities and shows are free. Hours: noon–9 p.m. Saturday; noon–6 p.m. Sunday. Info: visitoakgroveky.com, (270) 439-5675.

3 SWEET CELEBRATION

Beaver Dam celebrates that favorite juicy red fruit in a big way at its Strawberry Festival, May 22–26. Carnival rides, live music, pet show, pageants, car and motorcycle shows, cake walk; and arts, crafts and food vendors. Basketball half-court hot shot Saturday. Memorial Day parade 10 a.m. Monday followed by Salute to Veterans with speakers, thank you presentations to veterans and refreshments. Info, Facebook: Beaver Dam Strawberry Festival, (270) 274-7106.

4 FARMING EXPO

See dog herding, watch sheep and goat shearing and test your skills in a tractor driving contest for all ages. It's all at the Campbell County Farm & Livestock Expo May 3 in the Alexandria Fairgrounds, 8 a.m.–2 p.m. There's also a farm animal petting zoo, kids' interactive ag experience, goat yoga, free health check and equipment auction. Industry experts on hand for advice. Free admission. For info, campbellkyconservation.org, (859) 635-9587.



BLUEGRASS

SUNDAY, MAY 4

Break a Leg 5K Run/Walk, (859) 661-0600, Berea City Park

TUESDAY, MAY 6

Waveland Tuesday Tea, 13th, 20th, 27th, (859) 272-3611, Waveland State Historic Site, Lexington

WEDNESDAY, MAY 7

Homeschool Day, (859) 405-8065, Wendt's Wildlife Adventure, Carlisle

THURSDAY, MAY 8

Dr. Ephraim McDowell: Frontier Surgeon, A Chautauqua Performance, (502) 863-3566, Scott County Public Library, Georgetown

FRIDAY, MAY 9

Paris Story Fest, thru 11th, (859) 707-5121, Paris

SATURDAY, MAY 10

Truck & Tractor Pulls, (859) 285-4234, Ponderosa Speedway, Junction City

Corvette Cruise-in, (859) 402-8707, Wilderness Trail Distillery, Danville

MONDAY, MAY 12

Agathe and Adrien: N.Ormes, (877) 448-7469, Norton Center for the Arts, Danville

SATURDAY, MAY 17

Jeanne Penn Lane Celebration of Kentucky Writers & Songwriters, thru 18th, (270) 692-0021, Danville/Gravel Switch

SUNDAY, MAY 18

Jessamine County Piece Quilters Show, (859) 885-4811, Jessamine County Extension Office, Nicholasville

FRIDAY, MAY 23

Sugar Days Marketplace, thru 25th, (606) 256-3333, Kentucky Horse Park, Lexington

SATURDAY, MAY 24

Memorial Day Weekend, thru 26th, (859) 405-8065, Wendt's Wildlife Adventure, Carlisle

THURSDAY, MAY 29

Tea and Talk: Bryan Station & the William Bryan Cabin, (859) 272-3611, Waveland State Historic Site, Lexington

Great American Brass Band Festival, thru 31st, (859) 319-8426, Centre College, Danville

SATURDAY, MAY 31

Songs of Kentucky's Civil War: Discussion with Dr. James Claypool, (859) 231-5500, Lexington Public Library

EASTERN

FRIDAY, MAY 9

Homecoming and Old Engine Show, thru 10th, (859) 556-9485, Red River Museum, Clay City

SATURDAY, MAY 10

Hip Cat Hustle Car Show, (606) 780-4342, Haldeman Community Center, Morehead

Bridge Day, (606) 738-5543, Laurel Gorge Cultural Heritage Center, Sandy Hook

Cumberland Valley Cruise-In, (606) 528-8860, Corbin

SUNDAY, MAY 11

Mother's Day Tea & Harp, (859) 498-6264, Gateway Regional Arts Center, Mt. Sterling

SATURDAY, MAY 17

Bat Cave Clean-Up, (606) 286-7009, Carter Caves State Resort Park, Olive Hill

Collectible and Card Show, (606) 473-7324, Greenbo Lake State Resort Park, Greenup

THURSDAY, MAY 22

Memory Days, thru 25th, (606) 471-4401, Grayson

Kentucky Mountain Laurel Festival, thru 25th, (606) 337-6103, Pineville

FRIDAY, MAY 23

Roots Music Weekend, thru 24th, (606) 780-4342, Morehead

NORTH CENTRAL

SUNDAY, MAY 4

My Old Kentucky Barbeque, (502) 348-3502, My Old Kentucky Home State Park, Bardstown

TUESDAY, MAY 6

Tee Off for Thoroughbreds, (502) 532-2544, Nevel Meade Golf Club, Prospect

FRIDAY, MAY 9

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

SATURDAY, MAY 10

The Play that Goes Wrong, thru 18th, (502) 633-0222, Shelby County Community Theatre, Shelbyville

Wild About Shelbyville Arts and Music Festival, (502) 633-5029, Shelbyville

Etown Wine Fest, (270) 234-8258, Freeman Lake Park, Elizabethtown

Kentucky Kingdom Opening Day, (502) 813-8200, Louisville

Night with Elizabethtown Choral Society, (270) 304-1906, First Presbyterian Church, Elizabethtown

Clarkson Park Springfest, (270) 242-6997, Clarkson

SATURDAY, MAY 17

Original Goat Yoga Experience, (888) 992-4628, Flat Rock Farm, New Castle

Art in the Park, (270) 259-4000, James D. Beville Park, Leitchfield

Master Gardener Plant Fair, (270) 765-4121, Hardin County Extension Office, Elizabethtown

BloomFest, (502) 955-8512, Bernheim Forest and Arboretum, Clermont

Gourd Festival, (502) 902-7039, Taylorsville

Whiskey City Cruisers, (502) 348-4877, Welcome Center, Bardstown

SpringFest, (270) 369-8766, Glendale

FRIDAY, MAY 23

Concert in the Park: Linda Smith Band, (270) 257-2311, Rough River Dam State Resort Park, Falls of Rough

Kentucky Flea Market Memorial Day Spectacular, (502) 367-5000, Kentucky Exposition Center, Louisville

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 June 1 for the August issue.**

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

FRIDAY, MAY 30

Concert in the Park: JD Shelburn, (270) 257-2311, Rough River Dam State Resort Park, Falls of Rough

SATURDAY, MAY 31

Black Stone Cherry, (270) 259-5587, Logsdon Valley Park, Leitchfield

NORTHERN**THURSDAY, MAY 1**

Dirty Rotten Scoundrels, thru 18th, (859) 652-3849, Stained Glass Theatre, Newport

SATURDAY, MAY 3

Junkfest Day, (606) 756-2183, Augusta

Campbell County Farm & Livestock Expo, (859) 635-9587, Alexandria Fairgrounds

FRIDAY, MAY 9

Smoke on the River BBQ Fest, thru 11th, (859) 261-4677, Newport Festival Park

Sullivan Memorial Truck & Tractor Pull, thru 10th, (859) 393-0244, Gallatin County Fairgrounds, Glencoe

SATURDAY, MAY 10

Ewenique Art & Music Street Festival, (859) 654-4567, Falmouth

FRIDAY, MAY 16

Florence Y'all's Baseball Games, thru 22nd, 30th-31st, (859) 954-4487, Thomas More Stadium

Maifest, thru 18th, (859) 261-5600, Goebel Park, Covington

SATURDAY, MAY 17

Spring Fling Craft Show, thru 18th, (859) 240-4552, Benton Family Farm, Walton

Peony Spring Festival, (859) 643-3118, Courthouse Square, Warsaw

SUNDAY, MAY 18

Burlington Antique Show, (513) 922-6847, Boone County Fairgrounds

THURSDAY, MAY 22

Art, thru June 1st, (606) 564-3666, Washington Opera House, Maysville

FRIDAY, MAY 23

Spring Horse Show, thru 24th, (859) 586-9968, Boone County Fairgrounds, Burlington

SOUTH CENTRAL**FRIDAY, MAY 2**

Liberty Friday Night Cruisers Car Show, (606) 706-7777, Courthouse Square

SATURDAY, MAY 3

Summer Shade Founder's Day, (270) 432-3222, Summer Shade Volunteer Fire Dept.

Monticello Market, (606) 348-3064

Sip, Shop & Stroll, (270) 670-3683, Downtown Square, Glasgow

City Wide Yard Sale, (270) 524-4752, Munfordville

THURSDAY, MAY 8

Sycamore Flats Flywheelers Show, thru 10th, (270) 585-3227, Central Kentucky Ag Expo, Liberty

FRIDAY, MAY 9

Summer Music Series, every 2nd Friday May-Sept., (606) 706-7777, City Green Stage, Liberty

SATURDAY, MAY 10

Spring Festival, (270) 784-0717, 3H Farm's Market, Bowling Green

I'm A Dam Runner 5K, (270) 465-1670, Green River Lake, Campbellsville

Foodstock, (606) 679-6366, Downtown Somerset

THURSDAY, MAY 15

Classic Movie Night: *The Neverending Story*, (606) 679-6366, The Virginia, Somerset

FRIDAY, MAY 16

Shadowgrass with Smilo & The Ghost, (270) 629-4263, The Grove, Glasgow

SATURDAY, MAY 17

Spring Trail Fest Scavenger Hunt, thru 24th, (606) 706-7777, Liberty

SATURDAY, MAY 24

Bluegrass Classic Miniature Horse Show, thru 25th, (606) 706-7777, Central Kentucky Ag Expo Center, Liberty

Live in Liberty Music Festival, (606) 706-7777, City Green Stage

Somernites Cruise Car Show, (606) 872-2277, Somerset

The Old Get Together, (502) 712-1340, The Potter Farm, Bowling Green

WESTERN**THURSDAY, MAY 1**

Victoria Findlay Wolfe: Option Expedition Exhibit, thru Sept. 9th, (270) 442-8856, National Quilt Museum, Paducah

SATURDAY, MAY 3

Star Party, (270) 821-4171, Mahr Park Arboretum, Madisonville

Water of Life Festival, (800) 723-8224, Paducah

FRIDAY, MAY 9

BBQ & Barrels, thru 10th, (270) 687-8800, Owensboro Convention Center

SATURDAY, MAY 10

Touch-a-Truck, (270) 887-4290, DeBow Recreational Complex, Hopkinsville

SUNDAY, MAY 11

The Underdogs, (270) 201-0220, Grand Rivers

Sunday Bluegrass Jam, (270) 933-1265, Paducah Beer Werks

SATURDAY, MAY 17

Summerfest, (270) 826-3128, Henderson

SATURDAY, MAY 24

Show & Go Car Club Cruise-In, (270) 821-3163, Madisonville City Park

Arts & Crafts Show, thru 25th, (270) 551-2095, Calvert City

THURSDAY, MAY 29

Jeep and Jamz Expo, thru 31st, (270) 926-1100, Owensboro Convention Center

SATURDAY, MAY 31

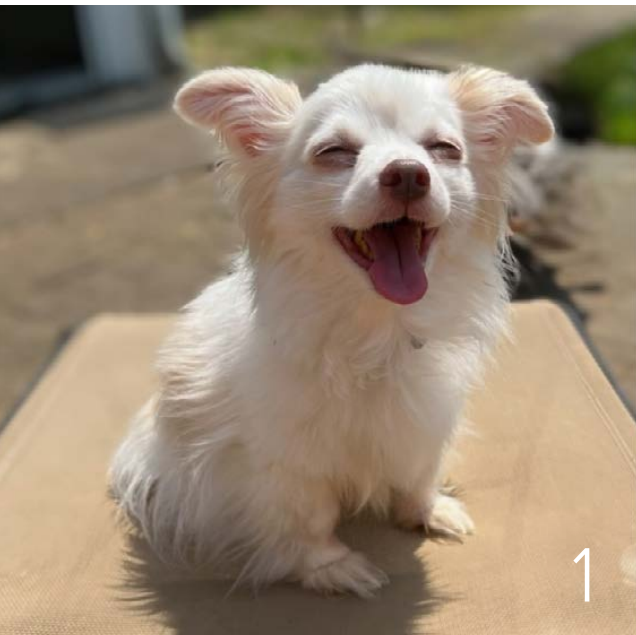
Live Music, (270) 554-0010, Purple Toad Winery, Paducah

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1



2



3



4

1 SUNSHINE

It's almost summertime—and by the look of it, RC thinks the livin' is easy. Photo by owner, Ange Gellhaus, a consumer-member of Salt River Electric from Mt. Washington.

2 LAZY DAY

Benjamin, left, and his cousin, Casey, enjoy a lazy day by the pond. Photo by Benjamin's mom, Lisa Neiser, an Owen Electric consumer-member from California, Kentucky.

3 COME AND GET IT

Peppa and Pork Chop enjoy their grain-heavy breakfast. Photo by owner Jewelee Romine, a West Kentucky RECC consumer-member from Cunningham.

4 PEEPSQUEAKS

Two chicks enjoy sunlight and green grass in the front yard. Photo taken by owner Heather Morgan, a consumer-member of Fleming-Mason Energy from Maysville.

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KENTUCKY kids

Your homework spot

Find a quiet, well-lit spot in your house, like your bedroom or kitchen table, to do your homework and stay away from distractions like the TV.



ANIMAL SCRAMBLE

This animal is the fastest animal on land! It lives in grassy areas in eastern, central and southwestern Africa. Cheetahs are big cats, but they are not part of the “big cat” group like lions and tigers because they cannot roar. They can climb trees, but they are not very good at it!

Can you
unscramble
the letters
below to find
this animal's
name?



EEATHHC

C _ _ _ _ _

Answer: Cheetah

Green Team Tip

Take part in cleanup events at a local park.

— Faith Forbes,
age 13



Enter
KIDS
Contest

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

Rhyme Time

Rhyming words are words that have the same sounds at the end. Practice by matching the four words on the left with the rhyming words on the right below.



1) BEE



A) PARROT



2) KITE



B) DOLL



3) BALL



C) TREE



4) CARROT



D) NIGHT

Answers: 1) C 2) D 3) B 4) A

Tell us a joke!

Where do boats go when they get sick?

To the dock!

— Kylie King,
age 11



Did You Know?

Fireflies communicate with each other using their ability to create flashes of light.

GREAT OUTDOORS

Springtime fishing

'Tis the season for topwater bass



▲ HERE IN KENTUCKY THE TOPWATER ACTION

Springtime in Kentucky is time for great topwater action. Photo: Ken McBroom

begins to heat up in April and continues through May—and May is my favorite time to fish a topwater bait for bass.

Topwater baits float on or just below the surface of the water. When bass move to shallow water, these lures enable you to cover a lot of water and quickly locate the active areas. All spawning bays are not created equal. South facing bays will warm sooner than other bays. Darker bottoms and dirty water will warm quicker than clear water. The darker color absorbs more heat and warms the bay much sooner, attracting bass earlier.

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

There are many options for topwater baits these days, from frogs and poppers to prop and stick baits like my favorite, the Zara Spook. Of course, some days any of these baits will work, but on others, you will have to figure out what bait will generate the most bites. Color doesn't seem to matter as much on topwater baits. The disturbance it creates on the surface is what attracts attention.

Visible targets—like logs, treetops, buck brush and docks—are a dime a dozen when fishing shallow in the spring. You should cast to these targets and, as my grandfather taught me, let it sit until the rings in the water disappear. I'll be honest, I can rarely wait that long, but I do like to let it sit a few seconds before working the bait. One or two little twitches in the strike zone is often all it takes to get a bass to demolish your bait.

While visible targets are fun to cast to, don't overlook the open water in those backwaters. A lot of bass could be sitting out there as they wait for the perfect time to go up in the cover. These bass might fit in a small depression in

the mud or a ditch that extends across the bay. These subtle changes in the bottom are not always visible. Stumps, logs and other great bass holding cover are easily missed when you go straight for the visible cover along the bank.

The best way to fish a topwater bait in open water is to fan cast—cover a wide area, like the shape of a fan, when you cast from the same spot. By stopping short of the shoreline and fishing the shallow water bay first, you will not spook the bass in the bay. If you want to have a lot of fun, try throwing a topwater bait this spring and enjoy the great outdoors. **KL**

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The Kentucky diamond

A discovery etched in history



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.

NEAR THE ADAIR-RUSSELL COUNTY LINE

many years ago, a gem of a mystery was discovered that has never been solved.

A brilliant natural diamond was found in a cow path on a farm near the rural Adair County community of Montpelier in the summer of 1888. The historical marker beside State Route 55, near the county line, says the diamond was discovered 2 miles north of the marker by a man who was taking a shortcut across the farm of Henry Burris, while walking to a nearby country store.

Oliver Helm, a local farmer, is said to have noticed the pebble gleaming in the sunlight, put it in his pocket and showed it to others at Wheat & Williams store in Montpelier. To determine whether the stone was a diamond, Cyrus Wheat, one the store owners, used it to etch his name on the store's front window.

A Louisville hardware salesman who was at the store agreed to take the stone back to Louisville to see if it was really a diamond and what it might be worth. Helm needed enough to buy a cane mill.

The story goes that Louisville jeweler G.A. Schultz appraised the pebble as a gem quality diamond, 0.776 carat in weight, and that Helm sold it for \$20, with which he bought his cane mill. It's uncertain what Schultz did with the diamond, but the late Richard Blair, a Russell County historian, said it appeared five years later in an exhibit at the 1893 World's Fair in Chicago.

Eventually acquired by the Smithsonian Institution in Washington, D.C., it has remained for many years in the same collection as the museum's world famous "Hope Diamond" and other notable gemstones.

A Smithsonian curator described it as roughly 8 millimeters in length, about as big as a pencil eraser at one point, 0.776 carat in weight, "kind of football-shaped, and sort of yellowish in color, almost a Chablis."

Lloyd and Deann Holt of Russell Springs said they saw the diamond at the Smithsonian



several years ago. And Mike Watson, staff historian and genealogist at the Adair County Public Library's research center, was also shown what is often called "The Montpelier Diamond" during a visit.

Its discovery so near the Adair-Russell County line has led to good-natured claims on the diamond by both counties, although the exact location at which it was found in the cow path is not known, nor is its mysterious origin.

But the store window, into which Cyrus Wheat used the diamond to etch his name in 1888, remains in Adair County—in the living room of Gene and Sue Ann Collins, who live near Montpelier and are consumer-members of Taylor County RECC. Gene's parents operated the former Wheat & Williams store and combined post office for many years, and when the old store building was torn down a few years ago, Sue Ann bought the window—itsself now a collectible diamond in the rough. **KL**



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